

Nutritional and Allergen Statement for Frisch’s Big Boy Restaurants:

Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Many of our products contain or may come into contact with or are produced at facilities that handle these allergens.

While we may have non-allergen containing products and ingredients, we do not segregate those products and ingredients during normal kitchen processes and cannot eliminate the risk of cross-contamination. During preparation, we do not use separate fryers, grills, or utensils when cooking. Because of this, there is likelihood for allergen crossover. We do not claim that any menu item is gluten free according to the FDA’s definition. The FDA does not recognize highly refined soybean oil as an allergen; therefore, products containing soybean oil are not marked as containing soy.

We cannot guarantee accuracy of nutritional information. Variations in nutritional values may occur, along with changes in ingredients and procedures. When needed, we may substitute similar products due to inventory shortages. We can’t guarantee that the substitute products will be nutritionally equivalent to the previous product. Frisch’s Big Boy, its franchisees, employees, and consultants do not assume responsibility for the nutritional information or allergen information provided or for an allergic reaction or sensitivity to any food provided by our restaurants.

This nutrition and allergen information is provided for information purposes only and does not constitute medical or dietary advice of any kind. Please consult a medical professional if you have questions about food allergies or sensitivities.

Updated October 2018

BURGERS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Burger 1/4 Pound Cheeseburger	740	490	54g	16g	1.5g	110mg	970mg	33g	1g	5g	29g	Yes	Yes	Yes	Yes					Yes
Burger 1/4 Pound Hamburger	660	430	47g	12g	1.5g	85mg	720mg	31g	1g	4g	24g		Yes	Yes						Yes
Burger Bacon Cheeseburger	830	560	62g	19g	1.5g	145mg	1140mg	34g	2g	6g	35g	Yes	Yes	Yes	Yes					Yes
Burger Big Boy	720	460	51g	14g	1.5g	100mg	890mg	37g	1g	6g	27g	Yes	Yes	Yes	Yes					Yes
Burger Brawny Lad	470	250	27g	9g	1.5g	80mg	340mg	30g	1g	6g	24g		Yes							Yes
Burger Primetime Add On Fried Egg	110	80	9g	2.5g	0g	185mg	100mg	0g	0g	0g	6g	Yes		Yes	Yes					
Burger Primetime Classic Cheeseburger	1090	720	81g	23g	2g	160mg	1250mg	52g	2g	7g	39g	Yes	Yes	Yes	Yes					Yes
Burger Primetime Classic Cheeseburger - Crispy Chicken Sub	1170	690	79g	16g	0g	140mg	2450mg	75g	3g	10g	44g	Yes	Yes	Yes	Yes					Yes
Burger Primetime Classic Cheeseburger - Grilled Chicken Sub	880	480	55g	12g	0g	140mg	1880mg	55g	2g	9g	42g	Yes	Yes	Yes	Yes					Yes
Burger Primetime Mushroom & Swiss Cheeseburger	1020	620	68g	23g	2g	165mg	1250mg	54g	3g	9g	38g	Yes	Yes	Yes	Yes					Yes
Burger Primetime Mushroom & Swiss Cheeseburger - Crispy Chicken Sub	1100	580	66g	16g	0g	145mg	2440mg	77g	4g	11g	43g	Yes	Yes	Yes	Yes					Yes
Burger Primetime Mushroom & Swiss Cheeseburger - Grilled Chicken Sub	800	380	42g	12g	0g	145mg	1880mg	57g	3g	11g	40g	Yes	Yes	Yes	Yes					Yes
Burger Primetime Southwest Veggie Burger	530	200	24g	4g	0g	25mg	1530mg	68g	11g	9g	20g	Yes	Yes	Yes	Yes					Yes
Burger Super Big Boy	1260	900	100g	28g	3g	200mg	1540mg	40g	1g	6g	48g	Yes	Yes	Yes	Yes					Yes
Burger Swiss Miss	730	480	52g	15g	1.5g	100mg	850mg	31g	1g	5g	24g	Yes	Yes	Yes	Yes					Yes
Burger Junior Big Boy	550	350	38g	10g	1g	60mg	800mg	32g	1g	5g	17g	Yes	Yes	Yes	Yes					Yes
Burger Double Cheeseburger	510	240	27g	11g	1g	115mg	1130mg	26g	1g	7g	36g	Yes	Yes		Yes					Yes
Burger Small Bacon Cheeseburger	610	390	43g	11g	0g	85mg	960mg	27g	1g	6g	25g	Yes	Yes	Yes	Yes					Yes
SANDWICHES	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Sandwich Buddie Boy	520	270	30g	7g	0g	65mg	1450mg	38g	2g	5g	19g	Yes	Yes	Yes	Yes					Yes
Sandwich Crispy Chicken	850	490	56g	9g	0g	110mg	1670mg	52g	2g	6g	35g	Yes	Yes	Yes	Yes					Yes
Sandwich Fish	700	400	46g	7g	0g	55mg	1340mg	45g	1g	4g	26g	Yes	Yes	Yes	Yes				Yes	Yes
Sandwich Grilled Chicken	560	290	32g	5g	0g	110mg	1110mg	32g	1g	6g	33g	Yes	Yes	Yes	Yes					Yes
Sandwich Spicy Chicken	670	420	47g	9g	0g	60mg	1370mg	43g	2g	4g	19g	Yes	Yes	Yes						Yes
Sandwich Turkey Club	530	290	32g	7g	0g	80mg	1550mg	35g	2g	5g	27g		Yes	Yes						Yes

MELTS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Melt Club Melt	830	410	42g	19g	0g	130mg	2740mg	58g	3g	7g	34g	Yes	Yes	Yes	Yes					Yes
Melt Grilled Cheese	520	240	27g	12g	0g	50mg	1120mg	57g	2g	6g	19g	Yes	Yes	Yes	Yes					Yes
Melt Patty Melt	920	520	58g	22g	1.5g	125mg	1270mg	61g	7g	9g	31g	Yes	Yes	Yes	Yes					Yes
Melt Tuna Melt	710	400	45g	12g	0g	50mg	1110mg	57g	2g	7g	23g	Yes	Yes	Yes	Yes				Yes	Yes
WRAPS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Wrap Buffalo Chicken with blue cheese	1080	670	73g	22g	0g	145mg	3630mg	61g	5g	5g	39g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wrap Buffalo Chicken with ranch	1080	680	75g	20g	0g	135mg	3430mg	60g	5g	3g	37g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wrap Chicken Club Crispy	920	530	59g	16g	0g	110mg	1810mg	60g	5g	5g	34g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wrap Chicken Club Grilled	700	410	45g	14g	0g	105mg	1370mg	44g	4g	6g	30g	Yes	Yes	Yes	Yes					Yes
Wrap Turkey Club	670	370	40g	13g	0g	105mg	1810mg	44g	4g	6g	33g	Yes	Yes		Yes					Yes
SIDES	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Side Applesauce	120	0	0g	0g	0g	0mg	15mg	30g	3g	24g	0g									
Side Baked Apples	210	0	0g	0g	0g	0mg	340mg	54g	4g	46g	0g									
Side Baked Potato Loaded	640	290	31g	19g	0g	105mg	460mg	66g	7g	5g	18g	Yes								
Side Baked Potato with butter	380	100	11g	6g	0g	30mg	110mg	63g	7g	4g	7g	Yes								
Side Carrots	150	100	11g	7g	0g	30mg	105mg	11g	3g	8g	0g	Yes								
Side Cole Slaw	190	140	16g	3g	0g	15mg	240mg	11g	2g	9g	1g			Yes						
Side Corn	140	50	5g	3g	0g	15mg	45mg	22g	3g	4g	3g	Yes								
Side Cottage Cheese	110	45	5g	3g	0g	20mg	450mg	4g	0g	3g	12g	Yes								
Side French Fries Large	440	210	24g	4g	0g	0mg	100mg	49g	5g	0g	5g									
Side French Fries Regular	340	160	18g	3g	0g	0mg	85mg	39g	4g	0g	4g									
Side Green Beans	30	10	1g	0g	0g	0mg	420mg	4g	2g	2g	0g		Yes		Yes					Yes
Side Hand-Breaded Onion Rings	410	260	30g	5g	0g	0mg	115mg	35g	3g	8g	4g	Yes	Yes	Yes	Yes					Yes
Side Macaroni & Cheese	220	80	9g	4.5g	0g	25mg	870mg	28g	< 1g	3g	10g	Yes	Yes	Yes						Yes
Side Mashed Potatoes and Gravy	190	90	10g	3.5g	0g	< 5mg	750mg	23g	2g	2g	3g	Yes	Yes		Yes					Yes
Side Steamed Broccoli	25	0	0g	0g	0g	0mg	25mg	5g	2g	1g	2g									
Side Sweet Potato Fries	470	280	33g	5g	0g	0mg	350mg	40g	5g	17g	2g									
Side Tater Tots Large	690	460	52g	9g	0g	0mg	770mg	57g	7g	0g	3g									
Side Tater Tots Regular	490	330	37g	6g	0g	0mg	550mg	40g	5g	0g	2g									
Side Tossed Garden Salad no dressing	90	45	5g	2.5g	0g	15mg	120mg	8g	3g	4g	5g	Yes								
KIDS MEALS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Mini Cheeseburger	550	350	38g	10g	1g	60mg	800mg	32g	1g	5g	17g	Yes	Yes	Yes	Yes					Yes
Mini Grilled Cheese	350	160	19g	7g	0g	25mg	700mg	39g	1g	4g	11g	Yes	Yes	Yes	Yes					Yes
Mini Hamburger	510	320	35g	8g	1g	45mg	680mg	31g	1g	4g	15g		Yes	Yes						Yes
Mini Meal Cheeseburger and Fries	890	500	57g	13g	1g	60mg	890mg	71g	5g	5g	21g	Yes	Yes	Yes	Yes					Yes
Mini Meal Chicken Fingers and Fries	670	330	38g	6g	0g	50mg	910mg	55g	5g	0g	22g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Mini Meal Chili and Spaghetti	330	90	10g	3.5g	.5g	30mg	410mg	42g	5g	3g	16g		Yes							Yes
Mini Meal Grilled Cheese and Fries	690	320	37g	10g	0g	25mg	780mg	77g	5g	4g	15g	Yes	Yes	Yes	Yes					Yes
Mini Meal Hamburger and Fries	850	470	53g	11g	1g	45mg	760mg	70g	5g	4g	18g		Yes	Yes						Yes
Mini Spaghetti and Meatballs 1 serving	640	250	28g	7	2	30	1060mg	77g	6g	8g	25	Yes	Yes	Yes	Yes					Yes
Mini Meal Mac and Cheese	450	160	17g	9g	0g	50mg	1740mg	55g	1g	6g	20g	Yes	Yes	Yes						Yes
Mini Meal Pancakes and Bacon	820	190	21g	10g	0g	75mg	1060mg	144g	2g	72g	14g	Yes	Yes	Yes	Yes					Yes

Mini Meal Pancakes and Sausage Links	830	200	23g	11g	0g	75mg	950mg	143g	2g	72g	13g	Yes	Yes	Yes	Yes				Yes	
Mini Meal Pancakes and Sausage Patty	950	310	34g	14g	0g	95mg	1160mg	145g	2g	72g	16g	Yes	Yes	Yes	Yes				Yes	
Mini Meal Pancakes and Turkey Sausage Patty	830	180	20g	9g	0g	95mg	1050mg	144g	2g	72g	17g	Yes	Yes	Yes	Yes				Yes	
SOUPS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Soup Bean Cup Dine In 6 oz.	150	15	2g	1g	0g	5mg	870mg	23g	6g	5g	8g									
Soup Bean Cup Drive Thru 8 oz.	200	20	2.5g	1g	0g	10mg	1170mg	31g	8g	7g	11g									
Soup Bean Bowl 12 oz.	290	35	4g	1.5g	0g	15mg	1750mg	47g	12g	10g	17g									
Soup Bean Quart 32 oz.	790	90	11g	4.5g	0g	35mg	4660mg	125g	33g	27g	45g									
Soup Beef Barley Cup Dine In 6 oz.	210	35	4g	1g	0g	55mg	2640mg	22g	5g	3g	18g		Yes		Yes					Yes
Soup Beef Barley Cup Drive Thru 8 oz.	280	50	5g	1.5g	0g	75mg	3520mg	29g	6g	4g	24g		Yes		Yes					Yes
Soup Beef Barley Bowl 12 oz.	420	70	8g	2g	0g	115mg	5280mg	44g	9g	5g	36g		Yes		Yes					Yes
Soup Beef Barley Quart 32 oz.	1130	200	22g	6g	0.5g	300mg	14090mg	117g	24g	15g	97g		Yes		Yes					Yes
Soup Broccoli Cup Dine In 6 oz.	530	410	48g	29g	0g	110mg	1540mg	17g	1g	2g	2g	Yes	Yes	Yes	Yes					Yes
Soup Broccoli Cup Drive Thru 8 oz.	700	540	63g	38g	0g	145mg	2060mg	22g	1g	3g	3g	Yes	Yes	Yes	Yes					Yes
Soup Broccoli Bowl 12 oz.	1050	820	95g	57g	0g	215mg	3090mg	34g	2g	4g	4g	Yes	Yes	Yes	Yes					Yes
Soup Broccoli Quart 32 oz.	2810	2170	254g	153g	0g	575mg	8240mg	89g	6g	12g	12g	Yes	Yes	Yes	Yes					Yes
Soup Cheddar Potato Cup Dine In 6 oz.	530	350	40g	25g	0g	100mg	1390mg	30g	1g	4g	6g	Yes	Yes		Yes					Yes
Soup Cheddar Potato Cup Drive Thru 8 oz.	700	470	53g	33g	0g	135mg	1860mg	40g	2g	5g	9g	Yes	Yes		Yes					Yes
Soup Cheddar Potato Bowl 12 oz.	1050	700	80g	50g	0g	200mg	2790mg	60g	3g	8g	13g	Yes	Yes		Yes					Yes
Soup Cheddar Potato Quart 32 oz.	2800	1870	214g	133g	0g	530mg	7430mg	160g	7g	21g	34g	Yes	Yes		Yes					Yes
Soup Chicken Chili Cup Dine In 6 oz.	220	20	2.5g	0g	0g	45mg	1420mg	20g	2g	4g	17g	Yes	Yes		Yes					Yes
Soup Chicken Chili Cup Drive Thru 8 oz.	290	30	3.5g	0g	0g	65mg	1900mg	27g	3g	5g	22g	Yes	Yes		Yes					Yes
Soup Chicken Chili Bowl 12 oz.	440	45	5g	0.5g	0g	95mg	2850mg	40g	4g	7g	34g	Yes	Yes		Yes					Yes
Soup Chicken Chili Quart 32 oz.	1160	120	13g	2g	0g	250mg	7600mg	106g	12g	19g	90g	Yes	Yes		Yes					Yes
Soup Chicken Noodle Cup Dine In 6 oz.	140	45	5g	1.5g	0g	30mg	5160mg	14g	3g	8g	9g	Yes	Yes		Yes					Yes
Soup Chicken Noodle Cup Drive Thru 8 oz.	190	60	7g	2g	0g	40mg	6880mg	19g	3g	10g	12g	Yes	Yes		Yes					Yes
Soup Chicken Noodle Bowl 12 oz.	280	90	10g	2.5g	0g	60mg	10320mg	29g	5g	15g	18g	Yes	Yes		Yes					Yes
Soup Chicken Noodle Quart 32 oz.	750	230	26g	7g	0g	155mg	27530mg	76g	14g	41g	49g	Yes	Yes		Yes					Yes
Soup Chicken Tortilla Cup Dine In 6 oz.	200	90	11g	4g	0g	45mg	1740mg	13g	3g	4g	13g	Yes	Yes	Yes	Yes					Yes
Soup Chicken Tortilla Cup Drive Thru 8 oz.	260	120	14g	6g	0g	60mg	2320mg	17g	3g	5g	17g	Yes	Yes	Yes	Yes					Yes
Soup Chicken Tortilla Bowl 12 oz.	390	190	21g	8g	0g	90mg	3480mg	26g	5g	7g	25g	Yes	Yes	Yes	Yes					Yes
Soup Chicken Tortilla Quart 32 oz.	1040	500	57g	22g	0g	235mg	9270mg	68g	14g	20g	67g	Yes	Yes	Yes	Yes					Yes
Soup Chili Cup Dine In 6 oz.	300	140	16g	6g	1g	55mg	720mg	18g	7g	2g	19g									
Soup Chili Cup Drive Thru 8 oz.	400	190	21g	8g	1g	75mg	960mg	24g	9g	3g	26g									
Soup Chili Bowl 12 oz.	600	280	32g	12g	2g	115mg	1450mg	36g	13g	4g	39g									
Soup Chili Quart 32 oz.	1590	760	84g	31g	5g	305mg	3850mg	96g	36g	11g	103g									
Soup Italian Wedding Cup Dine In 6 oz.	230	100	11g	4.5g	0g	25mg	2070mg	21g	4g	5g	11g	Yes	Yes	Yes	Yes					Yes
Soup Italian Wedding Cup Drive Thru 8 oz.	300	130	15g	6g	0.5g	35mg	2760mg	27g	5g	6g	15g	Yes	Yes	Yes	Yes					Yes
Soup Italian Wedding Bowl 12 oz.	450	200	22g	9g	1g	55mg	4140mg	41g	8g	9g	22g	Yes	Yes	Yes	Yes					Yes
Soup Italian Wedding Quart 32 oz.	1200	530	59g	24g	2.5g	140mg	11030mg	110g	20g	24g	60g	Yes	Yes	Yes	Yes					Yes
Soup New England Clam Chowder Cup Dine In 6 oz.	280	190	22g	13g	0g	55mg	530mg	13g	< 1g	< 1g	5g	Yes								
Soup New England Clam Chowder Cup Drive Thru 8 oz.	370	250	29g	18g	0g	75mg	710mg	17g	< 1g	< 1g	7g	Yes								
Soup New England Clam Chowder Bowl 12 oz.	560	370	43g	27g	0g	110mg	1070mg	26g	1g	1g	10g	Yes								
Soup New England Clam Chowder Quart 32 oz.	1490	990	116g	71g	0g	295mg	2840mg	68g	3g	3g	27g	Yes								
Soup Potato Cup Dine In 6 oz.	550	370	43g	25g	0g	95mg	1200mg	31g	2g	2g	4g	Yes	Yes	Yes	Yes					Yes
Soup Potato Cup Drive Thru 8 oz.	730	500	58g	34g	0g	125mg	1590mg	42g	2g	3g	5g	Yes	Yes	Yes	Yes					Yes
Soup Potato Bowl 12 oz.	1100	750	87g	51g	0g	190mg	2390mg	63g	3g	4g	8g	Yes	Yes	Yes	Yes					Yes
Soup Potato Quart 32 oz.	2940	1990	231g	135g	0g	510mg	6370mg	167g	8g	10g	21g	Yes	Yes	Yes	Yes					Yes
Soup Tomato Bisque Cup Dine In 6 oz.	290	150	18g	12g	0g	60mg	1340mg	25g	4g	8g	3g	Yes			Yes					
Soup Tomato Bisque Cup Drive Thru 8 oz.	390	200	24g	15g	0g	75mg	1780mg	34g	5g	11g	4g	Yes			Yes					

Soup Tomato Bisque Bowl 12 oz.	580	300	36g	23g	0g	115mg	2680mg	51g	8g	16g	6g	Yes			Yes					
Soup Tomato Bisque Quart 32 oz.	1540	810	97g	62g	0g	310mg	7140mg	135g	21g	43g	15g	Yes			Yes					
Soup Vegetable Cup Dine In 6 oz.	140	0	0g	0g	0g	0mg	1470mg	31g	5g	6g	3g								Yes	
Soup Vegetable Cup Drive Thru 8 oz.	190	0	0.5g	0g	0g	0mg	1950mg	41g	6g	7g	4g								Yes	
Soup Vegetable Bowl 12 oz.	280	5	1g	0g	0g	0mg	2930mg	61g	10g	11g	6g								Yes	
Soup Vegetable Quart 32 oz.	740	20	2g	0g	0g	0mg	7820mg	163g	25g	30g	17g								Yes	
SALADS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Salad BLT Crispy Chicken no dressing	750	430	47g	14g	0g	100mg	1660mg	39g	6g	3g	37g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Salad BLT Grilled Chicken no dressing	540	300	33g	12g	0g	95mg	1210mg	24g	5g	4g	32g	Yes	Yes	Yes	Yes					Yes
Salad Buffalo Chicken no dressing	600	350	38g	5g	0g	50mg	2670mg	44g	6g	4g	23g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Salad Cobb no dressing	510	310	33g	16g	0g	320mg	1690mg	11g	4g	4g	39g	Yes		Yes						
Salad Cranberry Pecan Crispy Chicken no dressing	660	360	40g	5g	0g	50mg	840mg	53g	7g	25g	23g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Salad Cranberry Pecan Grilled Chicken no dressing	450	230	26g	3g	0g	45mg	390mg	37g	6g	26g	19g	Yes		Yes	Yes		Yes			
APPETIZERS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Appetizer Chili Cheese Fries	680	350	40g	11g	0g	55mg	590mg	57g	8g	< 1g	19g	Yes								
Appetizer Chili Cheese Tots	730	470	53g	14g	0g	55mg	1040mg	48g	8g	< 1g	17g	Yes								
Appetizer Hand-Breaded Fried Mushrooms no sauce	370	250	29g	5g	0g	0mg	600mg	25g	2g	3g	7g	Yes	Yes	Yes	Yes					Yes
Appetizer Hand-Breaded Fried Pickles no sauce	310	220	25g	4.5g	0g	0mg	2340mg	20g	< 1g	0g	3g	Yes	Yes	Yes	Yes					Yes
Appetizer Mozzarella Cheese Sticks	570	320	36g	13g	0g	50mg	1450mg	45g	5g	10g	20g	Yes	Yes							Yes
DINNERS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Dinner Butterfly Shrimp no sides	690	280	33g	7g	0g	130mg	1960mg	80g	2g	16g	23g	Yes	Yes	Yes	Yes			Yes		Yes
Dinner Chili and Spaghetti no side	880	270	30g	9g	1g	65mg	1150mg	112g	12g	9g	37g	Yes	Yes	Yes	Yes					Yes
Dinner Country Fried Chicken no sides	1240	650	75g	17g	0g	185mg	3420mg	81g	3g	10g	65g	Yes	Yes	Yes	Yes					Yes
Dinner Country Fried Steak no sides	940	520	59g	20g	1g	70mg	1600mg	63g	1g	5g	25g	Yes	Yes	Yes	Yes					Yes
Dinner Crispy Chicken Italian no side	1110	480	55g	14g	0g	125mg	2630mg	102g	8g	14g	55g	Yes	Yes	Yes	Yes					Yes
Dinner Crispy Chicken Tenders 3 piece no sides	630	300	35g	7g	0g	85mg	1370mg	47g	2g	4g	30g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Dinner Crispy Chicken Tenders 5 piece no sides	950	480	55g	10g	0g	135mg	2190mg	64g	3g	4g	48g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Dinner Crispy White Fish no sides	630	300	35g	7g	0g	60mg	420mg	56g	3g	4g	27g	Yes	Yes	Yes	Yes				Yes	Yes
Dinner Grilled Chicken Breast no sides	370	140	16g	4g	0g	95mg	900mg	25g	< 1g	6g	31g	Yes	Yes	Yes	Yes					Yes
Dinner Grilled Chicken Italian no side	860	310	36g	11g	0g	125mg	2100mg	82g	7g	13g	53g	Yes	Yes	Yes	Yes					Yes
Dinner Haddock no sides	490	220	26g	6g	0g	65mg	920mg	41g	1g	5g	24g	Yes	Yes	Yes	Yes				Yes	Yes
Dinner Hot Open Faced Roast Beef Sandwich with Mashed Potatoes	780	240	26g	10g	0g	85mg	2610mg	91g	4g	6g	46g	Yes	Yes		Yes					Yes
Dinner Italian Spaghetti and Meatballs no side	1040	380	43g	12g	2g	60mg	1850mg	125g	12g	15	45g	Yes	Yes	Yes	Yes					Yes
Dinner Seafood Market Platter no sides	1120	650	73g	13g	0g	135mg	2690mg	81g	2g	16g	34g	Yes	Yes	Yes	Yes			Yes	Yes	Yes
BASKETS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Basket Buffalo Bites 'N Fries	1400	840	95g	15g	0g	125mg	3670mg	91g	8g	2g	42g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Baskets Buffalo Bites (Entree only) 1 serving	420	210	23g	3.5	0g	115mg	1230mg	11g	0g	0g	36g		Yes		Yes					Yes
Basket Fish 'N Chips	1310	830	94g	15g	0g	60mg	960mg	87g	7g	0g	29g	Yes	Yes	Yes	Yes				Yes	Yes
Basket Popcorn Shrimp 'N Fries	980	450	53g	9g	0g	105mg	1370mg	110g	7g	10g	21g		Yes					Yes		Yes
DESSERTS	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Dessert Apple Pie Slice	730	340	37g	15g	0g	20mg	900mg	95g	5g	47g	4g	Yes	Yes	Yes	Yes					Yes

Dessert Apple Pie Whole	4370	2020	220g	88g	0g	130mg	5390mg	568g	28g	284g	25g	Yes	Yes	Yes	Yes				Yes
Dessert Cherry Pie Slice	610	320	35g	14g	0g	20mg	740mg	67g	4g	18g	5g	Yes	Yes						Yes
Dessert Cherry Pie Whole	3640	1930	209g	86g	0g	130mg	4430mg	403g	24g	107g	31g	Yes	Yes						Yes
Dessert Coconut Cream Pie Slice	580	330	37g	22g	0g	40mg	580mg	58g	3g	31g	5g	Yes	Yes		Yes				Yes
Dessert Coconut Cream Pie Whole	3490	1980	219g	131g	0g	245mg	3460mg	351g	16g	183g	30g	Yes	Yes		Yes				Yes
Dessert Pecan Pie Slice	720	360	40g	15g	0g	95mg	580mg	84g	2g	50g	6g	Yes	Yes	Yes	Yes		Yes		Yes
Dessert Pecan Pie Whole	5020	2500	279g	106g	0g	660mg	4100mg	588g	12g	350g	41g	Yes	Yes	Yes	Yes		Yes		Yes
Dessert Pumpkin Pie Slice	530	220	25g	13g	0g	90mg	570mg	69g	3g	39g	7g	Yes	Yes	Yes					Yes
Dessert Pumpkin Pie Whole	3170	1330	149g	78g	0g	545mg	3390mg	414g	19g	234g	41g	Yes	Yes	Yes					Yes
Dessert Apple Piebaby	590	220	25g	12g	0g	15mg	700mg	89g	4g	53g	3g	Yes	Yes						Yes
Dessert Banana Cream Piebaby	610	310	34g	17g	0g	45mg	640mg	70g	2g	34g	5g	Yes	Yes		Yes				Yes
Dessert Chocolate Cream Piebaby	600	320	35g	19g	0g	45mg	690mg	64g	2g	31g	5g	Yes	Yes		Yes				Yes
Dessert Coconut Cream Piebaby	650	370	41g	24g	0g	45mg	660mg	64g	3g	31g	6g	Yes	Yes		Yes				Yes
Dessert Key Lime Piebaby	580	250	28g	14g	0g	15mg	650mg	77g	1g	40g	3g	Yes	Yes	Yes					Yes
Dessert Peanut Butter Piebaby	850	470	52g	25g	0g	35mg	800mg	86g	4g	43g	11g	Yes	Yes		Yes	Yes			Yes
Dessert Strawberry Piebaby	590	210	23g	10g	0g	15mg	400mg	93g	3g	54g	3g	Yes	Yes						Yes
Dessert Cheesecake Slice Plain	490	280	31g	20g	0g	90mg	340mg	39g	< 1g	26g	8g	Yes	Yes	Yes					Yes
Dessert Cheesecake Slice with Blueberry Topping	580	280	31g	20g	0g	90mg	390mg	62g	2g	43g	8g	Yes	Yes	Yes					Yes
Dessert Cheesecake Slice with Cherry Topping	570	280	31g	20g	0g	90mg	400mg	59g	2g	41g	9g	Yes	Yes	Yes					Yes
Dessert Cheesecake Slice with Strawberry Topping	640	280	31g	20g	0g	90mg	340mg	76g	1g	56g	8g	Yes	Yes	Yes					Yes
Dessert Pumpkin Cheesecake Slice	460	200	22g	14g	0g	100mg	350mg	52g	2g	35g	8g	Yes	Yes	Yes					Yes
Dessert Hot Fudge Cake	660	240	27g	16g	0g	60mg	550mg	96g	5g	67g	7g	Yes	Yes	Yes	Yes				Yes
Dessert Red Velvet Hot Fudge Cake	660	260	29g	15g	0g	45mg	560mg	91g	5g	64g	7g	Yes	Yes	Yes	Yes				Yes
Dessert Pumpkin Hot Caramel Cake	640	220	26g	11g	0g	75mg	580mg	98g	1g	72g	6g	Yes	Yes	Yes			Yes		Yes
Dessert Brownie with Icing Slice	430	200	22g	7g	0g	35mg	270mg	56g	2g	40g	4g	Yes	Yes	Yes	Yes		Yes		Yes
Dessert Carrot Cake with Icing Slice	420	190	22g	4.5g	0g	35mg	240mg	54g	1g	40g	4g	Yes	Yes	Yes			Yes		Yes
Dessert Ice Cream Vanilla 1 Scoop/A la mode	110	50	6g	3.5g	0g	20mg	45mg	12g	0g	10g	1g	Yes							
Dessert Sundae Chocolate	420	140	17g	12g	0g	45mg	120mg	62g	1g	54g	4g	Yes							
Dessert Sundae Hot Fudge	550	210	24g	15g	0g	45mg	250mg	72g	4g	55g	5g	Yes							
Dessert Sundae Strawberry	450	130	16g	11g	0g	45mg	105mg	73g	0g	68g	3g	Yes							
Dessert Hand-Dipped Milkshake Chocolate Small 16 oz.	720	270	32g	21g	0g	100mg	280mg	94g	1g	82g	12g	Yes							
Dessert Hand-Dipped Milkshake Chocolate Medium 20 oz.	930	340	39g	26g	0g	130mg	370mg	125g	2g	109g	16g	Yes							
Dessert Hand-Dipped Milkshake Chocolate Large 32 oz.	1280	470	54g	35g	0g	185mg	540mg	171g	2g	149g	23g	Yes							
Dessert Hand-Dipped Milkshake Strawberry Small 16 oz.	750	270	31g	21g	0g	100mg	270mg	103g	0g	95g	11g	Yes							
Dessert Hand-Dipped Milkshake Strawberry Medium 20 oz.	980	330	38g	25g	0g	130mg	350mg	139g	0g	129g	15g	Yes							
Dessert Hand-Dipped Milkshake Strawberry Large 32 oz.	1350	460	53g	34g	0g	185mg	500mg	190g	0g	175g	22g	Yes							
Dessert Hand-Dipped Milkshake Vanilla Small 16 oz.	590	270	31g	21g	0g	100mg	250mg	61g	0g	53g	11g	Yes							
Dessert Hand-Dipped Milkshake Vanilla Medium 20 oz.	730	330	38g	25g	0g	130mg	330mg	76g	0g	66g	15g	Yes							
Dessert Hand-Dipped Milkshake Vanilla Large 32 oz.	1020	460	53g	34g	0g	185mg	470mg	106g	0g	91g	22g	Yes							
Dessert Hand-Dipped Malt Chocolate 16 oz.	680	190	21g	13g	0g	75mg	310mg	108g	0g	91g	22g	Yes	Yes		Yes				Yes
Dessert Hand-Dipped Malt Strawberry 16 oz.	620	180	20g	13	0g	75mg	310mg	94g	0g	77g	14g	Yes	Yes		Yes				Yes
Dessert Hand-Dipped Malt Vanilla 16 oz.	500	180	20g	13g	0g	15mg	310mg	66g	0g	50g	14g	Yes	Yes		Yes				Yes
Dessert Hand-Dipped Malt Chocolate 20 oz.	920	240	26g	18g	0g	100mg	430mg	152g	0g	127g	31g	Yes	Yes		Yes				Yes
Dessert Hand-Dipped Malt Strawberry 20 oz.	830	240	26g	17g	0g	100mg	430mg	130g	0g	106g	18g	Yes	Yes		Yes				Yes
Dessert Hand-Dipped Malt Vanilla 20 oz.	660	240	26g	17g	0g	100mg	430mg	88g	0g	77g	18g	Yes	Yes		Yes				Yes
Dessert Hand-Dipped Malt Chocolate 32 oz.	1280	350	38g	25g	0g	145mg	610mg	207g	0g	174g	44g	Yes	Yes		Yes				Yes
Dessert Hand-Dipped Malt Strawberry 32 oz.	1160	340	37g	24g	0g	145mg	620mg	178g	0g	146g	27g	Yes	Yes		Yes				Yes
Dessert Hand-Dipped Malt Vanilla 32 oz.	930	340	37g	24g	0g	145mg	610mg	122g	0g	94g	27g	Yes	Yes		Yes				Yes
Dessert Mini Big Boy Sundae Chocolate	240	90	10g	8g	0g	20mg	60mg	34g	< 1g	30g	2g	Yes							
Dessert Mini Big Boy Sundae Hot Fudge	300	120	14g	10g	0g	20mg	125mg	39g	2g	31g	2g	Yes							
Dessert Mini Big Boy Sundae Strawberry	260	80	10g	8g	0g	20mg	50mg	39g	0g	37g	1g	Yes							
Dessert Mini Hand-Dipped Milkshake Chocolate 12 oz.	540	210	24g	17g	0g	75mg	200mg	71g	< 1g	62g	8g	Yes							
Dessert Mini Hand-Dipped Milkshake Strawberry 12 oz.	570	200	24g	16g	0g	75mg	190mg	78g	0g	71g	8g	Yes							

Dessert Mini Hand-Dipped Milkshake Vanilla 12 oz.	440	200	24g	16g	0g	75mg	180mg	46g	0g	40g	8g	Yes								
Dessert Mini Hand-Dipped Malt Chocolate 12 oz.	460	170	14g	10g	0g	60mg	190mg	76g	0g	64g	15g		Yes		Yes					Yes
Dessert Mini Hand-Dipped Malt Strawberry 12 oz.	420	120	13g	10g	0g	60mg	190mg	65g	0g	53g	8g	Yes	Yes		Yes					Yes
Dessert Mini Hand-Dipped Malt Vanilla 12 oz.	330	120	13g	10g	0g	60mg	190mg	44g	0g	34g	8g	Yes	Yes		Yes					Yes
Dessert Mini Hot Fudge Cake	340	120	13g	8g	0g	30mg	270mg	49g	2g	35g	4g	Yes	Yes	Yes						Yes
BREAKFAST	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Breakfast Western Omelette	540	330	38g	12g	0g	635mg	1100mg	10g	< 1g	6g	41g	Yes		Yes	Yes					
Breakfast Western Omelette Egg Substitute	430	210	24g	7g	0g	75mg	1230mg	13g	< 1g	3g	41g	Yes		Yes	Yes					
Breakfast Spanish Omelette	510	320	37g	12g	0g	590mg	980mg	17g	4g	11g	29g	Yes		Yes	Yes					
Breakfast Spanish Omelette Egg Substitute	390	200	23g	7g	0g	30mg	1100mg	20g	4g	8g	30g	Yes		Yes	Yes					
Breakfast Farmers Omelette	700	410	47g	14g	0g	635mg	1520mg	28g	2g	8g	42g	Yes		Yes	Yes					
Breakfast Farmers Omelette Egg Substitute	580	290	33g	9g	0g	75mg	1640mg	31g	2g	5g	43g	Yes		Yes	Yes					
Breakfast Ham and Cheese Omelette	500	310	36g	11g	0g	630mg	1170mg	8g	0g	5g	39g	Yes		Yes	Yes					
Breakfast Ham and Cheese Omelette Egg Substitute	380	190	22g	6g	0g	70mg	1300mg	11g	0g	3g	40g	Yes		Yes	Yes					
Breakfast Hog Heaven Burrito	750	440	48g	18g	0g	265mg	1460mg	46g	3g	2g	31g	Yes	Yes	Yes	Yes					Yes
Breakfast Bacon, Egg, Cheese, and Hashbrown Burrito	550	280	30g	12g	0g	230mg	1080mg	44g	3g	2g	24g	Yes	Yes	Yes	Yes					Yes
Breakfast Sausage, Egg, Cheese, and Hashbrown Burrito	680	390	43g	16g	0g	250mg	1180mg	45g	3g	2g	26g	Yes	Yes	Yes	Yes					Yes
Breakfast Primetime Breakfast Sandwich with Bacon	600	330	38g	10g	0g	240mg	1070mg	46g	< 1g	5g	22g	Yes	Yes	Yes	Yes					Yes
Breakfast Primetime Breakfast Sandwich with Goetta	900	510	57g	17g	0g	285mg	1770mg	66g	5g	5g	33g	Yes	Yes	Yes	Yes					Yes
Breakfast Primetime Breakfast Sandwich with Ham	610	290	34g	8g	0g	270mg	1390mg	48g	< 1g	6g	30g	Yes	Yes	Yes	Yes					Yes
Breakfast Primetime Breakfast Sandwich with Sausage	940	620	69g	20g	0g	290mg	1540mg	49g	< 1g	5g	31g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Bacon and Egg on Rye Toast	560	370	40g	9g	0g	230mg	830mg	31g	< 1g	< 1g	20g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Bacon and Egg on White Toast	620	390	42g	11g	0g	230mg	1170mg	39g	2g	3g	21g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Bacon and Egg on Whole Wheat Toast	630	400	43g	11g	0g	230mg	1040mg	42g	5g	6g	21g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Ham and Egg on Rye Toast	530	310	34g	6g	0g	250mg	1000mg	32g	< 1g	2g	26g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Ham and Egg on White Toast	590	320	36g	8g	0g	250mg	1350mg	41g	2g	5g	27g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Ham and Egg on Whole Wheat Toast	600	330	37g	8g	0g	250mg	1220mg	43g	5g	7g	27g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Sausage and Egg on Rye Toast	860	630	69g	18g	0g	275mg	1160mg	33g	< 1g	< 1g	27g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Sausage and Egg on White Toast	920	640	71g	20g	0g	275mg	1500mg	42g	2g	3g	27g	Yes	Yes	Yes	Yes					Yes
Breakfast Sandwich Sausage and Egg on Whole Wheat Toast	930	650	72g	20g	0g	275mg	1370mg	44g	5g	6g	27g	Yes	Yes	Yes	Yes					Yes
Breakfast Egg 'N Cheese Biscuit	430	230	26g	12g	0g	200mg	1210mg	36g	1g	4g	14g	Yes	Yes	Yes	Yes					Yes
Breakfast Egg 'N Cheese Biscuit with Bacon	470	250	28g	13g	0g	205mg	1350mg	37g	1g	4g	17g	Yes	Yes	Yes	Yes					Yes
Breakfast Egg 'N Cheese Biscuit with Ham	510	240	27g	12g	0g	245mg	1810mg	39g	1g	6g	28g	Yes	Yes	Yes	Yes					Yes
Breakfast Egg 'N Cheese Biscuit with Sausage	640	400	44g	19g	0g	235mg	1590mg	38g	1g	4g	21g	Yes	Yes	Yes	Yes					Yes
Breakfast Biscuit with Bacon	350	170	18g	10g	0g	15mg	1260mg	35g	1g	3g	10g	Yes	Yes	Yes	Yes					Yes
Breakfast Biscuit with Ham	360	130	15g	8g	0g	45mg	1570mg	37g	1g	5g	19g	Yes	Yes	Yes	Yes					Yes
Breakfast Biscuit with Sausage	480	290	31g	14g	0g	35mg	1350mg	36g	1g	3g	12g	Yes	Yes	Yes	Yes					Yes
Breakfast Biscuits 'N Gravy	840	440	48g	26g	0g	25mg	2980mg	84g	2g	8g	15g	Yes	Yes	Yes	Yes					Yes
Breakfast 1 Biscuit & Gravy	420	220	24g	13g	0g	15mg	1490mg	42g	1g	4g	7g	Yes	Yes	Yes	Yes					Yes
Breakfast Two Eggs Any Style	210	150	18g	4.5g	0g	370mg	200mg	< 1g	0g	0g	13g	Yes		Yes	Yes					
Breakfast One Egg Any Style	110	80	9g	2.5g	0g	185mg	100mg	0g	0g	0g	6g	Yes		Yes	Yes					
Breakfast French Toast 3 Triangles with butter and syrup	1000	340	38g	13g	0g	145mg	650mg	154g	2g	70g	12g	Yes	Yes	Yes	Yes					Yes
Breakfast French Toast Single Triangle no butter or syrup	150	80	9g	2g	0g	40mg	180mg	14g	< 1g	1g	4g	Yes	Yes	Yes	Yes					Yes
Breakfast French Toast Sticks with syrup	800	340	39g	7g	0g	0mg	560mg	109g	4g	43g	6g		Yes		Yes					Yes
Breakfast French Toast 2 full slices no butter or syrup	600	320	36g	8	0	160mg	720mg	56g	< 4g	4	32	Yes	Yes	Yes	Yes					Yes
Breakfast Three Fluffy Pancakes with butter and syrup	840	160	18g	8g	0g	70mg	1030mg	156g	3g	76g	13g	Yes	Yes	Yes	Yes					Yes
Breakfast Two Fluffy Pancakes with butter and syrup	730	140	15g	8g	0g	55mg	730mg	140g	2g	71g	9g	Yes	Yes	Yes	Yes					Yes
Breakfast Pancake Single no butter or syrup	100	20	2g	0g	0g	15mg	300mg	17g	< 1g	4g	4g	Yes	Yes	Yes	Yes					Yes
Breakfast Oatmeal	260	60	6g	2.5g	0g	10mg	210mg	44g	6g	6g	12g	Yes	Yes							Yes
Breakfast Side Hashbrowns	150	80	9g	2g	0g	0mg	410mg	17g	1g	1g	2g	Yes		Yes	Yes					Yes

Breakfast Side Spicy Spuds	330	180	21g	3.5g	0g	0mg	730mg	34g	4g	0g	4g		Yes						Yes	
Breakfast Side Bacon	100	80	8g	3g	0g	25mg	420mg	1g	0g	0g	8g									
Breakfast Side Ham	80	10	1.5g	0g	0g	45mg	590mg	3g	0g	2g	14g									
Breakfast Side Sausage Links	300	240	27g	10g	0g	70mg	660mg	< 1g	0g	< 1g	13g									
Breakfast Side Sausage Patties	400	330	36g	12g	0g	65mg	750mg	4g	0g	0g	14g									
Breakfast Side Turkey Sausage Patties	160	70	9g	2g	0g	70mg	540mg	2g	0g	0g	16g									
Brkfst Picks Bacon 2 slices	160	120	14g	5g	0g	30mg	640mg	0g	0g	0g	10g									
Brkfst Picks Sausage Links 2 links	180	140	16g	6g	0g	40mg	700mg	0g	0g	0g	3g									
Brkfst Picks Sausage Patty 1 patty	250	210	23g	8g	0g	55mg	480mg	0g	0g	0g	10g									
Brkfst Picks Turkey Sausage 1 patty	80	50	5g	1.5g	0g	30mg	170mg	0g	0g	0g	7g			Yes					Yes	
Brkfst Picks Beef Patty 1 patty	140	80	9g	3.5g	0g	50mg	50mg	0g	0g	0g	14g									
Brkfst Picks Breakfast Ham 1/2 slice	35	10	1g	0.5g	0g	20mg	300mg	0.5g	0g	0g	6g									
Brkfst Picks One Egg (Fried)	130	100	12g	3g	1g	185mg	70mg	0g	0g	0g	6g	Yes			Yes				Yes	
Brkfst Picks Cottage Cheese 2 oz.	110	45	5g	3g	0g	25mg	450mg	5g	0g	3g	12g	Yes								
Brkfst Picks Hashbrowns 1 oz.	150	65	7.5g	1.25g	1g	0mg	300mg	15.5g	1g	1g	1g				Yes				Yes	
Brkfst Picks Spicy Spuds 3 oz.	130	50	6g	1g	0g	0mg	350mg	17g	2g	0g	2g		Yes		Yes				Yes	
Brkfst Picks One Biscuit (no butter)	295	135	15 g	9 g	0g	5mg	995mg	34g	1g	3g	5g	Yes	Yes	Yes	Yes				Yes	
Brkfst Picks Sausage Gravy 1 serving	473	255.0	28.5	4.5g	14.25g	0mg	2362.5mg	47.25g	0g	9.75g	0g	Yes	Yes		Yes				Yes	
Brkfst Picks One Pancake no margarine, butter or syrup	100	20	2g	0g	0g	15mg	300mg	17g	< 1g	4g	4g	Yes	Yes	Yes	Yes				Yes	
Brkfst Picks One slice French Toast	140	25	3g	0.75g	0g	85mg	290mg	20.5g	0g	7g	6.5g	Yes	Yes	Yes	Yes				Yes	
Brkfst Picks One Slice Rye Toast with butter	210	90	9g	4.5g	0g	20mg	95mg	28g	0g	0g	6g	Yes	Yes						Yes	
Brkfst Picks One Slice White Toast with butter	270	100	11g	6g	0g	20mg	440mg	37g	1g	3g	6g	Yes	Yes						Yes	
Brkfst Picks One Slice Whole Wheat Toast with butter	280	110	12g	6g	0g	20mg	310mg	39g	4g	5g	7g	Yes	Yes						Yes	
Brkfst Picks Baked Apples 4 oz.	70		0g	0	0g	0mg	105mg	17g	1g	14g	0g									
Brkfst Picks Seasonal Fruit	varies	varies	varies	varies	varies	varies	varies	varies	varies	varies	varies									
Breakfast Big Boy Breakfast (toast not included)	1100		63g	17.5g	2g	480mg	2710mg	35g	14g	16g	41g	Yes	Yes	Yes	Yes				Yes	
Breakfast Egg & Cheese Muffin	310	145	17g	5.5g	1g	195mg	540mg	26g	2g	2g	14g	Yes	Yes	Yes	Yes				Yes	
Breakfast Bacon Egg Cheese Muffin	470	265	31g	10.5g	1g	225mg	1180mg	26g	2g	2g	24g	Yes	Yes	Yes	Yes				Yes	
Breakfast Ham Egg Cheese Muffin	345	155	18g	6g	1g	215mg	840mg	26.5g	2	2g	20g	Yes	Yes	Yes	Yes				Yes	
Breakfast Sausage Egg Cheese Muffin	560	355	40g	13.5g	1g	250mg	1020mg	26g	2	2g	24g	Yes	Yes	Yes	Yes				Yes	
Breakfast Hot Cakes and Bacon	460	180	21g	6g	0g	70mg	1560mg	50g	2	14g	22g	Yes	Yes	Yes	Yes				Yes	
Breakfast Hot Cakes and Ham	370	60	9g	2g	0g	80mg	1520mg	51g	2	14g	24g	Yes	Yes	Yes	Yes				Yes	
Breakfast Hot Cakes and Sausage Patty	550	270	30g	9g	0g	95mg	1400mg	50g	2	14g	22g	Yes	Yes	Yes	Yes				Yes	
Breakfast Hot Cakes and Sausage Links	480	200	23g	7g	0g	80mg	1620mg	50g	2	14g	15g	Yes	Yes	Yes	Yes				Yes	
BREAD	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	MILK	WHEAT	EGG	SOY	PEANUTS	TREE NUTS	SHELLFISH	FISH	GLUTEN
Bread 2 Biscuits no butter	590	270	30g	18g	0g	10mg	1990mg	68g	2g	6g	10g	Yes	Yes	Yes	Yes					Yes
Bread English Muffin with butter	200	80	8g	4.5g	0g	20mg	350mg	24g	< 1g	< 1g	5g	Yes	Yes							Yes
Bread Rye Toast with butter	210	90	9g	4.5g	0g	20mg	95mg	28g	0g	0g	6g	Yes	Yes							Yes
Bread White Toast with butter	270	100	11g	6g	0g	20mg	440mg	37g	1g	3g	6g	Yes	Yes							Yes
Bread Whole Wheat Toast with butter	280	110	12g	6g	0g	20mg	310mg	39g	4g	5g	7g	Yes	Yes							Yes
Bread Dinner Roll no butter	140	45	5g	2.5g	0g	10mg	135mg	22g	< 1g	4g	3g	Yes	Yes	Yes						Yes
Bread Garlic Toast	220	90	11g	2.5g	0g	0mg	340mg	28g	1g	2g	5g	Yes	Yes	Yes	Yes					Yes
Bread Texas White Slice	150	25	2.5g	1g	0g	0mg	280mg	26g	1g	2g	5g	Yes	Yes							Yes
Bread Texas Whole Wheat Slice	160	30	3.5g	1g	0g	0mg	190mg	29g	3g	4g	5g		Yes							Yes
Bread White Slice	100	15	2g	0.5g	0g	0mg	190mg	18g	< 1g	1g	3g	Yes	Yes							Yes
Bread Whole Wheat Slice	110	20	2.5g	1g	0g	0mg	130mg	19g	2g	3g	3g		Yes							Yes
Bread White Toast 2 slices (no butter)	200	30	4g	1g	0g	0	380	36g	< 2g	2g	6g	Yes	Yes							Yes
Bread Whole Wheat Toast 2 slices (no butter)	220	40	5g	2g	0g	0	260	38g	4g	3g	3g		Yes							Yes
Bread Rye Toast 2 slices (no butter)	140	20	2g	0g	0g	0	300	26g	2g	0g	4g		Yes		Yes					Yes
Bread Texas Toast Nickles 2 slices (no butter)	180	10	1g	0g	0g	0	420	36g	1g	1g	6g		Yes		Yes					Yes

Bar Goetta, 2 oz.	180	110	12g	4.5g	0g	30mg	490mg	10g	2g	0g	8g		Yes		Yes				Yes
Bar Grits, 1/2 cup	130	5	0.5g	0g	0g	0mg	10mg	29g	2g	0g	3g								
Bar Ham, 2 oz.	50	5	1g	0g	0g	30mg	390mg	2g	0g	1g	9g								
Bar Hashbrown Casserole, 4 oz.	290	150	18g	4g	0g	5mg	930mg	31g	3g	3g	4g	Yes	Yes	Yes	Yes				Yes
Bar Honey, 1 tablespoon	60	0	0g	0g	0g	0mg	0mg	17g	0g	16g	0g								
Bar Jelly Packet, 1 packet	35	0	0g	0g	0g	0mg	0mg	9g	0g	8g	0g								
Bar Jelly Packet Sugar Free, 1 packet	10	0	0g	0g	0g	0mg	0mg	3g	0g	0g	0g								
Bar Mini Potato Pancakes, 4 pieces	150	90	10g	1.5g	0g	0mg	390mg	16g	< 1g	< 1g	< 1g								
Bar Pancake Blueberry, 1 pancake	80	15	1.5g	0g	0g	10mg	220mg	15g	1g	5g	3g	Yes	Yes	Yes	Yes				Yes
Bar Pancake Chocolate Chip, 1 pancake	120	35	4.5g	2g	0g	10mg	220mg	19g	2g	9g	4g	Yes	Yes	Yes	Yes				Yes
Bar Pancake Plain, 1 pancake	70	15	1.5g	0g	0g	10mg	220mg	12g	< 1g	3g	3g	Yes	Yes	Yes	Yes				Yes
Bar Powdered Sugar, 1 tablespoon	30	0	0g	0g	0g	0mg	0mg	8g	0g	4g	0g								
Bar Sausage Gravy, 4 oz.	130	80	9g	4g	0g	10mg	500mg	8g	0g	< 1g	2g	Yes	Yes	Yes	Yes				Yes
Bar Sausage Link, 1 link	80	60	7g	2.5g	0g	15mg	160mg	0g	0g	0g	3g								
Bar Sausage Patty, 1 patty	200	170	18g	6g	0g	35mg	370mg	2g	0g	0g	7g								
Bar Scrambled Eggs, 2 oz.	70	40	4.5g	1g	0g	125mg	180mg	1g	0g	0g	5g	Yes		Yes					
Bar Smoked Sausage with Green Peppers and Onions, 4 oz.	130	80	9g	3g	0g	15mg	180mg	7g	2g	3g	5g	Yes		Yes	Yes				
Bar Spicy Spuds, 4 oz. raw	220	120	14g	2.5g	0g	0mg	500mg	23g	3g	0g	3g		Yes						Yes
Bar Sweet Bread Apple Cinnamon Coffee Cake, 1 slice	290	130	15g	3g	0g	60mg	310mg	37g	1g	21g	4g	Yes	Yes	Yes	Yes				Yes
Bar Sweet Bread Apple Cinnamon Loaf, 1 slice	200	90	10g	2.5g	0g	40mg	210mg	23g	0g	14g	3g	Yes	Yes	Yes	Yes				Yes
Bar Sweet Bread Apple Cinnamon Muffin, 1 muffin	100	45	5g	1g	0g	20mg	105mg	12g	0g	7g	1g	Yes	Yes	Yes	Yes				Yes
Bar Sweet Bread Banana Nut Loaf, 1 slice	200	90	10g	1.5g	0g	40mg	230mg	25g	0g	14g	3g	Yes	Yes	Yes	Yes		Yes		Yes
Bar Sweet Bread Banana Nut Muffin, 1 muffin	100	45	5g	1g	0g	20mg	115mg	12g	0g	7g	2g	Yes	Yes	Yes	Yes		Yes		Yes
Bar Sweet Bread Blueberry Loaf, 1 slice	170	80	10g	1.5g	0g	35mg	190mg	20g	0g	12g	2g	Yes	Yes	Yes	Yes				Yes
Bar Sweet Bread Blueberry Muffin, 1 muffin	90	40	5g	1g	0g	20mg	95mg	10g	0g	6g	1g	Yes	Yes	Yes	Yes				Yes
Bar Sweet Bread Cinnamon Coffee Cake, 1 slice	320	140	16g	3g	0g	65mg	320mg	40g	< 1g	23g	5g	Yes	Yes	Yes	Yes				Yes
Bar Sweet Bread Cinnamon Raisin Loaf, 1 slice	210	90	10g	2.5g	0g	40mg	200mg	26g	< 1g	17g	3g	Yes	Yes	Yes	Yes				Yes
Bar Sweet Bread Cinnamon Raisin Muffin, 1 muffin	100	45	5g	1g	0g	20mg	100mg	13g	0g	9g	1g	Yes	Yes	Yes	Yes				Yes
Bar Sweet Bread Lemon Crumb Cake, 1 slice	300	140	16g	3g	0g	60mg	310mg	34g	0g	19g	4g	Yes	Yes	Yes	Yes				Yes
Bar Sweet Bread Orange Cranberry Loaf, 1 slice	190	80	9g	1.5g	0g	40mg	200mg	25g	0g	15g	3g	Yes	Yes	Yes	Yes				Yes
Bar Sweet Bread Orange Cranberry Muffin, 1 muffin	100	40	4.5g	1g	0g	20mg	100mg	12g	0g	8g	1g	Yes	Yes	Yes	Yes				Yes
Bar Turkey Sausage Patty, 1 patty	80	35	4.5g	1g	0g	35mg	270mg	<1g	0g	0g	8g								
Bar White Milk, 1 cup	130	45	5g	3g	0g	20mg	125mg	13g	0g	13g	8g	Yes							