



Fresh homestyle meals.
Served with a smile.



Not all menu items available at all restaurants.

Breakfast Classics

Breakfast is served all day! Substitute fresh fruit instead of hash browns.



Long Haul Breakfast

Traditional Breakfast 680-1820 cal.
Two fresh eggs* cooked to order, hash browns and choice of toast, biscuit or two pancakes. Served with bacon, ham, turkey sausage or sausage.

♥ *Two fresh eggs, turkey sausage, tomatoes and toast. 520 cal.*

Southern Tradition 1470 cal.
Two grilled biscuits topped with creamy sausage gravy and two fresh eggs* cooked any style.

Pancake Combo 1310-1450 cal.
Three fluffy, golden pancakes, two eggs* cooked to order, choice of bacon, sausage or ham.

French Toast Combo 1310-1450 cal.
French toast, two eggs* cooked to order, choice of bacon, sausage or ham.

Pork Chop Breakfast 1110-1970 cal.
Bone-in pork chop seasoned and grilled or deep fried in a Southern breading. Served with two fresh eggs* cooked any style, hash browns and your choice of toast, biscuit or two pancakes.

Long Haul Breakfast 1510-1950 cal.
Chef's favorite! Buttermilk biscuit with creamy sausage gravy, two fresh eggs* cooked to order, two golden buttermilk pancakes, crispy bacon or sausage, and hash browns.

Sirloin Steak & Eggs 960-1830 cal.
Seasoned and grilled sirloin steak*, two eggs* cooked to order, hash browns and choice of toast, biscuit or two pancakes.

Steerburger & Eggs 1140-2010 cal.
Grilled and seasoned chopped steak*, two fresh eggs* cooked to order, hash browns and choice of toast, biscuit or two pancakes. *Also available with grilled chicken breast. 990-1530 cal.*



Homestyle Chicken Fried Steak & Eggs

♥ **Creamy Oatmeal** 710-1250 cal.
Creamy oatmeal served with raisins and toast.

Homestyle Chicken Fried Steak & Eggs 1130-2000 cal.
Tender steak, breaded and deep fried to a golden brown, topped with creamy country gravy, two eggs* cooked to order, hash browns and choice of toast, biscuit or two pancakes.

Omelet

All three-egg* omelets are served with hash browns and choice of toast, biscuit or two pancakes (except Egg White Veggie Omelet).

Build Your Own Omelet 650-1520 cal.

Choose your 3 favorite toppings:

Bacon, ham, sausage, American cheese, cheddar cheese, mozzarella cheese, Swiss cheese, pepper jack cheese, onions, green peppers, tomatoes, spinach, mushrooms. *Add additional toppings for an additional cost.*

♥ *Omelet with any 3 veggies.*

Philly Cheesesteak Omelet 1250-2120 cal.

A hearty omelet stuffed with thinly-sliced beef, grilled mushrooms, onions, peppers and melted Swiss cheese.

Meat Lover's Omelet 1520-2390 cal.
Stuffed full of ham, crispy bacon, green peppers, sausage and topped with sausage gravy and shredded cheese.

Farmer's Omelet 1350-2220 cal.
Onions, peppers, mushrooms and tomatoes sauteed with crispy bacon folded inside an omelet with cheddar cheese and topped off with creamy sausage gravy.



Egg White Omelet

♥ **Egg White Veggie Omelet** 850-1400 cal.
Omelet made with egg whites filled with mushrooms, fresh spinach, tomatoes, onions and peppers. Served with fresh fruit and toast.

Sandwiches, Salads & More

Add a premium side of your choice for an additional charge.



Club

Club 1030-1560 cal.

Double decker sandwich loaded with smoky ham, roasted turkey, American cheese, Swiss cheese, lettuce, tomato, crispy bacon, mayo and your choice of a regular side.

Philly Cheesesteak 1380-1910 cal.

Thinly-sliced beef with onions, mushrooms and peppers topped with melted Swiss cheese. Served with a regular side.

Double Bacon Steak Burger with Cheese 1620-2150 cal.

Two juicy steak burgers* with lettuce, tomato, pickle, bacon and slices of American and Swiss cheese. Served with a regular side.

Third Pound Steak Burger 900-1430 cal.
Juicy grilled steak burger* with fresh lettuce, tomato and pickle chips. Served with a regular side.

Cheeseburger 990-1520 cal.

Bacon Cheeseburger 1080-1610 cal.

Buffalo Ranch

Jalapeño Burger 1690-2220 cal.

Two third-pound steak burgers* topped with bacon, pepper jack cheese, fried jalapeño rings and spicy ranch sauce. Served with a regular side.

Patty Melt 1110-1640 cal.

Half-pound steak burger* with Swiss cheese and grilled onions, served on grilled deli rye. Includes a regular side.



Buffalo Ranch Jalapeño Burger

Fried Fish Basket 1060 cal.

Hand-breaded, golden fried fish fillet, served with tartar sauce and fries.

Chicken Tenders 920 cal.

Hand-dipped, buttermilk marinated chicken tenders fried to a crispy golden brown and served with BBQ sauce and fries.



Southwest Buttermilk Chicken Sandwich

Southwest Buttermilk

Chicken Sandwich 640-1170 cal.

Hand-breaded buttermilk chicken, fried golden and crispy, with bacon, pepper jack cheese and savory pepper sauce. Served with a regular side.

Grilled Chicken Sandwich 840 cal.

Grilled chicken breast with lettuce and tomatoes. Served with our fresh vegetable medley.

♥ *Grilled chicken on a lettuce bun.*

Salads

Santa Fe Salad 1330 cal.

Fresh greens loaded with three hand-breaded chicken tenders, mozzarella and cheddar cheese, diced peppers, onions, black beans and finished with our signature sauce. Served with ranch on the side.

Chef Salad 710 cal.

Ham, turkey, diced eggs, tomatoes and shredded cheddar cheese.

Chicken Club Salad 790 cal.

Grilled chicken, tomatoes, diced eggs, bacon and cheddar cheese.

♥ *Ask for salad to be served without bacon and cheddar cheese.*



Santa Fe Salad

Soup & Salad 280-700 cal.

Enjoy your favorite soup and a side salad.

Comfort Foods

All entrees include soup or salad.



Chicken Fried Steak

Chicken Fried Steak 930-1670 cal.
Tender steak, breaded and deep fried, topped with creamy country gravy. Served with a regular side.

Chicken Fried Chicken 660-1400 cal.
Tender chicken breast hand-dipped in buttermilk and seasoned flour, fried to a deep golden brown and topped with creamy country gravy. Served with a regular side.

Chicken Teriyaki Stir Fry 1150-1360 cal.
Stir fry chicken and vegetables tossed in teriyaki sauce and served on a bed of rice.

Chicken Parmesan 1420-1630 cal.
Breaded and grilled boneless chicken breast smothered in tomato sauce and topped with melted mozzarella cheese. Served with spaghetti.

 **Grilled Chicken Breast Dinner** 550-760 cal.
Tender chicken breast grilled, Cajun grilled or lemon pepper grilled, served with broccoli.



Chicken Parmesan



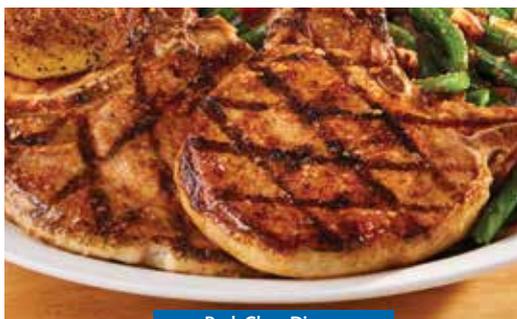
Buffalo Mac & Cheese

Buffalo Mac & Cheese 1080-1290 cal.
Good old-fashioned mac & cheese with chicken tenders tossed in a spicy ranch sauce.

Goulash 940-1150 cal.
Elbow macaroni, ground beef, tomatoes, onion, garlic and herbs. Topped with mozzarella cheese.

Spaghetti & Meatballs 1300-1510 cal.
Spaghetti with sweet Italian tomato sauce and seasoned meatballs.

Pork Chop Dinner 700-1440 cal.
Two bone-in pork chops seasoned and grilled or deep fried in a Southern breading. Served with a regular side.



Pork Chop Dinner

Steak & Fish

All entrees served with soup or salad. Add a premium side, sauteed mushrooms (14 cal.) or grilled onions (23 cal.) for an additional charge.



Ribeye Dinner

Ribeye Dinner 930-1670 cal.
Mouthwatering ribeye steak* seasoned and grilled. Served with a regular side.

T-Bone Dinner 1220-1960 cal.
Over a pound of T-Bone steak*. Served with a regular side.

Sirloin Dinner 560-1300 cal.
Seasoned and grilled sirloin steak* cooked just the way you like it! Served with a regular side.

One Pound Texas Steerburger 1640-2380 cal.
A Texas-sized broiled chopped steak* cooked to order and topped with grilled onions and savory beef gravy. Served with a regular side.

Smothered Steerburger Steak 890-1630 cal.
Seasoned half-pound chopped steak* smothered in sauteed mushrooms, onions and savory beef gravy. Served with a regular side.

♥ **Blackened Salmon** 680-890 cal.
Blackened salmon fillet served with rice pilaf.



Whitefish Dinner

Whitefish Dinner 690-1660 cal.
Tender, farm-raised whitefish fillets served with a regular side. Choose Southern breaded, Cajun grilled or lemon pepper grilled.

♥ *Blackened whitefish also available.*

Regular Sides

♥ **Baked Potato** 540 cal.

♥ **Broccoli** 100 cal.

♥ **Corn** 310 cal.

French Fries 240 cal.

♥ **Fresh Vegetable Medley** 110 cal.

♥ **Hash Browns** 130 cal.

♥ **House Side Salad** 180 cal.

Mashed Potatoes 330 cal.

♥ **Rice Pilaf** 220 cal.

♥ **Sliced Tomatoes** 10 cal.

Soup of the Day 100-520 cal.

Southern-Style

Green Beans 280 cal.

Tater Tots 390 cal.

Premium Sides

Make it a premium side for an additional charge.

♥ **Buffalo Cauliflower** 30 cal.

Cheese Potato Casserole 690 cal.

♥ **Fresh Fruit** 60 cal.

Loaded Baked Potato 730 cal.

Loaded Hash Browns 440 cal.

Mac & Cheese 420 cal.

Onion Rings 900 cal.

TravelCenters of America has partnered with the renowned Cleveland Clinic to provide meal options that support optimal health, and help you feel your best.

♥ **Healthy Options recommended by**  **Cleveland Clinic**

Healthy option criteria developed using Cleveland Clinic expertise along with the Dietary Guidelines for Americans 2020-2025, taking into account added sugar, saturated fat and sodium. To learn more about healthy options and tips to enhance your health scan the QR code.

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

*These items are cooked to order and contain or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

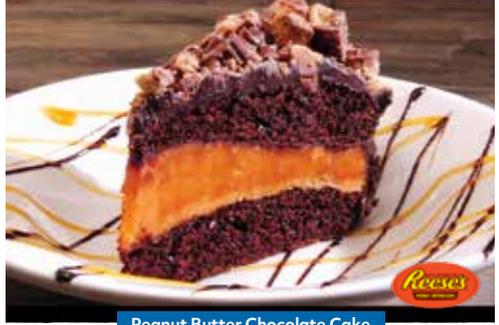


Sweet Endings



Apple Pie Rolls

Apple Pie Rolls 400 cal.
Apple pie rolled inside a crispy pastry paired with salted caramel ice cream, finished with whipped cream and caramel drizzle.



Peanut Butter Chocolate Cake

Peanut Butter Chocolate Cake 470 cal.
Thick layer of crunchy peanut butter filling between two moist layers of chocolate cake. Covered in a chocolate ganache and topped with Reese's® Peanut Butter Cups.

Cheesecake 520 cal. 
Legendary creamy California cheesecake baked on a golden graham cracker crumb.

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Ask about our seasonal cheesecake.

Beverages

Soft Drinks 20 oz.

Pepsi 250 cal.
Diet Pepsi 0 cal.
Mountain Dew 290 cal.
Dr. Pepper 250 cal.
Sierra Mist 240 cal.

Iced Tea

Sweet 240 cal. / **Unsweet** 0 cal.

Lemonade

110 cal.

Milk

Small 180 cal./**Large** 310 cal.

Orange Juice

Small 100 cal./**Large** 160 cal.

Apple Juice

Small 70 cal./**Large** 120 cal.

Hot Tea

Green 0 cal.
Decaf 0 cal.
Earl Grey 0 cal.
Chamomile 0 cal.

Coffee

Regular 0 cal./**Decaf** 0 cal.

Hot Chocolate

180 cal.



Kids

Just for the little ones—10 and under only, please! Add a small beverage for an additional charge.

One Egg, Toast & Jelly 590-1000 cal.
Served with hash browns and two strips of bacon or one sausage patty.

♥ **Egg, toast and jelly.** 190 cal.

Two Pancakes & Syrup 840-990 cal.
Served with two strips of bacon or one sausage patty.

♥ **Oatmeal** 650-910 cal.
Served with toast and jelly.

PB&J Sandwich 670 cal.
Served with french fries.

Grilled Cheese 610 cal.
Served with french fries.

Hamburger 840 cal.
Served with french fries.

Mac & Cheese 420 cal.

Spaghetti 750 cal.

Chicken Tenders Basket 520 cal.
Served with french fries.

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1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary.

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