

Nutrition Guide

FROM THE CRATE TO YOUR PLATE: FRESHBERRIES

Farmer's Choice			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Red, White & Blueberry Farmer's Choice	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Choice of Griddle Item:	Brioche French Toast 2 Slices (Served w/ Blueberries, Banana, Strawberry Sauce, Powdered Sugar and Whipped Topping)	680	100	13	6	0	190	760	125	3	57	17
		Three Hotcakes (Served w/ Blueberries, Banana, Strawberry Sauce, Powdered Sugar and Whipped Topping)	810	140	15	6	0	0	1340	155	5	59	13
Strawberry Farmer's Choice	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Choice of Griddle Item:	Includes: Brioche Bread (2), Strawberry Topping, Powdered Sugar and Whipped Topping	630	100	13	6	0	190	760	112	1	50	16
		Three Hotcakes (Served w/ Strawberries, Strawberry Sauce, Powdered Sugar and Whipped Topping)	760	140	15	6	0	0	1340	142	4	52	13
Fresh from the Griddle			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Strawberry French Toast	Includes: Brioche Bread (2), Strawberry Topping, Powdered Sugar and Whipped Topping		630	100	13	6	0	190	760	112	1	50	16
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
Four Strawberry Hotcakes	Includes: Buttermilk Hotcakes (4), Strawberry Topping, Powdered Sugar and Whipped Topping		980	180	20	8	0	0	1780	181	5	62	17
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16

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Red, White & Blueberry French Toast	Brioche French Toast 2 Slices (Served w/ Blueberries, Banana, Strawberry Sauce, Powdered Sugar and Whipped Topping)		680	100	13	6	0	190	760	125	3	57	17
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16

Red, White & Blueberry Hotcakes	Four Hotcakes (Served w/ Blueberries, Banana, Strawberry Sauce, Powdered Sugar and Whipped Topping)		1020	180	20	8	0	0	1780	194	6	69	17
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16

From the Crate to the Plate

Summer Berry Salad	Includes: Fresh Greens, Grilled Chicken, Strawberries, Blueberries, Feta Cheese & Pecans		320	120	13	3.5	0	65	910	32	4	24	22
	Dressing:	Lite Balsamic	80	25	205	0	0	0	320	16	0	15	0

Strawberry Supreme Pie	Slice		550	330	36	21	1	70	320	51	2	30	5
	Whole Pie		3310	1950	217	129	5	410	1990	312	11	192	30

Made to Share

Blue Ribbon Bacon	Bacon, tossed in sauce.	420	210	23	8	0	65	1110	29	0	25	22
Cinnabiscuits	Includes: Cinna-biscuits, Icing	700	200	21	13	0	<5	1450	124	2	74	8

Sunrise Savers

Sausage Gravy and Biscuits	Includes:	Sausage Gravy (Cup)	240	90	17	7	0	25	960	15	0	1	6
		Biscuits (2)	440	200	22	13	0	0	1440	53	1	3	7
Bowl of Rolled Oat Oatmeal	Includes: Oatmeal, Brown Sugar, Milk		180	25	2.5	1	0	<5	230	34	4	12	6
	Choice of Add--Ins:	Diced Cranberries	40	0	<1	<1	0	0	<1	12	<1	9	<1
		Honey Roasted Pecans	140	110	12	1	0	0	75	8	2	5	1

The Classic Breakfast	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	160	110	12	3	0	90	700	2	<1	0	16
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4

Banana Berry Oatmeal	Bowl Includes: Oatmeal, Blueberries, Blueberry Sauce, Honey-Roasted Pecans Banana, Milk		360	60	7	1	0	<5	290	69	6	36	8
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	Served With:	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4

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Buttermilk Biscuit Sandwich	Includes: Biscuit, American Cheese, Egg		400	240	26	13	0	225	1070	28	1	2	14
	Choose Meat:	Bacon	130	90	9	3	0	30	450	0	0	0	9
		Sausage	160	120	13	5	0	45	310	1	<1	0	10
	Served With:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1
Country Biscuit Breakfast	Includes: Biscuit, Bob Evans Sausage, Country Gravy, Cheddar Cheese		520	320	36	17	0	80	1340	29	1	2	22
	Choice of Farm Fresh Egg (1):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Served With:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1
Sunrise	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Side:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
The Mini Sampler	Includes: Biscuit (with Whipped Butter Blend)		270	100	16	8	0.5	<5	770	27	<1	2	4
	Choice of Farm Fresh Egg (1):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (2)	210	170	19	6	0	0	390	0	0	0	9
		Hardwood-Smoked Bacon (2)	190	130	14	4.5	0	40	670	<1	0	0	13
		Chicken Sausage Link (1)	90	50	6	1.5	0	45	350	1	0	0	8
	Served With:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1
Brioche French Toast	Includes: Brioche French Toast Slices (2), & Powdered Sugar		530	80	10	3.5	0	175	770	93	<1	30	16
	Served with:	Whipped Butter Blend	90	0	10	3.5	0	5	95	0	0	0	0
		Pancake Syrup	190	45	0	0	0	0	55	47	0	22	5
Buttermilk Hotcakes	Includes: Four Buttermilk Hotcakes		860	170	18	6	0	0	1780	156	4	39	17
	Served with:	Whipped Butter Blend	90	0	10	3.5	0	5	95	0	0	0	0
		Pancake Syrup	190	45	0	0	0	0	55	47	0	22	5

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All-Day Breakfast

Farm-Fresh Combos			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
The Whole Hog	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Includes Breakfast Meats:	Bob Evans Sausage Links (2)	210	170	19	6	0	0	390	0	0	0	9
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (2)	130	90	9	3	0	30	450	0	0	0	9
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
	Includes Griddle Items:	Brioche French Toast (1) (with Whipped Butter Blend and Syrup)	520	170	15	5	0	100	530	111	2	32	8
		Hotcake (1)	220	40	4.5	1.5	0	0	450	39	1	10	4
	Served with Choice of Side:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1
Steak Tips and Eggs	Includes: Steak Tips, Caramelized Onions, Mushrooms, Green Onions		310	230	54	19	13	40	590	5	1	2	16
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Served with Choice of Side:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1
		Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
	Served with Choice of Bread:	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Country-Fried Steak & Eggs	Includes: Country Fried Steak, Country Gravy		540	300	33	10	0	55	929	38	4	<1	20
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Served with Choice of Side:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1
		Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
	Served with Choice of Bread:	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4

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Rise & Shine	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (2)	210	170	19	6	0	0	390	0	0	0	9
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Served with Choice of Side:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Big Egg Breakfast	Choice of Farm Fresh Eggs (3):	Egg Whites	90	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	270	110	13	4	0	405	150	2	1	0	15
		Scrambled	240	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Served with Choice of Side:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Farmhouse Biscuit Sandwich Platter	Includes: Bacon Breakfast sandwich, Sausage Breakfast sandwich, Sausage Gravy		1310	760	91	40	1	540	3830	73	3	5	51
	Served with Choice of Side:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1

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Bowls and Skillets		Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
The Everything Breakfast	Includes: Biscuit, Ham, Hollandaise Sauce, Sausage, Bacon, Scrambled Eggs, Cheddar Cheese, Tomatoes, Hash Browns and Green Onions	1500	980	109	44	1	630	3530	63	5	5	64
Sunshine Skillet	Includes: Eggs, Bob Evans Sausage, Country Gravy, Cheddar Cheese, Home fries	660	150	17	6	0	210	720	107	5	45	20
	Served with Choice of Bread:											
	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Three Meat Protein Bowl	Includes: Eggs, Roasted Sweet Potatoes, Hardwood-Smoked Bacon, Sausage, Hickory Smoked Ham, Spinach, Cheddar Cheese, Roasted Corn & Black Beans and Caramelized Onions, Hollandaise Sauce, Tomatoes and Green Onions	800	410	55	22	0.5	135	2560	37	8	19	38
	Choice of Farm Fresh Eggs (2):											
	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
	Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
	Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Served with Multigrain Toast and Butter Blend	310	15	4.5	0	0	0	340	56	10	12	12
Garden Veggie Protein Bowl	Includes: Eggs, Roasted Sweet Potatoes, Spinach, Diced Peppers, Cheddar Cheese, Roasted Corn & Black Beans and Caramelized Onions, Salsa, Avocado, Lime Cilantro Sauce	350	90	22	4.5	0	10	1010	40	10	22	6
	Choice of Farm Fresh Eggs (2):											
	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
	Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
	Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Served with Multigrain Toast and Butter Blend	310	15	4.5	0	0	0	340	56	10	12	12

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Griddle Goodness			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Double Blueberry Hotcakes	Includes: Buttermilk Hotcakes (4), Blueberries, Blueberry Topping, Whipped Topping, Powdered Sugar		1070	210	23	10	0	0	1830	199	6	76	17
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
Double Chocolate Hotcakes	Includes: Chocolate Chip Hotcakes (4), Chocolate Chips, Chocolate Sauce, Whipped Topping, Powdered Sugar		1120	240	27	13	0	0	1820	199	6	74	18
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
Buttermilk Hotcakes	Includes: Buttermilk Hotcakes (4)		860	170	18	6	0	0	1780	156	4	39	17
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Served with:	Whipped Butter Blend	90	0	10	3.5	0	5	95	0	0	0	0
		Pancake Syrup	190	45	0	0	0	0	55	47	0	22	5
Brioche French Toast	Includes: Brioche French Toast Slices (2), with Powdered Sugar		530	80	10	3.5	0	175	770	93	<1	30	16
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Served with:	Whipped Butter Blend	90	0	10	3.5	0	5	95	0	0	0	0
		Pancake Syrup	190	45	0	0	0	0	55	47	0	22	5
Farm Famous Breakfast Meats			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bob Evans Sausage Links (3)			320	260	29	10	0	0	590	<1	0	0	14
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
Chicken Sausage Links (2)			180	110	12	3	0	90	700	2	<1	0	16

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FROM THE CRATE TO YOUR PLATE: FRESHBERRIES

Farmer's Choice Breakfasts			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Double Meat Farmer's Choice	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Any Two:	Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
	Choice of Griddle Item:	Brioche French Toast (1) Server with Whipped Topping, Butter Blend & Syrup	810	170	20	7	0	185	910	142	<1	49	16
		Hotcakes (3) Served w/ Whipped Butter Blend & Syrup	940	220	24	8	0	15	1480	170	3	29	13
Homestead Farmer's Choice	Includes: Sausage Gravy & Biscuits		680	300	39	20	1	25	2400	68	2	4	13
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16

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FROM THE CRATE TO YOUR PLATE: FRESHBERRIES

Banana Berry Farmer's Choice	Includes: Blueberry Pancakes (3) (w/ Whipped Butter Blend and Syrup) and Banana		1010	220	25	8	0	15	1480	188	6	40	13
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
Chicken Sausage Links (2)		180	110	12	3	0	90	700	2	<1	0	16	
Farmer's Choice	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Choice of Griddle Item:	Brioche French Toast Slice (Served w/ Whipped Butter Blend & Syrup)	810	170	20	7	0	185	910	142	<1	49	16
		Hotcakes (Served w/ Whipped Butter Blend & Syrup)	940	220	24	8	0	15	1480	170	3	29	13
Three-Egg Omelets			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Steak Tip Omelet	Includes: Eggs, Steak Tips, Peppers, Caramelized Onions, Mushrooms, Cheddar Cheese, Green Onions		750	520	75	25	7	685	1530	17	3	8	40
Western Omelet	Includes: Eggs, Ham, Sauteed Onions & Bell Peppers, Cheddar Cheese		630	420	46	16	0	690	1620	12	1	6	42
Southwest Avocado Omelet	Includes: Eggs, Pork Sausage, Roasted Corn and Black Beans, Avocado, Cheddar Cheese, Cilantro Lime Cream Sauce, Tomatoes		930	700	79	22	0	630	1300	24	10	6	36
Fresh Start Omelet	Includes: Eggs, Chicken Sausage, Mushrooms, Caramelized Onions, Tomatoes, Roasted Red Peppers, Arugula, Provolone and Feta Cheese		680	460	51	18	0	705	1250	12	2	5	41

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FROM THE CRATE TO YOUR PLATE: FRESHBERRIES

Build Your Own 3-Egg Omelet	Choose Eggs:	Eggs	310	220	24	8	0	575	390	3	0	<1	20
		Egg Whites	80	0	0	0	0	0	300	1	0	1	19
		Arugula	0	0	0	0	0	0	0	0	0	0	0
	Choose Two:	American Cheese	110	80	9	5	0	30	470	1	0	<1	5
		Chicken Sausage, Diced	80	45	5	1	0	40	310	<1	0	0	7
		Feta Cheese	50	35	4	2.5	0	15	210	<1	0	0	3
		Hardwood Smoked Bacon	220	160	18	6	0	45	900	<1	0	0	15
		Spinach (without Oil)*	0	0	0	0	0	0	10	<1	0	0	0
		Bob Evans Farm Fresh Sausage	140	110	12	4.5	0	40	290	<1	0	0	9
		Real Cheddar Cheese	90	70	8	4.5	0	25	150	0	0	0	5
		Hickory Smoked Ham	70	15	1.5	1	0	25	990	2	0	2	12
		Diced Tomatoes (without Oil)*	0	0	0	0	0	0	0	<1	0	<1	0
		Mushrooms	60	60	6	1.5	0	0	70	1	0	0	0
		Onions (without Oil)*	10	0	0	0	0	0	0	3	0	1	0
		Real Provolone Cheese	70	50	6	3.5	0	15	180	0	0	0	5
		Red & Green Bell Peppers (without Oil)*	5	0	0	0	0	0	0	1	<1	<1	0
		Roasted Red Peppers	5	0	0	0	0	0	50	1	0	1	0
		Avocado	60	45	5	1	0	0	0	2	2	0	<1
		* Grill Oil - added to grilled vegetables	70	70	8	1	0	0	0	0	0	0	0
	Served with Choice of Side:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Strawberries, Blueberries, Bananas)	80	0	0	0	0	0	0	19	3	11	1
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4

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			60	45	5	1	0	0	0	2	2	0	<1
Salsa			35	0	3.5	0	0	0	580	7	2	4	1
Farm-Famous Breakfast Meat			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bob Evans Sausage Links (3)			320	260	29	10	0	0	590	<1	0	0	14
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
Chicken Sausage Links (2)			180	110	12	3	0	90	700	2	<1	0	16
Freshly Baked Breads			Calories	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	Includes: Biscuits (2),		510	280	31	16	1	15	1520	53	1	3	7
Banana Nut Bread			260	80	8	1.5	0	0	350	30	2	24	4
Dinner Rolls (After 11:00 AM)	Includes: Dinner Rolls (2),		370	150	17	5	0	25	470	50	2	8	7

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