

NUTRITIONAL MENU

BEVERAGES

MILK & JUICES			
ITEM		CALORIES	PRICE
1% Milk	Sm	150	1.99
	Lg	200	2.19
Chocolate Milk	Sm	210	1.99
	Lg	280	2.19
Vanilla Almond Milk	Sm	130	2.49
	Lg	170	2.99
Apple Juice	Sm	80	1.99
	Reg	170	2.29
	Lg	220	2.59
Cranberry Juice	Sm	100	1.99
	Reg	210	2.29
	Lg	280	2.59
Orange Juice	Sm	70	1.99
	Reg	150	2.29
	Lg	180	2.59
V8® Juice	Sm	35	1.99
	Reg	70	2.29
	Lg	100	2.59

LEMONADES			
ITEM		CALORIES	PRICE
Lemonade		100	2.19
Strawberry Lemonade		130	2.99

FOUNTAIN BEVERAGES			
ITEM		CALORIES	PRICE
Caffeine-Free Diet Pepsi®		0	2.19
Dr Pepper®		100	2.19
Gatorade®		70	2.19
Mist Twist®		110	2.19
Mountain Dew®		120	2.19
Mug Root Beer®		120	2.19
Pepsi®		130	2.19

HOT BEVERAGES			
ITEM		CALORIES	PRICE
Chai Tea	Hot	80	2.99
	Iced	80	2.99
Coffee	Decaf	0	2.29
	Regular	0	2.29
Decaf Hot Tea		0	1.99
Green Hot Tea		0	1.99
Hot Chocolate		470	2.99
Regular Hot Tea		0	1.99

ICED TEAS			
ITEM		CALORIES	PRICE
Arnold Palmer		60	2.19
Raspberry Iced Tea		90	2.19
Sugar-Free Peach Tea		0	1.99
Sweet Tea		100	1.99
Unsweetened Tea		0	1.99

SALAD ENTRÉES

SALADS			
ITEM		CALORIES	PRICE
Buffalo Chicken Salad	Grilled Chicken	590	9.49
	Crispy Chicken	990	9.49
	Classic Eat'n Park® Salad	510	9.49
Greek Chicken Salad	Grilled Chicken	380	9.49
	Crispy Chicken	890	9.49
	Herb-Crusted Chicken	600	9.99
Shaved Rib-Eye		750	9.49
	Herb-Crusted Chicken	470	9.99

SALAD DRESSING			
ITEM		CALORIES	PRICE
Balsamic Vinaigrette		120	-
Bleu Cheese		320	-
Greek Vinaigrette		180	-
Italian		250	-
Ranch		200	-
Thousand Island		200	-

MISC.			
ITEM		CALORIES	PRICE
Bleu Cheese Crumbles		140	0.50

SOUPS

SOUPS			
ITEM		CALORIES	PRICE
Chicken Noodle	Cup	140	2.99
	Bowl	270	3.49
	Quart	720	6.99
Chili	Cup	120	2.99
	Bowl	250	3.49
	Quart	660	6.99
Clam Chowder	Cup	210	2.99
	Bowl	420	3.49
	Quart	1120	6.99
Cream of Broccoli	Cup	150	2.99
	Bowl	300	3.49
	Quart	800	6.99
Potato	Cup	160	2.99
	Bowl	320	3.49
	Quart	840	6.99
Wedding	Cup	120	2.99
	Bowl	250	3.49
	Quart	660	6.99

APPETIZERS

APPETIZERS			
ITEM		CALORIES	PRICE
Basket of Loaded Fries		1850	4.99
Chicken Quesadilla		1070	6.99
Fresh Potato Chips		620	4.99
Fried Cheese Sticks		590	4.99
Fried Ravioli		480	6.99
Hand-Breaded Zucchini		620	4.99
Mac'n Cheese Bites		690	5.99
Pretzel Sticks		730	5.99

APP DIPPING SAUCES			
ITEM		CALORIES	PRICE
Alfredo		190	-
Beer Cheese		120	-
Buffalo Ranch		250	-
Buffalo Sauce		0	-
Honey Mustard		210	-

BUILD YOUR OWN APP 8.79			
ITEM		CALORIES	PRICE
Base	Chips and Marinara	390	-
	Chips and Ranch	640	-
+ Even More Chips		310	-
+ Fried Cheese Sticks		250	-
+ Fried Ravioli		280	-
+ Hand-Breaded Zucchini		230	-
+ Mac'n Cheese Bites		290	-
+ Onion Rings		160	-
+ Potato Pancakes		160	-
+ Pretzel Sticks		370	-

+ Items are additional to the base of the Build Your Own Appetizer Platter

BREAD

BREAD			
ITEM BY PORTION SIZE		CALORIES	PRICE
Bagel		300	1.29
Bagel w/ Cream Cheese		310	1.79
Buttermilk Biscuit	1	160	0.89
English Muffin		130	1.29
Garlic Toast		500	1.29
Gluten-Free Bun		250	2.00
Grilled Stickies		440	2.49
Honeybun	2	420	1.29
Italian		90	1.29
Potato Roll		140	1.29
Rye		120	1.29
Six Grain		80	1.29
Sourdough		350	1.29
White		130	1.29
Whole Wheat		160	1.29

MUFFINS			
ITEM		CALORIES	PRICE
Apple Harvest		220	1.29
Apple Raisin		250	1.29
Blueberry		240	1.29
Chocolate Chip		280	1.29
Corn		230	1.29
Cranberry Nut		270	1.29
Mocha Chip		220	1.29
Mocha Java		220	1.29
Pumpkin		280	1.29
Pumpkin Crème Filled		420	1.29
Pumpkin Raisin		260	1.29
Strawberry		270	1.29
Strawberry Filled		280	1.29

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

DINNER ENTRÉES

SEAFOOD			
ITEM		CALORIES	PRICE
Baked Cod	1	210	8.99
	2	410	10.99
Baked Lemon Sole	1	150	8.99
	2	310	10.99
Nantucket Cod	1	390	9.99
	2	780	12.99
Shrimp Dinner	6	430	10.99
	9	620	13.99
Fisherman's Platter		1020	13.99
Shrimp & Sirloin*		620	13.79
Shrimp & Chicken Tenders		730	13.49
Whale & Mac (Fridays only)		1080	8.99
Whale of a Cod Dinner		620	10.99
CHICKEN			
ITEM		CALORIES	PRICE
Chicken Fillets	4	650	9.49
	5	750	10.49
Grilled Chicken	1	180	7.99
	2	360	9.99
Herb-Crusted Chicken	1	270	9.99
	2	550	11.99
Rosemary Chicken	1	240	9.29
	2	470	11.29

ITALIAN			
ITEM		CALORIES	PRICE
Baked Chicken Parmigiana	Marinara Sauce	960	9.99
	Meat Sauce	1110	9.99
Chicken & Broccoli Alfredo	Grilled Chicken	870	10.29
	Herb-Crusted Chicken	970	10.79
Pasta (Half)	Marinara Sauce	310	7.29
	Meat Sauce	430	7.29
Pasta (Full)	Marinara Sauce	670	8.29
	Meat Sauce	840	8.29
Baked Ziti		740	8.99
Spicy Pepper Pasta		910	10.29
BEEF			
ITEM		CALORIES	PRICE
Smothered Ground Sirloin*		450	10.79

SANDWICHES

SANDWICHES			
<i>Prices are for sandwiches with one side.</i>			
ITEM		CALORIES	PRICE
Bacon Turkey Swiss		620	8.49
Buffalo Chicken Wrap	Bleu Cheese	1150	8.99
	Ranch	1070	8.99
Chargrilled Chicken		470	7.99
Chicken Fajita Flatbread		930	8.99
Chicken Quesadilla		1070	8.99
Crispy Chicken Club		1080	8.99
Grilled Cheese		720	6.99
Hot Turkey		500	7.49
Philly Cheesesteak		800	9.99
Reuben		1020	8.99
Shredded Pot Roast		540	7.99
Turkey Club		850	8.99
Whale of a Cod Sandwich		930	8.99

BURGERS

BURGERS		
<i>Prices are for burgers with one side. Calories for burgers do not include cheese, except for Superburgers.* Items will need to be added together for total calorie amounts.</i>		
ITEM	CALORIES	PRICE
American Grill Burger*	630	8.99
Bacon Cheeseburger*	670	8.99
Black Angus Superburger**	1040	9.79
Classic Burger* (No Cheese)	620	7.99
Cheeseburger*	620	8.49
Gardenburger	470	7.99
Mushroom & Onion Cheeseburger*	630	8.99
Original Superburger**	680	6.99
Turkey Burger*	660	7.99
BURGER CHEESE		
ITEM	CALORIES	PRICE
American	100	-
Cheddar	90	-
Pepper Jack	80	-
Swiss	110	-
BURGER MISC.		
ITEM	CALORIES	PRICE
Fried Egg	100	0.50

SIDES

LUNCH/DINNER SIDES		
ITEM	CALORIES	À LA CARTE PRICE
Cheese Fries	510	2.49
Fresh-Cut Fruit Cup	60	2.99
Garden Side Salad	90	2.99
Loaded Baked Potato	480	2.99
Mac'n Cheese (Fridays only)	450	2.99
Onion Rings	170	2.99
Applesauce	100	1.99
Baked Potato	190	1.99
Broccoli	40	1.99
Carrots	40	1.99
Corn	90	1.99
Cottage Cheese	100	1.99
French Fries	350	1.99
Fresh Potato Chips	210	1.99

LUNCH/DINNER SIDES			
ITEM	CALORIES	À LA CARTE PRICE	
Garden Rice	160	1.99	
Gravy Fries	370	1.99	
Hash Browns	290	1.99	
Home Fries	170	1.99	
Mashed Potatoes	110	1.99	
Mini Potato Pancakes	260	1.99	
Sugar Snap Peas	30	1.99	
Coleslaw	Side	120	1.99
	Pint	410	4.99
	Quart	810	6.99
Pasta Side	Marinara	340	2.99
	Meat Sauce	410	2.99
	Alfredo	440	3.49

DESSERTS

COOKIES			
ITEM		CALORIES	PRICE
Smiley* Cookie		240	0.89
ICE CREAM/SUNDAES			
ITEM		CALORIES	PRICE
Vanilla Ice Cream	1	120	1.79
	2	290	1.99
Caramel Sundae	1	260	2.79
	2	470	2.99
Chocolate Sundae	1	290	2.79
	2	550	2.99
Hot Fudge Sundae	1	280	2.79
	2	530	2.99
Oreo* Sundae		560	3.99
Turtle Sundae		950	3.99
SIGNATURE DESSERTS			
ITEM		CALORIES	PRICE
Grilled Stickies À La Mode		590	3.99
Molten Lava Cake		620	3.99

PIE SLICES		
ITEM	CALORIES	PRICE
Apple	390	2.99
Bananas Foster Crème	560	2.79
Blackberry	430	2.99
Chocolate Crème	470	2.79
Coconut Crème	470	2.79
Cranberry Apple	600	2.99
Dutch Apple	410	2.99
Lemon Meringue	250	2.79
Oreo* Crème	480	2.79
Peach	380	2.99
Peachberry	390	2.99
MILKSHAKES		
ITEM	CALORIES	PRICE
Chai Tea	600	3.99
Chocolate	620	3.49
Oreo*	810	3.99
Strawberry	600	3.49
Vanilla	610	3.99

*Items are cooked to order. The FDA requires us to inform you that even though raw and undercooked meats, seafood, and eggs may taste yummy, consuming them may increase your risk of foodborne illness. We cook everything to well done unless specified.

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BREAKFAST

BREAKFAST SANDWICHES		
ITEM	CALORIES	PRICE
All-American Scrambler*	610	6.99
French Scrambler*	770	6.49
GRIDDLE ITEMS		
ITEM	CALORIES	PRICE
Bananas Foster French Toast	2 440	5.99
	3 540	6.99
Blueberry Pancakes	2 330	4.99
	3 500	5.99
Buttermilk Pancakes	2 320	3.99
	3 480	4.99
Chocolate Chip Pancakes	2 420	4.99
	3 650	5.99
French Toast	2 300	3.99
	3 450	4.99
Grilled Stickies	390	2.49
Ground Sirloin* (For Ground Sirloin & Egg Smile)	400	8.99
Smiley® Belgian Waffle	270	5.79
OMELETTES		
<i>Calories for omelettes do not include cheese. Prices below are for Traditional Omelettes. Items will need to be added together for total calorie amounts.</i>		
ITEM	CALORIES	PRICE
Cheese	300	7.49
Ham & Cheese	460	8.49
Meat Lover's	550	9.29
Sausage & Pepper	500	8.99
Spinach Tomato	370	8.49
Veggie	330	8.49
Western	400	8.79
OMELETTE CHEESE		
ITEM	CALORIES	PRICE
American	160	-
Cheddar	120	-
Mozzarella	90	-
Pepper Jack	240	-
Swiss	160	-

EGGS		
ITEM	CALORIES	PRICE
Egg Whites*	1 60	-
	2 120	-
Over-Easy*	1 100	-
	2 200	-
Over-Hard*	1 100	-
	2 200	-
Over-Medium*	1 100	-
	2 200	-
Poached*	1 80	-
	2 150	-
Scrambled*	1 100	-
	2 200	-
BREAKFAST SIDES		
ITEM	CALORIES	PRICE
Bacon	1 35	-
	2 80	-
	3 110	2.49
Canadian Bacon	2 60	2.69
Sausage	2 250	-
	3 370	2.49
Turkey Sausage	2 70	-
	3 110	2.49
Fresh-Cut Fruit Cup	60	2.99
Hash Browns	290	1.99
Home Fries	170	1.99
Mini Potato Pancakes	260	1.99
BREAKFAST MISC.		
ITEM	CALORIES	PRICE
Bearclaw	480	2.79
Eggs Benedict*	460	8.29
Oatmeal & Fruit Combo	310	4.99
Sausage Gravy & Biscuits	490	3.99
Syrup	200	-

KID'S

KID'S BEVERAGES		
ITEM	CALORIES	PRICE
Caffeine-Free Diet Pepsi®	0	0.99
Dr Pepper®	60	0.99
Gatorade®	45	0.99
Mist Twist®	70	0.99
Mountain Dew®	70	0.99
Mug Root Beer®	70	0.99
Pepsi®	60	0.99
1% Milk	150	1.19
Chocolate Milk	210	1.19
Apple Juice	80	1.19
Cranberry Juice	100	1.19
Orange Juice	70	1.19
Lemonade	70	0.99
Raspberry Iced Tea	60	0.99
Strawberry Lemonade	90	1.19
Sweet Tea	70	0.99
Unsweetened Tea	0	0.99
Hot Chocolate	470	1.19
Chocolate Milkshake	620	2.49
Oreo® Milkshake	810	2.99
Strawberry Milkshake	600	2.49
Vanilla Milkshake	610	2.49
KID'S BREAKFAST 2.99		
<i>Items below are individual items for kid's breakfasts. Items will need to be added together for total calorie amounts.</i>		
ITEM	CALORIES	PRICE
Breakfast Giggle	Blueberry Pancakes 2 330	-
	Buttermilk Pancakes 2 320	-
	Chocolate Chip Pancakes 2 420	-
	French Toast Stick Stack 380	-
	Smiley® Belgian Waffle 270	-
Breakfast Giggle or Breakfast Smile Jr.	Bacon 2 80	-
	Sausage 2 250	-
	Turkey Sausage 2 70	-

KID'S LUNCH/DINNER		
ITEM	CALORIES	PRICE
Cheeseburger*	330	3.49
Chicken Fingers 2	380	3.49
Add 1 Chicken Finger	190	0.99
Corn Dog	610	3.49
Grilled Cheese	410	2.99
Grilled Chicken	180	3.99
Hamburger*	260	2.99
Mac'n Cheese	190	3.29
Mac'n Cheese Bites	470	3.99
Pizza	330	3.29
Pasta	Marinara Sauce 310	3.29
	Meat Sauce 430	3.29
KID'S SIDES		
ITEM	CALORIES	PRICE
Applesauce	50	0.99
Broccoli	40	0.99
Carrots	40	0.99
Coleslaw	60	0.99
Corn	90	0.99
Cottage Cheese	50	0.99
French Fries	170	0.99
Fruit Cup	30	0.99
Garden Rice	160	0.99
Garden Salad	80	0.99
Gelatin	110	0.99
Grapes	40	0.99
Home Fries	90	0.99
Mandarin Oranges	25	0.99
Mashed Potatoes	60	0.99
Onion Rings	80	0.99
Potato Chips	210	0.99
Potato Pancakes	180	0.99
Snap Peas	30	0.99
KID'S DESSERTS		
ITEM	CALORIES	PRICE
Vanilla Ice Cream 1 Scoop	120	0.99
Caramel Sundae	260	1.99
Chocolate Sundae	290	1.99
Hot Fudge Sundae	280	1.99

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SEASONAL

BREAKFAST		
ITEM	CALORIES	PRICE
Strawberry Waffle	370	6.49
Mixed Berry Waffle	470	6.99
APPETIZER		
ITEM	CALORIES	PRICE
Fried Pickles	220	5.99
+ Fried Pickles	110	-
SALADS		
ITEM	CALORIES	PRICE
Chicken & Strawberry Salad	250	9.49
Poppy and Sesame Seed Salad Dressing	260	-
DINNER ENTRÉES		
ITEM	CALORIES	PRICE
Chicken Bruschetta	1	330 9.99
	2	650 12.99

SIDES/MISC.			
ITEM		CALORIES	PRICE
FarmSource® Vegetable Soup	Cup	50	2.99
	Bowl	100	3.49
	Quart	260	6.99
Cold Brew Coffee		0	2.79
Side of Strawberries		50	2.99
Strawberry Bread		270	3.99
Zucchini Bread		170	3.99
DESSERTS			
ITEM		CALORIES	PRICE
Strawberry Sundae	1 scoop	260	2.79
	2 scoops	530	2.99
Cheesecake		420	3.00
Mocha Java Milkshake		580	3.99
Strawberry Cheesecake		500	3.75
Strawberry Pie		240	2.99

+ Items are additional to the base of the Build Your Own Appetizer Platter

SOUP, SALAD & FRUIT BAR

As Your Meal 8.99
In Place of One Side 2.75
Add to Your Meal 3.75
Add to Your Appetizer 4.75
Senior Salad Bar 6.99**
 **with beverage purchase

Kid's Salad Bar
Kid's 10 and Under Half-Price
Kid's 5 and Under Free!**
 **with an adult who has purchased the salad bar. One "free" kids' salad bar per adult only.

GREENS		
ITEM	PORTION SIZE	CALORIES
Mixed Greens	1 cup	10
Romaine	1 cup	10
Spinach	1 cup	5
Spring Mix	1 cup	5
FRUIT		
ITEM	PORTION SIZE	CALORIES
Apple	1 each	80
Banana	1 each	110
Cantaloupe	1 slice	10
Grapes	6-8 each	0
Honeydew	1 slice	10
Kiwi	1 slice	0
Mandarin Oranges	1/4 cup	20
Oranges	1 wedge	45
Peaches	1/4 cup	70
Pears	1/4 cup	35
Pineapple	1 slice	10
Strawberries	1 each	0
Watermelon	1 slice	15

DRESSING		
ITEM	PORTION SIZE	CALORIES
Balsamic Vinaigrette	2 Tbsp.	60
Balsamic Vinegar	1 Tbsp.	20
Bleu Cheese	2 Tbsp.	160
Caesar	2 Tbsp.	130
Creamy Italian	2 Tbsp.	110
Fat-Free French	2 Tbsp.	30
Homemade Italian	2 Tbsp.	250
Olive Oil	1 Tbsp.	130
Ranch	2 Tbsp.	200
Red Wine Vinegar	1 Tbsp.	0
Salad Oil	1 Tbsp.	120
Thousand Island	2 Tbsp.	110
CHEESE		
ITEM	PORTION SIZE	CALORIES
Bleu	1/4 cup	120
Cheddar	1/4 cup	120
Feta	1/4 cup	100

SOUP, SALAD & FRUIT BAR

FRESH SALAD TOPPINGS		
ITEM	PORTION SIZE	CALORIES
Bacon Bits	1/4 cup	80
Banana Peppers	1/4 cup	5
Beets	1/4 cup	15
Black Olives	1/4 cup	40
Broccoli	1/4 cup	10
Carrots	1/4 cup	10
Cauliflower	1/4 cup	5
Celery	1/4 cup	0
Chickpeas	1/4 cup	50
Corn & Bean Salad	1/4 cup	120
Cucumbers	1 slice	0
Diced Egg	1/4 cup	50
Green Olives	1/4 cup	50
Green Peppers	1/4 cup	5
Ham	1/4 cup	60
Mushrooms	1/4 cup	0
Pasta	1/4 cup	60
Peas	1/4 cup	30
Pickled Egg	1 each	70
Radish	1/4 cup	5
Red Onion	1/4 cup	10
Red Peppers	1/4 cup	5
Tomatoes	1 each	0
MISC.		
ITEM	PORTION SIZE	CALORIES
Butter	1 each	50
Chow Mein Noodles	1 Tbsp.	15
Club Crackers	1 pack	70
Cottage Cheese	1/4 cup	50
Croutons	1/4 cup	30
Dried Cranberries	1 Tbsp.	30
Pretzels	1/4 cup	40
Rice Pudding	1/4 cup	60
Saltine Crackers	1 pack	25
Sunflower Seeds	1 Tbsp.	45
YOGURT		
ITEM	PORTION SIZE	CALORIES
Blueberry	1/4 cup	60
Peach	1/4 cup	60
Plain	1/4 cup	45
Raspberry	1/4 cup	60
Strawberry	1/4 cup	60
Vanilla	1/4 cup	50

GELATIN		
ITEM	PORTION SIZE	CALORIES
Lemon	1/4 cup	220
Lime	1/4 cup	220
Orange	1/4 cup	210
MUFFINS		
ITEM	PORTION SIZE	CALORIES
Apple Harvest	1 each	70
Apple Raisin	1 each	60
Banana Nut	1 each	70
Blueberry	1 each	60
Chocolate Chip	1 each	70
Corn	1 each	60
Cranberry Nut	1 each	70
Mocha Java Chip	1 each	50
Pumpkin	1 each	70
Strawberry'n Crème	1 each	70
PUDDING		
ITEM	PORTION SIZE	CALORIES
Chocolate	1/4 cup	200
Coconut	1/4 cup	220
Pistachio	1/4 cup	220
Sugar-Free Chocolate	1/4 cup	180
Vanilla	1/4 cup	210
PREPARED SALADS		
ITEM	PORTION SIZE	CALORIES
Broccoli Salad	1/4 cup	40
Broccoli Slaw	1/4 cup	30
Caesar Salad	1/4 cup	30
Coleslaw	1/4 cup	45
Creamy Cucumber Salad	1/4 cup	20
Italian Pasta Salad	1/4 cup	90
Macaroni Salad	1/4 cup	100
Potato Salad	1/4 cup	120
Ranch Pasta Salad	1/4 cup	80
Roasted Vegetable Salad	1/4 cup	90
Tomato Cucumber Onion Salad	1/4 cup	45

Items listed for the Soup, Salad & Fruit Bar and Breakfast Buffet are subject to availability and are not available at all locations.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

BREAKFAST BUFFET

Only available at select locations. Times vary – please ask your server for details.

Weekend Buffet 8.99

Weekends & Holidays 'till 11 am

Weekday Buffet 7.99

Monday – Friday 'till 10:30 am

Senior Buffet 5.99

Tuesdays 7:30 - 10:30 am. Guests 55 and older

Kid's Buffet Special

Kid's 10 and Under Half-Price

Kid's 5 and Under Free!**

** with an adult who has purchased the buffet.

One "free" kids' buffet per adult only.

BREAKFAST POTATOES		
ITEM	PORTION SIZE	CALORIES
Hash Browns	1 each	100
Home Fries	1/4 cup	60
Potato Pancakes	1 each	40
BREAKFAST MEATS		
ITEM	PORTION SIZE	CALORIES
Bacon	1 slice	35
Sausage	1 each	120
EGGS/CASSEROLES		
ITEM	PORTION SIZE	CALORIES
Scrambled Eggs	1/4 cup	140
Bacon Egg Casserole	1/4 cup	80
Ham Egg Casserole	1/4 cup	20
Sausage Egg Casserole	1/4 cup	30
Vegetable Casserole	1/4 cup	80
GRIDDLE ITEMS		
ITEM	PORTION SIZE	CALORIES
French Toast	1/2 slice	50
Pancakes	1 each	40
Waffles	1 each	100
YOGURT		
ITEM	PORTION SIZE	CALORIES
Blueberry	1/4 cup	60
Peach	1/4 cup	60
Plain	1/4 cup	45
Raspberry	1/4 cup	60
Strawberry	1/4 cup	60
Vanilla	1/4 cup	50
MUFFINS		
ITEM	PORTION SIZE	CALORIES
Apple Harvest	1 each	70
Apple Raisin	1 each	60
Banana Nut	1 each	70
Blueberry	1 each	60
Chocolate Chip	1 each	70
Corn	1 each	60
Cranberry Nut	1 each	70
Mocha Java Chip	1 each	50
Pumpkin	1 each	70
Strawberry'n Crème	1 each	70

FRUIT		
ITEM	PORTION SIZE	CALORIES
Apple	1 each	80
Banana	1 each	110
Cantaloupe	1 each	10
Grapes	6-8 each	0
Honeydew	1 slice	10
Kiwi	1 slice	0
Oranges	1 wedge	45
Peaches	1/4 cup	70
Pears	1/4 cup	35
Pineapple	1 slice	10
Prunes	1/4 cup	60
Strawberries	1 each	0
Strawberries with Syrup	1/4 cup	180
Watermelon	1 slice	15
MISC. HOT ITEMS		
ITEM	PORTION SIZE	CALORIES
Bread Pudding	1 each	60
Cobbler	1/4 cup	140
Corn Fritter	1 each	30
Donut Holes	1 each	60
Mushrooms	1/4 cup	20
Pepper Onion Blend	1/4 cup	25
GRITS/HASH/OATMEAL		
ITEM	PORTION SIZE	CALORIES
Grits	1/4 cup	45
Hash	1/4 cup	100
Oatmeal	1/4 cup	40
MISC. ITEMS		
ITEM	PORTION SIZE	CALORIES
Brown Sugar	1 Tbsp.	35
Butter Cups	1 each	50
Cottage Cheese	1/4 cup	50
Fruit Dip	1/4 cup	270
Granola	1 Tbsp.	35
Raisins	1 Tbsp.	25
BREAD		
ITEM	PORTION SIZE	CALORIES
Bearpaw	1 each	130
Biscuits	1 each	100
Texas Toast	1/2 slice	35

LOOKING FOR MORE DETAILED NUTRITION INFORMATION?

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Items listed for the Soup, Salad & Fruit Bar and Breakfast Buffet are subject to availability and are not available at all locations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

