

# 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)
<b>Caramel Apple Farmer's Choice</b>	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	
<b>Caramel Apple French Toast</b>	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
<b>Appleberry Splash</b>				130	0	0	0	0	0	15	32	<1	28	0
<b>Double-Crust Apple Pie</b>	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
<b>A La Mode (Addition to Slice of Pie)</b>	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)
<b>Buttermilk Biscuit Sandwich</b>	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
<b>The Classic Breakfast</b>	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
	Served with Choice of Bread:	Chicken Sausage Links (2)		160	110	12	3	0	90	700	2	<1	0	16
		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

# Nutrition Guide

## All-Day Breakfast

**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

All-Day Breakfast													
	Served With:	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
<b>Country Biscuit Breakfast</b>	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	15	22	2	19	1	
<b>Sunrise</b>	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	
<b>The Mini Sampler</b>	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
<b>Brioche French Toast</b>	Includes: Brioche French Toast Slices (2), Whipped Butter Blend, Syrup, Powdered Sugar		800	220	20	7	0	190	920	140	<1	52	16
<b>Sausage Gravy and Biscuits</b>	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
<b>Buttermilk Hotcakes</b>	Includes: Buttermilk Hotcakes (4), Whipped Butter Blend, Syrup		1140	300	29	10	0	15	1930	203	4	61	17
<b>Bowl of Rolled Oat Oatmeal</b>	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)
<b>The Whole Hog</b>	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
	Includes Griddle Items:	Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		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
<b>Sirloin Steak &amp; Farm-Fresh Eggs</b>	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
	<b>Farm-Fresh Combos</b>			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)
<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	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
	<b>Rise &amp; Shine</b>	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1
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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## All-Day Breakfast

Bread:	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
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## All-Day Breakfast

<b>Big Egg Breakfast</b>	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		
<b>Farmhouse Biscuit Sandwich Platter</b>	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	
<b>Bowls and Skillets</b>			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)	
<b>Everything Breakfast</b>			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
<b>Sunshine Skillet</b>	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	
<b>Griddle Godness</b>			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)	
<b>Double Blueberry Hotcakes</b>	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	
<b>Double Chocolate Hotcakes</b>	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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<b>Buttermilk Hotcakes</b>	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

<b>Brioche French Toast</b>	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)
<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>Chicken Sausage Links (2)</b>	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)
<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	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
	Choice of Griddle Item:	Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		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

<b>Homestead Farmer's Choice</b>	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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<b>Banana Berry Farmer's Choice</b>	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	
<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	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)	
<b>Western Omelet</b>	Includes: Eggs, Ham, Sauteed Onions & Bell Peppers, Cheddar Cheese	630	420	46	16	0	690	1620	12	1	6	42	
<b>Three Meat &amp; Cheese Omelet</b>	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	
<b>Southwest Avocado Omelet</b>	Includes: Eggs, Pork Sausage, Roasted Corn and Black Beans, Avocado, Cheddar Cheese, Cilantro Lime Cream Sauce, Tomatoes	760	540	60	19	0	710	1110	14	4	4	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
		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	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	
<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>		60	45	5	1	0	0	0	2	2	0	<1	
<b>Freshly Baked Breads</b>		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)	
<b>Biscuits</b>	Includes: Biscuits (2), Whipped Butter Blend	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 (After 11:00 AM)</b>	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