

Smitty's Nutritional Information

Updated January 2015

*The information presented below is to be used as a guide only. All nutritional values are based on standardized recipe formulations and average figures. Figures are estimates based on manufacturer's ingredients and nutritional declarations, the USDA nutritional database, the Canadian Nutrient Database and standard recipes. Preparation, recipes, ingredients and figures may change without notice and vary from location to location.

Our menu items are all prepared on equipment that may contain small traces or residue or may have been in contact with allergenic substances such as cereals, gluten, egg and milk products, peanuts and nuts, seeds and soy products, crustacean and fish products, and sulphites. (Items that **may contain an allergen in the ingredient list are marked with x†.)

***Some menu items may not be available at all Smitty's Restaurants and certain locations may, at times, offer test products, limited time offerings, or other regional menu choices not listed. Nutritional information shown does not apply to special or custom orders.

BREAKFAST SKILLETS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Farmer's Skillet	1,093	86.0	19.5	0.94	774	1,849	63.1	8.0	8.7	48.2	x		x			
Harvest Skillet	911	70.3	13.7	0.86	733	1,167	65.2	10.1	8.5	37.5	x		x			
Meatlovers Skillet	1,341	109.4	27.7	0.96	843	3,278	67.5	6.8	4.4	66.4	x	x	x			
Sunrise Skillet	1,104	91.1	21.1	0.86	778	1,750	58.4	7.8	5.6	43.6	x		x			
Texas Skillet	1,128	85.4	21.0	1.31	801	2,420	71.4	10.0	16.4	50.6	x		x			
Ukrainian Skillet	1,264	69.5	23.4	0.49	804	2,106	100.1	6.5	10.2	56.3	x		x			
Western Skillet	1091	85.5	16.4	0.66	763	2178	80.3	8.2	10.1	47.4	x	x	x			
with Toast (White)	273	8.0	1.2	0.00	0	493	42.0	4.0	4.0	4.0	x	x	x			
with Toast (Whole Wheat)	273	8.0	1.2	0.00	0	493	42.0	4.0	4.0	8.0	x	x	x			
NOTE: "Breakfast Skillets" nutritional values do not include Toast. These values are listed separately.																

BREAKFAST SPECIALTIES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Big Country Breakfast	761	56.4	20.0	0.16	693	3,280	15.1	0.0	1.1	60.6		x	x			
Clubhouse Benedict	635	35.5	11.0	0.04	417	1,910	43.9	4.1	7.5	34.3	x	x	x			
Eggs Benedict	494	22.5	6.8	0.04	401	2,128	43.4	3.0	5.8	30.1	x	x	x			
Farmer's Sausage Breakfast	569	41.0	14.5	0.19	626	1,406	7.1	0.0	4.4	41.3						
International Breakfast	1,055	54.2	17.7	0.15	556	2,358	107.1	3.8	17.5	48.7	x	x	x			
NY Steak & Eggs	696	45.4	10.4	0.06	665	343	1.1	0.0	0.6	67.2						
NOTE: "Breakfast Specialties" nutritional values do not include Toast and Hash Browns, Pancakes, Fresh Fruit, or Yogurt unless noted. These values are listed separately.																

OMELETTES AND EGGS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Bacon Lover's Bacon & Eggs	743	65.5	23.1	0.04	492	1,782	0.7	0.0	0.4	32.6						
Breakfast Club Sandwich	857	45.3	15.4	0.23	281	2,280	70.0	7.2	9.9	35.7	x	x	x			
Fiesta Wrap	728	35.7	15.8	0.53	527	2,053	58.4	6.0	7.3	41.3	x	x	x			
Omelette- Bacon Denver	662	47.7	20.3	0.56	799	1,595	8.8	2.9	3.1	45.5	x		x†			
Omelette- Ham & Cheese	495	33.6	15.3	0.56	769	1,182	5.0	1.9	1.1	39.9	x		x†			
Omelette- Mushroom, Bacon & Cheese	607	46.2	19.8	0.56	776	1,024	6.1	2.7	2.2	39.6	x					
Omelette- Spinach & Swiss	496	30.9	14.3	0.51	739	757	16.4	3.8	6.0	37.5	x	x	x			
Two Eggs Any Style	143	9.5	3.1	0.04	372	142	0.7	0.0	0.4	12.6						
Two Eggs with Back Bacon	302	16.3	6.5	0.04	429	2,671	5.3	0.0	0.4	34.1						

Two Eggs with Bacon	443	37.5	13.1	0.04	432	962	0.7	0.0	0.4	22.6						
Two Eggs with Ham	256	12.9	4.3	0.04	417	1,287	4.1	0.0	1.5	28.4			x†			
Two Eggs with Sausage	663	55.5	19.1	0.24	480	1,782	20.7	0.0	0.4	48.6		x	x			

NOTE: "Omelettes and Eggs" nutritional values do not include Toast and Hash Browns, Pancakes, Fresh Fruit, or Yogurt unless noted. These values are listed separately.

ADD BREAKFAST SIDE CHOICES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
w/ Whole Wheat Toast & Hash Browns	786	57.1	3.5	0.34	0	974	81.1	8	6.7	12.3			x			
Add Breakfast Poutine (Hollandaise & Cheddar)	168	11.9	6.7	0.30	26	556	7.0	0.0	2.3	8.3	x	x				

SMITTY'S CLASSIC PANCAKES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Classic Pancakes (5 Buttermilk)	762	8.2	2.7	0.55	54	2,448	152.3	10.9	32.6	16.3	x	x	x			
Classic Pancakes Short Stack (3 Buttermilk)	457	4.9	1.6	0.33	33	1,469	91.4	6.5	19.6	9.8	x	x	x			
7- Grain Pancakes (5)	772	40.5	1.7	0.00	2	1,193	151.2	10.6	18.3	18.3	x	x	x			
7- Grain Pancakes (3)	463	24.3	1.0	0.00	1	716	90.7	6.4	11.0	11.0	x	x	x			
Haystack (w/ Bacon Choice)	1,062	36.2	12.7	0.55	114	3,268	152.3	10.9	32.6	26.3	x	x	x			
Add Strawberry Topping	160	0.0	0.0	0.00	0	0	36.0	0.0	32.0	0.0						
Add Blueberry Topping	160	0.0	0.0		0	20	44.0	4.0	36.0	0.0						
Add Whipped Topping (3 fl oz serving)	100	7.0	7.0	0.10	0	0	8.0	0.0	8.0	0.4	x					
Smitty's Pancake Syrup (per tablespoon)	60	0.0	0.0	0.00	0	0	14.7	0.0	7.1	0.0						
ED Smith No Sugar Added Syrup (per tablespoon)	10	0.0	0.0	0.00	0	25	2.3	0.0	6.0	0.0						
Butter Portions (each)	35	3.5	2.5	0.10	10	30	0.0	0.0	0.0	0.0	x					
Becel Portions (each)	50	6.0	1.0	0.00	0	50	0.0	0.0	0.0	0.0	x	x				

BELGIAN WAFFLES and FRENCH TOAST	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Golden Crisp Belgian Waffle	331	4.3	0.6	0.00	0	711	67.4	2.4	12.3	6.1	x	x	x			
Bacon & Egg Waffle	624	27.8	8.7	0.04	402	1,263	68.2	2.4	12.6	23.7	x	x	x			
Original French Toast	507	10.1	3.0	0.05	301	824	85.4	4.1	13.1	21.1	x	x	x			
Add Strawberry Topping	160	0.0	0.0	0.00	0	0	36.0	0.0	32.0	0.0						
Add Blueberry Topping	160	0.0	0.0		0	20	44.0	4.0	36.0	0.0						
Add Whipped Topping (3 fl oz serving)	100	7.0	7.0	0.10	0	0	8.0	0.0	8.0	0.4	x					
Smitty's Pancake Syrup (per tablespoon)	60	0.0	0.0	0.00	0	0	14.7	0.0	7.1	0.0						
ED Smith No Sugar Added Syrup (per tablespoon)	10	0.0	0.0	0.00	0	25	2.3	0.0	6.0	0.0						
Butter Portions (each)	35	3.5	2.5	0.10	10	30	0.0	0.0	0.0	0.0	x					
Becel Portions (each)	50	6.0	1.0	0.00	0	50	0.0	0.0	0.0	0.0	x	x				

BREAKFAST EXTRAS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Fresh Fruit	74	0.4	0.0	0.00	0	11	18.5	1.7	14.7	1.3						
Fresh Fruit Breakfast Parfait- Strawberries	213	4.6	0.9	0.00	0	46	35.9	3.0	22.2	6.5	x		x			
Hash Browns (Large)	696	63.9	2.9	0.57	0	802	65.2	6.2	4.5	7.1			x			
Muffin- Blueberry											x	x	x			

Oatmeal (with Brown Sugar and 2% Milk)	461	5.8	1.2	0.08	7	219	98.0	6.0	59.6	11.1	x						
Oatmeal- Steel Cut (with Brown Sugar and 2% Milk)	431	4.3	1.7	0.08	7	99	90.0	4.0	66.6	9.1	x						
Side of Back Bacon (4)	159	6.8	3.4	0.00	57	2529	4.5	0	0.0	21.6							
Side of Bacon(4)	300	28.0	10.0	0.00	60	820	0.0	0.0	0.0	10.0							
Side of Farmer Sausage (1)	354	26.8	9.8	0.13	68	1,193	6.0	0.0	3.9	22.4			x				
Side of Ham (4 oz)	113	3.4	1.1	0.00	45	1,145	3.4	0.0	1.1	15.9			x†				
Side of Sausage (4)	520	46.0	16.0	0.20	108	1,640	20.0	0.0	0.0	36.0		x	x				
White Toast	273	8.0	1.2	0.00	0	493	42.0	4.0	4.0	4.0	x	x	x				
Whole Wheat (60%) Toast	273	8.0	1.2	0.00	0	493	42.0	4.0	4.0	8.0	x	x	x				
Yogurt	140	0.0	0.0	0.00	0	85	28.0	0.0	25.0	6.0	x						

QUESADILLAS & WRAPS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Beef Quesadilla	932	53.9	28.2	1.36	144	2,571	64.3	6.3	14.4	46.9	x	x	x			
Chicken Quesadilla	797	47.5	25.7	0.91	106	1,889	58.8	4.9	10.4	34.0	x	x	x			
Santa Fe Quesadilla	1,092	59.2	27.9	0.03	2964	223	75.1	4.9	24.4	65.6	x	x	x			
Greek Chicken Wrap	714	28.4	7.2	0.23	103	2,080	57.5	7.9	13.0	36.0	x		x			
Chicken Caesar Wrap	885	48.3	6.0	0.10	60	1,752	63.8	7.8	15.0	22.5	x		x			

SENSATIONAL STARTERS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Cheddar and Potato Perogies	681	26.5	5.8	0.00	30	1,444	94.3	5.1	9.2	15.1	x		x			
Mozzarella Sticks	675	43.3	17.1	0.37	54	2,803	44.8	1.9	4.6	25.9	x	x	x			
Nachos	2,173	129.3	32.7	0.45	176	3,640	196.1	21.4	14.3	60.7	x	x	x			
Pickle Spears (includes Ranch)	630	41.7	6.4	0.00	20	2,674	52.1	4.4	7.1	7.2	x		x			
Poutine	1,163	66.9	23.1	0.20	108	2,319	62.0	4.5	1.4	33.1	x		x			
Steak Cut Onion Rings	982	62.4	5.6	0.20	0	2,945	98.3	36.0	10.2	9.5			x			
Sweet Potato Fries (includes Ranch)	860	65.5	9.8	0.39	20	942	62.3	9.3	19.7	3.4	x	x				
Texas Skins	845	48.7	21.6	0.45	137	1,894	62.2	8.4	12.7	37.6	x	x	x			
Wings- Honey Garlic	1,075	63.5	18.1	0.00	476	2,553	42.0	0.1	28.7	81.8			x			
Wings- Hot	961	63.7	18.2	0.00	476	3,853	15.0	0.4	5.4	82.1			x			
Wings- Teriyaki	1,019	63.5	18.1	0.00	476	5,122	25.2	0.3	14.8	86.1			x			

ALL DAY FAVOURITES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Traditional Clubhouse	755	38.1	10.5	0.03	67	2,199	72.3	8.0	11.5	24.5	x	x	x			
Chicken Fingers	664	36.2	1.0	0.00	60	1,344	52.4	2.2	34.1	28.4	x	x	x			
Monte Cristo Sandwich	751	31.6	12.8	0.44	313	2,300	66.9	7.2	7.3	43.7	x	x	x			
Philly Cheese	1,206	52.9	15.6	0.13	174	1,322	80.9	6.1	4.1	71.9	x	x	x			
Roast Beef Dip	547	15.6	3.9	0.00	120	973	44.6	2.0	2.8	54.7	x	x	x			
Steak Sandwich	641	38.1	7.4	0.00	107	450	22.0	1.0	1.0	52.4	x	x	x			
Toasted BLT	583	34.8	9.5	0.03	53	1,356	50.1	5.4	9.0	12.8	x	x	x			

NOTE: "All Day Favourites" nutritional values do not include fries, salad or soup unless noted. Side choices are listed separately.

GOURMET BURGERS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Classic Burger	682	44.1	15.5	1.96	110	1,221	39.0	2.0	7.0	30.0		x	x			
Bacon Cheese Burger	916	65.1	24.7	2.16	165	1,861	39.0	2.0	7.0	42.0	x	x	x			
Colossal Burger	951	65.3	24.8	2.16	165	1,866	46.1	3.5	10.5	44.4	x	x	x			
Crunchy Chicken Burger	614	25.4	3.0	0.08	181	1,556	56.4	2.9	6.0	39.5		x	x			
Grilled Chicken Bacon Cheese Burger	602	30.2	10.6	0.25	142	1,576	37.1	1.7	5.5	46.3	x	x	x			
Honey BBQ Burger	1,091	69.3	25.1	2.20	164	2,521	72.0	2.4	25.3	43.4	x	x	x			
Rocky Mountain Burger	1,420	87.2	27.1	2.18	179	3,299	75.0	4.8	7.3	52.1	x	x	x			
NOTE:	"Gourmet Burgers" nutritional values do not include fries, salad or soup unless noted. Side choices are listed separately.															

SIDE CHOICES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
French Fries	720	33.6	3.2	0.20	0	975	54.4	4.5		4.5			x			
Petite Caesar Salad	265	21.3	4.5	0.10	25	623	9.8	1.8	1.0	8.1	x		x			
Petite Tossed Salad	265	25.8	3.8	0.00	15	395	6.9	2.0	2.7	1.5						
Soup: Classic Chicken Noodle	160	3.0	1.0	0.00	15	1,780	20.0	2.0	2.0	12.0		x	x			
Soup: Cream of Mushroom	280	10.0	4.0	0.00	20	1,740	40.0	6.0	6.0	8.0	x		x			
Soup: Creamy Garden Broccoli	240	9.0	4.0	0.00	20	1,620	30.0	8.0	8.0	10.0	x		x			
Soup: Creole Chicken Gumbo	140	1.0	0.4	0.00	10	1,660	28.0	4.0	6.0	8.0		x	x			
Sweet Potato Fries w Ranch Dip	338	19.7	3.0	0.24	20	276	37.7	5.8	12.3	2.1	x					

DINNER FAVOURITES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
BBQ Chicken Dinner	480	11.1	2.6	0.06	165	1,696	39.1	3.3	29.5	58.7						
Breaded Veal Cutlets	789	49.3	9.8	2.00	50	1,990	55.1	5.8	14.6	35.9	x†	x†	x			
Fish and Chips (Chips included)	1,084	54.4	4.8	0.13	94	1,806	81.4	5.2	3.2	35.5			x	x		
Gourmet Mac & Cheese	1,054	53.1	27.3	0.43	157	1,853	95.1	4.9	7.5	47.1	x	x	x	x	x	
Liver and Onions	794	42.0	10.1	0.46	922	687	31.8	5.2	8.3	71.1			x			
New York Steak	550	34.5	6.5	0.00	107	222	9.1	3.3	3.5	51.2						
New York Steak and Shrimp	605	37.8	7.4	0.00	212	527	9.1	3.3	3.5	58.7					x	
Roast Beef Dinner	626	19.1	6.3	0.00	657	241	12.8	3.3	4.0	96.4		x	x			
Wild Pink Salmon Dinner	338	8.2	2.4	0.00	51	1,065	17.0	3.5	6.1	46.1	x	x		x		
Chicken Parmesan (with Pasta Alfredo)	778	29.8	12.6	0.57	229	2,071	26.2	3.5	5.2	54.6	x		x			
Chicken Parmesan (with Pasta Marinara)	695	19.3	8.4	0.27	206	1,914	73.7	4.2	7.4	53.1	x		x			
Veal Parmesan (with Pasta Alfredo)	846	45.8	15.1	1.50	77	1,740	69.9	3.3	9.6	36.7	x		x			
Veal Parmesan (with Pasta Marinara)	764	35.3	10.9	1.20	54	1,582	74.4	4.1	11.9	35.2	x	x†	x			
Stir Fry Chicken (Szechuan) w/ Rice	689	16.1	2.8	0.03	83	1,916	98.9	7.0	19.4	42.5		x	x			
Stir Fry Chicken (Teriyaki) w/ Rice	717	12.1	2.8	0.03	83	6,115	105.3	7.2	27.7	47.1		x	x			
Stir Fry Shrimp (Szechuan) w/ Rice	604	12.8	2.1	0.00	210	1,993	98.9	7.0	19.4	29.9		x	x		x	
Stir Fry Shrimp (Teriyaki) w/ Rice	632	8.8	2.1	0.00	210	6,193	105.3	7.2	27.7	34.4		x	x		x	
NOTE:	"Dinner Favourites" nutritional values do not include side choice unless noted. Side choices are listed separately.															

DINNER SIDE CHOICES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Baked Potato	278	0.4	0.1	0.00	0	30	63.2	6.6	3.5	7.5						
French Fries- with 'Add Poutine'	893	54.3	21.9	0.13	108	1,954	41.6	2.8	1.4	31.4	x	x	x			
French Fries	450	21.0	2.0	0.13	0	610	34.0	2.8	0.0	2.8			x			
Garlic Toast (w/meal)	155	7.0	1.8	0.00	0	180	20.5	1.0	0.5	4.0	x	x	x			
Gravy	36	0.9	0.6	0.00	0	556	5.6	0.0	0.0	1.8		x	x			
Mashed Potatoes	186	5.0	1.3	1.37	0	760	30.7	2.6	1.4	4.3	x					
Petite Caesar Salad	265	21.3	4.5	0.10	25	623	9.8	1.8	1.0	8.1	x	x	x	x		
Petite Tossed Salad	265	25.8	3.8	0.00	15	395	6.9	2.0	2.7	1.5						
Rice	178	3.1	0.8	0.00	0	37	33.8	0.8	0.4	3.2						
Soup: Classic Chicken Noodle	160	3.0	1.0	0.00	15	1,780	20.0	2.0	2.0	12.0		x	x			
Soup: Cream of Mushroom	280	10.0	4.0	0.00	20	1,740	40.0	6.0	6.0	8.0	x		x			
Soup: Creamy Garden Broccoli	240	9.0	4.0	0.00	20	1,620	30.0	8.0	8.0	10.0	x		x			
Soup: Creole Chicken Gumbo	140	1.0	0.4	0.00	10	1,660	28.0	4.0	6.0	8.0		x	x			
Sweet Potato Fries (Including Ranch)	658	53.7	8.0	0.24	20	716	39.7	5.8	12.3	2.1	x					

GARDEN FRESH SALADS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Caesar Salad (with Dressing)	465	38.5	6.6	0.10	35	934	18.7	2.9	1.7	10.8	x	x	x	x		
Caesar Salad- Add Chicken	610	42.3	7.5	0.13	118	1,386	18.7	2.9	1.7	38.4	x	x	x	x		
Caesar Salad- Add Salmon	575	40.0	7.1	0.10	60	1,264	18.7	2.9	1.7	31.8	x	x	x	x		
Chef's Salad (no dressing)	280	14.4	6.6	0.22	219	1,009	15.7	5.7	8.0	25.2	x					
Classic Spinach Salad (with Dressing)	654	45.0	13.0	0.05	1559	314	18.1	2.4	14.7	45.3						
Fresh Fruit Salad with Muffin (<i>Raisin Bran</i>)	615	17.8	1.6	0.00	60	421	109.2	8.3	74.1	11.8	x	x	x			
Greek Salad (with Dressing)	366	27.5	6.9	0.20	20	1,206	24.6	6.0	11.0	9.7	x	x	x†			
Santa Fe Salad (with Dressing)	665	30.1	9.6	0.07	217	1,479	48.2	6.5	6.1	46.8	x	x	x†			
Taco Beef Salad	617	38.9	17.2	0.91	106	1,773	37.8	7.0	14.1	30.5	x	x	x			
Taco Chicken Salad	628	36.3	15.6	0.49	151	1,542	32.3	5.6	10.1	45.2	x	x	x†			
Tossed Green Salad (no dressing)	46	0.5	0.1	0.00	0	35	9.9	3.5	5.0	2.6						
Dressing: Balsamic (Tbsp)	45	4.0	2.0	0.00	0	150	2.0	0.0	1.5	0.0		x	x†			
Dressing: Light Italian (Tbsp)	10	0.8	0.0	0.00	0	340	2.0	0.0	2.0	0.0		x	x†			
Dressing: Ranch (Tbsp)	40	4.3	0.6	0.00	3	60	0.3	0.0	0.0	0.0	x	x	x†			
Dressing: Thousand Island (Tbsp)	40	3.0	0.5	0.00	5	160	3.0	0.0	3.0	0.1		x	x†			

NOTE: "Garden Fresh Salads" nutritional values do not include Garlic Toast.

LIGHTER APPETITES & SENIORS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Sr. BBQ Chicken Dinner	275	7.2	1.7	0.03	83	894	24.1	3.3	16.5	30.7						
Sr. Breaded Veal Cutlets	434	26.5	5.4	1.00	25	1,110	32.8	4.6	9.1	19.6	x†	x†	x			
Sr. Fish & Chips (fries included)	681	33.5	3.0	0.11	47	1,089	52.0	3.8	2.1	18.9			x	x		
Sr. Half Club Sandwich	375	21.7	6.6	0.01	46	1,345	25.2	3.3	4.4	17.3	x	x	x†			
Sr. Lighter Caesar Salad	350	28.4	4.3	0.05	23	671	16.8	2.4	1.3	7.4	x	x	x	x		
Sr. Liver and Onions	431	22.7	5.5	0.23	461	389	20.5	4.2	5.9	36.9			x			
Sr. Roast Beef Dinner	350	11.3	3.6	0.00	120	457	11.4	3.3	4.0	49.7		x	x			
Sr. Salisbury Steak	571	42.9	16.3	1.96	105	1,286	18.0	4.1	4.7	29.0		x	x			
Sr. Wild Pink Salmon Fillet	205	5.8	1.6	0.00	25	578	13.5	3.6	4.9	24.5	x	x	x	x		

Sr. Breakfast (w/ Bacon)	293	23.5	8.1	0.04	402	552	0.7	0.0	0.4	17.6						

Sr. Breakfast (w/ Sausage)	403	32.5	11.1	0.14	426	962	10.7	0.0	0.4	30.6		x	x			
Sr. Denver Omelette	332	22.2	10.1	0.37	509	694	5.7	2.0	1.9	25.7			x†			
Sr. French Toast - with Strawberry Topping	602	13.8	9.0	0.13	201	549	101.9	2.7	49.7	14.5	x	x	x			
Sr. Ham & Cheese Omelette	321	22.1	10.1	0.37	509	693	3.1	1.2	0.6	25.3			x†			
Sr. Pancakes - Buttermilk Short Stack (3)	457	4.9	1.6	0.33	33	1,469	91.4	6.5	19.6	9.8	x	x	x			
Sr. Pancakes- with Strawberry Topping	465	3.3	1.1	0.22	22.00	979.00	96.9	4.40	45.1	6.5	x	x	x			
Sr. Meatlovers Skillet	831	67.6	18.1	0.71	552	1,882	40.8	4.4	2.8	41.0	x	x	x			
Sr. Sunrise Skillet	690	56.9	13.0	0.51	515	1,098	36.3	4.8	3.4	27.3	x		x			
Sr. Western Skillet	663	51.0	9.5	0.40	500	1,289	50.3	5.4	6.8	28.5	x	x	x			
Sr. Waffle & Egg (with Bacon)	387	20.9	6.9	0.02	216	837	34.1	1.2	6.3	14.4	x	x	x			
Sr. Waffle- with Strawberry Topping	437	9.2	7.3	0.10	0	356	80.6	1.2	48.9	3.5	x	x	x			

NOTE: "Lighter Appetites and Seniors" nutritional values do not include side choice unless noted. Side choices are listed Separately.

LIGHTER APPETITES & SENIORS SIDE CHOICES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
w/ Fresh Fruit	37	0.2	0.0	0.00	0	6	9.2	0.8	7.3	0.7						
w/ Buttermilk Pancakes (2)	305	3.3	1.1	0.22	22	979	60.9	4.4	13.1	6.5	x	x	x			
w/ 7 Grain Pancakes (2)	309	16.2	0.7	0.00	1	477	60.5	4.3	7.3	7.3	x	x	x			
w/ White Toast	273	8.0	1.2	0.00	0	493	42.0	4.0	4.0	4.0	x	x	x			
w/ White Toast & Hash Browns	575	36.2	2.4	0.23	0	813	68.1	6.5	5.8	6.8	x	x	x			
w/ Whole Wheat Toast	273	8.0	1.2	0.00	0	493	42.0	4.0	4.0	8.0	x	x	x			
w/ Whole Wheat Toast & Hash Browns	575	36.2	2.4	0.23	0	819	68.1	6.5	5.8	10.8	x	x	x			
w/ Yogurt	140	0.0	0.0	0.00	0	88	28.0	0.0	25.0	6.0	x					

w/ French Fries (small)	360	16.8	1.6	0.10	0	488	27.2	2.3	0.0	2.3			x			
Mashed Potatoes	93	2.5	0.6	0.40	0	380	15.4	1.3	0.7	2.2	x					
Sweet Potato Fries (includes Ranch)	590	49.8	7.4	0.19	20	721	32.2	4.6	9.9	1.7	x					

KIDS MENU	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Super Platter- Bacon & Pancakes	460	15.1	5.2	0.24	223	1,283	63.0	4.5	13.6	15.5	x	x	x			
Pile O' Pancakes w/ Bacon	380	10.3	3.6	0.22	37	1,184	60.9	4.4	13.1	9.0	x	x	x			
Pile O' Pancakes w/Sausage	435	14.8	5.1	0.27	49	1,389	49.0	4.4	13.1	15.5	x	x	x			
Very Berry Waffle	376	5.7	3.8	0.05	0	356	73.7	1.2	42.1	3.3	x	x	x			
Campfire French Toast	506	20.8	11.5	0.13	216	714	61.1	4.7	16.9	13.0	x	x	x			
Happy 'Cakes	485	10.3	8.1	0.32	22	979	86.9	4.4	37.1	6.9	x	x	x			
The Cheesey-O	226	13.6	5.9	0.21	367	250	10.9	1.8	7.6	14.9	x					

Pterodactyl Toes	391	18.2	0.5	0.00	30	790	40.0	1.0	29.0	14.2	x	x	x			
Goey Grilled Cheese	357	15.0	5.4	0.20	25	723	42.0	4.0	4.0	11.0	x	x	x			
Dino Nuggets	465	23.7	1.8	0.00	25	665	44.0	0.0	26.5	14.0	x†	x	x			
Perfecto Pizza	350	13.0	5.0	0.10	15	740	43.0	2.0	2.0	13.0	x	x	x			
Classic KD	300	9.0	2.5	0.10	15	550	44.0	2.0	8.0	10.0	x		x			

Kids Caesar Salad	129	1.5	2.3	0.05	13	302	4.4	0.9	0.5	3.9	x	x	x	x		
Kids French Fries	360	16.8	1.6	0.10	0	488	27.2	2.3	0.0	2.3			x			
Kids Dinner Vegetables	40	0.3	0.1	0.00	0	57	8.7	2.9	3.7	1.9						
Kids Garden Salad	16	0.2	0.0	0.00	0	13	3.6	1.2	1.8	0.9						
Kids Fresh Vegetables and Dip	261	25.7	3.8	0.00	15	400	6.2	1.3	2.1	0.9	x					
Kids Fresh Fruit	37	0.2	0.0	0.00	0	6	9.2	0.8	7.3	0.7						

NOTE: "Kid's Menu Items" nutritional values do not include side choice. Side choices are listed Separately.

DESSERT CHOICES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	SOY	WHEAT/ GLUTEN	FISH	SHELLFISH	PEANUT/ NUT
Apple Pie	460	15.1	5.2	0.24	223	1,283	63.0	4.5	13.6	15.5			x			
Apple Pie A la Mode	380	10.3	3.6	0.22	37	1,184	60.9	4.4	13.1	9.0	x		x			
Maple Bacon Apple Crisp	625	22.0	6.1	0.10	25	339	99.1	4.7	32.8	8.4	x		x			
Tower of Power Cheesecake	376	5.7	3.8	0.05	0	356	73.7	1.2	42.1	3.3	x	x	x			
Triple Chocolate Mousse	506	20.8	11.5	0.13	216	714	61.1	4.7	16.9	13.0	x	x	x			
Carrot Cake	485	10.3	8.1	0.32	22	979	86.9	4.4	37.1	6.9	x		x			
Chocolate Fudge Cake	226	13.6	5.9	0.21	367	250	10.9	1.8	7.6	14.9	x	x	x			
Add Strawberry Topping	160	0.0	0.0	0.00	0	0	36.0	0.0	32.0	0.0						
Add Blueberry Topping	160	0.0	0.0	0.00	0	20	44.0	4.0	36.0	0.0						
Add Whipped Topping (3 fl oz serving)	100	7.0	7.0	0.10	0	0	8.0	0.0	8.0	0.4	x					
NOTE: Dessert choices may vary from Location to Location.																