



Menu Nutritional & Allergen Guide - 2019

Country Kitchen International aims to provide accurate and complete nutrition and allergen information. Some menu items may not be available at all restaurants. Limited time offers, regional items, or test products may not be included. Nutrition, allergen, and ingredient information is based on information received from our suppliers. While menu item analysis is based on approved products and standard recipes, variations between the nutrition and allergen information reported here and what is actually served may occur due to substitutions 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 into contact with other food products. Country Kitchen International 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 on 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 (Pick 3 or Pick 4)												
Battered Cauliflower (4 oz) (Canada menu only)	325	207	23	4	0	552	0	28	2	2	4	+
Brew City® Fries (7 oz)	590	387	43	7	0	854	0	47	5	0	5	★
Chicken Tenders (3)	361	207	23	4	0	867	57	19	1	0	20	+
Crispy Green Beans (4 oz)	351	198	22	2	0	854	0	35	4	5	8	+
Fried Cheese Curds (4 oz)	508	333	37	17	0	825	84	21	0	0	19	+
Mozzarella Sticks (3) (Canada menu only)	241	135	15	6	0	630	15	18	3	3	12	+
Onion Rings (5 oz)	555	396	44	7	0	607	0	39	2	5	3	+
Zesty Pickle Fries (4 oz)	302	198	22	4	0	1366	0	19	3	3	3	+
Dipping sauce: Barbecue (2 fl oz)	136	0	0	0	0	563	0	35	0	31	0	●
Dipping sauce: Creamy Garlic (2 fl oz)	307	297	33	6	0	416	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)	216	198	22	4	0	314	11	2	0	2	1	●
Battered Cauliflower (8 oz)	958	711	79	14	0	1519	15	58	4	5	8	●
Cheezy Bacon Fries (14 oz)	1700	1134	126	36	0	3972	120	103	9	9	37	+
Crispy Green Beans (8 oz)	1009	693	77	10	0	2123	15	71	8	11	16	●
Fried Cheese Curds (8 oz)	1232	873	97	38	0	1964	179	43	0	2	40	●
Mozzarella Sticks (6)	516	270	30	12	0	1500	30	43	7	11	25	+
Zesty Pickle Fries (8 oz)	912	702	78	14	0	3148	15	40	6	6	6	●







Allergen Key + Milk ● Eggs ■ Peanuts △ Fish ★ Wheat ◆ Soy ○ Tree Nuts ❖ Shellfish

Basket Classics Nutritional & 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
Barbecue Ribs (basket)	1942	1071	119	34	0	3624	378	122	5	62	97	★
Battered Cod	1177	765	85	13	0	2128	63	81	5	10	22	● ▲ + ★
Breaded Shrimp	1333	738	82	14	0	3492	210	108	5	0	39	▲ + ● ◆ ★
Chicken Tenders (no sauce)	1179	720	80	13	0	2378	96	79	7	0	39	+ ★
Cod & Shrimp	1398	846	94	15	0	3480	152	107	5	9	31	● ▲ + ● ◆ ★

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)	84	0	0	0	0	7	0	20	0	20	1	
Berrylicious Lemonade (15.5 fl oz)	197	0	0	0	0	0	0	48	0	20	1	
Citrus Splash (12 fl oz)	154	0	0	0	0	34	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)	67	0	0	0	0	27	0	17	0	17	0	
Cranberry Lemonade (12 fl oz)	177	0	0	0	0	18	0	43	0	43	1	
Hot Chocolate (7 fl oz)	159	54	6	6	0	142	0	24	0	21	0	+ ◆
Juice, Apple - lg (15.5 fl oz)	233	0	0	0	0	19	0	56	0	56	2	
Juice, Apple - reg (9.5 fl oz)	143	0	0	0	0	12	0	34	0	34	1	
Juice, Cranberry - lg (15.5 fl oz)	252	0	0	0	0	68	0	64	0	64	0	
Juice, Cranberry - reg (9.5 fl oz)	154	0	0	0	0	42	0	39	0	39	0	
Juice, Orange - lg (15.5 fl oz)	213	0	0	0	0	0	0	52	0	47	2	
Juice, Orange - reg (9.5 fl oz)	131	0	0	0	0	0	0	32	0	29	1	
Juice, Tomato - lg (15.5 fl oz)	97	0	0	0	0	1298	0	19	4	12	4	
Juice, Tomato - reg (9.5 fl oz)	59	0	0	0	0	796	0	12	2	7	2	
Lemonade (10 fl oz)	139	0	0	0	0	0	0	33	0	33	1	
Malt, Caramel	756	288	32	21	0	408	98	105	0	72	14	+ ◆ ★
Malt, Chocolate	756	306	34	21	0	281	98	103	2	62	14	+ ◆ ★
Malt, Oreo	736	333	37	22	0	348	98	87	1	53	13	+ ◆ ★
Malt, Strawberry	719	288	32	21	0	243	98	96	0	42	12	+ ★
Malt, Vanilla	606	288	32	21	0	243	98	67	0	42	12	+ ★
Milk, Chocolate - lg (15.5 fl oz)	349	45	5	3	0	472	21	58	0	53	16	+
Milk, Chocolate - reg (9.5 fl oz)	214	27	3	2	0	289	13	35	0	33	10	+
Milk, White - lg (15.5 fl oz)	242	81	9	6	0	242	39	23	0	0	16	+
Milk, White - reg (9.5 fl oz)	148	45	5	4	0	148	24	14	0	0	10	+
Shake, Caramel	739	288	32	21	0	393	96	103	0	70	13	+ ◆
Shake, Chocolate	739	297	33	21	0	266	96	101	2	60	13	+ ◆

Allergen Key  Milk  Eggs  Peanuts  Fish  Wheat  Soy  Tree Nuts  Shellfish

Beverages

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Choles-terol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens					
Shake, Oreo	719	333	37	22	0	333	96	85	1	51	13	+	◆	★			
Shake, Strawberry	702	288	32	21	0	228	96	94	0	40	12	+					
Shake, Vanilla	589	288	32	21	0	228	96	65	0	40	12	+					
Soft Drink, Barq's Root Beer (12 fl oz)	160	0	0	0	0	53	0	44	0	44	0						
Soft Drink, Coke (12 fl oz)	145	0	0	0	0	35	0	40	0	40	0						
Soft Drink, Diet Coke (12 fl oz)	0	0	0	0	0	50	0	0	0	0	0						
Soft Drink, Mr. Pibb (12 fl oz)	140	0	0	0	0	53	0	38	0	38	0						
Soft Drink, Sprite (12 fl oz)	140	0	0	0	0	68	0	39	0	38	0						
Tea, Hot (14 fl oz)	2	0	0	0	0	17	0	1	0	0	0						
Tea, Iced (12 fl oz)	2	0	0	0	0	14	0	1	0	0	0						
Tea, Iced Raspberry (12 fl oz)	85	0	0	0	0	50	0	23	0	22	0						

Burgers & Sandwiches 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)	Choles-terol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens					
Avocado Bacon Burger	1056	657	73	25	0	1564	150	44	5	3	50	●	+	◆	★		
Avocado Jack Wrap	973	477	53	19	0	2316	153	61	6	2	61	●	+	◆	★		
Aztec Quesadilla Burger	944	495	55	26	0	1688	161	60	3	5	48	+	★				
Bacon Cheeseburger	940	558	62	24	0	1732	147	39	2	2	49	+	◆	★			
Big Bad Bacon Burger	1690	1035	115	46	0	2688	320	50	2	10	98	+	◆	★			
Big Country Burger	1587	990	110	41	0	2109	274	53	3	6	84	●	+	◆	★		
Chicken Bacon Melt	811	351	39	16	0	1994	160	44	2	3	62	+	◆	★			
Classic Cheeseburger	771	432	48	19	0	1293	113	39	2	2	39	+	◆	★			
Country Avocado BLT	528	405	45	13	0	953	73	6	4	1	22	●	◆	★			
Grilled Cheese, Bacon & Tomato	460	342	38	18	0	1401	81	2	1	1	24	+	◆	★			
Honey Mustard Chicken Melt	552	297	33	12	0	1453	137	14	1	10	44	●	+	◆	★		
Mushroom Swiss Burger	791	441	49	19	0	1002	118	40	2	3	42	+	◆	★			
Patty Melt	870	459	51	22	0	1027	138	43	3	2	48	+	◆	★			
Reuben	772	378	42	15	0	2347	104	48	5	10	39	●	+	◆	★		
Spicy Crispy Chicken Sandwich	1053	630	70	16	0	2922	91	66	3	4	38	●	+	◆	★		

Allergen Key Milk Eggs Peanuts Fish Wheat Soy Tree Nuts Shellfish

Classic Country Breakfasts Nutritional & 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)	523	270	30	8	0	486	760	31	2	1	26	● ♦
Barn Buster, The (scrambled eggs)	460	234	26	7	0	681	496	30	2	2	2	● + ♦
Beef & Eggs (fried eggs)	777	468	52	18	0	668	478	29	2	0	41	● ♦ ★
Beef & Eggs (scrambled eggs)	745	450	50	17	0	765	346	29	2	1	29	● + ♦ ★
Biscuits & Sausage Gravy	964	549	61	23	14	4116	24	99	2	14	14	+ ♦ ★
Biscuits & Sausage Gravy with Eggs (fried eggs)	1104	621	69	26	14	4226	404	101	2	14	26	● + ♦ ★
Biscuits & Sausage Gravy with Eggs (scrambled eggs)	1072	612	68	25	14	4323	272	101	2	15	14	● + ♦ ★
Chicken Fried Chicken & Eggs (fried eggs)	987	585	65	13	2	1586	446	59	3	2	40	● + ♦ ★
Chicken Fried Chicken & Eggs (scrambled eggs)	956	567	63	12	2	1683	314	59	3	3	28	● + ♦ ★
Country Eggs (fried eggs)	383	198	22	5	0	376	380	29	2	0	14	● ♦ ★
Country Eggs (scrambled eggs)	352	180	20	5	0	474	248	29	2	1	2	● + ♦ ★
Country Fried Steak & Eggs (fried eggs)	922	531	59	17	2	1480	660	60	3	1	33	● + ♦ ★
Country Fried Steak & Eggs (scrambled eggs)	890	522	58	16	2	1578	528	60	3	2	21	● + ♦ ★
Eggs Benedict	994	504	56	24	0	2603	491	77	3	10	38	● + ♦ ★
Everybody's Favorite (fried eggs)	383	198	22	5	0	376	380	29	2	0	14	● ♦
Everybody's Favorite (scrambled eggs)	352	180	20	5	0	474	248	29	2	1	2	● + ♦
Steak & Eggs Combo with Ribeye (fried eggs)	653	279	31	5	0	1364	510	30	2	1	60	● ♦
Steak & Eggs Combo with Ribeye (scrambled eggs)	622	261	29	5	0	1462	378	30	2	2	48	● + ♦
Steak & Eggs Combo w/Steak Medallions (fried eggs)	593	279	31	8	0	1558	470	29	2	0	44	● ♦ ★
Steak & Eggs Combo w/Steak Medallions (scr. eggs)	562	261	29	8	0	1656	338	29	2	1	32	● + ♦ ★

Country Comfort Plates Nutritional & allergen information does NOT include side choice. See "Sides, Add-ons, Dressings, Sauces" for information on sides.

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
Barbecue Ribs Combo with Barbecue Chicken	876	351	39	14	0	2296	260	55	0	47	74	♦
Barbecue Ribs Combo with Ribeye	1060	495	55	15	0	2424	319	48	1	33	93	+ ♦ ★
Barbecue Ribs Combo with Steak Medallions	1000	495	55	18	0	2618	279	47	1	32	77	+ ♦ ★
Barbecue Ribs Dinner	1352	684	76	27	0	2693	378	75	0	62	92	
Chicken Bacon Mac & Cheese	1643	747	83	42	0	4833	285	125	5	22	94	● + ♦ ★
Chicken Fried Chicken	604	387	43	8	2	1210	66	30	1	2	27	+ ♦ ★
Classic Mac & Cheese	1343	612	68	37	0	3725	180	125	5	22	56	● + ♦ ★
Country Fried Steak	539	342	38	11	2	1104	280	32	1	1	19	+ ♦ ★
Homemade Meatloaf	833	504	56	23	2	2340	194	37	3	9	47	● △ + ♦ ★
Roasted Turkey	628	108	12	3	1	2845	104	81	6	29	45	● + ♦ ★
Steak Dinner with Ribeye	384	162	18	2	0	1078	130	10	1	2	47	+ ♦ ★
Steak Dinner with Steak Medallions	324	162	18	5	0	1272	90	9	1	1	31	+ ♦ ★

Allergen Key + Milk ● Eggs ■ Peanuts △ Fish ★ Wheat ♦ Soy ○ Tree Nuts ❖ Shellfish

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)	52	27	3	2	0	18	10	6	0	4	1	+
Apple Pie (slice)	660	342	38	16	0	620	0	78	4	38	4	• + ♦ ★
Cheesecake (plain)	506	315	35	21	1	480	145	42	1	33	8	• + ♦ ★
Cheesecake (with Country Baked Apples)	630	333	37	21	1	516	145	67	3	54	8	• + ♦ ★
Cheesecake (with strawberry topping)	619	315	35	21	1	480	145	70	1	33	8	• + ♦ ★
Chocolate Molten Madness	805	360	40	22	0	485	78	101	5	64	11	• + ■ ♦ ○ ★
Malt, Caramel	756	288	32	21	0	408	98	105	0	72	14	+ ♦ ★
Malt, Chocolate	756	306	34	21	0	281	98	103	2	62	14	+ ♦ ★
Malt, Oreo	736	333	37	22	0	348	98	87	1	53	13	+ ♦ ★
Malt, Strawberry	719	288	32	21	0	243	98	96	0	42	12	+ ★
Malt, Vanilla	606	288	32	21	0	243	98	67	0	42	12	+ ★
Mini Sundae, Caramel	191	72	8	6	0	85	17	29	0	22	2	+ ★
Mini Sundae, Chocolate	191	81	9	6	0	43	17	28	1	18	2	+ ★
Mini Sundae, Turtle	244	117	13	7	0	111	17	30	1	21	3	• + ■ ♦ ○ ★
Old Fashioned Apple Crisp	587	162	18	7	1	319	33	103	4	78	5	+ ♦ ★
Shake, Caramel	739	288	32	21	0	393	96	103	0	70	13	+ ♦
Shake, Chocolate	739	297	33	21	0	266	96	101	2	60	13	+ ♦
Shake, Oreo	719	333	37	22	0	333	96	85	1	51	13	+ ♦ ★
Shake, Strawberry	702	288	32	21	0	228	96	94	0	40	12	+
Shake, Vanilla	589	288	32	21	0	228	96	65	0	40	12	+
Sundae, Caramel	351	135	15	11	0	170	33	53	0	40	4	+ ♦
Sundae, Chocolate	351	144	16	11	0	85	33	52	1	33	4	+ ♦
Sundae, Hot Fudge	401	189	21	12	2	140	33	52	0	37	4	+ ♦
Sundae, Oreo	381	180	20	12	0	165	33	48	1	31	4	+ ♦ ★
Sundae, Strawberry Topping	364	135	15	11	0	60	33	56	0	20	3	+
Sundae, Turtle	386	189	21	10	0	199	20	47	1	34	4	• + ■ ♦ ○ ★

Fresh from the Griddle Nutritional & allergen information for items marked with "*" includes butter, but NOT syrup. See "Sides, Add-ons, Dressings, Sauces" for syrup 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
Belgian Waffle*	399	180	20	10	0	499	92	39	1	1	7	• + ♦ ★
Best Pancakes in Town (2)*	359	261	29	4	0	1008	49	41	1	7	10	• + ♦ ★
Best Pancakes in Town (4)*	664	477	53	6	0	1961	98	82	2	14	20	• + ♦ ★
Cakes, Eggs & Bacon (fried eggs)*	668	459	51	12	0	1557	463	43	1	7	32	• + ♦ ★
Cakes, Eggs & Bacon (scrambled eggs)*	636	441	49	11	0	1654	330	43	1	8	20	• + ♦ ★
Chicken & Waffle*	772	405	45	13	0	1367	149	58	2	1	27	• + ♦ ★

Allergen Key + Milk • Eggs ■ Peanuts △ Fish ★ Wheat ♦ Soy ○ Tree Nuts ❖ Shellfish

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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
Cinnamon Apple Swirl Pancakes (2)*	614	351	39	7	2	1122	49	83	3	44	10	● + ◆ ★
Cinnamon Apple Swirl Pancakes (4)*	1173	648	72	12	3	2189	98	166	6	89	20	● + ◆ ★
Cowboy Crepes	878	423	47	26	0	1528	604	64	3	15	27	● + ◆ ★
French Toast*	768	252	28	7	0	1047	170	101	3	22	19	● + ◆ ★
French Toast, Eggs & Bacon (fried eggs)*	868	423	47	14	0	1224	541	66	2	16	34	● + ◆ ★
French Toast, Eggs & Bacon (scrambled eggs)*	836	405	45	13	0	1322	409	66	2	16	22	● + ◆ ★
Hazelnut Banana Bliss Waffle*	1015	288	32	15	0	492	94	123	7	71	14	● + ◆ ○ ★
Hazelnut Banana Crepes	1538	648	72	39	0	700	166	161	8	105	23	● + ■ ◆ ○ ★
Hazelnut Banana French Toast*	1270	297	33	18	0	954	196	175	8	97	24	● + ◆ ○ ★
Strawberry Crepes (fresh strawberries)*	806	387	43	37	0	462	164	92	5	45	10	● + ◆ ★
Strawberry Crepes (strawberry topping)*	976	387	43	37	0	462	164	135	1	38	9	● + ◆ ★
Strawberry Pancakes (2) (fresh strawberries)*	479	333	37	11	0	1008	49	55	3	18	10	● + ◆ ★
Strawberry Pancakes (2) (strawberry topping)*	564	333	37	11	0	1008	49	76	1	14	10	● + ◆ ★
Strawberry Pancakes (4) (fresh strawberries)*	812	540	60	13	0	1961	98	102	6	29	21	● + ◆ ★
Strawberry Pancakes (4) (strawberry topping)*	890	477	53	6	0	1961	98	138	2	14	20	● + ◆ ★
Strawberry Waffle (fresh strawberries)*	548	252	28	17	0	499	92	60	5	16	8	● + ◆ ★
Strawberry Waffle (strawberry topping)*	717	252	28	17	0	499	92	103	1	8	7	● + ◆ ★
Triple Chocolate Pancakes (2)*	648	405	45	15	0	1069	49	80	4	35	11	● + ◆ ★
Triple Chocolate Pancakes (4)*	1040	630	70	14	0	2079	98	142	7	54	21	● + ◆ ★
Waffle, Eggs & Bacon (fried eggs)*	708	378	42	18	0	1048	506	41	1	1	29	● + ◆ ★
Waffle, Eggs & Bacon (scrambled eggs)*	677	360	40	17	0	1146	374	41	1	2	17	● + ◆ ★

Kids Menu Nutritional & allergen information for items marked with "*" includes butter, but NOT syrup. See "Sides, Add-ons, Dressings, Sauces" for syrup 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
Biscuit Sammy with Ham	399	189	21	13	0	1611	161	31	1	3	16	● + ◆ ★
Biscuit Sammy with Sausage	504	297	33	17	0	1614	169	32	1	3	15	● + ◆ ★
Cake 'n' Egg (scrambled egg)*	261	189	21	4	0	635	148	21	1	4	5	● + ◆ ★
Cheesy Omelette	220	126	14	7	0	419	276	3	0	1	8	● + ◆
Cheesy Quesadillas	644	270	30	16	0	1374	84	55	2	0	31	+ ★
Chicken Tenders (no sauce)	361	207	23	4	0	867	57	19	1	31	20	+ ★
Corn Dog Bites	303	180	20	4	0	561	35	26	1	6	8	● + ◆ ★
Drink - Juice, Apple (6 fl oz)	143	0	0	0	0	12	0	34	0	34	1	
Drink - Juice, Orange (6 fl oz)	131	0	0	0	0	0	0	32	0	29	1	
Drink - Lemonade (6 fl oz)	83	0	0	0	0	0	0	20	0	20	1	

Allergen Key + Milk ● Eggs ■ Peanuts ▲ Fish ★ Wheat ◆ Soy ○ Tree Nuts ♦ Shellfish

Kids Menu Nutritional & allergen information for items marked with "*" includes butter, but NOT syrup. See "Sides, Add-ons, Dressings, Sauces" for syrup 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				
Drink - Milk, Chocolate (6 fl oz)	214	27	3	2	0	289	13	35	0	33	10	+				
Drink - Milk, White (6 fl oz)	148	45	5	4	0	148	24	14	0	0	10	+				
Drink - Soda, Barq's Root Beer (6 fl oz)	80	0	0	0	0	26	0	22	0	22	0					
Drink - Soda, Coke (6 fl oz)	72	0	0	0	0	18	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	26	0	19	0	19	0					
Drink - Soda, Sprite (6 fl oz)	70	0	0	0	0	34	0	19	0	19	0					
Fishy Stick (with tarter sauce)	390	270	30	4	0	908	47	22	0	9	9					
French Toasters*	306	90	10	3	0	468	85	43	1	11	8	•	+	♦	★	
Grilled Cheese	374	171	19	10	0	1100	30	32	1	1	15	+	♦	★		
Hamburger	626	360	40	14	0	926	80	36	1	1	26	+	♦	★		
Kid's Sundae, Caramel	137	45	5	3	0	85	17	23	0	17	2	+	♦			
Kid's Sundae, Chocolate	137	45	5	3	0	43	17	22	1	13	2	+	♦			
Mac & Cheese	300	81	9	3	0	570	15	45	2	8	11	+	★			
Mr. Chippy®*	435	288	32	19	0	477	24	49	2	29	5	•	+	♦	★	
Oreo® Pack (2 cookies)	100	45	5	1	0	85	0	16	1	9	1	♦	★			
Side - Bacon Strips (2 slices)	169	126	14	5	0	439	34	0	0	0	10					
Side - Country Baked Apples (4 oz)	124	18	2	1	0	36	0	25	2	22	0	+	♦			
Side - French Fries (4 oz)	337	225	25	4	0	622	0	27	3	0	3	★				
Side - Fruit of the Day (4 oz)	varies											varies				
Side - Hash Browns (5 oz)	243	126	14	2	0	266	0	27	2	2	2	♦				
Side - Mandarin Oranges (4 oz)	120	0	0	0	0	15	0	27	2	24	2					
Side - Mashed Potatoes (no gravy)	87	0	0	0	0	185	0	20	2	0	3	+				
Side - Mashed Potatoes with Beef Gravy	128	27	3	1	1	435	5	24	3	2	3	+	♦	★		
Side - Mashed Potatoes with Country Gravy	134	36	4	1	2	459	3	24	2	1	3	+	♦	★		
Side - Mashed Potatoes with Turkey Gravy	124	18	2	1	1	435	5	23	2	2	4	+	♦	★		
Side - Salad (no dressing)	6	0	0	0	0	7	0	2	1	1	1					
Side - Sausage (2 links)	180	144	16	6	0	360	40	0	0	0	8					
Side - Toast, rye (2 slices w/butter)	296	81	9	2	0	420	0	38	2	0	8	+	♦	★		
Side - Toast, sourdough (2 slices with butter)	264	72	8	2	0	440	0	38	0	2	8	+	♦	★		
Side - Toast, wheat (2 slices with butter)	324	81	9	2	0	520	0	48	2	4	8	+	♦	★		
Side - Toast, white (2 slices with butter)	234	63	7	2	0	420	0	32	1	1	7	+	♦	★		
Side - Vegetable Mix (California Blend, 4 oz)	40	0	0	0	0	49	0	6	2	4	1					
Side - Vegetable of the Day (4 oz)	varies											varies				

Allergen Key Milk Eggs Peanuts Fish Wheat Soy Tree Nuts Shellfish

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, Dressings, 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	508	261	29	10	0	1042	298	30	2	1	17	● + ◆ ★
Breakfast Duo - Cakes & Bacon*	528	387	43	9	0	1447	83	41	1	7	20	● + ◆ ★
Breakfast Duo - Cakes & Sausage Links*	539	405	45	10	0	1368	89	41	1	7	18	● + ◆ ★
Breakfast Duo - French Toast & Bacon*	435	198	22	8	0	865	76	38	1	7	17	● + ◆ ★
Breakfast Duo - French Toast & Sausage Links*	446	216	24	8	0	786	83	38	1	7	15	● + ◆ ★
Breakfast Sampler (fried eggs)*	488	288	32	10	0	721	227	28	2	0	17	● ◆ ★
Breakfast Sampler (scrambled eggs)*	472	288	32	9	0	770	161	28	2	0	11	● + ◆ ★
Double-Smothered Chicken	196	54	6	2	0	775	85	2	0	1	33	+ ◆
Lighter Fare French Toast (with Country Baked Apples)*	592	144	16	9	0	657	128	96	4	44	11	● + ◆ ★
Lighter Fare French Toast (with fresh strawberries)*	496	117	13	9	0	621	128	78	4	27	12	● + ◆ ★
Lighter Fare French Toast (with strawberry topping)*	581	117	13	9	0	621	128	99	2	23	11	● + ◆ ★
Lighter Fare Meatloaf	361	225	25	9	1	883	66	19	2	4	16	● △ + ◆ ★
Lighter Fare Pancakes (with Country Baked Apples)*	521	297	33	10	0	990	49	73	3	36	10	● + ◆ ★
Lighter Fare Pancakes (with fresh strawberries)*	425	279	31	9	0	953	49	55	3	18	10	● + ◆ ★
Lighter Fare Pancakes (with strawberry topping)*	510	279	31	9	0	953	49	76	1	14	10	● + ◆ ★
Lighter Fare Turkey	537	90	10	3	1	2321	54	80	6	28	28	● + ◆ ★
Smothered Chopped Steak	422	288	32	13	0	417	101	4	1	1	28	◆ ★
Soup & Salad	varies											varies
Steak Medallions	254	135	15	4	0	878	60	9	1	1	21	+ ◆ ★









Omelettes Nutritional & allergen information includes hash browns, but does NOT include side choice. See "Sides, Add-ons, Dressings, Sauces" for information on sides choices 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	901	567	63	22	0	1355	456	35	5	2	27	● + ◆
Build Your Own Omelette (with cheese only)	628	351	39	15	0	1001	428	32	2	1	17	● + ◆
Garden Fresh Omelette	460	216	24	6	0	686	372	41	5	7	5	● + ◆
Ham & Cheese Omelette	718	369	41	16	0	1714	471	32	2	2	32	● + ◆
Meat Lover's Omelette	992	594	66	25	0	2157	513	33	2	2	42	● + ◆
Montana Ranch Omelette	913	531	59	21	0	1877	486	37	3	4	36	● + ◆
Western Omelette	697	360	40	15	0	1360	449	38	3	4	26	● + ◆

Allergen Key + Milk ● Eggs ■ Peanuts △ Fish ★ Wheat ◆ Soy ○ Tree Nuts ❖ Shellfish

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	81	63	7	1	0	4	0	4	3	0	1						
Bacon (1 slice)	84	63	7	3	0	220	17	0	0	0	5						
Bacon, side (4 slices)	338	243	27	10	0	878	68	0	0	0	20						
Barbeque sauce (2 fl oz)	136	0	0	0	0	563	0	35	0	31	0						
Barn Buster Side - Pancakes (no butter) (4)	609	432	48	4	0	1907	98	82	2	14	20	●	+	◆	★		
Barn Buster Side - Toast, Rye (with butter) (4 slices)	592	162	18	4	0	840	0	76	4	0	16	+	◆	★			
Barn Buster Side - Toast, Sourdough (w/butter) (4 slices)	528	144	16	4	0	880	0	76	0	4	16	+	◆	★			
Barn Buster Side - Toast, Wheat (with butter) (4 slices)	648	162	18	4	0	1040	0	96	4	8	16	+	◆	★			
Barn Buster Side - Toast, White (with butter) (4 slices)	467	135	15	4	0	840	0	65	2	2	14	+	◆	★			
Battered Cauliflower, premium side (no sauce) (4 oz)	325	207	23	4	0	552	0	28	2	2	4	+	★				
Biscuit (no butter) (1)	230	99	11	7	0	810	0	30	1	2	4	+	◆	★			
Biscuit (with butter) (1)	285	153	17	9	0	865	0	30	1	2	4	+	◆	★			
Biscuit & Country Gravy (1)	277	135	15	8	2	1084	0	35	1	3	4	+	◆	★			
Bleu cheese dressing (1 fl oz)	140	126	14	3	0	320	10	2	0	1	0	●	+				
Breakfast Meat Choice - Bacon (4 slices)	338	243	27	10	0	878	68	0	0	0	20						
Breakfast Meat Choice - Ham (4 oz)	121	36	4	2	0	1417	51	6	0	6	16						
Breakfast Meat Choice - Sausage Links (4)	360	288	32	12	0	720	80	0	0	0	16						
Breakfast Meat Choice - Sausage Patties (2)	300	234	26	10	0	720	60	2	0	0	14						
Breakfast Meat Choice - Smoked Sausage (4 oz)	385	333	37	12	0	1235	71	2	0	2	12						
Breakfast Side - Biscuit (no butter) (1)	230	99	11	7	0	810	0	30	1	2	4	+	◆	★			
Breakfast Side - English Muffin (with butter) (1)	250	72	8	2	0	340	0	38	1	2	7	+	◆	★			
Breakfast Side - Pancakes (no butter) (2)	305	216	24	2	1	953	49	41	1	7	10	●	+	◆	★		
Breakfast Side - Toast, rye (with butter) (2 slices)	296	81	9	2	1	430	0	38	2	0	8	+	◆	★			
Breakfast Side - Toast, sourdough (with butter) (2 slices)	264	72	8	2	0	440	0	38	0	2	8	+	◆	★			
Breakfast Side - Toast, wheat (with butter) (2 slices)	324	81	9	2	1	530	0	48	2	4	8	+	◆	★			
Breakfast Side - Toast, white (with butter) (2 slices)	234	63	7	2	1	430	0	32	1	1	7	+	◆	★			
Brew City Fries, side (7 oz)	590	387	43	7	0	854	0	47	5	0	5	★					
Build Your Own Omelette Ingredient - Avocado	81	63	7	1	0	4	0	4	3	0	1						
Build Your Own Omelette Ingredient - Bacon	84	63	7	3	0	220	17	0	0	0	5						
Build Your Own Omelette Ingredient - Broccoli	14	0	0	0	0	102	0	3	1	1	1						
Build Your Own Omelette Ingredient - Green Pepper	7	0	0	0	0	1	0	2	1	1	0						
Build Your Own Omelette Ingredient - Ham	45	9	1	0	0	357	22	0	0	0	8						
Build Your Own Omelette Ingredient - Mushrooms	9	0	0	0	0	2	0	1	0	1	1						
Build Your Own Omelette Ingredient - Onion	17	0	0	0	0	1	0	4	1	2	1						
Build Your Own Omelette Ingredient - Sausage	150	117	13	5	0	360	30	1	0	0	7						
Build Your Own Omelette Ingredient - Tomato	8	0	0	0	0	2	0	2	1	1	0						

Allergen Key  Milk  Eggs  Peanuts  Fish  Wheat  Soy  Tree Nuts  Shellfish

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				
Burger & Sandwich Side - Brew City Fries (7 oz)	590	387	43	7	0	854	0	47	5	0	5	★				
Burger & Sandwich Side - Country Baked Apples (4 oz)	124	18	2	1	0	36	0	25	2	22	0	+	◆			
Burger & Sandwich Side - Mac & Cheese (8 oz)	553	243	27	17	0	1695	87	52	2	11	25	+	★			
Burger & Sandwich Side - Onion Rings (5 oz)	552	396	44	7	0	607	0	39	2	5	3	+	★			
Butter, side (1 T)	55	54	6	2	0	55	0	0	0	0	0	+	◆			
Caramel sauce (3 T)	150	0	0	0	0	165	0	38	0	30	2	+	◆			
Cheese sauce (2 fl oz)	175	117	13	9	0	834	43	5	0	4	9	+				
Cheese, American (1 slice)	70	54	6	4	0	340	15	0	0	0	4	+	◆			
Cheese, bacon & onion hash brown topper	213	135	15	7	0	432	45	5	1	2	13	+				
Cheese, bleu cheese crumble (1/4 C)	100	72	8	5	0	380	20	0	0	0	6	+				
Cheese, four-cheese blend (1/4 C)	111	72	8	5	0	212	28	1	0	0	8	+				
Cheese, monterey jack (1 slice)	79	54	6	4	0	114	19	0	0	0	5	+				
Cheese, pepper jack (1 slice)	52	45	5	3	0	90	15	0	0	0	4	+				
Cheese, Swiss (1 slice)	80	54	6	4	0	45	20	0	0	0	6	+				
Chicken breast, grilled & sliced (5 oz)	132	18	2	0	0	668	71	0	0	0	28	◆				
Chocolate sauce (3 T)	150	18	2	0	0	38	0	36	2	20	2	+	◆			
Cinnamon sauce (2 oz)	280	180	20	5	5	188	0	27	1	25	0	◆				
Cocktail sauce (2 fl oz)	67	0	0	0	0	720	0	15	1	0	1					
Corned Beef Hash (8 oz)	424	234	26	11	0	1558	54	29	5	2	20					
Country Baked Apples, side (4 oz)	124	18	2	1	0	36	0	25	2	22	0	+	◆			
Country Baked Apples, topping (4 oz)	124	18	2	1	0	36	0	25	2	22	0	+	◆			
Country Gravy (2 fl oz)	47	36	4	1	2	274	0	5	0	1	0	+	◆	★		
Country Sausage Gravy (4 fl oz)	347	243	27	7	9	1637	21	25	0	6	5	+	◆	★		
Creamy garlic sauce (2 fl oz)	307	297	33	6	0	416	15	1	0	0	0	●				
Crispy Green Beans, premium side (no sauce) (4 oz)	351	198	22	2	0	854	0	35	4	5	8	+	★			
Dinner Side - Country Baked Apples (4 oz)	124	18	2	1	0	36	0	25	2	22	0	+	◆			
Dinner Side - Fruit of the Day (4 oz)	varies											varies				
Dinner Side - Mac & Cheese (8 oz)	553	243	27	17	0	1695	87	52	2	11	25	+	★			
Dinner Side - Mashed Potatoes (no gravy) (5 oz)	87	0	0	0	0	185	0	20	2	0	3	+				
Dinner Side - Salad (no dressing)	58	18	2	1	0	68	7	7	2	4	4	+				
Dinner Side - Seasoned Diced Red Potatoes (6 oz)	216	63	7	1	0	152	0	34	3	3	4	◆				
Dinner Side - Steamed Broccoli (4 oz)	40	0	0	0	0	297	0	8	4	2	3					
Egg whites, scrambled (1)	25	0	0	0	0	75	0	0	0	0	0	●	◆			
Egg, fried (1)	70	36	4	2	0	55	190	1	0	0	6	●	◆			
Egg, scrambled (1)	54	27	3	1	0	104	124	1	0	0	0	●	+	◆		
English muffin (with butter) (1)	250	72	8	2	0	340	0	38	1	2	7	+	◆	★		

Allergen Key + Milk ● Eggs ■ Peanuts △ Fish ★ Wheat ◆ Soy ○ Tree Nuts ❖ Shellfish

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
Frank's RedHot® sauce (2 fl oz)	0	0	0	0	0	2280	0	0	0	0	0	
French dressing (1 fl oz)	110	81	9	2	0	290	0	10	0	9	0	
French toast (no butter) (1 piece)	127	18	2	1	0	207	43	22	1	6	4	● + ◆ ★
Fried Cheese Curds, premium side (no sauce) (4 oz)	508	333	37	17	0	825	84	21	0	0	19	+ ★
Fruit of the Day, side (4 oz)	varies											varies
Gravy, Beef (2 fl oz)	41	27	3	1	0	250	5	4	1	0	0	◆ ★
Gravy, Country (2 fl oz)	47	36	4	1	2	274	0	5	0	1	0	+ ◆ ★
Gravy, Sausage (4 fl oz)	347	243	27	7	9	1637	21	25	0	6	5	+ ◆ ★
Gravy, Turkey (2 fl oz)	37	18	2	1	0	250	5	3	0	0	1	+ ◆ ★
Ham, diced (1/4 C)	45	9	1	0	0	357	22	0	0	0	8	
Hash browns (5 oz)	243	126	14	2	0	266	0	27	2	2	2	◆
Hollandaise sauce (4 fl oz)	231	198	22	14	0	154	61	4	0	0	0	+
Honey Mustard dressing (1 fl oz)	130	90	10	2	0	300	10	10	0	9	0	●
Mac & Cheese, side (8 oz)	553	243	27	17	0	1695	87	52	2	11	25	+ ★
Marinara sauce (2 fl oz)	35	9	1	0	0	240	0	7	2	5	1	
Mashed Potatoes, side (no gravy) (5 oz)	87	0	0	0	0	185	0	20	2	0	3	+
Mayo (2 fl oz)	400	396	44	8	0	260	20	0	0	0	0	●
Mushrooms, sliced (1/4 C)	4	0	0	0	0	1	0	1	0	0	1	
Onion Rings, side (5 oz)	552	396	44	7	0	607	0	39	2	5	3	+ ★
Onion, diced (1/4 C)	17	0	0	0	0	1	0	4	1	2	1	
Oreo® pieces (1/4 C)	130	45	5	2	0	105	0	20	1	11	1	◆ ★
Pancake (no butter) (1)	152	108	12	1	0	477	24	21	1	4	5	● + ◆ ★
Pancakes, side (no butter) (2)	305	216	24	2	1	953	49	41	1	7	10	● + ◆ ★
Premium Side - Battered Cauliflower (no sauce) (4 oz)	325	207	23	4	0	552	0	28	2	2	4	+ ★
Premium Side - Cheezy Bacon Fries (7 oz)	850	567	63	18	0	1986	60	51	5	4	19	+ ★
Premium Side - Crispy Green Beans (no sauce) (4 oz)	351	198	22	2	0	854	0	35	4	5	8	+ ★
Premium Side - Fried Cheese Curds (no sauce) (4 oz)	508	333	37	17	0	825	84	21	0	0	19	+ ★
Premium Side - Mozzarella Sticks (3)	241	135	15	6	0	630	15	18	3	3	12	+ ★
Premium Side - Zesty Pickle Fries (no sauce) (4 oz)	302	198	22	4	0	1366	0	19	3	3	3	+ ◆ ★
Ranch dressing (1 fl oz)	108	99	11	2	0	157	6	1	0	1	1	● + ◆
Raspberry vinaigrette dressing (1 fl oz)	150	108	12	2	0	70	0	12	0	12	0	
Salad, side (no dressing)	58	18	2	1	0	68	7	7	2	4	4	+
Salsa (2 fl oz)	20	0	0	0	0	500	0	6	2	4	0	
Sausage Gravy (4 fl oz)	347	243	27	7	9	1637	21	25	0	6	5	+ ◆ ★
Sausage link (1)	90	72	8	3	0	180	20	0	0	0	4	
Sausage patty (1)	150	117	13	5	0	360	30	1	0	0	7	

Allergen Key

+	Milk	●	Eggs	■	Peanuts	△	Fish	★	Wheat	◆	Soy	○	Tree Nuts	❖	Shellfish
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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
Seasoned Diced Red Potatoes, side (6 oz)	216	63	7	1	0	152	0	34	3	3	4	♦
Smoked Sausage (4 oz)	385	333	37	12	0	1235	71	2	0	2	12	
Steamed Broccoli, side (4 oz)	40	0	0	0	0	297	0	8	4	2	3	
Strawberries, fresh - Full Stack topper (6 oz)	56	0	0	0	0	0	0	13	3	8	1	
Strawberries, fresh - Short Stack topper (3 oz)	28	0	0	0	0	0	0	7	2	4	1	
Strawberry topping (3 oz)	113	0	0	0	0	0	0	28	0	0	0	
Syrup, maple flavor (1 oz)	94	0	0	0	0	33	0	25	0	9	0	
Syrup, maple flavor, sugar-free (1 oz)	15	0	0	0	0	30	0	4	0	0	0	
Tartar sauce (2 fl oz)	320	306	34	5	0	340	30	2	0	2	0	●
Thousand Island dressing (1 fl oz)	140	117	13	2	0	260	10	6	0	6	0	●
Toast, rye (with butter) (2 slices)	296	81	9	2	1	430	0	38	2	0	8	✚ ♦ ★
Toast, sourdough (with butter) (2 slices)	264	72	8	2	0	440	0	38	0	2	8	✚ ♦ ★
Toast, wheat (with butter) (2 slices)	324	81	9	2	1	530	0	48	2	4	8	✚ ♦ ★
Toast, white (with butter) (2 slices)	234	63	7	2	1	430	0	32	1	1	7	✚ ♦ ★
Tomato, diced (1/4 C)	8	0	0	0	0	2	0	2	1	1	0	
Tomato, slice (1)	4	0	0	0	0	1	0	1	0	1	0	
Vanilla icing (1 oz)	121	36	4	2	0	61	0	20	0	19	0	✚
Whipped topping (1 oz)	92	63	7	7	0	0	0	7	0	7	0	✚
Zesty Pickle Fries, premium side (no sauce) (4 oz)	302	198	22	4	0	1366	0	19	3	3	3	✚ ♦ ★

Skillet Breakfasts Nutritional & allergen information does NOT include side choice. See "Sides, Add-ons, Dressings, Sauces" for information on sides.

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
Cordon Bleu Skillet	948	585	65	26	0	1609	389	46	3	1	29	● ✚ ♦ ★
Country's Best Skillet, The	802	459	51	18	0	1813	360	36	3	4	35	● ✚ ♦
Farm Skillet® (fried eggs)	557	315	35	11	0	739	410	35	3	3	22	● ♦
Farm Skillet® (scrambled eggs)	525	297	33	10	0	836	278	35	3	4	10	● ✚ ♦
Skillet Scramble	823	450	50	24		3560	385	44	2	16	36	● ✚ ♦
Smoked Sausage Skillet (fried eggs)	869	531	59	21	0	1788	479	43	4	6	37	● ✚ ♦
Smoked Sausage Skillet (scrambled eggs)	837	522	58	20	0	1885	347	42	4	7	25	● ✚ ♦

Soups & Salads Nutritional & allergen information for salads do NOT include dressing, except for Aunt Sylvia's Famous Chicken Salad. See "Sides, Add-ons, Dressings, Sauces" for information on dressings.

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
Aunt Sylvia's Famous Chicken Salad	839	486	54	9	1	1387	97	55	4	45	34	● ✚ ■ ♦ ○ ★
Chicken BLT Salad	372	135	15	5	0	1145	105	17	5	10	42	♦
Country Cobb Salad	456	225	25	9	0	976	266	24	8	11	38	● ✚

Allergen Key ✚ Milk ● Eggs ■ Peanuts ▲ Fish ★ Wheat ♦ Soy ○ Tree Nuts ❖ Shellfish

Soups & Salads Nutritional & allergen information for salads do NOT include dressing, except for Aunt Sylvia's Famous Chicken Salad. See "Sides, Add-ons, Dressings, Sauces" for information on dressings.

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
Cranberry Pecan Harvest Salad	498	279	31	7	0	637	27	45	7	32	15	● + ■ ◆ ○ ★
Our Own Baked Potato Soup, Bowl	405	207	23	10	0	1424	54	28	3	4	17	+ ◆ ★
Our Own Baked Potato Soup, Cup	202	108	12	5	0	712	27	14	1	2	9	+ ◆ ★

Specialty Coffee

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 (9.75 fl oz)	67	0	0	0	0	105	6	10	1	9	6	+
Cappuccino, Iced (13.25 fl oz)	193	81	9	8	0	110	15	21	1	9	7	+ ◆
Caramel Marshmallow Latte (10.5 fl oz)	240	54	6	5	0	178	7	40	1	38	8	+ ◆
Caramel Marshmallow Latte, Iced (14 fl oz)	264	81	9	8	0	166	15	39	1	27	7	+ ◆
Cinnamon Roll Latte (10.5 fl oz)	246	54	6	5	0	178	7	42	1	39	8	+ ◆
Cinnamon Roll Latte, Iced (14 fl oz)	269	81	9	8	0	166	15	40	1	28	7	+ ◆
Espresso, shot (2 fl oz)	3	0	0	0	0	4	0	1	1	0	0	
German Chocolate Mocha (10.5 fl oz)	272	72	8	8	0	166	2	47	1	42	3	+ ◆ ○
German Chocolate Mocha, Iced (14 fl oz)	314	81	9	8	0	237	8	51	1	46	7	+ ◆ ○
Gourmet Hot Chocolate (10.5 fl oz)	195	72	8	7	0	139	0	32	1	29	1	+ ◆
Iced Coffee (13.25 fl oz)	5	0	0	0	0	15	0	1	1	0	0	
Latte (9.75 fl oz)	76	0	0	0	0	115	7	11	1	11	7	+
Latte, Iced (13.25 fl oz)	193	81	9	8	0	110	15	21	1	9	7	+ ◆
Mocha (9.75 fl oz)	98	9	1	1	0	122	2	19	1	17	3	+ ◆
Mocha, Iced (13.25 fl oz)	235	72	8	7	0	199	8	35	1	29	7	+ ◆
Peanut Butter Crunch Mocha (10.5 fl oz)	265	63	7	7	0	197	2	48	1	43	3	+ ■ ◆ ○
Peanut Butter Crunch Mocha, Iced (14 fl oz)	307	72	8	7	0	268	8	52	1	47	7	+ ■ ◆ ○
S'mores Mocha (10.5 fl oz)	244	63	7	7	0	131	2	43	1	39	3	+ ◆ ★
S'mores Mocha, Iced (14 fl oz)	286	72	8	7	0	202	8	47	1	43	7	+ ★
Salted Caramel Mocha (10.5 fl oz)	268	63	7	7	0	233	2	48	1	44	3	+ ◆
Salted Caramel Mocha, Iced (14 fl oz)	310	72	8	7	0	304	8	53	1	47	7	+ ◆
Syrup/Flavor, cinnamon (one shot/0.75 oz)	75	0	0	0	0	0	0	19	0	18	0	
Syrup/Flavor, coconut (one shot/0.75 oz)	67	0	0	0	0	0	0	17	0	17	0	
Syrup/Flavor, English toffee (one shot/0.75 oz)	68	0	0	0	0	11	0	16	0	16	0	○
Syrup/Flavor, French vanilla (one shot/0.75 oz)	89	0	0	0	0	0	0	22	0	22	0	
Syrup/Flavor, hazelnut (one shot/0.75 oz)	60	0	0	0	0	7	0	15	0	15	0	○
Syrup/Flavor, Irish cream (one shot/0.75 oz)	66	0	0	0	0	0	0	16	0	16	0	
Syrup/Flavor, marshmallow (one shot/0.75 oz)	68	0	0	0	0	7	0	17	0	16	0	
Syrup/Flavor, peanut butter (one shot/0.75 oz)	75	0	0	0	0	98	0	19	0	18	0	■
Syrup/Flavor, salted caramel (one shot/0.75 oz)	75	0	0	0	0	105	0	18	0	18	0	