

# Nutrition Guide

## Lunch & Dinner

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)	
<b>Steakhouse Burger</b>	Includes: Angus Beef Patty, Hardwood Smoked Bacon, Grilled Mushrooms and Onions, Provolone, A1 Original Sauce, Brioche Bun, Pickles	870	520	57	20	1.5	125	1910	47	2	12	42	
	Served with French Fries	330	130	14	2.5	0	0	480	47	4	0	0	
<b>Bacon Cheeseburger</b>	Includes: Angus Beef Patty, Hardwood Smoked Bacon, American Cheese, Deli Pickles, Onion, Lettuce, Tomato, Brioche Bun	720	400	44	19	2	135	1640	40	2	9	40	
	Served with French Fries	330	130	14	2.5	0	0	480	47	4	0	0	
<b>Rise &amp; Shine Burger</b>	Includes: Over-Hard Egg, Bacon, Brioche Bun, Hash Browns, Angus Beef Patty, Pepper Maple Honey, American Cheese	1200	640	70	24	2	315	1830	94	4	31	46	
	Served with French Fries	330	130	14	2.5	0	0	480	47	4	0	0	
<b>Cheeseburger</b>	Includes: Angus Beef Patty, American Cheese, Deli Pickles, Onion, Lettuce, Tomato, Brioche Bun	590	270	29	13	1.5	95	950	52	2	10	32	
	Served with French Fries	330	130	14	2.5	0	0	480	47	4	0	0	
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)	
<b>Avocado</b>		60	45	5	1	0	0	0	2	2	0	<1	
Farm-Fresh Salads		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' Wildfire Chicken Salad</b>	Includes: Fresh Greens, Tortilla Strips, Corn, Tomatoes, Cheddar Cheese, Bob Evans Wildfire Sauce												
	Choice of Style of Chicken:	Grilled Chicken	550	180	19	7	0	125	1270	48	5	5	35
		Fried Chicken Tenders (2)	870	360	40	15	0	100	1760	94	7	19	35
	Dressing:	Wildfire Ranch	160	110	12	2	0	10	410	12	0	8	<1
<b>Chicken Cobb Salad</b>	Includes: Grilled Chicken, Cheese, Tomatoes, Bacon, Salad Base, Egg		540	250	27	12	0	275	1660	13	3	6	58
	Dressing:	Blue Cheese Dressing	370	350	39	7	0	35	570	5	0	2	2
	Optional:	Avocado	60	45	5	1	0	0	0	2	2	0	<1
<b>Cranberry Pecan Chicken Salad</b>	Includes: Fresh Greens, Grilled Chicken, Bacon, Dried Cranberries, Blue Cheese & Pecans		670	310	34	11	0	145	1660	40	5	27	54
	Dressing:	Colonial Dressing	310	250	27	4.5	0	0	260	15	0	15	0
<b>Farmhouse Garden Side Salad</b>	Without Dressing		110	40	4.5	2	0	10	180	13	5	3	6

# Nutrition Guide

## Lunch & Dinner

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)
<b>Blue Cheese</b>	Pick-Two Combo		210	190	21	4	0	20	330	2	0	2	2
	Entrée		410	380	43	8	0.5	40	660	5	0	4	3
<b>Buttermilk Ranch</b>	Pick-Two Combo		150	140	16	2.5	0	10	300	2	0	2	<1
	Entrée		300	280	31	5	0	25	600	5	0	3	2
<b>Colonial</b>	Pick-Two Combo		150	120	14	2	0	0	130	8	0	8	0
	Entrée		310	250	27	4.5	0	0	260	15	0	15	0
<b>French</b>	Pick-Two Combo		140	120	13	2	0	5	170	6	0	6	0
	Entrée		280	230	26	4	0	10	330	12	0	12	0
<b>Italian</b>	Pick-Two Combo		15	10	1	0	0	0	510	2	0	2	0
	Entrée		35	15	2	0	0	0	1030	4	0	3	0
<b>Wildfire Ranch</b>	Pick-Two Combo		80	60	6	1	0	5	200	6	0	4	0
	Entrée		160	110	12	2	0	10	410	12	0	8	<1
<b>Honey Mustard</b>	Pick-Two Combo		120	100	11	1.5	0	10	150	5	0	5	0
	Entrée		240	200	22	3	0	20	300	10	0	10	0
Slow-Simmered Soups			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>Cheddar Baked Potato</b>	Cup	Includes: Cup of Soup, Green Onions & 2 Saltine Crackers	210	110	12	6	0	35	900	16	<1	2	9
	Bowl	Includes: Bowl of Soup, Green Onions & 4 Saltine Crackers	390	190	21	11	0	60	1640	32	2	4	16
<b>Chicken-N-Noodles</b>	Cup	Includes: Cup of Soup, 2 Saltine Crackers	120	50	5	1	0	30	560	13	<1	<1	7
	Bowl	Includes: Bowl of Soup, 4 Saltine Crackers	240	100	11	2	2	35	990	26	2	2	10

# Nutrition Guide

## Lunch & Dinner

Hand-Crafted 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)	
<b>Double Cheese Pot Roast Dip</b>	Includes: Pot Roast, Onions, American Cheese, Provolone Cheese, Sourdough Bread, Beef Gravy	1090	600	68	29	0	175	2550	56	7	9	60	
	Served with French Fries	330	130	14	2.5	0	0	480	47	4	0	0	
<b>Farmhouse Chicken</b>	Includes: Bacon, Provolone Cheese, Tomatoes, Onion, Brioche Bun, Honey Mustard		530	280	32	10	0	45	1260	41	3	11	20
	Choice of Style of Chicken:	Grilled Chicken Breast (1)	140	25	2	0.5	0	75	520	1	0	1	27
		Fried Chicken (1)	290	240	120	3	0	100	820	10	0	0	33
	Served with French Fries		330	130	14	2.5	0	0	480	47	4	0	0
<b>Fish Fry Sandwich</b>	Two Alaskan Cod Fillets, Dill Tartar Sauce, Cabbage, Brioche Bun, Lemon Wedge		450	270	29	5	0	30	1140	40	1	8	7
	Served with French Fries		330	130	14	2.5	0	0	480	47	4	0	0
<b>All American BLT</b>	Includes: Brioche Bread, Bacon, Lettuce, Tomato, Mayo		680	310	35	9	0	55	1740	64	2	12	27
	Served with French Fries		330	130	14	2.5	0	0	480	47	4	0	0
<b>Add:</b>													
Fried Egg (1)			90	60	6	2	0	205	75	1	0	0	7
Avocado			60	45	5	1	0	0	0	2	2	0	<1
Bacon (2)			130	90	9	3	0	30	450	0	0	0	9
Pick 2 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>1/2 Wildfire Chicken Salad (No Dressing)</b>	Choice of Style of Chicken:	Grilled Chirled	280	90	9	3.5	0	60	650	24	3	7	23
		Fried Chicken	440	180	20	7	0	50	880	47	4	9	18
	Wildfire Ranch Dressing		80	60	6	1	0	5	200	6	0	4	0
<b>1/2 Chicken Cobb Salad (No Dressing)</b>	With Grilled Chicken		270	130	14	6	0	140	830	6	2	3	29
	Blue Cheese Dressing		190	180	20	3.5	0	20	310	2	0	2	1
<b>1/2 Cranberry Pecan Chicken Salad (No Dressing)</b>	With Grilled Chicken		340	160	17	6	0	75	850	20	3	13	27
	Colonial Dressing		150	120	14	2	0	0	130	8	0	8	0
<b>Farmhouse Garden Side Salad (No Dressing)</b>			110	40	4.5	2	0	10	180	13	5	3	6
<b>1/2 Slow Roasted Pot Roast Dip (With Beef Gravy)</b>			580	340	38	15	2.5	80	1470	30	3	4	28
<b>1/2 All American BLT</b>			340	155	17.5	4.5	0	30	870	32	1	6	14
<b>Cheddar Baked Potato (includes 2 Saltine Crackers)</b>			210	110	12	6	0	35	900	16	<1	2	9
<b>Chicken-N-Noodles (includes 2 Saltine Crackers)</b>			120	50	5	1	0	30	560	13	<1	<1	7

# Nutrition Guide

## Lunch & Dinner

Steak and Eggs		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>Country Fried Steak &amp; Farm-Fresh Eggs</b>	Includes: Country Fried Steak and 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	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
		Homefries	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 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)	Protein (g)	
<b>French Fries</b>		330	130	14	2.5	0	0	480	47	4	0	0	
<b>Hashbrowns</b>		250	120	13	2.5	0	0	370	29	4	0	2	
<b>Homefries</b>		130	45	4.5	1	0	0	190	20	3	0	3	
<b>Bob Evans Signature Coleslaw</b>		200	130	14	2	0	10	250	19	2	17	<1	
<b>Bread &amp; Celery Dressing</b>		410	110	22	5	0	20	1570	46	3	4	7	
<b>Broccoli (Buttered)</b>		110	90	10	3	0	10	110	5	0	0	3	
<b>Carrots</b>		90	40	4.5	1.5	0	5	115	13	3	10	<1	
<b>Corn (Buttered)</b>		170	90	10	30	0	10	90	20	2	2	3	
<b>Green Beans with Ham</b>		30	15	1.5	0	0	<5	460	4	2	0	2	
<b>Macaroni &amp; Cheese</b>		250	110	12	5	0	25	910	25	2	4	11	
<b>Mashed Potatoes &amp; Chicken Gravy</b>		220	130	14	7	0	35	910	20	2	2	3	
<b>Fresh-Cut Fruit</b>		90	0	0	0	0	0	15	22	2	19	1	
Premium 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)	Protein (g)	
<b>Rancher Potatoes</b>	Baby Potatoes, Bacon Pieces, Cheddar Cheese, Green Onions and Ranch Dressing	490	280	36	10	0	45	1030	27	0	<1	15	
<b>Onion Rings (5)</b>		560	270	30	5	0	0	1080	63	4	7	8	
<b>French Fries</b>	French Fries, Bacon Pieces, Cheddar Chees, Green Onions & Sour Cream	510	410	47	25	0	125	630	7	<1	6	16	
<b>Mashed Potatoes</b>	Mashed Potatoes, Bacon Pieces, Cheddar Chees, Green Onions & Sour Cream	310	210	23	13	0	60	700	18	2	3	8	

# Nutrition Guide

## Lunch & Dinner

Farmhouse Kitchen Chicken		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>Honey Butter Chicken &amp; Biscuit Dinner</b>	Includes: Two Fried Chicken Breasts, Biscuit, Honey, Whipped Butter Blend	930	190	48	16	0	220	2460	57	<1	13	70	
<b>Hand-Breaded Fried Chicken Breasts</b>	Includes: Two Fried Chicken Breasts	580	240	27	6	0	205	1650	19	0	0	66	
<b>Grilled to Perfection Chicken</b>	Includes: Two Grilled Chicken Breasts	340	60	5	1.5	0	190	12+90	3	0	2	69	
<b>Homestyle Fried Chicken Tenders</b>	Includes: Three Fried Chicken Strips	640	320	36	13	0	105	1260	46	3	0	34	
	Choice of Sauce:	Bob Evans Wildfire	50	0	0	0	0	0	220	13	0	5	0
		Honey Mustard	120	100	11	1.5	0	10	150	5	0	5	0
		Ranch	100	90	10	2	0	10	210	<1	0	<1	0
		Black Pepper Maple Honey	110	0	0	0	0	0	15	27	0	24	0
<b>Southwest Avocado Chicken Dinner</b>	Includes: Grilled Chicken Breast, Corn/bean Relish, Avocado, Lime Cream Sauce, Tomatoes	720	400	43	7	0	195	1630	14	4	6	72	
Comfort Food Classics <b>Served</b> with: Choice of Bread. <i>Not Included In the Nutrition Calculations Below</i>		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>Country Fried Steak Platter</b>	Includes: 2 Country Fried Steaks, Green Beans and Mashed Potatoes and Country Gravy	1570	740	82	29	2	135	3590	111	11	3	47	
<b>Fork-Tender Pot Roast</b>	Includes: Slow Roasted Pot Roast, Carrots, Caramelized Onions, Mashed Potatoes, Beef Gravy and Green Onions	840	470	53	20	1.5	130	2230	62	11	25	33	
<b>Chicken-N-Noodles Deep-Dish</b>	Includes: Chicken and Noodles, Mashed Potatoes, Biscuit, Gravy	540	280	31	15	2	50	2090	55	3	4	12	
<b>Slow Roasted Turkey &amp; Dressing</b>	Includes: Slow Roasted Turkey, Bread & Celery Dressing, Gravy, Mashed Potatoes, Carrots, Cranberry Relish	890	230	47	16	1	105	3210	82	7	24	35	
<b>Honey Butter Chicken &amp; Biscuit Dinner</b>	Includes: Two Fried Chicken Breasts, Biscuit, Honey, Whipped Butter Blend	930	190	48	16	0	220	2460	57	<1	13	70	
Sizzling Steak and Seafood		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>Fish Fry Platter</b>	Includes: 3 Alaskan Cod Fillet, Onio Rings, Dill Tartar Sauce, Lemon Wedge	440	170	19	3.5	0	80	1350	38	2	2	30	
<b>Steak Tips and Eggs</b>	Includes: Steak Tips, Caramelized Onions, Mushrooms, Green Onions	310	230	54	19	13	40	590	5	1	2	16	
	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

# Nutrition Guide

## Lunch & Dinner

	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
<b>Lemon Pepper Sole Fillets</b>	Includes: Sole Fillets (2)	380	160	18	2	0	100	680	25	0	2	28	
<b>Steak Tip Dinner</b>	Includes: USDA Choice Beef Steak Tips, Grilled Onions, Mushrooms, Green Onions	310	230	54	19	13	40	570	5	1	2	16	
	Add Shrimp	310	140	15	2	0	55	1110	35	2	8	9	

# Nutrition Guide

## Lunch & Dinner

### Make Any Dinner 3 Courses

		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)
Pick One:	Cheddar Baked Potato (includes 2 Crackers)	210	110	12	6	0	35	900	16	<1	2	9
	Chicken-N-Noodles (includes 2 Crackers)	120	50	5	1	0	30	560	13	<1	<1	7
	Farmhouse Garden Side Salad (No Dressing)	110	40	4.5	2	0	10	180	13	5	3	6
Pick One:	Sundae	400	210	22	11	0	55	170	50	<1	40	5
	Holy Cow Chocolate Cake	610	250	29	14	0	50	610	86	<1	67	8
	Apple Pie, Slice	600	250	28	12	0	0	250	82	3	45	4
	Chocolate Chunk Cookie	520	220	24	12	0	20	380	72	4	36	4
	Peanut Butter Pie, Slice	640	380	42	24	0	25	400	69	4	53	8
	Turtle Cheesecake	640	370	42	23	1	70	370	61	2	37	6

### Dinner Bell Plates

***Served with: Choice of Bread. Not Included In the Nutrition Calculations Below***

		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>Down-Home Country Fried Steak</b>	Includes: Farmhouse Style Steak, Country Gravy, Mashed Potatoes, Green Beans	800	430	47	18	1	85	2420	68	7	3	26
<b>Smaller Portion Turkey &amp; Dressing</b>	Includes: Slow Roasted Turkey Breast, Mashed Potatoes & Chicken Gravy, Cranberry Relish, Bread & Celery Dressing	720	200	39	14	0.5	75	2810	69	4	14	22
<b>Mushroom and Onion Chopped Steak</b>	Includes: Beef Patty, Mashed Potatoes with Chicken Gravy, Broccoli, Mushrooms, Carmelized Onions and Green Onions	820	550	62	21	2	125	1560	39	4	8	31
<b>Grilled Chicken Breast</b>	Includes: Grilled Chicken, Mashed Potatoes and Chicken Gravy, Broccoli	500	240	26	11	0	140	1670	26	2	3	41
<b>Hickory-Smoked Ham Steaks</b>	Includes: Ham, Mashed Potatoes and Chicken Gravy, Green Beans	430	170	17	9	0	105	4140	30	3	7	40
<b>Hand-Breaded Chicken Breast</b>	Includes: Fried Chicken Breast, Mashed Potatoes and Chicken Gravy, Corn	660	320	36	13	0	140	1730	51	4	5	36
<b>Lemon Pepper Sole Fillet</b>	Includes: Lemon Pepper Sole Fillet, Home Fries, Broccoli	430	210	23	5	0	65	640	38	3	1	20

### Freshly Baked Breads

	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 Whipped Butter Blend</b>	510	280	31	16	1	15	1520	53	1	3	7
<b>Banana Nut Bread</b>	260	80	8	1.5	0	0	350	30	2	24	4
<b>Dinner Rolls (2) (After 11 AM) with Whipped Butter Blend</b>	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