



# Ward's Restaurant Nutrition Facts for Popular Menu Items

We provide a nutrition analysis of our menu items to help you balance your Ward's meal with other foods you eat. Our goal is to provide you with the information you need to make sensible decisions about balance, variety and moderation in your diet.

Nutrition Information	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value *	Saturated Fat (g)	% Daily Value *	Trans Fat (g)	Cholesterol (mg)	% Daily Value *	Sodium (mg)	% Daily Value *	Carbohydrates (g)	% Daily Value *	Dietary Fiber (g)	% Daily Value *	Sugars (g)	Protein (g)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>BURGERS</b>																						
Big One	270	573	265	29	45	11	54	1	100	33	1030	43	41	14	3	14	9	34	15	8	25	30
Big One Double	313	780	395	44	67	16	81	2	170	57	1040	44	37	12	3	11	7	56	15	2	25	40
Lil One	184	422	183	20	31	7	35	0	55	18	920	39	37	12	3	11	7	22	15	2	20	20
Lil One Double	227	541	254	28	43	10	51	1	95	31	960	40	37	12	3	11	7	33	15	2	20	30
Quarter	232	476	213	24	36	7	37	0	80	27	620	26	35	12	2	10	5	29	8	10	10	25
Quarter w/cheese	247	522	244	27	42	9	48	1	90	31	800	33	36	12	2	10	7	32	10	10	20	25
Quarter Double	319	713	353	39	60	13	68	2	155	52	700	29	35	12	2	10	6	52	8	10	15	40
Quarter Double w/cheese	333	760	385	43	66	16	78	2	170	56	880	37	36	12	2	10	7	55	10	10	25	40
Regular Burger	190	355	141	16	24	4.5	22	0	40	14	580	24	35	12	2	10	6	18	8	10	10	20
Regular Burger w/cheese	204	402	173	19	30	6	33	0	55	18	760	32	36	12	2	10	7	21	10	10	20	20
Regular Burger Double	233	475	212	24	36	7	37	1	80	27	620	26	35	12	2	10	6	298	8	10	15	25
Regular Burger Double w/cheese	247	510	230	26	39	9	43	1	90	29	720	30	36	12	2	10	7	33	10	20	15	25
Budget Burger	155	361	141	16	24	4.5	22	0	40	14	730	30	37	12	2	8	8	18	4	6	10	20
<b>SANDWICHES</b>																						
Roast Beef	306	450	82	9	14	1	5	0	95	32	2140	89	45	15	2	9	4	45	8	6	4	40
Catfish	234	564	276	31	47	7	33	0	75	25	810	34	52	17	2	8	6	22	8	6	10	25
Ham & Cheese	242	503	204	23	35	8	38	0	60	20	1660	69	55	18	2	6	11	22	10	6	25	20
Ham	214	409	140	16	24	3.5	17	0	40	13	1300	54	52	18	2	6	9	17	8	6	8	20
Grilled Chicken	214	453	191	21	33	4.5	22	0	45	15	870	36	44	15	4	15	6	21	8	6	10	25
Steak	172	404	174	19	30	6	32	0	30	11	810	34	43	14	2	7	5	15	6	6	10	20
Southern Deluxe	830	1355	644	72	110	29	147	2	225	76	4210	175	86	29	16	64	21	85	200	10	45	90

\* Percent Daily Values are based on a 200 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram			

Fat 9

Carbohydrate 4

Protein 4

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																			Vitamin A	Vitamin C	Calcium	Iron
<b>SANDWICHES</b>																						
BBQ Beef	85	216	46	5	8	2	9	0	10	4	420	17	33	11	1	6	7	9	2	0	8	10
Grilled Cheese	77	224	73	8	13	4	21	0	25	8	610	25	27	9	1	3	5	10	4	0	20	10
Grilled Chicken	247	572	205	23	35	4	21	0	55	18	1250	52	65	22	2	10	8	28	6	6	10	20
BLT	128	305	133	15	23	4	20	0	25	9	740	31	30	10	1	5	5	12	6	6	4	10
<b>WRAPS</b>																						
Chicken	252	563	303	34	52	10	49	0	70	23	1210	51	40	13	3	11	2	25	10	10	25	30
Grilled Chicken	239	591	365	41	62	12	59	0	80	26	1110	46	31	10	4	15	3	25	15	10	30	20
<b>DOGS</b>																						
Chili	209	490	205	23	35	9	43	1	35	12	1470	61	53	18	4	14	8	18	10	25	15	25
Chili Cheese	223	537	237	26	41	11	54	1	50	16	1650	69	55	18	4	14	9	21	15	25	25	25
Hot	223	589	280	31	48	9	47	1	40	14	1660	69	60	20	3	11	13	17	2	25	15	25
Corn	76	199	74	8	13	2	11	0	35	11	420	18	24	8	0	0	0	7	2	0	4	15
<b>BREAKFAST BISCUITS</b>																						
Sausage Gravy	255	563	305	34	52	9	44	N/A	35	12	1560	65	50	17	2	8	8	14	0	0	6	20
Sausage Gravy Combo	964	1067	347	38	59	9	47	N/A	0	1	2540	106	174	58	6	26	66	13	4	30	10	35
Steak	170	571	262	29	45	9	45	N/A	30	11	1450	60	62	21	1	4	N/A	15	0	0	8	20
Steak Combo	1006	1161	422	47	72	13	63	N/A	30	11	2500	104	171	57	5	21	N/A	20	0	30	10	30
Pork Chop	184	563	230	26	39	7	33	N/A	30	10	1410	59	65	22	1	6	14	18	0	0	6	20
Pork Chop Combo	1049	1228	428	48	73	11	59	N/A	40	14	2630	110	179	60	6	24	63	26	0	30	10	35
Chicken	213	541	179	20	31	4.5	21	N/A	30	10	1520	64	70	23	2	8	14	21	0	0	6	35
Chicken Combo	1049	1131	338	38	58	8	40	N/A	30	10	2580	108	178	59	6	24	63	26	0	30	10	45

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																			Vitamin A	Vitamin C	Calcium	Iron
<b>BREAKFAST BISCUITS</b>																						
Sausage Patty	156	488	240	27	41	8	39	N/A	40	13	1290	54	50	17	1	4	14	13	0	0	6	20
Sausage Patty Combo	981	1048	375	42	64	11	53	N/A	30	10	2270	95	158	53	5	20	63	16	0	30	10	30
Sausage Link	167	521	256	28	44	9	43	N/A	35	12	1570	66	52	17	2	9	N/A	16	0	0	10	15
Sausage Link Combo	1004	1111	416	46	71	12	62	N/A	35	12	2630	110	161	54	6	26	N/A	21	0	30	15	25
Butter	104	364	143	16	24	4	19	N/A	0	0	970	40	50	17	1	4	14	6	4	0	6	15
Butter Combo	936	927	275	31	47	7	35	N/A	0	0	1980	82	158	53	5	20	63	11	0	30	10	25
Bacon	115	423	175	19	30	5	27	N/A	20	6	1290	54	50	17	1	4	14	12	0	0	6	15
Bacon Combo	951	1013	335	37	57	9	46	N/A	20	6	2350	98	158	53	5	20	63	17	0	30	10	25
Ham	127	435	198	22	34	7	33	N/A	20	7	1170	49	50	17	1	4	15	10	0	0	6	15
Ham Combo	991	1122	440	49	75	14	68	N/A	40	13	2470	103	159	53	5	20	64	19	0	30	10	25
<b>BREAKFAST WRAPS</b>																						
Bacon	117	353	134	15	23	4.5	22	N/A	135	46	720	30	38	13	1	4	N/A	17	6	0	10	10
Ham	168	485	252	28	43	11	53	N/A	55	18	930	40	13	1	4	3	N/A	21	6	0	20	15
<b>BREAKFAST MISCELLANEOUS</b>																						
Platter	390	766	328	36	56	10	50	N/A	335	111	1670	70	82	27	2	6	N/A	28	20	0	10	25
Pancake	223	733	111	12	19	2.5	12	N/A	25	9	1720	72	143	48	3	14	N/A	134	10	2	30	20
Sausage Patty Pancake	279	884	236	26	40	7	35	N/A	65	22	2080	87	143	48	3	14	N/A	19	10	2	30	25
Grits Bowl 8 oz	227	134	4	0	1	0	0	0	0	0	5	0	29	10	1	3	0	3	0	0	2	8
Grits Platter	237	188	59	6	10	1.5	6	0	0	0	105	4	29	10	1	3	0	3	8	0	2	8

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<b>BREAKFAST SIDES</b>																						
Hashbrown Tator Bucks	245	414	159	18	27	3.5	19	N/A	0	0	1240	52	63	21	4	18	5	5	4	35	4	8
Bacon	24	129	90	10	15	3.5	0	25	9	550	23	0	0	0	0	0	0	9	0	0	0	2
Sausage Link	68	184	141	16	24	5	27	N/A	35	12	650	27	3	1	1	6	0	10	0	0	6	0
Sausage Patty	57	151	125	14	21	4.5	23	N/A	40	13	360	15	0	0	0	0	0	6	0	0	0	6
Steak 2.25 oz	71	234	147	16	25	6	28	N/A	30	10	520	22	13	4	0	0	0	9	0	0	4	8
Egg 3 oz	83	125	75	8	13	2.5	12	N/A	355	118	105	4	1	0	0	0	0	15	0	4	8	25
Toast	71	189	17	2	3	0	2	N/A	0	0	390	16	39	13	1	6	10	4	0	0	10	10

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