



Effective
July 2011

Nutritional 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.

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Hearty Omelettes*											
Big Steak Omelette	1220	740	82	29	1	865	2270	54	8	9	69
Country Omelette	1140	720	80	31	1	870	2060	50	6	8	58
Hearty Ham & Cheese Omelette	870	540	60	25	0	890	2270	18	2	8	65
Bacon Temptation Omelette	980	680	75	30	0	880	1900	17	2	5	62
Spinach & Mushroom Omelette	910	630	70	26	0.5	830	1570	24	5	7	47
Colorado Omelette	1120	740	82	33	0	910	2240	24	3	10	71
Garden Omelette	840	600	66	26	0.5	815	890	18	4	6	45
Chicken Fajita Omelette	960	580	65	26	0.5	915	1850	22	4	8	74
Create Your Own Omelette, Plain	440	290	32	9	0	755	500	10	2	3	28
Create Your Own Omelette, Plain w/Egg Substitute	140	40	4	0.5	0	10	320	2	0	0	23
Add American Cheese	140	110	12	8	0	30	680	0	0	0	8
Add Cheddar Cheese	240	180	20	14	0	60	270	2	0	0	14
Add Jack & Cheddar Cheese Blend	230	170	19	12	0	60	290	2	0	0	14
Add Provolone Cheese	160	110	12	8	0	30	380	0	0	0	10
Add Swiss Cheese	170	110	12	8	0	45	90	2	0	0	14
Add (2) Bacon Strips	80	50	6	2	0	15	300	-1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Add Diced Ham	30	5	1	0	0	15	320	1	0	1	5
Add Oven-Roasted Tomatoes	90	35	4	0	0	0	170	12	4	0	0
Add Green Peppers & Onions	10	0	0	0	0	0	0	2	0	-1	0
Add Tomatoes	10	0	0	0	0	0	0	2	-1	1	-1
Add Fresh Spinach	15	0	0	0	0	0	45	2	1	0	2
Add Mushrooms	10	0	0	0	0	0	0	2	-1	-1	2
Avocado, Bacon & Cheese Omelette	840	590	65	26	0	830	1080	17	5	3	49
Corned Beef Hash & Cheese Omelette	990	650	72	31	1.5	860	1860	30	4	4	57
International Omelette	740	480	53	23	0	830	1410	19	3	7	48
Add Hearty Omelettes Side											
(3) Original Buttermilk Pancakes	490	160	18	8	1	80	1610	69	4	13	13
(3) Strawberry Pancakes	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
(3) New York Cheesecake Pancakes	850	300	34	16	1.5	140	1830	118	6	42	19
(3) Double Blueberry Pancakes	640	120	13	4.5	0.5	60	1630	117	9	50	14
(3) Cinnamon Apple Pancakes	510	120	13	4.5	0.5	60	1620	86	5	28	14
(3) Chocolate Chip Pancakes	550	170	19	8	0.5	60	1550	85	6	25	15
(3) Harvest Grain 'N Nut® Pancakes	700	340	39	10	0	100	1380	71	8	17	18
(3) CINN-A-STACK® Pancakes	690	200	23	8	1	70	1700	106	4	46	14
Seasonal Fresh Fruit	80	0	0	0	0	0	0	21	2	16	-1
Seasoned Hash Browns	320	180	20	3.5	0	0	590	31	3	-1	3

Hearty Omelettes nutrient values do not include pancakes, fresh fruit or hash browns; those values are listed out separately.

SIMPLE & FIT Omelettes											
SIMPLE & FIT Spinach, Mushroom & Tomato Omelette w/Fresh Fruit	330	110	12	4.5	0	30	690	31	5	19	29
SIMPLE & FIT Turkey Bacon Omelette w/Fresh Fruit	420	180	20	9	0	90	720	25	2	17	38
SIMPLE & FIT Veggie Omelette w/Fresh Fruit	320	90	10	1	0	10	420	40	8	19	21

Items listed may not be available at all restaurants.

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Breakfast Combinations											
Breakfast Sampler	1180	660	74	23	1	560	3160	82	6	11	49
T-Bone Steak & Eggs 10 oz	1220	600	67	25	2	855	2470	76	4	14	80
T-Bone Steak & Eggs 12 oz	1250	610	68	26	2	850	2840	74	4	13	86
T-Bone Steak & Eggs 16 oz	1250	510	58	21	1.5	890	3570	73	4	13	110
Sirloin Tips & Eggs	1350	680	76	22	1.5	580	3050	99	8	25	69
Country/Chicken Fried Steak & Eggs w/Country Gravy	1570	780	87	26	2	555	3710	139	11	13	57
Country/Chicken Fried Steak & Eggs w/Sausage Gravy	1680	850	95	29	2	570	4050	145	11	14	60
Smokehouse Combo	1340	810	91	29	1.5	580	3180	84	6	11	47
Biscuits & Gravy Combo w/Country Gravy	1420	860	95	34	0.5	485	3080	99	5	7	39
Biscuits & Gravy Combo w/Sausage Gravy	1530	930	103	37	0.5	495	3410	105	5	8	41
Split Decision Breakfast	1170	660	75	28	1.5	705	2280	80	6	16	46
Thick-Cut Bone-In Ham & Eggs	1170	540	61	19	1	620	4310	88	6	15	70
Quick Two-Egg Breakfast	1080	540	61	25	1.5	490	1580	105	7	20	30
Add (2) Bacon Strips	80	50	6	2	0	15	300	-1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
SIMPLE & FIT Two-Egg Breakfast	350	70	8	1.5	0	30	710	48	7	19	25
Big Country Breakfast	1130	550	62	18	1.5	725	2480	104	8	14	40
Add Country/Chicken Fried Steak & Country Gravy	690	330	37	11	1	70	1840	60	5	3	29
Add Biscuits with Country Gravy and (4) Pork Sausage Links	850	520	58	24	0	55	2060	60	2	6	20
Big Country Breakfast	1130	550	62	18	1.5	725	2480	104	8	14	40
Add Country/Chicken Fried Steak & Sausage Gravy	800	400	45	14	1	80	2180	65	5	4	32
Add Biscuits with Sausage Gravy & (4) Pork Sausage Links	900	560	62	26	0	60	2230	63	2	6	21
Big Two-Egg Breakfast	880	450	50	15	1	490	1870	80	6	9	28
Add (4) Pork Sausage Links	350	290	32	12	0	55	580	3	0	-1	12
Add (4) Bacon Strips	150	110	12	4	0	30	610	1	0	-1	11
Chicken Fried Chicken & Eggs w/Country Gravy	1240	620	69	19	1.5	545	2950	105	9	10	51
Chicken Fried Chicken & Eggs w/Sausage Gravy	1300	650	73	21	1.5	550	3120	107	9	11	53
Chorizo & Eggs	1400	730	82	25	1.5	770	3160	111	8	17	55
Corned Beef Hash & Eggs	1110	550	61	23	2.5	770	2970	91	6	15	51
Eggs Benedict	1020	510	57	22	0	530	3140	80	6	8	43
Huevos Rancheros	1110	580	65	23	0.5	705	1810	83	11	3	50
Add Flour Tortillas	280	60	6	3	0	0	710	47	1	0	8
Add Corn Tortillas	190	25	2.5	0.5	0	0	10	36	3	0	4
Add (3) Buttermilk Pancakes	490	160	18	8	1	80	1610	69	4	13	13
Loco Moco	1190	500	56	20	1.5	745	1050	108	1	2	61
Machaca	1270	810	90	29	1	740	2110	60	6	7	54
Add Flour Tortillas	280	60	6	3	0	0	710	47	1	0	8
Add Corn Tortillas	190	25	2.5	0.5	0	0	10	36	3	0	4
Migas	1140	750	83	26	1	705	1870	57	6	5	43
Add Flour Tortillas	280	60	6	3	0	0	710	47	1	0	8
Add Corn Tortillas	190	25	2.5	0.5	0	0	10	36	3	0	4
Migas with Chorizo	1400	930	103	33	1	750	2240	59	6	6	58
Add Flour Tortillas	280	60	6	3	0	0	710	47	1	0	8
Add Corn Tortillas	190	25	2.5	0.5	0	0	10	36	3	0	4
Pigs In Blankets	980	480	54	20	1	150	2710	95	6	18	30
Pork Chops & Eggs	1090	500	56	17	1	560	2370	81	6	10	67
SIMPLE & FIT Oatmeal	290	40	4.5	1.5	0	<5	25	58	4	30	7
South-of-the-Border Burrito	1380	660	74	29	1	550	3330	130	10	16	50
Top Sirloin Steak & Eggs	1090	470	53	19	1.5	840	2350	73	4	13	82
Classic Skillets	1460	870	97	37	1.5	565	2740	102	8	12	48
Add (4) Pork Sausage Links	350	290	32	12	0	55	580	3	0	-1	12
Add (4) Bacon Strips	150	110	12	4	0	30	610	1	0	-1	11
Add Grilled Ham	110	25	2.5	0.5	0	60	1390	1	0	1	19
Add Country/Chicken Fried Steak & Country Gravy	690	330	37	11	1	70	1840	60	5	3	29
Add Country/Chicken Fried Steak & Sausage Gravy	800	400	45	14	1	80	2180	65	5	4	32
Add Top Sirloin Steak	280	100	11	4	0	115	460	0	0	0	45
Weekday Breakfast Specials:											
Two Eggs, Hash Browns & Toast	1080	540	61	25	1.5	490	1580	105	7	20	30
Add (2) Bacon Strips	80	50	6	2	0	15	300	-1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Two Eggs & Two Buttermilk Pancakes	560	270	31	11	0.5	490	1280	49	3	9	25
Add (2) Bacon Strips	80	50	6	2	0	15	300	-1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
French Toast	640	320	36	12	0.5	330	750	59	5	12	20
Add (2) Bacon Strips	80	50	6	2	0	15	300	-1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Two-Egg Cheese Omelette w/Two Buttermilk Pancakes	780	430	49	23	1	470	1610	52	4	10	36

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
French Toast, Waffles & Sweet Crepes											
Create Your Own Viva La French Toast Combo, Original	1170	640	71	20	1	760	1530	93	9	13	40
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Create Your Own Viva La French Toast Combo, Strawberry Banana	1210	590	66	17	1	740	1480	116	10	25	40
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Create Your Own Viva La French Toast Combo, Blueberry	1200	590	66	17	1	740	1510	112	10	28	40
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Create Your Own Viva La French Toast Combo, Strawberry	1190	590	66	17	1	740	1480	111	10	22	40
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Create Your Own Viva La French Toast Combo, Cinnamon Apple	1180	590	66	17	1	740	1540	109	10	28	40
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Create Your Own Viva La French Toast Combo, Whole Wheat	900	410	45	11	0.5	620	1290	88	8	23	36
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Create Your Own Viva La French Toast Combo, CINN-A-STACK®	1300	650	73	19	1	745	1580	121	9	39	40
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Stuffed French Toast Combo	950	470	52	14	1	475	1150	92	5	22	28
Add Strawberry Topping w/Whipped Topping	90	25	2.5	2	0	0	10	19	<1	9	0
Add Blueberry Compote w/Whipped Topping	100	20	2.5	2	0	0	45	19	1	15	0
Add Cinnamon Apple Compote w/Whipped Topping	90	20	2.5	2	0	0	70	17	<1	15	0
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Strawberry Banana French Toast	1060	400	45	12	0.5	460	1050	135	11	41	32
SIMPLE & FIT Whole Wheat French Toast Combo	490	140	15	4	0	220	930	56	5	23	33
CINN-A-STACK® French Toast	1120	490	54	16	1	475	1190	126	8	51	32
Original French Toast	920	450	50	15	1	480	1100	88	8	18	31
Belgian Waffle Combo	640	340	39	18	1	545	770	50	2	11	23
Add Strawberry Topping w/Whipped Topping	160	25	2.5	2	0	0	20	36	2	17	<1
Add Blueberry Compote w/Whipped Topping	170	20	2.5	2	0	0	80	37	2	29	<1
Add Cinnamon Apple Compote w/Whipped Topping	140	20	2.5	2	0	0	135	32	1	28	0
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Belgian Waffle, Plain	360	140	15	8	0.5	95	520	47	2	11	8
Belgian Waffle w/Butter	420	200	23	14	1	115	580	47	2	11	8
Add Strawberry Topping w/Whipped Topping	160	25	2.5	2	0	0	20	36	2	17	<1
Add Blueberry Compote w/Whipped Topping	170	20	2.5	2	0	0	80	37	2	29	<1
Add Cinnamon Apple Compote w/Whipped Topping	140	20	2.5	2	0	0	135	32	1	28	0
Strawberry Banana Danish Fruit Crepes	970	510	57	26	2	230	730	106	7	49	16
Nutella® Crepes	910	440	48	13	1	205	620	109	7	57	16
Swedish Crepes	930	550	61	20	1	320	790	78	5	31	15
International Crepe Passport, Nutella®	1100	640	71	22	1	610	1200	83	5	42	38
International Crepe Passport, Swedish	1030	690	77	28	0.5	660	1180	48	2	20	35
International Crepe Passport, Strawberry Banana Danish	1000	600	67	26	1.5	590	1150	68	4	30	35
International Crepe Passport, Fresh Fruit	860	450	50	15	0.5	545	1020	69	5	37	36
International Crepe Passport, German	930	630	69	23	0.5	640	1170	40	3	12	35
SIMPLE & FIT Seasonal Fresh Fruit Crepes	580	210	24	5	0.5	140	430	62	7	42	12
Cheese Blintzes	1000	620	69	30	1	335	1260	66	4	27	27
Add Strawberry Topping	130	0	0	0	0	0	15	35	2	16	0
Add Blueberry Compote	150	0	0	0	0	0	80	36	2	28	0
Add Cinnamon Apple Compote	120	0	0	0	0	0	130	31	1	27	0
Add Strawberry Preserves	210	0	0	0	0	0	10	55	<1	51	0
Cinnamon Swirl French Toast Combo	1210	670	75	25	1	540	1370	102	8	16	33
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Stuffed French Toast, Full Order	900	350	39	17	1	90	740	120	4	45	18
Add Strawberry Topping	130	0	0	0	0	0	15	35	2	16	0
Add Blueberry Compote	150	0	0	0	0	0	80	36	2	28	0
Add Cinnamon Apple Compote	120	0	0	0	0	0	130	31	1	27	0
Stuffed French Toast, Side Order	450	170	19	9	0	45	370	60	2	23	9
Add Strawberry Topping	70	0	0	0	0	0	5	17	<1	8	0
Add Blueberry Compote	70	0	0	0	0	0	40	18	1	14	0
Add Cinnamon Apple Compote	60	0	0	0	0	0	65	16	<1	14	0
German Crepes	830	490	54	15	1	300	790	71	5	23	15

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
World Famous Pancake Combos											
Pick-A-Pancake Combo, Original Buttermilk	880	450	50	15	1	490	1870	80	6	9	28
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Pick-A-Pancake Combo, CINN-A-STACK®	1010	460	51	14	1	480	1920	109	6	35	29
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Pick-A-Pancake Combo, Double Blueberry	1020	410	45	12	1	470	1890	124	10	44	29
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Pick-A-Pancake Combo, Chocolate Chip	910	440	49	15	1	470	1810	92	8	19	29
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Pick-A-Pancake Combo, New York Cheesecake	1130	530	59	20	1.5	525	2000	119	8	32	32
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Pick-A-Pancake Combo, Strawberry Banana	970	410	45	12	1	470	1820	114	9	27	29
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Pick-A-Pancake Combo, Harvest Grain 'N Nut®	1020	570	64	16	1	505	1720	81	9	12	31
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Pick-A-Pancake Combo, Cinnamon Apple	890	400	45	12	1	470	1850	94	7	22	28
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Pick-A-Pancake Combo, Strawberry	900	400	45	12	1	470	1820	98	7	18	29
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Pancake Platter	490	160	18	8	1	80	1610	69	4	13	13
Add (4) Bacon Strips	150	110	12	4	0	30	610	1	0	<1	11
Add (4) Pork Sausage Links	350	290	32	12	0	55	580	3	0	<1	12
Add (2) Pork Sausage Patties	300	250	27	9	0	65	670	0	0	0	14
Rooty Tooty Fresh 'N Fruity®	750	400	45	14	0.5	510	1810	51	3	9	36
Add Strawberry Topping w/Whipped Topping	90	25	2.5	2	0	0	10	19	<1	9	0
Add Blueberry Compote w/Whipped Topping	100	20	2.5	2	0	0	45	19	1	15	0
Add Cinnamon Apple Compote w/Whipped Topping	90	20	2.5	2	0	0	70	17	<1	15	0
SIMPLE & FIT Blueberry Harvest Grain 'N Nut® Combo	560	210	23	3.5	0	60	1040	64	8	21	25
Two x Two x Two	560	270	31	11	0.5	490	1280	49	3	9	25
Add (2) Bacon Strips	80	50	6	2	0	15	300	<1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
SIMPLE & FIT Two x Two x Two	400	110	12	2.5	0	70	1450	48	3	10	25
Three Eggs & Pancakes	810	370	42	15	1	725	1880	73	4	13	37
Three Eggs & Pancakes w/Hash Browns	1130	550	62	18	1.5	725	2480	104	8	14	40
Add (4) Bacon Strips	150	110	12	4	0	30	610	1	0	<1	11
Add (4) Turkey Bacon Strips	100	60	7	1.5	0	45	510	2	0	1	9
Add (4) Pork Sausage Links	350	290	32	12	0	55	580	3	0	<1	12
Add (2) Canadian Style Bacon Slices	120	45	5	2	0	50	1500	2	0	2	18
Add Corned Beef Hash	300	180	20	9	1.5	45	1090	18	2	1	14
Add (1) Country Style Ham Slice	160	35	4	1	0	90	2080	2	0	2	28
Add Ham Steak	110	25	2.5	0.5	0	60	1390	1	0	1	19
Add (1) Portuguese Sausage Link	380	310	34	10	0	30	1040	2	0	0	20
Add Side of Scrapple	360	200	23	6	0	70	760	22	0	<1	16
Add Side of Spam®	350	270	30	11	0	70	1570	4	0	1	15
Add (2) Taylor Ham® Slices	360	290	32	14	0	80	1160	2	0	0	18
Add Top Sirloin Steak	280	100	11	4	0	115	460	0	0	0	45
Add (4) Turkey Sausage Links	200	130	14	3.5	0	55	820	<1	0	0	18
Add (2) Pork Sausage Patties	300	250	27	9	0	65	670	0	0	0	14
Add (2) Pork Chops	210	50	6	2	0	75	500	2	0	<1	39
Add (2) Smoked Sausage Links	460	370	41	13	0	90	1310	5	0	2	19
PANCAKE FLAVORS											
Double Blueberry Pancakes (4)	800	150	17	5	1	80	2150	144	11	57	19
Chocolate Chip Pancakes (4)	720	210	24	10	1	80	2070	112	8	32	20
CINN-A-STACK® Pancakes (4)	890	260	29	10	1	95	2260	138	6	58	19
New York Cheesecake Pancakes (4)	1100	400	44	21	1.5	190	2430	152	8	53	26
Strawberry Banana Pancakes (4)	760	150	17	5	1	80	2070	137	10	41	20
Harvest Grain 'N Nut® Pancakes (4)	920	440	49	11	0	125	1810	95	10	22	25
Add Blueberry Compote w/Whipped Topping	170	20	2.5	2	0	0	80	37	2	29	<1
Add Cinnamon Apple Compote w/Whipped Topping	140	20	2.5	2	0	0	135	32	1	28	0
Original Buttermilk Pancakes (5)	770	220	25	9	1	115	2640	115	7	22	22
Original Buttermilk Pancakes, Short Stack (3)	490	160	18	8	1	80	1610	69	4	13	13

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Savory Crepes											
Garden Stuffed Crepes	1050	680	75	26	1	645	1410	51	5	16	42
Chicken Florentine Crepes	880	480	53	20	0.5	290	1810	48	5	15	55
Bacon & Cheddar Stuffed Crepes	1130	740	82	37	1	705	1500	43	2	13	54
Take Two Combos											
House Salad	90	25	3	0	0	0	170	15	3	6	3
Add Dressing, Balsamic Vinaigrette	260	230	26	3.5	0	0	240	5	0	5	0
Add Dressing, Blue Cheese	350	330	37	7	0.5	30	400	2	0	2	2
Add Dressing, Creamy Caesar	310	300	33	6	0.5	40	550	1	0	0	2
Add Dressing, Honey Mustard	270	200	23	3.5	0	15	200	16	-1	15	1
Add Dressing, Reduced-Fat Italian	15	10	1	0	0	0	105	1	0	-1	0
Add Dressing, Buttermilk Ranch	290	270	30	4.5	0.5	15	540	3	0	2	0
Side Caesar Salad	440	360	40	8	0.5	50	870	13	3	3	11
Seasonal Fresh Fruit	80	0	0	0	0	0	0	21	2	16	-1
Loaded Potato & Bacon Soup	430	260	29	17	0.5	85	1310	30	1	5	13
Soup of the Day											
Chicken Noodle Soup	170	45	5	1.5	0	35	1110	18	1	3	12
New England Clam Chowder	460	300	34	19	1	115	1060	25	1	4	13
Minestrone Soup	170	20	2	0	0	0	1290	28	2	3	7
Chicken Tortilla Soup	190	60	7	2	0	15	1450	23	3	3	9
Broccoli Cheese Soup	340	200	23	14	1	75	1440	19	2	6	12
1/2 Turkey Sandwich	290	160	18	4.5	0	40	1170	15	4	2	18
1/2 Pot Roast Melt Sandwich	520	240	27	15	0	90	1580	42	3	4	30
1/2 Double BLT Sandwich	390	260	28	6	0	30	1180	21	2	3	12
Signature Soups											
Loaded Potato & Bacon Soup	430	260	29	17	0.5	85	1310	30	1	5	13
Soup of the Day											
Chicken Noodle Soup	170	45	5	1.5	0	35	1110	18	1	3	12
New England Clam Chowder	460	300	34	19	1	115	1060	25	1	4	13
Minestrone Soup	170	20	2	0	0	0	1290	28	2	3	7
Chicken Tortilla Soup	190	60	7	2	0	15	1450	23	3	3	9
Broccoli Cheese Soup	340	200	23	14	1	75	1440	19	2	6	12
Sandwiches & Burgers*											
Philly Cheese Steak Stacker	780	350	39	16	1	115	2180	55	3	8	49
Turkey & Bacon Club Sandwich	730	350	39	10	0	100	2040	50	2	6	40
Double BLT	660	400	45	10	0	60	1460	39	2	5	23
Ham & Egg Melt	1070	500	56	29	0.5	580	2920	77	3	4	66
Tuscan Chicken Griller	940	510	58	20	0.5	150	2100	59	6	6	45
SIMPLE & FIT Simply Chicken Sandwich w/Fresh Fruit	500	90	10	3.5	0	105	840	65	4	22	40
Pot Roast Melt	1040	470	53	30	0	175	2330	82	3	9	59
Bacon Cheddar Chicken Sandwich	930	540	61	22	1	180	1560	47	2	7	50
Chicken Clubhouse Super Stacker	1180	720	81	33	1	200	2690	55	4	9	53
Patty Melt	920	580	66	31	2	160	1490	42	5	5	43
BACON 'N BEEF™ BURGERS											
Bacon 'N Beef™ Cheeseburger w/Bacon Patty	830	470	53	26	2	160	860	48	2	8	38
Bacon 'N Beef™ Cheeseburger w/Beef Patty	780	440	50	25	2	170	760	46	2	7	41
Bacon 'N Beef™ Bacon & Egg Cheeseburger w/Bacon Patty	1010	590	66	30	2.5	390	1250	50	2	9	52
Bacon 'N Beef™ Bacon & Egg Cheeseburger w/Beef Patty	970	560	63	30	2.5	400	1160	48	2	7	54
Bacon 'N Beef™ Bacon Cheeseburger w/Bacon Patty	900	520	58	28	2.5	175	1160	48	2	9	44
Bacon 'N Beef™ Bacon Cheeseburger w/Beef Patty	860	490	55	27	2.5	185	1070	47	2	7	47
Bacon 'N Beef™ Mega Mushroom Burger w/Bacon Patty	970	580	65	28	2	160	820	52	3	11	41
Bacon 'N Beef™ Mega Mushroom Burger w/Beef Patty	920	550	62	27	2	170	730	50	3	9	44
Monster Bacon 'N Beef™ Cheeseburger w/Bacon Patty	1270	760	86	42	3.5	260	1450	49	2	10	67
Monster Bacon 'N Beef™ Cheeseburger w/Beef Patty	1190	710	80	41	3.5	280	1270	46	2	7	73
Add Sandwiches & Burgers Side											
Seasoned Fries	300	110	12	2.5	0	0	490	44	4	0	3
Onion Rings	620	310	34	6	0.5	0	550	70	3	9	8
Seasonal Fresh Fruit	80	0	0	0	0	0	0	21	2	16	-1
Dill Pickle Spear	5	0	0	0	0	0	410	1	1	0	0
Add Sandwiches & Burgers Soup											
Loaded Potato & Bacon Soup	430	260	29	17	0.5	85	1310	30	1	5	13
Chicken Noodle Soup	170	45	5	1.5	0	35	1110	18	1	3	12
New England Clam Chowder	460	300	34	19	1	115	1060	25	1	4	13
Minestrone Soup	170	20	2	0	0	0	1290	28	2	3	7
Chicken Tortilla Soup	190	60	7	2	0	15	1450	23	3	3	9
Broccoli Cheese Soup	340	200	23	14	1	75	1440	19	2	6	12

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Sandwiches & Burgers* (continued)											
Add Sandwiches & Burgers Salad											
Side Caesar Salad	440	360	40	8	0.5	50	870	13	3	3	11
House Salad	90	25	3	0	0	0	170	15	3	6	3
Add Dressing, Balsamic Vinaigrette	260	230	26	3.5	0	0	240	5	0	5	0
Add Dressing, Blue Cheese	350	330	37	7	0.5	30	400	2	0	2	2
Add Dressing, Creamy Caesar	310	300	33	6	0.5	40	550	1	0	0	2
Add Dressing, Honey Mustard	270	200	23	3.5	0	15	200	16	<1	15	1
Add Dressing, Reduced-Fat Italian	15	10	1	0	0	0	105	1	0	<1	0
Add Dressing, Buttermilk Ranch	290	270	30	4.5	0.5	15	540	3	0	2	0
<small>*Sandwiches & Burgers (except for SIMPLE & FIT selections) nutrient values do not include onion rings, fries, fresh fruit, soup, salad, or dill pickle; those values are listed out separately.*</small>											
Appetizers											
Chicken Fajita Quesadilla	1070	530	59	33	0	220	2400	70	5	8	69
Steak Fajita Quesadilla	1060	550	61	34	0	190	2520	71	5	8	59
Crispy Chicken Strips & Fries	1230	600	67	12	0.5	85	1330	117	9	15	41
Appetizer Sampler	1780	890	99	23	1.5	115	3120	163	12	28	60
Monster Mozza Sticks	770	340	38	16	1	70	2680	68	7	6	39
Onion Rings	1250	620	69	12	1	0	1110	140	7	18	17
Seasoned Fries	590	220	24	4.5	0	0	980	87	9	0	6
Wings	680	390	44	11	0	265	1960	15	<1	7	57
Add Dressing, Buttermilk Ranch	290	270	30	4.5	0.5	15	540	3	0	2	0
Add Dressing, Blue Cheese	350	330	37	7	0.5	30	400	2	0	2	2
Fresh Salads											
Grilled Chicken Caesar Salad	960	650	72	15	1	130	2140	39	6	7	42
Grilled Chicken Caesar Salad, No Chicken	870	640	71	15	1	85	1720	39	6	7	23
Crispy Chicken Salad w/Fried Chicken	1460	850	95	28	0.5	375	2090	93	10	32	63
Crispy Chicken Salad w/Grilled Chicken	1270	820	91	27	0	370	2420	59	8	32	56
SIMPLE & FIT Fresh Fruit & Yogurt Bowl	320	25	3	0.5	0	<5	45	73	7	45	7
SIMPLE & FIT Fruit Bowl	130	0	0	0	0	0	0	33	4	25	1
SIMPLE & FIT House Salad	50	15	1.5	0	0	0	140	9	3	5	2
House Salad	90	25	3	0	0	0	170	15	3	6	3
Add Dressing, Balsamic Vinaigrette	260	230	26	3.5	0	0	240	5	0	5	0
Add Dressing, Blue Cheese	350	330	37	7	0.5	30	400	2	0	2	2
Add Dressing, Creamy Caesar	310	300	33	6	0.5	40	550	1	0	0	2
Add Dressing, Honey Mustard	270	200	23	3.5	0	15	200	16	<1	15	1
Add Dressing, Reduced-Fat Italian	15	10	1	0	0	0	105	1	0	<1	0
Add Dressing, Buttermilk Ranch	290	270	30	4.5	0.5	15	540	3	0	2	0
Side Caesar Salad	440	360	40	8	0.5	50	870	13	3	3	11
Chicken Fajita Salad	790	400	44	21	0	160	1600	49	9	14	51
Chicken Fajita Salad w/Avocado	870	470	52	22	0	160	1600	54	12	15	52
Chicken & Spinach Salad	1600	1060	118	32	0.5	350	2340	72	7	15	63
Hearty Dinner Favorites*											
T-Bone Steak 10 oz	740	360	40	13	1.5	130	1250	43	7	3	51
T-Bone Steak 12 oz	760	370	41	14	1.5	125	1160	40	7	2	57
T-Bone Steak 16 oz	760	280	31	9	1.0	165	1880	39	7	2	81
Sirloin Steak Tips Dinner	800	360	40	13	1	110	2250	69	4	26	46
Thick-Cut Bone-In Ham Dinner	680	220	25	10	0	150	3580	73	4	30	48
Country/Chicken Fried Steak Dinner w/Country Gravy	830	340	38	14	1	80	2300	82	7	5	39
Country/Chicken Fried Steak Dinner w/Sausage Gravy	940	410	46	17	1	90	2630	88	7	6	41
Grilled Tilapia Hollandaise	810	410	46	13	0.5	120	1890	46	8	4	51
SIMPLE & FIT Grilled Tilapia	490	200	23	4	0	90	1270	27	8	14	49
Maui-Style Crunchy Shrimp	720	240	27	6	0	145	1570	95	9	33	26
Mediterranean Lemon Chicken	780	370	41	13	0	180	1350	44	7	4	57
SIMPLE & FIT Grilled Balsamic-Glazed Chicken	440	200	22	3.5	0	90	940	25	8	13	39
Crispy Chicken Strips	1010	500	56	14	0.5	105	1680	89	9	18	40
French Onion Pot Roast	790	340	39	15	0	130	2770	73	3	23	42
Chicken Fried Chicken w/Country Gravy	690	290	33	11	0.5	75	2160	74	5	11	29
Chicken Fried Chicken w/Sausage Gravy	750	330	37	12	0.5	80	2330	77	5	12	30
Grilled Liver	810	340	39	13	0.5	575	1370	63	4	13	59
Savory Pork Chops	620	210	23	6	0	100	890	41	7	3	61
Smoked Sausage	830	570	64	22	0.5	110	2650	40	6	7	25
Top Sirloin Steak	810	340	38	15	0.5	150	2100	48	9	6	66
Add Hearty Dinner Favorites Side											
Loaded Potato & Bacon Soup	430	260	29	17	0.5	85	1310	30	1	5	13
Chicken Noodle Soup	170	45	5	1.5	0	35	1110	18	1	3	12
New England Clam Chowder	460	300	34	19	1	115	1060	25	1	4	13
Minestrone Soup	170	20	2	0	0	0	1290	28	2	3	7
Chicken Tortilla Soup	190	60	7	2	0	15	1450	23	3	3	9
Broccoli Cheese Soup	340	200	23	14	1	75	1440	19	2	6	12
Side Caesar Salad	440	360	40	8	0.5	50	870	13	3	3	11

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Hearty Dinner Favorites* (continued)											
House Salad	90	25	3	0	0	0	170	15	3	6	3
Add Dressing, Balsamic Vinaigrette	260	230	26	3.5	0	0	240	5	0	5	0
Add Dressing, Blue Cheese	350	330	37	7	0.5	30	400	2	0	2	2
Add Dressing, Creamy Caesar	310	300	33	6	0.5	40	550	1	0	0	2
Add Dressing, Honey Mustard	270	200	23	3.5	0	15	200	16	-1	15	1
Add Dressing, Reduced-Fat Italian	15	10	1	0	0	0	105	1	0	-1	0
Add Dressing, Buttermilk Ranch	290	270	30	4.5	0.5	15	540	3	0	2	0
Garlic Bread	150	70	8	2	0	0	250	15	-1	0	3
Baked Potato	340	70	7	1	0	0	30	63	7	4	7
<i>*Hearty Dinner Favorites (except for SIMPLE & FIT selections) nutrient values do not include soup, salad, or garlic bread; those values are listed out separately.*</i>											
Delicious Desserts											
Ice Cream Sundae (Ice Cream, Whipped Topping & Cherry)	300	180	20	15	1	40	80	26	0	22	4
Add Hot Fudge	190	80	9	9	0	0	75	26	1	22	2
Add Strawberry Topping	70	0	0	0	0	0	5	17	-1	8	0
Ice Cream, Vanilla, (1) scoop	90	45	5	3.5	0	20	30	10	0	8	1
Ice Cream, Chocolate, (1) scoop	90	40	4	2.5	0	15	45	11	0	9	2
Ice Cream, Strawberry, (1) scoop	80	30	3.5	2.5	0	15	30	11	0	9	1
Fruit Crepe w/Strawberry Topping	460	190	21	10	0.5	90	250	65	3	31	6
Fruit Crepe w/Blueberry Compote	480	190	21	10	0.5	90	310	66	3	44	6
Fruit Crepe w/Cinnamon Apple Compote	390	190	21	10	0.5	90	300	45	2	29	6
Crispy Strawberry Banana Cheesecake	580	240	27	14	1	60	660	77	3	30	8
Add Ice Cream, Vanilla, (1) scoop	90	45	5	3.5	0	20	30	10	0	8	1
Add Ice Cream, Chocolate, (1) scoop	90	40	4	2.5	0	15	45	11	0	9	2
Add Ice Cream, Strawberry, (1) scoop	80	30	3.5	2.5	0	15	30	11	0	9	1
Old-Fashioned Chocolate Cake	460	160	18	10	0	55	320	72	3	25	4
Add Ice Cream, Vanilla, (1) scoop	90	45	5	3.5	0	20	30	10	0	8	1
Add Ice Cream, Chocolate, (1) scoop	90	40	4	2.5	0	15	45	11	0	9	2
Add Ice Cream, Strawberry, (1) scoop	80	30	3.5	2.5	0	15	30	11	0	9	1
55+ Specialty Entrées											
Senior Omelette, Plain	550	260	30	11	1	410	1320	51	4	10	22
Senior Omelette, Plain w/Egg Substitute	420	150	17	7	0.5	65	1250	47	3	9	20
Add American Cheese	140	110	12	8	0	30	680	0	0	0	8
Add Cheddar Cheese	240	180	20	14	0	60	270	2	0	0	14
Add Jack & Cheddar Cheese Blend	230	170	19	12	0	60	290	2	0	0	14
Add Provolone Cheese	160	110	12	8	0	30	380	0	0	0	10
Add Swiss Cheese	170	110	12	8	0	45	90	2	0	0	14
Add (2) Bacon Strips	80	50	6	2	0	15	300	-1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Add Diced Ham	30	5	1	0	0	15	320	1	0	1	5
Add Oven-Roasted Tomatoes	90	35	4	0	0	0	170	12	4	0	0
Add Green Peppers & Onions	10	0	0	0	0	0	0	2	0	-1	0
Add Tomatoes	10	0	0	0	0	0	0	2	-1	1	-1
Add Fresh Spinach	15	0	0	0	0	0	45	2	1	0	2
Add Mushrooms	10	0	0	0	0	0	0	2	-1	-1	2
Senior Sampler	780	450	51	16	1	290	1910	57	5	6	26
Senior Two x Two x Two	560	270	31	11	0.5	490	1280	49	3	9	25
Add (2) Bacon Strips	80	50	6	2	0	15	300	-1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Rise 'N Shine	1080	540	61	25	1.5	490	1580	105	7	20	30
Add (2) Bacon Strips	80	50	6	2	0	15	300	-1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
Senior French Toast	640	320	36	12	0.5	330	750	59	5	12	20
Add (2) Bacon Strips	80	50	6	2	0	15	300	-1	0	0	6
Add (2) Pork Sausage Links	180	150	16	6	0	25	290	1	0	0	6
SIMPLE & FIT Senior Buttermilk Pancakes (3)	490	160	18	8	1	80	1610	69	4	13	13
Senior Grilled Tilapia Hollandaise	780	410	46	11	0.5	60	1530	58	8	4	32
Senior Pot Roast	630	270	31	12	0	55	1880	72	4	15	20
Senior Mediterranean Lemon Chicken	760	380	42	13	0	105	1140	59	8	4	35
Senior Rooty	370	200	22	7	0	255	910	25	1	5	18
Add Strawberry Topping w/Whipped Topping	90	25	2.5	2	0	0	10	19	-1	9	0
Add Blueberry Compote w/Whipped Topping	100	20	2.5	2	0	0	45	19	1	15	0
Add Cinnamon Apple Compote w/Whipped Topping	90	20	2.5	2	0	0	70	17	-1	15	0
Senior Smokehouse Combo	860	530	59	19	1	300	1920	58	5	6	25
Senior Crispy Chicken Strips	900	430	49	13	0.5	75	1560	87	8	17	28
Senior Grilled Chicken Breast	640	250	28	6	0	90	870	54	7	2	42
Add Hollandaise Sauce	60	50	6	3	0	15	120	2	0	-1	0
Add Barbecue Sauce	50	0	0	0	0	0	300	12	-1	7	0
Senior Grilled Liver	790	370	42	13	0.5	300	1530	74	5	13	35
Senior Pork Chop	610	240	27	6	0	50	790	55	7	3	37
Senior Smoked Sausage Dinner	750	470	52	17	0.5	65	2240	53	7	7	18

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Just For Kids											
Create-A-Face Pancake	410	90	10	4	0.5	40	1050	71	4	26	11
Rooty Jr.®	370	200	22	7	0	255	910	25	1	5	18
Add Strawberry Topping w/Whipped Topping	90	25	2.5	2	0	0	10	19	<1	9	0
Add Blueberry Compote w/Whipped Topping	100	20	2.5	2	0	0	45	19	1	15	0
Add Cinnamon Apple Compote w/Whipped Topping	90	20	2.5	2	0	0	70	17	<1	15	0
Funny Face® (Chocolate)	480	200	22	14	1	40	1030	62	4	23	11
Funny Face® (Buttermilk)	450	180	20	13	1	40	1030	57	3	20	10
Silver Five	360	200	22	9	0.5	265	850	26	2	5	15
French Toast	430	250	28	11	0	190	710	30	3	6	16
Cheese Omelette	520	320	35	18	0	410	500	27	3	17	28
Baby Cakes	210	60	6	1.5	0	35	760	25	2	5	13
Jr. Scrambled Egg & Pancake	180	40	4.5	1	0	20	600	23	1	4	10
Crispy Chicken Strips	290	90	10	2	0	30	340	37	4	16	14
Cheeseburger	490	250	28	12	1	65	770	42	3	18	21
Grilled Cheese Sandwich	450	230	26	16	0	60	1030	44	3	18	13
Kraft® Macaroni & Cheese	380	80	9	2.5	0	15	580	65	4	24	12
Jr. Fish	150	25	3	0.5	0	45	510	7	3	2	24
Jr. Fresh Fruit Dish	80	0	0	0	0	0	0	21	2	16	<1
Kid's Ice Cream Sundae (Ice Cream, Whipped Topping & Cherry)	130	70	7	6	0	20	35	13	0	11	2
Add Hot Fudge	190	80	9	9	0	0	75	26	1	22	2
Add Strawberry Topping	70	0	0	0	0	0	5	17	<1	8	0
Kid's Drinks – Please reference Thirst-Quenching Beverages Section											
Thirst-Quenching Beverages											
COFFEE											
Coffee, Cup	5	0	0	0	0	0	0	1	0	0	0
Coffee, Full Carafe	25	0	0	0	0	0	0	5	0	0	0
Iced Coffee, Original	150	15	1.5	1	0	5	40	32	0	30	3
Iced Coffee, Mocha	200	15	1.5	1	0	5	40	44	0	42	3
Iced Coffee, Vanilla	190	15	1.5	1	0	5	40	41	0	40	3
Flavored Coffee, French Vanilla	190	90	10	9	0.5	0	20	25	0	23	<1
Flavored Coffee, Swiss Mocha	220	90	10	9	0.5	0	20	30	0	29	<1
IHOP SPLASHERS™											
Splashberry	140	0	0	0	0	0	20	35	<1	27	<1
Tropical Island Twist	180	0	0	0	0	0	50	47	0	43	0
JUICE											
Apple Juice, 10 fl oz	120	0	0	0	0	0	25	29	<1	26	0
Apple Juice, 12 fl oz (Kid's Cup)	150	0	0	0	0	0	30	36	<1	33	0
Apple Juice, 16 fl oz	210	0	0	0	0	0	45	51	<1	46	0
Apple Juice, Carafe	480	0	0	0	0	0	100	116	2	104	0
Cranberry Juice, 10 fl oz	130	0	0	0	0	0	35	33	0	33	0
Cranberry Juice, 12 fl oz (Kid's Cup)	160	0	0	0	0	0	45	41	0	41	0
Cranberry Juice, 16 fl oz	230	0	0	0	0	0	60	58	0	58	0
Cranberry Juice, Carafe	520	0	0	0	0	0	140	132	0	132	0
Grapefruit Juice, 10 fl oz	120	0	0	0	0	0	65	30	0	30	0
Grapefruit Juice, 12 fl oz (Kid's Cup)	150	0	0	0	0	0	80	38	0	38	0
Grapefruit Juice, 16 fl oz	210	0	0	0	0	0	115	53	0	53	0
Grapefruit Juice, Carafe	480	0	0	0	0	0	260	120	0	120	0
Premium Orange Juice, 10 fl oz	110	0	0	0	0	0	0	26	<1	22	2
Premium Orange Juice, 12 fl oz (Kid's Cup)	140	0	0	0	0	0	0	33	<1	28	3
Premium Orange Juice, 16 fl oz	190	0	0	0	0	0	0	46	<1	39	4
Premium Orange Juice, Carafe	440	0	0	0	0	0	0	104	2	88	8
Tomato Juice, 10 fl oz	50	0	0	0	0	0	480	10	2	8	2
Tomato Juice, 12 fl oz (Kid's Cup)	60	0	0	0	0	0	600	13	2	10	2
Tomato Juice, 16 fl oz	90	0	0	0	0	0	840	18	3	14	3
Tomato Juice, Carafe	200	0	0	0	0	0	1920	40	8	32	8
LEMONADE											
Hi-C® Pink Lemonade, 10 fl oz	70	0	0	0	0	0	30	19	0	19	0
Hi-C® Pink Lemonade, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	40	25	0	25	0
Hi-C® Pink Lemonade, 16 fl oz	120	0	0	0	0	0	50	32	0	32	0
Minute Maid® Lemonade, 10 fl oz	70	0	0	0	0	0	30	19	0	19	0
Minute Maid® Lemonade, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	40	26	0	26	0
Minute Maid® Lemonade, 16 fl oz	120	0	0	0	0	0	50	32	0	32	0
Minute Maid® Raspberry Lemonade, 10 fl oz	50	0	0	0	0	0	0	13	0	13	0
Minute Maid® Raspberry Lemonade, 12 fl oz (Kid's Cup)	70	0	0	0	0	0	5	18	0	18	0
Minute Maid® Raspberry Lemonade, 16 fl oz	80	0	0	0	0	0	5	22	0	22	0

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Thirst-Quenching Beverages (continued)											
Tropicana® Pink Lemonade, 10 fl oz	80	0	0	0	0	0	80	20	0	20	0
Tropicana® Pink Lemonade, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	105	27	0	27	0
Tropicana® Pink Lemonade, 16 fl oz	130	0	0	0	0	0	130	34	0	34	0
Tropicana® Yellow Lemonade, 10 fl oz	80	0	0	0	0	0	80	20	0	20	0
Tropicana® Yellow Lemonade, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	105	27	0	27	0
Tropicana® Yellow Lemonade, 16 fl oz	130	0	0	0	0	0	130	34	0	34	0
MILK											
2% Milk, 10 fl oz	120	45	5	3	0	20	100	11	0	11	8
2% Milk, 12 fl oz (Kid's Cup)	150	50	6	4	0	25	125	14	0	14	10
2% Milk, 16 fl oz	210	80	8	5	0	35	180	20	0	20	14
Chocolate Milk, 10 fl oz	220	70	8	4.5	0	25	110	28	-1	26	8
Chocolate Milk, 12 fl oz (Kid's Cup)	270	90	10	6	0	30	135	36	-1	32	10
Chocolate Milk, 16 fl oz	370	120	14	8	0	45	190	45	-1	41	14
Milk Shake, Chocolate	480	210	24	16	1	80	180	57	-1	47	10
Milk Shake, Strawberry	480	210	24	16	1	80	180	57	-1	40	11
Milk Shake, Vanilla	490	210	24	16	1	80	170	60	0	53	10
Hot Chocolate	290	120	13	9	0	25	270	35	0	32	8
SOFT DRINKS											
Barq's® Root Beer, 10 fl oz	80	0	0	0	0	0	20	23	0	23	0
Barq's® Root Beer, 12 fl oz (Kid's Cup)	110	0	0	0	0	0	25	30	0	30	0
Barq's® Root Beer, 16 fl oz	140	0	0	0	0	0	30	38	0	38	0
Cherry Coke®, 10 fl oz	80	0	0	0	0	0	0	21	0	21	0
Cherry Coke®, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	0	28	0	28	0
Cherry Coke®, 16 fl oz	130	0	0	0	0	0	0	35	0	35	0
Coca-Cola®, 10 fl oz	70	0	0	0	0	0	0	20	0	20	0
Coca-Cola®, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	0	27	0	27	0
Coca-Cola®, 16 fl oz	120	0	0	0	0	0	0	34	0	34	0
Coca-Cola Zero™, 10 fl oz	0	0	0	0	0	0	0	0	0	0	0
Coca-Cola Zero™, 12 fl oz (Kid's Cup)	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
Diet Coke®, 10 fl oz	0	0	0	0	0	0	5	0	0	0	0
Diet Coke®, 12 fl oz (Kid's Cup)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke®, 16 fl oz	0	0	0	0	0	0	10	0	0	0	0
Diet Coke®, Caffeine Free, 10 fl oz	0	0	0	0	0	0	5	0	0	0	0
Diet Coke®, Caffeine Free, 12 fl oz (Kid's Cup)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke®, Caffeine Free, 16 fl oz	0	0	0	0	0	0	10	0	0	0	0
Fanta® Orange, 10 fl oz	80	0	0	0	0	0	10	22	0	22	0
Fanta® Orange, 12 fl oz (Kid's Cup)	110	0	0	0	0	0	15	30	0	30	0
Fanta® Orange, 16 fl oz	140	0	0	0	0	0	20	37	0	37	0
Fanta® Strawberry, 10 fl oz	80	0	0	0	0	0	5	23	0	23	0
Fanta® Strawberry, 12 fl oz (Kid's Cup)	110	0	0	0	0	0	10	31	0	31	0
Fanta® Strawberry, 16 fl oz	140	0	0	0	0	0	10	38	0	38	0
Fresca®, 10 fl oz	0	0	0	0	0	0	0	0	0	0	0
Fresca®, 12 fl oz (Kid's Cup)	0	0	0	0	0	0	0	0	0	0	0
Fresca®, 16 fl oz	0	0	0	0	0	0	0	0	0	0	0
Hi-C® Fruit Punch, 10 fl oz	70	0	0	0	0	0	100	19	0	19	0
Hi-C® Fruit Punch, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	135	26	0	26	0
Hi-C® Fruit Punch, 16 fl oz	120	0	0	0	0	0	170	32	0	32	0
Pibb Xtra®, 10 fl oz	70	0	0	0	0	0	10	20	0	20	0
Pibb Xtra®, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	15	26	0	26	0
Pibb Xtra®, 16 fl oz	120	0	0	0	0	0	20	33	0	33	0
POWERADE® Mountain Blast, 10 fl oz	40	0	0	0	0	0	40	11	0	11	0
POWERADE® Mountain Blast, 12 fl oz (Kid's Cup)	60	0	0	0	0	0	50	15	0	15	0
POWERADE® Mountain Blast, 16 fl oz	70	0	0	0	0	0	65	19	0	18	0
Seagrams® Ginger Ale, 10 fl oz	70	0	0	0	0	0	0	18	0	18	0
Seagrams® Ginger Ale, 12 fl oz (Kid's Cup)	90	0	0	0	0	0	0	24	0	24	0
Seagrams® Ginger Ale, 16 fl oz	110	0	0	0	0	0	0	30	0	30	0
Sprite®, 10 fl oz	80	0	0	0	0	0	20	20	0	18	0
Sprite®, 12 fl oz (Kid's Cup)	110	0	0	0	0	0	25	27	0	24	0
Sprite®, 16 fl oz	130	0	0	0	0	0	30	34	0	30	0
Sprite Zero™, 10 fl oz	0	0	0	0	0	0	0	0	0	0	0
Sprite Zero™, 12 fl oz (Kid's Cup)	0	0	0	0	0	0	5	0	0	0	0
Sprite Zero™, 16 fl oz	0	0	0	0	0	0	5	0	0	0	0
Vanilla Coke®, 10 fl oz	80	0	0	0	0	0	0	21	0	21	0
Vanilla Coke®, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	0	28	0	28	0
Vanilla Coke®, 16 fl oz	130	0	0	0	0	0	0	35	0	35	0
Diet Pepsi®, 10 fl oz	0	0	0	0	0	0	20	0	0	0	0
Diet Pepsi®, 12 fl oz (Kid's Cup)	0	0	0	0	0	0	25	0	0	0	0
Diet Pepsi®, 16 fl oz	0	0	0	0	0	0	30	0	0	0	0

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Thirst-Quenching Beverages (continued)											
Mountain Dew®, 10 fl oz	80	0	0	0	0	0	25	22	0	22	0
Mountain Dew®, 12 fl oz (Kid's Cup)	110	0	0	0	0	0	35	29	0	29	0
Mountain Dew®, 16 fl oz	140	0	0	0	0	0	45	36	0	36	0
Mug® Root Beer, 10 fl oz	80	0	0	0	0	0	10	20	0	20	0
Mug® Root Beer, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	15	26	0	26	0
Mug® Root Beer, 16 fl oz	130	0	0	0	0	0	20	33	0	33	0
Pepsi®, 10 fl oz	80	0	0	0	0	0	20	21	0	20	0
Pepsi®, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	25	28	0	27	0
Pepsi®, 16 fl oz	130	0	0	0	0	0	30	35	0	34	0
Pepsi® Wild Cherry, 10 fl oz	80	0	0	0	0	0	15	21	0	21	0
Pepsi® Wild Cherry, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	20	28	0	28	0
Pepsi® Wild Cherry, 16 fl oz	130	0	0	0	0	0	25	35	0	35	0
Sierra Mist®, 10 fl oz	80	0	0	0	0	0	15	20	0	20	0
Sierra Mist®, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	20	27	0	27	0
Sierra Mist®, 16 fl oz	130	0	0	0	0	0	25	34	0	34	0
Tropicana® Fruit Punch, 10 fl oz	80	0	0	0	0	0	20	23	0	23	0
Tropicana® Fruit Punch, 12 fl oz (Kid's Cup)	110	0	0	0	0	0	25	30	0	30	0
Tropicana® Fruit Punch, 16 fl oz	140	0	0	0	0	0	30	38	0	38	0
Tropicana® Orange Twister, 10 fl oz	80	0	0	0	0	0	20	23	0	23	0
Tropicana® Orange Twister, 12 fl oz (Kid's Cup)	110	0	0	0	0	0	25	31	0	30	0
Tropicana® Orange Twister, 16 fl oz	140	0	0	0	0	0	30	39	0	38	0
Dr Pepper®, 10 fl oz	80	0	0	0	0	0	25	20	0	20	0
Dr Pepper®, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	35	27	0	27	0
Dr Pepper®, 16 fl oz	130	0	0	0	0	0	45	34	0	34	0
Diet Dr Pepper®, 10 fl oz	0	0	0	0	0	0	40	0	0	0	0
Diet Dr Pepper®, 12 fl oz (Kid's Cup)	0	0	0	0	0	0	50	0	0	0	0
Diet Dr Pepper®, 16 fl oz	0	0	0	0	0	0	65	0	0	0	0
TEA											
Iced Tea, 10 fl oz	5	0	0	0	0	0	0	2	0	0	0
Iced Tea, 12 fl oz (Kid's Cup)	5	0	0	0	0	0	0	2	0	0	0
Iced Tea, 16 fl oz	10	0	0	0	0	0	5	2	0	0	0
Sweet Tea, 10 fl oz	80	0	0	0	0	0	0	19	0	18	0
Sweet Tea, 12 fl oz (Kid's Cup)	100	0	0	0	0	0	0	26	0	24	0
Sweet Tea, 16 fl oz	120	0	0	0	0	0	5	32	0	30	0
Hot Tea	5	0	0	0	0	0	0	-1	0	0	0
Herbal Tea	0	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	12	0
Nestea® Raspberry Iced Tea, 12 fl oz (Kid's Cup)	60	0	0	0	0	0	10	16	0	15	0
Nestea® Raspberry Iced Tea, 16 fl oz	70	0	0	0	0	0	10	20	0	19	0
Lipton® Brisk Unsweetened Iced Tea, 10 fl oz	0	0	0	0	0	0	25	0	0	0	0
Lipton® Brisk Unsweetened Iced Tea, 12 fl oz (Kid's Cup)	0	0	0	0	0	0	30	0	0	0	0
Lipton® Brisk Unsweetened Iced Tea, 16 fl oz	0	0	0	0	0	0	40	0	0	0	0
Lipton® Brisk Raspberry Iced Tea, 10 fl oz	60	0	0	0	0	0	20	16	0	16	0
Lipton® Brisk Raspberry Iced Tea, 12 fl oz (Kid's Cup)	80	0	0	0	0	0	25	21	0	21	0
Lipton® Brisk Raspberry Iced Tea, 16 fl oz	100	0	0	0	0	0	30	26	0	26	0
OTHER											
Bottled Water, 8 fl oz	0	0	0	0	0	0	0	0	0	0	0
Orange Freeze	410	160	18	12	0.5	60	100	57	-1	46	7
Syrups											
Sugar Free Syrup, 1 fl oz	15	0	0	0	0	0	0	6	0	0	0
Blueberry Syrup, 1 fl oz	110	0	0	0	0	0	10	26	0	18	0
Boysenberry Syrup, 1 fl oz	100	0	0	0	0	0	10	26	0	18	0
Butter Pecan Syrup, 1 fl oz	110	0	0	0	0	0	20	28	0	18	0
Regular Old Fashioned Maple Pancake Syrup, 1 fl oz	110	0	0	0	0	0	15	27	0	18	0
Strawberry Syrup, 1 fl oz	100	0	0	0	0	0	10	26	0	19	0

Please Note:

Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 milligrams of sodium. A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however may differ.

Variations in ingredients and preparation, as well as substitutions, will increase or decrease stated nutritional values, such as calories. Stated nutritional values are approximate; values obtained by laboratory testing may be different.

Items listed may not be available at all restaurants.



Nutritional 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.

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
OMELETTES											
Big Steak Omelette (no side items)	1220	740	82	29	1	865	2270	54	8	9	69
(3) Original Buttermilk Pancakes (Omelette side item)	470	140	15	5	0.5	70	1590	69	4	13	13
Seasonal Fresh Fruit (Omelette side item)	80	0	0	0	0	0	0	21	2	16	<1
Colorado Omelette (no side items)	1120	740	82	33	0	910	2240	24	3	10	71
(3) Original Buttermilk Pancakes (Omelette side item)	470	140	15	5	0.5	70	1590	69	4	13	13
Seasonal Fresh Fruit (Omelette side item)	80	0	0	0	0	0	0	21	2	16	<1
Simple & Fit Spinach, Mushroom & Tomato Omelette w/ Fresh Fruit	330	110	12	4.5	0	30	690	31	5	19	29
7 for \$7 Value Menu											
Bacon Wrapped Sirloin Steak & Eggs	870	520	58	17	1	535	1120	34	3	<1	53
Chicken & Waffles	1080	550	62	18	1	180	1430	97	6	25	36
Cheesy Western Omelette (no side items)	870	560	62	26	1	865	1820	20	3	8	57
(3) Original Buttermilk Pancakes (Omelette side item)	470	140	15	5	0.5	70	1590	69	4	13	13
Seasonal Fresh Fruit (Omelette side item)	80	0	0	0	0	0	0	21	2	16	<1
Bacon & Cheddar Hash Brown Stack (no side items)	690	440	49	16	0.5	275	1400	37	4	2	26
(2) Original Buttermilk Pancakes (Hash Brown Stack side item)	320	110	12	4.5	0	50	1070	46	3	9	9
Seasonal Fresh Fruit (Hash Brown Stack side item)	80	0	0	0	0	0	0	21	2	16	<1
Hash Brown Crusted Chicken with Country Gravy	840	430	48	15	0	480	1880	60	3	3	42
Hash Brown Crusted Chicken with Sausage Gravy	890	470	52	17	0	490	2040	62	3	3	43
Nutella Breakfast with (2) Bacon Strips	930	490	55	16	1	585	900	82	5	41	31
Nutella Breakfast with (2) Sausage Links	1030	580	65	20	1	595	890	83	5	41	32
Simple & Fit Veggie Omelette with Fresh Fruit	320	90	10	1	0	10	420	40	8	19	21
SIGNATURE PANCAKES											
Ultimate Combo w/ Whole Wheat Pancakes w/ Bananas	1270	690	77	22	1	550	2730	99	9	21	46
Ultimate Combo w/ Sweet Strawberry Pancakes	1380	710	79	24	1.5	535	2740	122	7	41	46
Ultimate Combo w/ Red Velvet Pancakes	1370	720	79	24	1.5	535	2750	118	7	43	46
Bacon & Eggs Combo w/ Whole Wheat Pancakes w/ Bananas	1040	500	56	14	1	515	2440	97	9	20	40
Bacon & Eggs Combo w/ Sweet Strawberry Pancakes	1160	520	58	17	1.5	505	2460	121	7	40	40
Bacon & Eggs Combo w/ Red Velvet Pancakes	1150	520	58	17	1.5	505	2460	117	7	43	40
Sausage & Eggs Combo w/ Whole Wheat Pancakes w/ Bananas	1240	690	76	22	1	540	2420	98	9	21	40
Sausage & Eggs Combo w/ Sweet Strawberry Pancakes	1350	710	79	24	1.5	525	2430	122	7	40	40
Sausage & Eggs Combo w/ Red Velvet Pancakes	1340	710	79	24	1.5	525	2440	118	7	43	40



Nutritional 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.

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
SIGNATURE PANCAKES (cont'd)											
Ham & Eggs Combo w/ Whole Wheat Pancakes w/ Bananas	1000	420	47	11	1	545	3240	98	9	22	48
Ham & Eggs Combo w/ Sweet Strawberry Pancakes	1120	440	49	14	1	535	3260	122	7	42	48
Ham & Eggs Combo w/ Red Velvet Pancakes	1110	440	49	14	1	535	3260	118	7	44	48
Regular Combo w/ Sausage w/ Whole Wheat Pancakes w/ Bananas	1060	540	60	16	1	510	2130	97	9	20	34
Regular Combo w/ Bacon w/ Whole Wheat Pancakes w/ Bananas	970	450	50	12	1	500	2140	96	9	20	34
Regular Combo w/ Sausage w/ Sweet Strawberry Pancakes	1180	560	62	18	1.5	500	2140	121	7	40	34
Regular Combo w/ Bacon w/ Sweet Strawberry Pancakes	1080	470	52	15	1	490	2150	120	7	40	34
Regular Combo w/ Sausage w/ Red Velvet Pancakes	1170	560	63	19	1.5	500	2150	117	7	43	35
Regular Combo w/ Bacon w/ Red Velvet Pancakes	1070	470	52	15	1	490	2160	116	7	42	34
Egg Combo w/ Whole Wheat Pancakes w/ Bananas	890	400	44	10	1	485	1840	96	9	20	28
Egg Combo w/ Sweet Strawberry Pancakes	1000	420	46	13	1	470	1850	120	7	40	29
Egg Combo w/ Red Velvet Pancakes	990	420	46	13	1	470	1860	116	7	42	29
Stack of (4) Whole Wheat Pancakes w/ Bananas	690	160	17	4	0.5	110	2120	115	10	34	18
Stack of (4) Sweet Strawberry Pancakes	820	160	18	6	1	80	2110	149	8	56	19
Stack of (4) Red Velvet Pancakes	800	170	18	6	1	80	2120	141	7	61	19
HEALTH & WELLNESS											
Simple & Fit Whole Wheat Pancakes w/ Bananas Combo	480	130	14	3	0	85	1480	64	5	20	25
Simple & Fit Whole Wheat Pancake w/ Bananas Kid's Combo	240	60	7	1.5	0	40	740	33	3	10	13
Stack of (3) Simple & Fit Whole Wheat Pancakes w/ Bananas	520	120	13	3	0.5	80	1590	89	7	26	14
Simple & Fit Oatmeal	260	45	5	1.5	0	5	35	49	5	20	7
BEVERAGES											
Peach Iced Tea	100	0	0	0	0	0	5	25	0	23	0
Mango Iced Tea	80	0	0	0	0	0	5	20	0	18	0
Raspberry Iced Tea	80	0	0	0	0	0	5	19	0	17	0
Blueberry Lemonade Splasher	200	0	0	0	0	0	10	50	<1	45	<1
Cup of Coffee	5	0	0	0	0	0	0	1	0	0	0

Please Note: Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 milligrams of sodium. A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however may differ. Variations in ingredients and preparation, as well as substitutions, will increase or decrease stated nutritional values, such as calories. Stated nutritional values are approximate; values obtain by laboratory testing may be different.

Items listed may not be available at all restaurants.

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