

# Menu Nutrition Information

Effective 7/30/2012

MENU ITEM	SERVING SIZE (oz)	CALORIES (kcal)	CALORIES FROM FAT	PROTEIN (g)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGAR (g)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)	PRIMARY INGREDIENTS
<b>Beverages</b>																	
Caramel Cappuccino	9.90	179	72	1	27	0	25	8	7	0	0	33	0.00	0.00	0.01	0.00	CARAMEL CAPPUCCINO
French Vanilla Cappuccino	9.70	166	72	0	24	0	23	8	7	0	0	17	0.00	0.00	0.01	0.00	FRENCH VANILLA CAPPUCCINO
Original Cappuccino	8.90	107	72	0	9	0	8	8	7	0	0	17	0.00	0.00	0.01	0.00	ORIGINAL CAPPUCCINO
Caramel Mocha Hot Chocolate	10.00	268	81	2	45	1	41	9	8	0	1	149	0.00	0.00	0.21	0.03	HOT COCOA, CARAMEL SYRUP, WHIPPED TOPPING, CHOCOLATE & CARAMEL TOPPING
Hot Chocolate	8.20	253	90	3	39	1	36	10	9	0	1	233	0.00	0.01	0.39	0.04	HOT COCOA, WHIPPED TOPPING
Premium Decaf Coffee	8.70	0	0	0	0	0	0	0	0	0	0	7	0.00	0.00	0.00	0.00	DECAF COFFEE
Premium Regular Coffee	8.70	0	0	0	0	0	0	0	0	0	0	7	0.00	0.00	0.00	0.00	COFFEE
Apple Juice, Large	14.40	143	0	0	35	0	35	0	0	0	0	22	0.02	0.40	0.03	0.03	APPLE JUICE
Apple Juice, Regular	7.40	72	0	0	17	0	17	0	0	0	0	11	0.01	0.20	0.02	0.01	APPLE JUICE
Orange Juice, Large	14.80	170	0	0	42	0	37	0	0	0	0	10	0.00	2.47	0.01	0.00	ORANGE JUICE
Orange Juice, Regular	7.70	85	0	0	21	0	19	0	0	0	0	5	0.00	1.24	0.00	0.00	ORANGE JUICE
Lemonade,	9.60	95	0	0	22	0	22	0	0	0	0	7	0.00	0.17	0.00	0.00	LEMONADE,



Breakfast Hot Tea	9.30	1	0	0	1	0	0	0	0	0	0	8	0.00	0.00	0.01	0.00	BREAKFAST TEA, LEMON
Green Tea	9.30	1	0	0	1	0	0	0	0	0	0	8	0.00	0.00	0.01	0.00	GREEN TEA, LEMON
Peppermint Tea	9.30	1	0	0	1	0	0	0	0	0	0	8	0.00	0.00	0.01	0.00	PEPPERMINT TEA, LEMON
Vanilla Chai Tea	9.30	0	0	0	1	0	0	0	0	0	0	8	0.00	0.00	0.01	0.00	VANILLA CHAI TEA
Iced Tea	9.40	0	0	0	0	0	0	0	0	0	0	8	0.00	0.00	0.01	0.00	ICED TEA, LEMON
Sweet Iced Tea	9.50	68	0	0	18	0	18	0	0	0	0	8	0.00	0.00	0.01	0.00	SWEET ICED TEA, LEMON
Wild Raspberry Iced Tea	10.20	58	0	0	14	0	13	0	0	0	0	8	0.00	0.00	0.01	0.00	ICED TEA, WILD RASPBERRY SYRUP, LEMON

## Breads

Banana Nut Bread (1 slice)	2.40	161	45	2	29	1	16	5	1	0	0	219	0.01	0.03	0.01	0.03	BANANA NUT BREAD
Biscuit (1 each)	2.80	238	108	4	29	1	2	12	7	0	0	785	0.03	0.00	0.07	0.09	BISCUITS, MARGARINE
Brioche Bun (1 each)	3.30	277	63	8	45	1	7	7	2	0	24	400	0.04	0.00	0.03	0.14	BRIOCHE BUN, MARGARINE
Ciabatta Bread (2 slices)	3.40	244	27	9	45	2	1	3	1	0	0	573	0.02	0.00	0.05	0.16	CIABATTA BREAD, MARGARINE
Dinner Rolls (1 each)	2.00	178	36	4	30	1	5	4	1	0	8	237	0.00	0.05	0.04	0.09	DINNER ROLL
English Muffin (1 each)	2.20	146	27	5	25	1	1	3	0	0	0	243	0.02	0.00	0.11	0.11	ENGLISH MUFFIN, MARGARINE
Garlic Ciabatta Bread (1 slice)	2.20	211	99	4	23	1	0	11	2	0	0	383	0.11	0.00	0.03	0.08	GARLIC CIABATTA BREAD, GARLIC SPREAD
Mini Bun (1 each)	1.40	126	27	3	20	1	3	3	0	0	0	233	0.02	0.00	0.04	0.74	MINI BUN, MARGARINE
Rye Bread (1 slice)	1.50	109	9	3	21	1	0	1	0	0	0	229	0.00	0.00	0.02	0.07	RYE BREAD
Rye Bread, toasted with margarine (1 slice)	1.60	129	27	3	21	1	0	3	0	0	0	252	0.02	0.00	0.02	0.07	RYE BREAD, MARGARINE
Sourdough Bread (1 slice)	1.50	130	27	4	21	1	1	3	1	0	0	258	0.02	0.00	0.00	0.07	SOURDOUGH FRENCH BREAD, MARGARINE

Texas Toast (1 slice)	1.60	122	27	2	10	1	2	3	0	0	0	129	0.02	0.00	0.02	0.03	TEXAS TOAST, MARGARINE
Wheat Bread (1 slice)	1.10	77	9	3	14	2	1	1	0	0	0	164	0.00	0.00	0.02	0.06	WHEAT BREAD
Wheat Bread, toasted with margarine (1 slice)	1.20	97	36	3	14	2	1	4	1	0	0	187	0.02	0.00	0.02	0.06	WHEAT BREAD, MARGARINE
White Bread (1 slice)	1.10	83	9	3	15	1	1	1	0	0	0	168	0.00	0.00	0.03	0.05	WHITE BREAD
White Bread, toasted with margarine (1 slice)	1.20	104	27	3	15	1	1	3	1	0	0	190	0.02	0.00	0.03	0.05	WHITE BREAD, MARGARINE
Blueberry Bread (1 slice)	2.30	213	90	3	29	1	16	10	2	0	28	275	0.01	0.01	0.01	0.03	BLUEBERRY BREAD

## Breakfast

Sirloin Steak (1 each) (a la carte)	5.00	421	261	33	3	0	0	29	9	0	77	638	0.00	0.00	0.05	0.19	BEEF STEAK, SOYBEAN OIL
Sausage Biscuit Bowl	19.10	974	531	30	76	4	4	59	27	0	497	2790	0.22	0.04	0.38	0.21	BISCUIT BOWL, HOME FRIES, EGGS, SAUSAGE GRAVY, BOB EVANS SAUSAGE, CHEDDAR CHEESE, SCALLIONS, MARGARINE
Spinach, Bacon & Tomato Biscuit Bowl	18.40	1013	540	36	79	4	7	60	29	0	519	3188	0.62	0.23	0.47	0.24	BISCUIT BOWL, HOME FRIES, EGGS, SPINACH, BACON, TOMATOES, HOLLANDAISE SAUCE, CHEDDAR CHEESE, SCALLIONS, MARGARINE
Country Biscuit	10.00	578	342	21	38	1	3	38	17	0	263	1463	0.14	0.00	0.24	0.16	EGGS, BOB EVANS SAUSAGE, BISCUIT, CHEDDAR

Breakfast																	CHEESE, COUNTRY GRAVY, MARGARINE
Pot Roast Hash	14.40	759	477	39	29	3	3	53	18	0	551	1624	0.20	0.07	0.28	0.24	POT ROAST, HOME FRIES, EGGS, CHEDDAR CHEESE, SCALLIONS
Turkey Sausage Breakfast	11.60	340	63	27	45	6	17	7	2	1	31	978	0.44	0.36	0.31	0.26	TURKEY SAUSAGE LINKS, NO CHOLESTEROL EGGS, FRUIT DISH, WHEAT TOAST
Blueberry Crepe (1 each)	5.70	306	126	5	40	2	25	14	6	0	67	292	0.09	0.01	0.07	0.04	CREPE SHELL, VANILLA CREAM CHEESE, BLUEBERRY TOPPING, WHIPPED TOPPING, POWDERED SUGAR, SOYBEAN OIL
Plain Crepe (no topping) (1 each)	4.20	255	126	5	27	1	14	14	6	0	67	285	0.08	0.00	0.07	0.03	CREPE SHELL, VANILLA CREAM CHEESE, POWDERED SUGAR, SOYBEAN OIL
Strawberry Banana & Yogurt Crepe (1 each)	11.00	375	126	9	54	5	34	14	3	0	60	275	0.07	0.77	0.16	0.06	CREPE SHELL, LOW- FAT STRAWBERRY YOGURT, STRAWBERRIES, BANANAS, SOYBEAN OIL
Strawberry Blueberry & Yogurt Crepe (1 each)	11.20	357	135	8	49	5	31	15	3	0	60	280	0.08	0.85	0.17	0.05	CREPE SHELL, LOW-FAT STRAWBERRY YOGURT, STRAWBERRIES, BLUEBERRIES, SOYBEAN OIL
Eggs, Cooked to Order (1 each) (a la	2.10	131	99	7	1	0	1	11	3	0	229	68	0.07	0.00	0.03	0.04	EGG, SOYBEAN

carte)																	OIL
Hardcooked Egg (1 egg) (a la carte)	1.50	57	36	6	1	0	0	4	1	0	180	52	0.06	0.00	0.02	0.04	EGG
Scrambled Egg (1 egg) (a la carte)	2.00	84	45	7	1	0	1	5	2	0	234	238	0.08	0.00	0.11	0.04	EGGS
Scrambled Egg (2 eggs) (a la carte)	4.00	168	99	13	2	0	1	11	3	0	467	476	0.16	0.00	0.23	0.09	EGGS
Scrambled Egg (3 eggs) (a la carte)	6.00	253	144	20	3	0	2	16	5	0	701	714	0.25	0.00	0.34	0.13	EGGS
Scrambled Bob Evans Egg Lites (1 egg) (a la carte)	2.00	28	0	6	1	0	1	0	0	0	0	119	0.09	0.00	0.11	0.05	NO CHOLESTEROL EGGS, SOYBEAN OIL
Scrambled Bob Evans Egg Lites (2 eggs) (a la carte)	4.00	57	0	11	1	0	1	0	0	0	0	238	0.17	0.00	0.23	0.09	NO CHOLESTEROL EGGS, SOYBEAN OIL
Scrambled Bob Evans Eggs Lites (3 eggs) (a la carte)	7.70	94	0	18	4	1	3	0	0	0	0	362	0.37	0.18	0.36	0.16	NO CHOLESTEROL EGGS, TOMATO, LETTUCE, SOYBEAN OIL
Scrambled Egg Whites (1 egg) (a la carte)	2.00	25	0	6	1	0	0	0	0	0	0	90	0.00	0.00	0.00	0.00	EGG WHITES, SOYBEAN OIL
Scrambled Egg Whites (2 eggs) (a la carte)	4.00	50	0	11	1	0	0	0	0	0	0	179	0.00	0.00	0.01	0.00	EGG WHITES, SOYBEAN OIL
Scrambled Eggs Whites (3 eggs) (a la carte)	6.00	75	0	17	2	0	0	0	0	0	0	269	0.00	0.00	0.01	0.00	EGG WHITES, SOYBEAN OIL
French Toast (no topping) (1 slice only)	3.40	163	27	4	19	1	10	3	1	0	77	280	0.01	0.00	0.04	0.05	FRENCH TOAST, POWDERED SUGAR
Fruit & Yogurt Plate	18.40	348	18	7	82	9	68	2	0	0	3	73	0.70	2.00	0.19	0.09	LOW FAT STRAWBERRY YOGURT, PINEAPPLE, GRAPES, BANANAS, STRAWBERRIES AND/OR

																	APPLES, CANTALOUPE, LETTUCE
Sausage Gravy Only (bowl)	14.60	359	207	9	30	0	2	23	15	0	20	1713	0.00	0.01	0.02	0.05	SAUSAGE GRAVY
Sausage Gravy Only (cup)	7.20	177	99	4	15	0	1	11	7	0	10	846	0.00	0.01	0.01	0.02	SAUSAGE GRAVY
Grits (bowl) (plain)	10.40	284	108	4	40	2	1	12	4	0	0	252	0.09	0.00	0.01	0.10	GRITS
Grits (cup) (plain)	5.80	158	54	2	22	1	0	6	3	0	0	141	0.05	0.00	0.00	0.06	GRITS
Blueberry Hotcake (no topping), (1 hotcake only)	6.20	335	72	5	60	0	15	8	4	0	0	784	0.00	0.02	0.13	0.17	BLUEBERRY HOTCAKE
Buttermilk Hotcake (no topping), (1 hotcake only)	5.80	329	72	5	58	0	14	8	4	0	0	783	0.00	0.00	0.13	0.16	BUTTERMILK HOTCAKE
Cinnamon Hotcake (no topping), (1 hotcake only)	6.10	374	99	5	64	0	19	11	5	0	0	784	0.00	0.00	0.13	0.18	CINNAMON HOTCAKE
Multigrain Hotcakes (no topping), (1 hotcake only)	6.20	316	36	8	64	6	12	4	1	0	0	468	0.00	0.00	0.22	0.19	MULTIGRAIN HOTCAKES
Cranberry Multigrain Hotcakes (no topping), (1 hotcake only)	6.40	331	36	8	68	7	15	4	1	0	0	468	0.00	0.01	0.22	0.19	MULTIGRAIN HOTCAKES, CRANBERRIES
Multigrain Cranberry Sidecakes (no topping), (2 sidecakes only)	3.60	202	18	4	44	4	15	2	1	0	0	234	0.00	0.00	0.11	0.10	MULTIGRAIN HOTCAKES, CRANBERRIES
Oatmeal (bowl) (plain)	10.70	168	27	6	31	4	1	3	0	0	0	9	0.00	0.00	0.03	0.12	OATMEAL
Oatmeal (cup) (plain)	5.80	91	18	3	17	2	0	2	0	0	0	5	0.00	0.00	0.01	0.06	OATMEAL
Border Scramble Omelet with Bob Evans Egg Lites	14.90	413	208	36	14	2	7	23	12	0	67	1257	0.43	0.22	0.56	0.18	NO CHOLESTEROL EGGS, BORDER SCRAMBLE MIX, PEPPER JACK CHEESE, SOUR CREAM, SCALLIONS,





Farmer's Market Omelet	12.10	535	342	32	13	1	5	38	16	0	747	1741	0.69	0.21	0.55	0.19	EVANS SAUSAGE, HAM, BACON, TOMATOES, ONIONS, SPINACH, MONTEREY JACK CHEESE, CHEDDAR CHEESE, HOLLANDAISE SAUCE, SCALLIONS, SOYBEAN OIL
Garden Harvest Omelet with Bob Evans Egg Lites	11.30	245	90	24	12	1	5	10	7	0	29	1063	0.72	0.26	0.55	0.18	NO CHOLESTEROL EGGS, TOMATOES, ONIONS, SPINACH, MONTEREY JACK CHEESE, CHEDDAR CHEESE, HOLLANDAISE SAUCE, SCALLIONS, SOYBEAN OIL
Garden Harvest Omelet with Egg Whites	11.30	235	90	23	12	1	3	10	7	0	29	974	0.46	0.26	0.22	0.05	EGG WHITES, TOMATOES, ONIONS, SPINACH, MONTEREY JACK CHEESE, CHEDDAR CHEESE, HOLLANDAISE SAUCE, SCALLIONS, SOYBEAN OIL
Garden Harvest Omelet	11.80	478	297	27	13	1	5	33	14	0	764	1454	0.72	0.26	0.56	0.18	EGGS, TOMATOES, ONIONS, SPINACH, MONTEREY JACK CHEESE, CHEDDAR CHEESE, HOLLANDAISE SAUCE,

																	SCALLIONS
Ham & Cheddar Omelet with Bob Evans Egg Lites	9.20	268	117	34	3	0	2	13	7	0	55	1211	0.32	0.00	0.52	0.18	NO CHOLESTEROL EGGS, CHEDDAR CHEESE, HAM, SOYBEAN OIL
Ham & Cheddar Omelet with Egg Whites	9.20	258	117	33	3	0	0	13	7	0	55	1122	0.06	0.00	0.19	0.04	EGG WHITES, CHEDDAR CHEESE, HAM, SOYBEAN OIL
Ham & Cheddar Omelet	9.40	486	315	36	4	0	2	35	13	0	756	1568	0.31	0.00	0.52	0.17	EGGS, CHEDDAR CHEESE, HAM, SOYBEAN OIL
Sausage & Cheddar Omelet with Bob Evans Egg Lites	9.10	298	162	30	3	0	2	18	9	0	45	805	0.32	0.00	0.52	0.17	NO CHOLESTEROL EGGS, BOB EVANS SAUSAGE, CHEDDAR CHEESE, SOYBEAN OIL
Sausage & Cheddar Omelet with Egg Whites	9.10	288	162	30	3	0	0	18	9	0	45	717	0.06	0.00	0.19	0.03	EGG WHITES, BOB EVANS SAUSAGE, CHEDDAR CHEESE, SOYBEAN OIL
Sausage & Cheddar Omelet	9.30	517	360	33	4	0	2	40	15	0	746	1162	0.31	0.00	0.52	0.16	EGGS, BOB EVANS SAUSAGE, CHEDDAR CHEESE, SOYBEAN OIL
Western Omelet with Bob Evans Egg Lites	10.40	278	117	34	5	1	3	13	7	0	55	1211	0.46	0.54	0.52	0.18	NO CHOLESTEROL EGGS, ONIONS, GREEN & RED PEPPERS, HAM, CHEDDAR CHEESE, SOYBEAN OIL
Western Omelet with Egg Whites	10.40	268	117	34	5	1	1	13	7	0	55	1123	0.21	0.54	0.20	0.05	EGG WHITES, ONIONS, GREEN & RED PEPPERS, HAM, CHEDDAR CHEESE, SOYBEAN OIL



Sunshine Skillet	11.30	436	218	16	38	3	1	24	10	0	201	1410	0.12	0.06	0.22	0.10	EVANS SAUSAGE, HOME FRIES, CHEDDAR CHEESE, PEPPERED GRAVY
Turkey Sausage (1 link) (a la carte)	1.60	72	36	9	1	0	0	4	1	0	31	404	0.00	0.00	0.02	0.04	TURKEY SAUSAGE LINKS
Golden Cornmeal Mush (1 slice)	3.30	171	63	2	25	5	10	7	1	0	1	1012	0.07	0.01	0.10	0.05	CORNMEAL MUSH, SOYBEAN OIL
Belgian Waffle (a la carte)	5.70	351	144	7	44	1	1	16	9	0	138	612	0.13	0.00	0.17	0.17	Belgian Waffle

## Condiments

Butter Cups (1 each)	0.20	41	36	0	0	0	0	4	3	0	11	32	0.02	0.00	0.00	0.00	BUTTER CUPS
Saltine Crackers (1 packet)	0.40	47	9	1	8	0	0	1	1	0	0	99	0.02	0.32	0.02	0.02	SALTINE CRACKERS
Half and Half Cups (1 each)	0.50	40	27	1	1	0	0	3	0	0	15	15	0.00	0.00	0.00	0.00	COFFEE CREAMER HALF & HALF
Non-Dairy Creamer (per ounce)	1.00	20	18	0	1	0	0	2	0	1	0	1	0.00	0.00	0.00	0.00	COFFEE CREAMER
Non-Dairy Creamer Cups (1 each)	0.50	19	9	0	1	0	0	1	0	0	0	0	0.00	0.00	0.00	0.00	COFFEE CREAMER NON DAIRY
Honey (1 packet)	0.50	43	0	0	12	0	11	0	0	0	0	1	0.00	0.00	0.00	0.00	HONEY CUP
Strawberry Jam (1 each)	0.50	36	0	0	9	0	9	0	0	0	0	1	0.00	0.02	0.00	0.00	STRAWBERRY JELLY
Apple Butter (1 each)	0.50	34	0	0	8	0	7	0	0	0	0	2	0.00	0.01	0.00	0.00	APPLE BUTTER
Diet Blackberry Jam (1 each)	0.40	5	0	0	2	1	1	0	0	0	0	5	0.01	0.01	0.02	0.01	DIET BLACKBERRY JELLY
Grape Jelly (1 each)	0.50	36	0	0	9	0	9	0	0	0	0	2	0.00	0.00	0.00	0.00	GRAPE JELLY
Orange Marmalade (1 each)	0.50	36	0	0	9	0	8	0	0	0	0	0	0.00	0.00	0.00	0.00	ORANGE MARMALADE JELLY



Wildfire Ranch Dressing (3oz portion)	2.80	225	153	1	16	0	3	17	3	0	14	573	0.04	0.03	0.04	0.01	WILDFIRE RANCH DRESSING
Wildfire Ranch Dressing, (1.6oz portion)	1.60	129	90	1	9	0	2	10	2	0	8	328	0.02	0.02	0.02	0.01	WILDFIRE RANCH DRESSING
Blue Cheese Dressing (1.6oz portion)	1.60	235	225	2	3	0	2	25	5	0	23	360	0.00	0.00	0.03	0.00	BLUE CHEESE DRESSING
Colonial Dressing (1.6oz portion)	1.60	247	198	0	12	0	12	22	3	0	0	206	0.00	0.00	0.00	0.00	COLONIAL DRESSING
Raspberry Reduced Fat Dressing (3oz portion)	2.80	200	90	0	27	0	26	10	2	0	0	184	0.00	0.40	0.01	0.00	REDUCED FAT RASPBERRY DRESSING

## Desserts

Peanut Butter Brownie Bites (8 bites)	8.50	1024	441	13	134	6	96	49	13	0	68	919	0.02	0.00	0.05	0.28	PEANUT BUTTER CHOCOLATE BROWNIE, POWDERED SUGAR
Peanut Butter Brownie Sundae (1 serving)	8.60	763	315	10	104	3	76	35	14	0	58	544	0.06	0.00	0.11	0.16	PEANUT BUTTER CHOCOLATE BROWNIE, VANILLA ICE CREAM, CHOCOLATE FUDGE TOPPING, WHIPPED TOPPING, POWDERED SUGAR
Peanut Butter Brownie (1 each)	4.10	496	225	6	63	3	44	25	7	0	34	459	0.01	0.00	0.02	0.14	PEANUT BUTTER CHOCOLATE BROWNIE
Chocolate Cake (1 slice)	8.00	880	405	7	113	4	77	45	22	1	68	287	0.12	0.00	0.09	0.38	CHOCOLATE CAKE, CHOCOLATE FUDGE TOPPING, WHIPPED TOPPING,



Steak with Gravy (no sides) (1 each)	8.20	605	369	18	42	3	1	41	11	1	39	1181	0.01	0.00	0.02	0.13	FRIED STEAK, COUNTRY GRAVY
Meatloaf (no sides) (1 slice)	7.50	345	207	21	15	2	8	23	9	1	145	1249	0.12	0.29	0.04	0.21	MEAT LOAF, BEEF GRAVY
Open-Faced Roast Beef (no sides)	9.60	485	261	27	17	1	4	29	11	0	123	1222	0.08	0.01	0.07	0.21	POT ROAST, BEEF GRAVY, TEXAS TOAST, MARGARINE
Slow-Roasted Chicken-N-Noodles	13.40	225	36	16	31	2	4	4	1	0	92	709	0.41	0.04	0.02	0.05	CHICKEN-N-NOODLES
Fried Chicken Breast (1 each) (a la carte)	5.00	285	117	29	13	1	0	13	3	0	89	758	0.02	0.03	0.02	0.09	FRIED CHICKEN BREAST
Garlic Butter Grilled Chicken Breast (1 each) (a la carte)	4.50	161	36	31	1	0	0	4	1	0	81	666	0.02	0.04	0.02	0.05	GRILLED CHICKEN BREAST, GARLIC BUTTER SAUCE, SOYBEAN OIL
Grilled Chicken Breast (1 each) (a la carte)	4.00	148	36	29	0	0	0	4	1	0	77	567	0.02	0.03	0.01	0.05	GRILLED CHICKEN BREAST, SOYBEAN OIL
Wildfire Grilled Chicken Breast (1 each) (a la carte)	5.20	218	36	30	15	1	14	4	1	0	81	695	0.12	0.91	0.07	0.09	GRILLED CHICKEN BREAST, WILDFIRE SAUCE, SOYBEAN OIL
Slow-Roasted Chicken Pot Pie	18.00	862	504	31	63	4	12	56	22	0	130	2623	0.90	0.03	0.36	0.20	CHICKEN POT PIE
Fried Chicken Strips (1 each) (a la carte)	1.50	137	72	7	10	0	0	8	1	0	8	301	0.01	0.01	0.00	0.02	FRIED CHICKEN STRIPS
Grilled Chicken Tenders (1 each) (a la carte)	1.10	36	9	8	0	0	0	1	0	0	21	188	0.00	0.01	0.00	0.01	GRILLED CHICKEN STRIPS, SOYBEAN OIL
Chicken-N-Noodles Deep-	18.80	667	270	28	72	5	5	30	15	0	112	2268	0.31	0.02	0.11	0.19	BISCUIT, SLOW ROASTED CHICKEN, MASHED POTATOES, CHICKEN-N-



Dish Dinner																		NOODLES, CHICKEN GRAVY, MARGARINE
Potato-Crusted Flounder (a la carte)	4.80	177	63	19	9	0	1	7	3	0	27	486	0.04	0.09	0.00	0.07	POTATO CRUSTED FLOUNDER, SOYBEAN OIL	
Garlic Butter Salmon (a la carte)	7.90	256	81	41	1	0	0	9	2	0	104	174	0.00	0.00	0.00	0.04	SALMON, GARLIC BUTTER SAUCE, SOYBEAN OIL	
Salmon (a la carte)	7.40	243	72	40	0	0	0	8	2	0	101	101	0.00	0.00	0.00	0.04	SALMON, SOYBEAN OIL	
Wildfire Salmon (a la carte)	8.60	312	81	41	15	1	14	9	2	0	103	203	0.16	1.41	0.09	0.11	SALMON, WILDFIRE SAUCE, SOYBEAN OIL	
Chicken & Broccoli Alfredo, Savor Size	14.30	451	207	27	34	4	5	23	9	0	80	1123	0.30	1.49	0.34	0.10	PASTA, SLOW ROASTED CHICKEN, BROCCOLI, ALFREDO SAUCE, BREAD CRUMBS, PARMESAN CHEESE	
Chicken & Broccoli Alfredo	24.80	843	405	49	61	5	8	45	17	0	155	2122	0.46	1.49	0.57	0.17	PASTA, SLOW ROASTED CHICKEN, BROCCOLI, ALFREDO SAUCE, BREAD CRUMBS, PARMESAN CHEESE	
Chicken Parmesan with Meat Sauce, Savor Size	18.30	824	369	52	60	4	13	41	14	0	140	2166	0.20	0.04	0.26	0.23	PASTA, FRIED CHICKEN BREAST, MONT JACK CHEESE, BOB EVANS ITALIAN SAUSAGE MEAT SAUCE, PARMESAN CHEESE	
																	PASTA, FRIED CHICKEN BREAST, MONT	

Chicken Parmesan with Meat Sauce	27.00	1143	477	64	100	6	20	53	18	1	152	2686	0.28	0.04	0.30	0.35	JACK CHEESE, BOB EVANS ITALIAN SAUSAGE MEAT SAUCE, PARMESAN CHEESE
Pot Roast Stroganoff, Savor Size	12.20	431	234	19	31	1	5	26	10	0	94	1121	0.04	0.59	0.04	0.14	PASTA, POT ROAST STROGANOFF SAUCE, SOUR CREAM
Pot Roast Stroganoff	23.70	826	432	36	61	2	9	48	18	0	176	2213	0.08	1.16	0.08	0.29	PASTA, POT ROAST STROGANOFF SAUCE, SOUR CREAM
Spaghetti with Meat Sauce, Savor Size	12.60	468	198	20	47	3	13	22	7	0	29	1067	0.15	0.01	0.13	0.14	PASTA, BOB EVANS ITALIAN SAUSAGE MEAT SAUCE, PARMESAN CHEESE
Spaghetti with Meat Sauce	21.30	787	315	31	87	5	20	35	11	0	42	1587	0.24	0.01	0.18	0.25	PASTA, BOB EVANS ITALIAN SAUSAGE MEAT SAUCE, PARMESAN CHEESE
Turkey and Dressing (no sides)	16.40	647	279	37	53	3	21	31	10	1	99	2579	0.17	0.60	0.08	0.24	TURKEY, BREAD & CELERY DRESSING, CHICKEN GRAVY
Slow-Roasted Turkey (a la carte)	3.50	116	36	15	3	0	2	4	1	0	45	727	0.02	0.00	0.02	0.05	TURKEY
Crispy Fried Haddock (1 each a la carte)	5.50	307	135	21	23	2	2	15	3	0	34	515	0.03	0.00	0.03	0.06	CRISPY FRIED HADDOCK
Crispy Buttermilk Shrimp (10 piece)	7.80	685	432	27	36	3	0	48	10	1	135	1149	0.16	0.12	0.15	0.16	CRISPY FRIED BUTTERMILK SHRIMP, LEAF LETTUCE
Black Angus																	ANGUS CHOPPED STEAK, BEEF

Chopped Steak with Roasted Portabella Mushrooms (a la carte)	9.70	545	396	32	6	2	4	44	17	1	158	767	0.09	0.04	0.04	0.36	GRAVY, PORTABELLA MUSHROOMS, YELLOW ONIONS, PARSLEY
Sirloin with Roasted Portabella Mushrooms (a la carte)	7.70	570	387	37	6	1	2	43	13	1	89	857	0.03	0.03	0.16	0.21	SIRLOIN STEAK, PORTABELLA MUSHROOMS, YELLOW ONIONS, MONTEREY JACK CHEESE, PARSLEY
Citrus Herb Chicken (1 piece) (a la carte)	7.10	344	180	36	4	1	0	20	4	0	133	1904	0.09	0.15	0.06	0.12	SPLIT CHICKEN BREAST, CITRUS HERB SEASONING, SOYBEAN OIL, CITRUS HERB SAUCE, LEMONS, PARSLEY
Citrus Herb Chicken (2 piece) (a la carte)	13.20	601	288	72	7	1	1	32	7	0	263	3588	0.10	0.26	0.12	0.24	SPLIT CHICKEN BREAST, CITRUS HERB SEASONING, SOYBEAN OIL, CITRUS HERB SAUCE, LEMONS, PARSLEY
<b>FFTF</b>																	
BE Fit Breakfast	15.10	352	27	17	68	6	31	3	1	0	0	537	0.55	0.55	0.37	0.23	MULTIGRAIN HOTCAKES, CRANBERRIES, NO CHOLESTEROL EGGS, FRUIT DISH, LETTUCE, TOMATO, SUGAR FREE PANCAKE SYRUP
Steamed Broccoli	3.50	34	0	3	7	3	2	0	0	0	0	33	0.12	1.49	0.05	0.04	BROCCOLI

Florets																	
Slow-Roasted Chicken-N-Noodles	6.90	116	18	8	16	1	2	2	1	0	47	365	0.21	0.02	0.01	0.03	CHICKEN-N-NOODLES
Grilled Chicken Breast with Baked Potato & Broccoli Florets	17.80	413	72	40	57	9	8	8	2	0	77	632	0.18	1.90	0.12	0.26	GRILLED CHICKEN BREAST, BAKED POTATO, BROCCOLI, MARGARINE CUP
Fruit & Yogurt Crepe with Quaker Oatmeal	18.20	612	153	14	104	7	68	17	4	0	65	343	0.10	0.17	0.26	0.12	CREPE SHELL, LOW-FAT STRAWBERRY YOGURT, DRIED CRANBERRIES, BLUEBERRIES, BANANAS, HONEY ROASTED PECANS, OATMEAL, BROWN SUGAR, MILK
Potato Crusted Flounder with Baked Potato & Broccoli Florets	18.60	442	99	29	66	9	9	11	4	0	27	551	0.19	1.95	0.10	0.28	POTATO CRUSTED FLOUNDER, BAKED POTATO, BROCCOLI, MARGARINE CUP
Blueberry-Banana French Toast	10.20	347	54	8	44	4	17	6	1	0	153	613	0.02	0.08	0.07	0.11	FRENCH TOAST, BLUEBERRIES, BANANAS
Fresh Fruit Plate with Low Fat Strawberry Yogurt	18.30	353	18	7	84	8	70	2	0	0	3	73	0.70	1.70	0.18	0.09	PINEAPPLE, RED GRAPES, CANTALOUPE, BANANAS, STRAWBERRIES AND/OR APPLES, LETTUCE, LOW-FAT STRAWBERRY YOGURT
Fresh Fruit Dish	3.80	58	0	1	14	1	13	0	0	0	0	7	0.26	0.36	0.01	0.02	PINEAPPLE, RED GRAPES, CANTALOUPE



Diet Coca-Cola	9.60	0	0	0	0	0	0	0	0	0	0	10	0.00	0.00	0.01	0.00	COLA
Beef Vegetable Soup (cup)	6.60	93	18	6	14	2	3	2	1	0	13	527	0.29	0.04	0.03	0.06	BEEF VEGETABLE SOUP
Hot English Breakfast Tea	9.30	1	0	0	1	0	0	0	0	0	0	8	0.00	0.00	0.01	0.00	ENGLISH BREAKFAST TEA, LEMON
Ice Tea	9.40	0	0	0	0	0	0	0	0	0	0	8	0.00	0.00	0.01	0.00	ICE TEA, LEMON
Low-Fat Strawberry Yogurt	3.20	93	9	4	18	0	17	1	0	0	3	54	0.01	0.05	0.11	0.00	LOW-FAT STRAWBERRY YOGURT
Applesauce	3.30	69	0	0	18	2	13	0	0	0	0	11	0.02	0.25	0.01	0.02	APPLESAUCE, CINNAMON
Bean Soup (cup)	6.40	127	18	9	18	5	0	2	1	0	5	716	0.00	0.02	0.05	0.11	BEAN SOUP

## Kids

Applesauce	3.30	69	0	0	18	2	13	0	0	0	0	11	0.02	0.25	0.01	0.02	APPLESAUCE, CINNAMON
Green Beans	3.00	32	9	2	5	2	1	1	0	0	2	416	0.10	0.03	0.03	0.07	GREEN BEANS, HAM, ONIONS
Broccoli Florets	3.50	34	0	3	7	3	2	0	0	0	0	33	0.12	1.49	0.05	0.04	BROCCOLI
Glazed Fresh Carrots	3.60	94	36	1	13	3	10	16	4	0	1	99	4.53	0.04	0.03	0.03	BABY CARROTS, BROWN SUGAR, MARGARINE
Fried Chicken Strips (1 each) (a la carte)	1.50	137	72	7	10	0	0	8	1	0	8	301	0.01	0.01	0.00	0.02	FRIED CHICKEN STRIPS
Grilled Chicken Tenders (1 each) (a la carte)	1.10	36	9	8	0	0	0	1	0	0	21	188	0.00	0.01	0.00	0.01	GRILLED CHICKEN STRIPS, SOYBEAN OIL
Hot Chocolate, Kids	8.20	253	90	3	39	1	36	10	9	0	1	233	0.00	0.01	0.39	0.04	HOT COCOA, WHIPPED TOPPING
Corn	3.60	172	108	2	17	2	2	12	2	0	0	118	0.14	0.05	0.00	0.02	CORN, MARGARINE
Fruit & Yogurt Dippers	10.70	222	9	5	51	5	44	1	0	0	3	62	0.27	0.81	0.13	0.04	LOW FAT STRAWBERRY YOGURT, PINEAPPLE, GRAPES, BANANAS,

																	STRAWBERRIES AND/OR APPLES, CANTALOUPE
Fruit Dish	3.80	58	0	1	14	1	13	0	0	0	0	7	0.26	0.36	0.01	0.02	PINEAPPLE, GRAPES, CANTALOUPE
Plenty-o- Pancakes with Blueberries (no topping)	12.00	718	162	8	131	0	55	18	11	0	0	1281	0.00	0.02	0.20	0.26	BUTTERMILK HOTCAKE, BLUEBERRIES, WHIPPED TOPPING, PANCAKE SYRUP
Plenty-o- Pancakes (no topping)	11.60	712	162	8	130	0	53	18	11	0	0	1280	0.00	0.00	0.19	0.26	BUTTERMILK HOTCAKES, WHIPPED TOPPING, PANCAKE SYRUP
Plenty-o- Pancakes with Chocolate Chips (no topping)	12.00	766	198	8	137	1	60	22	13	0	0	1281	0.00	0.00	0.20	0.27	BUTTERMILK HOTCAKE, CHOCOLATE CHIPS, WHIPPED TOPPING
Plenty-o- Pancakes with Cinnamon Chips (no topping)	11.90	757	189	8	135	0	59	21	12	0	0	1281	0.00	0.00	0.20	0.27	BUTTERMILK HOTCAKE, CINNAMON CHIPS, WHIPPED TOPPING
Apple Juice, Kids	11.00	107	0	0	26	0	26	0	0	0	0	17	0.02	0.30	0.02	0.02	APPLE JUICE
Orange Juice, Kids	11.00	102	0	0	25	0	22	0	0	0	0	8	0.00	1.48	0.01	0.00	ORANGE JUICE
Lemonade, Kids	11.00	100	0	0	24	0	24	0	0	0	0	8	0.00	0.18	0.01	0.00	LEMONADE
Chocolate Milk 1%, Kids	11.00	196	27	10	33	2	31	3	2	0	9	190	0.12	0.05	0.36	0.05	1% CHOCOLATE MILK
White Milk 2%, Kids	11.00	156	54	10	15	0	15	6	3	0	25	147	0.12	0.01	0.37	0.00	2% MILK
Macaroni and Cheese, Kids	7.00	301	81	11	45	2	8	9	3	0	15	571	0.00	0.00	0.15	0.10	KRAFT MACARONI AND CHEESE
Spaghetti with Marinara Sauce, Kids	11.00	283	63	9	47	3	13	7	1	0	0	535	0.15	0.00	0.04	0.11	PASTA, MARINARA SAUCE, PARMESAN CHEESE





Reese I'm Smiling Sundae	4.30	274	117	5	35	1	27	13	7	0	25	117	0.05	0.00	0.09	0.02	VANILLA ICE CREAM, CHOCOLATE FUDGE TOPPING, WHIPPED TOPPING, PEANUT BUTTER CUP, MARASCHINO CHERRIES
Turkey Lurkey Only (no sides)	4.50	140	54	15	4	0	2	6	2	0	49	891	0.02	0.00	0.02	0.05	TURKEY, CHICKEN GRAVY
Strawberry Yogurt	3.20	93	9	4	18	0	17	1	0	0	3	54	0.01	0.05	0.11	0.00	LOW FAT STRAWBERRY YOGURT

## Salads

Balsamic Vinaigrette (3oz portion)	2.30	84	27	0	16	0	15	3	0	0	0	322	0.00	0.00	0.00	0.01	BALSAMIC VINAIGRETTE
Balsamic Vinaigrette (1.6oz portion)	1.60	59	18	0	11	0	10	2	0	0	0	224	0.00	0.00	0.00	0.00	BALSAMIC VINAIGRETTE
Blue Cheese Dressing (3oz portion)	2.80	411	396	3	5	0	3	44	8	0	41	630	0.00	0.00	0.05	0.00	BLUE CHEESE DRESSING
Blue Cheese Dressing (1.6oz portion)	1.60	235	225	2	3	0	2	25	5	0	23	360	0.00	0.00	0.03	0.00	BLUE CHEESE DRESSING
Buttermilk Ranch Dressing (3oz portion)	2.80	291	261	3	3	0	3	29	5	0	26	582	0.00	0.00	0.05	0.00	RANCH DRESSING
Buttermilk Ranch Dressing (1.6oz portion)	1.60	166	153	2	2	0	2	17	3	0	15	333	0.00	0.00	0.03	0.00	RANCH DRESSING
Colonial Dressing (3oz portion)	2.80	433	342	0	22	0	22	38	6	0	0	361	0.00	0.00	0.00	0.00	COLONIAL DRESSING
Colonial Dressing (1.6oz portion)	1.60	247	198	0	12	0	12	22	3	0	0	206	0.00	0.00	0.00	0.00	COLONIAL DRESSING
French Dressing (3oz)	2.80	395	324	0	17	0	16	36	5	1	17	464	0.03	0.01	0.01	0.01	FRENCH DRESSING

portion) French Dressing (1.6oz portion)	1.60	226	189	0	10	0	9	21	3	0	10	265	0.02	0.00	0.00	0.01	FRENCH DRESSING
Lite Ranch Dressing (3oz portion)	2.80	192	162	2	4	0	2	18	3	0	21	704	0.02	0.02	0.06	0.01	RANCH LITE DRESSING
Lite Ranch Dressing (1.6oz portion)	1.60	110	99	1	2	0	1	11	2	0	12	402	0.01	0.01	0.03	0.01	RANCH LITE DRESSING
Raspberry Reduced Fat Dressing (3oz portion)	2.80	200	90	0	27	0	26	10	2	0	0	184	0.00	0.40	0.01	0.00	REDUCED FAT RASPBERRY DRESSING
Raspberry Reduced Fat Dressing (1.6oz portion)	1.60	114	54	0	15	0	15	6	1	0	0	105	0.00	0.23	0.00	0.00	REDUCED FAT RASPBERRY DRESSING
Sweet Italian Dressing (3oz portion)	2.20	253	207	0	12	0	10	23	4	0	0	741	0.00	0.00	0.00	0.00	SWEET ITALIAN DRESSING
Sweet Italian Dressing (1.6oz portion)	1.60	184	153	0	9	0	7	17	3	0	0	539	0.00	0.00	0.00	0.00	SWEET ITALIAN DRESSING
Wildfire Ranch Dressing (3oz portion)	2.80	225	153	1	16	0	3	17	3	0	14	573	0.04	0.03	0.04	0.01	WILDFIRE RANCH DRESSING
Wildfire Ranch Dressing, (1.6oz portion)	1.60	129	90	1	9	0	2	10	2	0	8	328	0.02	0.02	0.02	0.01	WILDFIRE RANCH DRESSING
Cobb Salad (no dressing), Savor Size	8.50	300	162	31	6	2	2	18	10	0	174	1018	0.69	0.22	0.24	0.10	SALAD MIX, TOMATOES, BACON, CHEDDAR CHEESE, BLUE CHEESE, EGGS, GRILLED CHICKEN STRIPS, SOYBEAN OIL, SCALLIONS
Cobb Salad (no dressing)	14.40	517	279	51	10	4	4	31	17	0	318	1679	1.15	0.37	0.39	0.18	SALAD MIX, TOMATOES, BACON, CHEDDAR CHEESE, BLUE CHEESE, EGGS, GRILLED

																		CHICKEN STRIPS, SOYBEAN OIL,SCALLIONS
Cranberry Pecan Chicken Salad (no dressing)	13.60	618	324	43	34	7	24	36	13	0	121	1463	1.00	0.25	0.25	0.12	SALAD MIX, SLOW ROASTED CHICKEN, PECANS, BLUE CHEESE, BACON, CRANBERRIES, SWEET ITALIAN DRESSING	
Farmhouse Garden Salad (no dressing)	3.60	76	36	4	8	2	2	4	2	0	9	126	0.43	0.16	0.09	0.05	SALAD MIX, CROUTONS, TOMATOES, CUCUMBERS, RED ONION, CHEDDAR	
Heritage Chef Salad (no dressing), Savor Size	6.70	197	108	17	6	2	3	12	6	0	129	613	0.65	0.19	0.15	0.09	SALAD MIX, TURKEY, HAM, BACON, TOMATOES, SWISS CHEESE, EGGS,SCALLIONS	
Heritage Chef Salad (no dressing)	12.40	398	225	34	11	4	6	25	12	0	260	1258	1.10	0.33	0.29	0.17	SALAD MIX, TURKEY, HAM, BACON, TOMATOES, SWISS CHEESE, EGGS,SCALLIONS	
Specialty Garden Salad (no dressing)	3.70	123	63	6	10	2	2	7	3	0	16	337	0.42	0.14	0.07	0.06	SALAD MIX, CROUTONS, TOMATOES, CHEDDAR CHEESE, BACON	
Wildfire Fried Chicken Salad (no dressing), Savor Size	9.00	439	186	25	39	6	12	21	5	0	56	743	0.71	1.07	0.16	0.12	SALAD MIX, FRIED CHICKEN STRIPS, WILDFIRE SAUCE, TOMATOES, CORN, TORTILLA STRIPS, CHEDDAR CHEESE,SCALLIONS	



Chicken Salad Plate	21.80	776	432	22	72	12	54	48	7	0	83	1101	0.97	2.03	0.14	0.17	SALAD, ROMAINE, BANANAS, CANTALOUPE, GRAPES, PINEAPPLE, APPLES, STRAWBERRIES, HONEY ROASTED PECANS
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## Sandwiches

Big Farm Angus Beef Burger Patty Only	5.30	428	306	30	1	1	2	34	15	1	132	455	0.03	0.00	0.03	0.33	ANGUS BEEF PATTY
Big Farm Bacon Cheese Burger	14.10	902	522	46	51	4	11	58	25	2	195	1753	0.27	0.30	0.24	0.51	BRIOCHE BUN, ANGUS BEEF PATTY, BACON, AMERICAN CHEESE, LETTUCE, TOMATO, RED ONIONS, PICKLE, MARGARINE
Big Farm Burger	12.50	725	378	39	50	4	10	42	17	2	156	1174	0.22	0.30	0.08	0.50	BRIOCHE BUN, ANGUS BEEF PATTY, LETTUCE, TOMATO, RED ONIONS, PICKLE, MARGARINE
Big Farm Favorite Burger	11.20	833	459	45	48	4	10	51	21	2	175	1101	0.47	0.09	0.28	0.51	BRIOCHE BUN, ANGUS BEEF PATTY, SWISS CHEESE, SPINACH, ROASTED PORTABELLA MUSHROOMS, MARGARINE
																	BRIOCHE BUN, ANGUS BEEF PATTY, BACON,

Big Farm Smokehouse Burger	15.60	1172	702	52	65	4	14	78	28	2	210	2050	0.30	0.41	0.31	0.56	MONTEREY JACK CHEESE, LETTUCE, TOMATO, ONION PETALS, BBQ RUB SEASONING, MARGARINE
Big Farm Three-Cheese Burger	14.40	925	522	50	51	4	11	58	28	2	212	1871	0.32	0.31	0.40	0.51	BRIOCHE BUN, ANGUS BEEF PATTY, AMERICAN CHEESE, MONTEREY JACK CHEESE, CHEDDAR CHEESE, LETTUCE, TOMATO, RED ONIONS, PICKLE, MARGARINE
Biscuit Sandwich	7.10	562	342	22	30	1	3	38	16	0	268	1401	0.13	0.16	0.18	0.17	BISCUIT, EGG, BOB EVANS SAUSAGE, AMERICAN CHEESE, MARGARINE
Farm-Grill Fried Chicken Club	11.40	669	243	47	61	3	2	27	9	0	116	1766	0.18	0.27	0.20	0.30	CIABATTA BREAD, FRIED CHICKEN BREAST, BACON, MONTEREY JACK CHEESE, LETTUCE, TOMATO, MARGARINE
Farm-Grill Grilled Chicken Club	10.40	533	162	47	48	2	2	18	7	0	104	1575	0.18	0.27	0.19	0.25	CIABATTA BREAD, GRILLED CHICKEN BREAST, BACON, MONTEREY JACK CHEESE, LETTUCE, TOMATO, SOYBEAN OIL, MARGARINE







Fish Market Haddock Sandwich	10.30	676	270	34	67	3	5	30	9	0	64	1502	0.21	0.07	0.21	0.22	HADDOCK FILET, SOURDOUGH BREAD, AMERICAN CHEESE, LEAF LETTUCE
Chicken Salad Sandwich	8.80	565	279	19	53	5	10	31	5	0	50	1139	0.23	0.29	0.05	0.20	CHICKEN SALAD, SOURDOUGH BREAD, ROMAINE, TOMATO
Chicken Salad Sandwich, Half	4.40	282	135	10	26	3	5	15	2	0	25	569	0.11	0.14	0.02	0.10	CHICKEN SALAD, SOURDOUGH BREAD, ROMAINE, TOMATO

## Sauces and Toppings

American Cheese (1 slice)	0.50	53	36	3	1	0	0	4	3	0	15	235	0.03	0.00	0.08	0.00	AMERICAN CHEESE
Blue Cheese (1oz)	1.00	97	72	6	0	0	0	8	5	0	22	381	0.04	0.00	0.16	0.00	BLUE CHEESE
Monterey Jack Cheese (1 slice)	0.70	71	54	4	0	0	0	6	4	0	21	340	0.03	0.00	0.11	0.00	MONTEREY JACK CHEESE
Beef Gravy (side portion)	2.20	21	9	1	2	0	0	1	0	0	26	168	0.06	0.01	0.00	0.01	BEEF GRAVY
Chicken-Roasted Gravy (side portion)	2.00	50	36	1	3	0	0	4	1	0	7	329	0.01	0.00	0.00	0.00	CHICKEN GRAVY
Country Gravy (side portion)	3.00	55	18	0	8	0	0	2	1	0	0	299	0.00	0.00	0.00	0.01	COUNTRY GRAVY
Alfredo Sauce (side portion)	3.00	162	117	6	6	0	2	13	6	0	13	612	0.13	0.00	0.21	0.00	ALFREDO SAUCE
Hollandaise Sauce (side portion)	1.00	25	9	0	3	0	1	1	1	0	1	155	0.00	0.00	0.02	0.00	HOLLANDAISE SAUCE
Marinara Sauce (side portion)	3.00	45	9	1	7	1	6	1	0	0	0	239	0.06	0.00	0.02	0.01	MARINARA SAUCE
Ranchero Picante (side portion)	1.30	37	0	9	0	0	0	0	0	0	0	92	0.04	0.04	0.03	0.02	RANCHERO PICANTE SAUCE

Tarter Sauce (side portion)	0.70	116	108	0	1	0	1	12	2	0	14	123	0.00	0.00	0.00	0.00	TARTER SAUCE
Wildfire BBQ Sauce (side portion)	1.00	62	0	0	15	1	14	0	0	0	0	99	0.10	0.88	0.06	0.04	WILDFIRE BBQ SAUCE
Sour Cream (side portion)	0.60	34	27	1	1	0	1	3	2	0	11	14	0.00	0.00	0.00	0.00	SOUR CREAM
Garlic Buttery Spread (1 oz)	1.00	198	189	0	1	0	0	21	4	0	0	215	0.21	0.01	0.01	0.01	BUTTERY GARLIC SPREAD
Pancake Syrup (side portion)	3.00	213	0	0	55	0	44	0	0	0	0	101	0.00	0.00	0.00	0.00	PANCAKE SYRUP
Sugar Free Pancake Syrup (side portion)	3.00	39	0	0	10	0	0	0	0	0	0	79	0.00	0.00	0.00	0.00	SUGAR FREE PANCAKE SYRUP
Blueberry Topping (side portion)	3.00	103	0	1	25	2	23	0	0	0	0	14	0.01	0.02	0.01	0.02	BLUEBERRY TOPPING
Caramel Topping (side portion)	1.00	74	0	1	18	0	14	0	0	0	1	79	0.00	0.00	0.01	0.00	CARAMEL TOPPING
Shredded Cheddar Cheese (side portion)	1.00	112	81	7	1	1	0	9	6	0	30	179	0.07	0.00	0.20	0.01	CHEDDAR CHEESE
Chocolate Fudge Topping (side portion)	1.00	86	18	1	16	0	11	2	1	0	0	46	0.00	0.00	0.02	0.02	CHOCOLATE FUDGE TOPPING
Cranberries (side portion)	0.70	62	0	0	17	2	13	0	0	0	0	1	0.00	0.00	0.00	0.01	CRANBERRIES
Loaded Potato Toppings (side portion)	2.10	202	144	11	3	1	1	16	9	0	51	472	0.05	0.02	0.14	0.02	BACON, CHEDDAR CHEESE, SOUR CREAM, SCALLIONS
2% Milk (pitcher)	2.30	33	9	2	3	0	3	1	1	0	5	31	0.02	0.00	0.08	0.00	2% MILK
Honey Roasted Pecans (side portion)	0.70	132	117	2	5	2	3	13	1	0	0	67	0.00	0.00	0.01	0.02	HONEY ROASTED PECANS
Bacon Bits (side portion)	0.80	116	81	8	1	0	1	9	4	0	26	442	0.00	0.00	0.00	0.02	BACON
Raisins (side portion)	0.90	84	0	1	20	1	15	0	0	0	0	3	0.00	0.02	0.02	0.03	RAISINS
Brown Sugar (side portion)	0.90	95	0	0	24	0	24	0	0	0	0	2	0.00	0.00	0.01	0.01	BROWN SUGAR
Whipped Topping (side portion)	0.40	37	27	0	3	0	3	3	2	0	0	2	0.00	0.00	0.00	0.00	WHIPPED TOPPING

# Seniors

Country Fried Steak (no sides) (1 each)	5.30	552	342	18	34	3	0	38	10	1	40	891	0.01	0.00	0.02	0.12	COUNTRY FRIED STEAK
Country Fried Steak with Gravy (no sides) (1 each)	8.20	605	369	18	42	3	1	41	11	1	39	1181	0.01	0.00	0.02	0.13	COUNTRY FRIED STEAK, COUNTRY GRAVY
Meatloaf (no sides) (1 slice)	7.50	345	207	21	15	2	8	23	9	1	145	1249	0.12	0.29	0.04	0.21	MEAT LOAF, BEEF GRAVY
Open-Faced Roast Beef (no sides)	9.60	485	261	27	17	1	4	29	11	0	123	1222	0.08	0.01	0.07	0.21	POT ROAST, BEEF GRAVY, TEXAS TOAST, MARGARINE
Turkey Sausage Breakfast	11.60	340	63	27	45	6	17	7	2	1	31	978	0.44	0.36	0.31	0.26	TURKEY SAUSAGE LINKS, NO CHOLESTEROL EGGS, FRUIT DISH, WHEAT TOAST
Slow-Roasted Chicken-N-Noodles	13.40	225	36	16	31	2	4	4	1	0	92	709	0.41	0.04	0.02	0.05	CHICKEN-N-NOODLES
Fried Chicken Breast (1 each) (a la carte)	5.00	285	117	29	13	1	0	13	3	0	89	758	0.02	0.03	0.02	0.09	FRIED CHICKEN BREAST
Garlic Butter Grilled Chicken Breast (1 each) (a la carte)	4.50	161	36	31	1	0	0	4	1	0	81	666	0.02	0.04	0.02	0.05	GRILLED CHICKEN BREAST, GARLIC BUTTER SAUCE, SOYBEAN OIL
Grilled Chicken Breast (1 each) (a la carte)	4.00	148	36	29	0	0	0	4	1	0	77	567	0.02	0.03	0.01	0.05	GRILLED CHICKEN BREAST, SOYBEAN OIL
Wildfire Grilled Chicken Breast (1 each) (a la carte)	5.20	218	36	30	15	1	14	4	1	0	81	695	0.12	0.91	0.07	0.09	GRILLED CHICKEN BREAST, WILDFIRE SAUCE, SOYBEAN OIL
Slow-Roasted Chicken Pot	18.00	862	504	31	63	4	12	56	22	0	130	2623	0.90	0.03	0.36	0.20	CHICKEN POT PIE



Florets	3.50	34	0	3	7	3	2	0	0	0	0	33	0.12	1.49	0.05	0.04	BROCCOLI
Glazed Fresh Carrots	3.60	94	36	1	13	3	10	16	4	0	1	99	4.53	0.04	0.03	0.03	BABY CARROTS, BROWN SUGAR, MARGARINE
Coleslaw	3.60	208	126	1	19	1	17	14	2	0	13	243	0.15	0.30	0.03	0.02	COLESLAW
Corn	3.60	172	108	2	17	2	2	12	2	0	0	118	0.14	0.05	0.00	0.02	CORN, MARGARINE
Bread and Celery Dressing	6.20	294	144	6	29	2	2	16	4	0	1	776	0.11	0.04	0.03	0.11	BREAD & CELERY DRESSING
Fruit Cup	7.70	148	9	1	38	4	32	1	0	0	0	8	0.27	0.52	0.02	0.03	PINEAPPLE, GRAPES, CANTALOUPE, BANANAS
Fruit Dish	3.80	58	0	1	14	1	13	0	0	0	0	7	0.26	0.36	0.01	0.02	PINEAPPLE, GRAPES, CANTALOUPE
Lettuce & Tomato (1 slice each)	1.70	9	0	1	2	1	1	0	0	0	0	4	0.12	0.18	0.02	0.02	LETTUCE, TOMATOES
Lettuce, Tomato and Pickle (as sandwich topping )	2.70	9	0	1	2	1	1	0	0	0	0	315	0.12	0.18	0.02	0.02	LETTUCE, TOMATOES, PICKLES
Onion Petals (side portion)	4.80	288	126	3	35	2	3	14	2	0	0	464	0.00	0.06	0.00	0.06	ONION PETALS
Macaroni and Cheese	7.20	304	135	13	29	2	4	15	7	0	33	1033	0.10	0.01	0.23	0.10	MACARONI & CHEESE, CHEDDAR CHEESE, BREAD CRUMBS
Dill Pickle Slices (3 each)	0.90	2	0	0	0	0	0	0	0	0	0	239	0.01	0.00	0.01	0.00	PICKLES
Baked Potato (plain)	10.10	193	0	8	50	6	6	0	0	0	0	0	0.00	0.87	0.04	0.12	BAKED POTATO
Loaded Baked Potato	12.20	395	144	19	53	6	7	16	9	0	51	472	0.05	0.89	0.18	0.13	BAKED POTATO, CHEDDAR CHEESE, BACON, SOUR CREAM, SCALLIONS
French Fries, Kids	4.50	319	117	4	46	1	0	13	3	0	1	92	0.00	0.13	0.01	0.05	FRENCH FRIES
French Fries	7.00	496	189	7	71	2	0	21	4	0	2	143	0.00	0.20	0.01	0.08	FRENCH FRIES

Hash Browns	4.60	317	81	5	53	4	3	9	2	0	0	1096	0.02	0.38	0.03	0.04	HASH BROWNS, MARGARINE
Loaded Hash Browns	6.70	518	224	16	57	5	5	25	11	0	51	1568	0.08	0.40	0.17	0.06	HASH BROWNS, CHEDDAR CHEESE, BACON, SOUR CREAM, SCALLIONS, MARGARINE
Home Fries	5.10	178	53	3	28	3	1	6	1	0	0	678	0.01	0.06	0.00	0.04	HOME FRIES, SEASONING SALT, BUTTERY OIL
Loaded Home Fries	5.10	269	139	10	22	2	1	16	7	0	36	815	0.04	0.06	0.10	0.04	HOME FRIES, CHEDDAR CHEESE, BACON, SOUR CREAM, SCALLIONS, BUTTERY OIL
Mashed Potatoes	5.00	189	81	3	24	3	1	9	6	0	24	560	0.07	0.00	0.02	0.08	MASHED POTATOES
Cranberry Relish (side portion)	1.20	68	0	0	16	1	15	0	0	0	0	7	0.00	0.57	0.00	0.01	CRANBERRY ORANGE RELISH
Tomato Slices (2 slices)	1.80	11	0	0	2	1	1	0	0	0	0	5	0.06	0.22	0.00	0.01	TOMATOES
Strawberry Yogurt	3.20	93	9	4	18	0	17	1	0	0	3	54	0.01	0.05	0.11	0.00	LOW FAT STRAWBERRY YOGURT
Crispy Buttermilk Shrimp (5 piece)	4.30	344	216	14	18	2	0	24	5	0	67	576	0.12	0.09	0.08	0.09	CRISPY FRIED BUTTERMILK SHRIMP, LEAFE LETTUCE

## Soups

Bean Soup (bowl)	10.00	198	27	14	28	8	1	3	1	0	8	1118	0.00	0.03	0.08	0.17	BEAN SOUP
Bean Soup (cup)	6.40	127	18	9	18	5	0	2	1	0	5	716	0.00	0.02	0.05	0.11	BEAN SOUP
Cheddar Baked Potato Soup (bowl)	13.90	332	171	14	26	1	5	19	11	1	61	1531	0.23	0.20	0.37	0.04	CHEDDAR POTATO SOUP, BACON, SCALLIONS
Cheddar Baked Potato Soup (cup)	7.00	171	90	7	13	1	2	10	6	0	32	782	0.12	0.11	0.18	0.02	CHEDDAR POTATO SOUP, BACON,

Beef Vegetable Soup (bowl)	11.90	167	36	10	25	4	6	3	1	0	24	949	0.52	0.07	0.05	0.10	SCALLIONS BEEF VEGETABLE SOUP
Sausage Chili (bowl)	11.10	424	243	16	28	10	5	27	10	0	54	1183	0.22	0.05	0.09	0.14	SAUSAGE CHILI
Beef Vegetable Soup (cup)	6.60	93	18	6	14	2	3	2	1	0	13	527	0.29	0.04	0.03	0.06	BEEF VEGETABLE SOUP
Sausage Chili (cup)	6.20	237	135	9	15	6	3	15	6	0	30	661	0.12	0.03	0.05	0.08	SAUSAGE CHILI
Slow-Roasted Chicken-N-Noodles	6.90	116	18	8	16	1	2	2	1	0	47	365	0.21	0.02	0.01	0.03	CHICKEN-N- NOODLES
Slow-Roasted Chicken-N-Noodles	13.40	225	36	16	31	2	4	4	1	0	92	709	0.41	0.04	0.02	0.05	CHICKEN-N- NOODLES
Tomato Basil Soup (cup)	6.50	238	171	4	15	1	10	19	9	0	53	858	0.23	0.34	0.09	0.10	TOMATO BASIL SOUP, PARMESAN CHEESE, GARLIC BUTTER CROUTONS
Tomato Basil Soup (bowl)	12.80	438	333	6	28	3	20	37	17	0	104	1593	0.46	0.68	0.12	0.19	TOMATO BASIL SOUP, PARMESAN CHEESE, GARLIC BUTTER CROUTONS

## Starter

Farmhouse Garden Salad (no dressing)	3.60	76	36	4	8	2	2	4	2	0	9	126	0.43	0.16	0.09	0.05	SALAD MIX, CROUTONS, TOMATOES, CUCUMBERS, RED ONION, CHEDDAR
Bean Soup (bowl)	10.00	198	27	14	28	8	1	3	1	0	8	1118	0.00	0.03	0.08	0.17	BEAN SOUP
Bean Soup (cup)	6.40	127	18	9	18	5	0	2	1	0	5	716	0.00	0.02	0.05	0.11	BEAN SOUP
Cheddar Baked Potato Soup (bowl)	13.90	332	171	14	26	1	5	19	11	1	61	1531	0.23	0.20	0.37	0.04	CHEDDAR POTATO SOUP, BACON, SCALLIONS
Cheddar Baked																	CHEDDAR POTATO SOUP,





Caramel Stack Cake	6.00	777	459	11	73	4	53	51	26	0	103	256	0.15	0.00	0.10	0.15	BUTTER CARMEL STACK CAKE
Lemon Bundt Cake	4.00	432	180	4	58	0	37	20	5	0	90	90	0.02	0.08	0.04	0.08	ICED LEMON BUNDT CAKE
Summer Berry Stack Cake	6.20	632	351	6	69	2	45	39	22	0	118	276	0.30	0.08	0.08	0.08	SUMMER BERRY STACK CAKE
Chocolate Chip M&M Cookie	2.80	450	189	5	60	2	27	21	11	0	32	328	0.06	0.00	0.06	0.08	CHOCOLATE CHIP M&M COOKIE
Chocolate Chunk Cookie	2.80	452	207	5	59	2	24	23	12	0	32	327	0.07	0.00	0.06	0.09	CHOCOLATE CHUNK COOKIE
Oatmeal Caramel Apple Cookie	2.80	429	180	5	59	3	28	20	11	0	13	242	0.14	0.00	0.05	0.10	OATMEAL CARMEL APPLE COOKIE
Frosted Shortbread Cookie	4.00	527	243	4	67	1	40	27	15	0	58	229	0.17	0.00	0.02	0.02	SHORTBREAD COOKIE, VANILLA FROSTING
Snicker Doodle Cookie	2.80	443	180	5	60	1	32	20	11	0	56	345	0.16	0.00	0.01	0.02	SNICKER DOODLE COOKIE
Reduced Fat Blueberry Muffin	6.90	542	162	9	87	2	49	18	4	0	82	812	0.03	0.06	0.03	0.08	REDUCED FAT BLUEBERRY MUFFIN
Buttermilk Spice Muffin	6.80	623	207	9	97	2	58	23	5	0	73	788	0.18	0.01	0.08	0.15	BUTTERMILK SPICE MUFFIN
Carrot Raisin Muffin	6.70	642	315	8	77	3	46	35	5	0	94	788	0.33	0.50	0.04	0.14	CARROT RAISIN MUFFIN
Cinnamon Blossom Pastry	2.70	288	135	4	35	1	12	15	7	0	11	368	9.00	0.00	0.00	3.00	CINNAMON BLOSSOM PASTRY

*This list is compiled based on ingredient statements provided to Bob Evans from food manufacturers as of the date of publication. If you require clarification and/or further information, please call (800) 939-2338. August 02, 2012*