

## Nutrition Guide

### All-Day Breakfast

Seasonal		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>Banana Nut Farmer's Choice</b>	Includes: 3 Banana Nut Hotcakes, Whipped Butter, Pecans, Caramel Sauce, Hotcake Syrup, Whipped Topping, Powdered Sugar	1200	260	30	10	0	20	1570	222	7	85	15
	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
	Choice of Farm Fresh Eggs (2):											
	Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	13
	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	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
<b>Banana Nut Hotcakes</b>	Includes: 4 Banana Nut Hotcakes, Whipped Butter, Pecans, Caramel Sauce, Hotcake Syrup Whipped Topping, Powdered Sugar	1420	310	34	12	0	20	2020	263	8	96	20

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## All-Day Breakfast

Farm Fresh Breakfast Value Menu													
	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>Brioche French Toast</b>	Includes: 2 Slices Brioche French Toast, Butter, Syrup, Powdered Sugar												
<b>Buttermilk Hotcakes</b>	Includes: 4 Buttermilk Hotcakes, Butter, Syrup												
<b>The Classic Breakfast</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	0	13
		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	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	140	60	7	2	0	60	810	2	<1	0	18
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
<b>Country Biscuit Breakfast</b>	Includes: Buttermilk Biscuit, Bob Evans Sausage, Country Gravy, Cheddar Cheese												
	Choice of Farm Fresh Egg (1):	Egg Whites	30	0	0	0	0	100	0	0	0	6	
		Freshly Cracked	130	80	12	2	0	185	70	0	0	6	
		Scrambled	80	55	6	1.5	0	210	140	0	0	7	
	Choice of Side:	Hashbrowns	200	110	12	2	0	0	160	28	3	1	2
		Homefries	250	150	17	2.5	0	0	690	24	2	2	3
		Fresh-Cut Fruit	90	0	0	0	0	0	15	22	2	19	1
<b>Mini Sampler</b>	Includes: Biscuit (with margarine PCs)												
	Choice of Farm Fresh Egg (1):	Egg Whites	30	0	0	0	0	100	0	0	0	6	
		Freshly Cracked	130	80	12	2	0	185	70	0	0	6	
		Scrambled	80	55	6	1.5	0	210	140	0	0	7	
	Choice of Side:	Hashbrowns	200	110	12	2	0	0	160	28	3	1	2
		Fresh Fruit	90	0	0	0	0	0	15	22	2	19	1
		Homefries	250	150	17	2.5	0	0	690	24	2	2	3
	Choice of Breakfast Meat:	Bob Evans Sausage Links (2)	220	60	7	3.5	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (2)	190	130	14	4.5	0	40	670	<1	0	0	13
		Turkey Sausage Link (1)	70	30	3.5	1	0	30	400	1	0	0	9
	<b>Sunrise</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	0	13
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Side:	Hashbrowns	200	110	12	2	0	0	160	28	3	1	2
		Fresh Fruit	90	0	0	0	0	0	15	22	2	19	1
		Homefries	250	150	17	2.5	0	0	690	24	2	2	3
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
<b>Sausage Gravy and Biscuits</b>	Includes:												
		Sausage Gravy (Cup)	220	140	16	9	0	20	820	14	0	2	8
		Biscuits (2)	440	200	22	13	0	0	1440	53	1	3	7
<b>Oatmeal</b>													
	Bowl	Includes Oatmeal, Brown Sugar, Milk	230	35	4	1	0	<5	300	41	4	12	8
	Choice of Add-Ins:	Dried Cranberries	40	0	<1	<1	0	0	<1	12	<1	9	<1
		Honey-Roasted Pecans	80	<1	<1	<1	0	0	2.81	20	<1	15	<1
<b>Bowl of Grits</b>	Includes: Grits and Butter												
			390	280	32	10	0	40	470	25	2	0	3

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## All-Day Breakfast

### Farmer's Choice Breakfasts

All-Day Breakfast															
Farmer's Choice Breakfasts				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>Double Meat Farmer's Choice</b>	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12		
		Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	13		
		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	70	680	1	0	0	15		
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19		
		Turkey Sausage Links (2)	140	60	7	2	0	60	810	2	<1	0	18		
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17		
	Choice of Griddle Item:	Brioche French Toast (Served w/ Butter & Syrup)	810	170	20	7	0	185	910	142	<1	49	16		
		Hotcakes (Served w/ Butter & Syrup)	940	220	24	8	0	15	1480	170	3	29	13		
	<b>Farmer's Choice</b>	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12	
Freshly Cracked			200	150	16	4	0	370	140	<1	0	0	13		
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	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 (Served w/ Butter & Syrup)	810	170	20	7	0	185	910	142	<1	49	16		
		Hotcakes (Served w/ Butter & Syrup)	940	220	24	8	0	15	1480	170	3	29	13		
<b>Homestead Farmer's Choice</b>		Includes: Sausage Gravy & Biscuits		670	340	38	22	0	20	2250	67	1	5	15	
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12		
		Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	13		
		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	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		
	<b>Banana Berry Farmer's Choice</b>	Includes:		Blueberry Pancakes (3) (w/ Butter 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			200	150	16	4	0	370	140	<1	0	0	13		
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	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		

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All-Day Breakfast												
Bowls and Skillets		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>Everything Breakfast</b>	Includes: Biscuit, Ham, Hollandaise Sauce, Sausage, Bacon, Scrambled Eggs, Cheddar Cheese, Tomatoes, and Hash Browns	1130	660	73	31	0	725	2850	63	5	6	57
<b>Double Meat Protein Bowl</b>	Includes: Sweet potatoes, bacon, ham, onions, peppers, spinach, cheddar cheese, eggs, hollandaise, and tomatoes	1020	700	78	21	<0.5	505	2300	36	7	14	41
<b>Avocado Veggie Protein Bowl</b>	Includes: Sweet potatoes, peppers, corn/bean relish, onions, spinach, cheddar cheese, eggs, lime cream sauce, tomatoes, and avocado	910	630	71	14	0	430	940	44	11	15	22
<b>Sunshine Skillet</b>	Includes: Eggs, Bob Evans Sausage, Country Gravy, Cheddar Cheese, Homefries	660	150	17	6	0	210	720	107	5	45	20
	Served with Choice of Bread:											
	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Griddle & More		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>Brioche French Toast</b>	Includes: 2 Slices Brioche French Toast, Butter, Syrup, Powdered Sugar	810	170	20	7	0	185	910	142	<1	49	16
<b>Buttermilk Hotcakes</b>	Includes: 4 Buttermilk Hotcakes, Butter, Syrup	1150	250	28	9	0	10	1910	209	4	39	17
<b>Double Blueberry Hotcakes</b>	Includes: 4 Buttermilk Hotcakes, Blueberries, Blueberry Topping, Whipped Topping, Powdered Sugar	1090	210	23	10	0	0	1900	203	6	78	17
<b>Double Chocolate Hotcakes</b>	Includes: 4 Chocolate Chip Hotcakes, Chocolate Chips, Chocolate Sauce, Whipped Topping, Powdered Sugar	1120	240	27	13	0	0	1820	199	6	74	18
Farm Famous Breakfast Meats		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>Bob Evans Sausage Links (3)</b>		320	260	29	10	0	70	680	1	0	0	15
<b>Bob Evans Sausage Patties (2)</b>		320	230	26	10	0	90	630	2	1	0	19
<b>Hardwood-Smoked Bacon (3)</b>		190	130	14	4.5	0	40	670	<1	0	0	13
<b>Hickory-Smoked Ham</b>		100	25	2.5	1	0	35	1440	2	0	2	17
<b>Turkey Sausage Links (2)</b>		140	60	7	2	0	60	810	2	<1	0	18

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## All-Day Breakfast

Farm-Fresh 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)	
<b>The Whole Hog</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	0	13
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Includes Breakfast Meats:	Bob Evans Sausage Links (2)	210	170	19	7	0	47	450	1	0	0	10
		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 butter and syrup)	570	160	18	6	0	115	500	93	1	11	10
		Pancake (1)	220	40	4.5	1.5	0	0	450	39	1	10	4
	<b>Sirloin Steak &amp; Farm-Fresh Eggs</b>	Includes: Sirloin Steak		390	185	20	9	0	102	850	3	0	0
Choice of Farm Fresh Eggs (2):		Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	13
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
Served with Choice of Bread:		Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
<b>Country-Fried Steak &amp; Farm-Fresh Eggs</b>	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	200	150	16	4	0	370	140	<1	0	0	13
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
<b>Rise &amp; Shine</b>	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	200	150	16	4	0	370	210	1	0	0	19
		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	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
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
<b>Honey Butter Chicken &amp; Biscuit Breakfast</b>	Includes (1) Chicken Fillet, Biscuit, Honey, Butter		650	190	36	13	0	120	1640	48	0	13	37
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	13
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
<b>Big Egg Breakfast</b>	Choice of Farm Fresh Eggs (3):	Egg Whites	90	0	0	0	0	0	300	1	0	1	19
		Freshly Cracked	270	200	21	5	0	510	140	<1	0	0	13
		Scrambled	240	140	16	5	0	620	420	2	0	0	22
	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 Side:	Hashbrowns	200	110	12	2	0	0	160	28	3	1
	Fresh Fruit		90	0	0	0	0	0	15	22	2	19	1
	Homefries		250	150	17	2.5	0	0	690	24	2	2	3
	Served with Choice of Bread:	Biscuits (2) (with margarine)	520	280	31	15	0	0	1590	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4

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## All-Day Breakfast

Three-Egg Omelets		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>Southwest Avocado Omelet</b>	Includes: Eggs, sausage, roasted corn and black beans, avocado, cheddar cheese, cilantro lime cream sauce, tomatoes	800	580	65	20	0	705	1060	15	5	4	39	
<b>Three Meat &amp; Cheese Omelet</b>	Includes: Eggs, sausage, ham, bacon, caramelized onions, tomatoes, provolone cheese, american cheese, cheddar cheese	1210	750	94	34	<0.5	740	3400	21	3	9	70	
<b>Western Omelet</b>	Includes: Eggs, ham, sauteed onions & bell peppers, cheddar cheese	650	450	50	17	0	635	1590	11	1	5	40	
<b>Build Your Own 3-Egg Omelet</b>	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
		American Cheese	110	80	9	5	0	30	470	1	0	<1	5
		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
	Choose Two:	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
		Avocado	70	50	6	1	0	0	0	4	3	0	<1
		* Grill Oil - added to grilled vegetables	130	130	14	2	0	0	0	0	0	0	0
<b>Addition</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>Avocado</b>		70	50	6	1	0	0	0	4	3	0	<1	
<b>Freshly Baked Breads</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>Biscuits (2) (with margarine)</b>		520	280	31	15	0	0	1590	53	1	3	7	
<b>Banana Nut Bread</b>		260	80	8	1.5	0	0	350	30	2	24	4	
<b>Dinner Rolls (After 11 AM)</b>		380	150	17	5	0	10	610	50	3	3	8	

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