



Nutritional 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)
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	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
Corned Beef Hash & Eggs	1000	500	56	15	1.5	605	2650	76	5	11	43
1/2 lb Chicken-Fried Steak & Eggs	1480	810	91	23	1	630	3560	110	3	9	54
Ultimate Breakfast	1080	600	67	19	0.5	650	3240	61	2	12	55
6 oz. Top Sirloin & Eggs	980	510	57	15	0.5	620	2060	59	2	9	53
Eggs Benedict	900	470	53	14	0.5	540	3330	64	4	4	38
Florentine Benedict	670	318	37	10	0	117	760	56	4	6	32

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)
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



Nutritional 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)
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
Chicken-Fried Steak Skillet	1610	890	99	23	0	610	2850	126	7	10	49

fantastic FRENCH TOAST & WAFFLES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
French Toast Combo with Bacon	710	320	35	10	0	575	960	65	1	17	33
French Toast Combo with Sausage	820	400	44	13	0	605	1150	66	1	17	38
Just the French Toast	540	190	22	6	0	325	670	65	1	17	22
Strawberry-Banana Supreme French Toast	850	300	33	13	0	375	690	114	4	57	26
Belgian Waffle Combo with Bacon	610	310	34	11	0	355	1100	48	1	1	19
Belgian Waffle Combo with Sausage	710	390	43	14	0	385	1290	48	1	2	24
Just the Belgian Waffle	440	190	21	7	0	105	810	47	1	1	8

SYRUPS & TOPPINGS

Maple-flavored Syrup, 1 oz	110	0	0	0	0	0	45	27	0	17	0
Strawberry Syrup, 1 oz	170	0	0	0	0	0	10	44	0	42	0
Blackberry Syrup, 1 oz	180	0	0	0	0	0	40	45	0	42	0
Blueberry Syrup, 1 oz	60	0	0	0	0	0	20	15	1	14	0
Sugar-free Maple Flavored Syrup, 1 oz	10	0	0	0	0	0	75	4	0	0	0
Strawberry Topping	100	0	0	0	0	0	35	24	1	21	1
Blueberry Topping	250	5	0.5	0	0	0	75	62	2	57	0
Cinnamon Apple Topping	150	0	0	0	0	0	120	36	2	33	0
Strawberry Banana Topping	190	5	0	0	0	0	35	48	4	33	2
Whipped Cream	20	15	1.5	0.5	0	5	0	1	0	1	0



Nutritional 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)
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	1260	800	89	31	0.5	885	2900	69	3	12	52
Fresh Spinach & Bacon Omelette	1030	590	66	21	0.5	820	2350	68	3	10	44
Garden Veggie Omelette	740	230	25	9	0	155	1760	97	7	32	40
Cross Country Omelette	1020	500	56	1.5	0	605	2070	65	3	13	38

CREATE YOUR OWN OMELETTE

Create Your Own Omelette (no add-ins)	900	540	60	20	0.5	805	1660	60	2	9	36
Onions	5	0	0	0	0	0	0	1	0	1	0
Mushrooms	5	0	0	0	0	0	0	1	0	0	1
Fresh Spinach	5	0	0	0	0	0	10	1	0	0	0
Tomatoes	5	0	0	0	0	0	0	1	0	0	0
Broccoli	5	0	0	0	0	0	0	1	0	0	0
Green Peppers	5	0	0	0	0	0	0	1	0	0	0
Red Peppers	5	0	0	0	0	0	0	1	0	1	0
Artichokes	5	0	0	0	0	0	95	1	1	1	1
Hollandaise Sauce	35	0	0	0	0	0	460	5	0	0	0
Ranchero Sauce	35	15	2	0	0	0	250	4	1	1	0
Country Gravy	40	25	2.5	1	0	5	210	3	0	0	1
Bacon	30	20	2	1	0	5	105	0	0	0	2
Sausage Link	80	60	7	2	0	20	200	0	0	0	5
Sausage Patty	240	200	22	9	0	55	570	1	0	1	8
Ham	35	15	1.5	0.5	0	15	340	2	0	1	5
Carnitas	70	25	2.5	1.5	0	30	370	0	0	0	11
Avocado	80	70	7	1	0	0	0	4	3	0	1



Nutritional Menu

southwest FAVORITES

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Smothered Breakfast Burrito with Pork Carnitas	1400	770	86	25	0	570	2260	115	9	7	53
Poblano Smothered Breakfast Burrito with Chorizo	1480	870	97	31	0	605	2730	118	9	9	45
Smothered Breakfast Burrito with Roasted Chicken Breast	1410	780	87	26	0.5	580	1830	116	9	10	51
Huevos Rancheros	1260	440	50	16	0	126	3330	160	15	5	47

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)
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	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

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)
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



Nutritional 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)
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	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
Cottage Cheese	90	35	3.5	2.5	0	15	330	3	0	2	10
Fresh Fruit	30	0	0	0	0	0	0	7	1	6	0
Sliced Tomatoes	15	0	0	0	0	0	0	3	1	2	1
Low-Fat Vanilla Yogurt	80	5	0.5	0	0	5	35	16	0	12	3
Bagel with Cream Cheese (3 oz)	280	70	8	4	0	20	500	44	2	4	9
Bagel with Cream Cheese (2.3 oz)	240	70	8	4	0	20	410	34	1	4	7
Cinnamon Apples	100	0	0	0	0	0	80	24	1	22	0
Applesauce	50	0	0	0	0	0	0	13	1	11	0



Nutritional 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)
Grits	180	60	7	2.5	0	0	180	26	2	0	3
Biscuit with Country Sausage Gravy	330	140	16	8	0	5	1120	38	1	2	7
Toast, Rye	350	100	11	2.5	0	0	440	50	4	2	10
Toast, Sourdough	330	90	10	2.5	0	0	560	48	2	1	10
Toast, Wheat	350	100	11	2.5	0	0	540	50	4	6	10
Toast, White	270	90	10	2.5	0	0	400	34	1	2	6
English Muffin	170	25	2.5	0	0	0	380	30	2	1	6
2 Pieces French Toast	260	90	10	3	0	165	350	32	1	8	11
1/2 Waffle	260	120	13	4.5	0	60	460	26	0	1	5
2 Buttermilk Pancakes	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
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
Small Chicken-Fried Steak with Country Sausage Gravy	280	150	17	4.5	0	30	830	20	1	0	12
Chicken Strips with Syrup	370	160	18	3.5	0	40	990	42	1	17	15
Chicken Strips with Country Sausage Gravy	290	140	15	2	0	35	670	20	0	1	14
1/2 Waffle with Strawberry Sauce	320	90	10	3.5	0	65	460	48	1	21	5
1/2 Waffle with Blueberry Sauce	360	100	11	3.5	0	65	460	58	2	30	5
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
The High Road	510	190	21	4.5	0	15	1170	51	3	2	25
Champion's Choice	400	220	25	9	0	70	1030	8	1	5	41
Perfect Balance	550	290	32	8	0	485	490	48	4	22	23
The Sunrise	500	170	19	6	0	110	910	55	3	20	30



Nutritional 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)
Turkey Bacon Avocado Melt (no side)	860	440	49	12	0	95	1550	62	8	11	40
Marbled Rye Reuben (no side)	690	340	38	15	0	120	2000	57	4	5	46
Chicken Ranch (no side)	1320	850	94	23	0	155	2820	67	2	9	53
Bacon Lover's BLT (no side)	500	260	29	4.5	0	50	1030	37	2	3	20
Add a sunnyside egg	110	80	9	2.5	0	235	75	1	0	0	7
Grown-Up Grilled Cheese (no side)	650	380	42	21	0	85	1700	38	2	3	35
Albacore Tuna Melt (no side)	930	499	58	15	0	118	1620	53	3	3	54
Double Decker Club (no side)	760	350	39	7	0	100	1910	55	2	6	41
Buffalo Chicken Melt (no side)	1160	690	76	15	0	105	2600	81	2	23	43

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)
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)	210	90	10	2	0	90	55	0	0	0	28

ADDITIONAL BURGER ADD-ONS

2 Bacon Strips	60	40	4.5	1.5	0	15	210	0	0	0	4
Sliced Avocado	80	70	7	1	0	0	0	4	3	0	1
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
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



Nutritional 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)
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)
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											

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)
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



Nutritional Menu

fresh GARDEN SALADS *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)
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
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
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



Nutritional 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)
Half Paris Griller Sandwich	420	230	25	13	0	80	1310	27	1	1	36
Half Reuben Sandwich	340	170	19	8	0	60	900	28	2	2	23
Half Grown-Up Grilled Cheese Sandwich	320	190	21	10	0	40	730	19	1	2	17
Garden Salad	35	5	1	0	0	0	60	7	1	2	2
Southwest Salad	220	140	16	0.5	0	10	240	18	4	6	4

SANDWICH BREAD CHOICES

Marbled Rye	140	20	2	0	0	0	190	25	2	1	5
Sourdough	130	15	1.5	0	0	0	250	24	1	1	5
Wheat	140	20	2	0	0	0	240	25	2	3	5
White	100	15	1.5	0	0	0	170	17	1	1	3

SOUPS & CHILI

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Noodle, Cup	45	0	0	0	0	15	760	8	1	1	3
Chicken Noodle, Bowl	90	0	0	0	0	30	1510	15	3	2	6
Tomato Basil, Cup	180	130	15	9	0	45	590	9	1	4	1
Tomato Basil, Bowl	350	270	29	18	0	90	1180	18	3	9	3
Clam Chowder, Cup	120	70	8	2.5	0	10	690	11	0	2	3
Clam Chowder, Bowl	250	140	15	4.5	0	15	1380	22	0	3	6
Cream of Broccoli, Cup	90	50	5	3.5	0	15	600	6	2	1	3
Cream of Broccoli, Bowl	180	100	11	7	0	30	1210	13	5	1	7
Vegetable Beef, Cup	80	30	3	1	0	5	670	9	2	3	3
Vegetable Beef, Bowl	150	60	6	2	0	15	1350	18	4	5	6
Wisconsin Cheese, Cup	190	110	12	7	0	40	870	13	0	5	10



Nutritional Menu

SOUPS & CHILI *continued*

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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

CRACKERS

Saltine Crackers	25	5	0.5	0	0	0	80	5	0	0	0
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savory DINNERS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Lemon Artichoke Chicken (no side)	600	320	36	9	0.5	185	670	8	3	3	59
Chicken Pot Pie (with side salad, no dressing)	1230	770	85	42	1	260	2920	82	5	11	32
Chicken Tenders & Biscuit (no side)	920	520	58	14	0	85	2420	72	2	2	39
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
Grilled Tilapia (no side)	560	280	31	6	0	105	850	28	1	2	40
Golden-Fried Shrimp (no side)	630	250	28	4	0	140	1400	74	3	4	23



Nutritional Menu

homestyle DINNERS

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber(g)	Sugars (g)	Protein (g)
1/2 lb Chicken-Fried Steak & Biscuit (no side)	1060	560	62	19	0.5	90	2990	84	2	2	36
Pot Roast, Mashed Potatoes, Gravy & Texas Toast (no side)	790	310	35	14	0	95	2310	64	3	4	48
All-American Meatloaf, Mashed Potatoes, Gravy & Texas Toast (no side)	890	430	48	18	0	190	3050	82	4	17	31
6 oz. Top Sirloin & Toast (no side)	360	100	11	2.5	0	80	890	27	1	2	36
Slow Roasted Turkey, Mashed Potatoes, Gravy, Cranberry Sauce & Biscuit	1000	320	35	15	0	80	3930	116	5	26	44
Grilled Liver and Onions (no side)	750	330	37	14	0	480	1270	58	0	4	45

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)
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
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



Nutritional 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)
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)
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
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



Nutritional 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)
BRISK® Raspberry Iced Tea - 32 oz. To-Go	130	0	0	0	0	0	140	34	0	34	0
Orange Juice, small	150	0	0	0	0	0	0	35	0	32	2
Orange Juice, large	250	5	0	0	0	0	5	61	0	54	4
Cranberry Juice, small	180	0	0	0	0	0	0	45	0	43	0
Cranberry Juice, large	310	0	0	0	0	0	5	77	0	74	0
Apple Juice, small	140	0	0	0	0	0	20	35	0	34	0
Apple Juice, large	250	0	0	0	0	0	40	61	0	59	0
Grapefruit Juice, small	120	0	0	0	0	0	0	30	0	29	1
Grapefruit Juice, large	210	0	0	0	0	0	0	52	0	50	2
Tomato Juice, small	100	0	0	0	0	0	1310	19	4	14	4
Tomato Juice, large	170	0	0	0	0	0	2250	33	7	23	7
Strawberry Limeade	390	0	0	0	0	0	45	102	1	97	0
Blueberry Pomegranate Limeade	280	0	0	0	0	0	30	69	1	67	0
Strawberry Lemonade	180	0	0	0	0	0	20	46	0	42	0
Chocolate Shake	540	230	26	15	0	120	160	66	1	60	11
Strawberry Shake	480	230	25	15	0	120	170	53	0	50	10
Vanilla Shake	520	230	25	15	0	120	150	63	0	61	10
Cookies 'n' Cream Shake	530	260	29	16	0	120	220	57	0	48	11
PEPSI®	150	0	0	0	0	0	30	40	0	40	0
PEPSI® - 32 oz. To-Go	280	0	0	0	0	0	55	74	0	74	0
DIET PEPSI®	0	0	0	0	0	0	35	0	0	0	0
DIET PEPSI® - 32 oz. To-Go	0	0	0	0	0	0	65	0	0	0	0
MIST TWST®	150	0	0	0	0	0	35	39	0	39	0
MIST TWST® - 32 oz. To-Go	280	0	0	0	0	0	65	72	0	72	0
MTN DEW®	170	0	0	0	0	0	60	46	0	46	0
MTN DEW® - 32 oz. To-Go	300	0	0	0	0	0	110	84	0	84	0
DR PEPPER®	140	0	0	0	0	0	45	39	0	38	0



Nutritional 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)
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

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)
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
Grilled Tilapia	560	280	31	6	0	105	850	28	1	2	40
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
Top Sirloin & Texas Toast (Florida only)	360	100	11	2.5	0	80	890	27	1	2	36
Golden Fried Shrimp	500	190	21	3	0	100	1090	61	2	4	18

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)
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



Nutritional Menu

gluten sensitive CLASSIC BREAKFASTS continued

	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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)
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 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)
Junior Breakfast with Bacon and Fresh Fruit	170	100	11	3.5	0	245	190	8	1	6	9
Junior Breakfast with Sausage Link and Fresh Fruit	220	140	16	4.5	0	260	280	8	1	6	12
Junior Breakfast with Bacon and Hash Browns	360	230	25	6	0.5	245	790	21	1	0	11
Junior Breakfast with Sausage Link and Hash Browns	410	270	30	7	0.5	260	890	21	1	0	14



Nutritional Menu

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)
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
Substitute Chicken Breast	210	90	10	2	0	90	55	0	0	0	28

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)
Top Sirloin, 6 oz	240	100	12	3.5	0	80	660	1	0	0	31

GLUTEN SENSITIVE SIDES

See sides section

gluten BEVERAGES

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						•	•			

- 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

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	850	300	33	13	0	375	690	114	4	57	26	•		•			•		•		
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																					

- 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.