



# Nutritional/Allergen Menu

Village Inn Restaurants has provided this guide for menu nutritional information to help you make better informed decisions when dining at Village Inn. To use this guide, simply look for the menu item in the appropriate section to see the nutritional information. Please note that we often make changes to our menu to better serve you, so be sure to check back to the website for the most updated information. Thank you!

## *brightside* BREAKFASTS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
2 Eggs, any style except poached	220	160	18	5	0	475	150	1	0	0	13	•					•					
Egg Whites (4 oz)	120	60	7	1.5	0	0	190	1	0	1	12	•					•					
Low-Cholesterol Egg Substitute (4 oz)	140	80	9	2	0	95	320	1	0	1	13	•					•					
2 Poached Eggs	140	90	10	3	0	370	140	1	0	0	13	•										
Bacon & Eggs	800	450	51	15	0	545	1740	58	2	9	28	•		•			•			•	•	
Sausage Links & Eggs	960	580	64	20	0	585	1850	60	2	10	33	•		•			•			•	•	
Sausage Patties & Eggs	1050	670	75	25	0	590	1870	60	2	10	32	•		•			•			•	•	
Biscuits & Gravy with Eggs	1410	830	92	36	0	555	3860	103	4	7	39	•		•			•		•	•	•	
2-2-2 Breakfast with Bacon	600	350	39	12	0	535	1100	38	1	9	22	•		•			•			•	•	
2-2-2 Breakfast with Sausage	680	410	46	14	0	555	1160	39	1	9	25	•		•			•			•	•	
Corned Beef Hash & Eggs	930	440	49	13	1.5	585	2460	76	5	11	43	•		•			•			•	•	
Cranberry Nut Oatmeal	510	110	12	3	0	10	75	89	7	896	13			•					•		•	
1/2 lb Chicken-Fried Steak & Eggs	1430	760	84	22	1	615	3520	111	3	9	53	•		•			•			•	•	
Ultimate Breakfast	1110	680	76	23	0	630	3080	62	2	12	47	•		•			•			•	•	
Top Sirloin & Eggs	920	450	50	14	0	600	1870	59	2	9	53	•		•			•			•	•	
8 oz Ham Steak & Eggs	1140	690	77	23	0	660	3780	63	2	14	55	•		•			•			•	•	

## *expert* SKILLETS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
2 Eggs, any style except poached	220	160	18	5	0	475	150	1	0	0	13	•					•					
Egg Whites (4 oz)	120	60	7	1.5	0	0	190	1	0	1	12	•					•					
Low-Cholesterol Egg Substitute (4 oz)	140	80	9	2	0	95	320	1	0	1	13	•					•					
Ultimate Skillet	1470	930	103	33	0	645	2650	95	7	14	58	•		•			•			•	•	
Garden Fresh Skillet	1190	730	82	26	0	575	1380	89	7	11	40	•		•			•			•	•	
California Skillet	1360	830	93	27	0	585	1910	101	11	12	47	•		•			•			•	•	
Rio Grande Skillet with Grilled Chicken	1380	820	91	31	0	635	2270	99	8	14	55	•		•			•			•	•	



# Nutritional/Allergen Menu

## *expert* SKILLETS *continued*

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Rio Grande Skillet with Pork Carnitas	1430	850	95	32	0	645	2310	99	8	14	60	•		•			•				•	•
Rio Grande Skillet with Chorizo	1510	950	106	38	0	680	2780	103	8	15	51	•		•			•				•	•
Chicken-Fried Steak Skillet	1620	900	100	24	0	595	3180	129	7	11	49	•		•			•				•	•

## *southwest* FAVORITES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Poblano Smothered Breakfast Burrito with Pork Carnitas	1400	770	86	25	0	570	2260	115	9	7	53	•		•			•				•	•
Poblano Smothered Breakfast Burrito with Chorizo	1480	870	97	31	0	605	2730	118	9	9	45	•		•			•				•	•
Poblano Smothered Breakfast Burrito with Roasted Chicken Breast	1370	750	84	24	0.5	560	2260	115	9	7	49	•		•			•				•	•
Tres Huevos Rancheros with Pork Carnitas	1120	630	70	26	0.5	815	2210	67	13	4	58	•		•			•				•	•
Tres Huevos Rancheros with Chorizo	1200	730	81	32	0.5	850	2680	71	13	6	49	•		•			•				•	•
Tres Huevos Rancheros with Roasted Chicken Breast	1090	610	68	25	1	805	2210	67	14	4	53	•		•			•				•	•

## *fantastic* FRENCH TOAST & WAFFLES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
French Toast Combo with Bacon	710	330	37	10	0	575	1000	65	1	17	32	•		•			•				•	•
French Toast Combo with Sausage	800	390	44	13	0	590	1060	66	1	17	34	•		•			•				•	•
Just the French Toast	540	190	22	6	0	325	670	65	1	17	22	•		•			•				•	•
Strawberry-Banana Supreme French Toast	850	300	33	13	0	375	690	114	4	57	26	•		•			•				•	•
Belgian Waffle Combo with bacon	610	320	36	12	0	355	1150	48	1	1	18	•		•			•				•	•
Belgian Waffle Combo with sausage	690	380	43	14	0	375	1200	49	1	2	20	•		•			•				•	•
Just the Belgian Waffle	440	190	21	7	0	105	810	47	1	1	8	•		•			•				•	•





# Nutritional/Allergen Menu

## brilliant BENEDICTS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Philly Jack Benedict	1140	730	81	29	0.5	580	1640	62	3	6	40	•		•			•			•	•
Classic Eggs Benedict	680	260	29	7	0	500	2370	64	3	5	31	•		•			•			•	•

## made-from-scratch PANCAKES & CREPES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Buttermilk Pancake Combo with Bacon	850	370	42	13	0	370	1970	92	2	22	25	•		•			•			•	•
Buttermilk Pancake Combo with Sausage	930	430	48	15	0	390	2030	93	2	22	28	•		•			•			•	•
Just the Pancakes	680	240	26	8	0	125	1640	91	2	22	16	•		•			•			•	•
Double Blueberry Pancakes with Bacon	1010	270	30	9	0	140	1940	162	5	86	19	•		•			•			•	•
Double Blueberry Pancakes with Sausage	1090	330	37	12	0	160	2000	163	5	86	22	•		•			•			•	•
Fruit & Nut Multigrain Pancakes	720	140	16	6	0	0	1280	137	10	45	19	•		•			•		•	•	•
Strawberry Crepes Combo with Bacon	900	390	43	17	0	245	950	106	4	49	21	•		•			•			•	•
Strawberry Crepes Combo with Sausage	980	450	50	20	0	260	1000	107	4	49	23	•		•			•			•	•

## SYRUPS & TOPPINGS

Maple-flavored Syrup, 1 oz	110	0	0	0	0	0	45	27	0	17	0										
Strawberry Syrup, 1 oz	170	0	0	0	0	0	10	44	0	42	0										
Blackberry Syrup, 1 oz	180	0	0	0	0	0	40	45	0	42	0										
Blueberry Syrup, 1 oz	60	0	0	0	0	0	20	15	1	14	0										
Sugar-free Maple Flavored Syrup, 1 oz	10	0	0	0	0	0	75	4	0	0	0										
Strawberry Topping	100	0	0	0	0	0	35	24	1	21	1										
Blueberry Topping	250	5	0.5	0	0	0	75	62	2	57	0										
Cinnamon Apple Topping	150	0	0	0	0	0	120	36	2	33	0			•							
Strawberry Banana Topping	190	5	0	0	0	0	35	48	4	33	2										
Whipped Cream	20	15	1.5	0.5	0	5	0	1	0	1	0			•							





# Nutritional/Allergen Menu

## V.I.B. continued

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Applesauce	50	0	0	0	0	0	0	13	1	11	0											
Grits	180	60	7	2.5	0	0	180	26	2	0	3			•			•					
2 Pieces French Toast	260	90	10	3	0	165	350	32	1	8	11	•		•			•			•	•	
1/2 Waffle	260	120	13	4.5	0	60	460	26	0	1	5	•		•			•			•	•	
2 Buttermilk Pancakes	220	90	10	3.5	0	35	470	25	0	6	4	•		•			•			•	•	
2 Multigrain Pancakes	270	40	4.5	2.5	0	0	570	53	3	16	8	•		•			•			•	•	
2 Chocolate Chip Pancakes	360	110	12	6	0	40	450	58	2	34	6	•		•			•			•	•	
Orange Blossom Crepe	380	150	17	8	0	125	130	47	0	28	8	•		•			•			•	•	
Strawberry Crepe	350	140	16	7	0	120	150	44	1	25	8	•		•			•			•	•	
Biscuit with Country Sausage Gravy	340	150	16	8	0	5	1350	40	1	3	7			•			•		•	•	•	
Toast, Rye	350	100	11	2.5	0	0	440	50	4	2	10			•			•			•	•	
Toast, Sourdough	330	90	10	2.5	0	0	560	48	2	1	10			•			•			•	•	
Toast, Wheat	350	100	11	2.5	0	0	540	50	4	6	10			•			•			•	•	
Toast, White	270	90	10	2.5	0	0	400	34	1	2	6			•			•			•	•	
English Muffin	180	30	3	0	0	0	360	31	1	3	7			•			•			•	•	
<b>V.I.B. SUPREMES</b>																						
1/2 Ham Steak	230	170	19	6	0	65	1280	3	0	3	16											
2 Slices of Canadian Bacon	60	15	1.5	0	0	25	570	2	0	2	9											
Small Chicken-Fried Steak with Country Sausage Gravy	280	150	17	4.5	0	30	900	20	1	0	12	•		•			•		•	•	•	
Hand-Breaded Chicken Strips with Syrup	360	140	15	2	0	35	670	42	0	17	14	•		•			•			•	•	
Hand-Breaded Chicken Strips with Country Sausage Gravy	280	150	17	3	0	35	810	18	1	0	14	•		•			•		•	•	•	
1/2 Waffle with Strawberry Sauce	320	90	10	3.5	0	65	460	48	1	21	5	•		•			•			•	•	
1/2 Waffle with Blueberry Sauce	360	100	11	3.5	0	65	460	58	2	30	5	•		•			•			•	•	
Ham & Cheese Crepe	380	180	20	10	0	155	1090	27	1	9	22	•		•			•			•	•	
2 Banana Nut Multigrain Pancakes	420	130	15	3.5	0	0	570	69	6	24	10	•		•			•		•	•	•	
Low-Fat Vanilla Yogurt with Fruit & Granola	140	15	1.5	0	0	0	65	31	2	19	4			•			•					•



# Nutritional/Allergen Menu

## V.I.B. continued

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
<b>ON THE LIGHT SIDE V.I.B. COMBINATIONS</b>																						
The High Road	520	210	23	5	0	10	1190	51	3	3	25	•		•			•				•	•
Champion's Choice	400	220	25	9	0	70	1030	8	1	5	41	•		•			•					•
Perfect Balance	530	250	28	8	0	485	560	55	4	22	24	•					•					•
The Sunrise	520	170	19	6	0	110	890	56	2	21	30	•		•			•				•	•

## satisfying SANDWICHES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Turkey Bacon Avocado Melt (no side)	860	460	51	13	0	95	1600	62	8	11	38	•		•			•				•	•
Marbled Rye Reuben (no side)	690	340	38	15	0	120	2000	57	4	5	46	•		•			•				•	•
Avocado Swiss Chicken (no side)	740	400	44	13	0	100	1140	51	5	8	43			•			•				•	•
Hand-Breaded Chicken Ranch (no side)	1000	630	70	14	0	135	2060	52	1	8	45	•		•			•				•	•
Bacon Lover's BLT (no side)	500	300	33	6	0	40	1170	36	2	3	16	•					•				•	•
Add a sunnyside egg	110	80	9	2.5	0	235	75	1	0	0	7	•										
Grown-Up Grilled Cheese (no side)	650	400	44	22	0	85	1750	38	2	3	34			•			•				•	•
Classic Fresh Dip (no side)	1090	320	36	16	0	140	4130	124	8	1	74			•			•				•	•
Double Decker Club (no side)	770	370	42	8	0	100	2180	56	2	7	37	•		•			•				•	•

## SANDWICH BREAD CHOICES

Marbled Rye	280	35	4	0	0	0	380	50	4	2	10						•				•	•
Sourdough	260	25	3	0	0	0	500	48	2	1	10						•				•	•
Wheat	280	35	4	0	0	0	480	50	4	6	10						•				•	•
White	200	25	3	0	0	0	340	34	1	2	6						•				•	•





## *fresh* GARDEN SALADS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Classy Cobb Salad (no dressing)	490	330	37	12	0	310	980	13	6	5	32	•		•			•					
Classy Cobb Salad (no dressing), lunch size	360	230	26	8	0	290	640	7	3	3	26	•		•			•					
Celebrity Chef Salad (no dressing)	440	200	22	8	0	320	1470	25	3	8	38	•		•						•	•	
Celebrity Chef Salad (no dressing), lunch size	270	130	14	5	0	280	780	13	2	5	23	•		•						•	•	
Southwest Salad	770	480	53	4.5	0	105	1140	41	9	12	33	•	•	•			•			•	•	
Southwest Salad, lunch size	420	270	30	3	0	50	570	21	5	6	17	•	•	•			•			•	•	

## SALAD DRESSINGS

Blue Cheese Dressing, 1.5 oz	250	230	25	5	0	20	340	1	0	1	3	•		•			•					
Blue Cheese Dressing, 3 oz	510	460	51	10	0	45	690	3	0	3	6	•		•			•					
French Dressing, 1.5 oz	190	160	18	3	0	0	310	10	0	9	0						•					
French Dressing, 3 oz	390	320	36	6	0	0	630	21	0	18	0						•					
Honey Mustard Dressing, 1.5 oz	250	230	25	3.5	0	30	300	6	0	6	0	•					•					
Honey Mustard Dressing, 3 oz	510	460	51	7	0	60	600	12	0	12	0	•					•					
Lite Olive Oil Vinaigrette, 1.5 oz	90	80	9	1.5	0	0	390	4	0	3	0						•					
Lite Olive Oil Vinaigrette, 3 oz	180	160	18	3	0	0	780	9	0	6	0						•					
Poppy Seed Dressing, 1.5 oz	160	90	10	2	0	0	420	15	0	13	0			•			•					
Poppy Seed Dressing, 3 oz	330	190	21	4.5	0	0	840	30	0	27	0			•			•					
Ranch Dressing, 1.5 oz	180	160	18	0	0	15	250	1	0	1	1	•		•			•					
Ranch Dressing, 3 oz	350	330	36	0	0	35	490	2	0	2	2	•		•			•					
Chipotle Ranch Dressing, 1.5 oz	170	150	17	0.5	0	15	300	2	0	1	1	•	•	•			•			•	•	
Chipotle Ranch Dressing, 3 oz.	330	300	33	1	0	30	600	4	0	3	2	•	•	•			•			•	•	

## *pick 2* PERFECT PAIRINGS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Half Paris Griller Sandwich	420	230	26	14	0	90	1510	29	1	3	34			•			•			•	•	
Half Reuben Sandwich	340	170	19	8	0	60	900	28	2	2	23	•		•			•			•	•	
Half Grown-Up Grilled Cheese Sandwich	320	200	22	11	0	40	760	19	1	2	16			•			•			•	•	
Garden Salad	30	5	0.5	0	0	0	50	6	1	2	1			•						•	•	



# Nutritional/Allergen Menu

## *pick 2* PERFECT PAIRINGS *continued*

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Southwest Salad	210	140	15	1	0	10	240	17	4	5	3	•	•	•			•			•	•
Half Slow-Roasted Turkey Sandwich	230	90	10	1	0	30	500	18	1	2	13	•		•			•			•	•
Half Ham & Swiss Sandwich	260	120	13	3	0	50	890	21	1	4	16	•		•			•			•	•

## SANDWICH BREAD CHOICES

Marbled Rye	140	20	2	0	0	0	190	25	2	1	5						•			•	•
Sourdough	130	15	1.5	0	0	0	250	24	1	1	5						•			•	•
Wheat	140	20	2	0	0	0	240	25	2	3	5						•			•	•
White	100	15	1.5	0	0	0	170	17	1	1	3						•			•	•

## SOUPS & CHILI

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Chicken Noodle, Cup	45	0	0	0	0	15	760	8	1	1	3	•								•	•
Chicken Noodle, Bowl	90	0	0	0	0	30	1510	15	3	2	6	•								•	•
Tomato Basil, Cup	180	130	15	9	0	45	590	9	1	4	1			•			•				
Tomato Basil, Bowl	350	270	29	18	0	90	1180	18	3	9	3			•			•				
Clam Chowder, Cup	310	160	17	7	0	5	1650	31	1	4	7			•		•	•			•	•
Clam Chowder, Bowl	620	310	35	13	0	10	3290	62	2	9	15			•		•	•			•	•
Cream of Broccoli, Cup	90	50	5	3.5	0	15	600	6	2	1	3			•			•			•	•
Cream of Broccoli, Bowl	180	100	11	7	0	30	1210	13	5	1	7			•			•			•	•
Vegetable Beef, Cup	80	30	3	1	0	5	670	9	2	3	3						•			•	•
Vegetable Beef, Bowl	150	60	6	2	0	15	1350	18	4	5	6						•			•	•
Wisconsin Cheese, Cup	190	110	12	7	0	40	870	13	0	5	10			•			•			•	•
Wisconsin Cheese, Bowl	380	220	25	14	0	75	1700	24	0	10	19			•			•			•	•
Beefy Red Chili, Cup	210	120	14	5	0.5	35	770	14	3	3	12			•			•			•	•
Beefy Red Chili, Bowl	410	250	27	10	1	75	1550	27	7	5	25			•			•			•	•
Pork Green Chili, Cup	70	25	3	2	0	15	380	7	1	0	4			•			•				
Pork Green Chili, Bowl	130	50	6	3.5	0	25	770	13	2	0	8			•			•				



# Nutritional/Allergen Menu

## SOUPS & CHILI *continued*

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
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## CRACKERS

Gold Crackers	30	10	1	0	0	0	55	4	0	0	0										•	•
Saltine Crackers	25	5	0.5	0	0	0	80	5	0	0	0						•				•	•

## *savory* CHICKEN

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
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Lemon Artichoke Chicken (no side)	560	310	35	9	0.5	155	1420	8	3	3	51			•			•					
Hand-Breaded Chicken Tenders (no side)	950	500	55	13	0	150	2240	50	2	4	55			•			•				•	•
Ultimate Mac 'n' Cheese (no side)	1520	800	90	43	0.5	275	3050	120	3	12	79			•			•		•		•	•

## *servings* FROM THE SEA

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
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Fish & Chips (no side)	1510	830	92	13	0	80	2860	122	14	7	36	•	•	•			•				•	•
Grilled Tilapia (no side)	560	280	31	6	0	105	850	28	1	2	40	•	•	•			•				•	•
All You Can Eat Fish Fry (first order)	1260	700	78	11	0	150	1470	78	6	10	48	•	•	•			•				•	•
All You Can Eat Fish Fry (second order)	410	190	22	3	0	80	480	21	1	1	29		•	•			•				•	•

## *homestyle* DINNERS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
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Pot Roast (no side)	790	310	35	14	0	95	2310	64	3	4	48			•			•		•		•	•
1/2 lb Chicken-Fried Steak (no side)	1450	770	85	29	0.5	90	4030	119	3	5	41	•		•			•		•		•	•
All-American Meatloaf (no side)	890	430	48	18	0	190	3050	82	4	17	31	•		•			•		•		•	•



# Nutritional/Allergen Menu

## homestyle DINNERS continued

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Chicken Pot Pie (with side salad, no dressing)	1220	770	85	42	1	250	3160	82	5	11	29	•		•			•			•	•	•
Top Sirloin (no side)	360	100	11	2.5	0	80	890	27	1	2	36	•		•			•			•	•	•
Slow Roasted Turkey (with sides)	1000	320	35	15	0	80	3930	116	5	26	44			•			•		•	•	•	•

## dinner SIDES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Cup of Soup see soup section																						
Side Garden Salad (no dressing)	30	5	0.5	0	0	0	50	6	1	2	1			•						•	•	
Fresh Coleslaw	140	100	11	1.5	0	15	260	10	1	9	1	•					•					
Fresh Fruit	30	0	0	0	0	0	0	7	1	6	0											
Fresh Broccoli	25	5	0	0	0	0	25	4	2	1	3											
Green Beans	90	60	7	2	0	0	200	5	2	2	1			•			•					
Corn	150	50	6	2	0	0	90	20	2	4	3			•			•					
Rice Pilaf	100	30	3	2	0	10	320	16	1	0	2			•						•	•	
Refried Beans	120	25	3	1.5	0	0	360	17	6	0	6											
Mac 'n' Cheese	200	80	9	5	0	25	330	23	1	2	5			•			•		•	•	•	
Cornbread Stuffings	200	60	7	2	0	0	900	29	1	3	5			•			•			•	•	•
Onion Rings	220	80	9	1	0	0	220	30	2	5	3			•			•			•	•	
Seasoned French Fries	370	180	20	3	0	0	270	34	3	0	3						•					
Red Skin Mashed Potatoes	130	25	3	2.5	0	0	470	26	2	1	2			•			•		•			
Brown Gravy	50	30	3	1	0	0	300	4	0	0	1			•			•			•	•	
Turkey Gravy	25	5	0.5	0	0	5	400	4	0	1	1			•			•			•	•	
Country Sausage Gravy	50	25	3	1.5	0	5	370	5	0	1	1			•			•		•	•	•	
Country Potatoes	420	220	25	3	0	0	180	45	5	0	5						•					





# Nutritional/Allergen Menu

## BEVERAGES continued

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Diet Coke	0	0	0	0	0	0	40	0	0	0	0											
Sprite	150	0	0	0	0	0	35	39	0	39	0											
Lemonade	150	0	0	0	0	0	0	39	0	36	0											
Hi-C Punch	160	0	0	0	0	0	15	42	0	42	0											
Barq's	160	0	0	0	0	0	70	45	0	45	0											

## kids' MENU ITEMS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Grilled French Toast	500	110	12	2.5	0	165	410	86	1	43	11	•		•			•			•	•
Junior Breakfast with Bacon	270	150	16	4.5	0	240	390	18	1	1	11	•		•			•			•	•
Junior Breakfast with Sausage Link	310	180	20	6	0	250	420	18	1	1	12	•		•			•			•	•
Belgian Waffle	460	120	13	4.5	0	55	520	78	0	36	4	•		•			•			•	•
Grilled Cheese	410	200	22	10	0	30	880	34	1	2	14			•			•			•	•
Kids' Crush Cheeseburger	640	350	39	16	0	75	990	43	1	7	25			•			•			•	•
The Vill-Inn with Buttermilk Pancakes with 2 Bacon Strips*	600	300	33	10	0	320	1340	56	1	13	19	•		•			•			•	•
The Vill-Inn with Chocolate Chip Pancakes with 2 Bacon Strips*	670	330	37	13	0	325	1350	64	2	20	20	•		•			•			•	•
The Vill-Inn with Blueberry Pancakes with 2 Bacon Strips*	620	300	33	10	0	320	1340	61	2	17	19	•		•			•			•	•
The Vill-Inn with Buttermilk Pancakes with 2 Sausage Links*	680	360	40	13	0	340	1390	57	1	14	21	•		•			•			•	•
The Vill-Inn with Chocolate Chip Pancakes with 2 Sausage Links*	750	390	44	15	0	345	1400	65	2	21	23	•		•			•			•	•
The Vill-Inn with Blueberry Pancakes with 2 Sausage Links*	710	360	40	13	0	340	1390	62	2	18	22	•		•			•			•	•
Bucky's Mini-Hotcakes	470	80	9	2.5	0	50	740	91	1	44	6	•		•						•	•
Macaroni & Cheese	310	80	9	2.5	0	15	550	45	2	8	11			•						•	•





# Nutritional/Allergen Menu

## kids' MENU ITEMS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
<b>KIDS' DRINKS continued</b>																					
Diet Coke	0	0	0	0	0	0	25	0	0	0	0										
Sprite	80	0	0	0	0	0	20	23	0	23	0										
Hi-C Punch	90	0	0	0	0	0	10	25	0	25	0										
Barq's	90	0	0	0	0	0	40	26	0	26	0										
Hot Chocolate	180	25	2.5	1.5	0	5	290	39	0	29	0			•					•		
Juice - Orange	130	0	0	0	0	0	0	30	0	27	2										
Juice - Cranberry	150	0	0	0	0	0	0	38	0	37	0										
Juice - Apple	120	0	0	0	0	0	20	30	0	29	0										
Juice - Grapefruit	110	0	0	0	0	0	0	26	0	25	1										
Juice - Tomato	80	0	0	0	0	0	1130	17	3	12	3										
Minute Maid Fruit Punch	40	0	0	0	0	0	10	10	0	9	0										
<b>KIDS' DESSERTS</b>																					
Kids' Sundae, Blueberry	200	70	8	4.5	0	35	40	29	1	27	2	•		•							
Kids' Sundae, Hot Fudge	270	120	13	9	0	35	80	36	0	30	2	•		•			•		•		
Kids' Sundae, OREO	200	90	10	5	0	35	75	23	0	18	2	•		•			•			•	•
Kids' Sundae, Strawberry	310	70	8	4.5	0	35	35	57	0	55	2	•		•							
<b>EARLY DINNER DEALS</b>																					
	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Right Size Chicken-Fried Steak	640	330	37	13	0	35	1940	56	2	3	17	•		•			•		•	•	•
Slow Roasted Turkey	570	200	22	9	0	55	1850	58	1	21	26	•		•			•			•	•
Grilled Tilapia	560	280	31	6	0	105	850	28	1	2	40	•	•	•			•			•	•
Smothered Chicken	520	270	31	9	0	100	810	29	1	3	38	•		•			•			•	•
Chicken Stir-Fry Skillet	710	240	27	6	0	70	2790	80	4	21	32	•		•			•			•	•
Early Dinner Breakfast Skillet	1110	650	72	21	0	345	1770	88	6	11	34	•		•			•			•	•





# Nutritional/Allergen Menu

## *gluten sensitive* CLASSIC BREAKFASTS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
2 Eggs, any style except poached	220	160	18	5	0	475	150	1	0	0	13	•					•					
Egg Whites (4 oz)	120	60	7	1.5	0	0	190	1	0	1	12	•					•					
Low-Cholesterol Egg Substitute (4 oz)	140	80	9	2	0	95	320	1	0	1	13	•					•					
2 Poached Eggs	140	90	10	3	0	370	140	1	0	0	13	•					•					
Bacon & Eggs	520	330	37	10	0	495	1060	28	2	6	22	•					•					
Sausage Links & Eggs	680	450	51	15	0	535	1170	30	2	7	27	•					•					
Sausage Patties & Eggs	760	540	60	20	0	540	1170	30	2	7	26	•					•					
Ultimate Breakfast	830	560	63	19	0	580	2400	32	2	9	41	•					•					
Top Sirloin & Eggs	640	330	37	10	0	550	1190	30	2	6	47	•		•			•					

## *gluten sensitive* SKILLETS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Ultimate Skillet	930	650	72	27	0.5	595	2180	41	4	11	50	•		•			•					
Garden Skillet	650	450	51	20	0.5	525	910	35	3	8	32	•		•			•					

## *gluten sensitive* LUNCHES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Classy Cobb Salad (no dressing)	450	280	32	10	0	305	1060	13	6	5	31	•		•								
Classy Cobb Salad (no dressing), lunch size	270	170	19	6	0	270	570	7	3	3	19	•		•								
All-American Cheeseburger	400	280	31	13	0	95	390	7	2	4	19											
Substitute Chicken Breast	190	90	10	2	0	75	430	0	0	0	24						•					



# Nutritional/Allergen Menu

## gluten sensitive DINNERS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Grilled Tilapia	370	220	25	4.5	0	105	540	2	0	0	35	•	•				•					
Top Sirloin, 6 oz	240	100	12	3.5	0	80	660	1	0	0	31			•			•					

## gluten sensitive KIDS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Junior Breakfast with bacon and fresh fruit	170	110	12	3.5	0	240	210	8	1	6	9	•					•					
Junior Breakfast with sausage link and fresh fruit	210	140	16	5	0	250	240	8	1	6	10	•					•					
Junior Breakfast with bacon and hash browns	290	170	19	5	0	240	590	21	1	0	11	•					•					
Junior Breakfast with sausage link and hash browns	340	200	22	6	0	250	620	21	1	0	12	•					•					

## gluten BEVERAGES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
See above																						

• Contains indicated allergen

Nutritional information and ingredient statements are based on current formulations and standard recipes, using data provided by our suppliers and distributors, and are meant to provide a general estimate of nutritional values associated with our menu items. Variations can be expected due to seasonal influences, differences in product preparation per restaurant, substitution of ingredients, customized ordering and other factors. Some menu items, including test products and regional items, may not be available in all restaurants. If you have food allergies, you should know that we use milk, eggs, tree nuts, peanuts, seafood, soy, wheat, sesame products, crustacean shellfish, fish, sulfites and other allergens in our kitchens. Unless otherwise noted, items are prepared in common areas and food prepared at our restaurants may come in contact with or contain traces of these products and other potential allergens or ingredients.



# Pie Nutritional/Allergen Menu

Village Inn Restaurants has provided this guide for menu nutritional information to help you make better informed decisions when dining at Village Inn. To use this guide, simply look for the menu item in the appropriate section to see the nutritional information. Please note that we often make changes to our menu to better serve you, so be sure to check back to the website for the most updated information. Thank you!

PIES	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
<b>CLASSIC FRUIT PIES</b>																					
Cherry, Slice	540	230	26	11	0	10	440	74	2	40	5	•		•			•			•	•
Country Apple, Slice	530	230	25	11	0	10	440	72	3	41	3	•		•			•			•	•
Strawberry Rhubarb, Slice	490	230	26	11	0	10	430	64	3	29	4	•		•			•			•	•
Triple Berry, Slice	510	230	25	10	0	10	440	69	3	34	4	•		•			•			•	•
No-Sugar Added Apple, Slice	500	270	30	12	0	10	420	55	3	20	4	•		•			•			•	•
<b>SEASONAL PIES</b>																					
Fresh Strawberry, Slice (Florida only)	390	180	20	9	0	30	60	47	3	28	3			•			•			•	•
Key Lime, Slice	560	210	23	11	0	65	190	75	0	61	7			•			•			•	•
Pecan, Slice	670	300	33	11	0	125	450	85	3	68	7	•		•			•		•	•	•
Pumpkin, Slice	450	190	21	8	0	60	450	66	3	47	7	•		•			•			•	•
<b>FEATURE PIES</b>																					
Candy Cane, Slice	700	410	45	20	0	95	310	67	0	53	4	•		•			•			•	•
White Chocolate Cherry Dream, Slice	640	320	36	18	0.5	120	420	74	1	56	4	•		•			•			•	•
<b>SILKS &amp; CREAM PIES</b>																					
Banana Cream, Slice	560	290	32	12	0	80	330	58	3	34	6	•		•			•		•	•	•
Caramel Pecan Silk Supreme, Slice	820	500	56	25	0.5	150	350	67	2	47	7	•		•			•		•	•	•
Chocolate Caramel Delight, Slice	660	360	39	19	0	140	410	66	1	45	6	•		•			•		•	•	•
Chocolate Peanut Butter Cup, Slice	810	480	54	27	0.5	165	420	76	3	63	9	•		•	•		•		•	•	•
Coconut Cream, Slice	580	300	34	16	0	95	440	58	2	36	7	•		•			•		•	•	•
French Silk, Slice	650	390	43	22	0.5	155	310	56	2	40	5	•		•			•		•	•	•
Lemon Meringue, Slice	450	120	13	6	0	15	320	77	0	55	2	•		•			•		•	•	•
Lemon Supreme, Slice	820	480	53	29	1	160	380	78	1	58	5	•		•			•		•	•	•



# Pie Nutritional/Allergen Menu

## PIES continued

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
<b>CAKES</b>																					
Carrot Cake, Slice	1320	580	64	23	1	170	720	170	5	136	15	•		•			•		•	•	•
Cheesecake, Slice, Plain	500	320	36	20	1.5	150	520	39	1	30	9	•		•			•			•	•
Cheesecake, Slice with Blueberry Topping	560	330	36	20	1.5	150	540	54	2	44	9	•		•			•			•	•
Cheesecake, Slice with Strawberry Topping	540	320	36	20	1.5	150	540	49	1	39	9	•		•			•			•	•
Cheesecake, Slice with Caramel Pecan Sauce	650	400	45	25	1.5	170	580	55	1	46	9	•		•			•		•	•	•
<b>DESSERT TOPPINGS</b>																					
Ice Cream	90	45	5	3	0	25	25	9	0	8	2	•		•							
Strawberry	100	0	0	0	0	0	35	24	1	21	1										
Blueberry	250	5	0.5	0	0	0	75	62	2	57	0										
Whipped Cream	20	15	1.5	0.5	0	5	0	1	0	1	0			•							
Hot Fudge	130	45	5	5	0	0	60	23	0	17	1						•			•	

• Contains indicated allergen

Nutritional information and ingredient statements are based on current formulations and standard recipes, using data provided by our suppliers and distributors, and are meant to provide a general estimate of nutritional values associated with our menu items. Variations can be expected due to seasonal influences, differences in product preparation per restaurant, substitution of ingredients, customized ordering and other factors. Some menu items, including test products and regional items, may not be available in all restaurants. If you have food allergies, you should know that we use milk, eggs, tree nuts, peanuts, seafood, soy, wheat, sesame products, crustacean shellfish, fish, sulfites and other allergens in our kitchens. Unless otherwise noted, items are prepared in common areas and food prepared at our restaurants may come in contact with or contain traces of these products and other potential allergens or ingredients.



# Feature 3 Nutritional/Allergen Menu

Village Inn Restaurants has provided this guide for menu nutritional information to help you make better informed decisions when dining at Village Inn. To use this guide, simply look for the menu item in the appropriate section to see the nutritional information. Please note that we often make changes to our menu to better serve you, so be sure to check back to the website for the most updated information. Thank you!

## FEATURE 3

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
<b>EGGS</b>																					
2 Eggs, any style except poached	220	160	18	5	0	475	150	1	0	0	13	•					•				
Egg Whites (4 oz)	120	60	7	1.5	0	0	190	1	0	1	12	•					•				
Low-Cholesterol Egg Substitute (4 oz)	140	80	9	2	0	95	320	1	0	1	13	•					•				
2 Poached Eggs	140	90	10	3	0	370	140	1	0	0	13	•									
<b>BACON FEST</b>																					
Bacon Lover's Benedict	700	320	36	9	0	500	2020	59	4	2	31	•		•			•			•	•
Cherrywood-Smoked Bacon & Biscuits	1270	660	74	30	1	525	3480	107	4	8	40	•		•			•		•	•	•
Spicy Bacon Cheddar & Egg Sandwich	1090	650	72	20	0	565	1810	64	2	6	43	•		•			•			•	•
Savory Bacon & Egg Sandwich	1180	730	82	21	0	570	1980	71	4	9	47	•		•			•			•	•
Cherrywood-Smoked Brown Sugar Bacon	270	80	9	3	0	25	430	39	0	38	9										
<b>FALL FAVORITES</b>																					
Pumpkin Supreme Pancakes with Bacon	780	350	39	18	0	160	1150	91	4	50	16	•		•					•	•	•
Pumpkin Supreme Pancakes with Sausage Links	880	430	48	21	0	190	1350	91	4	51	21	•		•					•	•	•
Pumpkin Supreme Pancakes, side of 3	430	180	20	9	0	90	610	55	3	28	8	•		•					•	•	•
Pumpkin Supreme Pancakes, V.I.B. side of 2	350	150	17	8	0	70	430	43	2	25	5	•		•					•	•	•
Slow Roasted Turkey Cranberry Sandwich (no side)	1010	460	51	21	0	130	2730	87	2	22	53			•			•			•	•
Slow Roasted Turkey Dinner	1000	320	35	15	0	80	3930	116	5	26	44			•			•		•	•	•



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