café

BY COUNTRY KITCHEN®

Menu Nutritional and Allergen Guide - 2023

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.

		Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Build Your Own Sampler	Brew City® Fries (6 oz)	510	330	37	6	0	830	0	40	4	0	4	★
	Chicken Tenders (3)	470	320	36	6	0	870	55	19	1	0	20	+ ★
	Fried Cheese Curds (4 oz)	510	330	37	17	0	830	85	21	0	0	19	+ ★
	Onion Rings (5 oz)	560	400	44	7	0	610	0	39	2	5	3	● + ♦ ★
	Tater Tots (6 oz)	460	280	32	5	0	960	0	39	4	0	4	
	Zesty Pickle Fries (4 oz)	300	200	22	4	0	1340	0	19	3	3	3	+ ♦ ★
	Dipping Sauce: Barbecue (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0	
	Dipping Sauce: Honey Mustard (2 fl oz)	260	180	20	3	0	600	20	20	0	18	0	●
	Dipping Sauce: Ranch (2 fl oz)	220	200	22	4	0	310	10	2	0	2	1	● + ♦
	Brew City® Fries (12 oz)	1010	670	74	12	0	1660	0	80	8	0	8	★
	Onion Rings (10 oz)	1330	990	110	19	0	1530	10	80	3	11	7	● + ♦ ★
	Tater Tots (12 oz)	910	570	63	10	0	1910	10	79	8	2	8	
	Fried Cheese Curds (8 oz)	1230	870	97	38	0	1960	180	43	0	2	40	● + ♦ ★
	Zesty Pickle Fries (8 oz)	820	600	67	12	0	3050	10	40	6	7	7	● + ♦ ★

BREAKFAST CLASSICS & OMELETTES. Nutritional & allergen information includes hash browns (where applicable), but does NOT include toast choice and/or side choice(s). See "Sides, Add-ons, Dressings, Sauces" for information on toast and 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	1250	445	35	5	2	23	● + ♦
Bacon Avocado Ranch Omelette (egg whites)	730	430	47	16	0	1160	70	33	5	less than 1g	23	● + ♦
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	● + ♦
Barn Buster, The (egg whites)	340	130	14	2.5	0	570	0	27	2	0	2	● ♦
Biscuits & Sausage Gravy	810	450	50	21	7	3180	40	79	2	9	17	+ ♦ ★
Biscuits & Sausage Gravy with Eggs (fried eggs)	950	520	58	24	7	3290	420	81	2	9	29	● + ♦ ★
Biscuits & Sausage Gravy with Eggs (scr. eggs)	920	510	57	24	7	3380	290	81	2	10	17	● + ♦ ★
Biscuits & Sausage Gravy with Eggs (egg whites)	860	450	50	21	7	3330	40	79	2	9	17	● + ♦ ★
Blueberry Lemon Yogurt Muffin	420	170	19	3.5	0	360	60	56	2	33	6	● + ♦ ○ ★
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	● ♦ ★
Breakfast Sampler (fried eggs)	460	280	31	9	0	700	220	28	2	less than 1g	14	● ♦ ★
Breakfast Sampler (scrambled eggs)	440	270	30	9	0	750	150	28	2	less than 1g	8	● + ♦ ★
Breakfast Sampler (egg whites)	410	240	27	7	0	720	30	27	2	less than 1g	8	● ♦ ★
Café Favorite, The (fried eggs)	380	200	22	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	● ♦
CFS Melt	1410	810	90	29	0	2330	690	95	3	3	49	● + ♦ ★
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	● ♦
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	● + ♦
Meat Lover's Omelette	920	550	61	23	0	2150	510	32	2	2	40	● + ♦
Meat Lover's Omelette (egg whites)	840	460	51	20	0	2060	135	29	2	0	40	● + ♦
Montana Ranch Omelette	830	470	52	19	0	1770	470	36	3	4	32	● + ♦

Allergen Key

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

Montana Ranch Omelette (egg whites)	750	390	43	16	0	1680	100	34	3	3	32	●	+	♦			
Oatmeal Oasis (no toppings - toppings info in "sides")	250	50	6	1	0	210	5	43	6	0	11	+					
Spinach Florentine Omelette	790	440	49	19	0	1520	450	39	4	5	26	●	+	♦			
Spinach Florentine Omelette (egg whites)	700	350	39	15	0	1430	80	37	4	4	26	●	+	♦			
Strawberry Rhubarb Yogurt Muffin	380	150	17	3.5	0	340	55	51	2	30	5	●	+	♦	○	★	
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(s). See "Sides, Add-ons, Dressings, Sauces" for information on side

	Calories	Caories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens					
Avocado Bacon Burger	980	600	67	23	0	1460	135	44	5	3	46	●	+	♦	★		
Bacon Cheeseburger	860	500	55	22	0	1620	135	39	2	2	45	+	♦	★			
Classic Cheeseburger	770	430	48	19	0	1290	115	39	2	2	39	+	♦	★			
Big Café Burger	1520	930	104	39	0	2050	265	53	3	6	82	●	+	♦	★		
Bourbon Burger	1000	450	50	20	0	2190	145	78	2	39	49	+	♦	★			
Patty Melt	870	460	51	22	0	1030	140	43	3	2	48	+	♦	★			

Allergen Key

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

DRINKS. Specialty Coffees and Kids' Drinks are under their own categories.

	Calories	Caories 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						
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	Caories 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*+	510	180	20	5	0	1530	75	64	1	13	14	●	+	♦	★		
Café Waffle*	410	190	21	11	0	900	105	47	0	7	7	●	+	♦	★		
Cakes, Eggs & Bacon (fried eggs)*	590	270	30	10	0	1480	450	45	less than 1g	8	27	●	+	♦	★		
Cakes, Eggs & Bacon (scrambled eggs)*	560	260	28	9	0	1580	315	44	less than 1g	9	15	●	+	♦	★		
Cakes, Eggs & Bacon (egg whites)*	500	200	22	7	0	1520	70	43	less than 1g	8	15	●	+	♦	★		
Chicken & Waffle*	880	510	56	16	0	1760	165	66	1	7	28	●	+	♦	★		
Cowboy Crepes (scrambled eggs)	880	420	47	26	0	1530	605	64	3	15	27	●	+	♦	★		
Cowboy Crepes (egg whites)	790	340	38	22	0	1440	230	62	3	14	27	●	+	♦	★		
Dynamic Duo (Cakes, Bacon)*	450	200	22	7	0	1370	70	43	less than 1g	8	23	●	+	♦	★		
Dynamic Duo (Cakes, Sausage)*	560	310	34	11	0	1480	85	43	less than 1g	8	15	●	+	♦	★		
Dynamic Duo (French Toast, Bacon)*	620	200	22	7	0	1090	150	75	8	18	18	●	+	♦	★		
Dynamic Duo (French Toast, Sausage)*	730	310	34	11	0	1190	165	75	8	18	18	●	+	♦	★		
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 & Banana Crepes (strawberry topping)	1010	390	43	37	0	520	165	148	11	88	15	●	+	♦	★		
Strawberry & Banana Crepes (fresh strawberries)	910	390	43	37	0	460	165	119	8	60	16	●	+	♦	★		
Strawberry Crepes (strawberry topping)	900	390	43	37	0	520	165	120	7	74	13	●	+	♦	★		
Strawberry Crepes (fresh strawberries)	810	390	43	37	0	460	165	92	5	45	14	●	+	♦	★		
Strawberry Pancakes (strawberry topping)*+	750	240	27	12	0	1590	75	113	7	56	14	●	+	♦	★		
Strawberry Pancakes (fresh strawberries)*+	660	240	27	12	0	1530	75	84	5	27	15	●	+	♦	★		
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*+	980	400	44	20	0	1650	75	131	6	60	16	● + ♦ ★
Waffle, Eggs & Bacon (fried eggs)*	640	320	36	17	0	1340	505	49	0	7	25	● + ♦ ★
Waffle, Eggs & Bacon (scrambled eggs)*	610	300	34	16	0	1430	375	48	0	8	13	● + ♦ ★
Waffle, Eggs & Bacon (egg whites)*	550	250	28	14	0	1380	125	47	0	7	13	● + ♦ ★

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	Caories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cake 'n' Egg (scrambled egg)*	260	120	13	4	0	650	150	22	less than 1g	4	5	● + ♦ ★
Cake 'n' Egg (egg whites)*	230	90	10	3	0	620	25	21	less than 1g	4	5	● + ♦ ★
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 Sandwich	470	180	20	5	0	800	120	35	1	1	31	+ ♦ ★
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®*	430	230	25	19	0	490	25	50	2	30	5	● + ♦ ★
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 - Country Baked Apples (4 oz)	120	20	2.5	1	0	30	0	25	2	22	0	+ ♦
Side - Bacon (2 slices)	90	60	7	3	0	330	20	1	0	1	6	
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 - Mandarin Oranges	120	0	0	0	0	15	0	27	2	24	2	
Side - Salad	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 - 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	230	60	7	2	0	420	0	32	less than 1g	less than 1g	7	+ ♦ ★

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

	Calories	Caories 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 Jack Wrap	940	480	53	19	0	1900	185	61	6	2	52	● + ♦ ★
Chicken Bacon Melt (on rye)	790	360	40	16	0	1540	190	42	3	1	54	+ ♦ ★
Chicken Bacon Melt (on sourdough)	760	350	39	16	0	1560	190	42	less than 1g	3	54	+ ♦ ★
Chicken Bacon Melt (on wheat)	820	360	40	16	0	1640	190	52	3	5	54	+ ♦ ★
Chicken Bacon Melt (on white)	730	340	38	16	0	1540	190	36	1	2	50	+ ♦ ★
Classic BLT (on rye)	530	250	28	8	0	1090	45	42	3	2	21	● ♦ ★
Classic BLT (on sourdough)	500	240	27	8	0	1110	45	42	1	4	21	● ♦ ★
Classic BLT (on wheat)	560	250	28	8	0	1190	45	52	3	6	21	● ♦ ★
Classic BLT (on white)	470	240	27	8	0	1090	45	36	2	3	20	● ♦ ★
Club Sandwich (on rye)	860	430	48	10	0	2140	82	62	4	3	35	● ♦ ★
Club Sandwich (on sourdough)	820	420	47	10	0	2170	82	62	1	6	35	● ♦ ★
Club Sandwich (on wheat)	910	430	48	10	0	2290	82	77	4	9	35	● ♦ ★
Club Sandwich (on white)	770	410	46	10	0	2140	82	53	3	4	34	● ♦ ★
Crispy Bourbon Chicken Sandwich	1170	570	63	16	0	1500	100	100	3	37	44	● ♦ ★
Cuban Monte Cristo	1010	300	34	15	0	3420	240	118	9	57	46	● + ♦ ★
Reuben	770	380	42	15	0	2350	105	48	5	10	39	● + ♦ ★

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

	Calories	Caories 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, The	730	460	51	17	0	1760	335	29	2	1	24	● + ♦
Country's Best Skillet, The (egg whites)	670	400	44	14	0	1910	85	27	2	0	24	● ♦
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	● + ♦

Allergen Key

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

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)	865	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	Caories 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
Café Cobb Salad, Full	420	190	21	7	0	980	260	24	8	11	36	● +
Café Cobb Salad, Half	300	160	18	6	0	730	225	16	6	6	21	● +
Chicken BLT Salad, Full	340	140	16	5	0	730	135	17	5	10	34	
Chicken BLT Salad, Half	260	110	12	3.5	0	550	125	9	2	5	29	
Cranberry Pecan Harvest Salad, Full	460	250	27	6	0	580	20	45	7	32	13	● + ■ ♦ ○ ★
Cranberry Pecan Harvest Salad, Half	250	140	15	4	0	370	15	23	4	16	8	● + ■ ♦ ○ ★
Fiesta Taco Salad with beef	1050	540	60	28	1	2760	150	82	9	18	43	+ ♦ ★
Fiesta Taco Salad with chicken	900	400	44	19	0	2210	185	79	9	17	45	+ ♦ ★
Soup of the Day	varies											

Allergen Key

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

SIDES, ADD-ONS, DRESSINGS, SAUCES.

	Calories	Caories 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	170	10	0	0	0	3	
Bacon, side (4 slices)	180	130	14	6	0	660	40	0	0	0	12	
Barbeque sauce (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0	
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)	470	140	15	4	0	840	0	65	2	2	14	+ ♦ ★
Barn Buster Side, pancakes (no butter)	610	170	19	4	0	1970	100	85	2	17	19	● + ♦ ★
Barn Buster Side, pancakes (with butter)	660	230	25	6	0	2030	100	85	2	17	19	● + ♦ ★
Big Café sauce (1 fl oz)	140	120	13	2	0	260	10	6	0	6	0	●
Biscuit & Country Gravy, side	280	130	14	8	2	1080	0	35	1	3	4	+ ♦ ★
Biscuit - no butter (1)	230	100	11	7	0	810	0	30	1	2	4	+ ♦ ★
Biscuit - with butter (1)	290	150	16	9	0	870	0	30	1	2	4	+ ♦ ★
Bleu cheese dressing (1 fl oz)	140	130	14	2.5	0	320	10	2	0	1	0	● +
Blueberry Lemon Yogurt Muffin	420	170	19	3.5	0	360	60	56	2	33	6	● + ♦ ○ ★
Bourbon Sauce (1 fl oz)	80	0	0	0	0	240	0	18	0	17	0	♦ ★
Butter, side (1 T)	60	50	6	2	0	55	0	0	0	0	0	+ ♦
Caramel sauce (3 T)	150	0	0	0	0	170	0	38	0	30	2	+ ♦
Cheese, American (1 slice)	70	50	6	4	0	340	15	0	0	0	4	+ ♦
Cheese, bacon & onion hash brown topper	170	100	11	6	0	380	40	5	less than 1g	2	11	+ ♦
Cheese, bleu cheese crumble (1/4 C)	100	70	8	5	0	380	20	0	0	0	6	+
Cheese, four-cheese blend (1/4 C)	110	70	8	4.5	0	210	30	1	0	0	8	+
Cheese, monterey jack (1 slice)	80	50	6	4	0	115	20	0	0	0	5	+
Cheese, pepper jack (1 slice)	50	50	4.5	3	0	90	15	0	0	0	4	+
Chicken thigh, grilled & sliced (4 oz)	180	70	8	2	0	360	115	0	0	0	24	
Chocolate sauce (3 T)	150	20	1.5	0	0	40	0	36	2	20	2	+ ♦
Cinnamon sauce (2 oz)	280	180	20	4.5	5	190	0	27	1	25	0	♦
Cocktail sauce (2 fl oz)	70	5	0.5	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 Sausage Gravy (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	● ♦
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 dressing (1 fl oz)	110	80	9	1.5	0	290	0	10	0	9	0	
French toast, no butter, 1 full slice	260	80	9	1.5	0	330	45	35	4	7	6	● + ♦ ★
Fries, side (6 oz)	510	330	37	6	0	830	0	40	4	0	4	★
Fruit of the Day, side	varies											
Ham, diced (1/4 C)	45	10	1	0	0	360	20	0	0	0	8	
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	●
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	
Oatmeal Oasis Topping-Banana, (1 banana)	110	0	0	0	0	0	0	27	3	15	1	
Oatmeal Oasis Topping-Blueberries, fresh (2 oz)	30	0	0	0	0	0	0	8	1	6	0	
Oatmeal Oasis Topping-Candied Pecans (2 T)	110	90	10	1	0	95	0	less than 1g	less than 1g	2	2	● + ■ ♦ ○ ★
Oatmeal Oasis Topping-Craisins (2 T)	45	0	0	0	0	0	0	13	less than 1g	10	0	
Oatmeal Oasis Topping-Strawberries, fresh (2 oz)	20	0	0	0	0	0	0	5	1	3	0	
Pancake - no butter (1 cake)	150	45	5	1.5	0	490	25	21	less than 1g	4	5	● + ♦ ★
Pancakes - no butter, Barn Buster side (4 cakes)	610	170	19	4	0	1970	100	85	2	17	19	● + ♦ ★
Pancakes - no butter, side (2 cakes)	300	90	10	2	1	990	50	43	less than 1g	8	10	● + ♦ ★
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	

Red Potatoes, side (6 oz)	220	60	7	1.5	0	150	0	34	3	3	4	♦					
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						
Sausage links, side (4)	400	340	38	14	0	860	70	0	0	0	12						
Sausage patties, side (2)	320	340	38	10	0	920	80	2	0	0	18						
Smoked sausage, side (4 oz)	390	330	37	12	0	1240	70	2	0	2	12						
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 Rhubarb Yogurt Muffin	380	150	17	3.5	0	340	55	51	2	30	5	●	+	♦	○	★	
Strawberries, topping (3 oz)	80	0	0	0	0	30	0	25	2	22	0						
Syrup, maple flavor (1 oz)	90	0	0	0	0	35	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	●					
Tater tots, side (6 oz)	460	280	32	5	0	960	0	39	4	0	4						
Thousand Island dressing (1 fl oz)	140	120	13	2	0	260	10	6	0	6	0	●					
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	60	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	less than 1g	0	less than 1g	0						
Vanilla icing (1 oz)	120	35	4	2.5	0	60	0	20	0	19	0	+					
Whipped topping (1oz)	90	60	7	7	0	0	0	7	0	7	0	+					

SPECIALTY COFFEE. Available at participating locations

	Calories	Caories 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	+					

Allergen Key

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