



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.

| Grinch | Total Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------|------------|-------------|
| A La Carte - Full | | | | | | | | | | | |
| (4) Grinch's Green Pancakes | 680 | 160 | 18 | 7 | 0 | 75 | 1810 | 115 | 4 | 54 | 16 |
| Whoville Holiday Cheesecake French Toast, Full | 1180 | 420 | 46 | 19 | 0.5 | 235 | 620 | 169 | 8 | 102 | 23 |
| A La Carte - Side | | | | | | | | | | | |
| (2) Grinch's Green Pancakes | 430 | 100 | 11 | 6 | 0 | 40 | 920 | 73 | 2 | 42 | 8 |
| Whoville Holiday Cheesecake French Toast, Side | 600 | 220 | 24 | 11 | 0 | 120 | 310 | 85 | 4 | 52 | 11 |
| Pick Your Combo | | | | | | | | | | | |
| Egg Combo | | | | | | | | | | | |
| Choice of Pancake | | | | | | | | | | | |
| (2) Grinch's Green Pancakes | 430 | 100 | 11 | 6 | 0 | 40 | 920 | 73 | 2 | 42 | 8 |
| Whoville Holiday Cheesecake French Toast, Side | 600 | 220 | 24 | 11 | 0 | 120 | 310 | 85 | 4 | 52 | 11 |
| Add Choice of Egg | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Regular Combo | | | | | | | | | | | |
| Choice of Pancake | | | | | | | | | | | |
| (2) Grinch's Green Pancakes | 430 | 100 | 11 | 6 | 0 | 40 | 920 | 73 | 2 | 42 | 8 |
| Whoville Holiday Cheesecake French Toast, Side | 600 | 220 | 24 | 11 | 0 | 120 | 310 | 85 | 4 | 52 | 11 |
| Add Choice of Egg | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Add Choice of Bacon or Sausage | | | | | | | | | | | |
| (2) Bacon | 80 | 50 | 6 | 2 | 0 | 20 | 350 | 1 | 0 | 1 | 7 |
| (2) Sausage | 220 | 200 | 22 | 9 | 0 | 35 | 330 | 1 | 0 | 0 | 5 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Sausage & Eggs Combo | | | | | | | | | | | |
| Choice of Pancake | | | | | | | | | | | |
| (2) Grinch's Green Pancakes | 430 | 100 | 11 | 6 | 0 | 40 | 920 | 73 | 2 | 42 | 8 |
| Whoville Holiday Cheesecake French Toast, Side | 600 | 220 | 24 | 11 | 0 | 120 | 310 | 85 | 4 | 52 | 11 |
| Add Choice of Egg | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| (4) Sausage | 440 | 390 | 44 | 17 | 0 | 65 | 660 | 1 | 0 | 1 | 11 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all restaurants. | | | | | | | | | | | |
| This information applicable 10/29/2018 through 01/01/2019. | | | | | | | | | | | |
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| Grinch | Total Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-----------|------------|-------------|
| Pick Your Combo | | | | | | | | | | | |
| Bacon & Eggs Combo | | | | | | | | | | | |
| Choice of Pancake | | | | | | | | | | | |
| (2) Grinch's Green Pancakes | 430 | 100 | 11 | 6 | 0 | 40 | 920 | 73 | 2 | 42 | 8 |
| Whoville Holiday Cheesecake French Toast, Side | 600 | 220 | 24 | 11 | 0 | 120 | 310 | 85 | 4 | 52 | 11 |
| Add Choice of Egg | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| (4) Bacon | 170 | 110 | 12 | 4.5 | 0 | 35 | 710 | 2 | 0 | 2 | 14 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Ham & Eggs Combo | | | | | | | | | | | |
| Choice of Pancake | | | | | | | | | | | |
| (2) Grinch's Green Pancakes | 430 | 100 | 11 | 6 | 0 | 40 | 920 | 73 | 2 | 42 | 8 |
| Whoville Holiday Cheesecake French Toast, Side | 600 | 220 | 24 | 11 | 0 | 120 | 310 | 85 | 4 | 52 | 11 |
| Add Choice of Egg | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Ham (4 oz.) | 120 | 20 | 2.5 | 1 | 0 | 50 | 1440 | 4 | 1 | 3 | 20 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Ultimate Bacon & Sausage Combo | | | | | | | | | | | |
| Choice of Pancake | | | | | | | | | | | |
| (2) Grinch's Green Pancakes | 430 | 100 | 11 | 6 | 0 | 40 | 920 | 73 | 2 | 42 | 8 |
| Whoville Holiday Cheesecake French Toast, Side | 600 | 220 | 24 | 11 | 0 | 120 | 310 | 85 | 4 | 52 | 11 |
| Add Choice of Egg | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| (3) Bacon | 130 | 80 | 9 | 3 | 0 | 25 | 530 | 1 | 0 | 1 | 11 |
| (3) Sausage | 330 | 300 | 33 | 13 | 0 | 50 | 500 | 1 | 0 | 1 | 8 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Other Offerings | | | | | | | | | | | |
| Who-Roast Beast Omelette | 1400 | 870 | 96 | 33 | 1 | 920 | 2460 | 54 | 5 | 19 | 80 |
| Minty Who Hot Chocolate | 360 | 90 | 10 | 10 | 0 | 0 | 390 | 70 | 1 | 61 | 1 |
| Young Grinch Minty Hot | 200 | 50 | 6 | 6 | 0 | 0 | 200 | 37 | 0 | 32 | 1 |
| Mount Crumpit Kids Combo | 570 | 260 | 29 | 13 | 0 | 295 | 920 | 57 | 1 | 39 | 18 |
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| Pancakes | Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Total Carb (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| (4) Belgian Chocolate Pancakes | 1070 | 420 | 47 | 32 | 0 | 140 | 2040 | 142 | 10 | 63 | 21 |
| (4) Cinn-A-Stack® Pancakes | 860 | 250 | 28 | 10 | 0 | 75 | 1970 | 136 | 6 | 71 | 16 |
| (4) Cupcake Pancakes | 790 | 210 | 23 | 12 | 0 | 75 | 1800 | 131 | 4 | 61 | 16 |
| (4) Double Blueberry Pancakes | 620 | 150 | 17 | 6 | 0 | 70 | 1790 | 102 | 6 | 39 | 16 |
| (4) Harvest Grain 'N Nut® Pancakes | 990 | 450 | 50 | 11 | 0 | 145 | 1980 | 108 | 10 | 26 | 26 |
| (4) Mexican Tres Leches Pancakes | 680 | 230 | 25 | 12 | 0 | 110 | 1850 | 94 | 4 | 33 | 17 |
| (4) New York Cheesecake Pancakes | 920 | 320 | 35 | 16 | 1 | 165 | 2040 | 130 | 5 | 58 | 22 |
| (3) Original Buttermilk Pancakes | 430 | 150 | 17 | 6 | 0 | 75 | 1380 | 57 | 3 | 12 | 12 |
| (5) Original Buttermilk Pancakes | 670 | 210 | 23 | 8 | 0 | 110 | 2260 | 95 | 4 | 21 | 20 |
| (4) Red Velvet Pancakes | 710 | 150 | 17 | 6 | 0 | 75 | 1820 | 125 | 6 | 61 | 17 |
| (4) Rooty Tooty Fresh 'N Fruity® Pancakes | 500 | 130 | 15 | 5 | 0 | 70 | 1770 | 77 | 4 | 18 | 16 |
| Add Choice of Topping | | | | | | | | | | | |
| Glazed Strawberries | 50 | 0 | 0 | 0 | 0 | 0 | 10 | 13 | 1 | 11 | 0 |
| Peaches | 60 | 0 | 0 | 0 | 0 | 0 | 10 | 14 | 1 | 13 | 1 |
| Raspberry | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 1 | 15 | 1 |
| (4) Strawberry Banana Pancakes | 660 | 140 | 15 | 5 | 0 | 70 | 1780 | 116 | 7 | 43 | 17 |
| (4) Vanilla Spice Pancakes | 700 | 240 | 27 | 12 | 0.5 | 120 | 1900 | 97 | 4 | 34 | 17 |
| Build Your Pancake Combo | | | | | | | | | | | |
| Choice of Pancakes | | | | | | | | | | | |
| (2) Belgian Chocolate Pancakes | 600 | 250 | 28 | 19 | 0 | 80 | 1050 | 78 | 6 | 36 | 11 |
| (2) Cinn-A-Stack® Pancakes | 490 | 140 | 16 | 7 | 0 | 40 | 1000 | 80 | 3 | 47 | 8 |
| (2) Cupcake Pancakes | 480 | 120 | 14 | 8 | 0 | 40 | 920 | 81 | 2 | 46 | 8 |
| (2) Double Blueberry Pancakes | 370 | 90 | 10 | 4.5 | 0 | 35 | 910 | 61 | 3 | 28 | 8 |
| (2) Harvest Grain 'N Nut® Pancakes | 530 | 260 | 29 | 8 | 0 | 85 | 1020 | 54 | 5 | 13 | 13 |
| (2) Mexican Tres Leches Pancakes | 370 | 130 | 15 | 8 | 0 | 55 | 940 | 52 | 2 | 21 | 9 |
| (2) New York Cheesecake Pancakes | 500 | 170 | 19 | 9 | 0.5 | 80 | 1030 | 72 | 3 | 35 | 11 |
| (2) Original Buttermilk Pancakes | 310 | 130 | 14 | 6 | 0 | 60 | 940 | 38 | 2 | 8 | 8 |
| (2) Red Velvet Pancakes | 420 | 90 | 10 | 5 | 0 | 40 | 920 | 74 | 3 | 42 | 9 |
| (2) Rooty Tooty Fresh 'N Fruity® Pancakes | 270 | 80 | 9 | 3.5 | 0 | 35 | 880 | 39 | 2 | 9 | 8 |
| Add Choice of Topping | | | | | | | | | | | |
| Glazed Strawberries | 50 | 0 | 0 | 0 | 0 | 0 | 10 | 13 | 1 | 11 | 0 |
| Peaches | 60 | 0 | 0 | 0 | 0 | 0 | 10 | 14 | 1 | 13 | 1 |
| Raspberry | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 1 | 15 | 1 |
| (2) Strawberry Banana Pancakes | 380 | 80 | 9 | 4 | 0 | 35 | 900 | 68 | 4 | 29 | 9 |
| (2) Vanilla Spice Pancakes | 460 | 190 | 21 | 11 | 0 | 80 | 1010 | 59 | 2 | 26 | 9 |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Add Choice of Bacon or Sausage | | | | | | | | | | | |
| (2) Bacon | 80 | 50 | 6 | 2 | 0 | 20 | 350 | 1 | 0 | 1 | 7 |
| (2) Sausage | 220 | 200 | 22 | 9 | 0 | 35 | 330 | 1 | 0 | 0 | 5 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Top it Off | | | | | | | | | | | |
| Banana Slices | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 3 | 0 |
| Glazed Strawberries | 50 | 0 | 0 | 0 | 0 | 0 | 10 | 13 | 1 | 11 | 0 |
| Ice Cream | 90 | 45 | 5 | 3 | 0 | 15 | 30 | 10 | 0 | 8 | 1 |
| Peach Topping | 60 | 0 | 0 | 0 | 0 | 0 | 10 | 14 | 1 | 13 | 1 |
| Raspberry Topping | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 1 | 15 | 1 |
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| Sides | Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Total Carb (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| (2) Bacon Strips | 80 | 50 | 6 | 2 | 0 | 20 | 350 | 1 | 0 | 1 | 7 |
| (4) Bacon Strips | 170 | 110 | 12 | 4.5 | 0 | 35 | 710 | 2 | 0 | 2 | 14 |
| Banana & Brown Sugar Oatmeal | 260 | 40 | 4.5 | 1 | 0 | 5 | 125 | 50 | 5 | 20 | 8 |
| Marble Rye Toast with Butter & Jam or Jelly | 450 | 100 | 11 | 4.5 | 0 | 15 | 540 | 73 | 2 | 20 | 14 |
| Sourdough Toast with Butter & Jam or Jelly | 220 | 45 | 5 | 2.5 | 0 | 10 | 360 | 39 | 1 | 10 | 5 |
| Wheatberry Toast with Butter & Jam or Jelly | 350 | 100 | 11 | 6 | 0 | 20 | 440 | 58 | 5 | 17 | 7 |
| White Toast with Butter & Jam or Jelly | 250 | 70 | 7 | 4 | 0 | 15 | 260 | 43 | 1 | 20 | 5 |
| Whole Wheat Toast with Butter & Jam or Jelly | 340 | 100 | 11 | 6 | 0 | 20 | 380 | 52 | 5 | 20 | 10 |
| Corned Beef Hash | 400 | 250 | 28 | 7 | 0 | 40 | 930 | 21 | 2 | 1 | 16 |
| Cottage Cheese | 50 | 20 | 2.5 | 1.5 | 0 | 10 | 220 | 2 | 0 | 2 | 5 |
| (2) Crispy Potato Pancakes | 370 | 210 | 24 | 4 | 0 | 0 | 660 | 35 | 4 | 1 | 4 |
| (1) Fried Egg | 80 | 50 | 6 | 2 | 0 | 195 | 80 | 1 | 0 | 0 | 7 |
| (1) Hard or Soft Boiled Egg | 80 | 50 | 5 | 1.5 | 0 | 185 | 60 | 1 | 0 | 1 | 6 |
| (1) Poached Egg | 60 | 40 | 4 | 1.5 | 0 | 165 | 130 | 0 | 0 | 0 | 6 |
| (1) Scrambled Egg | 110 | 80 | 9 | 2.5 | 0 | 235 | 115 | 1 | 0 | 0 | 8 |
| English Muffin with Butter | 160 | 45 | 5 | 3 | 0 | 10 | 220 | 25 | 1 | 1 | 4 |
| Grilled Buttermilk Biscuit | 450 | 220 | 24 | 15 | 0 | 15 | 1220 | 51 | 1 | 2 | 6 |
| Grits | 100 | 5 | 0 | 0 | 0 | 0 | 150 | 21 | 0 | 0 | 2 |
| Ham Steak | 120 | 20 | 2.5 | 1 | 0 | 50 | 1440 | 4 | 1 | 3 | 20 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| (2) Pork Sausage Links | 220 | 200 | 22 | 9 | 0 | 35 | 330 | 1 | 0 | 0 | 5 |
| (4) Pork Sausage Links | 440 | 390 | 44 | 17 | 0 | 65 | 660 | 1 | 0 | 1 | 11 |
| (2) Pork Sausage Patties | 340 | 280 | 31 | 11 | 0 | 70 | 870 | 2 | 0 | 1 | 15 |
| Red Potato Pepper & Onion Hash | 350 | 190 | 21 | 4 | 0 | 5 | 730 | 36 | 4 | 2 | 5 |
| Scrapple | 360 | 220 | 24 | 9 | 0 | 120 | 810 | 24 | 0 | 0 | 15 |
| Seasonal Mixed Fruit, Small Bowl | 50 | 0 | 0 | 0 | 0 | 0 | 5 | 14 | 1 | 11 | 1 |
| Seasonal Mixed Fruit, Large Bowl | 100 | 5 | 0 | 0 | 0 | 0 | 10 | 27 | 2 | 22 | 1 |
| (2) Smoked Sausage Links | 510 | 410 | 46 | 17 | 0 | 110 | 1420 | 4 | 0 | 2 | 17 |
| (2) Slices of Spam® | 180 | 150 | 16 | 5 | 0 | 35 | 780 | 2 | 0 | 1 | 7 |
| (4) Slices of Spam® | 350 | 290 | 33 | 11 | 0 | 70 | 1570 | 4 | 0 | 1 | 15 |
| (2) Turkey Bacon Strips | 60 | 40 | 4.5 | 1 | 0 | 30 | 280 | 1 | 0 | 1 | 5 |
| (4) Turkey Bacon Strips | 120 | 80 | 9 | 2 | 0 | 55 | 550 | 1 | 0 | 1 | 10 |
| (2) Turkey Sausage Links | 90 | 60 | 7 | 1.5 | 0 | 35 | 310 | 0 | 0 | 0 | 8 |
| (4) Turkey Sausage Links | 190 | 120 | 13 | 3 | 0 | 75 | 630 | 1 | 0 | 0 | 17 |
| (2) Turkey Sausage Patties | 120 | 60 | 7 | 1.5 | 0 | 55 | 600 | 0 | 0 | 0 | 14 |
| Simple & Fit Substitutions | | | | | | | | | | | |
| (1) Egg White | 40 | 10 | 1 | 0 | 0 | 5 | 85 | 1 | 0 | 0 | 7 |
| (1) Turkey Bacon | 30 | 20 | 2 | 0.5 | 0 | 15 | 140 | 0 | 0 | 0 | 2 |
| (1) Turkey Sausage Link | 45 | 30 | 3.5 | 1 | 0 | 20 | 160 | 0 | 0 | 0 | 4 |
| (1) Turkey Sausage Patty | 60 | 30 | 3.5 | 1 | 0 | 25 | 300 | 0 | 0 | 0 | 7 |
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| Griddle Faves | Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Total Carb (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| Crepes | | | | | | | | | | | |
| Cheese Blintzes | 890 | 510 | 57 | 28 | 1.5 | 290 | 1300 | 66 | 2 | 30 | 28 |
| Add Choice of Topping | | | | | | | | | | | |
| Blueberry Compote | 90 | 15 | 1.5 | 0.5 | 0 | 0 | 20 | 18 | 1 | 16 | 0 |
| Glazed Strawberries | 50 | 0 | 0 | 0 | 0 | 0 | 10 | 13 | 1 | 11 | 0 |
| Raspberry | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 1 | 15 | 1 |
| Strawberry Preserves | 230 | 0 | 0 | 0 | 0 | 0 | 15 | 59 | 1 | 54 | 0 |
| Chicken Florentine Crepes | 900 | 480 | 53 | 22 | 0.5 | 280 | 1680 | 48 | 4 | 19 | 58 |
| Classic Breakfast Crepes | 1030 | 620 | 69 | 29 | 0.5 | 720 | 2510 | 46 | 2 | 18 | 56 |
| Banana Crepes with Nutella® | 960 | 400 | 45 | 14 | 0 | 220 | 910 | 120 | 5 | 67 | 21 |
| German Crepes | 680 | 310 | 34 | 12 | 0.5 | 245 | 880 | 76 | 3 | 28 | 17 |
| Strawberries & Cream Crepes | 780 | 280 | 32 | 11 | 0 | 235 | 940 | 105 | 4 | 55 | 18 |
| Swedish Crepes | 660 | 270 | 30 | 9 | 0 | 230 | 880 | 80 | 3 | 34 | 17 |
| Sweet Cream Cheese Crepes | 680 | 400 | 44 | 25 | 1 | 200 | 810 | 56 | 1 | 30 | 14 |
| Add Choice of Topping | | | | | | | | | | | |
| Peach | 120 | 0 | 0 | 0 | 0 | 0 | 20 | 28 | 2 | 26 | 1 |
| Raspberry | 150 | 0 | 0 | 0 | 0 | 0 | 10 | 38 | 2 | 32 | 1 |
| Create Your Sweet Crepe Combo | | | | | | | | | | | |
| Choice of Crepe | | | | | | | | | | | |
| Banana with Nutella® | 490 | 210 | 24 | 8 | 0 | 110 | 450 | 61 | 3 | 34 | 11 |
| German | 380 | 200 | 22 | 9 | 0 | 135 | 440 | 38 | 1 | 14 | 9 |
| Strawberries & Cream | 400 | 150 | 17 | 7 | 0 | 120 | 470 | 53 | 2 | 28 | 9 |
| Swedish | 370 | 160 | 18 | 6 | 0 | 125 | 440 | 43 | 2 | 20 | 9 |
| Sweet Cream Cheese Crepe with Peach Topping | 410 | 210 | 23 | 14 | 0.5 | 100 | 410 | 43 | 1 | 28 | 8 |
| Sweet Cream Cheese Crepe with Raspberry Topping | 420 | 210 | 23 | 14 | 0 | 100 | 410 | 46 | 2 | 30 | 8 |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Add Choice of Bacon or Sausage | | | | | | | | | | | |
| (2) Bacon | 80 | 50 | 6 | 2 | 0 | 20 | 350 | 1 | 0 | 1 | 7 |
| (2) Sausage | 220 | 200 | 22 | 9 | 0 | 35 | 330 | 1 | 0 | 0 | 5 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
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| 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) |
|---|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| French Toast | | | | | | | | | | | |
| Bananas Foster Brioche French Toast | 1000 | 440 | 49 | 16 | 0.5 | 220 | 1140 | 123 | 4 | 59 | 20 |
| Brioche French Toast | 720 | 310 | 35 | 12 | 0.5 | 225 | 970 | 82 | 3 | 25 | 18 |
| Our Original French Toast | 740 | 330 | 36 | 13 | 0.5 | 260 | 820 | 84 | 4 | 28 | 20 |
| Strawberry Banana French Toast | 850 | 280 | 31 | 12 | 0 | 240 | 790 | 121 | 7 | 57 | 22 |
| Stuffed French Toast | 900 | 330 | 37 | 19 | 0 | 55 | 760 | 126 | 5 | 59 | 15 |
| Add Choice of Topping | | | | | | | | | | | |
| Glazed Strawberries | 100 | 0 | 0 | 0 | 0 | 0 | 25 | 25 | 2 | 22 | 1 |
| Peach Vanilla | 180 | 45 | 5 | 3.5 | 0 | 20 | 50 | 33 | 2 | 30 | 2 |
| Strawberry Vanilla | 170 | 45 | 5 | 3.5 | 0 | 20 | 55 | 30 | 2 | 26 | 1 |
| Create Your French Toast Combo | | | | | | | | | | | |
| Choice of French Toast | | | | | | | | | | | |
| Bananas Foster Brioche French Toast | 620 | 270 | 30 | 11 | 0 | 145 | 720 | 76 | 3 | 34 | 13 |
| Brioche French Toast | 500 | 230 | 26 | 10 | 0 | 160 | 670 | 55 | 2 | 17 | 12 |
| Original French Toast | 520 | 240 | 27 | 10 | 0 | 180 | 570 | 56 | 3 | 19 | 14 |
| Strawberry Banana French Toast | 550 | 190 | 22 | 8 | 0 | 160 | 520 | 75 | 4 | 34 | 14 |
| Stuffed French Toast | 450 | 170 | 18 | 9 | 0 | 30 | 380 | 63 | 3 | 30 | 8 |
| Add Choice of Topping | | | | | | | | | | | |
| Glazed Strawberries | 50 | 0 | 0 | 0 | 0 | 0 | 10 | 13 | 1 | 11 | 0 |
| Peach Vanilla | 90 | 20 | 2.5 | 1.5 | 0 | 10 | 25 | 17 | 1 | 15 | 1 |
| Strawberry Vanilla | 80 | 20 | 2.5 | 1.5 | 0 | 10 | 25 | 15 | 1 | 13 | 1 |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Add Choice of Bacon or Sausage | | | | | | | | | | | |
| (2) Bacon | 80 | 50 | 6 | 2 | 0 | 20 | 350 | 1 | 0 | 1 | 7 |
| (2) Sausage | 220 | 200 | 22 | 9 | 0 | 35 | 330 | 1 | 0 | 0 | 5 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Waffles | | | | | | | | | | | |
| Belgian Waffle | 590 | 270 | 29 | 17 | 1 | 165 | 740 | 69 | 3 | 17 | 11 |
| Chicken & Waffles | 1060 | 480 | 54 | 21 | 1 | 225 | 1700 | 104 | 5 | 17 | 41 |
| Add Choice of Dressing | | | | | | | | | | | |
| Honey Mustard Dressing | 230 | 170 | 19 | 3 | 0 | 15 | 480 | 15 | 0 | 12 | 1 |
| Ranch Dressing | 260 | 240 | 27 | 4 | 0 | 20 | 420 | 4 | 0 | 1 | 1 |
| Create Your Belgian Waffle Combo | | | | | | | | | | | |
| Belgian Waffle | 590 | 270 | 29 | 17 | 1 | 165 | 740 | 69 | 3 | 17 | 11 |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Add Choice of Bacon or Sausage | | | | | | | | | | | |
| (2) Bacon | 80 | 50 | 6 | 2 | 0 | 20 | 350 | 1 | 0 | 1 | 7 |
| (2) Sausage | 220 | 200 | 22 | 9 | 0 | 35 | 330 | 1 | 0 | 0 | 5 |
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|---|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| Buttermilk Biscuits & Gravy with Country Gravy | 1230 | 780 | 87 | 38 | 0.5 | 85 | 2930 | 89 | 4 | 3 | 21 |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Buttermilk Biscuits & Gravy with Sausage Gravy (without eggs) | 1410 | 920 | 102 | 44 | 0.5 | 100 | 3460 | 98 | 4 | 4 | 24 |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Classic Skillet | 1110 | 590 | 65 | 29 | 0.5 | 125 | 2670 | 101 | 7 | 11 | 29 |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Add Choice of Meat | | | | | | | | | | | |
| (4) Bacon | 170 | 110 | 12 | 4.5 | 0 | 35 | 710 | 2 | 0 | 2 | 14 |
| (4) Pork Sausage Links | 440 | 390 | 44 | 17 | 0 | 65 | 660 | 1 | 0 | 1 | 11 |
| Country Fried Steak with Country Gravy | 840 | 530 | 59 | 18 | 2 | 85 | 2160 | 49 | 3 | 1 | 28 |
| Country Fried Steak with Sausage Gravy | 960 | 620 | 68 | 22 | 2 | 95 | 2510 | 55 | 4 | 1 | 31 |
| Slice of Ham | 120 | 20 | 2.5 | 1 | 0 | 50 | 1440 | 4 | 1 | 3 | 20 |
| Eggs Benedict | 860 | 460 | 51 | 21 | 0.5 | 450 | 2980 | 58 | 3 | 6 | 40 |
| Create Your Own Melt (excludes side) | 940 | 500 | 56 | 27 | 1 | 565 | 1490 | 64 | 3 | 5 | 45 |
| Add Choice of Filling | | | | | | | | | | | |
| Bacon | 170 | 110 | 12 | 4.5 | 0 | 35 | 710 | 2 | 0 | 2 | 14 |
| Corned Beef | 350 | 240 | 26 | 8 | 1 | 80 | 1160 | 1 | 1 | 1 | 27 |
| Ham | 120 | 20 | 2.5 | 1 | 0 | 50 | 1440 | 4 | 1 | 3 | 20 |
| Poblano Peppers & Onions | 20 | 0 | 0 | 0 | 0 | 0 | 350 | 5 | 1 | 2 | 1 |
| Homestyle Corned Beef Hash | 1170 | 790 | 88 | 24 | 1 | 135 | 2220 | 48 | 5 | 5 | 44 |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Huevos Rancheros (without eggs or side) | 680 | 320 | 36 | 15 | 0 | 55 | 1510 | 65 | 12 | 4 | 23 |
| Add Choice of Eggs | | | | | | | | | | | |
| (3) Fried Eggs | 250 | 160 | 18 | 6 | 0 | 590 | 240 | 2 | 1 | 1 | 20 |
| (3) Hard or Soft Boiled Eggs | 230 | 140 | 16 | 5 | 0 | 560 | 190 | 2 | 0 | 2 | 19 |
| (3) Poached Eggs | 190 | 110 | 13 | 4 | 0 | 490 | 390 | 1 | 0 | 0 | 17 |
| (3) Scrambled Eggs | 330 | 230 | 26 | 7 | 0 | 710 | 340 | 3 | 0 | 1 | 23 |
| Add Choice of Side | | | | | | | | | | | |
| (3) Buttermilk Pancakes | 430 | 150 | 17 | 6 | 0 | 75 | 1380 | 57 | 3 | 12 | 12 |
| (2) Corn Tortillas | 120 | 15 | 1.5 | 0 | 0 | 0 | 10 | 24 | 4 | 3 | 1 |
| (1) Flour Tortilla | 290 | 70 | 8 | 2 | 0 | 0 | 730 | 46 | 2 | 2 | 8 |
| IHOP® Signature Pancake Sliders (excludes side) | 740 | 370 | 41 | 13 | 0 | 500 | 2210 | 48 | 2 | 19 | 46 |
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|---|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| Loco Moco (without eggs) | 940 | 290 | 32 | 14 | 1.5 | 90 | 1590 | 129 | 4 | 2 | 36 |
| Add Choice of Eggs | | | | | | | | | | | |
| (3) Fried Eggs | 250 | 160 | 18 | 6 | 0 | 590 | 240 | 2 | 1 | 1 | 20 |
| (3) Hard or Soft Boiled Eggs | 230 | 140 | 16 | 5 | 0 | 560 | 190 | 2 | 0 | 2 | 19 |
| (3) Poached Eggs | 190 | 110 | 13 | 4 | 0 | 490 | 390 | 1 | 0 | 0 | 17 |
| (3) Scrambled Eggs | 330 | 230 | 26 | 7 | 0 | 710 | 340 | 3 | 0 | 1 | 23 |
| Machaca (without side of tortillas) | 1140 | 740 | 83 | 27 | 0.5 | 800 | 2260 | 48 | 6 | 6 | 52 |
| Add Choice of Tortillas | | | | | | | | | | | |
| (2) Corn Tortillas | 120 | 15 | 1.5 | 0 | 0 | 0 | 10 | 24 | 4 | 3 | 1 |
| (1) Flour Tortilla | 290 | 70 | 8 | 2 | 0 | 0 | 730 | 46 | 2 | 2 | 8 |
| Migas (without side of tortillas) | 1060 | 710 | 79 | 26 | 0.5 | 765 | 1950 | 47 | 6 | 6 | 42 |
| Add Choice of Tortillas | | | | | | | | | | | |
| (2) Corn Tortillas | 120 | 15 | 1.5 | 0 | 0 | 0 | 10 | 24 | 4 | 3 | 1 |
| (1) Flour Tortilla | 290 | 70 | 8 | 2 | 0 | 0 | 730 | 46 | 2 | 2 | 8 |
| South-of-the-Border Burrito | 1230 | 630 | 70 | 27 | 0.5 | 590 | 2970 | 104 | 8 | 14 | 46 |
| Southwest Scramble (without potato or side) | 660 | 460 | 52 | 20 | 0 | 765 | 1010 | 12 | 5 | 2 | 38 |
| Add Choice of Potatoes | | | | | | | | | | | |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Red Potato Hash | 350 | 190 | 21 | 4 | 0 | 5 | 730 | 36 | 4 | 2 | 5 |
| Add Choice of Side | | | | | | | | | | | |
| (1) Flour Tortilla | 290 | 70 | 8 | 2 | 0 | 0 | 730 | 46 | 2 | 2 | 8 |
| (2) Buttermilk Pancakes | 310 | 130 | 14 | 6 | 0 | 60 | 940 | 38 | 2 | 8 | 8 |
| Marble Rye Toast w/ Butter & Jam or Jelly | 450 | 100 | 11 | 4.5 | 0 | 15 | 540 | 73 | 2 | 20 | 14 |
| Sourdough Toast w/ Butter & Jam or Jelly | 220 | 45 | 5 | 2.5 | 0 | 10 | 360 | 39 | 1 | 10 | 5 |
| Wheatberry Toast w/ Butter & Jam or Jelly | 350 | 100 | 11 | 6 | 0 | 20 | 440 | 58 | 5 | 17 | 7 |
| White Toast w/ Butter & Jam or Jelly | 250 | 70 | 7 | 4 | 0 | 15 | 260 | 43 | 1 | 20 | 5 |
| Whole Wheat Toast w/ Butter & Jam or Jelly | 340 | 100 | 11 | 6 | 0 | 20 | 380 | 52 | 5 | 20 | 10 |
| Ultimate Waffle Sandwich (excludes side) | 1390 | 760 | 85 | 43 | 1 | 690 | 2570 | 86 | 3 | 29 | 69 |
| Breakfast Sandwich Sides | | | | | | | | | | | |
| (2) Original Buttermilk Pancakes | 310 | 130 | 14 | 6 | 0 | 60 | 940 | 38 | 2 | 8 | 8 |
| (2) Belgian Chocolate Pancakes | 600 | 250 | 28 | 19 | 0 | 80 | 1050 | 78 | 6 | 36 | 11 |
| (2) Cinn-A-Stack® Pancakes | 490 | 140 | 16 | 7 | 0 | 40 | 1000 | 80 | 3 | 47 | 8 |
| (2) Cupcake Pancakes | 480 | 120 | 14 | 8 | 0 | 40 | 920 | 81 | 2 | 46 | 8 |
| (2) Double Blueberry Pancakes | 370 | 90 | 10 | 4.5 | 0 | 35 | 910 | 61 | 3 | 28 | 8 |
| (2) Harvest Grain 'N Nut® Pancakes | 530 | 260 | 29 | 8 | 0 | 85 | 1020 | 54 | 5 | 13 | 13 |
| (2) Mexican Tres Leches Pancakes | 370 | 130 | 15 | 8 | 0 | 55 | 940 | 52 | 2 | 21 | 9 |
| (2) New York Cheesecake Pancakes | 500 | 170 | 19 | 9 | 0.5 | 80 | 1030 | 72 | 3 | 35 | 11 |
| (2) Red Velvet Pancakes | 420 | 90 | 10 | 5 | 0 | 40 | 920 | 74 | 3 | 42 | 9 |
| (2) Rooty Tooty Fresh 'N Fruity® (w/o Fruit Topping) | 270 | 80 | 9 | 3.5 | 0 | 35 | 880 | 39 | 2 | 9 | 8 |
| Add Choice of Topping | | | | | | | | | | | |
| Glazed Strawberries | 50 | 0 | 0 | 0 | 0 | 0 | 10 | 13 | 1 | 11 | 0 |
| Peaches | 60 | 0 | 0 | 0 | 0 | 0 | 10 | 14 | 1 | 13 | 1 |
| Raspberry | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 1 | 15 | 1 |
| (2) Strawberry Banana Pancakes | 380 | 80 | 9 | 4 | 0 | 35 | 900 | 68 | 4 | 29 | 9 |
| (2) Vanilla Spice Pancakes | 460 | 190 | 21 | 11 | 0 | 80 | 1010 | 59 | 2 | 26 | 9 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Seasonal Mixed Fruit | 50 | 0 | 0 | 0 | 0 | 0 | 5 | 14 | 1 | 11 | 1 |
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|--|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| 2 x 2 x 2 | | | | | | | | | | | |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Add Choice of Bacon or Sausage | | | | | | | | | | | |
| (2) Bacon | 80 | 50 | 6 | 2 | 0 | 20 | 350 | 1 | 0 | 1 | 7 |
| (2) Sausage | 220 | 200 | 22 | 9 | 0 | 35 | 330 | 1 | 0 | 0 | 5 |
| (2) Buttermilk Pancakes | 310 | 130 | 14 | 6 | 0 | 60 | 940 | 38 | 2 | 8 | 8 |
| Big 2-Egg Breakfast | | | | | | | | | | | |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Add Choice of Bacon or Sausage | | | | | | | | | | | |
| (4) Bacon | 170 | 110 | 12 | 4.5 | 0 | 35 | 710 | 2 | 0 | 2 | 14 |
| (4) Sausage | 440 | 390 | 44 | 17 | 0 | 65 | 660 | 1 | 0 | 1 | 11 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| (2) Buttermilk Pancakes | 310 | 130 | 14 | 6 | 0 | 60 | 940 | 38 | 2 | 8 | 8 |
| Big 3-Egg Breakfast | | | | | | | | | | | |
| Add Choice of Eggs | | | | | | | | | | | |
| (3) Fried Eggs | 250 | 160 | 18 | 6 | 0 | 590 | 240 | 2 | 1 | 1 | 20 |
| (3) Hard or Soft Boiled Eggs | 230 | 140 | 16 | 5 | 0 | 560 | 190 | 2 | 0 | 2 | 19 |
| (3) Poached Eggs | 190 | 110 | 13 | 4 | 0 | 490 | 390 | 1 | 0 | 0 | 17 |
| (3) Scrambled Eggs | 330 | 230 | 26 | 7 | 0 | 710 | 340 | 3 | 0 | 1 | 23 |
| (3) Buttermilk Pancakes | 430 | 150 | 17 | 6 | 0 | 75 | 1380 | 57 | 3 | 12 | 12 |
| Add Choice of Meat | | | | | | | | | | | |
| (4) Bacon | 170 | 110 | 12 | 4.5 | 0 | 35 | 710 | 2 | 0 | 2 | 14 |
| (2) Canadian-style Bacon | 120 | 40 | 4.5 | 2 | 0 | 50 | 1500 | 1 | 0 | 1 | 19 |
| (2) Pork Chops (4oz) | 310 | 170 | 19 | 7 | 0 | 95 | 460 | 0 | 1 | 0 | 35 |
| (2) Pork Chops (6oz) | 450 | 220 | 24 | 9 | 0 | 140 | 780 | 1 | 0 | 1 | 55 |
| (2) Pork Sausage Patties | 340 | 280 | 31 | 11 | 0 | 70 | 870 | 2 | 0 | 1 | 15 |
| (2) Smoked Sausage | 510 | 410 | 46 | 17 | 0 | 110 | 1420 | 4 | 0 | 2 | 17 |
| (4) Pork Sausage Links | 440 | 390 | 44 | 17 | 0 | 65 | 660 | 1 | 0 | 1 | 11 |
| (4) Spam® | 350 | 290 | 33 | 11 | 0 | 70 | 1570 | 4 | 0 | 1 | 15 |
| (4) Turkey Bacon | 120 | 80 | 9 | 2 | 0 | 55 | 550 | 1 | 0 | 1 | 10 |
| (4) Turkey Sausage Links | 190 | 120 | 13 | 3 | 0 | 75 | 630 | 1 | 0 | 0 | 17 |
| Corned Beef Hash | 400 | 250 | 28 | 7 | 0 | 40 | 930 | 21 | 2 | 1 | 16 |
| Slice of Ham | 120 | 20 | 2.5 | 1 | 0 | 50 | 1440 | 4 | 1 | 3 | 20 |
| Scrapple | 360 | 220 | 24 | 9 | 0 | 120 | 810 | 24 | 0 | 0 | 15 |
| Hash Browns (Optional) | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Breakfast Sampler (without eggs) | 1020 | 590 | 66 | 21 | 0.5 | 135 | 2880 | 72 | 5 | 11 | 34 |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |
| Chicken Fried Chicken & Eggs with Country Gravy (without eggs) | 830 | 390 | 44 | 12 | 0 | 105 | 2070 | 77 | 5 | 9 | 31 |
| Add Choice of Eggs | | | | | | | | | | | |
| (2) Fried Eggs | 170 | 110 | 12 | 4 | 0 | 390 | 160 | 1 | 0 | 0 | 13 |
| (2) Hard or Soft Boiled Eggs | 160 | 100 | 11 | 3.5 | 0 | 375 | 125 | 1 | 0 | 1 | 13 |
| (2) Poached Eggs | 130 | 80 | 8 | 2.5 | 0 | 325 | 260 | 1 | 0 | 0 | 11 |
| (2) Scrambled Eggs | 220 | 150 | 17 | 5 | 0 | 475 | 230 | 2 | 0 | 1 | 15 |

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

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

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

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

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| Omelettes | Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Total Carb (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| Omelette Side Choices | | | | | | | | | | | |
| (3) Original Buttermilk Pancakes with Butter | 430 | 150 | 17 | 6 | 0 | 75 | 1380 | 57 | 3 | 12 | 12 |
| (3) Belgian Chocolate Pancakes | 750 | 290 | 32 | 21 | 0 | 95 | 1490 | 100 | 7 | 43 | 15 |
| (3) Cinn-A Stack Pancakes | 680 | 200 | 22 | 8 | 0 | 55 | 1480 | 108 | 4 | 59 | 12 |
| (3) Cupcake Pancakes | 640 | 160 | 18 | 10 | 0 | 55 | 1360 | 106 | 3 | 53 | 12 |
| (3) Double Blueberry Pancakes | 490 | 120 | 13 | 5 | 0 | 55 | 1350 | 81 | 5 | 33 | 12 |
| (3) Harvest Grain 'N Nut Pancakes | 760 | 360 | 40 | 9 | 0 | 115 | 1500 | 81 | 8 | 20 | 19 |
| (3) Mexican Tres Leches Pancakes | 520 | 180 | 20 | 10 | 0 | 85 | 1390 | 73 | 3 | 27 | 13 |
| (3) New York Cheesecake Pancakes | 710 | 240 | 27 | 13 | 1 | 125 | 1540 | 101 | 4 | 47 | 17 |
| (3) Red Velvet Pancakes | 560 | 120 | 14 | 6 | 0 | 55 | 1370 | 99 | 4 | 51 | 13 |
| (3) Rooty Tooty Fresh & Fruity® Pancakes | 380 | 110 | 12 | 4.5 | 0 | 55 | 1330 | 58 | 3 | 13 | 12 |
| Add Choice of Topping | | | | | | | | | | | |
| Glazed Strawberries | 50 | 0 | 0 | 0 | 0 | 0 | 10 | 13 | 1 | 11 | 0 |
| Peach Topping | 60 | 0 | 0 | 0 | 0 | 0 | 10 | 14 | 1 | 13 | 1 |
| Raspberry Topping | 70 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 1 | 15 | 1 |
| (3) Strawberry Banana Pancakes | 520 | 110 | 12 | 4.5 | 0 | 55 | 1340 | 92 | 6 | 36 | 13 |
| (3) Vanilla Spice Pancakes | 580 | 210 | 24 | 12 | 0 | 100 | 1450 | 78 | 3 | 30 | 13 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Seasonal Mixed Fruit | 50 | 0 | 0 | 0 | 0 | 0 | 5 | 14 | 1 | 11 | 1 |
| Marble Rye Toast with Butter & Jam/Jelly | 450 | 100 | 11 | 4.5 | 0 | 15 | 540 | 73 | 2 | 20 | 14 |
| Sourdough Toast with Butter & Jam/Jelly | 220 | 45 | 5 | 2.5 | 0 | 10 | 360 | 39 | 1 | 10 | 5 |
| Wheatberry Toast with Butter & Jam/Jelly | 350 | 100 | 11 | 6 | 0 | 20 | 440 | 58 | 5 | 17 | 7 |
| White Toast with Butter & Jam/Jelly | 250 | 70 | 7 | 4 | 0 | 15 | 260 | 43 | 1 | 20 | 5 |
| Whole Wheat Toast with Butter & Jam/Jelly | 340 | 100 | 11 | 6 | 0 | 20 | 380 | 52 | 5 | 20 | 10 |
| Add Avocado | 80 | 70 | 7 | 1 | 0 | 0 | 0 | 4 | 3 | 0 | 1 |
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| Sandwiches | Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Total Carb (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| Chicken Clubhouse Super Stacker | 1140 | 640 | 71 | 25 | 1 | 210 | 2790 | 66 | 4 | 13 | 59 |
| Double BLT | 660 | 380 | 42 | 10 | 0 | 65 | 1620 | 42 | 3 | 8 | 29 |
| Philly Cheese Steak Stacker | 880 | 410 | 45 | 17 | 1.5 | 120 | 2130 | 64 | 4 | 12 | 53 |
| Roasted Turkey Sandwich | 770 | 310 | 35 | 9 | 0 | 110 | 1390 | 58 | 3 | 6 | 55 |
| Spicy Chicken Ranch Sandwich | 730 | 360 | 40 | 12 | 0 | 105 | 1950 | 60 | 3 | 11 | 33 |
| Turkey Avocado Bacon Wrap | 740 | 340 | 38 | 8 | 0 | 95 | 1640 | 56 | 7 | 6 | 46 |
| Choice of Sides | | | | | | | | | | | |
| (2) Original Buttermilk Pancakes | 310 | 130 | 14 | 6 | 0 | 60 | 940 | 38 | 2 | 8 | 8 |
| French Fries | 320 | 140 | 15 | 3 | 0 | 0 | 990 | 41 | 4 | 0 | 4 |
| Hash Browns | 220 | 130 | 15 | 2.5 | 0 | 0 | 350 | 20 | 2 | 0 | 3 |
| Onion Rings | 480 | 230 | 26 | 4.5 | 0 | 0 | 510 | 56 | 4 | 7 | 7 |
| Seasonal Mixed Fruit | 50 | 0 | 0 | 0 | 0 | 0 | 5 | 14 | 1 | 11 | 1 |
| Add Avocado | 80 | 70 | 7 | 1 | 0 | 0 | 0 | 4 | 3 | 0 | 1 |
| See Soup or Salad section for side soup or side salad nutrition information. | | | | | | | | | | | |
| Please note that all sandwiches & burgers are listed without sides; nutrition information for all side options is available, separately. | | | | | | | | | | | |
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| Salads | Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Total Carb (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| Caesar Salad with Crispy Chicken | 1110 | 740 | 82 | 17 | 0.5 | 170 | 1980 | 52 | 7 | 4 | 40 |
| Caesar Salad with Grilled Chicken | 900 | 600 | 67 | 14 | 0.5 | 235 | 2160 | 28 | 6 | 4 | 50 |
| Cobb Salad with Crispy Chicken | 1210 | 840 | 93 | 27 | 0 | 520 | 2360 | 38 | 5 | 8 | 56 |
| Cobb Salad with Grilled Chicken | 1070 | 730 | 81 | 25 | 0 | 580 | 2550 | 18 | 5 | 8 | 69 |
| Add Avocado | 80 | 70 | 7 | 1 | 0 | 0 | 0 | 4 | 3 | 0 | 1 |
| Chicken & Spinach Salad with Crispy Chicken | 1250 | 780 | 86 | 27 | 0 | 340 | 2660 | 64 | 6 | 30 | 56 |
| Chicken & Spinach Salad with Grilled Chicken | 1110 | 660 | 74 | 25 | 0 | 400 | 2850 | 45 | 5 | 29 | 69 |
| Grilled Chicken & Veggie Salad | 680 | 370 | 41 | 7 | 0 | 110 | 1330 | 46 | 11 | 26 | 38 |
| House Salad (without dressing) | 25 | 5 | 0 | 0 | 0 | 0 | 15 | 5 | 2 | 2 | 2 |
| Add Choice of Dressing | | | | | | | | | | | |
| Blue Cheese Dressing | 280 | 260 | 29 | 5 | 0 | 30 | 310 | 4 | 1 | 1 | 1 |
| Buttermilk Ranch Dressing | 260 | 240 | 27 | 4 | 0 | 20 | 420 | 4 | 0 | 1 | 1 |
| Catalina Dressing | 100 | 5 | 0.5 | 0 | 0 | 0 | 700 | 22 | 0 | 15 | 0 |
| Creamy Caesar Dressing | 230 | 220 | 24 | 4 | 0 | 50 | 300 | 1 | 0 | 0 | 1 |
| Creamy Italian | 230 | 170 | 19 | 3 | 0 | 0 | 510 | 12 | 0 | 11 | 0 |
| Fat Free Raspberry Vinaigrette | 60 | 0 | 0 | 0 | 0 | 0 | 590 | 14 | 0 | 14 | 0 |
| French Dressing | 60 | 0 | 0 | 0 | 0 | 0 | 620 | 17 | 1 | 13 | 0 |
| Honey Balsamic Dressing | 210 | 140 | 15 | 2.5 | 0 | 0 | 270 | 16 | 0 | 12 | 0 |
| Honey Mustard Dressing | 230 | 170 | 19 | 3 | 0 | 15 | 480 | 15 | 0 | 12 | 1 |
| Raspberry Vinaigrette | 120 | 100 | 11 | 1.5 | 0 | 0 | 760 | 6 | 0 | 5 | 0 |
| Reduced Fat Italian Dressing | 15 | 10 | 1 | 0 | 0 | 0 | 105 | 1 | 0 | 1 | 0 |
| Thousand Island Dressing | 250 | 210 | 24 | 3.5 | 0 | 15 | 480 | 10 | 0 | 6 | 0 |
| Seasonal Mixed Fruit, Large Bowl | 100 | 5 | 0 | 0 | 0 | 0 | 10 | 27 | 2 | 22 | 1 |
| Side Caesar Salad | 380 | 290 | 32 | 7 | 0 | 65 | 630 | 13 | 3 | 2 | 9 |

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| Soups | Total Calories (cal) | Calories from Fat (fat cal) | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Total Carb (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|----------------------|-----------------------------|---------------|-------------|---------------|--------------|-------------|----------------|-----------|------------|-------------|
| Clam Chowder, Cup | 290 | 170 | 19 | 6 | 0 | 25 | 990 | 24 | 1 | 3 | 7 |
| Clam Chowder, Bowl | 370 | 220 | 24 | 8 | 0 | 35 | 1290 | 30 | 1 | 4 | 9 |
| Loaded Potato with Bacon Soup, Cup | 290 | 150 | 16 | 7 | 0 | 35 | 970 | 26 | 1 | 4 | 9 |
| Loaded Potato with Bacon Soup, Bowl | 350 | 180 | 20 | 8 | 0 | 40 | 1200 | 32 | 1 | 5 | 11 |
| Minestrone Soup, Cup | 130 | 25 | 3 | 0 | 0 | 0 | 920 | 19 | 1 | 2 | 6 |
| Minestrone Soup, Bowl | 150 | 30 | 3.5 | 0.5 | 0 | 0 | 1190 | 23 | 1 | 2 | 8 |
| Roasted Chicken Noodle Soup, Cup | 120 | 25 | 3 | 1 | 0 | 10 | 840 | 18 | 1 | 2 | 6 |
| Roasted Chicken Noodle Soup, Bowl | 150 | 35 | 3.5 | 1.5 | 0 | 15 | 1090 | 21 | 1 | 3 | 8 |
| Rustic Cheesy Tomato Soup, Cup | 220 | 140 | 16 | 9 | 0 | 40 | 1000 | 17 | 1 | 5 | 4 |
| Rustic Cheesy Tomato Soup, Bowl | 280 | 180 | 20 | 12 | 0 | 55 | 1300 | 20 | 1 | 7 | 5 |
| <p>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.</p> <p style="text-align: center;">This information applicable 10/22/18 through 4/22/19.</p> <p style="text-align: center;">Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.</p> | | | | | | | | | | | |



Nutrition Information

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