



NUTRITIONAL INFO



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	Weight/Size	Calories	Protein	Carbs	Fat (g)	Fiber (g)	Trans Fat (g)	Sugar (g)	Sodium (mg)
Breakfast									
Bananas Foster Pancakes	1 Pancake	807	10	142	28	9	0	54	532
Belgian Waffle	1 Waffle	448	3	42	23	0	0	14	832
Best Breakfast Sandwich	1 Sandwich	614	32	53	31	2	0	4	1021
Biscuits & Gravy- Half	2 Biscuits w/ Gravy	514	8	67	24	1	0	12	1821
Blueberry Pancakes	1 Pancake	323	5	37	18	2	0	11	528
Breakfast Burrito	1 Wrap	451	23	29	27	2	0	3	630
Breakfast Quesadilla	1 Quesadilla	568	27	36	35	4	2	4	1090
Breakfast Sundae	1 Bowl	368	12	69	7	4	0	46	219
Burrito Ultimo	1 Wrap	558	28	40	31	4	0	4	895
Buttermilk Pancakes	1 Pancake	293	4	30	18	1	0	6	527
Chocolate Chip Pancakes	1 Pancake	510	6	59	31	4	0	30	532
Corned Beef Hash	Half Order & 2 Eggs	369	19	18	24	2	0	1	711
Country Fried Steak & Eggs	1 Steak & 2 Eggs	589	32	82	38	1	0	2	1239
Denver Omelette	1 Omelette	399	33	5	27	1	0	2	940
Eggs Benedict	1 Order	588	30	29	34	2	4	1	1526
French Toast	3 Slices	450	9	68	15	3	0	20	634
French Toast Crunch	2 Slices	718	8	124	23	3	0	81	515
Loaded Hashbrowns	1 Order	471	22	33	28	3	0	4	1084
Nice Guy Omelette	1 Omelette	671	41	7	53	1	0	2	1123
Power Breakfast	1 Order	558	33	47	27	4	2	11	1108
Protein Wrap	1 Wrap	366	32	25	14	2	0	2	626
Salmon Benedict	1 Benedict	647	32	30	43	2	4	1	980
Smoked Sausage & Eggs	2 Links & 2 Eggs	672	32	5	57	0	0	0	1569

	Weight/Size	Calories	Protein	Carbs (g)	Fat (g)	Fiber (g)	Trans Fat (g)	Sugar (g)	Sodium (mg)
Spinach, Tomato & Feta Omelette	1 Omelette	327	24	4	23	1	0	3	571
Stuffed Biscuits & Gravy	1 Biscuit w/ 2 Eggs	633	26	46	38	2	0	9	1547
Sunny Street Benedict	1 Order	593	23	31	41	2	4	3	1090
Tex Mex Omelette	1 Omelette	579	39	12	42	3	0	4	796
Veggie Omelette	1 Omelette	228	25	5	11	1	0	3	470
Whole Wheat Pancakes	1 Pancake	238	3	4	23	0	1	3	351
Combos & Sides									
Scrambled Eggs	2 Eggs	163	13	1	12	0	0	0	142
Bacon	3 Pieces	75	4	0	6	0	0	0	208
Sausage	2 Patties	349	14	0	32	0	0	1	940
Turkey Sausage	3 Links	152	14	0	11	0	0	0	487
Ham	2 Pieces	138	16	2	7	0	0	0	1087
Wheat Toast	2 Slices	263	6	31	13	2	2	3	428
Hearty Pancakes	2	320	18	166	0	9	5	35	0
Homefries	4 oz.	341	22	200	0	4	3	24	3
Fruit	3 oz.	63	1	16	0	2	0	7	4
Grits	3 oz.	305	16	65	2	4	0	1	893
Hashbrowns	4 oz.	113	3	21	2	3	0	0	253
French Fries	3 oz.	170	2	20	9	2	0	0	410

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**A category marked zero represents less than one gram per serving.

	Weight/Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Trans Fat (g)	Sugar (g)	Sodium (mg)
LUNCH									
Bacon Cheddar Burger	1 Sandwich	793	53	57	38	4	0	8	918
Bavarian Melt	1 Sandwich	619	38	65	22	4	0	8	2766
Big BLT	1 Sandwich	563	13	34	42	3	0	4	856
Bistro Burger	1 Sandwich	746	51	57	34	4	0	8	781
Blackened Chicken Salad	1 Salad & Flatbread	444	23	39	23	5	0	12	1087
Boardwalk Club	1 Sandwich	963	47	51	63	3	0	6	1817
Buffalo Chicken Salad (Grilled)	1 Salad & Flatbread	563	25	36	36	5	0	9	1050
Chicken Melt	1 Sandwich	626	21	37	44	3	2	4	988
Chicken Salad Platter	1 Salad & Flatbread	362	10	37	21	3	0	9	369
Chicken Salad Sandwich	1 Sandwich	351	11	35	19	3	0	5	547
Chicken Telera Sandwich	1 Sandwich	584	22	68	26	5	0	12	2298
Fiesta Salad	1 Salad & Flatbread	424	20	45	19	7	0	7	939
Fiesta Wrap	1 Wrap	525	25	37	31	4	0	3	1307
Greek Salad	1 Salad & Flatbread	360	15	36	19	5	0	11	1602
Grilled Veggie Flatbread	1 Sandwich	438	13	67	15	5	0	8	1109
Harvest Spinach Salad	1 Salad & Flatbread	290	18	33	23	6	0	7	691
Lost Highway Burger	1 Sandwich	860	59	62	41	5	0	10	893
Monterey Ranch Chicken Wrap	1 Wrap	403	25	7	30	1	0	3	884
Reuben - Corned Beef	1 Sandwich	605	17	36	45	4	2	11	1112
Reuben - Turkey	1 Sandwich	822	55	36	51	4	2	11	1201
Southwest Turkey Club	1 Sandwich	526	51	33	20	3	0	4	667
Sunny's Cobb Salad	1 Salad & Flatbread	468	33	35	22	4	0	7	797
Supreme Grilled Cheese	1 Sandwich	536	22	34	35	3	2	4	889

	Weight/Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Trans Fat (g)	Sugar (g)	Sodium (g)
Too Cool Turkey	1 Sandwich	612	49	57	21	3	0	6	630
Western Burger	1 Sandwich	933	54	85	41	5	0	23	1466
Smoothies									
Blueberry Blast Smoothie	16 oz.	273	10	45	7	3	0	41	134
Buckeye Smoothie	16 oz.	611	20	86	24	6	0	64	298
Jungle Crush Smoothie	16 oz.	292	12	49	7	3	0	38	179
Strawberry Banana Smoothie	16 oz.	318	11	57	7	4	0	46	135
Kids Meals									
Grilled Cheese	1 Sandwich	377	10	29	24	1	2	2	604
Rise & Dinosaur Pancake	1 Pancake	217	2	15	17	0	0	3	264
French Toast	2 Slices	380	6	50	17	2	0	18	424
Chicken Fingers	4 oz.	479	25	16	33	1	0	0	975
PB&J	1 Sandwich	463	13	63	19	4	0	22	466
Mac n' Cheese	1 Sandwich	300	11	45	9	2	0	8	570

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