NUTRITION GUIDE

MENU ITEM	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
STARTERS & SHAREABLES												
American Fries	198	480	170	19	3	0	0	40	69	4	2	8
Onion Rings	255	880	360	40	6	0	0	2260	90	5	8	40
1/2 Rings & 1/2 American Fries	227	660	260	29	5	0	0	1020	79	4	4	23
1/2 Rings & 1/2 Sweet Potato Fries	227	730	320	36	4	0	0	1460	83	7	23	20
1/2 American Fries & 1/2 Sweet Potato Fries	227	610	260	29	3	0	0	480	82	7	21	7
Sweet Potato Fries	198	590	280	31	1	0	0	800	75	9	34	3
Chili Bowl	255	610	430	48	24	0	116	1100	17	3	2	28
Cheese Fries	340	740	330	37	14	0	30	1260	82	4	6	17
Chili Cheese Fries	482	1000	500	56	22	0	67	1760	93	6	8	26
Bacon Cheese Fries	357	830	390	44	17	0	50	1560	82	4	6	23
Rocket Wings® - Plain	218	600	380	43	9	0	135	2900	19	0	0	35
Rocket Wings® - Traditional	252	660	440	49	10	0	135	4040	19	0	0	35
Rocket Wings® - Sweet Barbeque	252	660	390	43	9	0	135	3220	32	1	12	35
HAMBURGERS												
The Original	349	870	490	55	16	0	115	1410	58	3	15	34
#12	370	970	550	61	20	0	135	1560	60	3	14	40
The Houston	429	900	520	58	21	0	135	1800	49	3	9	38
Smoke House Single	312	1100	600	66	24	0	150	1900	70	3	15	53
Smoke House Double	447	1660	990	110	42	0	295	2660	70	3	15	90
Route 66	387	1000	600	68	22	0	140	1300	52	3	9	43
Rocket Single®	359	950	540	60	21	0	140	1050	56	3	12	40
Rocket Double®	479	1420	870	97	37	0	265	1510	56	3	12	71
Streamliner®	318	420	100	11	2	0	0	1620	59	9	10	27
Bacon Cheddar Single	398	1120	660	74	28	0	180	1480	56	3	12	51
Bacon Cheddar Double	555	1770	1120	125	50	0	345	2380	57	3	12	94
HAMBURGERS served w/ a choice of:												
American Fries	198	480	170	19	3	0	0	40	69	4	2	8
Sweet Potato Fries	198	590	280	31	1	0	0	800	75	9	34	3
Side Salad	120	70	45	5	3	0	15	95	4	2	2	5
TOPPINGS & OPTIONS												
Add Chili	57	120	90	10	4	0	19	250	4	1	0	5
Add Fried Egg	46	90	60	7	2	0	210	100	0	0	0	6
Add Grilled Mushrooms	78	70	50	6	1	0	0	370	2	1	1	2
Add Grilled Bell Peppers & Onions	57	30	0	0	0	0	0	330	5	2	4	1
Add Grilled Onions	28	20	10	1	0	0	0	50	3	0	1	0
Add Jalapeno Slices	28	10	0	0	0	0	0	300	1	1	0	0
Add Bacon (2)	17	90	60	7	3	0	20	300	0	0	0	6
Add Onion Rings (2)	43	150	60	7	1	0	0	380	15	1	1	7
Add American Cheese	19	70	50	6	4	0	20	300	1	0	1	4
Add Cheddar Cheese	21	90	70	7	4	0	20	140	1	0	0	6
Add Pepperjack Cheese	23	90	70	7	5	0	25	150	0	0	0	5
Add Swiss Cheese	28	110	70	8	5	0	25	60	2	0	1	8
Add Cheddar Cheese Sauce	57	80	40	5	2	0	0	520	7	0	2	1
Add Hamburger Patty	97	390	270	30	12	0	105	330	0	0	0	26

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NUTRITION GUIDE

MENU ITEM	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Substitute Turkey Patty	101	300	240	27	8	0	90	1060	0	0	0	24
Substitute Soy Boca® Burger	97	100	10	1	0	0	0	840	8	6	1	19
Substitute Chicken Breast	101	140	20	2	0	0	60	820	3	0	1	28
Substitute Wheat Bun	89	290	70	8	2	0	0	420	46	2	6	3
ROCKET MELTS												
Patty Melt	263	880	490	54	21	0	145	1100	53	2	4	44
Tuna Melt on White Bread	276	810	470	52	14	0	100	1480	45	2	4	43
Tuna Melt on Wheat Bread	280	830	480	53	14	0	100	1460	47	4	6	47
Tuna Melt on Sourdough Bread	276	790	440	49	14	0	100	1480	43	2	2	45
Tuna Melt on Rye Bread	280	850	480	53	14	0	100	1320	49	2	2	45
Grilled American Cheese on White Bread	149	550	280	33	15	0	80	1620	46	2	6	20
Grilled American Cheese on Wheat Bread	153	570	290	34	15	0	80	1600	48	4	8	24
Grilled American Cheese on Sourdough Bread	153	530	250	30	15	0	80	1620	44	2	4	22
Grilled American Cheese on Rye Bread	153	590	290	34	15	0	80	1460	50	2	4	22
Grilled Cheddar Cheese on White Bread	155	610	340	37	17	0	80	980	46	2	4	28
Grilled Cheddar Cheese on Wheat Bread	159	630	350	38	17	0	80	960	48	4	6	32
Grilled Cheddar Cheese on Sourdough Bread	155	590	310	34	17	0	80	980	44	2	2	30
Grilled Cheddar Cheese on Rye Bread	159	650	350	38	17	0	80	820	50	2	2	30
Grilled Swiss Cheese on White Bread	176	710	360	41	21	0	100	660	50	2	6	36
Grilled Swiss Cheese on Wheat Bread	180	730	370	42	21	0	100	640	52	4	8	40
Grilled Swiss Cheese on Sourdough Bread	176	690	330	38	21	0	100	660	48	2	4	38
Grilled Swiss Cheese on Rye Bread	180	750	370	42	21	0	100	500	54	2	4	38
BBQ Chicken Bacon Melt	374	1070	360	40	13	0	180	3620	89	4	23	91
ROCKET MELTS served w/:												
American Fries	198	480	170	19	3	0	0	40	69	4	2	8
Sweet Potato Fries	198	590	280	31	1	0	0	800	75	9	34	3
Side Salad	120	70	45	5	3	0	15	95	4	2	2	5
PHILLY CHEESE STEAKS												
Philly Cheese Steak w/ American	327	750	340	38	16	0	150	2400	55	2	7	45
Philly Cheese Steak w/ Cheddar	332	780	370	40	17	0	150	2080	55	3	6	49
Philly Cheese Steak w/ Cheese Sauce	332	690	280	31	11	0	110	2330	61	3	8	39
Philly Cheese Steak w/ Swiss	345	830	380	42	19	0	160	1920	57	3	7	53
Philly Cheese Steak w/ Pepperjack	335	790	370	40	18	0	160	2110	54	3	6	48
Chicken Philly Cheese Steak w/ American	327	660	210	24	10	0	160	2030	58	3	9	48
Chicken Philly Cheese Steak w/ Cheddar	332	690	240	26	11	0	160	1710	58	3	8	52
Chicken Philly Cheese Steak w/ Cheese Sauce	332	600	150	17	5	0	120	1960	64	3	10	42
Chicken Philly Cheese Steak w/ Swiss	345	740	250	28	13	0	170	1550	60	3	9	56
Chicken Philly Cheese Steak w/ Pepperjack	335	700	240	26	12	0	170	1740	57	3	8	51
Add Grilled Bell Peppers & Onions	57	30	0	0	0	0	0	330	5	2	4	1
Add Grilled Mushrooms	78	60	40	5	1	0	0	300	2	1	1	2
PHILLY CHEESE STEAKS served w/:												
American Fries	198	480	170	19	3	0	0	40	69	4	2	8
Sweet Potato Fries	198	590	280	31	1	0	0	800	75	9	34	3
Side Salad	120	70	45	5	3	0	15	95	4	2	2	5

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NUTRITION GUIDE

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CHICKEN/SANDWICHES/HOT DOGS												
Chicken Tenders (6)	267	880	500	56	3	0	120	2520	42	0	0	48
Served with a choice of:												
Ranch Dressing	56	200	200	22	4	0	20	380	2	0	2	2
BBQ Sauce	72	110	0	0	0	0	0	620	26	1	23	1
Honey Mustard	60	90	20	2	0	0	0	420	14	3	12	2
Thousand Island	58	280	270	30	5	0	30	320	6	0	4	0
BBQ Ranch	65	160	100	11	2	0	10	510	14	0	13	1
Chicken Club Sandwich	489	920	310	36	6	0	160	2830	77	3	12	74
Grilled Chicken Breast Sandwich	404	590	230	26	4	0	70	1380	52	2	11	35
Tuna Salad Sandwich on White Bread	377	750	430	48	7	0	70	1310	47	2	7	32
Tuna Salad Sandwich on Wheat Bread	381	770	430	49	7	0	70	1290	49	4	9	36
Tuna Salad Sandwich on Sourdough Bread	377	730	400	45	7	0	70	1310	45	2	5	34
Tuna Salad Sandwich on Rye Bread	381	790	430	49	7	0	70	1150	51	2	5	34
Bacon, Lettuce, & Tomato on White Bread	311	480	230	26	5	0	30	840	49	2	9	12
Bacon, Lettuce, & Tomato on Wheat Bread	315	500	230	27	5	0	30	820	51	4	11	16
Bacon, Lettuce, & Tomato on Sourdough Bread	311	460	200	23	5	0	30	840	47	2	7	14
Bacon, Lettuce, & Tomato on Rye Bread	315	520	230	27	5	0	30	680	53	2	7	14
Hot Dog	142	410	200	22	8	0	50	1060	34	1	6	18
Served with a choice of:												
Deli Mustard	30	30	20	2	0	0	0	470	2	2	0	2
Ketchup	68	70	0	0	0	0	0	530	16	1	14	1
Relish	28	30	0	0	0	0	0	210	8	0	6	0
Chopped Onions	28	10	0	0	0	0	0	0	3	0	1	0
Chili Cheese Dog	298	770	460	51	24	0	129	1660	42	2	7	37
CHICKEN/SANDWICHES/HOT DOGS served w/ a choice of:												
American Fries	198	480	170	19	3	0	0	40	69	4	2	8
Sweet Potato Fries	198	590	280	31	1	0	0	800	75	9	34	3
Side Salad	120	70	45	5	3	0	15	95	4	2	2	5
SHAKES & FLOATS												
ORIGINAL												
Hershey's Chocolate®	523	920	460	51	30	0	201	240	105	1	81	16
Strawberry	498	820	450	50	30	0	201	230	80	0	63	15
Vanilla	520	890	450	50	30	0	201	220	99	0	82	15
Add Malt	14	60	10	2	1	0	5	60	10	1	7	0
DELUXE SHAKES & MALTS												
Banana	549	850	460	50	30	0	201	220	88	2	62	16
Black Forest	522	910	450	50	30	0	201	240	103	1	83	16
Butterfinger®	521	1030	550	61	35	0	201	350	110	1	78	18
Chocolate Banana	579	930	460	50	30	0	201	230	106	3	77	17
Chocolate Peanut Butter	522	1020	580	65	33	0	201	360	93	3	70	23
Chocolate Strawberry Kiss	528	900	450	50	30	0	201	240	98	1	78	16
Chocolate Vanilla Twist	521	910	450	50	30	0	201	230	102	1	82	16

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Coffee	543	970	450	50	30	0	201	240	121	0	102	15
Mocha Fudge	541	1000	490	55	34	0	201	290	116	1	93	16
Orange Dreamsicle®	474	740	400	44	26	0	175	160	83	0	66	9
Oreo® Cookies & Cream	521	1030	550	61	33	0	201	490	110	2	75	17
Peanut Butter	521	1100	710	79	36	0	201	480	80	3	57	29
Strawberry Banana	583	900	460	50	30	0	201	230	99	2	73	16
Strawberry Oreo® Crumble	527	950	500	56	32	0	201	370	101	1	75	16
Very Cherry	520	890	450	50	30	0	201	230	100	0	83	15
Add Malt	14	60	10	2	1	0	5	60	10	1	7	0
SUPER DELUXE SHAKES & MALTS												
Chocolate Madness	559	1110	540	61	36	0	201	430	129	3	95	18
Dark Chocolate made with Ghirardelli® chocolate	539	990	500	55	34	0	201	260	114	4	95	18
Big Apple	599	1140	600	67	37	0	201	540	121	2	84	17
Add Malt	14	60	10	2	1	0	5	60	10	1	7	0
FLOATS												
Barq's® Root Beer	466	560	260	29	17	0	117	120	75	0	63	6
Coke®	451	540	260	29	17	0	117	120	71	0	59	6
Fanta® Orange	467	550	260	29	17	0	117	130	74	0	62	6
SALADS												
Chicken Club Salad w/ Grilled Chicken	422	510	250	28	15	0	140	1490	12	4	6	50
Chicken Club Salad w/ Breaded Chicken	414	660	400	45	16	0	120	1510	23	4	5	38
Garden Salad	298	280	170	19	12	0	60	370	9	4	5	16
Served w/ a choice of:												
Ranch Dressing	56	200	200	22	4	0	20	380	2	0	2	2
Blue Cheese Dressing	59	280	270	30	6	1	25	420	2	0	1	2
Honey Mustard	60	90	20	2	0	0	0	420	14	3	12	2
Thousand Island	58	280	270	30	5	0	30	320	6	0	4	0
Balsamic Vinaigrette	60	280	230	26	4	0	0	460	10	0	4	0
Fat-Free Italian	66	40	10	0	0	0	0	840	8	0	5	1
Add Egg Salad	142	390	320	35	7	0	470	450	2	0	1	14
Add Tuna Salad	142	370	260	29	5	0	60	770	0	0	0	26
ROCKET KIDS MEALS												
Mini Hamburgers	157	530	280	32	10	0	83	560	34	1	5	25
Served with a choice of:												
Ketchup	28	50	0	0	0	0	0	400	12	1	11	1
Mustard	28	30	20	2	0	0	0	470	2	2	0	2
Mayonnaise	43	280	280	32	5	0	20	280	0	0	0	0
Relish	14	30	0	0	0	0	0	210	8	0	6	0
Pickle Chips	7	0	0	0	0	0	0	300	0	0	0	0
American Cheese	19	70	50	6	4	0	20	300	1	0	1	4
Cheddar Cheese	21	90	70	7	4	0	20	140	1	0	0	6
Pepper Jack Cheese	23	90	70	7	5	0	25	150	0	0	0	5
Swiss Cheese	28	110	70	8	5	0	25	60	2	0	1	8

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Chicken Tenders (3)	148	440	250	28	1	0	60	1260	21	0	0	24
Served with a choice of:												
Ranch Dressing	56	200	200	22	4	0	20	380	2	0	2	2
BBQ Sauce	72	110	0	0	0	0	0	620	26	1	23	1
Honey Mustard	60	90	20	2	0	0	0	420	14	3	12	2
Thousand Island	58	280	270	30	5	0	30	320	6	0	4	0
BBQ Ranch	65	160	100	11	2	0	10	510	14	0	13	1
Mini Hot Dogs	118	320	140	15	5	0	0	830	35	1	6	14
Served with a choice of:												
Mustard	15	20	10	1	0	0	0	310	1	1	0	1
Ketchup	34	40	0	0	0	0	0	270	8	1	7	1
Relish	14	30	0	0	0	0	0	210	8	0	6	0
Chopped White Onions	28	10	0	0	0	0	0	0	3	0	1	0
Grilled American Cheese on White Bread	130	410	180	21	8	0	40	1030	45	2	5	13
Grilled Cheddar Cheese on White Bread	134	440	210	23	9	0	40	710	45	2	4	17
Grilled Swiss Cheese on White Bread	148	490	220	25	11	0	50	550	47	2	5	21
KIDS MEALS served w/:												
American Fries	113	270	100	11	2	0	0	20	39	2	1	5
KIDS ORIGINAL SHAKES												
Hershey's Chocolate®	335	600	310	33	20	0	135	160	65	1	50	11
Strawberry	339	570	310	33	20	0	135	160	58	0	46	10
Vanilla	333	580	310	33	20	0	135	150	62	0	50	10
KIDS DELUXE SHAKES												
Butterfinger®	334	650	360	39	23	0	135	220	68	1	48	12
Chocolate Banana	377	620	310	33	20	0	135	160	71	1	51	11
Oreo® Cookies & Cream	334	650	360	39	22	0	135	290	68	1	47	11
DESSERTS												
Single Scoop of Vanilla Ice Cream	92	220	130	15	9	0	58	40	20	0	15	3
The Perfect Brownie Sundae	378	1370	590	66	27	0	58	390	191	9	135	6
Super Sundae w/ Hershey's Chocolate Sauce	281	610	350	36	18	0	117	100	62	3	45	9
Super Sundae w/ Hot Fudge	314	660	390	41	22	0	117	150	65	3	46	9
Super Sundae w/ Strawberry Sauce	263	580	350	36	18	0	117	100	55	2	41	8
Apple Pie	213	620	300	34	14	0	0	640	74	4	34	4
Add choice of:												
Add A La Mode	92	220	130	15	8	0	58	40	20	0	15	3
Add Cheddar Cheese	21	90	70	7	4	0	20	140	1	0	0	6
BEVERAGES												
SODA POP & MORE												
Coke®	592	240	0	0	0	0	0	80	67	0	67	0
Diet Coke®	592	0	0	0	0	0	0	70	0	0	0	0
Sprite®	661	260	0	0	0	0	0	60	67	0	59	0
Pibb Xtra®	592	240	0	0	0	0	0	70	64	0	64	0
Minute Made® Lemonade	653	240	0	0	0	0	0	110	65	0	63	0
Barq's® Root Beer	627	280	0	0	0	0	0	60	75	0	75	0
Fanta® Orange	592	270	0	0	0	0	0	90	74	0	74	0

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Milk	598	150	70	8	5	0	35	120	11	0	11	8
Iced Tea	593	0	0	0	0	0	0	30	0	0	0	0
Dasani® Bottled Water	592	0	0	0	0	0	0	0	0	0	0	0
OTHER BEVERAGES												
Coffee	237	0	0	0	0	0	0	0	0	0	0	0
Hot Tea	237	0	0	0	0	0	0	10	0	0	0	0
Hot Chocolate	276	160	20	2	1	0	0	200	368	1	25	3
Orange Juice	373	200	0	0	0	0	0	10	50	1	35	1
FLAVOR SHOTS												
Cherry	56	50	0	0	0	0	0	0	12	0	12	0
Lemon	7	0	0	0	0	0	0	0	0	0	1	0
Hershey's Chocolate®	58	60	0	0	0	0	0	10	14	0	11	0
Vanilla	56	50	0	0	0	0	0	0	11	0	11	0
KIDS SODA POP & MORE												
Coke®	444	180	0	0	0	0	0	60	50	0	50	0
Diet Coke®	444	0	0	0	0	0	0	50	0	0	0	0
Sprite®	496	200	0	0	0	0	0	50	50	0	44	0
Pibb Xtra®	467	180	0	0	0	0	0	50	48	0	48	0
Fanta® Orange	444	200	0	0	0	0	0	70	56	0	56	0
Barq's® Root Beer	444	210	0	0	0	0	0	50	56	0	56	0
Minute Made® Lemonade	489	180	0	0	0	0	0	80	49	0	47	0
Dasani®	592	0	0	0	0	0	0	0	0	0	0	0
Iced Tea	444	0	0	0	0	0	0	20	0	0	0	0
Milk	239	150	70	8	5	0	35	120	11	0	11	8
Hot Chocolate	276	160	20	2	1	0	0	200	368	1	25	3
BREAKFAST												
BREAKFAST FAVORITES												
Two Pancakes	119	240	70	8	2	0	10	350	36	1	0	5
Two Pancakes w/Bacon	144	380	160	19	6	0	40	800	36	1	0	14
Two Pancakes w/Sausage	232	540	280	31	8	0	120	960	36	1	0	27
Three Pancakes	176	340	80	9	2	0	15	960	54	2	0	8
Three Pancakes w/Bacon	201	480	170	20	6	0	45	1410	54	2	0	17
Three Pancakes w/Sausage	289	640	290	32	8	0	125	1570	54	2	0	30
One French Toast	83	230	80	9	2	0	95	320	28	1	5	8
One French Toast/Bacon	109	370	170	20	6	0	125	770	28	1	5	17
One French Toast/Sausage	197	530	290	32	8	0	205	930	28	1	5	30
Two French Toast	160	460	160	18	4	0	190	640	56	2	10	16
Two French Toast/Bacon	185	600	250	29	8	0	220	1090	56	2	10	25
Two French Toast w/Sausage	273	760	370	41	10	0	300	1250	56	2	10	38
Pancakes and French Toast served with:												
Syrup	80	190	0	0	0	0	0	70	49	0	17	0
The "Works"	461	1000	640	70	24	0	108	1350	55	6	7	33

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NUTRITION GUIDE

MENU ITEM	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
JOHNNY'S BREAKFAST SPECIALTIES												
Breakfast Sandwich - Egg, Bacon, White	228	810	540	60	15	0	298	1240	46	2	5	25
Breakfast Sandwich - Egg, Bacon, Wheat	232	830	540	61	15	0	298	1220	48	4	7	29
Breakfast Sandwich - Egg, Bacon, Rye	232	850	540	61	15	0	298	1080	50	2	3	27
Breakfast Sandwich - Egg, Bacon, Sourdough	228	790	510	57	15	0	298	1240	44	2	3	27
Breakfast Sandwich - Egg, Bacon, English Muffin	199	850	530	59	15	0	298	1360	54	4	1	27
Breakfast Sandwich - Egg, Ham, White	267	780	500	55	13	0	308	1580	47	2	6	28
Breakfast Sandwich - Egg, Ham, Wheat	271	800	500	56	13	0	308	1560	49	4	8	32
Breakfast Sandwich - Egg, Ham, Rye	271	820	500	56	13	0	308	1420	51	2	4	30
Breakfast Sandwich - Egg, Ham, Sourdough	267	760	470	52	13	0	308	1580	45	2	4	30
Breakfast Sandwich - Egg, Ham, English Muffin	238	820	490	54	13	0	308	1700	55	4	2	30
Eggs "My Way - One Egg, Bacon, Potatoes	257	770	500	56	12	0	268	1240	46	5	3	21
Eggs "My Way - One Egg, Sausage, Potatoes	345	930	620	68	14	0	348	1400	46	5	3	34
Eggs "My Way - Two Eggs, Bacon, Potatoes	375	900	600	67	14	0	505	1360	46	5	3	28
Eggs "My Way - Two Eggs, Sausage, Potatoes	463	1060	720	79	16	0	585	1520	46	5	3	41
Patty 'n Eggs - Beef & Potatoes	501	1150	780	86	22	0	580	1240	46	5	3	45
Patty 'n Eggs - Turkey & Potatoes	499	1060	750	83	18	0	565	1970	46	5	3	43
Patty 'n Eggs - Boca & Potatoes	449	860	520	57	10	0	475	1750	54	11	4	38
Pick 3 Omelette - Eggs, Potatoes	411	930	620	69	14	0	845	1060	48	5	5	31
Served with a choice of:												
Tomato	43	10	0	0	0	0	0	0	2	0	2	0
Mushrooms	28	30	20	3	0	0	0	140	1	0	1	1
Cheese	57	230	170	19	12	0	60	350	1	0	0	14
Onions	14	10	0	0	0	0	0	0	1	0	1	0
Bell Pepper	14	10	0	0	0	0	0	0	1	0	1	0
Chili	71	160	110	12	5	0	23	310	5	1	1	6
Sausage	57	300	210	23	6	0	110	610	0	0	0	22
Bacon	9	140	90	11	4	0	30	450	0	0	0	9
Ham	28	80	50	5	2	0	25	20	0	0	0	8
Breakfast Specialties served with a choice of:												
White Bread	86	220	30	3	0	0	0	400	44	2	4	6
Wheat Bread	90	240	30	4	0	0	0	380	46	4	6	10
Sourdough Bread	86	200	0	0	0	0	0	400	42	2	2	8
Rye Bread	90	260	30	4	0	0	0	240	48	2	2	8
English Muffin	57	260	20	2	0	0	0	520	52	4	0	8
SIDES												
Bacon (2 slices)	17	90	60	7	3	0	20	300	0	0	0	6
Sausage (2 patties)	113	300	210	23	6	0	110	610	0	0	0	22
One Egg	62	130	100	11	3	0	238	120	1	0	1	7
Country Potatoes	170	500	310	34	5	0	0	670	45	5	2	5
Toast (white)	86	220	30	3	0	0	0	400	44	2	4	6
Toast (wheat)	90	240	30	4	0	0	0	380	46	4	6	10
Toast (sourdough)	86	200	0	0	0	0	0	400	42	2	2	8
Toast (rye)	90	260	30	4	0	0	0	240	48	2	2	8
English Muffin	57	130	10	1	0	0	0	260	26	2	0	4
Bagel with Cream Cheese	133	390	110	12	5	0	30	650	57	2	1	13

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