

<b>Food Items: Breakfast</b>											
	Serving Size	Calories	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b><u>Molly Marie's Bottomless Pancakes</u></b>											
Scrambler's Homemade Tall Stack	1 Serving (12oz)	660	8	2	1	41	2136	125	4	0	18
Berry Nutty Tall Stack	3/4 Serving (9oz)	768	32	4	1	31	1603	103	9	3	26
Banana Nut	3/4 Serving (9oz)	882	25	3	1	31	1682	146	11	22	23
Strawberries & Cream Select Your Stack (base)	1 Serving (12oz)	947	32	16	1	114	2334	140	5	12	22
Add Almonds	3 oz	492	42	3	0	0	30	18	9	3	18
Add Bananas	4 oz	105	0	0	0	0	0	27	3	14	1
Add Blueberries	4 oz	80	0	0	0	0	15	19	3	12	0
Add Chocolate Chips	4 oz	397	23	11	0	0	0	57	6	45	6
Add Dried Cranberries	3 oz	274	0	0	0	0	0	33	3	27	0
Add Granola	4 oz	460	3	1	0	0	150	49	3	18	4
Add Pecans	3 oz	600	60	6	0	0	0	12	9	3	9
Add Strawberries	5 oz	50	0	0	0	0	0	13	3	9	0
Add Whipped Cream	3 oz	286	22	22	0	0	22	22	0	22	0
<b><u>Philip's Bottomless Waffles</u></b>											
Golden Waffles	1 Waffle (6oz)	405	4	0	0	0	1245	79	1	7	7
Pecan Waffles	1 Waffle (8oz)	797	45	3	0	0	1245	87	7	9	12
Blueberry Waffles	1 Waffle (8oz)	437	0	0	0	0	1248	87	3	13	8
<b><u>Renee's Bottomless French Toast</u></b>											
Toast Of France	4 Slices (12.4oz)	595	28	7	0	301	1245	65	0	0	20
Rocky Top Toast	4 Slices (15.4oz)	1003	52	9	0	301	1350	107	8	14	32
Stuffed French Toast	4 Slices (15.4oz)	804	44	17	0	353	1384	77	1	10	24
Half Of France	2 Slices (6.2oz)	298	14	3	0	151	623	32	0	0	10
<b><u>Andrew's All American's</u></b>											
The Lite (Scrambled Choice)	1 Serving (5oz)	210	22	6	1	644	512	4	0	3	20
The American (Scrambled With Sausage)	1 Serving (8.6oz)	306	30	9	2	666	849	4	0	3	25
The American (Scrambled With Bacon)	1 Serving (6oz)	319	31	10	1	660	815	4	0	3	26
The Classic (Scrambled With Sausage)	1 Serving (16.6oz)	746	36	10	2	693	2273	87	3	3	37
The Classic (Scrambled With Bacon)	1 Serving (14oz)	759	37	11	1	687	2240	87	3	3	38
The Patriot Biscuits & Gravy (Scrambled)	1 Serving (11.8oz)	413	33	12	1	653	1335	23	1	3	26

	Serving Size	Calories	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b><u>Emily's Just Rights</u></b>											
Hash & Eggs (Scrambled)	1 Serving (9.4oz)	419	32	12	1	484	1064	18	2	3	28
The Farmer's Son (Scrambled)	1 Serving (10.4oz)	458	36	15	1	449	1202	29	0	2	20
Mini Classic (Scrambled With Bacon)	1 Serving (8oz)	433	24	7	1	454	1256	44	1	2	23
Mini Classic (Scrambled With sausage)	1 Serving (9oz)	408	22	6	1	454	1222	44	1	2	22
Warm Up Sampler (Scrambled)	1 Serving (5.7oz)	267	10	3	0	215	171	36	6	2	14
<b><u>Heidi Marie's Omelettes</u></b>											
Spinach & Portabella Mushroom	1 Serving (12.5oz)	407	28	12	0	651	382	4	1	1	34
South Of The Border	1 Serving (12.5oz)	669	52	22	0	703	1270	5	1	0	45
Spinach & Bacon	1 Serving (10.5oz)	489	38	12	0	648	969	2	1	0	35
Wild Western	1 Serving (12.5oz)	518	36	15	0	686	1240	6	1	1	41
Gravy Train	1 Serving (11oz)	594	44	18	0	674	940	12	1	1	36
Golden State	1 Serving (10oz)	430	29	12	0	659	703	2	0	0	27
Awesome Avocado	1 Serving (10oz)	451	30	10	0	636	699	2	1	1	29
The Ultimate	1 Serving (14.5oz)	694	54	22	0	697	1185	6	1.5	1	45
Three Cheese	1 Serving (10oz)	558	42	21	0	693	648	1	0	0	42
Ham And Swiss	1 Serving (10.5oz)	495	34	14	0	683	1103	3	0	0	42
Bacon And Cheese	1 Serving (10.5oz)	723	58	23	0	701	1397	1	0	0	48
Sausage And Cheese	1 Serving (10.5oz)	621	50	21	0	693	948	2	0	0	39
<b><i>Food Items: Brunch</i></b>											
<b><u>Blends Aaron's Way</u></b>											
Eye Opener	1 Serving (10.1oz)	408	38	12	0	722	1032	7	1	4	33
Wisconsin Scrambled	1 Serving (11oz)	676	61	30	0	812	1235	5	0	4	50
<b><u>Allison Marie's Breakfast Sandwiches</u></b>											
Zesty Smokehouse Sandwich	1 Serving (11oz)	614	42	15	0	461	1403	39	4	3	34
Field Of Dreams Sandwich (Without Mayo)	1 Serving (10oz)	429	26	10	0	426	721	37	4	2	26
Open Faced Smothered Croissant	1 Serving (9oz)	352	29	12	0	452	971	10	1	4	26

	Serving Size	Calories	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b><u>Peter's Brunch Wraps</u></b>											
Spicy Baja Breakfast Burrito	1 Serving (14.4oz)	721	51	21	0	590	1411	25	13	2	51
Meat Market Scramble Wrap	1 Serving (15.4oz)	989	75	30	1	643	2106	20	0	0	66
<b><u>Katie's Custom Quiche</u></b>											
Spinach Portabella Quiche	1 Serving (12.3oz)	835	54	19	0	232	968	70	3	14	17
Broccoli Bacon Quiche	3/4 Serving (9oz)	864	61	22	0	140	1385	52	2	10	25
<b><u>Brandon's Benedicts</u></b>											
Traditional Benny	1 Serving (8.4oz)	503	20	6	0	470	1615	48	12	16	32
Seafood Benny	1 Serving (8.4oz)	435	12	3	0	439	1210	55	12	16	28
Harvest Benny	1 Serving (12.5oz)	386	11	3	0	422	526	53	14	17	20
<b><u>Melanie Marie's Skillets</u></b>											
Westgate	1 Serving (16.8oz)	823	51	22	0	118	1829	56	7	1	37
Glass City	1 Serving (13.5oz)	652	29	16	0	101	1811	53	6	1	34
Flag City	1 Serving (14.5oz)	881	58	24	0	117	1974	53	7	0	40
Uncle Moose's Manhandler	1 Serving (13.5oz)	870	57	24	0	129	2117	52	6	0	40
<b><u>Kyle's Smart Starts</u></b>											
Hot Granola	1 Serving (2oz)	300	4	1	0	0	0	58	6	16	9
Oatmeal	1 Serving (3oz)	252	4	0	0	0	854	44	0	0	11
Yogurt Continental	1 Serving (6oz)	172	1	1	0	11	101	34	0	30	6
Lean & Green Omelet	1 Serving (11oz)	98	3	1	0	19	425	4	1	1	14
Veggie Delight Omelet	1 Serving (11oz)	137	9	6	0	27	176	6	1	1	8
American In Training	1 Serving (7oz)	153	8	2	0	60	401	2	0	2	19

	Serving Size	Calories	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>Lauren's Extra Bites</b>											
Yogurt Parfait	1 Serving (9.5oz)	397	17	7	0	35	205	45	5	29	17
Fruit Bowl	1 Serving (13.2oz)	223	1	1	0	0	7	57	8	31	3
Cinnamon Roll	1 Roll (6oz)	660	39	12	9	60	750	75	0	339	9
Toast (White)	1 Slice	110	2	0	0	0	200	21	1	2	3
Toast (Wheat)	1 Slice	110	2	0	0	0	200	21	2	2	3
Toast (Rye)	1 Slice	110	2	0	0	0	270	22	2	1	4
Toast (Sourdough)	1 Slice	120	1	0	0	0	270	24	1	1	5
Muffin (Apple Cinnamon)	1 Muffin (5oz)	506	26	6	0	93	373	62	2	36	6
Muffin (Blueberry)	1 Muffin (5oz)	470	24	4	0	95	370	58	1	32	6
Muffin (Chocolate Chip)	1 Muffin (5oz)	546	30	8	0	79	596	66	2	44	6
Muffin (Cranberry Orange)	1 Muffin (5oz)	485	25	4	0	92	385	59	2	31	7
Muffin (English)	1 Muffin (5oz)	134	1	0	0	0	264	26	1	2	4
Muffin (English Cinnamon Raisin)	1 Muffin (5oz)	138	1	0	0	0	255	28	2	11	4
Muffin (Multigrain)	1 Muffin (5oz)	110	1	0	0	0	190	21	1	1	4
Biscuits (Gravy Done Separate)	2 Biscuits (5oz)	410	18	8	0	0	1560	64	N/A	4	8
Gravy	4 fl oz	200	16	4	0	30	480	4	0	0	4
Smoked Bacon	4 Slices (1.2oz)	146	13	4	0	22	404	0	0	0	8
Sausage Links	3 Links	144	12	4	0	32	505	0	0	0	8
Turkey Sausage patties	1 Patty (1.4oz)	60	3	1	0	35	180	1	0	1	8
Corned Beef Hash	4.5oz	225	14	6	1	35	807	13	1	1	10
Skin-On Potato chunks (Plain)	7 oz	257	7	0	0	0	653	47	5	0	5
Hash browns	7oz	427	23	9	0	0	684	55	4	3	6

<b>Food Items: Lunch</b>	Serving Size	Calories	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b><u>Adam's Burgers, Birds, &amp; Sandwiches</u></b>											
Angus Burger	1 Serving (12oz)	1045	43	15	1	118	1125	117	2	8	45
Angus Bacon Cheeseburger	1 Serving (13.6oz)	1228	58	23	1	156	1490	118	2	8	56
Garlic portabella And Swiss Angus Burger	1 Serving (15.5oz)	1213	51	20	1	144	1205	131	4	12	57
Turkey Burger	1 Serving (12oz)	680	21	6	1	160	500	65	2	8	54
Smothered Bird	1 Serving (11.5oz)	613	15	6	1	108	507	67	3	9	50
Scrambler's B.E.S.T. (Without Mayo)	1 Serving (8.8oz)	478	17	5	0	21	737	49	6	0	16
Club Sandwich	1 Serving (17.6oz)	570	28	14	0	105	1684	38	2	2	41
Monte Cristo	1 Serving (11.2oz)	632	35	15	0	245	1761	37	0	1	41
Chicken Salad Croissant	1 Serving (6.5oz)	503	36	10	5	79	710	27	2	6	18
Pastrami Ruben	1 Serving (14.4oz)	734	43	16	0	125	2561	46	7	12	42
Turkey Flat Bread Panini	1 Serving (14.6oz)	613	27	12	0	101	1323	46	2	5	46
Triple Decker BLT (Without Mayo)	1 Serving (10.6oz)	491	22	7	0	32	1195	52	3	0	30
1/2 Club Sandwich	1 Serving (8.8oz)	285	14	7	0	53	842	19	1	1	21
1/2 Monte Cristo	1 Serving (5.6oz)	316	17	8	0	123	881	19	0	1	20
1/2 Chicken Salad Croissant	1 Serving (3.3oz)	299	17	5	3	19	212	15	1	3	20
1/2 Pastrami Ruben	1 Serving (7.2oz)	367	21	8	0	62	1280	23	4	6	21
1/2 Turkey Flat Bread Panini	1 Serving (7.3oz)	307	13	6	0	50	662	23	1	2	23
1/2 Triple Decker BLT	1 Serving (5.3oz)	245	11	4	0	16	598	26	2	0	15
*All soups are treated as separate menu items. For facts on soups see salads.											

	Serving Size	Calories	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b><u>Patrick's Lunch Wraps</u></b>											
Chicken Salad Wrap	1 Wrap (14.4oz)	540	40	12	0	81	538	21	1	0	34
Turkey Club Wrap	1 Wrap (13.5oz)	359	19	3.5	0	57	1678	31	14	7	28
<b><u>Catlin's Creative Crepes</u></b>											
Chicken Crepe	1 Serving (6.7oz)	404	17	5	0	259	464	36	2	1	24
Seafood Crepe	1 Serving (6.2oz)	451	18	5	0	257	1376	44	0	0	25
<b><u>Elise's Garden</u></b>											
Bacon Spinach Salad	1 Serving (12.7oz)	497	33	8	0	236	893	29	7	2	25
Crunchy Orchard Salad	1 Serving (17.5oz)	397	20	1	0	41	102	34	15	8	30
Teriyaki Chicken Salad	1 Serving (15oz)	208	2	1	0	66	1481	16	3	11	31
Taco Salad	1 Serving (11.5oz)	571	45	21	0	117	1229	7	2	2	33
Summer Sensation Salad	1/2 Serving (9.5oz)	498	40	13	0	79	782.5	9	4	2	25
Side Salad	1 Serving (10oz)	263	14	7	0	148	444	20	3	2	15
Broccoli And Cheese Soup	1 Cup	210	14	9	1	50	1230	11	1	3	8
Chicken Noodle Soup	1 Cup	130	3	1	0	45	970	19	1	1	7
Clam Chowder	1 Cup	180	8	4	0	30	890	19	1	5	8
Chili	1 Cup	220	10	4	0	35	1060	18	5	4	14
French Onion Soup	1 Cup	144	6	2	0	0	3070	8	0	6	3
Italian Wedding Soup	1 Cup	210	8	4	0	18	1488	13	1	1	5
Minestrone	1 Cup	90	1	0	0	0	930	17	2	4	3
Southwest Style Cheesy Chicken Soup	1 Cup	120	5	2	0	20	1180	13	0	3	7
*Note: The soup and salad is a combo of soup with a side salad.											
<b><u>Food Item: Kid's Menu</u></b>											
<b><u>Kelly's Kiddie Korner</u></b>											
Shannon's Kiddie Kakes	1 Serving (4oz)	220	3	1	0	13	712	41	1	0	6
French Toast	1 Serving (3.6oz)	195	9	2	0	99	407	21	0	0	6
Scrambled Egg	1 Egg	70	7	2	0	215	170	1	0	1	7
Smiley Face Pancake	1 Serving (4oz)	220	3	1	0	13	712	41	1	0	6
Grilled Cheese	1 Serving (6.2oz)	505	29	17	0	82	882	34	2	1	26
Chicken Tenders	1 Serving (5.1oz)	228	11	3	0	72	388	8	1	0	21

**Food Item: Beverages,  
Sides, and Pantry  
Items**

	Serving Size	Calories	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b><u>Beverages</u></b>											
<b>Juices:</b>											
Apple Juice	8 fl oz	110	0	0	0	0	15	27	0	27	0
Cranberry Juice	8 fl oz	130	0	0	0	0	0	33	0	32	0
Grapefruit Juice	8 fl oz	100	0	0	0	0	10	24	0	23	1
Orange Juice	8 fl oz	110	0	0	0	0	0	26	0	22	2
Tomato Juice	8 fl oz	43	0	0	0	0	678	10	2	7	1
<b>Milk:</b>											
2% Reduced Fat Milk	1 cup	117	4	3	0	20	115	12	N/A	11	8
1% Reduced Fat											
Chocolate Milk	8 fl oz	170	2	2	0	10	210	30	0	28	8
Fat Free Milk	8 fl oz	90	0	0	0	5	125	11	0	11	8
Whole Milk	1 Cup	150	8	5	0	35	120	12	0	12	8
<b>Miscellaneous Drinks:</b>											
Lemonade	8 fl oz	100	0	0	0	0	65	27	0	27	0
Tea	8 fl oz	2	0	0	0	0	0	1	0	0	0
<b>Fresh Brewed Coffee:</b>											
Regular Blend	8 fl oz	2	0	0	0	0	5	0	0	0	0
Decaf Blend	8 fl oz	0	0	0	0	0	5	0	0	0	0
<b>Fountain Sodas:</b>											
Pepsi	8 fl oz	100	0	0	0	0	20	28	0	28	0
Diet Pepsi	8 fl oz	0	0	0	0	0	25	0	0	0	0
Sierra Mist	8 fl oz	100	0	0	0	0	20	27	0	27	0
Mountain Dew	8 fl oz	110	0	0	0	0	40	31	0	31	0

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<b><u>Scrambler Side</u></b>											
Assorted Seasonal Fresh Cut Fruit	See Extra Bites										
Hash browns (Side Portions)	See Extra Bites										
Potato Chunks	See Extra Bites										
<b><u>Bread Pantry</u></b>											
White Toast (Side Portions)	See Extra Bites										
Wheat Toast (Side Portions)	See Extra Bites										
Light Rye Toast (Side Portions)	See Extra Bites										
Sourdough Toast (Side Portions)	See Extra Bites										
English Muffin (Traditional White)	See Extra Bites										
English Muffin (Multigrain)	See Extra Bites										
English Muffin (Cinnamon Raisin)	See Extra Bites										
Biscuit	See Extra Bites										
<b><u>Condiments</u></b>											
Ketchup	1 tbsp	15	0	0	0	0	190	4	0	4	0
Whipped Butter (Butter topping)	1 tbsp	100	11	3	0	0	122	0	0	0	0
Syrup	1/4 Cup	220	0	0	0	n/a	130	55	n/a	38	0
<b><u>Salad Dressings</u></b>											
Thousand Island	2 tbsp	100	8	2	0	10	230	6	0	4	0
French Calif Style	2tbsp	130	11	2	0	0	290	6	0	8	0
Honey Mustard	2 tbsp	130	12	2	0	15	180	5	0	5	0
Spinach Dession	2 tbsp	60	0	0	0	0	320	13	0	8	1
Raspberry Vinaigrette	2 tbsp	93	7	1	0	0	224	8	0	7	0
Fat Free Raspberry Vinaigrette	2 tbsp	31	0	0	0	0	261	7	0	7	0
Peppercorn Ranch Dressing	2 tbsp	120	12	2	0	0	287	1	0	2	0

\*Disclaimer: All nutritional information is based off of approximations based on average serving sizes and average accepted values for constituent ingredients.

\*Note: All food items are calculated without toppings or sides.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption.

Effective as of August 2011