



# 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	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	430	48	14	0	565	1610	58	2	9	31	•		•			•		•	•	•
Sausage Links & Eggs	1020	590	66	19	1	610	2050	61	2	10	41	•		•			•		•	•	•
Sausage Patties & Eggs	1190	760	85	29	0	640	2380	63	2	10	38	•		•			•		•	•	•
Biscuits & Gravy with Eggs	1520	910	102	40	0	600	3910	100	4	6	45	•		•			•		•	•	•
2-2-2 Breakfast with Bacon	600	340	38	11	0	555	1030	38	1	9	24	•		•			•		•	•	•
2-2-2 Breakfast with Sausage	710	420	47	14	0	575	1250	40	1	9	29	•		•			•		•	•	•
Corned Beef Hash & Eggs	950	440	49	13	2	590	2470	78	5	11	43	•		•			•		•	•	•
1/2 lb Chicken-Fried Steak & Eggs	1440	750	84	22	1	615	3390	111	3	9	53	•		•			•		•	•	•
Ultimate Breakfast	1150	680	76	23	1	650	3140	63	2	12	52	•		•			•		•	•	•
Top Sirloin & Eggs	940	450	50	14	0	585	1920	61	2	9	53	•		•			•		•	•	•
Eggs Benedict	840	410	46	12	0	540	3100	64	3	4	38	•		•			•		•	•	•

## *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	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	1510	920	103	32	1	665	2710	97	7	14	63	•		•			•		•	•	•
Garden Fresh Skillet	1210	730	81	26	0	575	1400	91	7	11	40	•		•			•		•	•	•
California Skillet	1370	820	91	36	0	590	1880	103	11	12	49	•		•			•		•	•	•



# 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	Tree Nuts	Wheat	Gluten
Rio Grande Skillet with Grilled Chicken	1400	820	92	30	0	655	2620	101	9	17	58	•		•			•		•	•
Rio Grande Skillet with Pork Carnitas	1460	840	94	31	0	645	2670	103	9	17	63	•		•			•		•	•
Chicken-Fried Steak Skillet	1630	890	99	23	0	595	2900	128	7	10	49	•		•			•		•	•

## *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	Tree Nuts	Wheat	Gluten
French Toast Combo with Bacon	710	320	35	10	0	575	960	65	1	17	33	•		•			•		•	•
French Toast Combo with Sausage	820	400	44	13	0	605	1150	66	1	17	38	•		•			•		•	•
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	310	34	11	0	355	1100	48	1	1	19	•		•			•		•	•
Belgian Waffle Combo with sausage	710	390	43	14	0	385	1290	48	1	2	24	•		•			•		•	•
Just the Belgian Waffle	440	190	21	7	0	105	810	47	1	1	8	•		•			•		•	•

## 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

## 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	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	900	490	55	19	0	805	1830	66	3	11	41	•		•			•		•	•	
Country Music Star Omelette	1210	730	82	30	0	870	2720	70	3	12	52	•		•			•		•	•	
Fresh Spinach & Bacon Omelette	980	530	59	20	1	805	2170	69	3	10	44	•		•			•		•	•	
Garden Veggie Omelette	760	230	25	9	0	140	1810	99	7	32	40	•		•			•		•	•	
<b>CREATE YOUR OWN OMELETTE</b>																					
Create Your Own Omelette (no add-ins)	860	480	53	18	0	790	1490	62	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	40	25	2.5	1	0	5	210	3	0	0	1			•			•		•	•	
Bacon	30	20	2	1	0	5	105	0	0	0	2										
Sausage Link	80	60	7	2	0	20	200	0	0	0	5										
Sausage Patty	240	200	22	9	0	55	570	1	0	1	8										
Ham	35	15	1.5	0.5	0	15	340	2	0	1	5										
Carnitas	70	25	2.5	1.5	0	30	370	0	0	0	11										
Avocado	80	70	7	1	0	0	0	4	3	0	1										



# Nutritional/Allergen Menu

## 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	Tree Nuts	Wheat	Gluten
Smothered Breakfast Burrito with Pork Carnitas	1370	710	80	22	0	560	2200	118	11	11	55	•		•			•		•	•
Smothered Breakfast Burrito with Roasted Chicken Breast	1330	700	78	21	0.5	555	2190	118	11	11	50	•		•			•		•	•
Tres Huevos Rancheros with Pork Carnitas	1020	550	62	22	0	805	2050	59	14	6	58	•		•			•			
Tres Huevos Rancheros with Roasted Chicken Breast	980	530	60	21	0.5	800	2050	59	14	6	53	•		•			•			

## 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	Tree Nuts	Wheat	Gluten
Buttermilk Pancake Combo with Bacon	850	360	40	12	0	415	1850	92	2	22	27	•		•			•		•	•
Buttermilk Pancake Combo with Sausage	950	450	49	15	0	405	2120	92	2	23	32	•		•			•		•	•
Just the Pancakes	680	240	26	8	0	125	1640	91	2	22	16	•		•			•		•	•
Double Blueberry Pancakes with Bacon	1000	250	28	9	0	185	1810	162	5	86	21	•		•			•		•	•
Double Blueberry Pancakes with Sausage	1100	340	37	12	0	175	2090	162	5	87	26	•		•			•		•	•
Fruit & Nut Multigrain Pancakes	720	140	16	6	0	0	1280	137	10	45	19	•		•			•	•	•	•
Strawberry Crepes Combo with Bacon	900	370	42	17	0.5	245	900	106	4	49	22	•		•			•		•	•
Strawberry Crepes Combo with Sausage	1000	450	51	19	0.5	275	1090	106	4	49	27	•		•			•		•	•

## 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	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 Egg Cheese Omelette	300	240	27	11	0	500	330	2	0	0	20	•		•			•			
2 Bacon Strips	60	40	4.5	1.5	0	15	210	0	0	0	4									
2 Sausage Links	160	120	14	4.5	0	45	410	1	0	1	9									



# 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	Tree Nuts	Wheat	Gluten		
1 Sausage Patty	230	190	21	9	0	55	570	1	0	1	8											
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 & 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			•			•				•	
Fresh Fruit	30	0	0	0	0	0	0	7	1	6	0											
Cinnamon Apples	100	0	0	0	0	0	80	24	1	22	0			•								
Grits	180	60	7	2.5	0	0	180	26	2	0	3			•			•					
Biscuit with Country Sausage Gravy	330	140	16	8	0	5	1120	38	1	2	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	170	25	2.5	0	0	0	380	30	2	1	6			•			•		•		•	
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	4	0	35	470	25	0	6	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	Tree Nuts	Wheat	Gluten	
2 Multigrain Pancakes	270	40	4.5	2.5	0	0	570	53	3	16	8	•		•			•		•	•	
2 Chocolate Chip Pancakes	370	110	12	6	0	45	470	59	2	34	6	•		•			•		•	•	
1 Strawberry Crepe	350	140	16	7	0	120	150	44	1	25	8	•		•			•		•	•	
<b>V.I.B. SUPREMES</b>																					
1/2 Ham Steak	230	170	19	6	0	65	1280	3	0	3	16										
Small Chicken-Fried Steak with Country Sausage Gravy	280	150	17	4.5	0	30	830	20	1	0	12	•		•			•		•	•	
Chicken Strips with Syrup	350	130	15	2	0	30	640	42	0	17	13	•		•			•		•	•	
Chicken Strips with Country Sausage Gravy	260	140	16	2.5	0	35	700	16	0	0	13	•		•			•		•	•	
2 Banana Nut Multigrain Pancakes	420	130	15	3.5	0	0	570	69	6	24	10	•		•			•	•	•	•	

## 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	Tree Nuts	Wheat	Gluten
Turkey Bacon Avocado Melt (no side)	860	440	49	12	0	95	1550	62	8	11	40	•		•			•		•	•
Marbled Rye Reuben (no side)	690	340	38	15	0	120	2000	57	4	5	46	•		•			•		•	•
Chicken Ranch (no side)	1320	850	94	23	0	155	2820	67	2	9	53	•		•			•		•	•
Bacon Lover's BLT (no side)	500	260	29	4.5	0	50	1030	37	2	3	20	•					•		•	•
Add a sunnyside egg	110	80	9	2.5	0	235	75	1	0	0	7	•					•			
Grown-Up Grilled Cheese (no side)	650	380	42	21	0	85	1700	38	2	3	35			•			•		•	•
Classic French Dip (no side)	770	340	38	16	0	140	3270	55	2	1	64			•			•		•	•
Double Decker Club (no side)	760	350	39	7	0	100	1910	55	2	6	41	•		•			•		•	•

## 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

## crush 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	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	970	109	43	0	250	1830	63	3	15	63	•		•			•		•	•
All-American Cheeseburger, no cheese (no 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	40	4.5	1.5	0	15	210	0	0	0	4									
Sliced Avocado	80	70	7	1	0	0	0	4	3	0	1									
2 Fried Onion Rings	70	25	3	0	0	0	75	10	1	2	1			•			•		•	•
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			•						

## sandwich & burger 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	Tree Nuts	Wheat	Gluten
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)	30	5	0.5	0	0	0	50	6	1	2	1			•					•	•
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	Tree Nuts	Wheat	Gluten	
Classy Cobb Salad (no dressing)	490	310	35	11	0	310	930	13	6	5	33	•		•			•				
Classy Cobb Salad (no dressing), lunch size	360	220	25	7	0	290	620	7	3	3	26	•		•			•				
Celebrity Chef Salad (no dressing)	440	200	22	8	0	315	1270	24	3	7	40	•		•					•	•	
Celebrity Chef Salad (no dressing), lunch size	270	130	14	5	0	275	680	13	2	4	24	•		•					•	•	
Southwest Salad	800	480	54	4.5	0	105	1150	46	10	15	34	•	•	•			•		•	•	
Southwest Salad, lunch size	430	270	30	3	0	50	580	24	5	8	17	•	•	•			•		•	•	
<b>SALAD DRESSINGS</b>																					
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	Tree Nuts	Wheat	Gluten
Half Paris Griller Sandwich	420	230	25	13	0	80	1310	27	1	1	36			•			•		•	•
Half Reuben Sandwich	340	170	19	8	0	60	900	28	2	2	23	•		•			•		•	•
Half Grown-Up Grilled Cheese Sandwich	320	190	21	10	0	40	730	19	1	2	17			•			•		•	•
Garden Salad	35	5	1	0	0	0	60	7	1	2	2			•					•	•
Southwest Salad	220	140	16	1	0	10	240	18	4	5	4	•	•	•			•		•	•

## 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	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	120	70	8	2.5	0	10	690	11	0	2	3			•		•	•		•	•
Clam Chowder, Bowl	250	140	15	4.5	0	15	1380	22	0	3	6			•		•	•		•	•
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			•			•		•	•



# 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	Tree Nuts	Wheat	Gluten
Wisconsin Cheese, Bowl	380	220	25	14	0	75	1700	24	0	10	19			•			•		•	•
Pork Green Chili, Cup	90	35	3.5	1	0	15	770	9	1	3	6									
Pork Green Chili, Bowl	180	70	7	2.5	0	30	1540	18	3	6	12									

## CRACKERS

Saltine Crackers	25	5	0.5	0	0	0	80	5	0	0	0							•	•	•
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## *savory* 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	Tree Nuts	Wheat	Gluten
Lemon Artichoke Chicken (no side)	560	310	35	9	0.5	155	1420	8	3	3	51			•			•			
Chicken Pot Pie (with side salad, no dressing)	1220	770	85	42	1	250	3160	82	5	11	29	•		•			•		•	•
Chicken Tenders (no side)	920	480	53	13	0	80	2320	70	2	2	37	•		•			•		•	•
Fish & Chips (no side)	1510	830	92	13	0	80	2860	122	14	7	36	•	•	•			•		•	•

## *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	Tree Nuts	Wheat	Gluten
1/2 lb Chicken-Fried Steak (no side)	1060	560	62	19	0.5	90	2990	84	2	2	36	•		•			•		•	•
Pot Roast (no side)	790	310	35	14	0	95	2310	64	3	4	48			•			•	•	•	•
All-American Meatloaf (no side)	890	430	48	18	0	190	3050	82	4	17	31	•		•			•	•	•	•
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			•			•	•	•	•



# Nutritional/Allergen Menu

## 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	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	200	50	6	2	0	0	110	28	4	9	5			•			•				
Rice Pilaf	100	30	3	2	0	10	320	16	1	0	2			•					•	•	
Cornbread Stuffing	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	40	25	2.5	1	0	5	210	3	0	0	1			•			•		•	•	

## 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	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									
Hot Chocolate	230	25	3	1.5	0	5	390	51	0	39	0			•				•		
Milk, Small (2%)	170	60	7	4	0	25	170	16	0	16	11			•						
Milk, Large (2%)	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			•						



# 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	Tree Nuts	Wheat	Gluten	
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										
Iced Tea 'n' Lemonade - 32 oz. To-Go	140	0	0	0	0	0	0	37	0	33	0										
BRISK® Raspberry Iced Tea	70	0	0	0	0	0	80	19	0	19	0										
BRISK® Raspberry Iced Tea - 32 oz. To-Go	130	0	0	0	0	0	140	34	0	34	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	•		•							
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	•		•			•		•		•
PEPSI®	150	0	0	0	0	0	30	40	0	40	0										
PEPSI® - 32 oz. To-Go	280	0	0	0	0	0	55	74	0	74	0										
DIET PEPSI®	0	0	0	0	0	0	35	0	0	0	0										
DIET PEPSI® - 32 oz. To-Go	0	0	0	0	0	0	65	0	0	0	0										
MIST TWST®	150	0	0	0	0	0	35	39	0	39	0										



# 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	Tree Nuts	Wheat	Gluten	
MIST TWST® - 32 oz. To-Go	280	0	0	0	0	0	65	72	0	72	0										
MTN DEW®	170	0	0	0	0	0	60	46	0	46	0										
MTN DEW® - 32 oz. To-Go	300	0	0	0	0	0	110	84	0	84	0										
DR PEPPER®	140	0	0	0	0	0	45	39	0	38	0										
DR PEPPER® - 32 oz. To-Go	260	0	0	0	0	0	80	72	0	70	0										
Lemonade	150	0	0	0	0	0	0	39	0	36	0										
Lemonade - 32 oz. To-Go	280	0	0	0	0	0	0	72	0	66	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	Tree Nuts	Wheat	Gluten
Grilled French Toast	500	110	12	2.5	0	165	410	86	1	43	11	•		•			•		•	•
Junior Breakfast with Bacon	270	140	16	4	0	245	370	18	1	1	12	•		•			•		•	•
Junior Breakfast with Sausage Link	320	180	20	6	0	260	470	18	1	1	14	•		•			•		•	•
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	280	31	10	0	350	1240	56	1	14	21	•		•			•		•	•
The Vill-Inn with Chocolate Chip Pancakes with 2 Bacon Strips	660	320	35	12	0	355	1250	64	2	21	22	•		•			•		•	•
The Vill-Inn with Blueberry Pancakes with 2 Bacon Strips	620	280	31	10	0	350	1240	61	2	18	21	•		•			•		•	•
The Vill-Inn with Buttermilk Pancakes with 2 Sausage Links	700	360	40	12	0	380	1430	56	1	14	25	•		•			•		•	•
The Vill-Inn with Chocolate Chip Pancakes with 2 Sausage Links	770	400	44	15	0	385	1440	64	2	21	27	•		•			•		•	•
The Vill-Inn with Blueberry Pancakes with 2 Sausage Links	720	360	40	12	0	380	1430	61	2	18	26	•		•			•		•	•



# 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	Tree Nuts	Wheat	Gluten	
Bucky's Mini-Hotcakes	470	80	9	2.5	0	65	710	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	600	420	46	3.5	0	70	1210	24	1	2	20	•		•			•		•	•	
<b>KIDS' SIDES</b>																					
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	200	50	6	2	0	0	110	28	4	9	5			•			•				
<b>Toast</b>																					
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			•							



# 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	Tree Nuts	Wheat	Gluten	
<b>KIDS' DRINKS</b>																					
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										
Hot Chocolate	180	25	2.5	1.5	0	5	290	39	0	29	0			•				•			
Minute Maid® Fruit Punch	40	0	0	0	0	0	10	10	0	9	0										
PEPSI®	90	0	0	0	0	0	15	24	0	24	0										
DIET PEPSI®	0	0	0	0	0	0	20	0	0	0	0										
MIST TWST®	90	0	0	0	0	0	20	23	0	23	0										
MTN DEW®	100	0	0	0	0	0	35	27	0	27	0										
DR PEPPER®	80	0	0	0	0	0	25	23	0	22	0										
BRISK® Raspberry Iced Tea	40	0	0	0	0	0	45	11	0	11	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® cookie pieces	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	•		•							

## 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	Tree Nuts	Wheat	Gluten
Right Size Chicken-Fried Steak	640	330	37	13	0	35	1780	54	2	2	17	•		•			•		•	•
Slow Roasted Turkey	570	200	22	9	0	55	1850	58	1	21	26			•			•		•	•
Smothered Chicken	520	270	31	9	0	100	810	29	1	3	38			•			•		•	•



# Nutritional/Allergen Menu

## EARLY DINNER DEALS

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	Tree Nuts	Wheat	Gluten
Top Sirloin (Florida only)	360	100	11	2.5	0	80	890	27	1	2	36			•			•		•	•
Early Dinner Breakfast Skillet	1120	650	72	20	0	375	1760	88	6	12	37	•		•			•		•	•
Chopped Steak	500	410	44	34	0	90	1560	6	0	2	7			•			•		•	•
Southern Chicken-Fried Chicken	780	410	46	14	0	58	2260	63	3	3	26	•		•			•		•	•

## *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	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	310	34	9	0	500	970	29	2	6	25	•					•			
Sausage Links & Eggs	730	470	53	15	0.5	560	1350	30	2	7	35	•					•			
Sausage Patties & Eggs	880	630	70	24	0	590	1670	31	2	7	32	•					•			
Ultimate Breakfast	850	560	62	18	0.5	595	2440	32	2	9	46	•					•			
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	Tree Nuts	Wheat	Gluten
Ultimate Skillet	950	640	72	27	0.5	610	2220	41	4	11	55	•		•			•			
Garden Skillet	650	450	51	20	0.5	525	910	35	3	8	32	•		•			•			





# 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	Tree Nuts	Wheat	Gluten
Junior Breakfast with bacon and fresh fruit	170	100	11	3.5	0	245	190	8	1	6	9	•					•			
Junior Breakfast with sausage link and fresh fruit	220	140	16	4.5	0	260	280	8	1	6	12	•					•			
Junior Breakfast with bacon and hash browns	290	160	18	4.5	0	245	570	21	1	0	11	•					•			
Junior Breakfast with sausage link and hash browns	350	200	23	6	0	260	660	21	1	0	14	•					•			

## 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	Tree Nuts	Wheat	Gluten
Classy Cobb Salad (no dressing)	450	270	30	10	0	305	1020	14	6	5	32	•		•						
Classy Cobb Salad (no dressing), lunch size	270	160	18	6	0	270	550	8	3	3	20	•		•						
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	Tree Nuts	Wheat	Gluten
Top Sirloin, 6 oz	240	100	12	3.5	0	80	660	1	0	0	31			•			•			

## 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	Tree Nuts	Wheat	Gluten
See above																				



# Nutritional/Allergen Menu

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- Contains indicated allergen

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# Pie Nutritional/Allergen Menu

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## 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	Tree Nuts	Wheat	Gluten	
<b>CLASSIC FRUIT PIES</b>																					
Cherry, Slice	520	220	24	10	0	10	290	71	2	34	4	•		•			•		•	•	
Cherry, Whole	3130	1310	145	60	0	65	1760	428	12	206	26	•		•			•		•	•	
Country Apple, Slice	530	230	25	11	0	10	440	72	3	41	3	•		•			•		•	•	
Country Apple, Whole	3200	1360	152	67	0	65	2660	434	18	248	20	•		•			•		•	•	
Peach Lattice, Slice	450	210	23	10	0	10	390	56	2	27	4	•		•			•		•	•	
Peach Lattice, Whole	2720	1260	140	61	0	65	2360	338	12	164	26	•		•			•		•	•	
Strawberry Rhubarb, Slice	490	230	26	11	0	10	430	64	3	29	4	•		•			•		•	•	
Strawberry Rhubarb, Whole	2960	1380	154	65	0	65	2590	383	16	174	26	•		•			•		•	•	
Triple Berry, Slice	520	220	24	10	0	10	400	66	4	30	4	•		•			•		•	•	
Triple Berry, Whole	3140	1310	146	61	0	65	2420	398	24	182	26	•		•			•		•	•	
No-Sugar Added Apple, Slice	500	270	30	12	0	10	420	55	3	20	4	•		•			•		•	•	
No-Sugar Added Apple, Whole	2980	1600	177	72	0	65	2500	328	16	120	26	•		•			•		•	•	
<b>SEASONAL PIES</b>																					
Key Lime, Slice	560	210	23	11	0	65	190	75	0	61	7			•			•		•	•	
Key Lime, Whole	3350	1270	141	67	0	400	1140	449	0	363	42			•			•		•	•	
Pecan, Slice	670	300	33	11	0	125	450	85	3	68	7	•		•			•	•	•	•	
Pecan, Whole	4000	1800	200	64	0	760	2720	512	16	408	40	•		•			•	•	•	•	
<b>FEATURE PIES</b>																					
Hawaiian Strawberry, Slice	630	370	41	21	0	90	320	55	2	36	5			•			•	•	•	•	
Hawaiian Strawberry, Whole	3760	2210	246	125	3	545	1930	330	13	215	27			•			•	•	•	•	
Ultimate Chocolate Chip Cookie Dough, Slice	710	440	49	27	1	170	410	67	1	43	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	Tree Nuts	Wheat	Gluten	
<b>FEATURE PIES continued</b>																					
Ultimate Chocolate Chip Cookie Dough, Whole	4260	2650	294	162	6	1020	2460	402	6	258	42	•		•	•		•		•	•	
Peach Pecan Paradise, Slice	680	420	47	24	1	100	400	55	1	35	5			•			•	•	•	•	
Peach Pecan Paradise, Whole	4060	2520	280	145	6	600	2430	332	8	212	31			•			•	•	•	•	
<b>SILKS &amp; CREAM PIES</b>																					
Banana Cream, Slice	560	290	32	12	0	80	330	58	3	34	6	•		•			•	•	•	•	
Banana Cream, Whole	3330	1720	192	74	0	490	1980	347	16	207	39	•		•			•	•	•	•	
Caramel Pecan Silk Supreme, Slice	790	490	54	25	1	145	370	66	1	47	6	•		•			•	•	•	•	
Caramel Pecan Silk Supreme, Whole	4740	2930	325	153	6	880	2250	398	7	280	38	•		•			•	•	•	•	
Chocolate Peanut Butter Cup, Slice	810	480	54	27	0.5	160	400	76	2	63	9	•		•	•		•	•	•	•	
Chocolate Peanut Butter Cup, Whole	4890	2900	322	161	3	960	2400	454	12	377	54	•		•	•		•	•	•	•	
Coconut Cream, Slice	580	300	34	16	0	95	440	58	2	36	7	•		•			•	•	•	•	
Coconut Cream, Whole	3480	1820	202	98	0	570	2620	350	11	213	41	•		•			•	•	•	•	
French Silk, Slice	650	390	43	22	0.5	155	320	56	2	40	5	•		•			•		•	•	
French Silk, Whole	3920	2340	260	132	3	940	1920	339	10	242	32	•		•			•		•	•	
Lemon Meringue, Slice	450	120	13	6	0	15	320	77	0	55	2	•		•			•		•	•	
Lemon Meringue, Whole	2710	720	80	35	0	100	1900	461	0	331	10	•		•			•		•	•	
Lemon Supreme, Slice	820	480	53	29	1	160	380	78	1	58	5	•		•			•		•	•	
Lemon Supreme, Whole	4950	2860	318	177	6	965	2280	468	6	349	30	•		•			•		•	•	
<b>CAKES</b>																					
Carrot Cake, Slice	1320	580	64	23	1	170	720	170	5	136	15	•		•			•	•	•	•	
Carrot Cake, Whole	10560	4610	512	184	8	1360	5760	1360	40	1088	120	•		•			•	•	•	•	
Cheesecake, Slice, Plain	500	310	34	20	1	155	580	40	1	29	8	•		•			•		•	•	
Cheesecake, Whole, Plain	6010	3680	409	240	12	1860	6970	481	12	348	96	•		•			•		•	•	



# 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	Tree Nuts	Wheat	Gluten	
<b>CAKES continued</b>																					
Cheesecake, Slice with Blueberry Topping	560	310	34	20	1	155	600	55	2	43	8	•		•			•		•	•	
Cheesecake, Slice with Strawberry Topping	540	310	34	20	1	155	600	50	1	38	8	•		•			•		•	•	
Cheesecake, Slice with Caramel Pecan Sauce	650	380	43	25	1	175	640	56	1	45	8	•		•			•	•	•	•	
<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						•	•			

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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	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>BREAKFAST FEATURES</b>																					
Big Country Skillet	1360	840	93	29	0	630	2090	91	6	11	45	•		•			•		•	•	
Triple Play with French Toast and Bacon	860	480	53	15	0.5	975	1050	51	1	13	43	•		•			•		•	•	
Triple Play with French Toast and Sausage	1010	600	67	19	0.5	1020	1340	52	1	14	50	•		•			•		•	•	
Triple Play with Pancakes and Bacon	720	420	47	14	0	795	1190	39	1	9	33	•		•			•		•	•	
Triple Play with Pancakes and Sausage	870	550	61	18	0	845	1480	40	1	10	40	•		•			•		•	•	
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			•							
Tomato Florentine Omelette	1080	650	74	27	0.5	845	1920	69	4	12	55	•		•			•		•	•	
<b>LUNCH/DINNER FEATURES</b>																					
Reuben Burger (no side)	1100	730	81	31	0	185	1960	55	2	13	54	•		•			•		•	•	
Patty Melt (no side)	930	560	63	26	0	135	1120	54	5	3	40			•			•		•	•	



# Feature 2 Nutritional/Allergen Menu

## FEATURE 2 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	Tree Nuts	Wheat	Gluten	
<b>BURGER SIDES</b>																					
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)	30	5	0.5	0	0	0	50	6	1	2	1			•					•	•	
<b>SOUPS</b>																					
Chicken Noodle, Cup	45	0	0	0	0	15	760	8	1	1	3	•							•	•	
Tomato Basil, Cup	180	130	15	9	0	45	590	9	1	4	1			•			•				
Clam Chowder, Cup	120	70	8	2.5	0	10	690	11	0	2	3			•		•	•		•	•	
Cream of Broccoli, Cup	90	50	5	3.5	0	15	600	6	2	1	3			•			•		•	•	
Vegetable Beef, Cup	80	30	3	1	0	5	670	9	2	3	3						•		•	•	
Wisconsin Cheese, Cup	190	110	12	7	0	40	870	13	0	5	10			•			•		•	•	

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