



## COUNTRY KITCHEN MENU NUTRITIONAL & ALLERGEN GUIDE - 2025

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	Battered Mushrooms (4 oz)	270	160	18	3	0	430	0	24	1	0	4	★
	Breaded Cauliflower (4 oz)	200	100	11	2	0	270	0	24	1	3	4	★
	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: 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	★
Battered Mushrooms (8 oz)	850	620	69	11	0	1270	15	49	3	0	8	★	
Breaded Cauliflower (8 oz)	620	410	45	8	0	850	10	50	3	7	9	★	
Cheese Curds (8 oz)	1230	870	97	38	0	1960	180	43	0	2	40	★	
Pretzel Bites (4 oz)	600	280	31	13	0	1320	60	66	2	9	18	★	
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	✦

Baskets - 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
BBQ Ribs	1860	1010	113	33	0	3520	380	115	4	62	96	★
Breaded Shrimp	1190	610	68	12	0	3210	0	106	7	0	37	★
Chicken Tenders (no sauce)	1340	920	102	17	0	2270	95	72	6	0	38	★
Fish & Chips	1390	820	103	17	0	2430	120	83	4	8	34	★
Fish & Shrimp	1630	1020	113	19	0	3660	90	112	6	8	41	★

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		

Allergen Key

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

**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	1410	140	44	5	3	46	● + ◆ ★
Avocado Jack Wrap	920	490	54	19	0	1680	185	57	6	3	52	● + ◆ ★
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 Country Burger	1550	960	107	40	0	2030	265	53	3	6	82	● + ◆ ★
Chicken Bacon Melt-Rye	790	360	40	16	0	1490	190	42	3	1	54	+ ◆ ★
Chicken Bacon Melt-Sourdough	760	350	39	16	0	1510	190	42	less than 1g	3	54	+ ◆ ★
Chicken Bacon Melt-Wheat	820	360	40	15	0	1590	190	52	3	5	54	+ ◆ ★
Chicken Bacon Melt-White	760	370	41	16	0	1450	190	35	4	3	54	+ ◆ ★
Classic Cheeseburger	770	440	48	19	0	1290	115	39	2	2	39	+ ◆ ★
Country Avocado BLT-Rye	610	320	35	8	0	1000	45	44	6	1	22	● ◆ ★
Country Avocado BLT-Sourdough	570	310	34	8	0	1020	45	44	4	3	22	● ◆ ★
Country Avocado BLT-Wheat	630	320	35	8	0	1100	45	54	6	5	22	● ◆ ★
Country Avocado BLT-White	580	330	37	9	0	960	45	37	8	3	21	● ◆ ★
Cowboy Burger	1040	580	64	23	0	1980	135	64	2	19	45	+ ◆ ★
Crispy Bourbon Chicken Sandwich	1170	570	63	15	0	2450	100	100	3	37	44	+ ◆ ★
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 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
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	● ◆ ★
Barn Buster (fried eggs)	520	270	30	8	0	490	760	31	2	0	26	● ◆
Barn Buster (scrambled eggs)	460	240	26	7	0	680	495	30	2	2	2	● + ◆
Barn Buster (egg whites)	340	240	26	7	0	570	0	27	2	2	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 (scramble 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	1020	550	50	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	● ◆ ★
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	70	57	3	2	28	● + ◆ ★
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	● ◆ ★		
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	500	56	24	0	2290	490	77	3	8	37	● + ◆ ★		
Eggs Benedict (egg whites)	900	430	48	21	0	2330	110	75	3	8	25	● + ◆ ★		
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	● + ◆		
Everybody's Favorite (egg whites)	290	120	14	2.5	0	420	0	27	2	0	2	● ◆		

Allergen Key

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

Country Comfort Dinners - Nutritional & Allergen information does not include side choices. 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				
BBQ Ribs Dinner	1350	680	76	27	0	2690	380	75	0	62	92					
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	●	+	◆	★	

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 Molten 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*+	680	230	25	6	0	2100	100	88	2	17	19	● + ◆ ★
Cakes, Eggs & Bacon (fried eggs)*	700	300	34	10	0	1800	470	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	11	0	1150	530	76	8	18	30	● + ◆ ★
French Toast, Eggs & Bacon (scrambled eggs)*	850	380	43	11	0	1250	400	76	8	18	18	● + ◆ ★
French Toast, Eggs & Bacon (egg whites)*	790	330	36	8	0	1190	150	74	8	18	18	● + ◆ ★
Strawberry French Toast (fresh strawberries)*+	1040	370	41	14	0	1120	190	132	16	42	18	● + ◆ ★
Strawberry French Toast (strawberry topping)*+	1130	370	41	14	0	1180	190	161	18	70	17	● + ◆ ★
Strawberry Pancakes (fresh strawberries)*+	830	290	32	13	0	2090	100	108	5	32	21	● + ◆ ★
Strawberry Pancakes (strawberry topping)*+	930	290	32	13	0	2150	100	137	8	60	19	● + ◆ ★
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*+	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	13	0	1330	125	47	0	7	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)*	320	140	15	4.5	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	less than 1g	8	● + ◆
Cheesy Omelette (egg whites)	160	70	8	4	0	360	30	1	0	0	8	● ◆
Chicken Tenders (no sauce)	470	320	36	6	0	870	55	19	1	0	20	+ ★
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								
Grilled Cheese	410	200	23	11	0	1060	30	31	4	2	16	+	◆	★					
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®	490	240	26	19	0	680	35	57	2	31	7	●	+	◆	★				
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	280	20	0	0	0	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 - 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 (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)	270	100	11	2	0	520	0	48	2	4	8	+	◆	★					
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								

Allergen Key

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

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

Menu Item	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 Duo - Cakes & Bacon*	560	230	26	7	0	1690	85	59	1	11	19	● + ◆ ★
Breakfast Duo - Cakes & Sausage Links*	630	310	34	10	0	1640	90	59	1	11	17	● + ◆ ★
Breakfast Duo - French Toast & Bacon*	620	200	22	6	0	1040	150	75	8	18	18	● + ◆ ★
Breakfast Duo - French Toast & Sausage Links*	690	280	31	9	0	1000	155	75	8	18	16	● + ◆ ★
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	6	0	600	25	27	2	0	7	● ◆ ★
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	● ◆ ★

Double-Smothered Chicken	240	110	12	4	0	470	130	2	less than 1g	less than 1g	29	+					
Lighter Fare Fish	660	450	50	8	0	1280	90	32	0	8	20	●	△	★			
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)*	640	210	23	11	0	1390	65	91	3	40	13	●	+	◆	★		
Lighter Fare Pancakes (with fresh strawberries)*	540	180	20	10	0	1360	65	72	3	22	14	●	+	◆	★		
Lighter Fare Pancakes (with strawberry topping)*	590	180	20	10	0	1390	65	87	4	37	13	●	+	◆	★		
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	●	+	◆				
Bacon Avocado Ranch Omelette (egg whites)	730	430	47	16	0	1110	70	33	5	less than 1g	23	●	+	◆				
Build Your Own Omelette (with cheese only)	630	350	39	15	0	1000	430	32	2	1	17	●	+	◆				
Build Your Own Omelette (with cheese only) (whites)	540	260	29	11	0	920	55	29	2	0	17	●	+	◆				
Garden Fresh Omelette	460	210	24	6	0	690	370	41	5	7	5	●	+	◆				
Garden Fresh Omelette (egg whites)	370	130	14	2.5	0	600	0	38	5	5	5	●	◆					
Ham & Cheese Omelette	720	370	41	16	0	1710	470	32	2	2	32	●	+	◆				
Ham & Cheese Omelette (egg whites)	630	280	32	12	0	1630	100	30	2	less than 1g	32	●	+	◆				
Meat Lover's Omelette	920	550	61	23	0	2150	510	32	2	2	40	●	+	◆				
Meat Lover's Omelette (egg whites)	840	460	51	19	0	2010	135	29	2	less than 1g	40	●	+	◆				
Montana Ranch Omelette	830	470	52	19	0	1770	470	36	3	4	32	●	+	◆				
Montana Ranch Omelette (egg whites)	750	390	43	15	0	1630	100	34	3	3	32	●	+	◆				
Western Omelette	700	360	40	15	0	1360	450	38	3	4	26	●	+	◆				
Western Omelette (egg whites)	610	270	30	12	0	1270	75	35	3	3	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	140	10	0	0	0	3							
Barn Buster Side - Pancakes (no butter) (4)	840	240	26	6	0	2710	135	117	3	23	26	●	+	◆	★			
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)	540	190	21	6	0	760	0	62	8	4	15	+	◆	★				
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	+	◆	★				
Breakfast Meat Choice - Bacon (4 slices)	180	130	14	5	0	560	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)	320	280	31	11	0	470	55	0	0	0	9							

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 - Fruit of the Day (4 oz)	varies											varies						
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	2	0	520	0	48	2	4	8	+	◆	★				
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	140	10	less than 1g	0	less than 1g	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 - Fries (6 oz)	510	330	37	6	0	830	0	40	4	0	4	★						
Burger & Sandwich Side - Fruit of the Day (4 oz)	varies											varies						
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 - 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 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	+						
Cheese, Swiss (1 slice)	80	50	6	4	0	45	20	0	0	0	6	+						
Chicken thigh, (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							
Country Baked Apples (4 fl oz) - Lighter Fare topper	120	20	2	1	0	30	0	25	2	22	0	+	◆					
Dinner Side - Broccoli (4 oz)	40	0	0	0	0	300	0	8	4	2	3							
Dinner Side - Country Baked Apples (4 fl oz)	120	20	2	1	0	30	0	25	2	22	0	+	◆					
Dinner Side - Cup of Soup (4 fl oz)	varies											varies						
Dinner Side - Fruit of the Day (4 oz)	varies											varies						
Dinner Side - Mashed Potatoes (no gravy) (5 oz)	150	70	8	5	0	460	20	19	2	2	3	+						
Dinner Side - Salad (no dressing)	60	20	2	1	0	70	5	7	2	4	4	+						
Dinner Side - Vegetable (California Blend, 4 oz)	40	0	0	0	0	50	0	6	2	4	1							
Dinner Side - Vegetable (other) (4 oz)	varies											varies						
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	●						

Allergen Key

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



Egg whites, (1)	25	0	0	0	0	75	0	0	0	0	0	●	◆						
Egg, fried (1)	70	35	4	1.5	0	55	190	1	0	0	6	●	◆						
Egg, scrambled (1)	50	30	3	1	0	105	125	less than 1g	0	0	0	●	+	◆					
English muffin (with butter)	250	70	8	2	0	340	0	38	1	2	7	+	◆	★					
Frank's RedHot® sauce (2 fl oz)	0	0	0	0	0	2280	0	0	0	0	0								
French toast (no butter) (1 full slice)	260	80	9	1.5	0	330	45	35	4	7	6	●	+	◆	★				
Gravy - Beef (2 fl oz)	40	25	3	1	0	250	5	4	1	0	0	◆	★						
Gravy - Country (2 fl oz)	45	30	4	0.5	2	270	0	5	0	1	0	+	◆	★					
Gravy - Sausage (4 fl oz)	260	180	20	4.5	7	1290	15	19	0	5	4	+	◆	★					
Gravy - Turkey (2 fl oz)	35	20	2	0.5	0	250	5	3	0	0	1	+	◆	★					
Ham, diced (1/4 C)	45	10	1	0.5	0	360	20	0	0	0	8								
Hash browns (5 oz)	240	120	14	2.5	0	270	0	27	2	0	2	◆							
Mashed Potatoes, side (no gravy) (5 oz)	150	70	8	5	0	460	20	19	2	2	3	+							
Mayo (2 fl oz)	400	400	44	8	0	260	20	0	0	0	0	●							
Mushrooms, sliced (1/4 C)	4	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	1.5	0	105	0	20	1	11	1	◆	★						
Pancake (no butter) (1)	210	60	7	1.5	0	670	35	29	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 - Zesty Pickle Fries (4 oz)	300	200	22	4	0	1370	0	19	3	3	3	+	◆	★					
Salad, side (no dressing)	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 - Barbeque (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0								
Sauce - Beer Cheese (2 fl oz)	130	90	10	6	0	480	30	5	0	3	5	+							
Sauce - Bourbon (1 fl oz)	80	0	0	0	0	240	0	18	0	17	0	◆	★						
Sauce - Caramel (3 T)	150	0	0	0	0	170	0	38	0	30	2	+	◆						
Sauce - Chocolate (3 T)	150	15	2	0	0	40	0	36	2	20	2	+	◆						
Sauce - Cocktail (2 fl oz)	70	0	0	0	0	720	0	15	less than 1g	0	1								
Sauce - Creamy Garlic (2 fl oz)	310	300	33	6	0	420	15	1	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	●							
Sausage link (1)	80	70	8	2.5	0	120	15	0	0	0	2								
Sausage patty (1)	160	130	14	5	0	460	40	0	0	0	9								
Strawberries, fresh - Strawberry Cakes / Waffle (6 oz)	60	0	0	0	0	0	0	13	3	8	1								
Strawberries, fresh - Lighter Fare topper (3 oz)	30	0	0	0	0	0	0	7	2	4	1								
Strawberry topping - Strawberry Cakes / Waffle (6 oz)	150	0	0	0	0	60	0	42	6	36	0								
Strawberry topping - Lighter Fare topper (3 oz)	80	0	0	0	0	30	0	21	3	18	0								
Syrup, Pancake & Waffle (1 oz)	90	0	0	0	0	30	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	0	0	less than 1g	0								
Whipped topping (1 oz)	90	60	7	7	0	0	0	7	0	7	0	+							

Allergen Key

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

**Skillet Breakfasts** - Nutritional & Allergen information does not include side choice(s). See "Sides, Add-ons, Dressing, Sauces" for 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
Breakfast Tot Scrambler (scrambled eggs)	900	590	65	16	0	1740	300	47	7	2	19	• + ♦
Breakfast Tot Scrambler (egg whites)	840	530	59	14	0	1670	50	45	7	less than 1g	19	• + ♦
Cordon Bleu Skillet (scrambled eggs)	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	• + ♦ ★
Country's Best Skillet (scrambled eggs)	690	430	47	14	0	1490	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	10	0	840	420	34	3	3	23	• ♦
Farm Skillet® (scrambled eggs)	540	310	34	10	0	940	290	34	3	4	11	• + ♦
Farm Skillet® (egg whites)	480	250	28	7	0	880	40	32	3	3	11	• ♦
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	47	20	1	2080	120	42	5	9	33	• + ♦

Allergen Key

Milk	+	Peanuts	■
Wheat	★	Tree Nuts	◀
Eggs	•	Fish	△
Soy	♦	Shellfish	✱

**Soup & Salads** - 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	
Chicken BLT Salad, Half	260	110	12	3.5	0	520	125	9	2	5	29	
Cranberry Pecan Harvest Salad	470	250	27.3	6	0	580	20	48	7	33	13	• + ■ ♦ ◀ ★
Cranberry Pecan Harvest Salad, Half	260	140	15	3.5	0	350	15	24	4	17	8	• + ■ ♦ ◀ ★
Soup of the Day-Bowl or Cup	varies											varies

**Specialty Coffee** - At participating locations.

Menu Item	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							

Allergen Key

Milk	+	Peanuts	■
Wheat	★	Tree Nuts	←
Eggs	●	Fish	△