



NUTRITIONAL INFORMATION

At Frisch's, you will always find fresh, wholesome food, served by real, friendly people. Since 1946, that's what has set Frisch's Big Boy apart. What makes our food so delicious and different is that we make so much from scratch with carefully sourced ingredients.

It is our pleasure providing you with information on the selections we serve to help you achieve your dietary goals.

| ITEM | SERVING SIZE | CALORIES | FAT (g) | SAT. FAT (g) | TRANS FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARB. (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|---------------------------------|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| BURGERS & SANDWICHES | | | | | | | | | | | |
| BEEF | | | | | | | | | | | |
| Super Big Boy® | 1 | 1190 | 84 | 24 | 2 | 220 | 1660 | 35 | 2 | 5 | 63 |
| Big Boy® | 1 | 680 | 44 | 12 | 1.5 | 110 | 940 | 32 | 2 | 4 | 34 |
| Brawny Lad® | 1 | 460 | 22 | 8 | 1 | 95 | 420 | 30 | 2 | 5 | 31 |
| Swiss Miss | 1 | 690 | 46 | 13 | 1 | 115 | 960 | 31 | 2 | 5 | 35 |
| Primetime BLT Cheeseburger | 1 | 1020 | 63 | 20 | 1.5 | 185 | 1570 | 55 | 1 | 11 | 53 |
| Primetime Mushroom & Swiss | 1 | 710 | 32 | 12 | 1.5 | 140 | 970 | 57 | 1 | 11 | 48 |
| Primetime Cheeseburger | 1 | 930 | 54 | 17 | 1.5 | 155 | 1470 | 56 | 1 | 10 | 49 |
| Bacon Cheeseburger | 1 | 810 | 57 | 18 | 1 | 150 | 1270 | 31 | 2 | 6 | 41 |
| 1/4 lb. Cheeseburger | 1 | 690 | 47 | 14 | 1 | 120 | 1110 | 30 | 1 | 4 | 35 |
| 1/4 lb. Hamburger | 1 | 600 | 40 | 10 | 1 | 100 | 710 | 28 | 1 | 2 | 31 |
| Small Cheeseburger | 1 | 530 | 35 | 8 | 0.5 | 65 | 880 | 31 | 2 | 4 | 21 |
| Small Hamburger | 1 | 480 | 31 | 6 | 0.5 | 55 | 680 | 30 | 2 | 3 | 19 |
| Country Fried Steak | 1 | 680 | 45 | 8 | 0 | 50 | 910 | 52 | 2 | 3 | 18 |
| Cheese Steak | 1 | 610 | 19 | 12 | 0 | 90 | 3410 | 65 | 3 | 7 | 44 |
| Patty Melt Lg. | 1 | 710 | 45 | 19 | 2.5 | 140 | 1220 | 34 | 4 | 9 | 43 |
| Patty Melt Sm. | 1 | 880 | 48 | 20 | 3.5 | 140 | 1420 | 64 | 7 | 13 | 48 |
| FISH | | | | | | | | | | | |
| Fish Sandwich | 1 | 620 | 37 | 5 | 0 | 55 | 1240 | 36 | 2 | 4 | 25 |
| Small Fish Sandwich | 1 | 480 | 29 | 4 | 0 | 30 | 900 | 33 | 2 | 4 | 15 |
| Whitefish Sandwich | 1 | 550 | 30 | 4 | 0 | 30 | 810 | 51 | 3 | 4 | 18 |
| Tuna Salad Sandwich | 1 | 550 | 41 | 8 | 0.5 | 40 | 730 | 31 | 2 | 6 | 13 |
| Tuna Melt Lg. | 1 | 810 | 50 | 15 | 3.5 | 55 | 1740 | 65 | 3 | 14 | 26 |
| Tuna Melt Sm. | 1 | 640 | 47 | 14 | 2.5 | 55 | 1420 | 34 | 1 | 10 | 20 |
| POULTRY | | | | | | | | | | | |
| Grilled Chicken Breast | 1 | 530 | 34 | 5 | 1 | 75 | 950 | 29 | 1 | 4 | 27 |
| Crispy Chicken | 1 | 700 | 48 | 8 | 0 | 55 | 1270 | 45 | 3 | 4 | 22 |
| Philly Chicken | 1 | 570 | 17 | 10 | 0 | 80 | 1550 | 65 | 3 | 7 | 39 |
| Turkey Burger | 1 | 580 | 16 | 8 | 0 | 80 | 1170 | 48 | 26 | 9 | 18 |
| Turkey Club | 1 | 570 | 34 | 7 | 0 | 80 | 800 | 34 | 2 | 4 | 31 |
| Club Melt | 1 | 810 | 41 | 16 | 2.5 | 110 | 2370 | 65 | 3 | 13 | 50 |
| Turkey Club Wrap | 1 | 810 | 48 | 17 | 0 | 135 | 1790 | 49 | 4 | 8 | 45 |
| Grilled Chicken Club Wrap | 1 | 800 | 48 | 17 | 0 | 130 | 1740 | 50 | 4 | 8 | 42 |
| Crispy Chicken Club Wrap | 1 | 1020 | 65 | 20 | 0 | 130 | 2080 | 64 | 4 | 8 | 39 |
| PORK | | | | | | | | | | | |
| Buddie Boy® | 1 | 510 | 30 | 7 | 0 | 60 | 1270 | 38 | 2 | 5 | 24 |
| Pork Tenderloin | 1 | 420 | 25 | 4.5 | 0 | 50 | 280 | 30 | 2 | 1 | 18 |

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|--|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| BURGERS & SANDWICHES | | | | | | | | | | | |
| PORK (CONTINUED) | | | | | | | | | | | |
| Ham Melt | 1 | 340 | 13 | 7 | 0 | 70 | 1800 | 29 | 2 | 2 | 25 |
| Grilled Ham & Cheese Lg. | 1 | 590 | 22 | 10 | 1.5 | 85 | 2190 | 60 | 2 | 11 | 32 |
| Grilled Ham & Cheese Sm. | 1 | 420 | 19 | 10 | 0.5 | 85 | 1880 | 33 | 1 | 7 | 27 |
| Ham Sand. Hot or Cold on Wheat | 1 | 430 | 28 | 6 | 0.5 | 65 | 1080 | 29 | 3 | 4 | 19 |
| Ham Sand. Hot or Cold on White | 1 | 440 | 27 | 6 | 0.5 | 65 | 1180 | 29 | 1 | 4 | 19 |
| VEGETARIAN | | | | | | | | | | | |
| Grilled Cheese Lg. | 1 | 500 | 20 | 9 | 1.5 | 40 | 1470 | 62 | 2 | 11 | 18 |
| Grilled Cheese Sm. | 1 | 340 | 17 | 9 | 0.5 | 40 | 1160 | 32 | 1 | 7 | 13 |
| OPEN-FACED | | | | | | | | | | | |
| Hot Open-faced Roast Beef with Mashed Potatoes & Gravy | 1 | 720 | 25 | 9 | 1.5 | 75 | 3950 | 86 | 4 | 9 | 38 |
| Hot Open-faced Turkey with Mashed Potatoes & Gravy | 1 | 670 | 22 | 4.5 | 1.5 | 70 | 2420 | 83 | 4 | 9 | 35 |

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|--|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| ENTRÉE ONLY | | | | | | | | | | | |
| BEEF | | | | | | | | | | | |
| Hamburger Patty - 1/4 lb. | 1 Patty | 280 | 18 | 7 | 1 | 95 | 95 | 0 | 0 | 0 | 27 |
| Hamburger Patty - Small | 1 Patty | 140 | 9 | 3.5 | 0 | 50 | 50 | 0 | 0 | 0 | 14 |
| Country Fried Steak | 1 Piece | 300 | 13 | 5 | 0 | 55 | 810 | 25 | 1 | 0 | 23 |
| Country Fried Steak with Gravy | 1 Piece | 840 | 58 | 17 | 19 | 30 | 3560 | 88 | 1 | 13 | 14 |
| FISH | | | | | | | | | | | |
| Fish 'n Chips | 2 Fillets | 580 | 25 | 3.5 | 0 | 81 | 950 | 96 | 7 | 5 | 29 |
| Crispy Whitefish Dinner | 2 Fillets | 290 | 15 | 2 | 0 | 50 | 510 | 42 | 2 | 2 | 26 |
| Shrimp Dinner | 8 Pieces | 270 | 15 | 0 | 0 | 115 | 1290 | 50 | 0 | 2 | 17 |
| POULTRY | | | | | | | | | | | |
| Grilled Chicken Breast | 1 Breast | 220 | 10 | 1.5 | 1 | 70 | 720 | 3 | 0 | 2 | 29 |
| Buffalo Chicken Bites | 8 oz. | 670 | 39 | 7 | 0 | 138 | 2690 | 27 | 4 | 4 | 50 |
| Country Fried Chicken | 1 Piece | 580 | 32 | 5 | 0 | 70 | 1820 | 40 | 2 | 2 | 34 |
| Country Fried Chicken with Gravy | 1 Piece | 1340 | 89 | 24 | 28 | 70 | 6360 | 134 | 2 | 21 | 34 |
| Chicken Breast Grilled for Salads | 3 oz. | 110 | 1 | 0 | 0 | 55 | 430 | 0 | 0 | 0 | 23 |
| Breaded Chicken Breast Fillets | 5 Fillets | 375 | 15 | 2.5 | 0 | 75 | 1575 | 25 | 0 | 0 | 35 |
| Breaded Chicken Breast Fillets for Salads | 3 Fillets | 225 | 9 | 1.5 | 0 | 45 | 945 | 15 | 0 | 0 | 21 |
| Chicken Italian Chicken Breast/Sauce/Swiss Cheese | 1 | 620 | 23 | 4.5 | 2 | 90 | 1440 | 58 | 4 | 18 | 43 |
| Turkey Burger - 5.3 oz. Patty | 1 Patty | 300 | 27 | 8 | 0 | 0 | 730 | 0 | 0 | 0 | 24 |
| PORK | | | | | | | | | | | |
| Pork Tenderloin Dinner with Gravy | 1 Piece | 1250 | 70 | 13 | 29 | 45 | 4720 | 121 | 1 | 19 | 17 |

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|--|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| ENTRÉE ONLY | | | | | | | | | | | |
| PASTA | | | | | | | | | | | |
| Chili Spaghetti a la carte 6 oz. spaghetti and 6 oz. chili | 1 | 780 | 11 | 3 | 0 | 30 | 370 | 135 | 8 | 11 | 31 |
| Italian Spaghetti a la carte 6 oz. spaghetti and 6 oz. sauce | 1 | 790 | 12 | 2 | 0 | 10 | 530 | 140 | 8 | 18 | 28 |
| BOWLS - INCLUDES MASHED POTATOES, VEGETABLE, GRAVY AND ROLL | | | | | | | | | | | |
| Grilled Hamburger Bowl | 23 oz. | 900 | 48 | 17 | 3 | 155 | 1870 | 66 | 8 | 11 | 62 |
| Country Chicken Bowl - Crispy | 23 oz. | 990 | 47 | 12 | | 90 | 2970 | 106 | 7 | 11 | 54 |
| Country Chicken Bowl - Grilled | 21 oz. | 640 | 18 | 6 | 0 | 105 | 2290 | 69 | 7 | 11 | 61 |
| Southwest Chicken Bowl - Crispy | 21 oz. | 1200 | 71 | 16 | 0 | 115 | 3190 | 101 | 8 | 10 | 55 |
| Southwest Chicken Bowl - Grilled | 19 oz. | 840 | 42 | 11 | 0 | 135 | 2510 | 64 | 8 | 10 | 62 |

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|---|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| SALADS, SOUPS, CHILI, SIDES | | | | | | | | | | | |
| SALADS | | | | | | | | | | | |
| Buffalo Chicken Salad | 1 | 590 | 27 | 4.5 | 0 | 110 | 2440 | 37 | 5 | 9 | 52 |
| Cranberry Pecan Salad with Grilled Chicken | 1 | 420 | 27 | 3 | 1 | 40 | 360 | 25 | 6 | 18 | 19 |
| Crispy Chicken BLT Salad | 1 | 630 | 41 | 11 | 0 | 70 | 1270 | 34 | 4 | 7 | 30 |
| Ham and Cheese Salad | 6.5 oz. | 350 | 21 | 11 | 0 | 105 | 1110 | 12 | 4 | 6 | 31 |
| Large Garden Salad | 6.5 oz. | 280 | 19 | 10 | 0 | 60 | 400 | 11 | 4 | 6 | 17 |
| SALAD DRESSINGS | | | | | | | | | | | |
| Balsamic Vinaigrette Dressing | 29 g | 70 | 7 | 0.5 | 0 | 0 | 150 | 2 | 0 | 2 | 0 |
| Blue Cheese Dressing | 29 g | 100 | 10 | 3 | 0 | 15 | 220 | 2 | 0 | 1 | 1 |
| French Dressing - Fat Free | 29 g | 35 | 0 | 0 | 0 | 0 | 200 | 0 | 0 | 7 | 0 |
| Henri's Russian Dressing | 29 g | 200 | 16 | 2.5 | 0 | 0 | 310 | 15 | 1 | 12 | 0 |
| Honey Mustard Dressing - Fat Free | 29 g | 50 | 0 | 0 | 0 | 0 | 300 | 13 | 0 | 11 | 0 |
| Italian Dressing | 29 g | 25 | 0.5 | 0 | 0 | 0 | 570 | 2 | 0 | 2 | 0 |
| Buttermilk Ranch Dressing | 29 g | 100 | 10 | 2 | 0 | 10 | 120 | 1 | 0 | 1 | 0 |
| Thousand Island Dressing | 29 g | 140 | 15 | 2.5 | 0 | 20 | 170 | 2 | 0 | 2 | 0 |
| SOUPS AND CHILI | | | | | | | | | | | |
| Bean Soup - Carryout | 8 oz. | 90 | 0 | 0 | 0 | 0 | 900 | 17 | 3 | 3 | 5 |
| Bean Soup - Cup | 6 oz. | 70 | 0 | 0 | 0 | 0 | 680 | 13 | 2 | 2 | 4 |
| Bean Soup - Bowl | 12 oz. | 130 | 0 | 0 | 0 | 0 | 1370 | 25 | 4 | 5 | 7 |
| Cheddar Broccoli Soup - Carryout | 8 oz. | 190 | 13 | 5 | 4 | 15 | 1290 | 19 | 1 | 10 | 4 |
| Cheddar Broccoli Soup - Cup | 6 oz. | 140 | 10 | 3.5 | 3 | 10 | 960 | 14 | 1 | 7 | 3 |
| Cheddar Broccoli Soup - Bowl | 12 oz. | 290 | 20 | 7 | 6 | 20 | 1930 | 28 | 1 | 15 | 5 |
| Chicken Noodle Soup - Carryout | 8 oz. | 35 | 1.5 | 0 | 0 | 5 | 1290 | 3 | 1 | 2 | 2 |
| Chicken Noodle Soup - Cup | 6 oz. | 25 | 1 | 0 | 0 | 5 | 970 | 3 | 1 | 2 | 2 |
| Chicken Noodle Soup - Bowl | 12 oz. | 50 | 2 | 0 | 0 | 10 | 1940 | 5 | 1 | 3 | 4 |

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|--|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| SALADS, SOUPS, CHILI, SIDES | | | | | | | | | | | |
| SOUPS AND CHILI (CONTINUED) | | | | | | | | | | | |
| Chili - Carryout | 8 oz. | 190 | 10 | 4 | 0 | 40 | 490 | 10 | 3 | 3 | 13 |
| Chili - Cup | 6 oz. | 140 | 8 | 3 | 0 | 30 | 370 | 7 | 2 | 2 | 10 |
| Chili - Bowl | 12 oz. | 290 | 16 | 6 | 0 | 60 | 740 | 15 | 4 | 5 | 20 |
| Corn Chowder Soup - Carryout | 8 oz. | 170 | 10 | 2.5 | 4.5 | 0 | 570 | 18 | 1 | 3 | 2 |
| Corn Chowder Soup - | 6 oz. | 130 | 7 | 2 | 3.5 | 0 | 430 | 13 | 1 | 2 | 1 |
| Corn Chowder Soup - Bowl | 12 oz. | 260 | 15 | 4 | 7 | 0 | 860 | 27 | 2 | 4 | 3 |
| Cream of Broccoli Soup - Carryout | 8 oz. | 220 | 17 | 4.5 | 8 | 0 | 480 | 14 | 1 | 1 | 1 |
| Cream of Broccoli Soup - | 6 oz. | 160 | 13 | 3.5 | 6 | 0 | 440 | 10 | 1 | 1 | 1 |
| Cream of Broccoli Soup - Bowl | 12 oz. | 330 | 26 | 7 | 12 | 0 | 880 | 21 | 1 | 1 | 2 |
| Potato Soup - Carryout | 8 oz. | 240 | 16 | 4 | 5 | 5 | 670 | 23 | 1 | 1 | 3 |
| Potato Soup - Cup | 6 oz. | 180 | 12 | 3 | 4 | 5 | 500 | 17 | 1 | 1 | 2 |
| Potato Soup - Bowl | 12 oz. | 360 | 23 | 6 | 8 | 5 | 1000 | 35 | 2 | 2 | 4 |
| Spicy Chicken Tortilla Soup - Carryout | 8 oz. | 160 | 9 | 3.5 | 0 | 30 | 1470 | 9 | 1 | 5 | 11 |
| Spicy Chicken Tortilla Soup - Cup | 6 oz. | 120 | 9 | 2.5 | 0 | 20 | 1100 | 7 | 1 | 4 | 8 |
| Spicy Chicken Tortilla Soup - Bowl | 12 oz. | 336 | 13 | 5 | 0.5 | 45 | 2210 | 14 | 2 | 8 | 17 |
| Split Pea Soup - Carryout | 8 oz. | 170 | 1 | 0 | 0 | 5 | 650 | 29 | 11 | 4 | 12 |
| Split Pea Soup - Cup | 6 oz. | 120 | 1 | 0 | 0 | 5 | 490 | 21 | 8 | 3 | 9 |
| Split Pea Soup - Bowl | 12 oz. | 250 | 1.5 | 0 | 0 | 5 | 970 | 43 | 17 | 6 | 18 |
| Vegetable Soup - Carryout | 8 oz. | 80 | 0.5 | 0 | 0 | 0 | 650 | 16 | 2 | 4 | 3 |
| Vegetable Soup - Cup | 6 oz. | 60 | 0.5 | 0 | 0 | 0 | 490 | 12 | 2 | 3 | 2 |
| Vegetable Soup - Bowl | 12 oz. | 120 | 1 | 0 | 0 | 0 | 970 | 23 | 4 | 6 | 5 |

| | | | | | | | | | | | |
|--------------------|-------|-----|-----|-----|---|----|-----|----|---|----|----|
| SIDES | | | | | | | | | | | |
| Applesauce | 4 oz. | 120 | 0 | 0 | 0 | 0 | 0 | 30 | 2 | 25 | 0 |
| Baked Apples | 4 oz. | 70 | 0 | 0 | 0 | 0 | 105 | 17 | 1 | 14 | 0 |
| Brown Gravy | 3 oz. | 50 | 3.5 | 1.5 | 0 | 5 | 400 | 5 | 0 | 0 | 1 |
| Cole Slaw | 4 oz. | 180 | 15 | 2.5 | 0 | 15 | 220 | 10 | 2 | 8 | 1 |
| Corn | 4 oz. | 130 | 6 | 3 | 0 | 10 | 35 | 18 | 3 | 8 | 4 |
| Cottage Cheese | 4 oz. | 80 | 1 | 0.5 | 0 | 5 | 460 | 3 | 0 | 3 | 14 |
| French Fries | 4 oz. | 330 | 23 | 4 | 0 | 0 | 160 | 30 | 4 | 0 | 4 |
| Glazed Carrots | 4 oz. | 120 | 6 | 1 | 0 | 0 | 0 | 13 | 2 | 11 | 1 |
| Green Beans | 114 g | 50 | 1.5 | 0.5 | 0 | 0 | 200 | 7 | 3 | 3 | 2 |
| Macaroni & Cheese | 4 oz. | 180 | 8 | 4.5 | 0 | 20 | 540 | 19 | 0 | 2 | 8 |
| Mashed Potatoes | 6 oz. | 180 | 10 | 3.5 | 0 | 10 | 710 | 20 | 2 | 2 | 3 |
| Onion Rings | 5 oz. | 260 | 12 | 2 | 0 | 0 | 110 | 36 | 3 | 7 | 5 |
| Potato - Baked | 1 | 280 | 0 | 0 | 0 | 0 | 30 | 63 | 0 | 0 | 0 |
| Sweet Potato Fries | 3 oz. | 170 | 10 | 2 | 0 | 0 | 190 | 22 | 0 | 7 | 1 |
| Tossed Salad Side | 1 | 30 | 0 | 0 | 0 | 0 | 25 | 7 | 2 | 4 | 2 |

| | | | | | | | | | | | |
|---------------------|---------|-----|----|----|-----|-----|-----|----|---|----|---|
| DESSERTS | | | | | | | | | | | |
| Carrot Cake | 1 Piece | 570 | 28 | 6 | 0 | 60 | 330 | 71 | 2 | 52 | 5 |
| Cheesecake Plain | 1 Slice | 440 | 29 | 17 | 1 | 145 | 400 | 34 | 1 | 23 | 7 |
| Chocolate Cream Pie | 1 Slice | 620 | 42 | 25 | 3.5 | 30 | 600 | 67 | 1 | 44 | 5 |
| Coconut Cream Pie | 1 Slice | 680 | 47 | 31 | 3.5 | 30 | 550 | 69 | 2 | 46 | 5 |

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|-----------------------------|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| DESSERTS (CONTINUED) | | | | | | | | | | | |
| Hot Fudge Cake | 1 | 630 | 28 | 14 | 3 | 65 | 520 | 90 | 3 | 62 | 8 |
| Ice Cream - Velvet | 1 Dip | 25 | 2 | 9 | 0 | 0 | 30 | 7 | 0 | 3.5 | 2.5 |
| Mini Chocolate Sundae | 1 | 170 | 4 | 3 | 0 | 15 | 25 | 33 | 0 | 29 | 6 |
| Mini Hot Fudge Cake | 1 | 320 | 14 | 7 | 1.5 | 30 | 260 | 46 | 1 | 32 | 4 |
| Mini Hot Fudge Sundae | 1 | 190 | 7 | 3.5 | 1 | 15 | 85 | 28 | 1 | 20 | 2 |
| Mini Strawberry Sundae | 1 | 160 | 4 | 2.5 | 0 | 15 | 30 | 31 | 0 | 17 | 2 |
| Peanut Butter Pie | 1 Slice | 720 | 51 | 27 | 4 | 30 | 590 | 68 | 2 | 43 | 9 |
| Apple Pie | 1 Slice | 520 | 20 | 8 | 0 | 0 | 650 | 82 | 4 | 50 | 3 |
| Cherry Pie - No Sugar Added | 1 Slice | 440 | 20 | 8 | 0 | 0 | 550 | 58 | 4 | 24 | 4 |
| Pecan Pie | 1 Slice | 670 | 35 | 9 | 4.5 | 95 | 670 | 84 | 2 | 50 | 6 |
| Pumpkin Pie | 1 Slice | 420 | 17 | 8 | 0 | 85 | 500 | 59 | 3 | 34 | 6 |
| Strawberry Pie Baby | 1 | 510 | 31 | 17 | 0 | 0 | 410 | 57 | 2 | 27 | 3 |
| Strawberry Shortcake | 1 | 510 | 28 | 15 | 3 | 80 | 310 | 65 | 3 | 44 | 5 |
| Blueberry Sundae | 1 | 220 | 7 | 5 | 0 | 30 | 95 | 37 | 1 | 29 | 4 |
| Cherry Sundae | 1 | 220 | 7 | 5 | 0 | 30 | 95 | 37 | 1 | 29 | 3 |
| Chocolate Sundae | 1 | 330 | 8 | 5 | 0 | 30 | 50 | 63 | 0 | 56 | 12 |
| Hot Fudge Sundae | 1 | 350 | 14 | 7 | 1.5 | 30 | 160 | 53 | 2 | 37 | 5 |
| Rich's® Whipped Topping | 5 g | 20 | 2 | 1.5 | 0 | 0 | 5 | 0 | 0 | 1 | 0 |
| Reddi Wip® Whipped Topping | 5 g | 15 | 1 | 0.5 | 0 | 0.5 | 0 | 0 | 0 | 0 | 0 |
| Strawberry Sundae | 1 | 300 | 7 | 5 | 0 | 30 | 60 | 58 | 1 | 31 | 3 |

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|--------------------------------|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| BEVERAGES | | | | | | | | | | | |
| HAND DIPPED SHAKES | | | | | | | | | | | |
| Hand Dipped Shake - Chocolate | 12 fl. oz. | 400 | 13 | 9 | 0 | 55 | 115 | 65 | 0 | 57 | 14 |
| Hand Dipped Shake - Chocolate | 16 fl. oz. | 550 | 18 | 12 | 0 | 70 | 170 | 87 | 0 | 77 | 19 |
| Hand Dipped Shake - Chocolate | 20 fl. oz. | 730 | 22 | 16 | 0 | 90 | 220 | 120 | 0 | 106 | 27 |
| Hand Dipped Shake - Chocolate | 32 fl. oz. | 1020 | 32 | 22 | 0 | 130 | 320 | 164 | 0 | 145 | 38 |
| Hand Dipped Shake - Strawberry | 12 fl. oz. | 360 | 12 | 9 | 0 | 55 | 120 | 54 | 0 | 46 | 7 |
| Hand Dipped Shake - Strawberry | 16 fl. oz. | 490 | 17 | 12 | 0 | 70 | 170 | 73 | 0 | 63 | 11 |
| Hand Dipped Shake - Strawberry | 20 fl. oz. | 640 | 22 | 15 | 0 | 90 | 220 | 98 | 0 | 85 | 14 |
| Hand Dipped Shake - Strawberry | 32 fl. oz. | 900 | 31 | 21 | 0 | 130 | 330 | 135 | 0 | 117 | 21 |
| Hand Dipped Shake - Vanilla | 12 fl. oz. | 270 | 12 | 9 | 0 | 55 | 115 | 33 | 0 | 27 | 7 |
| Hand Dipped Shake - Vanilla | 16 fl. oz. | 370 | 17 | 12 | 0 | 70 | 170 | 45 | 0 | 36 | 11 |
| Hand Dipped Shake - Vanilla | 20 fl. oz. | 470 | 22 | 15 | 0 | 90 | 220 | 56 | 0 | 46 | 14 |
| Hand Dipped Shake - Vanilla | 32 fl. oz. | 670 | 31 | 21 | 0 | 130 | 320 | 79 | 0 | 65 | 21 |
| SOFT DRINKS | | | | | | | | | | | |
| Pepsi® | 8 fl. oz. | 100 | 0 | 0 | 0 | 20 | 0 | 28 | 0 | 28 | 0 |
| Diet Pepsi® | 8 fl. oz. | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 |
| Mountain Dew® | 8 fl. oz. | 110 | 0 | 0 | 0 | 0 | 15 | 26 | 0 | 29 | 0 |
| Diet Mountain Dew® | 8 fl. oz. | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 0 | 0 | 0 |
| Dr. Pepper® | 8 fl. oz. | 90 | 0 | 0 | 0 | 0 | 30 | 26 | 0 | 26 | 0 |
| Sierra Mist® | 8 fl. oz. | 100 | 0 | 0 | 0 | 0 | 20 | 27 | 0 | 0 | 27 |
| Tropicana® Fruit Punch | 8 fl. oz. | 110 | 0 | 0 | 0 | 0 | 25 | 27 | 0 | 0 | 30 |
| Mug® Root Beer | 8 fl. oz. | 100 | 0 | 0 | 0 | 0 | 15 | 26 | 0 | 26 | 0 |

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|----------------------------|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| BEVERAGES | | | | | | | | | | | |
| SMOOTHIES | | | | | | | | | | | |
| Strawberry Smoothie | 12 fl. oz. | 140 | 1.5 | 1 | 0 | 10 | 75 | 27 | 1 | 21 | 5 |
| Strawberry Smoothie | 16 fl. oz. | 200 | 2 | 1.5 | 0 | 10 | 110 | 40 | 1 | 31 | 7 |
| Strawberry Smoothie | 20 fl. oz. | 460 | 3 | 2 | 0 | 15 | 150 | 102 | 7 | 68 | 12 |
| Strawberry/Banana Smoothie | 12 fl. oz. | 240 | 2 | 1 | 0 | 10 | 75 | 53 | 4 | 35 | 6 |
| Strawberry/Banana Smoothie | 16 fl. oz. | 400 | 2.5 | 1.5 | 0 | 10 | 110 | 90 | 7 | 58 | 10 |
| Strawberry/Banana Smoothie | 20 fl. oz. | 460 | 3 | 2 | 0 | 15 | 150 | 102 | 7 | 68 | 12 |
| Banana Smoothie | 12 fl. oz. | 320 | 2 | 1 | 0 | 10 | 75 | 74 | 6 | 46 | 7 |
| Banana Smoothie | 16 fl. oz. | 480 | 3 | 1.5 | 0 | 10 | 110 | 111 | 9 | 69 | 11 |
| Banana Smoothie | 20 fl. oz. | 730 | 4 | 2.5 | 0 | 15 | 150 | 171 | 14 | 104 | 15 |
| Pineapple Smoothie | 12 fl. oz. | 180 | 1.5 | 1.0 | 0 | 10 | 75 | 38 | 2 | 30 | 5 |
| Pineapple Smoothie | 16 fl. oz. | 270 | 2.0 | 1.5 | 0 | 10 | 110 | 56 | 2 | 45 | 8 |
| Pineapple Smoothie | 20 fl. oz. | 380 | 2.5 | 1.5 | 0 | 15 | 150 | 82 | 4 | 65 | 11 |
| Pineapple/Banana Smoothie | 12 fl. oz. | 380 | 2.0 | 1.0 | 0 | 10 | 75 | 89 | 7 | 57 | 8 |
| Pineapple/Banana Smoothie | 16 fl. oz. | 570 | 3.0 | 1.5 | 0 | 10 | 115 | 133 | 11 | 86 | 11 |
| Pineapple/Banana Smoothie | 20 fl. oz. | 870 | 4.5 | 2.5 | 0 | 15 | 150 | 208 | 18 | 132 | 17 |
| OTHER BEVERAGES | | | | | | | | | | | |
| Coffee | 237 g | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| Decaf Coffee | 237 g | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Hot Tea | 238 g | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Iced Tea- Sweet | 12 fl. oz. | 120 | 0 | 0 | 0 | 0 | 15 | 32 | 0 | 32 | 0 |
| Iced Tea- Sweet | 16 fl. oz. | 160 | 0 | 0 | 0 | 0 | 15 | 43 | 0 | 42 | 0 |
| Iced Tea- Sweet | 20 fl. oz. | 200 | 0 | 0 | 0 | 0 | 20 | 52 | 0 | 52 | 0 |
| Iced Tea- Sweet | 32 fl. oz. | 300 | 0 | 0 | 0 | 0 | 35 | 78 | 0 | 52 | 0 |
| Dole® Lemonade | 8 fl. oz. | 130 | 0 | 0 | 0 | 0 | 5 | 33 | 0 | 22 | 0 |
| Milk 2% | 8 fl. oz. | 120 | 4.5 | 3 | 0 | 20 | 115 | 12 | 0 | 12 | 7 |
| Chocolate Milk | 8 fl. oz. | 140 | 2.5 | 1.5 | 0 | 5 | 140 | 24 | 1 | 23 | 7 |
| Hot Chocolate | 21 g | 90 | 2 | 2 | 0 | 0 | 150 | 16 | 1 | 8 | 1 |
| Orange Juice | 8 fl. oz. | 120 | 0 | 0 | 0 | 0 | 30 | 28 | 22 | 2 | 0 |
| Apple Juice | 8 fl. oz. | 100 | 0 | 0 | 0 | 0 | 10 | 26 | 0 | 22 | 0 |
| Tomato Juice | 8 fl. oz. | 45 | 0 | 0 | 0 | 0 | 640 | 9 | 2 | 7 | 1 |
| Cherry Flavoring | 1 fl. oz. | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 9 | 0 |
| Vanilla Flavoring | 1 fl. oz. | 40 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 10 | 0 |

| ITEM | SERVING SIZE | CALORIES | FAT (g) | SAT. FAT (g) | TRANS FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARB. (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|---|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| BREAKFAST | | | | | | | | | | | |
| OMELETTES | | | | | | | | | | | |
| Farmers Omelette with Hashbrowns and Toast | 1 Each | 1380 | 69 | 22 | 5 | 670 | 2800 | 116 | 7 | 30 | 59 |
| Ham & Cheese Omelette with Hashbrowns and Toast | 1 Each | 930 | 42 | 14 | 3 | 625 | 2230 | 83 | 3 | 28 | 46 |
| Spanish Omelette with Hashbrowns and Toast | 1 Each | 1130 | 51 | 19 | 3 | 620 | 1890 | 91 | 6 | 32 | 44 |
| Western Omelette with Hashbrowns and Toast | 1 Each | 1080 | 54 | 20 | 3 | 670 | 2200 | 85 | 4 | 27 | 56 |

Nutritional information current as of June 2014.

| ITEM | SERVING SIZE | CALORIES | FAT (g) | SAT. FAT (g) | TRANS FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARB. (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|---|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| BREAKFAST (CONTINUED) | | | | | | | | | | | |
| NUMBERED BREAKFASTS | | | | | | | | | | | |
| No. 1 Breakfast with bacon* | 289 g | 960 | 45 | 17 | 2.5 | 330 | 2560 | 115 | 10 | 5 | 28 |
| No. 2 Breakfast with bacon* | 403 g | 670 | 43 | 16 | 2.5 | 330 | 800 | 55 | 1 | 28 | 21 |
| No. 3 Breakfast with bacon* | 251 g | 910 | 41 | 16 | 2.5 | 185 | 2500 | 115 | 10 | 5 | 23 |
| No. 4 Breakfast | 161 g | 480 | 36 | 14 | 2.5 | 315 | 480 | 28 | 1 | 4 | 14 |
| No. 5 Breakfast with bacon* | 251 g | 650 | 42 | 15 | 2 | 220 | 1190 | 55 | 2 | 15 | 19 |
| No. 6 Breakfast with sausage links* | 355 g | 860 | 52 | 21 | 0 | 150 | 1840 | 75 | 4 | 20 | 27 |
| No. 7 Breakfast | 272 g | 390 | 6 | 1.5 | 0 | 35 | 800 | 77 | 3 | 40 | 10 |
| No. 8 Breakfast with bacon* | 223 g | 760 | 51 | 17 | 0.5 | 295 | 1040 | 61 | 2 | 15 | 21 |
| No. 9 Breakfast | 298 g | 940 | 43 | 15 | 2.5 | 395 | 2180 | 119 | 9 | 11 | 24 |
| BREAKFAST SANDWICHES AND BISCUITS | | | | | | | | | | | |
| Bacon* and Egg Sandwich | 1 | 490 | 35 | 8 | 0.5 | 175 | 920 | 28 | 1 | 4 | 15 |
| Sausage* Biscuit | 1 | 380 | 30 | 10 | 2.5 | 55 | 960 | 17 | 0 | 1 | 12 |
| Sausage*, Egg 'n Cheese Biscuit | 1 | 480 | 37 | 13 | 2.5 | 205 | 1220 | 19 | 0 | 3 | 19 |
| BREADS | | | | | | | | | | | |
| Biscuit | 1 | 280 | 13 | 3.5 | 5 | 0 | 980 | 35 | 1 | 3 | 5 |
| English Muffin | 57 g | 130 | 1 | 0 | 0 | 0 | 270 | 25 | 2 | 1 | 5 |
| French Toast | 1 Slice | 450 | 25 | 5 | 0 | 250 | 610 | 41 | 2 | 7 | 16 |
| Frisch's Wheat Toast | 2 Slices | 150 | 3.5 | 1 | 0.5 | 0 | 180 | 27 | 3 | 4 | 5 |
| Frisch's Wheat Toast with Butter | 2 Slices | 350 | 28 | 17 | 0.5 | 60 | 370 | 27 | 3 | 4 | 5 |
| Frisch's White Toast | 2 Slices | 150 | 2.5 | 0.5 | 0 | 0 | 280 | 27 | 1 | 3 | 5 |
| Frisch's White Toast with Butter | 2 Slices | 350 | 27 | 17 | 0.5 | 60 | 470 | 27 | 1 | 3 | 5 |
| Pancake | 1 | 160 | 3.5 | 0.5 | 0 | 20 | 490 | 2 | 6 | 7 | 5 |
| Rye Toast | 2 Slices | 340 | 25 | 16 | 0 | 60 | 590 | 26 | 2 | 0 | 4 |
| A LA CARTE | | | | | | | | | | | |
| Bacon | 1 Strip | 80 | 7 | 2.5 | 0 | 15 | 320 | 0 | 0 | 0 | 5 |
| Biscuits & Gravy with 8 oz. sausage gravy | 2 Biscuits | 1820 | 102 | 20 | 48 | 0 | 8260 | 196 | 2 | 31 | 5 |
| Breakfast Burrito | 1 | 720 | 45 | 16 | 1 | 48 | 1830 | 48 | 5 | 4 | 30 |
| Breakfast Ham | 2.5 oz. | 70 | 2 | 1 | 0 | 40 | 600 | 1 | 0 | 0 | 12 |
| Glier's® Goetta | 2 oz. | 180 | 12 | 4.5 | 2 | 30 | 480 | 10 | 2 | 1 | 8 |
| Grape Jelly | 0.5 oz. | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 9 | 0 |
| Grits | 2 oz. | 210 | 0.5 | 0 | 0 | 0 | 0 | 44 | 1 | 0 | 6 |
| Hashbrowns | 4 oz. | 300 | 15 | 2.5 | 2 | 0 | 600 | 31 | 2 | 2 | 2 |
| Oatmeal with Milk | | 220 | 5 | 2 | 0 | 10 | 70 | 35 | 4 | 7 | 9 |
| One Egg | 50 g | 70 | 5 | 1.5 | 0 | 185 | 70 | 0 | 0 | 0 | 6 |
| Sausage Gravy | 3 oz. | 470 | 28 | 4.5 | 14 | 0 | 2360 | 47 | 0 | 9 | 0 |
| Sausage Link | 1 | 90 | 8 | 3 | 0 | 20 | 170 | 0 | 0 | 0 | 3 |
| Sausage Patty | 1 | 180 | 17 | 6 | 0 | 40 | 350 | 0 | 0 | 0 | 7 |
| Sausage Patty - Large | 1 | 200 | 165 | 6 | 0 | 33 | 370 | 2 | 0 | 0 | 7 |

*Other breakfast meats available. Nutritional information will vary based upon breakfast meat selected.

| ITEM | SERVING SIZE | CALORIES | FAT (g) | SAT. FAT (g) | TRANS FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARB. (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|--|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| SOUP, SALAD 'N FRUIT BAR AND BREAKFAST BAR (ALPHABETICALLY) | | | | | | | | | | | |
| Apple Sticks | 2 | 230 | 18 | 2.5 | 0 | 0 | 170 | 20 | 1 | 1 | 1 |
| Bacon Bits | 0.5 oz. | 70 | 5 | 2 | 0 | 10 | 240 | 0 | 0 | 0 | 4 |
| Baked Apples | 2 oz. | 70 | 0 | 0 | 0 | 0 | 105 | 17 | 1 | 14 | 0 |
| Bananas and Glaze | 2 oz. | 150 | 0 | 0 | 0 | 0 | 40 | 37 | 2 | 28 | 1 |
| Beets | 1 oz. | 10 | 0 | 0 | 0 | 0 | 55 | 2 | 1 | 2 | 0 |
| Blueberry Pancake | 1 | 120 | 2.5 | 0 | 0 | 15 | 350 | 20 | 1 | 5 | 5 |
| Blueberry Topping | 1 oz. | 35 | 0 | 0 | 0 | 0 | 25 | 8 | 0 | 7 | 0 |
| Bar Eggs | 1.5 oz. | 50 | 3.5 | 1 | 0 | 110 | 70 | 1 | 0 | 0 | 4 |
| Broccoli | 1 oz. | 10 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | -- | 1 |
| Cantaloupe | 4 oz. | 40 | 0 | 0 | 0 | 0 | 20 | 9 | 1 | 8 | 1 |
| Cauliflower | 1 oz. | 5 | 0 | 0 | 0 | 0 | 10 | 1 | 1 | 1 | 1 |
| Cherry Topping | 1 oz. | 35 | 0 | 0 | 0 | 0 | 20 | 8 | 0 | 7 | 0 |
| Chocolate Chip Pancake | 1 | 120 | 3 | 0 | 0 | 15 | 350 | 20 | 1 | 5 | 5 |
| Cherry Coffee Cake | 1 Piece | 140 | 6 | 1 | 0 | 25 | 140 | 20 | 0 | 12 | 2 |
| Danish Apple Coffee Cake | 1 Piece | 150 | 6 | 1 | 0 | 25 | 140 | 21 | 0 | 13 | 2 |
| Pineapple Coffee Cake | 1 Piece | 150 | 6 | 1 | 0 | 25 | 130 | 23 | 0 | 16 | 2 |
| Corn Nuggets | 2 oz. | 190 | 16 | 2.5 | 0 | 0 | 150 | 11 | 1 | 1 | 1 |
| Craisins® | 1 oz. | 90 | 0 | 0 | 0 | 0 | 0 | 23 | 1 | 22 | 0 |
| Croutons | 5 oz. | 30 | 1 | 0 | 0 | 0 | 105 | 5 | 0 | 0 | 1 |
| Cucumbers | 1 oz. | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| French Toast Stick | 1 | 440 | 25 | 5 | 0 | 250 | 610 | 41 | 2 | 7 | 16 |
| Goldfish® Crackers | 1 oz. | 140 | 6 | 1.5 | 0 | 5 | 240 | 18 | 1 | 0 | 3 |
| Grape Tomatoes | 1 oz. | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 |
| Green Peppers | 1 oz. | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 |
| Hard-boiled Eggs | 1 oz. | 45 | 3 | 1 | 0 | 105 | 35 | 0 | 0 | 0 | 4 |
| Hashbrown Casserole | 2 oz. | 470 | 21 | 5 | 3 | 10 | 2820 | 63 | 5 | 7 | 7 |
| Hashbrown Stick | 1 | 230 | 19 | 2.5 | 0 | 0 | 340 | 18 | 1 | 0 | 1 |
| Honeydew | 4 oz. | 40 | 0 | 0 | 0 | 0 | 20 | 10 | 1 | 9 | 1 |
| Italian Sausage Link | 1 | 360 | 31 | 11 | 0 | 75 | 720 | 1 | 0 | 0 | 17 |
| Italian Sausage, Peppers, Onions | 4 oz. | 420 | 42 | 10 | 4 | 35 | 320 | 4 | 1 | 2 | 8 |
| Jalapeños | 0.5 oz. | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Jell-O® | 1 oz. | 140 | 0 | 0 | 0 | 0 | 990 | 0 | 0 | 0 | 14 |
| Kielbasa with Peppers & Onions | 4 oz. | 390 | 40 | 9 | 4 | 25 | 370 | 5 | 1 | 3 | 6 |
| Lettuce Salad Bar Blend | 2 oz. | 35 | 0 | 0 | 0 | 0 | 30 | 7 | 2 | 4 | 2 |
| Macaroni Salad | 2 oz. | 120 | 6 | 1 | 0 | 10 | 820 | 15 | 1 | 5 | 3 |
| Mandarin Oranges | 2 oz. | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 9 | 0 |
| Mini Potato Pancakes | 2 | 270 | 23 | 3 | 0 | 0 | 440 | 17 | 2 | 0 | 1 |
| Banana Nut Muffin | 1 | 140 | 8 | 1.5 | 0 | 25 | 115 | 14 | 0 | 8 | 2 |
| Blueberry Muffin | 1 | 120 | 7 | 1 | 0 | 25 | 105 | 14 | 0 | 7 | 1 |
| Chocolate Chip Muffin | 1 | 140 | 8 | 2 | 0 | 25 | 105 | 16 | 1 | 10 | 2 |
| Double Chocolate Chip Muffin | 1 | 140 | 8 | 2 | 0 | 25 | 105 | 16 | 1 | 9 | 2 |
| Lemon Poppy Seed Muffin | 1 | 130 | 8 | 1.5 | 0 | 25 | 120 | 14 | 0 | 8 | 2 |
| Pumpkin Muffin | 1 | 130 | 7 | 1.5 | 0 | 25 | 115 | 15 | 0 | 8 | 2 |
| Mushrooms | 1 oz. | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 |
| Ore Ida® Hashbrown Patty | 1 | 130 | 7 | 0.5 | 0 | 0 | 240 | 15 | 2 | 0 | 1 |
| Pancake | 1 | 110 | 2.5 | 0 | 0 | 15 | 340 | 18 | 1 | 4 | 5 |

Nutritional information current as of June 2014.

| ITEM | SERVING SIZE | CALORIES | FAT (g) | SAT. FAT (g) | TRANS FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARB. (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|---|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| SOUP, SALAD 'N FRUIT BAR AND BREAKFAST BAR (CONTINUED) | | | | | | | | | | | |
| Peaches | 2 oz. | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 9 | 0 |
| Pears | 2 oz. | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 9 | 0 |
| Pepperoncini | 1 oz. | 10 | 0 | 0 | 0 | 0 | 370 | 1 | 0 | 0 | 0 |
| Pineapple | 4 oz. | 60 | 0 | 0 | 0 | 0 | 0 | 15 | 2 | 11 | 1 |
| Potato Salad | 2 oz. | 100 | 4 | 1 | 0 | 5 | 390 | 13 | 2 | 3 | 2 |
| Red Onions | 1 oz. | 10 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 1 | 0 |
| Salad Bar Spinach Variety Salad | 2 oz. | 200 | 19 | 5 | 0 | 20 | 270 | 5 | 2 | 2 | 4 |
| Salsa | 2 oz. | 10 | 0 | 0 | 0 | 0 | 230 | 2 | 1 | 1 | 0 |
| Spicy Spuds | 4 oz. | 270 | 20 | 2.5 | 0 | 0 | 450 | 23 | 3 | 0 | 3 |
| Sunflower Seeds | 0.5 oz. | 80 | 7 | 0.5 | 0 | 0 | 60 | 3 | 1 | 0 | 3 |
| Turkey Sausage Patty | 1 | 60 | 4 | 1 | 0 | 35 | 170 | 0 | 0 | 0 | 8 |
| Waffle Stix™ | 2 | 140 | 2 | 0 | 0 | 0 | 250 | 28 | 1 | 6 | 3 |
| Watermelon | 4 oz. | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 7 | 1 |

| ITEM | SERVING SIZE | CALORIES | FAT (g) | SAT. FAT (g) | TRANS FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARB. (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|---|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| CONDIMENTS | | | | | | | | | | | |
| BBQ Sauce | 35 g | 45 | 0 | 0 | 0 | 0 | 330 | 9 | 0 | 10 | 0 |
| Butter - Whipped | 1 oz. | 50 | 6 | 4 | 0 | 15 | 45 | 0 | 0 | 0 | 0 |
| Butter Packets | 8 g | 115 | 13 | 8 | 0 | 35 | 100 | 0 | 0 | 0 | 0 |
| Chipotle Mayonnaise | 17 g | 120 | 13 | 2.5 | 0 | 10 | 65 | 0 | 0 | 0 | 0 |
| Frisch's Mayonnaise | 17 g | 120 | 13 | 2.5 | 0 | 10 | 65 | 0 | 0 | 0 | 0 |
| Frisch's Tartar Sauce | 30 g | 190 | 20 | 3 | 0 | 5 | 290 | 2 | 0 | 0 | 0 |
| Frisch's Tartar Sauce Packets | 12 g | 80 | 8 | 1 | 0 | 10 | 60 | 0 | 0 | 0 | 0 |
| Heinz® Cocktail Sauce | 2 oz. | 60 | 0 | 0 | 0 | 0 | 650 | 14 | 1 | 10 | 1 |
| Heinz® Ketchup | 17 g | 20 | 0 | 0 | 0 | 0 | 190 | 5 | 0 | 4 | 0 |
| Heinz® Ketchup Packets | 9 g | 10 | 0 | 0 | 0 | 0 | 100 | 3 | 0 | 2 | 0 |
| Heinz® Mustard, yellow, classic | 6 g | 5 | 0 | 0 | 0 | 0 | 55 | 1 | 0 | 0 | 0 |
| Heinz® Mustard, yellow, classic Packets | 6 g | 5 | 0 | 0 | 0 | 0 | 85 | 0 | 0 | 0 | 0 |
| Honey | 100 g | 300 | 0 | 0 | 0 | 0 | 0 | 82 | 0 | 76 | 0 |
| Pancake Syrup | 56 g | 190 | 0 | 0 | 0 | 0 | 65 | 49 | 0 | 17 | 0 |
| Parmesan Cheese | 0.5 oz. | 20 | 2 | 1 | 0 | 5 | 70 | 0 | 0 | 0 | 2 |
| Powdered Sugar | 0.5 oz. | 60 | 0 | 0 | 0 | 0 | 0 | 14 | 0 | 14 | 0 |
| Remoulade Sauce | 17 g | 80 | 8 | 1.5 | 0 | 5 | 95 | 2 | 0 | 1 | 0 |
| Smuckers® Apple Butter Packets | 0.5 oz. | 30 | 0 | 0 | 0 | 0 | 0 | 8 | 0 | 7 | 0 |
| Smuckers® Grape Jelly Packets | 0.5 oz. | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 8 | 0 |
| Smuckers® Grape Jelly Packets - Sugar Free | 0.5 oz. | 10 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| Smuckers® Strawberry Jelly Packets | 0.5 oz. | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 8 | 0 |
| Smuckers® Strawberry Jelly Packets Sugar Free | 0.5 oz. | 10 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 |
| Sour Cream | 3.0 oz. | 110 | 4 | 0.5 | 0 | 0 | 340 | 17 | 0 | 0 | 2 |

Nutritional information current as of June 2014.

| ITEM | SERVING SIZE | CALORIES | FAT (g) | SAT. FAT (g) | TRANS FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARB. (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|--|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| KID'S MEALS | | | | | | | | | | | |
| ENTRÉE ONLY | | | | | | | | | | | |
| 1. Pancakes with bacon* 4 mini pancakes | 327 g | 760 | 43 | 15 | 2 | 110 | 1810 | 76 | 5 | 18 | 24 |
| 2. One Egg with bacon* | 138 g | 510 | 40 | 15 | 2.5 | 185 | 750 | 28 | 1 | 4 | 15 |
| 3. Grilled Cheese Sandwich | 1 | 350 | 20 | 8 | 1.5 | 30 | 1020 | 30 | 1 | 6 | 11 |
| 4. Hamburger Sandwich | 1 | 480 | 31 | 6 | 0.5 | 55 | 680 | 30 | 2 | 3 | 19 |
| Cheeseburger Sandwich | 1 | 530 | 35 | 8 | 0.5 | 65 | 880 | 31 | 2 | 4 | 21 |
| 5. Chili Spaghetti 3 oz. spaghetti with 3 oz. chili | 6 oz. | 390 | 6 | 1.5 | 0 | 15 | 190 | 67 | 4 | 6 | 16 |
| Italian Spaghetti 3 oz. spaghetti with 3 oz. sauce | 6 oz. | 400 | 6 | 1 | 0 | 5 | 260 | 70 | 4 | 9 | 14 |
| 6. Fish | 1 Fillet | 140 | 1 | 0 | 0 | 25 | 340 | 3 | 0 | 0 | 10 |
| 7. Chicken Fingers | 2 Fillets | 130 | 7 | 1.5 | 0.5 | 20 | 390 | 6 | 0 | 0 | 9 |
| 8. Macaroni and Cheese | 8 oz. | 350 | 15 | 9 | 0 | 40 | 1070 | 37 | 1 | 4 | 15 |
| Kid's French Fries | 2 oz. | 80 | 3.5 | 0.5 | 0 | 0 | 25 | 11 | 1 | 0 | 1 |
| Kid's Onion Rings | 2.5 oz. | 130 | 6 | 1 | 0 | 0 | 55 | 18 | 2 | 4 | 2 |
| Bacon | 1 Strip | 80 | 7 | 2.5 | 0 | 15 | 320 | 0 | 0 | 0 | 5 |
| Sausage Link | 1 | 90 | 8 | 3 | 0 | 20 | 170 | 0 | 0 | 0 | 3 |
| Sausage Patty | 1 | 180 | 17 | 6 | 0 | 40 | 350 | 0 | 0 | 0 | 7 |

| ITEM | SERVING SIZE | CALORIES | FAT (g) | SAT. FAT (g) | TRANS FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARB. (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|--|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| SMALLER PORTIONS LIGHTER PRICES | | | | | | | | | | | |
| ENTRÉE ONLY | | | | | | | | | | | |
| Breaded Chicken Breast Fillets | 3 Fillets | 225 | 9 | 1.5 | 0 | 45 | 945 | 15 | 0 | 0 | 21 |
| Crispy Whitefish Dinner | 1 Fillet | 150 | 1 | 0 | 0 | 25 | 250 | 21 | 1 | 1 | 13 |

| ITEM | SERVING SIZE | CALORIES | FAT (g) | SAT. FAT (g) | TRANS FAT (g) | CHOLEST. (mg) | SODIUM (mg) | CARB. (g) | FIBER (g) | SUGAR (g) | PROTEIN (g) |
|-----------------|--------------|----------|---------|--------------|---------------|---------------|-------------|-----------|-----------|-----------|-------------|
| EXTRAS | | | | | | | | | | | |
| American Cheese | 1 Slice | 45 | 3.5 | 2.5 | 0 | 10 | 200 | 0.5 | 0 | 0.5 | 2 |
| Dinner Roll | 1 | 110 | 3.5 | 1 | 1 | 5 | 110 | 17 | 1 | 3 | 3 |
| Garlic Toast | 1 Slice | 240 | 13 | 2.5 | 2 | 0 | 270 | 28 | 1 | 0 | 5 |
| Swiss Cheese | 1 Slice | 50 | 4 | 2.5 | 0 | 10 | 230 | 0.5 | 0 | 0.5 | 3 |

*Other breakfast meats available. Nutritional information will vary based upon breakfast meat selected.

Nutritional information current as of June 2014.

To our customers:

All serving sizes are based on precooked weights and measures. Local water is used in preparation of many food items and beverages. Actual sodium content may be higher or lower than listed depending on the sodium content of the local water. The nutrition information on our website and in this publication has been gathered from various resources, suppliers and independent nutrition specialists. Because many of our items are made in each restaurant by hand, variations may occur that will affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products have been certified as vegetarian.