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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/Scrapple	1210	610	68	20	1	1015	2840	95	4	15	56
w/Slice of Ham	980	430	48	15	1	1010	3340	75	4	17	61
w/Smoked Pork Sausage (2)	1320	770	86	27	1	1035	3390	77	4	16	59
w/Spam® Slices (4)	1210	700	78	24	1	1015	3650	76	4	15	55
w/Top Sirloin Steak (8 oz)	1100	490	54	17	1	1045	2730	72	4	14	82
w/Turkey Bacon (4)	1000	500	56	17	1	1000	2810	73	4	15	51
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	580	64	18	1	945	2450	98	6	14	43
w/Bacon (4)	1320	710	78	23	1	980	3240	99	6	15	55
w/Canadian-style Bacon (2)	1260	620	69	20	1	995	3980	99	6	16	62
w/Corned Beef Hash	1440	750	83	27	1	990	3540	117	8	16	57
w/Country-Style Ham	1320	610	68	19	1	1040	4350	102	6	19	74

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Egg Combos Continued											
Bacon & Eggs Breakfast w/ Hash Browns Continued:											
w/Pork Chops (2)	1480	750	84	25	1	1050	2980	100	7	15	81
w/Pork Sausage Links (4)	1460	850	94	30	1	1005	2990	100	6	14	55
w/Pork Sausage Patties (2)	1540	920	103	32	1	1020	3240	99	7	15	56
w/Portuguese Sausage Link (1)	1500	850	94	28	1	1025	3260	100	6	16	61
w/Scrapple	1500	780	87	24	1	1015	3210	120	6	15	59
w/Slice of Ham	1260	600	67	19	1	1010	3720	101	6	17	63
w/Smoked Sausage (2)	1600	940	105	31	1	1035	3760	103	6	16	62
w/Spam® Slices (4)	1490	870	97	28	1	1015	4020	102	6	16	58
w/Top Sirloin Steak (8 oz)	1390	660	73	21	1.5	1045	3110	98	6	15	84
w/Turkey Bacon Strips (4)	1280	670	75	21	1	1000	3190	99	6	16	53
w/Turkey Sausage Links (4)	1320	680	76	21	1	1010	3260	99	6	15	61
Big 2-Egg Breakfast w/Bacon	1050	580	65	19	0.5	670	2560	75	5	10	42
Big 2-Egg Breakfast w/Sausage	1190	720	81	26	0.5	695	2310	76	5	10	41
Biscuits & Gravy Combo w/Country Gravy	1380	790	88	31	0	645	2970	106	4	8	43
Biscuits & Gravy Combo w/Sausage Gravy	1480	860	96	34	0.5	655	3300	112	4	8	45
Breakfast Sampler	1180	670	74	23	0.5	715	3070	77	5	11	52
Chicken/Country Fried Steak & Eggs w/Country Gravy	1710	950	106	30	1.5	715	4000	133	6	11	58
Chicken/Country Fried Steak & Eggs w/Sausage Gravy	1810	1020	113	33	2	725	4320	138	6	11	60
Chicken Fried Chicken & Eggs w/Country Gravy	1160	590	65	18	1	685	2710	94	5	11	50
Chicken Fried Chicken & Eggs w/Sausage Gravy	1210	620	69	19	1	690	2870	96	5	11	51
Chorizo & Eggs	1480	840	93	28	1	1000	3460	105	7	17	54

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Egg Combos Continued											
Classic Skillets:											
w/Meat Add-Ons	1560	900	100	34	2	705	2910	117	9	14	51
w/Bacon	1750	1030	115	39	2	745	3690	118	9	14	63
w/Sausage	1880	1170	130	46	2	765	3450	119	9	14	63
w/Chicken/Country Fried Steak w/Country Gravy	2410	1400	155	50	3	790	5130	175	11	15	80
w/Chicken/Country Fried Steak w/Sausage Gravy	2510	1460	163	53	3	800	5450	180	11	15	82
w/Slice of Ham	1690	930	103	35	2	770	4170	119	9	17	72
w/Top Sirloin Steak (8 oz)	1810	980	109	37	2.5	805	3560	117	9	14	93
Corned Beef Hash & Eggs	1160	580	65	23	1	990	3170	91	6	15	55
Eggs Benedict	980	510	56	22	1	475	3140	74	3	7	42
Huevos Rancheros w/Flour Tortilla	1410	690	77	25	1	925	2740	120	11	5	59
Huevos Rancheros w/Corn Tortilla	1250	640	71	23	1	925	2020	99	12	4	55
Huevos Rancheros w/Buttermilk Pancakes	1590	760	85	28	1.5	1000	3600	143	14	17	66
Loco Moco	1260	560	62	22	1.5	975	1280	107	1	3	64
Machaca w/Flour Tortilla	1570	910	102	31	1.5	975	3130	99	7	7	67
Machaca w/Corn Tortillas	1420	860	96	29	1.5	975	2420	77	7	6	62
Migas w/Flour Tortilla	1450	850	95	29	1.5	925	2830	97	7	7	53
Migas w/Corn Tortilla	1290	800	89	27	1	925	2120	76	7	6	48
Pigs In Blankets	930	440	49	18	1	150	2640	94	6	18	30
Pork Chops & Eggs	1210	630	70	21	0.5	740	2300	76	5	11	68
Quick 2-Egg Breakfast w/Bacon	960	530	59	19	0.5	630	1530	73	3	11	33
Quick 2-Egg Breakfast w/Sausage	1030	600	67	23	0	640	1400	74	3	11	33
Simple & Fit 2-Egg Breakfast	360	90	10	2	0.5	35	780	44	7	17	26

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Egg Combos Continued											
Sirloin Tips & Eggs	1330	700	77	20	1.5	720	3080	95	6	28	65
Smokehouse Combo	1330	820	91	28	1	725	3080	79	5	12	48
South-of-the-Border Burrito	1350	660	73	26	1.5	690	3230	123	9	16	50
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	81
T-Bone Steak & Eggs (12 oz)	1240	580	65	23	2	1075	3100	73	5	15	93
Top Sirloin Steak & Eggs	1100	490	54	17	1	1045	2730	72	4	14	82
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	530	59	19	0.5	630	1520	64	3	3	33
2 Eggs, Hash Browns & Toast w/Sausage	990	600	67	23	0	640	1400	65	3	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	0	6
(4) Bacon Strips	180	130	14	5	0	35	780	1	0	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	0	9
English Muffin	190	10	1.5	0	0	0	310	37	1	2	6
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	170	19	4	0	0	380	26	2	1	2
Oatmeal, Banana & Brown Sugar	260	45	5	1.5	0	5	35	51	5	20	8
(2) Pork Sausage Links	160	130	15	6	0	30	270	1	0	0	6
(4) Pork Sausage Links	320	270	30	12	0	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	0	1	16
Seasonal Mixed Fruit	60	0	0	0	0	0	0	17	2	13	1
Seasoned Red Skin Potatoes	390	180	20	4	0	0	670	46	5	1	6
(2) Smoked Sausage Links	460	370	41	13	0	90	1310	5	0	2	19
(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	340	70	8	3.5	0	15	430	60	4	25	8
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	50	5	1.5	0	30	370	1	0	1	5
(4) Turkey Bacon Strips	150	100	11	3	0	55	730	1	0	1	11
(2) Turkey Sausage Links	90	50	6	1.5	0	35	400	0	0	0	9

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Add A Side Continued											
(4) Turkey Sausage Links	180	100	12	3	0	70	810	0	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	29	1	950	1970	47	6	7	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	800	88	31	1	945	2010	42	4	6	54
Create Your Own Omelette:											
Plain	530	390	43	11	0	830	590	7	1	1	27
Plain w/Egg Substitute	140	40	4	0.5	0	10	320	2	0	0	23
Choice of Ingredients:											
Add (2) Bacon Strips	90	60	7	2.5	0	20	390	0	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

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Hearty Omelettes Continued											
Create Your Own Omelette Choice of Ingredients Continued:											
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	0	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	910	690	76	25	1	890	960	15	3	4	43
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	320	120	14	5	0	25	690	26	5	17	27
Spinach & Mushroom Omelette	980	740	82	28	1.5	890	1750	21	4	6	43
Choice of Side:											
Hash Browns	280	170	19	4	0	0	380	26	2	1	2
(3) Chocolate Chocolate Chip Pancakes, Buttermilk Version	540	160	18	8	0.5	60	1550	84	6	25	14
(3) Chocolate Chocolate Chip Pancakes, Chocolate Version	560	170	19	8	0.5	60	1550	87	7	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
(3) Pumpkin Pancakes	480	110	12	4.5	0.5	50	1620	80	9	26	12
(3) Raspberry & Peach Pancakes	560	120	13	4.5	0.5	60	1580	99	6	38	14

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Hearty Omelettes Continued											
Choice of Side Continued:											
(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	510	120	13	4.5	0.5	60	1560	86	5	28	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	340	70	8	3.5	0	15	430	60	4	25	8
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	710	210	23	9	1	80	2070	110	7	32	19
(4) Chocolate Chocolate Chip Pancakes, Chocolate Version	730	210	24	10	1	80	2070	114	10	33	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	730	310	34	7	0	80	1450	87	6	34	19
(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

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World Famous Pancakes Continued											
(5) Original Buttermilk Pancakes	750	200	22	7	1	110	2620	115	7	22	22
(4) Pumpkin Pancakes	630	140	15	5	1	70	2160	106	12	34	17
(4) Raspberry & Peach Pancakes	700	150	16	5	1	80	2090	122	7	43	19
(4) Rooty Tooty Fresh 'N Fruity® w/Cinnamon Apple Topping	650	150	16	5	1	80	2070	109	6	33	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	540	60	19	0.5	640	2130	88	7	19	37
Chocolate Chocolate Chip, Chocolate Version w/Sausage	1090	610	68	22	0.5	650	2010	88	7	19	37
Chocolate Chocolate Chip, Buttermilk Version w/Bacon	1010	530	59	18	0.5	640	2130	86	6	19	36
Chocolate Chocolate Chip, Buttermilk Version w/Sausage	1080	610	67	22	0.5	650	2010	86	6	19	36
Cinn-A-Stack® w/Bacon	1120	560	62	18	1	640	2230	105	6	38	36
Cinn-A-Stack® w/Sausage	1190	630	70	22	1	650	2110	106	6	37	36
Double Blueberry w/Bacon	1030	500	56	16	0.5	640	2170	97	7	28	36
Double Blueberry w/Sausage	1100	570	63	19	0.5	650	2050	98	7	27	35
Harvest Grain 'N Nut® w/Bacon	1000	600	67	17	0	655	1860	64	5	11	36
Harvest Grain 'N Nut® w/Sausage	1070	670	75	21	0	665	1730	64	5	11	36
New York Cheesecake w/Bacon	1230	620	69	24	1	695	2320	114	6	33	39
New York Cheesecake w/Sausage	1300	690	77	27	1	705	2200	114	6	32	39
Original Buttermilk w/Bacon	960	520	58	17	0.5	650	2170	75	5	10	35
Original Buttermilk w/Sausage	1030	590	66	20	0.5	665	2040	75	5	10	35
Pumpkin w/Bacon	960	490	55	16	0.5	635	2180	82	8	19	35

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World Famous Pancakes Continued											
Pick-A-Pancake Combo Continued:											
Pumpkin w/Sausage	1030	560	63	19	0.5	645	2060	83	8	19	35
Raspberry & Peach w/Bacon	1060	500	55	16	0.5	640	2160	105	6	35	36
Raspberry & Peach w/Sausage	1130	570	63	19	0.5	650	2030	105	6	35	36
Rooty Tooty Fresh 'N Fruity® w/Cinnamon Apple w/Bacon	1000	500	55	16	0.5	640	2140	91	5	25	36
Rooty Tooty Fresh 'N Fruity® w/Cinnamon Apple w/Sausage	1070	570	63	19	0.5	650	2010	92	5	25	35
Rooty Tooty Fresh 'N Fruity® w/Peach w/Bacon	1000	500	55	16	0.5	640	2150	91	6	24	36
Rooty Tooty Fresh 'N Fruity® w/Peach w/Sausage	1070	570	63	19	0.5	650	2030	92	6	24	36
Rooty Tooty Fresh 'N Fruity® w/Strawberry w/Bacon	1010	500	55	16	0.5	640	2140	93	6	19	36
Rooty Tooty Fresh 'N Fruity® w/Strawberry w/Sausage	1080	570	63	19	0.5	650	2020	94	6	19	36
Strawberry Banana w/Bacon	1070	500	56	16	0.5	640	2140	109	7	28	36
Strawberry Banana w/Sausage	1140	570	64	19	0.5	650	2020	110	7	27	36
Simple & Fit Blueberry Harvest Grain 'N Nut® Combo	500	210	24	4	0	75	1250	45	4	16	27
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
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

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French Toast & Waffles Continued											
Create Your Own French Toast Combo:											
Original w/Bacon	1130	610	68	20	0	820	1730	90	6	21	41
Original w/Sausage	1200	680	76	24	0	830	1610	90	6	21	40
Strawberry Banana w/Bacon	1200	590	66	19	0.5	805	1700	114	8	33	41
Strawberry Banana w/Sausage	1270	660	73	23	0	815	1580	114	8	32	41
Bananas Foster Brioche w/Bacon	1230	680	75	22	0.5	715	1840	101	5	34	39
Bananas Foster Brioche w/Sausage	1300	750	83	25	0.5	730	1710	101	5	34	39
Berry Berry Brioche w/Bacon	1140	590	66	19	0	710	1730	99	5	26	38
Berry Berry Brioche w/Sausage	1210	660	74	22	0	720	1610	100	5	26	38
Cinnamon Swirl Brioche w/Bacon	1220	630	70	19	0.5	710	1820	109	5	43	38
Cinnamon Swirl Brioche w/Sausage	1290	700	78	22	0.5	725	1700	110	5	42	38
Peach Vanilla Stuffed w/Bacon	1160	600	67	22	0.5	645	1500	107	5	44	35
Peach Vanilla Stuffed w/Sausage	1230	670	74	25	0.5	655	1380	108	5	44	35
Strawberry Stuffed w/Bacon	1210	590	65	21	0.5	635	1490	123	6	44	35
Strawberry Stuffed w/Sausage	1280	660	73	25	0.5	650	1360	123	6	44	35
Strawberry Vanilla Stuffed w/Bacon	1170	600	67	22	0.5	645	1490	109	5	39	35
Strawberry Vanilla Stuffed w/Sausage	1240	670	74	25	0.5	655	1370	109	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	10	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
Crepes											
Cheese Blintzes w/Blueberry Topping	1160	580	65	30	2	350	1610	114	6	59	30
Cheese Blintzes w/Cinnamon Apple Topping	1140	590	65	30	2	350	1540	109	5	59	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, Bacon & White Cheddar Crepes	1080	600	67	28	1.5	370	2400	53	3	18	68
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

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Crepes Continued											
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:											
German w/Bacon	1100	660	74	22	0.5	770	1670	74	4	16	37
German w/Sausage	1170	730	81	26	0.5	785	1550	74	4	16	37
Strawberries & Cream w/Bacon	1130	610	67	19	0.5	755	1690	95	5	28	37
Strawberries & Cream w/Sausage	1200	680	75	23	0.5	765	1570	95	5	27	37
Swedish w/Bacon	1120	650	72	22	0.5	770	1670	80	4	23	37
Swedish w/Sausage	1190	720	80	25	0.5	780	1550	81	4	23	37
Sweet Cream Cheese w/Peach Topping w/Bacon	1090	660	73	25	0	720	1560	74	4	28	35
Sweet Cream Cheese w/Peach Topping w/Sausage	1160	730	81	29	0	735	1440	75	4	28	35
Sweet Cream Cheese w/Raspberry Topping w/Bacon	1080	660	73	25	0	720	1540	72	4	26	35
Sweet Cream Cheese w/Raspberry Topping w/Sausage	1150	730	81	29	0	735	1420	72	4	26	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 w/Crispy Chicken	1270	870	96	28	1.5	590	2980	39	4	5	62
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
Honey-Lime Chicken Salad	410	190	21	4	0	95	1160	25	4	19	33

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Salads Continued											
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 Lime Vinaigrette	240	160	18	2.5	0	0	200	20	2	16	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	740	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
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											
Baja Fish Sandwich w/Honey Lime Vinaigrette	710	250	27	6	0	60	2140	88	6	15	28
Baja Fish Sandwich w/Tartar Sauce	750	300	33	6	0	70	2210	87	6	13	28
Chicken Clubhouse Super Stacker	1150	680	76	25	1.5	200	3070	62	5	12	57

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Sandwiches Continued											
Double BLT	690	430	48	12	0	75	2130	40	3	5	25
Philly Cheese Steak Stacker	800	360	41	15	1.5	120	2600	62	4	12	49
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	3130	73	5	11	38
Turkey Berry Melt	1200	610	68	34	1.5	220	2540	81	4	10	63
Choice of Side:											
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											
Griddle Melts: Values do not include choice of side											
Bacon & White Cheddar Melt, Full Sandwich	1610	1010	113	48	2.5	635	3090	84	5	7	65
Bacon & White Cheddar Melt, Half Sandwich	830	520	58	25	1	320	1640	42	2	3	34
Ham & Egg Melt, Full Sandwich	1280	690	77	37	1.5	615	3000	81	3	7	66
Ham & Egg Melt, Half Sandwich	640	340	38	18	1	310	1500	40	2	4	33
Spinach, Roasted Red Pepper & Cheese Melt, Full Sandwich	1380	810	91	36	1	555	2570	84	5	7	57
Spinach, Roasted Red Pepper & Cheese Melt, Half Sandwich	690	410	45	18	0.5	275	1280	42	3	4	29
Choice of Side:											
Hash Browns	280	170	19	4	0	0	380	26	2	1	2
Seasoned Fries, Side	320	120	13	2.5	0	0	490	45	4	1	5
Seasonal Mixed Fruit	60	0	0	0	0	0	0	17	2	13	1

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Appetizers											
Appetizer Sampler	1730	840	94	22	1.5	125	3490	160	10	26	62
Chicken & Chorizo Burrito	1000	570	63	27	0.5	180	2350	60	3	7	50
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
Fish & Chips	800	390	44	8	0	70	1630	79	8	5	24
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	890	540	60	14	0.5	320	3070	24	3	8	64
Wings w/Buttermilk Ranch Dressing	1160	800	89	19	1	340	3500	26	3	9	65
Wings w/Blue Cheese Dressing	1190	830	92	20	1	350	3380	25	3	9	66
Hamburger Bar: Values do not include choice of side											
Bacon Cheeseburger	870	470	52	25	2	170	2130	53	3	8	48
Blue Cheese & Bacon Burger	990	590	66	29	2.5	185	2350	50	3	6	50
Cheeseburger	780	400	45	23	2	150	1740	52	3	7	42
Hamburger	710	350	39	19	2	135	1490	51	3	7	38
Mega Monster Cheeseburger	1170	660	73	34	3.5	250	1980	53	3	8	76
Mushroom, Spinach & Swiss Burger	1120	700	78	29	2.5	160	1990	58	5	9	47
Patty Melt	910	580	65	28	2.5	155	1400	39	5	6	43
Choice of Side:											
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

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Hamburger Bar Continued											
Choice of Side Contiunued											
Salad: see salads section											
Soup: see soups section											
Dinner Classics: 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	760	330	37	11	0.5	70	2250	84	4	11	29
Chicken Fried Chicken Dinner w/Sausage Gravy	810	360	40	13	0.5	75	2410	86	4	12	30
Chicken/Country Fried Steak Dinner w/Country Gravy	1210	650	73	23	1.5	100	3120	103	7	3	36
Chicken/Country Fried Steak Dinner w/Sausage Gravy	1300	720	80	26	1.5	110	3440	108	7	3	39
Chicken Parmesan	970	290	33	7	0	60	2240	120	7	12	48
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	950	410	46	17	1	160	3200	83	4	17	55
Savory Pork Chops	900	440	49	13	0.5	110	1470	68	8	2	50
Sirloin Steak Tips Dinner	930	440	49	15	1	105	2740	86	5	29	44
Smoked Sausage Dinner	970	650	73	23	1	110	2790	54	6	6	28
T-Bone Steak (10 oz)	860	390	44	13	1	105	1730	66	8	1	52
T-Bone Steak (12 oz)	950	440	48	15	1.5	135	1970	66	9	1	64
Tilapia Florentine	940	560	62	23	1.5	165	2430	49	6	5	50
Top Sirloin Steak Dinner	880	430	48	13	1	120	2510	54	7	6	62
Choice of Side:											
Baked Potato, Plain	340	70	7	1	0	0	30	63	7	4	7

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Dinner Classics Continued											
Choice of Side Continued											
Salad: see salads section											
Soup: see soups section											
55+ Specialties											
55+ Breakfast Sampler	750	440	49	15	0	365	1740	51	3	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 Substitute w/Pancakes	390	120	14	5	0	55	1230	47	3	9	20
Choice of Ingredients:											
Add (2) Bacon Strips	90	60	7	2.5	0	20	390	0	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	0	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+ Fish & Chips	770	380	42	8	0	45	1450	79	7	5	17
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	730	350	39	10	0	55	1210	67	8	1	31
55+ Pot Roast	630	270	30	11	0.5	65	1950	70	4	13	24
55+ Rise 'N Shine w/Bacon	900	530	59	20	0.5	630	1240	61	3	10	31
55+ Rise 'N Shine w/Sausage	970	600	67	23	0	640	1120	62	3	10	30
55+ Rooty w/Blueberry Topping	500	240	27	10	0	335	1050	44	3	20	20
55+ Rooty w/Cinnamon Apple Topping	480	240	27	10	0	335	1020	42	2	20	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	740	470	52	16	0.5	65	2130	52	6	5	18
55+ Smokehouse Combo	830	520	57	17	0.5	370	1750	52	3	6	25
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											
Banana Hazelnut Crepe	400	190	21	6	0	80	490	45	3	26	10
Cheeseburger	400	180	20	9	1	50	620	39	3	16	20
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. 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	520	270	30	11	0	325	750	44	2	23	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
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	460	220	24	9	0	290	950	42	2	20	18
Pancake w/Peach Topping	460	220	24	9	0	290	970	42	3	19	19
Pancake w/Strawberry Topping	460	220	24	9	0	290	950	43	3	14	18

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Just for Kids Continued											
Create Your Own Rooty Jr.® Continued											
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	540	270	31	14	0.5	330	780	49	2	23	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
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											
Crispy Strawberry Banana Cheesecake w/o Ice Cream	660	300	34	17	1	75	680	54	3	36	37
Crispy Strawberry Banana Cheesecake w/Chocolate Ice Cream	750	340	38	19	1	90	700	65	3	46	39
Crispy Strawberry Banana Cheesecake w/Strawberry Ice Cream	740	340	37	19	1	85	700	65	3	45	39
Crispy Strawberry Banana Cheesecake w/Vanilla Ice Cream	760	350	38	19	1	90	730	66	3	45	40
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	310	170	19	14	0.5	40	115	30	0	25	6
Ice Cream Sundae w/Hot Fudge	500	250	28	23	0.5	40	210	56	1	46	7
Ice Cream Sundae w/Strawberry Topping	380	170	19	14	0.5	40	120	47	1	33	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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October 2014 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											
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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October 2014 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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October 2014 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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Waffullicious Waffles & Featured Seasonal Items	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)
Waffullicious Waffles											
Ultimate Combo w/Bac N Cheddar Waffle	1350	880	98	36	1	765	2620	62	3	9	57
Ultimate Combo w/Very Blueberry Cheesecake Waffle	1350	810	90	32	1	750	2190	91	5	31	46
Sausage & Eggs Combo w/Bac N Cheddar Waffle	1290	850	95	35	1	750	2160	61	3	8	51
Sausage & Eggs Combo w/Very Blueberry Cheesecake Waffle	1300	780	87	32	1	735	1740	91	5	31	40
Bacon & Eggs Combo w/Bac N Cheddar Waffle	1160	710	79	28	1	725	2410	60	3	9	51
Bacon & Eggs Combo w/Very Blueberry Cheesecake Waffle	1160	640	71	24	1	715	1980	90	5	31	40
Ham & Eggs Combo w/Bac N Cheddar Waffle	1100	610	68	24	1	755	2880	62	3	11	59
Ham & Eggs Combo w/Very Blueberry Cheesecake Waffle	1100	530	59	21	1	745	2460	92	5	34	48
Regular Combo w/Bacon w/Bac N Cheddar Waffle	1070	650	72	26	1	710	2020	60	3	9	45
Regular Combo w/Bacon w/Very Blueberry Cheesecake Waffle	1070	570	64	22	1	695	1590	89	5	31	34
Regular Combo w/Sausage w/Bac N Cheddar Waffle	1130	720	80	29	1	720	1890	60	3	8	45
Regular Combo w/Sausage w/Very Blueberry Cheesecake Waffle	1140	640	72	26	1	705	1470	90	5	31	34
Egg Combo w/Bac N Cheddar Waffle	970	580	65	23	1	690	1620	59	3	8	39
Egg Combo w/Very Blueberry Cheesecake Cheesecake Waffle	980	510	57	20	1	675	1200	89	5	31	28
Bac N Cheddar Waffle, Full Order	820	430	48	26	1	210	1640	62	3	15	33
Very Blueberry Cheesecake Cheesecake Waffle, Full Order	750	300	33	19	1	180	910	100	4	43	14
Featured Seasonal Items											
Pick-A-Pancake Combo w/ Pumpkin Pancakes w/ Bacon	960	490	55	16	0.5	635	2180	82	8	19	35
Pick-A-Pancake Combo w/ Pumpkin Pancakes w/ Sausage	1030	560	63	19	0.5	645	2060	83	8	19	35
Kid's Scary Face Pancake	510	180	20	13	1	40	1090	74	3	30	9

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Featured Beverages											
Hot Apple Cider	170	0	0	0	0	0	70	43	0	40	0
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
Iced Coffee, Mocha	250	70	8	4.5	0	25	115	37	1	35	8

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