



Nutrition Information

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption.

February 2015 Core Menu	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Egg Combos											
Bacon & Eggs Breakfast:											
w/o Meat	860	410	45	14	1	945	2080	72	4	14	40
w/Bacon (4)	1040	540	60	19	1	980	2860	73	4	14	52
w/Canadian-style Bacon (2)	980	450	50	16	1	990	3600	73	4	15	59
w/Corned Beef Hash	1160	580	65	23	1	990	3170	91	6	15	55
w/Country-Style Ham, Slice of	1040	440	49	15	1	1040	3970	76	4	18	71
w/Pork Chops (2)	1190	580	65	21	1	1050	2610	74	5	15	79
w/Pork Sausage Links (4)	1170	680	75	26	1	1005	2620	74	4	14	52
w/Pork Sausage Patties (2)	1260	750	84	28	1	1020	2860	73	5	15	54
w/Portuguese Sausage Link (1)	1220	680	76	24	1	1025	2890	74	4	16	58
w/Scraple	1210	610	68	20	1	1015	2840	95	4	15	56
w/Sirloin Steaks (2)	1130	490	55	18	1	1055	3040	74	5	15	85
w/Slice of Ham	980	430	48	15	1	1010	3340	75	4	17	61
w/Smoked Pork Sausage (2)	1280	730	81	26	1	1020	3260	75	4	14	60
w/Spam® Slices (4)	1210	700	78	24	1	1015	3650	76	4	15	55
w/Turkey Bacon (4)	990	500	55	17	1	995	2750	73	4	15	50
w/Turkey Sausage Links (4)	1030	510	57	17	1	1010	2890	73	4	14	58
Bacon & Eggs Breakfast w/ Hash Browns:											
w/o Meat	1140	570	63	17	1	945	2510	100	7	15	43
w/Bacon (4)	1320	700	78	22	1	980	3290	101	7	15	55
w/Canadian-style Bacon (2)	1260	610	68	19	1	995	4030	101	7	16	62
w/Corned Beef Hash	1440	740	83	26	1	990	3590	119	9	16	57
w/Country-Style Ham	1330	610	68	19	1	1040	4400	104	7	19	74

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Egg Combos Continued											
Bacon & Eggs Breakfast w/ Hash Browns Continued:											
w/Pork Chops (2)	1480	750	83	24	1	1050	3040	102	7	16	81
w/Pork Sausage Links (4)	1460	840	93	29	1	1005	3050	102	7	15	55
w/Pork Sausage Patties (2)	1550	920	102	31	1	1020	3290	101	7	16	56
w/Portuguese Sausage Link (1)	1500	840	94	27	1	1025	3320	102	7	17	61
w/Scrapple	1500	770	86	24	1	1015	3270	122	7	15	59
w/Sirloin Steaks (2)	1410	660	73	21	1.5	1055	3470	102	7	16	87
w/Slice of Ham	1260	590	66	18	1	1010	3770	103	7	18	64
w/Smoked Sausage (2)	1560	890	99	29	1	1020	3690	103	7	15	62
w/Spam® Slices (4)	1490	860	96	28	1	1015	4070	104	7	16	58
w/Turkey Bacon Strips (4)	1270	660	73	20	1	995	3180	101	7	16	52
w/Turkey Sausage Links (4)	1320	670	75	20	1	1010	3320	100	7	15	61
Big 2-Egg Breakfast w/Bacon	1050	580	64	18	0.5	670	2610	77	5	11	42
Big 2-Egg Breakfast w/Sausage	1190	720	80	26	0.5	695	2370	78	5	10	41
Biscuits & Gravy Combo w/Country Gravy	1380	790	87	30	0	645	3030	108	4	9	43
Biscuits & Gravy Combo w/Sausage Gravy	1480	850	95	33	0.5	655	3350	114	5	9	46
Breakfast Sampler	1180	660	73	23	0.5	715	3120	79	5	12	52
Chicken/Country Fried Steak & Eggs w/Country Gravy	1700	940	104	29	1.5	715	4020	134	7	11	58
Chicken/Country Fried Steak & Eggs w/Sausage Gravy	1800	1000	112	32	2	725	4340	139	7	11	60
Chicken Fried Chicken & Eggs w/Country Gravy	1160	580	65	17	1	685	2770	96	6	11	50
Chicken Fried Chicken & Eggs w/Sausage Gravy	1210	610	68	19	1	690	2930	98	6	11	51
Chorizo & Eggs	1480	830	93	27	1	1000	3510	107	7	18	55

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Egg Combos Continued											
Classic Skillet:											
w/o Meat Add-Ons	1450	840	94	33	1.5	710	2800	105	8	14	49
w/Bacon	1640	970	108	38	2	745	3580	105	8	15	62
w/Sausage	1770	1110	124	45	1.5	770	3340	106	8	14	61
w/Chicken/Country Fried Steak w/Country Gravy	2290	1330	148	48	3	790	4990	162	10	15	78
w/Chicken/Country Fried Steak w/Sausage Gravy	2380	1400	156	51	3	800	5310	168	10	15	80
w/Sirloin Steaks (2)	1730	930	104	36	2	820	3760	106	9	15	94
w/Slice of Ham	1580	870	97	34	1.5	775	4060	107	8	17	70
Corned Beef Hash & Eggs	1160	580	65	23	1	990	3170	91	6	15	55
Eggs Benedict	910	500	56	21	1	475	3090	63	4	8	41
Huevos Rancheros w/Flour Tortilla	1410	680	76	25	1	925	2790	122	11	6	60
Huevos Rancheros w/Corn Tortilla	1250	630	70	23	1	925	2070	100	12	5	55
Huevos Rancheros w/Buttermilk Pancakes	1590	750	84	28	1.5	1000	3650	145	15	18	66
Loco Moco	1300	600	67	24	2	970	1330	108	1	3	61
Machaca w/Flour Tortilla	1580	910	101	31	1.5	975	3180	101	7	8	67
Machaca w/Corn Tortillas	1420	860	95	29	1.5	975	2470	79	8	7	63
Migas w/Flour Tortilla	1450	850	94	28	1.5	925	2880	99	7	8	53
Migas w/Corn Tortilla	1300	800	88	26	1	925	2170	78	8	7	48
Pigs In Blankets	930	440	49	18	1	150	2640	94	6	18	30
Pork Chops & Eggs	1210	630	70	20	1	740	2360	78	6	11	68
Quick 2-Egg Breakfast w/Bacon	960	520	58	19	0.5	630	1580	75	4	12	33
Quick 2-Egg Breakfast w/Sausage	1030	590	66	22	0.5	640	1460	76	4	12	33
Simple & Fit 2-Egg Breakfast	350	80	9	2	0.5	25	790	44	7	17	25

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Egg Combos Continued											
Sirloin Steak & Eggs	1130	490	55	18	1	1055	3040	74	5	15	85
Sirloin Tips & Eggs	1330	690	77	20	1.5	720	3130	97	7	29	65
Smokehouse Combo	1290	770	86	26	0.5	710	3010	79	5	10	49
South-of-the-Border Burrito	1350	650	73	26	1.5	690	3280	125	9	16	51
Split Decision Breakfast	1110	600	67	24	1	795	2400	80	5	19	46
T-Bone Steak & Eggs (10 oz)	1150	540	60	21	1.5	1045	2860	73	5	14	80
T-Bone Steak & Eggs (12 oz)	1230	580	64	22	2	1070	3080	73	5	15	92
Weekday Breakfast Specials:											
2 Eggs & 2 Buttermilk Pancakes w/Bacon	680	350	39	13	0.5	650	1790	49	3	10	33
2 Eggs & 2 Buttermilk Pancakes w/Sausage	740	420	47	16	0.5	665	1670	49	3	9	33
2 Eggs, Hash Browns & Toast w/Bacon	920	520	58	19	0.5	630	1570	66	4	3	33
2 Eggs, Hash Browns & Toast w/Sausage	990	590	66	22	0.5	640	1450	67	4	3	33
2 Egg Cheese Omelette w/2 Buttermilk Pancakes	820	470	52	20	1.5	540	1730	52	4	9	36
French Toast w/Bacon	590	260	29	11	0	235	1030	62	5	20	20
French Toast w/Sausage	660	330	37	14	0	250	900	62	5	20	20
2 x 2 x 2 w/Bacon	680	350	39	13	0.5	650	1790	49	3	10	33
2 x 2 x 2 w/Sausage	740	420	47	16	0.5	665	1670	49	3	9	33
Add A Side											
(2) Bacon Strips	90	60	7	2.5	0	20	390	0	--	0	6
(4) Bacon Strips	180	130	14	5	0	35	780	1	--	0	12
Bagel	210	5	0.5	0	0	0	380	43	2	3	8
(2) Biscuits	440	140	16	8	0	5	1260	66	2	7	10
Cottage Cheese	140	60	6	4	0	30	610	6	0	5	14

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Add A Side Continued											
(1) Egg Any Style	130	90	10	3	0	290	160	1	--	0	9
English Muffin	120	10	1	0	0	0	210	25	2	2	5
Grits	80	0	0	0	0	0	125	17	0	0	2
Slice of Ham	120	25	3	1	0	65	1260	3	0	3	21
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Oatmeal, Banana & Brown Sugar	260	45	5	1.5	0	5	35	51	5	20	8
(2) Pork Sausage Links	160	130	15	6	--	30	270	1	0	0	6
(4) Pork Sausage Links	320	270	30	12	--	60	540	2	0	0	12
(2) Pork Sausage Patties	410	350	39	14	0	75	790	1	0	1	13
Scrapple	360	200	23	6	0	70	760	22	--	1	16
Seasonal Mixed Fruit	60	0	0	0	0	0	0	17	2	13	1
Seasoned Red Skin Potatoes	280	130	14	2.5	0	5	680	35	4	1	5
Smashed Red Skin Potatoes	360	190	21	10	0.5	45	490	39	4	3	5
(2) Smoked Sausage Links	420	320	36	12	--	75	1190	3	0	0	20
(2) Slices of Spam®	180	150	16	5	0	35	780	2	0	1	7
(4) Slices of Spam®	350	290	33	11	0	70	1570	4	0	1	15
Toast w/Butter & Jam/Jelly, Rye	290	70	8	4	0	15	390	49	4	19	6
Toast w/Butter & Jam/Jelly, Sourdough	320	120	13	7	0	30	430	45	1	10	6
Toast w/ Butter & Jam/Jelly, Wheatberry	280	70	8	3.5	0	15	310	52	4	23	4
Toast w/ Butter & Jam/Jelly, White	250	70	8	4	0	15	270	42	1	19	4
Toast w/ Butter & Jam/Jelly, Whole Wheat	280	70	8	4	0.5	15	250	44	5	20	8
(2) Turkey Bacon Strips	70	45	5	1.5	0	25	330	1	0	1	5
(4) Turkey Bacon Strips	130	90	10	2.5	0	50	670	1	0	1	10

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Add A Side Continued											
(2) Turkey Sausage Links	90	50	6	1.5	0	35	400	0	--	0	9
(4) Turkey Sausage Links	180	100	12	3	0	70	810	0	--	0	18
(2) Turkey Sausage Patties	140	90	10	2.5	0	55	580	0	0	0	12
Yogurt	70	5	0	0	0	5	40	13	0	10	2
Hearty Omelettes: Values (except for Simple & Fit) do not include choice of side											
Avocado, Bacon & Cheese Omelette	930	690	76	26	1	905	1350	14	5	1	48
Bacon Temptation Omelette	1190	880	98	37	1.5	995	2390	15	2	4	63
Big Steak Omelette	1260	810	90	28	1.5	950	2020	48	7	8	66
Chicken Fajita Omelette	1050	660	74	26	1	1010	2130	25	5	8	74
Chorizo Fiesta Omelette	1300	950	106	37	1	965	3220	33	4	11	55
Colorado Omelette	1190	830	92	34	1	995	2540	19	3	5	73
Corned Beef Hash & Cheese Omelette	1060	730	81	31	1	935	2040	28	4	2	55
Country Omelette	1180	790	88	30	1	945	2060	44	5	6	54
Create Your Own Omelette:											
Plain	530	390	43	11	0	830	590	7	1	1	27
Plain w/Egg Whites	130	35	4	0	0	5	400	2	1	1	22
Choice of Ingredients:											
Add (2) Bacon Strips	90	60	7	2.5	0	20	390	0	--	0	6
Add Cheese, American	150	110	12	7	0	25	480	2	0	1	8
Add Cheese, Cheddar	230	170	18	11	0.5	55	360	2	1	0	14
Add Cheese, Jack & Cheddar Blend	220	160	18	10	0.5	55	350	2	0	0	13
Add Cheese, Pepper Jack	210	150	17	11	0	50	340	0	0	0	14
Add Cheese, Swiss	160	110	13	8	0	30	100	1	0	0	11

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Hearty Omelettes Continued											
Create Your Own Omelette Choice of Ingredients Continued:											
Add Cheese, White Cheddar	170	130	14	8	0	40	270	1	0	0	11
Add Fresh Green Peppers & Onions	10	0	0	0	0	0	0	2	0	1	0
Add Ham, Diced	30	5	1	0	0	15	320	1	0	1	5
Add Fresh Mushrooms	10	0	0	0	0	0	0	2	1	1	2
Add Pork Sausage Links (2)	160	130	15	6	--	30	270	1	0	0	6
Add Fresh Spinach	15	0	0	0	0	0	45	2	1	0	2
Add Fresh Tomatoes	10	0	0	0	0	0	0	2	1	1	0
Garden Omelette	930	690	76	25	1	890	1090	18	5	3	46
Hearty Ham & Cheese Omelette	1040	710	79	31	1.5	1005	2500	17	1	6	64
International Omelette	810	570	63	23	1	905	1580	16	3	4	47
Simple & Fit Vegetable Omelette	310	110	12	4.5	0	20	750	27	6	17	27
Spinach & Mushroom Omelette	980	740	82	28	1.5	890	1750	21	4	6	43
Choice of Side:											
Avocado	80	70	7	1	0	0	0	4	3	0	1
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
(3) Chocolate Chocolate Chip Pancakes, Buttermilk Version	540	160	18	7	0.5	60	1550	83	6	25	14
(3) Chocolate Chocolate Chip Pancakes, Chocolate Version	550	160	18	8	0.5	60	1550	86	8	25	16
(3) Cinn-A-Stacks® Pancakes	690	200	22	8	1	60	1690	109	6	49	14
(3) Double Blueberry Pancakes	540	120	13	4.5	0.5	60	1590	93	7	32	14
(3) Harvest Grain 'N Nut® Pancakes	520	260	29	6	0	75	1120	52	4	14	14
(3) New York Cheesecake Pancakes	850	300	34	16	1.5	145	1830	118	6	42	19
(3) Original Buttermilk Pancakes	470	140	15	5	0.5	70	1590	69	4	13	13

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Hearty Omelettes Continued											
Choice of Side Continued:											
(3) Raspberry & Peach Pancakes	560	120	13	4.5	0.5	60	1580	99	6	38	14
(3) Raspberry White Chocolate Chip Pancakes	730	170	18	9	1	65	1600	128	6	68	15
(3) Rooty Tooty Fresh 'N Fruity® w/Blueberry	520	120	13	4.5	0.5	60	1590	88	5	28	13
(3) Rooty Tooty Fresh 'N Fruity® w/Cinnamon Apple	500	120	13	4.5	0.5	60	1550	82	5	25	14
(3) Rooty Tooty Fresh 'N Fruity® w/Peach	510	120	13	4.5	0.5	60	1570	86	5	27	14
(3) Rooty Tooty Fresh 'N Fruity® w/Strawberry	520	120	13	4.5	0.5	60	1560	87	5	22	14
(3) Strawberry Banana Pancakes	600	120	13	4.5	0.5	60	1560	109	8	34	15
Seasonal Mixed Fruit	60	0	0	0	0	0	0	17	2	13	1
Toast w/Butter & Jam/Jelly, Rye	290	70	8	4	0	15	390	49	4	19	6
Toast w/Butter & Jam/Jelly, Sourdough	320	120	13	7	0	30	430	45	1	10	6
Toast w/ Butter & Jam/Jelly, Wheatberry	280	70	8	3.5	0	15	310	52	4	23	4
Toast w/ Butter & Jam/Jelly, White	250	70	8	4	0	15	270	42	1	19	4
Toast w/ Butter & Jam/Jelly, Whole Wheat	280	70	8	4	0.5	15	250	44	5	20	8
World Famous Pancakes											
Pancake Flavors:											
(4) Chocolate Chocolate Chip Pancakes, Buttermilk Version	700	200	22	9	1	80	2070	109	7	32	19
(4) Chocolate Chocolate Chip Pancakes, Chocolate Version	710	210	23	9	1	80	2070	113	10	32	21
(4) Cinn-A-Stack® Pancakes	900	260	29	10	1	80	2250	142	8	61	18
(4) Double Blueberry Pancakes	690	150	17	5	1	80	2110	118	8	37	18
(4) Harvest Grain 'N Nut® Pancakes w/Blueberry	740	310	34	7	0	80	1490	89	7	34	19
(4) Harvest Grain 'N Nut® Pancakes w/Butter	680	330	37	7	0	95	1480	70	6	19	19
(4) Harvest Grain 'N Nut® Pancakes w/Cinnamon Apple	710	310	34	7	0	80	1450	83	6	31	19

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World Famous Pancakes Continued											
(4) New York Cheesecake Pancakes	1100	400	44	21	1.5	190	2430	152	8	53	26
(3) Original Buttermilk Pancakes	470	140	15	5	0.5	70	1590	69	4	13	13
(5) Original Buttermilk Pancakes	750	200	22	7	1	110	2620	115	7	22	22
(4) Raspberry & Peach Pancakes	700	150	16	5	1	80	2090	122	7	43	19
(4) Raspberry White Chocolate Chip Pancakes	900	210	23	11	1	85	2110	154	7	75	20
(4) Rooty Tooty Fresh 'N Fruity® w/Cinnamon Apple Topping	640	150	16	5	1	80	2070	105	6	29	18
(4) Rooty Tooty Fresh 'N Fruity® w/Peach Topping	650	150	16	5	1	80	2090	109	7	32	18
(4) Rooty Tooty Fresh 'N Fruity® w/Strawberry Topping	660	150	16	5	1	80	2070	110	7	27	18
(4) Strawberry Banana Pancakes	760	150	17	5	1	80	2070	137	10	41	19
Pick-A-Pancake Combo:											
Chocolate Chocolate Chip, Chocolate Version w/Bacon	1020	530	59	18	0.5	640	2180	89	8	20	37
Chocolate Chocolate Chip, Chocolate Version w/Sausage	1090	600	66	21	0.5	650	2060	90	8	19	37
Chocolate Chocolate Chip, Buttermilk Version w/Bacon	1010	520	58	17	0.5	640	2180	87	6	20	36
Chocolate Chocolate Chip, Buttermilk Version w/Sausage	1080	590	66	21	0.5	650	2060	88	6	19	36
Cinn-A-Stack® w/Bacon	1120	550	61	18	1	640	2290	107	6	38	36
Cinn-A-Stack® w/Sausage	1190	620	69	21	1	650	2160	108	6	38	36
Double Blueberry w/Bacon	1030	490	55	15	0.5	640	2220	99	7	28	36
Double Blueberry w/Sausage	1100	560	63	19	0.5	650	2100	99	7	28	36
Harvest Grain 'N Nut® w/Bacon	1000	590	66	17	0	655	1910	65	5	11	36
Harvest Grain 'N Nut® w/Sausage	1070	660	74	20	0	665	1790	66	5	11	36
New York Cheesecake w/Bacon	1230	620	69	23	1	695	2370	116	7	33	40
New York Cheesecake w/Sausage	1300	690	76	26	1	705	2250	116	7	33	39
Original Buttermilk w/Bacon	960	510	57	16	0.5	650	2220	76	5	10	36

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World Famous Pancakes Continued											
Pick-A-Pancake Combo Continued:											
Original Buttermilk w/Sausage	1030	580	65	20	0.5	665	2100	77	5	10	36
Raspberry & Peach w/Bacon	1060	490	55	15	0.5	640	2210	106	7	36	36
Raspberry & Peach w/Sausage	1130	560	62	19	0.5	650	2090	107	7	35	36
Raspberry White Chocolate Chip w/Bacon	1200	530	59	18	1	645	2230	132	7	62	37
Raspberry White Chocolate Chip w/Sausage	1270	600	67	22	1	655	2100	133	7	61	37
Rooty Tooty Fresh 'N Fruity® w/Cinnamon Apple w/Bacon	990	490	55	15	0.5	640	2190	89	6	22	36
Rooty Tooty Fresh 'N Fruity® w/Cinnamon Apple w/Sausage	1060	560	62	19	0.5	650	2070	90	6	22	36
Rooty Tooty Fresh 'N Fruity® w/Peach w/Bacon	1000	490	55	15	0.5	640	2210	93	6	25	36
Rooty Tooty Fresh 'N Fruity® w/Peach w/Sausage	1070	560	62	19	0.5	650	2080	94	6	24	36
Rooty Tooty Fresh 'N Fruity® w/Strawberry w/Bacon	1010	490	55	15	0.5	640	2190	95	6	19	36
Rooty Tooty Fresh 'N Fruity® w/Strawberry w/Sausage	1080	560	62	19	0.5	650	2070	95	6	19	36
Strawberry Banana w/Bacon	1070	490	55	15	0.5	640	2190	111	8	28	37
Strawberry Banana w/Sausage	1140	560	63	19	0.5	650	2070	112	8	28	37
Simple & Fit Blueberry Harvest Grain 'N Nut® Combo	490	210	23	3.5	0	65	1260	45	5	16	26
French Toast & Waffles											
Bananas Foster Brioche French Toast	970	430	48	15	0.5	180	1160	117	5	57	19
Berry Berry Brioche French Toast	770	260	29	9	0	165	950	114	6	40	18
Cinnamon Swirl Brioche French Toast	900	320	36	10	0.5	165	1090	126	5	67	17
Our Original French Toast	720	270	30	11	0	320	930	92	7	29	21
Strawberry Banana French Toast	880	250	28	10	0	310	910	138	10	52	22
Peach Vanilla Stuffed French Toast	1030	350	39	17	0.5	90	810	156	6	84	17
Strawberry Stuffed French Toast	990	320	36	16	0.5	75	760	152	6	68	16

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French Toast & Waffles Continued											
Strawberry Vanilla Stuffed French Toast	1040	350	39	17	0.5	90	780	159	6	74	17
Stuffed French Toast w/o Toppings	850	320	36	16	0.5	75	750	118	4	53	15
Create Your Own French Toast Combo:											
Original w/Bacon	1130	600	67	20	0.5	820	1780	92	7	21	41
Original w/Sausage	1200	670	75	23	0	830	1660	92	7	21	41
Strawberry Banana w/Bacon	1200	580	65	19	0.5	805	1760	115	8	33	41
Strawberry Banana w/Sausage	1270	650	73	22	0.5	815	1630	116	8	33	41
Bananas Foster Brioche w/Bacon	1230	670	75	21	0.5	715	1890	103	5	34	39
Bananas Foster Brioche w/Sausage	1300	740	82	24	0.5	730	1770	103	5	34	39
Berry Berry Brioche w/Bacon	1140	590	65	18	0	710	1780	101	6	26	38
Berry Berry Brioche w/Sausage	1210	660	73	22	0	720	1660	101	6	26	38
Cinnamon Swirl Brioche w/Bacon	1220	620	69	18	0.5	710	1870	111	6	43	38
Cinnamon Swirl Brioche w/Sausage	1290	690	77	22	0.5	725	1750	112	6	43	38
Peach Vanilla Stuffed w/Bacon	1160	590	66	21	0.5	645	1560	109	5	44	35
Peach Vanilla Stuffed w/Sausage	1230	660	74	25	0.5	660	1430	110	5	44	35
Strawberry Stuffed w/Bacon	1210	580	64	20	0.5	635	1540	125	6	44	35
Strawberry Stuffed w/Sausage	1280	650	72	24	0.5	650	1420	125	6	44	35
Strawberry Vanilla Stuffed w/Bacon	1170	590	66	21	0.5	645	1540	111	5	39	35
Strawberry Vanilla Stuffed w/Sausage	1240	660	74	25	0.5	660	1420	111	5	39	35
Bananas & Cream Waffle	750	350	39	20	1	175	820	90	4	37	13
Belgian Waffle	500	210	24	14	1	140	730	60	2	14	10
Berries & Cream Waffle	710	290	33	19	1	175	790	94	3	36	12
Chicken & Waffles	1130	540	60	20	1.5	220	1990	108	5	27	41

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French Toast & Waffles Continued											
Create Your Own Belgian Waffle Combo:											
Bananas & Cream w/Bacon	1100	590	66	28	1	775	1540	93	4	37	37
Bananas & Cream w/Sausage	1170	660	74	31	1	790	1420	93	4	37	37
Berries & Cream w/Bacon	1060	540	60	27	1	775	1510	96	3	37	36
Berries & Cream w/Sausage	1130	610	68	31	1	790	1390	97	3	37	36
Traditional w/Bacon	850	460	51	22	1	735	1450	62	2	15	34
Traditional w/Sausage	910	530	59	26	1	750	1330	63	2	15	34
Syrups											
Blueberry (1.0 fl-oz)	110	0	0	0	0	0	10	26	0	18	0
Boysenberry (1.0 fl-oz)	100	0	0	0	0	0	5	26	0	18	0
Butter Pecan (1.0 fl-oz)	110	0	0	0	0	0	20	28	0	18	0
Maple, Old Fashioned (1.0 fl-oz)	110	0	0	0	0	0	15	27	0	18	0
Strawberry (1.0 fl-oz)	100	0	0	0	0	0	10	26	0	19	0
Sugar Free (1.0 fl-oz)	15	0	0	0	0	0	55	6	0	0	0
Egg Specialties											
Californian Scramble w/Buttermilk Pancakes	1320	760	85	27	1.5	980	2640	87	10	13	54
Californian Scramble w/Flour Tortilla	1270	720	80	25	1	925	2300	87	8	5	52
Californian Scramble w/Toast	1280	770	86	30	1	960	2000	77	8	6	51
Turkey & Avocado Bennie	840	490	54	20	1	680	1180	50	5	11	41
Tuscan Scramble w/Buttermilk Pancakes	1080	570	64	19	1	935	2350	82	7	13	46
Tuscan Scramble w/Flour Tortilla	1040	530	59	16	0.5	880	2010	82	5	5	44
Tuscan Scramble w/Toast	1040	580	65	21	0.5	910	1710	72	6	6	43

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Crepes											
Banana Crepes with Nutella®	1120	490	55	16	0.5	290	1170	134	7	67	25
Cheese Blintzes w/Blueberry Topping	1160	580	65	30	2	350	1610	114	6	59	30
Cheese Blintzes w/Cinnamon Apple Topping	1110	590	65	30	2	350	1530	102	4	52	30
Cheese Blintzes w/Strawberry Preserves	1230	590	65	30	2	350	1540	133	4	82	31
Cheese Blintzes w/Strawberry Topping	1150	590	65	30	2	350	1540	113	5	47	31
Chicken Florentine Crepes	870	430	48	20	1	300	2130	57	5	19	56
Classic Breakfast Crepes	1120	680	75	30	1.5	870	2460	52	2	18	60
German Crepes	840	400	45	14	0.5	315	1150	90	5	29	21
Strawberries & Cream Crepes	960	360	40	12	0.5	305	1190	131	6	51	22
Swedish Crepes	860	390	44	14	0.5	310	1150	96	5	36	21
Sweet Cream Cheese Crepes w/Peach Topping	880	460	52	24	0	245	920	90	4	53	17
Sweet Cream Cheese Crepes w/Raspberry Topping	870	470	52	24	0	245	880	85	4	49	17
Create Your Own Sweet Crepe Combo:											
Banana Crepes with Nutella® w/Bacon	1210	660	74	20	0.5	745	1740	98	6	36	39
Banana Crepes with Nutella® w/Sausage	1280	730	81	24	0.5	755	1620	99	6	36	39
German w/Bacon	1100	650	73	22	0.5	770	1730	76	5	16	37
German w/Sausage	1170	720	81	25	0.5	785	1600	76	5	16	37
Strawberries & Cream w/Bacon	1130	600	67	18	0.5	755	1750	97	5	28	38
Strawberries & Cream w/Sausage	1200	670	74	22	0.5	765	1620	97	5	28	37
Swedish w/Bacon	1120	640	72	21	0.5	770	1730	82	5	23	37
Swedish w/Sausage	1190	710	79	25	0.5	780	1600	83	5	23	37
Sweet Cream Cheese w/Peach Topping w/Bacon	1090	650	72	25	0	720	1610	76	4	29	35
Sweet Cream Cheese w/Peach Topping w/Sausage	1160	720	80	28	0	735	1490	77	4	29	35

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Crepes Continued											
Create Your Own Sweet Crepe Combo:											
Sweet Cream Cheese w/Raspberry Topping w/Bacon	1080	650	72	25	0	720	1590	74	4	27	35
Sweet Cream Cheese w/Raspberry Topping w/Sausage	1150	720	80	28	0	735	1470	74	4	27	35
Salads											
Chicken & Spinach Salad w/Grilled Chicken	1030	620	69	22	1	395	2150	42	5	29	64
Chicken & Spinach Salad w/Crispy Chicken	1280	720	80	24	1.5	370	2450	77	7	29	64
Citrus Chicken Pecan Salad	660	380	42	6	0	95	1070	43	7	31	35
Crispy Chicken Cobb Salad	1270	870	96	28	1.5	590	2980	39	4	5	62
Crispy Chicken Cobb Salad w/Avocado	1350	930	104	29	1.5	590	2980	43	7	5	63
Crispy Chicken Cobb Salad w/Grilled Chicken	1130	800	89	27	1.5	635	2880	12	3	5	70
Grilled Chicken Caesar Salad	800	520	57	14	1	150	1910	27	7	7	48
Mixed Greens House Salad w/Blue Cheese Dressing	320	290	32	6	0.5	30	330	6	2	3	3
Mixed Greens House Salad w/Buttermilk Ranch Dressing	290	260	29	4.5	0	20	440	6	2	3	2
Mixed Greens House Salad w/Creamy Caesar Dressing	290	250	27	5	0	25	600	10	2	5	3
Mixed Greens House Salad w/Creamy Italian	240	170	18	2.5	0	0	500	17	2	13	2
Mixed Greens House Salad w/Fat Free Raspberry Vinaigrette	80	0	0	0	0	0	520	17	2	14	1
Mixed Greens House Salad w/French or Catalina Dressing	110	5	1	0	0	0	590	23	2	14	2
Mixed Greens House Salad w/Honey Balsamic Dressing	210	130	15	2	0	0	280	20	2	15	2
Mixed Greens House Salad w/Honey Mustard Dressing	240	170	19	3	0	15	470	17	2	14	2
Mixed Greens House Salad w/Orange Vinaigrette	190	130	15	2	0	0	310	14	2	10	2
Mixed Greens House Salad w/Raspberry Vinaigrette	140	100	11	1.5	0	0	730	10	2	7	1
Mixed Greens House Salad w/Thousand Island Dressing	260	200	23	3.5	0	10	470	14	2	8	2
Simple & Fit Mixed Greens House Salad w/Reduced Fat Italian	40	15	1.5	0	0	0	120	6	2	3	2

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Salads Continued											
Side Caesar w/Dressing	380	290	33	7	0.5	35	850	15	3	4	9
Soups											
Loaded Potato Soup	390	200	22	9	0	45	1320	36	2	4	12
Minestrone Soup	150	20	2.5	0	0	0	1130	27	2	3	5
Roasted Chicken Noodle Soup	170	50	6	2.5	0	25	990	21	1	3	8
Rustic Cheesy Tomato Soup	290	180	20	12	0.5	60	1200	22	2	7	5
Sandwiches: Values do not include choice of side											
Chicken Clubhouse Super Stacker	1130	670	74	24	1	190	3120	62	5	12	57
Double BLT	670	410	46	11	0	70	2180	40	3	6	25
Ham & Egg Melt	1270	660	74	37	1.5	765	3020	79	3	7	70
Philly Cheese Steak Stacker	830	380	42	15	1.5	130	2650	62	4	12	52
Southwestern Club Sandwich	870	330	37	12	0.5	125	2440	77	4	6	53
Spicy Chicken Ranch Sandwich	870	420	47	18	0.5	115	3140	73	5	11	38
Turkey Berry Melt	1200	610	68	34	1.5	220	2540	81	4	10	63
Choice of Side:											
Avocado	80	70	7	1	0	0	0	4	3	0	1
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Onion Rings, Side	620	310	34	6	0.5	0	550	70	3	9	8
Seasonal Mixed Fruit	60	0	0	0	0	0	0	17	2	13	1
Seasoned Fries, Side	320	120	13	2.5	0	0	490	45	4	1	5
Salad: see salads section											
Soup: see soups section											

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Appetizers											
Appetizer Sampler	1730	840	94	22	1.5	125	3490	160	10	26	62
Chicken & Three Cheese Quesadilla	980	490	54	28	1	225	2390	57	4	6	68
Crispy Chicken Strips & Fries	1060	480	54	10	0.5	100	1950	102	7	13	43
Monster Mozza Sticks	760	340	38	16	1	70	2660	67	7	6	38
Onion Rings	1250	620	69	12	1	0	1110	140	7	18	17
Seasoned Fries	640	240	27	5	0	5	990	89	8	2	10
Wings w/o Dressing	970	580	65	16	0.5	350	3300	25	3	8	70
Wings w/Buttermilk Ranch Dressing	1240	840	94	20	1	370	3720	27	3	9	71
Wings w/Blue Cheese Dressing	1260	870	97	21	1	380	3610	27	3	9	72
Hamburger Bar: Values do not include choice of side											
Bacon Cheeseburger	910	510	57	27	2.5	165	2170	54	3	8	45
Blue Cheese & Bacon Burger	1020	620	69	31	3	180	2420	51	3	6	47
Cheeseburger	820	440	50	25	2.5	145	1780	53	3	8	39
Hamburger	740	390	43	21	2.5	130	1540	53	3	7	35
Mega Monster Cheeseburger	1240	740	83	38	4.5	240	2070	55	3	8	69
Mushroom, Spinach & Swiss Burger	1140	740	82	31	3	155	2060	59	5	10	44
Patty Melt	940	630	70	30	3	155	1440	40	5	6	39
Choice of Side:											
Avocado	80	70	7	1	0	0	0	4	3	0	1
Onion Rings, Side	620	310	34	6	0.5	0	550	70	3	9	8
Seasonal Mixed Fruit	60	0	0	0	0	0	0	17	2	13	1
Seasoned Fries, Side	320	120	13	2.5	0	0	490	45	4	1	5
Salad: see salads section											

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Hamburger Bar Continued											
Choice of Side Continued											
Soup: see soups section											
Dinners: Values do not include choice of side											
Blue Cheese & Bacon Sirloin	960	470	52	23	1.5	200	2150	62	8	5	62
Chicken Fried Chicken Dinner w/Country Gravy	770	330	37	11	0.5	70	2260	84	4	11	29
Chicken Fried Chicken Dinner w/Sausage Gravy	820	360	41	13	0.5	75	2420	87	4	12	30
Chicken/Country Fried Steak Dinner w/Country Gravy	1190	650	72	23	1.5	100	3090	102	7	3	36
Chicken/Country Fried Steak Dinner w/Sausage Gravy	1290	710	79	26	1.5	110	3410	107	7	3	38
Chicken Parmesan	970	290	33	7	0	60	2250	120	7	12	49
Fried Chicken Dinner	1500	760	85	22	1	390	3590	92	6	12	95
Grilled Liver	960	420	47	14	1	575	1510	78	5	13	61
Italian Chicken Pasta	1340	620	69	29	1.5	225	2610	115	9	15	66
Pot Roast Dinner	980	470	52	21	1.5	165	3230	80	4	12	53
Roasted Turkey Dinner	980	370	42	15	1	130	2270	101	8	28	48
Savory Pork Chops	790	380	43	12	0	110	1480	56	8	2	48
Sirloin Steak Dinner	1000	480	54	11	1	115	2760	65	10	6	67
Sirloin Steak Tips Dinner	930	440	49	15	1	105	2740	86	5	29	44
Smoked Sausage Dinner	930	610	68	22	0.5	95	2670	52	6	4	28
T-Bone Steak (10 oz)	750	340	37	11	1	105	1730	54	8	2	50
T-Bone Steak (12 oz)	830	380	42	13	1	130	1950	54	8	2	62
Tilapia Florentine	940	560	62	23	1.5	165	2430	49	6	5	50
Choice of Side:											
Baked Potato, Plain	340	70	7	1	0	0	30	63	7	4	7

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Dinners Continued											
Choice of Side Continued											
Salad: see salads section											
Soup: see soups section											
55+ Specialties											
55+ Breakfast Sampler	750	430	48	14	0	365	1790	53	4	6	27
55+ Buttermilk Pancakes	470	140	15	5	0.5	70	1590	69	4	13	13
55+ Create Your Own Omelette											
Plain w/Pancakes	600	310	34	10	0.5	485	1380	50	3	9	23
Plain w/ Egg Whites w/Pancakes	390	120	14	5	0	55	1270	47	3	9	20
Choice of Ingredients:											
Add (2) Bacon Strips	90	60	7	2.5	0	20	390	0	--	0	6
Add Cheese, American	150	110	12	7	0	25	480	2	0	1	8
Add Cheese, Cheddar	230	170	18	11	0.5	55	360	2	1	0	14
Add Cheese, Jack & Cheddar Blend	220	160	18	10	0.5	55	350	2	0	0	13
Add Cheese, Pepper Jack	210	150	17	11	0	50	340	0	0	0	14
Add Cheese, Swiss	160	110	13	8	0	30	100	1	0	0	11
Add Cheese, White Cheddar	170	130	14	8	0	40	270	1	0	0	11
Add Fresh Green Peppers & Onions	10	0	0	0	0	0	0	2	0	1	0
Add Ham, Diced	30	5	1	0	0	15	320	1	0	1	5
Add Fresh Mushrooms	10	0	0	0	0	0	0	2	1	1	2
Add Pork Sausage Link	160	130	15	6	--	30	270	1	0	0	6
Add Fresh Spinach	15	0	0	0	0	0	45	2	1	0	2
Add Fresh Tomatoes	10	0	0	0	0	0	0	2	1	1	0

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55+ Specialties Continued											
55+ Crispy Chicken Strips	890	440	49	13	1	85	1950	84	7	14	31
55+ French Toast w/Bacon	590	260	29	11	0	235	1030	62	5	20	20
55+ French Toast w/Sausage	660	330	37	14	0	250	900	62	5	20	20
55+ Grilled Liver	790	370	42	12	0.5	300	1420	74	5	13	35
55+ Pork Chop	620	290	33	8	0	55	1210	55	7	2	29
55+ Pot Roast	640	290	32	12	0.5	65	1960	70	4	11	23
55+ Rise 'N Shine w/Bacon	960	520	58	19	0.5	630	1580	75	4	12	33
55+ Rise 'N Shine w/Sausage	1030	590	66	22	0.5	640	1460	76	4	12	33
55+ Roasted Turkey Dinner	900	340	38	14	1	100	2100	101	8	28	37
55+ Rooty w/Blueberry Topping	500	240	27	10	0	335	1050	44	3	20	20
55+ Rooty w/Cinnamon Apple Topping	470	240	27	10	0	335	1020	38	2	17	20
55+ Rooty w/Peach Topping	480	240	27	10	0	335	1040	42	2	19	20
55+ Rooty w/Strawberry Topping	490	240	27	10	0	335	1020	43	2	14	20
55+ Smoked Sausage Dinner	720	450	50	16	0.5	55	2070	51	6	4	18
55+ Smokehouse Combo	810	490	54	16	0	360	1740	53	4	6	26
55+ Tilapia Florentine	830	530	59	22	1.5	120	1860	48	5	5	31
55+ 2 x 2 x 2 w/Bacon	680	350	39	13	0.5	650	1790	49	3	10	33
55+ 2 x 2 x 2 w/Sausage	740	420	47	16	0.5	665	1670	49	3	9	33
Add Soup or Salad: see soup or salads section											

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Just for Kids											
Cheeseburger	400	170	19	9	1	50	570	40	3	16	18
Create-A-Face Pancake®	420	90	10	4	0	45	1060	72	4	26	11
Funny Face® (Buttermilk Pancake Version)	440	180	20	13	1	40	1030	56	3	18	9
Funny Face® (Chocolate Pancake Version)	470	200	22	14	1	40	1030	61	4	21	10
Grilled Cheese Sandwich	440	230	26	15	1	55	750	42	3	16	13
Ice Cream Sundae w/o Topping	130	60	7	5	0	20	55	15	0	12	3
Ice Cream Sundae w/Hot Fudge	320	140	16	14	0	20	150	41	1	34	4
Ice Cream Sundae w/Strawberry Topping	200	60	7	5	0	20	60	32	1	20	3
Jr. Banana Crepe with Nutella®	400	190	21	6	0	80	490	45	3	26	10
Jr. Chicken & Waffles	480	210	23	10	0.5	110	790	48	2	7	20
Jr. Ham & Egg Melt	390	190	21	10	0	290	780	32	3	15	20
Macaroni & Cheese	370	80	9	2.5	0	15	550	62	4	21	11
Create Your Own Rooty Jr.®:											
Brioche French Toast w/Banana Topping	480	270	30	11	0	325	740	34	2	12	20
Brioche French Toast w/Blueberry Topping	530	270	30	11	0	325	780	47	3	23	19
Brioche French Toast w/Cinnamon Apple Topping	500	270	30	11	0	325	740	40	2	20	19
Brioche French Toast w/Peach Topping	520	270	30	11	0	325	760	44	2	22	20
Brioche French Toast w/Strawberry Topping	520	270	30	11	0	325	750	46	2	17	20
Brioche French Toast w/Yogurt	500	250	28	9	0	330	780	40	2	18	21
Pancake w/Banana Topping	420	220	24	9	0	290	950	31	2	9	18
Pancake w/Blueberry Topping	470	220	24	9	0	290	980	44	3	20	18
Pancake w/Cinnamon Apple Topping	440	220	24	9	0	290	950	38	2	16	18
Pancake w/Peach Topping	460	220	24	9	0	290	970	42	3	19	19

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Just for Kids Continued											
Create Your Own Rooty Jr.® Continued											
Pancake w/Strawberry Topping	460	220	24	9	0	290	950	43	3	14	18
Pancake w/Yogurt	440	200	22	7	0	295	980	38	2	15	20
Waffle w/Banana Topping	500	270	31	14	0.5	330	780	38	2	12	19
Waffle w/Blueberry Topping	550	270	30	14	0.5	330	820	51	2	23	19
Waffle w/Cinnamon Apple Topping	530	270	31	14	0.5	330	780	45	2	19	19
Waffle w/Peach Topping	540	270	30	14	0.5	330	800	49	2	22	19
Waffle w/Strawberry Topping	550	270	31	14	0.5	330	780	50	2	16	19
Waffle w/Yogurt	520	260	29	12	0	335	810	45	1	17	21
Silver 5 w/Bacon	340	180	20	7	0	290	880	26	2	5	16
Silver 5 w/Sausage	370	210	23	9	0	295	820	26	2	5	15
Delicious Desserts											
Blueberry Fruit Crepe	460	140	16	7	0	90	420	71	3	46	8
Cinnamon Apple Fruit Crepe	430	160	18	9	0	90	350	60	2	40	8
Strawberry Fruit Crepe	470	170	18	9	0	90	360	71	3	34	8
Ice Cream Sundae w/o Topping	500	250	28	23	0.5	40	210	56	1	46	7
Ice Cream Sundae w/Hot Fudge	380	170	19	14	0.5	40	120	47	1	33	6
Ice Cream Sundae w/Strawberry Topping	310	170	19	14	0.5	40	115	30	0	25	6

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Beverages											
Coffee/Coffee Drinks:											
Coffee, Cup	5	0	0	0	0	0	0	1	1	0	0
Coffee, Full Carafe	25	5	0.5	0	0	0	0	4	3	0	1
Flavored Coffee, French Vanilla	190	90	10	9	0.5	0	15	24	1	23	1
Flavored Coffee, Swiss Mocha	190	90	10	9	0.5	0	15	23	1	22	1
Iced Coffee, Mocha	250	70	8	4.5	0	25	115	37	1	35	8
Iced Coffee, Original	210	70	8	4.5	0	25	115	26	1	25	8
Iced Coffee, Vanilla	250	70	8	4.5	0	25	115	37	1	36	8
Juice:											
Apple Juice (10 fl-oz)	120	0	0	0	0	0	10	30	0	27	0
Apple Juice (16 fl-oz)	210	0	0	0	0	0	20	52	0	47	0
Apple Juice (Kid's Cup 12 fl-oz)	150	0	0	0	0	0	15	37	0	34	0
Cranberry Juice (10 fl-oz)	120	0	0	0	0	0	35	30	2	30	0
Cranberry Juice (16 fl-oz)	210	5	0	0	0	5	65	53	3	53	0
Cranberry Juice (Kid's Cup 12 fl-oz)	150	5	0	0	0	5	45	38	2	38	0
Grapefruit Juice (10 fl-oz)	100	0	0	0	0	0	0	23	0	23	1
Grapefruit Juice (16 fl-oz)	170	5	0	0	0	0	0	40	0	40	2
Grapefruit Juice (Kid's Cup 12 fl-oz)	120	5	0	0	0	0	0	28	0	28	2
Premium Orange Juice, Florida's Natural® (10 fl-oz)	110	0	0	0	0	0	0	27	0	23	2
Premium Orange Juice, Florida's Natural® (16 fl-oz)	200	0	0	0	0	0	0	47	1	40	4
Premium Orange Juice, Florida's Natural® (Kid's Cup 12 fl-oz)	140	0	0	0	0	0	0	33	1	28	3
Premium Orange Juice, Tropicana® (10 fl-oz)	110	0	0	0	0	0	0	26	0	21	2
Premium Orange Juice, Tropicana® (16 fl-oz)	200	0	0	0	0	0	0	46	0	37	4

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Beverages Continued											
Premium Orange Juice, Tropicana® (Kid's Cup 12 fl-oz)	140	0	0	0	0	0	0	33	0	26	3
Tomato Juice (10 fl-oz)	45	0	0	0	0	0	420	10	1	7	1
Tomato Juice (16 fl-oz)	80	0	0	0	0	0	740	18	3	13	3
Tomato Juice (Kid's Cup 12 fl-oz)	50	0	0	0	0	0	530	13	2	9	2
Lemonade:											
Hi-C® Pink Lemonade (10 fl-oz)	70	0	0	0	0	0	30	19	0	19	0
Hi-C® Pink Lemonade (16 fl-oz)	120	0	0	0	0	0	50	31	0	31	0
Hi-C® Pink Lemonade (Kid's Cup 12 fl-oz)	90	0	0	0	0	0	40	25	0	25	0
Minute Maid® Lemonade (10 fl-oz)	90	0	0	0	0	0	10	22	0	21	0
Minute Maid® Lemonade (16 fl-oz)	150	0	0	0	0	0	15	36	0	35	0
Minute Maid® Lemonade (Kid's Cup 12 fl-oz)	120	0	0	0	0	0	10	29	0	28	0
Tropicana® Pink Lemonade (10 fl-oz)	80	0	0	0	0	0	80	20	0	20	0
Tropicana® Pink Lemonade (16 fl-oz)	130	0	0	0	0	0	130	34	0	34	0
Tropicana® Pink Lemonade (Kid's Cup 12 fl-oz)	100	0	0	0	0	0	105	27	0	27	0
Tropicana® Yellow Lemonade (10 fl-oz)	90	0	0	0	0	0	10	22	0	21	0
Tropicana® Yellow Lemonade (16 fl-oz)	150	0	0	0	0	0	15	36	0	35	0
Tropicana® Yellow Lemonade (Kid's Cup 12 fl-oz)	120	0	0	0	0	0	10	29	0	28	0
Milk/Hot Chocolate/Milk Shakes:											
Chocolate Milk, (10 fl-oz)	220	70	8	4.5	0	25	115	29	1	26	8
Chocolate Milk, (16 fl-oz)	360	130	14	8	0	45	200	46	1	42	14
Chocolate Milk, (Kid's Cup 12 fl-oz)	270	90	10	6	0	30	140	36	1	32	10
Hot Chocolate	150	50	6	5	0	0	200	25	1	22	1
Milk Shake, Chocolate	500	200	22	14	0	75	240	62	1	52	14

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Beverages Continued											
Milk Shake, Strawberry	500	200	22	13	0	75	240	62	1	45	14
Milk Shake, Vanilla	490	200	22	13	0	75	230	60	0	53	14
Milk, 2%, (10 fl-oz)	120	45	5	3	0	20	115	12	0	12	8
Milk, 2%, (16 fl-oz)	210	80	8	5	0	35	200	20	0	20	14
Milk, 2%, (Kid's Cup 12 fl-oz)	150	50	6	4	0	25	140	15	0	15	10
Other:											
Bottled Water (8.0 fl-oz)	0	0	0	0	0	0	0	0	0	0	0
Hi-C® Fruit Punch (10 fl-oz)	80	0	0	0	0	0	5	21	0	21	0
Hi-C® Fruit Punch (16 fl-oz)	130	0	0	0	0	0	10	35	0	35	0
Hi-C® Fruit Punch (Kid's Cup 12 fl-oz)	100	0	0	0	0	0	10	28	0	28	0
Tropicana® Fruit Punch (10 fl-oz)	80	0	0	0	0	0	20	23	0	23	0
Tropicana® Fruit Punch (16 fl-oz)	140	0	0	0	0	0	30	38	0	38	0
Tropicana® Fruit Punch (Kid's Cup 12 fl-oz)	110	0	0	0	0	0	25	30	0	30	0
Soft Drinks:											
Barq's® Root Beer (10 fl-oz)	80	0	0	0	0	0	15	22	0	22	0
Barq's® Root Beer (16 fl-oz)	140	0	0	0	0	0	30	37	0	37	0
Barq's® Root Beer (Kid's Cup 12 fl-oz)	110	0	0	0	0	0	25	30	0	30	0
Cherry Coke® (10 fl-oz)	80	0	0	0	0	0	0	21	0	21	0
Cherry Coke® (16 fl-oz)	130	0	0	0	0	0	0	35	0	35	0
Cherry Coke® (Kid's Cup 12 fl-oz)	100	0	0	0	0	0	0	28	0	28	0
Coca-Cola® (10 fl-oz)	70	0	0	0	0	0	0	20	0	20	0
Coca-Cola® (16 fl-oz)	120	0	0	0	0	0	0	33	0	33	0
Coca-Cola® (Kid's Cup 12 fl-oz)	100	0	0	0	0	0	0	27	0	27	0

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Beverages Continued											
Coca-Cola Zero™ (10 fl-oz)	0	0	0	0	0	0	0	0	0	0	0
Coca-Cola Zero™ (16 fl-oz)	0	0	0	0	0	0	0	0	0	0	0
Coca-Cola Zero™ (Kid's Cup 12 fl-oz)	0	0	0	0	0	0	0	0	0	0	0
Diet Coke® (10 fl-oz)	0	0	0	0	0	0	5	0	0	0	0
Diet Coke® (16 fl-oz)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke® (Kid's Cup 12 fl-oz)	0	0	0	0	0	0	10	0	0	0	0
Diet Pepsi® (10 fl-oz)	0	0	0	0	0	0	20	0	0	0	0
Diet Pepsi® (16 fl-oz)	0	0	0	0	0	0	30	0	0	0	0
Diet Pepsi® (Kid's Cup 12 fl-oz)	0	0	0	0	0	0	25	0	0	0	0
Dr. Pepper® (10 fl-oz)	70	0	0	0	0	0	25	19	0	18	0
Dr. Pepper® (16 fl-oz)	120	0	0	0	0	0	40	32	0	31	0
Dr. Pepper® (Kid's Cup 12 fl-oz)	90	0	0	0	0	0	30	25	0	25	0
Fanta® Orange (10 fl-oz)	80	0	0	0	0	0	10	22	0	22	0
Fanta® Orange (16 fl-oz)	140	0	0	0	0	0	20	37	0	37	0
Fanta® Orange (Kid's Cup 12 fl-oz)	110	0	0	0	0	0	15	30	0	29	0
Manzanita Sol® (10 fl-oz)	80	0	0	0	0	0	20	22	0	21	0
Manzanita Sol® (16 fl-oz)	140	0	0	0	0	0	30	36	0	35	0
Manzanita Sol® (Kid's Cup 12 fl-oz)	110	0	0	0	0	0	25	29	0	28	0
Mountain Dew® (10 fl-oz)	80	0	0	0	0	0	30	23	0	23	0
Mountain Dew® (16 fl-oz)	140	0	0	0	0	0	50	39	0	39	0
Mountain Dew® (Kid's Cup 12 fl-oz)	110	0	0	0	0	0	40	31	0	31	0
Mug® Root Beer (10 fl-oz)	80	0	0	0	0	0	10	19	0	19	0
Mug® Root Beer (16 fl-oz)	130	0	0	0	0	0	20	32	0	32	0

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Nutrition Information

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February 2015 Core Menu	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Beverages Continued											
Mug® Root Beer (Kid's Cup 12 fl-oz)	100	0	0	0	0	0	15	26	0	26	0
Pepsi® (10 fl-oz)	80	0	0	0	0	0	15	21	0	21	0
Pepsi® (16 fl-oz)	130	0	0	0	0	0	25	35	0	35	0
Pepsi® (Kid's Cup 12 fl-oz)	100	0	0	0	0	0	20	28	0	28	0
Pepsi®, Wild Cherry (10 fl-oz)	80	0	0	0	0	0	15	21	0	21	0
Pepsi®, Wild Cherry (16 fl-oz)	130	0	0	0	0	0	25	35	0	35	0
Pepsi®, Wild Cherry (Kid's Cup 12 fl-oz)	100	0	0	0	0	0	20	28	0	28	0
Pibb Extra® (10 fl-oz)	70	0	0	0	0	0	10	19	0	19	0
Pibb Extra® (16 fl-oz)	120	0	0	0	0	0	20	32	0	32	0
Pibb Extra® (Kid's Cup 12 fl-oz)	90	0	0	0	0	0	15	26	0	26	0
POWERADE® Mountain Blast (10 fl-oz)	40	0	0	0	0	0	40	11	0	11	0
POWERADE® Mountain Blast (16 fl-oz)	70	0	0	0	0	0	65	18	0	18	0
POWERADE® Mountain Blast (Kid's Cup 12 fl-oz)	60	0	0	0	0	0	50	15	0	15	0
Sierra Mist® (10 fl-oz)	80	0	0	0	0	0	15	20	0	20	0
Sierra Mist® (16 fl-oz)	130	0	0	0	0	0	25	34	0	34	0
Sierra Mist® (Kid's Cup 12 fl-oz)	100	0	0	0	0	0	20	27	0	27	0
Sprite® (10 fl-oz)	70	0	0	0	0	0	15	19	0	19	0
Sprite® (16 fl-oz)	120	0	0	0	0	0	25	32	0	32	0
Sprite® (Kid's Cup 12 fl-oz)	100	0	0	0	0	0	20	26	0	26	0
Tropicana® Orange Twister (10 fl-oz)	80	0	0	0	0	0	20	23	0	23	0
Tropicana® Orange Twister (16 fl-oz)	140	0	0	0	0	0	30	39	0	38	0
Tropicana® Orange Twister (Kid's Cup 12 fl-oz)	110	0	0	0	0	0	25	31	0	30	0
Splashers®:											

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Nutrition Information

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February 2015 Core Menu	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Beverages Continued											
Splashberry	140	0	0	0	0	0	20	36	1	30	1
Tropical Island Twist	180	0	0	0	0	0	20	47	0	46	0
Tea:											
Brisk® Raspberry Iced Tea (10 fl-oz)	60	0	0	0	0	0	20	16	0	16	0
Brisk® Raspberry Iced Tea (16 fl-oz)	100	0	0	0	0	0	30	26	0	26	0
Brisk® Raspberry Iced Tea (Kid's Cup 12 fl-oz)	80	0	0	0	0	0	25	21	0	21	0
Brisk® Unsweetened Iced Tea (10 fl-oz)	0	0	0	0	0	0	25	0	0	0	0
Brisk® Unsweetened Iced Tea (16 fl-oz)	0	0	0	0	0	0	40	0	0	0	0
Brisk® Unsweetened Iced Tea (Kid's Cup 12 fl-oz)	0	0	0	0	0	0	30	0	0	0	0
Freshly-Brewed Iced Tea (10 fl-oz)	5	0	0	0	0	0	0	2	0	0	0
Freshly-Brewed Iced Tea (16 fl-oz)	10	0	0	0	0	0	5	2	0	0	0
Freshly-Brewed Iced Tea (Kid's Cup 12 fl-oz)	5	0	0	0	0	0	5	2	0	0	0
FUZE® Raspberry Iced Tea (10 fl-oz)	45	0	0	0	0	0	5	12	0	11	0
FUZE® Raspberry Iced Tea (16 fl-oz)	70	0	0	0	0	0	10	19	0	19	0
FUZE® Raspberry Iced Tea (Kid's Cup 12 fl-oz)	60	0	0	0	0	0	5	15	0	15	0
Hot Tea, Herbal	5	0	0	0	0	0	0	1	0	0	0
Hot Tea, Regular	10	0	0	0	0	0	0	2	0	0	0
Nestea® Raspberry Iced Tea (10 fl-oz)	45	0	0	0	0	0	5	12	0	11	0
Nestea® Raspberry Iced Tea (16 fl-oz)	70	0	0	0	0	0	10	19	0	19	0
Nestea® Raspberry Iced Tea (Kid's Cup 12 fl-oz)	60	0	0	0	0	0	5	15	0	15	0
Sweet Iced Tea (10 fl-oz)	80	0	0	0	0	0	0	19	0	18	0
Sweet Iced Tea (16 fl-oz)	120	0	0	0	0	0	5	32	0	30	0
Sweet Iced Tea (Kid's Cup 12 fl-oz)	100	0	0	0	0	0	0	26	0	24	0

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Nutrition Information

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Criss-Croissants, Flavored Coffee, All-You-Can-Eat Shrimp	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Criss-Croissants											
Ultimate Combo w/Blackberry Lemonade	1430	790	88	32	0	725	2060	113	7	46	51
Ultimate Combo w/Strawberry Rhubarb	1450	890	99	38	0	760	2150	89	6	28	50
Bacon & Eggs Combo w/Blackberry Lemonade	1240	620	68	24	0	690	1830	112	7	46	46
Bacon & Eggs Combo w/Strawberry Rhubarb	1260	720	80	30	0	720	1920	88	6	28	45
Ham & Eggs Combo w/Blackberry Lemonade	1180	520	58	20	0	715	2370	113	7	48	52
Ham & Eggs Combo w/Strawberry Rhubarb	1200	630	70	27	0	750	2470	89	6	30	51
Sausage & Eggs Combo w/Blackberry Lemonade	1380	770	85	31	0	710	1650	113	7	45	43
Sausage & Eggs Combo w/Strawberry Rhubarb	1390	870	97	38	0	745	1750	88	6	27	42
Regular Combo w/Bacon w/Blackberry Lemonade	1150	560	62	22	0	670	1470	111	7	46	39
Regular Combo w/Bacon w/Strawberry Rhubarb	1170	660	73	28	0	705	1570	87	6	27	37
Regular Combo w/Sausage w/Blackberry Lemonade	1220	630	70	25	0	680	1380	112	7	45	37
Regular Combo w/Sausage w/Strawberry Rhubarb	1230	740	82	32	0	715	1480	87	6	27	36
Egg Combo w/Blackberry Lemonade	1060	500	55	19	0	650	1110	111	7	45	31
Egg Combo w/Strawberry Rhubarb	1070	600	67	26	0	685	1210	86	6	27	30
Blackberry Lemonade Criss-Croissant	510	160	17	10	0	70	360	81	5	44	11
Strawberry Rhubarb Criss-Croissant	530	260	29	17	0	105	450	56	3	25	10
Flavored Coffee											
Salted Caramel Flavored Coffee	160	30	3.5	3	0	0	125	30	2	27	1
All-You-Can-Eat Shrimp											
AYCE Popcorn Shrimp, Initial Order	1020	480	54	10	0.5	125	2890	114	8	9	22
AYCE Popcorn Shrimp, Reorder	320	180	20	3.5	0	60	900	27	1	1	8

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