

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Sandwiches											
Buffalo Chicken Flatbread Sandwich (1 serving)	848	381	42	9	0	88	4327	73	4	4	44
Deluxe Hand-Breaded Fish Sandwich (1 serving)	784	218	24	8	2	113	2067	87	4	6	54
Deluxe Hand-Breaded Fish Sandwich (1 serving) with Tartar Sauce	1024	434	48	12	2	135	2322	91	4	10	54
Grilled Chicken Flatbread Sandwich (1 serving)	634	101	11	4	0	119	1822	76	3	29	54
Grilled Cheese (1 serving)	291	59	7	1	2	0	633	50	2	2	8
Grilled Cheese (1 serving) with American Cheese	456	180	20	9	2	30	1173	52	2	2	17
Grilled Cheese (1 serving) with Mozzarella Cheese	411	140	16	6	2	30	933	50	2	2	19
Grilled Cheese (1 serving) with Swiss Cheese	625	277	31	16	2	76	815	53	2	2	32
Grilled Cheese with Bacon and Tomato (1 serving)	620	306	34	15	2	60	1714	52	2	3	25
Grilled Reuben (1 serving)	1023	402	45	15	2	88	3754	76	6	10	70
Hot Roasted Turkey Sandwich (1 sandwich)	369	31	3	0	0	46	1745	59	2	4	25
Kings Classic Turkey Club (1 serving)	1208	610	68	13	2	139	3422	83	10	7	60
Philly Cheese Steak (1 serving)	900	333	37	10	2	90	2182	107	9	10	40
Melts											
Bacon Turkey Cheese Melt (1 serving)	1485	719	80	27	2	211	3807	105	6	11	83
Cheeseburger Quesadilla (1 serving)	1272	668	74	42	0	207	2284	79	5	6	70
Cheesy Steak Melt (1 serving)	1098	589	65	24	2	165	2372	71	4	14	59
Chicken Cheesy Melt (1 serving)	869	406	45	20	2	67	2403	79	3	4	37
Morning, Noon and Night Melt (1 serving)	1373	680	76	29	3	621	2916	92	3	38	77
Tuna Melt (1 serving)	774	406	45	15	2	169	1781	53	2	3	40
Cheese											
American Cheese (1 slice)	55	41	5	3	0	10	180	1	0	0	3
Cheddar Jack Cheese (1 portion)	110	81	9	6	0	25	180	1	0	0	7
Mozzarella Cheese (1 slice)	40	27	3	2	0	10	100	0	0	0	4
Pepper Jack Cheese (1 slice)	80	54	6	4	0	25	130	0	0	0	5
Provolone Cheese (1 slice)	80	54	6	4	0	15	190	1	0	0	6
Swiss Cheese (1 slice)	111	73	8	5	0	25	61	1	0	0	8
Steak Dinners											
Ranch Steak Dinner (1 serving)	294	143	16	5	0	100	2325	1	0	1	32
Ranch Steak and Shrimp Dinner	637	194	22	6	0	265	3866	42	3	8	59
Hometown Specialties											
Country Fried Steak	426	240	27	10	1	63	759	28	0	0	19
Country Fried Steak with Beef Gravy	446	244	27	10	1	64	1077	32	0	1	19
Country Fried Steak w Sausage Gravy	506	294	33	11	1	68	1039	32	0	0	21
Grilled Chicken Broccoli	1459	729	81	39	2	384	2090	120	5	7	51
Kings Double Glazed Meatloaf (1 serving)	645	262	29	11	0	155	1759	63	3	23	31
Liver and Onions (1 serving)	382	156	17	4	3	467	229	18	2	5	36
Pasta and Meatballs (1 serving)	1299	519	58	15	2	255	2937	140	12	10	58
Pork Chop Dinner (1 serving)	312	179	20	7	0	85	700	4	4	0	28
From the Sea											
Baked Whitefish (1 serving)	361	208	23	4	3	119	211	0	0	0	38
Chesapeake Style Whitefish (1 serving)	611	384	43	9	6	153	802	11	1	2	45
Fried Shrimp Dinner (1 serving)	640	102	11	1	0	330	2513	72	4	7	52
Hand Breaded Fish Dinner (1 serving)	607	293	33	6	0	115	1315	37	2	8	39
Pecan Crusted Tilapia (1 serving)	579	356	40	7	0	50	390	35	1	11	20
Salmon Dinner (1 serving)	648	483	54	9	3	123	3827	6	1	5	34
Fan Favorites											
Chicken Parmigiana (1 serving)	997	390	43	11	0	103	1827	105	6	7	46
Chicken Tenders (1 serving)	576	231	26	4	0	88	2300	40	3	0	48
Pierogies (1 serving)	534	103	11	3	1	13	1403	97	4	6	14
Pierogies (1 serving) with Sour Cream	548	113	13	5	1	14	1416	97	4	7	14
Smothered Chicken (1 serving)	499	233	26	14	2	149	529	10	1	3	56

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Sides											
Applesauce (1 serving)	133	0	0	0	0	0	13	33	3	28	0
Baked Potato (1 serving)	315	86	10	1	0	0	207	51	4	2	6
Baked Potato (1 serving) with Butter	379	149	17	3	2	0	277	51	4	2	6
Baked Potato (1 serving) with Sour Cream	358	118	13	5	0	1	247	53	4	3	7
Coleslaw (1 serving)	242	171	19	3	0	0	779	19	3	16	2
Cottage Cheese (1 serving)	166	68	8	5	0	38	723	8	0	6	18
Dinner Roll (1 roll)	100	0	0	0	0	0	220	20	1	1	4
Dinner Roll (1 roll) with Butter	133	33	4	2	0	11	250	20	1	1	4
French Fries (1 serving)	295	122	14	3	0	0	890	44	5	2	5
Kings House Salad (1 serving)	226	115	13	3	3	0	346	23	2	3	4
Loaded Baked Potato (1 serving)	565	257	29	11	0	45	867	52	4	2	21
Loaded Baked Potato (1 serving) w/ Sour Cream	579	267	30	12	0	45	880	53	4	2	21
Mac 'n Cheese (1 serving)	235	120	13	5	1	13	599	20	1	4	8
Mashed Potatoes (1 serving)	103	18	2	0	0	0	331	20	2	1	2
Mashed Potatoes (1 serving) with Beef Gravy	123	22	2	0	0	1	649	23	2	2	2
Mashed Potatoes (1 serving) with Butter	167	82	9	1	2	0	402	20	2	1	2
Vegetable of the Day (1 serving)	102/211	55	6	1	2	0	94	7	3	2	4
Pittsburgh Proud											
Burgh's Breakfast Burrito (1 serving)	624	344	38	19	0	583	873	35	2	0	35
Cinnamon French Toast Sandwich (1 serving)	528	299	33	10	0	716	601	27	0	8	26
Coleslaw (1 serving)	242	171	19	3	0	0	779	19	3	16	2
Crispy Buffalo Chicken Salad (1 serving)	925	436	48	16	0	302	3518	78	9	6	52
Grilled Chicken Salad (1 serving)	759	312	35	14	0	348	1376	53	7	6	63
Hand Breaded Fish Dinner (1 serving)	607	293	33	6	0	115	1315	37	2	8	39
Pierogies (1 serving)	534	103	11	3	1	13	1403	97	4	6	14
Potato Pancakes (1 serving)	773	126	14	3	1	173	3081	134	15	9	21
Kids Menu											
Confetti Silver Dollar Pancakes	484	188	21	8	1	38	739	67	1	38	6
French Toast (1 serving)	352	93	10	2	0	195	489	51	2	3	14
One Egg Breakfast (1 serving)	91	61	7	2	1	212	89	0	0	0	6
Silver Dollar Pancakes (1 serving)	288	136	15	3	1	38	715	31	1	7	6
Silver Dollar Pancakes w/ Chocolate Chips (1 serving)	528	258	29	11	1	38	760	58	1	31	9
Cheeseburger (1 serving)	462	184	20	7	2	56	861	44	2	4	23
Chicken Nuggets (1 serving)	75	30	3	1	0	13	261	6	0	0	6
Grilled Cheese (1 serving)	556	207	23	9	2	30	1333	66	2	2	19
Hamburger (1 serving)	407	144	16	4	2	46	681	43	2	4	20
Hot Dog (1 serving)	318	160	18	6	0	44	953	30	1	5	10
Mac 'n Cheese (1 serving)	490	144	16	5	0	35	1190	68	3	16	17
Mini Corn Dogs (1 serving)	520	291	32	8	0	56	1133	42	0	16	16
Pasta (1 serving)	448	89	10	1	0	3	741	76	6	6	14
Blue Raspberry Cooler (1 serving)	110	0	0	0	0	0	19	29	0	29	0
Chocolate Shake (1 serving)	342	88	10	6	0	24	278	77	0	64	10
Kids Sundae (1 serving)	326	165	18	13	0	33	78	35	0	29	4
Strawberry Shake (1 serving)	303	87	10	6	0	24	253	67	1	54	10
Vanilla Shake (1 serving)	275	87	10	6	0	24	253	60	0	48	10

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Beverages											
2 Per Cent Milk (10 fluid ounces)	150	56	6	4	0	25	150	15	0	15	10
2 Per Cent Milk (20 fluid ounces)	300	113	13	8	0	50	300	30	0	30	20
Apple Juice (10 fluid ounces)	138	0	0	0	0	0	25	35	0	33	0
Apple Juice (20 fluid ounces)	275	0	0	0	0	0	50	70	0	65	0
Barq's Root Beer (1 drink)	167	0	0	0	0	0	36	45	0	45	0
Blackberry Lemonade (1 drink)	84	0	0	0	0	0	6	20	0	19	0
Blackberry Splash Tea (1 drink)	77	0	0	0	0	0	6	19	0	19	0
Blue Raspberry Iced Tea (1 drink)	75	0	0	0	0	0	6	19	0	19	0
Blue Raspberry Lemonade (1 drink)	81	0	0	0	0	0	6	20	0	19	0
Cappuccino (1 drink)	135	41	5	4	0	4	127	18	0	16	6
Caramel Latte (1 drink)	284	26	3	2	0	3	87	61	0	60	4
Cherry Coke (1 drink)	156	0	0	0	0	0	6	42	0	42	0
Chocolate Milk (10 fluid ounces)	238	90	10	6	0	31	200	28	0	25	10
Chocolate Milk (20 fluid ounces)	475	180	20	11	0	63	400	55	0	50	20
Coffee (1 drink)	0	0	0	0	0	0	7	0	0	0	0
Coke (1 drink)	149	0	0	0	0	0	9	41	0	41	0
Coke Zero (1 drink)	1	0	0	0	0	0	42	0	0	0	0
Decaf Coffee (1 drink)	0	0	0	0	0	0	7	0	0	0	0
Decaf Tea (1 drink)	0	0	0	0	0	0	7	0	0	0	0
Diet Coke (1 drink)	0	0	0	0	0	0	15	0	0	0	0
Dr Pepper (1 drink)	165	0									