



Menu Nutritional and Allergen Guide - 2021

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.

BASKETS. Nutritional and Allergen Information includes Brew City® Fries.

	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
Chicken Tenders (does NOT include sauce choice)	1180	720	80	13	0	2380	95	79	7	0	39	+ *
Cod & Shrimp Basket	1400	850	94	15	0	3480	150	107	5	9	31	• △ + *
Cod Basket	1180	770	85	13	0	2130	65	81	5	10	22	• △ + *
Shrimp Basket	1330	740	82	14	0	3490	210	108	5	0	39	△ + *

BREAKFAST CLASSICS. 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	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 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	860	540	60	20	0	1410	450	36	5	3	25	• + ♦
Bacon Avocado Ranch Omelette (egg whites)	770	450	50	17	0	1320	75	34	5	2	25	• + ♦
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	• ♦
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	29	2	less than 1g	29	• + ♦ *
Beef & Eggs (egg whites)	690	400	44	15	0	710	100	27	2	0	29	• ♦ *
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	• + ♦

Allergen Key

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

Breakfast Sampler (fried eggs)	480	290	32	9	0	780	220	28	2	less than 1g	15	●	◆	★			
Breakfast Sampler (scrambled eggs)	460	280	31	9	0	830	155	28	2	less than 1g	9	●	+	◆	★		
Breakfast Sampler (egg whites)	430	250	28	8	0	800	30	27	2	less than 1g	9	●	◆	★			
Café Favorite, The (fried eggs)	380	200	22	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)	920	530	59	17	2	1480	660	60	3	1	33	●	+	◆	★		
Country Fried Steak & Eggs (scrambled eggs)	890	520	58	16	2	1580	530	60	3	2	21	●	+	◆	★		
Country Fried Steak & Eggs (egg whites)	830	460	51	14	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	960	580	64	24	0	2310	515	33	2	3	42	●	+	◆			
Meat Lover's Omelette (egg whites)	870	490	54	21	0	2220	140	30	2	less than 1g	42	●	+	◆			
Montana Ranch Omelette	870	500	56	20	0	1930	475	38	3	5	34	●	+	◆			
Montana Ranch Omelette (egg whites)	790	410	46	17	0	1840	105	35	3	4	34	●	+	◆			
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	●	+	◆			
Steak & Eggs Combo (fried eggs)	940	520	57	17	1.5	780	550	32	2	1	70	●	◆				
Steak & Eggs Combo (scrambled eggs)	910	500	56	15	1.5	880	420	32	2	less than 1g	58	●	+	◆			
Steak & Eggs Combo (egg whites)	850	440	49	12	1.5	820	170	30	2	1	58	●	◆				
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	1020	630	70	24	0	1620	140	45	5	4	48	● + ◆ ★
Bacon Cheeseburger	900	520	58	23	0	1780	140	40	2	3	47	+
Big Bad Bacon Burger	1610	970	108	44	0	2790	300	52	2	12	94	+
Big Café Burger	1540	950	105	40	0	2130	270	54	3	7	83	● + ◆ ★
Classic Cheeseburger	770	430	48	19	0	1290	115	39	2	2	39	+
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
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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)	150	0	0	0	0	35	0	40	0	40	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								

Allergen Key

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

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
Bacon, Egg & Tomato Crepes (scrambled eggs)	980	540	60	31	0	1550	600	63	3	16	24	● + ♦ ★
Bacon, Egg & Tomato Crepes (egg whites)	890	450	50	28	0	1470	225	60	3	14	34	● + ♦ ★
Best Pancakes in Town (2)*	360	140	15	4	0	1040	50	43	less than 1g	8	10	● + ♦ ★
Best Pancakes in Town (4)*	660	230	25	6	0	2030	100	85	2	17	19	● + ♦ ★
Blueberry Pancakes (2)*	480	200	22	11	0	1040	50	58	2	21	10	● + ♦ ★
Blueberry Pancakes (4)*	820	290	32	13	0	2030	100	109	5	35	20	● + ♦ ★
Café Waffle*	410	190	21	11	0	900	105	47	0	7	7	● + ♦ ★
Cakes, Eggs & Bacon (fried eggs)*	630	300	33	11	0	1640	455	46	less than 1g	9	30	● + ♦ ★
Cakes, Eggs & Bacon (scrambled eggs)*	600	280	31	10	0	1740	320	45	less than 1g	10	18	● + ♦ ★
Cakes, Eggs & Bacon (egg whites)*	540	230	25	8	0	1690	75	44	less than 1g	9	18	● + ♦ ★
Chicken & Waffle*	780	410	45	14	0	1760	165	66	less than 1g	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)*	490	230	25	8	0	1530	75	44	less than 1g	9	18	● + ♦ ★

Dynamic Duo (Cakes, Sausage)*	560	310	34	11	0	1470	85	43	less than 1g	8	16	● + ◆ ★
Dynamic Duo (French Toast, Bacon)*	440	180	20	7	0	960	110	44	1	12	16	● + ◆ ★
Dynamic Duo (French Toast, Sausage)*	510	260	29	10	0	900	120	43	1	11	14	● + ◆ ★
French Toast*	770	250	28	7	0	1050	170	101	3	22	19	● + ◆ ★
French Toast, Eggs & Bacon (fried eggs)*	830	390	43	13	0	1280	535	67	2	17	31	● + ◆ ★
French Toast, Eggs & Bacon (scrambled eggs)*	800	380	42	12	0	1370	400	67	2	17	19	● + ◆ ★
French Toast, Eggs & Bacon (egg whites)*	740	320	35	10	0	1320	155	65	2	17	19	● + ◆ ★
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 (2) (strawberry topping)*	530	200	22	11	0	1070	50	71	4	33	10	● + ◆ ★
Strawberry Pancakes (2) (fresh strawberries)*	480	200	22	11	0	1040	50	56	3	19	10	● + ◆ ★
Strawberry Pancakes (4) (strawberry topping)*	910	290	32	13	0	2090	100	133	8	60	19	● + ◆ ★
Strawberry Pancakes (4) (fresh strawberries)*	810	290	32	13	0	2030	100	106	5	32	20	● + ◆ ★
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 (2)*	650	280	31	15	0	1100	50	82	3	37	10	● + ◆ ★
Triple Chocolate Pancakes (4)*	1130	440	49	22	0	2140	100	152	6	64	20	● + ◆ ★
Waffle, Eggs & Bacon (fried eggs)*	680	350	39	18	0	1500	510	50	0	8	27	● + ◆ ★
Waffle, Eggs & Bacon (scrambled eggs)*	650	330	37	17	0	1590	380	49	0	9	15	● + ◆ ★
Waffle, Eggs & Bacon (egg whites)*	590	280	31	15	0	1540	130	48	0	8	15	● + ◆ ★

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)	360	210	23	3.5	0	870	55	19	1	0	20	+ ★
French Toast*	310	90	10	3	0	470	85	43	1	11	8	● + ◆ ★
Grilled Cheese	370	170	19	10	0	1100	30	32	less than 1g	1	15	+ ◆ ★
Mac & Cheese	300	80	9	2.5	0	570	15	45	2	8	11	+ ★
Mini Corn Dogs	300	180	20	4	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)	130	90	10	4	0	490	25	1	0	1	8								
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)	200	170	19	7	0	430	35	0	0	0	6								
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	+	♦	*					

Allergen Key

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

SANDWICHES & WRAPS. Nutritional & allergen information does NOT include side choice. See "Sides, Add-ons, Dressings, Sauces" for 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
Avocado Jack Wrap	930	440	49	18	0	2370	145	62	6	3	58	● + ♦ *
Chicken Bacon Melt (on rye)	790	320	36	15	0	2000	150	43	3	2	60	+ ♦ *
Chicken Bacon Melt (on sourdough)	760	320	35	15	0	2020	150	43	less than 1g	4	60	+ ♦ *
Chicken Bacon Melt (on wheat)	820	320	36	15	0	2100	150	53	3	6	60	+ ♦ *
Chicken Bacon Melt (on white)	730	320	35	15	0	2000	150	37	1	3	60	+ ♦ *
Classic BLT (on rye)	610	310	34	10	0	1410	55	44	3	4	25	● ♦ *
Classic BLT (on sourdough)	580	300	33	10	0	1430	55	44	1	6	25	● ♦ *
Classic BLT (on wheat)	640	300	34	10	0	1510	55	54	3	8	25	● ♦ *
Classic BLT (on white)	550	300	33	10	0	1410	55	38	2	5	25	● ♦ *
Club Sandwich (on rye)	900	460	51	11	0	2300	85	63	4	4	37	● ♦ *
Club Sandwich (on sourdough)	860	450	50	11	0	2330	85	63	1	7	37	● ♦ *
Club Sandwich (on wheat)	950	460	51	11	0	2450	85	78	4	10	37	● ♦ *
Club Sandwich (on white)	810	440	49	11	0	2300	85	54	3	5	37	● ♦ *
Honey Mustard Chicken Melt (on rye)	790	320	36	12	0	1810	135	52	3	10	52	● + ♦ *
Honey Mustard Chicken Melt (on sourdough)	760	320	35	12	0	1830	135	52	less than 1g	12	52	● + ♦ *
Honey Mustard Chicken Melt (on wheat)	820	320	36	12	0	1910	135	62	3	14	52	● + ♦ *
Honey Mustard Chicken Melt (on white)	730	320	35	12	0	1810	135	46	1	11	52	● + ♦ *
Montana Wrap	720	320	35	13	0	2420	95	60	3	4	37	● + ♦ *
Reuben	770	380	42	15	0	2350	105	48	5	10	39	● + ♦ *
Spicy Crispy Chicken Sandwich	960	530	59	13	0	2920	90	66	3	4	38	● + ♦ *

SKILLET BREAKFASTS®. Nutritional & allergen information does NOT include side choice. See "Sides, Add-ons, Dressings, Sauces" for 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
Cordon Bleu Skillet	950	590	65	26	0	1610	390	46	3	1	29	● + ♦ *
Cordon Bleu Skillet (egg whites)	890	520	58	23	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	760	440	49	17	0	1960	340	37	3	5	30	●	+	◆				
Country's Best Skillet, The (egg whites)	710	380	42	15	0	1900	95	35	3	4	30	●	◆					
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)	870	530	59	21	0	1790	480	43	4	6	37	●	+	◆				
Smoked Sausage Skillet (scrambled eggs)	840	520	58	20	0	1890	345	42	4	7	25	●	+	◆				
Smoked Sausage Skillet (egg whites)	780	460	51	18	0	1830	100	41	4	6	25	●	+	◆				
Tot Scrambler (scrambled eggs)	1090	710	79	20	0	2200	305	61	9	3	23	●	+	◆				
Tot Scrambler (egg whites)	1040	660	73	17	0	2140	55	59	9	2	23	●	+	◆				

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	430	210	23	8	0	1320	255	26	8	12	33	●	+					
Café Cobb Salad, Half	320	170	19	6	0	810	230	16	6	7	22	●	+					
Chicken BLT Salad, Full	330	110	12	4	0	1200	95	18	5	11	40	◆						
Chicken BLT Salad, Half	230	60	7	2	0	930	85	9	2	6	35	◆						
Cranberry Pecan Harvest Salad, Full	480	260	29	7	0	660	25	46	7	33	14	●	+	◆	■	○	★	
Cranberry Pecan Harvest Salad, Half	270	150	17	4	0	450	20	23	4	17	9	●	+	◆	■	○	★	
Fiesta Taco Salad with beef	1050	540	60	28	1	2760	150	82	9	18	43	+	◆	★				
Fiesta Taco Salad with chicken	850	340	38	17	0	2510	140	79	9	17	49	+	◆	★				
Potato Soup, Bowl	390	200	22	9	0	1450	50	29	3	4	16	+	◆	★				
Potato Soup, Cup	190	100	11	4.5	0	730	25	14	1	2	8	+	◆	★				

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)	70	45	5	2	0	250	15	less than 1g	0	less than 1g	4							
Bacon, side (4 slices)	260	180	20	8	0	980	50	2	0	2	16							
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	17	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	●	+	◆	○	★			
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	190	120	13	6	0	460	40	6	less than 1g	2	12	+	◆						
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	+							
Chicken breast, grilled & sliced (5 oz)	130	20	1.5	0	0	670	70	0	0	0	28	◆							
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	+	◆						
Country Gravy (2 fl oz)	45	35	3.5	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	+	◆	★					
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 with butter, side (2 pieces)	310	90	10	3	0	470	85	43	1	11	8	●	+	◆	★				
Fries, side (7 oz)	590	390	43	7	0	850	0	47	5	0	5	★							
Fruit of the Day, side																			
Ham, diced (1/4 C)	45	10	1	0	0	360	20	0	0	0	8								
Hash browns (5 oz)	240	130	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	●							
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								
Onion, diced (1/4 C)	15	0	0	0	0	0	0	4	less than 1g	2	1								

Allergen Key

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

Oreo® pieces (1/4 C)	130	45	5	2	0	105	0	20	1	11	1	◆★					
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)	400	340	38	14	0	860	70	0	0	0	12						
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 (8 oz)	610	380	42	7	0	1000	0	53	6	0	5						
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	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	10.5	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	10.5	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							

Allergen Key

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