



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!

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	•									
1/2 lb Chicken-Fried Steak & Eggs	1480	810	91	23	1	630	3560	110	3	9	54	•		•			•		•	•	
1/2 lb Chicken-Fried Steak & Eggs, without Pancakes	1180	690	78	19	1	565	2910	73	3	0	47	•		•			•		•	•	
Ultimate Breakfast	1080	600	67	19	0.5	650	3240	61	2	12	55	•		•			•		•	•	
Ultimate Breakfast, without Pancakes	780	480	54	15	0.5	580	2590	25	1	3	49	•					•				
Bacon & Eggs	860	490	55	15	0.5	565	1840	59	2	9	31	•		•			•		•	•	
Sausage Links & Eggs	1060	650	73	21	1	625	2220	60	2	10	41	•		•			•		•	•	
Sausage Patties & Eggs	1240	820	92	30	0.5	655	2560	61	2	10	38	•		•			•		•	•	
Bacon & Eggs, without Pancakes	560	370	41	11	0.5	500	1190	22	1	0	24	•					•				
Sausage Links & Eggs, No Pancakes	760	530	59	16	1	560	1570	23	1	1	34	•					•				
Sausage Patties & Eggs, No Pancakes	920	690	77	25	0.5	590	1890	24	1	1	31	•					•				
Biscuits & Gravy with Eggs	1580	970	109	41	0.5	600	4130	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	700	420	47	14	0	585	1220	39	1	9	29	•		•			•		•	•	
2-2-2 Breakfast with Bacon, without Pancakes	280	200	23	7	0	485	360	2	0	0	17	•					•				
2-2-2 Breakfast with Sausage, without Pancakes	380	290	32	9	0	515	550	2	0	1	22	•					•				
2-2-2 Breakfast with Sausage Patty	680	460	51	17	0	575	1160	27	0	7	25	•		•			•		•	•	
2-2-2 Breakfast with Sausage Patty, without Pancakes	460	360	41	14	0	530	710	3	0	1	21	•					•				
Eggs Benedict	790	330	37	9	0.5	525	3250	64	4	3	41	•		•			•		•	•	
Corned Beef Hash & Eggs	1000	500	56	15	1.5	605	2650	76	5	11	43	•		•			•		•	•	
6 oz. Top Sirloin & Eggs	980	510	57	15	0.5	620	2060	59	2	9	53	•		•			•		•	•	
Top Sirloin & Eggs, without Pancakes	680	390	44	11	0.5	550	1410	23	1	0	46	•		•			•				



Nutritional/Allergen Menu

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	Tree Nuts	Wheat	Gluten
Smothered Breakfast Burrito with Roasted Chicken Breast	1340	700	78	21	0.5	560	2030	118	11	11	52	•		•			•		•	•
Smothered Breakfast Burrito with Pork Carnitas	1370	710	80	22	0	560	2200	118	11	11	55	•		•			•		•	•
Tres Huevos Rancheros with Roasted Chicken Breast	1360	600	67	22	0.5	805	2100	129	25	15	62	•		•			•			
Tres Huevos Rancheros with Pork Carnitas	1390	610	68	24	0.5	805	2270	129	25	15	65	•		•			•			

signature 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	1490	920	103	32	0.5	680	2660	95	7	14	63	•		•			•		•	•
Ultimate Skillet, without Pancakes	1180	800	89	28	0.5	610	2010	58	6	6	57	•		•			•			
Chicken-Fried Steak Skillet	1610	890	99	23	0	610	2850	126	7	10	49	•		•			•		•	•
Chicken-Fried Steak Skillet, without Pancakes	1310	770	86	19	0	540	2200	90	6	1	42	•		•			•		•	•
Garden Fresh Skillet	1190	730	81	26	0	590	1350	89	7	11	40	•		•			•		•	•
Garden Fresh Skillet, without Pancakes	880	610	68	21	0	525	700	52	6	2	34	•		•			•			
California Skillet	1350	820	91	26	0	605	1830	101	11	12	49	•		•			•		•	•
California Skillet, without Pancakes	1050	690	78	22	0	535	1180	64	10	3	42	•		•			•		•	•
Rio Grande Skillet with Grilled Chicken	1410	830	92	30	0	665	2450	101	9	17	59	•		•			•		•	•
Rio Grande Skillet with Pork Carnitas	1450	860	96	32	0	665	2650	101	9	17	62	•		•			•		•	•
Rio Grande Skillet with Grilled Chicken, without Pancakes	1110	700	79	26	0	595	1800	65	8	8	53	•		•			•			
Rio Grande Skillet with Pork Carnitas, without Pancakes	1150	740	83	28	0	595	2000	65	8	8	55	•		•			•			



Nutritional/Allergen Menu

griddle 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
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	•		•			•		•	•
Belgian Waffle Combo with Sausage Patty	790	470	52	19	0	400	1450	49	1	2	23	•		•			•		•	•
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	•		•			•		•	•
French Toast Combo with Sausage Patty	890	480	53	17	0	620	1310	67	1	17	36	•		•			•		•	•
Buttermilk Pancake Combo with Bacon	850	360	40	12	0	415	1850	92	2	22	27	•		•			•		•	•
Buttermilk Pancake Combo with Sausage	950	440	49	15	0	445	2040	92	2	23	32	•		•			•		•	•
Just the Pancakes	680	230	26	8	0	165	1560	91	2	22	16	•		•			•		•	•
Buttermilk Pancake Combo with Sausage Patty	1030	520	58	20	0	460	2200	93	2	23	30	•		•			•		•	•
Double Blueberry Pancakes with Bacon	1000	250	28	9	0	185	1810	162	5	86	21	•		•					•	•
Double Blueberry Pancakes with Sausage	1100	330	37	12	0	215	2010	162	5	87	26	•		•					•	•
Double Blueberry Pancakes with Sausage Patty	1180	410	46	16	0	230	2170	163	5	87	24	•		•					•	•
Fruit & Nut Multigrain Pancakes	720	140	16	6	0	0	1280	137	10	45	19	•		•			•	•	•	•
Strawberry Crepes Combo with Bacon	960	430	49	18	0.5	245	1130	106	4	49	22	•		•			•		•	•
Strawberry Crepes Combo with Sausage	1060	520	58	21	1	275	1320	107	4	49	27	•		•			•		•	•
Strawberry Crepes Combo with Sausage Patty	1140	590	66	25	0.5	290	1480	107	4	50	26	•		•			•		•	•
Strawberry-Banana Supreme French Toast	850	300	33	13	0	375	690	114	4	57	26	•		•			•		•	•



Nutritional/Allergen Menu

griddle FAVORITES 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	
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			•							

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	
EGGS & MEATS																					
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 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.

	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	
EGGS & MEATS continued																					
1 Sausage Patty	230	190	21	9	0	55	570	1	0	1	8										
2 Turkey Sausage Links	100	70	8	2	0	40	340	0	0	0	10										
1/4 lb Burger Patty	240	190	21	9	0	60	50	0	0	0	12										
GRIDDLE GREATS																					
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	•		•			•		•	•	
1 Strawberry Crepe	350	140	16	7	0	120	150	44	1	25	8	•		•			•		•	•	
BREADS & GRAINS																					
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			•			•		•	•	
Grits	180	60	7	2.5	0	0	180	26	2	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			•			•			•	



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	Tree Nuts	Wheat	Gluten	
BREADS & GRAINS continued																					
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			•			•			•	
Biscuit with Country Sausage Gravy	330	140	16	8	0	5	1120	38	1	2	7			•			•		•	•	
POTATOES & FRUIT																					
Country Potatoes	420	220	25	3	0	0	180	45	5	0	5						•				
Golden Hash Browns	220	120	14	2.5	0	0	610	20	1	0	3						•				
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			•							
V.I.B. SUPREMES																					
1/2 Ham Steak	120	30	3.5	1.5	0	50	1210	2	0	2	19										
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	•		•			•	•	•	•	

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	950	550	62	20	0.5	820	2010	64	3	11	41	•		•			•		•	•
Denver Omelette, without Pancakes	650	430	48	16	0.5	750	1360	27	2	2	35	•		•			•		•	•
Country Music Star Omelette	1260	800	89	31	0.5	885	2900	69	3	12	52	•		•			•		•	•



Nutritional/Allergen Menu

Three-egg **OMELETTES** 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
Country Music Star Omelette, without Pancakes	960	680	76	27	0.5	820	2250	32	2	3	46	•		•			•		•	•
Garden Veggie Omelette	740	230	25	9	0	155	1760	97	7	32	40	•		•			•		•	•
Garden Veggie Omelette with Regular Eggs	860	350	39	14	0	725	1500	97	7	31	41	•		•			•		•	•
Garden Veggie Omelette with Egg Whites	710	200	22	8	0	15	1580	97	7	31	41	•		•			•		•	•
Garden Veggie Omelette, without Pancakes	340	170	18	6	0	155	910	17	2	9	29	•		•			•		•	•
Garden Veggie Omelette with Regular Eggs, without Pancakes	460	280	32	10	0	725	650	18	2	8	29	•		•			•		•	•
Garden Veggie Omelette with Egg Whites, without Pancakes	310	130	15	5	0	15	730	18	2	8	29	•		•			•		•	•
Fresh Spinach & Bacon Omelette	1030	590	66	21	0.5	820	2350	68	3	10	44	•		•			•		•	•
Fresh Spinach & Bacon Omelette, without Pancakes	730	470	53	17	0.5	755	1700	31	2	1	38	•		•			•		•	•



Nutritional/Allergen Menu

Three-egg OMELETTES *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	
CREATE YOUR OWN OMELETTE																					
Create Your Own Omelette (no add-ins)	900	540	60	20	0.5	805	1660	60	2	9	36	•		•			•		•	•	
Create Your Own Omelette without Cheese (no add-ins)	820	460	51	14	0.5	780	1480	59	2	9	29	•		•			•		•	•	
Create Your Own Omelette without Pancakes (no add-ins)	600	420	47	15	0.5	735	1010	23	1	0	29	•		•			•				
Create Your Own Omelette, without Cheese, without Pancakes (no add-ins)	520	340	38	9	0.5	710	830	22	1	0	22	•					•				
Onions	5	0	0	0	0	0	0	1	0	1	0										
Mushrooms	5	0	0	0	0	0	0	1	0	0	1										
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										
Fresh Spinach	5	0	0	0	0	0	10	1	0	0	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 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

BREAKFAST 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
Side of 3 Buttermilk Pancakes	300	120	13	4.5	0	65	650	37	1	9	6	•		•			•		•	•
Side of 3 Multigrain Pancakes (no margarine)	400	60	7	3.5	0	0	850	80	5	23	12	•		•			•		•	•

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
Marbled Rye Reuben (no side)	690	340	38	15	0	120	2000	57	4	5	46	•		•			•		•	•
Double Decker Club (no side)	760	350	39	7	0	100	1910	55	2	6	41	•		•			•		•	•
Turkey Bacon Avocado Melt (no side)	860	440	49	12	0	95	1550	62	8	11	40	•		•			•		•	•
Classic French Dip (no side)	770	340	38	16	0	140	3270	55	2	1	64			•			•		•	•
Grown-Up Grilled Cheese (no side)	650	380	42	21	0	85	1700	38	2	3	35			•			•		•	•
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	•					•		•	•

SANDWICH BREAD CHOICES

	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
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						•		•	•

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			•			•		•	•



Nutritional/Allergen Menu

crush BURGERS 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	
ADDITIONAL BURGER ADD-ONS																					
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	•					•				
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										
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)	30	5	0.5	0	0	0	50	6	1	2	1			•					•	•	
Cup of Soup see soups section																					



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 Grown-Up Grilled Cheese Sandwich	320	190	21	10	0	40	730	19	1	2	17			•			•		•	•	
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	•		•			•		•	•	
Garden Salad	35	5	1	0	0	0	60	7	1	2	2			•					•	•	
Southwest Salad	220	140	16	0.5	0	10	240	18	4	6	4	•		•			•		•	•	
Southwest Salad (no dressing)	120	45	5	0.5	0	0	50	16	4	5	3						•				
Cup of Soup see soups section																					

fresh 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)	500	320	35	11	0	320	750	13	6	5	35	•		•			•			
Classy Cobb Salad (no dressing), lunch size	370	220	25	7	0	300	430	7	3	3	28	•		•			•			
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	810	480	53	3.5	0	120	740	47	10	15	38	•		•			•		•	•
Southwest Salad, lunch size	440	270	30	2.5	0	60	370	24	5	8	19	•		•			•		•	•
Southwest Salad (no dressing)	490	190	21	3	0	90	180	42	10	12	36						•			

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						•			



Nutritional/Allergen Menu

fresh SALADS

SALAD DRESSINGS *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
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	160	150	16	0	0	15	280	2	0	2	1	•		•			•		•	•
Chipotle Ranch Dressing, 3 oz.	320	290	32	0	0	30	560	5	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	•					•			

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			•			•		•	•
Wisconsin Cheese, Bowl	380	220	25	14	0	75	1700	24	0	10	19			•			•		•	•
Pork Green Chili, Cup	90	35	4	1.5	0	15	860	10	2	3	7			•			•			
Pork Green Chili, Bowl	180	70	8	3	0	30	1720	20	3	6	13			•			•			



Nutritional/Allergen Menu

SOUPS & CHILI *continued*

CRACKERS

	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	
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						•			•	•

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 & Biscuit (no side)	1060	560	62	19	0.5	90	2990	84	2	2	36	•		•			•		•	•
All-American Meatloaf, Mashed Potatoes, Gravy & Texas Toast (no side)	890	430	48	18	0	190	3050	82	4	17	31	•		•			•	•	•	•
Lemon Artichoke Chicken (no side)	600	320	36	9	0.5	185	670	8	3	3	59			•			•			
Chicken Tenders & Biscuit (no side)	920	480	53	13	0	80	2320	70	2	2	37	•		•			•		•	•
Slow Roasted Turkey, Mashed Potatoes, Gravy, Cranberry Sauce & Biscuit	1000	320	35	15	0	80	3930	116	5	26	44			•			•	•	•	•
Pot Roast, Mashed Potatoes, Gravy & Texas Toast (no side)	790	310	35	14	0	95	2310	64	3	4	48			•			•	•	•	•
6 oz. Top Sirloin & Toast (no side)	360	100	11	2.5	0	80	890	27	1	2	36			•			•		•	•
Chicken Pot Pie (with side salad, no dressing)	1230	770	85	42	1	260	2920	82	5	11	32	•		•			•		•	•
Fish & Chips, Texas Toast & French Fries	1510	830	92	13	0	80	2860	122	14	7	36	•	•	•			•		•	•
All You Can Eat Fish Fry (first order), Coleslaw and French Fries	1190	690	76	11	0	200	1430	78	8	10	36	•	•	•			•		•	•
All You Can Eat Fish Fry (second order)	360	180	20	3	0	115	460	21	2	1	21		•	•			•		•	•



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			•					•	•	
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			•			•		•	•	
Cornbread Stuffing	200	60	7	2	0	0	900	29	1	3	5			•			•		•	•	

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									
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									



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	
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										
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			•							
Chocolate Milk, Large (1% Milk)	340	50	6	3.5	0	25	430	54	0	50	18			•							
Hot Chocolate	230	25	3	1.5	0	5	390	51	0	39	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 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 - 32 oz. To-Go	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										
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										
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										



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	
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										
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	•		•			•		•		•

classic SENIOR 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	
Senior Buttermilk Pancakes	490	190	21	7	0	110	1070	60	1	15	11	•		•			•		•		•
Senior Strawberry Crepes with Bacon Strip	600	290	32	11	0.5	125	870	64	3	25	13	•		•			•		•		•
Senior Strawberry Crepes with Sausage Link	650	330	37	12	0.5	140	960	64	3	25	15	•		•			•		•		•
Senior French Toast with 2 Bacon Strips	520	290	32	9	0	410	660	33	1	8	22	•		•			•		•		•
Senior French Toast with 2 Sausage Links	620	370	41	12	0	445	850	34	1	9	27	•		•			•		•		•
Senior Belgian Waffle with 2 Bacon Strips	490	300	33	11	0	310	800	27	0	1	15	•		•			•		•		•
Senior Belgian Waffle with 2 Sausage Links	590	380	42	14	0	340	990	27	0	1	20	•		•			•		•		•
Senior Chicken-Fried Steak & Eggs	1060	590	65	17	0.5	575	2360	80	3	9	35	•		•			•		•		•
Senior Skillet	1120	650	72	20	0	375	1760	88	6	12	37	•		•			•		•		•
Senior Breakfast with 2 Bacon Strips	490	260	29	9	0	315	950	37	1	9	17	•		•			•		•		•



Nutritional/Allergen Menu

classic SENIOR 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	Tree Nuts	Wheat	Gluten
Senior Breakfast with 2 Sausage Links	590	340	38	12	0	345	1140	38	1	9	22	•		•			•		•	•
Senior Ham & Cheese Omelette	880	520	58	19	0.5	585	1980	61	2	10	34	•		•			•		•	•
Senior Veggie Omelette	640	180	20	7	0	100	1390	92	6	31	30	•		•			•		•	•

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	Tree Nuts	Wheat	Gluten	
Senior Bacon, Lettuce & Tomato Sandwich	810	400	44	6	0	35	1090	71	5	3	19	•					•		•	•	
Senior Half Turkey Sandwich	230	90	10	1	0	30	500	18	1	2	13	•					•		•	•	
Senior Half Ham Sandwich	250	120	13	2.5	0	40	690	19	1	3	18	•		•			•		•	•	
Senior Sandwich Bread Choices see sandwich section																					
Senior Soup Options see soup section																					
Senior Half Reuben & French Fries	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	Tree Nuts	Wheat	Gluten
Right Size Chicken-Fried Steak & Biscuit	640	330	37	13	0	35	1780	54	2	2	17	•		•			•		•	•
Slow Roasted Turkey, Cranberry Sauce & Biscuit	570	200	22	9	0	55	1850	58	1	21	26			•			•		•	•
Smothered Chicken & Texas Toast	540	280	32	9	0	115	430	29	1	3	42			•			•		•	•
Chicken Stir-Fry Dinner Skillet	750	250	28	6	0	100	2500	80	4	21	41	•		•			•		•	•
Early Dinner Breakfast Skillet	1120	650	72	20	0	375	1760	88	6	12	37	•		•			•		•	•
Top Sirloin & Texas Toast (Florida only)	360	100	11	2.5	0	80	890	27	1	2	36			•			•		•	•



Nutritional/Allergen Menu

gluten sensitive CLASSIC BREAKFASTS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	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	590	370	41	11	0.5	500	1190	29	2	6	25	•					•				
Sausage Links & Eggs	790	530	60	16	1	560	1570	30	2	7	35	•					•				
Sausage Patties & Eggs	950	690	77	25	0.5	590	1900	32	2	7	32	•					•				
Ultimate Breakfast	800	480	54	15	0.5	580	2590	32	2	8	49	•					•				
Top Sirloin & Eggs	710	390	44	11	0.5	550	1420	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	1010	700	79	28	1	610	2440	41	4	11	55	•		•			•				
Garden Skillet	710	510	58	21	1	525	1130	35	4	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	Tree Nuts	Wheat	Gluten	
Classy Cobb Salad (no dressing)	500	320	35	11	0	320	750	13	6	5	35	•		•			•				
Classy Cobb Salad (no dressing), lunch size	370	220	25	7	0	300	430	7	3	3	28	•		•			•				
All-American Cheeseburger	400	280	31	13	0	95	390	7	2	4	19										



Nutritional/Allergen Menu

gluten sensitive DINNERS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
Top Sirloin, 6 oz	240	100	12	3.5	0	80	660	1	0	0	31			•			•				
GLUTEN SENSITIVE SIDES																					
See sides section																					

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 Bacon and Hash Browns	360	230	25	6	0.5	245	790	21	1	0	11	•					•				
Junior Breakfast with Sausage Link and Fresh Fruit	220	140	16	4.5	0	260	280	8	1	6	12	•					•				
Junior Breakfast with Sausage Link and Hash Browns	410	270	30	7	0.5	260	890	21	1	0	14	•					•				

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 beverage section																					

• Contains indicated allergen

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Kids Nutritional/Allergen Menu

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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	•		•			•		•	•	
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			•					•	•	
Clucker Dunkers Grilled	450	310	35	1.5	0	110	380	2	0	2	29	•		•			•				
Clucker Dunkers Crispy	600	420	46	3.5	0	70	1210	24	1	2	20	•		•			•		•	•	
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						•				
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						•				



Kids 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	Tree Nuts	Wheat	Gluten	
KIDS' SIDES continued																					
Natural Applesauce	50	0	0	0	0	0	0	13	1	11	0										
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			•			•		•	•	
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										
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										
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 - Apple	120	0	0	0	0	0	20	30	0	29	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® 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	•		•							



Kids Nutritional/Allergen Menu

- 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	
CLASSIC FRUIT PIES																					
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	500	220	24	10	0	10	440	68	4	30	4	•		•			•		•	•	
Triple Berry, Whole	3010	1310	145	60	0	65	2660	410	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	•		•			•		•	•	
FEATURE & SEASONAL PIES																					
European Truffle, Slice	770	460	51	27	1	155	380	73	2	53	8	•		•			•		•	•	
European Truffle, Whole	4610	2750	305	162	6	930	2270	437	12	317	48	•		•			•		•	•	
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			•			•		•	•	
Mint Brownie Blast, Slice	720	420	47	24	1	125	460	70	2	46	6	•		•			•		•	•	
Mint Brownie Blast, Whole	4320	2540	282	144	6	750	2760	420	12	276	36	•		•			•		•	•	
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	•		•			•	•	•	•	



Pie Nutritional/Allergen Menu

PIES continued

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
SILKS & CREAM PIES																					
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	660	390	43	22	1	165	330	56	1	41	5	•		•			•		•	•	
French Silk, Whole	3950	2330	259	131	5	1000	1960	337	9	244	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	•		•			•		•	•	
CAKES																					
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	•		•			•		•	•	
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	•		•			•	•	•	•	



Pie Nutritional/Allergen Menu

PIES continued

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
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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Triple Play Nutritional/Allergen Menu

TRIPLE PLAY

	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
Triple Play Breakfast Pancakes with Bacon	720	420	47	14	0	795	1190	39	1	9	33	•		•			•		•	•
Triple Play Breakfast Pancakes with Sausage	870	550	61	18	0	845	1480	40	1	10	40	•		•			•		•	•
Triple Play Breakfast French Toast with Bacon	860	480	53	15	0.5	975	1050	51	1	13	43	•		•			•		•	•
Triple Play Breakfast French Toast with Sausage	1010	600	67	19	0.5	1020	1340	52	1	14	50	•		•			•		•	•

- Contains indicated allergen

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



Feature 1 Nutritional/Allergen Menu

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

FEATURE 1

	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	
BREAKFAST FEATURES																					
Chicken-Fried Steak & Eggs	1480	810	91	23	1	630	3560	110	3	9	54	•		•			•		•	•	
Ultimate Skillet	1490	920	103	32	0.5	680	2660	95	7	14	63	•		•			•		•	•	
Tomato Florentine Omelette	1150	720	81	29	1	845	2140	69	4	12	55	•		•			•		•	•	
Strawberry Banana Supreme French Toast Combo with Bacon	630	300	34	11	0	435	630	58	2	29	24	•		•			•		•	•	
Strawberry Banana Supreme French Toast Combo with Sausage Links	730	380	43	14	0	465	830	58	2	29	29	•		•			•		•	•	
Strawberry Banana Supreme French Toast Combo with Sausage Patty	810	460	51	19	0	480	990	59	2	29	27	•		•			•		•	•	
LUNCH/DINNER/LENT FEATURES																					
All You Can Eat Fish Fry (first order), Coleslaw & French Fries	1190	690	76	11	0	200	1430	78	8	10	36	•	•	•			•		•	•	
All You Can Eat Fish Fry (second order)	360	180	20	3	0	115	460	21	2	1	21		•	•			•		•	•	
Fish & Chips, Texas Toast & French Fries	1510	830	92	13	0	80	2860	122	14	7	36	•	•	•			•		•	•	
Crispy Cod Sandwich & Fries	1390	750	83	14	0	60	2490	118	11	14	29	•	•	•			•		•	•	
SIDES																					
see Menu Dinner Sides section																					



Feature 1 Nutritional/Allergen Menu

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