

IHOP 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.

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)
Pancakes											
(4) Belgian Chocolate Pancakes	1060	450	50	26	0	165	2090	140	10	62	21
(4) Cinn-A-Stack® Pancakes	860	250	28	10	0.5	75	1970	136	6	70	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) English Sticky Toffee Pancakes	1020	360	40	20	1	165	2350	148	4	68	18
(4) Harvest Grain 'N Nut® Pancakes	990	450	51	11	0	140	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	160	17	7	0	75	1390	57	3	12	12
(5) Original Buttermilk Pancakes	670	210	24	8	0	110	2270	94	4	21	20
(4) Red Velvet Pancakes	680	150	17	6	0	75	1810	117	5	55	17
Rooty Tooty Fresh 'N Fruity® Pancakes											
(4) Buttermilk w/Whipped Topping	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
Build Your Pancake Combo											
Choice of Pancake Flavors:											
(2) Belgian Chocolate Pancakes	590	270	30	16	0	90	1070	77	5	35	11
(2) Cinn-A-Stack® Pancakes	490	140	16	6	0	40	1000	79	3	46	8
(2) Cupcake Pancakes	480	120	14	8	0	40	920	81	2	45	8
(2) Double Blueberry Pancakes	370	90	10	4.5	0	35	910	61	3	28	8
(2) English Sticky Toffee Pancakes	560	200	22	12	0	85	1220	81	2	39	9
(2) Harvest Grain 'N Nut® Pancakes	530	260	29	8	0	80	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	950	38	2	8	8
(2) Red Velvet Pancakes	400	90	10	4.5	0	40	920	70	3	39	9
(2) Rooty Tooty Fresh 'N Fruity® Pancakes (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
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	180	160	17	6	0	30	310	1	0	0	6
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	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	100	40	4.5	2.5	0	20	50	12	0	9	3
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
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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											
Banana Crepes with Nutella®	960	400	45	14	0	220	910	120	5	67	21
Cheese Blintzes											
Cheese Blintzes w/Sour Cream (w/o topping)	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	1040	630	70	29	1	720	2400	44	2	18	57
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											
Sweet Cream Cheese Crepes (w/o Topping)	680	400	44	25	1	200	810	55	1	29	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
Sweet Cream Cheese Crepe w/ Peach Topping	410	210	23	14	0.5	100	410	42	1	28	8
Sweet Cream Cheese Crepe w/ Raspberry Topping	420	210	23	14	0	100	410	46	2	30	8
Swedish	370	160	18	6	0	125	440	43	2	20	9
Strawberries & Cream	400	150	17	7	0	120	470	53	2	28	9
German	380	200	22	9	0	135	440	38	1	14	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	180	160	17	6	0	30	310	1	0	0	6
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3

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French Toast											
Bananas Foster Brioche French Toast	1000	440	49	16	0.5	220	1140	123	4	59	20
Our Original French Toast	740	330	36	14	0.5	260	830	84	4	28	20
Strawberry Banana French Toast	850	280	31	12	0	240	790	121	7	57	22
Brioche French Toast (Plain)	710	310	35	13	0.5	225	980	82	3	25	18
Stuffed French Toast											
Stuffed French Toast (w/o Topping)	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:											
Original French Toast	520	240	27	11	0	180	570	56	3	19	14
Strawberry Banana French Toast	550	190	22	8	0	160	520	75	4	34	14
Bananas Foster Brioche French Toast	620	270	30	11	0	145	720	76	3	34	13
Brioche French Toast (Plain)	500	230	26	10	0	160	670	55	2	17	12
Stuffed French Toast (w/o Topping)	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	180	160	17	6	0	30	310	1	0	0	6
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Waffles											
Belgian Waffle	590	270	30	17	1	160	750	69	3	17	11
Chicken & Waffles											
Chicken & Waffles (w/o dressing)	1030	450	50	21	1	225	1680	105	4	17	40
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	30	17	1	160	750	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	180	160	17	6	0	30	310	1	0	0	6

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IHOP Creations											
Please note that all breakfast sandwiches are listed without sides; nutrition information for all side options is available, separately, below.											
Buttermilk Biscuits & Gravy w/ Country Gravy											
Buttermilk Biscuits & Gravy w/Country Gravy (w/o eggs)	1210	730	81	33	0.5	80	2970	97	4	4	22
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 w/ Sausage Gravy											
Buttermilk Biscuits & Gravy w/ Sausage Gravy (w/o eggs)	1370	840	93	38	0.5	100	3480	106	4	5	26
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
Chorizo & Eggs											
	1350	760	85	26	0.5	850	3220	92	7	16	55
Classic Skillet											
Classic Skillet (w/o eggs or meat)	1100	580	65	28	1.5	125	2640	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	360	310	34	12	0	65	620	1	0	1	12
Country Fried Steak w/ Country Gravy	840	530	59	18	2	85	2160	49	3	1	28
Country Fried Steak w/ Sausage Gravy	940	600	67	21	2	95	2500	55	4	1	31
(2) Sirloin Steaks	340	180	20	8	1	110	730	0	0	0	41
Slice of Ham	120	35	4	1.5	0	55	1220	2	1	1	20
Eggs Benedict											
	910	490	54	21	0.5	450	3060	65	5	9	42
Create Your Own Melt (excludes side)											
Create Your Own Melt (w/o filling)	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	240	110	12	3.5	3	75	980	3	1	1	29
Ham	120	25	3	1	0	65	1250	3	0	3	20
Poblano Peppers & Onions	20	0	0	0	0	0	350	5	1	2	1
Homestyle Corned Beef Hash											
Homestyle Corned Beef Hash (w/o eggs)	1180	730	81	21	3	130	2200	65	6	7	46
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											
Huevos Rancheros (w/o eggs or side)	740	350	38	14	1	55	1560	73	13	5	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:											
(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
(3) Buttermilk Pancakes	430	160	17	7	0	75	1390	57	3	12	12
IHOP® Signature Pancake Sliders (excludes side)											
	740	370	41	13	0	500	2210	49	2	18	46

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IHOP Creations											
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Loco Moco											
Loco Moco (w/o eggs)	890	310	35	15	1.5	105	750	105	1	3	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											
Machaca (w/o side of tortillas)	1240	800	89	27	1.5	810	2300	57	7	7	56
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											
Migas (w/o side of tortillas)	1120	740	82	24	1	765	2000	56	7	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	1290	660	73	26	1	590	3020	112	9	15	46
Southwest Scramble											
Southwest Scramble (w/o potato or side)	650	460	51	18	1	765	980	13	5	2	38
Add Choice of Potato:											
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Red Potato Hash	350	190	21	4	0	5	730	37	4	2	5
Add Choice of Side:											
(2) Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	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	84	43	1.5	690	2540	86	3	29	71
Breakfast Sandwich Side Choices:											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
(2) Flavored Pancakes											
(2) Belgian Chocolate Pancakes	590	270	30	16	0	90	1070	77	5	35	11
(2) Cinn-A-Stack® Pancakes	490	140	16	6	0	40	1000	79	3	46	8
(2) Cupcake Pancakes	480	120	14	8	0	40	920	81	2	45	8
(2) Double Blueberry Pancakes	370	90	10	4.5	0	35	910	61	3	28	8
(2) English Sticky Toffee Pancakes	560	200	22	12	0	85	1220	81	2	39	9
(2) Harvest Grain 'N Nut® Pancakes	530	260	29	8	0	80	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	400	90	10	4.5	0	40	920	70	3	39	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
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Seasonal Mixed Fruit	60	0	0	0	0	0	0	16	2	13	1
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Combos	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)
Combos											
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	180	160	17	6	0	30	310	1	0	0	6
(2) Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
Big 3-Egg Breakfast											
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 Meat:											
(4) Bacon	170	110	12	4.5	0	35	710	2	0	2	14
(2) Canadian-style Bacon	120	45	5	2	0	50	1520	1	0	1	19
Corned Beef Hash	400	220	24	5	1.5	40	920	29	3	2	17
(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
(4) Pork Sausage Links	360	310	34	12	0	65	620	1	0	1	12
(2) Pork Sausage Patties	340	280	31	11	0	70	870	2	0	1	15
Scrapple	360	220	24	9	0	120	810	24	0	0	15
Slice of Ham	120	35	4	1.5	0	55	1220	2	1	1	20
(2) Smoked Sausage	470	390	43	15	0	80	1400	4	1	2	18
(4) Spam®	350	290	33	11	0	70	1570	4	0	1	15
(2) Sirloin Steaks	340	180	20	8	1	110	730	0	0	0	41
(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
(3) Buttermilk Pancakes	430	160	17	7	0	75	1390	57	3	12	12
(Optional) Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Big 2-Egg Breakfast											
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	360	310	34	12	0	65	620	1	0	1	12
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
(2) Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
Breakfast Sampler											
Breakfast Sampler (w/o eggs)	920	520	58	19	0.5	135	2650	68	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 w/ Country Gravy											
Chicken Fried Chicken & Eggs w/ Country Gravy (w/o eggs)	890	420	47	13	0	105	2150	85	5	10	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
Chicken/Country Fried Steak & Eggs w/ Country Gravy											
Chicken/Country Fried Steak & Eggs w/ Country Gravy (w/o eggs)	1430	820	91	28	2	140	3530	115	8	10	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

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Combos	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)
Combos											
Chicken/Country Fried Steak & Eggs w/ Sausage Gravy											
Country Fried Steak & Eggs w/ Sausage Gravy (w/o eggs)	1540	890	99	31	2	155	3870	121	8	10	42
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 (4 oz)											
Pork Chops & Eggs (4oz) (w/o eggs)	910	460	52	16	0	155	1830	66	5	10	46
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 (6 oz)											
Pork Chops & Eggs (6oz) (w/o eggs)	1040	510	57	18	0	195	2150	67	4	10	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											
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	180	160	17	6	0	30	310	1	0	0	6
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	280	160	18	3.5	0	0	430	28	2	1	3
Simple & Fit 2-Egg Breakfast											
Simple & Fit 2-Egg Breakfast (w/o fruit side)	340	80	9	2	0	35	810	36	5	5	28
Add Choice of Fruit:											
Pineapple, apples, oranges & grapes	60	0	0	0	0	0	0	16	2	13	1
Honeydew, watermelon, pineapple & grapes	50	0	0	0	0	0	5	14	1	11	1
Pineapple, apples, oranges, strawberries	50	0	0	0	0	0	0	13	2	10	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
Sirloin Steak & Eggs											
Sirloin Steak & Eggs (w/o eggs)	770	340	37	15	1	185	2110	57	3	12	53
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

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Combos	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)
Combos											
Sirloin Tips & Eggs											
Sirloin Tips & Eggs (w/o eggs)	1030	700	123	15	0.5	160	2680	87	6	26	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 (w/o eggs)	1070	680	76	25	0.5	140	2770	69	5	11	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											
Split Decision Breakfast (w/o eggs)	870	490	55	23	0.5	210	1930	67	3	19	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
T-Bone Steak & Eggs (10 oz)											
T-Bone Steak & Eggs (10 oz) (w/o eggs)	720	250	28	11	1	190	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)											
T-Bone Steak & Eggs (12 oz) (w/o eggs)	810	330	36	16	1.5	200	2380	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											
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	180	160	17	6	0	30	310	1	0	0	6
(2) Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
Weekday Breakfast Special: 2 Eggs, Hash Browns & Toast											
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	180	160	17	6	0	30	310	1	0	0	6
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	280	160	18	3.5	0	0	430	28	2	1	3
Weekday Breakfast Special: 2-Egg Cheese Omelette w/2 Buttermilk Pancakes	750	430	48	21	1	500	1580	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)
Omelettes											
Please note that all omelettes (except Egg White Vegetable Omelette) are listed without sides; nutrition information for all side options is available, separately, below.											
Avocado, Bacon & Cheese Omelette	870	620	69	25	0	865	1490	14	3	4	52
Bacon Temptation Omelette	1080	760	85	35	1.5	930	2330	16	1	7	64
Big Steak Omelette	1150	700	78	27	0.5	890	2320	47	6	8	67
Cheeseburger Omelette	1450	940	104	38	2.5	930	3380	54	5	14	75
Chicken Fajita Omelette	960	570	63	24	1	945	2040	24	4	8	74
Colorado Omelette	1150	780	87	34	0.5	955	2700	18	2	6	77
Corned Beef Hash & Cheese Omelette	1070	680	76	26	1.5	870	1830	37	3	4	59
Country Omelette	1080	690	77	29	0	880	2000	41	3	7	55
Egg White Vegetable Omelette											
Egg White Vegetable Omelette (w/o fruit side)	330	180	20	6	0	30	790	13	6	3	28
Add Choice of Fruit:											
Pineapple, apples, oranges & grapes	60	0	0	0	0	0	0	16	2	13	1
Honeydew, watermelon, pineapple & grapes	50	0	0	0	0	0	5	14	1	11	1
Pineapple, apples, oranges, strawberries	50	0	0	0	0	0	0	13	2	10	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
Garden Omelette	830	590	66	24	0	835	1050	16	3	6	47
Hearty Ham & Cheese Omelette	930	620	69	30	1.5	915	2470	15	1	6	64
International Omelette	720	470	53	21	0	845	1520	15	2	5	48
Rustic Corned Beef Hash Omelette	1400	920	102	27	3.5	920	2510	46	4	9	72
Spicy Poblano Omelette	1100	740	83	34	1.5	935	1990	31	5	9	61
Spinach & Mushroom Omelette	890	630	69	26	0.5	850	1700	21	3	8	46
Build Your Omelette											
Omelette (w/o cheese or ingredients)	440	290	33	9	0	775	560	7	0	2	28
Choose Your Cheese:											
American Cheese	150	110	12	7	0	25	480	2	0	1	8
Cheddar Cheese (Shredded)	230	170	19	12	0	60	350	1	0	0	14
Jack & Cheddar Cheese Blend	220	160	18	10	0.5	55	350	2	0	0	13
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 Cheese	170	130	14	8	0	40	270	1	0	0	11
Add Choice of Ingredients:											
Avocado	80	70	7	1	0	0	0	4	3	0	1
Diced 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
Fresh Mushrooms	10	0	0	0	0	0	0	2	1	1	2
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
Ham, Diced	30	10	1	0	0	10	320	1	0	1	4
Pork Sausage (2)	180	160	17	6	0	30	310	1	0	0	6

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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 w/ Butter	430	160	17	7	0	75	1390	57	3	12	12
Famous Pancake Flavors:											
(3) Belgian Chocolate Pancakes	740	310	34	17	0	110	1520	99	7	42	16
(3) Cinn-A Stack Pancakes	680	200	22	8	0	55	1480	108	4	58	12
(3) Cupcake Pancakes	630	170	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) English Sticky Toffee Pancakes	700	230	26	13	0.5	105	1680	103	3	46	13
(3) Harvest Grain 'N Nut Pancakes	760	360	40	10	0	110	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	540	120	14	5	0	55	1370	94	4	47	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
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Seasonal Mixed Fruit:											
Pineapple, apples, oranges & grapes	60	0	0	0	0	0	0	16	2	13	1
Honeydew, watermelon, pineapple & grapes	50	0	0	0	0	0	5	14	1	11	1
Pineapple, apples, oranges, strawberries	50	0	0	0	0	0	0	13	2	10	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
Toast:											
Marble Rye Toast w/ Butter & Jam/Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast w/ Butter & Jam/Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast w/ Butter & Jam/Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam/Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast w/ 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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Nutrition Information

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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)
Sandwiches											
Please note that all sandwiches & burgers are listed without sides; nutrition information for all side options is available, separately, below.											
Chicken Clubhouse Super Stacker	1150	650	72	25	1.5	205	3200	66	4	13	61
Double BLT	670	380	42	10	0.5	60	2040	42	3	8	29
Philly Cheese Steak Stacker	860	380	43	16	1.5	135	2530	64	4	11	55
Roasted Turkey Sandwich	850	390	43	11	0.5	110	1880	59	3	6	56
Spicy Chicken Ranch Sandwich	730	360	40	12	0	105	2410	60	3	11	33
Turkey Avocado Bacon Wrap	750	340	38	8	0	95	2100	57	7	6	46
Sandwich Sides:											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
French Fries	320	140	15	3	0	0	990	41	4	0	4
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Onion Rings	480	230	26	4.5	0	0	510	56	4	7	7
Seasonal Mixed Fruit											
Pineapple, apples, oranges & grapes	60	0	0	0	0	0	0	16	2	13	1
Honeydew, watermelon, pineapple & grapes	50	0	0	0	0	0	5	14	1	11	1
Pineapple, apples, oranges, strawberries	50	0	0	0	0	0	0	13	2	10	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
<i>See Soup or Salad section for side soup or side salad nutrition information.</i>											
This information applicable 3/12/18 through 6/10/18.											



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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)
Salads											
Grilled Chicken Caesar Salad											
Caesar Salad w/ Crispy Chicken	850	460	51	12	0.5	95	2550	60	8	6	41
Caesar Salad w/ Grilled Chicken	700	380	42	10	0.5	155	2530	32	7	7	51
Chicken Cobb Salad											
Cobb Salad w/ Crispy Chicken	1250	840	93	27	0	520	2350	45	5	8	59
Cobb Salad w/ 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											
Chicken & Spinach Salad w/ Crispy Chicken	1290	770	86	27	0	340	2630	70	5	29	60
Chicken & Spinach Salad w/ Grilled Chicken	1110	660	73	25	0	400	2820	44	5	30	70
Grilled Chicken & Veggie Salad	680	370	41	7	0	110	1330	46	11	26	38
House Salad											
House Salad (w/o 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
Creamy Caesar Dressing	170	140	16	2.5	0	15	650	5	0	2	2
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 or Catalina Dressing	100	5	0.5	0	0	0	700	22	0	15	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
Side Caesar Salad	310	210	23	5	0	25	980	17	3	4	10
This information applicable 3/12/18 through 6/10/18.											



Nutrition Information

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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)
Soup of the Day											
Clam Chowder	370	220	24	8	0	35	1290	30	1	4	9
Loaded Potato with Bacon Soup	350	180	20	8	0	40	1190	32	1	5	11
Minestrone Soup	150	30	3.5	0.5	0	0	1190	23	1	2	8
Roasted Chicken Noodle Soup	150	35	3.5	1.5	0	15	1090	21	1	3	8
Rustic Cheesy Tomato Soup	280	180	20	12	0	55	1300	20	1	7	5
This information applicable 3/12/18 through 6/10/18.											



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Burgers	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)
Burgers											
Please note that all sandwiches & burgers are listed without sides; nutrition information for all side options is available, separately, below.											
Bacon Cheeseburger	780	430	48	22	1.5	165	1760	40	1	9	45
Cheeseburger	690	380	42	19	1.5	150	1400	39	1	8	38
Hamburger	620	330	37	16	1.5	135	1160	39	1	8	34
Cheeseburger Sliders	1100	600	67	31	2.5	195	2380	73	4	17	53
Denver Omelette Burger	980	550	62	25	2	570	2190	43	1	9	63
Mega Monster Cheeseburger	1140	700	78	35	3	270	1880	40	1	9	69
Patty Melt	1060	610	68	28	2	150	1930	63	3	7	49
Add Your Extras											
An Extra Burger Patty	360	250	28	12	1	100	350	0	0	0	27
Hashbrowns	280	160	18	3.5	0	0	430	28	2	1	3
Fried Egg	80	50	6	2	0	195	80	1	0	0	7
Hickory-Smoked Bacon	80	50	6	2	0	20	350	1	0	1	7
Avocado	80	70	7	1	0	0	0	4	3	0	1
Burger Sides:											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
French Fries	320	140	15	3	0	0	990	41	4	0	4
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Onion Rings	480	230	26	4.5	0	0	510	56	4	7	7
Seasonal Mixed Fruit											
Pineapple, apples, oranges & grapes	60	0	0	0	0	0	0	16	2	13	1
Honeydew, watermelon, pineapple & grapes	50	0	0	0	0	0	5	14	1	11	1
Pineapple, apples, oranges, strawberries	50	0	0	0	0	0	0	13	2	10	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
<i>See Soup or Salad section for side soup or side salad nutrition information.</i>											
This information applicable 3/12/18 through 6/10/18.											



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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)
Apps											
Appetizer Sampler											
Appetizer Sampler (w/o dressing)	1420	620	69	18	1	105	3070	142	9	12	58
Add Choice of Dressing:											
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Chicken & Three Cheese Quesadilla	1070	590	65	27	1	210	2820	60	5	6	63
Crispy Chicken Strips & Fries											
Crispy Chicken Strips & Fries (w/o dressing)	880	370	41	7	0	80	2160	86	5	1	40
Add Choice of Dressing:											
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Monster Mozza Sticks	800	330	37	16	1	75	2550	80	5	6	37
Onion Rings	970	460	51	9	0	0	1030	112	8	15	14
French Fries	640	280	31	6	0	0	1980	82	8	1	8
Slider Trio	1100	600	67	31	2.5	195	1920	72	3	17	53
Hot & Spicy Wings											
Wings (w/o dressing)	930	480	54	13	0	365	4610	25	3	8	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
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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)
Entrées											
Please note that all entrées are listed without garlic bread or choice of soup or salad; nutrition information for sides and garlic bread is available, separately, below.											
Bacon Crusted Chicken with Red Potato Hash	780	410	46	17	0.5	180	2360	44	5	5	48
Chicken Fried Chicken Dinner w/ Country Gravy	620	260	29	9	0	70	1850	69	4	11	26
Country Fried Steak Dinner w/ Country Gravy	1050	610	68	23	2	105	2800	79	7	4	33
Country Fried Steak Dinner w/ Sausage Gravy	1160	680	76	26	2	115	3140	84	8	4	36
Fried Chicken Dinner	1350	700	78	21	0.5	330	3940	88	9	11	78
Pot Roast	850	400	44	19	1	165	3050	66	3	12	51
Roasted Turkey & Fixings	1000	360	40	18	1	160	2570	106	9	38	55
Savory Pork Chops (4 oz)	690	360	40	11	0	100	1210	41	7	4	42
Savory Pork Chops (6 oz)	820	410	45	13	0	140	1530	42	6	4	63
Sirloin Steak	1060	620	69	23	2	155	2450	50	8	7	62
Sirloin Steak Tips	760	530	105	12	0	120	2380	70	5	27	44
Smoked Sausage	830	600	66	23	0.5	100	2740	38	6	7	23
T-Bone Steak (10 oz)	670	290	32	9	1	120	1340	41	7	4	57
T-Bone Steak (12 oz)	760	360	40	13	1.5	130	1750	41	7	4	61
Tilapia Florentine	680	380	42	19	1	140	2420	34	5	5	43
(1) Garlic Bread (comes with entrees in select markets)	160	80	9	2	0	0	280	17	1	0	3
Choice of Side:											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
For Substitutions Only: Potato Sides											
Baked Potato	350	70	7	1	0	0	20	67	5	2	8
Mashed Potatoes	190	80	9	5	0	20	620	25	2	1	2
Red Potato Hash	350	190	21	4	0	5	730	37	4	2	5
<i>See Soup or Salad section for side soup or side salad nutrition information.</i>											
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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)
Desserts											
Fruit Crepe											
Crepe & Ice Cream (w/o filling or topping)	300	140	16	9	0	75	270	33	1	18	7
Add Choice of Filling/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	140	0	0	0	0	0	5	35	2	29	1
Ice Cream Sundae											
Ice Cream Sundae (w/o topping)	310	170	19	15	0	40	105	30	0	25	5
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
Kids Jr. Sundae											
Jr. Ice Cream Sundae (w/o topping)	130	60	7	5	0	20	50	15	0	12	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
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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											
Please note that all 55+ entrées are listed without garlic bread or soup/salad; nutrition information for side soup/salad and garlic bread is available, separately, below.											
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	180	160	17	6	0	30	310	1	0	0	6
(2) Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
55+ Breakfast Sampler											
55+ Breakfast Sampler (w/o egg)	640	380	42	13	0	80	1570	48	3	6	18
Add Choice of Egg:											
(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	160	17	7	0	75	1390	57	3	12	12
55+ Cheese Omelette	760	440	49	23	0	505	1580	42	2	10	36
55+ French Toast											
55+ French Toast (w/o meat)	520	240	27	11	0	180	570	56	3	19	14
Add Choice of Bacon or Sausage:											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	180	160	17	6	0	30	310	1	0	0	6
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	180	160	17	6	0	30	310	1	0	0	6
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	280	160	18	3.5	0	0	430	28	2	1	3
Lunch											
55+ BLT	410	230	25	6	0	30	1340	29	2	6	16
55+ Grilled Cheese	720	340	38	22	1	95	1720	63	3	5	30
55+ Turkey & Swiss Sandwich	580	250	27	7	0	90	1310	37	6	6	45
Choice of Side:											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	950	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
<i>See Soup or Salad section for side soup or side salad nutrition information.</i>											
Dinner											
55+ Crispy Chicken Strips	660	260	29	9	0	65	1770	76	4	11	27
55+ Country Chicken Fried Steak Dinner (w/ Country Gravy)	1050	610	68	23	2	105	2800	79	7	4	33
55+ Country Chicken Fried Steak Dinner (w/ Sausage Gravy)	1160	680	76	26	2	115	3140	84	8	4	36
55+ Grilled Chicken Dinner	530	220	24	5	0	110	1650	42	7	4	39
55+ Roasted Turkey Dinner	590	180	20	9	0	90	1390	69	7	33	35
55+ Grilled Tilapia Dinner	410	200	22	8	0	60	1670	31	5	2	23
(1) Garlic Bread (comes with entrees in select markets)	160	80	9	2	0	0	280	17	1	0	3
Choice of Side:											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
<i>See Soup or Salad section for side soup or side salad nutrition information.</i>											

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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)
Kid's Menu											
Breakfast Sammy with Applesauce	440	200	23	9	0	285	760	38	2	17	19
Chicken Nuggets with Applesauce	230	100	11	2.5	0	25	350	22	2	12	11
Create-A-Face Pancake®	450	100	11	4	0	50	1180	74	3	30	13
Funny Face®	510	210	23	15	0	45	1150	63	4	23	11
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 Slides with Applesauce	710	350	38	17	1.5	115	1040	58	3	21	31
Jr. Chicken & Waffles	550	260	29	13	0.5	125	870	53	2	9	20
Jr. Cupcake Pancake Combo	550	250	28	12	0	290	900	57	1	38	18
Macaroni & Cheese with Applesauce	360	80	9	2.5	0	10	650	58	3	20	10
Silver 5	460	220	25	10	0	315	1240	40	2	9	19
Build Your Rooty Jr.											
(1) Scrambled Egg, (1) Bacon Strip & (1) Pork Sausage Link	240	170	19	6	0	270	430	2	0	1	14
Add Choice of Main Item:											
(1/2) Belgian Waffle	260	100	11	6	0	70	340	35	1	9	6
(1) Brioche French Toast	210	80	9	2.5	0	70	310	27	1	8	6
(1) Buttermilk Pancake	120	30	3	0.5	0	20	440	19	1	4	4
Add Choice of Topping:											
Banana Slices w/Whipped Topping	50	25	2.5	2.5	0	0	0	7	1	4	0
Blueberry Compote w/Whipped Topping	110	35	4	3	0	0	20	19	1	17	0
Glazed Strawberries w/ Whipped Topping	80	25	2.5	2.5	0	0	15	14	1	12	0
Low-Fat Strawberry Yogurt	70	5	0	0	0	5	40	13	0	10	2
Peaches w/ Whipped Topping	90	25	2.5	2.5	0	0	10	15	1	14	1
Raspberry w/Whipped Topping	100	20	2.5	2.5	0	0	0	19	1	16	1
Add Side:											
Cheesy Scrambled Eggs	210	150	16	7	0	275	270	2	0	0	14
Sausage	90	80	9	3	0	15	160	0	0	0	3
Sliced Banana	40	0	0	0	0	0	0	11	1	6	1
Bacon	40	25	3	1	0	10	180	0	0	0	4
Turkey Bacon	30	20	2	0.5	0	15	140	0	0	0	2
Yogurt Tube	70	5	0	0	0	5	40	13	0	10	2
Seasonal Mixed Fruit:											
Pineapple, apples, oranges & grapes	60	0	0	0	0	0	0	16	2	13	1
Honeydew, watermelon, pineapple & grapes	50	0	0	0	0	0	5	14	1	11	1
Pineapple, apples, oranges, strawberries	50	0	0	0	0	0	0	13	2	10	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
Molts Applesauce	60	0	0	0	0	0	0	14	1	12	0
<i>See Beverages section for kid's drinks nutrition information.</i>											

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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)
Sides											
(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
Buttered Toast w/ Jam or Jelly											
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
Corned Beef Hash	400	220	24	5	1.5	40	920	29	3	2	17
Cottage Cheese	50	20	2.5	1.5	0	10	220	2	0	2	5
Egg Any Style											
(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 w/ Butter	160	45	5	3	0	10	210	25	2	2	5
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	35	4	1.5	0	55	1220	2	1	1	20
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
(2) Pork Sausage Links	180	160	17	6	0	30	310	1	0	0	6
(4) Pork Sausage Links	360	310	34	12	0	65	620	1	0	1	12
(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	37	4	2	5
Scrapple	360	220	24	9	0	120	810	24	0	0	15
Seasonal Mixed Fruit											
Pineapple, apples, oranges & grapes	60	0	0	0	0	0	0	16	2	13	1
Honeydew, watermelon, pineapple & grapes	50	0	0	0	0	0	5	14	1	11	1
Pineapple, apples, oranges, strawberries	50	0	0	0	0	0	0	13	2	10	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
(2) Smoked Sausage Links	470	390	43	15	0	80	1400	4	1	2	18
(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
Substitutions:											
(1) Egg White (2oz)	50	20	2.5	0	0	5	95	1	0	0	6
(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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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
Flavored Coffee											
French Vanilla	200	60	7	7	0	0	0	33	1	31	0
Swiss Mocha	190	60	7	7	0	0	0	31	1	30	1
Cold-Brew Iced Coffee											
Mocha Iced Coffee	230	40	4.5	3	0	20	120	40	1	38	8
Original Iced Coffee	180	40	4.5	3	0	20	120	26	1	25	8
Vanilla Iced Coffee	240	40	4.5	3	0	20	120	41	1	39	8
Hot Chocolate											
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 Tea											
English Breakfast Tea	10	0	0	0	0	0	0	2	1	0	1
Golden Chamomile Tea	10	0	0	0	0	0	0	2	1	0	0
Green Tea	10	0	0	0	0	0	0	2	1	0	1
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
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	470	180	20	13	0	70	240	62	1	51	14
Strawberry Milk Shake	460	180	20	12	0	75	240	57	1	48	14
Vanilla Milk Shake	480	180	20	12	0	70	230	63	0	55	14
Bottled Water (8 fl oz.)	0	0	0	0	0	0	0	0	0	0	0
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