



Nutrition Information

| | Calories | Cal from Fat | Fat G | Sat Fat G | Trans Fat G | Cholesterol | Sodium mg | Carb G | Dietary Fiber | Sugar G | Protein G | Vit A% | Vit C% | Calcium% | Iron % |
|-----------------------------------|----------|--------------|-------|-----------|-------------|-------------|-----------|--------|---------------|---------|-----------|--------|--------|----------|--------|
| Entrees | | | | | | | | | | | | | | | |
| Baked Fish | 160 | 14 | 1.5 | 0 | 0 | 20 | 190 | 25 | 2 | 0 | 13 | 0 | 0 | 0 | 6 |
| Broccoli Chicken Alfredo | 250 | 135 | 15 | 9 | 0 | 80 | 880 | 10 | 2 | 5 | 18 | 0 | 0 | 0 | 0 |
| Chicken & Dumplings | 320 | 140 | 16 | 3 | 0 | 60 | 950 | 26 | 2 | 8 | 17 | 0 | 0 | 17 | 6 |
| Chicken A La King | 280 | 162 | 18 | 6 | 0 | 50 | 950 | 11 | 1 | 2 | 19 | 2 | 2 | 6 | 2 |
| Chicken Fried Steak | 281 | 81 | 9 | 1.5 | 0 | 30 | 960 | 28 | 0 | 6 | 21 | 0 | 0 | 2 | 6 |
| Mac & Cheese | 370 | 150 | 17 | 7 | 0 | 30 | 820 | 33 | 2 | 4 | 15 | 0 | 0 | 30 | 6 |
| Meat Lasagna | 310 | 110 | 12 | 6 | 0 | 40 | 720 | 34 | 2 | 7 | 16 | 6 | 8 | 25 | 6 |
| Meat Loaf with Ketchup | 340 | 207 | 23 | 9 | 1.5 | 10 | 950 | 14 | 4 | 9 | 20 | 8 | 4 | 0 | 6 |
| Meatballs & Linguini | 210 | 60 | 7 | 3 | 0 | 25 | 510 | 26 | 4 | 5 | 10 | 10 | 10 | 8 | 10 |
| Meatballs | 160 | 108 | 12 | 5 | 1 | 43 | 573 | 5 | 1 | 0 | 8 | 1 | 3 | 7 | 5 |
| Roast Beef (4 oz) | 108 | 20 | 2 | 1 | 0 | 50 | 960 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 |
| Roast Turkey (4 oz) | 120 | 32 | 3.5 | 1 | 0 | 70 | 790 | <1 | 0 | 1 | 21 | 0 | 0 | 0 | 6 |
| Salisbury Steak | 250 | 150 | 16 | 8 | 1 | 70 | 890 | 9 | 1 | 2 | 17 | 0 | 0 | 0 | 10 |
| Stuffed Cabbage | 220 | 117 | 13 | 5 | 0.5 | 30 | 1140 | 16 | 4 | 4 | 9 | 4 | 4 | 4 | 10 |
| Stuffed Pepper | 200 | 81 | 9 | 4 | 0.5 | 25 | 830 | 20 | 2 | 8 | 9 | 10 | 10 | 4 | 8 |
| Sweet & Sour Chicken | 280 | 72 | 8 | 2 | 0 | 20 | 590 | 45 | 2 | 32 | 7 | 6 | 6 | 2 | 4 |
| Szechwan Beef | 180 | 54 | 6 | 2 | 0 | 30 | 1400 | 16 | 4 | 8 | 14 | 0 | 0 | 0 | 0 |
| Vegetable Lasagna | 360 | 171 | 19 | 7 | 0 | 25 | 1080 | 35 | 3 | 7 | 13 | 0 | 0 | 0 | 0 |
| Sandwiches | | | | | | | | | | | | | | | |
| 1/4 lb Hamburger | 646 | 360 | 40 | 13 | 0 | 85 | 1137 | 43 | 3 | 5 | 25 | 15 | 16 | 10 | 27 |
| Classic Cheeseburger | 696 | 401 | 45 | 16 | 0 | 98 | 1392 | 43 | 3 | 5 | 28 | 18 | 16 | 18 | 27 |
| All American 1/4 lb Hot Dog | 510 | 329 | 37 | 14 | 1.5 | 70 | 1640 | 29 | 0 | 4 | 17 | 0 | 45 | 4 | 90 |
| Big Chicago Double Cheeseburger | 909 | 542 | 61 | 25 | 0 | 163 | 1613 | 40 | 2 | 5 | 45 | 7 | 3 | 18 | 35 |
| Beef Philly Cheese Steak | 874 | 565 | 63 | 19 | 0 | 105 | 1691 | 39 | 2 | 2 | 38 | 12 | 3 | 39 | 25 |
| Texas BLT | 604 | 325 | 36 | 9 | 0 | 50 | 1045 | 49 | 2 | 8 | 18 | 11 | 14 | 5 | 17 |
| Philly Chicken | 734 | 433 | 48 | 13 | 0 | 70 | 2261 | 39 | 2 | 2 | 35 | 12 | 7 | 39 | 19 |
| Chicken Strip Sandwich | 567 | 262 | 29 | 5 | 0.5 | 55 | 1842 | 55 | 4 | 0 | 21 | 1 | 3 | 10 | 23 |
| Chili and Cheese Dog | 645 | 412 | 46 | 17 | 2 | 89 | 2122 | 39 | 3 | 5 | 22 | 12 | 45 | 9 | 23 |
| Chili Dog | 605 | 385 | 43 | 17 | 0 | 84 | 2415 | 36 | 3 | 5 | 21 | 11 | 45 | 6 | 23 |
| Grilled Chicken Deluxe | 586 | 325 | 36 | 7 | 0 | 40 | 1961 | 0 | 2 | 2 | 25 | 4 | 7 | 9 | 19 |
| Grilled Ham and Cheese | 450 | 154 | 17 | 9 | 0 | 63 | 2145 | 49 | 1 | 9 | 26 | 9 | 0 | 27 | 18 |
| New England Fish Filet | 613 | 213 | 24 | 5 | 0 | 48 | 1277 | 79 | 4 | 5 | 26 | 4 | 5 | 12 | 21 |
| New York Patty Melt | 973 | 629 | 70 | 22 | 0 | 105 | 1480 | 47 | 4 | 2 | 38 | 32 | 15 | 46 | 34 |
| Santa Fe Chicken Melt | 556 | 259 | 29 | 9 | 0 | 90 | 1370 | 42 | 7 | 2 | 35 | 21 | 14 | 37 | 16 |
| Texas Barbeque (BBQ) Cheeseburger | 724 | 377 | 42 | 18 | 0 | 110 | 1840 | 48 | 2 | 11 | 32 | 0 | 0 | 25 | 25 |
| Personal Pan Pizza (7") | | | | | | | | | | | | | | | |
| Cheese | 721 | 279 | 31 | 18 | 1.2 | 80 | 1664 | 70 | 3.5 | 7 | 41 | 27 | 5 | 75 | 28 |
| Combination | 818 | 351 | 39 | 21 | 1.2 | 95 | 2006 | 72 | 4 | 7 | 44 | 28 | 19 | 77 | 31 |
| Pepperoni | 787 | 333 | 37 | 20 | 1.2 | 93 | 1917 | 70 | 3.5 | 7 | 44 | 27 | 5 | 75 | 28 |
| Sausage | 826 | 369 | 41 | 22 | 1.2 | 98 | 1929 | 70 | 3.5 | 7 | 44 | 27 | 5 | 77 | 30 |
| Baskets | | | | | | | | | | | | | | | |
| 2-Piece Chicken | 180 | 45 | 5 | 1 | 0.5 | 35 | 990 | 19 | <1 | 0 | 15 | 0 | 2 | 4 | 8 |
| 3-Piece Chicken | 270 | 68 | 8 | 2 | 1 | 53 | 1485 | 29 | 2 | 0 | 23 | 0 | 3 | 6 | 12 |

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| Chicken Strip Basket | 496 | 176 | 20 | 3 | 1 | 53 | 1898 | 55 | 3 | 0 | 25 | 0 | 14 | 6 | 12 | |
| Shrimp Basket | 427 | 122 | 14 | 1 | 0 | 80 | 1113 | 57 | 4 | 1 | 18 | 2 | 13 | 4 | 15 | |
| Sides | | | | | | | | | | | | | | | | |
| Brew City French Fries | 340 | 162 | 18 | 2 | 0 | 0 | 620 | 40 | 4 | 0 | 4 | 0 | 16 | 0 | 0 | |
| Baked Potato with Sour Cream | 117 | 45 | 5 | 3.5 | 0 | 20 | 60 | 25 | 4 | 1 | 5 | 4 | 50 | 4 | 8 | |
| Bacon, Cheese and Onion Baked Potato | 292 | 99 | 11 | 5 | 1 | 45 | 760 | 26 | 4 | 1 | 17 | 6 | 54 | 4 | 9 | |
| Baked Potato with Butter | 250 | 126 | 14 | 10 | 0 | 40 | 120 | 23 | 4 | 0 | 4 | 8 | 50 | 0 | 8 | |
| Chili Cheese Baked Potato | 247 | 83 | 9 | 4 | 1 | 19 | 493 | 33 | 7 | 1 | 9 | 17 | 54 | 6 | 18 | |
| Cheese Fries | 500 | 270 | 30 | 6 | 3 | 20 | 1380 | 50 | 4 | 2 | 8 | 4 | 16 | 12 | 0 | |
| Chili and Cheese Fries | 690 | 383 | 43 | 12 | 3 | 48 | 1965 | 65 | 10 | 3 | 17 | 27 | 16 | 16 | 18 | |
| Mashed Potatoes | 100 | 9 | 1 | 0 | 0 | 0 | 25 | 22 | 2 | 0 | 2 | 0 | 8 | 0 | 2 | |
| Onion Rings | 225 | 78 | 8.75 | 2 | 0 | 0 | 437.5 | 32.5 | 2.5 | 5 | 2.5 | 0 | 5 | 0 | 2.5 | |
| Chicken Noodle Soup | 80 | 18 | 8 | 0.5 | 0 | 50 | 1030 | 10 | 0 | 0 | 5 | 8 | 0 | 2 | 4 | |
| Peas and Carrots | 50 | 0 | 0 | 0 | 0 | 0 | 80 | 9 | 3 | 5 | 3 | 50 | 10 | 2 | 2 | |
| Green Beans | 20 | 0 | 0 | 0 | 0 | 0 | 330 | 4 | 2 | 2 | 0 | 4 | 6 | 2 | 2 | |
| Lima Beans | 106 | 4 | 0 | 0 | 0 | 0 | 380 | 17 | 5 | 0 | 6 | 0 | 0 | 2 | 6 | |
| Baked Beans | 140 | 5 | 0.5 | 0 | 0 | 0 | 540 | 28 | 6 | 10 | 6 | 0 | 0 | 8 | 10 | |
| Corn | 100 | 9 | 1 | 0 | 0 | 0 | 0 | 21 | 1 | 5 | 3 | 0 | 6 | 0 | 0 | |
| Salads | | | | | | | | | | | | | | | | |
| Garden Salad | 156 | 90 | 10 | 5 | 0 | 30 | 295 | 10 | 4 | 4 | 9 | 143 | 42 | 26 | 11 | |
| Side Salad | 87 | 45 | 5 | 2.5 | 0 | 15 | 128 | 6 | 2 | 2 | 5 | 106 | 23 | 14 | 6 | |
| Breakfast | | | | | | | | | | | | | | | | |
| Biscuits and Gravy | 381 | 216 | 24 | 11 | 0 | 30 | 1070 | 28 | 1 | 2 | 8 | 0 | 0 | 0 | 6 | |
| Corned Beef Hash | 430 | 234 | 26 | 11 | 0 | 55 | 1580 | 29 | 5 | 2 | 20 | 0 | 0 | 4 | 15 | |
| Egg Substitute | 60 | 0 | 0 | 0 | 0 | 0 | 230 | 2 | 0 | 0 | 12 | 30 | 0 | 4 | 12 | |
| Grits | 130 | 5 | 0.5 | 0 | 0 | 0 | 0 | 29 | 2 | 0 | 3 | 0 | 0 | 0 | 8 | |
| Sausage | 230 | 198 | 22 | 8 | 0 | 45 | 370 | 1 | 0 | 0 | 7 | 0 | 0 | 0 | 2 | |
| Bacon | 75 | 54 | 6 | 2 | 0 | 15 | 255 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | |
| Ham | 120 | 28 | 3 | 2 | 0 | 50 | 1840 | 6 | 0 | 6 | 20 | 0 | 0 | 0 | 4 | |
| Oatmeal | 150 | 27 | 3 | 0.5 | 0 | 0 | 0 | 27 | 4 | 1 | 5 | 0 | 0 | 0 | 10 | |
| Ham and Cheese Omelet Platter | 777 | 313 | 35 | 12 | 0 | 569 | 2280 | 75 | 4 | 11 | 40 | 24 | 20 | 34 | 32 | |
| Cheese Omelet Platter | 732 | 303 | 34 | 11 | 0 | 550 | 1590 | 73 | 4 | 9 | 33 | 24 | 20 | 34 | 31 | |
| Western Omelet Platter | 790 | 313 | 35 | 12 | 0 | 569 | 2281 | 78 | 4 | 12 | 40 | 27 | 36 | 35 | 35 | |
| Pancakes | 345 | 81 | 9 | 1.5 | 0 | 30 | 630 | 56 | 0 | 17 | 8 | 0 | 0 | 12 | 15 | |
| Sausage Biscuit | 411 | 270 | 30 | 15 | 0 | 45 | 960 | 25 | 1 | 2 | 11 | 0 | 0 | 0 | 8 | |
| SOS | 540 | 234 | 26 | 6 | 0 | 45 | 1180 | 52 | 1 | 6 | 14 | 0 | 0 | 4 | 16 | |
| Tater Tots | 197 | 95 | 11 | 3 | 0 | 0 | 440 | 24 | 6 | 0 | 6 | 6 | 20 | 6 | 5 | |
| Walk-Away Egg and Cheese | 235 | 86 | 10 | 4 | 0 | 188 | 515 | 26 | 1 | 2 | 12 | 8 | 0 | 20 | 11 | |
| Walk-Away Egg, Cheese and Ham | 295 | 100 | 11.5 | 5 | 0 | 213 | 1435 | 29 | 1 | 5 | 22 | 8 | 0 | 20 | 13 | |
| Walk-Away Egg, Cheese and Bacon | 273 | 113 | 13 | 5 | 0 | 196 | 653 | 26 | 1 | 2 | 14 | 8 | 0 | 20 | 11 | |
| Walk-Away Egg, Cheese and Sausage | 465 | 284 | 32 | 12 | 0 | 233 | 885 | 27 | 1 | 2 | 19 | 8 | 0 | 20 | 13 | |
| Bacon (2 strips) | 50 | 36 | 4 | 1.5 | 0 | 10 | 170 | 0 | 0 | 0 | 3 | 0 | 0 | 0 | 0 | |
| Condiments Per Tbsp | | | | | | | | | | | | | | | | |
| Creamy Caesar | 50 | 40 | 5 | 0.75 | 0 | 2.5 | 120 | 1.5 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | |
| Creamy Italian Dressing | 50 | 45 | 5 | 0.75 | 0 | 0 | 120 | 0.5 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | |
| Fat Free Ranch Dressing | 25 | 0 | 0 | 0 | 0 | 0 | 165 | 5.5 | 0 | 1.5 | 0 | 0 | 0 | 0 | 0 | |
| Mayonnaise | 100 | 100 | 11 | 1.5 | 0 | 5 | 215 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Mayonnaise, Light | 50 | 45 | 5 | 0.75 | 0 | 0 | 120 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |

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| Mustard | 7 | 0 | 0 | 0 | 0 | 0 | 110 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Ketchup | 15 | 0 | 0 | 0 | 0 | 0 | 190 | 4 | 0 | 4 | 0 | 6 | 0 | 0 | |
| Ranch Dressing | 75 | 70 | 8 | 1.25 | 0 | 5 | 140 | 0.5 | 0 | 0.5 | 0 | 0 | 0 | 0 | |
| Beverages | | | | | | | | | | | | | | | |
| Coca Cola 16 oz | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 39 | 0 | 39 | 0 | 0 | 0 | 0 | |
| Coca Cola 22 oz | 210 | 0 | 0 | 0 | 0 | 0 | 5 | 56 | 0 | 56 | 0 | 0 | 0 | 0 | |
| Coca Cola 32 oz | 290 | 0 | 0 | 0 | 0 | 0 | 5 | 79 | 0 | 79 | 0 | 0 | 0 | 0 | |
| Diet Coke 16 oz | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Diet Coke 22 oz | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Diet Coke 32 oz | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Sprite 16 oz | 140 | 0 | 0 | 0 | 0 | 0 | 30 | 39 | 0 | 39 | 0 | 0 | 0 | 0 | |
| Sprite 22 oz | 210 | 0 | 0 | 0 | 0 | 0 | 45 | 56 | 0 | 56 | 0 | 0 | 0 | 0 | |
| Sprite 32 oz | 290 | 0 | 0 | 0 | 0 | 0 | 65 | 79 | 0 | 79 | 0 | 0 | 0 | 0 | |
| Dr Pepper 16 oz | 140 | 0 | 0 | 0 | 0 | 0 | 35 | 39 | 0 | 39 | 0 | 0 | 0 | 0 | |
| Dr Pepper 22 oz | 200 | 0 | 0 | 0 | 0 | 0 | 50 | 56 | 0 | 56 | 0 | 0 | 0 | 0 | |
| Dr Pepper 32 oz | 280 | 0 | 0 | 0 | 0 | 0 | 70 | 78 | 0 | 78 | 0 | 0 | 0 | 0 | |
| 1% Milk | 102 | 21 | 2 | 2 | 0 | 12 | 107 | 12 | 0 | 13 | 8 | 10 | 0 | 31 | |
| Coffee | 2 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Tea | 2 | 0 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |

Substitution of ingredients/standard toppings combinations may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in products assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. Slight variations may occur due to use of alternate suppliers and region availability. Nutritional data is based on standard portion product guidelines and formulations as of date of printing. Nutrition analysis based on manufacturer's food labels and the USDA National Nutrient Database for Standard Reference.

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