



HUDDLE HOUSE
 NUTRITION GUIDE - August 2025

The nutrition information is derived from testing conducted in accredited laboratories, published resources, or from information provided from Huddle House suppliers. The nutrition information is based on standard product formulations and serving sizes (including ice for beverages). All nutrition information is based on average values for ingredients from Huddle House suppliers throughout the U.S. and is rounded to meet current U.S. FDA NLEA guidelines. This information is correct as of August 2025, unless stated otherwise.

Menu Item	Cal	Cal/ Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Polyun- saturat- ed Fat (g)	Mono- unsatur- ated Fat (g)	Choles- terol (mg)	So- dium (mg)	Potassi- um (mg)	Total Carb (g)	Di- etary Fiber (g)	Sug- ars (g)	Added Sugars (g)	Protein (g)
Appetizers															
Cheesy Bacon Crinkle Fries	630	410	46	13		5	6	55	1760		37	3	8		19
Fried Pickles	1100	681	77	11		13	16	10	2520	500	88	5	3		11
Huddle Up Sampler with BBQ Wings	1550	1000	113	22		16	19	140	3110	800	95	7	16	7	34
Huddle Up Sampler with Buffalo Wings	1520	1000	113	22		16	19	140	3540	840	87	7	8		34
Huddle Up Sampler with Fried Pickles	1410	880	99	18		15	18	40	2860	690	105	8	8		21
Jalapeno Poppers Basket	1080	720	81	15		12	14	40	1900	550	75	6	4		13
Mozzarella Sticks Large	1190	690	79	20		12	14	60	2210	330	79	5	7		34
Mozzarella Sticks Small	620	350	40	10		6	7	30	1220	160	43	3	6		17
Add - Ranch (2oz)	300	280	32	4.5				10	280		4		2		2
Chicken Wings BBQ Large	1500	940	106	23		19	23	470	4660	810	44		33	30	73
Chicken Wings BBQ Small	740	470	53	12		10	12	235	2260	410	19		14	13	36
Chicken Wings Buffalo Large	1370	940	106	23		19	23	470	6420	940	12				73
Chicken Wings Buffalo Small	680	470	53	12		10	12	235	3010	460	5				36
Beverages - Kid's 12 oz (DI &TO)															
Chocolate Milk	260	35	4.0	2.5				15	350	570	42		39	21	12
Diet Pepsi	0								40	55					
Dr. Pepper	150								60		40		38	38	
Hot Chocolate	140	50	6	4.5	0			5	160	130	20		14	3	1
Hot Tea	0								0	30	1				
Milk	180	60	7	4.5	0	0.5	4.0	30	170	510	18		19		12
Minute Maid® Lemonade	160								95	20	38		38	38	
Mountain Dew	170								55	5	44		44	43	
Minute Maid® Orange Juice	170								20	680	40		36	36	3
Pauline's Southern Sweet Tea	110								10	115	29		28	28	
Pauline's Southern Tea	0								10	130	1				
Pepsi	150								30		42		42	42	
Starry	150								30	65	40		40	41	
Strawberry Lemonade	200								90	20	50		49	49	
Tropicana Fruit Punch	170								40	150	45		45	45	
Beverages - Large 16 oz (DI)															
Chocolate Milk	340	45	5	3.0				20	460	760	56		52	28	16
Coffee	0	0	0				0		10	230					1
Diet Pepsi	0								50	70					
Dr. Pepper	200								80		53		51	51	
Hot Tea	0								0	45	1				
Milk	240	90	10	6	0	1.0	5	40	230	680	23		25		16
Minute Maid® Lemonade	210								130	30	50		50	50	
Mountain Dew	220								70	10	58		58	58	
Minute Maid® Orange Juice	220								30	900	54		48	48	4
Pauline's Southern Sweet Tea	150								15	150	39		37	37	
Pauline's Southern Tea	0								15	180	1				
Peach Tea	100								15	160	24		22	22	
Pepsi	200								40		56		56	56	
Starry	200								40	90	54		54	54	
Strawberry Lemonade	270								120	25	66		65	65	
Tropicana Fruit Punch	220								50	200	60		60	60	
Beverages - Large 20 oz (TO)															
Chocolate Milk	430	60	6	4.0				25	580	950	70		65	35	20
Coffee	5	0	0				0		10	290					1
Diet Pepsi	0								60	85					
Dr. Pepper	250								100		66		64	64	

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Hot Tea	5								5	55	1				
Milk	310	110	12	8	0.5	1.0	7	50	290	850	29		31		20
Minute Maid® Lemonade	260								160	35	63		63	63	
Mountain Dew	270								85	10	72		72	72	
Minute Maid® Orange Juice	280								35	1130	67		60	60	5
Pauline's Southern Sweet Tea	190								15	190	48		47	47	
Pauline's Southern Tea	5								20	220	2				
Peach Tea	130								15	210	30		28	28	
Pepsi	250								50		70		70	70	
Starry	250								50	110	67		67	67	
Strawberry Lemonade	320								150	35	79		78	78	
Tropicana Fruit Punch	280								65	250	75		75	75	
Chocolate Milk	260	35	4.0	2.5				15	350	570	42		39	21	12
Coffee	0								0	115					0
Diet Pepsi									40	55					
Dr. Pepper	150								60		40		38	38	
Hot Chocolate	140	50	6	4.5	0			5	160	130	20		14	3	1
Hot Tea	0								0	30	1				
Milk	180	60	7	4.5	0	0.5	4.0	30	170	510	18		19		12
Minute Maid® Lemonade	160								95	20	38		38	38	
Mountain Dew	170								55	5	44		44	43	
Minute Maid® Orange Juice	170								20	680	40		36	36	3
Pauline's Southern Sweet Tea	110								10	115	29		28	28	
Pauline's Southern Tea	0								10	130	1				
Peach Tea	80								10	125	18		17	17	
Pepsi	150								30		42		42	42	
Starry	150								30	65	40		40	41	
Strawberry Lemonade	200								90	20	50		49	49	
Tropicana Fruit Punch	170								40	150	45		45	45	
Bowls, Stuffed Hashbrown & Benedict.															
Homestyle Huddle Bowl	650	410	47	12		9	14	460	1630	450	32	3	1		25
Southwestern Bowl	900	570	64	19		10	21	510	2080	630	38	4	7	1	45
Stuffed Hashbrowns Bacon/ Sausage/Sausage Gravy	1290	620	71	34	0	1.5	4.0	540	1960	1810	110	8	4	1	56
Breakfast - Protein & Sides															
Bacon (Kid's)	35	25	3.0	1.0				5	110						2
Bacon (Side Or Sub)	110	80	9	3.0				20	330						7
Basted Eggs	70	45	5.0	1.5		0.5	2.0	210	70	65	0		0		6
Country Ham	160	50	6	2.0				60	880		3		3	3	20
Grits	160	45	5.0	1.0		2.5	1.5		55	0	25				3
Grits Bacon & Cheddar	480	240	27	11	0			75	1690	20	28		1		29
Hash Browns	330	110	13	8		0	0		45	830	49	4	1	0	6
Large Grits	280	45	5	1.0		2.5	1.5		55	0	51				5
Open Faced Sausage Biscuit with Sausage Gravy & 2 Eggs	720	380	43	18		2.0	4.0	500	1950	260	41		3	1	40
Poached Eggs	70	45	5.0	1.5		0.5	2.0	210	70	65	0		0		6
Sausage Gravy	80	35	4.0	2.0				5	390	25	7				2
Sausage Patty (Kid's)	120	70	8	3.0				35	340		1				10
Sausage Patty (Side Or Sub)	240	140	16	6				70	680		2				20
Scrambled Egg	70	45	5.0	1.5		0.5	2.0	210	70	65	0		0		6
Scrambled Eggs with Cheese	120	80	9	4.0		0.5	2.0	225	290	65	1		1		9
Turkey Sausage Patty (Kid's)	80	45	5.0	1.5				30	170						7
Turkey Sausage Patty (Side Or Sub)	160	90	10	3.0				60	340						14
Wheat Toast	230	35	4.0	0		0.5	0		390	100	40		4	4	8
White Toast	200	50	6	1.5		0.5	0		310	55	29		2	2	7
2 Egg Breakfast Platters - No Sides															
2 Eggs & Country Fried Steak	920	570	65	20		10	14	500	1650	150	44	2	1		36
2 Eggs And 8 oz Ribeye	750	530	60	23		1.5	4.0	580	270	135	1		1		52
2 Eggs And Bacon	250	170	19	6		1.5	4.0	445	470	135	1		1		20
2 Eggs And Country Ham	420	220	25	8		1.5	4.0	535	3680	135	1		1		48
2 Eggs And Sausage	380	230	26	9		1.5	4.0	495	820	135	3		1		33

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2 Eggs Breakfast	140	90	10	3.0		1.5	4.0	425	140	135	1		1		13
2 Eggs Breakfast with Grits- No Meat	310	130	15	4.0		3.5	5	425	190	135	26		1		15
2 Eggs Breakfast with Hash Browns- No Meat	470	200	23	11		1.5	4.0	425	190	960	50	4	2	0	18
Big House Breakfast - No Sides															
Big House Breakfast Ranch Platter Country Fried Steak	1280	720	81	28	0	11	16	710	1530	1030	89	6	2	0	48
Big House Breakfast Ranch Platter Country Ham	820	380	43	18	0	2.0	6	745	3800	1030	50	4	2	0	60
Big House Breakfast Smokehouse Platter	990	500	57	25	0	2.0	6	725	1280	1300	68	5	2	1	54
Omelets - No Sides															
Ham & Cheese Omelet w/ American	390	270	31	15		1.5	4.0	480	1380	135	4		3		27
Ham & Cheese Omelet w/ Cheddar	510	350	40	20		1.5	4.0	505	1300	180	6		2		34
Ham & Cheese Omelet w/ Swiss	400	260	30	15		1.5	4.0	480	1340	135	4		3		27
Meat Lover's Omelet w/ American	560	390	44	20		1.5	4.0	515	1540	240	8		4		38
Meat Lover's Omelet w/ Cheddar	570	390	44	20		1.5	4.0	515	1280	260	8		3		39
Meat Lover's Omelet w/ Swiss	570	380	43	20		1.5	4.0	515	1500	240	8		4		38
Philly Omelet w/ American	500	320	36	17		1.5	7	490	980	230	11		5	1	36
Philly Omelet w/ Cheddar	500	320	36	17		1.5	7	490	720	250	11		4	1	37
Philly Omelet w/ Swiss	510	310	35	17		1.5	7	490	940	230	11		5	1	36
Western Omelet w/ American	360	260	30	15		1.5	4.0	460	900	200	5		3		22
Western Omelet w/ Cheddar	370	260	30	15		1.5	4.0	460	640	220	5		2		23
Western Omelet w/ Swiss	370	250	29	15		1.5	4.0	460	860	200	5		3		22
MVP Breakfast & Hashbrowns All The Way															
Hash Browns - All The Way (American)	460	200	23	14		0	0	35	810	890	53	4	3	0	15
Hash Browns - All The Way (American) & 2 Eggs	600	290	32	17		1.5	4.0	460	950	1030	54	4	4	0	27
Hash Browns - All The Way (Cheddar)	470	200	22	14		0	0	35	550	910	53	4	2	0	16
Hash Browns with Bacon & American Cheese	550	270	31	17	0	0	0	50	1240	830	51	4	2	0	21
Hash Browns with Bacon & Cheddar Cheese	670	350	40	22	0	0	0	75	1160	870	53	4	1	0	28
Hash Browns with Bacon & Swiss Cheese	560	260	30	17	0	0	0	50	1200	830	51	4	2	0	21
MVP Breakfast Bacon	880	430	49	19	0	8	8	465	1000	1010	81	5	11	10	29
MVP Breakfast Sausage	1010	490	56	22	0	8	8	515	1350	1010	83	5	11	10	41
Golden Waffles & Sweet Cakes - No Sides															
Golden Waffle	300	150	17	4.0	0	6	3.5	20	480	45	32		10	9	3
Golden Waffle Platter with Bacon Combo	550	320	36	10	0	8	7	465	950	180	33		10	9	23
Golden Waffle Platter with Sausage Combo	680	380	43	13	0	8	7	515	1300	180	35		10	9	36
Old Fashioned Pancake	370	160	18	4.5	0	7	5	70	790	150	42		9	6	7
Pancake Platter w/ Bacon	620	330	37	11	0	9	9	515	1260	280	43		10	6	28
Pancake Platter w/ Sausage	750	390	44	14	0	9	9	565	1610	280	45		10	6	40
Strawberries & Cream Pancake	640	230	26	10	0	7	5	85	850	170	91		55	51	8
Strawberry Topped Waffle	330	110	13	7	0	0	0	35	410	140	52	2	27	25	4
Smashed Burgers - No Sides															
Breakfast Smash	745	440	32	22	2.0	0.5	0	150	1200	75	39	1	9	8	54
Huddleburger® Smash Deluxe	840	500	56	22	2.0	0.5	0	155	1300	75	39	1	9	8	41
Huddleburger® Smash Deluxe with Bacon	910	550	62	24	2.0	0.5	0	170	1520	75	39	1	9	8	46
Mega Bacon Smash Deluxe	960	570	64	25	2.0	0.5	0	180	1840	75	43	1	12	8	49
Triple Huddleburger® Smash Deluxe	1090	680	77	31	3.0	0.5	0	220	1690	75	39	1	9	8	54
Desserts															
Blueberry Bites	550	300	34	11		7	9		760	80	52	2	10	10	6
Chocolate Caramel Pie - Slice	700	325	45	27	0			35	230	220	68	2	48	46	5
Dutch Apple Pie - Slice	430	200	21	9	0			10	410	20	58	3	34	26	3
Dinner Platters - No Sides															
8 oz Ribeye Dinner	700	460	52	21		0.5	0	155	290	30	14		0	0	43
Homestyle Shrimp Dinner	600	240	27	3.5		9	11	155	1310	140	67	5	8	3	18
Chopped Steak Dinner	620	370	42	15	2.5	1.5	18	140	790	570	19	1	1	0	38
Country Fried Steak Dinner	870	500	57	17		9	11	75	1670	50	58	2	0	0	26
Crispy Chicken Tenders Dinner	980	632	71	11		10	12	100	1960	160	48	2	2		34

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Value Combos - No Sides															
BLT Combo	820	470	53	10		6	7	35	1350	700	69	5	4	2	18
Bacon, Egg and American Cheese Melt with Grits	650	290	33	11		4.5	5	465	1160	190	56		3	1	31
Bacon, Egg and Cheese Biscuit with Hash Browns	780	370	41	22		1.5	2.5	240	1300	1000	81	5	4	1	24
Bacon, Egg and Cheese Biscuit with Tater Tots	860	540	61	18		7	10	240	2050	170	61	4	3	1	20
Bacon, Egg and Swiss Cheese Melt with Grits	660	280	32	11		4.5	5	465	1120	190	56		3	1	31
Breakfast Bowl with Biscuit	810	380	43	22		1.5	2.5	240	1300	1080	86	5	4	1	25
Breakfast Bowl with Wheat Toast	670	280	32	15		1.0	2.0	240	760	1030	75	5	4	2	24
Breakfast Bowl with White Toast	650	290	33	16		1.0	2.0	240	720	1000	70	4	3	1	24
Value Smash Burger Combo American	870	470	54	15	1.0	7	8	75	1570	650	71	4	3	1	27
Value Smash Burger Combo Cheddar	880	480	54	15	1.0	7	8	80	1440	650	70	4	3	1	28
Value Smash Burger Combo Swiss	880	470	53	15	1.0	7	8	75	1550	650	71	4	3	1	27
Chicken Tenders Toaster Sandwich Combo	1030	540	61	9		12	13	60	1870	650	89	5	2	1	26
Hash Browns - All the Way (American) & 2 Eggs	600	290	32	17		1.5	4.0	460	950	1030	54	4	4	0	27
Sausage, Egg and Cheese Biscuit with Hash Browns	830	380	43	23		1.5	2.5	260	1420	1000	82	5	4	1	29
Sausage, Egg and Cheese Biscuit with Tater Tots	910	560	63	19		7	10	260	2170	170	62	4	3	1	25
Strawberry Topped Waffle with One Egg	550	280	32	12	0	8	6	245	640	210	52	2	28	25	10
Dressings And Sauces															
Blue Cheese Dressing	260	240	28	5				35	570		3		1		1
Cocktail Sauce	25								340		6		4	3	1
Dijon Honey Mustard Dressing	120	100	11	2.0				15	160		6		6	6	
Honey Mustard Dressing To-go	190	170	19	3.0				15	310		6		6	6	1
Italian Dressing	210	200	23	4.0					510		4		4	4	
Light Raspberry Dressing	130	100	11	1.0					240		9		6		
Mayonnaise To-go	90	90	10	1.5	0	6	2.5	10	60	0					0
Ranch Dressing	300	280	32	4.5				10	280		4		2		2
Raspberry Dressing	150	110	12	2.0					70		12		12	12	
Thousand Island Dressing	250	220	25	4.0				30	450		8		8	6	
Thousand Island Dressing To-go	190	160	18	3.0				20	350		6		6	4	
Kid's - Breakfast															
Kid's Pancake (No Meat)	260	100	11	7	0	1.0	1.0	60	490	115	34		12	9	6
Kid's Pancake with Bacon	300	130	14	8	0	1.0	1.0	70	600	115	34		12	9	8
Kid's Pancake with Sausage	380	170	19	10	0	1.0	1.0	95	830	115	35		12	9	16
Kid's Waffle (No Meat)	280	110	13	7	0	0	0	35	400	65	38		15	15	4
Kid's Waffle with Bacon	310	140	16	8	0	0	0	40	510	65	38		15	15	6
Kid's Waffle with Sausage	400	180	21	10	0	0	0	70	740	65	39		15	15	14
Kid's - Lunch & Dinner															
Kid's Cheeseburger & Fries	870	470	54	15	1.0	7	8	75	1430	580	69	4	3	1	26
Kid's Chicken Tenders & Fries	720	380	43	6		11	13	45	1330	510	60	4			20
Kid's Grilled Cheese & Fries	680	340	39	10		7	8	25	1240	570	68	4	3	2	15
Kid's Mac & Cheese & Fries	510	260	30	7		6	7	20	1070	510	51	3	3		9
Sandwiches/Handhelds - No Sides															
Big House BLT	740	440	49	10		1.0	0.5	65	1640	260	47	3	4	2	25
Crispy Chicken Sandwich	780	410	47	6		6	6	65	1680	105	62	2	9	8	23
Patty Melt	1030	700	79	25	2.0	2.0	1.0	170	2430	180	38	2	5	2	39
Philly Cheese Steak Sandwich with American	450	180	20	8		1.0	3.5	65	1300	160	38	2	5	2	30
Philly Cheese Steak Sandwich with Cheddar	470	180	21	9		1.0	3.5	70	1050	160	36	2	4	2	32
Philly Cheese Steak Sandwich with Swiss	460	170	19	8		1.0	3.5	65	1260	160	38	2	5	2	30
Roasted Turkey Bacon Ranch	720	300	33	9		0		105	2540	260	55	3	8	2	50
Lunch & Dinner Sides															
Biscuit	260	120	13	7		0.5	0		740	100	31		2	1	5
Coleslaw	160	40	4.5	1					180	5	8	3	3	0	2
French Fries	380	210	24	3.5		6	7		490	510	37	3			3
Fruit Salad	60	0	0			0			10	150	15	2	12		1
Green Beans	35								570	120	7	2	3		2

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Mac & Cheese	130	50	6	3.5				20	580		14		3		6
Mashed Potatoes	90	20	2.0	1.0				4	370	260	15		2		2
Mashed Potatoes & Brown Gravy	100	20	2.0	1.0				4	520	270	17		2		2
Mashed Potatoes & White Gravy	110	25	3.0	1.5				4	480	270	17		2		2
Mixed Fruit	70	0	0	0		0			15	310	17	2	15		1
Mushrooms	10								230		2		1		1
Small Tossed Salad	350	280	32	6				20	400	70	12	1	5	1	7
Sourdough Bread	130	10	1.0						290	60	22		1	1	6
Tater Tots	410	280	32	5.0		6	7		800		29	3			2
Texas Toast	170	25	2.5	0		0.5	0		300	60	28		1	1	6
Vegetable Medly	90	40	4.5	1.0		2.5	1.5		190	5	8	3	3	0	2