MENU NUTRITION

		Nutrition Facts											Allergens							
	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat
BISCUITS																				
Bacon, Egg & Cheese Biscuit	1	480	252	28	12	0	150	41.5	1377	2.7	14	3	x		x			x		x
Cajun Filet Biscuit®	1	550	240	27	11	0	40	55	1540	2	21	4			x			x		x
Cheddar Bo® Biscuit *	1	510	280	31	15	0	42	42	1205	2	15	3			x			x		x
Country Ham & Egg Biscuit	1	500	247	27	10	0	184	40	2336	2	23	3	x		x			x		x
Country Ham Biscuit	1	450	218	24	9	0	54	40	2222	2	19	3			x			x		x
Gravy Biscuit	1	460	208	23	8	0	7	51	1596	2	10	3			x			x		x
Plain Biscuit	1	340	150	17	7	0	0	40	930	2	5	3			x			x		x
Sausage & Egg Biscuit	1	580	345	38	14	0	160	40	1325	2	16	3	x		x			x		x
Sausage Biscuit	1	540	316	35	13	0	30	40	1211	2	12	3			x			x		x
Smoked Sausage Biscuit	1	490	260	29	11.5	0	35	41	1480	3	14	3			x			x		x
Southern Filet Biscuit *	1	580	270	30	12	.5	45	56	1430	2	22	4			x			x		x
Steak Biscuit	1	570	314	35	15	1	41	49	1547	2	15	4			x			x		x
Add American Cheese	1	45	35	3.5	2	0	10	1	160	0	2	0			x			x		
Add Egg	1	45	30	3	1	0	130	0	115	0	4	0	x		x			x		
SANDWICHES																				
Cajun Filet Club Sandwich	1	740	329	40	10	0	75	70	1500	10	30	3	x		x			x		x
Cajun Filet Sandwich	1	650	260	30	6	0	60	65	1164	10	25	3	x					x		x
Grilled Chicken Club Sandwich	1	570	270	30	6	0	95	42	1270	6	33	2	x		x			x		x
Grilled Chicken Sandwich	1	470	200	22	3	0	75	41	940	6	28	2	x							x
Pulled Pork BBQ Sandwich *	1	460	190	21	6	0	45	48	1020	13	22	3								x
SALADS	Not included: 2 packs of dressing & 1 pack of croutons																			
Chicken Supremes™ Salad	1	450	211	24	12	0	84	31	936	6	30	5			x					x
Garden Salad	1	160	90	10	6	0	25	10	220	6	10	4			x					
Grilled Chicken Salad	1	290	130	14	7	0	95	11	730	6	32	5			x					
Homestyle Tenders™ Salad *	1	540	250	28	13	0	91	40	1118	5.5	32	6			x					x
Roasted Chicken Bites™ Salad *	1	470	191	21	10	0	217	17	1798	9	54	7			x					
SWEETS																				
Bo-Berry Biscuit®	1	470	210	23	11	0	0	61	980	18	5	4			x			x		x
Cinnamon Biscuit *	1	520	280	31	11	0	5	55	1040	14	5	4	x		x			x		x
Cinnamon Twist *	1	370	190	21	6	0	0	41	340	12	4	3			x			x		x
Sweet Potato Pie	1	370	220	24	12	0	10	36	220	14	3	2	x		x			x		x
KIDS' MEAL	w/water, green beans, biscuit																			
2 Piece Supremes	1	570	238	26	11	0	39	63	2152	3	21	7			x			x		x
2 Piece Homestyle Tenders™ *	1	630	264	29	12	0	44	69	2273	3	22	7			x			x		x
Chicken Leg	1	480	203	23	9	0	48	53	1921	3	16	6			x			x		x
Mac 'N Cheese	1	640	274	30	11	2	16	77	2277	7	17	7			x			x		x
CHICKEN																				
Breast	1 pc	280	120	13	5	0	115	10	690	0	30	3			x			x		x
Leg	1 pc	100	50	5	2	0	50	5	250	0	9	0			x			x		x
Thigh	1 pc	240	150	17	6	0	85	9	500	0	13	1			x			x		x
Wing	1 pc	100	60	7	2.5	0	30	5	190	0	5	0			x			x		x
Supremes	4 pc	390	170	19	7	1	80	29	960	0	27	2			x			x		x
Homestyle Tenders™ *	4 pc	500	220	24	9	1	90	41	1200	0	30	3			x			x		x
Roasted Chicken Bites™ *	5 pc	125	50	5	0	0	75	5	650	0	20	0			x			x		x
FIXIN'S																				
Bo-Tato Rounds®	Sm	240	110	13	5	0	10	30	640	0	2	3								
Bo-Tato Rounds®	Medium	370	170	19	7	1	20	45	960	0	3	5								
Bo-Tato Rounds®	Picnic	610	290	32	12	1.5	30	76	1600	0	6	8								
Bojangles Cajun Pintos®	Ind.	120	5	0	0	0	0	22	660	3	5	6								
Bojangles Cajun Pintos®	Picnic	450	15	1.5	0	0	0	87	2550	10	21	24								
Bojangles' Dirty Rice®	Ind.	140	45	5	1	0	5	20	540	0	3	1						x		x
Bojangles' Dirty Rice®	Picnic	550	170	19	5	0	15	77	2130	1	12	2						x		x
Cole Slaw	Ind.	170	100	11	1.5	0	5	20	240	17	1	2	x							
Cole Slaw	Picnic	520	290	32	5	0	15	60	730	51	3	6	x							
Green Beans *	Ind.	40	0	0	0	0	0	8	740	1	2	3						x		x
Green Beans *	Picnic	140	0	0	0	0	0	27	2550	5	8	11						x		x
Macaroni 'N Cheese	Ind.	260	120	13	4	2	15	29	600	3	10	1			x			x		x
Macaroni 'N Cheese	Picnic	990	990	450	14	8	60	107	2270	12	37	4			x			x		x
Mashed Potatoes 'N Gravy	Ind.	120	40	4.5	2	0	2	17	536	1	2	1			x			x		x
Mashed Potatoes 'N Gravy	Picnic	360	100	11	4	0	4	60	1713	3	7.5	4			x			x		x
Grits	Ind.	80	5	0	0	0	0	19	0	0	2	1								
Grits	Picnic	320	10	1	0	0	0	73	0	0	8	4								
Seasoned Fries	Sm	250	140	16	6	0	10	37	520	0	4	4								
Seasoned Fries	Medium	340	190	21	9	1	15	50	710	1	5	6								
Seasoned Fries	Picnic	610	340	38	16	2	30	90	1270	1	10	11								
BOWLS																				
Chicken Rice Bowl (w/biscuit)	1 Bowl	1130	383	43	17	0	145	126	4370	10	55	19			x			x		x
Jambolaya Bowl (w/biscuit) *	1 Bowl	1260	496	55	22	0	171	127	4778	11	60	18			x			x		x
DIPPING SAUCES																				
BBQ Sauce	2 oz	100	0	0	0	0	0	26	440	22	0	0								
Bo's Special Sauce	2 oz	280	260	28	4	0	20	6	440	6	0	0	x							
Honey Mustard Sauce	2 oz	280	220	26	4	0	20	14	400	12	0	0	x							
Ranch Sauce	2 oz	300	280	30	5	0	30	4	440	2	2	0	x		x					
SALAD DRESSING																				
Ken's Buttermilk Ranch Dressing	1.5 oz	260	250	28	4.5	0	10	2	220	2	1	0	x		x					
Ken's Blue Cheese Dressing	1.5 oz	230	220	24	4.5	0	20	2	320	2	1	0	x		x					
Ken's Fat Free Italian Dressing	1.5 oz	20	0	0	0	0	0	5	700	3	0	0								
Ken's Honey Dijon Dressing	1.5 oz	120	60	7	1	0	15	15	390	14	0	0	x					x		
Homestyle Cheese Garlic Croutons	1/2 oz	60	20	2	0	0	0	9	170	1	1	0			x					x
LEGENDARY ICED TEA																				
Half Gallon Sweet Tea	1/2 Gal	800	0	0	0	0	0	208	0	202	0	0								
Half Gallon Unsweetened Tea	1/2 Gal	20	0	0	0	0	0	6	0	0	0	0								
Sweet Iced Tea (16oz)	Small	210	0	0	0	0	0	52	0	50	0	0								
Sweet Iced Tea (22oz)	Regular	280	0	0	0	0	0	71	0	69	0	0								
Sweet Iced Tea (32oz)	Large	420	0	0	0	0	0	104	0	100	0	0								
Unsweetened Iced Tea (16oz)	Small	5	0	0	0	0	0	1.5	0	0	0	0								
Unsweetened Iced Tea (22oz)	Regular	10	0	0	0	0	0	2	0	0	0	0								
Unsweetened Iced Tea (32oz)	Large	15	0	0	0	0	0	3	0	0	0	0								
DRINKS																				
Bottled Water	20 oz	0	0	0	0	0	0	0	0	0	0	0								
Cheerwine (16oz) *	Small	200	0	0	0	0	0	56	34	56	0	0								
Cheerwine (22oz) *	Regular	280	0	0	0	0	0	77	47	77	0	0								
Cheerwine (32oz) *	Large	400	0	0	0	0	0	112	68	112	0	0								
Coffee (16oz) *	Sm	5	0	0	0	0	0	0	10	0	1	0								
Coffee (20oz)	Regular	5	0	0	0	0	0	0	10	0	1	0								
Diet Mountain Dew (16oz)	Small	0	0	0	0	0	0	0	80	0	0	0								
Diet Mountain Dew (22oz)	Regular	0	0	0	0	0	0	0	110	0	0	0								
Diet Mountain Dew (32oz)	Large	0	0	0	0	0	0	0	160	0	0	0								
Diet Pepsi (16oz)	Small	0	0	0	0	0	0	0	80	0	0	0								
Diet Pepsi (22oz)	Regular	0	0	0	0	0	0	0	110	0	0	0								
Diet Pepsi (32oz)	Large	0	0	0	0	0	0	0	160	0	0	0								
Dr Pepper (16oz) *	Small	190	0	0	0	0	0	52	60	51	0	0								
Dr Pepper (22oz) *	Regular	260	0	0	0	0	0	72	80	70	0	0								
Dr Pepper (32oz) *	Large	380	0	0	0	0	0	104	115	102	0	0								
Milk 1% Lowfat (White)	8oz	110	20	2.5	1.5	0	10	13	130	12	8	0			x					
Milk 1% Lowfat (Chocolate)	8oz	160	25	2.5	1.5	0	10	27	220	25	8	0			x					
Minute Maid Orange Juice	10oz	140	0	0	0	0	0	33	20	30	2	0								
Mist Twist (16oz) *	Small	200	0	0	0	0	0	54	40	54	0	0								
Mist Twist (22oz) *	Regular	280	0	0	0	0	0	74	55	74	0	0								
Mist Twist (32oz) *	Large	400	0	0	0	0	0	108	80	108	0	0								
Mountain Dew (16oz)	Small	220	0	0	0	0	0	58	70	58	0	0								
Mountain Dew (22oz)	Regular	300	0	0	0	0	0	80	96	80	0	0								
Mountain Dew (32oz)	Large	440	0	0	0	0	0	116	140	116	0	0								
Mug Root Beer (16oz) *	Small	200	0	0	0	0	0	52	60	52	0	0								
Mug Root Beer (22oz) *	Regular	280	0	0	0	0	0	72	83	72	0	0								
Mug Root Beer (32oz) *	Large	400	0	0	0	0	0	104	120	104	0	0								
Patio Red Cherry (16oz) *	Small	220	0	0	0	0	0	58	60	58	0	0								
Patio Red Cherry (22oz) *	Regular	300	0	0	0	0	0	80	83	80	0	0								
Patio Red Cherry (32oz) *	Large	440	0	0	0	0	0	116	120	116	0	0								
Pepsi (16oz)	Small	200	0	0	0	0	0	56	40	56	0	0								
Pepsi (22oz)	Regular	280	0	0	0	0	0	77	55	77	0	0								
Pepsi (32oz)	Large	400	0	0	0	0	0	112	80	112	0	0								
Sobe Lifewater (16oz)	Small	0	0	0	0	0	0	0	60	0	0	0								
Sobe Lifewater (22oz)	Regular	0	0	0	0	0	0	0	83	0	0	0								
Sobe Lifewater (32oz)	Large	0	0	0	0	0	0	0	120	0	0	0								
Tropicana Fruit Punch (16oz) *	Small	220	0	0	0	0	0	60	50	60	0	0								
Tropicana Fruit Punch (22oz) *	Regular	300	0	0	0	0	0	83	69	83	0	0								
Tropicana Fruit Punch (32oz) *	Large	440	0	0	0	0	0	120	100	120	0	0								
Tropicana Lemonade (16oz) *	Small	200	0	0	0	0	0	54	210	54	0	0								
Tropicana Lemonade (22oz) *	Regular	280	0	0	0	0	0	75	289	75	0	0								
Tropicana Lemonade (32oz) *	Large	400	0	0	0	0	0	108	420	108	0	0								
Tropicana Pink Lemonade (16oz) *	Small	200	0	0	0	0	0	54	210	54	0	0								
Tropicana Pink Lemonade (22oz) *	Regular	280	0	0	0	0	0	74	289	74	0	0								
Tropicana Pink Lemonade (32oz) *	Large	400	0	0	0	0	0	108	420	108	0	0								
Tropicana Twister Soda (16oz) *	Small	220	0	0	0	0	0	62	50	60	0	0								
Tropicana Twister Soda (22oz) *	Regular	300	0	0	0	0	0	86	69	83	0	0								
Tropicana Twister Soda (32oz) *	Large	440	0	0	0	0	0	124	100	120	0	0								
LIMITED TIME OFFERS																				
Sweet Cayenne Cajun Filet Sandwich*	1	620	280	31	9	0	70	56	1410	7	29	0	x		x			x		x

* Only at participating stores.

The above information is for company-owned stores.
Please contact franchised locations directly for nutritional information.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Some products contain allergens, including milk, eggs, wheat, soy, tree nuts, peanuts, fish, and shellfish. Please be aware that as part of our normal kitchen operations, food products share cooking and preparation areas, and food products may come in contact with other allergens. As a result, we are unable to guarantee that any menu item can be completely free of allergens. In addition, vegetables may be handled in common with meat products. No products are certified as gluten free, vegetarian, or vegan.