



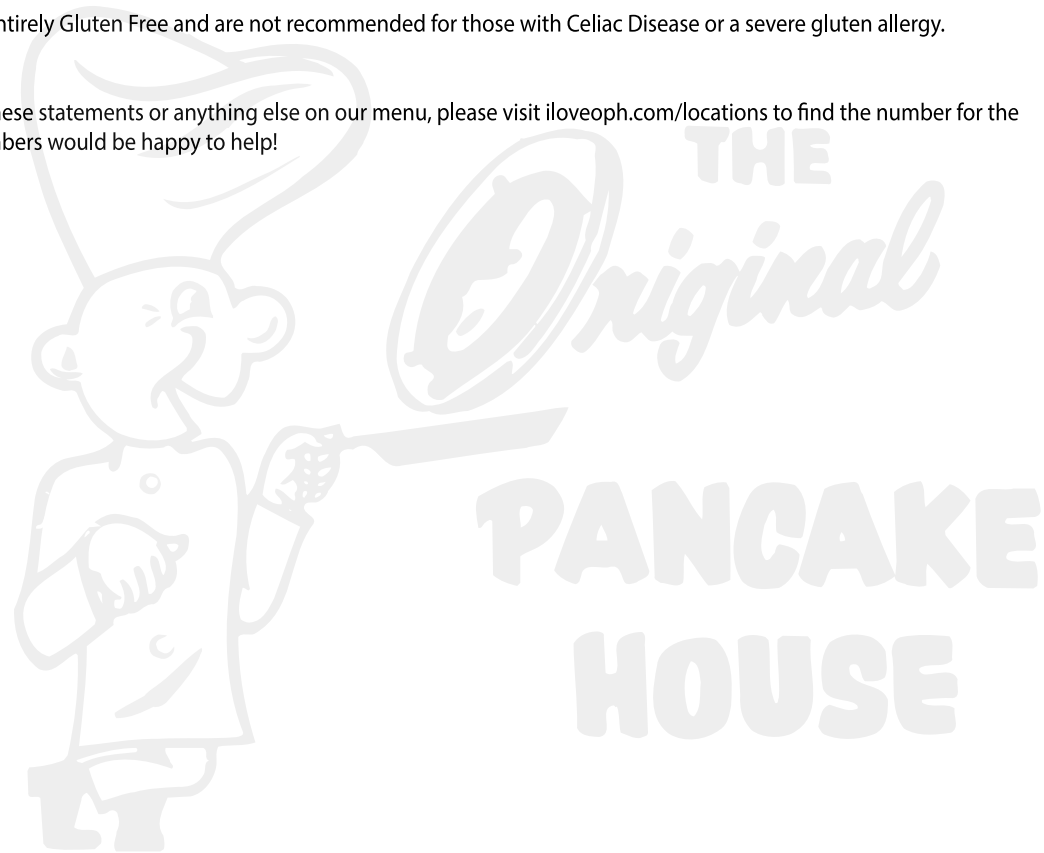
NUTRITIONAL GUIDE (2019)

Allergen Information

A number of our dishes are made using highly refined peanut oil. Due to the refining process eliminating the protein that causes allergic reactions, refined peanut oil is not considered an allergen by the FDA. Please consider this at your own discretion.

Our Gluten Friendly items may not be entirely Gluten Free and are not recommended for those with Celiac Disease or a severe gluten allergy.

If you have a question about either of these statements or anything else on our menu, please visit iloveoph.com/locations to find the number for the store nearest you. Any of our team members would be happy to help!



Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Beverages											
Apple Juice	170	5	0	0	0	0	15	42	1	36	0
Pepsi	150	0	0	0	0	0	35	41	0	41	0
Chocolate Milk	290	70	8	4.5	0	30	330	42	2	38	14
Coffee	0	0	0	0	0	0	0	0	0	0	0
Cranberry Juice	170	0	0	0	0	0	10	42	0	42	0
Decaffeinated Coffee	0	0	0	0	0	0	0	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	35	0	0	0	0
Dr Pepper	150	0	0	0	0	0	60	40	0	38	0
Grapefruit Juice	140	5	0	0	0	0	0	34	0	34	2
Hot Chocolate	130	80	8	6	0	25	75	13	1	12	1
Hot Tea	0	0	0	0	0	0	5	1	0	0	0
Milk 2%	180	70	7	4.5	0	30	170	18	0	18	12
Milk 2%	90	35	3.5	2.5	0	15	85	9	0	9	6
Mountain Dew	170	0	0	0	0	0	65	46	0	46	0
Mug Root Beer	160	0	0	0	0	0	65	43	0	43	0
Orange Juice	170	5	0.5	0	0	0	0	39	1	31	3
Sierra Mist	140	0	0	0	0	0	35	39	0	39	0
Tomato Juice	70	0	0	0	0	0	1010	15	3	9	3
Crepes											
<i>Crepes served three to an order unless otherwise indicated</i>											
Apple Crepe (1)	840	500	56	21	0	175	380	80	4	65	9
Apple Crepes	1670	1020	113	51	1.5	490	1120	144	6	106	22
Cherry Kijafa Crepe (1)	450	190	21	13	0	145	380	57	1	41	5
Cherry Kijafa Crepes	1190	570	64	38	0.5	435	1100	132	2	91	16
Continental Crepe (1)	830	540	59	36	0.5	255	360	66	1	54	7
Continental Crepes	1250	760	84	49	1.5	495	1070	104	2	72	18
French Crepes	1140	570	64	38	0.5	435	1040	126	5	91	16
French Crepes (1)	530	190	21	13	0	145	350	82	3	69	6
Fresh Strawberry Crepe (1)	630	280	31	19	0.5	175	360	85	4	70	7
Fresh Strawberry Crepes	1160	580	64	38	0.5	435	1040	133	7	95	17

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Mandarin Crepe (1)	550	190	21	13	0	145	350	84	2	68	6
Mandarin Crepes	1210	570	63	38	0.5	435	1040	142	3	106	16
Shell (Plain Crepe) (1)	420	320	36	21	0.5	185	450	17	0	7	5
Shells (Plain Crepes)	980	700	78	47	1	475	1140	51	1	21	15
Tahitian Maiden's Dream	1780	750	83	48	1.5	490	1170	246	9	148	22
Tahitian Maiden's Dream (1)	950	250	28	16	0	165	450	176	6	109	9
French Toast											
<i>Includes maple syrup and whipped butter</i>											
Crusted French Toast	1460	530	59	30	0.5	545	1600	199	3	82	36
French Toast Plate - high range	1070	520	57	28	0.5	535	1260	103	0	74	34
French Toast Plate - low range	1010	450	50	23	0.5	680	1490	102	0	74	38
Sourdough French Toast	1160	530	59	30	0.5	545	970	129	0	75	28
Meat & Eggs											
<i>Includes two eggs, grilled potatoes and buttermilk pancakes (w/ maple syrup & butter)</i>											
Bacon & Eggs - high range	1210	520	58	26	1	525	2320	139	3	82	33
Bacon & Eggs - low range	1170	480	54	23	1	515	2310	139	3	83	34
Bacon Buster - high range	1390	650	72	32	1	730	2670	139	3	83	46
Bacon Buster - low range	1330	590	66	27	1	720	2640	140	3	84	46
Biscuits & Gravy Meal - high range	1980	940	105	45	1	565	3560	215	6	92	45
Biscuits & Gravy Meal - low range	1950	900	100	42	1	560	3550	215	6	92	45
Canadian Bacon & Eggs - high range	1170	440	49	23	1	510	3400	140	3	82	43
Canadian Bacon & Eggs - low range	1130	400	45	20	1	505	3390	140	3	83	44
Corned Beef Hash - high range	1470	610	68	35	1	620	3040	163	6	85	53
Corned Beef Hash - low range	1430	570	63	32	1	615	3030	163	6	85	53
Country Fried Steak	1400	840	94	48	0	475	2510	74	2	10	57
Eggs Benedict - with Pancakes	1570	840	93	51	0.5	740	2270	145	2	83	37
Eggs Benedict - with Potatoes	1070	740	82	47	0	685	1810	48	3	3	31
Ham & Eggs - high range	1190	460	51	24	1	545	2740	139	3	84	45
Ham & Eggs - low range	1150	420	46	21	1	535	2720	140	3	84	45
Link Sausage & Eggs - high range	1410	640	71	32	1	590	3050	144	3	84	48
Link Sausage & Eggs - low range	1370	600	67	29	1	585	3040	144	3	85	48

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Minced Ham & Scrambled Eggs	1260	500	55	26	1	725	2810	140	3	84	51
Patty Sausage & Eggs - high range	1380	630	70	32	1	585	2980	143	3	84	46
Patty Sausage & Eggs - low range	1350	590	65	28	1	575	2960	144	3	85	47
Omelettes											
<i>Each omelett made with four eggs; choices with pancakes include maple syrup & whipped butter</i>											
Bacon Cheddar Omelette - with Pancakes	2090	1300	144	77	0.5	1120	2450	119	1	82	73
Bacon Cheddar Omelette - with Potatoes	1600	1200	134	73	0	1065	1990	23	2	2	68
Cheese Omelette (Cheddar) - with Pancakes	1810	1100	123	70	0.5	1060	1850	118	1	82	54
Cheese Omelette (Cheddar) - with Potatoes	1310	1010	112	66	0	1005	1390	22	2	2	48
Cheese Omelette (Pepper Jack) - with Pancakes	1800	1100	122	70	0.5	1090	1900	121	1	82	51
Cheese Omelette (Pepper Jack) - with Potatoes	1310	1000	112	66	0	1035	1440	25	2	2	45
Cheese Omelette (Swiss) - with Pancakes	1800	1070	119	68	0.5	1065	1510	122	1	82	61
Cheese Omelette (Swiss) - with Potatoes	1300	980	109	64	0	1010	1050	26	2	2	55
Cheese Omelette (White Cheddar) - with Pancakes	1800	1100	122	70	0.5	1060	1540	118	1	82	54
Cheese Omelette (White Cheddar) - with Potatoes	1310	1000	112	66	0	1005	1080	22	2	2	48
Green Chile Omelette - with Pancakes	1820	1100	122	70	0.5	1090	2370	125	3	84	51
Green Chile Omelette - with Potatoes	1330	1000	112	66	0	1035	1910	29	4	4	45
Ham & Cheese Omelette (Cheddar) - with Pancakes	1960	1150	128	72	0.5	1115	2810	120	1	83	77
Ham & Cheese Omelette (Cheddar) - with Potatoes	1460	1060	117	68	0	1060	2350	23	2	3	71
Ham & Cheese Omelette (Pepper Jack) - with Pancakes	1950	1150	128	72	0.5	1145	2870	123	1	83	74
Ham & Cheese Omelette (Pepper Jack) - with Potatoes	1460	1050	117	68	0	1090	2410	26	2	3	68
Ham & Cheese Omelette (Swiss) - with Pancakes	1950	1120	125	70	0.5	1120	2480	124	1	83	84
Ham & Cheese Omelette (Swiss) - with Potatoes	1450	1030	114	66	0	1065	2020	27	2	3	78
Irish Omelette - with Pancakes	2240	1340	149	85	0.5	1350	2810	133	3	83	85
Mushroom Omelette - with Pancakes	1880	1110	123	68	1.5	1235	2530	142	4	89	49
Sweet Bell Pepper Omelette - with Pancakes	1940	1180	132	75	0.5	1120	2420	135	4	88	55
Sweet Bell Pepper Omelette - with Potatoes	1450	1090	121	71	0	1065	1960	38	5	8	50
Vegetarian Omelette (Cheddar) - with Pancakes	1830	1100	123	70	0.5	1060	1860	122	3	84	56
Vegetarian Omelette (Cheddar) - with Potatoes	1330	1010	112	66	0	1005	1400	26	3	3	50
Vegetarian Omelette (Pepper Jack) - with Pancakes	1820	1100	122	70	0.5	1090	1920	125	3	84	52
Vegetarian Omelette (Pepper Jack) - with Potatoes	1330	1010	112	66	0	1035	1460	29	3	3	47

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Vegetarian Omelette (Swiss) - with Pancakes	1820	1080	120	68	0.5	1065	1530	126	3	84	63
Vegetarian Omelette (Swiss) - with Potatoes	1320	980	109	64	0	1010	1070	30	3	3	57
Vegetarian Omelette (White Cheddar) - with Pancakes	1820	1100	122	70	0.5	1060	1560	122	3	84	55
Vegetarian Omelette (White Cheddar) - with Potatoes	1330	1010	112	66	0	1005	1100	26	3	3	50
Pancakes											
<i>Pancake Entrees include two eggs; jull orders of pancakes are served 6-8 cakes per order; half orders of pancakes are served 3-4 cakes per order; each item includes syrup and whipped butter (except items with fresh fruit, which include whipped cream)</i>											
49'er Flapjacks	980	390	44	15	0.5	355	970	130	2	85	18
Apple Pancake	1830	830	92	54	0.5	740	1160	225	10	154	28
Bacon Pancakes (Entree) - high range	1110	450	50	21	0.5	505	2010	133	2	85	33
Bacon Pancakes (Entree) - low range	1070	410	45	17	0.5	500	1990	134	2	86	34
Bacon Pancakes (Full Order)	1250	450	51	19	0.5	185	3000	163	3	92	37
Bacon Pancakes (Half Order)	830	290	33	14	0.5	115	1560	117	1	81	19
Banana Pancakes (Entree) - high range	880	330	37	17	0.5	470	1400	118	4	66	22
Banana Pancakes (Entree) - low range	850	290	32	13	0.5	465	1390	118	4	66	23
Banana Pancakes (Full Order)	920	230	26	11	0.5	120	1960	159	5	78	16
Banana Pancakes (Half Order)	620	180	20	10	0.5	80	1030	103	3	61	8
Blueberry Pancakes (Entree) - high range	840	330	37	17	0.5	475	1480	104	3	55	22
Blueberry Pancakes (Entree) - low range	800	290	33	13	0.5	470	1460	104	3	56	23
Blueberry Pancakes (Full Order)	830	230	26	11	0.5	120	1960	136	4	64	15
Blueberry Pancakes (Half Order)	560	180	20	10	0.5	80	1030	87	2	51	8
Buckwheat Pancakes (Entree) - high range	990	320	36	17	0.5	455	1170	148	5	96	23
Buckwheat Pancakes (Entree) - low range	950	280	31	13	0.5	445	1160	149	5	97	23
Buckwheat Pancakes (Full Order)	990	210	23	11	0.5	90	1490	186	7	109	16
Buckwheat Pancakes (Half Order)	700	170	19	10	0.5	65	810	128	4	89	8
Buttermilk Pancakes (Entree) - high range	950	330	37	17	0.5	475	1490	133	2	85	22
Buttermilk Pancakes (Entree) - low range	910	290	33	13	0.5	470	1480	133	2	86	23
Buttermilk Pancakes (Full Order)	930	230	26	11	0.5	120	1970	162	3	92	15
Buttermilk Pancakes (Half Order)	670	180	20	10	0.5	80	1050	117	1	81	7
Chocolate Chip Pancakes	890	330	36	18	0.5	125	1870	130	6	54	16
Chocolate Chip Pancakes (Entree) - high range	830	400	44	22	0.5	475	1390	88	4	37	23
Chocolate Chip Pancakes (Entree) - low range	790	360	40	19	0.5	470	1380	88	4	38	24

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Chocolate Chip Pancakes (Half Order)	520	230	25	14	0.5	85	950	66	3	28	9
Coconut Pancakes	1120	400	45	28	0.5	120	2110	163	7	87	19
Coconut Pancakes (Entree) - high range	1000	420	47	26	0.5	475	1560	121	4	70	24
Coconut Pancakes (Entree) - low range	960	380	42	22	0.5	470	1540	121	4	71	25
Coconut Pancakes (Half Order)	720	270	30	18	0.5	80	1110	105	4	66	10
Dollar Pancakes	800	200	23	10	0.5	100	1510	140	2	87	11
Dollar Pancakes (Entree) - high range	760	300	33	16	0.5	445	840	101	1	77	17
Dollar Pancakes (Entree) - low range	720	260	29	12	0.5	440	830	101	1	78	17
Dollar Pancakes (Half Order)	600	170	19	9	0.5	70	820	105	1	78	6
Dutch Baby	840	460	51	29	1	505	950	71	2	26	21
Fresh Strawberry Pancakes	970	230	26	11	0.5	125	1870	172	9	94	18
Fresh Strawberry Pancakes (Entree) - high range	870	270	30	13	0	455	1380	131	6	79	24
Fresh Strawberry Pancakes (Entree) - low range	830	230	25	9	0	450	1370	131	6	80	24
Fresh Strawberry Pancakes (Half Order)	590	120	13	6	0	60	940	115	5	75	9
Gluten Free Pancakes	1060	310	35	12	0.5	45	720	173	5	91	13
Gluten Free Pancakes (Entree) - high range	1030	390	43	18	0.5	425	660	140	4	85	21
Gluten Free Pancakes (Entree) - low range	1000	350	39	14	0.5	420	650	140	4	85	21
Gluten Free Pancakes (Half Order)	730	220	25	10	0.5	45	420	122	3	81	6
Granola Pancakes	1270	360	40	17	0.5	130	2040	212	9	113	23
Granola Pancakes (Entree) - high range	1190	420	47	21	0.5	480	1580	167	6	99	28
Granola Pancakes (Entree) - low range	1140	380	42	18	0.5	475	1520	166	6	100	28
Granola Pancakes (Half Order)	840	240	27	13	0.5	85	1080	141	4	91	11
Hawaiian Pancakes	860	230	26	11	0.5	120	1960	144	3	72	15
Hawaiian Pancakes (Entree) - high range	870	330	37	17	0.5	475	1480	112	2	63	23
Hawaiian Pancakes (Entree) - low range	830	290	33	13	0.5	470	1460	113	2	64	23
Hawaiian Pancakes (Half Order)	590	180	20	10	0.5	80	1030	95	2	58	8
Nebraska Corncakes	1040	250	28	12	0.5	170	2000	179	3	93	18
Nebraska Corncakes (Entree) - high range	1020	350	39	17	0.5	510	1510	144	2	86	25
Nebraska Corncakes (Entree) - low range	980	310	34	14	0.5	500	1500	144	2	87	25
Nebraska Corncakes (Half Order)	720	190	22	10	0.5	105	1060	125	2	82	9
Pancakes: Dollar Pancakes	730	190	21	10	0.5	90	1280	128	2	84	9
Pancakes: Pumpkin Pancakes	960	330	36	20	1	145	1290	149	3	101	12

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Pancakes: Pumpkin Pancakes (Entree) - high range	940	370	42	22	1	480	1010	124	2	91	21
Pancakes: Pumpkin Pancakes (Entree) - low range	910	330	37	18	0.5	475	990	125	2	92	21
Pecan Pancakes	1320	680	75	15	0.5	120	1960	149	10	71	21
Pecan Pancakes (Entree) - high range	1230	680	75	20	0.5	475	1480	117	7	63	27
Pecan Pancakes (Entree) - low range	1190	640	71	17	0.5	470	1460	117	7	63	28
Pecan Pancakes (Half Order)	820	410	45	12	0.5	80	1030	98	5	57	11
Pigs in a Blanket	1120	410	45	18	0.5	200	2920	144	3	70	35
Potato Pancakes with Applesauce (Entree) - high range	670	440	49	28	0	540	440	37	3	15	17
Potato Pancakes with Applesauce (Entree) - low range	630	400	45	25	0	535	430	37	3	15	17
Potato Pancakes with Sour Cream (Entree) - high range	700	530	58	33	0.5	570	450	23	2	3	18
Potato Pancakes with Sour Cream (Entree) - low range	660	490	54	29	0.5	560	430	24	2	4	18
Pumpkin Pancakes (Half Order)	610	160	18	10	0	70	650	110	1	85	6
Sourdough Flap Jacks	770	180	20	10	0.5	90	610	138	2	80	10
Sourdough Flap Jacks (Half Order)	590	160	17	9	0.5	65	370	104	1	75	5
Sourdough Flapjacks (Entree) - high range	780	290	33	16	0.5	445	500	105	1	75	17
Sourdough Flapjacks (Entree) - low range	740	250	28	12	0.5	440	490	106	1	76	18
Swedish Pancakes	690	330	36	13	0.5	280	740	77	2	40	13
Wheat Germ Pancakes	880	250	28	13	0.5	115	1510	146	3	87	14
Wheat Germ Pancakes (Entree) - high range	910	350	39	18	0.5	470	1190	122	2	82	22
Wheat Germ Pancakes (Entree) - low range	870	310	34	15	0.5	465	1180	122	2	83	22
Wheat Germ Pancakes (Half Order)	720	210	23	11	0.5	90	1050	121	2	81	9

Waffles

Waffle meals served with one egg any style and a choice of bacon (2), Canadian bacon (2), link sausage (2) or patty sausage (1); includes syrup & whipped butter (except fresh fruit waffles which are served with whipped cream).

Apple Waffle (a la carte)	730	270	31	15	0.5	115	940	107	3	67	8
Apple Waffle Meal - high range	1110	530	59	26	1	545	1720	111	3	69	34
Apple Waffle Meal - low range	950	390	44	19	0.5	500	1880	110	3	68	32
Bacon Waffle (a la carte)	920	380	42	18	0.5	150	1420	119	1	79	19
Bacon Waffle Meal - high range	1300	630	71	30	1	580	2200	122	1	81	44
Bacon Waffle Meal - low range	1150	500	55	23	0.5	530	2360	121	1	80	42
Blueberry Waffle (a la carte)	690	280	31	15	0.5	115	920	97	3	55	8
Blueberry Waffle Meal - high range	1070	530	59	27	1	545	1700	100	3	57	34

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Blueberry Waffle Meal - low range	920	390	44	19	0.5	500	1860	99	3	56	32
Coconut Waffle (a la carte)	820	360	40	23	0.5	115	990	107	4	65	10
Coconut Waffle Meal - high range	1190	610	68	35	1	545	1770	110	4	66	36
Coconut Waffle Meal - low range	1040	480	53	27	0.5	500	1930	109	4	66	34
Fresh Fruit Waffle (Blackberry) (a la carte)	920	320	36	18	1	135	840	145	14	94	13
Fresh Fruit Waffle (Blueberry) (a la carte)	950	320	36	18	1	135	840	155	8	105	11
Fresh Fruit Waffle (Mixed Berry) (a la carte)	930	320	36	18	1	135	840	147	11	97	12
Fresh Fruit Waffle (Peach) (a la carte)	960	320	35	18	1	135	840	158	6	114	12
Fresh Fruit Waffle (Raspberry) (a la carte)	950	330	36	18	1	135	840	152	17	96	12
Fresh Fruit Waffle (Strawberry) (a la carte)	890	320	36	18	1	135	840	139	7	93	11
Fresh Fruit Waffle Meal (Mixed Berry) - high range	1310	580	64	30	1	565	1620	151	11	98	37
Fresh Fruit Waffle Meal (Mixed Berry) - low range	1150	440	49	22	1	520	1780	150	11	98	35
Fresh Fruit Waffle Meal (Peach) - high range	1340	570	64	30	1	565	1620	161	6	116	37
Fresh Fruit Waffle Meal (Peach) - low range	1190	440	49	22	1	520	1780	160	6	116	35
Fresh Fruit Waffle Meal (Raspberry) - high range	1330	580	65	30	1	565	1620	156	17	97	38
Fresh Fruit Waffle Meal (Raspberry) - low range	1180	440	49	22	1	520	1780	154	17	97	36
Fresh Fruit Waffle Meal (Strawberry) - high range	1270	580	64	30	1	565	1620	143	8	94	37
Fresh Fruit Waffle Meal (Strawberry) - low range	1120	440	49	22	1	520	1780	141	7	94	35
Pecan Waffle (a la carte)	1470	1010	112	22	0.5	115	920	111	13	60	19
Pecan Waffle Meal - high range	1850	1260	140	33	1	545	1690	115	13	61	44
Pecan Waffle Meal - low range	1690	1130	125	26	0.5	500	1860	113	13	61	42
Plain Waffle (a la carte)	770	270	30	15	0.5	115	930	118	1	79	8
Plain Waffle Meal - high range	1150	530	59	26	1	545	1710	122	1	81	33
Plain Waffle Meal - low range	990	390	44	19	0.5	500	1870	120	1	80	32
Lighter Side											
Lighter Side Biscuits & Gravy - high range	750	420	47	21	0.5	255	1550	59	3	6	20
Lighter Side Biscuits & Gravy - low range	730	400	45	19	0	250	1540	60	3	6	20
Senior Plate - high range	950	370	41	18	0.5	320	1760	120	1	82	27
Senior Plate - low range	820	250	28	12	0.5	280	1920	118	1	82	25
Eggs & Grilled Potatoes - high range	910	400	44	21	1	450	1520	98	2	25	28
Eggs & Grilled Potatoes - low range	690	320	36	17	1	440	1080	72	3	25	18

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
French Toast Plate - high range	1070	520	57	28	0.5	535	1260	103	0	74	34
French Toast Plate - low range	1010	450	50	23	0.5	680	1490	102	0	74	38
Cream of Wheat	570	300	33	21	1	100	490	62	2	30	7
Fruit and Granola Bowl	690	210	23	11	0	25	220	107	12	60	20
Granola Bowl - high range (w/ heavy cream)	1170	610	68	37	1	125	200	125	15	54	22
Granola Bowl - low range (w/ 2% milk)	910	330	37	18	0	30	220	127	15	56	22
Oatmeal - high range (brwn sugar, raisins & heavy cream)	1080	300	34	16	0.5	70	1200	168	21	46	31
Oatmeal - low range (brwn sugar, raisins & 2% milk)	900	120	13	3	0	5	1220	169	21	47	31
Sides											
Fresh Whipped Cream (5oz)	360	330	36	23	1	115	60	7	0	7	3
1 Egg (Basted/Up/Over-Easy-Medium-Hard)	80	50	6	2.5	0	190	70	0	0	0	6
1 Egg (Boiled/Poached)	80	50	5	1.5		185	60	1	0	1	6
1 Egg (Scrambled)	100	70	8	3.5	0	190	70	0	0	0	6
2 Eggs (Basted/Up/Over-Easy-Medium-Hard)	160	110	12	4.5	0	380	140	1	0	0	13
2 Eggs (Boiled/Poached)	160	100	11	3.5		375	125	1	0	1	13
2 Eggs (Scrambled)	190	140	15	7	0	380	140	1	0	0	12
Butter - Salted & Whipped (1 oz)	135	132.5	14.7	8.5	0.5	42.3	109.6	0.5	0	0	0.1
Bacon (4 slices)	170	120	13	4.5	0	35	550	0	0	0	12
Canadian Bacon (4 slices)	150	50	6	2.5	0	55	1250	1	0	1	20
Corned Beef Hash (10 oz)	440	210	23	13	0	130	1270	25	2	2	31
Link Sausage (4 each)	370	240	27	10	0	100	1280	6	0	2	26
Patty Sausage (2 each)	350	220	25	10	0	95	1200	5	0	2	25
Banana Slices	100	5	0	0	0	0	0	26	3	14	1
Banana Slices (Half Order)	50	0	0	0	0	0	0	13	1	7	1
Banana Slices with Cream (Half Order)	190	130	15	9	0	45	25	16	1	10	2
Buttermilk Biscuit	520	224	24.9	7.3	0	2.5	915	61.4	2	3.1	9.8
Biscuit & Gravy	950	540	60	23	0	80	1790	77	2	9	23
Chipotle Salsa (2.5oz)	20	0	0	0	0	0	310	4	1	3	2
Fresh Berries with Cream (Half Order)	240	140	15	9	0	45	25	26	5	19	2
Fresh Berries with Cream	600	400	44	28	1.5	135	35	49	10	37	6
Gravy (6 fl oz)	430	320	35	16	0	75	870	16	0	6	14

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Gravy (3 fl oz)	220	160	18	8	0	40	440	8	0	3	7
Green Chili Sauce (3 fl oz)	50	20	2	0	0	10	540	5	0	1	4
Green Chili Sauce (6 fl oz)	100	35	4	0	0	20	1080	10	0	2	8
Ham Steak (8 oz)	300	100	11	4.5	0	110	1930	3	0	3	46
Hollandaise Sauce (2 fl oz)	560	530	59	37	0	275	85	1	0	0	2
Home Fried Potatoes (4 oz)	170	90	10	5	0	25	590	21	2	1	2
Home Fried Potatoes (8 oz)	350	170	19	11	0.5	55	1170	41	4	2	4
Honey (3oz)	380	0	0	0	0	0	5	104	0	103	0
Lingonberries	250	0	0	0	0	0	5	64	1	57	0
Peanut Butter (1.5oz)	310	230	25	5	0	0	190	9	3	4	12
Sour Cream (1.5oz)	90	80	9	5	0	30	200	3	0	1	1
Sugar Free Syrup (3oz)	70	0	0	0	0	0	160	18	0	0	0
Toast with Preserves (English Muffin)	300	90	10	5	0	25	320	49	1	22	4
Toast with Preserves (Marble Rye)	440	100	12	5	0	25	540	73	2	25	10
Toast with Preserves (Sourdough)	480	120	14	5	0	25	740	75	0	23	14
Toast with Preserves (Wheat)	440	130	15	5	0	25	540	69	4	23	10
Toast with Preserves (White)	440	110	13	5	0	25	620	71	0	23	10
Vanilla Yogurt (5oz)	110	25	3	1.5	0	10	95	16	0	15	6
Apple Syrup (2 fl oz)	170	0	0	0	0	0	0	44	0	44	0
Maple Syrup (2 fl oz)	270	0	0	0	0	0	15	71	0	70	0
Strawberry Syrup (2 fl oz)	220	0	0	0	0	0	0	58	2	56	0
Tropical Syrup(2 fl oz)	180	0	0	0	0	0	0	46	1	44	0
Blueberry Compote (2 fl oz)	150	0	0	0	0	0	0	38	1	37	0