

Elmer's[®]
breakfast • lunch • dinner

**nutrition
guide**





Nutritional values may vary based on quantity of ingredients, serving size or customization of order. The nutritional analysis is based on information collected from ERI product vendor labels in addition to the use of a nutritional data base.

Breakfast	Calories	Sat Fat (g)	Trans Fat (g)	Carb (g)	Sodium (mg)
Mountain Lodge Omelets					
Dungeness Crab & Shrimp Omelet	700	13	0	7	1190
Farmstand Vegetable Omelet	410	8	0	9	410
"Looking for Sun" Omelet	590	13	0	8	1070
Farmer's Omelet	770	16	0	23	1650
Classic Ham And Cheddar Omelet	570	14	0	6	1580
Classic Bacon And Cheddar Omelet	590	15	0	2	1300
Classic Sausage And Cheddar Omelet	740	20	0	5	1510
Mr. Elmer's Omelet	700	15	0	11	1700
Denver & Tillamook Cheddar Omelet	550	13	0	7	1240
Willamette Valley Omelet	590	11	0	6	610
The Ranch Breakfast					
Smokehouse Bacon & Eggs	270	6	0	1	890
Honey Cured Ham & Eggs	240	3	0	5	1060
Zenner's Pork Sausage Links & Eggs	420	11	0	4	1100
Daily's Pork Sausage Patty & Eggs	480	13	0	1	850
Zenner's Chicken Apple Sausage Links & Eggs	320	4.5	0	2	350
Two Egg Breakfast	150	3	0	1	140
Zenner's German Sausage and Eggs	380	8	0	8	1410
German Pancakes:					
Classic German Pancake Combo					
Classic German Pancake	590	7	0	78	340
Served with Whipped Butter	190	14	0	0	180
Served with Two Farm Fresh AA Eggs	140	3	0	1	140
With your choice of:					
Daily's Smokehouse Bacon-3 Slices	120	3	0	0	750
Honey-Cured Ham-3 ounces	90	0	0	5	920
Daily's Sausage Patty-2 Patties	400	14	0	2	800
Zenner's Country Pork Sausage Links -3 links	270	8	0	3	960
Zenner's Chicken Apple Sausage Links-2 links	180	1.5	0	1	210
With your choice of:					
Maple Syrup - 2oz	210	0	0	52	25
Marionberry Syrup 2oz	90	0	0	40	40
Classic Dutch Baby	590	7	0	78	340
Served with Whipped Butter	190	14	0	0	180
Apple Dutch Baby	1010	14	0	160	540
Triple-Berry Butch Baby	760	7	0	120	340
Strawberry Dutch Baby	900	7	0	159	360
Pioneer -Style Favorites					
Bacon & Tillamook Potato Cakes & Eggs	1130	26	0	29	2370
The Hungry Rancher	680	14	0	8	2270
w/Buttermilk Biscuit and Butter	480	25	0	35	1050
With your choice of:					
Northwest Hash browns	370	5	0	28	230
Seasonal Fresh Fruit	40	0	0	9	15
Oregon Trail Steak & Eggs	960	27	0	2	1020
w/Buttermilk Biscuit and Butter	480	25	0	35	1050
With your choice of:					
Northwest Hash browns	370	5	0	28	230
Seasonal Fresh Fruit	40	0	0	9	15
Mountain Lodge Breakfast	440	2	0	78	0
Served With Brown Sugar	110	0	0	28	10
Served With Buttermilk Biscuit and Butter	480	25	0	35	1050
With your choice of:					
Raisins	90	0	0	0	5
2% Milk (3oz)	50	1	0	5	45
Country Biscuit Breakfast	1020	25	0	74	1830
With your choice of:					
Daily's Smokehouse Bacon-3 Slices	120	3	0	0	750
Honey-Cured Ham-3 ounces	90	0	0	5	920
Daily's Sausage Patty-2 Patties	400	14	0	2	800
Zenner's Country Pork Sausage Links -3 links	270	8	0	3	960
Zenner's Chicken Apple Sausage Links-2 links	180	1.5	0	1	210
Chicken Fried Steak & Eggs	760	10	0	43	1720
Buttermilk Biscuit and Butter	480	25	0	35	1050
With your choice of:					
Northwest Hash browns	370	5	0	28	230
Seasonal Fresh Fruit	40	0	0	9	15

Pancake & French Toast Combos:					
Elmer's Famous Buttermilk Pancakes Combo	720	3.5	0	104	1740
Served with Whipped Butter	190	14	0	0	180
Triple Berry Pancakes Combo	960	8	0	149	1780
Strawberry Pancakes Combo	1020	8	0	166	1790
Northwest Apple Pancakes with Maple Caramel Sauce Combo	1100	11	0	176	1920
Oregon Hazelnut Pancakes Combo	1040	5	0	125	1740
Served with Whipped Butter	190	14	0	0	180
Cinnamon Swirl French Toast Combo	1110	12	0	127	500
Served with Whipped Butter	190	14	0	0	180
Northwest Blueberry Pancakes Combo	830	3.5	0	132	1740
Served with Whipped Butter	190	14	0	0	180
Yukon French Toast Combo	580	5	0	49	420
Served with Whipped Butter	190	14	0	0	180
Strawberry French Toast Combo	760	6	0	94	440
Triple Berry French Toast Combo	700	6	0	77	430
Maple-Caramel Apple French Toast Combo	900	12	0	107	600
Pancake and French Toast Combos Include:					
Two Farm Fresh AA Eggs	140	3	0	1	140
With Your Choice of:					
Daily's Smokehouse Bacon-3 Slices	120	3	0	0	750
Honey-Cured Ham-3 ounces	90	0	0	5	920
Daily's Sausage Patties- 2 patties	400	14	0	0	800
Zenner's Country Pork Sausage Links -3 links	270	8	0	3	960
Zenner's Chicken Apple Sausage Links-2 links	180	1.5	0	1	210
With your Choice of:					
Maple Syrup - 2oz	210	0	0	52	25
Marionberry Syrup 2oz	90	0	0	40	40
Crepe & Waffle Combos					
Classic Waffle	270	6	0	26	440
Served with Whipped Butter	190	14	0	0	180
With your choice of:					
Maple Syrup - 2oz	210	0	0	52	25
Marionberry Syrup 2oz	90	0	0	40	40
Berry Waffle w/Triple berry	440	9	0	73	440
Berry Waffle w/Strawberry	420	6	0	80	450
Apple Waffle	620	16	0	92	620
Berry Festival Crepes - With Strawberry	710	11	0	97	680
Berry Festival Crepes - With Triple Berry	650	11	0	80	680
Apple Festival Crepes	930	22	0	115	850
With your choice of:					
Served with Two Farm Fresh AA Eggs	140	3	0	1	140
Daily's Smokehouse Bacon-3 Slices	120	3	0	0	750
Honey-Cured Ham-3 ounces	90	0	0	5	920
Daily's Sausage Patties- 2 patties	400	14	0	0	800
Zenner's Country Pork Sausage Links -3 links	270	8	0	3	960
Zenner's Chicken Apple Sausage Links-2 links	180	1.5	0	1	210
Bountiful Benedicts					
Classic Eggs Benedict	600	10	0	31	1730
Avocado Benedict	680	11	0	41	600
Dungeness Crab Benedict	640	11	0	30	1260
Omelets, Ranch Breakfast, and Benedicts are served with Buttermilk Biscuit and Butter	480	25	0	35	1050
Served with your Choice of:					
Northwest Hash browns	370	5	0	28	230
Seasonal Fresh Fruit	50	0	0	16	15

Cascade Skillets					
Saturday Market Skillet	1020	20	0	54	1790
Potato Pancake & Sausage Skillet	970	27	0	18	2270
Country Cousin Skillet	1400	24	0	83	1860
Northwest Garden Skillet	670	10	0	31	1690
Cascade Skillets are served with:					
w/Buttermilk Biscuit and Butter	480	25	0	35	1050
Accompaniments & Sides					
Buttermilk Biscuits & Gravy -Two Biscuits	880	32	0	90	2920
Buttermilk Biscuits & Gravy - One Biscuit	440	16	0	45	1460
Famous Buttermilk Pancakes-4 cakes	910	17	0	104	1920
Famous Buttermilk Pancakes-2 cakes	550	16	0	52	1050
Northwest Blueberry Pancakes-4 cakes	1030	17	0	132	1920
Northwest Blueberry Pancakes-2 cakes	640	16	0	73	1050
Yukon French Toast-3 Slices-French Toast Only	740	19	0	47	580
Yukon French Toast-2 Slices-French Toast Only	660	19	0	36	450
Triple Berry Festival Crepes-2	540	11	0	53	670
Strawberry Festival Crepes-2	710	11	0	97	690
Triple Berry Festival Crepes-1	340	9	0	31	370
Strawberry Festival Crepes-1	510	9	0	75	390
Cinnamon Swirl French Toast	1290	25	0	127	660
Elmer's Classic Waffle	270	6	0	26	440
Snoqualmie Falls Oatmeal	440	2	0	78	0
Served with Brown Sugar	110	0	0	28	10
Served with 2% Milk (3oz)	50	1	0	5	45
Buttermilk Biscuit with Butter	480	25	0	35	1050
Wheat	180	0	0	36	400
White	220	0	0	42	400
Sourdough	260	0	0	46	540
Toasted English Muffin	130	0	0	25	250
Margarine	140	3.5	0	0	170
Daily's Smokehouse Bacon-3 Slices	120	3	0	0	750
Honey-Cured Ham-3 ounces	90	0	0	5	920
Daily's Sausage Patty-2 patties	400	14	0	2	800
Zenner's Country Pork Sausage Links -3 links	270	8	0	3	960
Zenner's Chicken Apple Sausage Links-2 links	180	1.5	0	1	210
Fresh Fruit Bowl	170	0	0	44	30

Farmer's Market Salads					
Organic Greens with Smoked-Grilled Chicken (includes dressing)	900	19	0	43	1010
Organic Greens with Smoked-Grilled Chicken - Lighter Serving (includes dressing)	730	17	0	42	700
Caesar Salad with Grilled Chicken (includes dressing)	1230	22	0	38	2580
Caesar Salad with Grilled Chicken - Lighter Serving (includes dressing)	830	15	0	26	1660
Caesar Salad with Grilled Shrimp (includes dressing)	1230	23	0	39	2320
Caesar Salad with Grilled Shrimp - Lighter Serving (includes dressing)	830	15	0	26	1530
Northwest Cobb Salad (Served with choice of dressing - Not Included)	660	12	0	21	1510
Northwest Cobb Salad - Lighter Serving (Served with choice of dressing - Not Included)	380	7	0	12	790
Ranch Chicken Salad (includes dressing)	1180	25	0	45	2850
Ranch Chicken Salad - Lighter Serving (includes dressing)	780	17	0	27	1650
Dungeness Crab BLT Salad (Served with choice of dressing - Not Included)	520	6	0	21	1280
Dungeness Crab BLT Salad - Lighter Serving (Served with choice of dressing - Not Included)	320	4	0	12	720
Mesquite-Grilled Tortilla Salad w/Grilled Shrimp (includes dressing)	1180	12	0	82	1870
Mesquite-Grilled Tortilla Salad- w/Grilled Shrimp Lighter Serving (includes dressing)	660	6	0	47	1290
Mesquite-Grilled Tortilla Salad w/Chicken (includes dressing)	1200	13	0	81	2170
Mesquite-Grilled Tortilla Salad-Lighter Serving w/Chicken (includes dressing)	670	7	0	46	1440
Yellow Bowl Dinner Salad (Served with choice of dressing - Not Included)	100	0	0	15	200
Salad Dressings:					
Ken's Blue Cheese Dressing - 2oz	360	5	0	2	480
Ken's Caesar Dressing - 2oz	380	6	0	2	820
Ken's Honey Mustard Dressing - 2oz	260	3	0	14	420
Ken's Ranch Dressing - 2oz	200	3	0	2	540
Ken's Oriental Sesame Dressing - 2oz	180	1	0	24	640
Ken's Thousand Island Dressing - 2oz	260	4	0	9	450
ERI House Made Vinaigrette Dressing - 2oz	360	6	0	2	280
Northwest Kettle Soups					
Ivar's Famous Clam Chowder- Cup	290	12	0	22	490
Ivar's Famous Clam Chowder- Bowl	570	23	0	45	1180
Oyster Crackers - 1 pkg	70	0.5	0	11	85
Rainy Day Turkey Noodle Soup - Cup	80	0	0	7	710
Rainy Day Turkey Noodle Soup - Bowl	150	0	0	14	1430
Nabisco Saltine Crackers	25	0	0	4.5	90
The "Double S" Combo					
Ivar's Famous Clam Chowder - Bowl	570	23	0	45	1180
Rainy Day Turkey Noodle Soup - Bowl	150	0	0	14	1430
Yellow Bowl Salad	100	0	0	15	200
Seasonal Soup - TBD					
Dockside Baskets					
Beer Batter Fish & Chips					
Beer Batter Cod	690	5	0	62	2020
Served with Tartar Sauce	200	3	0	8	500
Butterflied Shrimp & Chips					
Butterflied Shrimp	460	3	0	42	1980
Served with Cocktail Sauce	45	0	0	10	750
Golden Chicken Strips & Chips					
Golden Chicken Strips	620	4.5	0	50	2110
Served with Ranch Dipping Sauce	200	3	0	2	540
Wild Salmon & Chips					
Wild Salmon	700	6	0	52	2130
Served with Tartar Sauce	200	3	0	8	500
Seafood Feast & Chips					
Seafood Feast (Cod, Salmon & Shrimp)	830	1	0	77	2710
Served with Tartar Sauce	200	3	0	8	500
Served with Cocktail Sauce	45	0	0	10	750
Baskets Include:					
Northwest Fries	400	5	0	40	830
Creamy Coleslaw	120	1	0	11	320
Served with Your Choice of:					
Ivar's Famous Clam Chowder- Cup	290	12	0	22	490
Rainy Day Turkey Noodle Soup - Cup	80	0	0	7	710
Yellow Bowl Salad	100	0	0	15	200

High Country Burgers					
Tillamook® Cheddar & Bacon Burger	1060	20	0	47	2190
Tillamook® Cheddar Cheese Burger	980	18	0	47	1690
Base Camp Burger	870	12	0	47	1520
Bumbershoot Burger	1060	18	0	45	1180
Mt. Rainier Burger	1000	17	0	48	1240
Veggie Burger	520	3.5	0	59	1180
With Your Choice of:					
Swiss Cheese	110	5	0	1	60
Cheddar Cheese	110	6	0	0	170
Ranchhouse Burger	980	18	0	65	2040
All Sandwiches include Dill Pickle Spear	5	0	0	1	340
Served With Your Choice of:					
Northwest Fries	400	5		40	830
Cottage Cheese	120	1	0	11	320
Creamy Coleslaw	120	1	0	11	320
Walla Walla Onion Rings	360	2.5		62	780
Ivar's Famous Clam Chowder- Cup	290	12	0	22	490
Rainy Day Turkey Noodle Soup - Cup	80	0	0	7	710
Yellow Bowl Salad	100	0	0	15	200
Adventures in Appetizers					
BBQ Chicken Quesadilla	820	28	0	39	1650
Served With BBQ Sauce	120	0	0	30	780
Sampler Platter	1300	15	0	158	3620
Served With Ranch Dipping Sauce	200	3	0	2	540
Served with Cocktail Sauce	390	6	0	0	310
Served With Zesty Marinara Dipping Sauce	30	0	0	4	180
O' So Sweet Onion Rings	480	3	0	82	1040
Served With Ranch Dipping Sauce	200	3	0	2	540
Crispy Zucchini Logs	680	3.5	0	114	1480
Served With Ranch Dipping Sauce	200	3	0	2	540
Meltdown Mozzarella	830	20	0	64	2080
Served With Zesty Marinara Dipping Sauce	30	0	0	4	180
Deep Fried Shrimp	460	3	0	42	1980
Served with Cocktail Sauce	390	6	0	0	310
Mountain High Sandwiches					
The Cascade Club	1040	18	0	77	3170
Freshly Roasted Turkey Sandwich	780	6	0	72	1860
Sun Valley Grilled Chicken Sandwich	1240	28	0	73	2390
Smokehouse BLTA	900	9	0	80	1900
Prime Rib Dip	670	7	0	65	1830
Prime Rib Dip w/Cheese & Onion	920	19	0	65	2170
Grilled Sandwiches					
Patty Melt -Whole Sandwich	950	23	0	46	1100
Grilled Smokehouse Bacon, Cheddar & Tomato - Whole Sandwich	690	16	0	48	1380
Grilled Tillamook® Cheddar & Roast Turkey - Whole Sandwich	740	17	0	46	1570
Grilled Honey-Cured Ham & Cheddar -Whole Sandwich	720	14	0	52	2100
Grilled Avocado, Swiss Cheese & Tomato - Whole Sandwich	770	15	0	59	670
All Mountain High Sandwiches and Grilled Sandwiches include Dill Pickle Spear	5	0	0	1	340
Served With Your Choice of:					
Northwest Fries	400	5	0	40	830
Cottage Cheese	120	1	0	11	320
Creamy Coleslaw	120	1	0	11	320
Substitute:					
Walla Walla Onion Rings	360	2.5	0	62	780
Ivar's Famous Clam Chowder- Cup	290	12	0	22	490
Rainy Day Turkey Noodle Soup - Cup	80	0	0	7	710
Yellow Bowl Salad	100	0	0	15	200

Rancher's Prime Rib					
Rock Salt Prime Rib - 9oz	580	12	0	0	180
Rock Salt Prime Rib - 12oz	770	16	0	0	240
Served with Au Jus	5	0	0	0	360
Served with Horseradish Sauce	60	0	0	11	400
Served with Onion Rings (2)	120	0.5	0	21	260
Served with Seasonal Farmstand Vegetables	250	14	0	7	230
Served With Your Choice of:					
Northwest Fries	400	5	0	40	830
Baked Potato	160	0	0	37	15
With Sour Cream	50	3	0	2	35
With Butter	190	14	0	0	180
With Freshly Chopped Chives	0	0	0	0	0
Yukon Gold Mashed Potatoes	280	11	0	27	690
Ivar's Famous Clam Chowder- Cup	290	12	0	22	490
Rainy Day Turkey Noodle Soup - Cup	80	0	0	7	710
Yellow Bowl Salad	100	0	0	15	200
Add Your Choice:					
Deep Fried Shrimp	400	3	0	35	1650
Served with Cocktail Sauce	45	0	0	10	750
With Your Choice of Garlic Grilled Shrimp Skewers	330	14	0	1	380
Pike Place Seafood					
Wild Salmon with Classic Hollandaise	760	23	0	4	480
Hazelnut-Crusted Alaskan Cod	520	24	0	5	460
Served with Tartar Sauce	200	3	0	8	500
Fireside Favorites					
Chuckwagon Slow-Roasted Pot Roast	950	31	0	56	3100
Oregon Trail Flat Iron Steak	460	7	0	2	630
Served with Garlic Butter Garnish	200	14	0	0	200
Served with Onion Rings - 2	120	0.5	0	21	260
Pioneer Chicken Fried Steak	620	7	0	44	2110
Yukon Gold Mashed Potatoes	280	11	0	27	690
Served with Country Gravy					
Fresh-Roasted Turkey Breast Dinner	1030	28	0	85	2740
Dungeness Crab & Shrimp Pasta	1310	47	0	86	1950
Chicken Alfredo	1090	34	0	83	1870
Served with your choice of:					
Ivar's Famous Clam Chowder- Cup	290	12	0	22	490
Rainy Day Turkey Noodle Soup - Cup	80	0	0	7	710
Yellow Bowl Salad	100	0	0	15	200

Honored Guests & Lighter Fare					
Breakfast Favorites	Calories	Sat Fat (g)	Trans Fat (g)	Carb (g)	Sodium (mg)
Chicken Fried Steak & Egg	590	7	0	34	1370
Served with Buttermilk Biscuit and Butter	480	25	0	35	1050
Half-Acre Ranch Breakfast -Bacon	150	3.5	0	0	570
Half-Acre Ranch Breakfast-Ham	160	1.5	0	5	990
Half-Acre Ranch Breakfast -Sausage Link	250	7	0	2	710
Half-Acre Ranch Breakfast-Sausage Patty	270	9	0	1	470
Half-Acre Ranch Breakfast-Chicken Apple Sausage Links	160	2.5	0	1	180
Half-Acre Ranch Breakfast-German Sausage	300	6	0	7	1340
Two Egg Breakfast	140	3	0	1	140
Served with Buttermilk Biscuit and Butter	480	25	0	35	1050
Breakfast Sandwich	820	20	0	47	1520
Classic Ham & Tillamook 2- Egg Omelet	460	13	0	4	1170
Denver & Tillamook 2-Egg Omelet	320	7	0	4	650
Dungeness Crab & Shrimp 2-Egg Omelet	450	8	0	6	860
Farmstand Vegetable Omelet	410	8	0	9	410
Looking for Sun 2-Egg Omelet	370	7	0	6	570
Farmer's 2-Egg Omelet	560	11	0	14	1500
Willamette Valley 2-Egg Omelet	350	5	0	4	350
Mr. Elmer's 2 -Egg Omelet	440	9	0	8	810
Egg Benedict	300	5	0	16	860
Avocado Benedict	340	5	0	20	300
Dungeness Crab Benedict	320	5	0	15	630
Served With Your Choice of:					
Northwest Hash Browns	370	5	0	28	230
Seasonal Fresh Fruit	40	0	0	9	15
Lunch & Dinner Favorites					
Beer-Batter Fish & Chips	410	3.5	0	33	1240
Served with Tartar Sauce	200	3	0	8	500
Wild Salmon & Chips	550	4	0	52	2100
Served with Tartar Sauce	200	3	0	8	500
Baskets Include:					
Northwest Fries	400	5	0	40	830
Creamy Coleslaw	120	1	0	11	320
Tillamook® Cheddar & Bacon Burger	580	12	0	36	1140
Tillamook® Cheddar Cheese Burger	540	11	0	36	890
Base Camp Burger	430	5	0	36	720
High Country Burgers Served With Your Choice of:					
Northwest Fries	400	5	0	40	830
Cottage Cheese	120	1	0	11	320
Creamy Coleslaw	120	1	0	11	320
Soup 'N Sandwich					
Served With Your Choice of:					
Roasted Turkey Sandwich - Half	380	3	0	36	920
Classic Ham & Swiss - Half	480	7	0	40	1240
Ivar's Famous Clam Chowder- Cup	290	12	0	22	490
Oyster Crackers - 1 pkg	70	0.5	0	11	85
Rainy Day Turkey Noodle Soup - Cup	80	0	0	7	710
Nabisco Saltine Crackers	25	0	0	4.5	90
Fireside Favorites					
Pioneer Chicken-Fried Steak	550	7	0	36	1860
Served with Yukon Gold Mashed Potatoes	280	11	0	27	690
Served with Seasonal Farmstand Vegetables	250	14	0	7	230
Wild Hazelnut-Crusted Alaskan Cod	470	24	0	5	420
Served with Tartar Sauce	200	3	0	8	500
Seasonal Farmstand Vegetables	250	14	0	7	230
Rice Pilaf	270	1	0	44	470
Fireside Favorites Are Served With Your Choice of:					
Ivar's Famous Clam Chowder- Cup	290	12	0	22	490
Rainy Day Turkey Noodle Soup - Cup	80	0	0	7	710
Yellow Bowl Salad	100	0	0	15	200
Fresh-Roasted Turkey Breast Dinner (Includes Potatoes, Gravy, Stuffing , Vegetables and Cranberries)	720	24	0	54	1880
Chicken Breast Dinner	1080	45	0	51	1580
Chuckwagon Slow-Roasted Choice Pot Roast	520	18	0	29	1600

Cold Beverages					
Milk - Small	110	2.5	0	11	110
Milk - Large	240	6	0	24	230
Chocolate Milk - 2% - Small	170	2.5	0	27	140
Milk Shakes					
Vanilla	630	24	0	71	280
Chocolate	830	24	0	119	330
Strawberry	740	24	0	100	280
Triple Berry	800	24	0	116	290
Thomas Kemper™ Root Beer	160	0	0	41	45
Soft Drinks					
Pepsi	200	0	0	55	40
Diet Pepsi	0	0	0	0	50
Mountain Dew	230	0	0	62	85
Sierra Mist	190	0	0	52	45
Fresh Brewed Ice Tea	0	0	0	0	0
Blender Strawberry Lemonade	270	0	0	70	0
Sun Orchard Lemonade	170	0	0	42	0
Arnold Palmer	80	0	0	21	0
Peach Ice Tea	70	0	0	18	0
Raspberry Iced Tea	100	0	0	25	0
Juices					
Sun Orchard Fresh Squeezed Orange Juice-Small	100	0	0	23	0
Sun Orchard Fresh Squeezed Orange Juice -Large	210	0	0	48	0
Tree Top Three Blend Apple Juice -Small	110	0	0	26	10
Tree Top Three Blend Apple Juice -Large	230	0	0	56	20
Ocean Spray 100% White Grapefruit Juice -Small	80	0	0	20	0
Ocean Spray 100% White Grapefruit Juice -Large	180	0	0	43	0
Ocean Spray 100% Cranberry Juice Cocktail-Small	120	0	0	30	0
Ocean Spray 100% Cranberry Juice Cocktail-Large	260	0	0	64	10
V8 Vegetable Juice-Small	40	0	0	8	350
V8 Vegetable Juice-Large-Large	90	0	0	18	740
Campbell's Tomato Juice-Small	45	0	0	9	600
Campbell's Tomato Juice-Large	90	0	0	19	1280
Hot Beverages					
Northwest Lodge Blend® Coffee	0	0	0	0	0
French Vanilla Cappuccino	110	3	0	24	45
Hot Chocolate	110	2.5	0	23	100
Premium or Herb Tea	0	0	0	0	5
Beer & Wine					
With the exception of the those specifically listed below, the following are typical values for alcoholic beverages as listed on Oregon House Bill 2726:					
Wine (4oz Serving)	122	0	0	4	7
Regular Beer (12oz)	153	0	0	13	14
Light Beer (12oz)	103	0	0	6	14
Red Hood ESB, WA - 12oz	179				
Widmer Hefeweizen - 12oz	156				
Deschutes Mirror Pond -12oz	170				
BudLight - 12oz	110				
Coors Light - 12oz	102				
Budweiser - 12oz	145				
Desserts	Calories	Sat Fat (g)	Trans Fat (g)	Carb (g)	Sodium (mg)
Seasonnal Fruit Crumble w/Ice Cream	620	15	0	100	310
Milk Shakes					
Vanilla	630	24	0	71	280
Chocolate	830	24	0	119	330
Strawberry	800	24	0	100	280
Triple-Berry	740	24	0	99	280
Ice Cream Sundae					
Chocolate	700	21	0	106	200
Strawberry	590	21	0	80	160
Triple-Berry	560	21	0	72	150

Oregon

Albany

2802 Santiam Hwy.
Albany, OR 97321
(541) 928-4227

Beaverton - Cornell Oaks

1250 NW Waterhouse Ave
Beaverton, OR 97006
(503) 466-9699

Clackamas

16087 SE 82nd Dr.
Clackamas, OR 97015
(503) 655-5656

Corvallis

1115 NW 9th
Corvallis, OR 97330
(541) 757-6690

Delta Park

9848 N. Whitaker Rd.
Portland, OR
(503) 289-9848

Gresham

1590 NE Burnside
Gresham, OR 97030
(503) 665-5144

Grants Pass

175 Agness
Grants Pass, OR 97526
(541) 474-0740

Hillsboro

390 SW Adams St.
Hillsboro, OR 97123
(503) 640-3090

Klamath Falls

3030 S. 6th St.
Klamath Falls, OR 97603
(541) 882-1881

Idaho

Boise

1385 Capitol Blvd.
Boise, ID 83706
(208) 343-5714

Coeur d'Alene

300 W. Neider Ave.
Coeur d'Alene, ID 83815
(208) 665-7148

Washington

Fife

5402 Pacific Hwy E
Fife, WA 98424
(253) 926-3144

Mill Plain

11310 SE Mill Plain Blvd.
Vancouver, WA 98684
(360) 256-0808

California

Palm Springs

1030 E. Palm Canyon Dr.
Palm Springs, CA 92264
(760) 327-8419

Mall 205

9660 SE Stark St.
Portland, OR 97216
(503) 256-0333

Medford

2000 Biddle Rd.
Medford, OR 97501
(541) 772-2000

Parkrose

10001 N.E. Sandy Blvd.
Portland, OR 97220
(503) 256-2150

Roseburg

1440 NW Mulholland
Roseburg, OR 97470
(541) 673-0021

Salem

3950 Market St., SE
Salem, OR 97301
(503) 363-3950

Springfield

3350 Gateway
Springfield, OR 97477
(541) 726-1261

Tigard

14055 SW Pacific Hwy.
Tigard, OR 97224
(503) 620-6440

Woodburn

255 Arney Road
Woodburn, OR 97071
(503) 982-2255

Pocatello

851 S. 5th Avenue
Pocatello, ID 83201
(208) 232-9114

Tacoma

7427 So. Hosmer
Tacoma, WA 98408
(253) 473-0855

Vancouver Mall

SR-500 at Andresen
Vancouver, WA 98661
(360) 260-1008