



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	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	•		•			•		•	•
Biscuits & Gravy with Eggs	1480	880	98	37	10	540	3910	113	3	10	36									
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	•		•			•		•	•
Corned Beef Hash & Eggs	1000	500	56	15	1.5	605	2650	76	5	11	43	•		•			•		•	•
Cranberry Nut Oatmeal	510	110	12	3	0	10	75	89	7	48	13			•				•		•
1/2 lb Chicken-Fried Steak & Eggs	1280	720	80	22	3.5	590	2590	99	3	11	37									
6 oz. Top Sirloin & Eggs	970	470	52	15	0	645	1960	59	2	9	63									
Ultimate Breakfast	1080	600	67	19	0.5	650	3240	61	2	12	55	•		•			•		•	•
Ham Steak & Eggs	1140	690	76	23	0	675	3750	63	2	14	55	•		•			•		•	•
Inn's Breakfast	1210	620	69	23	.5	610	3110	95	4	11	47									
Two Egg Breakfast	780	420	47	13	.5	540	1330	63	2	9	23									

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	1350	830	93	33	1	660	2600	86	8	14	57									



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	
California Skillet	1280	810	91	30	1	615	1640	91	12	13	48										
Chicken-Fried Steak Skillet	1530	880	99	27	7	590	2740	119	7	13	38										
Chorizo Skillet	1430	770	86	34	0	625	2540	117	11	14	50										
Santa Fe Skillet with Green Chile Sauce	1160	620	69	21	1	630	2460	84	7	12	52										
Santa Fe Skillet with Red Chile Sauce	1210	660	73	22	1.5	630	2140	91	12	14	55										
Carnitas Skillet	1120	580	65	21	.5	625	2040	84	8	12	50										

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	Tree Nuts	Wheat	Gluten
Classic Eggs Benedict	900	470	53	14	0.5	540	3330	64	4	4	38	•		•			•		•	•

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	
Huevos Rancheros with Pork Green Chili	880	320	35	16	0	400	2950	105	12	3	39										
Huevos Rancheros with Red Chili	930	360	40	16	1	400	2630	112	17	5	43										
Breakfast Enchiladas with green chile sauce	600	290	33	11	0	395	1600	27	4	3	26										
Breakfast Enchiladas with sour cream green chile sauce	780	450	50	20	0	440	1480	63	5	7	28										
Breakfast Enchiladas with red chile sauce	660	330	37	12	1	395	1270	64	9	5	29										
Tres Huevos Rancheros with Chicken Green Chili	1320	590	65	22	0.5	800	1970	125	23	13	59	•		•			•		•	•	
Tres Huevos Rancheros with Chicken Red Chili	1360	610	68	23	1.5	800	1760	130	27	14	61	•		•			•		•	•	
Tres Huevos Rancheros with Pork Green Chili	1350	600	67	24	0.5	800	2140	125	23	13	62	•		•			•		•	•	
Tres Huevos Rancheros with Pork Red Chili	1380	630	70	24	1	800	1920	130	27	14	64	•		•			•		•	•	
Huevos Mexicanos	1040	480	53	20	0	740	2160	100	12	1	47										
Menudo	460	110	13	2	0	80	1340	62	6	6	16										



Nutritional/Allergen Menu

southwest 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	
Jalapeños, fresh	20	0	0	0	0	0	0	4	2	2	1										
Jalapeños, deep-fried	80	60	6	1	0	0	0	4	2	2	1										
Jalapeños, grilled	140	130	14	2.5	0	0	0	4	2	2	1										

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	Tree Nuts	Wheat	Gluten	
French Toast Combo with Bacon	1210	480	54	16	.5	1150	1450	126	4	51	49										
French Toast Combo with Sausage	1290	540	60	18	.5	1170	1510	127	4	51	52										
Just the French Toast	1040	430	49	11	1	680	820	116	4	58	30										
Strawberry-Banana Supreme French Toast	820	300	33	13	0	375	670	108	4	51	26										
Belgian Waffle Combo with Bacon	610	310	34	11	0	355	1100	48	1	1	19	•		•			•		•	•	
3-3-3 Breakfast with Bacon	860	480	53	15	0.5	975	1050	51	1	13	43	•		•			•		•	•	
3-3-3 Breakfast with Sausage	1010	600	67	19	0.5	1020	1340	52	1	14	50	•		•			•		•	•	

SYRUPS & TOPPINGS

	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	
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										



Nutritional/Allergen Menu

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	440	49	15	0	445	2040	92	2	23	32	•		•			•		•	•
Just the Pancakes	680	230	26	8	0	165	1560	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	330	37	12	0	215	2010	162	5	87	26	•		•					•	•
Fruit & Nut Multigrain Pancakes	720	140	16	6	0	0	1280	137	10	45	19	•		•			•	•	•	•
Strawberry Crepes Combo with Bacon	870	390	43	17	0	245	920	99	4	43	21									
Strawberry Crepes Combo with Sausage	950	450	50	20	0	260	980	100	4	43	23									

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	•		•			•		•	•
Country Music Star Omelette	1160	710	80	28	3.5	860	2610	72	3	13	47									
Veggie Omelette	720	220	25	9	0	155	1680	96	7	33	41									
Cross Country Omelette	1110	680	77	24	1	815	2060	71	4	12	42									
Ham & Cheese Omelette	1130	690	77	29	.5	865	2530	69	2	11	54									
Chorizo & Cheese Omelette	1330	550	61	24	0	550	2410	160	3	66	37									
Tomato Florentine Omelette	1220	800	90	34	1	870	2130	68	4	12	56	•		•			•		•	•



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
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									
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									
Chorizo	150	120	13	6	0	60	550	3	0	1	5									
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							•		
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									
Sliced Tomatoes	15	0	0	0	0	0	0	3	1	2	1									
Tortilla	210	50	6	2	0	0	560	33	1	0	5									
Beans	200	45	4.5	2.5	0	0	600	28	9	0	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	
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	•		•			•		•	•	
Biscuit with Country Gravy	380	170	19	8	4.5	0	1370	45	1	4	5										
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			•			•		•	•	
Apple Jacks®	270	40	4.5	2.5	0	10	350	54	6	26	6										
Corn Flakes®	230	25	2.5	1.2	0	10	410	44	2	10	8										
Froot Loops®	270	40	4.5	1.5	0	10	350	54	6	24	6										
Frosted Flakes®	330	25	2.5	1.5	0	10	410	66	2	30	8										
Frosted Mini-Wheats®	330	30	3.5	1.5	0	10	65	68	8	22	10										
Heart to Heart® Honey Toasted Oat	370	60	7	1.5	0	10	280	70	10	20	12										
Raisin Bran®	350	40	4.5	1.5	0	10	370	74	10	32	10										
Rice Krispies®	270	25	2.5	1.2	0	10	350	50	0	12	8										
Special K® Red Berries	310	25	2.5	1.5	0	10	470	64	6	26	8										
V.I.B. SUPREMES																					
1/2 Ham Steak	120	30	3.5	1.5	0	50	1210	2	0	2	19										
2 Slices of Canadian Bacon	60	15	1.5	0	0	25	570	2	0	2	9										
Chicken-Fried Steak with Country Gravy	570	350	39	11	1.5	50	1210	37	1	1	15										
1/2 Waffle with Strawberry Sauce	320	90	10	3.5	0	65	460	48	1	21	5	•		•			•		•	•	



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	
V.I.B. SUPREMES continued																					
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	•		•			•	•	•	•	

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
Celebrity Chef Salad (no dressing)	440	200	22	8	0	315	1270	24	3	7	40	•		•					•	•
Southwest Salad	810	480	53	4	0	115	1190	47	10	15	40	•		•			•		•	•

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	160	150	16	0	0	15	280	2	0	2	1	•		•			•		•	•



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
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SALAD DRESSINGS *continued*

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	•					•			

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
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Patty Melt (no side)	890	590	66	26	3	140	1100	40	2	3	42			•			•		•	•
All-World Double Cheeseburger® (no side)	1500	990	110	40	6	245	1710	59	3	12	69	•		•			•		•	•
All-American Cheeseburger, no cheese (no side)	700	400	44	17	3	100	840	44	2	6	31			•			•		•	•
Substitute Grilled Chicken Breast (breast only)	210	90	10	2.5	0	90	510	0	0	0	30						•			
Bacon Cheeseburger, with American (no side)	1220	690	77	25	3	125	1560	78	5	4	43			•			•		•	•
Bacon Cheeseburger, with bleu (no side)	1250	720	80	27	3	135	1750	78	6	40	43									
Bacon Cheeseburger, with cheddar (no side)	1260	730	81	27	3	140	1540	78	5	4	44									
Bacon Cheeseburger, mozzarella (no side)	1230	710	78	25	3	125	1530	78	5	4	45									
Bacon Cheeseburger, Pepper Jack (no side)	1210	700	77	25	3	125	1380	78	5	5	40									
Bacon Cheeseburger, with Swiss (no side)	1200	690	76	24	3	120	1390	78	5	4	41									
Chipotle Bacon Burger (no side)	1460	910	101	25	3	140	1490	84	9	6	43	•		•			•		•	•
Avocado Swiss Mushroom Cheeseburger (no side)	1290	760	85	25	3	110	1140	83	9	5	40			•			•		•	•

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			•						



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
CHOICE OF CHEESE, 1 SLICE <i>continued</i>																				
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)	35	5	1	0	0	0	60	7	1	2	2			•					•	•
Cup of Soup see soups section																				

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)	760	440	49	13	0	95	1340	48	12	11	36	•		•			•		•	•
Double Decker Club (no side)	680	340	38	7	0	105	2000	47	4	10	36	•		•			•		•	•
Bacon Lover's BLT (no side)	520	250	28	4.5	0	50	1070	43	3	5	20	•					•		•	•
Add a sunnyside egg	110	80	9	2.5	0	235	75	1	0	0	7	•					•			
Chicken Ranch (no side)	1060	650	73	15	0	110	2280	62	2	5	41			•			•		•	•
Avocado Swiss Chicken (no side)	1100	530	59	12	0	95	1140	83	9	5	49			•			•		•	•
Marbled Rye Reuben (no side)	690	340	38	15	0	120	2000	57	4	5	46	•		•			•		•	•
Buffalo Chicken Melt (no side)	1570	920	102	17	0	105	2750	103	7	4	43									



Nutritional/Allergen Menu

satisfying SANDWICHES 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
Chipotle Chicken Sandwich (no side)	1270	690	77	14	0	120	1330	81	8	4	50	•		•			•		•	•
Tuna sandwich (no side)	660	320	36	0	0	60	1040	42	2	6	30	•	•	•			•		•	•
Turkey Breast Sandwich (no side)	830	320	35	4.5	0	55	1280	80	6	6	30	•					•		•	•
Half Ham & Cheese Sandwich	280	110	13	3	0	50	910	24	1	5	16									
Half Turkey Sandwich	240	90	10	1	0	30	520	21	1	3	13									
Half Tuna Sandwich	240	90	10	1	0	30	520	21	1	3	13									

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			•			•		•	•
Wisconsin Cheese, Bowl	380	220	25	14	0	75	1700	24	0	10	19			•			•		•	•



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						•			•	•

savory CHICKEN

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
Lemon Artichoke Chicken (no side)	600	320	36	10	0.5	180	1570	8	3	3	63			•			•				
Pot Roast, Mashed Potatoes, Gravy & Texas Toast (no side)	790	310	35	14	0	95	2310	64	3	4	48			•			•	•	•	•	•
Fish & Chips, Texas Toast & French Fries	1310	820	91	16	0	115	1980	76	8	16	41										
Grilled Cod (no side)	740	420	47	8	0	130	900	30	1	3	46										

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)	920	520	58	20	3	50	2240	74	2	4	20										
6 oz. Top Sirloin & Toast (no side)	420	120	13	3.5	0	105	1000	27	1	2	46										
Slow Roasted Turkey, Mashed Potatoes, Gravy, Cranberry Sauce & Biscuit	1000	320	35	15	0	80	3930	116	5	26	44			•			•	•	•	•	•
Chicken Tenders & Biscuit (no side)	1240	620	69	10	0	85	2160	93	5	2	45										
Three beef Enchiladas with green chile sauce	460	170	19	9	0	30	1570	58	11	2	19										
Three beef Enchiladas with red chile sauce	510	210	24	10	1	30	1250	66	16	4	22										
Three cheese Enchiladas with green chile sauce	700	420	47	27	0	105	2120	61	11	2	40										
Three cheese Enchiladas with red chile sauce	760	450	51	28	1	105	1800	69	16	4	44										
Green Chile Chicken Enchiladas	1290	610	68	24	1	150	2560	136	19	12	52										



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			•				•	•		
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 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			•			•	•	•		
Country Potatoes	420	220	25	3	0	0	180	45	5	0	5						•				

APPETIZERS

	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
Onion Rings	550	190	21	3	0	0	550	75	5	13	8									
Nachos Supreme	1590	810	90	35	1.5	155	2510	166	2	8	61									
Chile Cheese Fries with green chile sauce	1010	560	62	18	0	50	1250	85	9	0	22									



Nutritional/Allergen Menu

APPETIZERS 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	
Chile Cheese Fries with red chile sauce	1050	600	67	19	1	50	1360	90	13	3	25										
Quesadillas	1430	720	81	34	0	125	3070	156	8	12	51										
Boneless Buffalo Chicken Strips	1430	880	98	13	0	105	2960	78	5	2	44										

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			•							
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										
BRISK® Raspberry Iced Tea	50	0	0	0	0	0	60	15	0	15	0										
Orange Juice, small	160	0	0	0	0	0	0	38	1	31	3										
Orange Juice, large	220	0	0	0	0	0	0	51	2	41	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										



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	
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										
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®	120	0	0	0	0	0	25	32	0	32	0										
DIET PEPSI®	0	0	0	0	0	0	25	0	0	0	0										
MTN DEW®	130	0	0	0	0	0	50	36	0	36	0										
DR PEPPER®	110	0	0	0	0	0	35	31	0	30	0										
Strawberry Lemonade	150	0	0	0	0	0	0	38	0	36	0										

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 Omelette	720	440	49	18	0	590	1550	41	1	10	34										
Senior French Toast with 2 Bacon Strips	1330	680	76	19	1.5	925	1200	117	4	58	40										
Senior French Toast with 2 Sausage Links	1410	740	83	22	1.5	945	1260	118	4	59	42										
Belgian Breakfast with Bacon Strip	490	300	33	11	0	310	800	27	0	1	15	•		•			•		•	•	
Belgian Breakfast with Sausage Link	590	380	42	14	0	340	990	27	0	1	20	•		•			•		•	•	
Senior Breakfast with Bacon Strips	610	370	41	13	0	545	980	38	1	9	21										
Senior Breakfast with Sausage Links	650	400	44	14	0	555	1010	38	1	9	22										
Senior Pancake Combo with 2 Bacon Strips	650	310	35	11	0	360	1390	61	1	15	20										
Senior Pancake Combo with 2 Sausage Links	730	370	42	13	0	380	1450	62	1	15	23										
Senior Skillet	870	490	54	18	.5	355	1630	72	6	11	30										



Nutritional/Allergen Menu

senior LUNCH AND DINNER

	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	
Chopped Beef Steak	660	430	48	18	3	110	860	25	1	2	31										
Chicken-Fried Steak	640	390	43	13	4.5	50	1590	45	1	2	15										
Enchilada Plate beef with green chile	350	130	15	4	0	20	750	40	8	1	14										
Enchilada Plate beef with red chile	370	150	17	4.5	.5	20	810	43	10	3	16										
Breast of Chicken	220	80	9	1.5	0	80	90	0	0	0	33										
Fillet of Cod	550	370	41	7	0	130	590	3	0	0	41										
Senior Half Ham & Cheese Sandwich	280	110	13	3	0	50	910	24	1	5	16										
Senior Half Turkey Sandwich	240	90	10	1	0	30	520	21	1	3	13										
Senior Half Tuna Sandwich	240	90	10	1	0	30	520	21	1	3	13										

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
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- 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.



Kids 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!

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	630	260	29	12	0	15	350	86	2	41	5	•		•			•		•	•	
Cherry, Whole	3130	1310	145	60	0	65	1760	428	12	206	26	•		•			•		•	•	
Country Apple, Slice	640	270	30	13	0	15	530	87	4	50	4	•		•			•		•	•	
Country Apple, Whole	3200	1360	152	67	0	65	2660	434	18	248	20	•		•			•		•	•	
Peach, Slice	580	270	30	12	0	15	470	71	2	36	5	•		•			•		•	•	
Peach, Whole	2900	1360	152	61	0	65	2360	356	12	182	26	•		•			•		•	•	
Strawberry Rhubarb, Slice	590	280	31	13	0	15	520	77	3	35	5	•		•			•		•	•	
Strawberry Rhubarb, Whole	2960	1380	154	65	0	65	2590	383	16	174	26	•		•			•		•	•	
Triple Berry, Slice	630	260	29	12	0	15	480	20	5	36	4	•		•			•		•	•	
Triple Berry, Whole	3010	1310	145	60	0	65	2660	410	24	182	26	•		•			•		•	•	
No-Sugar Added Apple, Slice	600	320	35	14	0	15	500	66	3	24	5	•		•			•		•	•	
No-Sugar Added Apple, Whole	2980	1600	177	72	0	65	2500	328	16	120	26	•		•			•		•	•	
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	•		•			•		•	•	
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			•			•	•	•	•	
Key Lime, Slice	670	250	28	13	0	80	230	90	0	73	8			•			•		•	•	
Key Lime, Whole	3350	1270	141	67	0	400	1140	449	0	363	42			•			•		•	•	
Peanut Butter Banana Supreme, Slice	650	370	41	17	0	60	370	59	3	32	8			•	•		•	•	•	•	
Peanut Butter Banana Supreme, Whole	3890	2230	248	102	0	370	2240	352	20	189	48			•	•		•	•	•	•	
Pecan, Slice	800	360	40	13	0	150	540	102	3	82	8	•		•			•		•	•	
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	670	340	38	15	0	100	400	69	3	41	8	•		•			•	•	•	•	
Banana Cream, Whole	3330	1720	192	74	0	490	1980	347	16	207	39	•		•			•	•	•	•	
Caramel Pecan Silk Supreme, Slice	950	590	65	31	1	175	450	80	1	56	8	•		•			•	•	•	•	
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	700	360	40	20	0	115	520	70	2	43	8	•		•			•	•	•	•	
Coconut Cream, Whole	3480	1820	202	98	0	570	2620	350	11	213	41	•		•			•	•	•	•	
French Silk, Slice	780	470	52	26	0.5	190	380	68	2	48	6	•		•			•		•	•	
French Silk, Whole	3950	2330	259	131	5	1000	1960	337	9	244	32	•		•			•		•	•	
Lemon Meringue, Slice	540	140	16	7	0	20	380	92	0	66	2	•		•			•		•	•	
Lemon Meringue, Whole	2710	720	80	35	0	100	1900	461	0	331	10	•		•			•		•	•	
Lemon Supreme, Slice	990	570	64	35	1	195	460	94	1	70	6	•		•			•		•	•	
Lemon Supreme, Whole	4950	2860	318	177	6	965	2280	468	6	349	30	•		•			•		•	•	
SPECIALTY DESSERTS																					
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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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	
BREAKFAST FEATURES																					
Green Mountain Bowl	830	620	69	21	0	525	1350	37	8	2	20	•		•			•		•	•	
The Henhouse	1230	700	79	24	0.5	305	3120	81	4	3	39	•		•			•		•	•	
Chicken-Fried Steak Burrito	1670	950	106	34	1	595	4150	131	8	7	66	•		•			•		•	•	
TOAST																					
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			•			•		•	•	
Apple & Pecan Salad with Grilled Chicken (no dressing)	640	310	35	9	0	115	1190	47	9	31	40			•	•		•	•			
Crispy Chicken Bacon Avocado Ranch (no side)	980	540	60	14	0	110	2050	71	5	9	44	•		•			•		•	•	
Marbled Rye Reuben (no side)	690	340	38	15	0	120	2000	57	4	5	46	•		•			•		•	•	
DRESSINGS																					
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						•				
see Fresh Salads section for other dressing choices																					



Feature 2 Nutritional/Allergen Menu

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