

Nutrition Guide

Lunch & Dinner												
Seasonal		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Thanksgiving Turkey Sandwich	Includes: Turkey, Bread and Celery Dressing, Cranberry Relish, Mayo, Griddled Bread, Chicken Gravy	800	280	31	8	0	75	2020	94	1	23	37
Big Farm Burgers		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Rise & Shine Burger	Includes: Over-Hard Egg, Bacon, Brioche Bun, Hash Browns, Angus Beef Patty, Spicy Maple Honey, American Cheese	1200	640	70	23	2	315	1460	98	4	35	46
Steakhouse Burger	Includes: Angus Beef Patty, Hardwood Smoked Bacon, Grilled Mushrooms and Onions, Provolone, A1 Original Sauce, Brioche Bun, Pickles	870	520	57	20	1.5	125	1910	47	2	12	42
Bacon Cheeseburger	Includes: Angus Beef Patty, Hardwood Smoked Bacon, American Cheese, Deli Pickles, Onion, Brioche Bun	720	400	44	19	2	135	1640	40	2	9	40
Cheeseburger	Includes: Angus Beef Patty, American Cheese, Deli Pickles, Onion, Brioche Bun	590	270	29	13	1.5	95	950	52	2	10	32
Addition		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Avocado		70	50	6	1	0	0	0	4	3	0	<1
Farm-Fresh Salads		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cranberry Pecan Chicken Salad	Includes: Fresh Greens, Grilled Chicken, Bacon, Dried Cranberries, Blue Cheese, Pecans, Colonial Dressing	920	530	59	15	0	125	1780	55	7	40	47
Wildfire Chicken Salad	Includes: Fresh Greens, Tortilla Strips, Corn, Tomatoes, Cheddar Cheese, Bob Evans Wildfire Sauce											
	Choice of Style of Chicken:											
	Grilled Chicken Breast Halves (2)	510	170	18	7	0	105	1160	50	8	12	40
	Fried Chicken Tenders (2)	810	360	40	15	0	100	1500	80	10	11	35
Dressing:	Wildfire Ranch	160	110	12	2	0	10	410	12	0	8	<1
Grilled Chicken Cobb Salad	Includes: Chicken, Cheese, Tomatoes, Bacon, Salad Base, Egg	510	240	27	12	0	255	1560	14	6	4	51
Dressing:	Blue Cheese Dressing	280	270	30	6	0	30	440	4	0	2	2
Optional:	Avocado	70	50	6	1	0	0	0	4	3	0	<1
Farmhouse Garden Side Salad	Without Dressing	110	40	4.5	2	0	10	180	13	5	3	6
Salad Dressing		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Blue Cheese	Small (Pick-Two Combo)	140	130	15	3	0	15	220	2	0	<1	<1
	Large	280	270	30	6	0	30	440	4	0	2	2
Buttermilk Ranch	Small (Pick-Two Combo)	100	90	10	2	0	10	210	<1	0	<1	0
	Large	210	190	21	4	0	20	420	2	0	2	0
Colonial	Small (Pick-Two Combo)	150	120	14	2	0	0	130	8	0	8	0
	Large	310	250	27	4.5	0	0	260	15	0	15	0
French	Small (Pick-Two Combo)	140	120	13	2	0	5	170	6	0	6	0
	Large	280	230	26	4	0	10	330	12	0	12	0
Italian	Small (Pick-Two Combo)	70	60	7	1.5	0	0	290	2	0	1	0
	Large	150	130	14	2.5	0	0	580	4	0	3	<1
Wildfire Ranch	Small (Pick-Two Combo)	80	60	6	1	0	5	200	6	0	4	0
	Large	160	110	12	2	0	10	410	12	0	8	<1
Honey Mustard	Small (Pick-Two Combo)	120	100	11	1.5	0	10	150	5	0	5	0
	Large	240	200	22	3	0	20	300	10	0	10	0

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Hand-Crafted Sandwiches			Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Farmhouse Chicken	Includes: Bacon, Provolone Cheese, Tomatoes, Onion, Sandwich Bun, Honey Mustard		530	280	32	10	0	45	1260	41	3	11	20
	Choice of Style of Chicken	Grilled Chicken Breast (1)	140	25	2	0.5	0	75	520	1	0	1	27
	Breast:	Homestyle Fried Chicken (1)	290	240	120	3	0	100	820	10	0	0	33
Double Cheese Pot Roast Dip			1090	600	68	29	0	175	2550	56	7	9	60
All American BLT			680	310	35	9	0	55	1740	64	2	12	27
All American BLT			680	310	35	9	0	55	1740	64	2	12	27
Additions			Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fried Egg (1)			130	80	12	2	0	185	70	0	0	0	6
Bacon (2)			130	90	9	3	0	30	450	0	0	0	9
Slow-Simmered Soups			Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cheddar Baked Potato	Cup	Includes: Cup of Soup, 2 Saltine Crackers	210	110	12	6	0	35	900	16	<1	2	9
	Bowl	Includes: Bowl of Soup, 4 Saltine Crackers	390	190	21	11	0	60	1640	32	2	4	16
Chicken-N-Noodles	Cup	Includes: Cup of Soup, 2 Saltine Crackers	150	70	7	1.5	0	30	560	13	<1	<1	7
	Bowl	Includes: Bowl of Soup, 4 Saltine Crackers	290	130	15	3	0	60	1130	26	2	2	14
Hearty Beef Vegetable	Cup	Includes: Cup of Soup, 2 Saltine Crackers	120	25	2.5	0.5	0	15	620	18	2	4	7
	Bowl	Includes: Bowl of Soup, 4 Saltine Crackers	230	45	5	1.5	0	25	1210	36	4	7	13
Pick 2 Combos			Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
1/2 Cranberry Pecan Chicken Salad (No Dressing)	Grilled Chicken		310	150	16	6	0	65	780	20	4	12	24
	Fried Chicken		410	230	24	10	0	55	860	32	5	11	19
	Colonial Dressing		150	120	14	2	0	0	130	8	0	8	0
1/2 Wildfire Chicken Salad (No Dressing)	Grilled Chicken		260	80	9	3.5	0	50	590	25	4	6	20
	Fried Chicken		410	180	20	7	0	50	760	40	5	5	18
	Wildfire Ranch Dressing		80	60	6	1	0	5	200	6	0	4	0
1/2 Chicken Cobb Salad (No Dressing)	Grilled Chicken		250	120	13	6	0	130	790	7	3	2	26
	Blue Cheese Dressing		140	130	15	3	0	15	220	2	0	<1	<1
Farmhouse Garden Side Salad (No Dressing)			110	40	4.5	2	0	10	180	13	5	3	6
1/2 Slow Roasted Pot Roast Dip			610	350	40	15	0	90	1520	31	3	4	30
1/2 All American BLT			340	155	17.5	4.5	0	30	870	32	1	6	14
Cheddar Baked Potato (includes 2 Saltine Crackers)			210	110	12	6	0	35	900	16	<1	2	9
Chicken-N-Noodles (includes 2 Saltine Crackers)			150	70	7	1.5	<0.5	30	560	13	<1	<1	7
Hearty Beef Vegetable (includes 2 Saltine Crackers)			120	25	2.5	0.5	0	15	620	18	2	4	7

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Farmhouse Kitchen Chicken		Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Honey Butter Chicken & Biscuit Dinner	Includes 2 Chicken fillets, biscuit, honey, butter	940	430	48	16	0	220	2460	58	<1	13	70
Hand-Breaded Fried Chicken Breasts	Includes: 2 Homestyle Boneless Fried Chicken Breasts	580	240	27	6	0	205	1650	19	0	0	66
Grilled to Perfection Chicken	Includes Two Grilled Chicken Breasts	270	50	4	1	0	150	1040	2	0	2	55
Homestyle Fried Chicken Strips	Includes: Three Homestyle Fried Chicken Strips	640	320	36	13	0	105	1260	46	3	0	34
	Bob Evans Wildfire	50	0	0	0	0	0	220	13	0	5	0
	Honey Mustard	120	100	11	1.5	0	10	150	5	0	5	0
	Ranch	100	90	10	2	0	10	210	<1	0	<1	0
	Buffalo	60	50	6	1	0	5	700	1	0	0	0
Choice of Sauce:	Black Pepper Maple Honey	90	0	0	0	0	0	10	23	0	18	0
Southwest Avocado Chicken Dinner	Includes: Chicken breast, corn/bean relish, avocado, lime cream sauce, tomatoes, tortilla strips	520	210	22	4	0	160	1710	22	6	6	59
Farmhouse Sides		Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
French Fries		330	130	14	2.5	0	0	480	47	4	0	0
Hashbrowns		220	110	12	2	0	0	160	28	3	1	2
Homefries		250	150	17	2.5	0	0	690	24	1	2	3
Load 'Em Up! (French Fries, Hashbrowns, and Homefries):	Bacon	90	65	7	2	0	18	373	<1	0	0	6
	Cheddar Cheese	110	85	10	5	0	29	182	<1	0	<1	7
	Sour Cream	30	30	3	2	0	9	8	<1	0	<1	<1
Roasted Sweet Potatoes		200	90	10	1	0	0	500	24	3	6	2
Bob Evans Signature Coleslaw		200	130	14	2	0	10	250	19	2	17	<1
Bread & Celery Dressing		340	140	15	5	0	20	1000	42	2	6	7
Broccoli (Buttered)		110	90	10	3	0	10	110	5	0	0	3
Carrots		90	40	4.5	1.5	0	5	115	13	3	10	<1
Corn (Buttered)		170	90	10	30	0	10	90	20	2	2	3
Green Beans with Ham		30	15	1.5	0	0	<5	460	4	2	0	2
Macaroni & Cheese		250	110	12	5	0	25	910	25	2	4	11
Mashed Potatoes & Chicken Gravy		210	120	14	7	0	30	830	19	2	2	3
Fresh-Cut Fruit		90	0	0	0	0	0	15	22	2	19	1

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Comfort Food Classics		Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Fork-Tender Pot Roast	Includes: Slow Roasted Pot Roast, Carrots, Caramelized Onions, Mashed Potatoes, Beef Gravy		950	550	62	21	<0.5	145	2340	62	11	25	38
Chicken-N-Noodles Deep-Dish	Includes: Chicken and Noodles, Mashed Potatoes, Biscuit, Gravy		570	300	22	15	<0.5	65	2160	55	3	4	14
Slow Roasted Turkey & Dressing	Includes: Slow Roasted Turkey, Bread & Celery Dressing, Gravy, Mashed Potatoes, Carrots, Cranberry Relish		820	400	45	15	0	115	2800	84	6	25	36
Sizzling Steak and Seafood		Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Great Alaskan Cod	Includes: Alaskan Cod Fillet, Tartar Sauce		640	360	39	7	0	110	1050	39	4	2	32
Lemon Pepper Sole Fillets	Includes: Two Sole Fillets		380	160	18	2	0	100	680	25	0	2	28
Fried Shrimp	Includes: Eight Shrimp, Cocktail Sauce		350	25	2.5	0	0	110	1890	65	3	8	18
Sirloin Steak and Shrimp	Includes: USDA Choice Sirloin and Shrimp, Cocktail Sauce		710	320	36	11	0	155	1960	39	2	8	53
Sirloin Steak	Includes: USDA Choice Sirloin, Grilled Onions and Mushrooms		660	400	45	12	0	100	920	10	3	6	47
Make Any Dinner 3 Courses		Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Entrée + Ultimate	Pick One:	Cheddar Baked Potato (includes 2 Crackers)	210	110	12	6	0	35	900	16	<1	2	9
		Chicken-N-Noodles (includes 2 Crackers)	150	70	7	1.5	0	30	560	13	<1	<1	7
		Farmhouse Garden Side Salad (No Dressing)	110	40	4.5	2	0	10	180	13	5	3	6
		Hearty Beef Vegetable (includes 2 Crackers)	120	25	2.5	0.5	0	15	620	18	2	4	7
	Pick One:	Sundae	390	200	20	11	0	55	170	50	<1	40	5
		Holy Cow Chocolate Cake	610	250	29	14	0	50	610	86	<1	67	8
		Triple Berry Pie, Slice	610	230	26	12	0	0	400	67	4	34	4
		Pumpkin Pie, Slice	510	220	24	10	0	65	450	73	2	51	7
		Pecan Pie, Slice	670	240	26	11	0	125	470	102	4	40	8
		Apple Pie, Slice	600	250	28	12	0	0	250	82	3	45	4
		Peanut Butter Pie, Slice	640	380	42	24	0	25	400	69	4	53	8
		Dinner Bell Plates		Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)
Down-Home Country Fried Steak	Includes: Farmhouse Style Steak, Country Gravy, Mashed Potatoes, Green Beans		800	430	47	18	1	85	2420	68	7	3	26
Smaller Portion Turkey & Dressing	Includes: Slow Roasted Turkey Breast, Mashed Potatoes & Chicken Gravy, Cranberry Orange Relish, Bread & Celery Dressing		710	340	38	14	0	85	2400	70	3	16	23
Hickory-Smoked Ham Steaks	Includes: Mashed Potatoes and Chicken Gravy, Green Beans		440	210	24	37	0	40	920	39	4	4	6
Grilled Chicken Breast	Includes: Grilled Chicken, Mashed Potatoes and Chicken Gravy, Broccoli		460	235	26	10.5	0	115	1460	25	2	3	33
Hand-Bread Chicken Breast	Includes: Homestyle Fried Chicken, Mashed Potatoes and Chicken Gravy, Corn		670	450	144	40	0	140	1740	49	4	4	39
Lemon Pepper Sole Fillet	Includes: One Lemon Pepper Sole Fillet, Home Fries, Broccoli		550	320	36	6.5	0	60	1140	41.5	1	3	20
Mushroom and Onion Chopped Steak	Includes: Beef Patty, Mashed Potatoes with Chicken Gravy, Broccoli, Mushrooms, Onions		820	560	62	21	2	125	1560	38	4	8	31
Freshly Baked Breads		Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
Biscuits (2) (with margarine)		520	280	31	15	0	0	1590	53	1	3	7	
Banana Nut Bread		260	80	8	1.5	0	0	350	30	2	24	4	
Dinner Rolls (After 11 AM)		380	150	17	5	0	10	610	50	3	3	8	

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