

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											
Chocolate Chocolate Chip Pancakes											
(4) Chocolate Chocolate Chip Pancakes, Buttermilk Version	620	190	21	8	0	75	1770	94	5	31	17
(4) Chocolate Chocolate Chip Pancakes, Chocolate Version	640	190	21	9	0	75	1770	94	7	31	18
(4) Cinn-A-Stack® Pancakes	810	240	27	9	0	75	1960	126	6	60	16
(4) Cupcake Pancakes	790	200	22	12	0	75	1810	132	4	61	16
(4) Double Blueberry Pancakes	600	130	15	4.5	0	70	1810	102	6	36	16
(4) Harvest Grain 'N Nut® Pancakes	990	450	51	11	0	140	1980	108	10	26	26
(4) New York Cheesecake Pancakes	940	310	35	16	1	165	2040	136	5	55	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	16	5	0	75	1820	118	5	55	17
Rooty Tooty Fresh 'N Fruity® Pancakes											
(4) Buttermilk w/Whipped Topping	500	130	14	4.5	0	70	1770	77	4	18	16
Add Choice of Topping:											
Glazed Strawberries	70	0	0	0	0	0	5	17	1	8	0
Peaches	60	0	0	0	0	0	20	16	1	13	0
Raspberry	70	0	0	0	0	0	0	18	1	15	1
(4) Strawberry Banana Pancakes	670	130	15	4.5	0	70	1780	122	8	40	17
Create Your Pancake Combo											
Choice of Pancake Flavors:											
(2) Chocolate Chocolate Chip Pancakes, Buttermilk Version	330	110	12	5	0	35	890	50	3	17	9
(2) Chocolate Chocolate Chip Pancakes, Chocolate Version	350	110	12	6	0	35	890	50	4	17	9
(2) Cinn-A-Stack® Pancakes	440	130	15	6	0	35	990	69	3	36	8
(2) Cupcake Pancakes	470	120	13	7	0	40	920	81	2	45	8
(2) Double Blueberry Pancakes	350	70	8	3	0	35	930	61	4	26	8
(2) Harvest Grain 'N Nut® Pancakes	530	260	29	8	0	80	1020	54	5	13	13
(2) New York Cheesecake Pancakes	510	160	18	9	0	80	1030	78	3	32	11
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
(2) Red Velvet Pancakes	400	90	10	4	0	40	930	71	3	39	8
(2) Strawberry Banana Pancakes	390	80	8	3.5	0	35	900	73	5	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	180	150	17	6	0	35	300	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	70	0	0	0	0	0	5	17	1	8	0
Ice Cream	100	40	4.5	2.5	0	20	50	12	0	9	3
Peach Topping	60	0	0	0	0	0	20	16	1	13	0
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)
Griddle Faves: French Toast											
Bananas Foster Brioche French Toast	1000	430	48	16	0.5	220	1150	124	4	59	20
Our Original French Toast	740	330	36	14	0.5	260	830	84	4	28	20
Strawberry Banana French Toast	870	280	31	11	0	240	790	131	7	51	21
Brioche French Toast (Plain)	720	310	35	13	0.5	225	980	82	3	25	18
Stuffed French Toast											
Stuffed French Toast (w/o Topping)	890	320	36	18	0	55	770	128	5	60	15
Add Choice of Topping:											
Glazed Strawberries	130	0	0	0	0	0	15	35	2	16	0
Peach Vanilla	180	45	5	3	0	15	75	37	2	30	1
Strawberry Vanilla	200	45	5	3	0	15	45	40	2	20	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	560	190	21	8	0	160	520	81	4	31	14
Bananas Foster Brioche French Toast	620	270	30	10	0	145	730	77	3	35	13
Brioche French Toast (Plain)	500	230	26	10	0	160	670	55	2	17	12
Stuffed French Toast (w/o Topping)	450	160	18	9	0	30	390	64	3	30	7
Add Choice of Topping:											
Glazed Strawberries	70	0	0	0	0	0	5	17	1	8	0
Peach Vanilla	90	20	2.5	1.5	0	10	35	18	1	15	1
Strawberry Vanilla	100	20	2.5	1.5	0	10	20	20	1	10	0
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	150	17	6	0	35	300	1	0	0	6
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Griddle Faves: 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	180	20	3	0	15	480	13	1	12	1
Ranch Dressing	280	270	30	4.5	0	20	440	2	0	1	1
Create Your Belgian Waffle Combo											
Choice of Waffle:											
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	150	17	6	0	35	300	1	0	0	6
Griddle Faves: Crepes											
Banana Crepes with Nutella®	960	400	44	13	0	220	910	121	5	67	21
Sweet Cream Cheese Crepes											
Sweet Cream Cheese Crepes (w/o Topping)	670	410	46	22	0	210	740	53	1	27	15
Add Choice of Topping:											
Peach	120	0	0	0	0	0	45	31	2	26	1
Raspberry	150	0	0	0	0	0	10	38	2	32	1
Swedish Crepes											
Strawberries & Cream Crepes	810	280	31	10	0	235	930	116	4	49	18
Chicken Florentine Crepes	900	480	53	22	0.5	295	1660	48	4	19	58
Classic Breakfast Crepes	1040	630	70	28	1	740	2400	45	1	18	58
Cheese Blintzes											

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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	70	0	0	0	0	0	40	18	1	14	0
Glazed Strawberries	70	0	0	0	0	0	5	17	1	8	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
German Crepes	680	310	34	12	0.5	245	880	76	3	29	17
Create Your Sweet Crepe Combo											
Choice of Crepe:											
Banana with Nutella®	490	210	23	8	0	110	460	62	3	34	11
Sweet Cream Cheese Crepe w/ Peach Topping	410	210	24	12	0	105	400	43	1	27	8
Sweet Cream Cheese Crepe w/ Raspberry Topping	420	220	24	12	0	105	380	45	2	29	8
Swedish	370	160	18	6	0	125	440	44	2	20	9
Strawberries & Cream	420	150	16	6	0	115	470	59	2	25	9
German	390	200	22	9	0	135	440	39	2	15	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	150	17	6	0	35	300	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	70	0	0	0	0	0	5	17	1	8	0
Ice Cream	100	40	4.5	2.5	0	20	50	12	0	9	3
Peach Topping	60	0	0	0	0	0	20	16	1	13	0
Raspberry Topping	70	0	0	0	0	0	0	18	1	15	1

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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	150	17	6	0	35	300	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	300	170	19	9	0	50	1090	19	2	1	14
(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	350	300	33	11	0	65	600	2	0	0	12
(2) Pork Sausage Patties	340	280	31	11	0	70	870	2	0	1	15
Scrapple	220	100	11	4.5	0	100	1100	8	1	0	22
Slice of Ham	120	25	3	1	0	65	1260	3	0	3	21
(2) Smoked Sausage	400	310	34	14	0	85	1260	4	0	2	19
(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	130	90	10	2.5	0	50	670	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	350	300	33	11	0	65	600	2	0	0	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
Biscuits & Gravy Combo w/ Country Gravy											
Biscuits & Gravy Combo w/Country Gravy (w/o eggs)	1160	640	71	24	0	70	2770	106	5	8	25
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
Biscuits & Gravy Combo w/ Sausage Gravy											
Biscuits & Gravy Combo w/ Sausage Gravy (w/o eggs)	1260	710	79	27	0	85	3110	111	5	9	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
Breakfast Sampler											

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Combos											
Breakfast Sampler (w/o eggs)	920	500	56	18	0	145	2660	69	4	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	430	48	13	0.5	105	2150	84	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)	1440	830	92	28	2.5	140	3540	114	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
Chicken/Country Fried Steak & Eggs w/ Sausage Gravy											
Country Fried Steak & Eggs w/ Sausage Gravy (w/o eggs)	1540	900	100	31	2.5	155	3880	119	8	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 (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	150	17	6	0	35	300	1	0	0	6
Add Choice of Toast:											
Marble Rye Toast w/ Butter & Jam or Jelly	440	100	11	3.5	0	15	530	74	3	19	12
Sourdough Toast w/ Butter & Jam or Jelly	320	120	13	7	0	30	430	45	1	10	6
Wheatberry Toast w/ Butter & Jam or Jelly	330	80	9	4.5	0	15	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	320	80	9	4	0	15	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)	350	90	10	2	0	30	870	36	5	5	28

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Combos											
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	9	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
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)	1000	600	67	23	0	145	2640	69	4	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
Split Decision Breakfast											
Split Decision Breakfast (w/o eggs)	870	490	54	22	0.5	210	1920	68	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	290	32	14	1	175	2170	57	3	13	52
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	205	2390	57	4	13	64
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	150	17	6	0	35	300	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:											

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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) 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	150	17	6	0	35	300	1	0	0	6
Add Choice of Toast:											
Marble Rye Toast w/ Butter & Jam or Jelly	440	100	11	3.5	0	15	530	74	3	19	12
Sourdough Toast w/ Butter & Jam or Jelly	320	120	13	7	0	30	430	45	1	10	6
Wheatberry Toast w/ Butter & Jam or Jelly	330	80	9	4.5	0	15	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	320	80	9	4	0	15	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	610	68	25	0	865	1490	13	3	4	52
Bacon Temptation Omelette	1080	770	85	35	1.5	940	2310	16	1	7	64
Big Steak Omelette	1150	700	78	27	0.5	890	2390	47	5	10	67
Cheeseburger Omelette	1450	940	104	38	2.5	930	3170	54	5	14	75
Chicken Fajita Omelette	960	570	63	24	1	945	2110	24	3	9	74
Colorado Omelette	1150	770	86	33	0	955	2750	19	1	8	77
Corned Beef Hash & Cheese Omelette	970	640	71	30	0	880	2000	27	2	4	57
Country Omelette	1090	690	77	28	0	885	2000	42	3	7	56
Create Your Omelette											
Omelette (w/o cheese or ingredients)	440	290	33	9	0	775	560	7	0	2	28
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
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
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	5	1	0	0	15	320	1	0	1	5
Pork Sausage (2)	180	150	17	6	0	35	300	1	0	0	6
Garden Omelette	830	590	66	24	0	835	1050	16	3	6	47
International Omelette	720	470	52	21	0	850	1590	15	1	6	48
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	9	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
Hearty Ham & Cheese Omelette	940	620	68	29	1.5	945	2460	17	0	7	66
Spinach & Mushroom Omelette	890	630	70	26	0.5	855	1640	20	3	7	46

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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)
Spicy Poblano Omelette	1070	730	81	34	1.5	940	2150	27	6	8	61
Omelette Side Choices:											
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Famous Pancake Flavors:											
(3) Chocolate Chocolate Chip Pancakes, Buttermilk Version	480	150	16	7	0	55	1330	72	4	24	13
(3) Chocolate Chocolate Chip Pancakes, Chocolate Version	490	150	17	7	0	55	1330	72	6	24	14
(3) Cinn-A Stack Pancakes	630	190	21	7	0	55	1470	98	4	48	12
(3) Cupcake Pancakes	630	160	18	10	0	55	1370	106	3	53	12
(3) Double Blueberry Pancakes	480	100	11	4	0	55	1370	82	5	31	12
(3) Harvest Grain 'N Nut Pancakes	760	360	40	10	0	110	1500	81	8	20	19
(3) New York Cheesecake Pancakes	730	240	26	12	0.5	125	1540	107	4	44	17
(3) Original Buttermilk Pancakes w/ Butter	430	160	17	7	0	75	1390	57	3	12	12
(3) Red Velvet Pancakes	540	120	13	4.5	0	55	1370	95	4	47	13
(3) Strawberry Banana Pancakes	530	100	12	4	0	55	1340	97	6	33	13
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	9	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
Toast:											
Marble Rye Toast w/ Butter & Jam/Jelly	440	100	11	3.5	0	15	530	74	3	19	12
Sourdough Toast w/ Butter & Jam/Jelly	320	120	13	7	0	30	430	45	1	10	6
Wheatberry Toast w/ Butter & Jam/Jelly	330	80	9	4.5	0	15	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	320	80	9	4	0	15	380	52	5	20	10
Add Avocado	80	70	7	1	0	0	0	4	3	0	1

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Egg Specialties	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)
Egg Specialties											
Californian Scramble											
Californian Scramble (w/o potato or side)	640	450	50	18	1	765	1050	12	4	3	38
Californian Scramble w/ Egg Whites (w/o potato or side)	460	280	31	12	0.5	65	980	12	5	3	34
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	280	70	7	2.5	0	0	720	46	1	1	7
Marble Rye Toast w/ Butter & Jam or Jelly	440	100	11	3.5	0	15	530	74	3	19	12
Sourdough Toast w/ Butter & Jam or Jelly	320	120	13	7	0	30	430	45	1	10	6
Wheatberry Toast w/ Butter & Jam or Jelly	330	80	9	4.5	0	15	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	320	80	9	4	0	15	380	52	5	20	10
Chorizo & Eggs	1350	760	85	26	0.5	850	3280	92	6	17	55
Classic Skillets											
Classic Skillet (w/o eggs or meat)	1040	560	62	26	1.5	135	2350	92	7	12	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	350	300	33	11	0	65	600	2	0	0	12
Country Fried Steak w/ Country Gravy	840	540	60	18	2	85	2160	48	3	1	28
Country Fried Steak w/ Sausage Gravy	940	610	67	21	2	95	2480	53	4	1	31
(2) Sirloin Steaks	340	180	20	8	1	110	730	0	0	0	41
Slice of Ham	120	25	3	1	0	65	1260	3	0	3	21
Corned Beef Hash & Eggs											
Corned Beef Hash & Eggs (w/o eggs)	730	330	37	16	0	125	2480	75	5	14	26
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
Eggs Benedict	910	500	55	22	0.5	460	2940	63	5	8	42
Huevos Rancheros											
Huevos Rancheros (w/o eggs or side)	740	350	39	14	0.5	55	1620	73	10	4	25
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	2	0	0	0	10	24	2	0	3
(1) Flour Tortilla	280	70	7	2.5	0	0	720	46	1	1	7
(3) Buttermilk Pancakes	430	160	17	7	0	75	1390	57	3	12	12
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	88	27	1.5	810	2370	57	6	8	56
Add Choice of Tortillas:											
(2) Corn Tortillas	120	15	2	0	0	0	10	24	2	0	3

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Egg Specialties	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)
Egg Specialties											
(1) Flour Tortilla	280	70	7	2.5	0	0	720	46	1	1	7
Migas											
Migas (w/o side of tortillas)	1120	740	82	24	1	765	2070	55	6	8	42
Add Choice of Tortillas:											
(2) Corn Tortillas	120	15	2	0	0	0	10	24	2	0	3
(1) Flour Tortilla	280	70	7	2.5	0	0	720	46	1	1	7
South-of-the-Border Burrito	1280	650	73	26	1.5	585	3150	112	7	16	46
Tuscan Scramble											
Tuscan Scramble (w/o potato or side)	420	270	30	10	0	720	710	8	3	3	30
Tuscan Scramble w/ Egg Whites (w/o potato or side)	230	100	11	3.5	0	20	650	8	3	2	26
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	280	70	7	2.5	0	0	720	46	1	1	7
Mable Rye Toast w/ Butter & Jam or Jelly	440	100	11	3.5	0	15	530	74	3	19	12
Sourdough Toast w/ Butter & Jam or Jelly	320	120	13	7	0	30	430	45	1	10	6
Wheatberry Toast w/ Butter & Jam or Jelly	330	80	9	4.5	0	15	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	320	80	9	4	0	15	380	52	5	20	10
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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)
55+											
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	150	17	6	0	35	300	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	370	41	13	0	85	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
Create Your 55+ Omelette											
55+ Omelette (w/o cheese or ingredients)	220	150	16	4.5	0	385	280	4	0	1	14
55+ Egg White Omelette (w/o cheese or ingredients)	70	15	2	0	0	5	150	1	0	0	12
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
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
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	5	1	0	0	15	320	1	0	1	5
Pork Sausage (2)	180	150	17	6	0	35	300	1	0	0	6
(2) Buttermilk Pancakes	310	130	14	6	0	60	950	38	2	8	8
55+ Crispy Chicken Strips											
Crispy Chicken Strips (w/o dressing)	550	220	25	8	0	65	1350	56	5	3	26
Add Choice of Dressing:											
Ranch Dressing	280	270	30	4.5	0	20	440	2	0	1	1
Honey Mustard Dressing	230	180	20	3	0	15	480	13	1	12	1
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	150	17	6	0	35	300	1	0	0	6
55+ Pork Chop (4 oz)	530	280	31	7	0	50	980	41	7	3	25
55+ Pork Chop (6 oz)	600	300	33	8	0	75	1140	42	6	4	35
55+ Pot Roast	490	210	24	10	0.5	65	1680	54	3	11	20
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	150	17	6	0	35	300	1	0	0	6

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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)
55+											
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.											
Add Choice of Toast:											
Marble Rye Toast w/ Butter & Jam or Jelly	440	100	11	3.5	0	15	530	74	3	19	12
Sourdough Toast w/ Butter & Jam or Jelly	320	120	13	7	0	30	430	45	1	10	6
Wheatberry Toast w/ Butter & Jam or Jelly	330	80	9	4.5	0	15	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	320	80	9	4	0	15	380	52	5	20	10
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
55+ Roasted Turkey & Fixings	930	340	38	17	1	125	2400	106	9	37	41
55+ Rooty											
55+ Rooty (w/o topping or egg)	270	150	16	6	0	45	770	22	1	6	11
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
Add Choice of Topping:											
Blueberry Compote	70	0	0	0	0	0	40	18	1	14	0
Raspberry	70	0	0	0	0	0	0	18	1	15	1
Glazed Strawberries	70	0	0	0	0	0	5	17	1	8	0
Peaches	60	0	0	0	0	0	20	16	1	13	0
55+ Smoked Sausage	560	360	40	15	0	60	1970	36	5	6	15
55+ Smokehouse Combo											
55+ Smokehouse Combo (w/o egg)	680	420	47	16	0	85	1570	49	3	6	16
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+ Tilapia Florentine	560	340	38	17	1	120	1720	33	4	4	26
(1) Garlic Bread (comes with entrees in select markets)	160	80	9	2	0	0	280	17	1	0	3
<i>See Soup or Salad section for side soup or side salad nutrition information.</i>											
This information applicable as of 10/2/17.											



Nutrition Information

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Soup of the Day	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)
Soups											
Clam Chowder	320	190	21	8	0	45	1070	27	1	3	7
Loaded Potato with Bacon Soup	370	200	22	9	0	45	1170	33	2	4	10
Minestrone Soup	150	20	2.5	0	0	0	1130	27	2	3	5
Roasted Chicken Noodle Soup	170	50	6	2.5	0	25	990	21	1	3	8
Rustic Cheesy Tomato Soup	290	180	20	12	0.5	60	1200	22	2	7	5
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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											
Chicken & Spinach Salad											
Chicken & Spinach Salad w/ Grilled Chicken	1100	660	73	24	0.5	390	2200	43	4	33	69
Chicken & Spinach Salad w/ Crispy Chicken	1390	820	91	27	0.5	355	2860	79	6	33	67
Crispy Chicken Cobb Salad											
Crispy Chicken Cobb Salad w/ Fried Chicken	1260	870	97	27	1	525	2380	39	3	7	58
Crispy Chicken Cobb Salad w/ Grilled Chicken	1080	760	85	25	0.5	570	1950	12	2	7	67
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
Grilled Chicken Caesar Salad											
Grilled Chicken Caesar Salad	790	500	56	13	1	155	1700	27	6	7	49
Grilled Chicken & Veggie Salad											
Grilled Chicken & Veggie Salad	670	370	41	7	0	95	1070	43	8	28	36
Mixed Greens House Salad											
Mixed Greens House Salad (w/o dressing)	25	0	0	0	0	0	20	5	2	2	1
Add Choice of Dressing:											
Blue Cheese Dressing	310	290	33	6	0.5	30	320	1	0	1	2
Buttermilk Ranch Dressing	280	270	30	4.5	0	20	440	2	0	1	1
Creamy Caesar Dressing	280	250	28	5	0	25	600	6	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	200	140	15	2	0	0	270	16	0	14	0
Honey Mustard Dressing	230	180	20	3	0	15	480	13	1	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	390	300	33	7	0.5	35	860	15	3	4	10
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Burgers & 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)
Burgers											
Please note that all sandwiches & burgers are listed without sides; nutrition information for all side options is available, separately, below.											
Bacon Cheeseburger	780	440	49	22	1.5	165	1760	40	1	9	45
Cheeseburger	690	380	43	20	1.5	150	1400	39	1	8	38
Cheeseburger Sliders	1070	580	65	30	2.5	200	2380	73	3	16	50
Denver Omelette Burger	980	550	61	25	2	575	2210	43	1	10	63
Hamburger	620	330	37	16	1.5	135	1160	39	1	8	34
Mega Monster Cheeseburger	1140	700	78	36	3	270	1880	40	1	9	69
Patty Melt	1030	590	65	25	2	145	1920	64	4	6	47
Add to Any Burger:											
Additional 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
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	1090	620	69	23	1.5	195	3290	62	4	13	59
Double BLT	670	380	42	10	0.5	60	2040	42	3	8	29
Ham & Egg Melt	1080	480	53	24	1	620	2900	78	3	7	67
Philly Cheese Steak Stacker	820	380	42	17	1.5	110	2820	61	3	12	51
Roasted Turkey Sandwich	850	390	43	10	0.5	115	1870	59	4	5	54
Spicy Chicken Ranch Sandwich	740	360	40	12	0	105	2420	60	3	11	33
Spinach, Roasted Red Pepper & Cheese Melt	1190	640	71	29	1	575	2420	82	5	7	54
Turkey Avocado Bacon Wrap	750	350	39	8	0.5	95	2100	56	6	5	45
Burger & Sandwich Sides:											
French Fries, Side	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, Side	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	9	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>											
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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)	1400	630	70	17	1	105	3160	135	10	11	59
Add Choice of Dressing:											
Ranch Dressing	280	270	30	4.5	0	20	440	2	0	1	1
Honey Mustard Dressing	230	180	20	3	0	15	480	13	1	12	1
Chicken & Three Cheese Quesadilla	930	450	50	25	1	205	2330	57	4	6	63
Cheeseburger Slider Trio	1060	580	65	30	2.5	200	1920	72	3	16	49
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	280	270	30	4.5	0	20	440	2	0	1	1
Honey Mustard Dressing	230	180	20	3	0	15	480	13	1	12	1
Monster Mozza Sticks	770	340	38	16	1	70	2700	68	7	5	39
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
Wings											
Wings (w/o dressing)	910	480	54	13	0	365	4610	25	3	8	83
Add Choice of Dressing:											
Blue Cheese Dressing	310	290	33	6	0.5	30	320	1	0	1	2
Ranch Dressing	280	270	30	4.5	0	20	440	2	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	420	47	17	0.5	175	2020	43	5	5	47
Chicken Fried Chicken Dinner w/ Country Gravy	620	260	29	9	0	70	1850	68	4	11	26
Country Fried Steak Dinner w/ Country Gravy	1060	620	69	24	2.5	105	2810	78	7	4	33
Country Fried Steak Dinner w/ Sausage Gravy	1160	690	77	27	2.5	115	3150	83	7	4	36
Fried Chicken Dinner	1350	700	78	21	0.5	330	3940	88	9	11	78
Pot Roast	820	380	43	18	1	165	2890	64	3	11	50
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	46	13	0	140	1530	42	6	4	63
Sirloin Steak Dinner	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	760	520	58	22	0	105	2600	38	5	7	25
T-Bone Steak (10 oz)	670	320	36	11	1	105	1530	41	7	4	48
T-Bone Steak (12 oz)	750	360	40	13	1	130	1750	41	7	4	59
Tilapia Florentine	680	380	43	18	1	160	2390	34	5	5	43
(1) Garlic Bread (comes with entrees in select markets)	160	80	9	2	0	0	280	17	1	0	3
For Substitutions Only: Potato Sides											
Baked Potato	300	70	7	1	0	0	15	54	4	2	6
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	130	14	8	0	75	280	34	1	19	7
Add Choice of Filling/Topping:											
Blueberry Compote	150	0	0	0	0	0	80	36	2	28	0
Glazed Strawberries	130	0	0	0	0	0	15	35	2	16	0
Raspberry	140	0	0	0	0	0	5	35	2	29	1
Ice Cream Sundae											
Ice Cream Sundae (w/o topping)	310	150	17	13	0	40	125	33	0	25	5
Add Choice of Topping:											
Chocolate Sauce	100	5	0	0	0	0	15	26	1	21	1
Glazed Strawberries	70	0	0	0	0	0	5	17	1	8	0
Kids Jr. Sundae											
Jr. Ice Cream Sundae (w/o topping)	130	60	6	4.5	0	20	55	16	0	12	3
Add Choice of Topping:											
Chocolate Sauce	100	5	0	0	0	0	15	26	1	21	1
Glazed Strawberries	70	0	0	0	0	0	5	17	1	8	0
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Made For Kids	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)
Anytime Breakfast											
Create-A-Face Pancake®	450	90	11	3.5	0	50	1180	77	3	28	13
Breakfast Sammy	400	230	26	11	0.5	295	760	24	1	5	18
Jr. Cupcake Pancake Combo	550	240	27	11	0	295	900	58	1	38	18
Funny Face®	490	180	20	13	0	45	1150	67	4	23	11
French Toast with Nutella	430	210	23	9	0	325	360	40	2	19	15
Silver 5	460	220	25	10	0	315	1240	40	2	9	19
Create Your Rooty Jr.											
Create Your Rooty Jr. (w/o main item or topping)	230	170	19	6	0	270	420	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	45	20	2	2	0	0	5	7	1	4	0
Blueberry Compote w/Whipped Topping	100	15	2	2	0	0	45	20	1	15	0
Glazed Strawberries w/ Whipped Topping	90	20	2	2	0	0	15	19	1	9	0
Low-Fat Strawberry Yogurt	70	5	0	0	0	5	40	13	0	10	2
Peaches w/ Whipped Topping	80	15	2	2	0	0	30	18	1	14	0
Raspberry w/Whipped Topping	100	20	2	2	0	0	10	19	1	16	1
Anytime Lunch & Dinner											
Chicken Nuggets with Applesauce	210	100	11	2.5	0	25	350	18	2	8	11
Grilled Cheese Sandwich with Applesauce	420	230	25	15	1	55	730	36	3	11	12
Jr. Cheeseburger Slides with Applesauce	680	350	39	17	1.5	125	1040	54	3	17	29
Jr. Chicken & Waffles	550	260	29	13	0.5	125	870	53	2	9	20
Macaroni & Cheese with Applesauce	340	80	9	2.5	0	10	660	54	3	16	10
Add Side:											
Cheesy Eggs	210	140	16	7	0	275	270	2	1	0	14
Sausage	90	70	8	3	0	15	150	0	0	0	3
Sliced Banana	20	0	0	0	0	0	0	5	1	3	0
Bacon	40	25	3	1	0	10	180	0	0	0	4
Turkey Bacon	35	20	2.5	0.5	0	15	170	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	9	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
Motts Applesauce	40	0	0	0	0	0	5	10	1	8	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
(2) Biscuits w/ Butter	490	190	21	11	0	20	1270	65	2	7	10
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	180	60	7	4	0	15	210	25	2	2	5
Grits	100	5	0	0	0	0	150	21	0	0	2
Ham Steak	120	25	3	1	0	65	1260	3	0	3	21
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
(2) Pork Sausage Links	180	150	17	6	0	35	300	1	0	0	6
(4) Pork Sausage Links	350	300	33	11	0	65	600	2	0	0	12
(2) Pork Sausage Patties	340	280	31	11	0	70	870	2	0	1	15
Red Potato Hash	350	190	21	4	0	5	730	37	4	2	5
Scrapple	220	100	11	4.5	0	100	1100	8	1	0	22
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	9	1
Pineapple, honeydew, oranges, grapes	60	0	0	0	0	0	5	13	2	12	1
(2) Smoked Sausage Links	400	310	34	14	0	85	1260	4	0	2	19
(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
Buttered Toast w/ Jam or Jelly											
Marble Rye Toast w/ Butter & Jam or Jelly	440	100	11	3.5	0	15	530	74	3	19	12
Sourdough Toast w/ Butter & Jam or Jelly	320	120	13	7	0	30	430	45	1	10	6
Wheatberry Toast w/ Butter & Jam or Jelly	330	80	9	4.5	0	15	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	320	80	9	4	0	15	380	52	5	20	10
(2) Turkey Bacon Strips	70	45	5	1.5	0	25	330	1	0	1	5
(4) Turkey Bacon Strips	130	90	10	2.5	0	50	670	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	35	20	2.5	0.5	0	15	170	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 & Hot Chocolate											
Never Empty Coffee Pot®, Per Cup (regular & decaf)	5	0	0	0	0	0	0	1	1	0	0
International House Roast™ Flavored Coffee											
French Vanilla Flavored Coffee	190	60	7	6	0	0	10	33	1	31	0
Swiss Mocha Flavored Coffee	190	60	7	6	0	0	10	31	1	30	0
Iced Coffee											
Mocha Iced Coffee	220	40	4.5	2.5	0	15	110	39	1	37	8
Original Iced Coffee	180	40	4.5	3	0	20	120	26	1	25	8
Vanilla Iced Coffee	230	40	4.5	2.5	0	15	110	39	1	38	8
Hot Chocolate											
Hot Chocolate, 16 oz To-Go	290	90	10	10	0	0	390	53	1	44	1
French Toast Hot Chocolate	330	60	7	7	0	0	410	67	1	58	1
Tea & Lemonade											
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
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	20	0	18	0
Lemonade Iced Tea (30 fl oz.)	120	0	0	0	0	0	15	28	0	26	0
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
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
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
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
Fruit Juices											
Apple Juice											
Regular (10 fl oz.)	120	0	0	0	0	0	10	30	0	27	0
Kids (12 fl oz.)	150	0	0	0	0	0	15	37	0	34	0
Large (16 fl oz.)	210	0	0	0	0	0	20	52	0	48	0
Grapefruit Juice											
Regular (10 fl oz.)	90	0	0	0	0	0	0	22	0	20	1
Kids (12 fl oz.)	110	5	0	0	0	0	0	28	0	25	1
Large (16 fl oz.)	160	5	0	0	0	0	0	39	0	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
IHOP Splashers®											
Splashberry (16 fl oz.)	150	0	0	0	0	0	20	40	0	34	1
Splashberry (30 fl oz.)	260	0	0	0	0	0	35	67	1	56	1
Tropical Island Twist (16 fl oz.)	200	0	0	0	0	0	25	52	0	51	0
Tropical Island Twist (30 fl oz.)	280	0	0	0	0	0	35	73	0	72	0
Milk, Milk Shakes & Water											
2% Milk											

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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.)	180	40	4.5	3	0	20	115	27	1	24	8
Kids (12 fl oz.)	220	50	6	3.5	0	20	140	34	1	30	10
Large (16 fl oz.)	310	70	8	5	0	30	200	48	1	43	13
Milk Shakes											
Chocolate Milk Shake	470	180	20	12	0	70	240	62	1	51	14
Strawberry Milk Shake	470	180	20	12	0	70	240	62	1	45	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
Fountain Drinks: Coca-Cola® Selections											
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® (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® (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™ (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® (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® (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
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
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
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® (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
Fountain Drinks: Pepsi® Selections											
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® (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® (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 (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® (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 (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® (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 (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 (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 (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

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