

# Nutrition Guide

		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)	
<b>Blue Ribbon Bacon</b>	Bacon, tossed in sauce. Extra dipping sauce not included	390	210	23	8	0	65	1110	24	<1	18	22	
<b>Double Meat Protein Bowl</b>	Includes: Sweet potatoes, bacon, ham, onions, peppers, spinach, cheese, eggs, hollandaise, green onions, and tomatoes	1020	700	78	21	<0.5	505	2300	36	7	14	41	
<b>Avocado Bowl</b>	Includes: Sweet potatoes, peppers, corn/bean relish, onions, spinach, cheese, eggs, lime cream sauce, tomatoes, and avocado	910	630	71	14	0	430	940	44	11	15	22	
<b>Sweet Potatoes (side)</b>		200	90	10	1	0	0	500	24	3	6	2	
<b>Sweet Cream Cold Brew</b>	Includes: Vanilla syrup and half & half	70	30	3.5	2	0	10	20	10	0	10	<1	
<b>Black Pepper Maple Honey</b>	Single serving	90	0	0	0	0	0	10	23	0	18	0	
<b>Pie, Pumpkin (9")</b>	FULL PIE	2250	800	89	38	<0.5	350	2110	329	15	180	43	
<b>Pumpkin Pie Slice</b>	Includes: Whipped Topping	510	220	24	10	0	65	450	73	2	51	7	
<b>Pie, Pumpkin (10")</b>	FULL PIE	3000	990	110	50	<0.5	450	3500	470	10	210	40	
<b>Pumpkin Pie Slice (10")</b>	Includes: Whipped Topping (120 Cal)												
<b>Pie, Triple Berry</b>	FULL PIE	3540	1510	168	62	<0.5	0	1720	478	23	240	36	
<b>Triple Berry Pie Slice</b>	Includes: Whipped Topping	510	230	26	12	0	0	400	67	4	34	4	
<b>Pie, Pecan Slice</b>	Includes: Whipped Topping	770	310	34	18	0	125	470	110	4	47	8	
<b>Strawberry Griddle Topping</b>	Includes: Strawberries, Strawberry Topping, Powdered Sugar	120	15	1.5	1	0	0	5	28	3	23	<1	
<b>Strawberry Supreme Pie</b>	Slice	590	330	36	21	<1	70	350	62	2	40	5	
	Whole Pie	3420	1960	218	129	5	410	2030	340	15	213	31	
<b>Fresh Berry Oatmeal</b>	Includes: Oatmeal, Fruit, Topping, Pecans, Milk	340	70	8	1.5	0	<5	260	63	8	31	8	
<b>Strawberry Citrus Splash (Virgin)</b>		200	0	0	0	0	0	35	48	1	42	2	
<b>Strawberry Citrus Splash Mimosa</b>		310	0	0	0	0	0	60	58	1	44	2	
<b>Strawberry Salad (Pick Two)</b>	Includes: Chicken, Cheese, Pecans, Strawberries, Salad Base	260	130	14	4	0	50	540	15	5	7	20	
	Dressing: Light Berry Dressing	50	20	2	0	0	0	110	8	0	7	0	
<b>Strawberry Salad (Regular)</b>	Includes: Chicken, Cheese, Pecans, Strawberries, Salad Base	530	260	29	8	0	100	1060	30	9	15	40	
	Dressing: Light Berry Dressing	100	40	4	0	0	0	220	16	0	14	0	
<b>Chicken Salad Plate</b>	Includes: Chicken Salad, Fruit, Salad Base, Pecans	460	260	29	4	0	45	700	35	4	20	11	
<b>SEASONAL</b>		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)	
<b>Fresh Berry Farmer's Choice</b>	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	200	<1	0	<1	12	
		Freshly Cracked	200	150	16	4	0	370	140	<1	0	13	
		Scrambled	160	110	11	3.5	0	420	280	1	0	14	
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Turkey Sausage Links (2)	140	60	7	2	0	60	810	2	<1	0	18
	Choice of Griddle Item:	Brioche French Toast (Strawberry Topping)	660	150	17	6	0	210	720	107	5	45	20
		Hotcakes (Strawberry Topping)	760	140	15	6	0	0	1340	143	6	52	13
<b>Fresh Berry French Toast (with Meat)</b>	Includes: Two Slices French Toast, Strawberries, Strawberry Topping, Whipped Topping, Powdered Sugar	660	150	17	6	0	210	720	107	5	45	20	
	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15	
	Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19	

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	Choice of Breakfast Meat:	Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Turkey Sausage Links (2)	140	60	7	2	0	60	810	2	<1	0	18
<b>Fresh Berry Hotcakes (with Meat)</b>	Includes: Four Hotcakes, Strawberries, Strawberry Topping, Whipped Topping, Powdered Sugar		980	180	20	8	0	0	1780	181	7	61	18
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	70	680	1	0	0	15
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Turkey Sausage Links (2)	140	60	7	2	0	60	810	2	<1	0	18

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