



CHARLEYS WINGS • PHILLY STEAKS NUTRITION

PHILLY CHEESESTEAKS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Chicken Philly (w/Provolone) - Small	430	100	11g	6g	0g	70mg	910mg	37g	2g	3g	32g	6%	15%	25%	15%	X	X		X	X
Chicken Philly (w/Provolone) - Regular	720	160	18g	9g	0g	130mg	1520mg	55g	4g	5g	57g	8%	25%	40%	25%	X	X		X	X
Chicken Philly (w/Provolone) - Large	1010	210	24g	12g	0.5g	190mg	2150mg	76g	6g	8g	82g	10%	35%	50%	35%	X	X		X	X
Chicken California - Small	490	220	25g	8g	0g	75mg	1180mg	38g	3g	4g	32g	35%	10%	25%	15%	X	X		X	X
Chicken California - Regular	800	360	40g	12g	0.5g	140mg	2010mg	56g	4g	5g	56g	60%	15%	40%	25%	X	X		X	X
Chicken California - Large	1120	500	56g	17g	1g	205mg	2860mg	76g	6g	6g	82g	90%	20%	50%	35%	X	X		X	X
Chicken Buffalo - Small	450	160	18g	7g	0g	80mg	940mg	41g	3g	4g	32g	35%	20%	25%	15%	X	X		X	X
Chicken Buffalo - Regular	730	270	31g	11g	0g	140mg	3080mg	61g	5g	6g	57g	70%	30%	40%	25%	X	X		X	X
Chicken Buffalo - Large	1030	380	44g	15g	0.5g	205mg	4320mg	84g	7g	8g	82g	100%	40%	50%	35%	X	X		X	X
Chicken Teriyaki - Small	440	150	17g	7g	0g	80mg	940mg	41g	3g	6g	33g	35%	10%	30%	15%	X	X		X	X
Chicken Teriyaki - Regular	740	260	29g	11g	0.5g	145mg	1660mg	63g	5g	11g	58g	70%	15%	45%	25%	X	X		X	X
Chicken Teriyaki - Large	1040	370	42g	15g	1g	215mg	2410mg	88g	7g	15g	84g	100%	25%	60%	35%	X	X		X	X
Philly Cheesesteak - Small	470	200	22g	8g	0.5g	65g	1200mg	39g	2g	4g	27g	4%	15%	25%	20%	X	X		X	X
Philly Cheesesteak - Regular	780	340	36g	14g	1g	125mg	2030mg	58g	4g	6g	51g	70%	35%	40%	35%	X	X		X	X
Philly Cheesesteak - Large	1100	490	54g	20g	1.5g	180mg	2890mg	80g	5g	7g	73g	100%	50%	50%	50%	X	X		X	X
Pepperoni Steak - Small	560	270	30g	11g	0.5g	90mg	1410mg	39g	2g	4g	33g	35%	20%	25%	20%	X	X		X	X
Pepperoni Steak - Regular	890	440	49g	18g	1g	150mg	2290mg	58g	4g	7g	57g	60%	35%	40%	35%	X	X		X	X
Pepperoni Steak - Large	1250	610	68g	24g	1.5g	215mg	3200mg	80g	5g	9g	82g	90%	50%	50%	50%	X	X		X	X
Bacon 3 Cheesesteak - Small	550	260	29g	12g	0.5g	85mg	1230mg	39g	2g	4g	35g	35%	10%	40%	20%	X	X		X	X
Bacon 3 Cheesesteak - Regular	850	390	43g	16g	1g	140mg	1950mg	58g	4g	6g	56g	60%	20%	40%	35%	X	X		X	X
Bacon 3 Cheesesteak - Large	1200	570	63g	23g	1.5g	205mg	2870mg	80g	5g	9g	80g	90%	25%	50%	50%	X	X		X	X
Prime BBQ Steak - Small	630	270	30g	10g	0g	75mg	1530mg	59g	3g	17g	32g	40%	15%	25%	30%	X	X		X	X
Prime BBQ Steak - Regular	1070	470	52g	17g	0.5g	140mg	2610mg	96g	5g	32g	58g	70%	25%	40%	50%	X	X		X	X
Prime BBQ Steak - Large	1500	660	74g	24g	1g	205mg	3520mg	130g	6g	43g	83g	100%	35%	50%	70%	X	X		X	X
Ultimate Club - Small	500	210	23g	9g	0g	85mg	2080mg	42g	2g	6g	32g	35%	10%	25%	15%	X	X		X	X
Ultimate Club - Regular	840	360	40g	14g	0.5g	150mg	3850mg	64g	3g	11g	58g	70%	15%	40%	30%	X	X		X	X
Ultimate Club - Large	1170	500	56g	19g	0.5g	205mg	5240mg	88g	4g	14g	78g	90%	30%	60%	40%	X	X		X	X
Italian Deluxe - Small	510	240	27g	9g	0g	70mg	1940mg	40g	2g	5g	28g	35%	10%	25%	15%	X	X		X	X
Italian Deluxe - Regular	860	430	48g	16g	1g	130mg	3580mg	61g	3g	9g	50g	60%	15%	35%	25%	X	X		X	X
Italian Deluxe - Large	1230	620	69g	23g	1g	175mg	5260mg	84g	4g	12g	72g	80%	25%	50%	35%	X	X		X	X
Turkey Cheddar Melt - Small	480	180	20g	7g	0g	75mg	1980mg	42g	2g	4g	33g	35%	8%	25%	15%	X	X		X	X
Turkey Cheddar Melt - Regular	790	300	33g	11g	0g	130mg	3670mg	65g	3g	7g	58g	70%	15%	40%	30%	X	X		X	X
Turkey Cheddar Melt - Large	1130	420	47g	16g	0.5g	185mg	5390mg	91g	4g	10g	84g	100%	20%	60%	40%	X	X		X	X
Veggie Delight - Small	460	190	22g	9g	0g	45mg	880mg	49g	5g	9g	21g	40%	100%	40%	15%	X	X		X	X
Veggie Delight - Regular	620	250	28g	10g	0g	50mg	1310mg	71g	7g	13g	25g	70%	140%	45%	25%	X	X		X	X
Veggie Delight - Large	870	360	41g	14g	0g	70mg	1880mg	98g	10g	18g	34g	100%	200%	60%	30%	X	X		X	X

TOPPINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Lettuce - Small	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	25%	0%	0%	0%					
Lettuce - Regular	0	0	0g	0g	0g	0mg	0mg	<1g	<1g	<1g	0g	50%	2%	0%	2%					
Lettuce - Large	5	0	0g	0g	0g	0mg	0mg	1g	<1g	<1g	<1g	70%	2%	2%	2%					
Tomato - Small	5	0	0g	0g	0g	0mg	0mg	1g	0g	<1g	0g	4%	6%	0%	0%					
Tomato - Regular	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	0g	8%	10%	0%	0%					
Tomato - Large	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	0g	10%	15%	0%	0%					
Mayo - Small	50	50	6g	1g	0g	<5mg	40mg	0g	0g	0g	0g	0%	0%	0%	0%	X				
Mayo - Regular	100	100	11g	1.5g	0g	10mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%	X				
Mayo - Large	150	150	17g	2.5g	0g	10mg	120mg	<1g	0g	0g	0g	0%	0%	0%	0%	X				
Pickles - Small	0	0	0g	0g	0g	0mg	130mg	0g	0g	0g	0g	0%	0%	0%	0%					
Pickles - Regular	0	0	0g	0g	0g	0mg	260mg	0g	0g	0g	0g	0%	0%	0%	0%					
Pickles - Large	0	0	0g	0g	0g	0mg	390mg	0g	0g	0g	0g	0%	0%	0%	0%					
Banana Peppers - Small	0	0	0g	0g	0g	0mg	115mg	0g	0g	0g	0g	0%	0%	0%	0%					
Banana Peppers - Regular	0	0	0g	0g	0g	0mg	230mg	<1g	0g	0g	0g	0%	0%	0%	0%					
Banana Peppers - Large	0	0	0g	0g	0g	0mg	350mg	<1g	0g	0g	0g	0%	0%	0%	0%					
Jalapeños - Small	0	0	0g	0g	0g	0mg	240mg	<1g	0g	0g	0g	4%	2%	0%	2%					
Jalapeños - Regular	5	0	0g	0g	0g	0mg	360mg	1g	<1g	0g	0g	8%	4%	0%	2%					
Jalapeños - Large	10	0	0g	0g	0g	0mg	470mg	1g	<1g	<1g	0g	10%	4%	0%	2%					

WINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
BONELESS (1 Piece)																				
Plain	110	60	7g	1g	0g	10mg	270mg	6g	0g	1g	5g	0%	0%	4%	0%				X	
Sweet Teriyaki	140	60	7g	1g	0g	10mg	510mg	13g	0g	7g	5g	0%	0%	4%	0%	X			X	
Garlic Parm	160	100	12g	2g	0g	10mg	560mg	8g	0g	1g	6g	2%	0%	6%	0%	X			X	X
Zesty Lemon-Lime Rub	110	60	7g	1g	0g	10mg	340mg	7g	0g	1g	5g	0%	0%	4%	0%				X	
Spicy Molasses BBQ	140	60	7g	1g	0g	10mg	410mg	14g	0g	8g	5g	0%	2%	4%	2%				X	
Cajun Rub	120	60	7g	1g	0g	10mg	1070mg	8g	<1g	2g	5g	0%	0%	4%	0%				X	
Buffalo	110	60	7g	1g	0g	10mg	600mg	7g	0g	1g	5g	2%	4%	4%	0%				X	X
Thai Chili	150	60	7g	1g	0g	10mg	480mg	16g	0g	10g	5g	2%	4%	4%	0%	X			X	X
Nashville Hot	180	120	14g	2.5g	0g	10mg	760mg	9g	<1g	2g	5g	0%	0%	4%	0%	X			X	X
Smokin' Habanero	110	60	7g	1g	0g	10mg	550mg	7g	0g	1g	5g	0%	0%	4%	0%				X	X
Angry Ghost	120	60	7g	1g	0g	10mg	570mg	9g	0g	1g	5g	0%	2%	4%	2%				X	X



CHARLEYS WINGS • PHILLY STEAKS NUTRITION

WINGS (CONT.)

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
CLASSIC (1 Piece)																				
Plain	120	80	9g	2.5g	0g	45mg	40mg	0g	0g	0g	10g	2%	2%	2%	4%					
Sweet Teriyaki	150	80	9g	2.5g	0g	45mg	280mg	7g	0g	6g	10g	2%	2%	2%	4%	X		X		
Garlic Parm	180	120	14g	3.5g	0g	45mg	330mg	1g	0g	0g	11g	4%	2%	4%	4%	X		X	X	
Zesty Lemon-Lime Rub	120	80	9g	2.5g	0g	45mg	110mg	< 1g	0g	0g	10g	2%	2%	2%	4%					
Spicy Molasses BBQ	160	80	9g	2.5g	0g	45mg	190mg	8g	0g	7g	10g	2%	4%	2%	4%					
Cajun Rub	130	80	9g	2.5g	0g	45mg	840mg	2g	< 1g	0g	10g	2%	2%	2%	4%					
Buffalo	130	80	10g	2.5g	0g	45mg	340mg	< 1g	0g	0g	10g	2%	4%	2%	4%					X
Thai Chili	160	80	9g	2.5g	0g	45mg	250mg	10g	0g	10g	4%	6%	2%	4%	4%	X		X	X	
Nashville Hot	190	140	16g	4g	0g	45mg	530mg	2g	0g	< 1g	10g	4%	2%	2%	4%	X				
Smokin' Habanero	130	80	10g	2.5g	0g	45mg	320mg	0g	0g	0g	10g	2%	2%	2%	4%				X	
Angry Ghost	140	80	10g	2.5g	0g	45mg	340mg	3g	0g	0g	10g	2%	2%	2%	4%					X

SAUCES & RUBS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Sweet Teriyaki Sauce (2 oz.)	120	0	0g	0g	0g	0mg	960mg	28g	0g	24g	0g	0%	0%	0%	0%	X		X		
Garlic Parm Sauce (2 oz.)	160	140	16g	2g	0g	0mg	920mg	4g	0g	0g	0g	8%	0%	0%	0%	X		X	X	
Zesty Lemon-Lime Rub (1/8 teas.)	0	0	0g	0g	0g	0mg	70mg	< 1g	0g	0g	0g	0%	0%	0%	0%					
Spicy Molasses BBQ Sauce (2 oz.)	140	0	0g	0g	0g	0mg	580mg	32g	0g	28g	0g	0%	10%	0%	4%					
Cajun Rub (1/8 teas.)	10	0	0g	0g	0g	0mg	800mg	2g	< 1g	0g	0g	0%	0%	0%	0%					
Buffalo Sauce (2 oz.)	30	10	2g	0g	0g	0mg	1320mg	4g	0g	0g	0g	4%	15%	0%	0%					X
Thai Chili Sauce (2 oz.)	160	0	0g	0g	0g	0mg	840mg	40g	0g	36g	0g	8%	15%	0%	0%	X		X	X	
Nashville Hot Sauce (2 oz.)	290	250	29g	5g	0g	0mg	1980mg	10g	2g	3g	1g	4%	0%	0%	0%	X				
Smokin' Habanero Sauce (2 oz.)	25	15	1.5g	0g	0g	0mg	1130mg	2g	0g	0g	0g	0%	0%	0%	0%				X	
Angry Ghost Sauce (2 oz.)	70	15	1.5g	0g	0g	0mg	1220mg	11g	0g	0g	0g	0%	4%	0%	0%					X

FRIES

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Original Fries - Regular	400	200	22g	7g	0g	0mg	510mg	46g	8g	0g	5g	0%	2%	2%	4%					
Original Fries - Large	800	400	44g	14g	0g	0mg	1010mg	93g	17g	0g	9g	2%	4%	6%	8%					
Cheese Gourmet Fries	550	270	30g	9g	0g	0mg	1040mg	62g	10g	3g	6g	0%	6%	4%	6%					X
Cheese and Bacon Gourmet Fries	680	370	41g	13g	0g	20mg	1530mg	63g	10g	4g	15g	0%	8%	6%	6%					X
Ultimate Gourmet Fries	790	490	54g	16g	0g	25mg	1600mg	61g	10g	3g	15g	2%	4%	6%	6%	X			X	
Jalapeno Pepper Fries	880	550	61g	18g	0g	40mg	2260mg	66g	11g	5g	19g	10%	10%	20%	8%	X				X

SIDES & DIPS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Celery Sticks (w/Ranch Dip)	210	190	21g	3g	0g	15mg	310mg	3g	< 1g	1g	1g	2%	4%	4%	0%	X				X
Celery Sticks (w/Blue Cheese Dip)	270	240	28g	5g	0g	25mg	300mg	3g	< 1g	1g	2g	4%	2%	6%	0%	X				X
Texas Toast (1 Piece)	170	50	6g	0.5g	0g	0mg	250mg	29g	1g	5g	4g	0%	0%	4%	2%		X	X		
Texas Toast (6 Pieces)	1050	300	36g	4.5g	0g	0mg	1510mg	156g	6g	30g	24g	4%	0%	25%	10%		X	X		
Texas Toast (12 Pieces)	2090	590	72g	9g	0g	0mg	3020mg	312g	12g	60g	48g	6%	0%	50%	25%		X	X		
Ranch Dip (1.5 oz.)	200	190	21g	3g	0g	15mg	280mg	2g	< 1g	< 1g	< 1g	0%	2%	2%	0%	X				X
Blue Cheese Dip (1.5 oz.)	260	240	28g	5g	0g	25mg	270mg	2g	< 1g	2g	2g	2%	0%	4%	0%	X				X
Cheese Sauce (2 oz.)	70	40	4.5g	2.5g	0g	< 5mg	680mg	6g	0g	2g	< 1g	4%	0%	4%	0%					X

BEVERAGES

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium**	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
REGULAR (21 oz.)																				
Coke	160	0	0g	0g	0g	0mg	40mg	43g	0g	43g	0g	0%	0%	0%	0%					
Diet Coke	0	0	0g	0g	0g	0mg	55mg	0g	0g	0g	0g	0%	0%	0%	0%					
Coke Zero	0	0	0g	0g	0g	0mg	45mg	0g	0g	0g	0g	0%	0%	0%	0%					
Sprite	150	0	0g	0g	0g	0mg	75mg	42g	0g	41g	0g	0%	0%	0%	0%					
Fanta Orange	170	0	0g	0g	0g	0mg	45mg	47g	0g	46g	0g	0%	0%	0%	0%					
Barq's Root Beer	170	0	0g	0g	0g	0mg	55mg	47g	0g	47g	0g	0%	0%	0%	0%					
Hi-C Flashin' Fruit Punch	160	0	0g	0g	0g	0mg	55mg	44g	0g	43g	0g	0%	0%	0%	0%					
Dr. Pepper	120	0	0g	0g	0g	0mg	35mg	33g	0g	32g	0g	0%	0%	0%	0%					
Real Fruit Lemonade - Strawberry	260	0	0g	0g	0g	0mg	0mg	67g	0g	64g	2g	0%	35%	0%	0%					
Real Fruit Lemonade - Blueberry	260	0	0g	0g	0g	0mg	0mg	66g	< 1g	64g	2g	0%	30%	0%	0%					
Real Fruit Lemonade - Peach	250	0	0g	0g	0g	0mg	0mg	66g	0g	64g	2g	0%	30%	0%	0%					
Original Lemonade	220	0	0g	0g	0g	0mg	0mg	58g	0g	56g	2g	0%	30%	0%	0%					
Iced Tea (Unsweetened)	0	0	0g	0g	0g	0mg	10mg	< 1g	0g	0g	0g	0%	0%	0%	0%					
Iced Tea (Sweetened)	60	0	0g	0g	0g	0mg	10mg	16g	0g	16g	0g	0%	0%	0%	0%					
LARGE (32 oz.)																				
Coke	230	0	0g	0g	0g	0mg	55mg	63g	0g	63g	0g	0%	0%	0%	0%					
Diet Coke	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%	0%	0%					
Coke Zero	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g	0%	0%	0%	0%					
Sprite	220	0	0g	0g	0g	0mg	110mg	61g	0g	60g	0g	0%	0%	0%	0%					
Fanta Orange	250	0	0g	0g	0g	0mg	65mg	69g	0g	68g	0g	0%	0%	0%	0%					
Barq's Root Beer	250	0	0g	0g	0g	0mg	85mg	69g	0g	69g	0g	0%	0%	0%	0%					
Hi-C Flashin' Fruit Punch	240	0	0g	0g	0g	0mg	85mg	65g	0g	63g	0g	0%	0%	0%	0%					
Dr. Pepper	180	0	0g	0g	0g	0mg	55mg	49g	0g	48g	0g	0%	0%	0%	0%					
Real Fruit Lemonade - Strawberry	390	0	0g	0g	0g	0mg	0mg	102g	< 1g	98g	2g	0%	60%	0%	2%					



CHARLEYS WINGS • PHILLY STEAKS NUTRITION

BEVERAGES (CONT.)

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium**	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy	
LARGE (32 oz.)																					
Real Fruit Lemonade - Blueberry	390	0	0g	0g	0g	0mg	0mg	101g	1g	97g	2g	0%	45%	0%	0%						
Real Fruit Lemonade - Peach	380	0	0g	0g	0g	0mg	0mg	100g	<1g	97g	3g	0%	45%	0%	0%						
Original Lemonade	330	0	0g	0g	0g	0mg	0mg	85g	0g	82g	2g	0%	45%	0%	0%						
Iced Tea (Unsweetened)	5	0	0g	0g	0g	0mg	15mg	2g	0g	0g	0g	0%	0%	0%	0%						
Iced Tea (Sweetened)	100	0	0g	0g	0g	0mg	15mg	25g	0g	24g	0g	0%	0%	0%	0%						

SEASONINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy	
Carlic Parmesan (1/4 tsp)	0	0	0g	0g	0g	0mg	190mg	0g	0g	0g	0g	0%	0%	0%	0%						X
Jalapeno Lime (1/4 tsp)	0	0	0g	0g	0g	0mg	150mg	0g	0g	0g	0g	0%	0%	0%	0%						
Philly & Fries (1/4 tsp)	0	0	0g	0g	0g	0mg	270mg	0g	0g	0g	0g	0%	0%	0%	0%						

BREAKFAST

BREAKFAST BURRITOS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Egg and Cheese Burrito	560	330	31g	9g	0g	235mg	1230mg	49g	2g	1g	19g	10%	4%	30%	15%	X			X	X
Bacon, Egg and Cheese	650	400	39g	12g	0g	250mg	1590mg	50g	2g	2g	26g	10%	6%	30%	20%	X			X	X
Sausage, Egg and Cheese	650	410	40g	12g	0g	250mg	1340mg	49g	2g	1g	21g	10%	4%	30%	15%	X	X		X	X

BREAKFAST SANDWICHES

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Egg and Cheese Sandwich	460	210	24g	9g	0g	400mg	850mg	37g	1g	4g	23g	15%	2%	30%	20%	X			X	X
Bacon, Egg and Cheese Sandwich	490	240	26g	9g	0g	400mg	800mg	36g	1g	4g	25g	15%	4%	20%	20%	X			X	X
Sausage, Egg and Cheese Sandwich	650	390	44g	14g	0g	435mg	980mg	36g	1g	3g	26g	15%	2%	20%	20%	X	X		X	X
Steak, Egg and Cheese Sandwich	520	220	25g	9g	0g	425mg	890mg	36g	1g	3g	36g	15%	2%	20%	30%	X	X		X	X

OMELET PLATTERS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Bacon and Cheese Omelet Platter	830	460	52g	16g	0g	605mg	1370mg	55g	6g	5g	34g	20%	2%	35%	25%	X			X	X
Sausage and Cheese Omelet Platter	990	620	69g	22g	0g	635mg	1550mg	55g	6g	4g	35g	20%	0%	35%	25%	X	X		X	X
Steak and Cheese Omelet Platter	860	450	50g	16g	0.5g	630mg	1460mg	55g	6g	5g	45g	20%	0%	35%	35%	X	X		X	X
Veggie Omelet Platter	790	410	46g	14g	0g	585mg	1250mg	62g	8g	8g	31g	25%	45%	35%	30%	X			X	X

Hashbrowns

Hashbrowns	280	160	18g	3.5g	0g	0mg	400mg	27g	5g	0g	2g	0%	0%	2%	4%					
Orange Juice	110	0	0g	0g	0g	0mg	15mg	27g	0g	2g	2g	0%	100%	2%	0%					
Toast-2 slices	130	15	2g	0g	0g	0mg	260mg	24g	1g	2g	4g	0%	0%	6%	8%				X	
Coffee	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%					

SALADS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Fresh Garden	35	0	0g	0g	0g	0mg	190mg	7g	3g	4g	2g	160%	15%	6%	6%					
Grilled Chicken	120	15	1.5g	0.5g	0g	50mg	420mg	8g	4g	4g	20g	160%	15%	6%	10%				X	
Steakhouse	140	45	5g	2g	0g	40mg	410mg	8g	3g	4g	18g	160%	15%	6%	15%				X	

KIDS MEAL

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Egg	Soy	Nuts	Wheat	Dairy
Kids Meal	690	320	36g	10g	0g	45mg	730mg	79g	9g	31g	18g	0%	2%	2%	15%		X		X	

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

*May include natural Trans Fats. There are no additional Trans Fats added. Federal regulation has exempted highly refined oils derived from the major allergens from being declared as an allergen. As such, the Soybean Oil that French Fries and Chicken Fingers are cooked in, as well as what is included in certain sauces, is not indicated as an allergen. Please consult your doctor to determine if you should avoid products containing highly refined soybean oil.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

**Values represent sodium derived from beverage ingredients other than water. The actual amount of sodium in the beverage will vary based on the sodium content of the local water supply.