Nutrition Guide

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)	Fiber (g)	Sugars (g)	Protein (g)
Farmhouse Chicken	Includes: Bacon, American Cheese, Lettuce, Tomatoes, Onion, Pickles, Broiche Bun, Honey Mustard		530	280	32	10	0	45	1260	41	3	11	20
	*Plus, choice of:	Grilled Chicken Breast (1)	140	25	2	0.5	0	75	520	1	0	1	27
		Homestyle Fried Chicken (1)	290	240	120	3	0	100	820	10	0	0	33
Slow-Roasted Turkey Bacon Melt	Includes: Slow-Roasted Turkey, American Cheese, Tomato Bacon, Sourdough Bread, Pickles		670	300	33	12	0	110	2020	45	3	3	45
Slow-Roasted Pot Roast	Includes: Slow-Roasted Pot Roast, Carrots, onions, American Cheese, Sourdough Bread, Pickles		810	440	49	19	35	135	1700	47	4	4	44
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	Sugars (g)	Protein (g)
Burger, Rise & Shine	Includes: Over-Hard Egg, Bacon, Bun, Hash Browns, Beef Patty, Spicy Maple, American		1300	690	77	26	0	335	1580	102	5	28	51
Bacon Cheeseburger	Includes: Angus Beef Patty, Hardwood Smoked Bacon, American Cheese, Lettuce, Tomato, Mayo, Deli Pickles, Onion, Brioche Bun		810	420	48	20	0	145	1710	47	3	9	46
Steakhouse Burger	Includes: Angus Beef Patty, Hardwood Smoked Bacon, Grilled Mushrooms and Onions, Provolone, A1 Original Sauce, Brioche Bun		1040	540	60	22	0	205	1970	56	3	13	66
Soup & Salad			Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber	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-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, Colonial Dressing		920	530	59	15	0	125	1780	55	7	40	47
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:	Includes: Fresh Greens, Tortilla Strips, Corn, Tomatoes, Scallions, Cheddar Cheese, Bob Evans Wildfire Sauce, Wildfire Ranch Dressing, Green	390	200	22	6	0	30	870	44	4	24	8
	*Plus, choice of:	Grilled Chicken Breast (2)	270	50	4	1	0	150	1040	2	0	2	55
		Homestyle Fried Chicken (2)	580	240	27	6	0	205	1650	19	0	0	66

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Salad Dressings			Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber	Sugars (g)	Protein (g)
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
Italian	Small		70	60	7	1.5	0	0	290	2	0	1	0
	Large		150	130	14	2.5	0	0	580	4	0	3	<1
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	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 Slow Roasted Pot Roast	400	190	21	9	2	70	1100	29	3	4	23
		1/2 Slow Roasted Turkey Bacon Melt	340	150	16	6	0	55	1150	23	2	1	24
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
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)
Bob Evans Signature Coleslaw			200	130	14	2	0	10	250	19	2	17	<1
Bread & Celery Dressing			340	140	15	5	0	20	1000	42	2	6	7
Broccoli			110	90	10	3	0	10	110	5	0	0	3
Carrots			90	40	4.5	1.5	0	5	115	13	3	10	<1
French Fries			330	130	14	2.5	0	0	480	47	4	0	0
Green Beans with Ham			30	15	1.5	0	0	<5	460	4	2	0	2
Hashbrowns			220	110	12	2	1.5	0	160	28	3	1	2
Homefries			250	150	17	2.5	0.5	0	690	24	1	2	3
Load Your Side With:	Bacon		90	65	7	2	0	18	373	<1	0	0	6
	Cheddar Cheese		110	85	10	5	0	29	182	<1	0	<1	7
	Green Onions		0	0	<1	0	0	0	<1	<1	<1	<1	<1
	Sour Cream		30	30	3	2	0	9	8	<1	0	<1	<1
Macaroni & Cheese			250	110	12	5	0	25	910	25	2	4	11
Mashed Potatoes & Chicken Gravy			210	120	14	7	0	30	830	19	2	2	3
Mashed Potatoes & Country Gravy			170	90	10	6	0	25	560	17	2	2	3

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

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