



Nutrition Guide

updated November 2018

Dinner & Dessert

Best Farmhouse Dinners			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)
Bob Evans Homestyle Fried Chicken	2 Piece Dark	Includes: Thigh, Leg, Mashed Potates & Gravy, Coleslaw	710	410	45	13	1	205	2270	43	3	19
	2 Piece White	Includes: Breast, Wing, Mashed Potates & Gravy, Coleslaw	810	420	47	13	1	235	2910	42	3	19
	Half Chicken	Includes: Breast, Wing, Thigh, Leg, Mashed Potates & Gravy, Coleslaw	1100	580	65	17	1	400	4090	46	3	19
Bob Evans Wildfire Meatloaf	Includes: Meatloaf Slice, Wildfire Sauce, Crispy Fried Onions, Mashed Potatoes, Green Beans w/ Ham		850	490	54	19	1	155	2030	62	6	15
	Add An Extra Slice of Meatloaf		430	230	26	11	1	125	770	22	3	6
Down-Home Country Fried Steak	Includes: Farmhouse Style Steak, Country Gravy, Mashed Potatoes, Green Beans		730	410	45	17	1	85	1890	58	7	2
Fork-Tender Pot Roast	Includes: Slow Roasted Pot Roast, Carrots, Caramelized Onions, Mashed Potatoes, Beef Gravy, Green Onions		950	550	62	21	1.5	145	2340	62	11	25
Fork-Tender Pot Roast Savor Size	Includes: Slow Roasted Pot Roast, Carrots, Caramelized Onions, Mashed Potatoes, Beef Gravy, Green Onions		620	390	44	14	1	85	1390	37	6	13
Heartland Chicken Pot Pie	Includes: Whole Chicken Pot Pie, Coleslaw		1430	780	87	30	0.5	175	2390	106	7	24
Herb Rubbed Turkey & Dressing	Includes: Slow Roasted Turkey, Bread & Celery Dressing, Gravy, Mashed Potatoes, Carrots, Cranberry Relish		820	360	40	15	0.5	120	2680	81	6	28
Herb Rubbed Turkey & Dressing Savor Size	Includes: Slow Roasted Turkey, Bread & Celery Dressing, Gravy, Mashed Potatoes,		650	290	32	13	0.5	80	2250	67	3	18
Craveable 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)
Beef Stroganoff	Includes: Slow Roasted Beef, Sauteed Mushrooms, Egg Noodles, Mushroom Cream Sauce, Sour Cream, Green Onions		740	320	36	13	2.5	145	1340	77	7	10
Chicken Parm Pasta	Includes: Crispy Chicken, Marinara Sauce, Cheese, Egg Noodles, Parmesan Cheese		630	260	30	10	0	65	1460	58	5	7
Great Alaskan Cod	Includes A Collosal Alaskan Cod Filet, Tartar Sauce		640	360	39	7	0	110	1050	39	4	2
	*Plus, Choose Two Sides:											
	Baked Potato		330	100	12	4	0	15	120	51	4	2
	Bob Evans Signature Coleslaw		200	130	14	2	0	10	250	19	2	17
	Bread & Celery Dressing		340	140	15	5	0	20	1000	42	2	6
	Broccoli		110	90	10	3	0	10	110	5	0	0
	Carrots		90	40	4.5	1.5	0	5	115	13	3	10
	Corn		170	90	10	30	0	10	90	20	2	2
	Cornmeal Mush with Butter		120	50	6	1	0	0	200	16	2	1
	French Fries		330	130	14	2.5	0	0	480	47	4	0
	Green Beans w/ Ham		30	15	1.5	0	0	<5	460	4	2	0
	Hashbrowns		220	110	12	2	1.5	0	160	28	3	1
	Homefries		250	150	17	2.5	0.5	0	690	24	1	2
	Macaroni & Cheese		250	110	12	5	0	25	910	25	2	4
Mashed Potatoes & Chicken Gravy		210	120	14	7	0	30	830	19	2	2	
Mashed Potatoes & Country Gravy		170	90	10	6	0	25	560	17	2	2	
*Load Your Side (Bacon, Cheddar, Sour Cream, Green Onions)		240	180	20	10	0	55	560	2	0	<1	
Grilled to Perfection Chicken	Includes Two Grilled Chicken Breasts		370	80	9	3	0	190	1430	0	0	0
	*Plus, Choose Two Sides:											
	Baked Potato		330	100	12	4	0	15	120	51	4	2
	Bob Evans Signature Coleslaw		200	130	14	2	0	10	250	19	2	17
	Bread & Celery Dressing		340	140	15	5	0	20	1000	42	2	6
	Broccoli		110	90	10	3	0	10	110	5	0	0
Carrots		90	40	4.5	1.5	0	5	115	13	3	10	



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		Corn	170	90	10	30	0	10	90	20	2	2		
		Cornmeal Mush with Butter	120	50	6	1	0	0	200	16	2	1		
		French Fries	330	130	14	2.5	0	0	480	47	4	0		
		Green Beans w/ Ham	30	15	1.5	0	0	<5	460	4	2	0		
		Hashbrowns	220	110	12	2	1.5	0	160	28	3	1		
		Homefries	250	150	17	2.5	0.5	0	690	24	1	2		
		Macaroni & Cheese	250	110	12	5	0	25	910	25	2	4		
		Mashed Potatoes & Chicken Gravy	210	120	14	7	0	30	830	19	2	2		
		Mashed Potatoes & Country Gravy	170	90	10	6	0	25	560	17	2	2		
		*Load Your Side (Bacon, Cheddar, Sour Cream, Green Onions)	240	180	20	10	0	55	560	2	0	<1		
Homestyle Boneless Fried Chicken Breast	Includes: 2 Homestyle Boneless Fried Chicken Breasts		570	270	30	6	0	0	1400	41	4	0		
	*Plus, Choose Two Sides:	Baked Potato	330	100	12	4	0	15	120	51	4	2		
		Bob Evans Signature Coleslaw	200	130	14	2	0	10	250	19	2	17		
		Bread & Celery Dressing	340	140	15	5	0	20	1000	42	2	6		
		Broccoli	110	90	10	3	0	10	110	5	0	0		
		Carrots	90	40	4.5	1.5	0	5	115	13	3	10		
		Corn	170	90	10	30	0	10	90	20	2	2		
		Cornmeal Mush with Butter	120	50	6	1	0	0	200	16	2	1		
		French Fries	330	130	14	2.5	0	0	480	47	4	0		
		Green Beans w/ Ham	30	15	1.5	0	0	<5	460	4	2	0		
		Hashbrowns	220	110	12	2	1.5	0	160	28	3	1		
		Homefries	250	150	17	2.5	0.5	0	690	24	1	2		
		Macaroni & Cheese	250	110	12	5	0	25	910	25	2	4		
		Mashed Potatoes & Chicken Gravy	210	120	14	7	0	30	830	19	2	2		
		Mashed Potatoes & Country Gravy	170	90	10	6	0	25	560	17	2	2		
		*Load Your Side (Bacon, Cheddar, Sour Cream, Green Onions)	240	180	20	10	0	55	560	2	0	<1		
Homestyle Fried Chicken Tenders	Includes: Three Homestyle Fried Chicken Tenders		640	320	36	13	0	105	1260	46	3	0		
	*Plus, Choose Two Sides:	Baked Potato	330	100	12	4	0	15	120	51	4	2		
		Bob Evans Signature Coleslaw	200	130	14	2	0	10	250	19	2	17		
		Bread & Celery Dressing	340	140	15	5	0	20	1000	42	2	6		
		Broccoli	110	90	10	3	0	10	110	5	0	0		
		Carrots	90	40	4.5	1.5	0	5	115	13	3	10		
		Corn	170	90	10	30	0	10	90	20	2	2		
		Cornmeal Mush with Butter	120	50	6	1	0	0	200	16	2	1		
		French Fries	330	130	14	2.5	0	0	480	47	4	0		
		Green Beans w/ Ham	30	15	1.5	0	0	<5	460	4	2	0		
		Hashbrowns	220	110	12	2	1.5	0	160	28	3	1		
		Homefries	250	150	17	2.5	0.5	0	690	24	1	2		
		Macaroni & Cheese	250	110	12	5	0	25	910	25	2	4		
		Mashed Potatoes & Chicken Gravy	210	120	14	7	0	30	830	19	2	2		
		Mashed Potatoes & Country Gravy	170	90	10	6	0	25	560	17	2	2		
				*Load Your Side (Bacon, Cheddar, Sour Cream, Green Onions)	240	180	20	10	0	55	560	2	0	<1
		*Add a Sauce:	Bob Evans Wildfire	50	0	0	0	0	0	220	13	0	5	
			Honey Mustard	120	100	11	1.5	0	10	150	5	0	5	
			Ranch	100	90	10	2	0	10	210	<1	0	<1	
	Buffalo		60	50	6	1	0	5	700	1	0	0		



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Potato-Crusted Flounder	Includes: Potato Crusted Flounder	260	110	13	2.5	0	50	770	13	<1	0	
	*Plus, Choose Two Sides:											
	Baked Potato	330	100	12	4	0	15	120	51	4	2	
	Bob Evans Signature Coleslaw	200	130	14	2	0	10	250	19	2	17	
	Bread & Celery Dressing	340	140	15	5	0	20	1000	42	2	6	
	Broccoli	110	90	10	3	0	10	110	5	0	0	
	Carrots	90	40	4.5	1.5	0	5	115	13	3	10	
	Corn	170	90	10	30	0	10	90	20	2	2	
	Cornmeal Mush with Butter	120	50	6	1	0	0	200	16	2	1	
	French Fries	330	130	14	2.5	0	0	480	47	4	0	
	Green Beans w/ Ham	30	15	1.5	0	0	<5	460	4	2	0	
	Hashbrowns	220	110	12	2	1.5	0	160	28	3	1	
	Homefries	250	150	17	2.5	0.5	0	690	24	1	2	
	Macaroni & Cheese	250	110	12	5	0	25	910	25	2	4	
	Mashed Potatoes & Chicken Gravy	210	120	14	7	0	30	830	19	2	2	
	Mashed Potatoes & Country Gravy	170	90	10	6	0	25	560	17	2	2	
	*Load Your Side (Bacon, Cheddar, Sour Cream, Green Onions)	240	180	20	10	0	55	560	2	0	<1	
Salmon w Fresh Tomato Salsa	Includes: Salmon and Fresh Tomato Salsa	210	23	5	0	95	750	5	1	2	35	
USDA Choice Sirloin	Includes: USDA Choice Sirloin, Grilled Onions and Mushrooms	750	480	54	16	2	115	1320	17	3	6	
	*Plus, Choose Two Sides:											
	Baked Potato	330	100	12	4	0	15	120	51	4	2	
	Bob Evans Signature Coleslaw	200	130	14	2	0	10	250	19	2	17	
	Bread & Celery Dressing	340	140	15	5	0	20	1000	42	2	6	
	Broccoli	110	90	10	3	0	10	110	5	0	0	
	Carrots	90	40	4.5	1.5	0	5	115	13	3	10	
	Corn	170	90	10	30	0	10	90	20	2	2	
	Cornmeal Mush with Butter	120	50	6	1	0	0	200	16	2	1	
	French Fries	330	130	14	2.5	0	0	480	47	4	0	
	Green Beans w/ Ham	30	15	1.5	0	0	<5	460	4	2	0	
	Hashbrowns	220	110	12	2	1.5	0	160	28	3	1	
	Homefries	250	150	17	2.5	0.5	0	690	24	1	2	
	Macaroni & Cheese	250	110	12	5	0	25	910	25	2	4	
	Mashed Potatoes & Chicken Gravy	210	120	14	7	0	30	830	19	2	2	
	Mashed Potatoes & Country Gravy	170	90	10	6	0	25	560	17	2	2	
	*Load Your Side (Bacon, Cheddar, Sour Cream, Green Onions)	240	180	20	10	0	55	560	2	0	<1	
Add Soup or Side Salad + Cookie, Sundae, or Fruit		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)	
Make it A Three Course Meal:	Pick One:	Cheddar Baked Potato (includes 2 Saltine Crackers)	210	110	12	6	0	35	900	16	<1	2
		Chicken-N-Noodles (includes 2 Saltine Crackers)	150	70	7	1.5	1	30	560	13	<1	<1
		Farmhouse Garden Side Salad (no dressing)	110	40	4.5	2	0	10	180	13	5	3
		Hearty Beef Vegetable (includes 2 Saltine Crackers)	120	25	2.5	0.5	0	15	620	18	2	4
	*Plus, Choose One:	Caramel Sundae	170	50	6	3	0	20	135	30	0	10
		Chococlate Chunk Cookies	530	230	26	13	0	35	370	68	3	41
		Chococlate Sundae	190	70	8	4.5	0	20	55	30	<1	21
		Fruit Dish	60	0	0	0	0	0	5	14	1	12



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Farm Values		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)
Chicken-N-Noodles Deep Dish Dinner		620	300	33	15	2	105	2320	54	3	4
Herb-Rubbed Turkey & Dressing	Includes: Slow Roasted Turkey Breast, Mashed Potatoes & Chicken Gravy, Cranberry Orange Relish, Bread & Celery Dressing										
		650	290	32	13	0.5	80	2250	67	3	18
Homestyle Fried or Grilled Chicken	Includes: Mashed Potatoes and Chicken Gravy										
	*Plus, Choice of:	Homestyle Fried Chicken									
		Grilled Chicken									
		210	120	14	7	0	30	830	19	2	2
		280	140	15	3	0	0	700	20	2	0
		190	40	4.5	1.5	0	95	720	0	0	0
Pasta and Meat Sauce		660	250	28	8	0	115	1350	78	8	14
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)
Baked Potato		330	100	12	4	0	15	120	51	4	2
Bob Evans Signature Coleslaw		200	130	14	2	0	10	250	19	2	17
Bread & Celery Dressing		340	140	15	5	0	20	1000	42	2	6
Broccoli		110	90	10	3	0	10	110	5	0	0
Carrots		90	40	4.5	1.5	0	5	115	13	3	10
Cornmeal Mush with Butter		120	50	6	1	0	0	200	16	2	1
French Fries		330	130	14	2.5	0	0	480	47	4	0
Green Beans with Ham		30	15	1.5	0	0	<5	460	4	2	0
Hashbrowns		220	110	12	2	1.5	0	160	28	3	1
Homefries		250	150	17	2.5	0.5	0	690	24	1	2
Load Your Side With:	Bacon	90	65	7	2	0	18	373	<1	0	0
	Cheddar Cheese	110	85	10	5	0	29	182	<1	0	<1
	Green Onions	0	0	<1	0	0	0	<1	<1	<1	<1
	Sour Cream	30	30	3	2	0	9	8	<1	0	<1
Macaroni & Cheese		250	110	12	5	0	25	910	25	2	4
Mashed Potatoes & Chicken Gravy		210	120	14	7	0	30	830	19	2	2
Mashed Potatoes & Country Gravy		170	90	10	6	0	25	560	17	2	2



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Desserts		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)
Chocolate Peanut Butter Pie Topped With Reese's	Slice	680	370	41	20	0	45	420	74	3	56
	Whole Pie	4010	2260	252	123	2	270	2510	411	16	320
Coconut Cream Pie	Slice	600	340	38	28	0	20	410	64	1	44
	Whole Pie	3610	2020	225	168	2.5	115	2490	381	9	265
Chocolate Fudge Sundae		190	70	8	4.5	0	20	55	30	<1	21
Caramel Sundae		190	60	7	4.5	0	20	135	31	0	12
Double-Crust Apple Pie	Slice	530	210	24	10	0	0	410	77	3	47
	Whole Pie	2990	1270	141	60	1.5	0	2490	410	16	231
Strawberry Supreme Pie	Slice	590	340	38	23	0.5	55	380	60	3	38
	Whole Pie	3540	2040	226	135	3.5	335	2280	358	17	231
Bakery		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)
Banana Nut Bread	Two Slices	420	200	22	5	0	15	540	37	2	31
Biscuits	Two Biscuits with Butter	520	290	31	16	1	10	1530	53	1	3
Chocolate Chunk Cookie	One Cookie	520	230	26	13	0	35	370	68	3	41
Cinnabiscuits	Includes: cinna-biscuits and icing	200	21	13	0	<5	1450	124	2	74	8
Cinnamon Pull Apart	Includes: 2 pieces	210	23	8	0.5	20	670	100	3	51	9
Dinner Rolls	Two Dinner Rolls with Butter	380	150	17	5	0	10	610	50	3	3

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

Protein (g)
33
56
85
32
27
25
38
20
51
37
23

Protein (g)
30
33
32
6
<1
7
3
<1
3
<1
0
2
2
3
11
3
3
13
72
6
<1
7
3
<1

3
<1
0
2
2
3
11
3
3
13
33
6
<1
7
3
<1
3
<1
0
2
2
3
11
3
3
13
34
6
<1
7
3
<1
3
<1
0
2
2
3
11
3
3
13
0
0
0
0

22
6
<1
7
3
<1
3
<1
0
2
2
3
11
3
3
13
47
6
<1
7
3
<1
3
<1
0
2
2
3
11
3
3
13
Protein (g)
9
7
6
7
3
6
3
<1

Protein (g)
26
23
3
17
36
24
Protein (g)
6
<1
7
3
<1
<1
0
2
2
3
6
7
<1
<1
11
3
3

Protein (g)
7
40
4
22
3
3
3
16
5
32
Protein (g)
5
7
6

8