

| | | | | | | | | | | | |
|--|-----------|-----|-----|----|---|------|------|----|----|----|----|
| Ham And Swiss | (10.5oz) | 534 | 34 | 15 | 0 | 918 | 1118 | 10 | 0 | 2 | 48 |
| | 1 Serving | | | | | | | | | | |
| Bacon And Cheese | (10.5oz) | 841 | 63 | 29 | 0 | 1029 | 2130 | 2 | 0 | 2 | 65 |
| | 1 Serving | | | | | | | | | | |
| Sausage And Cheese | (10.5oz) | 785 | 61 | 25 | 0 | 970 | 1163 | 2 | 0 | 2 | 55 |
| | 1 Serving | | | | | | | | | | |
| Garden Feta Omelette | (10.5oz) | 496 | 152 | 14 | 0 | 893 | 1422 | 8 | 2 | 2 | 41 |
| | 1 Serving | | | | | | | | | | |
| Lean & Green Omelette | (11oz) | 379 | 23 | 7 | 0 | 880 | 556 | 5 | 1 | 2 | 34 |
| | 1 Serving | | | | | | | | | | |
| Veggie Delight Omelette | (11oz) | 462 | 27 | 17 | 0 | 83 | 934 | 12 | 2 | 5 | 41 |
| | | | | | | | | | | | |
| Marie's | | | | | | | | | | | |
| Breakfast Sandwiches | | | | | | | | | | | |
| Zesty Smokehouse | 1 Serving | | | | | | | | | | |
| Sandwich (Without Mayo) | (11oz) | 537 | 31 | 12 | 0 | 557 | 1172 | 25 | 2 | 4 | 37 |
| | | | | | | | | | | | |
| Field Of Dreams | 1 Serving | | | | | | | | | | |
| Sandwich (Without Mayo) | (10oz) | 420 | 22 | 9 | 0 | 0 | 606 | 40 | 4 | 5 | 15 |
| | | | | | | | | | | | |
| Open Faced Smothered | 1 Serving | | | | | | | | | | |
| Croissant | (9oz) | 682 | 52 | 26 | 0 | 774 | 950 | 19 | 1 | 4 | 32 |
| | | | | | | | | | | | |
| Jumpstart Breakfast Sandwich | 1 Serving | 371 | 19 | 9 | 0 | 286 | 892 | 31 | 1 | 3 | 26 |
| | | | | | | | | | | | |
| Wrap | (15.4oz) | 941 | 62 | 25 | 0 | 789 | 2579 | 28 | 0 | 1 | 62 |
| | | | | | | | | | | | |
| *Note: All food items are calculated without sides. | | | | | | | | | | | |
| Quinoa | | | | | | | | | | | |
| | 1 Serving | | | | | | | | | | |
| Santa Fe Quinoa | (12oz) | 838 | 26 | 1 | 0 | 39 | 605 | 96 | 9 | 7 | 28 |
| | | | | | | | | | | | |
| | 1 Serving | | | | | | | | | | |
| Caitlin's Choice Quinoa | (15oz) | 955 | 41 | 9 | 0 | 244 | 1082 | 95 | 15 | 11 | 48 |
| | | | | | | | | | | | |
| Benedict's | | | | | | | | | | | |
| | 1 Serving | | | | | | | | | | |
| Traditional Benny | (8.4oz) | 672 | 42 | 20 | 0 | 703 | 1868 | 39 | 3 | 12 | 32 |
| | | | | | | | | | | | |
| | 1 Serving | | | | | | | | | | |
| Crab Cake Benny | (10.5oz) | 674 | 43 | 19 | 0 | 799 | 859 | 31 | 2 | 5 | 39 |
| | | | | | | | | | | | |
| | 1 Serving | | | | | | | | | | |
| Harvest Benny | (12.5oz) | 547 | 37 | 18 | 0 | 670 | 577 | 33 | 3 | 6 | 20 |
| | | | | | | | | | | | |
| Skillet | | | | | | | | | | | |

| | | | | | | | | | | | |
|--|-----------------------|-----|-----|-----|---|-----|------|-----|-----|----|----|
| Westgate | 1 Serving (16.8oz) | 886 | 50 | 21 | 0 | 543 | 2683 | 61 | 8 | 6 | 51 |
| Glass City | 1 Serving (13.5oz) | 764 | 42 | 18 | 0 | 523 | 1854 | 52 | 5 | 3 | 46 |
| Flag City | 1 Serving (14.5oz) | 824 | 46 | 19 | 0 | 561 | 2152 | 61 | 5 | 2 | 48 |
| Uncle Moose's Manhandler | 1 Serving 13.5oz) | 942 | 58 | 24 | 0 | 581 | 2378 | 51 | 5 | 2 | 56 |
| *Note: All food items are calculated without sides. | | | | | | | | | | | |
| Smart Starts | | | | | | | | | | | |
| Breakfast Quinoa | 1 Serving (6oz) | 640 | 3 | 0 | 0 | 0 | 40 | 120 | 8 | 8 | 24 |
| Oatmeal | 1 Serving (3oz) | 300 | 6 | 1 | 0 | 0 | 0 | 56 | 8 | 2 | 10 |
| Extra Bites | | | | | | | | | | | |
| Yogurt Parfait | 1 Serving (9.5oz) | 327 | 10 | 5 | 0 | 26 | 123 | 54 | 4 | 37 | 8 |
| Fruit Bowl | 1 Serving (13.2oz) | 301 | 0.4 | 0.1 | 0 | 0 | 40 | 77 | 8 | 52 | 4 |
| Fruit Cup | 1 Serving (6oz) | 61 | 0 | 0 | 0 | 0 | 11 | 16 | 2 | 13 | 1 |
| Yogurt Cup | 1 Serving (6oz) | 172 | 1 | 1 | 0 | 11 | 101 | 34 | 0 | 30 | 6 |
| Cinnamon Roll | 1 Roll (6oz) | 670 | 38 | 12 | 0 | 55 | 770 | 75 | 2 | 43 | 8 |
| Toast (White) | 1 Slice | 66 | 1 | 0 | 0 | 0 | 170 | 13 | 1 | 1 | 2 |
| Toast (Wheat) | 1 Slice | 67 | 1 | 0 | 0 | 0 | 130 | 12 | 1 | 1 | 3 |
| Toast (Rye) | 1 Slice | 67 | 1 | 0 | 0 | 0 | 172 | 13 | 2 | 1 | 2 |
| Toast (Sourdough) | 1 Slice | 96 | 1 | 0 | 0 | 0 | 213 | 18 | 1 | 0 | 3 |
| Muffin (Blueberry) | 1 Muffin (5oz) | 450 | 20 | 3 | 0 | 60 | 360 | 37 | 1 | 29 | 7 |
| Biscuits (Gravy Done Separate) | 2 Biscuits (5oz) | 440 | 16 | 10 | 0 | 0 | 1440 | 64 | N/A | 4 | 8 |
| Gravy | 1 Strip (4 fl oz) | 200 | 16 | 4 | 0 | 30 | 480 | 4 | 0 | 0 | 4 |
| Smoked Bacon | 1 Strip (.3oz) | 60 | 5 | 2 | 0 | 10 | 135 | 0 | 0 | 0 | 5 |
| Smoked Bacon Thick-cut | 1 Strip (.6oz) | 140 | 14 | 5 | 0 | 21 | 262 | 0 | 0 | 0 | 4 |
| Sausage Links | 1 Link | 205 | 20 | 8 | 0 | 38 | 385 | 0 | 0 | 0 | 6 |
| Turkey Suasage (Patties) | 1 Patty (1.4oz) | 50 | 4 | 1 | 0 | 35 | 210 | 1 | 0 | 1 | 6 |

| | | | | | | | | | | | |
|--|----------------|-----|----|----|---|-----|-----|-----|----|----|----|
| Panini | (7.3oz) | 247 | 8 | 4 | 0 | 45 | 707 | 28 | 1 | 2 | 20 |
| | 1 Serving | | | | | | | | | | |
| 1/2 Triple Decker BLT | (5.3oz) | 331 | 15 | 6 | 0 | 30 | 728 | 29 | 2 | 1 | 20 |
| | (Without Mayo) | | | | | | | | | | |
| *All soups are treated as separate menu items. | | | | | | | | | | | |
| *Note: The Soup and Salad is a combo of soup with a side salad. | | | | | | | | | | | |
| Elise's Garden | | | | | | | | | | | |
| City Square Salad | (14oz) | 906 | 28 | 2 | 0 | 3 | 163 | 123 | 15 | 30 | 35 |
| | 1 Serving | | | | | | | | | | |
| Crunchy Orchard Salad | (17.5oz) | 474 | 23 | 2 | 0 | 75 | 437 | 37 | 8 | 26 | 37 |
| | 1 Serving | | | | | | | | | | |
| Sunshine Salad | (16oz) | 693 | 57 | 10 | 0 | 75 | 968 | 18 | 9 | 5 | 32 |
| | 1 Serving | | | | | | | | | | |
| Fiesta Chicken Salad | (13oz) | 276 | 7 | 1 | 0 | 45 | 241 | 14 | 3 | 3 | 18 |
| | 1 Serving | | | | | | | | | | |
| Flat Bread | (1.5oz) | 130 | 3 | 0 | 0 | 0 | 260 | 22 | 1 | 1 | 4 |
| Food Item: Kid's Menu | | | | | | | | | | | |
| Kelly's Korner | | | | | | | | | | | |
| | 1 Serving | | | | | | | | | | |
| Shannon's Kiddie Kakes | (4oz) | 80 | 3 | 1 | 0 | 284 | 48 | 10 | 0 | 4 | 4 |
| | 1 Serving | | | | | | | | | | |
| French Toast | (3.6oz) | 219 | 9 | 3 | 0 | 249 | 373 | 28 | 1 | 3 | 12 |
| Scrambled Egg | 1 Egg | 74 | 5 | 1 | 0 | 212 | 70 | 0 | 0 | 0 | 6 |
| | 1 Serving | | | | | | | | | | |
| Smiley Face Pancake | (4oz) | 370 | 28 | 16 | 0 | 372 | 205 | 19 | 1 | 9 | 9 |
| | 1 Serving | | | | | | | | | | |
| Grilled Cheese | (6.2oz) | 522 | 29 | 17 | 0 | 83 | 918 | 37 | 2 | 1 | 27 |
| | 1 Serving | | | | | | | | | | |
| Chicken Tenders | (5.1oz) | 210 | 8 | 1 | 0 | 35 | 670 | 17 | 1 | 0 | 19 |
| *Note: All food items are calculated without toppings or sides. | | | | | | | | | | | |
| Food Item: Beverages, Sides, and Pantry Items | | | | | | | | | | | |
| Beverages | | | | | | | | | | | |
| Juices: | | | | | | | | | | | |
| Apple Juice | (8 fl oz) | 117 | 0 | 0 | 0 | 0 | 7 | 29 | 0 | 27 | 0 |
| Cranberry Juice | (8 fl oz) | 137 | 0 | 0 | 0 | 0 | 5 | 34 | 0 | 30 | 0 |
| Grapefruit Juice | (8 fl oz) | 96 | 0 | 0 | 0 | 0 | 2 | 24 | 0 | 0 | 1 |
| Orange Juice | (8 fl oz) | 112 | 0 | 0 | 0 | 0 | 3 | 26 | 0 | 21 | 2 |

| Condiments | | | | | | | | | | | | |
|--|---------|-----|----|---|---|----|-----|----|---|----|---|--|
| Ketchup | 1 tbsp | 20 | 0 | 0 | 0 | 0 | 160 | 5 | 0 | 4 | 0 | |
| Whipped Butter (Butter Topping) | 1 tbsp | 47 | 5 | 1 | 1 | 0 | 45 | 0 | 0 | 0 | 0 | |
| Syrup | 1/4 Cup | 210 | 0 | 0 | 0 | 0 | 115 | 52 | 0 | 37 | 0 | |
| Salad Dressings | | | | | | | | | | | | |
| Honey Mustard | 2 tbsp | 130 | 12 | 2 | 0 | 15 | 200 | 5 | 0 | 5 | 0 | |
| Raspberry Vinaigrette | 2 tbsp | 120 | 10 | 2 | 0 | 0 | 270 | 8 | 0 | 8 | 0 | |
| Vinaigrette | 2 tbsp | 35 | 0 | 0 | 0 | 0 | 280 | 8 | 0 | 7 | 0 | |
| Peppercorn Ranch | 2 tbsp | 130 | 13 | 2 | 0 | 10 | 200 | 2 | 0 | 1 | 1 | |
| <p>*Disclaimer: All nutritional information is based off of approximations based on average serving sizes and average accepted values for constituent ingredients.</p> <p>The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption.</p> <p>Effective as of April 2017</p> | | | | | | | | | | | | |