

Nutritional Information:	Calories	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Carbs (g)	Sodium (mg)	Sugar (g)	Fiber (g)	Protein (g)
Premium Breakfast										
Premium Breakfast Bowl	1014	71	28	1	807	97	1986	4	0	52
Avocado Bowl	1116	88	26	1	577	40	1357	3	14	42
Southwest Bowl	1014	67.1	26	1	610	56	2379	7	13	49
Stuffed French Toast	615	20	11.5	0	270	91	910	20	5	13
Cinnamon Caramel French Toast	605	17	10	0	270	90	1200	19	5	20
Spinach & Feta Omelette	294	24	10	0	350	4	590	3	1	16
Meatlover's Omelette	976	76	24.5	0	816	9	2841	7	0	55
Breakfast Quesadilla	964	57	21	0	744	55	3030	4	5	87
Breakfast Burrito	980	67	24	0	752	68	2940	6	7	93
Omelettes: (Add sides)										
Western Omelette	490	34	10.5	0	750	6	630	7	4	36
Rancher's	962	66	23	0	804	38	2900	13	6	51
American Cheese	522	38	14	0	697	7	1246	7		31
Mushroom	380	18	4	0	655		867	4	1	22
Ham & Cheese	540	35	12	0	756	4	968	2	1	38
Bacon & Cheese	592	38	14	0	697	7	1246	7	0	31
Mushroom Swiss	460	24	8	0	675	0	912	4	1	29
Avocado	550	43	17	0	692	9	799	4	4	37
Fresh Veggie	440	32	11	0	730	6	1250	4	4	30
Bacon	400	32	10	0	660	4	615	3	0	23
Ham	444	27	8	0	695	4	600	3	0	23
Spinach & Feta Omelette	294	24	10	0	350	4	590	3	1	16
Meatlover's Omelette	976	76	24.5	0	816	9	2841	7	0	55
Country Flavor:										
Country Boy Special	790	54	10	4	675	65	2210	4	0	31
Country Boy Special Plus (Add Meat)	1050	68	10	4	675	97	2590	4	2	33
Country Boy Omelette	1830	111	24	0	807	97	2590	4	2	55
Chicken Fried Steak & Eggs	1235	75	23	0	725	130	3600	4	3	44
Griddle's On:										
Pancakes	480	7	1.5	0	30	87	1800		3	18
Apple Pancakes	560	7	1.5	0	30	107	1850	17	4	18
Cherry Pancakes	560	7	1.5	0	30	107	1840	9	4	18
Strawberry Pancakes	600	7	1.5	0	30	117	1830	23	4	18
French Toast	460	13	7	0	245	69	780	9	3	12
French Toast with Fruit & Whipped Cream	555	14	8	0	250	90	820	19	5	12
Belgian Waffle	390	19	12	1	140	48	850		1	8
Belgian with Fruit & Whipped Cream	485	20	13	1	145	69	890	10	1	8
Toast & Rolls:										
Toast-White	133	2	0	0	0	25	341		1	4
Toast-Whole Wheat	256	5	1	0	0	47	320	0	6	8
Toast-Rye	166	2	0	0	0	31	422	0	4	5
Cinnamon Roll	440	21	5	4	10	57	450	23	2	6
Bagel	157	1		0		30	304	0	1	6
English Muffin	120	0.5	0	0	0	25	230	2	3	5
2 Biscuits	360	14	4	4	0	58	1220	1		6
Biscuits & Gravy	560	17	8	4	30	62	1700	1		10
Eggs:										
Paul Bunyan Combo	1366	92	24	0	990	69	2066	7	3	61
Paul Bunyan Original	1044	76	17	0	764	37	1685	3	2	47
Breakfast Ciabatta	784	43	13	0	714	47	2000	4	2	47
Corned Beef Hash & Eggs (Add sides)	780	53	19	2	715	30	2130	5	3	42
Healthy Way Breakfast	549	23	6.9	0	72	55	1008	25	4	32
Eggstra Hearty: (Add sides)										
New York Steak & Eggs	965	67	23	0	872	3	657	3	0	79
Ribeye & Eggs	829	50	16	0	829	3	676	3		83

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Breakfast Sides:										
Egg Substitute (1)	30	0	0	0	0	1	125	1	0	6
1 Large Egg	110	8	2	0	215	1	170	1	0	7
Bacon (2 slices)	70	6	2	0	8	2	105	0	0	2
Sausage Patties (2)	304	26	8	1	72	0	636	0	0	15
Sausage Links (2)	270	25	6	0	72	0	600	0	0	10
Turkey Patties (2)	120	8	2	0	70	0	340	0	0	16
Ham Slice	114	7	2.5	0	39	0	890	0	0	12
Hash Browns	260	14	0	0	0	32	380	0	2	2
Pancakes (1 large or 4 small)	160	2.5	0.5	0	10	29	600	0	1	6
Oatmeal	150	3	0.5	0	0	27	0	1	4	5
Extras:										
Baked Potatoes	160	0	0	0	0	36	17	1	4	4
French Fries	400	20	4	0	0	32	70	1	3	4
Sweet Potato Fries	330	12	0	0	0	54	370	0	9	6
Hash Browns	293	14	2	0	0	32	443		4	5
Mashed Potatoes	154	2	0.4	0	0	32	706	1	2	4
Rice Pilaf	600	1.5	0	0	0	129	2550	6	3	15
Cottage cheese	72	1	0.65	0	4	2.7	406	2.7	0	12.4
Cole Slaw	160	9	1.5	0	5	20	240	17	2	1
Vegetable (mixed)	60	0	0	0	0	12	60	4	2	2
Onion Rings	490	31	1	0	0	50	460	4	4	4
Side Salad	26	0.36	0.05	0	0	5	16	3	2	1.5
MISC.										
Cream Cheese 1 oz.	342	34	19	0	110	4	321	3	0	6
Butter 15g	100	11	7	0	30	0	90	0	0	0
Margarine 1 oz.	150	17	3.5	2.5	2	0	150	0	0	0
Jelly Assorted .5 oz.	35	0	0	0	0	9	0	6	0	0
Syrup 1.5 oz.	110	0	0	0	0	28	40	16	0	0
Syrup (Sugar Free) 1.1 oz.	15	0	0	0	0	4	40	0	0	0
Peanut Butter .5 oz.	80	7	1	0	0	4	65	1	1	3
Sour Cream 1 oz.	60	5	3	0	20	2	50	1	0	1
Tartar .75 oz.	110	12	2	0	10	0.5	320	1	0	0
Cocktail Sauce .75 oz.	25	0	0	0	0	5	270	4	0	0
BBQ Sauce 1 oz.	50	0	0	0	0	220	13	12	0	0
Drinks										
Orange Juice 10 oz.	150	0	0	0	0	29	0	28	0	1
Apple Juice 10 oz.	150	0	0	0	0	20	10	28	0	0
Lemonade 16 oz.	220	0	0	0	0	52	20	50	0	0
Grapefruit 10 oz.	140	0	0	0	0	28	35	25	0	0
V8 10 oz.	75	0	0	0	0	10	480	8	2	2
Coffee/Tea	0	0	0	0	0	0	0	0	0	0
Hot Chocolate 10 oz.	150	1.5	1.5	0	0	27	190	25	1	1
Chocolate Milk 1% 10 oz.	180	1		0	6	24	139	23	1	7
Milk 2% 10 oz.	143	4.5	2	0	18	11	107	11	0	7
Raspberry Tea 16 oz.	80	0	0	0	0	29	35	29	0	0
Iced Tea 16 oz.	70	0	0	0	0	18	0	18	0	0
Soft Drinks 16 oz.	180-210	0	0	0	0	26-30	15-40	26-30	0	0
Diet Pepsi 16 oz.	0	0	0	0	0	0	45	0	0	0

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Salads: (Add dressing)										
Buffalo Chicken Caesar	409	12.6	2.5	0	60	27	1182	4	7	30
Chicken Crisp	394	18	5	0	65	25	721	3	7	28
Caesar	164	3.6	1	0	25	8	461	2	4	12
Caesar with Chicken	274	6	6	0	80	8	641	2	4	33
Caesar with Salmon	444	19.6	3	0	135	8	546	2	4	51
Clubhouse	357	19	12	0	297	13	1068	2	4	41
Ram's Horn Cobb	424	27	13	0	123	8	691	2	4	37
Greek with Pita	376	15	5	0	25	52	1526	5	7	20
Greek with Chicken	486	17	6	0	80	52	1706	5	7	41
Super Taco	700	40	10	1	65	80	1600	8	13	29
Super Taco Salad with Chicken	730	38	8	1	75	77	1800	10	13	38
Low Calorie Platter	378	12	3.4	0	50	31	811	0	0	36
Cottage Cheese Fruit Platter	257	4	1	0	8	36	767	25	1	21
Dressings:										
Raspberry FF (1.5oz)	50	0	0	0	0	13	320	12	0	0
Ranch FF (1.5oz)	45	0	0	0	0	10	540	4	1	0
Italian FF (1.5oz)	25	0	0	0	0	5	390	4	0	0
1000 FF (1.5oz)	42	0	0	0	4	12	350	6	0	0
Italian (1oz)	150	16	2	0	0	2	250	1	0	0
Honey Mustard (1oz)	130	12	2	0	10	6	10	5	0	0
French (1oz)	160	14	2	0	5	1	5	1	0	1
Greek (1oz)	160	17	3	0	5	1	290	6	0	0
Caesar (1oz)	160	16	3	0	10	1	10	1	0	1
Bleu Cheese (1oz)	150	16	3	0	20	1	310	1	0	1
1000 (1oz)	150	15	2	0	15	5	250	5	0	0
Ranch (1oz)	130	14	3	0	5	0	200	0	0	0
Soup 'N' Chili										
Split Pea (Cup)	160	2.5	1	0	5	28	750	3	5	9
Broccoli (Cup)	160	9	3.5	0	15	15	700	6	2	6
Chicken Noodle(Cup)	110	2.5	1	0	13	17	620	2	1	4
Beef Barley (Cup)	115	2	1	0	7	15	635	3	3	5
Bean Soup (Cup)	300	5	1.5	0	12	40	950	2	9	12
Vegetable Soup (Cup)	60	0	0	0	0	10	800	2	3	4
Clam Chowder (Cup)	210	15	8	0	40	20	1310	4	2	4
Cabbage Soup (Cup)	65	3	0	0	0	6	300	4	2	4
Chili	280	14	4	0	45	15	1180	5	5	20
Chili Fries	550	24	5	0	11	35	365	2	4	9
Chili Fries with Cheese	760	42	15	0	71	35	755	2	2	21
Amazing Appetizers										
Potato Skins	1026	60	35	0	171	85	841	0	9	67
BBQ Chicken Skins	1274	74.5	44	0	246	85	1404	2	9	95
Pretzel Sticks	480	6	1.5	2	0	81	1400	2	1	16
Fried Mozzarella Sticks	620	40	14	0	60	46	1640	6	2	20
Onion Rings	490	31	1	0	0	50	460	4	4	4
Boneless Wings	528	36	12	0	126	18	1068	3	0	30
Hand-Crafted Ciabatta Sandwiches										
Smoked Ham & Swiss	668	29	13.5	0	118	53	2450	1	2	48
Cajun Chicken	730	26	20.5	0	168	55	1305	1	2	64
Southwest Turkey Ciabatta	560	32	5	0	48	40	1520	7	4	25

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Perfect Pitas:(Add sides)										
Chicken Pita Melt	560	23	12	0	109	5.5	898	3	3	29
Veggie Pita Melt	560	22.5	11	0	54	58	763	5	8	28
Chicken Strip Pita	672	29	12	0	89	158	1150	3	6	39
Incredible Wraps: (Add sides)										
Chicken & Cheese Wrap	630	28	40	0	115	52	1240	1	5	42
Philly Cheese Steak Wrap	549	21	9	0	72	57	1800	4	5	40
BBQ Chicken Wrap	700	34.5	19.5	0	123	54	1915	1	5	45
Chicken Avocado Wrap	1080	74	18	1	145	47	914	3	12	52
Mediterranean Wrap	641	30	17	1	171	41	1480	4	3	49
Signature Super Subs: (Add sides)										
Ham Sub	404	19	8	0	59	35	1185	3	2	26
Chicken Sub	530	26	16	0	115	35	820	3	2	40
Philly Cheese Steak Sub	423	17	7.5	0	66	39	1375	6	2	37
Fish Sub	673	29	9.5	0	121	67	1780	10	2	56
Deli Sandwiches (Add sides)										
Hot Corned Beef	436	9	2	0	76	39	1800	4	4	34
Hot Corned Beef with Swiss	596	21	10	0	116	39	1890	4	4	48
Big Reuben	700	29	11	0	182	40	2600	4	7	70
California Club	590	34	18	0	123	46	1095	4	5	42
Turkey Club	560	32	5	0	48	40	1520	7	4	25
Dinty Moore	1200	56	14	0	75	39	1530	7	4	28
Chicken Club	570	30	5	0	50	39	1550	7	4	28
Sandwiches (Add sides)										
BLT	543	18	5	0	44	74	801	5	4	22
Grilled Cheese	350	15	7	1	60	25	710	4	1	16
Grilled Ham & Cheese	578	29	11	1	138	25	896	4	1	33
Tuna Salad	380	18	3	0	27	19	824	0	0	33
Tuna Melt	572	32	12	0	73	22	1450	8	3	38
Hot Sandwiches: (Add Sides)										
Hot Beef	372	10	2	0	70	38	1800	0	2	30
Hot Turkey	339	7	2	0	52	41	1800	2	2	31
Baked Meatloaf	520	35	14	0	135	40	1175	2	2	39
Burgers: (Add sides)										
All American Burger	541	33	11	1	107	29	290	4	1	31
Cheeseburger	637	40	15	1	130	31	658	6	1	36
Bacon Cheeseburger	777	50	15	5	160	32	1125	7	1	45
Mushroom Burger	620	43	12	2	87	165	594	0.5	1	32
Patty Melt	693	43	16	2	131	35	996	0.5	5.5	41
Imitator	1113	74	28	2	243	38	1185	2	2	69
Turkey Burger (no dressing)	422	29	8	0	90	24	941	5	3	28
Turkey Cheeseburger (no dressing)	471	31	10	0	96	25	1115	5	3	35
Veggie Burger (no dressing)	272	7	1	0	1	34	861	2	7	22
Bacado Burger	1248	93	35	4	220	41	1003	6	13	60
The Big Ram	830	55	22	2	183	27	921	3	2	54
Super Burger	1019	76	27	2	202	24	1198	3	2	57
Ground Round	842	61	19	2	164	24	500	3	2	47
Cowboy	900	61	24	2	191	29	1026	4	2	56
Tex Mex Burger	880	60	24.5	3	183	31	610	3	1	53

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Classics: (Add Sides):										
Baked Meatloaf	502	32	8	0	173	20	1546	4	1	38
Breaded Veal Cutlets	320	10	5	0	120	26	700	0	2	28
Liver & Onions	233	11	5	0	418	11	197	1	1	23
Roasted Turkey & Dressing	466	14	2	0	54	94	2130	8	4	42
Country Fried Steak	445	23	9	0	50	41	1310	0	1	15
Chicken Strip Dinner	548	32	4	0	32	40	1200	0	28	28
Great Choices: (Add sides)										
Chicken Stir Fry	725	28	20	0	160	56	2100	4	4	59
Caribbean Stir Fry	762	28	20	0	160	65	1295	38	5	59
Spinach Quiche	335	21	4	0	71	24	540	0	4	17
Pot Roast	212	8	2	0	69	8	1477	0	0	28
Southern Fried Chicken	850	52	12.5	0	285	24	2500	0	0	73
South of the Border:										
Chimichanga (add French fries)	443	23	11	0	51	39	950			20
Saucy Burrito	438	19	6	0	72	33	1410	8	8	22
Super Nachos	517	31	12	0	75	36	491	2	5	24
Quesadilla-Chicken (add French fries)	568	27	15	0	112	41	1600	2	2	37
Greek Chicken Quesadilla	684	31.5	21.5	0	144	56	2536	5	5	77
Lakes & Seas: (Add sides)										
Salmon	450	20	3	0	110	0	110	0	0	36
Tilapia	220	4	1	0	105	0	120	0	0	46
Ram's Horn Fish	726	36	8	0	82	54	1210	4	4	48
Macaroni & Cheese	380	18	8	0	30	38	1140	8	2	17
Fried Shrimp Dinner	410	22	3.5	0	120	35	970	0	0	18
Fish & Skins	1752	96	43	0	253	139	2051	4	13	115
Dill Sauce	68	6	0	0	13	2.7	156	0	0	1
Italian:(Add sides)										
Spaghetti with Meatsauce	390	13	4	1	17	64	1010	4	4	22
Veal Parmesan	320	29	15	0	182	40	1420	10	4	42
Chicken Parmesan	520	18	13	0	180	8	1337	3	2	70
Side of Spaghetti	130	4.3	1.5	0	6	22	340	1	1	8
Steaks & Chops: (Add sides)										
NY Strip	635	43	17	0	230	0	150	0	0	59
Ribeye	499	26	11	0	185	0	168	0	0	62
Chopped Beef Steak	570	45	18	3	150	0	127	0	0	41

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Dessert Specialties:										
Cinnamon Swirl	730	32	5	0	75	102	625	50	2	9
Cherry Delicious Puff	455	19	11	0	70	63	245	36	1	5
Rice Pudding	390	9	5	0	45	69	220	16	1	6
Ice Cream Treats:										
Hot Fudge Sundae	280	13	8	0	30	37	125	26	1	3
Hot Caramel Sundae	290	9	6	0	45	45	170	26	0	3
Hot Fudge Puff	360	19	11	0	60	42	207	24	0	5
Banana Split	855	27	17	0	75	163	265	125	2	7
Double Dip Ice Cream Sundae	410	23	12	0	50	54	170	37	1	5
Milkshakes/Malts	550-650	26-34	16-19	0	98-125	75	270-300	60-75	1-3	12-19
Pies & Moist Cakes:										
Apple Pie	330	19	8	0	0	39	310	19	2	2
Coconut Cream Pie	380	23	15	0	0	40	220	26	1	3
Chocolate Cream Pie	470	34	23	0.5	5	40	280	26	2	3
Lemon Meringue	280	8	3.5	0	0	51	300	31	1	2
Pumpkin Pie	300	11	4	0	45	48	350	20	1	5
Sander's Bumpy Cake	250	13	4	1.5	15	33	240	23	0	0
Geno's Hot Fudge Cake	455	19	11	0	70	63	245	36	1	5
Black Forest Cake	610	4	10.5	0	45	110	455	63	3	6
Ice Cream(1 Scoop):										
Vanilla	130	7	4	0	20	15	45	11	0	2
Chocolate	130	6	4	0	15	17	45	12	0	2
Strawberry	130	6	4	0	25	17	50	16	0	2
French Vanilla	130	7	4.5	0	40	15	50	11	0	2

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