



NUTRITIONAL INFORMATION

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Menu items may vary on a daily basis by restaurant. Not all menu items are available at each restaurant. Nutritional values for each meal include those items which automatically come with that meal. Any time a choice is given for a side, information for those choices are listed separately under "sides".

Date: 1-7-19

Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Bacon & Eggs (1 ea.)	360	240	27g	8g	0g	550mg	870mg	3g	0g	3g	28g
Breakfast Sausage & Eggs (1 ea.)	580	440	49g	17g	0g	510mg	900mg	4g	0g	2g	30g
Ham & Eggs (1 ea.)	350	180	20g	7g	0g	515mg	2070mg	7g	0g	3g	36g
Corned Beef Hash & Eggs (1 ea.)	570	330	37g	14g	0g	555mg	1530mg	26g	4g	3g	33g
Chicken Tenders & Eggs (1 ea.)	550	170	19g	5g	0g	585mg	2150mg	47g	2g	2g	47g
Denver Omelette (1 ea.)	390	220	25g	7g	0g	800mg	1030mg	10g	1g	6g	34g
Meat Lovers Omelette (1 ea.)	780	520	58g	21g	0g	885mg	2120mg	10g	0g	4g	55g
Ham & Cheese Omelette (1 ea.)	670	420	47g	19g	0g	885mg	2170mg	8g	0g	5g	57g
Chicken & Mushroom Omelette (1 ea.)	590	330	36g	15g	0g	880mg	490mg	5g	less than 1g	2g	61g
Philly Cheesesteak Omelette (1 ea.)	830	510	57g	24g	0g	780mg	400mg	18g	3g	6g	61g
Egg White Veggie Omelette (1 ea.)	200	25	2.5g	0.5g	0g	0mg	430mg	15g	5g	4g	27g
Chicken Fried Steak & Eggs (1 ea.)	800	390	43g	13g	0g	630mg	2020mg	53g	2g	2g	50g
Hotcakes Only (1 ea.)	880	300	33g	10g	4.5g	0mg	1240mg	139g	2g	52g	7g
Hotcake Combo (1 ea.)	1110	440	49g	15g	4.5g	450mg	1720mg	142g	2g	53g	25g
French Toast Only (1 ea.)	990	310	34g	8g	5g	300mg	1110mg	155g	3g	54g	23g
French Toast Combo (1 ea.)	1260	490	55g	13g	5g	825mg	1630mg	157g	3g	56g	45g
Biscuit and Gravy (1 ea.)	1290	780	87g	32g	0g	15mg	3710mg	103g	2g	6g	18g
Breakfast Sandwich with Bacon (1 ea.)	590	310	35g	16g	0g	285mg	1870mg	47g	1g	5g	22g
Breakfast Sandwich with Sausage (1 ea.)	650	370	41g	19g	0g	295mg	1830mg	46g	1g	4g	23g
Breakfast Sandwich with Ham (1 ea.)	580	280	32g	16g	0g	300mg	2290mg	48g	1g	5g	26g
Skillet Steak Burger (1 ea.)	890	560	62g	19g	0g	105mg	1150mg	47g	7g	17g	36g
Skillet Steak Burger with Cheese (1 ea.)	980	620	69g	24g	0g	125mg	1590mg	48g	7g	17g	41g
Skillet Steak Burger with Cheese and Bacon (1 ea.)	1070	680	76g	26g	0g	145mg	1940mg	49g	7g	18g	47g
Patty Melt (1 ea.)	1100	690	77g	27g	0g	145mg	1680mg	53g	9g	12g	48g
Mushroom Swiss Burger (1 ea.)	990	620	69g	23g	0g	125mg	910mg	49g	7g	17g	44g
Double Skillet Steak Burger with Cheese and Bacon (1 ea.)	1610	1080	120g	45g	0g	270mg	2070mg	50g	7g	18g	79g
Chicken Tenders Basket (1 ea.)	610	130	15g	3g	0g	155mg	2420mg	58g	3g	1g	60g
Golden Fried Shrimp (1 ea.)	600	100	12g	2g	0g	135mg	2150mg	94g	4g	11g	28g
Fried Fish Basket (1 ea.)	730	410	45g	9g	0g	75mg	1990mg	58g	7g	13g	24g
Traditional Club (1 ea.)	1140	620	69g	16g	0g	145mg	3520mg	94g	10g	22g	48g
Turkey, Bacon, Swiss and Grilled Tomato Melt (1 ea.)	810	490	54g	16g	0g	100mg	2780mg	39g	4g	3g	36g
Traditional Crispy Chicken Sandwich (1 ea.)	650	230	26g	4.5g	0g	100mg	1910mg	67g	3g	12g	37g
Philly Cheese Steak Hoagie (1 ea.)	1370	830	93g	34g	0g	230mg	2040mg	51g	4g	4g	77g
Spaghetti and Meat Sauce (1 ea.)	1430	380	42g	17g	0g	70mg	2010mg	213g	12g	22g	59g
Fettuccine Primavera (1 ea.)	1340	580	64g	21g	0.5g	55mg	2510mg	155g	14g	21g	42g
Chicken Alfredo (1 ea.)	1690	640	71g	24g	0.5g	210mg	2690mg	169g	8g	17g	96g
Chicken Fried Steak (1 ea.)	780	350	39g	12g	0g	120mg	2130mg	69g	3g	1g	37g

Chicken Parmesan (1 ea.)	1370	340	38g	13g	0g	305mg	2800mg	160g	10g	21g	97g
Lemon Pepper Whitefish (1 ea.)	790	490	55g	13g	0g	180mg	5090mg	26g	2g	4g	48g
Breaded Whitefish (1 ea.)	900	510	56g	13g	0g	180mg	2730mg	46g	2g	4g	49g
Pot Roast (1 ea.)	480	160	18g	5g	0g	90mg	1720mg	37g	3g	6g	43g
Grilled Chicken Breast (1 ea.)	510	160	18g	4g	0g	145mg	780mg	31g	7g	9g	56g
Grilled Salmon (1 ea.)	410	200	22g	4.5g	0g	95mg	660mg	17g	1g	0g	37g
Blackened Salmon (1 ea.)	520	210	23g	4.5g	0g	95mg	1480mg	42g	10g	14g	42g
16" Cheese Pizza (whole pie) (1 ea.)	3700	1530	170g	79g	0g	255mg	8400mg	390g	34g	36g	167g
16" Pepperoni Pizza (whole pie) (1 ea.)	3880	1720	191g	83g	0g	290mg	9310mg	390g	32g	36g	165g
16" Sausage Pizza (whole pie) (1 ea.)	4230	2030	226g	94g	0g	390mg	9890mg	391g	32g	36g	175g
16" Vegetable Pizza (whole pie) (1 ea.)	3640	1420	158g	71g	0g	215mg	8000mg	414g	39g	48g	159g
16" Half Pepperoni/Half Sausage Pizza (whole pie) (1 ea.)	4160	1970	218g	92g	0g	365mg	9890mg	391g	32g	36g	174g
Cheese Pizza Slice (1/6 pie) (1/6 ea.)	620	250	28g	13g	0g	40mg	1400mg	65g	6g	6g	28g
Cheese Pizza Slice (1/8 pie) (1/8 ea.)	460	190	21g	10g	0g	30mg	1050mg	49g	4g	5g	21g
Pepperoni Pizza Slice (1/6 pie) (1/6 ea.)	650	290	32g	14g	0g	50mg	1550mg	65g	5g	6g	28g
Pepperoni Pizza Slice (1/8 pie) (1/8 ea.)	480	220	24g	10g	0g	35mg	1160mg	49g	4g	5g	21g
Sausage Pizza Slice (1/6 pie) (1/6 ea.)	710	340	38g	16g	0g	65mg	1650mg	65g	5g	6g	29g
Sausage Pizza Slice (1/8 pie) (1/8 ea.)	530	250	28g	12g	0g	50mg	1240mg	49g	4g	5g	22g
Vegetable Pizza Slice (1/6 pie) (1/6 ea.)	610	240	26g	12g	0g	35mg	1330mg	69g	6g	8g	26g
Vegetable Pizza Slice (1/8 pie) (1/8 ea.)	460	180	20g	9g	0g	25mg	1000mg	52g	5g	6g	20g
Half Pepperoni/ Half Sausage Pizza Slice (pepperoni 1/6 slice) (1/3 ea.)	650	290	32g	14g	0g	50mg	1560mg	65g	5g	6g	28g
Half Pepperoni/ Half Sausage Pizza Slice (pepperoni 1/8 slice) (1/4 ea.)	490	220	24g	10g	0g	35mg	1170mg	49g	4g	5g	21g
Half Pepperoni/ Half Sausage Pizza Slice (sausage 1/6 slice) (1/3 ea.)	740	370	41g	17g	0g	75mg	1740mg	65g	5g	6g	30g
Half Pepperoni/ Half Sausage Pizza Slice (sausage 1/8 slice) (1/4 ea.)	550	280	31g	13g	0g	55mg	1300mg	49g	4g	5g	23g