

Menu Item	Serving Size	Calories	Protein	Carbs	Fiber	Sugar	Fat	Sat Fat	Cholesterol	Sodium
Add Avocado To Burger	2.1 oz	96	1	5	4	0	8.8	1.3	0	4
Add Bacon To Burger	2.8 oz	374	28	0	0	0	28.0	9.3	47	2335
Add Combo Cheese To Burger	0.5 oz	55	3	0	0	0	4.5	2.8	14	87
Add Green Chilies To Burger	0.8 oz	4	0	1	0	0	0.0	0.0	0	53
Add Grilled Onions To Burger	1.5 oz	113	0	3	0	1	11.5	7.3	31	92
Add Mozzarella To Burger	0.5 oz	36	3	0	0	0	2.3	1.4	9	88
Add Pork Green Chili To Burger	2.0 oz	55	3	2	0	0	3.5	0.9	12	206
Add Sauteed Mushrooms To Burger	1.5 oz	108	1	1	0	1	11.6	7.3	31	93
Add Swiss Cheese To Burger	0.5 oz	54	4	1	0	0	3.9	2.5	13	10
Americano	8.0 oz	10	0	2	0	0	0.2	0.1	0	19
Apple Juice, Large	16.0 oz	227	0	55	0	53	0.0	0.0	0	19
Apple Juice, Small	8.0 oz	113	0	27	0	26	0.0	0.0	0	9
Arnold Palmer- Serving	14.0 oz	91	2	21	0	20	0.0	0.0	0	4
Aspen Fruit Blintz, Apple	17.1 oz	961	23	52	2	33	74.8	28.2	385	722
Aspen Fruit Blintz, Banana	16.6 oz	984	24	63	4	33	73.0	27.5	374	702
Aspen Fruit Blintz, Blueberry	13.8 oz	915	22	45	1	27	72.6	27.4	374	709
Aspen Fruit Blintz, Strawberry	16.6 oz	903	23	42	3	23	73.0	27.4	374	702
Banana Walnut Pancakes	17.5 oz	1389	32	131	9	31	86.8	21.7	346	2026
Belgian Waffle	6.1 oz	386	8	49	1	4	16.3	9.3	119	771
Belgian Combo Add Fruit- Sausage & Bananas	20.1 oz	1057	43	94	5	10	55.3	22.4	596	2645
Belgian Combo Add Fruit- Strawberries & Bacon	16.8 oz	1102	48	70	4	6	67.4	27.8	551	3325
Belgian Combo Add Granola & Sausage	20.1 oz	1204	47	114	6	17	62.2	23.1	596	2807
Belgian Combo Bacon Add Nuts	18.4 oz	1479	59	80	7	5	102.0	33.2	609	3670
Belgian Combo Bacon Add Wheat Germ	15.8 oz	1139	51	75	5	4	68.6	28.0	551	3326
Belgian Combo Sausage Add Walnuts	20.1 oz	1297	49	90	7	6	82.9	24.9	596	2646
Belgian Combo W/ Sausage Add Chocolate Chips	18.6 oz	1019	43	85	4	4	55.2	22.3	596	2645
Belgian Combo, Bacon	15.3 oz	1088	48	67	3	4	67.3	27.8	551	3324
Belgian Combo, Sausage	18.6 oz	1019	43	85	4	4	55.2	22.3	596	2645
Belgian Combo, Turkey Sausage	17.8 oz	903	38	75	4	6	48.2	19.5	510	2464
Belgian Waffle Add Fruit- Bananas	9.1 oz	461	9	69	3	14	16.5	9.4	119	772
Belgian Waffle Add Fruit- Strawberries	8.1 oz	367	8	50	2	7	14.7	8.3	106	687
Belgian Waffle Add Nuts- Almonds	7.1 oz	594	16	53	5	5	36.0	10.3	111	727
Belgian Waffle Add Nuts- Walnuts	7.6 oz	664	15	55	4	5	44.0	11.9	119	772
Berry Nutty Oatmeal	19.7 oz	1007	29	161	11	58	30.0	8.4	38	1005
Berry Nutty Oatmeal, Minus Condiments	14.7 oz	760	25	128	11	26	18.6	1.9	0	854
Biscuits And Gravy	10.4 oz	578	11	59	2	7	31.4	10.5	20	1867

Breakfast Banana Split	11.2	oz	361	14	69	6	41	5.6	0.8	3	45
Breakfast Burrito- Bacon	27.1	oz	1262	64	69	5	5	79.5	32.7	715	3782
Breakfast Burrito- Chicken	27.1	oz	1093	66	64	5	5	62.1	24.5	761	2429
Breakfast Burrito- Ham	27.1	oz	1060	61	64	5	6	60.6	24.2	748	2910
Breakfast Burrito, Chorizo	27.1	oz	1183	59	65	5	5	75.3	32.5	768	2710
Breakfast Burrito, Sausage	27.1	oz	1183	59	65	5	5	75.3	32.5	768	2710
Breakfast Burrito, Turkey Sausage	27.1	oz	1077	61	64	5	6	63.0	25.3	747	2691
Breakfast Enchiladas	19.0	oz	742	48	37	4	4	43.2	19.8	557	1354
Bumper Crop	18.0	oz	861	29	62	7	9	56.4	23.2	477	1826
Cafe Vienna	11.3	oz	208	7	33	0	30	5.0	2.9	42	119
California Turkey- Salad	19.6	oz	1096	69	71	8	9	62.5	16.4	110	4533
California Turkey- French Fries	19.6	oz	1350	68	58	4	6	97.0	19.0	113	4556
California Turkey- Sweet Potato Fries	19.6	oz	1510	64	82	8	16	106.8	19.1	104	4446
Cappuccino	8.0	oz	70	5	8		6	2.5	1.5	10	85
Carmel Macchiato	11.0	oz	185	7	32	0	29	3.6	2.2	14	116
Cheesy Peasant Potatoes	10.0	oz	505	19	42	5	0	28.0	13.5	66	1825
Chicken Crepes Benedict	18.0	oz	915	36	49	5	11	65.6	22.9	365	1759
Chicken Fried Steak & Eggs	19.1	oz	1108	34	86	5	3	68.1	21.2	446	2606
Chicken Noodle Soup	6.0	oz	70	7	8	1	2	2.0	1.0	20	160
Chocolate Milk, Large	16.0	oz	311	17	41	1	37	8.4	5.2	34	251
Chocolate Milk, Small	8.0	oz	155	8	20	0	18	4.2	2.6	17	125
Cinnamonster	7.5	oz	700	1	102	4	42	30.0	8.4	8	150
Cobb Salad	23.2	oz	834	65	48	9	7	42.6	15.7	304	2169
Coffee, House Blend	20.0	oz	6	1	0	0	0	0.1	0.0	0	11
Colorado Omelet	17.8	oz	498	39	48	6	5	16.3	4.3	38	2150
Country Benedict	21.3	oz	1183	31	91	9	16	81.2	16.3	494	1199
Cranberry Juice, Large	16.0	oz	246	0	62	0	62	0.0	0.0	0	66
Cranberry Juice, Small	8.0	oz	123	0	31	0	31	0.0	0.0	0	33
Crazy Cajun Sandwich With Side Salad	17.3	oz	714	62	52	6	10	33.0	8.4	280	1305
Crazy Cajun Sandwich With Sweet Potato Fries	19.6	oz	1260	62	71	9	19	86.7	12.5	280	1514
Creamy Broccoli Soup	96.0	oz	113	3	12	1	5	6.3	4.3	15	264
Creamy Potato And Ham Soup	96.0	oz	152	5	17	1	4	7.2	3.8	18	539
Creamy Spinach Soup	172.3	oz	3513	100	351	18	152	197.1	132.3	467	8647
Creamy Tomato Soup	220.0	oz	2325	13	263	54	177	121.6	49.1	182	9603
Create Your Own Omelet- Plain	12.3	oz	565	24	51	4	3	29.2	8.2	480	1332
Create Your Own Omelet- Plain, Egg Whites	12.3	oz	400	25	49	4	2	10.8	2.5	9	1368
Cup Of Just Oatmeal	10.0	oz	325	10	62	5	32	4.8	1.6	7	208

Dawnbreaker	15.5	oz	840	38	49	4	5	54.9	21.3	488	2267
Denver Philly Sandwich- Salad	22.5	oz	595	53	47	6	9	21.3	8.7	100	3076
Denver Philly Sandwich- French Fries	24.7	oz	957	50	35	3	6	68.3	12.1	100	3001
Denver Philly Sandwich- Sweet Potato Fries	24.7	oz	1140	52	66	8	18	75.0	12.9	100	3285
Desperado	22.6	oz	895	44	79	7	6	43.9	17.7	461	3124
Diet Pepsi- Serving	14.0	oz	0	0	0	0	0	0.0	0.0	0	42
Dollar Size Pancakes	2.0	oz	150	4	17	0	3	7.0	3.0	55	330
Drifter	18.3	oz	728	36	71	8	5	33.6	13.8	403	2053
Egg Sandwich- Bagel	12.7	oz	986	51	84	4	8	48.8	16.8	238	3827
Egg Sandwich- English Muffin	7.7	oz	452	23	45	3	2	19.1	6.7	210	1529
Eggs Benedict	17.5	oz	682	39	58	4	13	33.8	11.5	444	2647
Eighteen Wheeler- Bacon	16.0	oz	1055	56	69	4	11	59.9	18.9	709	3485
Eighteen Wheeler- Sausage Links	19.4	oz	1085	53	86	5	13	58.0	18.6	833	2388
Eighteen Wheeler- Sausage Patties	19.4	oz	1085	53	86	5	13	58.0	18.6	833	2388
Eighteen Wheeler- Turkey Sausage	18.5	oz	974	51	79	5	13	49.4	15.8	806	2282
Eigtheen Wheeler- Ham	17.1	oz	894	44	79	5	13	42.2	12.8	780	2301
Espresso	4.0	oz	10	0	2	0	0	0.2	0.1	0	16
Farmers Benedict	15.8	oz	716	32	54	3	10	40.3	13.7	372	2209
Flavored Iced Tea- Serving	14.5	oz	40	0	11	0	10	0.0	0.0	0	0
French Fries With Sandwich	6.8	oz	439	0	0	0	0	49.6	3.7	0	0
French Onion Soup	253.5	oz	1564	46	234	39	101	57.3	32.0	141	18841
French Toast	20.2	oz	964	46	94	4	33	43.8	15.7	1050	1005
French Toast With Strawberries	20.2	oz	948	47	89	4	28	43.9	15.7	1050	1005
Funny Face Pancake	5.9	oz	252	5	33	2	13	11.9	5.4	75	373
Gooley Buns	6.8	oz	528	10	53	4	23	33.1	10.1	41	425
Blueberry Granola Pancakes	20.5	oz	1466	33	200	10	67	61.7	19.6	341	2038
Greek Lemon Chicken Salad	19.7	oz	1020	68	52	7	13	62.0	14.0	200	2020
Greek Lemon Salmon Salad	18.9	oz	1000	50	50	7	12	68.0	14.0	150	2740
Green Fields Forever	17.0	oz	837	43	57	5	7	48.5	18.2	494	1752
Gypsy	19.5	oz	821	48	72	7	5	37.6	15.3	456	2994
Harvest Benedict	20.7	oz	775	26	64	7	15	48.2	20.6	441	1651
Hearty Vegetable Soup	579.6	oz	5786	110	838	96	260	207.4	122.3	516	22933
Hen Pen- Bacon	9.9	oz	675	36	38	3	1	41.3	13.5	335	2776
Hen Pen- Ham	12.8	oz	587	36	48	3	3	28.1	9.0	417	2351
Hen Pen- Meatless	9.8	oz	471	18	46	4	2	23.9	7.6	361	1188
Hen Pen- Sausage	16.0	oz	889	46	61	4	1	52.2	17.8	497	2386
Hen Pen- Sausage Patty	16.0	oz	889	46	61	4	1	52.2	17.8	497	2386

Hen Pen- Turkey Sausage	16.0	oz	778	48	51	4	3	42.8	15.0	474	2473
Hen Pen- Corned Beef Hash	13.3	oz	824	26	53	4	2	57.1	13.4	376	1559
Hobo Banquet	15.5	oz	741	35	69	6	3	35.1	14.5	425	2298
Homestead Breakfast	17.7	oz	922	26	79	5	7	53.8	17.9	393	2825
Hot Chocolate, Large	9.0	oz	200	9	30	1	26	4.5	2.8	18	134
Hot Chocolate, Small	5.4	oz	120	6	16	0	16	3.0	1.5	10	85
Hot Tea	20.0	oz	6	0	1	0	0	0.0	0.0	0	6
Iced Tea- Serving	14.0	oz	0	0	0	0	0	0.0	0.0	0	0
Just Oatmeal	14.0	oz	420	14	85	8	39	4.4	0.8	2	257
Kid's Burger	10.4	oz	804	38	38	0	6	55.6	15.8	221	1768
Kids Chicken Fingers	8.6	oz	718	18	18	2	3	64.3	6.0	43	587
Kids Chocolate Chip Pancake	7.8	oz	721	13	83	5	35	37.8	18.1	174	1008
Kid's Combo	6.9	oz	324	17	34	2	7	14.0	4.1	181	800
Kid's French Toast	8.2	oz	476	22	51	2	14	19.3	5.9	397	580
Kid's Grilled Cheese	8.3	oz	448	18	37	2	8	25.8	12.5	57	643
Kid's Pancake Sandwich	7.6	oz	717	33	34	1	6	49.2	18.6	364	2048
Latte	10.0	oz	105	7	11	0	9	3.6	2.2	14	116
Le Chef Salad	24.1	oz	638	52	38	10	11	32.3	14.0	296	1623
Le Petit French Toast	8.7	oz	675	39	44	2	10	36.7	12.2	352	2352
Lemonade, Serving	14.0	oz	182	3	43	0	40	0.0	0.0	0	8
Lumberjack Breakfast, Add Wheat Germ And Bacon	22.8	oz	1640	68	134	7	19	91.6	31.2	765	5413
Lumberjack Breakfast- Ham	21.0	oz	1257	46	126	5	20	63.2	22.0	736	3623
Lumberjack Breakfast, Add Fruit, Strawberries & Bacon	23.8	oz	1603	65	129	6	21	90.3	31.0	765	5412
Lumberjack Breakfast, Add Nuts, Walnuts & Sausage	25.0	oz	1682	58	154	7	33	94.8	29.5	790	3982
Lumberjack Breakfast- Bacon	22.0	oz	1571	64	125	5	19	89.2	30.7	756	5351
Lumberjack Breakfast, Sausage Links	23.2	oz	1454	54	133	5	19	78.8	27.7	782	3752
Lumberjack Breakfast, Sausage Patties	23.5	oz	1470	55	134	5	19	79.6	28.0	790	3793
Lumberjack Breakfast, Turkey Sausage	22.4	oz	1342	52	126	5	20	70.2	24.9	755	3646
Lumberjack Breakfast, Add Fruit, Sausage & Bananas	25.0	oz	1507	55	144	6	25	79.7	28.1	790	3793
Milk, Large	16.0	oz	254	18	25	0	24	9.0	5.6	36	268
Milk, Small	8.0	oz	127	9	12	0	12	4.5	2.8	18	134
Mini Denver Omelet	13.0	oz	619	37	47	5	5	30.9	13.1	376	1691
Mini Greek Goddess	12.3	oz	378	21	49	5	3	11.5	3.4	19	1406
Mini Veggie Omelet	13.5	oz	418	25	53	5	4	11.9	4.8	23	1270
Mocha	10.2	oz	180	6	28	1	23	4.5	2.5	40	100
Monte Cristo Crepes	24.4	oz	1720	98	100	4	36	102.0	41.0	480	5250
Mountain Dew- Serving	14.0	oz	193	0	51	0	51	0.0	0.0	0	61

Omelet Ingredient- Artichoke	1.5	oz	41	2	5	2	0	3.0	0.0	0	159
Omelet Ingredient- Avocado	1.5	oz	68	1	4	3	0	6.2	0.9	0	3
Omelet Ingredient- Bacon	1.5	oz	227	11	0	0	0	19.8	8.5	28	1134
Omelet Ingredient- Bell Pepper	1.5	oz	9	0	2	1	1	0.1	0.0	0	1
Omelet Ingredient- Brie	1.5	oz	121	6	2	0	0	10.6	6.1	38	364
Omelet Ingredient- Broccoli	1.5	oz	11	1	2	1	1	0.1	0.0	0	10
Omelet Ingredient- Cheddar Jack	1.5	oz	165	10	0	0	0	13.5	8.5	41	260
Omelet Ingredient- Chicken	1.5	oz	64	13	0	0	0	1.3	0.4	44	22
Omelet Ingredient- Chorizo	1.5	oz	96	7	3	0	0	6.6	2.4	27	276
Omelet Ingredient- Corned Beef Hash	1.5	oz	80	4	5	1	0	4.8	2.0	10	292
Omelet Ingredient- Cream Cheese	1.5	oz	145	3	2	0	1	14.6	8.2	47	155
Omelet Ingredient- Feta	1.5	oz	112	6	2	0	2	9.0	6.4	38	390
Omelet Ingredient- Green Chilies	1.5	oz	11	0	3	1	1	0.0	0.0	0	142
Omelet Ingredient- Ham	1.5	oz	42	7	0	0	0	1.5	0.5	20	516
Omelet Ingredient- Hollandaise Sauce	2.0	oz	158	1	4	0	2	16.3	7.0	22	316
Omelet Ingredient- Jalapenos	1.5	oz	12	0	3	1	2	0.2	0.0	0	1
Omelet Ingredient- Lobster	1.5	oz	35	5	4	0	2	0.0	0.0	15	265
Omelet Ingredient- Mozzarella	1.5	oz	108	10	1	0	0	6.8	4.3	27	263
Omelet Ingredient- Mushrooms	1.5	oz	9	1	1	0	1	0.1	0.0	0	2
Omelet Ingredient- Onion	1.5	oz	17	0	4	1	2	0.0	0.0	0	2
Omelet Ingredient- Pico De Gallo	2.0	oz	19	0	3	1	2	1.0	0.1	0	113
Omelet Ingredient- Pork Green Chili	1.5	oz	41	2	2	0	0	2.6	0.6	9	155
Omelet Ingredient- Queso Fresco	1.5	oz	120	9	0	0	0	9.0	6.0	23	330
Omelet Ingredient- Salsa	1.5	oz	8	0	2	0	1	0.0	0.0	0	144
Omelet Ingredient- Sausage	1.5	oz	96	7	3	0	0	6.6	2.4	27	276
Omelet Ingredient- Sausage Gravy	1.5	oz	54	1	3	0	1	3.8	1.6	5	171
Omelet Ingredient- Spinach	1.5	oz	10	1	2	1	0	0.2	0.0	0	34
Omelet Ingredient- Swiss	1.5	oz	162	11	2	0	1	11.8	7.6	39	30
Omelet Ingredient- Tomatilla Sauce	1.5	oz	15	0	3	2	2	0.0	0.0	0	410
Omelet Ingredient- Tomatoes	1.5	oz	8	0	2	1	1	0.1	0.0	0	2
Omelet Ingredient- Turkey	1.5	oz	38	8	0	0	0	0.4	0.0	15	402
Omelet Ingredient- Turkey Sausage	1.5	oz	68	7	0	0	0	4.3	1.7	21	298
Omni Omelet	21.8	oz	1192	62	59	5	7	78.5	34.4	616	3200
Orange Crush- Serving	14.0	oz	187	0	50	0	50	0.0	0.0	0	82
Orange Juice, Large	16.0	oz	208	4	49	0	49	0.0	0.0	0	0
Orange Juice, Small	8.0	oz	104	2	25	0	25	0.0	0.0	0	0
Pancake Sandwich	6.8	oz	447	15	37	1	8	26.6	10.0	306	914

Pancakes, Add Bananas	13.8	oz	921	22	112	4	25	43.9	17.4	341	1996
Pancakes, Add Blueberries	7.8	oz	464	11	56	3	14	22.2	8.7	170	998
Pancakes, Add Chocolate Chips	14.2	oz	1151	24	137	5	47	60.4	26.9	355	2083
Pancakes, Add Granola	14.2	oz	1129	27	139	5	34	53.6	19.0	355	2267
Pancakes, Add Walnuts	14.2	oz	1237	30	112	6	21	77.9	21.1	355	2078
Pancakes, Add Wheat Germ	13.0	oz	964	25	112	4	20	46.9	18.3	355	2079
Peasant Potatoes- With Entree	4.0	oz	141	3	23	3	0	3.8	0.0	0	831
Pepsi- Serving	14.0	oz	175	0	48	0	48	0.0	0.0	0	39
Plain Cakes	12.5	oz	913	22	105	2	20	45.5	18.1	355	2077
Rock Lobster Scramble	16.5	oz	843	36	57	4	5	53.3	20.0	657	1886
Salmon Eggs Benedict	21.3	oz	1352	128	58	4	12	69.1	25.7	724	1745
Side Bagel	4.0	oz	310	11	65	2	7	1.0	0.0	0	640
Side Cheese Potatoes	10.1	oz	522	19	42	5	1	30.2	14.7	70	1814
Side Cup Oatmeal	10.0	oz	330	11	62	5	32	4.8	1.6	7	218
Side English Muffin	2.0	oz	120	4	25	1	1	1.0	0.0	0	200
Side English Muffin- Honey Wheat	2.0	oz	130	5	26	1	3	0.5	0.0	0	180
Side Fruit	6.0	oz	83	1	21	2	16	0.4	0.1	0	15
Side Corned Beef Hash	7.0	oz	520	15	16	2	1	44.7	9.4	54	723
Side Hash Browns	5.5	oz	235	3	25	3	0	13.7	1.0	0	468
Side Bacon	89.6	oz	747	56	0	0	0	56.0	18.7	93	4669
Side French Fries	4.0	oz	263	0	0	0	0	29.8	2.2	0	0
Side Ham	3.5	oz	124	18	1	0	2	5.0	1.7	54	1203
Side Sausage Links	6.0	oz	384	26	12	0	0	26.4	9.6	108	1104
Side Sausage Patties	6.0	oz	384	26	12	0	0	26.4	9.6	108	1104
Side Egg- One	1.6	oz	119	5	0	0	0	10.9	4.4	148	123
Side Peasant Potatoes	8.1	oz	285	5	42	5	0	10.1	2.1	11	1479
Side Peasant Potatoes- No Sour Cream	7.0	oz	246	5	41	5	0	6.6	0.0	0	1454
Side Potatoes, Part Of Entree	4.0	oz	141	3	23	3	0	3.8	0.0	0	831
Side Refried Beans	3.5	oz	102	3	4	1	0	8.3	3.8	13	214
Side Salad	5.5	oz	93	3	15	4	3	3.1	0.4	0	92
Side Salmon	6.7	oz	237	34	1	0	0	9.9	3.9	135	1170
Side Toast- White	3.8	oz	302	11	52	2	6	5.4	0.0	0	540
Side Turkey Sausage	4.8	oz	216	23	1	0	1	13.5	5.4	68	945
Side Eggs- Two	3.2	oz	197	10	1	0	0	16.9	6.6	314	203
Sierra Mist- Serving	14.0	oz	133	0	34	0	34	0.0	0.0	0	39
Signature Burger, French Fries	19.9	oz	1200	58	38	1	8	91.1	18.6	271	1050
Signature Burger, Side Salad	17.7	oz	837	61	50	4	10	44.1	15.3	271	1125

Signature Burger, Sweet Potato Fries	19.9	oz	1383	60	70	6	19	97.8	19.5	271	1333
Sir Benedict Omelet	21.6	oz	1132	48	61	5	9	78.4	32.6	635	1989
Spinach Crepes Benedict	19.6	oz	1030	30	70	6	11	72.0	26.0	335	2150
Spinnaker	18.1	oz	576	39	61	5	3	19.2	6.8	33	2158
Steak-n-Eggs	17.3	oz	990	94	49	5	2	43.3	13.5	593	1438
Stuffed French Toast	23.2	oz	1222	54	91	4	33	70.8	32.3	1059	1207
Side Sweet Potato Fries	7.0	oz	641	2	33	5	12	58.0	4.6	0	292
Sweet Potato Fries With Sandwich	6.8	oz	622	2	32	5	12	56.3	4.5	0	283
Sweetie Pie Skillet	11.8	oz	809	28	44	5	10	59.0	12.9	298	907
Tacos Duo- Bacon	23.5	oz	1050	41	43	10	5	76.1	36.9	563	2365
Tacos Duo- Chicken	23.5	oz	943	42	43	10	5	64.0	31.6	573	1688
Tacos Duo- Chorizo	23.5	oz	963	38	45	10	5	67.3	32.9	562	1793
Tacos Duo- Ham	23.5	oz	950	38	44	10	5	65.8	32.2	561	1903
Tacos Duo- Sausage	23.5	oz	963	38	45	10	5	67.3	32.9	562	1793
Tacos Duo- Turkey	23.5	oz	924	39	43	10	5	63.1	31.3	555	1877
Tomahawk Chicken Chile	400.9	oz	8743	364	866	84	542	442.0	122.7	1598	311339
Tomato Juice, Large	16.0	oz	93	4	19	4	11	0.0	0.0	0	1251
Tomato Juice, Small	8.0	oz	47	2	9	2	6	0.0	0.0	0	625
Triple Decker Sandwich And Side Salad	18.1	oz	825	49	59	14	10	50.6	11.4	100	2484
Triple Decker Sandwich With Sweet Potato Fries	20.4	oz	1370	48	78	16	19	104.3	15.5	100	2693
Turkey Apple Brie Melt And Side Salad	16.1	oz	859	30	93	7	34	42.3	23.0	132	1296
Turkey Apple Brie Melt And Sweet Potato Fries	18.4	oz	1405	29	113	9	43	96.1	27.2	132	1504
Belgian Waffle Combo, Bacon	18.0	oz	1291	51	127	4	57	61.7	22.6	534	4128
Belgian Waffle Combo, Sausage Links	17.3	oz	963	41	81	4	4	51.3	19.7	560	2528
Belgian Waffle Combo, Sausage Patties	17.3	oz	963	41	81	4	4	51.3	19.7	560	2528
Belgian Waffle Combo, Turkey Sausage	16.5	oz	851	39	74	4	5	42.7	16.9	533	2422
Wanderer	18.5	oz	1022	57	71	7	5	55.2	21.6	458	4009
White Lightening Omelet	20.9	oz	613	46	63	7	4	18.6	5.8	63	1931