

Nutrition Guide

Shareables, Sides, Bakery

Made to Share & Apps To Share				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)
Hand-Breaded Chicken Tenders	4 Hand Breaded Tenders			330	120	14	3.5	0	95	10	15	1	0	36
	Choice of Sauce:	Bob Evans Wildfire		50	0	0	0	0	0	220	13	0	5	0
		Buffalo Wing Sauce		30	25	2.5	0	0	0	1170	2	<1	<1	0
		Honey Mustard		140	120	13	2	0	15	180	7	0	7	0
		Ranch		140	140	15	2.5	0	15	340	1	0	<1	<1
		Black Pepper Maple Honey		110	0	0	0	0	0	15	27	0	24	0
Blue Ribbon Bacon	Bacon, tossed in sauce.			420	210	23	8	0	65	1110	29	0	25	22
Cowboy Fries	Includes: French Fries, Sausage Gravy, Cheddar Cheese			710	350	39	14	0	40	1350	76	6	1	11
Cinnabiscuits	Includes: Cinna-biscuits, Icing			700	200	21	13	0	<5	1450	124	2	74	8
Onion Rings	Includes: 8 Onion Rings and Ranch Dressing			1030	570	63	11	0.5	15	2070	103	7	12	13
Bakery/Dessert				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)
Holy Cow Chocolate Cake	Includes: Chocolate Cow, Chocolate Cake, Whipped Topping, Chocolate Sauce, Powdered Sugar, Ice Cream			610	250	29	14	0	50	610	86	<1	67	8
Ice Cream Sundae	Includes: Vanilla Ice Cream, Chocolate and Caramel Sauces, Whipped Topping, Pecans			430	230	23	12	0	60	190	54	1	43	6
Kid Sundae	Includes: Vanilla Ice Cream, Chocolate Sauce, Whipped Topping			170	80	9	6	0	25	55	22	0	19	2
Pumpkin Pie	Slice	Includes: Whipped Topping		470	170	19	8	0	75	440	69	3	38	9
	Whole Pie			2990	1120	125	59	0.75	440	2650	426	18	239	55
Pecan Pie	Slice	Includes: Whipped Topping		620	290	32	11	0	100	630	79	2	31	6
	Whole Pie			3700	1730	192	64	2	595	3790	472	13	183	36
Reese's Peanut Butter Pie	Slice			640	370	41	23	0	0	510	54	5	46	9
	Whole Pie			3670	2200	244	140	2	5	2990	340	25	255	54
Double-Crust Apple Pie	Slice	Includes: Caramel Drizzle		600	250	28	12	0	0	250	82	3	45	4
	Whole Pie			3200	1500	168	72	0	0	1500	492	18	270	24
Turtle Cheesecake	Slice			640	370	42	23	1	70	370	61	2	37	6
	Whole Pie			3640	2230	248	127	5	425	2200	327	9	200	35
Chocolate Chunk Cookie	Cookie (1)			520	220	24	12	0	20	380	72	4	36	4
A La Mode (Addition to Slice of Pie)	One Scoop Vanilla Ice Cream			140	80	8	5	0	30	55	16	0	13	2
Fresh 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), Whipped Butter Blend			510	280	31	16	1	15	1520	53	1	3	7
Dinner Rolls	Includes: Dinner Rolls (2), Whipped Butter Blend			370	150	17	5	0	25	470	50	2	8	7
Banana Nut Bread	Slices (2)			260	80	8	1.5	0	0	350	30	2	24	4
	Loaf			1610	470	52	9	0	0	2190	185	11	152	23
Pumpkin Bread	Slices (2)			310	100	11	3	0	30	410	49	2	24	4
	Loaf			1840	590	67	11	0.5	170	2470	293	11	146	27

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Multigrain Wheat Toast	Slices (2) Dry	300	0	3	0	0	0	320	56	10	12	12
	Slices (2) with Margarine	310	15	4.5	0	0	0	340	56	10	12	12

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Shareables, Sides, Bakery

Farmhouse Sides		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)
French Fries		330	130	14	2.5	0	0	500	47	4	0	0
Shredded Hash Browns		180	60	7	1	0	0	10	28	3	1	2
Golden Brown Home Fries		180	90	10	2	0	0	15	21	2	2	2
Load 'Em Up: (French Fries, Shredded Hash Browns, Golden Brown Home Fries Only)	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
	Green Onions	0	0	0	0	0	0	0	0	0	0	0
Bob Evans Signature Coleslaw		170	110	12	2	0	10	210	16	1	14	<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		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		160	80	9	3.5	0	15	920	18	1	1	3
Fresh-Cut Fruit (Apples, Blueberries, Banana)		70	0	0	0	0	0	0	18	2	10	<1
Premium Sides		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)
Onion Rings (5)		560	270	30	5	0	0	1080	63	4	7	8
French Fries	French Fries, Bacon Pieces, Cheddar Cheese, Green Onions & Sour Cream	510	410	47	25	0	125	630	7	<1	6	16
Mashed Potatoes	Mashed Potatoes, Bacon Pieces, Cheddar Cheese, Green Onions & Sour Cream	250	160	18	9	0	45	710	17	1	3	7
Sausage Gravy and Biscuits		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)
Sausage Gravy and Biscuits (Cup)		680	300	39	20	1	25	2400	68	2	4	13
Sausage Gravy and Biscuits (Bowl)		930	390	56	27	1	45	3390	84	2	5	19

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