



# Nutrition Guide

updated 7/31/2018

## Salads, Soup, Burgers, Sandwiches

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, American Cheese, Lettuce, Tomatoes, Onion, Pickles, Brioche Bun, Honey Mustard, French Fries		890	450	50	14	2	90	1990	87	7	9	20	
	*Plus, choice of:	Grilled Chicken Breast	190	40	4	1	0	96	7090	0	0	0	36	
		Homestyle Fried Chicken	250	125	14	5	0	41	488	18	1	0	13	
Handcrafted Deli Turkey	Includes: Slow-Roasted Turkey, Swiss Cheese, Lettuce, Tomatoes, Onion, Roasted Tomato Mayo, Marble Wheat Bread, French Fries		980	310	35	11	0	75	1910	124	12	17	41	
Shaved Ham & Swiss Melt	Includes: Hickory Smoked Ham, Swiss Cheese, Caramelized Onions, Brioche Bread, Pickles, French Fries		1080	380	43	13	1.5	105	3220	128	9	16	43	
Slow-Roasted Turkey Bacon Melt	Includes: Slow-Roasted Turkey, American Cheese, Tomato Bacon, Dourdough Bread, Pickles, French Fries		970	420	46	14	2.5	100	2540	92	7	3	42	
Slow-Roasted Pot Roast	Includes: Slow-Roasted Pot Roast, Carrots, onions, American Cheese, Sourdough Bread, Pickles, French Fries		1130	510	57	21	3.5	140	2570	104	11	9	45	
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)		
Double Bacon Cheeseburger	Includes: 2 Angus Beef Patties, Hardwood Smoked Bacon, Cheddar Cheese, Lettuce, Tomato, Mayo, Deli Pickles, Onio, Brioche Bun, French Fries		1100	550	61	20	2.5	185	1670	81	7	4	49	
Double Steakhouse Burger	Includes: 2 Angus Beef Patties, Hardwood Smoked Bacon, Grilled Mushrooms and Onions, Monterrey-Jack Cheese, A1 Original Sauce, Brioche Bun, French Fries		1350	700	78	26	4.5	235	2270	88	7	8	65	
Soup & Salad		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	0.5	60	1640	32	2	4	16
Chicken COBB Salad	Includes: Grilled Chicken, Bacon, Hard Boiled Eggs, Tomatoes, Cucumbers, Blue Cheese, Fresh Greens, Blue Cheese Dressing	Small		480	300	34	11	0	180	1170	10	4	4	34
		Regular		1000	640	71	24	0.5	480	2390	17	5	8	72
Chicken-N-Noodles	Cup	Includes: Cup of Soup, 2 Saltine Crackers		150	70	7	1.5	1	30	560	13	<1	<1	7
	Bowl	Includes: Bowl of Soup, 4 Saltine Crackers		290	130	15	3	2	60	1130	26	2	2	14
Cranberry Pecan Chicken Salad	Includes: Fresh Greens, Grilled Chicken, Bacon, Dried Cranberries, Blue Cheese, Pecans, Sweet Italian Dressing	Small		470	240	27	7	0	70	1180	31	6	20	28
		Regular		870	450	51	12	0	135	2230	55	8	39	52
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
Wildfire Chicken Salad	Includes: Fresh Greens, Tortilla Strips, Corn, Tomatoes, Scallions, Cheddar Cheese, Bob Evans Wildfire Sauce, Wildfire Ranch Dressing	Small		260	120	13	3.5	0	15	510	31	5	17	6
		*Plus, choice of:	Grilled Chicken Breast	90	20	2	<1	0	48	354	0	0	0	18
			Homestyle Fried Chicken	120	60	7	3	0	20	244	9	<1	0	7
		Regular		470	240	26	7	0	30	890	50	7	30	11
		*Plus, choice of:	Grilled Chicken Breast	190	40	4	1	0	96	709	0	0	0	36
	Homestyle Fried Chicken	250	125	14	5	0	41	489	18	1	0	13		

Salad Dressings			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)
Balsamic Vinaigrette, Low Fat	Small		35	10	1	0	0	0	140	7	0	7	0
	Large		79	29	2.5	0	0	0	280	14	0	13	0
Blue Cheese	Small		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		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		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		140	120	13	2	0	5	170	6	0	6	0
	Large		280	230	26	4	0.5	10	330	12	0	12	0
Raspberry Vinaigrette, Reduced Fat	Small		70	35	3.5	0.5	0	0	70	10	0	10	0
	Large		150	70	7	1	0	0	140	20	0	19	0
Sweet Italian	Small		120	100	11	1.5	0	0	340	5	0	5	0
	Large		230	190	22	3.5	0	0	680	10	0	9	0
Wildfire Ranch	Small		80	60	6	1	0	5	200	6	0	4	0
	Large		160	110	12	2	0	10	410	12	0	8	<1
Pick Two 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)
Half Sandwich Combo	Pick One:	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	1	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 Saltine Crackers)	120	25	2.5	0.5	0	15	620	18	2	4	7
	*Plus, Pick One:	1/2 Handcrafted Deli Turkey	330	90	10	4	0	40	770	39	4	9	21
		1/2 Shaved Ham & Swiss Melt	370	130	14	5	1	55	1430	41	2	8	21
		1/2 Slow Roasted Pot Roast	400	190	21	9	2	70	1100	29	3	4	23
		1/2 Slow Roasted Turkey Bacon Melt	320	140	16	6	1	50	1080	23	2	1	21
Soup & Salad Combo	Choose Two:	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	1	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 Saltine Crackers)	120	25	2.5	0.5	0	15	620	18	2	4	7
		Loaded Baked Potato	470	180	21	10	0	55	580	53	4	2	19