



Café by Country Kitchen Menu Nutritional and Allergen Guide - 2025

Café by Country Kitchen 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. Café by Country Kitchen 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.

[illegible]

BASKETS - Nutritional and Allergen information includes fries.

[illegible]

Allergen Key

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

BREAKFAST CLASSICS & OMELETTES. Nutritional & allergen information does NOT side choice(s). See “Sides, Add-ons, Dressings, Sauces” for information on side choices.															
	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 Toast & Eggs (fried eggs)	590	350	39	8	0	560	380	43	14	3	20	●◆★			
Avocado Toast & Eggs (scrambled eggs)	560	330	37	7	0	660	250	43	14	4	8	●+◆★			
Avocado Toast & Eggs (egg whites)	500	280	31	4.5	0	600	0	41	14	3	8	●◆★			
Bacon Avocado Ranch Omelette	820	510	57	19	0	1200	445	35	5	2	23	●+◆			
Bacon Avocado Ranch Omelette (egg whites)	730	430	47	16	0	1110	70	33	5	less than 1g	23	●+◆			
Barn Buster (fried eggs)	520	270	30	8	0	490	760	31	2	0	26	●◆			
Barn Buster (scrambled eggs)	460	230	26	7	0	680	495	30	2	2	2	●+◆			
Barn Buster (egg whites)	340	130	14	2.5	0	570	0	27	2	0	2	●◆			
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 (scr. eggs)	1080	610	68	25	14	4400	280	100	2	15	15	●+◆★			
Biscuits & Sausage Gravy with Eggs (egg whites)	1020	560	62	23	14	4350	30	98	2	14	15	●+◆★			
Bourbon Ribeye & Eggs (fried eggs)	1020	520	57	18	1.5	1060	170	48	2	17	70	●◆★			
Bourbon Ribeye & Eggs (scrambled eggs)	990	500	56	17	1.5	1120	420	50	2	18	58	●+◆★			
Bourbon Ribeye & Eggs (egg whites)	930	440	49	15	1.5	1060	170	48	2	17	58	●◆★			
Café Favorite, The (fried eggs)	380	200	25	5	0	380	380	29	2	0	14	●◆			
Café Favorite, The (scrambled eggs)	350	180	20	5	0	470	250	29	2	less than 1g	2	●+◆			
Café Favorite, The (egg whites)	290	130	14	2.5	0	420	0	27	2	0	2	●◆			
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	●+◆★			
Chicken Fried Chicken & Eggs (egg whites)	900	510	57	10	2	1630	65	57	3	2	28	●+◆★			
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	●+◆★			
Country Fried Steak & Eggs (egg whites)	950	590	66	16	2	1520	280	58	3	1	21	●+◆★			
Eggs Benedict	990	510	57	24	0	2210	490	71	3	2	39	●+◆★			
Eggs Benedict (egg whites)	900	440	49	21	0	2250	110	69	3	2	27	●+◆★			
Garden Fresh Omelette	450	210	23	6	0	600	370	39	4	6	4	●+◆			
Garden Fresh Omelette (egg whites)	360	130	14	2.5	0	510	0	36	4	5	4	●◆			
Grilled Ham Steak (fried eggs)	510	240	26	7	0	1760	430	33	2	2	31	●◆			
Grilled Ham Steak (scrambled eggs)	480	220	24	6	0	1860	295	32	2	3	19	●+◆			
Grilled Ham Steak (egg whites)	420	160	18	4	0	1800	50	31	2	2	19	●◆			
Ham & Cheese Omelette	720	370	41	16	0	1710	470	32	2	2	32	●+◆			
Ham & Cheese Omelette (egg whites)	630	290	32	12	0	1630	100	30	2	less than 1g	32	●+◆			
Kitchen Sink Omelette	990	570	63	22	0	1740	480	52	4	5	31	●+◆			
Kitchen Sink Omelette (egg whites)	900	480	54	19	0	1650	105	50	4	4	31	●+◆			
Meat Lover's Omelette	920	550	61	23	0	2100	510	32	2	2	40	●+◆			
Meat Lover's Omelette (egg whites)	840	460	51	19	0	2010	135	29	2	0	40	●+◆			
Montana Ranch Omelette	830	470	52	19	0	1720	470	36	3	4	32	●+◆			
Montana Ranch Omelette (egg whites)	750	390	43	15	0	1630	100	34	3	3	32	●+◆			

Allergen Key

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

Muffin - Blueberry Lemon	420	170	19	3.5	0	360	60	56	2	33	6	●	+	◆	○	★	
Muffin - Strawberry Rhubarb	380	150	17	3.5	0	340	55	51	2	30	5	●	+	◆	○	★	
Spinach Florentine Omelette	750	410	46	17	0	1310	450	38	4	4	24	●	+	◆			
Spinach Florentine Omelette (egg whites)	660	330	36	14	0	1220	75	36	4	3	24	●	+	◆			
Western Omelette	700	360	40	15	0	1360	450	38	3	4	26	●	+	◆			
Western Omelette (egg whites)	610	280	31	12	0	1270	75	35	3	3	26	●	+	◆			
BURGERS. Nutritional & allergen information does NOT include side choice. See “Sides, Add-ons, Dressings, Sauces” for information on sides																	
	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	1405	135	44	5	3	46	+	●	◆	★		
Aztec Quesadilla Burger	930	500	56	27	0	1590	160	56	3	5	48	+	★				
Bacon Cheeseburger	860	500	55	22	0	1570	135	39	2	2	45	+	◆	★			
Beer Cheese Burger	990	580	64	24	0	1670	140	53	3	6	44	+	◆	★			
Big Café Burger	1550	960	107	40	0	2030	265	53	3	6	82	+	●	◆	★		
Classic Cheeseburger	770	430	48	19	0	1290	115	39	2	2	39	+	◆	★			
Cowboy Burger	1040	580	64	23	0	1980	135	64	2	19	45	+	◆	★			
Patty Melt	870	460	51	22	0	1030	140	43	3	2	48	+	◆	★			
DRINKS. Specialty Coffees and Kids' Drinks are under their own categories.																	
	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						
Citrus Splash (12 fl oz)	150	0	0	0	0	35	0	40	0	37	1						
Coffee (7 fl oz) (no creamer)	5	0	0	0	0	0	0	1	0	0	0						
Hot Chocolate (7 fl oz) From Packet	160	50	6	6	0	140	0	24	0	21	0	+	◆				
Juice, Apple - large (15.5 fl oz)	230	0	0	0	0	20	0	56	0	56	2						
Juice, Apple - small (9.5 fl oz)	140	0	0	0	0	10	0	34	0	34	1						
Juice, Cranberry - large (15.5 fl oz)	250	0	0	0	0	70	0	64	0	64	0						
Juice, Cranberry - small (9.5 fl oz)	150	0	0	0	0	40	0	39	0	39	0						
Juice, Orange - large (15.5 fl oz)	210	0	0	0	0	0	0	52	0	47	2						
Juice, Orange - small (9.5 fl oz)	130	0	0	0	0	0	0	32	0	29	1						
Juice, Tomato - large (15.5 fl oz)	100	0	0	0	0	1300	0	19	4	12	4						
Juice, Tomato - small (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						
Lemonade, Cranberry (10 fl oz)	180	0	0	0	0	20	0	43	0	43	1						
Milk, Chocolate - large (15.5 fl oz)	350	45	5	3	0	470	20	58	0	53	16	+					
Milk, Chocolate - small (9.5 fl oz)	210	25	3	2	0	290	15	35	0	33	10	+					
Milk, White - large (15.5 fl oz)	240	80	9	6	0	240	40	23	0	0	16	+					
Milk, White - small (9.5 fl oz)	150	45	5	3.5	0	150	25	14	0	0	10	+					
Soda, Barq's Root Beer (12 fl oz)	160	0	0	0	0	55	0	44	0	44	0						
Soda, Coke (12 fl oz)	140	0	0	0	0	45	0	39	0	39	0						
Soda, Diet Coke (12 fl oz)	0	0	0	0	0	50	0	0	0	0	0						

Allergen Key

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

Soda, Mr Pibb (12 fl oz)	140	0	0	0	0	55	0	38	0	38	0						
Soda, 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						

FRESH FROM THE GRIDDLE. Nutritional & allergen information for items marked with “*” includes butter, but NOT syrup. See “Sides, Add-ons,

	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
Best Pancakes in Town*+	680	230	25	6	0	2090	100	88	2	17	19	● + ♦ ★
Café Waffle*+	410	190	21	11	0	900	105	47	0	7	7	● + ♦ ★
Cakes, Eggs & Bacon (fried eggs)*	700	300	34	10	0	1800	465	61	1	11	31	● + ♦ ★
Cakes, Eggs & Bacon (scrambled eggs)*	670	290	32	9	0	1900	335	60	1	12	19	● + ♦ ★
Cakes, Eggs & Bacon (egg whites)*	610	230	26	7	0	1840	85	59	1	11	19	● + ♦ ★
Chicken & Waffle*	880	510	56	16	0	1760	165	66	1	7	28	● + ♦ ★
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	● + ♦ ★
French Toast, Eggs & Bacon (egg whites)*	790	330	36	9	0	1240	150	74	8	18	18	● + ♦ ★
Strawberry French Toast (strawberry topping)*+	1040	370	41	14	0	1120	190	132	16	42	18	● + ♦ ★
Strawberry French Toast (fresh strawberries)*+	1130	370	41	14	0	1180	190	161	18	70	17	● + ♦ ★
Strawberry Pancakes (strawberry topping)*+	930	290	32	13	0	2150	100	137	8	60	19	● + ♦ ★
Strawberry Pancakes (fresh strawberries)*+	830	290	32	13	0	2090	100	108	5	32	21	● + ♦ ★
Strawberry Waffle (strawberry topping)*+	650	250	28	18	0	960	105	96	6	50	7	● + ♦ ★
Strawberry Waffle (fresh strawberries)*+	560	250	28	18	0	900	105	67	3	22	8	● + ♦ ★
Triple Chocolate Pancakes*+	1150	440	49	22	0	2210	100	155	7	64	21	● + ♦ ★
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	● + ♦ ★
Waffle, Eggs & Bacon (egg whites)*	550	250	28	14	0	1380	125	47	0	7	13	● + ♦ ★

Allergen Key

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

KIDS MENU. Nutritional & allergen information for kids’ entrées do NOT include drink or side choice (these items are listed separately). Items marked with “*” includes butter, but NOT syrup. See “Sides, Add-ons, Dressings, Sauces” for syrup information.

	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)*	320	140	15	4	0	840	155	30	less than 1g	6	7	● + ♦ ★
Cake 'n' Egg (egg whites)*	290	110	12	3	0	810	35	29	less than 1g	6	7	● + ♦ ★
Cheesy Omelette	220	130	14	7	0	420	275	3	0	1	8	● + ♦
Cheesy Omelette (egg whites)	160	70	8	4.5	0	360	30	1	0	0	8	● +
Chicken Tenders (does NOT include sauce choice)	470	320	36	6	0	870	55	19	1	0	20	+ ★
Mac & Cheese	300	80	9	2.5	0	570	15	45	2	8	11	+ ★
Mini Corn Dogs	380	250	28	6	0	560	35	26	1	6	8	● + ♦ ★
Mr Chippy®	490	240	26	19	0	680	35	57	2	31	7	● + ♦ ★
Drink - Juice, Apple (6 fl oz)	140	0	0	0	0	10	0	34	0	less than 1g	1	

Drink - Juice, Orange (6 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 (6 fl oz)	210	25	3	2	0	290	15	35	0	33	10	+					
Drink - Milk, White (6 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						
Side - Bacon (2 slices)	90	60	7	3	0	280	20	0	0	0	6						
Side - Fresh Fruit (4 oz)	varies																
Side - Fries (4 oz)	340	230	25	4	0	620	0	27	3	0	3	★					
Side - Hash Browns (5 oz)	240	130	14	2.5	0	270	0	27	2	0	2	◆					
Side - Salad - no dressing	5	0	0	0	0	5	0	2	less than 1g	less than 1g	0						
Side - Sausage (2 links)	160	140	16	5	0	230	25	0	0	0	4						
Side - Tater Tots (4 oz)	310	190	21	3.5	0	630	0	26	3	0	3						
Side - Toast, rye with butter	300	80	9	2	0	420	0	38	2	0	8	+	◆	★			
Side - Toast, sourdough with butter	260	70	8	2	0	440	0	38	0	2	8	+	◆	★			
Side - Toast, wheat with butter	320	80	9	2	0	520	0	48	2	4	8	+	◆	★			
Side - Toast, white with butter	270	100	11	3	0	380	0	31	4	2	8	+	◆	★			

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

LIGHTER FARE. Nutritional information does not include toast choice (where applicable) for items marked with "*". Items marked with "***" includes butter

	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	●	+	◆	★		
2 Egg Ham & Cheese Omelette (egg whites)*	450	200	23	7	0	990	50	28	2	less than 1g	17	●	+	◆	★		
Breakfast Sampler (fried eggs)*	440	260	29	8	0	600	215	28	2	less than 1g	13	●	◆	★			
Breakfast Sampler (scrambled eggs)*	420	250	28	8	0	650	150	28	2	less than 1g	7	●	+	◆	★		
Breakfast Sampler (egg whites)*	390	220	25	7	0	620	25	27	2	less than 1g	7	●	◆	★			
Classic BLT (on rye)	1040	590	65	13	0	1820	45	82	7	2	25	●	◆	★			
Classic BLT (on sourdough)	1010	480	64	13	0	1840	45	82	5	4	25	●	◆	★			
Classic BLT (on wheat)	1070	590	65	13	0	1920	45	92	7	6	25	●	◆	★			
Classic BLT (on white)	1010	600	67	14	0	1780	45	75	9	4	24	●	◆	★			
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 Eggs (egg whites)*	290	120	14	2.5	0	420	0	27	2	0	2	●	◆	★			
Dynamic Duo (Cakes & Bacon)**	560	230	26	7	0	1690	85	59	1	11	19	●	+	◆	★		
Dynamic Duo (Cakes & Sausage)**	630	310	34	10	0	1640	90	59	1	11	17	●	+	◆	★		
Dynamic Duo (French Toast & Bacon)**	620	200	22	6	0	1040	150	75	8	18	18	●	+	◆	★		
Dynamic Duo (French Toast & Sausage)**	690	280	31	9	0	1000	155	75	8	18	16	●	+	◆	★		
Ham & Swiss Melt (on rye)	1090	570	63	18	0	2680	90	80	7	1	43	●	◆	★			
Ham & Swiss Melt (on sourdough)	1060	560	62	18	0	2700	90	80	5	3	43	●	◆	★			
Ham & Swiss Melt (on wheat)	1120	570	63	18	0	2780	90	90	7	5	43	●	◆	★			

Ham & Swiss Melt (on white)	1060	580	65	19	0	2640	90	73	8	3	42	●	◆	★			
Lighter Fare Chicken Tenders (no dipping sauce)	980	650	73	12	0	1700	55	59	5	0	24	+	★				
Lighter Fare Fish	1170	790	87	14	0	2110	90	72	4	8	24	●	△	★			
Lighter Fare French Toast (fresh strawberries)	590	150	17.01	9	0	710	130	88	10	29	12	●	+	◆	★		
Lighter Fare French Toast (strawberry topping)	640	150	17	9	0	740	130	103	11	43	12	●	+	◆	★		
Lighter Fare Pancakes (fresh strawberries)	540	180	20	10	0	1360	65	72	3	22	14	●	+	◆	★		
Lighter Fare Pancakes (strawberry topping)	590	180	20	10	0	1390	65	87	4	37	13	●	+	◆	★		
Soup & Salad	varies																

SANDWICHES & WRAPS. Nutritional & allergen information does NOT include side choice. See “Sides, Add-ons, Dressings, Sauces” for information on

	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 BLT (on rye)	610	320	35	8	0	1000	45	44	6	1	22	+	◆	★			
Avocado BLT (on sourdough)	570	310	34	8	0	1020	45	44	4	3	22	+	◆	★			
Avocado BLT (on wheat)	630	320	35	8	0	1100	45	54	6	5	22	+	◆	★			
Avocado BLT (on white)	580	330	37	9	0	960	45	37	8	3	21	+	◆	★			
Avocado Jack Wrap	1040	580	64	23	0	1980	135	64	2	19	45	●	+	◆	★		
Chicken Bacon Melt (on rye)	790	360	40	16	0	1490	190	42	3	1	54	+	◆	★			
Chicken Bacon Melt (on sourdough)	760	350	39	16	0	1510	190	42	less than 1g	3	54	+	◆	★			
Chicken Bacon Melt (on wheat)	820	360	40	15	0	1590	190	52	3	5	54	+	◆	★			
Chicken Bacon Melt (on white)	760	370	41	16	0	1450	190	35	4	3	54	+	◆	★			
Club Sandwich (on rye)	860	430	48	10	0	2090	80	62	4	3	35	●	◆	★			
Club Sandwich (on sourdough)	820	420	47	10	0	2120	80	62	1	6	35	●	◆	★			
Club Sandwich (on wheat)	910	430	48	10	0	2240	80	77	4	9	35	●	◆	★			
Club Sandwich (on white)	820	460	51	11	0	2030	80	51	7	6	34	●	◆	★			
Crispy Bourbon Chicken Sandwich	1170	570	63	15	0	2450	100	100	3	37	44	+	◆	★			
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	❖

SKILLET BREAKFASTS®. Nutritional & allergen information does NOT include side choice. See “Sides, Add-ons, Dressings, Sauces” for information on

	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	1020	660	73	27	0	1610	390	46	3	1	29	●	+	◆	★		
Cordon Bleu Skillet (egg whites)	960	600	67	25	0	1550	140	44	3	0	29	●	+	◆	★		
Corned Beef Hash Skillet (fried eggs)	810	420	47	16	0	1930	435	57	7	2	33	●	◆				
Corned Beef Hash Skillet (scrambled eggs)	780	410	46	16	0	2030	300	57	7	3	21	●	+	◆			
Corned Beef Hash Skillet (egg whites)	720	350	39	13	0	1970	55	55	7	2	21	●	◆				
Country's Best Skillet	690	430	47	14	0	1485	325	29	2	1	22	●	+	◆			
Country's Best Skillet (egg whites)	630	370	41	12	0	1430	80	27	2	0	22	●	◆				
Farm Skillet® (fried eggs)	570	320	36	11	0	840	420	34	3	3	24	●	◆				
Farm Skillet® (scrambled eggs)	540	310	34	10	0	940	290	34	3	4	12	●	+	◆			
Farm Skillet® (egg whites)	480	250	28	8	0	880	40	32	3	3	12	●	◆				
Fiesta Skillet (fried eggs)	880	500	56	23	1	2040	500	44	5	9	45	●	+	◆			

Fiesta Skillet (scrambled eggs)	850	490	54	22	1	2130	370	43	5	10	33	●	+	◆			
Fiesta Skillet (egg whites)	790	430	48	20	1	2080	120	42	5	9	33	●	+	◆			
Smoked Sausage Skillet (fried eggs)	900	590	66	22	0	1830	480	36	3	4	34	●	+	◆			
Smoked Sausage Skillet (scrambled eggs)	870	580	64	21	0	1920	345	36	3	5	22	●	+	◆			
Smoked Sausage Skillet (egg whites)	810	520	58	19	0	1870	100	34	3	4	22	●	+	◆			

SOUP & SALADS Nutritional & allergen information for salads do NOT include dressing. See “Sides, Add-ons, Dressings, Sauces” for

	Calories	Calories from fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens							
Chicken BLT Salad, Full	340	140	16	5	0	680	135	17	5	10	34								
Chicken BLT Salad, Half	260	110	12	3.5	0	520	125	9	2	5	29								
Cranberry Pecan Harvest Salad, Full	470	250	27	6	0	560	20	48	7	33	13	●	+	■	◆	○	★		
Cranberry Pecan Harvest Salad, Half	260	140	15	4	0	350	15	24	4	17	8	●	+	■	◆	○	★		
Soup of the Day	varies																		

Allergen Key

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

SIDES, ADD-ONS, DRESSINGS, SAUCES.

	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 of an avocado)	80	60	7	1	0	0	0	4	3	0	1						
Bacon (1 slice)	45	30	3.5	1.5	0	140	10	0	0	0	3						
Barn Buster Side, pancakes (no butter)	840	240	26	6	0	2710	135	117	3	23	26	●	+	◆	★		
Barn Buster Side, pancakes (with butter)	890	290	32	7	0	2780	135	117	3	23	26	●	+	◆	★		
Barn Buster Side, toast (rye, 4 slices - buttered)	590	160	18	4	0	840	0	76	4	0	16	+	◆	★			
Barn Buster Side, toast (sourdough, 4 sl-buttered)	530	140	16	4	0	880	0	76	0	4	16	+	◆	★			
Barn Buster Side, toast (wheat, 4 sl - buttered)	650	160	18	4	0	1040	0	96	4	8	16	+	◆	★			
Barn Buster Side, toast (white, 4 sl - buttered)	540	190	21	6	0	760	0	62	8	4	15	+	◆	★			
Biscuit & Country Gravy, side	280	130	14	8	2	1080	0	35	1	3	4	+	◆	★			
Breakfast Meat Choice - Bacon (4 slices)	180	130	14	5	0	560	40	0	0	0	12						
Breakfast Meat Choice - Sausage links (4)	320	280	31	11	0	470	55	0	0	0	9						
Breakfast Meat Choice - Sausage patties (2)	320	340	38	10	0	920	80	2	0	0	18						
Breakfast Meat Choice - Smoked sausage (4 oz)	390	330	37	12	0	1240	70	2	0	2	12						
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	16	9	0	870	0	30	1	2	4	+	◆	★			
Breakfast Side - Fresh Fruit (4 oz)	varies																
Breakfast Side - Muffin - Blueberry Lemon	420	170	19	3.5	0	360	60	56	2	33	6	●	+	◆	○	★	
Breakfast Side - Muffin - English - with butter	250	70	8	2	0	340	0	38	1	2	7	+	◆	★			
Breakfast Side - Muffin - Strawberry Rhubarb	380	150	17	3.5	0	340	55	51	2	30	5	●	+	◆	○	★	
Breakfast Side - Pancakes (no butter) (2)	420	120	13	3	0	1360	65	59	1	11	13	●	+	◆	★		
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)	270	100	11	3	0	380	0	31	4	2	8	+	◆	★			
Burger & Sandwich Side - Fresh Fruit (4 oz)	varies																

Burger & Sandwich Side - Fries (6 oz)	510	330	37	6	0	830	0	40	4	0	4	★				
Burger & Sandwich Side - Onion Rings (5 oz)	560	400	44	7	0	610	0	39	2	5	3	+★				
Burger & Sandwich Side - Salad - no dressing	60	20	2	1	0	70	5	7	2	4	4	+				
Burger & Sandwich Side - Soup (4 fl oz)	varies															
Burger & Sandwich Side - Tater tots (6 oz)	460	280	32	5	0	960	0	39	4	0	4					
Butter, side (1 T)	60	50	6	2	0	55	0	0	0	0	0	+♦				
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	350	40	5	less than 1g	2	11	+♦				
Cheese, Bleu cheese crumbles (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	50	4.5	3	0	90	15	0	0	0	4	+				
Cheese, Swiss (1 slice)	80	50	6	4	0	45	20	0	0	0	6	+				
Chicken thigh, grilled & sliced (4 oz)	180	70	8	2	0	360	115	0	0	0	24					
Corned Beef Hash (8 oz)	420	230	26	11	0	1560	55	29	5	2	20					
Dressing - Bleu cheese (1 fl oz)	140	130	14	2.5	0	320	10	2	0	1	0	●+				
Dressing - French (1 fl oz)	110	80	9	1.5	0	290	0	10	0	9	0					
Dressing - Honey Mustard (1 fl oz)	130	90	10	1.5	0	300	10	10	0	9	0	●				
Dressing - Ranch (1 fl oz)	110	100	11	2	0	160	5	less than 1g	0	less than 1g	1	●+	♦			
Dressing - Raspberry vinaigrette (1 fl oz)	150	110	12	2	0	70	0	12	0	12	0					
Dressing - Thousand Island (1 fl oz)	140	120	13	2	0	260	10	6	0	6	0	●				
Gravy - Country (2 fl oz)	45	35	3.5	0.5	2	270	0	5	0	1	0	+♦★				
Gravy - Country Sausage (4 fl oz)	260	180	20	4.5	7	1290	15	19	0	5	4	+♦★				
Egg, fried (1)	70	35	4	1.5	0	55	190	1	0	0	6	●♦				
Egg, scrambled (1)	50	25	3	1	0	100	125	less than 1g	0	0	0	●+	♦			
Egg whites, scrambled (1)	25	0	0	0	0	75	0	0	0	0	0	●♦				
French toast, no butter, 1 full slice	260	80	9	1.5	0	330	45	35	4	7	6	●+	♦★			
Ham, diced (1/4 C)	45	10	1	0	0	360	20	0	0	0	8					
Hash browns (5 oz)	240	130	14	2.5	0	270	0	27	2	0	2	♦				
Mayo (2 fl oz)	400	400	44	8	0	260	20	0	0	0	0	●				
Mushrooms, sliced (1/4 C)	0	0	0	0	0	0	0	less than 1g	0	0	1					
Onion, diced (1/4 C)	15	0	0	0	0	0	0	4	less than 1g	2	1					
Oreo® pieces (1/4 C)	130	45	5	2	0	105	0	20	1	11	1	♦★				
Pancake - no butter (1 cake)	210	60	7	1.5	0	680	35	30	less than 1g	6	7	●+	♦★			
Premium Side - Battered Mushrooms (4 oz)	850	620	69	11	0	1270	15	49	3	0	8	★				
Premium Side - Breaded Cauliflower (4 oz)	620	410	45	8	0	850	10	50	3	7	9	+★				
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	+♦★				
Salad - no dressing, side	60	20	2	1	0	70	5	7	2	4	4	+				
Salsa (2 fl oz)	20	0	0	0	0	500	0	6	2	4	0					
Sauce - Barbecue (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0					
Sauce - Big Café (1 fl oz)	140	120	13	2	0	260	10	6	0	6	0	●				
Sauce - Bourbon (1 fl oz)	80	0	0	0	0	240	0	18	0	17	0	♦★				
Sauce - Chocolate (3 T)	150	20	1.5	0	0	40	0	36	2	20	2	+♦				

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

Sauce - Creamy Garlic (2 fl oz)	310	300	33	6	0	420	15	1	0	0	0	●					
Sauce - Frank's RedHot® (2 fl oz)	0	0	0	0	0	2280	0	0	0	0	0						
Sauce - Hollandaise (4 fl oz)	230	200	22	14	0	150	60	4	0	0	0	+					
Sauce - Tartar (2 fl oz)	320	310	34	5	0	340	30	2	0	2	0	●					
Strawberries, fresh - Strawberry Cakes / Waffle (6 oz)	60	0	0	0	0	0	0	13	3	8	1						
Strawberries, fresh - (3 oz)	30	0	0	0	0	0	0	7	2	4	1						
Strawberries, topping - Straw Cakes / Waffle (6 oz)	150	0	0	0	0	60	0	42	6	36	0						
Strawberries, topping (3 oz)	80	0	0	0	0	30	0	21	3	18	0						
Syrup, Pancake & Waffle (1 oz)	90	0	0	0	0	35	0	25	0	9	0						
Syrup, sugar-free (1 oz)	15	0	0	0	0	30	0	4	0	0	0						
Tomato, diced (1/4 C)	10	0	0	0	0	0	0	2	less than 1g	1	0						
Tomato, slice (1)	0	0	0	0	0	0	0	less than 1g	0	less than 1g	0						
Whipped topping (1oz)	90	60	7	7	0	0	0	7	0	7	0	+					
SPECIALTY COFFEE. Available at participating locations																	
	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						

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