

Maple Street Biscuits Nutritional Information

	Total Calories	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Product											
Signature Sandwiches											
The Biscuit Frenché	1674	642.00	71.35	39.916	0.058	404.00	1408.00	235.09	4.20	161.55	25.62
The BLT	627	415.00	46.11	15.012	0.000	53.00	1300.00	40.68	2.20	5.70	14.90
The Chicken Club (No Dressing)	622	225.00	24.97	10.603	0.022	204.00	1611.00	58.11	3.40	5.72	41.25
The Chicken Club (2oz Blue Cheese)	887	480.00	53.32	16.273	0.022	223.00	2122.00	60.00	3.40	7.43	43.14
The Chicken Club (2oz Honey Mustard)	754	225.00	24.97	10.603	0.022	204.00	2088.00	88.53	3.50	36.05	41.36
The Chicken Club (2oz Ranch)	824	414.00	45.96	14.420	0.022	214.00	2027.00	61.57	3.40	7.16	42.32
The Farmer	739	276.00	30.62	13.845	0.022	224.00	1723.00	71.45	3.80	17.78	44.85
The Firebird	891	482.00	53.45	19.984	0.022	240.00	3396.00	61.60	3.50	6.68	42.55
The Five	1250	728.00	80.84	36.286	0.022	318.00	2405.00	73.95	3.00	10.32	56.37
The Five & Dime	1340	789.00	87.67	38.275	0.041	502.00	2500.00	74.33	2.90	10.51	62.63
The Garden Bird	687	255.00	28.30	11.025	0.041	380.00	2538.00	62.40	5.40	6.16	46.22
The Iron Goat	646	437.00	48.59	29.407	0.000	111.00	960.00	38.87	3.40	3.73	15.22
The Reinhold	769	220.00	24.38	9.954	0.022	192.00	2019.00	96.42	3.50	34.95	37.70
The Squawking Goat	779	263.00	29.10	14.682	0.030	238.00	1534.00	85.20	3.40	27.27	44.30
The Sticky Maple	791	224.00	24.83	10.583	0.022	204.00	1628.00	96.18	2.50	44.74	44.15
The Sunshine On A Biscuit	628	217.00	23.97	11.426	0.022	209.00	1812.00	62.22	3.80	7.79	40.61
Biscuits (each)											
Cinnamon Pecan Biscuit	534	168.00	18.63	9.171	0.000	22.00	639.00	87.28	1.70	53.94	7.32
Flaky Biscuit	286	125.00	13.84	6.998	0.000	18.00	623.00	35.31	1.30	3.30	6.39
Entreés											
BAM!	828	364.34	40.05	22.504	0	177.41	1545.5	92.25	0	59.17	20.92
BAM! YoYo	1350	473.34	52.17	25.73	0.045	524.41	2971.5	132.14	2.3	60.22	81.5
Double Down Ralphie Deluxe	1040	700.00	77.84	33.439	0.038	480.00	1497.00	54.27	1.80	9.67	30.60
Flip Flop	1773	1246.34	138.08	58.694	0.004	305.41	2520.5	86.6	0.9	32.36	42.26
Grazer (no dressing)	721	454.00	50.30	16.130	0.000	40.00	872.00	56.18	13.50	9.16	19.54

Ralphie	860	578.00	64.18	29.461	0.000	112.00	1307.00	53.51	1.80	9.31	18.08
Ralphie Deluxe	950	639.00	71.01	31.450	0.019	296.00	1402.00	53.89	1.80	9.49	24.34
RBC (no dressing)	864	521.00	57.82	27.614	0.520	136.00	2360.00	45.44	4.20	9.01	40.90
Sunshine In The Garden	609	286.00	31.69	13.814	0.038	404.00	1894.00	55.24	5.10	14.02	25.16
Sweet Grace	894	401.94	44.20	28.633	0.015	214.00	736.72	111.91	1.40	71.66	12.43

Build Your Own Salad

Lettuce											
Romaine (3oz)	14	2.00	0.26	0.033	0.000	0.00	7.00	2.80	1.80	1.01	1.05
Spinach (3oz)	20	3.00	0.33	0.540	0.000	0.00	67.00	3.09	1.90	0.36	2.43
Lettuce Total	14 - 20	2.00 - 3.00	0.26 - 0.33	0.033 - 0.540	0.000	0.000	7.00 - 67.00	2.80 - 3.09	1.80 - 1.90	0.36 - 1.01	1.05 - 2.43

Protein											
Ham (3oz)	14	5.00	0.51	0.202	0.000	6.00	138.00	0.61	0.00	0.40	1.82
Fried Chicken (4oz)	261	55.00	6.06	1.613	0.022	174.00	714.00	19.95	1.20	0.52	30.30
Bacon (3 slices)	64	44.00	4.93	1.972	0.000	12.00	271.00	0.49	0.00	0.49	3.94
Protein Total	14 - 261	5.00 - 55.00	0.51 - 6.06	0.202 - 1.972	0.000 - 0.022	6.00 - 174.00	138.00 - 714.00	0.49 - 19.95	0.00 - 1.20	0.36 - 0.52	1.82 - 30.30

Cheese											
Feta Cheese (2oz)	150	109.00	12.07	8.474	0.000	50.00	520.00	2.32	0.00	2.32	8.06
Goat Cheese (1oz)	103	76.00	8.46	5.851	0.000	22.00	118.00	0.03	0.00	0.03	6.12
Mild Cheddar Cheese (2oz)	229	170.00	18.89	10.697	0.520	56.00	370.00	1.75	0.00	0.27	12.97
Cheese Total	103 - 229	76.00 - 170.00	8.46 - 18.89	5.851 - 10.697	0.000 - 0.520	22.00 - 56.00	118.00 - 520.00	0.03 - 2.32	0.00	0.03 - 2.32	6.12 - 12.97

Add-Ons (optional)											
Strawberries (2oz)	18	2.00	0.17	0.009	0.000	0.00	1.00	4.35	1.10	2.77	0.38
Tomato (1 slice)	8	1.00	0.09	0.013	0.000	0.00	2.00	1.76	0.50	1.19	0.40
Pecans (1oz)	201	190.00	21.06	1.781	0.000	0.00	0.00	3.84	2.70	1.15	2.69
Cheese Crackers (2oz)	283	136.00	15.12	3.780	0.000	0.00	435.00	32.13	1.90	0.00	5.67
Onion/Pepper Medley (2oz)	17	1.00	0.11	0.024	0.000	0.00	2.00	3.82	1.00	2.06	0.56
Fried Egg (1 egg)	90	61.00	6.83	1.989	0.019	184.00	95.00	0.38	0.00	0.18	6.26
Add-Ons Total	0 - 617	0.00 - 391.00	0.00 - 43.38	0.000 - 7.596	0.000 - 0.019	0.00 - 184.00	0.00 - 535.00	0.00 - 46.28	0.00 - 7.20	0.00 - 7.35	0.00 - 15.96

Dressing (2oz)											
Blue Cheese Dressing	265	255.00	28.35	5.670	0.000	19.00	510.00	1.89	0.00	1.70	1.89
Buttermilk Ranch Dressing	202	189.00	20.99	3.817	0.000	10.00	415.00	3.46	0.00	1.43	1.07

Dijon Vinaigrette Dressing	260	192.00	21.31	3.046	0.000	0.00	359.00	18.63	0.10	18.44	0.07
Maple Balsamic Dressing	282	246.00	27.34	3.907	0.000	0.00	179.00	9.96	0.00	9.55	0.72
Dressing Total	202 - 282	189.00 - 255.00	20.99 - 28.35	3.046 - 5.670	0.000	0.00 - 19.00	179.00 - 510.00	1.89 - 18.63	0.00 - 0.10	1.43 - 18.44	0.07 - 1.89
Build Your Own Salad Total	333 - 1409	272.00 - 874.00	30.22 - 97.01	9.132 - 26.475	0.000 - 0.561	28.00 - 433.00	442.00 - 2346.00	5.21 - 90.27	1.80 - 10.40	2.18 - 29.64	9.06 - 63.28
Sides & Add Ons											
2 Layer Cake (with sausage gravy)	1129	735.00	81.69	42.261	0.000	172.00	1538.00	70.27	7.80	6.28	24.80
2 Layer Cake (with veggie gravy)	964	571.00	63.45	40.505	0.000	180.00	246.00	75.70	8.60	8.43	19.46
2 Layer Cake (with egg)	645	343.00	38.18	21.787	0.019	262.00	949.00	52.45	7.30	0.45	19.37
3 Layer Cake (with sausage gravy)	1219	796.00	88.52	44.250	0.019	356.00	1633.00	70.65	7.80	6.46	31.06
3 Layer Cake (with veggie gravy)	1054	632.00	70.28	42.494	0.019	364.00	1341.00	76.08	8.60	8.61	25.72
Bluegrass Grits (Side)	184	100.00	11.10	7.050	0.000	32.00	525.00	16.89	1.00	0.65	2.66
Bluegrass Grits Bowl	472	290.00	32.33	16.863	0.019	257.00	2575.00	23.78	1.50	1.78	18.43
Fried Green Tomatoes (with Ranch)	800	601.00	66.74	9.169	0.022	104.00	1418.00	46.82	4.30	11.23	11.78
Hashbrown Cake	555	282.00	31.35	19.799	0.000	78.00	854.00	52.07	7.40	0.27	13.11
Hashups	1235	752.25	84.42	29.500	0.000	167.00	3278.80	70.23	8.26	6.13	49.52
Home Fries	658	389.25	44.01	3.645	0.000	0.00	1513.80	59.94	6.66	0.00	6.66
Rural Oatmeal	731	402.00	44.58	3.964	0.000	0.00	28.00	76.81	9.00	49.97	13.06
Side of Bacon	64	44.00	4.93	1.972	0.000	12.00	271.00	0.49	0.00	0.49	3.94
Side of Breaded Goat Cheese	132	82.00	9.14	6.062	0.008	46.00	166.00	4.27	0.30	0.27	7.44
Side of Collards	99	28.00	3.13	0.849	0.000	7.00	862.00	13.52	5.80	4.32	6.54
Side of Fried Chicken	261	55.00	6.06	1.613	0.022	174.00	714.00	19.95	1.20	0.52	30.30
Side of Maple Sausage Meatballs	711	560.00	62.23	22.982	0.004	74.00	573.00	24.15	0.40	15.15	13.20
Side of Mushroom Gravy	409	289.00	32.10	20.707	0.000	102.00	392.00	23.63	1.30	8.16	6.35
Side of Non-Breaded Goat Cheese	103	76.00	8.46	5.851	0.000	22.00	118.00	0.03	0.00	0.03	6.12
Side of One Egg	90	61.00	6.83	1.989	0.019	184.00	95.00	0.38	0.00	0.18	6.26
Side of Roasted Chicken	191	37.00	4.13	1.163	0.000	96.00	519.00	0.88	0.30	0.05	35.36
Side of Sausage Gravy	574	453.00	50.34	22.463	0.000	94.00	684.00	18.20	0.50	6.01	11.69
Side of Sausage Patty	230	198.00	22.00	8.000	0.000	45.00	380.00	0.00	0.00	0.00	9.00
Side of Spinach	55	36.00	4.02	2.383	0.000	10.00	219.00	3.53	2.10	0.40	2.71
Side of Two Eggs	180	123.00	13.65	3.977	0.038	369.00	190.00	0.76	0.00	0.37	12.52
Spud Bowl	870	660.00	74.00	28.000	0.000	120.00	1190.00	28.00	4.00	3.00	31.00
Spud Bowl with Chicken	1010	690.00	77.00	29.000	0.000	200.00	1280.00	28.00	4.00	3.00	55.00

Smokey Mountain Mac 'N' Cheese	739	490.00	54.43	32.059	0.251	158.00	1218.00	40.48	2.60	2.32	21.56
Sweet Potato Fries (with Maple Mustard)	842	439.20	49.00	5.310	0.000	0.00	648.25	96.14	9.99	52.85	5.61
Sauces & Dressing (2oz)											
Apple Butter	63	1.00	0.12	0.022	0.000	0.00	2.00	15.70	1.30	13.47	0.17
B2 Jam	135	1.00	0.10	0.008	0.000	0.00	7.00	34.91	0.90	31.29	0.15
Bissell Maple Syrup	180	0.00	0.00	0.000	0.000	0.00	20.00	40.43	0.00	40.43	3.52
Blue Cheese Dressing	265	255.00	28.35	5.670	0.000	19.00	510.00	1.89	0.00	1.70	1.89
Buttermilk Ranch Dressing	202	189.00	20.99	3.817	0.000	10.00	415.00	3.46	0.00	1.43	1.07
Dijon Vinaigrette Dressing	260	192.00	21.31	3.046	0.000	0.00	359.00	18.63	0.10	18.44	0.07
Honey	172	0.00	0.00	0.000	0.000	0.00	2.00	46.72	0.10	46.56	0.17
Honey Mustard	132	0.00	0.00	0.000	0.000	0.00	476.00	30.42	0.10	30.32	0.11
Icing	186	13.00	1.44	0.892	0.000	4.00	6.00	44.08	0.00	43.26	0.37
Maple Balsamic Dressing	282	246.00	27.34	3.907	0.000	0.00	179.00	9.96	0.00	9.55	0.72
Maple Mustard	117	0.00	0.00	0.000	0.000	0.00	232.00	26.21	0.00	26.21	2.28
Mayonnaise	405	401.00	44.55	8.100	0.000	20.00	263.00	4.05	0.00	0.00	0.00
Pepper Jelly	100	1.00	0.06	0.009	0.000	0.00	31.00	25.67	0.60	23.18	0.17
Whipped Cream	192	154.00	17.12	11.982	0.000	68.00	17.00	8.77	0.00	5.34	0.00
Retail Jelly & Jams (8oz Jar)											
Apple Butter Jar	250	5.00	0.50	0.087	0.000	0.00	9.00	62.80	5.20	53.89	0.69
B2 Jam Jar	541	4.00	0.42	0.030	0.000	0.00	28.00	139.63	3.80	125.15	0.60
Pepper Jelly Jar	401	2.00	0.25	0.037	0.000	0.00	123.00	102.67	2.40	92.72	0.68
Little Ones											
Chicken & Sweet Potato Fries	601	257.60	28.68	3.767	0.015	120.00	816.00	61.83	5.80	26.79	23.70
Chicken Biscuit	547	180.00	19.90	8.611	0.022	192.00	1337.00	55.26	2.50	3.82	36.69
Little Grace	617	267.03	29.23	18.343	0.008	161.63	713.41	77.61	0.65	40.96	10.20
Maple Sausage balls & Mac 'N' Cheese	1449	1050.00	116.66	55.041	0.255	232.00	1791.00	64.64	3.00	17.47	34.76
Scrambled Egg, Biscuit & B2 Jam	511	187.00	20.77	8.995	0.019	202.00	725.00	70.60	2.20	34.77	12.80
Desserts											
Lemon Blueberry Manifesto Cookie	340	140.00	16.00	45.000	0.000	45.00	90.00	49.00	1.00	29.00	3.00
Chocolate Chunk Manifesto Cookie	380	170.00	19.00	11.000	0.000	45.00	400.00	49.00	2.00	28.00	5.00
Sea Salt Chocolate Chip Cookie	430	188.00	20.94	12.835	0.026	64.00	584.00	61.15	2.30	41.21	4.93

Snickerdoodle Cookie	473	189.00	21.04	14.365	0.002	69.00	247.00	65.42	1.60	40.21	6.00
Specialty Coffees											
Americano	0	0.00	0.00	0.000	0.000	0.00	12.00	0.00	0.00	0.00	0.00
Cappuccino (Almond Milk)	75	28.00	3.13	0.000	0.000	0.00	200.00	10.00	0.00	8.75	1.25
Cappuccino (Skim Milk)	104	2.00	0.24	0.171	0.000	6.00	129.00	15.19	0.00	15.59	10.32
Cappuccino (Soy Milk)	153	45.00	4.96	0.581	0.000	0.00	145.00	17.80	1.70	11.31	9.27
Cappuccino (Whole Milk)	186	89.00	9.91	5.688	0.000	30.00	131.00	14.64	0.00	15.40	9.61
Chai Latté (Almond Milk)	154	39.00	4.38	0.000	0.000	0.00	280.00	26.69	0.00	24.94	1.75
Chai Latté (Skim Milk)	205	3.00	0.37	0.257	0.000	9.00	193.00	35.48	0.00	36.07	15.48
Chai Latté (Soy Milk)	279	67.00	7.44	0.872	0.000	0.00	217.00	39.40	2.60	29.66	13.91
Chai Latté (Whole Milk)	328	134.00	14.87	8.532	0.000	46.00	197.00	34.65	0.00	35.79	14.41
Cortado (Almond Milk)	15	6.00	0.63	0.000	0.000	0.00	40.00	2.00	0.00	1.75	0.25
Cortado (Skim Milk)	21	0.00	0.05	0.340	0.000	1.00	26.00	3.04	0.00	3.12	2.06
Cortado (Soy Milk)	31	9.00	0.99	0.116	0.000	0.00	29.00	3.56	0.30	2.26	1.85
Cortado (Whole Milk)	37	18.00	1.98	1.138	0.000	6.00	26.00	2.93	0.00	3.08	1.92
Drip Coffee (no sugar or creamer)	0	0.00	0.00	0.000	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Espresso Shot	0	0.00	0.00	0.000	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Hot Chocolate (Almond Milk)	305	167.00	18.55	11.113	0.040	12.00	298.00	38.76	2.40	33.84	3.60
Hot Chocolate (Skim Milk)	388	150.00	16.68	11.336	0.040	20.00	325.00	51.51	2.40	47.97	16.14
Hot Chocolate (Soy Milk)	452	205.00	22.81	11.869	0.040	12.00	346.00	54.90	4.60	42.41	14.77
Hot Chocolate (Whole Milk)	495	263.00	29.25	18.508	0.040	52.00	328.00	50.79	2.40	47.73	15.21
Iced Americano	0	0.00	0.00	0.000	0.000	0.00	11.00	0.00	0.00	0.00	0.00
Iced Chai Latte (Almond Milk)	146	37.00	4.06	0.000	0.000	0.00	260.00	25.69	0.00	24.07	1.63
Iced Chai Latte (Skim Milk)	184	3.00	0.32	0.223	0.000	8.00	167.00	32.44	0.00	32.95	13.42
Iced Chai Latte (Soy Milk)	248	58.00	6.45	0.756	0.000	0.00	188.00	35.83	2.20	27.39	12.05
Iced Chai Latte (Whole Milk)	291	116.00	12.89	7.395	0.000	40.00	170.00	21.72	0.00	32.71	12.49
Iced Latte (Almond Milk)	97	37.00	4.06	0.000	0.000	0.00	260.00	13.00	0.00	11.38	1.63
Iced Latte (Skim Milk)	135	3.00	0.32	0.223	0.000	8.00	167.00	19.75	0.00	20.26	13.42
Iced Latte (Soy Milk)	199	58.00	6.25	0.756	0.000	0.00	188.00	23.14	2.20	14.70	12.05
Iced Latte (Whole Milk)	242	116.00	12.89	7.395	0.000	40.00	170.00	19.03	0.00	20.02	12.49
Iced Maple Vanilla Latte (Almond Milk)	187	37.00	4.06	0.000	0.000	0.00	270.00	33.01	0.00	31.39	3.37
Iced Maple Vanilla Latte (Skim Milk)	225	3.00	0.32	0.223	0.000	8.00	177.00	39.76	0	40.27	15.16

Whole Milk (12oz)	224	107.25	11.90	6.826	0.000	36.75	157.50	17.57	0.00	18.48	11.53
Fountain Drinks (24oz)											
Coke	280	0.00	0.00	0.000	0.000	0.00	90.00	78.00	0.00	78.00	0.00
Coke Zero	3	0.00	0.00	0.000	0.000	0.00	84.00	0.30	0.00	0.30	0.00
Diet Coke	3	0.00	0.00	0.000	0.000	0.00	84.00	0.30	0.00	0.30	0.00
Dr. Pepper	300	0.00	0.00	0.000	0.000	0.00	120.00	79.00	0.00	77.00	0.00
Fanta (Orange)	359	0.00	0.00	0.000	0.000	0.00	105.00	89.80	0.00	89.80	0.00
Minutemaid Fruit Punch	269	0.00	0.00	0.000	0.000	0.00	45.00	74.90	0.00	74.90	0.00
Minutemaid Lemonade	329	0.00	0.00	0.000	0.000	0.00	45.00	86.80	0.00	83.80	0.00
Mr. Pibb	280	0.00	0.00	0.000	0.000	0.00	80.00	78.00	0.00	78.00	0.00
Sprite	288	0.00	0.00	0.000	0.000	0.00	132.00	76.90	0.00	76.90	0.00

Please be advised that food prepared in our kitchens may contain these ingredients: milk, eggs, wheat, soybean, peanuts, and tree nuts. While we strive to avoid cross contamination, we cannot guarantee that our food products are free of any of these allergens or are gluten-free, vegetarian or vegan.