



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	1000	590	66	19	0.5	625	2000	59	2	10	41	•		•			•		•	•	
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	700	420	47	14	0	585	1220	39	1	9	29	•		•			•		•	•	
Cranberry Nut Oatmeal	510	110	12	3	0	10	75	89	7	48	13			•				•			•
Top Sirloin & Eggs	920	450	50	14	0	600	1870	59	2	9	53	•		•			•		•	•	
Ham Steak & Eggs	1140	690	76	23	0	675	3750	63	2	14	55	•		•			•		•	•	
Santa Fe Breakfast Burrito with bacon	1030	530	60	19	0	530	2490	95	10	9	41	•		•			•		•		
Santa Fe Breakfast Burrito with ham	1050	510	57	18	0	550	2920	99	10	11	49	•		•			•		•	•	
Santa Fe Breakfast Burrito with pork carnitas	1040	500	56	18	0	550	2600	95	10	9	49	•		•			•		•	•	
Santa Fe Breakfast Burrito with roasted chicken	1030	490	55	17	0	550	2420	95	10	9	49	•		•			•		•	•	
Santa Fe Breakfast Burrito with sausage	1120	590	66	21	0	550	2550	96	10	10	43	•		•			•		•	•	
Huevos Rancheros with Pork Green Chili	1270	510	57	18	0	515	3480	147	13	6	51	•		•			•		•	•	
Huevos Rancheros with Red Chili	1360	600	67	24	1	525	3330	150	15	3	55	•		•			•		•	•	
Spicy Bacon Cheddar & Egg Sandwich	1090	650	72	20	0	565	1810	64	2	6	43										



Nutritional/Allergen Menu

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	1490	920	103	32	0.5	680	2660	95	7	14	63	•		•			•		•	•	•
Garden Fresh Skillet	1190	730	81	26	0	590	1350	89	7	11	40	•		•			•		•	•	•
California Skillet	1350	820	91	26	0	605	1830	101	11	12	49	•		•			•		•	•	•
Rio Grande Skillet with Grilled Chicken	1400	820	92	30	0	660	2770	102	9	16	58	•		•			•		•	•	•
Rio Grande Skillet with Carnitas	1410	840	93	32	0	655	2950	102	9	17	58	•		•			•		•	•	•
Chicken-Fried Steak Skillet	1610	890	99	23	0	610	2850	126	7	10	49	•		•			•		•	•	•

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	840	410	46	12	0	540	3100	64	3	4	38	•		•			•		•	•	•
Philly Jack Benedict	1250	810	91	33	0.5	625	2160	62	4	5	45	•		•			•		•	•	•

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	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	•		•			•		•	•	•



Nutritional/Allergen Menu

kantastic FRENCH TOAST & WAFFLES continued

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										
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			•							
Whipped Cream	20	15	1.5	0.5	0	5	0	1	0	1	0			•							
Strawberry Banana Topping	190	5	0	0	0	0	35	48	4	33	2										

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	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	•		•			•		•	•



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	880	490	55	19	0	820	1780	64	3	11	41	•		•			•		•	•	
Garden Veggie Omelette	740	230	25	9	0	155	1760	97	7	32	40	•		•			•		•	•	
CREATE YOUR OWN OMELETTE																					
Create Your Own Omelette (no add-ins)	840	480	53	18	0	805	1440	60	2	9	36	•		•			•		•	•	
Onions	5	0	0	0	0	0	0	1	0	1	0										
Mushrooms	5	0	0	0	0	0	0	1	0	0	1										
Fresh Spinish	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										
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

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									
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			•			•			•
Cottage Cheese	90	35	3.5	2.5	0	15	330	3	0	2	10			•						
Fresh Fruit	30	0	0	0	0	0	0	7	1	6	0									
Sliced Tomatoes	15	0	0	0	0	0	0	3	1	2	1									
Low-Fat Vanilla Yogurt	80	5	0.5	0	0	5	35	16	0	12	3			•						



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	
Cinnamon Apples	100	0	0	0	0	0	80	24	1	22	0			•							
Applesauce	50	0	0	0	0	0	0	13	1	11	0			•							
Grits	180	60	7	2.5	0	0	180	26	2	0	3			•			•				
2 Pieces French Toast	260	90	10	3	0	165	350	32	1	8	11	•		•			•		•	•	•
1/2 Waffle	260	120	13	4.5	0	60	460	26	0	1	5	•		•			•		•	•	•
2 Buttermilk Pancakes	210	90	10	3.5	0	45	440	24	0	6	4	•		•			•		•	•	•
2 Multigrain Pancakes	270	40	4.5	2.5	0	0	570	53	3	16	8	•		•			•		•	•	•
2 Chocolate Chip Pancakes	360	110	12	6	0	55	430	58	2	34	6	•		•			•		•	•	•
Orange Blossom Crepe	380	150	17	8	0	125	130	47	0	28	8	•		•			•		•	•	•
1 Strawberry Crepe	350	140	16	7	0	120	150	44	1	25	8	•		•			•		•	•	•
Biscuit with Country 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			•			•		•	•	•
V.I.B. SUPREMES																					
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	•		•			•		•	•	•
1/2 Waffle with Strawberry Sauce	320	90	10	3.5	0	65	460	48	1	21	5	•		•			•		•	•	•
1/2 Waffle with Blueberry Sauce	360	100	11	3.5	0	65	460	58	2	30	5	•		•			•		•	•	•
Ham & Cheese Crepe	380	180	20	10	0	155	1090	27	1	9	22	•		•			•		•	•	•
2 Banana Nut Multigrain Pancakes	420	130	15	3.5	0	0	570	69	6	24	10	•		•			•	•	•	•	•
Low-Fat Vanilla Yogurt with Fruit & Granola	150	25	3	0.5	0	0	65	29	2	19	4			•			•				



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	•	•	•			•		•	•	
SALAD DRESSINGS																					
Blue Cheese Dressing, 1.5 oz	250	230	25	5	0	20	340	1	0	1	3	•		•			•				
Blue Cheese Dressing, 3 oz	510	460	51	10	0	45	690	3	0	3	6	•		•			•				
French Dressing, 1.5 oz	190	160	18	3	0	0	310	10	0	9	0						•				
French Dressing, 3 oz	390	320	36	6	0	0	630	21	0	18	0						•				
Honey Mustard Dressing, 1.5 oz	250	230	25	3.5	0	30	300	6	0	6	0	•					•				
Honey Mustard Dressing, 3 oz	510	460	51	7	0	60	600	12	0	12	0	•					•				
Lite Olive Oil Vinaigrette, 1.5 oz	90	80	9	1.5	0	0	390	4	0	3	0						•				
Lite Olive Oil Vinaigrette, 3 oz	180	160	18	3	0	0	780	9	0	6	0						•				
Poppy Seed Dressing, 1.5 oz	160	90	10	2	0	0	420	15	0	13	0			•			•				
Poppy Seed Dressing, 3 oz	330	190	21	4.5	0	0	840	30	0	27	0			•			•				
Ranch Dressing, 1.5 oz	180	160	18	0	0	15	250	1	0	1	1	•		•			•				
Ranch Dressing, 3 oz	350	330	36	0	0	35	490	2	0	2	2	•		•			•				
Chipotle Ranch Dressing, 1.5 oz	170	150	17	0.5	0	15	300	2	0	1	1	•	•	•			•		•	•	
Chipotle Ranch Dressing, 3 oz.	330	300	33	1	0	30	600	4	0	3	2	•	•	•			•		•	•	
Thousand Island, 1.5 oz	190	180	19	3	0	15	330	6	0	6	0	•					•				
Thousand Island, 3 oz	390	350	39	6	0	30	660	12	0	12	0	•					•				



Nutritional/Allergen Menu

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						•			
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									
Garlic Grilled Onions	80	60	6	2	0	0	85	3	0	1	0			•			•			
Garlic Grilled Mushrooms	80	60	7	2	0	0	85	2	1	1	2									
2 Fried Onion Rings	70	25	3	0	0	0	75	10	1	2	1			•			•		•	•
Beefy Red Chili	70	40	4.5	1.5	0	10	290	5	1	1	4						•		•	•
Fried Egg	110	80	9	2.5	0	235	75	1	0	0	7	•					•			

CHOICE OF CHEESE, 1 SLICE

American	70	50	6	3.5	0	15	240	0	0	0	4			•			•			
Bleu	100	70	8	5	0	25	380	1	1	0	6			•						
Cheddar	110	80	9	5	0	30	180	1	0	0	7			•						
Mozzarella	80	50	6	3.5	0	15	170	1	0	0	8			•						
Pepper Jack	60	45	5	3	0	15	15	1	0	1	3			•			•			
Swiss	70	70	8	5	0	25	60	1	0	0	8			•						

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																				



Nutritional/Allergen Menu

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	•		•			•		•	•
Double Decker Club (no side)	760	350	39	7	0	100	1910	55	2	6	41	•		•			•		•	•
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			•			•		•	•
Chicken Ranch (no side)	1320	850	94	23	0	155	2820	67	2	9	53	•		•			•		•	•
Avocado Swiss Chicken (no side)	740	400	44	13	0	100	1140	51	5	8	43	•		•			•		•	•
Marbled Rye Reuben (no side)	690	340	38	15	0	120	2000	57	4	5	46	•		•			•		•	•
Classic French Dip (no side)	1090	320	36	16	0	140	4130	124	8	1	74			•			•		•	•

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						•		•	•

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 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			•			•		•	•

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						•		•	•



Nutritional/Allergen Menu

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			•			•		•	•
Beefy Red Chili, Cup	210	120	14	5	0.5	35	770	14	3	3	12			•			•		•	•
Beefy Red Chili, Bowl	410	250	27	10	1	75	1550	27	7	5	25			•			•		•	•
Pork Green Chili, Cup	100	30	3.5	1	0	20	1040	10	1	3	7			•						
Pork Green Chili, Bowl	200	60	7	2.5	0	40	2090	20	3	5	13			•						

CRACKERS

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

savory CHICKEN

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Lemon Artichoke Chicken (no side)	560	310	35	9	0.5	155	1420	8	3	3	51			•			•			
Pot Roast (no side)	790	310	35	14	0	95	2310	64	3	4	48			•			•	•	•	•
Chicken Pot Pie (with side salad, no dressing)	1220	770	85	42	1	250	3160	82	5	11	29	•		•			•		•	•
Fish & Chips (no side)	1510	830	92	13	0	80	2860	122	14	7	36	•	•	•			•		•	•



Nutritional/Allergen Menu

savory CHICKEN 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
Grilled Tilapia (no side)	560	280	31	6	0	105	850	28	1	2	40	•	•	•			•		•	•
All You Can Eat Fish Fry (first order)	1260	700	78	11	0	150	1470	78	6	10	48	•	•	•			•		•	•
All You Can Eat Fish Fry (second order)	410	190	22	3	0	80	480	21	1	1	29		•	•			•		•	•

homestyle DINNERS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
1/2 lb Chicken-Fried Steak (no side)	1060	560	62	19	0.5	90	2990	84	2	2	36	•		•			•		•	•
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			•			•	•	•	•
Chicken Tenders (no side)	920	480	53	13	0	80	2320	70	2	2	37	•		•			•		•	•

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



Nutritional/Allergen Menu

dinner SIDES 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
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						•			

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									
Iced Coffee	5	0	0	0	0	0	0	1	0	0	0									
Iced Coffee, French Vanilla	170	60	6	4	0	20	35	27	0	25	2			•						
Iced Coffee, Rich Caramel	180	60	6	4	0	20	35	28	0	26	2			•						
Iced Coffee, Mocha	170	60	7	4.5	0	20	50	28	1	22	3			•						
Hot Chocolate	230	25	3	1.5	0	5	390	51	0	39	0			•				•		
Milk, Small (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									
Iced Tea 'n' Lemonade	80	0	0	0	0	0	0	21	0	18	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	
BRISK® Raspberry Iced Tea	70	0	0	0	0	0	80	19	0	19	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	41	0	41	0										
DIET PEPSI®	0	0	0	0	0	0	35	0	0	0	0										
MTN DEW®	170	0	0	0	0	0	60	46	0	46	0										
DR PEPPER®	140	0	0	0	0	0	60	40	0	38	0										
MUG® Root Beer	160	0	0	0	0	0	65	43	0	43	0										
Lemonade	150	0	0	0	0	0	0	39	0	36	0										



Nutritional/Allergen Menu

kids' MENU ITEMS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	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	500	250	28	8	0	295	1270	43	1	13	18	•		•			•		•	•
The Vill-Inn with Chocolate Chip Pancakes with 2 Bacon Strips	570	280	32	11	0	300	1280	51	1	19	19	•		•			•		•	•
The Vill-Inn with Blueberry Pancakes with 2 Bacon Strips	530	250	28	8	0	295	1270	48	1	17	18	•		•			•		•	•
The Vill-Inn with Buttermilk Pancakes with 2 Sausage Links	600	330	37	11	0	330	1460	44	1	13	23	•		•			•		•	•
The Vill-Inn with Chocolate Chip Pancakes with 2 Sausage Links	670	370	41	14	0	330	1470	51	1	20	24	•		•			•		•	•
The Vill-Inn with Blueberry Pancakes with 2 Sausage Links	630	330	37	11	0	330	1460	49	1	17	23	•		•			•		•	•
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	•		•			•		•	•
KIDS' SIDES																				
Fresh Fruit	30	0	0	0	0	0	0	7	1	6	0									
Banana Slices	50	0	0	0	0	0	0	13	2	7	1									
Hash Browns	160	60	7	1.5	0	0	390	20	1	0	3						•			
Cinnamon Apples	100	0	0	0	0	0	80	24	1	22	0			•						
Fresh Broccoli	25	5	0	0	0	0	25	4	2	1	3									
French Fries	370	180	20	3	0	0	270	34	3	0	3						•			



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										
Corn	200	50	6	2	0	0	110	28	4	9	5			•			•				
Toast																					
White (1 slice)	140	45	5	1.5	0	0	200	17	1	1	3			•			•		•	•	
Wheat (1 slice)	180	50	6	1.5	0	0	270	25	2	3	5			•			•		•	•	
Rye (1 slice)	180	50	6	1.5	0	0	220	25	2	1	5			•			•		•	•	
Sourdough (1 slice)	170	45	5	1.5	0	0	280	24	1	1	5			•			•		•	•	
Red Skin Mashed Potatoes	130	25	3	2.5	0	0	470	26	2	1	2			•			•	•			
Brown Gravy	50	30	3	1	0	0	300	4	0	0	1			•			•		•	•	
Turkey Gravy	25	5	0.5	0	0	5	400	4	0	1	1			•			•		•	•	
Country Sausage Gravy	50	25	3	1.5	0	5	370	5	0	1	1			•			•		•	•	
Kids' Salad	5	0	0	0	0	0	0	1	0	0	0										
Pirate's Booty (pre-packed)	130	45	5	1	0	0	140	19	0	0	2			•							
Simply Go-GURT®	70	5	0.5	0	0	5	30	13	0	10	2			•							
KIDS' DRINKS																					
Milk	150	50	6	3.5	0	25	150	14	0	14	9			•							
Chocolate Milk (Whole Milk)	250	80	9	6	0	40	230	33	0	30	9			•							
Chocolate Milk (1% Milk)	170	25	3	1.5	0	10	210	27	0	25	9			•							
Lemonade	90	0	0	0	0	0	0	23	0	21	0										
Strawberry Lemonade	100	0	0	0	0	0	10	26	0	24	0										
Hot Chocolate	180	25	2.5	1.5	0	5	290	39	0	29	0			•				•			
Juice - Orange	130	0	0	0	0	0	0	30	0	27	2										
Juice - Cranberry	150	0	0	0	0	0	0	38	0	37	0										
Juice - Apple	120	0	0	0	0	0	20	30	0	29	0										
Juice - Grapefruit	110	0	0	0	0	0	0	26	0	25	1										
Juice - Tomato	80	0	0	0	0	0	1130	17	3	12	3										
PEPSI®	100	0	0	0	0	0	20	28	0	28	0										



Nutritional/Allergen Menu

Kids' MENU ITEMS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
KIDS' DRINKS continued																					
DIET PEPSI®	0	0	0	0	0	0	25	0	0	0	0										
MTN DEW®	110	0	0	0	0	0	40	31	0	31	0										
MIST TWST®	100	0	0	0	0	0	20	26	0	26	0										
MUG® Root Beer	100	0	0	0	0	0	30	26	0	26	0										
DR PEPPER®	100	0	0	0	0	0	40	26	0	26	0										
7-Up	100	0	0	0	0	0	30	26	0	25	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	•		•							

- Contains indicated allergen

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Pie Nutritional/Allergen Menu

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

PIES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	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	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	•		•			•		•	•	
SEASONAL PIES																					
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	•		•			•	•	•	•	
FEATURE PIES																					
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	
FEATURE PIES continued																					
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			•			•	•	•	•	
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	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	•		•			•		•	•	
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	•		•			•		•	•	



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CAKES continued																					
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	•		•			•	•	•	•	
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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