



Nutrition Information

The Dietary Guidelines for Americans recommend consuming less than 10 percent of calories per day from saturated fat and less than 2,300 milligrams per day of sodium for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption. Variations and substitutions will increase or decrease stated nutritional values. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all restaurants.

Ultimate Steakburgers	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Big Brunch	1020	590	66	24	2	345	1990	57	3	9	48
Big IHOP Burger	1310	780	87	36	3.5	275	2940	60	3	14	72
Add Fried Egg	80	50	6	2	0	195	80	1	0	0	7
Cowboy BBQ	900	450	50	20	2	145	2050	71	3	22	42
Garlic Butter	860	520	58	24	2	165	1420	41	2	10	42
Jalapeno Kick	950	620	68	24	2	155	1730	42	3	10	42
Loaded Philly	820	480	53	26	1.5	175	1280	43	2	9	42
Mega Monster	1060	650	72	31	3	230	2090	42	2	10	61
The Classic	670	370	42	17	2	130	1450	41	2	10	33
The Classic with Bacon	760	430	48	20	2	150	1800	42	2	11	40
French Fries	320	140	15	3	0	0	990	41	4	0	4
House-Made Milkshakes											
Cold Brew Milkshake	610	280	32	20	1	105	200	72	1	59	11
Hershey's Chocolate Milkshake	680	290	32	21	1	105	210	88	2	72	12
Oreo Milkshake	770	360	40	23	1	105	370	90	1	64	13
Strawberry Milkshake	600	280	32	20	1	105	200	70	1	57	11
Vanilla Milkshake	610	280	31	20	1	105	190	71	0	60	11
Pick Your Combo											
Egg Combo											
Choice of Pancake											
(2) Mexican Churro	650	230	25	8	0	45	1170	96	4	50	10
(2) Italian Cannoli	660	270	30	18	0.5	90	1210	84	5	43	14
(2) Mexican Tres Leches	370	120	14	6	0	60	980	52	2	21	9
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Regular Combo											
Choice of Pancake											
(2) Mexican Churro	650	230	25	8	0	45	1170	96	4	50	10
(2) Italian Cannoli	660	270	30	18	0.5	90	1210	84	5	43	14
(2) Mexican Tres Leches	370	120	14	6	0	60	980	52	2	21	9
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all restaurants.											
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Ultimate Steakburgers	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Pick Your Combo											
Sausage & Eggs Combo											
Choice of Pancake											
(2) Mexican Churro	650	230	25	8	0	45	1170	96	4	50	10
(2) Italian Cannoli	660	270	30	18	0.5	90	1210	84	5	43	14
(2) Mexican Tres Leches	370	120	14	6	0	60	980	52	2	21	9
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
(4) Sausage	400	350	39	15	0	65	640	1	0	1	11
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Bacon & Eggs Combo											
Choice of Pancake											
(2) Mexican Churro	650	230	25	8	0	45	1170	96	4	50	10
(2) Italian Cannoli	660	270	30	18	0.5	90	1210	84	5	43	14
(2) Mexican Tres Leches	370	120	14	6	0	60	980	52	2	21	9
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
(4) Bacon	180	120	13	4.5	0	35	700	1	0	1	14
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Ham & Eggs Combo											
Choice of Pancake											
(2) Mexican Churro	650	230	25	8	0	45	1170	96	4	50	10
(2) Italian Cannoli	660	270	30	18	0.5	90	1210	84	5	43	14
(2) Mexican Tres Leches	370	120	14	6	0	60	980	52	2	21	9
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Ham	110	25	3	1	0	50	1320	3	1	2	19
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Ultimate Bacon & Sausage Combo											
Choice of Pancake											
(2) Mexican Churro	650	230	25	8	0	45	1170	96	4	50	10
(2) Italian Cannoli	660	270	30	18	0.5	90	1210	84	5	43	14
(2) Mexican Tres Leches	370	120	14	6	0	60	980	52	2	21	9
Add Choice of Egg											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
(3) Bacon	130	90	10	3.5	0	30	530	1	0	1	11
(3) Sausage	300	260	29	11	0	50	480	1	0	0	8
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
A La Carte Pancakes & Crepes											
(4) Mexican Churro Pancakes	1020	340	37	11	0.5	80	2180	153	7	74	18
(3) Italian Cannoli Pancakes	970	400	44	27	1	130	1820	125	7	64	21
(4) Mexican Tres Leches Pancakes	670	220	24	11	0	110	1930	95	5	32	18
(2) Strawberry Vanilla Spice Crepes	760	330	37	19	1	180	700	97	3	65	11
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Pancakes	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
(3) Cannoli Pancakes	970	400	44	27	1	130	1820	125	7	64	21
(4) Churro Pancakes	1020	340	37	11	0.5	80	2180	153	7	74	18
(4) Chocolate Chocolate Chip Pancakes	690	200	22	9	0	80	1860	107	8	42	19
(4) Chocolate Chocolate Chip Pancakes (with Buttermilk)	670	190	21	8	0	80	1860	106	6	42	18
(4) Cinn-A-Stack® Pancakes	860	250	28	9	0.5	80	2050	135	6	70	17
(4) Cupcake Pancakes	790	200	23	12	0	80	1890	130	4	61	17
(4) Double Blueberry Pancakes	610	150	16	5	0	80	1870	101	6	38	17
(4) Harvest Grain 'N Nut® Pancakes	800	380	42	10	0.5	100	1720	84	6	20	21
(4) Mexican Tres Leches Pancakes	670	220	24	11	0	110	1930	95	5	32	18
(4) New York Cheesecake Pancakes	920	330	37	17	1	170	2170	124	6	49	22
(3) Original Buttermilk Pancakes	430	150	17	6	0	75	1440	56	3	12	12
(5) Original Buttermilk Pancakes	660	210	23	8	0.5	115	2370	93	5	19	20
(4) Rooty Tooty Fresh 'N Fruity® Pancakes	500	130	15	4	0	80	1850	76	4	17	16
Add Choice of Topping											
Glazed Strawberries	50	0	0	0	0	0	10	12	1	11	0
Peaches	60	0	0	0	0	0	10	14	1	13	1
Raspberry Topping	80	0	0	0	0	0	0	20	2	16	1
(4) Strawberry Banana Pancakes	650	130	15	4.5	0	80	1860	115	8	42	18
Build Your Pancake Combo											
Choice of Pancakes											
(2) Cannoli Pancakes	660	270	30	18	0.5	90	1210	84	5	43	14
(2) Churro Pancakes	650	230	25	8	0	45	1170	96	4	50	10
(2) Chocolate Chocolate Chip Pancakes	400	110	13	6	0	40	940	63	5	29	10
(2) Chocolate Chocolate Chip Pancakes (with Buttermilk)	390	110	12	5	0	40	940	62	4	29	9
(2) Cinn-A-Stack® Pancakes	490	140	16	6	0	45	1040	79	3	46	8
(2) Cupcake Pancakes	470	120	13	7	0	45	960	80	2	45	8
(2) Double Blueberry Pancakes	360	90	10	3.5	0	40	950	60	3	28	9
(2) Harvest Grain 'N Nut® Pancakes	430	220	25	7	0	60	890	42	3	10	11
(2) Mexican Tres Leches Pancakes	370	120	14	6	0	60	980	52	2	21	9
(2) New York Cheesecake Pancakes	500	180	20	9	0.5	90	1090	69	3	31	11
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
(2) Rooty Tooty Fresh 'N Fruity® Pancakes	260	80	8	3	0	40	930	38	2	9	8
Add Choice of Topping											
Glazed Strawberries	50	0	0	0	0	0	10	12	1	11	0
Peaches	60	0	0	0	0	0	10	14	1	13	1
Raspberry Topping	80	0	0	0	0	0	0	20	2	16	1
(2) Strawberry Banana Pancakes	380	80	9	3	0	40	940	67	4	28	9
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
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Sides	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
(2) Bacon Strips	90	60	7	2.5	0	20	350	1	0	0	7
(4) Bacon Strips	180	120	13	4.5	0	35	700	1	0	1	14
Banana & Brown Sugar Oatmeal	260	40	4.5	1	0	5	125	50	5	20	8
Rye Toast with Butter & Jam or Jelly	290	70	8	4	0	15	390	49	4	19	6
Sourdough Toast with Butter & Jam or Jelly	220	45	5	2.5	0	10	350	39	1	10	5
Wheatberry Toast with Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	16	7
White Toast with Butter & Jam or Jelly	250	70	7	4	0	15	250	42	2	19	5
Whole Wheat Toast with Butter & Jam or Jelly	340	100	11	6	0	20	370	52	5	20	10
Cottage Cheese	45	20	2	1	0	10	190	2	0	2	5
(2) Crispy Potato Pancakes	370	210	24	4	0	0	660	35	4	1	4
(1) Fried Egg	80	50	6	2	0	195	80	1	0	0	7
(1) Hard or Soft Boiled Egg	70	45	5	1.5	0	190	60	1	0	1	6
(1) Poached Egg	60	40	4	1.5	0	165	130	0	0	0	6
(1) Scrambled Egg	110	80	9	2.5	0	235	115	1	0	0	8
English Muffin with Butter	160	45	5	3	0	10	220	25	1	1	4
Grilled Buttermilk Biscuit	450	220	24	15	0	15	1220	51	1	2	6
Grits	80	0	0	0	0	0	250	17	1	0	2
Ham Steak	110	25	3	1	0	50	1320	3	1	2	19
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
(2) Pork Sausage Links	200	180	20	7	0	30	320	1	0	0	6
(4) Pork Sausage Links	400	350	39	15	0	65	640	1	0	1	11
(2) Pork Sausage Patties	340	280	31	11	0	70	870	2	0	1	15
Red Potato Pepper & Onion Hash	330	180	20	3.5	0	0	690	34	5	2	5
Scrapple	290	160	18	7	0	110	960	16	1	0	18
Seasonal Mixed Fruit, Small Bowl	50	0	0	0	0	0	5	14	1	11	1
Seasonal Mixed Fruit, Large Bowl	100	5	0	0	0	0	10	27	2	22	1
(2) Smoked Sausage Links	490	400	44	16	0	95	1410	4	0	2	17
(2) Slices of Spam®	180	150	16	5	0	35	780	2	0	1	7
(4) Slices of Spam®	350	290	33	11	0	70	1570	4	0	1	15
(2) Turkey Bacon Strips	60	40	4	1	0	30	290	1	0	1	5
(4) Turkey Bacon Strips	120	80	8	2	0	55	570	2	0	1	10
(2) Turkey Sausage Links	90	60	7	1.5	0	35	310	0	0	0	8
(4) Turkey Sausage Links	190	120	13	3	0	75	630	1	0	0	17
(2) Turkey Sausage Patties	120	60	7	1.5	0	55	600	0	0	0	14
Simple & Fit Substitutions											
(1) Egg White	30	10	1	0	0	0	95	0	0	0	6
(1) Turkey Bacon	30	20	2	0.5	0	15	140	0	0	0	3
(1) Turkey Sausage Link	45	30	3.5	1	0	20	160	0	0	0	4
(1) Turkey Sausage Patty	60	30	3.5	1	0	25	300	0	0	0	7
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Griddle Faves	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Crepes											
Cheese Blintzes	880	500	56	27	1.5	290	1260	66	2	30	28
Add Choice of Topping											
Blueberry Compote	90	15	1.5	0.5	0	0	20	18	1	16	0
Glazed Strawberries	50	0	0	0	0	0	10	12	1	11	0
Strawberry Preserves	230	0	0	0	0	0	15	59	1	54	0
Raspberry Topping	80	0	0	0	0	0	0	20	2	16	1
Chicken Florentine Crepes	900	480	53	22	0.5	280	1680	48	5	19	58
Classic Breakfast Crepes	1030	620	69	29	0.5	720	2450	46	2	18	56
Banana Crepes with Nutella®	950	400	44	13	0	225	910	120	5	67	21
German Crepes	680	310	34	12	0.5	245	880	76	3	28	17
Strawberries & Cream Crepes	770	280	31	10	0	235	930	106	4	54	18
Swedish Crepes	660	270	30	9	0	230	880	81	3	34	17
Create Your Sweet Crepe Combo											
Choice of Crepe											
Banana with Nutella®	490	210	23	7	0	115	460	61	3	34	11
German	380	200	22	9	0.5	135	440	38	1	14	9
Strawberries & Cream	400	150	17	6	0	120	470	54	2	28	9
Swedish	370	160	18	6	0	125	440	44	2	20	9
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
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Griddle Faves	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
French Toast											
Our Original French Toast	740	330	36	13	0.5	260	820	84	4	28	20
Strawberry Banana French Toast	840	280	31	11	0	245	790	121	7	56	22
Stuffed French Toast	890	330	36	17	0	70	760	126	5	59	15
Add Choice of Topping											
Glazed Strawberries	100	0	0	0	0	0	20	25	1	22	1
Peach Vanilla	180	40	4.5	3	0	15	50	34	2	30	2
Strawberry Vanilla	170	40	4.5	3	0	15	50	31	2	26	1
Create Your French Toast Combo											
Choice of French Toast											
Original French Toast	520	240	27	10	0	180	570	56	3	19	14
Strawberry Banana French Toast	550	190	21	8	0	165	520	75	4	34	14
Stuffed French Toast	450	160	18	9	0	35	380	63	3	30	8
Add Choice of Topping											
Glazed Strawberries	50	0	0	0	0	0	10	12	1	11	0
Peach Vanilla	90	20	2.5	1.5	0	10	25	17	1	15	1
Strawberry Vanilla	80	20	2	1.5	0	5	25	15	1	13	0
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Waffles											
Belgian Waffle	590	270	29	17	1	165	740	69	3	17	11
Chicken & Waffles	1080	480	54	21	1	235	1860	108	5	18	43
Add Choice of Dressing											
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Create Your Belgian Waffle Combo											
Belgian Waffle	590	270	29	17	1	165	740	69	3	17	11
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
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Buttermilk Biscuits & Gravy with Country Gravy	1180	730	82	35	0.5	80	2790	89	4	4	21
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Buttermilk Biscuits & Gravy with Sausage Gravy	1350	860	95	40	0.5	100	3310	97	4	4	25
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Classic Avocado Toast	350	180	20	4.5	0	10	590	40	8	3	8
Add Choice of Side											
Fresh Fruit	50	0	0	0	0	0	5	14	1	11	1
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Classic Skillet	1080	570	63	28	1.5	125	2640	98	7	10	29
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Meat											
(4) Bacon	180	120	13	4.5	0	35	700	1	0	1	14
(4) Pork Sausage Links	400	350	39	15	0	65	640	1	0	1	11
Country Fried Steak with Country Gravy	840	530	59	18	2	85	2160	49	3	1	28
Country Fried Steak with Sausage Gravy	950	610	68	22	2	95	2500	55	4	1	31
Slice of Ham	110	25	3	1	0	50	1320	3	1	2	19
Create Your Own Melt (excludes side)	900	460	52	25	1	565	1460	63	3	5	42
Add Choice of Filling											
Bacon	180	120	13	4.5	0	35	700	1	0	1	14
Ham	110	25	3	1	0	50	1320	3	1	2	19
Poblano Peppers & Onions	25	0	0	0	0	0	350	5	1	3	1
Eggs Benedict	850	450	50	20	0.5	450	2860	57	3	7	40
Huevos Rancheros (without eggs or side)	660	310	34	14	0.5	60	1370	65	12	5	23
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	220	140	15	4.5	0	570	180	2	0	2	18
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	1	1	23
Add Choice of Side											
(3) Buttermilk Pancakes	430	150	17	6	0	75	1440	56	3	12	12
(2) Corn Tortillas	120	15	1.5	0	0	0	10	24	4	3	1
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
IHOP® Signature Pancake Sliders (excludes side)	720	360	39	12	0	505	2230	47	2	18	44
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Loco Moco (without eggs)	940	290	32	13	1.5	85	1550	127	4	2	36
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	220	140	15	4.5	0	570	180	2	0	2	18
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	1	1	23
Machaca (without side of tortillas)	1120	730	81	26	1	800	2040	48	7	6	52
Add Choice of Tortillas											
(2) Corn Tortillas	120	15	1.5	0	0	0	10	24	4	3	1
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
Migas (without side of tortillas)	1050	700	77	24	1	770	1730	47	7	6	42
Add Choice of Tortillas											
(2) Corn Tortillas	120	15	1.5	0	0	0	10	24	4	3	1
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
South-of-the-Border Burrito	1210	620	69	25	1	590	2870	103	9	14	46
Southwest Scramble (without potato or side)	650	460	51	19	0.5	765	1000	12	6	2	38
Add Choice of Potatoes											
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Red Potato Hash	330	180	20	3.5	0	0	690	34	5	2	5
Add Choice of Side											
(1) Flour Tortilla	290	70	8	2	0	0	730	46	2	2	8
(2) Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
Rye Toast with Butter & Jam or Jelly	290	70	8	4	0	15	390	49	4	19	6
Sourdough Toast with Butter & Jam or Jelly	220	45	5	2.5	0	10	350	39	1	10	5
Wheatberry Toast with Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	16	7
White Toast with Butter & Jam or Jelly	250	70	7	4	0	15	250	42	2	19	5
Whole Wheat Toast with Butter & Jam or Jelly	340	100	11	6	0	20	370	52	5	20	10
The Wrap of Monte Cristo	1180	500	55	24	0	290	2220	99	5	50	71
Breakfast Sandwich Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
(2) Cannoli Pancakes	660	270	30	18	0.5	90	1210	84	5	43	14
(2) Churro Pancakes	650	230	25	8	0	45	1170	96	4	50	10
(2) Chocolate Chocolate Chip Pancakes	400	110	13	6	0	40	940	63	5	29	10
(2) Chocolate Chip Pancakes (with Buttermilk)	390	110	12	5	0	40	940	62	4	29	9
(2) Cinn-A-Stack® Pancakes	490	140	16	6	0	45	1040	79	3	46	8
(2) Cupcake Pancakes	470	120	13	7	0	45	960	80	2	45	8
(2) Double Blueberry Pancakes	360	90	10	3.5	0	40	950	60	3	28	9
(2) Harvest Grain 'N Nut® Pancakes	430	220	25	7	0	60	890	42	3	10	11
(2) Mexican Tres Leches Pancakes	370	120	14	6	0	60	980	52	2	21	9
(2) New York Cheesecake Pancakes	500	180	20	9	0.5	90	1090	69	3	31	11
(2) Rooty Tooty Fresh 'N Fruity® (w/o Fruit Topping)	260	80	8	3	0	40	930	38	2	9	8
Add Choice of Topping											
Glazed Strawberries	50	0	0	0	0	0	10	12	1	11	0
Peach Topping	60	0	0	0	0	0	10	14	1	13	1
(2) Strawberry Banana Pancakes	380	80	9	3	0	40	940	67	4	28	9
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Seasonal Mixed Fruit	50	0	0	0	0	0	5	14	1	11	1
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2 x 2 x 2											
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
(2) Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
Big 2-Egg Breakfast											
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(4) Bacon	180	120	13	4.5	0	35	700	1	0	1	14
(4) Sausage	400	350	39	15	0	65	640	1	0	1	11
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
(2) Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
Big 3-Egg Breakfast											
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	220	140	15	4.5	0	570	180	2	0	2	18
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	1	1	23
(3) Buttermilk Pancakes	430	150	17	6	0	75	1440	56	3	12	12
Add Choice of Meat											
(4) Bacon	180	120	13	4.5	0	35	700	1	0	1	14
(2) Canadian-Style Bacon	120	40	4.5	2	0	50	1500	1	0	1	19
(2) Pork Chops (4oz)	310	170	19	7	0	95	460	0	1	0	35
(2) Pork Chops (6oz)	450	220	24	9	0	140	780	1	1	1	55
(2) Pork Sausage Patties	340	280	31	11	0	70	870	2	0	1	15
(2) Smoked Sausage	490	400	44	16	0	95	1410	4	0	2	17
(4) Pork Sausage Links	400	350	39	15	0	65	640	1	0	1	11
(4) Spam®	350	290	33	11	0	70	1570	4	0	1	15
(4) Turkey Bacon	120	80	8	2	0	55	570	2	0	1	10
(4) Turkey Sausage Links	190	120	13	3	0	75	630	1	0	0	17
Slice of Ham	110	25	3	1	0	50	1320	3	1	2	19
Scrapple	290	160	18	7	0	110	960	16	1	0	18
Hash Browns (Optional)	210	130	14	2.5	0	0	230	19	2	0	2
Breakfast Sampler (without eggs)	870	500	56	19	0.5	135	2540	60	4	10	33
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Chicken Fried Chicken & Eggs with Country Gravy (without eggs)	810	380	42	11	0.5	120	1990	77	5	9	32
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
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Country Fried Steak & Eggs with Country Gravy (without eggs)	1360	780	87	26	2.5	145	3360	106	7	9	39
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Country Fried Steak & Eggs with Sausage Gravy (without eggs)	1470	860	96	30	2.5	155	3710	112	7	9	41
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Pork Chops & Eggs (4oz) (without eggs)	830	430	47	15	0.5	155	1670	57	4	9	45
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Pork Chops & Eggs (6oz) (without eggs)	970	470	52	17	0.5	200	1990	58	5	9	66
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Quick 2-Egg Breakfast											
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
Add Choice of Toast											
Rye Toast with Butter & Jam or Jelly	290	70	8	4	0	15	390	49	4	19	6
Sourdough Toast with Butter & Jam or Jelly	220	45	5	2.5	0	10	350	39	1	10	5
Wheatberry Toast with Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	16	7
White Toast w/ Butter & Jam or Jelly	250	70	7	4	0	15	250	42	2	19	5
Whole Wheat Toast with Butter & Jam or Jelly	340	100	11	6	0	20	370	52	5	20	10
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Simple & Fit 2-Egg Breakfast	380	80	9	2	0	30	850	49	6	16	27

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Sirloin Tips & Eggs (without eggs)	960	460	51	14	1	160	2370	78	6	25	49
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Smokehouse Combo (without eggs)	1010	650	72	25	0.5	155	2620	61	4	10	28
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Split Decision Breakfast (without eggs)	900	520	57	23	1	210	1970	67	3	18	28
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
T-Bone Steak & Eggs (10 oz) (without eggs)	720	250	28	11	1	195	2030	56	4	12	61
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	220	140	15	4.5	0	570	180	2	0	2	18
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	1	1	23
T-Bone Steak & Eggs (12 oz) (without eggs)	810	320	36	15	1.5	200	2430	57	4	12	66
Add Choice of Eggs											
(3) Fried Eggs	250	160	18	6	0	590	240	2	1	1	20
(3) Hard or Soft Boiled Eggs	220	140	15	4.5	0	570	180	2	0	2	18
(3) Poached Eggs	190	110	13	4	0	490	390	1	0	0	17
(3) Scrambled Eggs	330	230	26	7	0	710	340	3	1	1	23
Weekday Breakfast Special: 2 Eggs & 2 Buttermilk Pancakes											
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
(2) Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
Weekday Breakfast Special: 2 Eggs, Hash Browns & Toast											
Add Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
Add Choice of Toast											
Rye Toast with Butter & Jam or Jelly	290	70	8	4	0	15	390	49	4	19	6
Sourdough Toast with Butter & Jam or Jelly	220	45	5	2.5	0	10	350	39	1	10	5
Wheatberry Toast with Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	16	7
White Toast with Butter & Jam or Jelly	250	70	7	4	0	15	250	42	2	19	5
Whole Wheat Toast with Butter & Jam or Jelly	340	100	11	6	0	20	370	52	5	20	10
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Weekday Breakfast Special: 2-Egg Cheese Omelette with 2 Buttermilk Pancakes	740	430	48	21	1	500	1630	42	3	9	36
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Omelettes	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Avocado, Bacon & Cheese Omelette	870	620	69	25	0	860	1500	14	5	4	52
Bacon Temptation Omelette	1080	760	85	36	1	930	2350	16	2	7	63
Big Steak Omelette	1080	660	74	26	1	890	2020	39	6	8	67
Cage-Free Egg White Veggie Omelette	370	180	21	6	0	25	830	26	7	14	27
Cheeseburger Omelette	1240	790	88	32	2	905	3030	44	6	13	66
Chicken Fajita Omelette	960	570	63	25	1	945	2060	25	6	10	75
Colorado Omelette	1130	770	86	34	0.5	940	2730	18	3	6	72
Country Omelette	1010	660	73	28	1	880	1810	33	4	6	54
Garden Omelette	840	590	66	23	0.5	830	1040	17	4	6	47
Hearty Ham & Cheese Omelette	930	620	69	30	1	920	2490	14	2	6	63
International Omelette	720	470	53	21	0.5	845	1530	15	3	5	47
Spicy Poblano Omelette	1060	710	79	33	1	925	2020	31	7	10	57
Spinach & Mushroom Omelette	890	620	69	26	0.5	850	1670	21	4	8	46
Build Your Omelette											
Omelette (without cheese or ingredients)	440	290	33	9	0	775	560	7	1	2	28
Add Choice of Cheese											
American Cheese	100	80	8	5	0	25	450	1	0	1	5
Cheddar Cheese (Shredded)	230	170	19	12	0	60	360	1	0	0	14
Jack & Cheddar Blend	220	160	17	11	0	55	370	1	0	0	13
Pepper Jack Cheese	160	110	13	8	0	35	270	1	0	0	10
Swiss Cheese	160	110	12	7	0	40	80	0	0	0	11
White Cheddar	170	130	14	8	0	40	270	1	0	0	10
Add Choice of Ingredients											
Avocado	80	70	7	1	0	0	0	4	3	0	1
Bacon	60	45	5	2	0	15	280	1	0	1	4
Fresh Green Peppers & Onions	10	0	0	0	0	0	0	2	0	1	0
Ham	30	10	1	0	0	10	320	1	0	1	4
Fresh Mushrooms	10	0	0	0	0	0	0	2	1	1	2
Pork Sausage	200	180	20	7	0	30	320	1	0	0	6
Fresh Spinach	15	0	0	0	0	0	45	2	1	0	2
Fresh Tomatoes	10	0	0	0	0	0	0	2	1	1	0
Please note that all omelettes are listed without sides; nutrition information for all side options is available, separately.											
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Omelettes	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Omelette Side Choices											
(3) Original Buttermilk Pancakes with Butter	430	150	17	6	0	75	1440	56	3	12	12
(2) Cannoli Pancakes	660	270	30	18	0.5	90	1210	84	5	43	14
(3) Churro Pancakes	840	280	31	9	0	65	1680	125	5	62	14
(3) Chocolate Chocolate Chip Pancakes	550	160	17	7	0	60	1400	85	6	35	15
(3) Chocolate Chip Pancakes (with Buttermilk)	530	150	17	7	0	60	1400	84	5	35	13
(3) Cinn-A Stack Pancakes	670	190	22	8	0	65	1550	107	5	58	13
(3) Cupcake Pancakes	630	160	18	10	0	65	1420	105	3	53	12
(3) Double Blueberry Pancakes	490	120	13	4	0	60	1410	81	5	33	13
(3) Harvest Grain 'N Nut Pancakes	620	300	34	8	0	80	1310	63	5	15	16
(3) Mexican Tres Leches Pancakes	520	170	19	9	0	85	1450	74	3	27	13
(3) New York Cheesecake Pancakes	710	260	28	13	1	130	1630	96	5	40	17
(3) Rooty Tooty Fresh & Fruity® Pancakes	380	100	11	3.5	0	60	1390	57	3	13	12
Add Choice of Topping											
Glazed Strawberries	50	0	0	0	0	0	10	12	1	11	0
Peach Topping	60	0	0	0	0	0	10	14	1	13	1
(3) Strawberry Banana Pancakes	510	110	12	3.5	0	60	1400	91	6	35	13
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Seasonal Mixed Fruit	50	0	0	0	0	0	5	14	1	11	1
Rye Toast with Butter & Jam/Jelly	290	70	8	4	0	15	390	49	4	19	6
Sourdough Toast with Butter & Jam/Jelly	220	45	5	2.5	0	10	350	39	1	10	5
Wheatberry Toast with Butter & Jam/Jelly	350	100	11	6	0	20	440	58	5	16	7
White Toast with Butter & Jam/Jelly	250	70	7	4	0	15	250	42	2	19	5
Whole Wheat Toast with Butter & Jam/Jelly	340	100	11	6	0	20	370	52	5	20	10
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
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Sandwiches	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Bacon Griller	640	270	30	12	0	180	2100	43	2	11	51
Chicken Clubhouse Super Stacker	1140	640	71	25	1	210	2790	66	5	13	59
Double BLT	670	390	44	11	0	70	1620	41	3	7	28
Patty Melt with Rye Bread	800	510	57	24	2	130	1430	38	5	6	34
Patty Melt with Texas Toast	840	510	56	23	2	165	1340	45	3	5	37
Philly Cheese Steak Stacker	820	360	40	15	1	130	2040	63	4	11	52
Roasted Turkey Sandwich with Rye Bread	690	340	38	13	0	130	1290	34	5	5	53
Roasted Turkey Sandwich with Sourdough	910	420	46	14	0	135	1670	63	4	6	58
Spicy Chicken Ranch Sandwich	730	340	38	12	0	115	1850	62	3	12	34
Turkey Avocado Bacon Wrap	750	350	39	8	0	95	1640	56	7	5	45
Choice of Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
French Fries	320	140	15	3	0	0	990	41	4	0	4
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Onion Rings	400	200	22	4	0	0	560	47	3	6	5
Seasonal Mixed Fruit	50	0	0	0	0	0	5	14	1	11	1
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
See Soup or Salad section for side soup or side salad nutrition information.											
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Salads	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Caesar Salad with Crispy Chicken	1040	640	71	15	0	140	2320	60	8	7	42
Caesar Salad with Grilled Chicken	820	500	56	13	0	195	2380	32	7	7	50
Cobb Salad with Crispy Chicken	1300	870	97	27	0.5	545	2550	46	6	8	62
Cobb Salad with Grilled Chicken	1080	730	81	25	0.5	600	2600	18	6	8	70
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
Chicken & Spinach Salad with Crispy Chicken	1320	800	88	27	0	345	2770	73	6	29	62
Chicken & Spinach Salad with Grilled Chicken	1100	660	73	24	0	400	2830	45	6	29	70
Grilled Chicken & Veggie Salad	680	370	41	7	0	110	1330	46	11	26	38
House Salad (without dressing)	25	5	0	0	0	0	15	5	2	2	2
Add Choice of Dressing											
Blue Cheese Dressing	280	260	29	5	0	30	310	4	1	1	1
Buttermilk Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Catalina Dressing	100	5	0.5	0	0	0	700	22	0	15	0
Creamy Caesar Dressing	200	180	20	3.5	0	35	380	2	0	1	1
Creamy Italian	230	170	19	3	0	0	510	12	0	11	0
Fat Free Raspberry Vinaigrette	60	0	0	0	0	0	590	14	0	14	0
French Dressing	60	0	0	0	0	0	620	17	1	13	0
Honey Balsamic Dressing	210	140	15	2.5	0	0	270	16	0	12	0
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Reduced Fat Italian Dressing	15	10	1	0	0	0	105	1	0	1	0
Thousand Island Dressing	220	180	20	3	0	20	590	10	0	8	0
Seasonal Mixed Fruit, Large Bowl	100	5	0	0	0	0	10	27	2	22	1
Side Caesar Salad	330	240	26	6	0	45	740	16	3	3	9
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Soups	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Clam Chowder, Cup	290	170	18	6	0	25	990	25	1	3	7
Clam Chowder, Bowl	370	220	24	8	0	35	1280	30	1	4	9
Loaded Potato with Bacon Soup, Cup	290	150	16	7	0	30	960	27	1	4	9
Loaded Potato with Bacon Soup, Bowl	350	180	20	8	0	40	1190	32	1	5	11
Minestrone Soup, Cup	130	25	3	0	0	0	920	20	1	2	6
Minestrone Soup, Bowl	150	30	3.5	0.5	0	0	1190	23	1	2	8
Roasted Chicken Noodle Soup, Cup	120	25	3	1	0	10	840	18	1	2	6
Roasted Chicken Noodle Soup, Bowl	150	35	3.5	1.5	0	15	1090	21	1	3	8
Rustic Cheesy Tomato Soup, Cup	230	140	16	9	0	40	1000	17	1	5	4
Rustic Cheesy Tomato Soup, Bowl	280	180	20	12	0	55	1300	20	1	7	5
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Ultimate Steakburgers	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Big Brunch Burger	1020	590	66	24	2	345	1990	57	3	9	48
Cali Garlic Butter Burger	860	520	58	24	2	165	1420	41	2	10	42
Cowboy BBQ Burger	900	450	50	20	2	145	2050	71	3	22	42
Jalapeno Kick Burger	950	620	68	24	2	155	1730	42	3	10	42
Mega Monster Cheeseburger	1060	650	72	31	3	230	2090	42	2	10	61
Philly Cheeseburger	820	480	53	26	1.5	175	1280	43	2	9	42
The Classic	670	370	42	17	2	130	1450	41	2	10	33
The Classic with Bacon	760	430	48	20	2	150	1800	42	2	11	40
Double it Up (additional burger patty & cheese)	360	250	28	12	1.5	95	730	1	1	1	26
Choice of Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
French Fries	320	140	15	3	0	0	990	41	4	0	4
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Onion Rings	400	200	22	4	0	0	560	47	3	6	5
Seasonal Mixed Fruit	50	0	0	0	0	0	5	14	1	11	1
Add Avocado	80	70	7	1	0	0	0	4	3	0	1
See Soup or Salad section for side soup or side salad nutrition information.											
Please note that all sandwiches & burgers are listed without sides; nutrition information for all side options is available, separately.											
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Appetizers	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Appetizer Sampler (without dressing)	1330	620	69	18	1	110	3020	123	8	11	56
Add Choice of Dressing											
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Chicken & Three Cheese Quesadilla	1070	590	65	28	1	210	2840	60	5	7	63
Crispy Chicken Strips & Fries (without dressing)	940	410	46	8	0	90	2390	89	6	1	44
Add Choice of Dressing											
Honey Mustard Dressing	230	170	19	3	0	15	480	15	0	12	1
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
French Fries	640	280	31	6	0	0	1990	82	8	1	8
Hot & Spicy Wings (without dressing)	840	470	52	12	0	315	3100	20	3	9	71
Add Choice of Dressing											
Blue Cheese Dressing	280	260	29	5	0	30	310	4	1	1	1
Ranch Dressing	260	240	27	4	0	20	420	4	0	1	1
Mozza Sticks	630	300	34	14	0.5	55	1910	54	3	7	29
Onion Rings	800	390	43	8	0	0	1110	94	7	11	9
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Entrées	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Boneless Fried Chicken	510	230	25	5	0	120	1080	29	2	1	43
Chicken Fried Chicken Dinner with Country Gravy	290	130	14	3	0	60	780	20	1	1	22
Chicken Parmesan	1230	430	48	16	0	170	2990	123	11	4	77
Country Fried Steak Dinner with Country Gravy	840	530	59	18	2	85	2160	49	3	1	28
Country Fried Steak Dinner with Sausage Gravy	950	610	68	22	2	95	2500	55	4	1	31
Crispy Fish & Chips	1080	640	71	13	0	100	3080	74	7	3	36
Fisherman's Platter	1340	830	92	16	0.5	155	3750	91	8	10	36
Fried Chicken	1030	580	65	15	0	310	2870	39	6	1	72
Pasta with Meat Sauce	980	420	46	15	1.5	95	2140	94	9	3	48
Pot Roast	370	180	20	8	0	100	1950	15	0	1	32
Roasted Turkey & Stuffing	630	200	22	8	0.5	125	1410	62	4	37	47
Savory Pork Chops (4 oz)	310	170	19	7	0	95	460	0	1	0	35
Savory Pork Chops (6 oz)	450	220	24	9	0	140	780	1	1	1	55
Sirloin Steak Tips	430	200	23	5	0	100	1160	21	2	17	38
Sirloin Steak Tips & Crispy Shrimp	860	480	53	10	1	185	2360	48	4	24	49
Smoked Sausage	640	530	58	19	0	95	2080	9	2	4	18
T-Bone Steak (10 oz)	290	100	11	4.5	0.5	115	580	0	1	0	49
T-Bone Steak (12 oz)	390	170	19	9	1	125	990	1	1	1	54
Tilapia Florentine	480	290	32	14	0.5	125	1640	9	3	3	41
Garlic Bread (included with entrées in select markets)	160	80	9	2	0	0	280	17	1	0	3
Choice of Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
See Soup or Salad section for side soup or side salad nutrition information.											
Please note that all entrées are listed without sides or garlic bread; nutrition information for sides and garlic bread is available, separately.											
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Entrée Sides	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
(2) Crispy Potato Pancakes	370	210	24	4	0	0	660	35	4	1	4
Baked Potato	350	70	7	1	0	0	20	67	5	2	8
Buttered Corn	180	90	10	5	0	25	65	20	5	8	4
Cornbread Stuffing	340	160	18	9	0.5	35	1010	37	2	4	6
French Fries	320	140	15	3	0	0	990	41	4	0	4
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
Onion Rings	400	200	22	4	0	0	560	47	3	6	5
Penne Pasta with Marinara Sauce	300	60	6	3	0	10	910	47	4	1	15
Red Potato Pepper & Onion Hash	330	180	20	3.5	0	0	690	34	5	2	5
Red Skin Mashed Potatoes	240	120	13	2.5	0	0	680	30	3	1	5
Sauteed Spinach	100	80	8	1.5	0	0	440	4	2	0	3
Steamed Fresh Broccoli	25	5	0	0	0	0	25	4	2	1	3
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Desserts	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Crepe & Ice Cream (without filling or topping)	290	140	15	8	0	80	250	31	1	17	6
Add Choice of Topping											
Blueberry Compote	170	25	3	1	0	0	40	37	2	33	0
Glazed Strawberries	100	0	0	0	0	0	20	25	1	22	1
Ice Cream Sundae (without topping)	320	170	19	12	0.5	60	85	34	0	27	4
Add Choice of Topping											
Chocolate Sauce	100	5	0	0	0	0	15	25	1	21	1
Glazed Strawberries	50	0	0	0	0	0	10	12	1	11	0
Jr. Ice Cream Sundae (without topping)	130	70	7	5	0	20	30	13	0	11	1
Add Choice of Topping											
Chocolate Sauce	100	5	0	0	0	0	15	25	1	21	1
Glazed Strawberries	50	0	0	0	0	0	10	12	1	11	0
Kids Jr. Hershey's Chocolate Milkshake	460	190	21	14	0.5	65	140	61	1	50	8
Kids Jr. OREO Cookie Milkshake	500	240	26	15	1	65	240	58	1	41	8
Kids Jr. Strawberry Milkshake	410	190	21	13	0.5	65	135	49	1	40	8
Kids Jr. Vanilla Milkshake	410	190	21	13	0.5	65	125	50	0	43	7
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55+ Menu	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast											
55+ 2 x 2 x 2											
Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
(2) Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
55+ Breakfast Sampler (without egg)	580	350	39	13	0	80	1410	40	3	5	18
Add Choice of Eggs											
(1) Fried Egg	80	50	6	2	0	195	80	1	0	0	7
(1) Hard or Soft Boiled Egg	70	45	5	1.5	0	190	60	1	0	1	6
(1) Poached Egg	60	40	4	1.5	0	165	130	0	0	0	6
(1) Scrambled Egg	110	80	9	2.5	0	235	115	1	0	0	8
55+ Buttermilk Pancakes	430	150	17	6	0	75	1440	56	3	12	12
55+ Cheese Omelette	760	440	49	22	0.5	505	1630	42	2	9	36
55+ French Toast (without meat)	520	240	27	10	0	180	570	56	3	19	14
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
55+ Rise 'N Shine											
Choice of Eggs											
(2) Fried Eggs	170	110	12	4	0	390	160	1	0	0	13
(2) Hard or Soft Boiled Eggs	150	90	10	3	0	380	120	1	0	1	12
(2) Poached Eggs	130	80	8	2.5	0	325	260	1	0	0	11
(2) Scrambled Eggs	220	150	17	5	0	475	230	2	1	1	15
Add Choice of Bacon or Sausage											
(2) Bacon	90	60	7	2.5	0	20	350	1	0	0	7
(2) Sausage	200	180	20	7	0	30	320	1	0	0	6
Add Choice of Toast											
Rye Toast with Butter & Jam or Jelly	290	70	8	4	0	15	390	49	4	19	6
Sourdough Toast with Butter & Jam or Jelly	220	45	5	2.5	0	10	350	39	1	10	5
Wheatberry Toast with Butter & Jam or Jelly	350	100	11	6	0	20	440	58	5	16	7
White Toast with Butter & Jam or Jelly	250	70	7	4	0	15	250	42	2	19	5
Whole Wheat Toast with Butter & Jam or Jelly	340	100	11	6	0	20	370	52	5	20	10
Hash Browns	210	130	14	2.5	0	0	230	19	2	0	2
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55+ Menu	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Lunch											
55+ BLT	400	230	26	6	0	35	900	27	2	5	15
55+ Grilled Cheese	680	310	34	20	0.5	95	1230	61	3	5	27
55+ Turkey & Swiss Sandwich	570	240	27	7	0	95	880	36	6	5	45
Choice of Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
French Fries	320	140	15	3	0	0	990	41	4	0	4
Onion Rings	400	200	22	4	0	0	560	47	3	6	5
Dinner											
55+ Crispy Chicken Strips	370	160	18	3.5	0	55	840	29	2	0	24
55+ Country Chicken Fried Steak Dinner with Country Gravy	840	530	59	18	2	85	2160	49	3	1	28
55+ Country Chicken Fried Steak Dinner with Sausage Gravy	950	610	68	22	2	95	2500	55	4	1	31
55+ Grilled Chicken Dinner	150	25	3	1	0	105	890	1	1	0	32
55+ Roasted Turkey Dinner	390	100	11	3	0	75	740	43	3	35	30
55+ Grilled Tilapia Dinner	110	40	4.5	1	0	40	600	2	1	1	17
Garlic Bread (included with entrees in select markets)	160	80	9	2	0	0	280	17	1	0	3
Choice of Sides											
(2) Original Buttermilk Pancakes	310	130	14	6	0	60	980	37	2	8	8
See Entrée Sides section for dinner sides nutrition information and Soup or Salad section for side soup or side salad nutrition information.											
Please note that all 55+ entrées are listed without sides or garlic bread; nutrition information for sides and garlic bread is available, separately.											
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Kid's Menu	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
All-Natural Black Angus Cheeseburger with Applesauce	500	210	24	12	1	85	830	49	1	18	21
Chicken Nuggets Combo	720	450	50	12	0	75	920	48	7	22	18
Create-A-Face Pancake®	430	100	11	3.5	0	55	1220	70	3	27	13
Funny Face®	500	200	22	12	0	75	1210	63	5	23	13
French Toast with Nutella®	430	210	23	8	0	330	360	39	2	19	15
Grilled Cheese Sandwich with Applesauce	370	170	19	11	0.5	50	690	40	2	16	10
Jr. Chicken & Waffles	580	280	31	13	0.5	130	960	54	2	9	21
Jr. Churro Pancake Combo	660	320	36	12	0	300	1050	65	2	39	19
Jr. Cupcake Pancake Combo	570	260	29	12	0	300	930	57	1	38	18
Macaroni & Cheese with Applesauce	360	80	9	2.5	0	10	650	58	3	20	10
Silver 5	460	220	25	9	0	315	1280	40	2	8	19
Kids Beverages											
Kids 1% Milk	130	25	3	2	0	15	135	15	0	15	10
Kids 2% Milk	150	60	6	4	0	25	150	15	0	15	10
Kids Chocolate Milk	220	60	6	4	0	25	160	32	1	29	11
Kids Hot Chocolate	140	40	4.5	4	0	5	190	25	1	22	1
Kids Juice											
Kids Apple Juice	140	5	0	0	0	0	20	35	1	30	0
Kids Cranberry Juice	140	0	0	0	0	0	5	36	0	36	0
Kids Grapefruit Juice	110	5	0	0	0	0	0	27	2	25	1
Kids Florida's Natural® Orange Juice	130	5	0	0	0	0	15	33	1	28	2
Kids Tropicana® Orange Juice	130	0	0	0	0	0	0	28	0	22	3
Kids Tomato Juice	60	0	0	0	0	0	930	12	12	8	3
Kids Fountain Drinks											
Kids Barq's Root Beer®	90	0	0	0	0	0	20	25	0	25	0
Kids Brisk® Raspberry Iced Tea	70	0	0	0	0	0	20	18	0	18	0
Kids Cherry Coke®	90	0	0	0	0	0	0	23	0	23	0
Kids Coca-Cola®	80	0	0	0	0	0	0	23	0	23	0
Kids Coca-Cola Zero™	0	0	0	0	0	0	0	0	0	0	0
Kids Diet Coke®	0	0	0	0	0	0	10	0	0	0	0
Kids Diet Pepsi®	0	0	0	0	0	0	35	0	0	0	0
Kids Dr Pepper®	80	0	0	0	0	0	25	22	0	22	0
Kids Tropicana® Fruit Punch	90	0	0	0	0	0	20	25	0	25	0
Kids Hi-C® Fruit Punch	90	0	0	0	0	0	10	23	0	23	0
Kids Manzanita Sol®	90	0	0	0	0	0	20	25	0	24	0
Kids Mountain Dew®	90	0	0	0	0	0	35	26	0	26	0
Kids Mug® Root Beer	80	0	0	0	0	0	15	22	0	22	0
Kids Fanta® Orange	90	0	0	0	0	0	0	25	0	23	0
Kids Tropicana® Orange Twister	90	0	0	0	0	0	20	26	0	25	0
Kids Pepsi®	80	0	0	0	0	0	15	24	0	24	0
Kids Pibb Xtra®	80	0	0	0	0	0	10	23	0	23	0
Kids Sierra Mist®	80	0	0	0	0	0	15	23	0	23	0
Kids SoBe® Yumberry Pomegranate Lifewater	0	0	0	0	0	0	60	0	0	0	0
Kids Sprite®	80	0	0	0	0	0	20	21	0	21	0
Kids Pepsi® Wild Cherry	80	0	0	0	0	0	15	24	0	24	0
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Beverages	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Coffee											
Never Empty Coffee Pot®, Per Cup (Regular & Decaf)	0	0	0	0	0	0	0	0	0	0	0
French Vanilla Flavored Coffee	180	50	6	4.5	0	15	15	31	0	30	1
Swiss Mocha Flavored Coffee	180	50	6	4.5	0	15	20	31	0	30	1
Mocha Iced Coffee	220	40	4.5	3	0	20	115	37	1	36	8
Original Iced Coffee	160	40	4.5	3	0	20	115	23	1	22	8
Vanilla Iced Coffee	220	40	4.5	3	0	20	115	37	1	36	8
Hot Chocolate											
Hot Chocolate	140	40	4.5	4	0	5	190	25	1	22	1
Hot Chocolate, 16 oz To-Go	300	100	11	9	0	15	380	51	1	44	2
French Toast Hot Chocolate	380	100	11	9	0	15	410	71	1	62	2
Milk											
2% Milk Regular (10 fl oz.)	120	45	5	3	0	20	115	12	0	12	8
2% Milk Large (16 fl oz.)	220	80	9	5	0	35	200	21	0	21	14
Chocolate Milk Regular (10 fl oz.)	190	45	5	3.5	0	20	125	29	1	26	9
Chocolate Milk Large (16 fl oz.)	320	80	9	6	0	35	220	47	1	42	15
Fruit Juice											
Apple Juice Regular (10 fl oz.)	110	5	0	0	0	0	15	28	0	24	0
Apple Juice Large (16 fl oz.)	200	5	0.5	0	0	0	30	49	1	42	0
Cranberry Juice Regular (10 fl oz.)	110	0	0	0	0	0	5	28	0	28	0
Cranberry Juice Large (16 fl oz.)	200	0	0	0	0	0	10	50	0	50	0
Grapefruit Juice Regular (10 fl oz.)	90	0	0	0	0	0	0	22	2	20	1
Grapefruit Juice Large (16 fl oz.)	160	5	0	0	0	0	0	38	3	35	2
Florida's Natural® Premium Orange Juice Regular (10 fl oz.)	110	5	0	0	0	0	10	26	1	23	1
Florida's Natural® Premium Orange Juice Large (16 fl oz.)	190	5	0.5	0	0	0	20	46	1	40	2
Tropicana® Premium Orange Juice Regular (10 fl oz.)	100	0	0	0	0	0	0	23	0	18	3
Tropicana® Premium Orange Juice Large (16 fl oz.)	180	0	0	0	0	0	0	40	0	31	4
Tomato Juice Regular (10 fl oz.)	50	0	0	0	0	0	740	10	10	6	2
Tomato Juice Large (16 fl oz.)	80	0	0	0	0	0	1300	17	17	11	4
Tea & Lemonade											
Freshly-Brewed Iced Tea (16 fl oz.)	10	0	0	0	0	0	5	2	0	0	0
Freshly-Brewed Iced Tea (30 fl oz.)	15	0	0	0	0	0	10	3	0	0	1
Lemonade Iced Tea (16 fl oz.)	80	0	0	0	0	0	10	19	0	17	0
Lemonade Iced Tea (30 fl oz.)	120	0	0	0	0	0	15	28	0	26	0
Minute Maid® Lemonade (16 fl oz.)	110	0	0	0	0	0	50	32	0	29	0
Minute Maid® Lemonade (30 fl oz.)	220	0	0	0	0	0	105	63	0	58	0
Tropicana® Yellow Lemonade (16 fl oz.)	140	0	0	0	0	0	10	34	0	33	0
Tropicana® Yellow Lemonade (30 fl oz.)	280	0	0	0	0	0	25	68	0	66	0
Sweet Iced Tea (Sweet Version, 16 fl oz.)	140	0	0	0	0	0	5	35	0	34	0
Sweet Iced Tea (Sweet Version, 30 fl oz.)	270	0	0	0	0	0	15	70	0	67	1
Sweet Iced Tea (Sweeter Version, 16 fl oz.)	170	0	0	0	0	0	5	44	0	42	0
Sweet Iced Tea (Sweeter Version, 30 fl oz.)	330	0	0	0	0	0	10	84	0	82	1
Revolution® Premium Loose-Leaf Hot English Breakfast Tea	0	0	0	0	0	0	5	1	0	0	0
Revolution® Premium Loose-Leaf Hot Golden Chamomile Tea	0	0	0	0	0	0	0	0	0	0	0
Revolution® Premium Loose-Leaf Hot Green Tea	0	0	0	0	0	0	0	0	0	0	1
Revolution® Premium Loose-Leaf Hot Decaf Tea	0	0	0	0	0	0	5	1	0	0	0
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Beverages	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
IHOP Splashers®											
Splashberry (16 fl oz.)	140	0	0	0	0	0	25	37	0	35	1
Splashberry (30 fl oz.)	230	0	0	0	0	0	40	58	1	55	1
Tropical Island Twist (16 fl oz.)	180	0	0	0	0	0	20	48	0	46	0
Tropical Island Twist (30 fl oz.)	270	0	0	0	0	0	30	71	0	69	0
Fountain Drinks: Coca-Cola® Selections											
Barq's Root Beer® (16 fl oz.)	130	0	0	0	0	0	25	35	0	35	0
Barq's Root Beer® (30 fl oz.)	260	0	0	0	0	0	50	70	0	70	0
Cherry Coke® (16 fl oz.)	120	0	0	0	0	0	5	32	0	32	0
Cherry Coke® (30 fl oz.)	240	0	0	0	0	0	10	64	0	64	0
Coca-Cola® (16 fl oz.)	120	0	0	0	0	0	0	32	0	32	0
Coca-Cola® (30 fl oz.)	230	0	0	0	0	0	5	64	0	64	0
Coca-Cola Zero™ (16 fl oz.)	0	0	0	0	0	0	0	0	0	0	0
Coca-Cola Zero™ (30 fl oz.)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke® (16 fl oz.)	0	0	0	0	0	0	10	0	0	0	0
Diet Coke® (30 fl oz.)	0	0	0	0	0	0	20	0	0	0	0
Dr Pepper® (16 fl oz.)	120	0	0	0	0	0	40	31	0	30	0
Dr Pepper® (30 fl oz.)	230	0	0	0	0	0	75	62	0	60	0
Fanta® Orange (16 fl oz.)	120	0	0	0	0	0	5	35	0	32	0
Fanta® Orange (30 fl oz.)	240	0	0	0	0	0	10	70	0	64	0
Hi-C® Fruit Punch (16 fl oz.)	120	0	0	0	0	0	15	32	0	32	0
Hi-C® Fruit Punch (30 fl oz.)	240	0	0	0	0	0	30	64	0	64	0
Pibb Xtra® (16 fl oz.)	110	0	0	0	0	0	15	32	0	32	0
Pibb Xtra® (30 fl oz.)	230	0	0	0	0	0	35	64	0	64	0
Sprite® (16 fl oz.)	110	0	0	0	0	0	25	29	0	29	0
Sprite® (30 fl oz.)	230	0	0	0	0	0	50	58	0	58	0
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Nutrition Information

The Dietary Guidelines for Americans recommend consuming less than 10 percent of calories per day from saturated fat and less than 2,300 milligrams per day of sodium for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption. Variations and substitutions will increase or decrease stated nutritional values. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all restaurants.

Beverages	Total Calories (cal)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Fountain Drinks: Pepsi® Selections											
Brisk® Raspberry Iced Tea (16 fl oz.)	90	0	0	0	0	0	30	25	0	25	0
Brisk® Raspberry Iced Tea (30 fl oz.)	190	0	0	0	0	0	60	49	0	49	0
Diet Pepsi® (16 fl oz.)	0	0	0	0	0	0	45	0	0	0	0
Diet Pepsi® (30 fl oz.)	0	0	0	0	0	0	95	0	0	0	0
Manzanita Sol® (16 fl oz.)	130	0	0	0	0	0	30	34	0	33	0
Manzanita Sol® (30 fl oz.)	260	0	0	0	0	0	60	68	0	66	0
Mountain Dew® (16 fl oz.)	130	0	0	0	0	0	45	37	0	37	0
Mountain Dew® (30 fl oz.)	260	0	0	0	0	0	95	73	0	73	0
Mug® Root Beer (16 fl oz.)	120	0	0	0	0	0	20	31	0	31	0
Mug® Root Beer (30 fl oz.)	230	0	0	0	0	0	35	61	0	61	0
Pepsi® (16 fl oz.)	120	0	0	0	0	0	25	33	0	33	0
Pepsi® (30 fl oz.)	230	0	0	0	0	0	45	66	0	66	0
Pepsi® Wild Cherry (16 fl oz.)	120	0	0	0	0	0	25	33	0	33	0
Pepsi® Wild Cherry (30 fl oz.)	230	0	0	0	0	0	45	66	0	66	0
Sierra Mist® (16 fl oz.)	120	0	0	0	0	0	25	32	0	32	0
Sierra Mist® (30 fl oz.)	230	0	0	0	0	0	45	63	0	63	0
SoBe® Yumberry Pomegranate Lifewater (16 fl oz.)	0	0	0	0	0	0	85	0	0	0	0
SoBe® Yumberry Pomegranate Lifewater (30 fl oz.)	0	0	0	0	0	0	170	0	0	0	0
Tropicana® Fruit Punch (16 fl oz.)	130	0	0	0	0	0	30	36	0	36	0
Tropicana® Fruit Punch (30 fl oz.)	260	0	0	0	0	0	60	70	0	70	0
Tropicana® Orange Twister (16 fl oz.)	130	0	0	0	0	0	30	37	0	36	0
Tropicana® Orange Twister (30 fl oz.)	260	0	0	0	0	0	60	73	0	70	0
Water	0	0	0	0	0	0	0	0	0	0	0
House-Made Milkshakes											
Cold Brew Coffee Milkshake	610	280	32	20	1	105	200	72	1	59	11
Hershey's® Chocolate Milkshake	680	290	32	21	1	105	210	88	2	72	12
OREO® Cookie Milkshake	770	360	40	23	1	105	370	90	1	64	13
Strawberry Milkshake	600	280	32	20	1	105	200	70	1	57	11
Vanilla Milkshake	610	280	31	20	1	105	190	71	0	60	11
Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values. Items may vary by restaurant, may not be available at all locations, and are subject to change. Applicable only in the U.S.A. Menu items, ingredients and preparation may differ outside the U.S.A.											
This information applicable 4/15/19 through 9/15/19.											
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