



NUTRITIONAL INFO



The information contained within is based on standard U.S. product formulations, and is intended to serve as a guideline for personal use. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant, and/or the season of the year. Certain menu items may not be available at all locations. Temporary products are not included. This information is effective as of 5/1/2017.

	Serving Size	Calories	Calories from Fat (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
BREAKFAST												
Bananas Foster Pancakes	3 pancakes	1759	519	58	12	1	5	3420	286	13	103	29
Best Breakfast Sandwich	1 sandwich	961	690	77	24	0	502	1,358	50	2	9	39
Biscuits & Gravy	1 biscuit & gravy	714	383.31	42.59	20.1	0	46	2475	63.68	1	8.71	14.22
BLT Benedict	1 order	479	258	29	7	3.5	340	790	21	3	4	21
Blueberry Pancake	1 Pancake	661	368	41	9	4	0	1260	64	3	15	7
Breakfast Quesadilla	1 wrap	840	489	54	17	1	400	1260	60	3	4	29
Burrito Ultimo	1 wrap	1065	627	70	27	-0	1022	1046	69	3	7	42
Buttermilk Pancaes	1 pancake	625	368	41	9	4	0	1250	55	2	10	7
Breakfast Tacos	1 order	1024	671	74	32	1	405	1598	47	2	2	41
Chocolate Chip Pancakes	1 pancake	711	417	46	11	4	0	1250	66	3	19	8
Cinn Roll Pancakes	1 pancake	935	509.3	56.5	15	7	16.6	1425	93	2	48	10.8
Corned Beef Hash & Eggs	Full order	735	505	56	13	2	370	1980	28	3	1	30
Country Omelette	1 omelette	1052	753	84	33	0	380	2180	28	1	6	44
Denver Omelette	1 omelette	461	291	32	8	0	600	1290	9	1	6	34
Eggs Benedict	1 order	515	254	28	7	3.5	375	1630	29	1	3	32
French Toast	2 slices	1186	919	102	20	6	244	926	51	2	11	15
French Toast Crunch	2 slices	722	143.43	16.27	7.51	0	215	538	126.95	11.5	69.99	15.58
Loaded Hashbrowns	1 order	886	563	63	23	0	400	2030	50	2	8	28
Mini Sundae	1 sundae	234	55	6	2	0	4	50	37	4	31	5
Protein Wrap	1 wrap	531	165	18	7	0	60	1392	57.49	8	5.49	32.43
Spinach Tomato Feta Omelette	1 omelette	401	293	33	9	0	570	670	3	1	1	23
Sunny Street Benedict	1 order	479	257	29	8	3.5	345	1040	125	2	3	21
Tex Mex Omelette	1 omelette	930	670	74	33	0.5	690	1510	17	3	4	52
BREAKFAST SIDES												
Bacon	3 pieces	168	111	12	5	0	30	370	0	0	0	14
Bagel (plain)	1 each	200	14	1.5	0	0	0	410	40	1	2	7
Biscuit	1 each	270	108	12	8	0	0	840	34	1	3	6
Cheese & Onions	4 oz	123	82	9	6	0	30	180	4	0	1	7
Chicken Fried Steak	1 each	530	360	40	11	0	70	1060	20	1	0	22
Chicken Sausage	1 order	160	90	10	3	0	70	480	4	0	0	12
English Muffin-Dry	1 each	219	108	12	2	3	0	330	25	1	1	4
Fruit	1 breakfast side	94	2	0	0	0	0	20	24	2	19	1
Granola	1 bowl	424	37	4	1	0	0	480	94	6	47	8
Grits	1 bowl	514	290	32	8	7	20	900	46	1	6	9
Grits	1 side	257	145	16	4	3.5	10	450	23	1	3	5
Ham	2 pieces	101	32	3.5	1	0	45	1020	3	0	3	14
Hashbrowns	4 oz	135	41	4.5	1	0	0	60	22	3	1	3
Hearty Pancakes	1 order	625	368	41	9	4	0	1250	55	2	10	7
Oatmeal- Banana Bread	1 order	857	213.75	23.75	2.754	0	0	2	157.8	15.9	72.74	16.47
Oatmeal-Plain	1 cup	300	45	5	1	0	0	0	56	8	0	10
Salsa Side	1 portion	12	1	0	0	0	0	120	3	1	2	0
Sausage Gravy	1 serving cup	444	275	31	12	0	45	1630	30	0	6	8
Sausage Links	2 each	323	272	30	10	0	70	380	2	0	0	12
Sausage Patties	2 each	468	401	45	16	0	85	870	2	0	2	14
Smoked Sausage	2 Links	549	459	51	16	0.5	80	1237	35	0	0	19
Sour Cream Side	1 portion	110	99	11	6	0	35	90	4	0	2	0
Stuffed Biscuit	1 biscuit	832	543	61	30	0	156	1779	43	2	7	29
Turkey Sausage	3 links	107	51	6	1	0	50	360	0	0	0	13
Wheat Toast-Dry	1 order	160	18	2	0	0	0	260	31	4	3	5

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LUNCH												
Big BLT	1 sandwich	743	517	57	14	0.5	90	1030	28	4	6	30
Bistro Burger	1 sandwich	1062	554	74	22.9	0	110	600	38.65	2	2.85	34
Buffalo Crispy Chicken Salad	1 salad	950	533	59	19	0	85	2580	78	8	8	39
Buffalo Grilled Chicken Salad	1 salad	890	529	59	26	1	135	2110	56	6	7	50
Chicken Cobb Salad	1 salad	891	518.56	57.84	22.408	0.834	275	1384	54.54	4.9	7.72	52.29
Chicken Melt	1 sandwich	1097	662	74	20	1	140	1330	67	3	5	41
Chicken Salad Sandwich	1 sandwich	516	301	33	7	0	90	550	28	4	5	27
Chipotle Chicken Flatbread	1 sandwich	974	509	57	18	0	140	2080	71	3	10	47
Chorizo Quesadilla	1 wrap	842	519.055	56.92	18.478	1	60	1467	60.46	2.2	3.481	21.49
Harvest Spinach Salad	1 salad	602	339	38	10	0	50	1370	38	8	7	28
Mad Veggie Salad	1 salad	661	387.675	43.1	15.938	0	35	2162	62.32	18.8	7.601	20.67
Monterey Ranch Crispy Chicken Wrap	1 wrap	852	347	39	15	0	120	2110	75	3	4	50
Monterey Ranch Grilled Chicken Wrap	1 wrap	820	387	43	17	1	140	1450	53	1	4	54
Reuben- Corned Beef	1 sandwich	973	612	68	21	7	120	3320	46	4	10	42
Southwest Turkey Club	1 sandwich	790	494	55	15	0.5	160	2320	31	4	8	45
Supreme Grilled Cheese	1 sandwich	781	408	45	17	6	75	1150	64	3	4	25
LUNCH SIDES												
Balsamic Vin Dressing	2 Tbsp	100	90	10	1.5	0	0	230	2	0	2	0
Chicken Salad	1 #10 scoop	377	282	31	6	0	90	380	2	0	1	22
Chili	1 bowl	293	166	18	7	1	55	620	16	6	3	17
Chili	1 cup	216	124	14	6	0.5	40	440	11	4	2	12
Potato Chips	4 oz	640	360	40	6	0	640	1360	60	4	4	8
French Fries	4 oz	310	218	24	7	0	0	750	32	4	0	2
Fruit	lunch side	121	3	0	0	0	0	25	31	3	24	1
Garden Side Salad	1 order	187	113	13	6	0	30	410	12	2	2	9
Grilled Chicken Breat	1 each	237	131	15	3	1	70	370	1	0	0	26
Honey Dijon Dressing	2 Tbsp	60	0	0	0	0	0	260	14	0	11	0
Italian Dressing	2 Tbsp	130	120	0	0	0	0	210	1	0	0	0
Ranch Dressing	2 Tbsp	110	100	0	0	0	0	140	1	0	0	1
Thousand Island Dressing	2 Tbsp	150	140	15	2.5	0	15	220	4	0	4	0
SMOOTHIES												
Buckeye	1 serving	591	190	21	8	0	25	280	86	5	68	17
Jungle Crush	1 serving	311	57	6	4	0	25	170	57	4	46	9
Strawberry Banana	1 serving	318	62	7	5	0	25	120	58	4	45	9
Tropical Thunder	1 serving	307	46	5	3	0	25	120	60	3	54	9
Very Berry	1 serving	293	64	7	4.5	0	25	120	48	5	39	9
KIDS MENU												
Blueberry Dino Pancake	1 pancake	403	125	14	4	3	0	1140	60	2	12	7
Buttermilk Dino Pancake	1 pancake	385	125	14	4	3	0	1130	55	2	10	7
Chicken Fingers	1 order	475	308	34	4.5	0	40	710	23	1	0	18
Choc Chip Dino Pancake	1 pancake	483	176	19	7	3	0	1130	70	3	21	9
French Toast	2 slices	722	432	48	11	4	215	690	54	1	12	14
Grilled Cheese	1 sandwich	323	166	18	6	3	15	620	30	1	3	8
Mac & Cheese	1 order	301	81	9	2.5	0	15	550	45	2	8	10
Oreo Dino Pancake	1 pancake	658	219	24	7	3.5	0	1350	97	4	33	9
PB & J	1 sandwich	575	271	30	6	0	0	530	60	4	24	18

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

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