



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 | 560 | 1700 | 58 | 2 | 9 | 28 | • | | • | | | • | | | | • | • |
| Sausage Links & Eggs | 960 | 570 | 64 | 20 | 0 | 600 | 1820 | 60 | 2 | 10 | 33 | • | | • | | | • | | | | • | • |
| Sausage Patties & Eggs | 1050 | 670 | 75 | 25 | 0 | 610 | 1830 | 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 | 550 | 1070 | 38 | 1 | 9 | 23 | • | | • | | | • | | | | • | • |
| 2-2-2 Breakfast with Sausage | 680 | 410 | 46 | 14 | 0 | 570 | 1130 | 39 | 1 | 9 | 25 | • | | • | | | • | | | | • | • |
| Corned Beef Hash & Eggs | 930 | 440 | 49 | 13 | 1.5 | 605 | 2420 | 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 | 750 | 84 | 22 | 1 | 630 | 3490 | 111 | 3 | 10 | 53 | • | | • | | | • | | | • | • | • |
| Ultimate Breakfast | 1110 | 680 | 76 | 23 | 0 | 650 | 3040 | 61 | 2 | 12 | 47 | • | | • | | | • | | | | • | • |
| Top Sirloin & Eggs | 920 | 450 | 50 | 14 | 0 | 620 | 1840 | 59 | 2 | 9 | 53 | • | | • | | | • | | | | • | • |
| 8 oz Ham Steak & Eggs | 1140 | 690 | 76 | 23 | 0 | 675 | 3750 | 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 | 920 | 103 | 33 | 0 | 660 | 2620 | 95 | 7 | 14 | 58 | • | | • | | | • | | | | • | • |
| Garden Fresh Skillet | 1190 | 730 | 81 | 26 | 0 | 590 | 1350 | 89 | 7 | 11 | 40 | • | | • | | | • | | | | • | • |
| California Skillet | 1350 | 830 | 93 | 27 | 0 | 600 | 1880 | 100 | 11 | 12 | 47 | • | | • | | | • | | | | • | • |
| Rio Grande Skillet with Grilled Chicken | 1380 | 820 | 91 | 31 | 0 | 655 | 2240 | 99 | 8 | 14 | 56 | • | | • | | | • | | | | • | • |



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 | 660 | 2270 | 99 | 8 | 14 | 60 | • | | • | | | • | | | • | • |
| Rio Grande Skillet with Chorizo | 1510 | 950 | 106 | 38 | 0 | 695 | 2740 | 102 | 8 | 16 | 51 | • | | • | | | • | | | • | • |
| Chicken-Fried Steak Skillet | 1620 | 890 | 100 | 24 | 0 | 610 | 3150 | 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 | • | | • | | | • | | | • | • |

kantastic 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

Three-egg OMELETTES

| | 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 | |
|---------------------------------------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|---|
| 3 Eggs | 300 | 210 | 24 | 7 | 0 | 710 | 220 | 2 | 0 | 0 | 20 | • | | | | | • | | | | | |
| Egg Whites (6 oz) | 150 | 60 | 7 | 1.5 | 0 | 0 | 280 | 1 | 0 | 1 | 19 | • | | | | | • | | | | | |
| Low-Cholesterol Egg Substitute (6 oz) | 180 | 90 | 10 | 2.5 | 0 | 140 | 480 | 2 | 0 | 1 | 19 | • | | | | | • | | | | | |
| Denver Omelette | 880 | 490 | 55 | 19 | 0 | 820 | 1780 | 64 | 3 | 11 | 41 | • | | • | | | • | | | • | • | • |
| Country Music Star Omelette | 1140 | 700 | 78 | 28 | 0 | 865 | 2600 | 69 | 3 | 12 | 48 | • | | • | | | • | | • | • | • | • |
| Fresh Spinach & Bacon Omelette | 960 | 550 | 61 | 20 | 0 | 820 | 2190 | 67 | 3 | 10 | 42 | • | | • | | | • | | | • | • | • |
| Garden Veggie Omelette | 740 | 230 | 25 | 9 | 0 | 155 | 1760 | 97 | 7 | 32 | 40 | • | | • | | | • | | | • | • | • |
| CREATE YOUR OWN OMELETTE | | | | | | | | | | | | | | | | | | | | | | |
| Create Your Own Omelette (no add-ins) | 840 | 480 | 53 | 18 | 0 | 805 | 1440 | 60 | 2 | 9 | 36 | • | | • | | | • | | | • | • | • |
| Onions | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | | | | | | | | | | | |
| Mushrooms | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | | | | | | | | | | | |
| Fresh Spinach | 5 | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 0 | 0 | 0 | | | | | | | | | | | |
| Tomatoes | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | | |
| Broccoli | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | | |
| Green Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | | |
| Red Peppers | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | | | | | | | | | | | |
| Artichokes | 5 | 0 | 0 | 0 | 0 | 0 | 95 | 1 | 1 | 1 | 1 | | | | | | | | | | | |
| Hollandaise Sauce | 35 | 0 | 0 | 0 | 0 | 0 | 460 | 5 | 0 | 0 | 0 | | | • | | | • | | | • | • | • |
| Ranchero Sauce | 35 | 15 | 2 | 0 | 0 | 0 | 250 | 4 | 1 | 1 | 0 | | | • | | | • | | | • | • | • |
| Country Gravy | 50 | 25 | 3 | 1.5 | 0 | 5 | 370 | 5 | 0 | 1 | 1 | | | • | | | • | | • | • | • | • |
| Bacon | 30 | 25 | 3 | 1 | 0 | 5 | 130 | 0 | 0 | 0 | 2 | | | | | | | | | | | |
| Sausage Link | 70 | 60 | 6 | 2.5 | 0 | 15 | 160 | 0 | 0 | 0 | 3 | | | | | | | | | | | |
| Sausage Patty | 180 | 160 | 17 | 7 | 0 | 35 | 320 | 1 | 0 | 0 | 5 | | | | | | | | | | | |
| Ham | 35 | 15 | 1.5 | 0.5 | 0 | 15 | 340 | 2 | 0 | 1 | 5 | | | | | | | | | | | |
| Carnitas | 35 | 10 | 1.5 | 0.5 | 0 | 15 | 190 | 0 | 0 | 0 | 5 | | | | | | | | | | | |
| Avocado | 80 | 70 | 7 | 1 | 0 | 0 | 0 | 4 | 3 | 0 | 1 | | | | | | | | | | | |



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 | 41 | 13 | 0 | 415 | 1890 | 91 | 2 | 22 | 26 | • | | • | | | • | | | • | • |
| Buttermilk Pancake Combo with Sausage | 930 | 430 | 48 | 15 | 0 | 435 | 1950 | 92 | 2 | 23 | 28 | • | | • | | | • | | | • | • |
| Just the Pancakes | 680 | 230 | 26 | 8 | 0 | 165 | 1560 | 91 | 2 | 22 | 16 | • | | • | | | • | | | • | • |
| Double Blueberry Pancakes with Bacon | 1000 | 270 | 30 | 9 | 0 | 185 | 1860 | 161 | 5 | 86 | 20 | • | | • | | | | | | • | • |
| Double Blueberry Pancakes with Sausage | 1080 | 330 | 36 | 12 | 0 | 200 | 1920 | 162 | 5 | 87 | 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.

| | 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 | • | | | | | • | | | | | |
| 2 Poached Eggs | 140 | 90 | 10 | 3 | 0 | 370 | 140 | 1 | 0 | 0 | 13 | • | | | | | | | | | | |
| 2 Scrambled Egg Whites | 120 | 60 | 7 | 1.5 | 0 | 0 | 190 | 1 | 0 | 1 | 12 | • | | | | | | • | | | | |
| 2 Egg Cheese Omelette | 300 | 240 | 27 | 11 | 0 | 500 | 330 | 2 | 0 | 0 | 20 | • | | • | | | | • | | | | |
| 2 Egg Low-Cholesterol Egg Substitute Omelette with Part-Skim Mozzarella | 220 | 140 | 15 | 5 | 0 | 110 | 490 | 2 | 0 | 1 | 21 | • | | • | | | | • | | | | |
| 2 Egg White Omelette with Part-Skim Mozzarella | 200 | 120 | 13 | 5 | 0 | 15 | 360 | 2 | 0 | 1 | 20 | • | | • | | | | • | | | | |
| 2 Hickory Smoked Bacon Strips | 60 | 50 | 6 | 2 | 0 | 10 | 260 | 0 | 0 | 0 | 3 | | | | | | | | | | | |
| 2 Sausage Links | 140 | 110 | 13 | 4.5 | 0 | 30 | 320 | 1 | 0 | 0 | 5 | | | | | | | | | | | |
| 1 Sausage Patty | 180 | 160 | 17 | 7 | 0 | 35 | 320 | 1 | 0 | 0 | 5 | | | | | | | | | | | |
| 1/4 lb Burger Patty | 240 | 190 | 21 | 9 | 0 | 60 | 50 | 0 | 0 | 0 | 12 | | | | | | | | | | | |
| 2 Turkey Sausage Links | 100 | 70 | 8 | 2 | 0 | 40 | 340 | 0 | 0 | 0 | 10 | | | | | | | | | | | |
| Country Potatoes | 420 | 220 | 25 | 3 | 0 | 0 | 180 | 45 | 5 | 0 | 5 | | | | | | | • | | | | |
| Golden Hash Browns | 160 | 60 | 7 | 1.5 | 0 | 0 | 390 | 20 | 1 | 0 | 3 | | | | | | | • | | | | |
| Quaker Oatmeal Plain | 220 | 45 | 4.5 | 1 | 0 | 0 | 10 | 37 | 5 | 1 | 8 | | | | | | | | | | | • |
| Quaker Oatmeal with Brown Sugar, Milk and Margarine | 430 | 100 | 12 | 4 | 0 | 10 | 105 | 70 | 5 | 33 | 12 | | | • | | | | • | | | | • |
| Quaker Oatmeal with Strawberries | 440 | 110 | 12 | 4 | 0 | 10 | 105 | 72 | 6 | 35 | 12 | | | • | | | | • | | | | • |
| Quaker Oatmeal with Bananas | 490 | 110 | 12 | 4 | 0 | 10 | 105 | 83 | 7 | 40 | 13 | | | • | | | | • | | | | • |
| Quaker Oatmeal with Blueberries | 460 | 110 | 12 | 4 | 0 | 10 | 105 | 77 | 6 | 38 | 12 | | | • | | | | • | | | | • |
| Quaker Oatmeal Plain (Instant) | 200 | 35 | 4 | 0 | 0 | 0 | 160 | 38 | 6 | 0 | 8 | | | | | | | | | | | • |
| Quaker Oatmeal with Brown Sugar, Milk and Margarine (Instant) | 410 | 100 | 11 | 3 | 0 | 10 | 250 | 70 | 6 | 32 | 12 | | | • | | | | • | | | | • |
| Quaker Oatmeal with Strawberries (Instant) | 420 | 100 | 11 | 3 | 0 | 10 | 250 | 73 | 7 | 34 | 12 | | | • | | | | • | | | | • |
| Quaker Oatmeal with Bananas (Instant) | 460 | 100 | 11 | 3 | 0 | 10 | 250 | 84 | 8 | 40 | 13 | | | • | | | | • | | | | • |
| Quaker Oatmeal with Blueberries (Instant) | 440 | 100 | 11 | 3 | 0 | 10 | 250 | 77 | 7 | 37 | 12 | | | • | | | | • | | | | • |
| Cottage Cheese | 90 | 35 | 3.5 | 2.5 | 0 | 15 | 330 | 3 | 0 | 2 | 10 | | | • | | | | | | | | |
| Fresh Fruit | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 1 | 6 | 0 | | | | | | | | | | | |
| Sliced Tomatoes | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1 | 2 | 1 | | | | | | | | | | | |
| Low-Fat Vanilla Yogurt | 80 | 5 | 0.5 | 0 | 0 | 5 | 35 | 16 | 0 | 12 | 3 | | | • | | | | | | | | |
| Bagel with Cream Cheese (3 oz) | 280 | 70 | 8 | 4 | 0 | 20 | 500 | 44 | 2 | 4 | 9 | | | • | | | | | | | • | • |
| Bagel with Cream Cheese (2.3 oz) | 240 | 70 | 8 | 4 | 0 | 20 | 410 | 34 | 1 | 4 | 7 | | | • | | | | • | | | • | • |
| Cinnamon Apples | 100 | 0 | 0 | 0 | 0 | 0 | 80 | 24 | 1 | 22 | 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 | 210 | 90 | 10 | 3.5 | 0 | 45 | 440 | 24 | 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 | 55 | 430 | 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 | | | • | | | • | | | • | • | |
| V.I.B. SUPREMES | | | | | | | | | | | | | | | | | | | | | | |
| 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

ON THE LIGHT SIDE V.I.B. COMBINATIONS

| | 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 | | |
|-------------------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|---|---|
| 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 | | | | | | • | | | | • | • |



Nutritional/Allergen Menu

| <i>crush</i> BURGERS | 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 | |
|---|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|---|
| Patty Melt (no side) | 930 | 560 | 63 | 26 | 0 | 135 | 1120 | 54 | 5 | 3 | 40 | | | • | | | • | | | | • | • |
| All-World Double Cheeseburger (no side) | 1480 | 990 | 110 | 43 | 0 | 245 | 1870 | 63 | 3 | 15 | 61 | • | | • | | | • | | | | • | • |
| All-American Cheeseburger, no cheese or side | 710 | 390 | 43 | 17 | 0 | 95 | 830 | 48 | 2 | 9 | 28 | | | • | | | • | | | | • | • |
| Substitute Grilled Chicken Breast (breast only) | 190 | 90 | 10 | 2 | 0 | 75 | 430 | 0 | 0 | 0 | 24 | | | | | | • | | | | | |
| ADDITIONAL BURGER ADD-ONS | | | | | | | | | | | | | | | | | | | | | | |
| 2 Bacon Strips | 60 | 50 | 6 | 2 | 0 | 10 | 260 | 0 | 0 | 0 | 3 | | | | | | | | | | | |
| Sliced Avocado | 80 | 70 | 7 | 1 | 0 | 0 | 0 | 4 | 3 | 0 | 1 | | | | | | | | | | | |
| Garlic Grilled Onions | 80 | 60 | 6 | 2 | 0 | 0 | 85 | 3 | 0 | 1 | 0 | | | • | | | • | | | | | |
| Garlic Grilled Mushrooms | 80 | 60 | 7 | 2 | 0 | 0 | 85 | 2 | 1 | 1 | 2 | | | • | | | • | | | | | |
| 2 Fried Onion Rings | 70 | 25 | 3 | 0 | 0 | 0 | 75 | 10 | 1 | 2 | 1 | | | • | | | • | | | | • | • |
| Beefy Red Chili | 70 | 40 | 4.5 | 1.5 | 0 | 10 | 290 | 5 | 1 | 1 | 4 | | | | | | • | | | | • | • |
| Fried Egg | 110 | 80 | 9 | 2.5 | 0 | 235 | 75 | 1 | 0 | 0 | 7 | • | | | | | | | | | | |
| CHOICE OF CHEESE, 1 SLICE | | | | | | | | | | | | | | | | | | | | | | |
| American | 70 | 50 | 6 | 3.5 | 0 | 15 | 240 | 0 | 0 | 0 | 4 | | | • | | | • | | | | | |
| Bleu | 100 | 70 | 8 | 5 | 0 | 25 | 380 | 1 | 1 | 0 | 6 | | | • | | | | | | | | |
| Cheddar | 110 | 80 | 9 | 5 | 0 | 30 | 180 | 1 | 0 | 0 | 7 | | | • | | | | | | | | |
| Mozzarella | 80 | 50 | 6 | 3.5 | 0 | 15 | 170 | 1 | 0 | 0 | 8 | | | • | | | | | | | | |
| Pepper Jack | 60 | 45 | 5 | 3 | 0 | 15 | 15 | 1 | 0 | 1 | 3 | | | • | | | • | | | | | |
| Swiss | 70 | 70 | 8 | 5 | 0 | 25 | 60 | 1 | 0 | 0 | 8 | | | • | | | | | | | | |
| <i>sandwich & burger</i> SIDES | | | | | | | | | | | | | | | | | | | | | | |
| Seasoned French Fries | 370 | 180 | 20 | 3 | 0 | 0 | 270 | 34 | 3 | 0 | 3 | | | | | | • | | | | | |
| 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 | | | | | | | | | | | |
| Side Salad (no dressing) | 35 | 5 | 1 | 0 | 0 | 0 | 60 | 7 | 1 | 2 | 2 | | | • | | | | | | | • | • |
| Cup of Soup see soups section | | | | | | | | | | | | | | | | | | | | | | |



Nutritional/Allergen Menu

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 | • | • | • | | | • | | | • | • | |
| Thousand Island, 1.5 oz | 190 | 180 | 19 | 3 | 0 | 15 | 330 | 6 | 0 | 6 | 0 | • | | | | | • | | | | | |
| Thousand Island, 3 oz | 390 | 350 | 39 | 6 | 0 | 30 | 660 | 12 | 0 | 12 | 0 | • | | | | | • | | | | | |



Nutritional/Allergen Menu

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 | | | • | | | | | | • | • |
| 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 | | | • | | | • | | | • | • |



Nutritional/Allergen Menu

| | 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 |
|---|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|
| SOUPS & CHILI <i>continued</i> | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | |
| 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 | | | | | | | | | | |
| <i>savory</i> CHICKEN | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | |
| <i>servings</i> FROM THE SEA | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | |



Nutritional/Allergen Menu

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 |
|--|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|
| 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 | • | | • | | | • | | • | • | • |
| 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

| | 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 | |
|-------------------------------------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|--|
| Premium Roast Coffee, Regular | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | | |
| Premium Roast Coffee, Decaffeinated | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | | | | | | | | | | | |
| Iced Coffee | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | | |
| Iced Coffee, French Vanilla | 170 | 60 | 6 | 4 | 0 | 20 | 35 | 27 | 0 | 25 | 2 | | | • | | | | | | | | |
| Iced Coffee, Rich Caramel | 180 | 60 | 6 | 4 | 0 | 20 | 35 | 28 | 0 | 26 | 2 | | | • | | | | | | | | |
| Iced Coffee, Mocha | 170 | 60 | 7 | 4.5 | 0 | 20 | 50 | 28 | 1 | 22 | 3 | | | • | | | | | | | | |
| Hot Chocolate | 230 | 25 | 3 | 1.5 | 0 | 5 | 390 | 51 | 0 | 39 | 0 | | | • | | | | | • | | | |
| Milk, Small | 170 | 60 | 7 | 4 | 0 | 25 | 170 | 16 | 0 | 16 | 11 | | | • | | | | | | | | |
| Milk, Large | 290 | 100 | 11 | 7 | 0 | 45 | 290 | 27 | 0 | 27 | 18 | | | • | | | | | | | | |
| Chocolate Milk, Small (Whole Milk) | 290 | 90 | 11 | 7 | 0 | 45 | 260 | 38 | 0 | 35 | 11 | | | • | | | | | | | | |
| Chocolate Milk, Large (Whole Milk) | 500 | 160 | 18 | 11 | 0 | 80 | 450 | 65 | 0 | 61 | 18 | | | • | | | | | | | | |
| Chocolate Milk, Small (1% Milk) | 200 | 30 | 3.5 | 2 | 0 | 15 | 250 | 32 | 0 | 29 | 11 | | | • | | | | | | | | |
| Chocolate Milk, Large (1% Milk) | 340 | 50 | 6 | 3.5 | 0 | 25 | 430 | 54 | 0 | 50 | 18 | | | • | | | | | | | | |
| Hot Tea | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | | |
| Iced Tea | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | | |
| Iced Tea 'n' Lemonade | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 0 | 18 | 0 | | | | | | | | | | | |
| Raspberry Iced Tea | 90 | 0 | 0 | 0 | 0 | 0 | 10 | 24 | 0 | 24 | 0 | | | | | | | | | | | |
| Orange Juice, small | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 0 | 32 | 2 | | | | | | | | | | | |
| Orange Juice, large | 250 | 5 | 0 | 0 | 0 | 0 | 5 | 61 | 0 | 54 | 4 | | | | | | | | | | | |
| Cranberry Juice, small | 180 | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 43 | 0 | | | | | | | | | | | |
| Cranberry Juice, large | 310 | 0 | 0 | 0 | 0 | 0 | 5 | 77 | 0 | 74 | 0 | | | | | | | | | | | |
| Apple Juice, small | 140 | 0 | 0 | 0 | 0 | 0 | 20 | 35 | 0 | 34 | 0 | | | | | | | | | | | |
| Apple Juice, large | 250 | 0 | 0 | 0 | 0 | 0 | 40 | 61 | 0 | 59 | 0 | | | | | | | | | | | |
| Grapefruit Juice, small | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 29 | 1 | | | | | | | | | | | |
| Grapefruit Juice, large | 210 | 0 | 0 | 0 | 0 | 0 | 0 | 52 | 0 | 50 | 2 | | | | | | | | | | | |
| Tomato Juice, small | 100 | 0 | 0 | 0 | 0 | 0 | 1310 | 19 | 4 | 14 | 4 | | | | | | | | | | | |
| Tomato Juice, large | 170 | 0 | 0 | 0 | 0 | 0 | 2250 | 33 | 7 | 23 | 7 | | | | | | | | | | | |
| Strawberry Limeade | 390 | 0 | 0 | 0 | 0 | 0 | 45 | 102 | 1 | 97 | 0 | | | | | | | | | | | |
| Blueberry Pomegranate Limeade | 280 | 0 | 0 | 0 | 0 | 0 | 30 | 69 | 1 | 67 | 0 | | | | | | | | | | | |
| Strawberry Lemonade | 180 | 0 | 0 | 0 | 0 | 0 | 20 | 46 | 0 | 42 | 0 | | | | | | | | | | | |
| Chocolate Shake | 540 | 230 | 26 | 15 | 0 | 120 | 160 | 66 | 1 | 60 | 11 | • | | • | | | | | | | | |



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 | |
|-------------------------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|---|
| Strawberry Shake | 480 | 230 | 25 | 15 | 0 | 120 | 170 | 53 | 0 | 50 | 10 | • | | • | | | | | | | | |
| Vanilla Shake | 520 | 230 | 25 | 15 | 0 | 120 | 150 | 63 | 0 | 61 | 10 | • | | • | | | | | | | | |
| Cookies 'n' Cream Shake | 530 | 260 | 29 | 16 | 0 | 120 | 220 | 57 | 0 | 48 | 11 | • | | • | | | • | | | | • | • |
| Coke | 140 | 0 | 0 | 0 | 0 | 0 | 45 | 39 | 0 | 39 | 0 | | | | | | | | | | | |
| 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 | | | | | | | | | | | |
| Cherry Coke | 160 | 0 | 0 | 0 | 0 | 0 | 5 | 42 | 0 | 42 | 0 | | | | | | | | | | | |
| Hi-C Punch | 160 | 0 | 0 | 0 | 0 | 0 | 15 | 42 | 0 | 42 | 0 | | | | | | | | | | | |
| Mello Yellow | 160 | 0 | 0 | 0 | 0 | 0 | 10 | 44 | 0 | 44 | 0 | | | | | | | | | | | |
| Orange Fanta | 160 | 0 | 0 | 0 | 0 | 0 | 60 | 45 | 0 | 44 | 0 | | | | | | | | | | | |
| Pibb Extra | 140 | 0 | 0 | 0 | 0 | 0 | 20 | 39 | 0 | 39 | 0 | | | | | | | | | | | |
| Barq's | 160 | 0 | 0 | 0 | 0 | 0 | 70 | 45 | 0 | 45 | 0 | | | | | | | | | | | |

COCKTAILS *(Limited availability)*

| | 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 | |
|--------------------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|---|
| Bloody Mary, glass | 190 | 5 | 1 | 0 | 0 | 0 | 1300 | 11 | 1 | 7 | 2 | | • | | | | • | | | | • | • |
| Mimosa, glass | 110 | 0 | 0 | 0 | 0 | 0 | 10 | 10 | 0 | 8 | 1 | | | | | | | | | | | |
| Prosecco, glass | 130 | 0 | 0 | 0 | 0 | 0 | 10 | 5 | 0 | 2 | 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 | • | | • | | | • | | | | • | • |



Nutritional/Allergen Menu

kids' MENU ITEMS *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 |
|---|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|
| 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 | | | • | | | | | | • | • |
| Quesadilla | 620 | 390 | 43 | 22 | 0 | 75 | 1400 | 55 | 3 | 4 | 30 | | | • | | | • | | | • | • |
| Clucker Dunkers Grilled | 430 | 310 | 34 | 1.5 | 0 | 95 | 760 | 2 | 0 | 2 | 25 | • | | • | | | • | | | | |
| Clucker Dunkers Crispy | 500 | 320 | 35 | 2 | 0 | 110 | 1140 | 11 | 0 | 3 | 31 | • | | • | | | • | | | • | • |
| KIDS' SIDES | | | | | | | | | | | | | | | | | | | | | |
| Fresh Fruit | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 1 | 6 | 0 | | | | | | | | | | |
| Banana Slices | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 2 | 7 | 1 | | | | | | | | | | |
| Hash Browns | 160 | 60 | 7 | 1.5 | 0 | 0 | 390 | 20 | 1 | 0 | 3 | | | | | | • | | | | |
| Cinnamon Apples | 100 | 0 | 0 | 0 | 0 | 0 | 80 | 24 | 1 | 22 | 0 | | | • | | | | | | | |
| Fresh Broccoli | 25 | 5 | 0 | 0 | 0 | 0 | 25 | 4 | 2 | 1 | 3 | | | | | | | | | • | |
| French Fries | 370 | 180 | 20 | 3 | 0 | 0 | 270 | 34 | 3 | 0 | 3 | | | | | | | | | | |
| Natural Applesauce | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 1 | 11 | 0 | | | | | | | | | | |
| Corn | 150 | 50 | 6 | 2 | 0 | 0 | 90 | 20 | 2 | 4 | 3 | | | • | | | • | | | | |



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 |
|------------------------------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|
| KIDS' SIDES continued | | | | | | | | | | | | | | | | | | | | | |
| Toast | | | | | | | | | | | | | | | | | | | | | |
| White (1 slice) | 140 | 45 | 5 | 1.5 | 0 | 0 | 200 | 17 | 1 | 1 | 3 | | | • | | | • | | | • | • |
| Wheat (1 slice) | 180 | 50 | 6 | 1.5 | 0 | 0 | 270 | 25 | 2 | 3 | 5 | | | • | | | • | | | • | • |
| Rye (1 slice) | 180 | 50 | 6 | 1.5 | 0 | 0 | 220 | 25 | 2 | 1 | 5 | | | • | | | • | | | • | • |
| Sourdough (1 slice) | 170 | 45 | 5 | 1.5 | 0 | 0 | 280 | 24 | 1 | 1 | 5 | | | • | | | • | | | • | • |
| 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 | | | • | | | • | | • | • | • |
| Kids' Salad | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | | | | | | | | | | |
| Pirate's Booty (pre-packed) | 130 | 45 | 5 | 1 | 0 | 0 | 140 | 19 | 0 | 0 | 2 | | | • | | | | | | | |
| Simply Go-GURT® | 70 | 5 | 0.5 | 0 | 0 | 5 | 30 | 13 | 0 | 10 | 2 | | | • | | | | | | | |
| KIDS' DRINKS | | | | | | | | | | | | | | | | | | | | | |
| Milk | 150 | 50 | 6 | 3.5 | 0 | 25 | 150 | 14 | 0 | 14 | 9 | | | • | | | | | | | |
| Chocolate Milk (Whole Milk) | 250 | 80 | 9 | 6 | 0 | 40 | 230 | 33 | 0 | 30 | 9 | | | • | | | | | | | |
| Chocolate Milk (1% Milk) | 170 | 25 | 3 | 1.5 | 0 | 10 | 210 | 27 | 0 | 25 | 9 | | | • | | | | | | | |
| Lemonade | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 0 | 21 | 0 | | | | | | | | | | |
| Strawberry Lemonade | 100 | 0 | 0 | 0 | 0 | 0 | 10 | 26 | 0 | 24 | 0 | | | | | | | | | | |
| Coke | 80 | 0 | 0 | 0 | 0 | 0 | 25 | 23 | 0 | 23 | 0 | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Cherry Coke | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 25 | 0 | | | | | | | | | | |
| Hi-C Punch | 90 | 0 | 0 | 0 | 0 | 0 | 10 | 25 | 0 | 25 | 0 | | | | | | | | | | |
| Mellow Yellow | 90 | 0 | 0 | 0 | 0 | 0 | 5 | 25 | 0 | 25 | 0 | | | | | | | | | | |
| Orange Fanta | 90 | 0 | 0 | 0 | 0 | 0 | 35 | 26 | 0 | 26 | 0 | | | | | | | | | | |
| Pibb Extra | 80 | 0 | 0 | 0 | 0 | 0 | 10 | 23 | 0 | 23 | 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 | | | | | | | | | | |



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 | |
|-------------------------------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|--|
| KIDS' DRINKS continued | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | |

KIDS' DESSERTS

| | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------|-----|-----|----|-----|---|----|----|----|---|----|---|---|--|---|--|--|---|--|---|---|--|---|
| 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 | • | | • | | | | | | | | |

senior BRIGHSIDE 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 |
|--|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|
| Senior Buttermilk Pancakes | 490 | 190 | 21 | 7 | 0 | 110 | 1070 | 60 | 1 | 15 | 11 | • | | • | | | • | | | • | • |
| Senior Strawberry Crepes with bacon strip | 540 | 230 | 26 | 9 | 0 | 125 | 670 | 64 | 3 | 25 | 12 | • | | • | | | • | | | • | • |
| Senior Strawberry Crepes with sausage link | 580 | 260 | 29 | 11 | 0 | 135 | 700 | 64 | 3 | 25 | 13 | • | | • | | | • | | | • | • |
| Senior French Toast with 2 bacon strips | 520 | 300 | 34 | 10 | 0 | 410 | 700 | 33 | 1 | 8 | 21 | • | | • | | | • | | | • | • |
| Senior French Toast with 2 sausage links | 600 | 360 | 40 | 12 | 0 | 430 | 760 | 34 | 1 | 9 | 23 | • | | • | | | • | | | • | • |
| Senior Belgian Waffle with 2 bacon strips | 490 | 310 | 35 | 11 | 0 | 305 | 840 | 26 | 0 | 1 | 14 | • | | • | | | • | | | • | • |
| Senior Belgian Waffle with 2 sausage links | 570 | 370 | 42 | 14 | 0 | 325 | 900 | 27 | 0 | 1 | 17 | • | | • | | | • | | | • | • |
| Senior Chicken-Fried Steak & Eggs | 1000 | 530 | 59 | 16 | 0 | 575 | 2280 | 81 | 3 | 10 | 34 | • | | • | | | • | | • | • | • |
| Senior Skillet | 1110 | 650 | 72 | 21 | 0 | 365 | 1740 | 88 | 6 | 12 | 35 | • | | • | | | • | | | • | • |
| Senior Breakfast with 2 bacon strips | 490 | 270 | 30 | 9 | 0 | 315 | 1000 | 37 | 1 | 9 | 16 | • | | • | | | • | | | • | • |
| Senior Breakfast with 2 sausage links | 600 | 360 | 40 | 12 | 0 | 430 | 760 | 34 | 1 | 9 | 23 | • | | • | | | • | | | • | • |
| Senior Ham & Cheese Omelette | 810 | 460 | 51 | 18 | 0 | 585 | 1760 | 61 | 2 | 10 | 34 | • | | • | | | • | | | • | • |
| Senior Veggie Omelette | 640 | 180 | 20 | 7 | 0 | 100 | 1390 | 92 | 6 | 31 | 30 | • | | • | | | • | | | • | • |



Nutritional/Allergen Menu

senior SATISFYING LUNCH

| | 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 | |
|--|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|--|
| Senior Bacon, Lettuce & Tomato Sandwich | 810 | 420 | 47 | 7 | 0 | 30 | 1180 | 70 | 5 | 3 | 16 | • | | | | | • | | | • | • | |
| Senior Half Turkey Sandwich | 230 | 90 | 10 | 1 | 0 | 30 | 500 | 18 | 1 | 2 | 13 | • | | | | | • | | | • | • | |
| Senior Half Ham Sandwich | 260 | 120 | 13 | 3 | 0 | 50 | 890 | 21 | 1 | 4 | 16 | • | | • | | | • | | | • | • | |
| Senior Soup Options see soup section | | | | | | | | | | | | | | | | | | | | | | |
| Senior Half Reuben | 750 | 380 | 42 | 11 | 0 | 55 | 1390 | 63 | 6 | 3 | 28 | • | | • | | | • | | | • | • | |
| Senior Open-Faced Sandwich - Turkey Breast | 390 | 110 | 12 | 5 | 0 | 30 | 1770 | 50 | 3 | 4 | 17 | | | • | | | • | | • | • | • | |
| Senior Open-Faced Sandwich - Roast Beef | 470 | 160 | 18 | 7 | 0 | 50 | 2180 | 53 | 3 | 3 | 25 | | | • | | | • | | • | • | • | |

EARLY DINNER DEALS

| | 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 | • | | • | | | • | | | • | • |
| Top Sirloin (Florida only) | 360 | 100 | 11 | 2.5 | 0 | 80 | 890 | 27 | 1 | 2 | 36 | • | | • | | | • | | | • | • |
| Early Dinner Breakfast Skillet | 1110 | 650 | 72 | 21 | 0 | 365 | 1740 | 88 | 6 | 12 | 35 | • | | • | | | • | | | • | • |

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 | • | | | | | • | | | | |



Nutritional/Allergen Menu

gluten sensitive CLASSIC BREAKFASTS 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 | |
|------------------------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|--|
| 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 | | | | | | • | | | | | |

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 | | | • | | | • | | | | | |



Nutritional/Allergen Menu

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 |
|---|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|
| CLASSIC FRUIT PIES | | | | | | | | | | | | | | | | | | | | | |
| 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 | • | | • | | | • | | | • | • |
| SEASONAL PIES | | | | | | | | | | | | | | | | | | | | | |
| Fresh Strawberry, Slice | 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 | • | | • | | | • | | | • | • |
| Pumpkin with Whipped Cream, Slice | 600 | 280 | 31 | 13 | 0 | 100 | 450 | 76 | 3 | 55 | 7 | • | | • | | | • | | | • | • |
| FEATURE PIES | | | | | | | | | | | | | | | | | | | | | |
| Peach Lattice, Slice | 450 | 210 | 23 | 10 | 0 | 10 | 390 | 56 | 2 | 27 | 4 | • | | • | | | • | | | • | • |
| Hawaiian Strawberry, Slice | 590 | 350 | 39 | 19 | 0 | 85 | 270 | 52 | 2 | 34 | 4 | | | • | | | • | | • | • | • |
| Ultimate Chocolate Chip Cookie Dough, Slice | 710 | 440 | 49 | 27 | 1 | 170 | 410 | 67 | 1 | 43 | 7 | • | | • | • | | • | | | • | • |
| SILKS & CREAM PIES | | | | | | | | | | | | | | | | | | | | | |
| 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 | • | | • | | | • | | • | • | • |



Pie Nutritional/Allergen Menu

| 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 |
|--|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|
| SILKS & CREAM PIES continued | | | | | | | | | | | | | | | | | | | | | |
| 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 | • | | • | | | • | | | • | • |
| CAKES | | | | | | | | | | | | | | | | | | | | | |
| 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 | • | | • | | | • | | • | • | • |
| DESSERT TOPPINGS | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | • | | | • | |

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Feature 2 Nutritional/Allergen Menu

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FEATURE 2

| | 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 |
|---------------------------------------|----------------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|------|------|------|---------|-----------|-----|-------------|-----------|-------|--------|
| EGGS | | | | | | | | | | | | | | | | | | | | | |
| 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 | • | | | | | | | | | |
| SIDEWINDER SCRAMBLES | | | | | | | | | | | | | | | | | | | | | |
| Nashville Scramble | 1340 | 800 | 89 | 27 | 0 | 620 | 3480 | 93 | 4 | 14 | 41 | • | | • | | | • | | • | • | • |
| Harvest Scramble | 1110 | 630 | 71 | 18 | 0 | 550 | 2310 | 88 | 6 | 12 | 27 | • | | • | | | • | | | • | • |
| Bacon Cheeseburger Scramble | 1480 | 930 | 104 | 35 | 0 | 665 | 2870 | 86 | 5 | 12 | 48 | • | | • | | | • | | | • | • |

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