



## MENU NUTRITIONAL & ALLERGEN GUIDE - 2023

Country Kitchen International (CKI) aims to provide accurate and complete nutrition & allergen information based on information received by our suppliers. Some menu items may not be available at all restaurants. Limited time offers, regional items or test products may not be included. This information is based on approved products and standard recipes, variations with the menu item served may occur due to substitution and product availability in different regions of the country. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, the possibility exists for certain ingredients to come in contact with other food products. CKI makes no warranties on the accuracy of this information or the appropriateness of its use. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

### Appetizers - Nutritional and Allergen information includes default dipping sauce, except Build your Own Sampler Items.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens	
Build Your Own Sampler	Brew City® Fries (6 oz)	510	330	37	6	0	830	0	40	4	0	4	★
	Chicken Tenders (3)	470	320	36	6	0	870	55	19	1	0	20	★
	Fried Cheese Curds (4 oz)	510	330	37	17	0	830	85	21	0	0	19	★
	Onion Rings (5 oz)	560	400	44	7	0	610	0	39	2	5	3	★
	Tater Tots (6 oz)	460	280	32	5	0	960	0	39	4	0	4	★
	Zesty Pickle Fries (4 oz)	300	200	22	4	0	1340	0	19	3	3	3	★
	Dipping sauce: Barbecue (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0	★
	Dipping sauce: Creamy Garlic (2 fl oz)	310	300	33	6	0	420	15	1	0	0	0	★
	Dipping sauce: Frank's RedHot® (2 fl oz)	0	0	0	0	0	2280	0	0	0	0	0	★
	Dipping sauce: Honey Mustard (2 fl oz)	260	180	20	3	0	600	20	20	0	18	0	★
	Dipping sauce: Ranch (2 fl oz)	220	200	22	4	0	310	10	2	0	2	1	★
	Brew City® Fries (12 oz)	1010	670	74	12	0	1660	0	80	8	0	8	★
Onion Rings (10 oz)	1330	990	110	19	0	1530	10	80	3	11	7	★	
Tater Tots (12 oz)	910	570	63	10	0	1910	10	79	8	2	8	★	
Fried Cheese Curds (8 oz)	1230	870	97	38	0	1960	180	43	0	2	40	★	
Zesty Pickle Fries (8 oz)	910	700	78	14	0	3150	15	40	6	6	6	★	

Allergen Key		
Milk	+	Peanuts
Wheat	★	Tree Nuts
Eggs	●	Fish
Soy	◆	Shellfish

### Basket Classics - Nutritional and Allergen information includes Brew City® Fries

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Battered Cod	1360	860	96	15	0	2420	80	93	5	11	30	★
Breaded Shrimp	1330	740	82	14	0	3490	210	108	5	0	39	★
Chicken Tenders (no sauce)	1420	980	108	18	0	2380	95	79	7	0	39	★
Cod & Shrimp	1670	1030	115	18	0	3770	170	119	5	10	39	★

### Beverages

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Arnold Palmer (12 fl oz)	80	0	0	0	0	5	0	20	0	20	1	
Berrylicious Lemonade (15.5 fl oz)	160	0	0	0	0	30	0	41	3	38	1	
Citrus Splash (12 fl oz)	150	0	0	0	0	35	0	40	0	37	1	
Coffee - Regular & Decaf (7 fl oz) (no creamer)	5	0	0	0	0	0	0	1	0	0	0	
Cranberry Iced Tea (12 fl oz)	70	0	0	0	0	30	0	17	0	17	0	
Cranberry Lemonade (12 fl oz)	180	0	0	0	0	20	0	43	0	43	1	
Hot Chocolate (7 fl oz) From Packet	160	50	6	6	0	140	0	24	0	21	0	★
Juice, Apple - lg (15.5 fl oz)	230	0	0	0	0	20	0	56	0	56	2	
Juice, Apple - reg (9.5 fl oz)	140	0	0	0	0	10	0	34	0	34	1	
Juice, Cranberry - lg (15.5 fl oz)	250	0	0	0	0	70	0	64	0	64	0	
Juice, Cranberry - reg (9.5 fl oz)	150	0	0	0	0	40	0	39	0	39	0	
Juice, Orange - lg (15.5 fl oz)	210	0	0	0	0	0	0	52	0	47	2	
Juice, Orange - reg (9.5 fl oz)	130	0	0	0	0	0	0	32	0	29	1	
Juice, Tomato - lg (15.5 fl oz)	100	0	0	0	0	1300	0	19	4	12	4	
Juice, Tomato - reg (9.5 fl oz)	60	0	0	0	0	800	0	12	2	7	2	
Lemonade (10 fl oz)	140	0	0	0	0	0	0	33	0	33	1	
Malt, Caramel	760	290	32	21	0	410	100	105	0	72	14	★
Malt, Chocolate	760	310	34	21	0	280	100	103	2	62	14	★
Malt, Oreo	740	330	37	22	0	350	100	87	1	53	13	★
Malt, Strawberry	680	290	32	21	0	270	100	88	3	60	12	★
Malt, Vanilla	610	290	32	21	0	240	100	67	0	42	12	★
Milk, Chocolate - lg (15.5 fl oz)	350	45	5	3	0	470	20	57	0	53	16	★
Milk, Chocolate - reg (9.5 fl oz)	210	25	3	2	0	290	15	35	0	33	10	★
Milk, White - lg (15.5 fl oz)	240	80	9	6	0	240	40	23	0	0	16	★
Milk, White - reg (9.5 fl oz)	150	45	5	3.5	0	150	25	14	0	0	10	★
Shake, Caramel	740	280	31	21	0	390	95	103	0	70	13	★
Shake, Chocolate	740	300	33	21	0	270	95	101	2	60	13	★
Shake, Oreo	720	330	36	22	0	330	95	85	1	51	13	★
Shake, Strawberry	660	280	31	21	0	260	95	86	3	58	12	★
Shake, Vanilla	590	280	31	21	0	230	95	65	0	40	12	★
Soft Drink, Barq's Root Beer (12 fl oz)	160	0	0	0	0	55	0	44	0	44	0	
Soft Drink, Coke (12 fl oz)	140	0	0	0	0	45	0	39	0	39	0	
Soft Drink, Diet Coke (12 fl oz)	0	0	0	0	0	40	0	0	0	0	0	
Soft Drink, Mr. Pibb (12 fl oz)	140	0	0	0	0	55	0	38	0	38	0	
Soft Drink, Sprite (12 fl oz)	140	0	0	0	0	70	0	39	0	38	0	
Tea, Hot (14 fl oz)	0	0	0	0	0	15	0	less than 1g	0	0	0	
Tea, Iced (12 fl oz)	0	0	0	0	0	15	0	less than 1g	0	0	0	
Tea, Iced Raspberry (12 fl oz)	90	0	0	0	0	50	0	23	0	22	0	

**Burgers & Sandwiches** - Nutritional and allergen information does not include side choice. See "Sides, Add-Ons, Dressings & Sauces" for information on side choices.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Avocado Bacon Burger	980	600	67	23	0	1460	140	44	5	3	46	•♦♦♦
Avocado Jack Wrap	940	480	53	19	0	1900	185	61	6	2	52	•♦♦♦
Aztec Quesadilla Burger	950	490	55	26	0	1750	160	60	3	5	48	♦♦♦♦
Bacon Cheeseburger	860	500	55	22	0	1620	135	39	2	2	45	♦♦♦♦
Big Country Burger	1550	960	107	40	0	2050	265	53	3	6	82	•♦♦♦
Bourbon Burger	1000	450	50	20	0	2190	145	78	2	39	49	♦♦♦♦
Chicken Bacon Melt-Rye	790	360	40	16	0	1540	190	42	3	1	54	♦♦♦♦
Chicken Bacon Melt-Sourdough	760	350	39	16	0	1560	190	42	less than 1g	3	54	♦♦♦♦
Chicken Bacon Melt-Wheat	820	360	40	16	0	1640	190	52	3	5	54	♦♦♦♦
Chicken Bacon Melt-White	730	340	38	16	0	1540	190	36	1	2	50	♦♦♦♦
Classic Cheeseburger	770	440	48	19	0	1290	115	39	2	2	39	♦♦♦♦
Country Avocado BLT-Rye	610	320	35	9	0	1100	45	40	6	1	22	•♦♦♦
Country Avocado BLT-Sourdough	650	310	34	9	0	1120	45	40	4	3	22	•♦♦♦
Country Avocado BLT-Wheat	710	320	35	9	0	1200	45	50	6	5	22	•♦♦♦
Country Avocado BLT-White	620	300	34	9	0	1100	45	34	5	2	21	•♦♦♦
Crispy Bourbon Chicken Sandwich	1170	570	63	16	0	2500	100	100	3	37	44	♦♦♦♦
Cuban Monte Cristo	1010	300	34	15	0	3420	240	118	9	57	46	♦♦♦♦
Honey Mustard Chicken Melt-Rye	830	380	43	14	0	1510	180	52	3	10	48	•♦♦♦
Honey Mustard Chicken Melt-Sourdough	800	380	42	14	0	1530	180	52	less than 1g	12	48	•♦♦♦
Honey Mustard Chicken Melt-Wheat	860	380	43	14	0	1610	180	62	3	14	48	•♦♦♦
Honey Mustard Chicken Melt-White	770	370	41	14	0	1510	180	46	1	11	47	•♦♦♦
Mushroom Swiss Burger	790	440	49	19	0	1000	120	40	2	3	42	♦♦♦♦
Patty Melt	870	460	51	22	0	1030	140	43	3	2	48	♦♦♦♦
Reuben	770	380	42	15	0	2350	105	48	5	10	39	•♦♦♦
Spicy Crispy Chicken Sandwich	1050	630	70	15	0	2920	90	66	3	4	38	•♦♦♦

**Allergen Key**

Milk	♦	Peanuts	■
Wheat	★	Tree Nuts	◀
Eggs	●	Fish	▲
Soy	◆	Shellfish	◁

**Classic Country Breakfasts** - Nutritional and Allergen information includes Hash Browns (where applicable), but does NOT include toast and/or side choice(s). See "Sides, Add-ons, Dressings, Sauces" for information on toast and side choices.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Barn Buster, The (fried eggs)	520	270	30	8	0	490	760	31	2	0	26	•♦♦♦
Barn Buster, The (scrambled eggs)	460	240	26	7	0	680	495	30	2	2	2	•♦♦♦
Beef & Eggs (fried eggs)	780	470	52	18	0	670	480	29	2	0	41	•♦♦♦
Beef & Eggs (scrambled eggs)	750	450	50	17	0	770	345	28	2	less than 1g	29	•♦♦♦
Biscuits & Sausage Gravy	970	560	62	23	14	4200	30	98	2	14	15	♦♦♦♦
Biscuits & Sausage Gravy with Eggs (fried eggs)	1110	630	70	26	14	4310	410	100	2	14	27	•♦♦♦
Biscuits & Sausage Gravy with Eggs (scrambled eggs)	1080	610	68	25	14	4400	280	100	2	15	15	•♦♦♦
Bourbon Ribeye & Eggs (fried eggs)	1020	520	57	18	1	1020	550	50	2	17	70	•♦♦♦
Bourbon Ribeye & Eggs (scrambled eggs)	990	500	56	17	1	1120	420	50	2	18	58	•♦♦♦
Chicken Fried Chicken & Eggs (fried eggs)	990	590	65	13	2	1590	445	59	3	2	40	•♦♦♦
Chicken Fried Chicken & Eggs (scrambled eggs)	960	570	63	12	2	1680	315	59	3	3	28	•♦♦♦
CFS Melt	1410	810	90	29	0	2330	690	95	3	3	49	•♦♦♦
Country Eggs (fried eggs)	380	200	22	5	0	380	380	29	2	0	14	•♦♦♦
Country Eggs (scrambled eggs)	350	180	20	4.5	0	470	250	28	2	less than 1g	2	•♦♦♦
Country Fried Steak & Eggs (fried eggs)	1040	660	74	19	2	1480	660	60	3	1	33	•♦♦♦
Country Fried Steak & Eggs (scrambled eggs)	1010	650	72	18	2	1580	530	60	3	2	21	•♦♦♦
Eggs Benedict	990	500	56	24	0	2290	490	77	3	8	37	•♦♦♦
Everybody's Favorite (fried eggs)	380	200	22	5	0	380	380	29	2	0	14	•♦♦♦
Everybody's Favorite (scrambled eggs)	350	180	20	4.5	0	470	250	28	2	less than 1g	2	•♦♦♦

**Country Comfort Dinners** - Nutritional & Allergen information does not include side choice. See "Sides, Add-Ons, Dressings & Sauces" for information on side choices.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Bourbon Ribeye Steak	750	400	44	14	1	730	170	30	1	18	57	♦♦♦♦
Chicken Fried Chicken	600	390	43	8	2	1210	65	30	less than 1g	2	26	♦♦♦♦
Country Fried Steak	540	340	38	11	2	1100	280	32	1	1	19	♦♦♦♦
Homemade Meatloaf	830	500	56	23	2	2340	195	37	3	9	47	•♦♦♦
Pot Roast	540	370	41	16	0	1120	180	13	2	1	31	♦♦♦♦
Roasted Turkey	630	110	12	2.5	1	2830	105	78	5	27	46	•♦♦♦
Stacker-Meatloaf	1230	650	72	31	2	3400	220	88	11	13	55	•♦♦♦
Stacker-Pot Roast	760	390	44	17	0	1790	120	65	9	5	24	♦♦♦♦
Stacker-Turkey	740	280	31	11	0	2450	130	66	9	7	44	♦♦♦♦

**Desserts**

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Ala Mode, vanilla ice cream (1 scoop)	90	40	5	2.5	0	30	15	10	0	7	1	♦
Apple Pie (slice)	670	340	38	16	0	630	5	80	4	39	4	•♦♦♦
Cheesecake (plain)	510	320	35	21	1	480	145	42	1	33	8	•♦♦♦
Cheesecake (with Country Baked Apples)	630	330	37	21	1	510	145	67	3	54	8	•♦♦♦
Cheesecake (with strawberry topping)	580	320	35	21	1	510	145	63	4	51	8	•♦♦♦
Chocolate Molted Madness	810	360	40	22	0	490	80	101	5	64	11	•♦♦♦
Malt, Caramel	760	290	32	21	0	410	100	105	0	72	14	♦♦♦♦
Malt, Chocolate	760	310	34	21	0	280	100	103	2	62	14	♦♦♦♦
Malt, Oreo	740	330	37	22	0	350	100	87	1	53	13	♦♦♦♦
Malt, Strawberry	680	290	32	21	0	270	100	88	3	60	12	♦♦♦♦
Malt, Vanilla	610	290	32	21	0	240	100	67	0	42	12	♦♦♦♦
Mini Sundae, Caramel	190	70	8	6	0	85	20	29	0	22	2	♦♦♦♦
Mini Sundae, Chocolate	190	80	9	6	0	45	20	28	less than 1g	18	2	♦♦♦♦
Mini Sundae, Turtle	240	120	13	7	0	110	20	30	less than 1g	21	3	•♦♦♦
Old Fashioned Apple Crisp	590	160	18	8	0	310	35	103	4	78	5	♦♦♦♦

Shake, Caramel	740	280	31	21	0	390	95	103	0	70	13	+	+	+					
Shake, Chocolate	740	300	33	21	0	270	95	101	2	60	13	+	+	+					
Shake, Oreo	720	330	36	22	0	330	95	85	1	51	13	+	+	+					
Shake, Strawberry	660	280	31	21	0	260	95	86	3	58	12	+	+	+					
Shake, Vanilla	590	280	31	21	0	230	95	65	0	40	12	+	+	+					
Sundae, Caramel	350	140	15	11	0	170	35	53	0	40	4	+	+	+					
Sundae, Chocolate	350	140	16	11	0	85	35	52	1	33	4	+	+	+					
Sundae, Hot Fudge	400	190	21	12	2	140	35	52	0	37	4	+	+	+					
Sundae, Oreo	380	180	20	12	0	170	35	48	1	31	4	+	+	+					
Sundae, Strawberry Topping	330	130	15	11	0	90	35	49	3	38	3	+	+	+					
Sundae, Turtle	460	230	25	12	0	220	35	55	1	39	5	+	+	+	+	+	+	+	+

Allergen Key

Milk	+	Peanuts	+
Wheat	*	Tree Nuts	*
Eggs	•	Fish	•
Soy	♦	Shellfish	♦

**From the Griddle** - Nutritional & Allergen information for items marked with "\*\*\*" includes butter, but not syrup. See "Sides, Add-ons, Dressing, Sauces" for syrup information. Nutritional & Allergen information for items marked with "+" do not include breakfast meat choice.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Belgian Waffle*	410	180	21	11	0	900	105	47	0	7	7	• + ♦ *
Best Pancakes in Town**	510	180	20	5	0	1530	75	64	1	13	14	• + ♦ *
Cakes, Eggs & Bacon (fried eggs)*	590	270	30	10	0	1480	450	45	less than 1g	8	27	• + ♦ *
Cakes, Eggs & Bacon (scrambled eggs)*	560	260	28	9	0	1580	315	44	less than 1g	9	15	• + ♦ *
Chicken & Waffle*	880	510	56	16	0	1760	165	66	1	7	28	• + ♦ *
Cowboy Crepes	880	420	47	26	0	1530	605	64	3	15	27	• + ♦ *
French Toast*	890	310	34	7	0	1120	190	112	12	27	17	• + ♦ *
French Toast, Eggs & Bacon (fried eggs)*	880	400	44	12	0	1200	530	76	8	18	30	• + ♦ *
French Toast, Eggs & Bacon (scrambled eggs)*	850	380	43	11	0	1300	400	76	8	18	18	• + ♦ *
Strawberry Crepes (fresh strawberries)*	810	390	43	37	0	460	165	92	5	45	14	• + ♦ *
Strawberry Crepes (strawberry topping)*	900	390	43	37	0	520	165	120	7	74	13	• + ♦ *
Strawberry Pancakes (fresh strawberries)**	660	240	27	12	0	1530	75	84	5	27	15	• + ♦ *
Strawberry Pancakes (strawberry topping)**	750	240	27	12	0	1590	75	113	7	56	14	• + ♦ *
Strawberry Waffle (fresh strawberries)*	560	250	28	18	0	900	105	67	3	22	8	• + ♦ *
Strawberry Waffle (strawberry topping)*	650	250	28	18	0	960	105	96	6	50	7	• + ♦ *
Triple Chocolate Pancakes**	980	400	44	20	0	1650	75	131	6	60	16	• + ♦ *
Waffle, Eggs & Bacon (fried eggs)*	640	320	36	17	0	1340	505	49	0	7	25	• + ♦ *
Waffle, Eggs & Bacon (scrambled eggs)*	610	300	34	16	0	1430	375	48	0	8	13	• + ♦ *

**Kid's Menu** - Nutritional & Allergen information for items marked with "\*\*\*" includes butter, but not syrup. See "Sides, Add-ons, Dressings, Sauces" for syrup information. Values also do not include side choices with Kid's meals. Sides are listed below.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cake 'n' Egg (scrambled egg)*	260	120	13	4	0	650	150	22	less than 1g	5	5	• + ♦ *
Cheesy Omelette	220	130	14	7	0	420	275	3	0	less than 1g	8	• + ♦ *
Chicken Sandwich	470	180	20	5	0	800	120	35	1	1	31	• + ♦ *
Chicken Tenders (no sauce)	470	320	36	6	0	870	55	19	1	0	20	• + ♦ *
Cookies & Crème Crepe	360	160	18	14	0	210	55	44	1	23	5	• + ♦ *
Corn Dog Bites	380	250	28	6	0	560	35	26	1	6	8	• + ♦ *
Drink - Juice, Apple (9.5 fl oz)	140	0	0	0	0	10	0	34	0	34	1	
Drink - Juice, Orange (9.5 fl oz)	130	0	0	0	0	0	0	32	0	29	1	
Drink - Lemonade (6 fl oz)	80	0	0	0	0	0	0	20	0	20	1	
Drink - Milk, Chocolate (9.5 fl oz)	210	25	3	2	0	290	15	35	0	33	10	+
Drink - Milk, White (9.5 fl oz)	150	45	5	3.5	0	150	25	14	0	0	10	+
Drink - Soda, Barq's Root Beer (6 fl oz)	80	0	0	0	0	25	0	22	0	22	0	
Drink - Soda, Coke (6 fl oz)	70	0	0	0	0	20	0	20	0	20	0	
Drink - Soda, Diet Coke (6 fl oz)	0	0	0	0	0	25	0	0	0	0	0	
Drink - Soda, Mr. Pibb (6 fl oz)	70	0	0	0	0	25	0	19	0	19	0	
Drink - Soda, Sprite (6 fl oz)	70	0	0	0	0	35	0	19	0	19	0	
Fishy Stick (with tartar sauce)	390	260	29	4.5	0	910	45	22	0	9	9	• + ♦ *
French Toasters*	310	80	9	3	0	470	85	43	1	11	8	• + ♦ *
Grilled Cheese	370	170	19	10	0	1100	30	32	less than 1g	less than 1g	15	• + ♦ *
Hamburger	630	360	40	14	0	930	80	36	1	1	26	• + ♦ *
Kid's Sundae, Caramel	140	50	5	2.5	0	85	15	23	0	17	2	• + ♦ *
Kid's Sundae, Chocolate	140	50	5	2.5	0	45	15	22	less than 1g	13	2	• + ♦ *
Mac & Cheese	300	80	9	2.5	0	570	15	45	2	8	11	• + ♦ *
Mr. Chippy®	430	230	25	19	0	490	25	49	2	30	5	• + ♦ *
Oreo® Pack (2 cookies)	100	50	5	1	0	85	0	16	1	9	1	♦ *
Premium Side - Cheese Curds (4 oz)	510	340	37	17	0	830	85	21	0	0	19	• + ♦ *
Premium Side - Pickle Fries (4 oz)	300	200	22	4	0	1370	0	19	3	3	3	• + ♦ *
Side - Bacon Strips (2 slices)	90	60	7	3	0	330	20	1	0	1	6	
Side - Country Baked Apples (4 oz)	120	20	2	1	0	30	0	25	2	22	0	• + ♦ *
Side - French Fries (4 oz)	340	220	25	4	0	620	0	27	3	0	3	♦ *
Side - Fruit of the Day (4 oz)						varies						varies
Side - Hash Browns (5 oz)	240	120	14	2.5	0	270	0	27	2	2	2	♦
Side - Mashed Potatoes (5 oz-no gravy)	150	70	8	5	0	460	20	19	2	2	3	• + ♦ *
Side - Mashed Potatoes with Beef Gravy	190	90	10	6	0	710	25	23	3	2	3	• + ♦ *
Side - Mashed Potatoes with Country Gravy	200	100	11	5	2	730	20	23	2	3	3	• + ♦ *
Side - Mashed Potatoes with Turkey Gravy	190	90	10	5	0	710	25	22	2	2	4	• + ♦ *
Side - Salad (no dressing)	5	0	0	0	0	5	0	2	less than 1g	less than 1g	0	
Side - Oranges, Mandarin (4 oz)	120	0	0	0	0	15	0	27	2	24	2	
Side - Sausage (2 links)	200	170	19	7	0	430	35	0	0	0	6	
Side - Tater Tots (4 oz)	310	190	21	3.5	0	630	0	26	3	0	3	
Side - Toast, rye (2 slices w/butter)	300	80	9	2	0	420	0	38	2	0	8	• + ♦ *
Side - Toast, sourdough (2 slices with butter)	260	70	8	2	0	440	0	38	0	2	8	• + ♦ *
Side - Toast, wheat (2 slices with butter)	320	80	9	2	0	520	0	48	2	4	8	• + ♦ *
Side - Toast, white (2 slices with butter)	230	70	7	2	0	420	0	32	less than 1g	less than 1g	7	• + ♦ *
Side - Vegetable Mix (California Blend, 4 oz)	40	0	0	0	0	50	0	6	2	4	1	
Side - Vegetable of the Day (4 oz)						varies						varies
Sour Patch Kids	140	0	0	0	0	25	0	36	0	25	0	

**Lighter Fare** - Nutritional & Allergen information does not include toast and/or side choice(s). Items marked with "\*" includes butter but not syrup. See "Sides, Add-ons, Dressing, Sauces" for syrup, toast and side choice information.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
2 Egg, Ham & Cheese Omelette	510	260	29	10	0	1040	300	30	2	1	17	•••••
Breakfast Duo - Cakes & Bacon*	450	200	22	7	0	1370	70	43	less than 1g	8	23	•••••
Breakfast Duo - Cakes & Sausage Links*	560	310	34	11	0	1480	85	43	less than 1g	8	15	•••••
Breakfast Duo - French Toast & Bacon*	620	200	22	7	0	1090	150	75	8	18	18	•••••
Breakfast Duo - French Toast & Sausage Links*	730	310	34	11	0	1190	165	75	8	18	18	•••••
Breakfast Sampler (fried eggs)*	460	280	31	9	0	700	220	28	2	less than 1g	14	•••••
Breakfast Sampler (scrambled eggs)*	440	270	30	9	0	750	150	28	2	less than 1g	8	•••••
Double-Smothered Chicken	240	110	12	4	0	470	130	2	less than 1g	29	+	•••••
Lighter Fare Cod	590	380	42	6	0	1200	65	34	less than 1g	10	17	•••••
Lighter Fare French Toast (Country Baked Apples)*	690	180	20	10	0	740	130	107	10	46	12	•••••
Lighter Fare French Toast (with fresh strawberries)*	590	150	17	9	0	710	130	88	10	29	12	•••••
Lighter Fare French Toast (with strawberry topping)*	640	150	17	9	0	740	130	103	11	43	12	•••••
Lighter Fare Meatloaf	470	290	32	12	1	1220	100	23	2	5	24	•••••
Lighter Fare Pancakes (with Country Baked Apples)*	520	170	19	10	0	1020	50	75	3	37	9	•••••
Lighter Fare Pancakes (with fresh strawberries)*	430	150	17	9	0	990	50	56	3	19	10	•••••
Lighter Fare Pancakes (with strawberry topping)*	470	150	17	9	0	1020	50	71	4	33	9	•••••
Lighter Fare Turkey	540	90	10	2	0.5	2310	55	77	5	27	28	•••••
Lighter Fare Pot Roast	330	220	24	9	0	730	95	13	2	1	16	•••••
Smothered Chopped Steak	420	280	32	13	0	420	100	4	less than 1g	less than 1g	28	•••••
Soup & Salad						varies						varies

Allergen Key

Milk	+	Peanuts	■
Wheat	*	Tree Nuts	◀
Eggs	•	Fish	▲
Soy	♦	Shellfish	✱

**Omelettes** - Nutritional & Allergen information includes Hash Brown but does not include side choice(s). See "Sides, Add-ons, Dressing, Sauces" for side choice information and Build your Own Omelette ingredients.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Bacon Avocado Ranch Omelette	820	510	57	19	0	1250	445	35	5	2	23	•••••
Build Your Own Omelette (with cheese only)	630	350	39	15	0	1000	430	32	2	1	17	•••••
Garden Fresh Omelette	460	210	24	6	0	690	370	41	5	7	5	•••••
Ham & Cheese Omelette	720	370	41	16	0	1710	470	32	2	2	32	•••••
Meat Lover's Omelette	920	550	61	23	0	2150	510	32	2	2	40	•••••
Montana Ranch Omelette	830	470	52	19	0	1770	470	36	3	4	32	•••••
Western Omelette	700	360	40	15	0	1360	450	38	3	4	26	•••••

**Sides, Add-ons, Dressings, Sauces**

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Avocado, quarter	80	70	7	1	0	0	0	4	3	0	1	
Bacon (1 slice)	45	30	3.5	1.5	0	170	10	0	0	0	3	
Barbeque sauce (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0	
Barn Buster Side - Pancakes (no butter) (4)	610	170	19	4	0	1970	100	85	2	17	19	•••••
Barn Buster Side - Toast, Rye (with butter) (4 slices)	590	160	18	4	0	840	0	76	4	0	16	•••••
Barn Buster Side - Toast, Sourdough (w/butter) (4 slices)	530	140	16	4	0	880	0	76	0	4	16	•••••
Barn Buster Side - Toast, Wheat (with butter) (4 slices)	650	160	18	4	0	1040	0	96	4	8	16	•••••
Barn Buster Side - Toast, White (with butter) (4 slices)	470	130	15	4	0	840	0	65	2	2	14	•••••
Biscuit (with butter) (1)	290	150	17	9	0	870	0	30	1	2	4	•••••
Biscuit & Country Gravy (1)	280	130	15	8	2	1080	0	35	1	3	4	•••••
Bleu cheese dressing (1 fl oz)	140	130	14	2.5	0	320	10	2	0	1	0	•••••
Bourbon sauce (1 fl oz)	80	0	0	0	0	240	0	18	0	17	0	•••••
Breakfast Meat Choice - Bacon (4 slices)	180	130	14	6	0	660	40	0	0	0	12	
Breakfast Meat Choice - Ham (4 oz)	120	35	4	2	0	1420	50	6	0	6	16	
Breakfast Meat Choice - Sausage Links (4)	400	340	38	14	0	860	70	0	0	0	12	
Breakfast Meat Choice - Sausage Patties (2)	320	250	28	10	0	920	80	0	0	0	18	
Breakfast Side - Biscuit (no butter) (1)	230	100	11	7	0	810	0	30	1	2	4	•••••
Breakfast Side - Biscuit (with butter) (1)	290	150	17	9	0	870	0	30	1	2	4	•••••
Breakfast Side - English Muffin (with butter) (1)	250	70	8	2	0	340	0	38	1	2	7	•••••
Breakfast Side - Pancakes (no butter) (2)	300	90	10	2	0	990	50	43	less than 1g	8	9	•••••
Breakfast Side - Toast, rye (with butter) (2 slices)	300	80	9	2	0	420	0	38	2	0	8	•••••
Breakfast Side - Toast, sourdough (with butter) (2 slices)	260	70	8	2	0	440	0	38	0	2	8	•••••
Breakfast Side - Toast, wheat (with butter) (2 slices)	320	80	9	2	0	520	0	48	2	4	8	•••••
Breakfast Side - Toast, white (with butter) (2 slices)	230	70	7	2	0	420	0	32	less than 1g	less than 1g	7	•••••
Brew City Fries, side (6 oz)	510	330	37	6	0	830	0	40	4	0	4	•••••
Build Your Own Omelette Ingredient - Avocado	80	70	7	1	0	0	0	4	3	0	1	
Build Your Own Omelette Ingredient - Bacon	45	30	3.5	1.5	0	170	10	0	0	0	3	
Build Your Own Omelette Ingredient - Broccoli	15	0	0	0	0	100	0	3	1	less than 1g	1	
Build Your Own Omelette Ingredient - Green Pepper	5	0	0	0	0	0	0	2	less than 1g	less than 1g	0	
Build Your Own Omelette Ingredient - Ham	45	10	1	0	0	360	20	less than 1g	0	0	8	
Build Your Own Omelette Ingredient - Mushrooms	10	0	0	0	0	0	0	1	0	less than 1g	1	
Build Your Own Omelette Ingredient - Onion	15	0	0	0	0	0	0	4	less than 1g	2	1	
Build Your Own Omelette Ingredient - Sausage	160	130	14	5	0	460	40	0	0	0	9	
Build Your Own Omelette Ingredient - Tomato	10	0	0	0	0	0	0	2	less than 1g	1	0	
Burger & Sandwich Side - Brew City Fries (6 oz)	510	330	37	6	0	830	0	40	4	0	4	•••••
Burger & Sandwich Side - Tater Tots (6 oz)	460	280	32	5	0	960	0	39	4	0	4	
Burger & Sandwich Side - Onion Rings (5 oz)	550	390	44	7	0	610	0	39	2	5	3	•••••
Butter, side (1 T)	60	50	6	2	0	55	0	0	0	0	0	•••••
Caramel sauce (3 T)	150	0	0	0	0	170	0	38	0	30	2	•••••
Cheese, American (1 slice)	70	50	6	4	0	340	15	0	0	0	4	•••••
Cheese, bacon & onion hash brown topper	170	100	11	6	0	380	40	5	less than 1g	2	11	•••••
Cheese, bleu cheese crumble (1/4 C)	100	70	8	5	0	380	20	0	0	0	6	•••••
Cheese, four-cheese blend (1/4 C)	110	70	8	4.5	0	210	30	1	0	0	8	•••••
Cheese, pepper jack (1 slice)	50	40	5	3	0	90	15	0	0	0	4	•••••



**Salad & Soup - Nutritional & Allergen information for salads do not include dressing. See "Sides, Add-ons, Dressing, Sauces" for dressing information**

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken BLT Salad	340	140	16	5	0	730	135	17	5	10	34	
Country Cobb Salad	420	190	21	7	0	980	260	24	8	11	36	• +
Cranberry Pecan Harvest Salad	460	250	27	6	0	580	20	45	7	32	13	• + • + • + • +

**Allergen Key**

Milk	+	Peanuts	■
Wheat	*	Tree Nuts	◀
Eggs	•	Fish	▲
Soy	♦	Shellfish	⊗

**Specialty Coffee - At participating locations.**

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cappuccino (10 fl oz)	110	25	2.5	2.5	0	90	5	14	less than 1g	10	4	+ •
Cappuccino, Iced (12 fl oz)	200	80	9	8	0	200	15	39	less than 1g	9	6	+ • ♦
Caramel Marshmallow Latte (10 fl oz)	380	100	11	11	0	230	5	57	less than 1g	48	8	+ • ♦
Caramel Marshmallow Latte, Iced (12 fl oz)	270	80	9	8	0	160	15	38	1	27	6	+ • ♦
Cinnamon Roll Latte (10 fl oz)	380	100	11	11	0	230	5	59	less than 1g	49	8	+ • ♦
Cinnamon Roll Latte, Iced (12 fl oz)	270	80	9	8	0	160	15	39	less than 1g	28	6	+ • ♦
Espresso, shot (2 fl oz)	5	0	0	0	0	0	0	less than 1g	less than 1g	0	0	
German Chocolate Mocha (10 fl oz)	280	70	8	8	0	170	less than 5mg	45	less than 1g	39	3	+ • ♦ ▶
German Chocolate Mocha, Iced (12 fl oz)	320	80	9	8	0	230	10	50	less than 1g	46	7	+ • ♦ ▶
Gourmet Hot Chocolate (10 fl oz)	230	70	7	7	0	240	0	37	2	32	3	+ •
Iced Coffee (12 fl oz)	10	0	0	0	0	10	0	1	1	0	0	
Latte (10 fl oz)	210	45	5	5	0	160	5	29	less than 1g	21	8	+ •
Latte, Iced (12 fl oz)	200	80	9	8	0	110	15	20	less than 1g	9	6	+ • ♦
Mocha (10 fl oz)	100	15	1.5	1.5	0	130	0	17	less than 1g	14	3	+ •
Mocha, Iced (12 fl oz)	240	70	8	7	0	200	10	34	less than 1g	29	7	+ • ♦
Peanut Butter Crunch Mocha (10 fl oz)	270	70	7	7	0	200	less than 5mg	47	less than 1g	40	3	+ • ♦ ▶
Peanut Butter Crunch Mocha, Iced (12 fl oz)	310	70	8	7	0	270	10	51	less than 1g	47	7	+ • ♦ ▶
Salted Caramel Mocha (10 fl oz)	270	70	7	7	0	200	less than 5mg	47	less than 1g	40	3	+ • ♦ ▶
Salted Caramel Mocha, Iced (12 fl oz)	310	70	8	7	0	300	10	52	less than 1g	47	7	+ • ♦ ▶
Syrup/Flavor, cinnamon (one shot/0.75 oz)	80	0	0	0	0	0	0	19	0	18	0	
Syrup/Flavor, coconut (one shot/0.75 oz)	70	0	0	0	0	0	0	17	0	17	0	
Syrup/Flavor, English toffee (one shot/0.75 oz)	70	0	0	0	0	10	0	16	0	16	0	◀
Syrup/Flavor, French vanilla (one shot/0.75 oz)	90	0	0	0	0	0	0	22	0	22	0	
Syrup/Flavor, hazelnut (one shot/0.75 oz)	60	0	0	0	0	5	0	15	0	15	0	◀
Syrup/Flavor, Irish cream (one shot/0.75 oz)	70	0	0	0	0	0	0	16	0	16	0	
Syrup/Flavor, marshmallow (one shot/0.75 oz)	70	0	0	0	0	0	0	17	0	16	0	
Syrup/Flavor, peanut butter (one shot/0.75 oz)	80	0	0	0	0	100	0	19	0	18	0	■
Syrup/Flavor, salted caramel (one shot/0.75 oz)	80	0	0	0	0	105	0	18	0	18	0	