



Nutrition Information

The Dietary Guidelines for Americans recommend consuming less than 10 percent of calories per day from saturated fat and less than 2,300 milligrams per day of sodium for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption. Variations and substitutions will increase or decrease stated nutritional values. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all restaurants.

All You Can Eat Pancakes	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
All You Can Eat Pancakes - Initial Order											
(5) Original Buttermilk Pancakes	670	210	23	8	0	110	2260	95	4	21	20
All You Can Eat Pancakes - Reorder											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Combos											
2 x 2 x 2											
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Breakfast Sampler (without eggs)											
Breakfast Sampler (without eggs)	1020	590	66	21	0.5	135	2880	72	5	11	34
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Build Your Pancake Combo											
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Country Fried Steak & Eggs											
Country Fried Steak & Eggs	1370	790	87	26	2	140	3440	107	7	9	39
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Sirloin Tips & Eggs (without eggs)											
Sirloin Tips & Eggs (without eggs)	970	670	120	14	0.5	160	2480	79	6	25	49
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Smokehouse Combo											
Smokehouse Combo	1040	670	74	26	0	165	2710	62	4	10	28
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Split Decision Breakfast (without eggs)											
Split Decision Breakfast (without eggs)	910	530	59	24	0.5	210	1940	68	3	19	27
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
T-Bone Steak & Eggs (without eggs)											
T-Bone Steak & Eggs (without eggs)	720	250	28	11	1	195	1970	57	3	13	61
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	230	140	16	5	0	560	190	2	0	2	19
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	0	1	23

Please Note: All initial entrees include pancakes; reorder is listed separately.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all restaurants.

This information applicable starting 1/1/2019.

Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.



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All You Can Eat Pancakes	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Additional Pancake Combos											
Bacon & Eggs Combo											
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
(4) Bacon	170	110	12	4.5	0	35	710	2	0	2	14
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Egg Combo											
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Ham & Eggs Combo											
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Ham (4 oz.)	120	20	2.5	1	0	50	1440	4	1	3	20
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Regular Combo											
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Sausage & Eggs Combo											
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
(4) Sausage	440	390	44	17	0	65	660	1	0	1	11
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Ultimate Bacon & Sausage Combo											
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
(3) Bacon	130	80	9	3	0	25	530	1	0	1	11
(3) Sausage	330	300	33	13	0	50	500	1	0	1	8
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Please Note: All initial entrees include pancakes; reorder is listed separately. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all restaurants. This information applicable starting 1/1/2019. Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.											



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All You Can Eat Pancakes	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Sweet Cream Cheese Crepe Combo Options											
Bacon & Eggs Combo											
Add Choice of Sweet Cream Cheese Crepes											
Sweet Cream Cheese Crepes with Raspberry Topping	420	210	23	14	0	100	410	46	2	30	8
Sweet Cream Cheese Crepes with Peach Topping	410	210	23	14	0.5	100	410	43	1	28	8
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
(4) Bacon	170	110	12	4.5	0	35	710	2	0	2	14
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Egg Combo											
Add Choice of Sweet Cream Cheese Crepes											
Sweet Cream Cheese Crepes with Raspberry Topping	420	210	23	14	0	100	410	46	2	30	8
Sweet Cream Cheese Crepes with Peach Topping	410	210	23	14	0.5	100	410	43	1	28	8
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Ham & Eggs Combo											
Add Choice of Sweet Cream Cheese Crepes											
Sweet Cream Cheese Crepes with Raspberry Topping	420	210	23	14	0	100	410	46	2	30	8
Sweet Cream Cheese Crepes with Peach Topping	410	210	23	14	0.5	100	410	43	1	28	8
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Ham (4 oz.)	120	20	2.5	1	0	50	1440	4	1	3	20
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Regular Combo											
Add Choice of Sweet Cream Cheese Crepes											
Sweet Cream Cheese Crepes with Raspberry Topping	420	210	23	14	0	100	410	46	2	30	8
Sweet Cream Cheese Crepes with Peach Topping	410	210	23	14	0.5	100	410	43	1	28	8
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Sausage & Eggs Combo											
Add Choice of Sweet Cream Cheese Crepes											
Sweet Cream Cheese Crepes with Raspberry Topping	420	210	23	14	0	100	410	46	2	30	8
Sweet Cream Cheese Crepes with Peach Topping	410	210	23	14	0.5	100	410	43	1	28	8
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
(4) Sausage	440	390	44	17	0	65	660	1	0	1	11
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Please Note: All initial entrees include pancakes; reorder is listed separately. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all restaurants. This information applicable starting 1/1/2019. Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.											



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All You Can Eat Pancakes	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Sweet Cream Cheese Crepe Combo Options											
Ultimate Bacon & Sausage Combo											
Add Choice of Sweet Cream Cheese Crepes											
Sweet Cream Cheese Crepes with Raspberry Topping	420	210	23	14	0	100	410	46	2	30	8
Sweet Cream Cheese Crepes with Peach Topping	410	210	23	14	0.5	100	410	43	1	28	8
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
(3) Bacon	130	80	9	3	0	25	530	1	0	1	11
(3) Sausage	330	300	33	13	0	50	500	1	0	1	8
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Please Note: All initial entrees include pancakes; reorder is listed separately. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all restaurants.											
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Pancakes	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
(4) Belgian Chocolate Pancakes	1070	420	47	32	0	140	2040	142	10	63	21
(4) Cinn-A-Stack® Pancakes	860	250	28	10	0	75	1970	136	6	71	16
(4) Cupcake Pancakes	790	210	23	12	0	75	1800	131	4	61	16
(4) Double Blueberry Pancakes	620	150	17	6	0	70	1790	102	6	39	16
(4) Harvest Grain 'N Nut® Pancakes	990	450	50	11	0	145	1980	108	10	26	26
(4) Mexican Tres Leches Pancakes	680	230	25	12	0	110	1850	94	4	33	17
(4) New York Cheesecake Pancakes	920	320	35	16	1	165	2040	130	5	58	22
(3) Original Buttermilk Pancakes	430	150	17	6	0	75	1380	57	3	12	12
(5) Original Buttermilk Pancakes	670	210	23	8	0	110	2260	95	4	21	20
(4) Red Velvet Pancakes	710	150	17	6	0	75	1820	125	6	61	17
(4) Rooty Tooty Fresh 'N Fruity® Pancakes	500	130	15	5	0	70	1770	77	4	18	16
Add Choice of Topping											
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Peaches	60	0	0	0	0	0	10	14	1	13	1
Raspberry	70	0	0	0	0	0	0	18	1	15	1
(4) Strawberry Banana Pancakes	660	140	15	5	0	70	1780	116	7	43	17
(4) Vanilla Spice Pancakes	700	240	27	12	0.5	120	1900	97	4	34	17
Build Your Pancake Combo											
Choice of Pancakes											
(2) Belgian Chocolate Pancakes	600	250	28	19	0	80	1050	78	6	36	11
(2) Cinn-A-Stack® Pancakes	490	140	16	7	0	40	1000	80	3	47	8
(2) Cupcake Pancakes	480	120	14	8	0	40	920	81	2	46	8
(2) Double Blueberry Pancakes	370	90	10	4.5	0	35	910	61	3	28	8
(2) Harvest Grain 'N Nut® Pancakes	530	260	29	8	0	85	1020	54	5	13	13
(2) Mexican Tres Leches Pancakes	370	130	15	8	0	55	940	52	2	21	9
(2) New York Cheesecake Pancakes	500	170	19	9	0.5	80	1030	72	3	35	11
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
(2) Red Velvet Pancakes	420	90	10	5	0	40	920	74	3	42	9
(2) Rooty Tooty Fresh 'N Fruity® Pancakes	270	80	9	3.5	0	35	880	39	2	9	8
Add Choice of Topping											
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Peaches	60	0	0	0	0	0	10	14	1	13	1
Raspberry	70	0	0	0	0	0	0	18	1	15	1
(2) Strawberry Banana Pancakes	380	80	9	4	0	35	900	68	4	29	9
(2) Vanilla Spice Pancakes	460	190	21	11	0	80	1010	59	2	26	9
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Top it Off											
Banana Slices	20	0	0	0	0	0	0	5	1	3	0
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Ice Cream	90	45	5	3	0	15	30	10	0	8	1
Peach Topping	60	0	0	0	0	0	10	14	1	13	1
Raspberry Topping	70	0	0	0	0	0	0	18	1	15	1
Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values. Items may vary by restaurant, may not be available at all locations, and are subject to change. Applicable only in the U.S.A. Menu items, ingredients and preparation may differ outside the U.S.A.											
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Sides	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
(2) Bacon Strips	80	50	6	2	0	20	350	1	0	1	7
(4) Bacon Strips	170	110	12	4.5	0	35	710	2	0	2	14
Banana & Brown Sugar Oatmeal	260	40	4.5	1	0	5	125	50	5	20	8
Marble Rye Toast with Butter & Jam or Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast with Butter & Jam or Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast with Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast with Butter & Jam or Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast with Butter & Jam or Jelly	340	100	11	6	0	20	380	52	5	20	10
Corned Beef Hash	400	250	28	7	0	40	930	21	2	1	16
Cottage Cheese	50	20	2.5	1.5	0	10	220	2	0	2	5
(2) Crispy Potato Pancakes	370	210	24	4	0	0	660	35	4	1	4
(1) Fried Egg	80	50	6	2	0	195	80	1	0	0	7
(1) Hard or Soft Boiled Egg	80	50	5	1.5	0	185	60	1	0	1	6
(1) Poached Egg	60	40	4	1.5	0	165	130	0	0	0	6
(1) Scrambled Egg	110	80	9	2.5	0	235	115	1	0	0	8
English Muffin with Butter	160	45	5	3	0	10	220	25	1	1	4
Grilled Buttermilk Biscuit	450	220	24	15	0	15	1220	51	1	2	6
Grits	100	5	0	0	0	0	150	21	0	0	2
Ham Steak	120	20	2.5	1	0	50	1440	4	1	3	20
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
(2) Pork Sausage Links	220	200	22	9	0	35	330	1	0	0	5
(4) Pork Sausage Links	440	390	44	17	0	65	660	1	0	1	11
(2) Pork Sausage Patties	340	280	31	11	0	70	870	2	0	1	15
Red Potato Pepper & Onion Hash	350	190	21	4	0	5	730	36	4	2	5
Scrapple	360	220	24	9	0	120	810	24	0	0	15
Seasonal Mixed Fruit, Small Bowl	50	0	0	0	0	0	5	14	1	11	1
Seasonal Mixed Fruit, Large Bowl	100	5	0	0	0	0	10	27	2	22	1
(2) Smoked Sausage Links	510	410	46	17	0	110	1420	4	0	2	17
(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
(2) Turkey Bacon Strips	60	40	4.5	1	0	30	280	1	0	1	5
(4) Turkey Bacon Strips	120	80	9	2	0	55	550	1	0	1	10
(2) Turkey Sausage Links	90	60	7	1.5	0	35	310	0	0	0	8
(4) Turkey Sausage Links	190	120	13	3	0	75	630	1	0	0	17
(2) Turkey Sausage Patties	120	60	7	1.5	0	55	600	0	0	0	14
Simple & Fit Substitutions											
(1) Egg White	40	10	1	0	0	5	85	1	0	0	7
(1) Turkey Bacon	30	20	2	0.5	0	15	140	0	0	0	2
(1) Turkey Sausage Link	45	30	3.5	1	0	20	160	0	0	0	4
(1) Turkey Sausage Patty	60	30	3.5	1	0	25	300	0	0	0	7
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Griddle Faves	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Crepes											
Cheese Blintzes	890	510	57	28	1.5	290	1300	66	2	30	28
Add Choice of Topping											
Blueberry Compote	90	15	1.5	0.5	0	0	20	18	1	16	0
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Raspberry	70	0	0	0	0	0	0	18	1	15	1
Strawberry Preserves	230	0	0	0	0	0	15	59	1	54	0
Chicken Florentine Crepes	900	480	53	22	0.5	280	1680	48	4	19	58
Classic Breakfast Crepes	1030	620	69	29	0.5	720	2510	46	2	18	56
Banana Crepes with Nutella®	960	400	45	14	0	220	910	120	5	67	21
German Crepes	680	310	34	12	0.5	245	880	76	3	28	17
Strawberries & Cream Crepes	780	280	32	11	0	235	940	105	4	55	18
Swedish Crepes	660	270	30	9	0	230	880	80	3	34	17
Sweet Cream Cheese Crepes	680	400	44	25	1	200	810	56	1	30	14
Add Choice of Topping											
Peach	120	0	0	0	0	0	20	28	2	26	1
Raspberry	150	0	0	0	0	0	10	38	2	32	1
Create Your Sweet Crepe Combo											
Choice of Crepe											
Banana with Nutella®	490	210	24	8	0	110	450	61	3	34	11
German	380	200	22	9	0	135	440	38	1	14	9
Strawberries & Cream	400	150	17	7	0	120	470	53	2	28	9
Swedish	370	160	18	6	0	125	440	43	2	20	9
Sweet Cream Cheese Crepe with Peach Topping	410	210	23	14	0.5	100	410	43	1	28	8
Sweet Cream Cheese Crepe with Raspberry Topping	420	210	23	14	0	100	410	46	2	30	8
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
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French Toast											
Bananas Foster Brioche French Toast	1000	440	49	16	0.5	220	1140	123	4	59	20
Brioche French Toast	720	310	35	12	0.5	225	970	82	3	25	18
Our Original French Toast	740	330	36	13	0.5	260	820	84	4	28	20
Strawberry Banana French Toast	850	280	31	12	0	240	790	121	7	57	22
Stuffed French Toast	900	330	37	19	0	55	760	126	5	59	15
Add Choice of Topping											
Glazed Strawberries	100	0	0	0	0	0	25	25	2	22	1
Peach Vanilla	180	45	5	3.5	0	20	50	33	2	30	2
Strawberry Vanilla	170	45	5	3.5	0	20	55	30	2	26	1
Create Your French Toast Combo											
Choice of French Toast											
Bananas Foster Brioche French Toast	620	270	30	11	0	145	720	76	3	34	13
Brioche French Toast	500	230	26	10	0	160	670	55	2	17	12
Original French Toast	520	240	27	10	0	180	570	56	3	19	14
Strawberry Banana French Toast	550	190	22	8	0	160	520	75	4	34	14
Stuffed French Toast	450	170	18	9	0	30	380	63	3	30	8
Add Choice of Topping											
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Peach Vanilla	90	20	2.5	1.5	0	10	25	17	1	15	1
Strawberry Vanilla	80	20	2.5	1.5	0	10	25	15	1	13	1
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Waffles											
Belgian Waffle	590	270	29	17	1	165	740	69	3	17	11
Chicken & Waffles	1060	480	54	21	1	225	1700	104	5	17	41
Add Choice of Dressing											
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Create Your Belgian Waffle Combo											
Belgian Waffle	590	270	29	17	1	165	740	69	3	17	11
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
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Buttermilk Biscuits & Gravy with Country Gravy	1230	780	87	38	0.5	85	2930	89	4	3	21
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Buttermilk Biscuits & Gravy with Sausage Gravy (without eggs)	1410	920	102	44	0.5	100	3460	98	4	4	24
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Classic Skillet	1110	590	65	29	0.5	125	2670	101	7	11	29
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Meat											
(4) Bacon	170	110	12	4.5	0	35	710	2	0	2	14
(4) Pork Sausage Links	440	390	44	17	0	65	660	1	0	1	11
Country Fried Steak with Country Gravy	840	530	59	18	2	85	2160	49	3	1	28
Country Fried Steak with Sausage Gravy	960	620	68	22	2	95	2510	55	4	1	31
Slice of Ham	120	20	2.5	1	0	50	1440	4	1	3	20
Eggs Benedict	860	460	51	21	0.5	450	2980	58	3	6	40
Create Your Own Melt (excludes side)	940	500	56	27	1	565	1490	64	3	5	45
Add Choice of Filling											
Bacon	170	110	12	4.5	0	35	710	2	0	2	14
Corned Beef	350	240	26	8	1	80	1160	1	1	1	27
Ham	120	20	2.5	1	0	50	1440	4	1	3	20
Poblano Peppers & Onions	20	0	0	0	0	0	350	5	1	2	1
Homestyle Corned Beef Hash	1170	790	88	24	1	135	2220	48	5	5	44
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Huevos Rancheros (without eggs or side)	680	320	36	15	0	55	1510	65	12	4	23
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	230	140	16	5	0	560	190	2	0	2	19
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	0	1	23
Add Choice of Side											
(3) Buttermilk Pancakes	430	150	17	6	0	75	1380	57	3	12	12
(2) Corn Tortillas	120	15	1.5	0	0	0	10	24	4	3	1
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
IHOP® Signature Pancake Sliders (excludes side)	740	370	41	13	0	500	2210	48	2	19	46

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Loco Moco (without eggs)	940	290	32	14	1.5	90	1590	129	4	2	36
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	230	140	16	5	0	560	190	2	0	2	19
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	0	1	23
Machaca (without side of tortillas)	1140	740	83	27	0.5	800	2260	48	6	6	52
Add Choice of Tortillas											
(2) Corn Tortillas	120	15	1.5	0	0	0	10	24	4	3	1
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
Migas (without side of tortillas)	1060	710	79	26	0.5	765	1950	47	6	6	42
Add Choice of Tortillas											
(2) Corn Tortillas	120	15	1.5	0	0	0	10	24	4	3	1
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
South-of-the-Border Burrito	1230	630	70	27	0.5	590	2970	104	8	14	46
Southwest Scramble (without potato or side)	660	460	52	20	0	765	1010	12	5	2	38
Add Choice of Potatoes											
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Red Potato Hash	350	190	21	4	0	5	730	36	4	2	5
Add Choice of Side											
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Marble Rye Toast w/ Butter & Jam or Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast w/ Butter & Jam or Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast w/ Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam or Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast w/ Butter & Jam or Jelly	340	100	11	6	0	20	380	52	5	20	10
Ultimate Waffle Sandwich (excludes side)	1390	760	85	43	1	690	2570	86	3	29	69
Breakfast Sandwich Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
(2) Belgian Chocolate Pancakes	600	250	28	19	0	80	1050	78	6	36	11
(2) Cinn-A-Stack® Pancakes	490	140	16	7	0	40	1000	80	3	47	8
(2) Cupcake Pancakes	480	120	14	8	0	40	920	81	2	46	8
(2) Double Blueberry Pancakes	370	90	10	4.5	0	35	910	61	3	28	8
(2) Harvest Grain 'N Nut® Pancakes	530	260	29	8	0	85	1020	54	5	13	13
(2) Mexican Tres Leches Pancakes	370	130	15	8	0	55	940	52	2	21	9
(2) New York Cheesecake Pancakes	500	170	19	9	0.5	80	1030	72	3	35	11
(2) Red Velvet Pancakes	420	90	10	5	0	40	920	74	3	42	9
(2) Rooty Tooty Fresh 'N Fruity® (w/o Fruit Topping)	270	80	9	3.5	0	35	880	39	2	9	8
Add Choice of Topping											
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Peaches	60	0	0	0	0	0	10	14	1	13	1
Raspberry	70	0	0	0	0	0	0	18	1	15	1
(2) Strawberry Banana Pancakes	380	80	9	4	0	35	900	68	4	29	9
(2) Vanilla Spice Pancakes	460	190	21	11	0	80	1010	59	2	26	9
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Seasonal Mixed Fruit	50	0	0	0	0	0	5	14	1	11	1
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Compos	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
2 x 2 x 2											
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Big 2-Egg Breakfast											
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(4) Bacon	170	110	12	4.5	0	35	710	2	0	2	14
(4) Sausage	440	390	44	17	0	65	660	1	0	1	11
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Big 3-Egg Breakfast											
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	230	140	16	5	0	560	190	2	0	2	19
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	0	1	23
(3) Buttermilk Pancakes	430	150	17	6	0	75	1380	57	3	12	12
Add Choice of Meat											
(4) Bacon	170	110	12	4.5	0	35	710	2	0	2	14
(2) Canadian-style Bacon	120	40	4.5	2	0	50	1500	1	0	1	19
(2) Pork Chops (4oz)	310	170	19	7	0	95	460	0	1	0	35
(2) Pork Chops (6oz)	450	220	24	9	0	140	780	1	0	1	55
(2) Pork Sausage Patties	340	280	31	11	0	70	870	2	0	1	15
(2) Smoked Sausage	510	410	46	17	0	110	1420	4	0	2	17
(4) Pork Sausage Links	440	390	44	17	0	65	660	1	0	1	11
(4) Spam®	350	290	33	11	0	70	1570	4	0	1	15
(4) Turkey Bacon	120	80	9	2	0	55	550	1	0	1	10
(4) Turkey Sausage Links	190	120	13	3	0	75	630	1	0	0	17
Corned Beef Hash	400	250	28	7	0	40	930	21	2	1	16
Slice of Ham	120	20	2.5	1	0	50	1440	4	1	3	20
Scrapple	360	220	24	9	0	120	810	24	0	0	15
Hash Browns (Optional)	220	130	15	2.5	0	0	350	20	2	0	3
Breakfast Sampler (without eggs)	1020	590	66	21	0.5	135	2880	72	5	11	34
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Chicken Fried Chicken & Eggs with Country Gravy (without eggs)	830	390	44	12	0	105	2070	77	5	9	31
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15

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Compos	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Country Fried Steak & Eggs with Country Gravy (without eggs)	1370	790	87	26	2	140	3440	107	7	9	39
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Country Fried Steak & Eggs with Sausage Gravy (without eggs)	1490	880	97	30	2	155	3790	113	7	10	41
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Pork Chops & Eggs (4oz) (without eggs)	850	430	48	15	0	155	1750	58	4	9	45
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Pork Chops & Eggs (6oz) (without eggs)	980	480	53	17	0.5	195	2070	59	4	9	66
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Quick 2-Egg Breakfast											
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
Add Choice of Toast											
Marble Rye Toast with Butter & Jam or Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast with Butter & Jam or Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast with Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam or Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast with Butter & Jam or Jelly	340	100	11	6	0	20	380	52	5	20	10
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Simple & Fit 2-Egg Breakfast	390	90	9	2	0	35	820	50	6	16	29

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Sirloin Tips & Eggs (without eggs)	970	670	120	14	0.5	160	2480	79	6	25	49
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Smokehouse Combo (without eggs)	1040	670	74	26	0	165	2710	62	4	10	28
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Split Decision Breakfast (without eggs)	910	530	59	24	0.5	210	1940	68	3	19	27
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
T-Bone Steak & Eggs (10 oz) (without eggs)	720	250	28	11	1	195	1970	57	3	13	61
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	230	140	16	5	0	560	190	2	0	2	19
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	0	1	23
T-Bone Steak & Eggs (12 oz) (without eggs)	820	320	36	15	1.5	200	2370	57	4	13	66
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	230	140	16	5	0	560	190	2	0	2	19
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	0	1	23
Weekday Breakfast Special: 2 Eggs & 2 Buttermilk Pancakes											
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Weekday Breakfast Special: 2 Eggs, Hash Browns & Toast											
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
Add Choice of Toast											
Marble Rye Toast w/ Butter & Jam or Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast w/ Butter & Jam or Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast w/ Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam or Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast w/ Butter & Jam or Jelly	340	100	11	6	0	20	380	52	5	20	10
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Weekday Breakfast Special: 2-Egg Cheese Omelette with 2 Buttermilk Pancakes	750	440	49	22	0	500	1610	43	2	9	36

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Omelettes	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Avocado, Bacon & Cheese Omelette	880	620	69	26	0	865	1520	14	3	4	51
Bacon Temptation Omelette	1080	770	85	37	0.5	930	2370	15	1	7	63
Big Steak Omelette	1090	680	75	27	0.5	895	2270	40	5	7	66
Cheeseburger Omelette	1330	870	96	36	2.5	905	3220	46	5	13	72
Chicken Fajita Omelette	960	570	64	26	0	945	2080	23	4	8	74
Colorado Omelette	1150	800	89	36	0	940	2760	18	2	6	71
Corned Beef Hash & Cheese Omelette	1070	720	80	28	0.5	875	1870	29	2	3	58
Country Omelette	1020	670	74	29	0	880	1950	34	3	6	54
Egg White Vegetable Omelette	380	180	20	6	0	30	790	26	7	15	29
Garden Omelette	840	600	66	24	0	835	1080	17	3	6	46
Hearty Ham & Cheese Omelette	940	630	70	31	0.5	915	2510	14	1	6	63
International Omelette	720	480	53	22	0	845	1550	15	2	4	47
Spicy Poblano Omelette	1060	720	80	34	0.5	925	2040	30	5	9	57
Spinach & Mushroom Omelette	890	620	69	26	0.5	850	1700	21	3	8	46
Build Your Omelette											
Omelette (without cheese or ingredients)	440	290	33	9	0	775	560	7	0	2	28
Add Choice of Cheese											
American Cheese	150	110	12	7	0	25	480	2	0	1	8
Cheddar Cheese (Shredded)	230	170	19	13	0	60	390	1	0	0	13
Jack & Cheddar Blend	220	160	18	12	0	55	390	1	0	0	14
Pepper Jack Cheese	160	110	13	8	0	35	270	1	0	0	10
Swiss Cheese	160	110	12	7	0	40	80	0	0	0	11
White Cheddar	170	130	14	8	0	40	270	1	0	0	10
Add Choice of Ingredients											
Avocado	80	70	7	1	0	0	0	4	3	0	1
Bacon	60	45	5	2	0	15	280	1	0	1	4
Fresh Green Peppers & Onions	10	0	0	0	0	0	0	2	0	1	0
Ham	30	10	1	0	0	10	320	1	0	1	4
Fresh Mushrooms	10	0	0	0	0	0	0	2	1	1	2
Pork Sausage	220	200	22	9	0	35	330	1	0	0	5
Fresh Spinach	15	0	0	0	0	0	45	2	1	0	2
Fresh Tomatoes	10	0	0	0	0	0	0	2	1	1	0

Please note that all omelettes are listed without sides; nutrition information for all side options is available, separately.

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Omelettes	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Omelette Side Choices											
(3) Original Buttermilk Pancakes with Butter	430	150	17	6	0	75	1380	57	3	12	12
(3) Belgian Chocolate Pancakes	750	290	32	21	0	95	1490	100	7	43	15
(3) Cinn-A Stack Pancakes	680	200	22	8	0	55	1480	108	4	59	12
(3) Cupcake Pancakes	640	160	18	10	0	55	1360	106	3	53	12
(3) Double Blueberry Pancakes	490	120	13	5	0	55	1350	81	5	33	12
(3) Harvest Grain 'N Nut Pancakes	760	360	40	9	0	115	1500	81	8	20	19
(3) Mexican Tres Leches Pancakes	520	180	20	10	0	85	1390	73	3	27	13
(3) New York Cheesecake Pancakes	710	240	27	13	1	125	1540	101	4	47	17
(3) Red Velvet Pancakes	560	120	14	6	0	55	1370	99	4	51	13
(3) Rooty Tooty Fresh & Fruity® Pancakes	380	110	12	4.5	0	55	1330	58	3	13	12
Add Choice of Topping											
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Peach Topping	60	0	0	0	0	0	10	14	1	13	1
Raspberry Topping	70	0	0	0	0	0	0	18	1	15	1
(3) Strawberry Banana Pancakes	520	110	12	4.5	0	55	1340	92	6	36	13
(3) Vanilla Spice Pancakes	580	210	24	12	0	100	1450	78	3	30	13
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Seasonal Mixed Fruit	50	0	0	0	0	0	5	14	1	11	1
Marble Rye Toast with Butter & Jam/Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast with Butter & Jam/Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast with Butter & Jam/Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast with Butter & Jam/Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast with Butter & Jam/Jelly	340	100	11	6	0	20	380	52	5	20	10
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
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Sandwiches	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Clubhouse Super Stacker	1140	640	71	25	1	210	2790	66	4	13	59
Double BLT	660	380	42	10	0	65	1620	42	3	8	29
Philly Cheese Steak Stacker	880	410	45	17	1.5	120	2130	64	4	12	53
Roasted Turkey Sandwich	770	310	35	9	0	110	1390	58	3	6	55
Spicy Chicken Ranch Sandwich	730	360	40	12	0	105	1950	60	3	11	33
Turkey Avocado Bacon Wrap	740	340	38	8	0	95	1640	56	7	6	46
Choice of Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
French Fries	320	140	15	3	0	0	990	41	4	0	4
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Onion Rings	480	230	26	4.5	0	0	510	56	4	7	7
Seasonal Mixed Fruit	50	0	0	0	0	0	5	14	1	11	1
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
See Soup or Salad section for side soup or side salad nutrition information.											
Please note that all sandwiches & burgers are listed without sides; nutrition information for all side options is available, separately.											
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Salads	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Caesar Salad with Crispy Chicken	1110	740	82	17	0.5	170	1980	52	7	4	40
Caesar Salad with Grilled Chicken	900	600	67	14	0.5	235	2160	28	6	4	50
Cobb Salad with Crispy Chicken	1210	840	93	27	0	520	2360	38	5	8	56
Cobb Salad with Grilled Chicken	1070	730	81	25	0	580	2550	18	5	8	69
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
Chicken & Spinach Salad with Crispy Chicken	1250	780	86	27	0	340	2660	64	6	30	56
Chicken & Spinach Salad with Grilled Chicken	1110	660	74	25	0	400	2850	45	5	29	69
Grilled Chicken & Veggie Salad	680	370	41	7	0	110	1330	46	11	26	38
House Salad (without dressing)	25	5	0	0	0	0	15	5	2	2	2
Add Choice of Dressing											
Blue Cheese Dressing	280	260	29	5	0	30	310	4	1	1	1
Buttermilk Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Catalina Dressing	100	5	0.5	0	0	0	700	22	0	15	0
Creamy Caesar Dressing	230	220	24	4	0	50	300	1	0	0	1
Creamy Italian	230	170	19	3	0	0	510	12	0	11	0
Fat Free Raspberry Vinaigrette	60	0	0	0	0	0	590	14	0	14	0
French Dressing	60	0	0	0	0	0	620	17	1	13	0
Honey Balsamic Dressing	210	140	15	2.5	0	0	270	16	0	12	0
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Raspberry Vinaigrette	120	100	11	1.5	0	0	760	6	0	5	0
Reduced Fat Italian Dressing	15	10	1	0	0	0	105	1	0	1	0
Thousand Island Dressing	250	210	24	3.5	0	15	480	10	0	6	0
Seasonal Mixed Fruit, Large Bowl	100	5	0	0	0	0	10	27	2	22	1
Side Caesar Salad	380	290	32	7	0	65	630	13	3	2	9
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Soups	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Clam Chowder, Cup	290	170	19	6	0	25	990	24	1	3	7
Clam Chowder, Bowl	370	220	24	8	0	35	1290	30	1	4	9
Loaded Potato with Bacon Soup, Cup	290	150	16	7	0	35	970	26	1	4	9
Loaded Potato with Bacon Soup, Bowl	350	180	20	8	0	40	1200	32	1	5	11
Minestrone Soup, Cup	130	25	3	0	0	0	920	19	1	2	6
Minestrone Soup, Bowl	150	30	3.5	0.5	0	0	1190	23	1	2	8
Roasted Chicken Noodle Soup, Cup	120	25	3	1	0	10	840	18	1	2	6
Roasted Chicken Noodle Soup, Bowl	150	35	3.5	1.5	0	15	1090	21	1	3	8
Rustic Cheesy Tomato Soup, Cup	220	140	16	9	0	40	1000	17	1	5	4
Rustic Cheesy Tomato Soup, Bowl	280	180	20	12	0	55	1300	20	1	7	5
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Ultimate Steakburgers	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Big Brunch Burger	1040	600	67	24	2	345	2010	57	3	10	49
Cowboy BBQ Burger	950	470	52	21	2	145	2060	74	3	22	44
Jalapeno Kick Burger	950	610	68	24	2	155	1760	42	2	10	42
Mega Monster Cheeseburger	1090	670	74	32	3	230	2110	42	3	10	62
Mushroom & Swiss Burger	980	640	71	26	2	160	1410	40	2	9	43
Patty Melt	1000	570	64	26	2.5	130	1630	62	4	6	45
The Classic	700	390	44	18	2	130	1460	41	2	10	34
The Classic with Bacon	780	440	50	21	2	150	1820	42	2	11	41
Double it Up (additional burger patty & cheese)	380	270	30	13	1.5	95	750	1	1	1	27
Choice of Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
French Fries	320	140	15	3	0	0	990	41	4	0	4
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Onion Rings	480	230	26	4.5	0	0	510	56	4	7	7
Seasonal Mixed Fruit	50	0	0	0	0	0	5	14	1	11	1
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
See Soup or Salad section for side soup or side salad nutrition information.											
Please note that all sandwiches & burgers are listed without sides; nutrition information for all side options is available, separately.											
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Appetizers	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Appetizer Sampler (without dressing)	1410	660	74	18	1	100	2810	128	9	11	57
Add Choice of Dressing											
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Chicken & Three Cheese Quesadilla	1080	590	66	29	0.5	210	2860	59	4	6	63
Crispy Chicken Strips & Fries (without dressing)	910	410	46	8	0	75	2190	84	6	1	41
Add Choice of Dressing											
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
French Fries	640	280	31	6	0	0	1990	82	8	1	8
Hot & Spicy Wings (without dressing)	920	480	54	13	0	365	4590	25	3	9	83
Add Choice of Dressing											
Blue Cheese Dressing	280	260	29	5	0	30	310	4	1	1	1
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Moza Sticks	660	310	35	14	0.5	55	1890	55	4	5	31
Onion Rings	970	460	51	9	0	0	1030	112	8	15	14
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Entrées	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Boneless Fried Chicken	510	240	27	5	0	95	1080	27	2	1	41
Chicken Fried Chicken Dinner with Country Gravy	290	130	15	3	0	50	780	19	1	0	21
Chicken Parmesan	1230	450	50	16	0.5	150	2990	121	11	3	75
Country Fried Steak Dinner with Country Gravy	840	530	59	18	2	85	2160	49	3	1	28
Country Fried Steak Dinner with Sausage Gravy	960	620	68	22	2	95	2510	55	4	1	31
Crispy Fish & Chips	1080	640	71	13	0	100	3080	74	7	3	36
Fisherman's Platter	1340	840	93	16	0.5	155	3710	91	8	11	36
Fried Chicken	1030	580	65	15	0	310	2870	39	6	1	72
Pasta with Meat Sauce	980	420	46	15	2	95	2140	94	9	3	48
Pot Roast	380	180	20	9	0.5	105	2010	17	0	1	33
Roasted Turkey & Stuffing	620	200	22	8	0.5	125	1420	58	4	33	47
Savory Pork Chops (4 oz)	310	170	19	7	0	95	460	0	1	0	35
Savory Pork Chops (6 oz)	450	220	24	9	0	140	780	1	0	1	55
Sirloin Steak Tips	430	410	91	6	0	100	1190	21	2	17	38
Sirloin Steak Tips & Crispy Shrimp	860	690	122	11	0.5	185	2340	48	4	25	49
Smoked Sausage	660	540	60	20	0	110	2120	9	1	4	18
T-Bone Steak (10 oz)	290	100	11	4.5	0.5	115	580	0	1	0	49
T-Bone Steak (12 oz)	390	170	19	9	1	125	990	1	1	1	54
Tilapia Florentine	490	300	33	14	0.5	120	1800	9	3	3	40
Garlic Bread (included with entrées in select markets)	160	80	9	2	0	0	280	17	1	0	3
Choice of Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
See Soup or Salad section for side soup or side salad nutrition information.											
Please note that all entrées are listed without sides or garlic bread; nutrition information for sides and garlic bread is available, separately.											
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Entrée Sides	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
(2) Crispy Potato Pancakes	370	210	24	4	0	0	660	35	4	1	4
Baked Potato	350	70	7	1	0	0	20	67	5	2	8
Buttered Corn	180	90	10	5	0	25	65	20	0	8	4
Cornbread Stuffing	340	160	18	9	0.5	35	1010	37	0	4	6
French Fries	320	140	15	3	0	0	990	41	4	0	4
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
Mashed Potatoes	190	80	9	2	0	5	480	26	0	2	3
Onion Rings	480	230	26	4.5	0	0	510	56	4	7	7
Penne Pasta with Marinara Sauce	300	60	6	3	0	10	910	47	4	1	15
Red Potato Pepper & Onion Hash	350	190	21	4	0	5	730	36	4	2	5
Sauteed Spinach	100	80	8	1.5	0	0	440	4	2	0	3
Steamed Fresh Broccoli	25	5	0	0	0	0	25	4	2	1	3
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Desserts	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Crepe & Ice Cream (without filling or topping)	290	150	16	9	0	70	250	31	1	17	6
Add Choice of Topping											
Blueberry Compote	170	25	3	1	0	0	40	37	2	33	0
Glazed Strawberries	100	0	0	0	0	0	25	25	2	22	1
Raspberry	150	0	0	0	0	0	10	38	2	32	1
Ice Cream Sundae (without topping)	300	180	20	16	0	30	65	26	0	22	3
Add Choice of Topping											
Chocolate Sauce	100	5	0	0	0	0	15	26	1	21	1
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Jr. Ice Cream Sundae (without topping)	130	70	8	6	0	15	30	13	0	11	1
Add Choice of Topping											
Chocolate Sauce	100	5	0	0	0	0	15	26	1	21	1
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
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55+ Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast											
55+ 2 x 2 x 2											
Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
55+ Breakfast Sampler (without egg)	600	360	40	13	0	80	1550	41	3	5	18
Add Choice of Eggs											
(1) Fried Egg	80	50	6	2	0	195	80	1	0	0	7
(1) Hard or Soft Boiled Egg	80	50	5	1.5	0	185	60	1	0	1	6
(1) Poached Egg	60	40	4	1.5	0	165	130	0	0	0	6
(1) Scrambled Egg	110	80	9	2.5	0	235	115	1	0	0	8
55+ Buttermilk Pancakes	430	150	17	6	0	75	1380	57	0	12	12
55+ Cheese Omelette	760	450	50	23	0	505	1610	43	2	9	35
55+ French Toast (without meat)	520	240	27	10	0	180	570	56	0	19	14
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
55+ Rise 'N Shine											
Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	220	200	22	9	0	35	330	1	0	0	5
Add Choice of Toast											
Marble Rye Toast w/ Butter & Jam or Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast w/ Butter & Jam or Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast w/ Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam or Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast w/ Butter & Jam or Jelly	340	100	11	6	0	20	380	52	5	20	10
Hash Browns	220	130	15	2.5	0	0	350	20	2	0	3
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55+ Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Lunch											
55+ BLT	400	220	25	6	0	35	900	28	2	5	16
55+ Grilled Cheese	720	340	38	22	1	95	1270	62	3	4	30
55+ Turkey & Swiss Sandwich	570	240	27	7	0	95	880	36	6	5	45
Choice of Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
French Fries	320	140	15	3	0	0	990	41	4	0	4
Onion Rings	480	230	26	4.5	0	0	510	56	4	7	7
Dinner											
55+ Crispy Chicken Strips	360	160	18	3.5	0	45	720	26	2	0	22
55+ Country Chicken Fried Steak Dinner with Country Gravy	840	530	59	18	2	85	2160	49	3	1	28
55+ Country Chicken Fried Steak Dinner with Sausage Gravy	960	620	68	22	2	95	2510	55	4	1	31
55+ Grilled Chicken Dinner	150	25	3	1	0	105	890	1	1	0	32
55+ Roasted Turkey Dinner	370	100	11	3	0	75	740	40	3	31	30
55+ Grilled Tilapia Dinner	120	45	5	1	0	40	680	2	1	1	17
Garlic Bread (included with entrees in select markets)	160	80	9	2	0	0	280	17	1	0	3
Choice of Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
See Entrée Sides section for dinner sides nutrition information and Soup or Salad section for side soup or side salad nutrition information.											
Please note that all 55+ entrées are listed without sides or garlic bread; nutrition information for sides and garlic bread is available, separately.											
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Kid's Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Nuggets with Applesauce	230	100	11	2.5	0	25	350	22	2	12	11
Create-A-Face Pancake®	430	100	11	4.5	0	50	1170	71	3	28	13
Funny Face®	510	210	23	16	0	45	1150	63	5	23	12
French Toast with Nutella®	430	210	24	9	0	325	360	39	2	19	15
Grilled Cheese Sandwich with Applesauce	420	200	23	13	1	50	730	40	2	15	12
Jr. Cheeseburger with Applesauce	530	230	26	13	1	85	850	50	1	18	22
Jr. Chicken & Waffles	570	280	31	13	0.5	125	880	52	2	9	20
Jr. Cupcake Pancake Combo	580	270	30	14	0	295	910	58	1	38	18
Macaroni & Cheese with Applesauce	360	80	9	2.5	0	10	650	58	3	20	10
Silver 5	460	220	25	9	0	315	1240	41	2	9	19
Build Your Rooty Jr. (1 Scrambled Egg, 1 Bacon Strip & 1 Pork Sausage Link)	260	190	21	8	0	270	440	2	0	1	14
Add Choice of Waffle or Pancake											
Belgian Waffle	260	100	11	6	0	70	340	35	1	9	6
Buttermilk Pancake	120	30	3	0.5	0	20	440	19	1	4	4
Add Choice of Topping											
Banana Slices with Whipped Topping	50	25	2.5	2.5	0	0	0	7	1	4	0
Glazed Strawberries with Whipped Topping	80	25	2.5	2.5	0	0	15	14	1	12	0
Strawberry Yogurt	50	5	0.5	0	0	0	30	10	0	8	2
See Beverages section for kid's drinks nutrition information.											
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Beverages	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Coffee											
Never Empty Coffee Pot®, Per Cup (Regular & Decaf)	5	0	0	0	0	0	0	1	1	0	0
French Vanilla Flavored Coffee	200	60	7	7	0	0	0	33	1	31	0
Swiss Mocha Flavored Coffee	190	60	7	7	0	0	0	31	1	30	1
Mocha Iced Coffee	220	40	4.5	3	0	20	115	37	1	36	8
Original Iced Coffee	160	40	4.5	3	0	20	115	23	1	22	8
Vanilla Iced Coffee	220	40	4.5	3	0	20	115	38	1	37	8
Hot Chocolate	140	45	5	5	0	0	190	25	1	22	1
Hot Chocolate, 16 oz To-Go	300	100	12	11	0	0	380	51	1	44	1
French Toast Hot Chocolate	380	100	12	11	0	0	410	71	1	61	1
Tea & Lemonade											
Freshly-Brewed Iced Tea (16 fl oz.)	10	0	0	0	0	0	5	2	0	0	0
Freshly-Brewed Iced Tea (30 fl oz.)	15	0	0	0	0	0	10	3	0	0	1
Lemonade Iced Tea (16 fl oz.)	80	0	0	0	0	0	10	19	0	17	0
Lemonade Iced Tea (30 fl oz.)	120	0	0	0	0	0	15	28	0	26	0
Minute Maid® Lemonade (16 fl oz.)	110	0	0	0	0	0	50	32	0	29	0
Minute Maid® Lemonade (30 fl oz.)	220	0	0	0	0	0	105	63	0	58	0
Tropicana® Yellow Lemonade (16 fl oz.)	140	0	0	0	0	0	10	34	0	33	0
Tropicana® Yellow Lemonade (30 fl oz.)	280	0	0	0	0	0	25	68	0	66	0
Sweet Iced Tea (Sweet Version, 16 fl oz.)	140	0	0	0	0	0	5	35	0	34	0
Sweet Iced Tea (Sweet Version, 30 fl oz.)	270	0	0	0	0	0	15	70	0	67	1
Sweet Iced Tea (Sweeter Version, 16 fl oz.)	170	0	0	0	0	0	5	44	0	42	0
Sweet Iced Tea (Sweeter Version, 30 fl oz.)	330	0	0	0	0	0	10	84	0	82	1
Revolution® Premium Loose-Leaf Hot English Breakfast Tea	5	0	0	0	0	0	0	1	0	0	1
Revolution® Premium Loose-Leaf Hot Golden Chamomile Tea	5	0	0	0	0	0	0	1	1	0	0
Revolution® Premium Loose-Leaf Hot Green Tea	5	0	0	0	0	0	0	1	0	0	1
Revolution® Premium Loose-Leaf Hot Decaf Tea	0	0	0	0	0	0	0	0	0	0	0
Juice											
Apple Juice											
Regular (10 fl oz.)	110	0	0	0	0	0	10	30	0	29	0
Kids (12 fl oz.)	140	5	0	0	0	0	15	37	0	36	0
Large (16 fl oz.)	200	5	0	0	0	0	20	52	0	50	1
Cranberry Juice											
Regular (10 fl oz.)	110	0	0	0	0	0	5	28	0	28	0
Kids (12 fl oz.)	140	0	0	0	0	0	5	36	0	36	0
Large (16 fl oz.)	200	0	0	0	0	0	10	50	0	50	0
Grapefruit Juice											
Regular (10 fl oz.)	90	0	0	0	0	0	0	22	2	20	1
Kids (12 fl oz.)	110	5	0	0	0	0	0	27	2	25	1
Large (16 fl oz.)	160	5	0	0	0	0	0	38	3	35	2
Florida's Natural® Premium Orange Juice											
Regular (10 fl oz.)	110	5	0	0	0	0	0	25	1	21	2
Kids (12 fl oz.)	130	5	0	0	0	0	0	31	1	26	2
Large (16 fl oz.)	180	5	0.5	0	0	0	0	44	1	37	3
Tropicana® Premium Orange Juice											
Regular (10 fl oz.)	110	0	0	0	0	0	0	26	0	21	2
Kids (12 fl oz.)	140	0	0	0	0	0	0	33	0	27	3
Large (16 fl oz.)	200	0	0	0	0	0	0	46	0	38	4
Tomato Juice											
Regular (10 fl oz.)	50	0	0	0	0	0	740	10	2	6	2
Kids (12 fl oz.)	60	0	0	0	0	0	930	12	3	8	3
Large (16 fl oz.)	80	0	0	0	0	0	1300	17	4	11	4
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IHOP Splashers®											
Splashberry (16 fl oz.)	150	0	0	0	0	0	25	38	0	36	1
Splashberry (30 fl oz.)	230	0	0	0	0	0	40	60	1	57	1
Tropical Island Twist (16 fl oz.)	180	0	0	0	0	0	20	48	0	46	0
Tropical Island Twist (30 fl oz.)	270	0	0	0	0	0	30	71	0	69	0
Fountain Drinks: Coca-Cola® Selections											
Barq's Root Beer® (Kid's)	90	0	0	0	0	0	20	25	0	25	0
Barq's Root Beer® (16 fl oz.)	130	0	0	0	0	0	25	35	0	35	0
Barq's Root Beer® (30 fl oz.)	260	0	0	0	0	0	50	70	0	70	0
Cherry Coke® (Kid's)	90	0	0	0	0	0	0	23	0	23	0
Cherry Coke® (16 fl oz.)	120	0	0	0	0	0	5	32	0	32	0
Cherry Coke® (30 fl oz.)	240	0	0	0	0	0	10	64	0	64	0
Coca-Cola® (Kid's)	80	0	0	0	0	0	0	23	0	23	0
Coca-Cola® (16 fl oz.)	120	0	0	0	0	0	0	32	0	32	0
Coca-Cola® (30 fl oz.)	230	0	0	0	0	0	5	64	0	64	0
Coca-Cola Zero™ (Kid's)	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™ (30 fl oz.)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke® (Kid's)	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® (30 fl oz.)	0	0	0	0	0	0	20	0	0	0	0
Dr Pepper® (Kid's)	80	0	0	0	0	0	25	22	0	22	0
Dr Pepper® (16 fl oz.)	120	0	0	0	0	0	40	31	0	30	0
Dr Pepper® (30 fl oz.)	230	0	0	0	0	0	75	62	0	60	0
Fanta® Orange (Kid's)	90	0	0	0	0	0	0	25	0	23	0
Fanta® Orange (16 fl oz.)	120	0	0	0	0	0	5	35	0	32	0
Fanta® Orange (30 fl oz.)	240	0	0	0	0	0	10	70	0	64	0
Hi-C® Fruit Punch (Kid's)	90	0	0	0	0	0	10	23	0	23	0
Hi-C® Fruit Punch (16 fl oz.)	120	0	0	0	0	0	15	32	0	32	0
Hi-C® Fruit Punch (30 fl oz.)	240	0	0	0	0	0	30	64	0	64	0
Pibb Xtra® (Kid's)	80	0	0	0	0	0	10	23	0	23	0
Pibb Xtra® (16 fl oz.)	110	0	0	0	0	0	15	32	0	32	0
Pibb Xtra® (30 fl oz.)	230	0	0	0	0	0	35	64	0	64	0
Sprite® (Kid's)	80	0	0	0	0	0	20	21	0	21	0
Sprite® (16 fl oz.)	110	0	0	0	0	0	25	29	0	29	0
Sprite® (30 fl oz.)	230	0	0	0	0	0	50	58	0	58	0
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Fountain Drinks: Pepsi® Selections											
Brisk® Raspberry Iced Tea (Kid's)	70	0	0	0	0	0	20	18	0	18	0
Brisk® Raspberry Iced Tea (16 fl oz.)	90	0	0	0	0	0	30	25	0	25	0
Brisk® Raspberry Iced Tea (30 fl oz.)	190	0	0	0	0	0	60	49	0	49	0
Diet Pepsi® (Kid's)	0	0	0	0	0	0	35	0	0	0	0
Diet Pepsi® (16 fl oz.)	0	0	0	0	0	0	45	0	0	0	0
Diet Pepsi® (30 fl oz.)	0	0	0	0	0	0	95	0	0	0	0
Manzanita Sol® (Kid's)	90	0	0	0	0	0	20	25	0	24	0
Manzanita Sol® (16 fl oz.)	130	0	0	0	0	0	30	34	0	33	0
Manzanita Sol® (30 fl oz.)	260	0	0	0	0	0	60	68	0	66	0
Mountain Dew® (Kid's)	90	0	0	0	0	0	35	26	0	26	0
Mountain Dew® (16 fl oz.)	130	0	0	0	0	0	45	37	0	37	0
Mountain Dew® (30 fl oz.)	260	0	0	0	0	0	95	73	0	73	0
Mug® Root Beer (Kid's)	80	0	0	0	0	0	15	22	0	22	0
Mug® Root Beer (16 fl oz.)	120	0	0	0	0	0	20	31	0	31	0
Mug® Root Beer (30 fl oz.)	230	0	0	0	0	0	35	61	0	61	0
Pepsi® (Kid's)	80	0	0	0	0	0	15	24	0	24	0
Pepsi® (16 fl oz.)	120	0	0	0	0	0	25	33	0	33	0
Pepsi® (30 fl oz.)	230	0	0	0	0	0	45	66	0	66	0
Pepsi® Wild Cherry (Kid's)	80	0	0	0	0	0	15	24	0	24	0
Pepsi® Wild Cherry (16 fl oz.)	120	0	0	0	0	0	25	33	0	33	0
Pepsi® Wild Cherry (30 fl oz.)	230	0	0	0	0	0	45	66	0	66	0
Sierra Mist® (Kid's)	80	0	0	0	0	0	15	23	0	23	0
Sierra Mist® (16 fl oz.)	120	0	0	0	0	0	25	32	0	32	0
Sierra Mist® (30 fl oz.)	230	0	0	0	0	0	45	63	0	63	0
SoBe® Yumberry Pomegranate Lifewater (Kid's)	0	0	0	0	0	0	60	0	0	0	0
SoBe® Yumberry Pomegranate Lifewater (16 fl oz.)	0	0	0	0	0	0	85	0	0	0	0
SoBe® Yumberry Pomegranate Lifewater (30 fl oz.)	0	0	0	0	0	0	170	0	0	0	0
Tropicana® Fruit Punch (Kid's)	90	0	0	0	0	0	20	25	0	25	0
Tropicana® Fruit Punch (16 fl oz.)	130	0	0	0	0	0	30	36	0	36	0
Tropicana® Fruit Punch (30 fl oz.)	260	0	0	0	0	0	60	70	0	70	0
Tropicana® Orange Twister (Kid's)	90	0	0	0	0	0	20	26	0	25	0
Tropicana® Orange Twister (16 fl oz.)	130	0	0	0	0	0	30	37	0	36	0
Tropicana® Orange Twister (30 fl oz.)	260	0	0	0	0	0	60	73	0	70	0
Milk, Milk Shakes & Water											
2% Milk											
Regular (10 fl oz.)	120	45	5	3	0	20	115	12	0	12	8
Kids (12 fl oz.)	150	60	6	4	0	25	150	15	0	15	10
Large (16 fl oz.)	220	80	9	5	0	35	200	21	0	21	14
Chocolate Milk											
Regular (10 fl oz.)	190	45	5	3.5	0	20	125	29	1	26	9
Kids (12 fl oz.)	220	60	6	4	0	25	160	32	1	29	11
Large (16 fl oz.)	320	80	9	6	0	35	220	47	1	42	15
Milk Shakes											
Chocolate Milk Shake	460	200	22	14	0.5	55	190	57	1	47	11
Strawberry Milk Shake	440	190	22	14	1	55	190	52	1	44	11
Vanilla Milk Shake	450	190	22	14	0.5	55	180	54	0	47	10
Water	0	0	0	0	0	0	0	0	0	0	0
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