

Nutrition Guide

All-Day Breakfast

Celebrate Apple Season				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)
Caramel Apple Farmer's Choice	Includes: 3 Hotcakes with Apples, Carmel Sauce, Powdered Sugar, Butter, Syrup Whipped Topping			1130	280	26	10	0	20	1570	211	6	87	13
	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 (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
	Served with one side:	Chicken Sausage Links (2)		160	110	12	3	0	90	700	2	<1	0	16
		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		90	0	0	0	0	0	15	22	2	19	1	
Caramel Apple French Toast	Includes: French Toast (2) with Apples, Carmel Sauce, Powdered Sugar, Butter, Syrup, Whipped Topping			1000	230	22	9	0	195	1000	184	3	85	17
	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
		Chicken Sausage Links (2)		160	110	12	3	0	90	700	2	<1	0	16
	Also Available:	4 Caramel Apple Hotcakes		1340	320	30	11	0	20	2020	250	7	96	18
Appleberry Splash				130	0	0	0	0	0	15	32	<1	28	0
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
A La Mode (Addition to Slice of Pie)	One Scoop Vanilla Ice Cream			120	70	7	4.5	0	30	50	14	0	12	2
Sunrise Savers				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)
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
	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		90	0	0	0	0	0	15	22	2	19	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	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
		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

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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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All-Day Breakfast													
	Served With:	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
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
	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	90	0	0	0	0	0	15	22	2	19	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	90	0	0	0	0	0	15	22	2	19	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)		280	140	16	8	0	0	790	26	<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 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	90	0	0	0	0	0	15	22	2	19	1
	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
	Chicken Sausage Link (1)	90	50	6	1.5	0	45	350	1	0	0	8	
Brioche French Toast	Includes: Brioche French Toast Slices (2), Whipped Butter Blend, Syrup, Powdered Sugar		800	220	20	7	0	190	920	140	<1	52	16
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
Buttermilk Hotcakes	Includes: Buttermilk Hotcakes (4), Whipped Butter Blend, Syrup		1140	300	29	10	0	15	1930	203	4	61	17
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

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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	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 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	90	0	0	0	0	0	15	22	2	19	1
Sirloin Steak & Farm-Fresh Eggs	Includes: Sirloin Steak		390	185	20	9	0	102	850	3	0	0	44
	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	90	0	0	0	0	0	15	22	2	19	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
	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)
Country-Fried Steak & Farm-Fresh 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	90	0	0	0	0	0	15	22	2	19	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
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 (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
		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	90	0	0	0	0	0	15	22	2	19	1
	Served with Choice of	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7

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Bread:	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
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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	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	
		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	90	0	0	0	0	0	15	22	2	19	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	90	0	0	0	0	0	15	22	2	19	1	
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)	
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	
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	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	
		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	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	
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16	

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Buttermilk Hotcakes	Includes: Buttermilk Hotcakes (4), Butter, Syrup		1140	290	28	10	0	15	1930	206	63	39	17
	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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16

Brioche French Toast	Includes: Brioche French Toast Slices (2), Whipped Butter Blend, Syrup, Powdered Sugar		800	220	20	7	0	190	920	140	<1	52	16
	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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16

	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	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
Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16

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	70	680	1	0	0	15
		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	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
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16

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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	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
		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	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
		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	

Nutrition Guide

All-Day Breakfast

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)	
Western Omelet	Includes: Eggs, Ham, Sauteed Onions & Bell Peppers, Cheddar Cheese	630	420	46	16	0	690	1620	12	1	6	42	
Three Meat & Cheese Omelet	Includes: Eggs, Sausage, Ham, Bacon, Caramelized Onions, Tomatoes, Provolone Cheese, American Cheese, Cheddar Cheese & Green Onions	1130	770	86	32	0.5	785	3570	22	3	10	69	
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	
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
	Choose Two:	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
		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	60	45	5	1	0	0	0	2	2	0	<1
			<i>* Grill Oil - added to grilled vegetables</i>	70	70	8	1	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	90	0	0	0	0	0	15	22	2	19	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	
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), 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	
Dinner Rolls (After 11:00 AM)	Includes: Dinner Rolls (2), Whipped Butter Blend	370	150	17	5	0	25	470	50	2	8	7	

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