



# NUTRITIONAL DATA

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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## TWO MEAT CLASSIC COMBO\*

Choice of Meats:										
Bacon (2)	130	11	4	0	30	530	0	0	0	9
Sausage Patty (2)	350	26	9	0	100	1020	2	0	0	26
Sausage Link (3)	180	14	4.5	0	60	630	0	0	0	15
Turkey Sausage (2)	170	14	3.5	0	60	520	0	0	0	14
Ham Steak (3oz)	110	6	2	0	45	940	0	0	0	14
Corned Beef Hash (3.5oz)	170	8	2.5	1	30	1680	9	1	3	14
Choice of Eggs:										
Two Eggs Cracked to Order	170	14	4.5	0	420	140	0	0	0	12
Egg Whites	80	3.5	0.5	0	0	160	<1	0	<1	11

## TRADITIONAL BREAKFAST\*

Choice of Meat:										
Bacon (3)	190	16	6	0	45	800	0	0	0	13
Sausage Patty (2)	350	26	9	0	100	1020	2	0	0	26
Sausage Link (3)	180	14	4.5	0	60	630	0	0	0	15
Turkey Sausage (2)	170	14	3.5	0	60	520	0	0	0	14
Ham Steak (6oz)	210	13	3.5	0	90	1880	0	0	0	27
Corned Beef Hash (7oz)	340	17	5	2	60	3160	17	2	5	27
Country Fried Steak (8oz)	990	71	23	0	115	2260	60	1	0	29
Choice of Eggs:										
Two Eggs Cracked to Order	170	14	4.5	0	420	140	0	0	0	12
Egg Whites	80	3.5	0.5	0	0	160	<1	0	<1	11

\* Nutrient values shown do not include side choices

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## THREE EGG OMELETTES\*

Meat Lovers Omelette	700	54	23	0	760	1720	5	<1	2	53
Popeye's Revenge Omelette	600	46	20	0	730	1250	4	1	<1	45
Western Omelette	510	38	17	0	705	910	7	1	4	37
Biscuit & Gravy Omelette	1290	81	40	0	770	4020	75	2	7	65
Very Veggie Omelette	580	37	17	0	695	1190	25	7	13	36
Conquistador Omelette	920	80	29	0	740	1650	11	3	2	40
Baja Omelette	650	50	20	0	730	1160	7	2	1	45
Chicken & Broccoli Egg White Omelette	460	27	12	0	85	920	12	2	2	43
Craft Your Own Omelette**	240	19	7	0	635	210	0	0	0	18

## INDIVIDUAL OMELETTE INGREDIENTS

Bacon Bits (1oz)	130	9	3	0	35	600	<1	0	<1	12
Grilled Chicken (1oz)	80	5	1	0	25	210	1	0	<1	9
Chorizo (1oz)	120	11	4	0	25	200	2	0	2	4
Ham (1oz)	30	1	0.5	0	15	350	2	0	2	4
Sausage (1oz)	80	7	2.5	0	15	210	<1	<1	0	5
American Cheese (1slice)	80	7	4	0	20	300	1	0	1	4
Cheddar Cheese (2oz)	220	18	10	0	60	340	2	0	0	14
Swiss Cheese (1slice)	90	7	4.5	0	20	115	1	0	1	6
Monterey Jack Cheese (2oz)	220	18	10	0	60	340	2	0	0	14
Avocado (1oz)	50	4.5	0.5	0	0	0	3	2	0	<1
Broccoli (1oz)	10	0	0	0	0	170	1	<1	0	<1
Green Chiles (1oz)	0	0	0	0	0	35	<1	0	0	0
Jalapenos (1oz)	5	0	0	0	0	250	1	1	0	0

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\*\* Nutrient values shown do not include any omelette ingredients or side choices

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## INDIVIDUAL OMELETTE INGREDIENTS *continued*

Mushrooms (1oz)	5	0	0	0	0	80	<1	0	0	<1
Onions (1oz)	10	0	0	0	0	0	2	<1	2	0
Caramelized Onions (1oz)	25	0	0	0	0	75	6	<1	5	0
Green Onions (1oz)	10	0	0	0	0	10	2	1	1	0
Bell Peppers (1oz)	0	0	0	0	0	10	1	0	<1	0
Roasted Red Peppers (1oz)	70	0	0	0	0	530	14	3	10	2
Fresh Spinach (½oz)	0	0	0	0	0	10	0	0	0	0
Tomatoes (1oz)	0	0	0	0	0	0	<1	0	<1	0
Hollandaise Sauce (2floz)	190	20	4.5	6	<5	180	3	0	2	2
Pico de Gallo (1oz)	10	0	0	0	0	190	2	<1	1	0
Salsa (3.5floz)	35	0	0	0	0	460	7	2	3	1
White Queso (2floz)	140	12	7	0	30	720	4	0	2	6

## SPECIALTIES\*

Biscuits Gone Wild	1770	101	53	0	545	6120	146	3	13	64
Chorizo Breakfast Tacos	1070	85	32	0	515	2210	46	13	7	39
Apple Streusel Oatmeal	510	9	3.5	0	0	170	103	6	57	7
Classic Eggs Benedict	620	40	11	7	450	1320	38	1	7	28
Veggie Benedict	600	38	10	7	425	950	43	4	9	22
Queso Blanco Burrito	890	53	21	0	695	2090	64	5	6	42
Garbage Breakfast	730	52	14	0	465	830	41	6	6	28

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## SKILLETS\*

Farmers Skillet	740	47	19	0	510	1730	44	5	7	39
Meat Lovers Skillet	850	54	22	0	555	2380	40	4	5	53
Carnitas Queso Skillet	1030	70	28	0	590	2640	42	3	5	60
Country Skillet	1340	70	28	0	530	3860	96	6	8	57
Almost Healthy Skillet	710	34	14	0	90	2240	61	9	19	42

## ULTIMATE PANCAKE COMBO\*\*

Choice of Pancakes:										
Cinnamon Roll Pancakes	1550	59	15	15	5	3010	245	7	141	13
Double Blueberry Pancakes	820	12	8	0	0	2750	167	9	60	13
Caramel Apple Pancakes	1220	16	6	0	0	3040	255	8	117	17
Chocolate Chip Pancakes	810	20	12	0	0	2650	150	5	48	13
Buttermilk Pancakes	590	6	2	0	0	2640	123	4	25	13
Choice of Eggs:										
Two Eggs Cracked to Order	170	14	4.5	0	420	140	0	0	0	12
Egg Whites	80	3.5	0.5	0	0	160	<1	0	<1	11
Choice of Meats:										
Bacon (2)	130	11	4	0	30	530	0	0	0	9
Sausage Patty (1)	180	13	4.5	0	50	510	1	0	0	13
Sausage Link (2)	120	9	3	0	40	410	0	0	0	10
Turkey Sausage (1)	90	7	2	0	30	260	0	0	0	7
Ham Steak (3oz)	110	6	2	0	45	940	0	0	0	14

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## GRIDDLE COMBOS\*

Choice of Griddle:										
Buttermilk Pancakes	590	6	2	0	0	2640	123	4	25	13
Berry Berry Belgian Waffle	330	14	11	0	20	660	51	6	24	4
Cinnamon Crunch French Toast	480	13	8	0	180	610	78	7	34	15
Choice of Eggs:										
Two Eggs Cracked to Order	170	14	4.5	0	420	140	0	0	0	12
Egg Whites	80	3.5	0.5	0	0	160	<1	0	<1	11
Choice of Meat:										
Bacon (2)	130	11	4	0	30	530	0	0	0	9
Sausage Patty (1)	180	13	4.5	0	50	510	1	0	0	13
Sausage Link (2)	120	9	3	0	40	410	0	0	0	10
Turkey Sausage (1)	90	7	2	0	30	260	0	0	0	7
Ham Steak (3oz)	110	6	2	0	45	940	0	0	0	14

## HOT OFF THE GRIDDLE\*

Berry Berry Belgian Waffle	330	14	11	0	20	660	51	6	24	4
Buttermilk Short Stack	590	6	2	0	0	2640	123	4	25	13
Cinnamon Roll Short Stack	1550	59	15	15	5	3010	245	7	141	13
Double Blueberry Short Stack	820	12	8	0	0	2750	167	9	60	13
Caramel Apple Short Stack	1220	16	6	0	0	3040	255	8	117	17
Chocolate Chip Short Stack	810	20	12	0	0	2650	150	5	48	13
Buttermilk Single Pancake	300	3	1	0	0	1320	61	2	13	6
Cinnamon Roll Single Pancake	780	30	8	7	<5	1500	123	4	71	6
Double Blueberry Single Pancake	510	9	7	0	0	1440	101	6	45	6
Caramel Apple Single Pancake	610	8	3	0	0	1520	128	4	58	8
Chocolate Chip Single Pancake	480	15	9	0	0	1330	84	3	32	7

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## SANDWICHES\*

Punky Rooster	980	59	15	3	115	1840	70	4	22	45
Cuban Sandwich	780	37	15	3	125	2860	58	2	7	54
California Club	650	34	10	3	95	2090	48	4	1	38
Triple Decker Club	970	57	17	4.5	110	2760	70	3	8	45
BBLT	610	44	11	3	50	1510	32	5	3	22

## BURGERS\*

All-American Cheeseburger**	950	64	5	3	115	1260	57	2	11	37
Cheese Choice:										
American Cheese (1 slice)	80	7	4	0	20	300	1	0	1	4
Swiss Cheese (1 slice)	90	7	4.5	0	20	115	1	0	1	6
Cheddar Cheese (2oz)	220	18	10	0	60	340	2	0	0	14
Monterey Jack Cheese (2oz)	220	18	10	0	60	340	2	0	0	14
Add Bacon (2) to Burger	130	11	4	0	30	530	0	0	0	9
Outlaw Burger	1160	78	14	3	155	1820	68	3	21	48
Jammin' Bacon Burger	1340	99	17	3	180	2190	60	2	12	56
Smoky Chipotle Burger	1360	103	17	3	160	2410	64	3	16	50
Patty Melt	1170	79	12	3	155	1480	69	5	8	49

## FAVORITES

Keto Bowl	960	80	23	0	525	2250	16	7	5	49
Chicken Quesadillas	1340	84	32	6	195	2980	82	4	11	59
Chopped Steak Skillet*	840	59	3	0	115	1640	46	5	5	35
Country Fried Steak*	1130	77	24	1.5	115	2490	75	3	<1	32
Chicken Tenders*	980	72	11	0	95	1730	55	2	25	30

\* Nutrient values shown do not include side choices

\*\* Nutrient values shown do not include cheese.

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## SALADS\*

Southwest Quesadilla Salad	1180	86	27	2	165	2220	54	8	7	56
Strawberry Spinach Salad	580	36	11	0	120	990	27	7	15	42
Burger on Greens										
All-American Cheeseburger on Greens**	600	48	1.5	0	115	460	11	3	2	32
Outlaw Burger on Greens	820	63	10	0	115	1020	24	5	14	42
Jammin' Bacon Burger on Greens	990	84	13	0	180	1390	13	3	4	50
Smoky Chipotle Burger on Greens	1020	87	13	0	160	1610	18	4	9	45
Patty Melt on Greens	790	62	10	0	155	950	18	4	9	42

## SALAD DRESSING

Ranch (3.5 floz)	450	45	7	0	35	910	7	0	3	0
Ranch (2oz)	260	26	4	0	20	520	4	0	2	0
Honey Mustard (3.5 floz)	460	39	5	0	35	560	28	0	25	0
Honey Mustard (2floz)	260	22	3	0	20	320	16	0	14	0
Italian (3.5 floz)	280	25	3.5	0	0	1750	11	0	7	0
Italian (2floz)	160	14	2	0	0	1000	6	0	4	0
Blue Cheese (3.5floz)	630	67	12	0	55	740	4	0	4	4
Bleu Cheese (2floz)	360	38	7	0	30	420	2	0	2	2
White Balsamic Vinaigretts (3.5 floz)	420	39	7	0	0	600	14	0	11	0
White Balsamic Vinaigrette (2floz)	240	22	4	0	0	340	8	0	6	0

\* Nutrient values shown do not include salad dressing

\*\* Nutrient values shown do not include choice of cheese

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## 55+ MENU

<b>55+ Meat &amp; Egg Breakfast*</b>										
<b>Choice of Eggs:</b>										
Two Eggs Cracked to Order	170	14	4.5	0	420	140	0	0	0	12
Egg Whites	80	3.5	0.5	0	0	160	<1	0	<1	11
<b>Choice of Meat:</b>										
Bacon (2)	130	11	4	0	30	530	0	0	0	9
Sausage Patty (1)	180	13	4.5	0	50	510	1	0	0	13
Sausage Link (2)	120	9	3	0	40	410	0	0	0	10
Turkey Sausage (1)	90	7	2	0	30	260	0	0	0	7
Ham Steak (3oz)	110	6	2	0	45	940	0	0	0	14
55+ Two Ingredient Omelette**	170	14	4.5	0	420	140	0	0	0	12
55+ Pancake Breakfast***	300	3	1	0	0	1320	61	2	13	6
55+ Half Waffle***	110	4	2.5	0	10	320	18	2	6	2
<b>Pancake &amp; Waffle Choices:</b>										
One Egg Cracked to Order	90	7	2.5	0	210	70	0	0	0	6
One Egg White	45	2	0	0	0	90	0	0	0	6
Bacon (2)	130	11	4	0	30	530	0	0	0	9
Sausage Patty (1)	180	13	4.5	0	50	510	1	0	0	13
Sausage Link (2)	120	9	3	0	40	410	0	0	0	10
Turkey Sausage (1)	90	7	2	0	30	260	0	0	0	7
Ham Steak (3oz)	110	6	2	0	45	940	0	0	0	14
55+ Ham & Cheese*	460	26	8	3	80	2030	31	4	2	28
55+ Half Quesadilla*	680	44	16	3	95	1450	41	2	6	27

\* Nutrient values shown do not include side choices

\*\* Nutrient values shown do not include side choices or omelette ingredients

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## LITTLE JIMMY

Bacon and Egg*	150	12	4.5	0	225	340	0	0	0	10
Silver Dollar Pancakes**	450	15	5	0	225	1650	61	2	13	17
Waffle n More**	260	16	7	0	235	660	18	2	6	12
Cinnamon Crunch French Toast**	360	20	11	0	285	540	30	2	15	15
Grilled Cheese*	420	27	10	3	40	1300	33	4	4	14
Chicken Tenders*	350	22	4	0	40	780	18	1	0	20

## SIDE CHOICES

Hash Browns	260	14	2.5	0	0	70	32	2	0	2
Hash Browns w/Cheese & Onions	370	23	7	0	20	370	35	3	3	6
Seasoned Home Fries	160	5	1	0	0	510	27	3	2	3
Seasoned Home Fries w/Cheese & Onions	270	14	5	0	20	810	30	3	5	7
Grits	110	6	1	1.5	0	45	13	<1	0	1
Bacon (3)	190	16	6	0	45	800	0	0	0	13
Sausage Patties (2)	350	26	9	0	100	1020	2	0	0	26
Sausage Links (3)	180	14	4.5	0	60	630	0	0	0	15
Turkey Sausage (2)	170	14	3.5	0	60	520	0	0	0	14
Mini Stack Buttermilk Pancakes	300	3	1	0	0	1320	61	2	13	6
Mini Stack Cinnamon Roll Pancakes	780	30	8	7	<5	1500	123	4	71	6
Mini Stack Double Blueberry Pancakes	510	9	7	0	0	1440	101	6	45	6
Mini Stack Caramel Apple Pancakes	610	8	3	0	0	1520	128	4	58	8
Mini Stack Chocolate Chip Pancakes	480	15	9	0	0	1330	84	3	32	7
French Fries	330	21	4	0	0	550	32	3	<1	3
Curly Fires	400	29	6	0	0	710	34	3	<1	3

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## SIDE CHOICES *continued*

Mashed Potatoes & Gravy	260	16	3	4	<5	780	25	2	3	4
Steamed Broccoli	130	12	2.5	3.5	0	330	6	3	2	3
Fried Okra	360	21	4	0	0	580	35	2	3	5
Sliced Tomatoes	5	0	0	0	0	5	1	0	<1	0
Fresh Fruit	45	0	0	0	0	15	12	<1	10	<1
House Salad	250	8	3	0	15	260	36	3	6	11
Cottage Cheese	140	6	4	0	30	580	8	0	6	14
White Toast	260	13	2	3	0	470	30	4	1	6
Wheat Toast	340	14	2	3	0	550	44	2	4	8
Rye Toast	420	17	2.5	3.5	0	530	58	4	1	10
Toasted English Muffin	230	7	1	1.5	0	300	32	1	1	6
Biscuit & Gravy	560	25	16	0	<5	2250	70	1	5	10
Cinnamon Roll	840	34	7	5	5	380	116	2	74	8

## A LA CARTE

Bacon (3)	190	16	6	0	45	800	0	0	0	13
Sausage Patties (2)	350	26	9	0	100	1020	2	0	0	26
Sausage Links (3)	180	14	4.5	0	60	630	0	0	0	15
Turkey Sausage (2)	170	14	3.5	0	60	520	0	0	0	14
Ham Steak (6oz)	210	13	3.5	0	90	1880	0	0	0	27
Corned Beef Hash (7oz)	340	17	5	2	60	3160	17	2	5	27
Toasted English Muffin	230	7	1	1.5	0	300	32	1	1	6
White Toast	260	13	2	3	0	470	30	4	1	6
Wheat Toast	340	14	2	3	0	550	44	2	4	8
Rye Toast	420	17	2.5	3.5	0	530	58	4	1	10
Biscuit & Gravy	560	25	16	0	<5	2250	70	1	5	10
Hash Browns	260	14	2.5	0	0	70	32	2	0	2

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## A LA CARTE *continued*

Seasoned Home Fries	160	5	1	0	0	510	27	3	2	3
French Fries	330	21	4	0	0	550	32	3	<1	3
Curly Fires	400	29	6	0	0	710	34	3	<1	3
Fresh Fruit	45	0	0	0	0	15	12	<1	10	<1
Oatmeal w/Brown Sugar	280	3.5	0.5	0	0	15	57	4	29	5
Grits	110	6	1	1.5	0	45	13	<1	0	1
Cottage Cheese	140	6	4	0	30	580	8	0	6	14
Salsa	35	0	0	0	0	460	7	2	3	1

## BEVERAGES

Regular Milk	240	10	6	0	40	200	24	0	24	16
Small Milk	150	6	4	0	25	125	15	0	15	10
Regular Chocolate Milk	300	5	3	0	30	400	48	0	44	16
Small Chocolate Milk	190	3	2	0	20	250	30	0	27	10
Hot Chocolate	330	9	7	0	0	340	63	<1	55	2
Regular Orange Juice	220	0	0	0	0	0	52	0	44	4
Small Orange Juice	140	0	0	0	0	0	32	0	27	2
Regular Apple Juice	220	0	0	0	0	30	54	0	52	0
Small Apple Juice	140	0	0	0	0	20	34	0	32	0
Regular Cranberry Juice Cocktail	260	0	0	0	0	0	68	0	64	0
Small Cranberry Juice Cocktail	160	0	0	0	0	0	42	0	40	0
Regular Tomato Juice	90	0	0	0	0	1360	18	4	14	4
Small Tomato Juice	60	0	0	0	0	850	11	2	9	2
Coffee	0	0	0	0	0	5	0	0	0	0
Decaff	0	0	0	0	0	5	0	0	0	0
Hot Tea	0	0	0	0	0	0	<1	0	0	0
Iced Tea	0	0	0	0	0	0	0	0	0	0

2000 calories a day is used as a general nutrition guideline for adults, but nutritional needs may vary. Any substitutions and variations will increase or decrease stated nutritional values. Items listed may not be available in all locations.



# NUTRITIONAL DATA

Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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## BEVERAGES *continued*

Coke	250	0	0	0	0	75	68	0	68	0
Diet Coke	0	0	0	0	0	75	0	0	0	0
Sprite	250	0	0	0	0	115	65	0	65	0
Dr. Pepper	250	0	0	0	0	100	66	0	64	0
Original Iced Coffee	250	11	9	0	15	60	36	0	36	4
Chocolate Fudge Iced Coffee	340	13	9	0	15	70	52	0	52	4
Cinnamon Roll Iced Coffee	300	11	9	0	15	60	48	0	48	4

2000 calories a day is used as a general nutrition guideline for adults, but nutritional needs may vary. Any substitutions and variations will increase or decrease stated nutritional values. Items listed may not be available in all locations.