



## NUTRITIONAL GUIDE

## BUT FIRST, STARTERS

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Build Your Own Sampler</b>										
Chicken Strips with Honey Mustard Dressing	750	44	11	0	130	1830	53	0	15	36
Crispy Fries	570	36	8	0	0	770	55	6	0	6
Crispy Tots	470	28	7	0	0	980	47	5	2	5
Fried Pickles with Ranch	490	41	5	0	20	1580	27	1	3	4
MozzaSticks with Marinara	330	15	4	0	30	980	33	0	6	13
Onion Rings with Chipotle Ranch	470	26	4	0	15	970	39	2	8	4
Chicken Strips	870	49	12	0	155	2200	62	0	15	44
Fried Pickles	790	61	7	0	20	2670	53	3	5	8
Mozzasticks	420	18	6	0	35	1210	42	0	7	16
Onion Rings	880	45	7	0	30	1700	77	4	15	9
Strawberry & Cream Cheese Crispers	310	18	7	0	25	390	32	1	12	5

## FARM FRESH OMELETS

Counts do not include substitutions or side choices

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Build-Your-Own</b>	230	17	5	0	645	200	3	0	0	18
Diced Ham	140	11	4	0	15	490	2	0	2	7
Sausage	210	21	8	0	0	240	1	0	0	6
Applewood Bacon	35	3	1	0	10	125	0	0	0	2
American Cheese	170	14	8	0	45	240	1	0	0	11
Swiss Cheese	170	12	8	0	40	170	2	0	0	11
Cheddar Cheese	170	14	8	0	45	270	1	0	0	11
Pepper Jack Cheese	150	12	8	0	45	260	2	0	0	11
Hollandaise Sauce	110	8	5	0	15	440	9	0	2	1
Mushrooms	5	0	0	0	0	0	1	1	1	1
Tomatoes	5	0	0	0	0	0	1	0	1	0
Onions	10	0	0	0	0	0	3	0	1	0
Green Peppers	5	0	0	0	0	0	1	1	1	0
Granny's Country™	640	41	16	0	700	1420	34	3	5	36
The Everything	550	40	16	0	705	850	14	2	5	37
<b>Substitutions</b>										
Egg Whites (3)	110	4	1	0	0	230	2	0	0	15
<b>Side Choices</b>										
Breakfast Potatoes	280	17	3	0	0	470	30	3	0	3
Buttermilk Pancakes (3)	490	21	6	0	55	1730	66	0	12	8
Hash Browns	210	13	3	0	0	460	22	2	1	3
Mammoth Muffin®, Apple Cinnamon	580	27	7	0	80	840	76	3	44	7
Mammoth Muffin®, Banana Nut	740	41	9	0	80	910	85	2	46	11
Mammoth Muffin®, Blueberry	600	27	7	0	85	840	81	3	42	10
Toast, Rye (2)	340	10	2	0	0	550	54	4	2	10
Toast, Sourdough (2)	340	8	2	0	0	730	58	2	2	10
Toast, White (2)	260	8	2	0	0	510	40	6	4	12
Toast, Whole Wheat (2)	260	11	3	0	0	480	34	1	2	7

## HONEST-TO-GOODNESS BENEDICTS

Entrée counts include fresh fruit. Counts do not include side choices.

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
California Avocado Benedict	970	61	22	0	505	1680	78	10	19	36
The Classic Benedict	660	31	13	0	495	2200	61	4	21	34
<b>Substitutions</b>										
Egg Whites (2)	80	4	1	0	0	150	1	0	0	10
<b>Side Choices</b>										
Breakfast Potatoes	280	17	3	0	0	470	30	3	0	3
Hash Browns	210	13	3	0	0	460	22	2	1	3

## HEARTY EXTRAS

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Applewood Smoked Bacon (4)	140	12	4	0	30	500	0	0	0	8
Biscuits (2)	600	31	24	0	0	2110	68	2	6	12
Breakfast Potatoes	280	17	3	0	0	470	30	3	0	3
Cinnamon Roll	660	30	15	0	less than 5 mg	800	90	3	38	9
Crispy Tots	470	28	7	0	0	980	47	5	2	5
English Muffin	180	6	2	0	0	430	28	1	2	5
Fresh Fruit	70	0	0	0	0	60	19	3	15	1
Grilled Ham	140	5	2	0	50	1150	4	0	2	15
Hash Browns	210	13	3	0	0	460	22	2	1	3
<b>Mammoth Muffin®</b>										
Apple Cinnamon	580	27	7	0	80	840	76	3	44	7
Banana Nut	740	41	9	0	80	910	85	2	46	11
Blueberry	600	27	7	0	85	840	81	3	42	10
Oatmeal	340	9	4	0	10	200	57	4	32	8
Sausage Links (4)	460	44	17	0	0	580	2	0	0	12
Sausage Patties (2)	380	38	15	0	0	480	1	0	0	12
Smoked Sausage	380	34	13	0	70	980	8	0	8	12
Turkey Sausage Patties (2)	210	16	5	0	70	380	2	0	0	12
Toast, Rye (2)	340	10	2	0	0	550	54	4	2	10
Toast, Sourdough (2)	340	8	2	0	0	730	58	2	2	10
Toast, White (2)	260	8	2	0	0	510	40	6	4	12
Toast, Whole Wheat (2)	260	11	3	0	0	480	34	1	2	7

## FRESH-CRACKED CLASSICS

Counts do not include substitutions or side choices

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Big Country Skillet	1180	74	24	0	510	2660	64	5	6	38
Corned Beef Hash & Eggs	520	35	14	1	500	1030	22	2	1	30
Country Fried Steak & Eggs	770	47	14	1	515	1940	47	2	2	38
Country Sausage Biscuit Breakfast	1360	69	38	0	530	3570	85	2	8	44
Fabulous Five	170	14	4	0	230	320	1	0	0	10
Hearty Man's Combo	800	69	26	0	515	1650	11	0	8	34
Magnificent Seven®	730	39	12	0	505	2110	68	0	12	24
Southern Fried Chicken Biscuit Breakfast	1370	78	43	0	555	4230	110	3	10	56
Top Sirloin Steak & Eggs	480	38	16	0	530	550	3	0	0	31
Tremendous Twelve®	870	43	13	0	720	2430	89	0	16	29
Triple Egg Dare Ya	1330	79	27	0	890	2720	97	2	15	54
Twice as Nice Combo	740	31	9	0	485	2180	90	2	13	23
<b>Substitutions</b>										
Egg Whites (2)	80	4	1	0	0	150	1	0	0	10
Egg Whites (3)	110	4	1	0	0	230	2	0	0	15
<b>Side Choices</b>										
Applewood Smoked Bacon (4)	140	12	4	0	30	500	0	0	0	8
Breakfast Potatoes	280	17	3	0	0	470	30	3	0	3
Buttermilk Pancakes (2)	340	15	5	0	40	1180	43	0	8	5
Buttermilk Pancakes (3)	490	21	6	0	55	1730	66	0	12	8
Hash Browns	210	13	3	0	0	460	22	2	1	3
Mammoth Muffin®, Apple Cinnamon	580	27	7	0	80	840	76	3	44	7
Mammoth Muffin®, Banana Nut	740	41	9	0	80	910	85	2	46	11
Mammoth Muffin®, Blueberry	600	27	7	0	85	840	81	3	42	10
Sausage Links (4)	460	44	17	0	0	580	2	0	0	12
Toast, Rye (2)	340	10	2	0	0	550	54	4	2	10
Toast, Sourdough (2)	340	8	2	0	0	730	58	2	2	10
Toast, White (2)	260	8	2	0	0	510	40	6	4	12
Toast, Whole Wheat (2)	260	11	3	0	0	480	34	1	2	7

## BUILD-A-BREAKFAST

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Applewood Smoked Bacon (2)	70	6	2	0	15	250	0	0	0	4
Biscuits (2)	600	31	24	0	0	2110	68	2	6	12
Breakfast Potatoes	280	17	3	0	0	470	30	3	0	3

## BUILD-A-BREAKFAST continued

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Buttermilk Pancakes (3)	490	21	6	0	55	1730	66	0	12	8
Crispy Tots	470	28	7	0	0	980	47	5	2	5
Eggs (2)	170	13	4	0	430	130	2	0	0	12
Fresh Fruit	70	0	0	0	0	60	19	3	15	1
Grilled Ham	140	5	2	0	50	1150	4	0	2	15
Hash Browns	210	13	3	0	0	460	22	2	1	3
<b>Mammoth Muffin®</b>										
Apple Cinnamon	580	27	7	0	80	840	76	3	44	7
Banana Nut	740	41	9	0	80	910	85	2	46	11
Blueberry	600	27	7	0	85	840	81	3	42	10
Sausage Links (2)	240	24	9	0	0	290	1	0	0	6
Sausage Patties (2)	380	38	15	0	0	480	1	0	0	12
Smoked Sausage	380	34	13	0	70	980	8	0	8	12
Toast, Rye (2)	340	10	2	0	0	550	54	4	2	10
Toast, Sourdough (2)	340	8	2	0	0	730	58	2	2	10
Toast, White (2)	260	8	2	0	0	510	40	6	4	12
Toast, Whole Wheat (2)	260	11	3	0	0	480	34	1	2	7
Turkey Sausage Patties (2)	210	16	5	0	70	380	2	0	0	12
<b>Craving more with Build-A-Breakfast? Add:</b>										
Applewood Smoked Bacon (2)	70	6	2	0	15	250	0	0	0	4
Sausage Links (2)	240	24	9	0	0	290	1	0	0	6
Sausage Patties (2)	380	38	15	0	0	480	1	0	0	12
<b>Substitutions</b>										
Egg Whites (2)	80	4	1	0	0	150	1	0	0	10

## GRIDDLE GREATS

Entrée counts include 2 eggs. Counts do not include substitutions or side choices.

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Belgian Waffle Platter	570	33	13	0	560	1160	51	2	8	19
Belgian Waffle	410	21	9	0	130	1030	49	2	8	7
Blueberry Buttermilk Pancake Platter	680	33	10	0	485	1860	75	1	18	20
Blueberry Buttermilk Pancakes (3)	520	21	6	0	55	1730	73	1	19	8
Brioche French Toast Platter	730	33	13	0	720	730	68	2	19	38
Brioche French Toast (2)	590	26	9	0	290	730	63	2	16	26
French Toast Platter	580	27	8	0	705	810	53	2	8	31
French Toast (3)	440	18	5	0	275	680	51	2	8	19
Glazed Strawberries, 6 oz.	90	0	0	0	0	30	23	1	20	0
Potato Pancake Platter	650	42	13	0	545	1210	48	3	10	23
Potato Pancakes (3)	490	30	10	0	115	1080	46	3	10	11
Short Stack	490	21	6	0	55	1730	66	0	12	8
<b>Substitutions</b>										
Egg Whites (2)	80	4	1	0	0	150	1	0	0	10
<b>Side Choices</b>										
Applewood Smoked Bacon (2)	70	6	2	0	15	250	0	0	0	4
Sausage Links (2)	240	24	9	0	0	290	1	0	0	6

## SIGNATURE BURGERS & HANDHELDS

Counts do not include side choices

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Tangler Burger	1190	73	27	2	175	1960	82	2	35	52
Big Bacon BLT	420	40	9	0	70	920	2	0	2	12
Chicken Strips Melt	1190	70	25	0	180	3060	88	2	4	54
Classic Cheeseburger	870	54	22	2	160	1180	48	1	8	50
Patty Melt	1070	69	29	2	180	1390	61	4	2	55
Pot Roast Melt	880	49	22	0	140	1790	63	2	3	51
The Breakfast Burger	1080	69	27	2	390	1630	56	2	7	62
Triple Decker Club	600	49	9	0	120	1600	3	0	5	32

# SIGNATURE BURGERS & HANDHELDS continued

Counts do not include side choices

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Side Choices</b>										
Chicken Noodle Soup, Cup	150	3	0	0	10	890	21	1	1	7
Fries	570	36	8	0	0	770	56	6	0	6
Loaded Baked Potato Soup, Cup	280	17	8	0	25	960	27	2	1	5
Onion Rings	500	17	3	0	10	680	54	3	9	7
Tomato Basil Soup, Cup	280	17	10	0	50	1180	27	1	3	4

## SALADS & SOUPS

Counts do not include salad dressing choices.

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Noodle Soup, Bowl	260	6	0	0	10	1430	37	2	1	11
Chicken Noodle Soup, Cup	150	3	0	0	10	890	21	1	1	7
Honey Mustard Chicken Crunch Salad	980	63	17	0	155	2050	63	5	28	44
Loaded Baked Potato Soup, Bowl	460	26	11	0	40	1520	46	3	1	9
Loaded Baked Potato Soup, Cup	280	17	8	0	25	960	27	2	1	5
Southwest Avocado Chicken Salad	820	50	10	0	95	2060	61	11	14	35
Tomato Basil Soup, Bowl	460	26	15	0	75	1850	46	2	5	7
Tomato Basil Soup, Cup	280	17	10	0	50	1180	27	1	3	4
Salad Dressing Choices (Dressings may vary.)										
Balsamic Vinaigrette	180	15	3	0	0	400	8	0	5	0
Blue Cheese	400	43	9	0	40	580	3	0	3	3
Buttermilk Ranch	250	28	4	0	25	680	3	0	3	0
French	350	28	4	0	0	850	25	0	23	0
Honey Mustard	380	33	5	0	25	500	20	0	20	3
Thousand Island	280	28	4	0	40	650	10	0	10	0

## LUNCH DUO - LUNCH TRIO

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Bowl of Soup</b>										
Chicken Noodle Soup, bowl	260	6	0	0	10	1430	37	2	1	11
Loaded Baked Potato Soup, bowl	460	26	11	0	40	1520	46	3	1	9
Tomato Basil Soup, bowl	460	26	15	0	75	1850	46	2	5	7
<b>Half Sandwiches</b>										
BLT	210	20	5	0	35	460	1	0	1	6
Chicken Strips Melt	670	40	15	0	110	1690	46	1	2	32
Pot Roast Melt	490	30	13	0	80	970	31	1	2	28
<b>Signature Side Salads</b>										
The Garden Salad	110	4	1	0	10	270	13	2	3	5
The Garden Salad with Chicken	200	6	2	0	55	760	13	2	3	20
<b>Pies &amp; Treats</b>										
Banana Cream Pie, Slice	650	43	23	0	80	320	62	1	35	2
Caramel Apple Pie, Slice	500	22	9	0	0	520	68	1	34	6
Cherry Pie, Slice	580	27	12	0	15	610	75	2	33	8
Chocolate French Silk Pie, Slice	730	52	27	0	180	330	63	3	44	6
Coconut Cream Pie, Slice	610	38	23	0	70	470	57	1	34	7
Heath Crunch Cheesecake Pie, Slice	680	47	30	0	100	440	57	1	45	5
Homestyle Apple Pie, Slice	570	27	9	0	0	390	76	1	36	5
Lemon Meringue Pie, Slice	530	17	6	0	30	500	90	2	67	6
Peanut Butter Silk Pie, Slice	890	63	33	0	125	420	68	2	47	12
Wildberry Pie, No Sugar Added, Slice	470	27	12	0	0	470	50	3	6	5
Chocolate Chip Cookie (2)	620	40	16	0	50	180	60	4	42	6
Chocolate Walnut Brownie (2)	560	27	10	1	90	220	76	4	55	6
Oatmeal Cranberry Raisin Cookie (2)	580	44	12	0	70	540	90	2	36	6
Sugar Cookie (2)	620	28	14	0	100	230	84	0	42	6

# NO FUSS, JUST CLASSIC DINNERS

Counts do not include substitutions or side choices

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Butterball® Turkey and Dressing	400	17	3	0	90	1820	21	2	13	38
Chicken Strips Dinner	800	43	12	0	150	2110	59	0	11	44
Classic Pot Roast	530	27	10	0	160	1450	17	3	5	54
Country Fried Steak	600	34	11	1	85	1810	45	2	2	26
Fish 'N Chips	1300	83	17	0	85	2440	100	7	11	37
Add Jumbo Fried Shrimp	270	7	2	0	65	1060	41	1	12	10
Grilled Cajun Fish & Shrimp	490	14	3	0	110	1520	57	4	11	35
Grilled Garlic Fish & Shrimp	580	24	8	0	135	1400	57	4	11	35
Grilled Pork Chops	560	32	11	0	160	1680	8	1	6	58
Grilled Salmon	430	29	4	0	120	120	2	0	2	40
Homemade Meatloaf	830	47	16	1	130	2640	62	4	15	38
Jumbo Shrimp Dinner	270	7	2	0	65	1060	41	1	12	10
Top Sirloin Steak	350	29	13	0	100	420	1	0	0	19
Add Jumbo Fried Shrimp	270	7	2	0	65	1060	41	1	12	10
Add Sautéed Mushrooms	45	4	1	0	0	0	3	1	1	2
<b>Add To Any Entrée</b>										
Chicken Noodle Soup, Cup	150	3	0	0	10	890	21	1	1	7
Garden Salad	110	4	1	0	10	270	13	2	3	5
Loaded Baked Potato Soup, Cup	280	17	8	0	25	960	27	2	1	5
Tomato Basil Soup, Cup	280	17	10	0	50	1180	27	1	3	4

## EVERYONE'S LOOKING AT YOUR SUMPTIOUS SKILLET

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Hibachi Fried Chicken Skillet	780	29	11	0	80	3950	103	6	28	29
Hibachi Grilled Shrimp Skillet	610	20	7	0	155	3940	85	6	28	24
Steak & Peppers Skillet	1020	65	21	0	160	1970	57	7	5	46

## DINNER SIDES

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Buttered Corn	120	4	2	0	0	90	17	2	3	3
Crispy Tots	470	28	7	0	0	980	47	5	2	5
French Fries	570	36	8	0	0	770	56	6	0	6
Fresh Broccoli	80	5	2	0	0	160	5	3	3	4
Fresh Fruit	70	0	0	0	0	60	19	3	15	1
Fresh Sautéed Spinach	70	4	1	0	0	90	4	2	0	4
Garden Salad	110	4	1	0	10	270	13	2	3	5
Green Beans & Bacon	45	3	1	0	less than 5 mg	630	4	3	0	2
Grilled Asparagus	45	4	1	0	0	0	2	1	1	1
Herb Rice Pilaf	270	6	2	0	0	890	50	2	6	6
Macaroni & Cheese	340	18	11	1	55	800	32	1	6	13
Real Mashed Potatoes & Gravy	210	5	3	0	15	1040	36	3	2	5

## BEVERAGES

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Barq's Root Beer	210	0	0	0	0	50	58	0	58	0
Cherry Coke®	210	0	0	0	0	50	56	0	56	0
Coca Cola®	200	0	0	0	0	50	53	0	53	0
Coffee	0	0	0	0	0	5	0	0	0	0
Coffee, Decaffeinated	0	0	0	0	0	0	0	0	0	0
Coke® Zero	0	0	0	0	0	50	0	0	0	0
Diet Coke®	0	0	0	0	0	50	0	0	0	0
Dr Pepper	150	0	0	0	0	55	40	0	39	0
Fresh-Brewed Iced Tea	10	0	0	0	0	0	2	0	2	0
Hot Chocolate	120	2	2	0	0	105	24	1	21	1
Hot Tea	10	0	0	0	0	0	2	0	2	0
Juice, Apple, small	180	0	0	0	0	35	45	0	38	0
Juice, Apple, large	280	0	0	0	0	60	73	0	61	0
Juice, Orange, small	170	0	0	0	0	25	39	0	36	3

## BEVERAGES continued

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Juice, Orange, large	260	0	0	0	0	35	61	0	56	5
Juice, Tomato, small	70	0	0	0	0	1020	15	3	9	3
Juice, Tomato, large	110	0	0	0	0	1640	23	5	14	5
Fanta Orange	210	0	0	0	0	50	56	0	56	0
Hi-C Fruit Punch	220	0	0	0	0	50	56	0	56	0
Lemonade	210	0	0	0	0	90	54	0	54	0
Milk, 2% White, large	340	13	8	0	55	340	34	0	30	23
Milk, 2% White, small	210	8	5	0	35	200	20	0	18	14
Milk, Chocolate, large	400	0	0	0	0	550	78	0	70	20
Milk, Chocolate, small	240	0	0	0	0	330	47	0	42	12
Peace Tea	170	0	0	0	0	45	45	0	45	0
Sprite®	180	0	0	0	0	50	49	0	49	0
<b>Shakes &amp; Malts</b>										
Malt, Chocolate	1000	50	30	0	175	360	127	0	104	12
Malt, Strawberry	930	50	30	0	175	340	110	0	78	12
Malt, Vanilla	910	50	30	0	175	340	105	0	88	12
Shake, Chocolate	970	49	29	0	175	330	122	0	100	11
Shake, Strawberry	900	49	29	0	175	310	105	0	74	11
Shake, Vanilla	880	49	29	0	175	310	100	0	85	11

## KIDPERKS

Counts do not include side choices

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheeseburger	610	32	11	2	105	890	41	1	8	30
Chicken Strips	630	39	9	0	100	1470	43	0	15	27
French Toast	330	17	6	0	145	430	33	1	10	13
Grilled Cheese	460	29	15	0	45	1210	36	1	4	16
Mac & Cheese	340	18	11	1	55	800	32	1	6	13
Perky Bear Chocolate Chip Pancakes	330	19	8	0	30	1040	37	0	11	4
Rainbow Pancakes	290	12	5	0	30	790	40	0	13	4
Scrambled Egg, Hash Browns & Toast	330	13	4	0	215	700	40	3	2	13
Silver Dollar Short Stack	210	11	4	0	20	720	24	0	5	3
Turkey Dinner	130	2	0	0	30	680	13	0	10	12
<b>Sides</b>										
Applesauce	40	0	0	0	0	0	9	1	9	0
Bacon (2)	70	6	2	0	15	250	0	0	0	4
Broccoli	35	0	0	0	0	35	5	3	3	4
Chicken Noodle Soup	70	2	0	0	10	680	8	0	1	5
Corn	120	5	2	0	0	830	17	2	6	3
French Fries	320	20	4	0	0	430	31	3	0	3
Fresh Fruit	70	0	0	0	0	60	19	3	15	1
Go-Gurt® Yogurt	50	1	0	0	less than 5 mg	30	10	0	8	2
Mashed Potatoes	210	5	3	0	15	1030	36	3	2	5
Salad	110	4	1	0	10	270	13	2	3	5
Toast	130	5	2	0	0	240	17	1	1	4
Tomato Soup	200	15	10	0	50	970	14	0	3	2
<b>Treats</b>										
Chocolate Chip Cookie	310	20	8	0	25	90	30	2	21	3
Sugar Cookie	310	14	7	0	50	115	42	0	21	3
<b>Beverages</b>										
Milk, Kids	210	8	5	0	35	200	20	0	18	14
Chocolate Milk, Kids	240	0	0	0	0	330	47	0	42	12
Orange Juice, Kids	170	0	0	0	0	25	39	0	36	3
Lemonade, Kids	150	0	0	0	0	50	38	0	37	0

# 55 PLUS ALL DAY BREAKFAST

Counts do not include substitutions or side choices

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
55 Plus Buttermilk Pancakes	490	21	6	0	55	1730	66	0	12	8
55 Plus French Toast	440	18	5	0	275	680	51	2	8	19
55 Plus One Egg Benedict	400	20	8	0	250	1200	40	3	18	17
55 Plus One-Egg Classic	70	5	2	0	215	65	1	0	0	6
55 Plus Potato Pancakes	460	28	9	0	110	1020	44	3	10	10
55 Plus Two-Egg Omelet	170	13	4	0	430	130	2	0	0	12
Diced Ham	80	6	2	0	10	270	1	0	1	4
Sausage	210	21	8	0	0	240	1	0	0	6
Applewood Smoked Bacon	35	3	1	0	10	125	0	0	0	2
American Cheese	110	9	5	0	30	160	1	0	0	7
Swiss Cheese	110	8	5	0	25	110	1	0	0	7
Cheddar Cheese	110	9	5	0	30	180	1	0	0	7
Pepper Jack Cheese	100	8	5	0	30	170	1	0	0	7
Hollandaise Sauce	110	8	5	0	15	440	9	0	2	1
Mushrooms	5	0	0	0	0	0	1	1	1	1
Tomatoes	5	0	0	0	0	0	1	0	1	0
Onions	10	0	0	0	0	0	3	0	1	0
Green Peppers	5	0	0	0	0	0	1	1	1	0
Glazed Strawberries, 6 oz	170	0	0	0	0	60	46	2	39	0
<b>Substitutions</b>										
Egg Whites (1)	60	4	1	0	0	75	0	0	0	5
Egg Whites (2)	80	4	1	0	0	150	1	0	0	10
<b>Side Choices</b>										
Applewood Smoked Bacon (2)	70	6	2	0	15	250	0	0	0	4
Breakfast Potatoes	280	17	3	0	0	470	30	3	0	3
Buttermilk Pancakes (2)	340	15	5	0	40	1180	43	0	8	5
Fresh Fruit	70	0	0	0	0	60	19	3	15	1
Hash Browns	210	13	3	0	0	460	22	2	1	3
Mammoth Muffin®										
Apple Cinnamon	580	27	7	0	80	840	76	3	44	7
Banana Nut	740	41	9	0	80	910	85	2	46	11
Blueberry	600	27	7	0	85	840	81	3	42	10
Sausage, Links (2)	240	24	9	0	0	290	1	0	0	6
Toast, Rye (2)	340	10	2	0	0	550	54	4	2	10
Toast, Sourdough (2)	340	8	2	0	0	730	58	2	2	10
Toast, White (2)	260	8	2	0	0	510	40	6	4	12
Toast, Whole Wheat (2)	260	11	3	0	0	480	34	1	2	7

# 55 PLUS LUNCH & DINNER

Counts do not include side choices

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
55 Plus Butterball® Turkey & Dressing	400	17	3	0	90	1820	21	2	13	38
55 Plus Chicken Strips Dinner	800	43	12	0	150	2110	59	0	11	44
55 Plus Country Fried Steak	600	34	11	1	85	1810	45	2	2	26
55 Plus Fish 'N Chips	1290	85	17	0	80	2400	97	6	8	33
Add Jumbo Fried Shrimp	270	7	2	0	65	1060	41	1	12	10
55 Plus Grilled Chicken Breast	200	8	2	0	95	790	0	0	0	32
55 Plus Grilled Pork Chops	560	32	11	0	160	1680	8	1	6	58
55 Plus Pot Roast	530	27	10	0	160	1450	17	3	5	54
<b>Side Choices</b>										
Buttered Corn	120	4	2	0	0	90	17	2	3	3
Crispy Tots	470	28	7	0	0	980	47	5	2	5
French Fries	570	36	8	0	0	770	56	6	0	6
Fresh Broccoli	80	5	2	0	0	160	5	3	3	4
Fresh Fruit	70	0	0	0	0	60	19	3	15	1
Fresh Sautéed Spinach	70	4	1	0	0	90	4	2	0	4
Garden Salad	110	4	1	0	10	270	13	2	3	5
Green Beans & Bacon	45	3	1	0	less than 5 mg	630	4	3	0	2
Grilled Asparagus	45	4	1	0	0	0	2	1	1	1

# 55 PLUS LUNCH & DINNER

Counts do not include side choices

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Side Choices</b> continued										
Herb Rice Pilaf	270	6	2	0	0	890	50	2	6	6
Macaroni & Cheese	340	18	11	1	55	800	32	1	6	13
Real Mashed Potatoes	210	5	3	0	15	1040	36	3	2	5

## DESSERT MENU

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Fantastic Fruity Pies</b>										
A la mode Ice Cream, 1 scoop	210	13	7	0	50	70	22	0	18	2
Banana Cream Pie, Slice	650	43	23	0	80	320	62	1	35	2
Caramel Apple Pie, Slice	500	22	9	0	0	520	68	1	34	6
Cherry Pie, Slice	580	27	12	0	15	610	75	2	33	8
Homestyle Apple Pie, Slice	570	27	9	0	0	390	76	1	36	5
Lemon Meringue Pie, Slice	530	17	6	0	30	500	90	2	67	6
Wildberry Pie, No Sugar Added, Slice	470	27	12	0	0	470	50	3	6	5
<b>Delectable Desserts</b>										
Strawberry & Cream Cheese Crispers	310	18	7	0	25	390	32	1	12	5
Raspberry Lemon Drop	550	31	18	1	95	210	56	0	39	3
Chocolate Peanut Butter Drop	710	39	14	0	45	500	75	1	62	10
<b>Classic Pies &amp; Cakes</b>										
Carrot Cake, Slice	540	31	14	0	70	400	61	1	40	4
Chocolate French Silk Pie, Slice	730	52	27	0	180	330	63	3	44	6
Chocolate Overload Cake, Slice	940	65	34	0	215	450	82	3	57	7
Coconut Cream Pie, Slice	610	38	23	0	70	470	57	1	34	7
Heath Crunch Cheesecake Pie, Slice	680	47	30	0	100	440	57	1	45	5
New York Cheesecake, Slice	510	35	20	1	85	310	42	1	25	5
Sweet Glazed Strawberries	170	0	0	0	0	60	46	2	39	0
Peanut Butter Silk Pie, Slice	890	63	33	0	125	420	68	2	47	12
<b>Mammoth Muffins®</b>										
Apple Cinnamon	580	27	7	0	80	840	76	3	44	7
Banana Nut	740	41	9	0	80	910	85	2	46	11
Blueberry	600	27	7	0	85	840	81	3	42	10
Chocolate Chocolate Chip	670	31	9	0	80	810	88	3	42	10
Cranberry Orange	530	20	7	0	80	680	75	0	39	10
Lemon Poppyseed	650	29	7	0	80	800	90	2	51	10
Pineapple Upside Down	730	30	7	0	90	820	111	3	69	9
Raspberry Cream	600	26	5	0	80	750	81	3	42	10
<b>Fresh Baked Treats</b>										
Chocolate Chip Cookie	310	20	8	0	25	90	30	2	21	3
Chocolate Walnut Brownie	560	27	10	1	90	220	76	4	55	6
Cinnamon Roll	660	30	15	0	less than 5 mg	800	90	3	38	9
Oatmeal Cranberry Raisin Cookie	290	22	6	0	35	270	45	1	18	3
Sugar Cookie	310	14	7	0	50	115	42	0	21	3
<b>Ice Cream Dreams</b>										
Fudge Brownie Supreme	860	43	24	1	135	370	111	4	84	8
Ice Cream, One Scoop	210	13	7	0	50	70	22	0	18	2
Ice Cream, Two Scoops	420	25	14	0	95	140	44	0	36	4
Ice Cream Sundae, Hot Fudge	560	32	21	0	80	210	64	1	53	4
Ice Cream Sundae, Strawberry	480	24	15	0	80	120	62	0	39	3
Malt, Chocolate	1000	50	30	0	175	360	127	0	104	12
Malt, Strawberry	930	50	30	0	175	340	110	0	78	12
Malt, Vanilla	910	50	30	0	175	340	105	0	88	12
Shake, Chocolate	970	49	29	0	175	330	122	0	100	11
Shake, Strawberry	900	49	29	0	175	310	105	0	74	11
Shake, Vanilla	880	49	29	0	175	310	100	0	85	11

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. The nutritional information in this guide is derived from testing conducted in accredited laboratories, published resources including those from the U.S. Department of Agriculture, analyses using standard industry software and from information provided by our suppliers. All nutritional information is based on average values for ingredients from our suppliers throughout the U.S. and is rounded to the nearest whole number to meet current U.S. F.D.A. N.L.E.A. guidelines. The information given is based on standard recipes and serving sizes and Perkins Restaurants cannot guarantee that the information provided is completely accurate as it relates to the prepared menu items at each restaurant. Variations in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences in ingredients, may affect the nutritional values for each menu item. In addition, product formulations change periodically and sometimes substitution of ingredients is required. You should expect some variation in the nutrient content of the products purchased in our restaurant, particularly if an order is customized. This information was updated as of November, 2024.

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