



NUTRITIONAL INFORMATION

Effective September 2014

	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)	Protein (g)
Three-Egg Omelette Specialties*											
Baja Omelette	650	450	50	20	0	730	1160	7	2	1	45
Florentine Omelette	590	410	46	19	0	705	910	7	1	4	37
Garbage Omelette	760	530	59	22	0	715	810	21	3	3	39
Ham & Cheese Omelette	530	350	39	18	0	720	1260	5	0	3	40
Meat Lover's Omelette	710	490	55	23	0	765	1740	4	0	2	52
Mexican Omelette	650	390	44	19	0	715	1760	26	5	4	38
Popeye's Revenge Omelette	600	410	46	20	0	730	1250	4	1	<1	45
Vegetable Omelette	310	210	23	7	0	635	560	7	1	3	21
Western Omelette	510	340	38	17	0	705	910	7	1	4	37
Big Jim Omelette **	390	260	29	11	0	1055	350	0	0	0	30
Create Your Own Omelette**											
made with Fresh Eggs	240	170	19	7	0	635	210	0	0	0	18
made with Egg Whites	110	30	3.5	0.5	0	0	25	3	0	0	15
made with Egg Beaters	110	30	3.5	0.5	0	0	280	0	0	0	15

* Three-Egg Omelette Specialties nutrient values do not include side choices; those values are listed separately on page 3.

** Create Your Own and Big Jim Omelette nutrient values do not include toppings; those values are listed separately below.

Individual Omelette Toppings											
Add American Cheese	80	60	7	4	0	20	300	1	0	1	4
Add Cheddar Cheese	220	160	18	10	0	60	340	2	0	0	14
Add Cream Cheese	100	80	9	6	0	30	105	2	0	1	2
Add Monterey Jack Cheese	220	160	18	10	0	60	340	2	0	0	14
Add Swiss Cheese	90	60	7	4.5	0	20	115	1	0	1	6
Add Pepper Jack Cheese	200	150	16	10	0	60	340	2	0	0	14
Add Bacon	130	80	9	3	0	35	600	<1	0	<1	12
Add Corned Beef Hash	50	30	3	1.5	0	10	180	3	0	0	2
Add Ham	30	10	1	0.5	0	15	350	2	0	2	4
Add Sausage	90	70	8	3	0	20	230	0	0	0	4
Add Turkey Sausage	50	30	3	1	0	20	170	0	0	0	5
Add Chorizo	80	60	7	2.5	0	20	280	2	<1	0	4
Add Asparagus	5	0	0	0	0	0	85	<1	0	<1	0
Add Fresh Avocado	50	40	4.5	0.5	0	0	0	3	2	0	<1
Add Fresh Bell Pepper	5	0	0	0	0	0	10	1	0	<1	0
Add Black Olives	45	40	4.5	0	0	0	220	2	0	0	2
Add Garlic	5	0	0	0	0	0	0	<1	0	0	0
Add Green Chile	5	0	0	0	0	0	35	<1	0	0	0
Add Fresh Green Onion	10	0	0	0	0	0	10	2	1	1	0



	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)	Protein (g)
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Individual Omelette Toppings (continued)											
Add Jalapeño	5	0	0	0	0	0	250	1	1	0	0
Add Mushrooms	5	0	0	0	0	0	80	<1	0	0	<1
Add Fresh Onion	10	0	0	0	0	0	0	2	<1	2	0
Add Potato	20	0	0	0	0	0	0	5	0	0	<1
Add Fresh Spinach	5	0	0	0	0	0	10	0	0	0	0
Add Fresh Tomato	5	0	0	0	0	0	0	<1	0	<1	0
Add Ahogada Salsa	30	0	0	0	0	0	660	6	2	2	0
Add Country Sausage Gravy	90	40	4.5	2	0	<5	520	10	0	0	2
Add Hollandaise	210	170	19	4	5	5	320	4	0	2	2
Add Picante Sauce	20	0	0	0	0	0	380	4	0	2	0

Traditional Breakfasts*											
Two Eggs	170	120	14	4.5	0	420	140	0	0	0	12
Bacon & Two Eggs	370	260	29	11	0	465	940	0	0	0	25
Sausage Patties & Two Eggs	700	570	63	21	0	520	1020	2	0	0	34
Sausage Links & Two Eggs	460	370	41	14	0	480	730	0	0	0	21
Turkey Sausage & Two Eggs	310	230	25	7	0	475	580	<1	0	<1	26
Chicken Fried Steak & Two Eggs	1190	680	76	26	0	535	2810	86	2	0	48
Corned Beef Hash & Two Eggs	680	410	46	20	2.5	500	1950	31	3	2	36
Ground Sirloin & Two Eggs	890	670	75	6	0	570	600	4	0	0	50
Ham Steak & Two Eggs	380	240	26	8	0	515	2020	0	0	0	39
Breaded Pork Chops & Two Eggs	650	420	47	11	0	525	740	10	0	0	48
Classic Combo											
Two Eggs	170	120	14	4.5	0	420	140	0	0	0	12
Bacon (2)	130	100	11	4	0	30	530	0	0	0	9
Sausage Link (3)	290	240	27	9	0	60	590	0	0	0	9
Sausage Patty (2)	530	450	50	17	0	100	880	2	0	0	22
Turkey Sausage Patty (2)	140	100	12	2.5	0	55	440	<1	0	<1	14
Ham Steak (½ portion)	110	60	6	2	0	45	940	0	0	0	14
Corned Beef Hash (½ portion)	250	140	16	7	1	40	910	15	2	1	12
Breaded Pork Chop (1)	240	150	17	3.5	0	50	300	5	0	0	18

* Traditional Breakfasts nutrient values do not include side choices; those values are listed separately on page 3.

Breakfast Specialties											
Angry Burrito	990	480	54	20	0	715	2080	81	8	8	42
Biscuit Debris*	890	470	53	21	8	100	3550	69	2	7	36
Chilaquiles	770	380	42	15	0	675	1060	66	8	6	33
Garbage Breakfast*	760	490	55	17	0	480	860	40	6	7	29
Eggs Benedict	810	470	53	14	10	460	1680	51	2	21	29
Country Benedict	1240	790	88	30	4	540	2470	70	3	3	49



	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)	Protein (g)
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Breakfast Specialties (continued)											
Jimmy's Breakfast Sandwich-Bacon	900	480	54	17	3	470	1710	70	4	4	36
Jimmy's Breakfast Sandwich-Sausage	1030	610	68	21	3	490	1620	71	4	4	38
Jimmy's Breakfast Sandwich-Ham	860	410	46	14	3	480	2240	74	4	9	40
Almost Healthy Skillet*	560	220	25	12	0	95	900	48	4	2	42
Meat Lover's Skillet*	840	480	53	22	0	560	1860	44	3	4	51
Farmer's Skillet*	700	370	41	18	0	515	1250	47	4	6	39
Fiesta Skillet*	860	470	53	26	0	560	1680	56	5	8	41

* Nutrient values for these items' side choices are not included; those values are listed separately on page 3.

Breakfast Side Choices											
Home Fries	230	60	7	1.5	0	0	0	40	3	2	5
Add Cheese	80	60	7	4	0	20	300	1	0	1	4
Add Grilled Onion	25	15	2	0	0	0	0	2	<1	2	0
Hash Browns	190	130	14	2.5	0	0	20	16	2	<1	2
Add Cheese	80	60	7	4	0	20	300	1	0	1	4
Add Grilled Onion	25	15	2	0	0	0	0	2	<1	2	0
Grits	60	0	0	0	0	0	5	13	<1	0	1
Fresh Fruit	60	0	0	0	0	0	20	14	1	13	1
Cottage Cheese	140	60	6	4	0	30	580	8	0	6	14
Yogurt	150	20	2.5	1.5	0	10	105	26	0	25	8
Yogurt & Strawberries	160	20	2.5	1.5	0	10	105	28	0	26	8
Strawberries	50	0	0	0	0	0	0	11	2	8	<1
Oatmeal	90	15	2	0	0	0	5	17	3	<1	3

Bread Side Choices											
Biscuits & Gravy	530	230	25	8	8	<5	2210	65	2	4	13
\$ Size Buttermilk Pancakes	240	20	2.5	1	0	0	830	51	2	7	7
\$ Size Wheat Pancakes	220	35	4	1.5	0	5	420	39	3	7	6
\$ Size Sweet Potato Pancakes	200	20	2.5	0	0	0	410	43	2	14	4
Homemade White Toast	530	180	20	3.5	4.5	0	560	77	3	11	14
Dry Homemade White Toast	430	80	9	1.5	1.5	0	450	77	3	11	14
Homemade Raisin Toast	550	180	20	5	4.5	0	450	82	3	20	11
Dry Homemade Raisin Toast	450	80	9	3	1.5	0	340	82	3	20	11
White Toast	280	120	13	2	3	0	370	30	2	2	6
Dry White Toast	180	20	2	0	0	0	260	30	2	2	6
Wheat Toast	320	140	15	3	3	0	410	38	6	6	10
Dry Wheat Toast	220	35	4	1	0	0	300	38	6	6	10
Rye Toast	260	120	13	2	3	0	450	30	4	2	6
Dry Rye Toast	160	20	2	0	0	0	340	30	4	2	6
English Muffin	180	60	7	1.5	1.5	0	230	25	1	1	5
Dry English Muffin	130	15	1.5	0.5	0	0	170	25	1	1	5
Cinnamon Roll	480	230	25	10	0	5	260	61	2	34	4



	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)	Protein (g)
Toast Condiments											
Apple Butter	45	0	0	0	0	0	10	11	0	10	0
Grape Jelly	50	0	0	0	0	0	5	13	0	12	0
Peach Jam	50	0	0	0	0	0	0	13	0	12	0
Strawberry Jam	50	0	0	0	0	0	0	13	0	12	0
Margarine (1 Tbsp)	60	60	7	1.5	1	0	65	0	0	0	0
Hot Off The Griddle*											
Buttermilk Short Stack	490	45	5	2.5	0	0	1660	102	5	15	15
Buttermilk Tall Stack	730	70	7	3.5	0	0	2490	153	7	22	22
Whole Wheat Short Stack	440	70	8	3.5	0	10	840	79	7	14	12
Whole Wheat Tall Stack	660	110	12	5	0	15	1260	118	10	21	17
Sweet Potato Short Stack	420	45	5	0	0	0	820	86	4	28	8
Sweet Potato Tall Stack	620	70	7	0	0	0	1230	130	6	43	12
Banana Pecan Short Stack	720	180	20	4	0	0	1660	128	9	30	17
Banana Pecan Tall Stack	1030	240	27	5	0	0	2490	187	13	42	25
Blueberry Granola Short Stack	600	80	8	3	0	0	1740	123	8	26	17
Blueberry Granola Tall Stack	890	110	12	4	0	0	2600	183	12	38	25
Bacon Cheddar Short Stack	730	220	25	12	0	60	2370	103	5	15	30
Bacon Cheddar Tall Stack	1220	420	47	22	0	120	3910	156	7	22	54
Chocolate Chip Short Stack	590	90	11	6	0	0	1660	116	6	26	15
Chocolate Chip Tall Stack	860	130	15	8	0	0	2490	172	8	37	23
Belgian Waffle	410	90	10	2	0	45	900	70	2	14	10
Strawberry Waffle	680	120	14	4	0	65	940	128	6	69	10
French Toast	570	110	13	3.5	1.5	115	490	97	4	29	18
Buttermilk Pancake Combo**	570	100	12	5	0	210	1730	102	5	15	21
Sweet Potato Pancake Combo**	500	100	12	2.5	0	210	890	86	4	28	14
Waffle Combo**	500	150	17	4.5	0	255	970	70	2	14	16
French Toast Combo**	470	140	15	5	1	290	380	66	2	20	18
** Meat Choice for Griddle Combos											
Add Bacon (2)	130	100	11	4	0	30	530	0	0	0	9
Add Sausage Links (2)	190	160	18	6	0	40	390	0	0	0	6
Add Sausage Patty (1)	270	220	25	8	0	50	440	1	0	0	11
Add Turkey Sausage Patty (1)	70	50	6	1.5	0	25	220	0	0	0	7
Ultimate Pancake Combo	1560	620	68	33	0	500	2930	185	5	89	50
Griddle Condiments											
Syrup (¼ cup)	230	0	0	0	0	0	50	59	0	30	0
Sugar Free Syrup (¼ cup)	35	0	0	0	0	0	110	13	0	0	0
Margarine (1 Tbsp)	60	60	7	1.5	1	0	65	0	0	0	0



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

Over Light Breakfast											
Bowl of Oatmeal	380	30	3.5	0.5	0	0	25	81	6	50	6
Light Turkey Sausage & Eggs	590	260	29	8	0	475	900	53	7	20	37
Light Sweet Potato Pancakes (2)*	410	45	15	0	0	0	820	85	4	27	8
Light Sweet Potato Pancakes (3)*	610	70	7	0	0	0	1230	128	6	41	12
Light Pancake Combo*	570	160	17	5	0	40	1170	79	7	14	25
Light Spinach & Mushroom Omelette	480	120	14	5	0	30	1000	52	7	14	40
Skinny Jimmy	600	110	12	3.5	0	15	510	107	5	63	21

* Nutrient values for these items do not include margarine or syrup; those values are listed separately above.

Little Jimmy's											
Cheese Omelette*	400	290	32	15	0	485	480	2	0	0	26
Waffle 'n' More	360	150	17	5	0	250	790	35	1	7	15
French Toast	340	150	16	5	0	265	510	32	1	9	17
Silver Dollar Pancakes	390	130	15	6	0	225	1170	51	2	7	18
Add Chocolate Chips	70	35	4	2.5	0	0	0	9	0	8	0
Bear-nana Pancakes	460	50	6	3	0	10	1390	93	5	18	12
Chicken Tenders*	500	240	27	4	0	70	1780	36	4	0	28
Cheesy Quesadilla*	520	300	33	14	3	60	1280	36	2	2	20
Grilled Cheese Sandwich*	440	240	27	10	3	40	1200	33	2	5	14

* Nutrient values for these items' side choices are not included; those values are listed separately below.

Little Jimmy's Side Choices											
Home Fries	230	60	7	1.5	0	0	0	40	3	2	5
Add Cheese	80	60	7	4	0	20	300	1	0	1	4
Add Grilled Onion	25	15	2	0	0	0	0	2	<1	2	0
Hash Browns	190	130	14	2.5	0	0	20	16	2	<1	2
Add Cheese	80	60	7	4	0	20	300	1	0	1	4
Add Grilled Onion	25	15	2	0	0	0	0	2	<1	2	0
Fresh Fruit	60	0	0	0	0	0	20	14	1	13	1
French Fries	260	140	16	3	0	0	440	26	3	<1	3

Little Jimmy's Bread Choices											
Biscuit & Gravy (1)	270	110	13	4	4	<5	1110	33	1	2	6
Homemade White Toast (1)	260	90	10	1.5	2	0	280	38	1	6	7
Homemade Raisin Toast (1)	280	90	10	2.5	2	0	230	41	1	10	6
White Toast (1)	140	60	7	1	1.5	0	190	15	1	1	3
Wheat Toast (1)	160	70	8	1.5	1.5	0	210	19	3	3	5

Salads*											
California Salad	620	350	39	16	0	310	1290	32	5	4	37
Chef Salad	710	390	43	20	0	370	1910	33	2	7	50
Chicken Fajita Salad	750	380	42	14	0	140	1260	47	6	9	48



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Salads* (continued)											
Southwest Quesadilla Salad	1120	570	64	22	3	170	2140	77	9	6	61
Crispy Chicken Salad	1280	650	72	19	0	205	4110	85	9	4	74
Add Grilled Chicken	240	110	12	2.5	0	80	630	4	<1	2	28

* Salad nutrient values do not include dressing; those values are listed separately below.

Salad Dressing - for entrée salads											
Southwest Ranch	250	200	23	3.5	0	20	810	7	0	4	0
Sun Dried Tomato Vinaigrette	210	160	18	2	0	0	1230	14	0	11	0
Honey Mustard	460	350	39	5	0	35	560	28	0	25	0
Italian	280	220	25	3.5	0	0	1750	11	0	7	0
Ranch	460	410	46	7	0	35	910	7	0	4	0
Bleu Cheese	630	600	67	12	0	55	740	4	0	4	4

Sandwiches*											
BLT	700	410	45	11	4	45	1310	55	2	8	23
California Club	670	340	38	11	3	95	2280	45	4	2	38
Chicken Club Sandwich	740	370	41	12	3	115	1770	45	3	5	47
Club Sandwich	700	410	45	12	3	90	2560	42	2	3	35
Philly Cheese Steak Sandwich	740	430	47	15	3	90	1330	44	3	5	34
Smoked Turkey Melt	840	450	50	16	4	105	2280	58	2	10	43
Light Club Wrap w/Fruit	630	260	29	5	0	70	2040	68	3	31	23

* Sandwich nutrient values do not include side choices; those values are listed separately on page 7.

Burgers*											
All American Cheeseburger**	790	520	58	4	3	100	930	35	2	6	31
Bacon Cheeseburger**	920	620	69	8	3	130	1460	35	2	6	40
Backyard Burger	1070	710	79	14	3	140	1530	47	2	10	42
Fired Up! Burger	930	630	70	9	3	130	1010	37	2	5	38
Jimmy's "Egg" Burger	990	660	73	11	3	345	1660	38	2	8	45
Patty Melt	960	650	72	12	3	140	1210	37	5	6	41
Smothered Burger	1080	610	68	8	2	120	4240	72	2	8	48

* Burger nutrient values do not include side choices; those values are listed separately on page 7.

** All American Cheeseburger & Bacon Cheeseburger nutrient values do not include cheese; those values are listed separately below.

Cheese for Burgers											
American Cheese	80	60	7	4	0	20	300	1	0	1	4
Swiss Cheese	90	60	7	4.5	0	20	115	1	0	1	6
Cheddar Cheese	110	80	9	5	0	20	115	1	0	1	6
Monterey Jack Cheese	110	80	9	5	0	30	170	1	0	0	7
Pepper Jack Cheese	100	70	8	5	0	30	170	1	0	0	7
Feta Cheese	35	30	3	2	0	10	180	<1	0	0	2



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Jimmy's Favorites*											
Chicken Fried Steak	1280	650	72	23	2	115	2950	124	4	6	44
Breaded Pork Chops	740	390	43	8	2	100	880	48	2	6	43
Chicken Quesadilla	1310	730	81	32	6	210	2670	79	6	10	64
Chicken Tenders	1420	760	84	12	2	140	3480	119	7	29	49
Ground Sirloin	1030	670	74	3.5	2	150	820	45	2	7	46
Open Face Turkey	540	150	16	1.5	2	50	4800	67	1	6	34
Smothered Chicken	630	290	32	9	2	100	1110	46	3	10	42

* Jimmy's Favorites nutrient values do not include side choices; those values are listed separately on page 7.

Lunch Side Choices											
French Fries	370	200	22	4.5	0	0	580	38	4	1	4
Curly Fries	460	290	32	7	0	0	850	40	4	1	4
Mashed Potatoes	210	140	16	3	4	<5	460	14	1	2	2
Add Country Sausage Gravy	90	40	4.5	2	0	<5	520	10	0	0	2
Add Brown Gravy	120	25	3	0	0	0	2280	18	0	0	6
Green Beans	170	90	10	4	0	30	1050	9	3	3	10
Garden Salad*	210	60	7	3	0	15	220	30	3	5	10
Fried Okra	310	220	24	2.5	0	0	940	39	4	4	6
Cottage Cheese	140	60	6	4	0	30	580	8	0	6	14

* Garden Salad nutrient value does not include dressing; those values are listed separately below.

Salad Dressing - for garden salad											
Southwest Ranch	140	120	13	2	0	10	460	4	0	2	0
Sun Dried Tomato Vinaigrette	120	90	10	1	0	0	700	8	0	6	0
Honey Mustard	260	200	22	3	0	20	320	16	0	14	0
Italian	160	130	14	2	0	0	1000	6	0	4	0
Ranch	260	230	26	4	0	20	520	4	0	2	0
Bleu Cheese	360	340	38	7	0	30	420	2	0	2	2

Beverages											
Coffee	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee	0	0	0	0	0	0	0	0	0	0	0
Hot Tea	0	0	0	0	0	0	0	<1	0	0	0
Hot Chocolate	200	25	3	1.5	0	10	270	43	<1	12	9
Small Milk	170	80	9	6	0	40	135	14	0	12	9
Small Chocolate Milk	170	25	3	1.5	0	15	230	27	0	25	9
Small Apple Juice	120	0	0	0	0	0	15	30	0	29	0
Small Grapefruit Juice	110	0	0	0	0	0	0	26	0	26	1
Small Orange Juice	120	0	0	0	0	0	0	29	0	25	2
Small Tomato Juice	50	0	0	0	0	0	770	10	2	8	2
Large Milk	260	130	14	9	0	60	210	21	0	19	14
Large Chocolate Milk	260	40	4.5	2.5	0	25	350	42	0	39	14



	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)	Protein (g)
Beverages (continued)											
Large Apple Juice	190	0	0	0	0	0	25	47	0	46	0
Large Grapefruit Juice	180	0	0	0	0	0	0	40	0	40	2
Large Orange Juice	190	0	0	0	0	0	0	46	0	39	4
Large Tomato Juice	80	0	0	0	0	0	1190	16	4	12	4
Iced Tea	0	0	0	0	0	0	0	0	0	0	0
Raspberry Iced Tea	100	0	0	0	0	0	60	24	0	24	0
Coke	200	0	0	0	0	0	60	54	0	54	0
Diet Coke	0	0	0	0	0	0	60	0	0	0	0
Sprite	200	0	0	0	0	0	90	52	0	52	0
Dr. Pepper	200	0	0	0	0	0	80	53	0	51	0
A La Carte											
Bacon (3)	190	140	16	6	0	45	800	0	0	0	13
Chicken Breast	240	110	12	2.5	0	80	630	4	<1	2	28
Chicken Fried Steak	1020	560	62	22	0	115	2670	86	2	0	36
Corned Beef Hash	510	290	32	15	2.5	80	1810	31	3	2	24
Ham Steak	210	110	13	3.5	0	90	1880	0	0	0	27
Breaded Pork Chops (2)	480	300	33	7	0	100	600	10	0	0	36
Sausage Link (3)	290	240	27	9	0	60	590	0	0	0	9
Sausage Patty (2)	530	450	50	17	0	100	880	2	0	0	22
Turkey Sausage Patty (2)	140	100	12	2.5	0	55	440	<1	0	<1	14
Biscuits (2)	360	140	16	4	8	0	1180	46	2	4	8
Biscuits & Gravy	530	230	25	8	8	<5	2210	65	2	4	13
Homemade White Toast	530	180	20	3.5	4.5	0	560	77	3	11	14
Homemade Raisin Toast	550	180	20	5	4.5	0	450	82	3	20	11
Cottage Cheese	140	60	6	4	0	30	580	8	0	6	14
Low-Fat Vanilla Yogurt Cup	150	20	2.5	1.5	0	10	105	26	0	25	8
Egg	90	60	7	2.5	0	210	70	0	0	0	6
White Toast	280	120	13	2	3	0	370	30	2	2	6
Wheat Toast	320	140	15	3	3	0	410	38	6	6	10
Rye Toast	260	120	13	2	3	0	450	30	4	2	6
Cup of Grits	60	0	0	0	0	0	5	13	<1	0	1
Bowl of Grits	110	0	0	0	0	0	10	24	2	0	2
Home Fries	230	60	7	1.5	0	0	0	40	3	2	5
Add Cheese	80	60	7	4	0	20	300	1	0	1	4
Add Grilled Onion	25	15	2	0	0	0	0	2	<1	2	0
Hash Browns	190	130	14	2.5	0	0	20	16	2	<1	2
Add Cheese	80	60	7	4	0	20	300	1	0	1	4
Add Grilled Onion	25	15	2	0	0	0	0	2	<1	2	0
French Fries	370	200	22	4.5	0	0	580	38	4	1	4



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)
 Protein (g)

A La Carte (continued)												
Bowl of Oatmeal	380	30	3.5	0.5	0	0	25	81	6	50	6	
Add Blueberries	35	0	0	0	0	0	0	10	3	8	0	
Add Bananas	60	0	0	0	0	0	0	15	2	10	0.5	
Buttermilk Pancake (1)	240	20	2.5	1	0	0	830	51	2	7	7	
Cinnamon Roll	480	230	25	10	0	5	260	61	2	34	4	
Fresh Fruit	60	0	0	0	0	0	20	14	1	13	1	
Sliced Tomatoes	5	0	0	0	0	0	5	1	0	<1	0	
Cup of Gravy	170	80	9	4.5	0	<5	1030	19	0	0	5	
Hollandaise Sauce	210	170	19	4	5	5	320	4	0	2	2	
Picante Sauce	20	0	0	0	0	0	380	4	0	2	0	
Sour Cream	110	90	9	7	0	40	30	2	0	2	2	
Condiments												
Ketchup (1 Tbsp.)	20	0	0	0	0	0	160	4	0	4	0	
Mustard (1 Tbsp.)	10	5	0.5	0	0	0	170	<1	<1	0	<1	
Mayo (1 Tbsp.)	100	100	12	2	0	0	75	0	0	0	0	
Tabasco (1 Tbsp.)	0	0	0	0	0	0	105	0	0	0	0	
Cholula (1 Tbsp.)	0	0	0	0	0	0	260	0	0	0	0	
Apple Butter (1 Tbsp.)	45	0	0	0	0	0	10	11	0	10	0	
Grape Jelly (1 Tbsp.)	50	0	0	0	0	0	5	13	0	12	0	
Peach Jam (1 Tbsp.)	50	0	0	0	0	0	0	13	0	12	0	
Strawberry Jam (1 Tbsp.)	50	0	0	0	0	0	0	13	0	12	0	
Syrup (¼ cup)	230	0	0	0	0	0	50	59	0	30	0	
Sugar Free Syrup (¼ cup)	35	0	0	0	0	0	110	13	0	0	0	
Margarine (1 Tbsp.)	60	60	7	1.5	1	0	65	0	0	0	0	
Half & Half (1 pack)	10	10	1	1	0	0	5	0	0	0	0	
French Vanilla Creamer (1 pack)	25	20	2	2	0	0	0	3	0	3	0	
Hazelnut Creamer (1 pack)	30	20	2	2	0	0	0	3	0	3	0	
Chocolate Caramel Creamer (1 pk)	35	15	1.5	1	0	0	0	6	0	6	0	