



Nutrition Information

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

Pancakes	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Pancakes											
(4) Belgian Dark Chocolate Mousse 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
Raspberry Topping	70	0	0	0	0	0	0	18	1	15	1
Blueberry Compote	90	15	1.5	0.5	0	0	20	18	1	16	0
(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	680	150	17	6	0	75	1810	117	5	55	17
Rooty Tooty Fresh 'N Fruity® Pancakes											
(4) Buttermilk w/Whipped Topping	500	130	15	5	0	70	1770	77	4	18	16
Add Choice of Topping:											
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Peaches	60	0	0	0	0	0	10	14	1	13	1
Raspberry	70	0	0	0	0	0	0	18	1	15	1
(4) Strawberry Banana Pancakes	660	140	15	5	0	70	1780	116	7	43	17
(4) Vanilla Spice Pancakes	700	240	27	12	0.5	120	1900	97	4	34	17
Build Your Pancake Combo											
Choice of 2 Same-Flavored Pancakes:											
(2) Belgian Dark Chocolate Mousse 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	400	90	10	5	0	40	920	70	3	39	9
(2) Rooty Tooty Fresh 'N Fruity® Pancakes (w/o Fruit Topping)	270	80	9	3.5	0	35	880	39	2	9	8
Add Choice of Topping:											
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Peaches	60	0	0	0	0	0	10	14	1	13	1
Raspberry	70	0	0	0	0	0	0	18	1	15	1
(2) Strawberry Banana Pancakes	380	80	9	4	0	35	900	68	4	29	9
(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	180	160	17	6	0	30	310	1	0	0	6
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Top it Off											
Fresh 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
Scoop of Ice Cream	100	40	4.5	2.5	0	20	50	12	0	9	3
Peach Topping	60	0	0	0	0	0	10	14	1	13	1
Raspberry Topping	70	0	0	0	0	0	0	18	1	15	1

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Griddle Faves	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Crepes											
Banana Crepes with Nutella®	960	400	45	14	0	220	910	120	5	67	21
Cheese Blintzes											
Cheese Blintzes w/Sour Cream (w/o topping)	890	510	57	28	1.5	290	1300	66	2	30	28
Add Choice of Topping:											
Blueberry Compote	90	15	1.5	0.5	0	0	20	18	1	16	0
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Raspberry	70	0	0	0	0	0	0	18	1	15	1
Strawberry Preserves	230	0	0	0	0	0	15	59	1	54	0
Chicken Florentine Crepes	900	480	53	22	0.5	280	1680	48	4	19	58
Classic Breakfast Crepes	1030	620	69	29	1	720	2510	45	2	18	58
German Crepes	680	310	34	12	0.5	245	880	76	3	28	17
Strawberries & Cream Crepes	780	280	32	11	0	235	940	105	4	55	18
Swedish Crepes	660	270	30	9	0	230	880	80	3	34	17
Sweet Cream Cheese Crepes											
Sweet Cream Cheese Crepes (w/o Topping)	680	400	44	25	1	200	810	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
Sweet Cream Cheese Crepe w/ Peach Topping	410	210	23	14	0.5	100	410	43	1	29	8
Sweet Cream Cheese Crepe w/ Raspberry Topping	430	210	23	14	0	100	410	46	2	31	8
Swedish	370	160	18	6	0	125	440	43	2	20	9
Strawberries & Cream	400	150	17	7	0	120	470	53	2	28	9
German	380	200	22	9	0	135	440	38	1	14	9
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage:											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	180	160	17	6	0	30	310	1	0	0	6
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3

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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
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
Brioche French Toast	720	310	35	12	0.5	225	970	82	3	25	18
Stuffed French Toast											
Stuffed French Toast (w/o Topping)	900	330	37	19	0	55	760	126	5	59	15
Add Choice of Topping:											
Glazed Strawberries	100	0	0	0	0	0	25	25	2	22	1
Peach Vanilla	180	45	5	3.5	0	20	50	33	2	30	2
Strawberry Vanilla	170	45	5	3.5	0	20	55	30	2	26	1
Create Your French Toast Combo											
Choice of French Toast:											
Original French Toast	520	240	27	10	0	180	570	56	3	19	14
Strawberry Banana French Toast	550	190	22	8	0	160	520	75	4	34	14
Bananas Foster Brioche French Toast	620	270	30	11	0	145	720	76	3	34	13
Brioche French Toast	500	230	26	10	0	160	670	55	2	17	12
Stuffed French Toast (w/o Topping)	450	170	18	9	0	30	380	63	3	30	8
Add Choice of Topping:											
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Peach Vanilla	90	20	2.5	1.5	0	10	25	17	1	15	1
Strawberry Vanilla	80	20	2.5	1.5	0	10	25	15	1	13	1
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage:											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	180	160	17	6	0	30	310	1	0	0	6
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Waffles											
Belgian Waffle	590	270	29	17	1	165	740	69	3	17	11
Chicken & Waffles											
Chicken & Waffles (w/o dressing)	1030	450	50	20	1	225	1670	105	4	17	40
Add Choice of Dressing:											
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Create Your Belgian Waffle Combo											
Choice of Waffle:											
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	180	160	17	6	0	30	310	1	0	0	6

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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) Hickory-Smoked Bacon Strips	80	50	6	2	0	20	350	1	0	1	7
(4) Hickory-Smoked Bacon Strips	170	110	12	4.5	0	35	710	2	0	2	14
Banana & Brown Sugar Oatmeal	260	40	4.5	1	0	5	125	50	5	20	8
Buttered Toast w/ Jam or Jelly											
Marble Rye Toast w/ Butter & Jam or Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast w/ Butter & Jam or Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast w/ Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam or Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast w/ Butter & Jam or Jelly	340	100	11	6	0	20	380	52	5	20	10
Corned Beef Hash	460	280	31	7	0	40	1010	29	3	2	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
Egg Any Style											
(1) Fried Egg	80	50	6	2	0	195	80	1	0	0	7
(1) Hard or Soft Boiled Egg	80	50	5	1.5	0	185	60	1	0	1	6
(1) Poached Egg	60	40	4	1.5	0	165	130	0	0	0	6
(1) Scrambled Egg	110	80	9	2.5	0	235	115	1	0	0	8
English Muffin w/ Butter	160	45	5	3	0	10	210	25	2	2	5
Grilled Buttermilk Biscuit	450	220	24	15	0	15	1220	51	1	2	6
Grits	100	5	0	0	0	0	150	21	0	0	2
Slice of Ham	120	20	2.5	1	0	50	1440	4	1	3	20
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
(2) Pork Sausage Links	180	160	17	6	0	30	310	1	0	0	6
(4) Pork Sausage Links	360	310	34	12	0	65	620	1	0	1	12
(2) Pork Sausage Patties	340	280	31	11	0	70	870	2	0	1	15
Red Potato Pepper & Onion Hash	350	190	21	4	0	5	730	37	4	2	5
Scrapple	360	220	24	9	0	120	810	24	0	0	15
Seasonal Mixed Fruit, Small Bowl	50	0	0	0	0	0	10	14	1	11	1
Seasonal Fruit Bowl, Large Bowl	100	0	0	0	0	0	15	27	2	23	2
(2) Smoked Sausage Links	470	390	43	15	0	80	1400	4	1	2	18
(2) Slices of Spam®	180	150	16	5	0	35	780	2	0	1	7
(4) Slices of Spam®	350	290	33	11	0	70	1570	4	0	1	15
(2) Turkey Bacon Strips	60	40	4.5	1	0	30	280	1	0	1	5
(4) Turkey Bacon Strips	120	80	9	2	0	55	550	1	0	1	10
(2) Turkey Sausage Links	90	60	7	1.5	0	35	310	0	0	0	8
(4) Turkey Sausage Links	190	120	13	3	0	75	630	1	0	0	17
(2) Turkey Sausage Patties	120	60	7	1.5	0	55	600	0	0	0	14
Substitutions:											
(1) Egg White (2oz)	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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IHOP Creations											
Please note that all breakfast sandwiches are listed without sides; nutrition information for all side options is available, separately, below.											
Buttermilk Biscuits & Gravy w/ Country Gravy											
Buttermilk Biscuits & Gravy w/Country Gravy (w/o eggs)	1210	730	81	33	0.5	80	2970	97	4	4	22
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Buttermilk Biscuits & Gravy w/ Sausage Gravy											
Buttermilk Biscuits & Gravy w/ Sausage Gravy (w/o eggs)	1370	840	93	38	0.5	100	3480	106	4	5	26
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Classic Skillet											
Classic Skillet (w/o eggs or meat)	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	360	310	34	12	0	65	620	1	0	1	12
Country Fried Steak w/ Country Gravy	840	530	59	18	2	85	2160	49	3	1	28
Country Fried Steak w/ Sausage Gravy	940	600	67	21	2	95	2500	55	4	1	31
(2) Sirloin Steaks	340	180	20	8	1	110	730	0	0	0	41
Slice of Ham	120	20	2.5	1	0	50	1440	4	1	3	20
Eggs Benedict	910	490	54	21	0.5	450	3060	65	5	9	42
Create Your Own Melt (excludes side)											
Create Your Own Melt (w/o filling)	940	500	56	27	1	565	1490	64	3	5	45
Add Choice of Filling:											
Bacon	170	110	12	4.5	0	35	710	2	0	2	14
Corned Beef	350	240	26	8	1	8	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											
Homestyle Corned Beef Hash (w/o eggs)	1180	730	81	21	3	130	2200	65	6	7	46
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Huevos Rancheros											
Huevos Rancheros (w/o eggs or side)	740	350	39	16	0	55	1600	72	13	5	23
Add Choice of Eggs:											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	230	140	16	5	0	560	190	2	0	2	19
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	0	1	23
Add Choice of Side:											
(2) Corn Tortillas	120	15	1.5	0	0	0	10	24	4	3	1
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
(3) Buttermilk Pancakes	430	150	17	6	0	75	1380	57	3	12	12

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IHOP Creations											
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IHOP® Signature Pancake Sliders (excludes side)	740	370	41	13	0	500	2210	49	2	18	46
Loco Moco											
Loco Moco (w/o 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											
Machaca (w/o side of tortillas)	1180	760	84	27	0.5	795	2250	55	7	7	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											
Migas (w/o side of tortillas)	1120	740	82	26	0	765	2030	55	7	7	42
Add Choice of Tortillas:											
(2) Corn Tortillas	120	15	1.5	0	0	0	10	24	4	3	1
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
South-of-the-Border Burrito	1290	660	74	27	0.5	590	3050	112	9	15	47
Southwest Scramble											
Southwest Scramble (w/o potato or side)	660	460	52	20	0	765	1010	12	5	2	38
Add Choice of Potato:											
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Red Potato Hash	350	190	21	4	0	5	730	37	4	2	5
Add Choice of Side:											
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
Marble Rye Toast w/ Butter & Jam or Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast w/ Butter & Jam or Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast w/ Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam or Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast w/ Butter & Jam or Jelly	340	100	11	6	0	20	380	52	5	20	10
Ultimate Waffle Sandwich (excludes side)	1390	760	85	43	1.5	690	2570	87	3	29	70
Breakfast Sandwich Side Choices:											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
(2) Flavored 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) Red Velvet Pancakes	400	90	10	5	0	40	920	70	3	39	9
(2) Rooty Tooty Fresh 'N Fruity® Pancakes (w/o Fruit Topping)	270	80	9	3.5	0	35	880	39	2	9	8
Add Choice of Topping:											
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Peaches	60	0	0	0	0	0	10	14	1	13	1
Raspberry	70	0	0	0	0	0	0	18	1	15	1
(2) Strawberry Banana Pancakes	380	80	9	4	0	35	900	68	4	29	9
(2) Vanilla Spice Pancakes	460	190	21	11	0	80	1010	59	2	26	9
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Seasonal Mixed Fruit, Small Bowl	50	0	0	0	0	0	10	14	1	11	1

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2 x 2 x 2											
Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage:											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	180	160	17	6	0	30	310	1	0	0	6
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	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	460	280	31	7	0	40	1010	29	3	2	16
(2) Pork Chops (4oz)	310	170	19	7	0	95	460	0	1	0	35
(2) Pork Chops (6oz)	450	220	24	9	0	140	780	1	0	1	55
(4) Pork Sausage Links	360	310	34	12	0	65	620	1	0	1	12
(2) Pork Sausage Patties	340	280	31	11	0	70	870	2	0	1	15
Scrapple	360	220	24	9	0	120	810	24	0	0	15
Slice of Ham	120	20	2.5	1	0	50	1440	4	1	3	20
(2) Smoked Sausage	470	390	43	15	0	80	1400	4	1	2	18
(4) Spam®	350	290	33	11	0	70	1570	4	0	1	15
(2) Sirloin Steaks	340	180	20	8	1	110	730	0	0	0	41
(4) Turkey Bacon	120	80	9	2	0	55	550	1	0	1	10
(4) Turkey Sausage Links	190	120	13	3	0	75	630	1	0	0	17
(3) Buttermilk Pancakes	430	150	17	6	0	75	1380	57	3	12	12
(Optional) Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Big 2-Egg Breakfast											
Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage:											
(4) Bacon	170	110	12	4.5	0	35	710	2	0	2	14
(4) Sausage	360	310	34	12	0	65	620	1	0	1	12
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8

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Combos											
Breakfast Sampler											
Breakfast Sampler (w/o eggs)	920	510	56	18	0.5	135	2750	69	5	12	34
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Chicken Fried Chicken & Eggs w/ Country Gravy											
Chicken Fried Chicken & Eggs w/ Country Gravy (w/o eggs)	890	420	47	12	0	105	2150	85	5	10	31
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Country Fried Steak & Eggs w/ Country Gravy											
Country Fried Steak & Eggs w/ Country Gravy (w/o eggs)	1430	820	91	27	2	140	3520	115	8	10	39
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Country Fried Steak & Eggs w/ Sausage Gravy											
Country Fried Steak & Eggs w/ Sausage Gravy (w/o eggs)	1540	890	99	30	2.5	155	3870	121	8	10	42
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Pork Chops & Eggs (4 oz)											
Pork Chops & Eggs (4oz) (w/o eggs)	910	460	51	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	56	18	0.5	195	2150	67	4	10	66
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Quick 2-Egg Breakfast											
Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage:											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	180	160	17	6	0	30	310	1	0	0	6
Add Choice of Toast:											
Marble Rye Toast w/ Butter & Jam or Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast w/ Butter & Jam or Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast w/ Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam or Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast w/ Butter & Jam or Jelly	340	100	11	6	0	20	380	52	5	20	10
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Simple & Fit 2-Egg Breakfast											
Simple & Fit 2-Egg Breakfast (w/o fruit side)	340	80	9	2	0	35	810	36	5	5	28
Seasonal Mixed Fruit, Small Bowl	50	0	0	0	0	0	10	14	1	11	1

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Sirloin Steak & Eggs											
Sirloin Steak & Eggs (w/o eggs)	770	330	37	14	1.5	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)	1070	680	75	24	0.5	140	2760	70	5	11	28
Add Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Split Decision Breakfast											
Split Decision Breakfast (w/o eggs)	870	490	54	22	1	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	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)											
T-Bone Steak & Eggs (12 oz) (w/o 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

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Combos											
Weekday Breakfast Special: 2 Eggs & 2 Buttermilk Pancakes											
Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage:											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	180	160	17	6	0	30	310	1	0	0	6
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
Weekday Breakfast Special: 2 Eggs, Hash Browns & Toast											
Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage:											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	180	160	17	6	0	30	310	1	0	0	6
Add Choice of Toast:											
Marble Rye Toast w/ Butter & Jam or Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast w/ Butter & Jam or Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast w/ Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam or Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast w/ Butter & Jam or Jelly	340	100	11	6	0	20	380	52	5	20	10
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Weekday Breakfast Special: 2-Egg Cheese Omelette w/2 Buttermilk Pancakes	750	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)
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	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	64
Big Steak Omelette	1150	710	79	28	0.5	895	2350	48	6	8	66
Cheeseburger Omelette	1400	900	100	36	2.5	905	3300	54	5	13	72
Chicken Fajita Omelette	960	570	64	26	0	945	2080	23	4	8	74
Colorado Omelette	1090	740	82	32	0	935	2640	18	2	6	71
Corned Beef Hash & Cheese Omelette	1130	750	83	29	0.5	875	1950	37	3	4	58
Country Omelette	1090	700	78	29	0	880	2030	41	3	6	54
Egg White Vegetable Omelette											
Egg White Vegetable Omelette (w/o fruit side)	330	180	20	6	0	30	790	13	6	3	28
Seasonal Mixed Fruit, Small Bowl	50	0	0	0	0	0	10	14	1	11	1
Garden Omelette	840	600	66	24	0	835	1080	17	3	6	46
Hearty Ham & Cheese Omelette	940	630	70	31	1	915	2310	14	1	6	64
International Omelette	720	480	53	22	0	845	1550	15	2	4	47
Spicy Poblano Omelette	1040	710	78	33	0.5	920	1940	29	6	9	57
Spinach & Mushroom Omelette	890	630	69	26	0.5	850	1700	21	3	8	46
Build Your Omelette											
Omelette (w/o cheese or ingredients)	440	290	33	9	0	775	560	7	0	2	28
Choose Your Cheese:											
American Cheese	150	110	12	7	0	25	480	2	0	1	8
Cheddar Cheese (Shredded)	230	170	19	13	0	60	390	1	0	0	13
Jack & Cheddar Cheese 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 Cheese	170	130	14	8	0	40	270	1	0	0	11
Add Choice of Ingredients:											
Fresh Avocado	80	70	7	1	0	0	0	4	3	0	1
Diced Bacon	60	45	5	2	0	15	280	1	0	1	4
Fresh Green Peppers & Onions	10	0	0	0	0	0	0	2	0	1	0
Fresh Mushrooms	10	0	0	0	0	0	0	2	1	1	2
Fresh Spinach	15	0	0	0	0	0	45	2	1	0	2
Fresh Tomatoes	10	0	0	0	0	0	0	2	1	1	0
Ham	30	10	1	0	0	10	320	1	0	1	4
Pork Sausage (2)	180	160	17	6	0	30	310	1	0	0	6
Omelette Side Choices:											
(3) Original Buttermilk Pancakes w/ Butter	430	150	17	6	0	75	1380	57	3	12	12
Famous Pancake Flavors:											
(3) Belgian Dark Chocolate Mousse 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	540	120	14	6	0	55	1370	94	4	47	13
(3) Rooty Tooty Fresh & Fruity® Pancakes	380	110	12	4.5	0	55	1330	58	3	13	12
Add Choice of Topping:											
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Peach Topping	60	0	0	0	0	0	10	14	1	13	1
Raspberry Topping	70	0	0	0	0	0	0	18	1	15	1
(3) Strawberry Banana Pancakes	520	110	12	4.5	0	55	1340	92	6	36	13
(3) Vanilla Spice Pancakes	580	210	24	12	0	100	1450	78	3	30	13
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Seasonal Mixed Fruit, Small Bowl	50	0	0	0	0	0	10	14	1	11	1
Toast:											
Marble Rye Toast w/ Butter & Jam/Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast w/ Butter & Jam/Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast w/ Butter & Jam/Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam/Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast w/ Butter & Jam/Jelly	340	100	11	6	0	20	380	52	5	20	10
Add Avocado	80	70	7	1	0	0	0	4	3	0	1

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Nutrition Information

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Sandwiches	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Sandwiches											
Please note that all sandwiches & burgers are listed without sides; nutrition information for all side options is available, separately, below.											
Chicken Clubhouse Super Stacker	1150	650	72	25	1.5	205	2740	65	4	12	61
Double BLT	660	380	42	10	0.5	60	1580	42	3	8	29
Philly Cheese Steak Stacker	880	410	45	17	1.5	120	2130	64	4	12	53
Roasted Turkey Sandwich	780	320	36	9	0	110	1370	58	3	6	56
Spicy Chicken Ranch Sandwich	730	360	40	12	0	105	1950	60	3	11	33
Turkey, Bacon & Avocado Wrap	740	340	38	8	0	95	1640	56	7	6	46
Sandwich 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	280	160	18	3.5	0	0	430	28	2	1	3
Onion Rings	480	230	26	4.5	0	0	510	56	4	7	7
Seasonal Mixed Fruit, Small Bowl	50	0	0	0	0	0	10	14	1	11	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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Soups	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Soup of the Day											
Clam Chowder	370	220	24	8	0	35	1290	30	1	4	9
Loaded Potato with Bacon Soup	350	180	20	8	0	40	1200	32	1	5	11
Minestrone Soup	150	30	3.5	0.5	0	0	1190	23	1	2	8
Roasted Chicken Noodle Soup	150	35	3.5	1.5	0	15	1090	21	1	3	8
Rustic Cheesy Tomato Soup	280	180	20	12	0	55	1300	20	1	7	5
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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 Caesar Salad											
Caesar Salad w/ Crispy Chicken	880	490	55	12	0.5	95	2340	58	7	6	41
Caesar Salad w/ Grilled Chicken	700	380	42	10	0.5	155	2530	32	7	7	51
Chicken Cobb Salad											
Cobb Salad w/ Crispy Chicken	1210	840	93	27	0	520	2360	38	5	8	56
Cobb Salad w/ Grilled Chicken	1070	730	81	25	0	580	2550	18	5	8	69
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
Chicken & Spinach Salad											
Chicken & Spinach Salad w/ Crispy Chicken	1250	780	86	27	0	340	2660	64	6	30	56
Chicken & Spinach Salad w/ Grilled Chicken	1110	660	74	25	0	400	2850	45	5	29	69
Grilled Chicken & Veggie Salad											
Grilled Chicken & Veggie Salad	680	370	41	7	0	110	1330	46	11	26	38
House Salad											
House Salad (w/o dressing)	25	5	0	0	0	0	15	5	2	2	2
Add Choice of Dressing:											
Blue Cheese Dressing	280	260	29	5	0	30	310	4	1	1	1
Buttermilk Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Creamy Caesar Dressing	170	140	16	2.5	0	15	650	5	0	2	2
Creamy Italian	230	170	19	3	0	0	510	12	0	11	0
Fat Free Raspberry Vinaigrette	60	0	0	0	0	0	590	14	0	14	0
French or Catalina Dressing	100	5	0.5	0	0	0	700	22	0	15	0
Honey Balsamic Dressing	210	140	15	2.5	0	0	270	16	0	12	0
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Raspberry Vinaigrette	120	100	11	1.5	0	0	760	6	0	5	0
Reduced Fat Italian Dressing	15	10	1	0	0	0	105	1	0	1	0
Thousand Island Dressing	250	210	24	3.5	0	15	480	10	0	6	0
Side Caesar Salad	310	210	23	5	0	25	980	17	3	4	10
Seasonal Mixed Fruit Bowl	100	0	0	0	0	0	15	27	2	23	2

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Burgers	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Burgers											
Please note that all sandwiches & burgers are listed without sides; nutrition information for all side options is available, separately, below.											
The Classic with Bacon	780	450	50	21	2	145	1810	42	2	11	41
Double It Up! (patty and cheese only)	380	270	30	13	1.5	95	750	1	1	1	27
The Classic	700	390	44	18	2	130	1450	41	2	10	34
Big Brunch	1040	610	67	25	2	345	2000	57	3	10	49
Cowboy BBQ	950	470	52	21	2	145	2060	75	3	23	44
Jalapeno Kick	960	620	69	24	2	155	1760	42	2	10	43
Mega Monster Cheeseburger	1090	670	74	32	3.5	230	2100	42	2	10	63
Mushroom and Swiss	990	650	72	26	2	160	1380	40	2	9	43
Patty Melt	1000	570	64	26	2.5	130	1630	62	4	6	45
Burger 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	280	160	18	3.5	0	0	430	28	2	1	3
Onion Rings	480	230	26	4.5	0	0	510	56	4	7	7
Seasonal Mixed Fruit, Small Bowl	50	0	0	0	0	0	10	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.											
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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)	1380	630	70	18	1	100	2780	130	8	11	57
Add Choice of Dressing:											
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Chicken & Three Cheese Quesadilla	1080	590	66	29	0.5	210	2860	59	4	6	63
Crispy Chicken Strips & Fries											
Crispy Chicken Strips & Fries (w/o dressing)	880	370	41	7	0	80	2160	86	5	1	40
Add Choice of Dressing:											
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Mozza 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
French Fries	640	280	31	6	0	0	1980	82	8	1	8
Hot & Spicy Wings											
Wings (w/o dressing)	930	480	54	13	0	365	4610	25	3	8	83
Add Choice of Dressing:											
Blue Cheese Dressing	280	260	29	5	0	30	310	4	1	1	1
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
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Entrées	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Entrées											
Please note that all entrées are listed without garlic bread or choice of soup or salad; nutrition information for sides and garlic bread is available, separately, below.											
Bacon Crusted Chicken Breast with Red Potato Hash	780	410	46	17	0.5	180	2360	44	5	5	48
Chicken Fried Chicken Dinner w/ Country Gravy	620	260	29	9	0	70	1840	69	4	11	26
Country Fried Steak Dinner w/ Country Gravy	1050	610	68	23	2	105	2800	79	7	4	33
Country Fried Steak Dinner w/ Sausage Gravy	1160	680	76	26	2	115	3140	85	8	4	36
Crispy Fish & Chips	1080	640	71	13	0	100	3080	74	7	3	36
Fried Chicken Dinner	1350	700	78	20	0.5	330	3930	89	9	11	78
Pot Roast	640	260	29	12	1	110	2800	64	4	12	36
Roasted Turkey & Fixings	1000	360	40	17	1	160	2560	106	9	38	55
Savory Pork Chops (4 oz)	690	360	40	11	0	100	1210	41	7	4	42
Savory Pork Chops (6 oz)	820	410	45	13	0	140	1530	42	6	4	63
Sirloin Steak	1060	620	69	23	2	155	2450	50	8	7	62
Sirloin Steak Tips	760	530	104	11	0	120	2370	71	5	27	44
Smoked Sausage	830	600	66	23	0.5	100	2730	38	6	7	23
T-Bone Steak (10 oz)	670	290	32	9	1	120	1340	41	7	4	57
T-Bone Steak (12 oz)	760	360	40	13	1.5	130	1750	41	7	4	61
Tilapia Florentine	680	380	42	19	1	140	2410	34	5	5	43
(1) Garlic Bread (comes with entrees in select markets)	160	80	9	2	0	0	280	17	1	0	3
Choice of Side:											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
For Substitutions Only: Potato Sides											
Baked Potato	350	70	7	1	0	0	20	67	5	2	8
Mashed Potatoes	190	80	9	5	0	20	620	25	2	1	2
Red Potato Pepper & Onion Hash	350	190	21	4	0	5	730	37	4	2	5
<i>See Soup or Salad section for side soup or side salad nutrition information.</i>											
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Desserts	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Desserts											
Fruit Crepe											
Crepe & Ice Cream (w/o filling or topping)	300	140	16	9	0	75	270	33	1	18	7
Add Choice of Filling/Topping:											
Blueberry Compote	170	25	3	1	0	0	40	37	2	33	0
Glazed Strawberries	100	0	0	0	0	0	25	25	2	22	1
Raspberry	150	0	0	0	0	0	10	38	2	32	1
Ice Cream Sundae											
Ice Cream Sundae (w/o topping)	310	170	19	15	0	40	105	30	0	25	5
Add Choice of Topping:											
Chocolate Sauce	100	5	0	0	0	0	15	26	1	21	1
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
Kids Jr. Sundae											
Jr. Ice Cream Sundae (w/o topping)	130	60	7	5	0	20	50	15	0	12	3
Add Choice of Topping:											
Chocolate Sauce	100	5	0	0	0	0	15	26	1	21	1
Glazed Strawberries	50	0	0	0	0	0	10	13	1	11	0
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55+ Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast											
Please note that all 55+ entrées are listed without garlic bread or soup/salad; nutrition information for side soup/salad and garlic bread is available, separately, below.											
55+ 2 x 2 x 2											
Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage:											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	180	160	17	6	0	30	310	1	0	0	6
(2) Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
55+ Breakfast Sampler											
55+ Breakfast Sampler (w/o egg)	640	370	41	13	0	80	1620	49	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											
55+ Buttermilk Pancakes	430	150	17	6	0	75	1380	57	3	12	12
55+ Cheese Omelette											
55+ Cheese Omelette	760	450	50	23	0	505	1610	43	2	9	35
55+ French Toast											
55+ French Toast (w/o meat)	520	240	27	10	0	180	570	56	3	19	14
Add Choice of Bacon or Sausage:											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	180	160	17	6	0	30	310	1	0	0	6
55+ Rise 'N Shine											
Choice of Eggs:											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	160	100	11	3.5	0	375	125	1	0	1	13
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	0	1	15
Add Choice of Bacon or Sausage:											
(2) Bacon	80	50	6	2	0	20	350	1	0	1	7
(2) Sausage	180	160	17	6	0	30	310	1	0	0	6
Add Choice of Toast:											
Marble Rye Toast w/ Butter & Jam or Jelly	450	100	11	4.5	0	15	540	73	2	20	14
Sourdough Toast w/ Butter & Jam or Jelly	220	45	5	2.5	0	10	360	39	1	10	5
Wheatberry Toast w/ Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	17	7
White Toast w/ Butter & Jam or Jelly	250	70	7	4	0	15	260	43	1	20	5
Whole Wheat Toast w/ Butter & Jam or Jelly	340	100	11	6	0	20	380	52	5	20	10
Hash Browns	280	160	18	3.5	0	0	430	28	2	1	3
Lunch											
55+ BLT											
55+ BLT	400	230	25	6	0	30	880	28	2	5	16
55+ Grilled Cheese											
55+ Grilled Cheese	720	340	38	22	1	95	1270	62	3	4	30
55+ Turkey & Swiss Sandwich											
55+ Turkey & Swiss Sandwich	570	250	27	7	0	90	850	36	6	5	45
Choice of Side:											
(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
<i>See Soup or Salad section for side soup or side salad nutrition information.</i>											
Dinner											
55+ Crispy Chicken Strips Dinner											
55+ Crispy Chicken Strips Dinner	660	260	29	8	0	65	1770	77	4	11	27
55+ Country Fried Steak Dinner (w/ Country Gravy)											
55+ Country Fried Steak Dinner (w/ Country Gravy)	1050	610	68	23	2	105	2800	79	7	4	33
55+ Country Fried Steak Dinner (w/ Sausage Gravy)											
55+ Country Fried Steak Dinner (w/ Sausage Gravy)	1160	680	76	26	2	115	3140	85	8	4	36
55+ Grilled Chicken Dinner											
55+ Grilled Chicken Dinner	530	220	24	5	0	110	1650	42	7	4	39
55+ Roasted Turkey Dinner											
55+ Roasted Turkey Dinner	590	180	20	8	0	95	1380	69	7	33	35
55+ Grilled Tilapia Dinner											
55+ Grilled Tilapia Dinner	410	200	22	7	0	60	1740	31	5	2	22
(1) Garlic Bread (comes with entrees in select markets)											
(1) Garlic Bread (comes with entrees in select markets)	160	80	9	2	0	0	280	17	1	0	3
Choice of Side:											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	940	38	2	8	8
<i>See Soup or Salad section for side soup or side salad nutrition information.</i>											
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Kid's Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Kid's Menu											
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® Pancake	510	210	23	15	0	45	1150	63	4	23	11
French Toast with Nutella	430	210	24	9	0	325	360	39	2	19	15
Grilled Cheese Sandwich with Applesauce	420	200	23	13	1	50	730	40	2	15	12
Jr. Cheeseburger with Applesauce	530	230	26	13	1	85	850	50	1	18	22
Jr. Chicken & Waffles	550	260	29	12	0.5	125	870	53	2	9	20
Jr. Cupcake Pancake Combo	560	250	28	12	0	290	900	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.											
Includes:											
(1) Scrambled Egg, (1) Bacon Strip & (1) Pork Sausage Link	240	170	19	6	0	270	430	2	0	1	14
Add Choice of Main Item:											
(1/2) Belgian Waffle	260	100	11	6	0	70	340	35	1	9	6
(1) Brioche French Toast	210	80	9	2.5	0	70	310	27	1	8	6
(1) Buttermilk Pancake	120	30	3	0.5	0	20	440	19	1	4	4
Add Choice of Topping:											
Banana Slices w/Whipped Topping	50	25	2.5	2.5	0	0	0	7	1	4	0
Blueberry Compote w/Whipped Topping	110	35	4	3	0	0	20	19	1	17	0
Glazed Strawberries w/ Whipped Topping	80	25	2.5	2.5	0	0	15	14	1	12	0
Strawberry Yogurt Tube	50	5	0.5	0	0	0	30	10	0	8	2
Peaches w/ Whipped Topping	90	25	2.5	2.5	0	0	10	15	1	14	1
Raspberry w/Whipped Topping	100	20	2.5	2.5	0	0	0	19	1	16	1
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
Flavored Coffee											
French Vanilla	200	60	7	7	0	0	0	33	1	31	0
Swiss Mocha	190	60	7	7	0	0	0	31	1	30	1
Cold-Brew Iced Coffee											
Mocha Iced Coffee	230	40	4.5	3	0	20	120	40	1	38	8
Original Iced Coffee	180	40	4.5	3	0	20	120	26	1	25	8
Vanilla Iced Coffee	240	40	4.5	3	0	20	120	41	1	39	8
Hot Chocolate											
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
Lemonade Iced Tea (16 fl oz.)	80	0	0	0	0	0	10	19	0	17	0
Minute Maid® Lemonade (16 fl oz.)	110	0	0	0	0	0	50	32	0	29	0
Tropicana® Lemonade (16 fl oz.)	140	0	0	0	0	0	10	34	0	33	0
Sweet Iced Tea (Sweet Version, 16 fl oz.)	140	0	0	0	0	0	5	35	0	34	0
Sweet Iced Tea (Sweeter Version, 16 fl oz.)	170	0	0	0	0	0	5	44	0	42	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
Decaf Tea	10	0	0	0	0	0	0	2	1	0	1
Juice											
Apple Juice											
Regular (10 fl oz.)	110	0	0	0	0	0	10	30	0	29	0
Kids (12 fl oz.)	140	5	0	0	0	0	15	37	0	36	0
Large (16 fl oz.)	200	5	0	0	0	0	20	52	0	50	1
Grapefruit Juice											
Regular (10 fl oz.)	90	0	0	0	0	0	0	22	2	20	1
Kids (12 fl oz.)	110	5	0	0	0	0	0	27	2	25	1
Large (16 fl oz.)	160	5	0	0	0	0	0	38	3	35	2
Farmer's Natural® Premium Orange Juice											
Regular (10 fl oz.)	110	5	0	0	0	0	0	26	1	20	2
Kids (12 fl oz.)	140	5	0	0	0	0	0	33	1	25	2
Large (16 fl oz.)	200	5	0.5	0	0	0	0	46	1	35	3
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 Pure-Squeezed 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 Splashes® (16 fl oz)											
Splashberry	150	0	0	0	0	0	25	38	0	36	1
Tropical Island Twist	180	0	0	0	0	0	20	48	0	46	0

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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)
Fountain Drinks: Kid's (12 fl oz)											
Barq's Root Beer®	90	0	0	0	0	0	20	25	0	25	0
Brisk® Raspberry Iced Tea	70	0	0	0	0	0	20	18	0	18	0
Cherry Coke®	90	0	0	0	0	0	0	23	0	23	0
Coca Cola®	80	0	0	0	0	0	0	23	0	23	0
Coke Zero®	0	0	0	0	0	0	0	0	0	0	0
Diet Coke®	0	0	0	0	0	0	10	0	0	0	0
Diet Pepsi®	0	0	0	0	0	0	35	0	0	0	0
Dr. Pepper®	80	0	0	0	0	0	25	22	0	22	0
Fruit Punch®	90	0	0	0	0	0	20	25	0	25	0
Fruit Punch, Hi-C®	90	0	0	0	0	0	10	23	0	23	0
Manzanita Sol®	90	0	0	0	0	0	20	25	0	24	0
Mist Twist®	80	0	0	0	0	0	15	23	0	23	0
Mountain Dew®	90	0	0	0	0	0	35	26	0	26	0
Mug Root Beer®	80	0	0	0	0	0	15	22	0	22	0
Orange Fanta®	90	0	0	0	0	0	0	25	0	23	0
Orange Twister®	90	0	0	0	0	0	20	26	0	25	0
Pepsi®	80	0	0	0	0	0	15	24	0	24	0
Pibb Extra®	80	0	0	0	0	0	10	23	0	23	0
SoBe Life Water, Yumberry Pomegranate®	0	0	0	0	0	0	60	0	0	0	0
Sprite®	80	0	0	0	0	0	20	21	0	21	0
Wild Cherry Pepsi®	80	0	0	0	0	0	15	24	0	24	0
Fountain Drinks: Coca-Cola® Selections (16 fl oz)											
Barq's Root Beer®	130	0	0	0	0	0	25	35	0	35	0
Cherry Coke®	120	0	0	0	0	0	5	32	0	32	0
Coca-Cola®	120	0	0	0	0	0	0	32	0	32	0
Coca-Cola Zero™	0	0	0	0	0	0	0	0	0	0	0
Diet Coke®	0	0	0	0	0	0	10	0	0	0	0
Dr Pepper®	120	0	0	0	0	0	40	31	0	30	0
Fanta® Orange	120	0	0	0	0	0	5	35	0	32	0
Hi-C® Fruit Punch	120	0	0	0	0	0	15	32	0	32	0
Pibb Xtra®	110	0	0	0	0	0	15	32	0	32	0
Sprite®	110	0	0	0	0	0	25	29	0	29	0
Fountain Drinks: Pepsi® Selections (16 fl oz)											
Brisk® Raspberry Iced Tea	90	0	0	0	0	0	30	25	0	25	0
Diet Pepsi®	0	0	0	0	0	0	45	0	0	0	0
Manzanita Sol®	130	0	0	0	0	0	30	34	0	33	0
Mountain Dew®	130	0	0	0	0	0	45	37	0	37	0
Mug® Root Beer	120	0	0	0	0	0	20	31	0	31	0
Pepsi®	120	0	0	0	0	0	25	33	0	33	0
Pepsi® Wild Cherry	120	0	0	0	0	0	25	33	0	33	0
Mist Twist®	120	0	0	0	0	0	25	32	0	32	0
SoBe® Yumberry Pomegranate Lifewater	0	0	0	0	0	0	85	0	0	0	0
Tropicana® Fruit Punch	130	0	0	0	0	0	30	36	0	36	0
Tropicana® Orange Twister	130	0	0	0	0	0	30	37	0	36	0
Milk, Milk Shakes & Water											
2% Milk											
Regular (10 fl oz.)	120	45	5	3	0	20	115	12	0	12	8
Kids (12 fl oz.)	150	60	6	4	0	25	150	15	0	15	10
Large (16 fl oz.)	220	80	9	5	0	35	200	21	0	21	14
Chocolate Milk											
Regular (10 fl oz.)	190	45	5	3.5	0	20	125	29	1	26	9
Kids (12 fl oz.)	220	60	6	4	0	25	160	32	1	29	11
Large (16 fl oz.)	320	80	9	6	0	35	220	47	1	42	15
Milk Shakes											
Chocolate Milk Shake	470	180	20	13	0	70	240	62	1	51	14
Strawberry Milk Shake	460	180	20	12	0	75	240	57	1	48	14
Vanilla Milk Shake	480	180	20	12	0	70	230	63	0	55	14
Bottled Water (8 fl oz.)	0	0	0	0	0	0	0	0	0	0	0

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To-Go 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)
Lemonade (30 fl oz)											
Minute Maid Lemonade	220	0	0	0	0	0	105	63	0	58	0
Tropicana Yellow Lemonade	280	0	0	0	0	0	25	68	0	66	0
Lemonade Iced Tea	120	0	0	0	0	0	15	28	0	26	0
Coca-Cola Selections (30 fl oz)											
Barq's Root Beer®	260	0	0	0	0	0	50	70	0	70	0
Cherry Coke®	240	0	0	0	0	0	10	64	0	64	0
Coca-Cola®	230	0	0	0	0	0	5	64	0	64	0
Coca-Cola Zero™	0	0	0	0	0	0	10	0	0	0	0
Diet Coke®	0	0	0	0	0	0	20	0	0	0	0
Dr Pepper®	230	0	0	0	0	0	75	62	0	60	0
Fanta® Orange	240	0	0	0	0	0	10	70	0	64	0
Fruit Punch, Hi-C	240	0	0	0	0	0	30	64	0	64	0
Pibb Xtra®	230	0	0	0	0	0	35	64	0	64	0
Sprite®	230	0	0	0	0	0	50	58	0	58	0
Pepsi Selections (30 fl oz)											
Diet Pepsi®	0	0	0	0	0	0	95	0	0	0	0
Manzanita Sol®	260	0	0	0	0	0	60	68	0	66	0
Mountain Dew®	260	0	0	0	0	0	95	73	0	73	0
Mug® Root Beer	230	0	0	0	0	0	35	61	0	61	0
Pepsi®	230	0	0	0	0	0	45	66	0	66	0
Pepsi® Wild Cherry	230	0	0	0	0	0	45	66	0	66	0
Sierra Mist®	230	0	0	0	0	0	45	63	0	63	0
SoBe® Yumberry Pomegranate Lifewater	0	0	0	0	0	0	170	0	0	0	0
Tropicana® Fruit Punch	260	0	0	0	0	0	60	70	0	70	0
Tropicana® Orange Twister	260	0	0	0	0	0	60	73	0	70	0
Tea (30 fl oz)											
Freshly-Brewed Iced Tea	15	0	0	0	0	0	10	3	0	0	1
Brisk® Raspberry Iced Tea (Pepsi brand)	190	0	0	0	0	0	60	49	0	49	0
Sweet Tea	270	0	0	0	0	0	15	70	0	67	1
Sweeter Tea	330	0	0	0	0	0	10	84	0	82	1
Splashes (30 fl oz)											
Tropical Island Twist	270	0	0	0	0	0	30	71	0	69	0
Splashberry	230	0	0	0	0	0	40	60	1	57	1
Hot Chocolate (16 fl oz)											
Hot Chocolate	300	100	12	11	0	0	380	51	1	44	1

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