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Other Offerings

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### Pancakes

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<th>Sat Fat (g)</th>
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<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
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**Add Choice of Topping**

Glazed Strawberries: 50 calories, 0 fat, 0 carbs, 0 sugars, 11g protein

Peaches: 60 calories, 0 fat, 0 carbs, 0 sugars, 13g protein

Raspberry: 70 calories, 0 fat, 0 carbs, 0 sugars, 15g protein

(4) Strawberry Banana Pancakes: 660 calories, 250 fat, 15 carbs, 16 sugars, 17g protein

(4) Vanilla Spice Pancakes: 700 calories, 240 fat, 17 carbs, 19 sugars, 17g protein

**Build Your Pancake Combo**

**Choice of Pancakes**

(2) Belgian Chocolate Pancakes: 650 calories, 250 fat, 19 carbs, 13 sugars, 11g protein

(2) Cinn-A-Stack® Pancakes: 490 calories, 140 fat, 16 carbs, 7g protein

(2) Cupcake Pancakes: 480 calories, 120 fat, 14 carbs, 8g protein

(2) Double Blueberry Pancakes: 370 calories, 90 fat, 10 carbs, 6g protein

(2) Harvest Grain 'N Nut® Pancakes: 530 calories, 260 fat, 29 carbs, 5g protein

(2) Mexican Tres Leches Pancakes: 370 calories, 130 fat, 15 carbs, 2g protein

(2) New York Cheesecake Pancakes: 500 calories, 170 fat, 19 carbs, 3g protein

(2) Original Buttermilk Pancakes: 310 calories, 130 fat, 14 carbs, 2g protein

(2) Red Velvet Pancakes: 430 calories, 90 fat, 10 carbs, 1g protein

(2) Rooty Tooty Fresh 'N Fruity® Pancakes: 270 calories, 80 fat, 9 carbs, 3g protein

**Add Choice of Topping**

Glazed Strawberries: 50 calories, 0 fat, 0 carbs, 0 sugars, 11g protein

Peaches: 60 calories, 0 fat, 0 carbs, 0 sugars, 13g protein

Raspberry: 70 calories, 0 fat, 0 carbs, 0 sugars, 15g protein

(2) Strawberry Banana Pancakes: 380 calories, 80 fat, 9 carbs, 4g protein

(2) Vanilla Spice Pancakes: 460 calories, 190 fat, 21 carbs, 1g protein

**Add Choice of Eggs**

(2) Fried Eggs: 170 calories, 110 fat, 12 carbs, 4g protein

(2) Hard or Soft Boiled Eggs: 160 calories, 100 fat, 11 carbs, 3g protein

(2) Poached Eggs: 130 calories, 60 fat, 8 carbs, 2g protein

(2) Scrambled Eggs: 220 calories, 150 fat, 17 carbs, 5g protein

**Add Choice of Bacon or Sausage**

(2) Bacon: 90 calories, 60 fat, 6 carbs, 2g protein

(2) Sausage: 220 calories, 200 fat, 22 carbs, 9g protein

**Hash Browns: 220 calories, 130 fat, 15 carbs, 2g protein**

**Top it Off**

Banana Slices: 20 calories, 0 fat, 0 carbs, 0 sugars, 3g protein

Glazed Strawberries: 50 calories, 0 fat, 0 carbs, 0 sugars, 11g protein

Ice Cream: 90 calories, 45 fat, 5 carbs, 0 sugars, 8g protein

Peach Topping: 60 calories, 0 fat, 0 carbs, 0 sugars, 14g protein

Raspberry Topping: 70 calories, 0 fat, 0 carbs, 0 sugars, 15g protein

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### Nutrition Information

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**Simple & Fit Substitutions**

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Create Your Sweet Crepe Combo

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<th>Trans Fat (g)</th>
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<th>Sodium (mg)</th>
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<th>Fiber (g)</th>
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Add Choice of Eggs

| (2) Fried Eggs | 170           | 110                         | 12           | 4         | 0           | 390         | 180         | 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 | 150           | 80                          | 8            | 2.5       | 0           | 325         | 260         | 1            | 0        | 0       | 11         |
| (2) Scrambled Eggs | 220           | 150                         | 17           | 6         | 0           | 470         | 230         | 2            | 0        | 1       | 15         |

Add Choice of Bacon or Sausage

| (2) Bacon | 80            | 50                          | 6            | 2         | 0           | 20          | 350         | 1            | 0        | 1       | 13         |
| (2) Sausage | 220           | 200                         | 22           | 9         | 0           | 35          | 330         | 1            | 0        | 0       | 5          |

Hash Browns | 220           | 130                         | 15           | 2.5       | 0           | 350         | 20          | 2            | 0        | 0       | 3          |

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### Griddle Faves

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<th>Calories from Fat (cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
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<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<tr>
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<td>0.5</td>
<td>220</td>
<td>1140</td>
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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

Add Choice of French Toast

- Bananas Foster Brioche French Toast: 620, 270, 30, 11, 0, 145, 720, 76, 3, 34, 13
- Brioche French Toast: 500, 226, 29, 10, 0, 160, 670, 56, 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, 83, 3, 30, 8

Add Choice of Topping

- Glazed Strawberries: 50, 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, 15, 25, 15, 1, 13, 1

Add Choice of Eggs

- Fried Eggs: 170, 110, 12, 4, 0, 380, 160, 1, 0, 0, 13
- Hard or Soft Boiled Eggs: 160, 100, 11, 3.5, 0, 375, 125, 1, 0, 1, 13
- Poached Eggs: 130, 80, 8, 2.5, 0, 325, 260, 1, 0, 0, 11
- Scrambled Eggs: 220, 150, 17, 5, 0, 475, 230, 2, 0, 1, 15

Add Choice of Bacon or Sausage

- Bacon: 80, 50, 6, 2, 0, 20, 350, 1, 0, 1, 7
- Sausage: 220, 200, 22, 9, 0, 35, 330, 1, 0, 0, 5

Waffles

- Belgian Waffle: 590, 270, 29, 17, 1, 165, 740, 69, 3, 17, 11
- Chicken & Waffles: 1090, 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


Add Choice of Eggs

- Fried Eggs: 170, 110, 12, 4, 0, 380, 160, 1, 0, 0, 13
- Hard or Soft Boiled Eggs: 160, 100, 11, 3.5, 0, 375, 125, 1, 0, 1, 13
- Poached Eggs: 130, 80, 8, 2.5, 0, 325, 260, 1, 0, 0, 11
- Scrambled Eggs: 220, 150, 17, 5, 0, 475, 230, 2, 0, 1, 15

Add Choice of Bacon or Sausage

- Bacon: 80, 60, 6, 2, 0, 20, 350, 1, 0, 1, 7
- Sausage: 220, 200, 22, 9, 0, 35, 330, 1, 0, 0, 5

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<th>IHOP Creations</th>
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<th>Sat Fat (g)</th>
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<th>Cholest (mg)</th>
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<th>Fiber (g)</th>
<th>Sugars (g)</th>
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### IHOP Creations

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<th>Trans Fat (g)</th>
<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
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<th>Fiber (g)</th>
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### Nutrition Information

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*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.*

This information applicable 10/22/18 through 4/22/19.

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

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<th>Fiber (g)</th>
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This information applicable 10/22/18 through 4/22/19.

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

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<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
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### Omelettes

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<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<td>Avocado, Bacon &amp; Cheese Omelette</td>
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<td>620</td>
<td>69</td>
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<td>Hearty Ham &amp; Cheese Omelette</td>
<td>940</td>
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<td>70</td>
<td>31</td>
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<td>915</td>
<td>2510</td>
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<td>480</td>
<td>53</td>
<td>22</td>
<td>0</td>
<td>845</td>
<td>1500</td>
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<td>2</td>
<td>4</td>
<td>47</td>
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<tr>
<td>Spicy Poblano Omelette</td>
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<td>720</td>
<td>80</td>
<td>34</td>
<td>0.5</td>
<td>925</td>
<td>2940</td>
<td>30</td>
<td>5</td>
<td>9</td>
<td>57</td>
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<tr>
<td>Spinach &amp; Mushroom Omelette</td>
<td>890</td>
<td>620</td>
<td>69</td>
<td>26</td>
<td>0.5</td>
<td>850</td>
<td>1710</td>
<td>21</td>
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<td>8</td>
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<tr>
<td><strong>Build Your Omelette</strong></td>
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<tr>
<td>Omelette (without cheese or ingredients)</td>
<td>440</td>
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<td>9</td>
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<td>775</td>
<td>560</td>
<td>7</td>
<td>0</td>
<td>2</td>
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#### Add Choice of Cheese

- **American Cheese**: 150, 110, 12, 7, 0, 2, 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, 35, 350, 1, 0, 0, 14
- **Pepper Jack Cheese**: 180, 150, 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, 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, 0, 2, 0, 1, 0
- **Ham**: 10, 0, 0, 0, 0, 0, 0, 0, 10, 200, 1, 0, 1
- **Fresh Mushrooms**: 10, 0, 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, 0, 0, 45, 2, 1, 0
- **Fresh Tomatoes**: 10, 0, 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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<table>
<thead>
<tr>
<th>Omelettes Side Choices</th>
<th>Total Calories (cal)</th>
<th>Calories from Fat (fat cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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</thead>
<tbody>
<tr>
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<td>430</td>
<td>150</td>
<td>17</td>
<td>6</td>
<td>0</td>
<td>75</td>
<td>1380</td>
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<td>3</td>
<td>12</td>
<td>12</td>
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<tr>
<td>(3) Belgian Chocolate Pancakes</td>
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<td>32</td>
<td>21</td>
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<td>95</td>
<td>1490</td>
<td>100</td>
<td>7</td>
<td>43</td>
<td>15</td>
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<td>(3) Cinn-A Stack Pancakes</td>
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<td>22</td>
<td>8</td>
<td>0</td>
<td>55</td>
<td>1480</td>
<td>108</td>
<td>4</td>
<td>59</td>
<td>12</td>
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<td>(3) Cupcake Pancakes</td>
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<td>18</td>
<td>10</td>
<td>0</td>
<td>55</td>
<td>1380</td>
<td>109</td>
<td>3</td>
<td>53</td>
<td>12</td>
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<tr>
<td>(3) Double Blueberry Pancakes</td>
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<td>120</td>
<td>13</td>
<td>5</td>
<td>0</td>
<td>55</td>
<td>1380</td>
<td>81</td>
<td>5</td>
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<td>0</td>
<td>115</td>
<td>1520</td>
<td>81</td>
<td>8</td>
<td>20</td>
<td>19</td>
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<td>1590</td>
<td>73</td>
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<td>13</td>
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<td>(3) New York Cheesecake Pancakes</td>
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<td>125</td>
<td>1540</td>
<td>101</td>
<td>4</td>
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<td>17</td>
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<tr>
<td>(3) Red Velvet Pancakes</td>
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<td>99</td>
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<tr>
<td>(3) Rooty Tooty Fresh &amp; Fruity! Pancakes</td>
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<td>110</td>
<td>12</td>
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<td>0</td>
<td>55</td>
<td>1330</td>
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<td>12</td>
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<td>Add Choice of Topping</td>
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<td>0</td>
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<td>0</td>
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<td>16</td>
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<td>15</td>
<td>1</td>
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<tr>
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<td>1340</td>
<td>92</td>
<td>6</td>
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<td>13</td>
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<tr>
<td>(3) Vanilla Spice Pancakes</td>
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<td>24</td>
<td>12</td>
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<td>100</td>
<td>1490</td>
<td>78</td>
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<td>Hash Browns</td>
<td>220</td>
<td>130</td>
<td>15</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>350</td>
<td>20</td>
<td>2</td>
<td>0</td>
<td>3</td>
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<tr>
<td>Seasonal Mixed Fruit</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>14</td>
<td>1</td>
<td>11</td>
<td>1</td>
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<tr>
<td>Marble Rye Toast with Butter &amp; Jam/Jelly</td>
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<td>100</td>
<td>11</td>
<td>4.5</td>
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<td>15</td>
<td>540</td>
<td>73</td>
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<td>5</td>
<td>2.5</td>
<td>0</td>
<td>10</td>
<td>380</td>
<td>30</td>
<td>1</td>
<td>10</td>
<td>5</td>
</tr>
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<td>350</td>
<td>100</td>
<td>11</td>
<td>6</td>
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<td>20</td>
<td>440</td>
<td>58</td>
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<td>White Toast with Butter &amp; Jam/Jelly</td>
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<td>Whole Wheat Toast with Butter &amp; Jam/Jelly</td>
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<td>100</td>
<td>11</td>
<td>6</td>
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<td>380</td>
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<tr>
<td>Add Avocado</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>3</td>
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### Sandwiches

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<th>Sandwich</th>
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<th>Calories from Fat (cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
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<tbody>
<tr>
<td>Chicken Clubhouse Super Stacker</td>
<td>1140</td>
<td>640</td>
<td>71</td>
<td>25</td>
<td>1</td>
<td>210</td>
<td>2790</td>
<td>66</td>
<td>4</td>
<td>13</td>
<td>59</td>
</tr>
<tr>
<td>Double BLT</td>
<td>660</td>
<td>380</td>
<td>42</td>
<td>10</td>
<td>0</td>
<td>65</td>
<td>1620</td>
<td>42</td>
<td>3</td>
<td>8</td>
<td>29</td>
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<tr>
<td>Philly Cheese Steak Stacker</td>
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<td>410</td>
<td>45</td>
<td>17</td>
<td>1.5</td>
<td>120</td>
<td>2130</td>
<td>64</td>
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<td>12</td>
<td>53</td>
</tr>
<tr>
<td>Roasted Turkey Sandwich</td>
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<td>9</td>
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<td>110</td>
<td>1390</td>
<td>58</td>
<td>3</td>
<td>6</td>
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<tr>
<td>Spicy Chicken Ranch Sandwich</td>
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### Choice of Sides

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<th>Side</th>
<th>Calories (cal)</th>
<th>Calories from Fat (cal)</th>
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<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
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<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<tbody>
<tr>
<td>(2) Original Buttermilk Pancakes</td>
<td>310</td>
<td>130</td>
<td>14</td>
<td>6</td>
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<td>60</td>
<td>940</td>
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<tr>
<td>French Fries</td>
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<td>990</td>
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<td>Hash Browns</td>
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<td>2.5</td>
<td>0</td>
<td>0</td>
<td>350</td>
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<tr>
<td>Onion Rings</td>
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<td>26</td>
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<td>0</td>
<td>510</td>
<td>58</td>
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<td>7</td>
<td>7</td>
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<tr>
<td>Seasonal Mixed Fruit</td>
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<td>0</td>
<td>5</td>
<td>14</td>
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<td>11</td>
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<tr>
<td>Add Avocado</td>
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<td>70</td>
<td>7</td>
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<td>0</td>
<td>0</td>
<td>4</td>
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See Soup or Salad section for side soup or side salad nutrition information.

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### Salads

<table>
<thead>
<tr>
<th>Salad</th>
<th>Total Calories (cal)</th>
<th>Calories from Fat (fat cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
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<tbody>
<tr>
<td>Caesar Salad with Crispy Chicken</td>
<td>1110</td>
<td>740</td>
<td>82</td>
<td>17</td>
<td>0.5</td>
<td>170</td>
<td>1960</td>
<td>52</td>
<td>7</td>
<td>4</td>
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<tr>
<td>Caesar Salad with Grilled Chicken</td>
<td>900</td>
<td>690</td>
<td>67</td>
<td>14</td>
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<td>235</td>
<td>2100</td>
<td>28</td>
<td>6</td>
<td>4</td>
<td>50</td>
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<tr>
<td>Cobb Salad with Crispy Chicken</td>
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<td>840</td>
<td>93</td>
<td>27</td>
<td>0</td>
<td>520</td>
<td>2360</td>
<td>38</td>
<td>5</td>
<td>8</td>
<td>56</td>
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<td>1070</td>
<td>730</td>
<td>81</td>
<td>25</td>
<td>0</td>
<td>560</td>
<td>2550</td>
<td>18</td>
<td>5</td>
<td>8</td>
<td>69</td>
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<tr>
<td>Add Avocado</td>
<td>80</td>
<td>70</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>3</td>
<td>0</td>
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<tr>
<td>Chicken &amp; Spinach Salad with Crispy Chicken</td>
<td>1230</td>
<td>780</td>
<td>86</td>
<td>27</td>
<td>0</td>
<td>340</td>
<td>2600</td>
<td>94</td>
<td>6</td>
<td>30</td>
<td>56</td>
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<tr>
<td>Chicken &amp; Spinach Salad with Grilled Chicken</td>
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<td>880</td>
<td>74</td>
<td>25</td>
<td>0</td>
<td>400</td>
<td>2800</td>
<td>45</td>
<td>5</td>
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<td>69</td>
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<td>Grilled Chicken &amp; Veggie Salad</td>
<td>660</td>
<td>370</td>
<td>41</td>
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<td>110</td>
<td>1330</td>
<td>46</td>
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<td>House Salad (without dressing)</td>
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**Add Choice of Dressing**

<table>
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<th>Dressing</th>
<th>Total Calories (cal)</th>
<th>Calories from Fat (fat cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
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<tbody>
<tr>
<td>Blue Cheese Dressing</td>
<td>280</td>
<td>260</td>
<td>29</td>
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<td>0</td>
<td>30</td>
<td>310</td>
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<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Buttermilk Ranch Dressing</td>
<td>280</td>
<td>240</td>
<td>27</td>
<td>4</td>
<td>0</td>
<td>20</td>
<td>420</td>
<td>4</td>
<td>0</td>
<td>1</td>
<td>1</td>
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<tr>
<td>Catalina Dressing</td>
<td>100</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>750</td>
<td>22</td>
<td>0</td>
<td>15</td>
<td>0</td>
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<tr>
<td>Creamy Caesar Dressing</td>
<td>230</td>
<td>220</td>
<td>24</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>300</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Creamy Italian</td>
<td>230</td>
<td>170</td>
<td>19</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>510</td>
<td>12</td>
<td>0</td>
<td>11</td>
<td>0</td>
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<tr>
<td>Fat Free Raspberry Vinaigrette</td>
<td>60</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>590</td>
<td>14</td>
<td>0</td>
<td>14</td>
<td>0</td>
</tr>
<tr>
<td>French Dressing</td>
<td>60</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>620</td>
<td>17</td>
<td>1</td>
<td>13</td>
<td>0</td>
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<tr>
<td>Honey Balsamic Dressing</td>
<td>210</td>
<td>140</td>
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<td>2.5</td>
<td>0</td>
<td>0</td>
<td>270</td>
<td>16</td>
<td>0</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>Honey Mustard Dressing</td>
<td>230</td>
<td>170</td>
<td>19</td>
<td>3</td>
<td>0</td>
<td>15</td>
<td>480</td>
<td>15</td>
<td>0</td>
<td>12</td>
<td>1</td>
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<tr>
<td>Raspberry Vinaigrette</td>
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<td>0</td>
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<td>Thousand Island Dressing</td>
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<td>15</td>
<td>480</td>
<td>10</td>
<td>0</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>Seasonal Mixed Fruit, Large Bowl</td>
<td>380</td>
<td>290</td>
<td>32</td>
<td>7</td>
<td>0</td>
<td>65</td>
<td>630</td>
<td>13</td>
<td>3</td>
<td>2</td>
<td>9</td>
</tr>
</tbody>
</table>

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### Soups

<table>
<thead>
<tr>
<th></th>
<th>Total Calories (cal)</th>
<th>Calories from Fat (cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clam Chowder, Cup</td>
<td>260</td>
<td>170</td>
<td>19</td>
<td>6</td>
<td>0</td>
<td>25</td>
<td>990</td>
<td>24</td>
<td>1</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>Clam Chowder, Bowl</td>
<td>370</td>
<td>220</td>
<td>24</td>
<td>8</td>
<td>0</td>
<td>35</td>
<td>1290</td>
<td>30</td>
<td>1</td>
<td>4</td>
<td>9</td>
</tr>
<tr>
<td>Loaded Potato with Bacon Soup, Cup</td>
<td>280</td>
<td>150</td>
<td>16</td>
<td>7</td>
<td>0</td>
<td>35</td>
<td>970</td>
<td>26</td>
<td>1</td>
<td>4</td>
<td>9</td>
</tr>
<tr>
<td>Loaded Potato with Bacon Soup, Bowl</td>
<td>350</td>
<td>180</td>
<td>20</td>
<td>8</td>
<td>0</td>
<td>40</td>
<td>1200</td>
<td>32</td>
<td>1</td>
<td>5</td>
<td>11</td>
</tr>
<tr>
<td>Minestrone Soup, Cup</td>
<td>150</td>
<td>25</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>920</td>
<td>19</td>
<td>1</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Minestrone Soup, Bowl</td>
<td>180</td>
<td>30</td>
<td>3.5</td>
<td>0.5</td>
<td>0</td>
<td>10</td>
<td>1100</td>
<td>23</td>
<td>1</td>
<td>2</td>
<td>8</td>
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<tr>
<td>Roasted Chicken Noodle Soup, Cup</td>
<td>120</td>
<td>25</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>10</td>
<td>840</td>
<td>16</td>
<td>1</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Rustic Cheesy Tomato Soup, Cup</td>
<td>220</td>
<td>140</td>
<td>16</td>
<td>9</td>
<td>0</td>
<td>40</td>
<td>1000</td>
<td>17</td>
<td>1</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>Rustic Cheesy Tomato Soup, Bowl</td>
<td>280</td>
<td>180</td>
<td>20</td>
<td>12</td>
<td>0</td>
<td>55</td>
<td>1300</td>
<td>20</td>
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<td>7</td>
<td>5</td>
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</tbody>
</table>

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### Ultimate Steakburgers

<table>
<thead>
<tr>
<th></th>
<th>Total Calories (cal)</th>
<th>Calories from Fat (fat cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Brunch Burger</td>
<td>1040</td>
<td>600</td>
<td>67</td>
<td>24</td>
<td>2</td>
<td>345</td>
<td>2010</td>
<td>57</td>
<td>3</td>
<td>10</td>
<td>49</td>
</tr>
<tr>
<td>Cowboy BBQ Burger</td>
<td>950</td>
<td>470</td>
<td>52</td>
<td>21</td>
<td>2</td>
<td>145</td>
<td>2000</td>
<td>74</td>
<td>3</td>
<td>22</td>
<td>44</td>
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<tr>
<td>Jalapeno Kick Burger</td>
<td>950</td>
<td>610</td>
<td>68</td>
<td>24</td>
<td>2</td>
<td>155</td>
<td>1760</td>
<td>42</td>
<td>2</td>
<td>10</td>
<td>42</td>
</tr>
<tr>
<td>Mega Monster Cheesburger</td>
<td>1090</td>
<td>670</td>
<td>74</td>
<td>32</td>
<td>3</td>
<td>250</td>
<td>2110</td>
<td>42</td>
<td>3</td>
<td>10</td>
<td>62</td>
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<tr>
<td>Mushroom &amp; Swiss Burger</td>
<td>980</td>
<td>640</td>
<td>71</td>
<td>26</td>
<td>2</td>
<td>160</td>
<td>1470</td>
<td>40</td>
<td>2</td>
<td>9</td>
<td>43</td>
</tr>
<tr>
<td>Patty Melt</td>
<td>1000</td>
<td>570</td>
<td>64</td>
<td>36</td>
<td>2.5</td>
<td>150</td>
<td>1620</td>
<td>62</td>
<td>4</td>
<td>6</td>
<td>40</td>
</tr>
<tr>
<td>The Classic</td>
<td>780</td>
<td>440</td>
<td>50</td>
<td>21</td>
<td>2</td>
<td>150</td>
<td>1620</td>
<td>42</td>
<td>2</td>
<td>11</td>
<td>41</td>
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<tr>
<td>Double It Up (additional burger patty &amp; cheese)</td>
<td>380</td>
<td>270</td>
<td>30</td>
<td>13</td>
<td>1.5</td>
<td>95</td>
<td>750</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>27</td>
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### Choice of Sides

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<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<tbody>
<tr>
<td>(2) Original Buttermilk Pancakes</td>
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<td>130</td>
<td>14</td>
<td>6</td>
<td>60</td>
<td>940</td>
<td>38</td>
<td>2</td>
<td>8</td>
<td>8</td>
<td></td>
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<tr>
<td>French Fries</td>
<td>320</td>
<td>140</td>
<td>15</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>980</td>
<td>41</td>
<td>4</td>
<td>0</td>
<td>4</td>
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<tr>
<td>Hash Browns</td>
<td>220</td>
<td>130</td>
<td>15</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>350</td>
<td>20</td>
<td>2</td>
<td>0</td>
<td>3</td>
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<tr>
<td>Onion Rings</td>
<td>480</td>
<td>230</td>
<td>26</td>
<td>4.5</td>
<td>0</td>
<td>0</td>
<td>510</td>
<td>56</td>
<td>4</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Seasonal Mixed Fruit</td>
<td>50</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<td>5</td>
<td>14</td>
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<tr>
<td>Add Avocado</td>
<td>80</td>
<td>70</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>3</td>
<td>0</td>
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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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<table>
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<tr>
<th>Appetizers</th>
<th>Total Calories (cal)</th>
<th>Calories from Fat (fat cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetizer Sampler (without dressing)</td>
<td>1410</td>
<td>660</td>
<td>74</td>
<td>18</td>
<td>1</td>
<td>100</td>
<td>2810</td>
<td>128</td>
<td>9</td>
<td>11</td>
<td>57</td>
</tr>
<tr>
<td>Add Choice of Dressing</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Dressing</td>
<td>230</td>
<td>170</td>
<td>19</td>
<td>3</td>
<td>0</td>
<td>15</td>
<td>480</td>
<td>15</td>
<td>0</td>
<td>12</td>
<td>1</td>
</tr>
<tr>
<td>Ranch Dressing</td>
<td>260</td>
<td>240</td>
<td>27</td>
<td>4</td>
<td>0</td>
<td>20</td>
<td>420</td>
<td>4</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Chicken &amp; Three Cheese Quesadilla</td>
<td>1080</td>
<td>590</td>
<td>66</td>
<td>29</td>
<td>0.5</td>
<td>210</td>
<td>2860</td>
<td>59</td>
<td>4</td>
<td>6</td>
<td>63</td>
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<table>
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<tr>
<th>Entrées</th>
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<th>Calories from Fat [cal]</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
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<td>0</td>
<td>140</td>
<td>780</td>
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<td>150</td>
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*Note: All entrées are listed without sides or garlic bread; nutrition information for sides and garlic bread is available, separately.

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### Entree Sides

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<th>Entree Sides</th>
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<th>Fiber (g)</th>
<th>Sugars (g)</th>
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### Desserts

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<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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**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.

### 55+ Menu

<table>
<thead>
<tr>
<th>Item</th>
<th>Total Calories (cal)</th>
<th>Calories from Fat (fat cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<td>160</td>
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<td>325</td>
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<td>(2) Hard or Soft-Boiled Egg</td>
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<td>150</td>
<td>17</td>
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<td>475</td>
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<td>200</td>
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<td>Marble Rye Toast w/ Butter &amp; Jam or Jelly</td>
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### 55+ Menu

<table>
<thead>
<tr>
<th></th>
<th>Total Calories (cal)</th>
<th>Calories from Fat (fat cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<td><strong>Lunch</strong></td>
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<td>85</td>
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<td>Garlic Bread (included with entrees in select markets)</td>
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<td>80</td>
<td>9</td>
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<td>280</td>
<td>17</td>
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<tr>
<td>(2) Original Buttermilk Pancakes</td>
<td>310</td>
<td>130</td>
<td>14</td>
<td>6</td>
<td>0</td>
<td>60</td>
<td>940</td>
<td>38</td>
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See Entrée Sides section for dinner sides nutrition information and Soup or Salad section for side soup or side salad nutrition information.

Note: All 55+ entrees are listed without sides or garlic bread; nutrition information for sides and garlic bread is available, separately.

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### Kid's Menu

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<th>Item</th>
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<th>Calories from Fat (fat cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholest (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<td>Chicken Nuggets with Applesauce</td>
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<tr>
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#### Beverages

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Total Calories (cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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</table>

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### Beverages

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Total Calories (cal)</th>
<th>Calories from Fat (fat cal)</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
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<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
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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.

This information applicable 10/22/18 through 4/22/19.

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

#### Beverages

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<th>Trans Fat (g)</th>
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<th>Sodium (mg)</th>
<th>Total Carb (g)</th>
<th>Fiber (g)</th>
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<td>32</td>
<td>1</td>
<td>29</td>
</tr>
<tr>
<td>Large (16 fl oz.)</td>
<td>320</td>
<td>80</td>
<td>9</td>
<td>6</td>
<td>0</td>
<td>35</td>
<td>220</td>
<td>47</td>
<td>1</td>
<td>42</td>
</tr>
<tr>
<td>Milk Shakes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Milk Shake</td>
<td>460</td>
<td>200</td>
<td>22</td>
<td>14</td>
<td>0.5</td>
<td>55</td>
<td>190</td>
<td>57</td>
<td>1</td>
<td>47</td>
</tr>
<tr>
<td>Strawberry Milk Shake</td>
<td>440</td>
<td>190</td>
<td>22</td>
<td>14</td>
<td>0.5</td>
<td>55</td>
<td>190</td>
<td>52</td>
<td>1</td>
<td>44</td>
</tr>
<tr>
<td>Vanilla Milk Shake</td>
<td>450</td>
<td>190</td>
<td>22</td>
<td>14</td>
<td>0.5</td>
<td>55</td>
<td>180</td>
<td>54</td>
<td>0</td>
<td>47</td>
</tr>
<tr>
<td>Water</td>
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<td>0</td>
<td>0</td>
<td>0</td>
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</tbody>
</table>

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.

This information applicable 10/22/18 through 4/22/19.

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