



NUTRITIONAL INFO

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	Weight/Size	Calories	Fat (g)	Calories from Fat	Trans Fat (g)	Sat Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Chol (mg)	Sodium (mg)	Sugar (g)
Breakfast												
Bananas Foster Pancakes	1 Pancake	697	33	301	0	5	17	93	5	2	236	27
Bananas Foster French Toast	2 Slices	690	36	326	0	7	22	77	6	258	552	23
Bananas Foster Waffle	1 Waffle	725	31	282	0	5	16	106	8	1	211	21
Belgian Waffle	1 Waffle	475	30	272	0	10	3	49	1	37	4	14
Biscuits & Gravy- Half	2 Biscuits w/ Gravy	906	45	403	0	16	17	109	6	4	3660	19
Blueberry Pancakes	1 Pancake	363	19	170	0	9	5	46	2	38	30	13
Breakfast Burrito	1 Wrap	650	33	297	0	16	30	59	3	463	444	6
Breakfast Sundae	1 Bowl	571	15	136	0	3	17	98	8	8	229	44
Burrito Ultimo	1 Wrap	1051	50	448	0	19	42	111	6	478	1486	7
Buttermilk Pancakes	1 Pancake	320	18	166	0	9	5	35	0	38	29	9
Chocolate Chip Pancakes	1 Pancake	547	31	279	0	17	8	60	1	48	63	28
Corned Beef Hash	Half Order	307	19	174	0	5	12	18	1	58	745	1
Country Fried Steak	1 Steak	835	50	450	0	17	24	74	7	37	2970	10
Denver Omelette	1 Omelette	562	38	341	0	16	46	10	2	721	1578	4
Egg & Cheese Croissant-Bacon	1 Sandwich	592	38	344	0	18	22	40	2	300	1049	10
Egg & Cheese Croissant-Ham	1 Sandwich	632	38	340	0	18	31	41	2	327	1747	10
Egg & Cheese Croissant-SSG	1 Sandwich	546	32	292	0	16	19	45	2	289	888	10
Eggs Benedict	1 Order	632	43	387	0	10	30	31	2	446	1213	3
Eggs Blackstone	1 Order	677	50	451	0	13	25	32	2	445	1045	1
Flat Iron Steak	1 Steak	435	25	224	0	9	49	1	0	150	308	0
French Toast	3 Slices	724	36	323	0	15	32	68	3	808	1030	15
French Toast Crunch	2 Slices	677	32	284	0	15	22	78	3	551	715	60
Green Light Breakfast Sandwich	1 Sandwich	403	20	179	0	10	29	27	4	51	1071	8
Loaded Hashbrowns	1 Order	1155	75	679	0	28	38	83	8	485	3054	13
Meat Lover's Omelette	1 Omelette	684	51	455	0	20	53	4	0	1271	1176	1
Protein Wrap	1 Wrap	539	19	167	0	6	40	54	6	45	374	6

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Spinach, Tomato & Feta Omelette	1 Omelette	408	30	267	0	13	29	8	2	686	890	5
Stuffed Biscuits & Gravy	2 Biscuits w/ Gravy	983	52	469	0	21	24	105	7	85	3610	17
Sunny Street Benedict	1 Order	757	54	487	0	19	31	39	5	480	1491	6
Tex Mex Omelette	1 Omelette	823	60	538	0	30	51	22	5	762	2204	8
Veggie Omelette	1 Omelette	429	31	278	0	13	31	9	2	676	514	5
Whole Wheat Pancakes	1 Pancake	213	22	200	0	10	1	3	0	40	104	23
Breakfast Combos												
Scrambled Eggs	2 Eggs	164	12	108	0	3	13	1	0	423	140	0
Bacon	3 Pieces	151	13	116	0	5	8	0	0	23	417	0
Sausage	2 Patties	460	44	396	0	20	16	0	3	100	780	0
Ham	2 Pieces	120	7	63	0	3	13	1	0	50	1070	1
Wheat Toast w/ Butter	2 Slices	325	24	220	0	5	6	21	3	0	500	2
Hearty Pancakes	2	320	18	166	0	9	5	35	0	38	29	9
Homefries	4 oz.	341	22	200	0	4	3	24	3	7	284	0
Fruit	3 oz.	56	0	3	0	0	1	14	2	0	3	11
Grits	3 oz.	305	2	16	0	0	6	65	4	0	893	1
Hashbrowns	4 oz.	535	15	139	0	1	10	90	0	0	103	0

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***A category marked zero represents less than one gram per serving.*

	Weight/Size	Calories	Fat (g)	Calories from Fat	Trans Fat (g)	Sat Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Chol (mg)	Sodium (mg)	Sugar (g)
LUNCH												
Bacon Cheddar Burger	1 Sandwich	859	51	459	0	22	67	29	2	221	849	6
Big BLT	1 Sandwich	579	46	418	0	8	15	27	4	43	858	10
Blackened Chicken Salad	1 Salad	649	34	306	0	14	32	57	8	89	5072	15
Buffalo Chicken Salad-Fried Chicken	1 Salad	1019	74	669	0	28	49	40	5	177	2058	7
Buffalo Chicken Salad-Grilled Chicken	1 Salad	607	43	391	0	22	32	25	5	125	1618	9
Chargrilled Burger	1 Sandwich	645	33	297	0	13	55	29	2	176	396	6
Chargrilled Burger w/ Cheese	1 Sandwich	759	42	382	0	19	62	29	2	206	572	6
Chargrilled Chicken Sandwich	1 Sandwich	387	18	163	0	7	24	31	2	54	1084	5
Chef Salad	1 Salad	982	48	431	0	18	52	84	9	316	2440	12
Chicken Melt	1 Sandwich	843	46	413	0	15	69	36	3	179	1015	6
Chicken Salad Croissant	1 Sandwich	666	27	244	0	13	59	43	4	199	786	15
Chicken Salad Platter	1 Salad	442	10	88	0	3	54	36	4	142	157	26
Club Wrap	1 Wrap	960	58	520	0	19	54	56	3	157	1535	4
Deluxe Ham Deli	1 Sandwich	596	28	249	0	12	45	39	4	114	2828	4
Flat Iron Steak Sandwich	1 Sandwich	1166	59	529	0	29	78	77	4	222	850	12
Fresh Spinach Salad	1 Salad	573	46	417	0	13	28	19	7	65	1003	12
Grilled Veggie Wrap	1 Wrap	443	16	147	0	8	17	60	5	19	166	8
House Salad	1 Salad	472	23	210	0	9	17	52	8	34	1148	11
Jalapeno Burger	1 Sandwich	654	33	300	0	13	55	30	3	176	989	7
Lite Turkey Wrap	1 Wrap	481	13	117	0	3	34	57	6	40	356	8
Monterey Ranch Chicken Wrap-Fried	1 Wrap	1006	59	532	0	20	47	71	4	117	1350	4
Monterey Ranch Chicken Wrap-Grilled	1 Wrap	689	35	315	0	16	35	59	4	80	1105	5
Patty Melt	1 Sandwich	1108	75	679	0	28	69	35	4	235	860	5
Reuben - Corned Beef	1 Sandwich	1101	85	762	0	24	43	42	5	195	3233	12
Reuben - Turkey	1 Sandwich	889	61	545	0	16	45	41	5	120	1673	12
Ribeye Steak Wrap	1 Wrap	818	46	413	0	15	22	83	8	57	820	12

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Southwest Turkey Club	1 Sandwich	634	38	344	0	9	44	28	5	108	744	11
Supreme Grilled Cheese	1 Sandwich	679	49	442	0	21	26	34	2	79	1102	3
Tuna Melt	1 Sandwich	857	64	578	0	16	39	32	4	85	1716	13
Tuna Salad Croissant	1 Sandwich	697	45	401	0	13	31	43	3	105	1482	15
Tuna Salad Platter	1 Salad	473	27	245	0	4	25	35	4	48	852	26
Turkey Philly Sandwich	1 Sandwich	915	33	298	0	18	72	80	5	130	1401	13
Western Burger	1 Sandwich	1078	58	525	0	24	67	67	2	219	1702	19
Kids Meals												
Grilled Cheese	1 Sandwich	514	38	342	0	23	19	29	1	101	666	3
Rise & Dinosaur Pancake	1 Pancake	320	18	162	0	9	5	35	0	38	29	6
French Toast	2 Slices	523	28	252	0	13	21	46	2	551	687	8
Chicken Fingers	4 oz.	383	27	243	0	5	21	13	0	58	780	0
PB&J	1 Sandwich	720	51	456	0	11	29	48	7	0	830	25
Mac n' Cheese	198 grams	300	9	81	0	3	11	45	2	15	570	8

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