



## MENU NUTRITIONAL & ALLERGEN GUIDE - 2024

Country Kitchen International (CKI) aims to provide accurate and complete nutrition & allergen information based on information received by our suppliers. Some menu items may not be available at all restaurants. Limited time offers, regional items or test products may not be included. This information is based on approved products and standard recipes, variations with the menu item served may occur due to substitution and product availability in different regions of the country. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, the possibility exists for certain ingredients to come in contact with other food products. CKI makes no warranties on the accuracy of this information or the appropriateness of its use. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Appetizers - Nutritional and Allergen information includes default dipping sauce, except Build your Own Sampler Items.																	
Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens					
Build Your Own Sampler	Battered Mushrooms (4 oz)	270	160	18	3	0	430	0	24	1	0	4	★				
	Breaded Cauliflower (4 oz)	200	100	11	2	0	270	0	24	1	3	4	+	★			
	Brew City® Fries (6 oz)	510	330	37	6	0	830	0	40	4	0	4	★				
	Chicken Tenders (3)	470	320	36	6	0	870	55	19	1	0	20	+	★			
	Corn Ribs	280	150	17	2.5	0	500	0	36	4	4	4	+	★			
	Fried Cheese Curds (4 oz)	510	330	37	17	0	830	85	21	0	0	19	+	★			
	Onion Rings (5 oz)	560	400	44	7	0	610	0	39	2	5	3	+	★			
	Tater Tots (6 oz)	460	280	32	5	0	960	0	39	4	0	4					
	Zesty Pickle Fries (4 oz)	300	200	22	4	0	1340	0	19	3	3	3	+	★	♦		
	Dipping sauce: Barbecue (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0					
	Dipping sauce: Creamy Garlic (2 fl oz)	310	300	33	6	0	420	15	1	0	0	0	●				
	Dipping sauce: Frank's RedHot® (2 fl oz)	0	0	0	0	0	2280	0	0	0	0	0					
	Dipping sauce: Honey Mustard (2 fl oz)	260	180	20	3	0	600	20	20	0	18	0	●				
	Dipping sauce: Ranch (2 fl oz)	220	200	22	4	0	310	10	2	0	2	1	●	+	♦		
Battered Mushrooms (8 oz)	850	620	69	11	0	1270	15	49	3	0	8	●	+	♦			
Breaded Cauliflower (8 oz)	620	410	45	8	0	850	10	50	3	7	9	●	+	♦	★		
Corn Ribs	870	600	67	11	0	1410	15	73	7	8	7	●	+	♦	★		
Fried Cheese Curds (8 oz)	1230	870	97	38	0	1960	180	43	0	2	40	●	+	♦	★		
Zesty Pickle Fries (8 oz)	910	700	78	14	0	3150	15	40	6	6	6	●	+	♦	★		

Allergen Key			
Milk	+	Peanuts	■
Wheat	★	Tree Nuts	◀
Eggs	●	Fish	▲
Soy	♦	Shellfish	✦

Basket Classics - Nutritional and Allergen information includes Brew City® Fries																	
Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens					
Battered Cod	1360	860	96	15	0	2420	80	93	5	11	30	●	▲	+	★		
BBQ Ribs	1860	1010	113	33	0	3520	380	115	4	62	96	★					
Breaded Shrimp	1190	610	68	12	0	3210	0	106	7	0	37	▲	+	✦	♦	★	
Chicken Tenders (no sauce)	1420	980	108	18	0	2380	95	79	7	0	39	+	★				
Cod & Shrimp	1550	940	104	17	0	3580	65	114	6	10	38	●	▲	+	♦	✦	★

Beverages																	
Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens					
Arnold Palmer (12 fl oz)	80	0	0	0	0	5	0	20	0	20	1						
Berrylicious Lemonade (15.5 fl oz)	160	0	0	0	0	30	0	41	3	38	1						
Citrus Splash (12 fl oz)	150	0	0	0	0	35	0	40	0	37	1						
Coffee - Regular & Decaf (7 fl oz) (no creamer)	5	0	0	0	0	0	0	1	0	0	0						
Cranberry Iced Tea (12 fl oz)	70	0	0	0	0	30	0	17	0	17	0						
Cranberry Lemonade (12 fl oz)	180	0	0	0	0	20	0	43	0	43	1						
Hot Chocolate (7 fl oz) From Packet	160	50	6	6	0	140	0	24	0	21	0	+	♦				
Juice, Apple - lg (15.5 fl oz)	230	0	0	0	0	20	0	56	0	56	2						
Juice, Apple - reg (9.5 fl oz)	140	0	0	0	0	10	0	34	0	34	1						
Juice, Cranberry - lg (15.5 fl oz)	250	0	0	0	0	70	0	64	0	64	0						
Juice, Cranberry - reg (9.5 fl oz)	150	0	0	0	0	40	0	39	0	39	0						
Juice, Orange - lg (15.5 fl oz)	210	0	0	0	0	0	0	52	0	47	2						
Juice, Orange - reg (9.5 fl oz)	130	0	0	0	0	0	0	32	0	29	1						
Juice, Tomato - lg (15.5 fl oz)	100	0	0	0	0	1300	0	19	4	12	4						
Juice, Tomato - reg (9.5 fl oz)	60	0	0	0	0	800	0	12	2	7	2						
Lemonade (10 fl oz)	140	0	0	0	0	0	0	33	0	33	1						
Malt, Caramel	760	290	32	21	0	410	100	105	0	72	14	+	♦	★			
Malt, Chocolate	760	310	34	21	0	280	100	103	2	62	14	+	♦	★			
Malt, Oreo	740	330	37	22	0	350	100	87	1	53	13	+	♦	★			
Malt, Strawberry	680	290	32	21	0	270	100	88	3	60	12	+	★				
Malt, Vanilla	610	290	32	21	0	240	100	67	0	42	12	+	★				
Milk, Chocolate - lg (15.5 fl oz)	350	45	5	3	0	470	20	57	0	53	16	+					
Milk, Chocolate - reg (9.5 fl oz)	210	25	3	2	0	290	15	35	0	33	10	+					
Milk, White - lg (15.5 fl oz)	240	80	9	6	0	240	40	23	0	0	16	+					
Milk, White - reg (9.5 fl oz)	150	45	5	3.5	0	150	25	14	0	0	10	+					
Shake, Caramel	740	280	31	21	0	390	95	103	0	70	13	+	♦				
Shake, Chocolate	740	300	33	21	0	270	95	101	2	60	13	+	♦				
Shake, Oreo	720	330	36	22	0	330	95	85	1	51	13	+	♦	★			
Shake, Strawberry	660	280	31	21	0	260	95	86	3	58	12	+					
Shake, Vanilla	590	280	31	21	0	230	95	65	0	40	12	+					
Soft Drink, Barq's Root Beer (12 fl oz)	160	0	0	0	0	55	0	44	0	44	0						
Soft Drink, Coke (12 fl oz)	140	0	0	0	0	45	0	39	0	39	0						
Soft Drink, Diet Coke (12 fl oz)	0	0	0	0	0	40	0	0	0	0	0						
Soft Drink, Mr. Pibb (12 fl oz)	140	0	0	0	0	55	0	38	0	38	0						
Soft Drink, Sprite (12 fl oz)	140	0	0	0	0	70	0	39	0	38	0						
Tea, Hot (14 fl oz)	0	0	0	0	0	15	0	less than 1g	0	0	0						
Tea, Iced (12 fl oz)	0	0	0	0	0	15	0	less than 1g	0	0	0						
Tea, Iced Raspberry (12 fl oz)	90	0	0	0	0	50	0	23	0	22	0						

Burgers & Sandwiches - Nutritional and allergen information does not include side choice. See "Sides, Add-Ons, Dressings & Sauces" for information on side choices.												
Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Avocado Bacon Burger	980	600	67	23	0	1460	140	44	5	3	46	• + ♦ ★
Avocado Jack Wrap	920	490	54	20	0	1730	185	57	6	3	52	• + ♦ ★
Aztec Quesadilla Burger	950	490	55	26	0	1750	160	60	3	5	48	+ ★
Bacon Cheeseburger	860	500	55	22	0	1620	135	39	2	2	45	+ ♦ ★
Big Country Burger	1550	960	107	40	0	2050	265	53	3	6	82	• + ♦ ★
Chicken Bacon Melt-Rye	790	360	40	16	0	1540	190	42	3	1	54	+ ♦ ★
Chicken Bacon Melt-Sourdough	760	350	39	16	0	1560	190	42	less than 1g	3	54	+ ♦ ★
Chicken Bacon Melt-Wheat	820	360	40	16	0	1640	190	52	3	5	54	+ ♦ ★
Chicken Bacon Melt-White	730	340	38	16	0	1540	190	36	1	2	50	+ ♦ ★
Classic Cheeseburger	770	440	48	19	0	1290	115	39	2	2	39	+ ♦ ★
Country Avocado BLT-Rye	610	320	35	9	0	1100	45	40	6	1	22	• ♦ ★
Country Avocado BLT-Sourdough	650	310	34	9	0	1120	45	40	4	3	22	• ♦ ★
Country Avocado BLT-Wheat	710	320	35	9	0	1200	45	50	6	5	22	• ♦ ★
Country Avocado BLT-White	620	300	34	9	0	1100	45	34	5	2	21	• ♦ ★
Cowboy Burger	1040	580	64	24	0	2030	135	64	2	19	45	+ ♦ ★
Crispy Bourbon Chicken Sandwich	1170	570	63	16	0	2500	100	100	3	37	44	+ ♦ ★
Honey Mustard Chicken Melt-Rye	830	380	43	14	0	1510	180	52	3	10	48	• + ♦ ★
Honey Mustard Chicken Melt-Sourdough	800	380	42	14	0	1530	180	52	less than 1g	12	48	• + ♦ ★
Honey Mustard Chicken Melt-Wheat	860	380	43	14	0	1610	180	62	3	14	48	• + ♦ ★
Honey Mustard Chicken Melt-White	770	370	41	14	0	1510	180	46	1	11	47	• + ♦ ★
Mushroom Swiss Burger	790	440	49	19	0	1000	120	40	2	3	42	+ ♦ ★
Patty Melt	870	460	51	22	0	1030	140	43	3	2	48	+ ♦ ★
Reuben	770	380	42	15	0	2350	105	48	5	10	39	• + ♦ ★
Spicy Crispy Chicken Sandwich	1050	630	70	15	0	2920	90	66	3	4	38	• + ♦ ★

Allergen Key

Milk	+	Peanuts	■
Wheat	★	Tree Nuts	◀
Eggs	•	Fish	△
Soy	♦	Shellfish	✱

Classic Country Breakfasts - Nutritional and Allergen information includes Hash Browns (where applicable), but does NOT include toast and/or side choice(s). See "Sides, Add-ons, Dressings, Sauces" for information on toast and side choices												
Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Barn Buster, The (fried eggs)	520	270	30	8	0	490	760	31	2	0	26	• ♦
Barn Buster, The (scrambled eggs)	460	240	26	7	0	680	495	30	2	2	2	• + ♦
Beef & Eggs (fried eggs)	780	470	52	18	0	670	480	29	2	0	41	• ♦ ★
Beef & Eggs (scrambled eggs)	750	450	50	17	0	770	345	28	2	less than 1g	29	• + ♦ ★
Biscuits & Sausage Gravy	970	560	62	23	14	4200	30	98	2	14	15	+ ♦ ★
Biscuits & Sausage Gravy with Eggs (fried eggs)	1110	630	70	26	14	4310	410	100	2	14	27	• + ♦ ★
Biscuits & Sausage Gravy with Eggs (scramble eggs)	1080	610	68	25	14	4400	280	100	2	15	15	• + ♦ ★
Bourbon Ribeye & Eggs (fried eggs)	1020	520	57	18	1	1020	550	50	2	17	70	• ♦ ★
Bourbon Ribeye & Eggs (scrambled eggs)	990	500	56	17	1	1120	420	50	2	18	58	• + ♦ ★
Chicken Fried Chicken & Eggs (fried eggs)	990	590	65	13	2	1590	445	59	3	2	40	• + ♦ ★
Chicken Fried Chicken & Eggs (scrambled eggs)	960	570	63	12	2	1680	315	59	3	3	28	• + ♦ ★
Country Eggs (fried eggs)	380	200	22	5	0	380	380	29	2	0	14	• ♦ ★
Country Eggs (scrambled eggs)	350	180	20	4.5	0	470	250	28	2	less than 1g	2	• + ♦ ★
Country Fried Steak & Eggs (fried eggs)	1040	660	74	19	2	1480	660	60	3	1	33	• + ♦ ★
Country Fried Steak & Eggs (scrambled eggs)	1010	650	72	18	2	1580	530	60	3	2	21	• + ♦ ★
Eggs Benedict	990	500	56	24	0	2290	490	77	3	8	37	• + ♦ ★
Everybody's Favorite (fried eggs)	380	200	22	5	0	380	380	29	2	0	14	• ♦ ★
Everybody's Favorite (scrambled eggs)	350	180	20	4.5	0	470	250	28	2	less than 1g	2	• + ♦

Country Comfort Dinners - Nutritional & Allergen information does not include side choice. See "Sides, Add-Ons, Dressings & Sauces" for information on side choices.												
Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
BBQ Ribs Dinner	1350	680	76	27	0	2690	380	75	0	62	92	
Bourbon Ribeye Steak	750	400	44	14	1	730	170	30	1	18	57	+ ♦ ★
Chicken Fried Chicken	600	390	43	8	2	1210	65	30	less than 1g	2	26	+ ♦ ★
Country Fried Steak	540	340	38	11	2	1100	280	32	1	1	19	+ ♦ ★
Homemade Meatloaf	830	500	56	23	2	2340	195	37	3	9	47	• △ + ♦ ★
Pot Roast	540	370	41	16	0	1120	180	13	2	1	31	+ ♦ ★
Roasted Turkey	630	110	12	2.5	1	2830	105	78	5	27	46	• + ♦ ★
Stacker-Meatloaf	1230	650	72	31	2	3400	220	88	11	13	55	• △ + ♦ ★
Stacker-Pot Roast	760	390	44	17	0	1790	120	65	9	5	24	+ ♦ ★
Stacker-Turkey	740	280	31	11	0	2450	130	66	9	7	44	+ ♦ ★

Desserts												
Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Ala Mode, vanilla ice cream (1 scoop)	90	40	5	2.5	0	30	15	10	0	7	1	+
Apple Pie (slice)	670	340	38	16	0	630	5	80	4	39	4	• + ♦ ★
Cheesecake (plain)	510	320	35	21	1	480	145	42	1	33	8	• + ♦ ★
Cheesecake (with Country Baked Apples)	630	330	37	21	1	510	145	67	3	54	8	• + ♦ ★
Cheesecake (with strawberry topping)	580	320	35	21	1	510	145	63	4	51	8	• + ♦ ★
Chocolate Molten Madness	810	360	40	22	0	490	80	101	5	64	11	• + ♦ ★ ◊
Malt, Caramel	760	290	32	21	0	410	100	105	0	72	14	+ ♦ ★
Malt, Chocolate	760	310	34	21	0	280	100	103	2	62	14	+ ♦ ★
Malt, Oreo	740	330	37	22	0	350	100	87	1	53	13	+ ♦ ★
Malt, Strawberry	680	290	32	21	0	270	100	88	3	60	12	+ ★
Malt, Vanilla	610	290	32	21	0	240	100	67	0	42	12	+ ★
Mini Sundae, Caramel	190	70	8	6	0	85	20	29	0	22	2	+ ★
Mini Sundae, Chocolate	190	80	9	6	0	45	20	28	less than 1g	18	2	+ ★
Mini Sundae, Turtle	240	120	13	7	0	110	20	30	less than 1g	21	3	• + ♦ ★ ◊
Old Fashioned Apple Crisp	590	160	18	8	0	310	35	103	4	78	5	+ ♦ ★



Shake, Caramel	740	280	31	21	0	390	95	103	0	70	13	+	♦				
Shake, Chocolate	740	300	33	21	0	270	95	101	2	60	13	+	♦				
Shake, Oreo	720	330	36	22	0	330	95	85	1	51	13	+	♦	*			
Shake, Strawberry	660	280	31	21	0	260	95	86	3	58	12	+					
Shake, Vanilla	590	280	31	21	0	230	95	65	0	40	12	+					
Sundae, Caramel	350	140	15	11	0	170	35	53	0	40	4	+	♦				
Sundae, Chocolate	350	140	16	11	0	85	35	52	1	33	4	+	♦				
Sundae, Hot Fudge	400	190	21	12	2	140	35	52	0	37	4	+	♦				
Sundae, Oreo	380	180	20	12	0	170	35	48	1	31	4	+	♦	*			
Sundae, Strawberry Topping	330	130	15	11	0	90	35	49	3	38	3	+					
Sundae, Turtle	460	230	25	12	0	220	35	55	1	39	5	•	+	♦	■	◀	*

Allergen Key

Milk	+	Peanuts	■
Wheat	*	Tree Nuts	◀
Eggs	•	Fish	△
Soy	♦	Shellfish	◇

**From the Griddle** - Nutritional & Allergen information for items marked with "\*" includes butter, but not syrup. See "Sides, Add-ons, Dressing, Sauces" for syrup information. Nutritional & Allergen information for items marked with "+" do not include breakfast meat choice.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Belgian Waffle*	410	180	21	11	0	900	105	47	0	7	7	• + ♦ *
Best Pancakes in Town*+	510	180	20	5	0	1530	75	64	1	13	14	• + ♦ *
Cakes, Eggs & Bacon (fried eggs)*	590	270	30	10	0	1480	450	45	less than 1g	8	27	• + ♦ *
Cakes, Eggs & Bacon (scrambled eggs)*	560	260	28	9	0	1580	315	44	less than 1g	9	15	• + ♦ *
Chicken & Waffle*	880	510	56	16	0	1760	165	66	1	7	28	• + ♦ *
Cowboy Crepes	880	420	47	26	0	1530	605	64	3	15	27	• + ♦ *
French Toast*	890	310	34	7	0	1120	190	112	12	27	17	• + ♦ *
French Toast, Eggs & Bacon (fried eggs)*	880	400	44	12	0	1200	530	76	8	18	30	• + ♦ *
French Toast, Eggs & Bacon (scrambled eggs)*	850	380	43	11	0	1300	400	76	8	18	18	• + ♦ *
Strawberry Crepes (fresh strawberries)*	810	390	43	37	0	460	165	92	5	45	14	• + ♦ *
Strawberry Crepes (strawberry topping)*	900	390	43	37	0	520	165	120	7	74	13	• + ♦ *
Strawberry Pancakes (fresh strawberries)*+	660	240	27	12	0	1530	75	84	5	27	15	• + ♦ *
Strawberry Pancakes (strawberry topping)*+	750	240	27	12	0	1590	75	113	7	56	14	• + ♦ *
Strawberry Waffle (fresh strawberries)*	560	250	28	18	0	900	105	67	3	22	8	• + ♦ *
Strawberry Waffle (strawberry topping)*	650	250	28	18	0	960	105	96	6	50	7	• + ♦ *
Triple Chocolate Pancakes*+	980	400	44	20	0	1650	75	131	6	60	16	• + ♦ *
Waffle, Eggs & Bacon (fried eggs)*	640	320	36	17	0	1340	505	49	0	7	25	• + ♦ *
Waffle, Eggs & Bacon (scrambled eggs)*	610	300	34	16	0	1430	375	48	0	8	13	• + ♦ *

**Kid's Menu** - Nutritional & Allergen information for items marked with "\*" includes butter, but not syrup. See "Sides, Add-ons, Dressings, Sauces" for syrup information. Values also do not include side choices with Kid's meals. Sides are listed below.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cake 'n' Egg (scrambled egg)*	260	120	13	4	0	650	150	22	less than 1g	5	5	• + ♦ *
Cheesy Omelette	220	130	14	7	0	420	275	3	0	less than 1g	8	• + ♦
Chicken Sandwich	470	180	20	5	0	800	120	35	1	1	31	• + ♦ *
Chicken Tenders (no sauce)	470	320	36	6	0	870	55	19	1	0	20	• + *
Cookies & Crème Crepe	360	160	18	14	0	210	55	44	1	23	5	• + ♦ *
Corn Dog Bites	380	250	28	6	0	560	35	26	1	6	8	• + ♦ *
Drink - Juice, Apple (9.5 fl oz)	140	0	0	0	0	10	0	34	0	34	1	
Drink - Juice, Orange (9.5 fl oz)	130	0	0	0	0	0	0	32	0	29	1	
Drink - Lemonade (6 fl oz)	80	0	0	0	0	0	0	20	0	20	1	
Drink - Milk, Chocolate (9.5 fl oz)	210	25	3	2	0	290	15	35	0	33	10	+
Drink - Milk, White (9.5 fl oz)	150	45	5	3.5	0	150	25	14	0	0	10	+
Drink - Soda, Barq's Root Beer (6 fl oz)	80	0	0	0	0	25	0	22	0	22	0	
Drink - Soda, Coke (6 fl oz)	70	0	0	0	0	20	0	20	0	20	0	
Drink - Soda, Diet Coke (6 fl oz)	0	0	0	0	0	25	0	0	0	0	0	
Drink - Soda, Mr. Pibb (6 fl oz)	70	0	0	0	0	25	0	19	0	19	0	
Drink - Soda, Sprite (6 fl oz)	70	0	0	0	0	35	0	19	0	19	0	
Fishy Stick (with tartar sauce)	390	260	29	4.5	0	910	45	22	0	9	9	• △ + *
French Toasters*	310	80	9	3	0	470	85	43	1	11	8	• + ♦ *
Grilled Cheese	370	170	19	10	0	1100	30	32	less than 1g	less than 1g	15	• + ♦ *
Hamburger	630	360	40	14	0	930	80	36	1	1	26	• + ♦ *
Kid's Sundae, Caramel	140	50	5	2.5	0	85	15	23	0	17	2	• + ♦
Kid's Sundae, Chocolate	140	50	5	2.5	0	45	15	22	less than 1g	13	2	• + ♦
Mac & Cheese	300	80	9	2.5	0	570	15	45	2	8	11	• + *
Mr. Chippy®*	430	230	25	19	0	490	25	49	2	30	5	• + ♦ *
Oreo® Pack (2 cookies)	100	50	5	1	0	85	0	16	1	9	1	♦ *
Premium Side - Cheese Curds (4 oz)	510	340	37	17	0	830	85	21	0	0	19	• + *
Premium Side - Pickle Fries (4 oz)	300	200	22	4	0	1370	0	19	3	3	3	• + ♦ *
Side - Bacon Strips (2 slices)	90	60	7	3	0	330	20	1	0	1	6	
Side - Country Baked Apples (4 oz)	120	20	2	1	0	30	0	25	2	22	0	• + ♦
Side - French Fries (4 oz)	340	220	25	4	0	620	0	27	3	0	3	*
Side - Fruit of the Day (4 oz)						varies						varies
Side - Hash Browns (5 oz)	240	120	14	2.5	0	270	0	27	2	2	2	♦
Side - Mashed Potatoes (5 oz-no gravy)	150	70	8	5	0	460	20	19	2	2	3	+
Side - Mashed Potatoes with Beef Gravy	190	90	10	6	0	710	25	23	3	2	3	• + ♦ *
Side - Mashed Potatoes with Country Gravy	200	100	11	5	2	730	20	23	2	3	3	• + ♦ *
Side - Mashed Potatoes with Turkey Gravy	190	90	10	5	0	710	25	22	2	2	4	• + ♦ *
Side - Salad (no dressing)	5	0	0	0	0	5	0	2	less than 1g	less than 1g	0	
Side - Oranges, Mandarin (4 oz)	120	0	0	0	0	15	0	27	2	24	2	
Side - Sausage (2 links)	160	140	16	5	0	230	25	0	0	0	4	
Side - Tater Tots (4 oz)	310	190	21	3.5	0	630	0	26	3	0	3	
Side - Toast, rye (2 slices w/butter)	300	80	9	2	0	420	0	38	2	0	8	• + ♦ *
Side - Toast, sourdough (2 slices with butter)	260	70	8	2	0	440	0	38	0	2	8	• + ♦ *
Side - Toast, wheat (2 slices with butter)	320	80	9	2	0	520	0	48	2	4	8	• + ♦ *
Side - Toast, white (2 slices with butter)	230	70	7	2	0	420	0	32	less than 1g	less than 1g	7	• + ♦ *
Side - Vegetable Mix (California Blend, 4 oz)	40	0	0	0	0	50	0	6	2	4	1	
Side - Vegetable of the Day (4 oz)						varies						varies
Sour Patch Kids	140	0	0	0	0	25	0	36	0	25	0	

**Lighter Fare** - Nutritional & Allergen information does not include toast and/or side choice(s). Items marked with "\*" includes butter but not syrup. See "Sides, Add-ons, Dressing, Sauces" for syrup, toast and side choice information.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
2 Egg, Ham & Cheese Omelette	510	260	29	10	0	1040	300	30	2	1	17	• + ♦ ★
Breakfast Duo - Cakes & Bacon*	450	200	22	7	0	1370	70	43	less than 1g	8	23	• + ♦ ★
Breakfast Duo - Cakes & Sausage Links*	520	280	31	9	0	1280	75	43	less than 1g	8	14	• + ♦ ★
Breakfast Duo - French Toast & Bacon*	620	200	22	7	0	1090	150	75	8	18	18	• + ♦ ★
Breakfast Duo - French Toast & Sausage Links*	690	280	31	9	0	1000	155	75	8	18	16	• + ♦ ★
Breakfast Sampler (fried eggs)*	440	260	29	8	0	600	215	28	2	less than 1g	13	• ♦ ★
Breakfast Sampler (scrambled eggs)*	420	250	28	8	0	650	150	28	2	less than 1g	7	• + ♦ ★
Double-Smothered Chicken	240	110	12	4	0	470	130	2	less than 1g	less than 1g	29	+
Lighter Fare Cod	590	380	42	6	0	1200	65	34	less than 1g	10	17	• ▲ + ♦ ★
Lighter Fare French Toast (Country Baked Apples)*	690	180	20	10	0	740	130	107	10	46	12	• + ♦ ★
Lighter Fare French Toast (with fresh strawberries)*	590	150	17	9	0	710	130	88	10	29	12	• + ♦ ★
Lighter Fare French Toast (with strawberry topping)*	640	150	17	9	0	740	130	103	11	43	12	• + ♦ ★
Lighter Fare Meatloaf	470	290	32	12	1	1220	100	23	2	5	24	• ▲ + ♦ ★
Lighter Fare Pancakes (with Country Baked Apples)*	520	170	19	10	0	1020	50	75	3	37	9	• + ♦ ★
Lighter Fare Pancakes (with fresh strawberries)*	430	150	17	9	0	990	50	56	3	19	10	• + ♦ ★
Lighter Fare Pancakes (with strawberry topping)*	470	150	17	9	0	1020	50	71	4	33	9	• + ♦ ★
Lighter Fare Turkey	540	90	10	2	0.5	2310	55	77	5	27	28	• + ♦ ★
Lighter Fare Pot Roast	330	220	24	9	0	730	95	13	2	1	16	+ ♦ ★
Smothered Chopped Steak	420	280	32	13	0	420	100	4	less than 1g	less than 1g	28	+ ♦ ★
Soup & Salad							varies					varies

Allergen Key

Milk	+	Peanuts	■
Wheat	★	Tree Nuts	◀
Eggs	•	Fish	▲
Soy	♦	Shellfish	✦

**Omelettes** - Nutritional & Allergen information includes Hash Brown but does not include side choice(s). See "Sides, Add-ons, Dressing, Sauces" for side choice information and Build your Own Omelette ingredients.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Bacon Avocado Ranch Omelette	820	510	57	19	0	1250	445	35	5	2	23	• + ♦ ★
Build Your Own Omelette (with cheese only)	630	350	39	15	0	1000	430	32	2	1	17	• + ♦ ★
Garden Fresh Omelette	460	210	24	6	0	690	370	41	5	7	5	• + ♦
Ham & Cheese Omelette	720	370	41	16	0	1710	470	32	2	2	32	• + ♦
Meat Lover's Omelette	920	550	61	23	0	2150	510	32	2	2	40	• + ♦
Montana Ranch Omelette	830	470	52	19	0	1770	470	36	3	4	32	• + ♦
Western Omelette	700	360	40	15	0	1360	450	38	3	4	26	• + ♦

**Sides, Add-ons, Dressings, Sauces**

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Avocado, quarter	80	70	7	1	0	0	0	4	3	0	1	
Bacon (1 slice)	45	30	3.5	1.5	0	170	10	0	0	0	3	
Barbeque sauce (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0	
Barn Buster Side - Pancakes (no butter) (4)	610	170	19	4	0	1970	100	85	2	17	19	• + ♦ ★
Barn Buster Side - Toast, Rye (with butter) (4 slices)	590	160	18	4	0	840	0	76	4	0	16	+ ♦ ★
Barn Buster Side - Toast, Sourdough (w/butter) (4 slices)	530	140	16	4	0	880	0	76	0	4	16	+ ♦ ★
Barn Buster Side - Toast, Wheat (with butter) (4 slices)	650	160	18	4	0	1040	0	96	4	8	16	+ ♦ ★
Barn Buster Side - Toast, White (with butter) (4 slices)	470	130	15	4	0	840	0	65	2	2	14	+ ♦ ★
Biscuit (with butter) (1)	290	150	17	9	0	870	0	30	1	2	4	+ ♦ ★
Biscuit & Country Gravy (1)	280	130	15	8	2	1080	0	35	1	3	4	+ ♦ ★
Bleu cheese dressing (1 fl oz)	140	130	14	2.5	0	320	10	2	0	1	0	• +
Bourbon sauce (1 fl oz)	80	0	0	0	0	240	0	18	0	17	0	♦ ★
Breakfast Meat Choice - Bacon (4 slices)	180	130	14	6	0	660	40	0	0	0	12	
Breakfast Meat Choice - Ham (4 oz)	120	35	4	2	0	1420	50	6	0	6	16	
Breakfast Meat Choice - Sausage Links (4)	320	280	31	11	0	470	55	0	0	0	9	
Breakfast Meat Choice - Sausage Patties (2)	320	250	28	10	0	920	80	0	0	0	18	
Breakfast Side - Biscuit (no butter) (1)	230	100	11	7	0	810	0	30	1	2	4	+ ♦ ★
Breakfast Side - Biscuit (with butter) (1)	290	150	17	9	0	870	0	30	1	2	4	+ ♦ ★
Breakfast Side - English Muffin (with butter) (1)	250	70	8	2	0	340	0	38	1	2	7	+ ♦ ★
Breakfast Side - Pancakes (no butter) (2)	300	90	10	2	0	990	50	43	less than 1g	8	9	• + ♦ ★
Breakfast Side - Toast, rye (with butter) (2 slices)	300	80	9	2	0	420	0	38	2	0	8	+ ♦ ★
Breakfast Side - Toast, sourdough (with butter) (2 slices)	260	70	8	2	0	440	0	38	0	2	8	+ ♦ ★
Breakfast Side - Toast, wheat (with butter) (2 slices)	320	80	9	2	0	520	0	48	2	4	8	+ ♦ ★
Breakfast Side - Toast, white (with butter) (2 slices)	230	70	7	2	0	420	0	32	less than 1g	less than 1g	7	+ ♦ ★
Brew City Fries, side (6 oz)	510	330	37	6	0	830	0	40	4	0	4	★
Build Your Own Omelette Ingredient - Avocado	80	70	7	1	0	0	0	4	3	0	1	
Build Your Own Omelette Ingredient - Bacon	45	30	3.5	1.5	0	170	10	0	0	0	3	
Build Your Own Omelette Ingredient - Broccoli	15	0	0	0	0	100	0	3	1	less than 1g	1	
Build Your Own Omelette Ingredient - Green Pepper	5	0	0	0	0	0	0	2	less than 1g	less than 1g	0	
Build Your Own Omelette Ingredient - Ham	45	10	1	0	0	360	20	less than 1g	0	0	8	
Build Your Own Omelette Ingredient - Mushrooms	10	0	0	0	0	0	0	1	0	less than 1g	1	
Build Your Own Omelette Ingredient - Onion	15	0	0	0	0	0	0	4	less than 1g	2	1	
Build Your Own Omelette Ingredient - Sausage	160	130	14	5	0	460	40	0	0	0	9	
Build Your Own Omelette Ingredient - Tomato	10	0	0	0	0	0	0	2	less than 1g	1	0	
Burger & Sandwich Side - Brew City Fries (6 oz)	510	330	37	6	0	830	0	40	4	0	4	★
Burger & Sandwich Side - Tater Tots (6 oz)	460	280	32	5	0	960	0	39	4	0	4	
Burger & Sandwich Side - Onion Rings (5 oz)	550	390	44	7	0	610	0	39	2	5	3	+ ★
Butter, side (1 T)	60	50	6	2	0	55	0	0	0	0	0	+ ♦
Cheese, American (1 slice)	70	50	6	4	0	340	15	0	0	0	4	+ ♦
Cheese, bacon & onion hash brown topper	170	100	11	6	0	380	40	5	less than 1g	2	11	+ ♦
Cheese, bleu cheese crumble (1/4 C)	100	70	8	5	0	380	20	0	0	0	6	+
Cheese, four-cheese blend (1/4 C)	110	70	8	4.5	0	210	30	1	0	0	8	+
Cheese, pepper jack (1 slice)	50	40	5	3	0	90	15	0	0	0	4	+
Cheese, Swiss (1 slice)	80	50	6	4	0	45	20	0	0	0	6	+
Chicken thigh, (4 oz)	180	70	8	2	0	360	115	0	0	0	24	



Chocolate sauce (3 T)	150	15	2	0	0	40	0	36	2	20	2	+	♦						
Cinnamon sauce (2 oz)	280	180	20	4.5	4.5	190	0	27	1	25	0	♦							
Cocktail sauce (2 fl oz)	70	0	0	0	0	720	0	15	less than 1g	0	1								
Corned Beef Hash (8 oz)	420	230	26	11	0	1560	55	29	5	2	20								
Country Baked Apples, side (4 oz)	120	20	2	1	0	30	0	25	2	22	0	+	♦						
Country Gravy (2 fl oz)	45	30	4	0.5	2	270	0	5	0	1	0	+	♦	*					
Country Sausage Gravy (4 fl oz)	260	180	20	4.5	7	1290	15	19	0	5	4	+	♦	*					
Creamy garlic sauce (2 fl oz)	310	300	33	6	0	420	15	1	0	0	0	•							
Dinner Side - Corn Ribs	280	150	17	2.5	0	500	0	36	4	4	4	+	*						
Dinner Side - Country Baked Apples (4 oz)	120	20	2	1	0	30	0	25	2	22	0	+	♦						
Dinner Side - Fruit of the Day (4 oz)																			
Dinner Side - Mashed Potatoes (no gravy) (5 oz)	150	70	8	5	0	460	20	19	2	2	3	+							
Dinner Side - Salad (no dressing)	60	20	2	1	0	70	5	7	2	4	4	+							
Dinner Side - Seasoned Diced Red Potatoes (6 oz)	220	60	7	1.5	0	150	0	34	3	2	4	♦							
Dinner Side - Steamed Broccoli (4 oz)	40	0	0	0	0	300	0	8	4	2	3								
Dinner Side - Vegetable Blend (4 oz)																			
Egg whites, scrambled (1)	25	0	0	0	0	75	0	0	0	0	0	•	♦						
Egg, fried (1)	70	35	4	1.5	0	55	190	1	0	0	6	•	♦						
Egg, scrambled (1)	50	30	3	1	0	105	125	less than 1g	0	0	0	•	+	♦					
English muffin (with butter) (1)	250	70	8	2	0	340	0	38	1	2	7	+	♦	*					
Frank's RedHot® sauce (2 fl oz)	0	0	0	0	0	2280	0	0	0	0	0								
French dressing (1 fl oz)	110	80	9	1.5	0	290	0	10	0	9	0								
French toast (no butter) (1 full slice)	260	80	9	1.5	0	330	45	35	4	7	6	•	+	♦	*				
Fried Cheese Curds, premium side (no sauce) (4 oz)	510	340	37	17	0	830	85	21	0	0	19	+	*						
Fruit of the Day, side (4 oz)																			
Gravy, Beef (2 fl oz)	40	25	3	1	0	250	5	4	1	0	0	♦	*						
Gravy, Country (2 fl oz)	45	30	4	0.5	2	270	0	5	0	1	0	+	♦	*					
Gravy, Sausage (4 fl oz)	260	180	20	4.5	7	1290	15	19	0	5	4	+	♦	*					
Gravy, Turkey (2 fl oz)	35	20	2	0.5	0	250	5	3	0	0	1	+	♦	*					
Ham, diced (1/4 C)	45	10	1	0.5	0	360	20	0	0	0	8								
Hash browns (5 oz)	240	120	14	2.5	0	270	0	27	2	0	2	♦							
Hollandaise sauce (4 fl oz)	230	200	22	14	0	150	60	4	0	0	0	+							
Honey Mustard dressing (1 fl oz)	130	90	10	1.5	0	300	10	10	0	9	0	•							
Mashed Potatoes, side (no gravy) (5 oz)	150	70	8	5	0	460	20	19	2	2	3	+							
Mayo (2 fl oz)	400	400	44	8	0	260	20	0	0	0	0	•							
Mushrooms, sliced (1/4 C)	4	0	0	0	0	0	0	less than 1g	0	0	1								
Onion Rings, side (5 oz)	550	390	44	7	0	610	0	39	2	5	3	+	*						
Onion, diced (1/4 C)	15	0	0	0	0	0	0	4	less than 1g	2	1								
Ore® pieces (1/4 C)	130	45	5	1.5	0	105	0	20	1	11	1	♦	*						
Pancake (no butter) (1)	150	45	5	1	0	490	25	21	less than 1g	4	5	•	+	♦	*				
Pancakes, side (no butter) (2)	310	90	10	2	1	990	50	43	less than 1g	8	9	•	+	♦	*				
Premium Side - Battered Mushrooms (4 oz)	850	620	69	11	0	1270	15	49	3	0	8	*							
Premium Side - Breaded Cauliflower (4 oz)	620	410	45	8	0	850	10	50	3	7	9	+	*						
Premium Side - Cheese Curds (no sauce) (4 oz)	510	340	37	17	0	830	85	21	0	0	19	+	*						
Premium Side - Zesty Pickle Fries (no sauce) (4 oz)	300	200	22	4	0	1370	0	19	3	3	3	+	♦	*					
Ranch dressing (1 fl oz)	110	100	11	2	0	160	5	less than 1g	0	less than 1g	1	•	+	♦					
Raspberry vinaigrette dressing (1 fl oz)	150	110	12	2	0	70	0	12	0	12	0								
Salad, side (no dressing)	60	20	2	1	0	70	5	7	2	4	4	+							
Salsa (2 fl oz)	20	0	0	0	0	500	0	6	2	4	0								
Sausage Gravy (4 fl oz)	260	180	20	4.5	7	1290	15	19	0	5	4	+	♦	*					
Sausage link (1)	80	70	8	2.5	0	120	15	0	0	0	2								
Sausage patty (1)	160	130	14	5	0	460	40	0	0	0	9								
Seasoned Diced Red Potatoes, side (6 oz)	220	60	7	1.5	0	150	0	34	3	3	4	♦							
Steamed Broccoli, side (4 oz)	40	0	0	0	0	300	0	8	4	2	3								
Strawberries, fresh - Full Stack topper (6 oz)	60	0	0	0	0	0	0	13	3	8	1								
Strawberries, fresh - Short Stack topper (3 oz)	30	0	0	0	0	0	0	7	2	4	1								
Strawberry topping (3 oz)	80	0	0	0	0	30	0	21	3	18	0								
Syrup, maple flavor (1 oz)	90	0	0	0	0	30	0	25	0	9	0								
Syrup, maple flavor, sugar-free (1 oz)	15	0	0	0	0	30	0	4	0	0	0								
Tartar sauce (2 fl oz)	320	310	34	5	0	340	30	2	0	2	0	•							
Thousand Island dressing (1 fl oz)	140	120	13	2	0	260	10	6	0	6	0	•							
Toast, rye (with butter) (2 slices)	300	80	9	2	0	420	0	38	2	0	8	+	♦	*					
Toast, sourdough (with butter) (2 slices)	260	70	8	2	0	440	0	38	0	2	8	+	♦	*					
Toast, wheat (with butter) (2 slices)	320	80	9	2	0	520	0	48	2	4	8	+	♦	*					
Toast, white (with butter) (2 slices)	230	70	7	2	0	420	0	32	less than 1g	less than 1g	7	+	♦	*					
Tomato, diced (1/4 C)	10	0	0	0	0	0	0	2	less than 1g	1	0								
Tomato, slice (1)	0	0	0	0	0	0	0	0	0	less than 1g	0								
Vanilla icing (1 oz)	120	35	4	2.5	0	60	0	20	0	19	0	+							
Whipped topping (1 oz)	90	60	7	7	0	0	0	7	0	7	0	+							
Zesty Pickle Fries, premium side (no sauce) (4 oz)	300	200	22	4	0	1370	0	19	3	3	3	+	♦	*					

Allergen Key

Milk	+	Peanuts	■
Wheat	*	Tree Nuts	◀
Eggs	•	Fish	△
Soy	♦	Shellfish	✦

Skillet Breakfasts - Nutritional & Allergen information does not include side choice(s). See "Sides, Add-ons, Dressing, Sauces" for side choice information.															
Menu Item	Calorie s	Calories from Fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens			
Breakfast Tot Scrambler	1050	680	76	19	0	2040	300	60	9	2	21	•	+	♦	*
Cordon Bleu Skillet	1020	660	73	27	0	1610	390	46	3	1	29	•	+	♦	*
Country's Best Skillet, The	660	370	41	14	0	1520	325	36	3	4	25	•	+	♦	*
Farm Skillet® (fried eggs)	570	320	36	10	0	840	420	34	3	3	23	•	♦		
Farm Skillet® (scrambled eggs)	540	310	34	10	0	940	290	34	3	4	11	•	+	♦	

Salad & Soup - Nutritional & Allergen information for salads do not include dressing. See "Sides, Add-ons, Dressing, Sauces" for dressing information												
Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken BLT Salad	340	140	16	5	0	730	135	17	5	10	34	• +
Country Cobb Salad	420	190	21	7	0	980	260	24	8	11	36	• +
Cranberry Pecan Harvest Salad	470	250	27	6	0	580	20	48	7	33	13	• + ■ ◆ ← ★

Allergen Key			
Milk	+	Peanuts	■
Wheat	★	Tree Nuts	←
Eggs	•	Fish	△
Soy	◆	Shellfish	✦

Specialty Coffee - At participating locations.												
Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cappuccino (10 fl oz)	110	25	2.5	2.5	0	90	5	14	less than 1g	10	4	+ ◆
Cappuccino, Iced (12 fl oz)	200	80	9	8	0	200	15	39	less than 1g	9	6	+ ◆
Caramel Marshmallow Latte (10 fl oz)	380	100	11	11	0	230	5	57	less than 1g	48	8	+ ◆
Caramel Marshmallow Latte, Iced (12 fl oz)	270	80	9	8	0	160	15	38	1	27	6	+ ◆
Cinnamon Roll Latte (10 fl oz)	380	100	11	11	0	230	5	59	less than 1g	49	8	+ ◆
Cinnamon Roll Latte, Iced (12 fl oz)	270	80	9	8	0	160	15	39	less than 1g	28	6	+ ◆
Espresso, shot (2 fl oz)	5	0	0	0	0	0	0	less than 1g	less than 1g	0	0	
German Chocolate Mocha (10 fl oz)	280	70	8	8	0	170	less than 5mg	45	less than 1g	39	3	+ ◆ ←
German Chocolate Mocha, Iced (12 fl oz)	320	80	9	8	0	230	10	50	less than 1g	46	7	+ ◆ ←
Gourmet Hot Chocolate (10 fl oz)	230	70	7	7	0	240	0	37	2	32	3	+ ◆
Iced Coffee (12 fl oz)	10	0	0	0	0	10	0	1	1	0	0	
Latte (10 fl oz)	210	45	5	5	0	160	5	29	less than 1g	21	8	+ ◆
Latte, Iced (12 fl oz)	200	80	9	8	0	110	15	20	less than 1g	9	6	+ ◆
Mocha (10 fl oz)	100	15	1.5	1.5	0	130	0	17	less than 1g	14	3	+ ◆
Mocha, Iced (12 fl oz)	240	70	8	7	0	200	10	34	less than 1g	29	7	+ ◆
Peanut Butter Crunch Mocha (10 fl oz)	270	70	7	7	0	200	less than 5mg	47	less than 1g	40	3	+ ◆ ←
Peanut Butter Crunch Mocha, Iced (12 fl oz)	310	70	8	7	0	270	10	51	less than 1g	47	7	+ ◆ ←
Salted Caramel Mocha (10 fl oz)	270	70	7	7	0	200	less than 5mg	47	less than 1g	40	3	+ ◆
Salted Caramel Mocha, Iced (12 fl oz)	310	70	8	7	0	300	10	52	less than 1g	47	7	+ ◆
Syrup/Flavor, cinnamon (one shot/0.75 oz)	80	0	0	0	0	0	0	19	0	18	0	
Syrup/Flavor, coconut (one shot/0.75 oz)	70	0	0	0	0	0	0	17	0	17	0	
Syrup/Flavor, English toffee (one shot/0.75 oz)	70	0	0	0	0	10	0	16	0	16	0	←
Syrup/Flavor, French vanilla (one shot/0.75 oz)	90	0	0	0	0	0	0	22	0	22	0	
Syrup/Flavor, hazelnut (one shot/0.75 oz)	60	0	0	0	0	5	0	15	0	15	0	←
Syrup/Flavor, Irish cream (one shot/0.75 oz)	70	0	0	0	0	0	0	16	0	16	0	
Syrup/Flavor, marshmallow (one shot/0.75 oz)	70	0	0	0	0	0	0	17	0	16	0	
Syrup/Flavor, peanut butter (one shot/0.75 oz)	80	0	0	0	0	100	0	19	0	18	0	■
Syrup/Flavor, salted caramel (one shot/0.75 oz)	80	0	0	0	0	105	0	18	0	18	0	



## Menu Nutritional and Allergen Guide - 2024

Café by Country Kitchen aims to provide accurate and complete nutrition and allergen information. Some menu items may not be available at all restaurants. Limited time offers, regional items, or test products may not be included. Nutrition, allergen, and ingredient information is based on information received from our suppliers. While menu item analysis is based on approved products and standard recipes, variations between the nutrition and allergen information reported here and what is actually served may occur due to substitutions and product availability in different regions of the country. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, the possibility exists for certain ingredients to come into contact with other food products. Café by Country Kitchen makes no warranties on the accuracy of this information or the appropriateness of its use. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

### Appetizers - Nutritional and Allergen information includes default dipping sauce, except Build your Own Sampler Items.

	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens	
Build Your Own Sampler	Battered Mushrooms (4 oz)	270	150	18	3	0	430	0	24	1	0	4	★
	Breaded Cauliflower (4 oz)	200	100	11	2	0	270	0	24	1	3	4	★
	Brew City® Fries (6 oz)	510	330	37	6	0	830	0	40	4	0	4	★
	Chicken Tenders (3)	470	320	36	6	0	870	55	19	1	0	20	★
	Fried Cheese Curds (4 oz)	510	330	37	17	0	830	85	21	0	0	19	★
	Onion Rings (5 oz)	560	400	44	7	0	610	0	39	2	5	3	★
	Tater Tots (6 oz)	460	280	32	5	0	960	0	39	4	0	4	★
	Zesty Pickle Fries (4 oz)	300	200	22	4	0	1340	0	19	3	3	3	★
	Dipping Sauce: Barbecue (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0	
	Dipping Sauce: Creamy Garlic Sauce (2 fl oz)	310	300	33	6	0	420	15	1	0	0	0	
	Dipping Sauce: Honey Mustard (2 fl oz)	260	180	20	3	0	600	20	20	0	18	0	
	Dipping Sauce: Ranch (2 fl oz)	220	200	22	4	0	310	10	2	0	2	1	
	Battered Mushrooms (8 oz)	850	620	69	11	0	1270	15	49	3	0	8	★
	Breaded Cauliflower (8 oz)	620	410	45	8	0	850	10	50	3	7	9	★
	Fried Cheese Curds (8 oz)	1230	870	97	38	0	1960	180	43	0	2	40	★
Zesty Pickle Fries (8 oz)	910	700	78	14	0	3150	15	40	6	6	6	★	

Allergen Key

Milk	+	Peanuts	■
Wheat	*	Tree Nuts	○
Eggs	●	Fish	△
Soy	◆	Shellfish	◇

### BREAKFAST CLASSICS & OMELETTES. Nutritional & allergen information includes hash browns (where applicable), but does NOT include toast choice and/or side choice(s). See "Sides, Add-ons, Dressings, Sauces" for information on toast and side choices.

	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Avocado Toast & Eggs (fried eggs)	590	350	39	8	0	560	380	43	14	3	20	★
Avocado Toast & Eggs (scrambled eggs)	560	330	37	7	0	660	250	43	14	4	8	★
Avocado Toast & Eggs (egg whites)	500	280	31	4.5	0	600	0	41	14	3	8	★
Bacon Avocado Ranch Omelette	820	510	57	19	0	1250	445	35	5	2	23	★
Bacon Avocado Ranch Omelette (egg whites)	730	430	47	16	0	1160	70	33	5	less than 1g	23	★
Barn Buster, The (fried eggs)	520	270	30	8	0	490	760	31	2	0	26	★
Barn Buster, The (scrambled eggs)	460	230	26	7	0	680	495	30	2	2	2	★
Barn Buster, The (egg whites)	340	130	14	2.5	0	570	0	27	2	0	2	★
Biscuits & Sausage Gravy	810	450	50	21	7	3180	40	79	2	9	17	★
Biscuits & Sausage Gravy with Eggs (fried eggs)	950	520	58	24	7	3290	420	81	2	9	29	★
Biscuits & Sausage Gravy with Eggs (scr. eggs)	920	510	57	24	7	3380	290	81	2	10	17	★
Biscuits & Sausage Gravy with Eggs (egg whites)	860	450	50	21	7	3330	40	79	2	9	17	★
Blueberry Lemon Yogurt Muffin	420	170	19	3.5	0	360	60	56	2	33	6	★
Bourbon Ribeye & Eggs (fried eggs)	1020	520	57	18	1.5	1060	170	48	2	17	70	★
Bourbon Ribeye & Eggs (scrambled eggs)	990	500	56	17	1.5	1120	420	50	2	18	58	★
Bourbon Ribeye & Eggs (egg whites)	930	440	49	15	1.5	1060	170	48	2	17	58	★
Breakfast Sampler (fried eggs)	440	260	29	8	0	600	215	28	2	less than 1g	13	★
Breakfast Sampler (scrambled eggs)	420	250	28	8	0	650	150	28	2	less than 1g	7	★
Breakfast Sampler (egg whites)	390	220	25	7	0	620	25	27	2	less than 1g	7	★
Café Favorite, The (fried eggs)	380	200	25	5	0	380	380	29	2	0	14	★
Café Favorite, The (scrambled eggs)	350	180	20	5	0	470	250	29	2	less than 1g	2	★
Café Favorite, The (egg whites)	290	130	14	2.5	0	420	0	27	2	0	2	★
Chicken Fried Chicken & Eggs (fried eggs)	990	590	65	13	2	1590	445	59	3	2	40	★
Chicken Fried Chicken & Eggs (scrambled eggs)	960	570	63	12	2	1680	315	59	3	3	28	★
Chicken Fried Chicken & Eggs (egg whites)	900	510	57	10	2	1630	65	57	3	2	28	★
Country Fried Steak & Eggs (fried eggs)	1040	660	74	19	2	1480	660	60	3	1	33	★
Country Fried Steak & Eggs (scrambled eggs)	1010	650	72	18	2	1580	530	60	3	2	21	★
Country Fried Steak & Eggs (egg whites)	950	590	66	16	2	1520	280	58	3	1	21	★
Eggs Benedict	990	510	57	24	0	2210	490	71	3	2	39	★
Eggs Benedict (egg whites)	900	440	49	21	0	2250	110	69	3	2	27	★
Garden Fresh Omelette	450	210	23	6	0	600	370	39	4	6	4	★
Garden Fresh Omelette (egg whites)	360	130	14	2.5	0	510	0	36	4	5	4	★
Ham & Cheese Omelette	720	370	41	16	0	1710	470	32	2	2	32	★
Ham & Cheese Omelette (egg whites)	630	290	32	12	0	1630	100	30	2	less than 1g	32	★
Meat Lover's Omelette	920	550	61	23	0	2150	510	32	2	2	40	★



Meat Lover's Omelette (egg whites)	840	460	51	20	0	2060	135	29	2	0	40	● + ◆		
Montana Ranch Omelette	830	470	52	19	0	1770	470	36	3	4	32	● + ◆		
Montana Ranch Omelette (egg whites)	750	390	43	16	0	1680	100	34	3	3	32	● + ◆		
Oatmeal Oasis-no toppings (toppings info in "sides")	250	50	6	1	0	210	5	43	6	0	11	+		
Spinach Florentine Omelette	790	440	49	19	0	1520	450	39	4	5	26	● + ◆		
Spinach Florentine Omelette (egg whites)	700	350	39	15	0	1430	80	37	4	4	26	● + ◆		
Strawberry Rhubarb Yogurt Muffin	380	150	17	3.5	0	340	55	51	2	30	5	● + ◆ ○	★	
Western Omelette	700	360	40	15	0	1360	450	38	3	4	26	● + ◆		
Western Omelette (egg whites)	610	280	31	12	0	1270	75	35	3	3	26	● + ◆		

Allergen Key

Milk	+	Peanuts	■
Wheat	★	Tree Nuts	○
Eggs	●	Fish	△
Soy	◆	Shellfish	❖

**BURGERS.** Nutritional & allergen information does NOT include side choice(s). See "Sides, Add-ons, Dressings, Sauces" for information on side

	Calories	Caories from fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Avocado Bacon Burger	980	600	67	23	0	1460	135	44	5	3	46	● + ◆ ★
Bacon Cheeseburger	860	500	55	22	0	1620	135	39	2	2	45	● + ◆ ★
Classic Cheeseburger	770	430	48	19	0	1290	115	39	2	2	39	● + ◆ ★
Big Café Burger	1520	930	104	39	0	2050	265	53	3	6	82	● + ◆ ★
Cowboy Burger	1040	580	64	24	0	2030	135	64	2	19	45	● + ◆ ★
Patty Melt	870	460	51	22	0	1030	140	43	3	2	48	● + ◆ ★

**DRINKS.** Specialty Coffees and Kids' Drinks are under their own categories.

	Calories	Caories from fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Arnold Palmer (12 fl oz)	80	0	0	0	0	5	0	20	0	20	1	
Citrus Splash (12 fl oz)	150	0	0	0	0	35	0	40	0	37	1	
Coffee (7 fl oz) (no creamer)	5	0	0	0	0	0	0	1	0	0	0	
Hot Chocolate (7 fl oz) From Packet	160	50	6	6	0	140	0	24	0	21	0	● + ◆
Juice, Apple - large (15.5 fl oz)	230	0	0	0	0	20	0	56	0	56	2	
Juice, Apple - small (9.5 fl oz)	140	0	0	0	0	10	0	34	0	34	1	
Juice, Cranberry - large (15.5 fl oz)	250	0	0	0	0	70	0	64	0	64	0	
Juice, Cranberry - small (9.5 fl oz)	150	0	0	0	0	40	0	39	0	39	0	
Juice, Orange - large (15.5 fl oz)	210	0	0	0	0	0	0	52	0	47	2	
Juice, Orange - small (9.5 fl oz)	130	0	0	0	0	0	0	32	0	29	1	
Juice, Tomato - large (15.5 fl oz)	100	0	0	0	0	1300	0	19	4	12	4	
Juice, Tomato - small (9.5 fl oz)	60	0	0	0	0	800	0	12	2	7	2	
Lemonade (10 fl oz)	140	0	0	0	0	0	0	33	0	33	1	
Lemonade, Cranberry (10 fl oz)	180	0	0	0	0	20	0	43	0	43	1	
Milk, Chocolate - large (15.5 fl oz)	350	45	5	3	0	470	20	58	0	53	16	+
Milk, Chocolate - small (9.5 fl oz)	210	25	3	2	0	290	15	35	0	33	10	+
Milk, White - large (15.5 fl oz)	240	80	9	6	0	240	40	23	0	0	16	+
Milk, White - small (9.5 fl oz)	150	45	5	3.5	0	150	25	14	0	0	10	+
Soda, Barq's Root Beer (12 fl oz)	160	0	0	0	0	55	0	44	0	44	0	
Soda, Coke (12 fl oz)	140	0	0	0	0	45	0	39	0	39	0	
Soda, Diet Coke (12 fl oz)	0	0	0	0	0	50	0	0	0	0	0	
Soda, Mr Pibb (12 fl oz)	140	0	0	0	0	55	0	38	0	38	0	
Soda, Sprite (12 fl oz)	140	0	0	0	0	70	0	39	0	38	0	
Tea, Hot (14 fl oz)	0	0	0	0	0	15	0	less than 1g	0	0	0	
Tea, Iced (12 fl oz)	0	0	0	0	0	15	0	less than 1g	0	0	0	
Tea, Iced Raspberry (12 fl oz)	90	0	0	0	0	50	0	23	0	22	0	

**FRESH FROM THE GRIDDLE.** Nutritional & allergen information for items marked with "\*" includes butter, but NOT syrup. See "Sides, Add-ons,

	Calories	Caories from fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Best Pancakes in Town*+	510	180	20	5	0	1530	75	64	1	13	14	● + ◆ ★
Café Waffle*	410	190	21	11	0	900	105	47	0	7	7	● + ◆ ★
Cakes, Eggs & Bacon (fried eggs)*	590	270	30	10	0	1480	450	45	less than 1g	8	27	● + ◆ ★
Cakes, Eggs & Bacon (scrambled eggs)*	560	260	28	9	0	1580	315	44	less than 1g	9	15	● + ◆ ★
Cakes, Eggs & Bacon (egg whites)*	500	200	22	7	0	1520	70	43	less than 1g	8	15	● + ◆ ★
Chicken & Waffle*	880	510	56	16	0	1760	165	66	1	7	28	● + ◆ ★
Cowboy Crepes (scrambled eggs)	880	420	47	26	0	1530	605	64	3	15	27	● + ◆ ★
Cowboy Crepes (egg whites)	790	340	38	22	0	1440	230	62	3	14	27	● + ◆ ★
Dynamic Duo (Cakes, Bacon)*	450	200	22	7	0	1370	70	43	less than 1g	8	23	● + ◆ ★
Dynamic Duo (Cakes, Sausage)*	520	280	310	9	0	1280	75	43	less than 1g	8	14	● + ◆ ★
Dynamic Duo (French Toast, Bacon)*	620	200	22	7	0	1090	150	75	8	18	18	● + ◆ ★
Dynamic Duo (French Toast, Sausage)*	690	280	31	9	0	1000	155	75	8	18	16	● + ◆ ★
French Toast*	890	310	34	7	0	1120	190	112	12	27	17	● + ◆ ★
French Toast, Eggs & Bacon (fried eggs)*	880	400	44	12	0	1200	530	76	8	18	30	● + ◆ ★
French Toast, Eggs & Bacon (scrambled eggs)*	850	380	43	11	0	1300	400	76	8	18	18	● + ◆ ★
French Toast, Eggs & Bacon (egg whites)*	790	330	36	9	0	1240	150	74	8	18	18	● + ◆ ★
Strawberry & Banana Crepes (strawberry topping)	1010	390	43	37	0	520	165	148	11	88	15	● + ◆ ★
Strawberry & Banana Crepes (fresh strawberries)	910	390	43	37	0	460	165	119	8	60	16	● + ◆ ★
Strawberry Crepes (strawberry topping)	900	390	43	37	0	520	165	120	7	74	13	● + ◆ ★
Strawberry Crepes (fresh strawberries)	810	390	43	37	0	460	165	92	5	45	14	● + ◆ ★
Strawberry Pancakes (strawberry topping)*+	750	240	27	12	0	1590	75	113	7	56	14	● + ◆ ★



Strawberry Pancakes (fresh strawberries)*+	660	240	27	12	0	1530	75	84	5	27	15	●+◆★
Strawberry Waffle (strawberry topping)*	650	250	28	18	0	960	105	96	6	50	7	●+◆★
Strawberry Waffle (fresh strawberries)*	560	250	28	18	0	900	105	67	3	22	8	●+◆★
Triple Chocolate Pancakes*+	980	400	44	20	0	1650	75	131	6	60	16	●+◆★
Waffle, Eggs & Bacon (fried eggs)*	640	320	36	17	0	1340	505	49	0	7	25	●+◆★
Waffle, Eggs & Bacon (scrambled eggs)*	610	300	34	16	0	1430	375	48	0	8	13	●+◆★
Waffle, Eggs & Bacon (egg whites)*	550	250	28	14	0	1380	125	47	0	7	13	●+◆★

Allergen Key

Milk	+	Peanuts	■
Wheat	★	Tree Nuts	○
Eggs	●	Fish	△
Soy	◆	Shellfish	❖

**KIDS MENU.** Nutritional & allergen information for kids' entrées do NOT include drink or side choice (these items are listed separately). Items marked with "\*" includes butter, but NOT syrup. See "Sides, Add-ons, Dressings, Sauces" for syrup information.

	Calories	Caories from fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cake 'n' Egg (scrambled egg)*	260	120	13	4	0	650	150	22	less than 1g	4	5	●+◆★
Cake 'n' Egg (egg whites)*	230	90	10	3	0	620	25	21	less than 1g	4	5	●+◆★
Cheesy Omelette	220	130	14	7	0	420	275	3	0	1	8	●+◆
Cheesy Omelette (egg whites)	160	70	8	4.5	0	360	30	1	0	0	8	●+
Chicken Tenders (does NOT include sauce choice)	470	320	36	6	0	870	55	19	1	0	20	+★
Mac & Cheese	300	80	9	2.5	0	570	15	45	2	8	11	+★
Mini Corn Dogs	380	250	28	6	0	560	35	26	1	6	8	●+◆★
Mr Chippy®	430	230	25	19	0	490	25	50	2	30	5	●+◆★
Drink - Juice, Apple (6 fl oz)	140	0	0	0	0	10	0	34	0	less than 1g	1	
Drink - Juice, Orange (6 fl oz)	130	0	0	0	0	0	0	32	0	29	1	
Drink - Lemonade (6 fl oz)	80	0	0	0	0	0	0	20	0	20	1	
Drink - Milk, Chocolate (6 fl oz)	210	25	3	2	0	290	15	35	0	33	10	+
Drink - Milk, White (6 fl oz)	150	45	5	3.5	0	150	25	14	0	0	10	+
Drink - Soda, Barq's Root Beer (6 fl oz)	80	0	0	0	0	25	0	22	0	22	0	
Drink - Soda, Coke (6 fl oz)	70	0	0	0	0	20	0	20	0	20	0	
Drink - Soda, Diet Coke (6 fl oz)	0	0	0	0	0	25	0	0	0	0	0	
Drink - Soda, Mr Pibb (6 fl oz)	70	0	0	0	0	25	0	19	0	19	0	
Drink - Soda, Sprite (6 fl oz)	70	0	0	0	0	35	0	19	0	19	0	
Side - Country Baked Apples (4 oz)	120	20	2.5	1	0	30	0	25	2	22	0	+◆
Side - Bacon (2 slices)	90	60	7	3	0	330	20	1	0	1	6	
Side - Fries (4 oz)	340	230	25	4	0	620	0	27	3	0	3	★
Side - Hash Browns (5 oz)	240	130	14	2.5	0	270	0	27	2	0	2	◆
Side - Mandarin Oranges	120	0	0	0	0	15	0	27	2	24	2	
Side - Salad	5	0	0	0	0	5	0	2	less than 1g	less than 1g	0	
Side - Sausage (2 links)	160	140	16	5	0	230	25	0	0	0	4	
Side - Tater Tots (4 oz)	310	190	21	3.5	0	630	0	26	3	0	3	
Side - Toast, rye with butter	300	80	9	2	0	420	0	38	2	0	8	+◆★
Side - Toast, sourdough with butter	260	70	8	2	0	440	0	38	0	2	8	+◆★
Side - Toast, wheat with butter	320	80	9	2	0	520	0	48	2	4	8	+◆★
Side - Toast, white with butter	230	60	7	2	0	420	0	32	less than 1g	less than 1g	7	+◆★

**SANDWICHES & WRAPS.** Nutritional & allergen information does NOT include side choice. See "Sides, Add-ons, Dressings, Sauces" for

	Calories	Caories from fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Avocado Jack Wrap	920	490	54	20	0	1730	185	57	6	3	52	●+◆★
Chicken Bacon Melt (on rye)	790	360	40	16	0	1540	190	42	3	1	54	+◆★
Chicken Bacon Melt (on sourdough)	760	350	39	16	0	1560	190	42	less than 1g	3	54	+◆★
Chicken Bacon Melt (on wheat)	820	360	40	16	0	1640	190	52	3	5	54	+◆★
Chicken Bacon Melt (on white)	730	340	38	16	0	1540	190	36	1	2	50	+◆★
Classic BLT (on rye)	530	250	28	8	0	1090	45	42	3	2	21	●◆★
Classic BLT (on sourdough)	500	240	27	8	0	1110	45	42	1	4	21	●◆★
Classic BLT (on wheat)	560	250	28	8	0	1190	45	52	3	6	21	●◆★
Classic BLT (on white)	470	240	27	8	0	1090	45	36	2	3	20	●◆★
Club Sandwich (on rye)	860	430	48	10	0	2140	82	62	4	3	35	●◆★
Club Sandwich (on sourdough)	820	420	47	10	0	2170	82	62	1	6	35	●◆★
Club Sandwich (on wheat)	910	430	48	10	0	2290	82	77	4	9	35	●◆★
Club Sandwich (on white)	770	410	46	10	0	2140	82	53	3	4	34	●◆★
Crispy Bourbon Chicken Sandwich	1170	570	63	16	0	1500	100	100	3	37	44	●◆★
Reuben	770	380	42	15	0	2350	105	48	5	10	39	●+◆★

**SKILLET BREAKFASTS®.** Nutritional & allergen information does NOT include side choice. See "Sides, Add-ons, Dressings, Sauces" for

	Calories	Caories from fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cordon Bleu Skillet	1020	660	73	27	0	1610	390	46	3	1	29	●+◆★
Cordon Bleu Skillet (egg whites)	960	600	67	25	0	1550	140	44	3	0	29	●+◆★
Corned Beef Hash Skillet (fried eggs)	810	420	47	16	0	1930	435	57	7	2	33	●◆
Corned Beef Hash Skillet (scrambled eggs)	780	410	46	16	0	2030	300	57	7	3	21	●+◆
Corned Beef Hash Skillet (egg whites)	720	350	39	13	0	1970	55	55	7	2	21	●◆
Country's Best Skillet, The	660	370	41	14	0	1520	325	36	3	4	25	●+◆
Country's Best Skillet, The (egg whites)	630	370	41	13	0	1500	80	27	2	0	22	●◆
Farm Skillet® (fried eggs)	570	320	36	11	0	840	420	34	3	3	24	●◆
Farm Skillet® (scrambled eggs)	540	310	34	10	0	940	290	34	3	4	12	●+◆

Farm Skillet® (egg whites)	480	250	28	8	0	880	40	32	3	3	12	● ♦			
Fiesta Skillet (fried eggs)	880	500	56	23	1	2040	500	44	5	9	45	● ♦	+		
Fiesta Skillet (scrambled eggs)	850	490	54	22	1	2130	370	43	5	10	33	● ♦	+		
Fiesta Skillet (egg whites)	790	430	48	20	1	2080	120	42	5	9	33	● ♦	+		
Smoked Sausage Skillet (fried eggs)	900	590	66	22	0	1830	480	36	3	4	34	● ♦	+		
Smoked Sausage Skillet (scrambled eggs)	865	580	64	21	0	1920	345	36	3	5	22	● ♦	+		
Smoked Sausage Skillet (egg whites)	810	520	58	19	0	1870	100	34	3	4	22	● ♦	+		

Allergen Key

Milk	+	Peanuts	■
Wheat	*	Tree Nuts	○
Eggs	●	Fish	△
Soy	♦	Shellfish	✦

**SOUP & SALADS Nutritional & allergen information for salads do NOT include dressing. See "Sides, Add-ons, Dressings, Sauces" for**

	Calories	Caories from fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Café Cobb Salad, Full	420	190	21	7	0	980	260	24	8	11	36	● ♦
Café Cobb Salad, Half	300	160	18	6	0	730	225	16	6	6	21	● ♦
Chicken BLT Salad, Full	340	140	16	5	0	730	135	17	5	10	34	
Chicken BLT Salad, Half	260	110	12	3.5	0	550	125	9	2	5	29	
Cranberry Pecan Harvest Salad, Full	470	250	27	6	0	580	20	48	7	33	13	● ♦ ■ ○ *
Cranberry Pecan Harvest Salad, Half	260	140	15	4	0	370	15	24	4	17	8	● ♦ ■ ○ *
Fiesta Taco Salad with beef	1050	540	60	28	1	2760	150	82	9	18	43	♦ *
Fiesta Taco Salad with chicken	900	400	44	19	0	2210	185	79	9	17	45	♦ *
Soup of the Day	varies											

**SIDES, ADD-ONS, DRESSINGS, SAUCES.**

	Calories	Caories from fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Avocado (quarter of an avocado)	80	60	7	1	0	0	0	4	3	0	1	
Bacon (1 slice)	45	30	3.5	1.5	0	170	10	0	0	0	3	
Bacon, side (4 slices)	180	130	14	6	0	660	40	0	0	0	12	
Barbeque sauce (2 fl oz)	140	0	0	0	0	560	0	35	0	31	0	
Barn Buster Side, toast (rye, 4 slices - buttered)	590	160	18	4	0	840	0	76	4	0	16	♦ *
Barn Buster Side, toast (sourdough, 4 sl-buttered)	530	140	16	4	0	880	0	76	0	4	16	♦ *
Barn Buster Side, toast (wheat, 4 sl - buttered)	650	160	18	4	0	1040	0	96	4	8	16	♦ *
Barn Buster Side, toast (white, 4 sl - buttered)	470	140	15	4	0	840	0	65	2	2	14	♦ *
Barn Buster Side, pancakes (no butter)	610	170	19	4	0	1970	100	85	2	17	19	● ♦ *
Barn Buster Side, pancakes (with butter)	660	230	25	6	0	2030	100	85	2	17	19	● ♦ *
Big Café sauce (1 fl oz)	140	120	13	2	0	260	10	6	0	6	0	●
Biscuit & Country Gravy, side	280	130	14	8	2	1080	0	35	1	3	4	♦ *
Biscuit - no butter (1)	230	100	11	7	0	810	0	30	1	2	4	♦ *
Biscuit - with butter (1)	290	150	16	9	0	870	0	30	1	2	4	♦ *
Bleu cheese dressing (1 fl oz)	140	130	14	2.5	0	320	10	2	0	1	0	● ♦
Blueberry Lemon Yogurt Muffin	420	170	19	3.5	0	360	60	56	2	33	6	● ♦ ○ *
Bourbon Sauce (1 fl oz)	80	0	0	0	0	240	0	18	0	17	0	♦ *
Butter, side (1 T)	60	50	6	2	0	55	0	0	0	0	0	♦
Caramel sauce (3 T)	150	0	0	0	0	170	0	38	0	30	2	♦
Cheese, American (1 slice)	70	50	6	4	0	340	15	0	0	0	4	♦
Cheese, bacon & onion hash brown topper	170	100	11	6	0	380	40	5	less than 1g	2	11	♦
Cheese, bleu cheese crumble (1/4 C)	100	70	8	5	0	380	20	0	0	0	6	♦
Cheese, four-cheese blend (1/4 C)	110	70	8	4.5	0	210	30	1	0	0	8	♦
Cheese, monterey jack (1 slice)	80	50	6	4	0	115	20	0	0	0	5	♦
Cheese, pepper jack (1 slice)	50	50	4.5	3	0	90	15	0	0	0	4	♦
Cheese, Swiss (1 slice)	80	50	6	4	0	45	20	0	0	0	6	♦
Chocolate sauce (3 T)	150	20	1.5	0	0	40	0	36	2	20	2	♦
Cinnamon sauce (2 oz)	280	180	20	4.5	5	190	0	27	1	25	0	♦
Cocktail sauce (2 fl oz)	70	5	0.5	0	0	720	0	15	less than 1g	0	1	
Corned Beef Hash (8 oz)	420	230	26	11	0	1560	55	29	5	2	20	
Country Baked Apples, topping (4 oz)	120	20	2.5	1	0	30	0	25	2	22	0	♦
Creamy Garlic Sauce (2 fl oz)	310	300	33	6	0	420	15	1	0	0	0	●
Egg, fried (1)	70	35	4	1.5	0	55	190	1	0	0	6	● ♦
Egg, scrambled (1)	50	25	3	1	0	100	125	less than 1g	0	0	0	● ♦
Egg whites, scrambled (1)	25	0	0	0	0	75	0	0	0	0	0	● ♦
English muffin - with butter	250	70	8	2	0	340	0	38	1	2	7	♦ *
Frank's RedHot® sauce (2 fl oz)	0	0	0	0	0	2280	0	0	0	0	0	
French dressing (1 fl oz)	110	80	9	1.5	0	290	0	10	0	9	0	
French toast, no butter, 1 full slice	260	80	9	1.5	0	330	45	35	4	7	6	● ♦ *
Fries, side (6 oz)	510	330	37	6	0	830	0	40	4	0	4	*
Fruit of the Day, side	varies											
Ham, diced (1/4 C)	45	10	1	0	0	360	20	0	0	0	8	
Hollandaise sauce (4 fl oz)	230	200	22	14	0	150	60	4	0	0	0	♦
Honey Mustard dressing (1 fl oz)	130	90	10	1.5	0	300	10	10	0	9	0	●
Mayo (2 fl oz)	400	400	44	8	0	260	20	0	0	0	0	●
Mushrooms, sliced (1/4 C)	0	0	0	0	0	0	0	less than 1g	0	0	1	
Oatmeal Oasis Topping-Banana, (1 banana)	110	0	0	0	0	0	0	27	3	15	1	
Oatmeal Oasis Topping-Blueberries, fresh (2 oz)	30	0	0	0	0	0	0	8	1	6	0	
Oatmeal Oasis Topping-Candied Pecans (2 T)	110	90	10	1	0	95	0	less than 1g	less than 1g	2	2	● ♦ ■ ○ *
Oatmeal Oasis Topping-Craisins (2 T)	45	0	0	0	0	0	0	13	less than 1g	10	0	

Oatmeal Oasis Topping-Strawberries, fresh (2 oz)	20	0	0	0	0	0	0	5	1	3	0								
Pancake - no butter (1 cake)	150	45	5	1.5	0	490	25	21	less than 1g	4	5	●	+	◆	★				
Pancakes - no butter, Barn Buster side (4 cakes)	610	170	19	4	0	1970	100	85	2	17	19	●	+	◆	★				
Pancakes - no butter, side (2 cakes)	300	90	10	2	1	990	50	43	less than 1g	8	10	●	+	◆	★				
Ranch dressing (1 fl oz)	110	100	11	2	0	160	5	less than 1g	0	less than 1g	1	●	+	◆					
Raspberry vinaigrette dressing (1 fl oz)	150	110	12	2	0	70	0	12	0	12	0								
Red Potatoes, side (6 oz)	220	60	7	1.5	0	150	0	34	3	3	4	◆							
Salad - no dressing, side	60	20	2	1	0	70	5	7	2	4	4	+							
Salsa (2 fl oz)	20	0	0	0	0	500	0	6	2	4	0								
Sausage links, side (4)	320	280	31	11	0	470	55	0	0	0	9								
Sausage patties, side (2)	320	340	38	10	0	920	80	2	0	0	18								
Smoked sausage, side (4 oz)	390	330	37	12	0	1240	70	2	0	2	12								
Strawberries, fresh - Full Stack topper (6 oz)	60	0	0	0	0	0	0	13	3	8	1								
Strawberries, fresh - Short Stack topper (3 oz)	30	0	0	0	0	0	0	7	2	4	1								
Strawberry Rhubarb Yogurt Muffin	380	150	17	3.5	0	340	55	51	2	30	5	●	+	◆	○	★			
Strawberries, topping (3 oz)	80	0	0	0	0	30	0	25	2	22	0								
Syrup, maple flavor (1 oz)	90	0	0	0	0	35	0	25	0	9	0								
Syrup, maple flavor, sugar-free (1 oz)	15	0	0	0	0	30	0	4	0	0	0								
Tartar sauce (2 fl oz)	320	310	34	5	0	340	30	2	0	2	0	●							
Tater tots, side (6 oz)	460	280	32	5	0	960	0	39	4	0	4								
Thousand Island dressing (1 fl oz)	140	120	13	2	0	260	10	6	0	6	0	●							
Toast, sourdough with butter (2 slices)	260	70	8	2	0	440	0	38	0	2	8	+	◆	★					
Toast, wheat with butter (2 slices)	320	80	9	2	0	520	0	48	2	4	8	+	◆	★					
Toast, white with butter (2 slices)	230	60	7	2	0	420	0	32	less than 1g	less than 1g	7	+	◆	★					
Tomato, diced (1/4 C)	10	0	0	0	0	0	0	2	less than 1g	1	0								
Tomato, slice (1)	0	0	0	0	0	0	0	less than 1g	0	less than 1g	0								
Vanilla icing (1 oz)	120	35	4	2.5	0	60	0	20	0	19	0	+							
Whipped topping (1oz)	90	60	7	7	0	0	0	7	0	7	0	+							

Allergen Key

Milk	+	Peanuts	■
Wheat	★	Tree Nuts	○
Eggs	●	Fish	△
Soy	◆	Shellfish	❖

**SPECIALTY COFFEE. Available at participating locations**

	Calories	Caories from fat	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cappuccino (10 fl oz)	110	25	2.5	2.5	0	90	5	14	less than 1g	10	4	+
Cappuccino, Iced (12 fl oz)	200	80	9	8	0	200	15	39	less than 1g	9	6	+
Caramel Marshmallow Latte (10 fl oz)	380	100	11	11	0	230	5	57	less than 1g	48	8	+
Caramel Marshmallow Latte, Iced (12 fl oz)	270	80	9	8	0	160	15	38	1	27	6	+
Cinnamon Roll Latte (10 fl oz)	380	100	11	11	0	230	5	59	less than 1g	49	8	+
Cinnamon Roll Latte, Iced (12 fl oz)	270	80	9	8	0	160	15	39	less than 1g	28	6	+
Espresso, shot (2 fl oz)	5	0	0	0	0	0	0	less than 1g	less than 1g	0	0	
German Chocolate Mocha (10 fl oz)	280	70	8	8	0	170	less than 5mg	45	less than 1g	39	3	+
German Chocolate Mocha, Iced (12 fl oz)	320	80	9	8	0	230	10	50	less than 1g	46	7	+
Gourmet Hot Chocolate (10 fl oz)	230	70	7	7	0	240	0	37	2	32	3	+
Iced Coffee (12 fl oz)	10	0	0	0	0	10	0	1	1	0	0	
Latte (10 fl oz)	210	45	5	5	0	160	5	29	less than 1g	21	8	+
Latte, Iced (12 fl oz)	200	80	9	8	0	110	15	20	less than 1g	9	6	+
Mocha (10 fl oz)	100	15	1.5	1.5	0	130	0	17	less than 1g	14	3	+