



MENU NUTRITIONAL & ALLERGEN GUIDE - 2020

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)	330	210	23	3.5	0	550	0	28	2	2	4	★ ★
Brew City® Fries (7 oz)	590	390	43	7	0	850	0	47	5	0	5	★
Chicken Tenders (3)	360	210	23	3.5	0	870	55	19	1	0	20	★ ★
Crispy Green Beans (4 oz)	350	200	22	2	0	850	0	35	4	5	8	★ ★
Fried Cheese Curds (4 oz)	510	330	37	17	0	830	85	21	0	0	19	★ ★
Loaded Totchos (Beef)	1420	900	100	38	0	3580	195	72	8	15	51	★
Loaded Totchos (Chicken)	1150	650	72	26	0	4160	170	72	8	15	52	★ ★
Mozzarella Sticks (3) (Canada menu only)	240	140	15	6	0	630	15	18	3	3	12	★ ★
Onion Rings (5 oz)	560	400	44	7	0	610	0	39	2	5	3	★ ★
Poutine	1180	770	86	26	0	2260	95	75	7	0	24	★ ★ ★
Poutine w/ Pot Roast	1380	920	102	33	0	2650	180	76	7	0	39	★ ★ ★
Zesty Pickle Fries (4 oz)	300	200	22	4	0	1340	0	19	3	3	3	★ ★ ★
Dipping sauce: Barbecue (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0	
Dipping sauce: Creamy Garlic (2 fl oz)	310	300	33	6	0	420	15	1	0	0	0	●
Dipping sauce: Frank's RedHot® (2 fl oz)	0	0	0	0	0	2280	0	0	0	0	0	
Dipping sauce: Honey Mustard (2 fl oz)	260	180	20	3	0	600	20	20	0	18	0	●
Dipping sauce: Ranch (2 fl oz)	220	200	22	4	0	310	10	2	0	2	1	● ★
Battered Cauliflower (8 oz)	960	710	79	14	0	1520	15	58	4	5	8	● ★ ★
Cheezy Bacon Fries (14 oz)	1660	1110	123	35	0	4020	110	104	9	10	35	★ ★
Crispy Green Beans (8 oz)	1010	690	77	10	0	2120	15	71	8	11	16	● ★ ★
Fried Cheese Curds (8 oz)	1230	870	97	38	0	1960	180	43	0	2	40	● ★ ★ ★
Mozzarella Sticks (6)	520	270	30	12	0	1500	30	43	7	11	25	★ ★
Zesty Pickle Fries (8 oz)	910	700	78	14	0	3150	15	40	6	6	6	● ★ ★ ★

Allergen Key: ★ Milk ● Eggs ■ Peanuts △ Fish ★ Wheat ★ Soy ○ Tree Nuts ◇ Shellfish

Document updated May 2020

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)	1940	1070	119	34	0	3620	380	122	5	62	96	★
Battered Cod	1360	860	96	15	0	2130	80	93	5	11	30	● ▲ + ★
Breaded Shrimp	1330	740	82	14	0	3490	210	108	5	0	39	▲ + ● ★
Chicken Tenders (no sauce)	1180	720	80	13	0	2380	95	79	7	0	39	+ ★
Cod & Shrimp	1580	950	105	17	0	3480	170	119	5	10	39	● ▲ + ● ★

BEVERAGES

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Arnold Palmer (12 fl oz)	80	0	0	0	0	5	0	20	0	20	1	
Berrylicious Lemonade (15.5 fl oz)	160	0	0	0	0	0	0	41	3	20	1	
Citrus Splash (12 fl oz)	154	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)	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	240	100	88	3	42	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	58	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	+

Allergen Key

+	Milk	●	Eggs	■	Peanuts	▲	Fish	★	Wheat	◆	Soy	○	Tree Nuts	❖	Shellfish
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BURGERS, SANDWICHES, STACKERS Nutritional & allergen information does NOT include side choice. See "Sides, Add-ons, Dressings, Sauces" for information on side choices.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Avocado Bacon Burger	1020	630	70	24	0	1620	140	44	5	3	50	● ♦ ★
Avocado Jack Wrap	930	440	49	18	0	2370	145	61	6	2	61	● ♦ ★
Aztec Quesadilla Burger	950	500	55	26	0	1750	160	60	3	5	48	♦ ★
Bacon Cheeseburger	900	520	58	23	0	1780	140	39	2	2	49	♦ ★
Big Bad Bacon Burger	1610	970	108	44	0	2790	300	50	2	10	98	♦ ★
Big Country Burger	1570	970	108	41	0	2130	270	53	3	6	84	● ♦ ★
Chicken Bacon Melt-Rye	790	320	36	15	0	2000	150	43	3	2	60	♦ ★
Chicken Bacon Melt-Sourdough	760	320	35	15	0	2020	150	43	less than 1g	4	60	♦ ★
Chicken Bacon Melt-Wheat	820	320	36	15	0	2100	150	53	3	6	60	♦ ★
Chicken Bacon Melt-White	730	320	35	15	0	2000	150	37	1	3	59	♦ ★
Classic Cheeseburger	770	432	48	19	0	1290	115	39	2	2	39	♦ ★
Country Avocado BLT-Rye	686	370	41	11	0	1420	55	46	6	3	26	● ♦ ★
Country Avocado BLT-Sourdough	654	360	40	11	0	1440	55	46	4	5	26	● ♦ ★
Country Avocado BLT-Wheat	714	370	41	11	0	1510	55	56	6	7	26	● ♦ ★
Country Avocado BLT-White	624	360	40	11	0	1420	55	41	5	4	25	● ♦ ★
Grilled Cheese, Bacon & Tomato-Rye	640	320	36	16	0	1840	70	41	3	3	28	♦ ★
Grilled Cheese, Bacon & Tomato-Sourdough	610	320	35	16	0	1860	70	41	less than 1g	5	28	♦ ★
Grilled Cheese, Bacon & Tomato-Wheat	670	320	36	16	0	1940	70	51	3	7	28	♦ ★
Grilled Cheese, Bacon & Tomato-White	580	310	34	16	0	1840	70	35	1	3	28	♦ ★
Honey Mustard Chicken Melt-Rye	790	320	36	12	0	1810	135	52	3	10	52	● ♦ ★
Honey Mustard Chicken Melt-Sourdough	760	320	35	12	0	1830	135	52	less than 1g	12	52	● ♦ ★
Honey Mustard Chicken Melt-Wheat	820	320	36	12	0	1910	135	62	3	14	52	● ♦ ★
Honey Mustard Chicken Melt-White	730	320	35	12	0	1810	135	46	1	11	51	● ♦ ★
Mushroom Swiss Burger	790	441	49	19	0	1000	120	40	2	3	42	♦ ★
Patty Melt	870	459	51	22	0	1030	140	43	3	2	48	♦ ★
Stacker-Meatloaf	1170	570	63	26	2	3170	200	93	8	10	53	● △ ♦ ★
Stacker-Pot Roast	700	310	34	12	0	1560	100	69	7	2	22	♦ ★
Stacker-Turkey	680	200	22	7	0	2210	110	71	7	4	43	♦ ★
Reuben	770	378	42	15	0	2350	105	48	5	10	39	● ♦ ★
Roasty & Toasty Melt-Rye	680	330	37	17	0	910	130	43	3	3	37	♦ ★
Roasty & Toasty Melt-Soudough	650	320	36	17	0	930	130	43	1	5	37	♦ ★
Roasty & Toasty Melt-Wheat	710	330	37	17	0	1000	130	53	3	7	37	♦ ★
Roasty & Toasty Melt-White	620	320	36	17	0	900	130	38	2	4	36	♦ ★
Spicy Crispy Chicken Sandwich	960	531	59	13	0	2920	90	66	3	4	38	● ♦ ★

Allergen Key

♦ Milk	● Eggs	■ Peanuts	△ Fish	★ Wheat	♦ Soy	○ Tree Nuts	◆ Shellfish
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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)	520	270	30	8	0	490	760	31	2	0	26	● ♦
Barn Buster, The (scrambled eggs)	460	230	26	7	0	680	495	30	2	2	2	● ♦
Beef & Eggs (fried eggs)	780	470	52	18	0	670	480	29	2	0	41	● ♦ ★
Beef & Eggs (scrambled eggs)	750	450	50	17	0	770	345	28	2	less than 1g	29	● ♦ ★
Biscuits & Sausage Gravy	970	560	62	23	14	4200	30	98	2	14	15	♦ ★
Biscuits & Sausage Gravy with Eggs (fried eggs)	1110	630	70	26	14	4310	410	100	2	14	27	● ♦ ★
Biscuits & Sausage Gravy with Eggs (scrambled eggs)	1080	610	68	25	14	4400	280	100	2	15	15	● ♦ ★
Braised Benedict	1070	610	68	28	0	1260	530	71	3	2	36	● ♦ ★
Chicken Fried Chicken & Eggs (fried eggs)	990	590	65	13	1.5	1590	445	59	3	2	40	● ♦ ★
Chicken Fried Chicken & Eggs (scrambled eggs)	960	570	63	12	1.5	1680	315	59	3	3	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 Fried Steak & Eggs (fried eggs)	920	530	59	17	1.5	1480	660	60	3	1	33	● ♦ ★
Country Fried Steak & Eggs (scrambled eggs)	890	520	58	16	1.5	1580	530	60	3	2	21	● ♦ ★
Eggs Benedict	990	500	56	24	0	2290	490	77	3	8	37	● ♦ ★
Everybody's Favorite (fried eggs)	380	200	22	5	0	380	380	29	2	0	14	● ♦
Everybody's Favorite (scrambled eggs)	350	180	20	4.5	0	470	250	28	2	less than 1g	2	● ♦
Steak & Eggs Combo with Ribeye (fried eggs)	940	510	57	18	1.5	780	550	32	2	0	70	● ♦
Steak & Eggs Combo with Ribeye (scrambled eggs)	910	500	56	17	1.5	880	420	32	2	less than 1g	58	● ♦

COUNTRY COMFORT DINNERS

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 Dinner	1350	680	76	27	0	2690	380	75	0	62	92	
Chicken Bacon Mac & Cheese	1610	720	80	41	0	4830	275	126	5	23	92	● ♦ ★
Chicken Fried Chicken	600	390	43	8	2	1210	65	30	less than 1g	2	26	♦ ★
Classic Mac & Cheese	1340	610	68	37	0	3730	180	125	5	22	56	● ♦ ★
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	● ♦ ★
Steak Dinner with Ribeye	670	400	44	14	1	490	170	12	1	1	57	♦ ★

Allergen Key

♦ Milk	● Eggs	■ Peanuts	△ Fish	★ Wheat	♦ Soy	○ Tree Nuts	◆ Shellfish
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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	50	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	240	100	88	3	42	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	290	32	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	37	22	0	330	95	85	1	51	13	+ ♦ ★
Shake, Strawberry	660	290	32	21	0	230	95	86	3	40	12	+
Shake, Vanilla	590	290	32	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	140	15	11	0	90	35	49	3	38	3	+
Sundae, Turtle	460	230	25	12	0	220	35	55	1	39	5	• + ■ ♦ ○ ★

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.
Nutritional 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	190	21	11	0	900	105	47	0	7	7	• + ♦ ★
Best Pancakes in Town*+	510	180	20	5	0	1530	75	64	1	13	14	• + ♦ ★
Cakes, Eggs & Bacon (fried eggs)*	630	300	33	11	0	1640	455	46	less than 1g	9	29	• + ♦ ★
Cakes, Eggs & Bacon (scrambled eggs)*	600	280	31	10	0	1740	320	45	less than 1g	10	17	• + ♦ ★
Chicken & Waffle*	780	410	45	14	0	1760	165	66	1	7	28	• + ♦ ★
Cinnamon Apple Swirl Pancakes*+	1020	350	39	11	2	1750	75	148	6	87	14	• + ♦ ★
Cowboy Crepes	880	420	47	26	0	1530	605	64	3	15	27	• + ♦ ★

Allergen Key

+	Milk	•	Eggs	■	Peanuts	△	Fish	★	Wheat	♦	Soy	○	Tree Nuts	◆	Shellfish
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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.
Nutritional 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
French Toast*	770	250	28	7	0	1050	170	101	3	22	18	● + ♦ ★
French Toast, Eggs & Bacon (fried eggs)*	830	390	43	13	0	1280	535	67	2	17	31	● + ♦ ★
French Toast, Eggs & Bacon (scrambled eggs)*	800	380	42	12	0	1370	400	67	2	17	19	● + ♦ ★
Strawberry Crepes (fresh strawberries)*	810	390	43	37	0	460	165	92	5	45	14	● + ♦ ★
Strawberry Crepes (strawberry topping)*	900	390	43	37	0	520	165	120	7	74	13	● + ♦ ★
Strawberry Pancakes (fresh strawberries)*+	660	240	27	12	0	1530	75	84	5	27	15	● + ♦ ★
Strawberry Pancakes (strawberry topping)*+	750	240	27	12	0	1590	75	113	7	56	14	● + ♦ ★
Strawberry Waffle (fresh strawberries)*	560	250	28	18	0	900	105	67	3	22	8	● + ♦ ★
Strawberry Waffle (strawberry topping)*	650	250	28	18	0	960	105	96	6	50	7	● + ♦ ★
Triple Chocolate Pancakes*+	980	400	44	20	0	1650	75	131	6	60	16	● + ♦ ★
Waffle, Eggs & Bacon (fried eggs)*	680	350	39	18	0	1500	510	50	0	8	27	● + ♦ ★
Waffle, Eggs & Bacon (scrambled eggs)*	650	330	37	17	0	1590	380	49	0	8	15	● + ♦ ★

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	400	190	21	13	0	1610	160	31	1	3	16	● + ♦ ★
Biscuit Sammy with Sausage	510	310	34	17	0	1710	180	31	1	2	17	● + ♦ ★
Cake 'n' Egg (scrambled egg)*	260	120	13	4	0	650	150	22	less than 1g	5	5	● + ♦ ★
Cheesy Omelette	220	130	14	7	0	420	275	3	0	less than 1g	8	● + ♦
Cheesy Quesadillas	640	270	30	16	0	1380	85	55	2	0	31	+ ★
Chicken Tenders (no sauce)	360	210	23	3.5	0	870	55	19	1	0	20	+ ★
Corn Dog Bites	300	180	20	4	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	27	3	2	0	290	15	35	0	33	10	+
Drink - Milk, White (9.5 fl oz)	150	45	5	4	0	150	25	14	0	0	10	+
Drink - Soda, Barq's Root Beer (6 fl oz)	80	0	0	0	0	25	0	22	0	22	0	
Drink - Soda, Coke (6 fl oz)	70	0	0	0	0	20	0	20	0	20	0	
Drink - Soda, Diet Coke (6 fl oz)	0	0	0	0	0	25	0	0	0	0	0	
Drink - Soda, Mr. Pibb (6 fl oz)	70	0	0	0	0	25	0	19	0	19	0	
Drink - Soda, Sprite (6 fl oz)	70	0	0	0	0	35	0	19	0	19	0	
Fishy Stick (with tartar sauce)	390	260	29	4.5	0	910	45	22	0	9	9	
French Toasters*	310	80	9	3	0	470	85	43	1	11	8	● + ♦ ★
Grilled Cheese	370	170	19	10	0	1100	30	32	less than 1g	less than 1g	15	+ ♦ ★
Hamburger	630	360	40	14	0	930	80	36	1	1	26	+ ♦ ★

Allergen Key

+	Milk	●	Eggs	■	Peanuts	△	Fish	★	Wheat	♦	Soy	○	Tree Nuts	◇	Shellfish
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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					
Kid's Sundae, Caramel	140	50	5	2.5	0	85	15	23	0	17	2	+	♦				
Kid's Sundae, Chocolate	140	50	5	2.5	0	45	15	22	less than 1g	13	2	+	♦				
Mac & Cheese	300	80	9	2.5	0	570	15	45	2	8	11	+	★				
Mr. Chippy®*	430	230	25	19	0	490	25	49	2	30	5	●	+	♦	★		
Oreo® Pack (2 cookies)	100	50	5	1	0	85	0	16	1	9	1	♦	★				
Side - Bacon Strips (2 slices)	130	90	10	4	0	490	25	1	0	1	8						
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 (no gravy)	90	0	0	0	0	190	0	20	2	0	3	+					
Side - Mashed Potatoes with Beef Gravy	140	25	3	1	0	440	5	25	3	0	3	+	♦	★			
Side - Mashed Potatoes with Country Gravy	150	30	4	0.5	1.5	460	0	25	2	1	3	+	♦	★			
Side - Mashed Potatoes with Turkey Gravy	140	20	2	0.5	1	440	5	24	2	0	1	+	♦	★			
Side - Salad (no dressing)	5	0	0	0	0	5	0	2	less than 1g	less than 1g	0						
Side - Sausage (2 links)	200	170	19	7	0	430	35	0	0	0	6						
Side - Toast, rye (2 slices w/butter)	300	80	9	2	0	420	0	38	2	0	8	+	♦	★			
Side - Toast, sourdough (2 slices with butter)	260	70	8	2	0	440	0	38	0	2	8	+	♦	★			
Side - Toast, wheat (2 slices with butter)	320	80	9	2	0	520	0	48	2	4	8	+	♦	★			
Side - Toast, white (2 slices with butter)	230	70	7	2	0	420	0	32	less than 1g	less than 1g	7	+	♦	★			
Side - Vegetable Mix (California Blend, 4 oz)	40	0	0	0	0	50	0	6	2	4	1						
Side - Vegetable of the Day (4 oz)	varies											varies					

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	510	260	29	10	0	1040	300	30	2	1	17	●	✦	✦	★		
Breakfast Duo - Cakes & Bacon*	490	230	25	8	0	1530	75	44	less than 1g	9	17	●	✦	✦	★		
Breakfast Duo - Cakes & Sausage Links*	560	310	34	11	0	1480	85	43	less than 1g	8	15	●	✦	✦	★		
Breakfast Duo - French Toast & Bacon*	400	160	18	6	0	920	70	39	1	8	15	●	✦	✦	★		
Breakfast Duo - French Toast & Sausage Links*	470	240	27	9	0	860	80	38	1	7	13	●	✦	✦	★		
Breakfast Sampler (fried eggs)*	480	290	32	9	0	780	220	28	2	less than 1g	15	●	✦	★			
Breakfast Sampler (scrambled eggs)*	460	280	31	9	0	830	155	28	2	less than 1g	9	●	✦	✦	★		
Double-Smothered Chicken	200	50	6	5	0	780	100	2	0	less than 1g	33	✦	✦				
Lighter Fare French Toast (with Country Baked Apples)*	590	140	16	10	0	650	130	96	4	44	11	●	✦	✦	★		
Lighter Fare French Toast (with fresh strawberries)*	500	120	13	9	0	320	130	78	4	27	12	●	✦	✦	★		
Lighter Fare French Toast (with strawberry topping)*	540	120	13	9	0	650	130	92	5	41	11	●	✦	✦	★		

Allergen Key

+	Milk	•	Eggs	■	Peanuts	△	Fish	★	Wheat	◆	Soy	○	Tree Nuts	◇	Shellfish
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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
Lighter Fare Meatloaf	470	290	32	12	1	1220	100	23	2	5	24	● ▲ ♦ ★
Lighter Fare Pancakes (with Country Baked Apples)*	520	170	19	10	0	1020	50	75	3	37	9	● ♦ ★
Lighter Fare Pancakes (with fresh strawberries)*	430	150	17	9	0	990	50	56	3	19	10	● ♦ ★
Lighter Fare Pancakes (with strawberry topping)*	470	150	17	9	0	1020	50	71	4	33	9	● ♦ ★
Lighter Fare Turkey	540	90	10	2	0.5	2310	55	77	5	27	28	● ♦ ★
Lighter Fare Pot Roast	330	220	24	9	0	730	95	13	2	1	16	▲ ♦ ★
Smothered Chopped Steak	420	280	32	13	0	420	100	4	less than 1g	less than 1g	28	♦ ★
Soup & Salad	varies										varies	

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	860	540	60	20	0	1410	450	36	5	3	25	● ♦
Build Your Own Omelette (with cheese only)	630	350	39	15	0	1000	430	32	2	1	17	● ♦
Garden Fresh Omelette	460	210	24	6	0	690	370	41	5	7	5	● ♦
Ham & Cheese Omelette	720	370	41	16	0	1710	470	32	2	2	32	● ♦
Meat Lover's Omelette	960	580	64	24	0	2310	515	33	2	3	42	● ♦
Montana Ranch Omelette	870	500	55	20	0	1930	475	37	3	5	34	● ♦
Western Omelette	700	360	40	15	0	1360	450	38	3	4	26	● ♦

SIDES, ADD-ONS, DRESSINGS, SAUCES

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Avocado, quarter	80	70	7	1	0	0	0	4	3	0	1	
Bacon (1 slice)	70	45	5	2	0	250	15	less than 1g	0	less than 1g	4	
Barbeque sauce (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0	
Barn Buster Side - Pancakes (no butter) (4)	610	170	19	4	0	1970	100	85	2	17	19	● ♦ ★
Barn Buster Side - Toast, Rye (with butter) (4 slices)	590	160	18	4	0	840	0	76	4	0	16	▲ ♦ ★
Barn Buster Side - Toast, Sourdough (w/butter) (4 slices)	530	140	16	4	0	880	0	76	0	4	16	▲ ♦ ★
Barn Buster Side - Toast, Wheat (with butter) (4 slices)	650	160	18	4	0	1040	0	96	4	8	16	▲ ♦ ★
Barn Buster Side - Toast, White (with butter) (4 slices)	470	130	15	4	0	840	0	65	2	2	14	▲ ♦ ★
Battered Cauliflower, premium side (no sauce) (4 oz)	330	200	23	3.5	0	550	0	28	2	2	4	▲ ★
Biscuit (with butter) (1)	290	150	17	9	0	870	0	30	1	2	4	▲ ♦ ★
Biscuit & Country Gravy (1)	280	130	15	8	2	1080	0	35	1	3	4	▲ ♦ ★
Bleu cheese dressing (1 fl oz)	140	130	14	2.5	0	320	10	2	0	1	0	● ▲

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				
Breakfast Meat Choice - Bacon (4 slices)	260	180	20	8	0	980	50	2	0	2	16					
Breakfast Meat Choice - Ham (4 oz)	120	35	4	2	0	1420	50	6	0	6	16					
Breakfast Meat Choice - Sausage Links (4)	400	340	38	14	0	860	70	0	0	0	12					
Breakfast Meat Choice - Sausage Patties (2)	320	250	28	10	0	920	80	0	0	0	18					
Breakfast 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	17	9	0	870	0	30	1	2	4	+	♦	★		
Breakfast Side - English Muffin (with butter) (1)	250	70	8	2	0	340	0	38	1	2	7	+	♦	★		
Breakfast Side - Pancakes (no butter) (2)	300	90	10	2	0	990	50	43	less than 1g	8	9	●	+	♦	★	
Breakfast Side - Toast, rye (with butter) (2 slices)	300	80	9	2	0	420	0	38	2	0	8	+	♦	★		
Breakfast Side - Toast, sourdough (with butter) (2 slices)	260	70	8	2	0	440	0	38	0	2	8	+	♦	★		
Breakfast Side - Toast, wheat (with butter) (2 slices)	320	80	9	2	0	520	0	48	2	4	8	+	♦	★		
Breakfast Side - Toast, white (with butter) (2 slices)	230	70	7	2	0	420	0	32	less than 1g	less than 1g	7	+	♦	★		
Brew City Fries, side (7 oz)	590	390	43	7	0	850	0	47	5	0	5	★				
Build Your Own Omelette Ingredient - Avocado	80	70	7	1	0	0	0	4	3	0	1					
Build Your Own Omelette Ingredient - Bacon	70	45	5	2	0	250	15	less than 1g	0	less than 1g	4					
Build Your Own Omelette Ingredient - Broccoli	15	0	0	0	0	100	0	3	1	less than 1g	1					
Build Your Own Omelette Ingredient - Green Pepper	5	0	0	0	0	0	0	2	less than 1g	less than 1g	0					
Build Your Own Omelette Ingredient - Ham	45	10	1	0	0	360	20	less than 1g	0	0	8					
Build Your Own Omelette Ingredient - Mushrooms	10	0	0	0	0	0	0	1	0	less than 1g	1					
Build Your Own Omelette Ingredient - Onion	15	0	0	0	0	0	0	4	less than 1g	2	1					
Build Your Own Omelette Ingredient - Sausage	160	130	14	5	0	460	40	0	0	0	9					
Build Your Own Omelette Ingredient - Tomato	10	0	0	0	0	0	0	2	less than 1g	1	0					
Burger & Sandwich Side - Brew City Fries (7 oz)	590	390	43	7	0	850	0	47	5	0	5	★				
Burger & Sandwich Side - Tater Tots (8 oz)	610	380	42	7	0	1130	0	53	6	0	6	+	♦			
Burger & Sandwich Side - Mac & Cheese (8 oz)	550	240	27	17	0	1700	85	52	2	11	25	+	★			
Burger & Sandwich Side - Onion Rings (5 oz)	550	390	44	7	0	610	0	39	2	5	3	+	★			
Butter, side (1 T)	60	50	6	2	0	55	0	0	0	0	0	+	♦			
Caramel sauce (3 T)	150	0	0	0	0	170	0	38	0	30	2	+	♦			
Cheese sauce (2 fl oz)	180	120	13	9	0	830	45	5	0	4	9	+				
Cheese, American (1 slice)	70	50	6	4	0	340	15	0	0	0	4	+	♦			
Cheese, bacon & onion hash brown topper	190	120	13	6	0	460	45	6	less than 1g	2	12	+				
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 breast, grilled & sliced (5 oz)	130	15	2	0	0	670	70	0	0	0	28	♦				
Chocolate sauce (3 T)	150	15	2	0	0	40	0	36	2	20	2	+	♦			
Cinnamon sauce (2 oz)	280	180	20	4.5	4.5	190	0	27	1	25	0	♦				

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
Cocktail sauce (2 fl oz)	70	0	0	0	0	720	0	15	less than 1g	0	1	
Corned Beef Hash (8 oz)	420	230	26	11	0	1560	55	29	5	2	20	
Country Baked Apples, side (4 oz)	120	20	2	1	0	30	0	25	2	22	0	+
Country Gravy (2 fl oz)	45	30	4	0.5	2	270	0	5	0	1	0	+
Country Sausage Gravy (4 fl oz)	260	180	20	4.5	7	1290	15	19	0	5	4	+
Creamy garlic sauce (2 fl oz)	310	300	33	6	0	420	15	1	0	0	0	•
Crispy Green Beans, premium side (no sauce) (4 oz)	350	200	22	2	0	850	0	35	4	5	8	+
Dinner Side - Country Baked Apples (4 oz)	120	20	2	1	0	30	0	25	2	22	0	+
Dinner Side - Fruit of the Day (4 oz)	varies											varies
Dinner Side - Mac & Cheese (8 oz)	550	240	27	17	0	1700	85	52	2	11	25	+
Dinner Side - Mashed Potatoes (no gravy) (5 oz)	90	0	0	0	0	190	0	20	2	0	3	+
Dinner Side - Salad (no dressing)	60	20	2	1	0	70	5	7	2	4	4	+
Dinner Side - Seasoned Diced Red Potatoes (6 oz)	220	60	7	1.5	0	150	0	34	3	2	4	♦
Dinner Side - Steamed Broccoli (4 oz)	40	0	0	0	0	300	0	8	4	2	3	
Egg whites, scrambled (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) (1)	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 dressing (1 fl oz)	110	80	9	1.5	0	290	0	10	0	9	0	
French toast (no butter) (1 piece)	170	60	7	1.5	0	210	45	22	less than 1g	6	4	•
Fried Cheese Curds, premium side (no sauce) (4 oz)	510	340	37	17	0	830	85	21	0	0	19	+
Fruit of the Day, side (4 oz)	varies											varies
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	♦
Hollandaise sauce (4 fl oz)	230	200	22	14	0	150	60	4	0	0	0	+
Honey Mustard dressing (1 fl oz)	130	90	10	1.5	0	300	10	10	0	9	0	•
Mac & Cheese, side (8 oz)	550	240	27	17	0	1700	85	52	2	11	25	+
Marinara sauce (2 fl oz)	35	5	1	0	0	240	0	7	2	5	1	
Mashed Potatoes, side (no gravy) (5 oz)	90	0	0	0	0	190	0	20	2	0	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 Rings, side (5 oz)	550	390	44	7	0	610	0	39	2	5	3	+
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	♦

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				
Pancake (no butter) (1)	150	45	5	1	0	490	25	21	less than 1g	4	5	●	+	◆	★	
Pancakes, side (no butter) (2)	310	90	10	2	1	990	50	43	less than 1g	8	9	●	+	◆	★	
Premium Side - Battered Cauliflower (no sauce) (4 oz)	330	200	23	3.5	0	550	0	28	2	2	4	+	★			
Premium Side - Cheesy Bacon Fries (7 oz)	830	550	61	18	0	2010	55	52	5	5	17	+	★			
Premium Side - Crispy Green Beans (no sauce) (4 oz)	350	200	22	2	0	850	0	35	4	5	8	+	★			
Premium Side - Fried Cheese Curds (no sauce) (4 oz)	510	340	37	17	0	830	85	21	0	0	19	+	★			
Premium Side - Mozzarella Sticks (3)	240	130	15	6	0	630	15	18	3	3	12	+	★			
Premium Side - Zesty Pickle Fries (no sauce) (4 oz)	300	200	22	4	0	1370	0	19	3	3	3	+	◆	★		
Ranch dressing (1 fl oz)	110	100	11	2	0	160	5	less than 1g	0	less than 1g	1	●	+	◆		
Raspberry vinaigrette dressing (1 fl oz)	150	110	12	2	0	70	0	12	0	12	0					
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					
Sausage Gravy (4 fl oz)	260	180	20	4.5	7	1290	15	19	0	5	4	+	◆	★		
Sausage link (1)	100	90	10	3.5	0	220	20	0	0	0	3					
Sausage patty (1)	160	130	14	5	0	460	40	0	0	0	9					
Seasoned Diced Red Potatoes, side (6 oz)	220	60	7	1.5	0	150	0	34	3	3	4	◆				
Smoked Sausage (4 oz)	390	330	36	12	0	1240	70	2	0	2	12					
Steamed Broccoli, side (4 oz)	40	0	0	0	0	300	0	8	4	2	3					
Strawberries, fresh - Full Stack topper (6 oz)	60	0	0	0	0	0	0	13	3	8	1					
Strawberries, fresh - Short Stack topper (3 oz)	30	0	0	0	0	0	0	7	2	4	1					
Strawberry topping (3 oz)	80	0	0	0	0	30	0	21	3	18	0					
Syrup, maple flavor (1 oz)	90	0	0	0	0	30	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	310	34	5	0	340	30	2	0	2	0	●				
Thousand Island dressing (1 fl oz)	140	120	13	2	0	260	10	6	0	6	0	●				
Toast, rye (with butter) (2 slices)	300	80	9	2	0	420	0	38	2	0	8	+	◆	★		
Toast, sourdough (with butter) (2 slices)	260	70	8	2	0	440	0	38	0	2	8	+	◆	★		
Toast, wheat (with butter) (2 slices)	320	80	9	2	0	520	0	48	2	4	8	+	◆	★		
Toast, white (with butter) (2 slices)	230	70	7	2	0	420	0	32	less than 1g	less than 1g	7	+	◆	★		
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					
Vanilla icing (1 oz)	120	35	4	2.5	0	60	0	20	0	19	0	+				
Whipped topping (1 oz)	90	60	7	7	0	0	0	7	0	7	0	+				
Zesty Pickle Fries, premium side (no sauce) (4 oz)	300	200	22	4	0	1370	0	19	3	3	3	+	◆	★		

Allergen Key

+	Milk	●	Eggs	■	Peanuts	△	Fish	★	Wheat	◆	Soy	○	Tree Nuts	◇	Shellfish
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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
Breakfast Tot Scrambler	1090	710	79	20	0	2200	305	61	9	3	23	• + ♦
Cordon Bleu Skillet	950	580	65	26	0	1610	390	46	3	1	29	• + ♦ ★
Country's Best Skillet, The	760	440	49	17	0	1960	340	37	3	5	30	• + ♦
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	• + ♦
Skillet Scramble	820	450	50	24	0	3560	385	44	2	15	36	• + ♦
Smoked Sausage Skillet (fried eggs)	870	530	59	21	0	1790	480	43	4	6	36	• + ♦
Smoked Sausage Skillet (scrambled eggs)	840	520	58	20	0	1890	345	42	4	7	24	• + ♦

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	840	490	54	9	0	1390	95	55	4	45	34	• + ■ ♦ ○ ★
Chicken BLT Salad	330	110	12	4	0	1200	95	18	5	11	40	♦
Country Cobb Salad	440	200	23	8	0	1060	260	25	8	12	37	• +
Cranberry Pecan Harvest Salad	480	260	29	7	0	660	25	46	7	33	14	• + ■ ♦ ○ ★
Our Own Baked Potato Soup, Bowl	390	190	22	9	0	1450	50	29	3	4	16	+ ♦ ★
Our Own Baked Potato Soup, Cup	190	100	11	4.5	0	730	25	14	1	2	8	+ ♦ ★

SPECIALTY COFFEE Available at participating locations.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cappuccino (9.75 fl oz)	70	0	0	0	0	105	5	10	less than 1g	9	6	+ ■
Cappuccino, Iced (13.25 fl oz)	190	80	9	8	0	110	15	21	1	9	7	+ ♦
Caramel Marshmallow Latte (10.5 fl oz)	240	50	6	5	0	180	5	40	less than 1g	38	8	+ ♦
Caramel Marshmallow Latte, Iced (14 fl oz)	260	80	9	8	0	170	15	39	1	27	7	+ ♦
Cinnamon Roll Latte (10.5 fl oz)	250	50	6	5	0	180	5	42	less than 1g	39	8	+ ♦
Cinnamon Roll Latte, Iced (14 fl oz)	270	80	9	8	0	170	15	40	1	28	7	+ ♦
Espresso, shot (2 fl oz)	0	0	0	0	0	0	0	less than 1g	less than 1g	0	0	
German Chocolate Mocha (10.5 fl oz)	270	70	8	8	0	170	less than 5mg	47	1	42	3	+ ♦ ○
German Chocolate Mocha, Iced (14 fl oz)	310	80	9	8	0	240	10	51	1	46	7	+ ♦ ○
Gourmet Hot Chocolate (10.5 fl oz)	200	70	8	7	0	140	0	32	less than 1g	29	1	+ ♦
Iced Coffee (13.25 fl oz)	5	0	0	0	0	15	0	1	1	0	0	
Latte (9.75 fl oz)	80	0	0	0	0	115	5	11	less than 1g	11	7	+ ■
Latte, Iced (13.25 fl oz)	190	80	9	8	0	110	15	21	1	9	7	+ ♦
Mocha (9.75 fl oz)	100	10	1	1	0	120	less than 5mg	19	less than 1g	17	3	+ ♦
Mocha, Iced (13.25 fl oz)	240	70	8	7	0	200	10	35	1	29	7	+ ♦
Peanut Butter Crunch Mocha (10.5 fl oz)	270	60	7	7	0	200	less than 5mg	48	1	43	3	+ ■ ♦ ○
Peanut Butter Crunch Mocha, Iced (14 fl oz)	310	70	8	7	0	270	10	52	1	47	7	+ ■ ♦ ○

Allergen Key

+	Milk	•	Eggs	■	Peanuts	△	Fish	★	Wheat	♦	Soy	○	Tree Nuts	◇	Shellfish
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SPECIALTY COFFEE Available at participating locations.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens					
S'mores Mocha (10.5 fl oz)	240	60	7	7	0	130	less than 5mg	43	1	39	3	+	♦	★			
S'mores Mocha, Iced (14 fl oz)	290	70	8	7	0	200	10	47	1	43	7	+	★				
Salted Caramel Mocha (10.5 fl oz)	270	60	7	7	0	230	less than 5mg	48	1	44	3	+	♦				
Salted Caramel Mocha, Iced (14 fl oz)	310	70	8	7	0	300	10	53	1	47	7	+	♦				
Syrup/Flavor, cinnamon (one shot/0.75 oz)	80	0	0	0	0	0	0	19	0	18	0						
Syrup/Flavor, coconut (one shot/0.75 oz)	70	0	0	0	0	0	0	17	0	17	0						
Syrup/Flavor, English toffee (one shot/0.75 oz)	70	0	0	0	0	10	0	16	0	16	0	○					
Syrup/Flavor, French vanilla (one shot/0.75 oz)	90	0	0	0	0	0	0	22	0	22	0						
Syrup/Flavor, hazelnut (one shot/0.75 oz)	60	0	0	0	0	5	0	15	0	15	0	○					
Syrup/Flavor, Irish cream (one shot/0.75 oz)	70	0	0	0	0	0	0	16	0	16	0						
Syrup/Flavor, marshmallow (one shot/0.75 oz)	70	0	0	0	0	0	0	17	0	16	0						
Syrup/Flavor, peanut butter (one shot/0.75 oz)	80	0	0	0	0	100	0	19	0	18	0	■					
Syrup/Flavor, salted caramel (one shot/0.75 oz)	80	0	0	0	0	105	0	18	0	18	0						

Allergen Key

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