

GOURMET HAMBURGERS	Serving	Calories	Calories Total		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total		
			From Fat	Fat (g)					Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
ALOHA BURGER	1	963	508	56	20	0	133	1145	71	5	29
AVOCADO BACON BURGER	1	1406	916	104	36	0	201	1695	49	7	9
BACON BURGER	1	1273	838	92	33	0	196	1856	49	4	9
BEEF & HAM BURGER	1	1003	568	60	22	0	178	1805	51	4	11
BLEU CHEESE BURGER	1	1013	618	69	29	0	168	1365	51	4	9
BOB'S BONANZA BURGER	1	1801	1208	133	49	0	306	1983	52	5	10
BROILED BURGER	1	813	458	51	17	0	118	845	49	4	9
CHEESE BURGER	1	883	508	56	20	0	133	1145	49	4	9
DOUBLE DUTCH BURGER	1	1123	708	72	25	0	173	1945	51	4	17
GARDEN BURGER	1	555	230	26	7	0	19	1312	72	7	10
GRILLED SOURDOUGH BURGER	1	1245	850	93	35	0	208	1702	31	2	3
BLEU CHEESE SOURDOUGH BURGER	1	1305	910	101	41	0	228	1622	33	2	3
GUACAMOLE BACON BURGER	1	1403	926	102	36	0	196	2016	53	6	11
HAM & PINEAPPLE BURGER	1	1083	568	60	22	0	178	1805	73	5	31
JALAPENO BURGER	1	923	526	58	22	0	133	2025	52	4	12
MUSHROOM BURGER	1	967	568	63	22	0	133	1178	53	5	11
JALAPENO POPPER BURGER	1	878	498	55	20	0	133	2225	57	4	16
RANCH BURGER	1	1343	883	97	35	0	381	1926	49	4	9
SRIRACHA BURGER	1	1218	788	87	30	0	181	2186	53	4	13
WESTERN BBQ BURGER	1	1453	881	96	35	0	196	2328	82	5	27

GOURMET CHICKEN BURGERS	Serving	Calories	Calories Total		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total		
			From Fat	Fat (g)					Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
AVOCADO CHICKEN BURGER	1	875	405	47	12	0	170	1088	48	4	3
AVOCADO BACON CHICKEN BURGER	1	1265	735	83	25	0	233	1799	48	4	3
BACO RANCH CHICKEN BURGER	1	1358	869	96	26	0	268	2066	50	1	5
BUFFALO CHICKEN BURGER	1	808	342	37	10	0	170	4169	58	1	3
CAJUN CHICKEN BURGER	1	808	342	37	10	0	170	2889	62	1	3
CHIPOLTE CHICKEN BURGER	1	1218	779	86	19	0	223	1670	49	1	2
CORDON BLEU CHICKEN BURGER	1	1018	504	55	14	0	220	2335	60	1	5
FETA CHICKEN BURGER	1	708	269	34	9	0	174	1119	50	1	3

HONEYMUSTARD CHICKEN BURGER	1	810	389	43	8	0	165	1044	59	1	5
MALIBU CHICKEN BURGER	1	928	379	40	11	0	220	1595	72	2	25
MUSHROOM CHICKEN BURGER	1	872	439	50	12	0	175	996	52	2	5
SAVORY CHICKEN BURGER	1	648	269	30	6	0	155	894	48	1	2
TERIYAKI CHICKEN BURGER	1	888	319	36	10	0	175	1705	88	2	37
WASABI CHICKEN BURGER	1	960	549	65	11	0	175	1414	52	1	6

GOURMET TURKEY BURGERS	Serving	Calories	Calories Total		Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugars
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbohydrates	Fiber (g)	(g)
FRENCH FIESTA TURKEY BURGER	1	1238	720	78	15	0	120	2954	94	2	42
PINEAPPLE CRANBERRY TURKEY BURGER	1	1038	520	56	12	0	120	2194	98	3	46
CAJUN TURKEY BURGER	1	976	588	63	17	0	135	5109	61	1	4
HONEYMUSTARD TURKEY BURGER	1	1245	828	93	18	0	140	2488	60	4	9

WRAPS	Serving	Calories	Calories Total		Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugars
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbohydrates	Fiber (g)	(g)
BACON BURGER WRAP	1	1505	1025	112	37	0	207	2111	63	3	6
CRUNCHY BBQ CHICKEN WRAP	1	1153	580	66	19	0	211	2069	81	2	28
BUFFALO WRAP	1	833	370	41	8	0	70	2109	83	8	12
CRISPY CHICKEN WRAP	1	983	490	55	17	0	108	1603	80	7	11
CAJUN CHICKEN WRAP	1	842	388	43	13	0	180	2651	64	3	7
SOUTHWEST CHICKEN WRAP	1	951	338	39	14	0	153	1780	84	8	10
CRISPY SHRIMP WRAP	1	719	344	38	13	0	124	1101	73	3	7
CABO FISH WRAP	1	725	340	38	7	0	70	1180	68	3	7
MAUI FISH WRAP	1	805	340	38	7	0	70	1180	90	4	27
CHICKEN CAESAR WRAP	1	782	334	37	9	0	150	1326	63	3	5
HAM TURKEY PINEAPPLE WRAP	1	903	415	44	11	0	140	2238	89	3	32
SMOKED SALMON WRAP	1	836	385	54	11	0	52	2110	58	6	6
THAI CHICKEN WRAP	1	637	89	11	3	0	125	1460	93	5	32
BACON RANCH CHICKEN WRAP	1	1053	590	66	24	0	227	1638	51	3	5
JALAPENO CHICKEN WRAP	1	774	308	36	14	0	185	2214	62	3	12
CUBAN PORK WRAP	1	719	256	30	15	0	145	2165	59	2	5

SUMMERTIME WRAP	1	1131	433	64	12	0	135	1769	90	8	35
TZATZIKI CHICKEN WRAP	1	690	213	29	14	0	150	1549	61	4	8

WITH MEAL SIDES

	Serving	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
FRENCH FRIES	1	512	165	18	4	0	0	91	77	7	4
JO JOS	1	374	137	16	4	0	0	1034	63	6	3
ONION RINGS	1	385	148	15	4	0	0	637	52	4	8
POTATO SALAD	1	548	376	42	8	0	44	571	86	3	4
SIDE SALAD	1	54	6	3	0.3	0	0.05	63	9	3	3
CUP OF SOUP VARIES BY LOCATION	1										

GOURMET SALADS

	Serving	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
APPLE BLEU CHEESE PECAN CHICKEN SALAD	1	740	345	40	12	0	163	684	50	12	36
BACON AVOCADO SALAD	1	672	308	39	14	0	390	1470	9	8	4
BBQ CHICKEN SALAD	1	610	225	26	15	0	200	1484	41	4	34
BLUEBERRY PECAN SALAD	1	650	475	53	15	0	50	609	32	9	18
BUFFALO CHICKEN CAESAR SALAD	1	786	411	45	11	0	168	2632	42	5	6
CAESAR SALAD	1	611	386	42	10	0	43	1262	39	5	6
CHICKEN CAESAR SALAD	1	771	411	45	11	0	168	1492	39	5	6
CHIPOTLE CHICKEN SALAD	1	1119	599	71	18	0	198	1272	65	9	9
BOB'S CRANBERRY CHICKEN SALAD	1	720	233	26	14	0	178	980	75	5	42
CRANBERRY PECAN SALAD	1	689	360	41	14	0	50	584	69	7	49
CRISPY CHICKEN SALAD	1	827	411	46	14	0	303	2047	55	9	9
FETA CHICKEN SALAD	1	501	118	22	6	0	153	1012	37	6	6
ORANGE FETA CHICKEN SALAD	1	543	118	20	6	0	153	1020	50	7	24
ORIENTAL SALAD	1	469	81	9	2	0	128	598	56	6	22
SIDE SALAD	1	54	6.0	3	0	0	0.05	63	9	3	3
SOUTHWEST CHICKEN SALAD	1	932	279	39	11	0	173	1708	82	11	11
STEAK SALAD	1	913	488	55	23	0	248	632	34	5	5
BEEF TACO SALAD	1	1109	637	80	37	0	203	1796	43	10	11

CHICKEN TACO SALAD	1	871	382	50	26	0	210	1978	43	10	11
SMOKED SALMON SALAD	1	620	206	35	8	0	60	1496	37	11	6
SPINACH AVOCADO CHICKEN SALAD	1	729	144	31	7	0	141	680	66	9	32
ORANGE PECAN SPINACH CHICKEN SALAD	1	714	276	34	6	0	141	654	59	7	29
CLASSIC SPINACH CHICKEN SALAD	1	474	161	18	5	0	338	837	28	3	3
CLASSIC SPINACH SALAD	1	314	136	15	4	0	213	607	28	3	3
MEDITERRANEAN CHICKEN SALAD	1	597	201	30	13	0	153	1416	41	6	9

SANDWICHES

		Calories	Calories Total	Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugars	
		From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbohydrates	Fiber	(g)	
		Calories	Fat (g)	Fat (g)	(g)	(mg)	(mg)	(g)	(g)	(g)	
CHUCKWAGON	1	1220	730	80	34	0	250	1150	33	1	1
1/2 CHUCKWAGON	1	610	365	40	17	0	125	575	17	1	1
FRENCH DIP	1	390	40	8	0	0	102	2580	39	1	4
1/2 FRENCH DIP	1	195	20	4	0	0	51	1290	20	1	2
HAM & CHEESE	1	733	410	41	13	0	115	2215	40	2	7
1/2 HAM & CHEESE	1	367	205	21	6	0	58	1108	20	1	3
TURKEY DIP	1	500	110	15	6	0	150	2610	39	1	1
1/2 TURKEY DIP	1	250	55	7	3	0	75	1305	20	1	1
TURKEY SWISS RANCH	1	956	530	61	14	0	190	3188	45	2	6
1/2 TURKEY SWISS RANCH	1	478	265	30	7	0	95	1594	23	1	3
MUSHROOM SWISS DIP	1	668	260	32	9	0	132	3239	42	2	6
1/2 MUSHROOM SWISS DIP	1	334	130	16	4	0	66	1620	21	1	3
GRILLED HAM & CHEESE	1	780	250	25	12	0	110	2515	74	2	8
1/2 GRILLED HAM & CHEESE	1	410	135	13	6	0	63	1368	37	1	4
SQUIRREL SANDWICH	1	765	175	22	9	0	120	3267	77	3	8
1/2 SQUIRREL SANDWICH	1	400	90	12	5	0	69	1819	39	1	4
TURKEY MELT	1	1120	480	56	22	0	198	3501	75	2	4
1/2 TURKEY MELT	1	510	185	22	9	0	99	1770	38	1	2
PATTY MELT	1	1006	470	61	24	0	145	1278	59	4	2
B.L.T.	1	1008	580	63	17	0	73	1567	78	3	9
1/2 B.L.T.	1	517	295	32	10	0	45	864	39	1	4
TURKEY CHEDDAR B.L.T.	1	1264	700	79	25	0	173	2661	80	3	8
1/2 TURKEY CHEDDAR B.L.T.	1	647	355	40	14	0	95	1412	40	1	4
CIABATTA CLUB	1	964	533	57	20	0	175	2438	53	1	5
CIABATTA AVOCADO CLUB	1	1181	688	79	24	0	180	2516	53	4	6

CLUBHOUSE SANDWICH	1	1229	740	81	26	0	218	2997	54	1	6
BOB'S CUBAN SANDWICH	1	760	200	33	18	0	150	2592	57	3	9
BBQ POLLED CHIX SANDWICH	1	572	40	17	7	0	89	1740	76	4	24
BLTA CROISSANT	1	1030	738	84	28	0.5	113	1180	40	5	6
CLUB CROISSANT	1	1124	720	79	31	0.5	220	2353	44	2	7
TURKEY TEASER CROISSANT	1	563	180	21	12	0.5	115	1238	71	2	29
SMOKED SALMON CROISSANT	1	537	256	30	13	0.5	85	1106	43	4	5

										Total		
WITH MEAL SIDES		Serving	Calories	Calories Total	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary	Sugars	
				From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	(g)	Fiber (g)	(g)
FRENCH FRIES	1	512	165	18	4	0	0	91	77	7	4	
JO JOS	1	374	137	16	4	0	0	1034	63	6	3	
ONION RINGS	1	385	148	15	4	0	0	637	52	4	8	
POTATO SALAD	1	548	376	42	8	0	44	571	86	3	4	
SIDE SALAD	1	54	6.0	3	0.35	0	0.05	63	9	3	3	
CUP OF SOUP VARIES BY LOCATION	1											

										Total		
SEAFOOD		Serving	Calories	Calories Total	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary	Sugars	
				From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	(g)	Fiber (g)	(g)
LUNCH FISH	1	510	180	21	4	0	120	1185	33	2	2	
LUNCH PRAWNS	1	382.5	202	24	4	0	150	880	28	2	2	
LUNCH MINI SEAFOOD	1	569.5	241	28	5	0	170	1318	39	2	2	
FISH DINNER	1	510	180	21	4	0	120	1185	33	2	2	
PRAWN DINNER	1	459	242	28	5	0	180	1056	33	2	2	
MINI SEAFOOD DINNER	1	569.5	241	28	5	0	170	1318	39	2	2	

										Total		
STEAKS		Serving	Calories	Calories Total	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary	Sugars	
				From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	(g)	Fiber (g)	(g)
NEW YORK STEAK	1	790	490	54	22	0	280	170	0	0	0	

RIBEYE STEAK	1	1040	720	80	32	0	320	190	0	0	0
PRIME COULOTTE STEAK	1	350	130	15	5	0.5	170	150	0	0	0
PRIME SIRLOIN STEAK	1	610	360	40	16	0	220	140	0	0	0
BAR STEAK (Prime Sirloin)	1	610	360	40	16	0	220	140	0	0	0
STEAK & PRAWNS	1	1020	611	68	24	0	370	698	17	1	1

									Total			
WITH DINNER SIDES		Serving	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
FRENCH FRIES	1	512	165	18	3.6	0	0	91	77	7	4	
JO JOS	1	374	137	16	4	0	0	1034	63	6	3	
ONION RINGS	1	385	148	15	4	0	0	637	52	4	8	
POTATO SALAD	1	548	376	42	7.7	0	44	571	86	3	4	
SIDE SALAD	1	54	6	3	0.3	0	0.1	63	9	3	3	
BAKED POTATO PLAIN	1	290	0	0.4	0.1	0	0	24	64	7	3	
ADD BUTTER	1	120	120	12	6	0	10	110	0	0	0	
ADD SOUR CREAM	1	90	68	8	6	0	30	23	2	0	1.5	
ADD BACON BITS	1	60	40	5	2	0	25	320	0	0	0	
ADD GREEN ONIONS	1	0	0	0	0	0	0	2	1	0.4	0.3	
BAKED POTATO LOADED	1	560	228	24	14	0	65	479	67	7	5	
CUP OF SOUP VARIES BY LOCATION	1											

									Total			
LIGHTER FARE MENU		Serving	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
2 PIECE FISH	1	340	120	14	3	0	80	790	22	1	1	
SMALL MINI SEAFOOD	1	323	141	16	3	0	100	747	22	1	1	
3 CHICKEN STRIPS	1	390	135	15	3	0	60	840	33	6	6	
1/4 POUND HAMBURGER	1	581	302	35	12	0	77	582	40	3	7	
1/4 POUND CHEESEBURGER	1	651	352	40	15	0	92	882	40	3	7	

1/2 DELI SANDWICH MEATS		Serving	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
HAM	1	120	60	4.5	1.5	0	45	660	2	0	2	
TURKEY	1	90	15	1.5	0	0	60	825	3	0	0	

ROAST BEEF	1	105	15	3	0	0	51	1110	3	0	1.5
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1/2 DELI SANDWICH CHEESES

CHEDDAR	1	85.5	60	7	4	0	20	135	0	0	0
SWISS	1	80	50	6	4	0	20	41	0	0	0.3
PEPPERJACK	1	110	68	7	4.5	0	15	190	0	0	0
AMERICAN	1	70	50	5	3	0	15	300	0	0	0
CREAM CHEESE	1	25	20	2	1.5	0	7.5	45	1	0	0.5

1/2 DELI SANDWICH BREADS

HONEY WHEAT	1	200	25	3	0.05	0	0	410	36	4	5
SOUR DOUGH	1	190	25	3	0.5	0	0	380	35	1	2
WHITE	1	200	25	2.5	0	0	0	350	37	1	3
RYE	1	130	15	2	0	0	0	250	25	2	1

LIGHTER FARE SIDES

	Serving	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
FRENCH FRIES	1	186	60	7	1	0	0	33	28	3	1
JO JOS	1	174	88	10	2	0	0	376	23	2	1
ONION RINGS	1	220	85	8	2	0	0	364	30	2	5
POTATO SALAD	1	274	188	21	4	0	23	275	44	2	2
SIDE SALAD	1	54	6	3	0.3	0	0.05	63.1	9	3	3
CUP OF SOUP, VARIES BY LOCATION	1										

KIDS MENU

	Serving	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
KIDS BURGER	1	615	343	39	12.475	0	78.15	621	40.15	2	5.525
KIDS CHEESE BURGER	1	685	393	44	15	0	93	921	40.2	2	5.5
KIDS CHICKEN STRIPS	1	290	120	14	3	0	40	560	22	4	4
KIDS MAC & CHEESE	1	300	80	9	3	0	10	650	44	2	8
KIDS FISH	1	170	60	7	1	0	40	395	11	0.5	0.5
KIDS GRILLED CHEESE	1	543	152	15	6	0	31	1303	74	2	6

KIDS CURLY DOG	1	430	220	19	6	0	45	1100	36	2	13
KIDS CORN DOG	1	340	130	14	4	0	45	700	41	2	9

per unit of measurement

KIDS MENU SIDES

Serving	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
FRENCH FRIES	1	140	45	5	1	0	0	25	21	2
JO JO'S	1	168	75	8	2	0	0	24	21	2
APPLE SAUCE	1	60	0	0	0	0	0	0	14	1

APPETIZERS

Serving	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
CALAMARI	1	360	60	19	4	0	444	516	14	0
CHEESE STICKS	1	754	394	46	16	0	65	1413	59	0.7
CHEESE JOES	1	1140	580	67	30	0	125	3032	115	12
CHICKEN TENDERS (5)	1	710	285	32	6	0	100	1400	55	10
CHICKEN WINGS (7)	1	730	342	60	7	0	177	1461	14	2
COCONUT PRAWNS	1	442	150	16	8	0	80	1102	65	5
CRISPY SHRIMP	1	680	410	47	22	0	255	1065	41	0
JALAPENO POPPERS	1	840	460	52	23	0	75	1230	80	12
KIELBASA (2)	1	1064	842	92	29	0	249	3073	3	0
SPINACH ARTICHOKE	1	772	336	52	25	0	96	1500	58	99
THAI CHICKEN	1	1272	487	48	9	0	144	3908	122	3
VEGGY TRIO	1	327	222	30	5	0	30	641	18	6
CHEESE NACHOS	1	1420	490	90	42	0	165	1950	104	10
NACHOS SUPREME CHEESE	1	1620	638	107	48	0	190	2503	112	12
NACHOS SUPREME CHEESE SMALL	1	807	364	55	27	0	115	1423	49	6
NACHOS SUPREME CHICKEN	1	1820	679	111	49	0	290	3038	114	12
NACHOS SUPREME CHICKEN SMALL	1	907	385	57	28	0	165	1691	50	6
NACHOS SUPREME BEEF	1	2058	935	141	60	0	283	2856	114	12
NACHOS SUPREME BEEF SMALL	1	1026	512	72	34	0	162	1600	50	6
QUESADILLA CHEESE	1	1120	518	59	30	0	115	2080	107	7
QUESADILLA CHEESE SMALL	1	685	344	39	22	0	90	1361	57	5
QUESADILLA CHICKEN	1	1320	559	63	31	0	215	2615	109	7

QUESADILLA CHICKEN SMALL	1	785	365	41	22	0	140	1629	58	5	7
QUESADILLA BEEF	1	1558	815	93	42	0	208	2433	109	7	11
QUESADILLA BEEF SMALL	1	904	492	56	28	0	137	1538	58	5	7
SPICY NACHOS SUPREME CHEESE	1	1474	608	100	47	0	220	4007	103	10	12
SPICY NACHOS SUPREME CHEESE SMALL	1	807	349	55	27	0	130	2603	55	6	9
SPICY NACHOS SUPREME CHICKEN	1	1674	649	104	48	0	320	4542	104	10	12
SPICY NACHOS SUPREME CHICKEN SMALL	1	907	370	57	28	0	180	2871	56	6	9
SPICY NACHOS SUPREME BEEF	1	1912	905	134	59	0	313	4360	104	10	12
SPICY NACHOS SUPREME BEEF SMALL	1	1026	497	72	34	0	177	2780	56	6	9
SPICY QUESADILLA CHEESE	1	1120	503	59	30	0	130	3225	113	7	14
SPICY QUESADILLA CHEESE SMALL	1	685	334	39	22	0	100	2136	61	5	9
SPICY QUESADILLA CHICKEN	1	1320	544	63	31	0	230	3760	115	7	14
SPICY QUESADILLA CHICKEN SMALL	1	785	355	41	22	0	150	2404	62	5	9
SPICY QUESADILLA BEEF	1	1558	800	93	42	0	223	3578	115	7	14
SPICY QUESADILLA BEEF SMALL	1	904	482	56	28	0	147	2313	62	5	9

DESSERTS	Serving	Calories	Calories Total		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total		
			From Fat	Fat (g)					Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
HOT FUDGE SUNDAE	1	855	324	38	29	0	75	340	117	6	12
BERRY PIE	1	990	600	66	27	0	0	990	84	9	18
BERRY PIE ALA MODE	1	1120	660	73	32	0	25	1030	100	9	19
APPLE PIE	1	1020	510	57	27	0	15	1050	114	3	51
APPLE PIE ALA MODE	1	1148	570	64	31	0	39	1090	130	3	52
RASPBERRY ALMOND SHORTBREAD	1	593	277	32	12	0	46	251	74	2	51
CHEESCAKE ROUND	1	400	243	27	15	0	0	400	36	2	24
MOLTEN CHOCOLATE CAKE	1	542	280	31	18	0	40	362	60	3	40
DISH OF ICE CREAM	1	260	120	14	9	0	50	80	32	0	2
DISH OF SHERBERT	1	200	20	2	1	0	10	40	46	0	28

SALAD DRESSINGS	Serving	Calories	Calories Total		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total		
			From Fat	Fat (g)					Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
1000 ISLAND DRESSING	2 floz	220	200	22	4	0	20	420	6	0	4

BALSAMIC VINAIGRETTE DRESSING	2 floz	220	200	22	3	0	0	380	6	0	4
CAESAR PARESAN & GARLIC DRESSING	2 floz	280	260	28	5	0	20	620	6	0	2
CHAMPAGNE VINAIGRETTE DRESSING	2 floz	300	280	32	5	0	0	980	2	0	2
CUCUMBER WASABI DRESSING	2 floz	320	280	32	5	0	20	540	4	0	4
FRENCH FIESTA DRESSING	2 floz	280	200	24	4	0	0	800	18	0	16
HONEY MUSTARD DRESSING	2 floz	280	240	26	4	0	20	330	12	0	10
RANCH HOUSE DRESSING	2 floz	240	220	24	4	0	30	420	2	0	2
ORIENTAL SESAME SEED DRESSING	2floz	280	220	24	4	0	0	840	14	0	12
TUSCANY ITALIAN HERB DRESSING	2 floz	200	180	22	3	0	0	840	2	0	0
SOUTHWEST DRESSING	2 floz	130	110	12	2	0	15	430	3	2	2
RASPBERRY VINAIGRETTE DRESSING	2 floz	260	180	20	3	0	0	540	18	0	16
LO-CAL RANCH DRESSING	2 floz	60	10	0	0	0	0	580	14	0	8
BLEU CHEESE DRESSING	2 floz	300	280	32	6	0	30	400	2	0	0

SAUCES

Serving	Calories	Calories Total		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total			
		From Fat	Fat (g)					Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	
CHIPOTLE MAYONNAISE	1 floz	180	180	20	1	0	5	65	1	0	0
TERIYAKI SAUCE	1floz	80	0	0	0	0	0	770	18	0	14
SWEET BABY RAY'S BBQ SAUCE	1 floz	70	0	0	0	0	0	290	18	0	16
SRIRACHA SAUCE	1/2 floz	15	0	0	0	0	0	300	3	0	3
MAE PLOY SWEET CHILI SAUCE	1 floz	70	0	0	0	0	0	400	17	1	14
COCKTAIL SAUCE	1 floz	40	5	0	0	0	0	260	9	1	8
FRANKS HOT SAUCE	1 floz	10	0	0	0	0	0	760	2	0	0
MARINARA SAUCE	1 floz	14	3	0.3	0	0	0	111	2	0.2	0.7
SALSA	1 floz	10	0	0	0	0	0	220	2	1	1
TARTAR SAUCE	1 floz	140	140	15	3	0	15	220	1	0	0
SOUR CREAM	1 floz	60	45	5	4	0	20	15	1	0	1
MAYONNAISE	1 floz	200	200	22	4	0	10	150	0	0	0
TZATZIKI SAUCE	1 floz	48	34	4	4	0	0	67	2	0	1

BREADS

Serving	Calories	Calories Total		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total		
		From Fat	Fat (g)					Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)

HONEY WHEAT (Dry)	1	200	25	3	0.5	0	0	410	36	4	5
HONEY WHEAT (Buttered)	1	230	25	6	0.5	0	0	424	36	4	5
WHITE (Dry)	1	200	25	2.5	0	0	0	350	37	1	3
WHITE (Buttered)	1	230	25	5.5	0	0	0	364	36	1	3
SOURDOUGH (Dry)	1	190	25	3	0.5	0	0	380	35	1	2
SOURDOUGH (Buttered)	1	220	25	6	0.5	0	0	394	35	1	2
MARBLE RYE (Dry)	1	130	15	2	0	0	0	250	25	2	1
MARBLE RYE (Buttered)	1	160	15	5	0	0	0	364	25	2	1
ENGLISH MUFFIN (Dry)	1	130	5	1	0	0	0	250	25	1	1
ENGLISH MUFFIN (Buttered)	1	160	5	3	1	0	0	364	25	1	1
S.D. ROUNDS	1	80	5	1	0	0	0	110	15	1	1
TEXAS TOAST	1	100	10	1	0	0	0	180	19	1	2
HAMBURGER BUN	1	230	25	3	1	0	5	360	41	3	7
SMALL BURGER BUN	1	190	20	2.5	1	0	5	300	34	2	5
CIABATTA BUN	1	250	40	4	0	0	0	470	46	0	1
FRENCH ROLL	1	180	10	1.5	0	0	0	360	33	1	1
TELERA ROLL	1	300	40	4.5	2.5	0	0	860	55	3	6
90/10 BUTTER BLEND	.25 oz	30	0	3	0	0	0	14	0	0	0

BREAKFAST	Serving	Calories	Calories Total		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total		
			From Fat	Fat (g)					Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
BREAKFAST SANDWICH (SAUSAGE)	1	670	365	47	21	0	316	1034	25	1	1
BREAKFAST SANDWICH (HAM)	1	520	205	28	14	0	306	1114	26	1	2
COUNTRY FRIED STEAK BREAKFAST	1	919	335	37	10	0	463	2260	89	4	5
EGGS BENEDICT BREAKFAST	1	840	395	42	15	0	460	2215	68	5	8
SMOKED SALMON EGGS BENEDICT BREAKFAST	1	770	345	39	13	0	436	2175	65	5	5
BISCIUTS & SAUSAGE GRAVY BREAKFAST	1	640	140	27	9	0	469	1663	75	5	8
HASHBROWNS 'N EGGS BREAKFAST	1	420	210	24	6	0	370	835	36	4	2
BACON COUNTRY BREAKFAST	1	810	540	60	18	0	433	1546	36	4	2
HAM COUNTRY BREAKFAST	1	580	290	30	8	0	430	1715	39	4	5
HUNGERY BOB'S BACON & PATTY SAUSAGE	1	1340	985	109	36	0	698	2336	36	4	2
HUNGRY BOB'S BACON & LINK SAUSAGE	1	1495	1110	125	41	0	729	2762	38	4	4
KIELBASA COUNTRY BREAKFAST	1	810	496	55	19	0	487	2109	36	4	2
LINK SAUSAGE COUNTRY BREAKFAST	1	1035	735	84	27	0	481	1981	38	4	4

PATTY SAUSAGE COUNTRY BREAKFAST	1	880	610	68	22	0	450	1555	36	4	2
STEAK & EGGS COUNTRY BREAKFAST	1	1030	570	64	22	0	590	975	36	4	2
BREAKFAST BONANZA OMELETTE BREAKFAST	1	1129	567	77	33	0	665	1957	48	5	8
DENVER OMELETTE BREAKFAST	1	783	300	48	20	0	595	1457	42	4	5
HAM & CHEESES OMELETTE BREAKFAST	1	760	300	48	20	0	595	1455	37	4	3
BEEF TACO OMELETTE BREAKFAST	1	1079	519	73	29	0	647	2119	46	7	7
VEGETARIAN OMELETTE BREAKFAST	1	771	280	46	19	0	580	1242	47	6	7
FRENCH TOAST 2 Slices	1	240	24	4	1	0	74	398	39	2	5
FRENCH TOAST 3 Slices	1	360	36	6	1	0	111	597	59	3	8
OATMEAL	1	200	40	4	0	0	0	150	38	6	0
LARGE PANCAKE	1	582	34	3	0	0	0	1632	132	3	24
LARGE PANCAKE WITH BLURBERRIES	1	626	77	4	0	0	0	1633	142	5	31

LIGHTER FARE BREAKFAST MEAT, EGGS & TOAST	Serving	Calories	Calories Total		Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugars
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbohydrates (g)		
LIGHTER FARE BACON & EGGS	1	530	420	46	16	0	433	851	0	0	0
LIGHTER FARE HAM & EGGS	1	340	190	18	6	0	445	1240	4	0	4
LIGHTER FARE LINK SAUSAGE & EGGS	1	830	690	76	27	0	490	1220	0	0	0
LIGHTER FARE PATTY SAUSAGE & EGGS	1	460	320	36	12	0	445	185	2	0	2
LIGHTER FARE FRENCH TOAST SAUSAGE & EGG	1	420	257	29	10	0	262	629	20	1	3
LIGHTER FARE FRENCH TOAST BACON & EGG	1	320	167	19	6	0	243	506	20	1	3
LIGHTER FARE PANCAKE SAUSAGE & EGG	1	591	262	29	10	0	225	1246	66	2	12
LIGHTER FARE PANCAKE BACON & EGG	1	491	172	19	6	0	206	1123	66	2	12

BREAKFAST TOAST	Serving	Calories	Calories Total		Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugars
			From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbohydrates (g)		
HONEY WHEAT (Dry)	1	200	25	3	0.5	0	0	410	36	4	5
HONEY WHEAT (Buttered)	1	230	25	6	0.5	0	0	424	36	4	5
WHITE (Dry)	1	200	25	2.5	0	0	0	350	37	1	3
WHITE (Buttered)	1	230	25	5.5	0	0	0	364	36	1	3
SOURDOUGH (Dry)	1	190	25	3	0.5	0	0	380	35	1	2
SOURDOUGH (Buttered)	1	220	25	6	0.5	0	0	394	35	1	2

MARBLE RYE (Dry)	1	130	15	2	0	0	0	250	25	2	1
MARBLE RYE (Buttered)	1	160	15	5	0	0	0	364	25	2	1
ENGLISH MUFFIN (Dry)	1	130	5	1	0	0	0	250	25	1	1
ENGLISH MUFFIN (Buttered)	1	160	5	3	1	0	0	364	25	1	1
S.D. ROUNDS	1	80	5	1	0	0	0	110	15	1	1
TEXAS TOAST	1	100	10	1	0	0	0	180	19	1	2
90/10 BUTTER BLEND	.25 oz	30	0	3	0	0	0	14	0	0	0

GLUTEN FREE	Serving	Calories	Calories Total		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total		
			From Fat	Fat (g)					Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
GF STEAK SALAD	1	672	360	41	16	0	220	156	13	4	3
GF CHICKEN CAESAR SALAD	1	720	475	53	13	0	175	1514	15	4	5
GF SOUTHWEST CHICKEN SALAD	1	525	124	15	7	0	155	936	41	8	9
GF SPINACH AVOCADO CHICKEN SALAD	1	649	225	34	7	0.1	138	547	47	10	31
GF CLASSIC SPINACH CHICKEN SALAD	1	333	113	13	5	0	335	621	7.8	2	1
GF BACON BURGER	1	1223	862	95	33	0	233	1841	37	3	7
GF BLEU CHEESE BURGER	1	963	642	72	29	0	205	1350	39	3	7
GF JALAPENO BURGER	1	873	550	61	22	0	170	2010	40	3	10
GF BROILED BURGER	1	763	482	54	17	0	155	830	37	3	7
GF GUACAMOLE BURGER	1	1353	950	105	36	0	233	2001	41	5	9
GF HONEYMUSTARD CHICKEN BURGER	1	640	298	34	7	0	202	844	42	3	9
GF SAVORY CHICKEN BURGER	1	478	178	21	5	0	192	694	31	3	6
GF BACON RANCH CHICKEN BURGER	1	1194	788	88	25	0	305	1960	33	3	8
GF VEGGY TRIO	1	95	0.15	5	1	0	0	230	17	6	10
GF CHEESE NACHOS	1	1284	530	88	37	0	140	1654	84	8	5
GF LOADED CHEESE NACHOS	1	1374	598	96	37	0	140	2037	93	10	8

GLUTEN FREE SALAD DRESSINGS	Serving	Calories	Calories Total		Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total		
			From Fat	Fat (g)					Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
1000 ISLAND DRESSING	2 floz	220	200	22	4	0	20	420	6	0	4
BALSAMIC VINAIGRETTE DRESSING	2 floz	220	200	22	3	0	0	380	6	0	4
CAESAR PARESAN & GARLIC DRESSING	2 floz	280	260	28	5	0	20	620	6	0	2

CHAMPAGNE VINAIGRETTE DRESSING	2 floz	300	280	32	5	0	0	980	2	0	2
FRENCH FIESTA DRESSING	2 floz	280	200	24	4	0	0	800	18	0	16
HONEY MUSTARD DRESSING	2 floz	280	240	26	4	0	20	330	12	0	10
RANCH HOUSE DRESSING	2 floz	240	220	24	4	0	30	420	2	0	2
TUSCANY ITALIAN HERB DRESSING	2 floz	200	180	22	3	0	0	840	2	0	0
SOUTHWEST DRESSING	2 floz	130	110	12	2	0	15	430	3	2	2
RASPBERRY VINAIGRETTE DRESSING	2 floz	260	180	20	3	0	0	540	18	0	16
LO-CAL RANCH DRESSING	2 floz	60	10	0	0	0	0	580	14	0	8
BLEU CHEESE DRESSING	2 floz	300	280	32	6	0	30	400	2	0	0

VEGAN MENU	Serving	Calories		Total	Saturated	Trans Fat	Cholesterol	Sodium	Total	Dietary	Sugars
		Calories	From Fat	Fat (g)	Fat (g)	(g)	(mg)	(mg)	Carbohydrates (g)	Fiber (g)	(g)
VEGAN OASIS BURGER	1	941	396	45	4	0	0	1887	115	11	41
VEGAN VOLCANO BURGER	1	817	396	45	4	0	0	3076	84	9	16
VEGAN AUSTIN'S WRAP	1	1031	518	63	7	0	0	2084	92	12	14
VEGAN SUMMER WRAP	1	1483	717	91	13	0.3	1.5	1450	159	18	80
VEGAN FIESTA SALAD	1	479	167	22	2	0	0	1580	57	16	13
Vegan FIESTA SALAD W/BLACK BEAN PATTY	1	679	255	30	2	0	0	2168	81	21	17

Protein
(g)

49
63
60
63
56
96
44
48
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18
60
64
60
64
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51
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66
56
62

Protein
(g)

55
68
70
55
55
62
72
53

50
72
59
50
58
50

Protein
(g)

36
37
40
37

Protein
(g)

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58
33
43
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62
20
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27
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42
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46
64
54
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50
49

Protein
(g)

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2

Protein
(g)

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71
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18
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59
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Protein
(g)

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Protein
(g)

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Protein
(g)

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15
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18
10

Protein
(g)

70

76
54
56
56
79

Protein
(g)

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15

Protein
(g)

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15
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21

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8

6

6

4

Protein
(g)

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2

2

2

2

2

Protein
(g)

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34

22

10

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20

16
10

Protein
(g)

0
2
0

Protein
(g)

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33
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55
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Protein
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Protein
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Protein
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Protein
(g)

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Protein
(g)

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Protein
(g)

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Protein
(g)

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Protein
(g)

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Protein
(g)

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