



# NUTRITION FACTS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANSFAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A (IU) % Daily Value	VITAMIN C (mg) % Daily Value	CALCIUM % Daily Value	IRON (mg) % Daily Value
<b>THE ORIGINAL STEAKBURGER™</b>															
3D Grilled Cheese Steakburger™	770	470	52	24	2	125	1810	39	0	7	36	15	2	50	15
Bacon 'n Cheese Double Steakburger™	480	250	28	12	1	80	740	31	< 1	5	25	4	2	15	30
California Double Steakburger™	560	310	34	14	1	85	1030	35	2	10	25	40	15	20	30
Cheesy Cheddar Steakburger™	480	250	27	12	1	80	630	32	1	5	25	30	15	20	30
Grilled Portobello 'n Swiss Steakburger™	770	500	56	16	1.5	80	920	43	2	9	26	2	6	20	15
Guacamole Steakburger™	700	420	48	14	1	75	940	47	6	9	25	10	25	15	15
Double Steakburger™	390	190	21	8	1	55	330	30	< 1	4	19	0	2	6	25
Double Steakburger w/Cheese™	440	230	25	11	1	70	590	31	< 1	5	22	4	2	15	25
Frito's® Chili Cheese Double Steakburger™	1060	690	77	35	1	170	1670	49	3	5	45	30	15	60	40
Hickory Steakburger™	800	380	43	23	1	130	2790	72	0	48	34	15	25	60	20
Royale Steakburger®	650	360	40	12	1	285	950	41	< 1	8	30	35	10	10	20
Single Steakburger™	280	100	11	4.5	0	30	310	30	< 1	4	12	0	2	4	25
Single Steakburger w/Cheese™	330	140	16	7	0.5	40	570	31	< 1	5	15	4	2	15	25
Spicy Chipotle Steakburger™	640	370	41	13	1	85	900	42	2	9	26	35	25	15	15
Triple Steakburger™	510	270	30	12	1	85	350	30	< 1	4	26	0	2	6	30
Triple Steakburger w/Cheese™	610	350	39	17	1.5	110	870	31	< 1	5	32	8	2	20	30
Western BBQ 'n Bacon Steakburger™	720	350	39	13	1	80	1130	65	< 1	24	27	8	6	15	20
Wisconsin Buttery Burger™	710	440	49	21	1.5	75	760	45	< 1	14	23	15	2	15	15
<b>CLASSIC MELTS</b>															
Chicken Melt	650	340	38	9	0.5	85	1610	55	2	14	32	10	10	20	25
Frisco Melt	750	480	53	17	1.5	95	1160	41	1	12	26	10	2	30	30
Patty Melt	650	360	40	15	1.5	80	1000	47	3	18	25	8	4	20	30
Pepperjack Melt	740	430	48	16	1.5	90	1090	53	3	21	26	40	40	25	30
<b>STEAKBURGER SHOOTERS®</b>															
A-1®	140	50	6	2	0	15	320	15	< 1	4	6	0	0	2	6
A-1® w/Cheese	160	70	8	3.5	0	20	460	15	< 1	4	7	2	0	6	6
BBQ	140	50	6	2	0	15	250	16	0	4	6	0	0	4	6
BBQ w/Cheese	170	70	8	3.5	0	20	390	16	0	5	7	2	0	8	6
Buffalo	130	60	7	2.5	0	15	380	13	0	2	6	0	0	2	6
Buffalo w/Cheese	150	70	8	3.5	0	20	350	13	0	2	7	2	0	6	6
Chipotle	160	80	9	2.5	0	15	260	13	0	2	6	0	0	2	6
Chipotle w/Cheese	180	100	11	4	0	25	400	13	0	2	7	2	0	6	6
Frisco	160	80	9	2.5	0	15	280	14	0	3	6	0	0	2	6
Frisco w/Cheese	190	100	11	4	0	25	410	14	0	3	7	2	0	8	6
Ketchup & Mustard	140	50	6	2	0	15	290	15	< 1	3	6	0	0	2	6
Ketchup & Mustard w/Cheese	160	70	8	3.5	0	20	430	15	< 1	3	7	4	0	6	6
Ketchup & Onion	140	50	6	2	0	15	290	15	< 1	3	6	0	0	2	6
Ketchup & Onion w/Cheese	160	70	8	3.5	0	20	420	15	< 1	4	7	4	0	8	6
Steakburger Shooter - Plain	130	50	6	2	0	15	210	12	0	2	6	0	0	2	6
Steakburger Shooter w/Cheese - Plain	150	70	8	3.5	0	20	340	13	0	2	7	2	0	6	6
<b>SANDWICHES</b>															
Grilled Chicken Sandwich	400	140	15	2	0	55	980	51	< 1	8	25	25	4	8	10
Guacamole Grilled Chicken	580	280	31	6	0	65	1440	59	6	10	29	35	30	15	15
Spicy Chicken Sandwich	490	190	21	3.5	0	65	1220	51	2	7	24	25	6	8	8
Spicy Chipotle Grilled Chicken	520	220	25	6	0	75	1400	55	2	10	31	35	25	15	10
Turkey Club	420	140	16	3.5	0	55	1270	45	2	9	24	70	20	8	45
Chicken Fingers (3)	370	180	20	3	0	55	920	26	2	0	21	0	2	2	10
Grilled Cheese Sandwich	410	200	23	9	0.5	40	1130	37	1	4	14	15	0	30	25
Grilled Cheese 'n Bacon Sandwich	460	240	27	11	0.5	50	1330	38	1	5	17	15	0	30	25
Bacon, Lettuce, 'n Tomato Sandwich	400	180	20	5	0	35	950	42	2	7	14	30	10	8	25

The information contained in this guide is based on standard product formulations and is reported for informational purposes only by Steak n Shake. Variations may occur due to a variety of factors and circumstances including, but not limited to, difference in suppliers, ingredient substitutions, recipe revisions, products assembly, and seasonal variances. Limited time only, seasonal and test products are not included. This information is current as of February 2012.



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	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANSFAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A (IU) % Daily Value	VITAMIN C (mg) % Daily Value	CALCIUM % Daily Value	IRON (mg) % Daily Value
<b>GENUINE CHILI</b>															
Chili 3-Way	830	330	36	18	0	65	1490	94	12	9	33	25	10	10	45
Chili 5-Way	1170	570	63	33	1.5	145	2030	99	14	11	53	45	15	70	50
Chili Mac	860	330	36	18	0	65	1210	104	6	15	27	30	10	8	35
Chili Mac Supreme	1080	470	52	27	1	125	1500	109	6	17	44	45	15	70	35
Chili - Bowl	880	420	47	23	0	85	2030	75	19	3	40	25	10	15	55
Chili - Cup	440	210	24	12	0	40	1010	38	10	1	20	15	6	8	30
Chili Deluxe - Bowl	1220	670	74	39	1.5	165	2560	81	20	5	61	45	15	80	60
Chili Deluxe - Cup	610	330	37	19	0.5	85	1280	40	10	2	31	25	8	40	30

<b>SIDES</b>															
Applesauce	90	0	0	0	0	0	0	21	1	19	0	2	110	0	0
Apples and Caramel	120	10	1.5	1	0	< 5	75	27	2	18	< 1	2	4	4	0
Bacon Cheese French Fries - Large	870	430	48	12	3.5	35	1470	94	8	3	16	4	0	20	15
Bacon Cheese French Fries - Regular	670	350	38	11	3.5	35	1410	67	6	3	14	4	0	20	10
Bacon Cheese French Fries - Small	360	180	20	6	1.5	15	710	37	3	1	7	2	0	10	6
Cheese French Fries - Large	810	390	43	11	3.5	20	1270	94	8	2	12	4	0	20	15
Cheese French Fries - Regular	610	310	34	9	3.5	20	1210	67	6	2	10	4	0	20	10
Cheese French Fries - Small	330	160	18	5	1.5	10	610	36	3	1	5	2	0	10	6
Chili Cheese Fries - Large	1170	600	67	22	3.5	65	2150	117	14	3	26	15	2	30	30
Chili Cheese Fries - Regular	790	410	46	15	3.5	45	1650	78	9	3	17	10	2	25	20
Chili Cheese Fries - Small	450	230	26	9	2	25	910	44	5	1	10	6	0	15	10
French Fries - Large	640	270	30	6	0	< 5	210	87	8	< 1	7	0	0	4	15
French Fries - Regular	440	190	21	4	0	0	140	60	6	0	5	0	0	2	8
French Fries - Small	240	100	11	2	0	0	80	33	3	0	2	0	0	2	4
Onion Rings - Large	790	400	45	22	2	0	1350	86	6	8	11	0	0	8	6
Onion Rings - Regular	400	200	22	11	1	0	680	43	3	4	6	0	0	4	4
Baked Beans	290	10	1	0	0	< 5	970	62	8	29	9	10	2	20	25
Small Garden Salad	45	10	1	0	0	0	105	8	1	2	2	50	20	2	4
Cottage Cheese w/Pineapple Ring	150	50	6	4	0	35	230	10	0	4	14	4	6	4	0
Creamy Coleslaw	140	100	11	1.5	0	20	190	10	1	9	< 1	25	25	4	2
Mandarin Oranges - Cup	60	0	0	0	0	0	15	16	< 1	13	< 1	2	30	2	2
Chicken Gumbo Soup - Bowl	140	30	3.5	0	0	15	1860	22	3	7	7	50	35	6	8
Chicken Gumbo Soup - Cup	70	15	1.5	0	0	5	930	11	1	4	3	25	20	4	4
Vegetable Soup - Bowl	130	30	3	0.5	0	0	1740	24	3	6	3	60	30	4	6
Vegetable Soup - Cup	60	15	1.5	0	0	0	870	12	2	3	2	30	15	2	4

<b>SALADS</b>															
Apple Pecan Grilled Chicken Salad	330	70	8	1	0	50	640	39	6	37	21	60	40	6	10
Fried Chicken	470	230	26	6	0	75	1050	34	5	4	27	120	40	20	15
Grilled Chicken	270	90	10	3.5	0	65	860	30	3	6	26	120	40	20	15
Small Garden	45	10	1	0	0	0	105	8	1	2	2	50	20	2	4
Southwest Grilled Chicken	490	230	26	6	0	70	780	46	7	9	29	90	80	35	15

<b>SALAD DRESSINGS</b>															
Blue Cheese - (1 oz)	130	120	13	2.5	0	10	270	1	0	1	1	0	0	2	0
Honey French - (1 oz)	120	90	10	1.5	0	0	310	8	0	7	0	2	2	0	0
Honey Mustard - (1 oz)	130	110	12	2	0	10	115	5	0	4	0	8	0	0	0
Lite Ranch - (1 oz)	70	70	7	1	0	10	240	< 1	0	< 1	0	0	0	0	0
Ranch - (1 oz)	150	140	16	2.5	0	10	260	1	0	1	0	0	0	0	0
Reduced Fat Berry Balsamic Vinaigrette - (1 oz)	50	15	1.5	0	0	0	160	12	0	7	0	0	2	0	0
Thousand Island - (1 oz)	130	100	11	1.5	0	5	290	7	0	7	0	2	2	0	0
Zesty Italian - (1 oz)	80	70	8	1.5	0	15	480	2	0	2	< 1	4	0	2	0



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<b>HAND-DIPPED MILK SHAKES</b>															
Banana Milk Shake - Kids	380	100	12	8	0	35	200	63	0	60	11	8	0	35	0
Banana Milk Shake - Small	540	180	20	14	0	55	280	82	0	78	15	15	0	50	0
Banana Milk Shake - Regular	610	180	20	14	0	55	290	99	0	95	15	15	0	50	0
Banana Milk Shake - Large	890	260	29	20	0.5	85	460	140	< 1	133	25	20	0	80	0
Butterfinger® Milk Shake - Kids	490	140	16	10	0	35	250	80	< 1	69	12	8	0	40	2
Butterfinger® Milk Shake - Small	650	220	24	16	0	55	320	99	< 1	87	16	15	0	50	0
Butterfinger® Milk Shake - Regular	830	260	29	19	0	55	390	135	1	114	18	15	0	50	2
Butterfinger® Milk Shake - Large	1100	340	38	25	0.5	85	560	175	2	152	28	20	0	90	2
Butter Pecan - Kids	440	140	16	8	0	35	300	67	< 1	63	12	10	0	40	2
Butter Pecan - Small	600	220	24	14	0	55	380	86	< 1	81	15	15	0	50	2
Butter Pecan - Regular	720	260	29	15	0	55	500	107	2	102	16	15	0	50	2
Butter Pecan - Large	1000	340	38	21	0.5	90	670	148	2	140	26	20	0	90	2
Chocolate Milk Shake - Kids	390	110	12	8	0	35	220	64	1	57	11	8	0	35	4
Chocolate Milk Shake - Small	550	180	20	14	0	55	290	83	1	75	15	15	0	50	4
Chocolate Milk Shake - Regular	630	180	20	14	0	55	320	103	2	90	16	15	0	50	6
Chocolate Milk Shake - Large	900	270	30	20	0.5	85	490	143	2	128	26	20	0	90	6
Chocolate Covered Strawberry Milk Shake - Kids	450	140	15	11	0	35	240	73	1	66	12	8	45	40	4
Chocolate Covered Strawberry Milk Shake - Small	600	210	23	17	0	55	310	92	1	83	16	10	45	50	4
Chocolate Covered Strawberry Milk Shake - Regular	740	240	27	21	0.5	55	360	119	2	106	17	15	90	60	10
Chocolate Covered Strawberry Milk Shake - Large	1020	330	36	27	1	90	530	160	3	145	27	20	90	90	10
Chocolate Fudge Brownie - Kids	500	150	16	9	0	40	280	81	2	69	13	6	2	40	8
Chocolate Fudge Brownie - Small	780	250	28	18	0	60	400	120	3	102	18	10	2	60	10
Chocolate Fudge Brownie - Regular	950	290	32	22	0.5	60	480	155	4	129	20	10	2	60	20
Chocolate Fudge Brownie - Large	1280	390	44	28	1	95	700	203	4	172	31	15	2	100	20
Cookie Dough Milk Shake - Kids	540	110	17	11	0	35	280	87	< 1	74	12	8	0	35	4
Cookie Dough Milk Shake - Small	690	180	25	17	0.5	55	360	106	1	92	16	15	0	50	4
Cookie Dough Milk Shake - Regular	810	190	27	18	0.5	55	390	131	1	113	17	15	0	50	6
Cookie Dough Milk Shake - Large	1090	270	37	24	1	85	560	172	1	151	27	20	0	90	6
Cookies 'n Cream Milk Shake - Kids	540	150	17	10	0	35	360	89	1	70	13	8	0	35	25
Cookies 'n Cream Milk Shake - Small	700	230	25	16	0	55	430	108	1	88	17	15	0	50	25
Cookies 'n Cream Milk Shake - Regular	760	230	25	16	0	55	430	124	1	102	17	15	0	50	25
Cookies 'n Cream Milk Shake - Large	1140	360	40	24	0.5	85	770	176	3	139	29	20	0	80	50
Double Chocolate Fudge - Kids	530	160	18	13	0	35	260	86	2	74	13	8	0	40	8
Double Chocolate Fudge - Small	690	230	26	19	0	55	340	105	2	92	17	15	0	50	8
Double Chocolate Fudge - Regular	860	270	30	22	0.5	55	420	140	3	118	18	15	0	60	15
Double Chocolate Fudge - Large	1140	350	39	28	1	85	590	181	4	156	28	20	0	90	15
Heath Bar Milk Shake - Kids	500	160	18	11	0	45	280	75	< 1	70	12	8	2	40	0
Heath Bar Milk Shake - Small	620	190	21	13	0	55	350	97	1	88	16	10	2	50	0
Heath Bar Milk Shake - Regular	720	240	27	17	0	75	380	111	< 1	102	16	15	2	50	0
Heath Bar Milk Shake - Large	910	270	31	20	0.5	100	510	143	< 1	131	26	20	2	90	0
Hershey's Special Dark® Chocolate - Kids	460	140	16	10	0	35	210	73	2	66	12	8	0	40	6
Hershey's Special Dark® Chocolate - Small	620	210	24	16	0	55	290	92	2	83	16	10	0	50	6
Hershey's Special Dark® Chocolate - Regular	700	220	24	16	0	55	310	110	3	99	16	15	0	50	10
Hershey's Special Dark® Chocolate - Large	970	300	34	23	0.5	85	480	151	3	137	27	20	0	90	10
M&M's® Milk Shake - Kids	530	160	17	11	0	40	220	84	1	77	12	10	0	40	2
M&M's® Milk Shake - Small	680	230	25	17	0	55	290	103	1	95	16	15	0	50	2
M&M's® Milk Shake - Regular	770	240	26	18	0	55	300	123	1	113	17	15	0	60	2
M&M's® Milk Shake - Large	1170	370	41	27	1	90	490	183	2	168	28	20	2	90	4
Mint Cookies 'n Cream Milk Shake - Kids	540	150	17	10	0	35	360	87	1	70	13	8	0	35	25
Mint Cookies 'n Cream Milk Shake - Small	690	230	25	16	0	55	430	106	2	88	17	15	0	50	25
Mint Cookies 'n Cream Milk Shake - Regular	750	230	25	16	0	55	430	121	1	103	17	15	0	50	25
Mint Cookies 'n Cream Milk Shake - Large	1190	360	40	24	0.5	85	770	189	3	154	29	20	0	80	50



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<b>HAND-DIPPED MILK SHAKES</b>															
Mocha Milk Shake - Kids	390	110	12	8	0	35	200	63	< 1	60	11	8	0	40	2
Mocha Milk Shake - Small	540	180	20	14	0	55	270	82	<1	77	15	15	0	50	2
Mocha Milk Shake - Regular	610	180	20	14	0	55	280	100	<1	94	15	15	0	50	4
Mocha Milk Shake - Large	890	260	29	20	0.5	85	450	140	1	133	25	20	0	904	4
Nutter Butter® Milk Shake - Kids	740	300	33	12	0	35	630	102	<1	84	15	6	2	40	2
Nutter Butter® Milk Shake - Small	950	390	43	19	0.5	55	740	128	1	104	20	10	2	50	4
Nutter Butter® Milk Shake - Regular	1020	390	43	19	0.5	55	750	146	1	120	20	10	2	50	4
Nutter Butter® Milk Shake - Large	1650	670	73	30	1	85	1360	226	2	184	35	15	2	90	6
Orange Freeze - Kids	370	100	11	7	0	35	180	63	0	59	9	6	0	30	0
Orange Freeze - Small	510	170	18	13	0	50	240	79	0	75	13	10	0	45	0
Orange Freeze - Regular	590	170	19	13	0	50	260	97	0	93	13	10	2	45	0
Orange Freeze - Large	840	240	27	19	0.5	75	410	136	< 1	129	21	15	2	70	0
Peanut Butter Cup Milk Shake - Kids	580	210	24	15	0	40	250	85	1	78	14	10	0	40	2
Peanut Butter Cup Milk Shake - Small	740	280	32	20	0	55	320	104	1	96	17	15	0	50	2
Peanut Butter Cup Milk Shake - Regular	880	320	36	23	0.5	60	350	129	2	119	19	15	0	60	2
Peanut Butter Cup Milk Shake - Large	1220	440	49	31	1	90	530	177	2	163	29	20	2	90	2
Strawberry Milk Shake - Kids	380	100	12	8	0	35	190	62	0	59	11	8	2	35	0
Strawberry Milk Shake - Small	540	180	20	14	0	55	270	81	0	77	15	15	2	50	0
Strawberry Milk Shake - Regular	610	180	20	14	0	55	280	98	0	93	15	15	4	50	0
Strawberry Milk Shake - Large	880	260	29	20	0.5	85	450	138	< 1	132	25	20	6	80	0
Turtle Caramel Nut - Kids	630	200	22	13	0	40	370	99	2	83	15	10	0	45	6
Turtle Caramel Nut - Small	790	270	30	18	0.5	60	440	118	2	101	19	15	0	60	6
Turtle Caramel Nut - Regular	860	270	30	19	0.5	60	450	136	2	116	19	15	0	60	6
Turtle Caramel Nut - Large	1130	360	40	25	1	90	620	176	2	154	29	20	0	90	6
Vanilla Milk Shake - Kids	380	100	12	8	0	35	190	63	0	58	11	8	0	35	0
Vanilla Milk Shake - Small	540	180	20	14	0	55	270	82	0	76	15	15	0	50	0
Vanilla Milk Shake - Regular	610	180	20	14	0	55	280	99	0	91	15	15	0	50	0
Vanilla Milk Shake - Large	880	260	29	20	0.5	85	450	140	< 1	130	25	20	0	80	0
Very Berry Strawberry - Kids	350	100	12	8	0	35	190	57	< 1	54	11	8	45	40	2
Very Berry Strawberry - Small	510	180	20	14	0	55	260	76	<1	71	15	10	45	50	2
Very Berry Strawberry - Regular	550	180	20	14	0	55	270	87	2	83	15	15	90	50	4
Very Berry Strawberry - Large	820	260	29	20	0.5	85	440	128	2	121	25	20	90	90	4



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<b>SIGNATURE STEAK FRANKS</b>															
Carolina Slaw Steak Frank	450	280	31	11	1	65	1220	29	2	8	15	10	15	8	20
Cheesy Cheddar Steak Frank	490	320	36	15	1	80	1260	24	1	5	19	4	4	20	20
Chicago Style Steak Frank	420	250	27	10	1	60	1580	30	2	9	15	2	6	8	20
Chili Cheese Steak Frank	620	390	44	19	1.5	105	1590	31	3	4	26	10	2	30	25
Guacamole Steak Frank	490	320	37	12	1	60	1320	28	5	4	15	4	15	8	20
Steak Frank	380	240	27	10	1	60	1120	22	< 1	3	14	0	0	6	20
<b>KIDS PLATES</b>															
Chicken Fingers (2) and Fries	400	190	21	3.5	0	40	660	38	3	0	16	0	2	2	10
Grilled Cheese and Fries	560	270	30	11	0.5	40	1180	58	3	4	15	15	0	30	25
Mac and Cheese	170	45	5	1.5	0	10	340	26	1	5	6	0	0	15	6
Mac and Cheese w/Applesauce	260	45	5	1.5	0	10	340	47	2	24	6	2	110	15	6
Mini Corn Dogs 'n Fries	350	140	16	3.5	0	30	520	43	3	5	8	0	0	6	10
Steakburger and Fries	430	170	19	6	0	30	360	51	3	5	14	0	2	6	25
Steakburger w/Cheese and Fries	480	210	23	8	0.5	40	620	52	3	5	16	4	2	15	25
Steakburger Minis (2) and Fries	400	170	19	6	0	30	310	46	3	3	13	0	0	6	15
Steakburger Minis (2) w/cheese and Fries	460	210	24	9	0.5	45	580	46	3	3	16	4	0	15	15
Steak Frank and Fries	540	310	34	12	1	60	1170	43	3	3	15	0	0	6	20
<b>DESSERTS</b>															
Chocolate Chip Cookie	190	90	10	4	2	5	180	25	< 1	14	2	6	0	2	6
Chocolate Chip Cookie Sundae	840	390	43	26	4.5	70	530	107	3	73	9	25	0	20	20
Coke Float	520	200	22	14	0.5	100	140	74	0	64	6	15	0	25	2
Hot Fudge Sundae	540	260	29	18	0.5	70	230	64	2	49	8	10	0	25	8
Root Beer Float	530	200	22	14	0.5	100	170	78	0	70	6	15	0	25	0
Strawberry Sundae	390	200	22	11	0.5	70	140	47	2	40	6	10	65	20	4
Turtle Sundae	530	230	26	15	0.5	75	280	70	1	53	6	15	0	20	4
Walnut Brownie Fudge Sundae	820	380	42	21	0.5	80	350	106	3	78	10	10	0	20	20
<b>DRINKS</b>															
Coca-Cola® Classic - (22 fl oz glass w/ice)	170	0	0	0	0	0	5	47	0	47	0	0	0	0	0
Coke Zero® - (22 fl oz glass w/ice)	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Diet Coke® - (22 fl oz glass w/ice)	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Diet Coke® Caffeine-free - (22 fl oz glass w/ice)	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Sprite® - (22 fl oz glass w/ice)	170	0	0	0	0	0	40	45	0	45	0	0	0	0	0
Barq's® Root Beer - (22 fl oz glass w/ice)	190	0	0	0	0	0	40	52	0	52	0	0	0	0	0
Dr Pepper® - (22 fl oz glass w/ice)	170	0	0	0	0	0	40	44	0	44	0	0	0	0	0
Hi-C Flashin Fruit Punch - (22 fl oz glass w/ice)	180	0	0	0	0	0	15	48	0	48	0	0	170	0	0
Cherry Limeade - (22 fl oz glass w/ice)	210	0	0	0	0	0	40	56	0	55	0	0	6	0	0
Minute Maid Lemonade - (22 fl oz glass w/ice)	170	0	0	0	0	0	70	44	0	44	0	0	0	0	0
Fanta® Orange - (22 fl oz glass w/ice)	180	0	0	0	0	0	0	49	0	49	0	0	0	0	0
Nestle® Pure Life® Bottled Water - (16.9 fl oz)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Red Bull® Energy Drink - (8.4 fl oz)	110	0	0	0	0	0	100	28	0	27	0	0	0	0	0
Red Bull® Energy Drink Sugarfree - (8.4 fl oz)	10	0	0	0	0	0	100	3	0	0	0	0	0	0	0
Iced Tea - Unsweetened - (22 fl oz glass w/ice)	0	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Iced Tea - Sweetened - (22 fl oz glass w/ice)	170	0	0	0	0	0	10	44	0	42	0	0	0	0	0
Hot Tea - (8 fl oz mug)	0	0	0	0	0	0	5	< 1	0	0	0	0	0	0	0
Hot Chocolate - (8 fl oz mug)	140	35	3.5	3	0	< 5	160	25	< 1	17	1	0	0	6	4
Premium Blend Coffee - Regular - (8 fl oz mug)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Premium Blend Coffee - Decaf - (8 fl oz mug)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Milk - Reduced fat - (12 fl oz glass)	150	50	6	4	0	25	125	14	0	15	10	10	2	35	0
Chocolate Milk - Reduced fat - (12 fl oz glass)	240	50	6	3.5	0	25	210	38	2	30	9	15	0	35	4





# NUTRITION FACTS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANSFAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A (IU) % Daily Value	VITAMIN C (mg) % Daily Value	CALCIUM % Daily Value	IRON (mg) % Daily Value
<b>BREAKFAST</b>															
Bagel Sandwich w/bacon	450	150	16	7	0	275	1200	51	2	5	24	10	0	15	25
Bagel Sandwich w/sausage	570	260	29	11	0	275	1240	50	2	4	26	10	0	20	30
Bagel Sandwich - w/Steakburger	470	160	18	8	0.5	195	920	51	2	4	24	8	0	20	25
Cheddar Scrambler (a la carte)	600	430	47	16	0	700	730	10	0	9	31	20	2	20	25
Sausage Gravy and Biscuits (full order)	1070	670	74	43	8	55	3140	86	2	7	13	6	0	8	30
Sausage Gravy and Biscuits (half order)	540	330	37	21	4	25	1570	43	1	3	7	2	0	4	15
Shooter w / bacon	170	80	9	3.5	0	130	420	13	0	2	9	6	0	8	8
Shooter w / sausage	190	100	11	4.5	0	125	400	13	0	2	9	6	0	8	8
1 Egg (over easy, medium, hard)	80	50	6	1.5	0	210	70	0	0	0	6	4	0	2	6
1 Egg (scrambled)	80	60	6	2	0	215	70	< 1	0	0	6	6	0	4	6
2 Eggs (over easy, medium, hard)	150	90	11	3	0	425	140	< 1	0	< 1	13	10	0	6	10
2 Eggs (scrambled)	160	100	12	4	0	425	140	1	0	< 1	13	10	0	6	10
Side Order Bacon (2 slices)	100	60	7	2.5	0	65	510	2	0	2	8	0	0	0	2
Side Order Bacon (4 slices)	200	120	13	5	0	125	1030	3	0	3	16	0	0	0	6
Side Order Sausage (1 patty)	200	160	18	6	0	50	430	0	0	0	9	0	0	0	8
Side Order Sausage (2 patties)	410	320	36	12	0	95	860	< 1	0	0	17	2	0	2	15
Side Order Pancakes - a la carte (2 incl. butter and syrup)	540	140	16	9	0	45	1100	94	1	41	6	8	0	20	15
Side Order Mandarin Oranges - Cup	60	0	0	0	0	0	15	16	< 1	13	< 1	2	30	2	2
Side Order Biscuit (1)	310	180	20	15	0	0	810	30	< 1	3	3	0	0	4	10
Toast - Rye (buttered)	230	90	10	2	0	0	440	30	2	1	6	0	0	4	20
Toast - Sourdough (buttered)	230	90	10	1.5	0	0	370	30	1	1	5	0	0	6	20
Toast - Thick White (buttered)	260	90	10	2	0	0	360	36	1	3	6	0	0	6	25
Toast - Wheat (buttered)	210	90	10	2	0	0	270	26	2	4	5	0	0	4	20
Pancakes - bread side (2 incl. butter and syrup)	430	130	14	8	0	40	670	73	< 1	37	3	8	0	10	6
Side Order Hashbrowns (5 pieces)	260	160	17	6	0	0	570	23	2	0	3	0	0	2	2
Yogurt Parfait	210	35	4	2.5	0	15	95	38	1	29	7	2	35	20	4
Sausage Biscuit	520	340	38	21	0	50	1240	30	1	3	12	0	0	4	20
Egg and Cheese Biscuit	450	270	30	19	0	225	1140	31	< 1	4	13	10	0	15	15
Sausage and Egg Biscuit	600	400	44	23	0	265	1310	31	1	3	19	6	0	8	25
Sausage, Egg and Cheese Biscuit	650	430	48	26	0	275	1570	31	1	4	21	10	0	15	25
Bacon, Egg and Cheese Biscuit	520	320	35	21	0	275	1530	32	< 1	5	19	10	0	15	15
Orange Juice (Regular)	140	0	0	0	0	0	0	33	0	28	2	0	150	2	0
Blueberry Pancakes	560	100	12	6	1	25	1280	106	5	49	10	2	4	30	20
Chocolate Chip Pancakes	1000	260	29	17	1	35	1430	176	3	105	12	4	0	35	20
Country Skillet	1230	840	93	36	4.5	450	2520	63	3	4	31	20	10	15	35
Portobello and Swiss Skillet	1040	780	87	24	1	640	1500	27	3	5	37	20	15	30	30
Panwich	610	230	25	9	0	240	1050	74	< 1	37	18	6	0	15	20
Perfect Start Oatmeal	340	100	11	1	0	0	260	57	6	30	7	20	0	15	25
Hash Browns - Shredded	290	200	23	4	0.5	0	300	19	2	0	2	0	10	2	2
Kid's Silver Dollar Pancakes (3 incl. butter and syrup)	490	130	15	8	0	40	880	83	< 1	39	5	8	0	15	10
Kid's Egg (scrambled) Bacon and Toast	250	130	14	4	0	245	510	16	< 1	2	13	6	0	6	15
Kid's Egg (scrambled) Sausage and Toast	290	170	19	6	0	210	460	16	< 1	< 1	13	6	0	6	20
Kid's Chocolate Chip Pancakes	660	160	18	11	0	20	780	121	1	75	6	4	0	20	10