

Breakfast	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Country Fried Steak and Eggs (1 serving)	690	420	50	20	0	490	1220	30	0	0	30	660	0	50	0
Country Fried Steak and Eggs (1 serving) with Side of Fruit	750	420	50	20	0	490	1220	50	0	10	30	1210	40	60	0
Country Fried Steak and Eggs (1 serving) with Side of Hash Browns	1350	570	60	20	10	490	3570	140	10	0	50	1420	40	50	10
Country Fried Steak and Eggs (1 serving) with Side of Home Fries	990	610	70	20	10	490	1680	60	0	0	40	1580	20	60	0
Country Fried Steak and Eggs (1 serving) with Substitute Egg Whites for Eggs	760	440	50	20	0	490	1420	30	0	0	50	660	0	50	0
Country Fried Steak and Eggs (1 serving) with Substitute Eggbeaters for Eggs	780	440	50	20	0	490	1500	30	0	0	50	1610	0	290	10
Double Down Breakfast (1 serving)	180	120	10	0	0	420	180	0	0	0	10	660	0	50	0
Double Down Breakfast (1 serving) with Breakfast Meat Choice Bacon	300	220	20	10	0	450	580	0	0	0	20	660	0	50	0
Double Down Breakfast (1 serving) with Breakfast Meat Choice Pork Saus	400	310	30	10	0	470	670	0	0	0	20	660	0	70	0
Double Down Breakfast (1 serving) with Breakfast Meat Choice Pork Saus	620	500	60	20	0	510	1150	0	0	0	30	660	0	90	0
Double Down Breakfast (1 serving) with Side of Fruit	250	120	10	0	0	420	180	20	0	10	10	1210	40	60	0
Double Down Breakfast (1 serving) with Side of Hash Browns	850	270	30	10	10	420	2530	110	10	0	30	1420	40	50	0
Double Down Breakfast (1 serving) with Side of Home Fries	480	310	30	10	10	420	640	30	0	0	20	1580	20	60	0
Double Down Breakfast (1 serving) with Substitute Egg Whites for Eggs	260	140	20	0	0	420	380	0	0	0	30	660	0	50	0
Double Down Breakfast (1 serving) with Substitute Eggbeaters for Eggs	270	140	20	0	0	420	460	0	0	0	30	1610	0	290	0
Double Down Breakfast (1 serving) with Toast Choice Sourdough Toast	420	130	10	0	0	420	600	50	0	0	20	760	10	90	0
Double Down Breakfast (1 serving) with Toast Choice Wheat Toast	520	160	20	0	0	420	900	60	0	0	20	660	10	130	0
Double Down Breakfast (1 serving) with Toast Choice White Toast	520	160	20	0	0	420	760	60	0	0	20	660	10	130	0
Sirloin Steak and Eggs, 10 oz Steak (1 serving)	960	590	70	20	0	570	3290	20	0	10	70	1160	0	120	10
Sirloin Steak and Eggs, 10 oz Steak (1 serving) with Side Choice Hash Brown	1630	740	80	30	10	570	5650	130	10	10	80	1920	40	120	10
Sirloin Steak and Eggs, 10 oz Steak (1 serving) with Side Choice Home Frie	1270	780	90	30	10	570	3760	40	0	10	70	2090	20	130	10
Sirloin Steak and Eggs, 10 oz Steak (1 serving) with Substitute Egg Whites	1040	610	70	20	0	570	3490	20	0	10	80	1160	0	120	10
Sirloin Steak and Eggs, 10 oz Steak (1 serving) with Substitute Eggbeaters	1060	610	70	20	0	570	3580	20	0	10	80	2120	0	360	10
Sirloin Steak and Eggs, 10 oz Steak (1 serving) with Toast Choice Sourdough	1200	590	70	20	0	570	3710	70	0	10	80	1260	10	160	10
Sirloin Steak and Eggs, 10 oz Steak (1 serving) with Toast Choice Wheat Toast	1300	620	70	20	0	570	4010	80	0	10	80	1160	10	200	10
Sirloin Steak and Eggs, 10 oz Steak (1 serving) with Toast Choice White Toast	1300	620	70	20	0	570	3870	80	0	10	80	1160	10	200	10
Sirloin Steak and Eggs, 7 oz Steak (1 serving)	780	480	50	20	0	530	3250	20	0	10	50	1160	0	100	0
Sirloin Steak and Eggs, 7 oz Steak (1 serving) with Side of Hash Browns	1450	630	70	20	10	530	5610	130	10	10	60	1920	40	100	10
Sirloin Steak and Eggs, 7 oz Steak (1 serving) with Side of Home Fries	1080	670	70	20	10	530	3710	40	0	10	50	2090	20	110	10
Sirloin Steak and Eggs, 7 oz Steak (1 serving) with Substitute Egg Whites for Eggs	860	500	60	20	0	530	3450	20	0	10	70	1160	0	100	0
Sirloin Steak and Eggs, 7 oz Steak (1 serving) with Substitute Eggbeaters for Eggs	870	500	60	20	0	530	3540	20	0	10	70	2120	0	340	10
Sirloin Steak and Eggs, 7 oz Steak (1 serving) with Toast Choice Sourdough Toast	1020	490	50	20	0	530	3670	70	0	10	60	1260	10	140	10
Sirloin Steak and Eggs, 7 oz Steak (1 serving) with Toast Choice Wheat Toast	1120	510	60	20	0	530	3970	80	0	10	60	1160	10	180	10
Sirloin Steak and Eggs, 7 oz Steak (1 serving) with Toast Choice White Toast	1120	510	60	20	0	530	3830	80	0	10	60	1160	10	180	10
Southern Style Breakfast (1 serving)	750	430	50	20	0	430	1980	50	0	0	20	820	0	110	0
Southern Style Breakfast (1 serving) with Breakfast Meat Choice Bacon	870	520	60	20	0	460	2390	50	0	0	30	820	0	110	0
Southern Style Breakfast (1 serving) with Breakfast Meat Choice Pork Saus	970	610	70	20	0	480	2470	60	0	0	30	820	0	130	0
Southern Style Breakfast (1 serving) with Breakfast Meat Choice Pork Saus	1190	800	90	30	0	520	2960	60	0	0	40	820	0	150	10
Southern Style Breakfast (1 serving) with Substitute Egg Whites for Eggs	820	450	50	20	0	430	2180	50	0	0	40	820	0	110	0
Southern Style Breakfast (1 serving) with Substitute Eggbeaters for Eggs	840	450	50	20	0	430	2270	60	0	0	40	1780	0	350	10
The Hat Trick Breakfast (1 serving)	700	390	40	10	0	690	1340	50	0	10	30	1410	0	250	10
The Hat Trick Breakfast (1 serving) with Breakfast Meat Choice Bacon	820	480	50	20	0	720	1740	50	0	10	30	1410	0	250	10
The Hat Trick Breakfast (1 serving) with Breakfast Meat Choice Pork Saus	930	580	60	20	0	740	1830	50	0	10	40	1410	0	270	10
The Hat Trick Breakfast (1 serving) with Breakfast Meat Choice Pork Saus	1150	760	80	20	0	780	2310	50	0	10	40	1410	0	290	10
The Hat Trick Breakfast (1 serving) with Butter for Pancakes	770	450	50	10	0	690	1410	50	0	10	30	1730	0	250	10
The Hat Trick Breakfast (1 serving) with Maple Syrup	910	390	40	10	0	690	1430	100	0	50	30	1410	0	250	10
The Hat Trick Breakfast (1 serving) with Side of Fruit	770	390	40	10	0	690	1350	60	0	20	30	1960	40	260	10
The Hat Trick Breakfast (1 serving) with Side of Hash Browns	1370	540	60	10	10	690	3700	160	10	10	40	2170	40	250	10
The Hat Trick Breakfast (1 serving) with Side of Home Fries	1010	580	60	10	10	690	1800	70	0	10	30	2330	20	260	10
The Hat Trick Breakfast (1 serving) with Substitute Egg Whites for Eggs	820	420	50	10	0	690	1640	50	0	10	50	1410	0	250	10
The Hat Trick Breakfast (1 serving) with Substitute Eggbeaters for Eggs	840	420	50	10	0	690	1770	50	0	10	50	2840	0	600	10
Benedicts	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Eggs Benedict (1 serving)	550	270	30	10	0	500	2180	30	0	10	40	2540	10	200	10
Eggs Benedict (1 serving) with Side of Fruit	610	270	30	10	0	500	2180	50	0	20	40	3090	60	210	10

Eggs Benedict (1 serving) with Side of Hash Browns	1220	420	50	10	0	500	4530	140	20	10	50	3300	50	200	10
Eggs Benedict (1 serving) with Side of Home Fries	850	460	50	10	10	500	2640	60	0	10	40	3460	30	210	10
Eggs Benedict (1 serving) with Substitute Egg Whites for Eggs	620	290	30	10	0	500	2380	30	0	10	50	2540	10	200	10
Eggs Benedict (1 serving) with Substitute Eggbeaters for Eggs	640	290	30	10	0	500	2460	40	0	10	50	3490	10	440	10
Filet and Eggs Benedict (1 serving)	746	466	52	21	2	538	2012	24	1	6	43	1703	20	255	4
Avocado Smash Benedict (1 serving)	476	264	30	10	0	452	863	36	5	5	21	1207	10	229	4
Southern Belle Benedict (1 serving)	884	349	39	17	0	553	3721	72	3	18	58	1165	10	243	5

Omelettes	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Cheesy Cheese Omelette (1 serving)	540	370	40	20	0	860	670	0	0	0	40	1480	0	530	0
Cheesy Cheese Omelette (1 serving) with Side of Fruit	600	380	40	20	0	860	670	20	0	10	40	2030	40	540	0
Cheesy Cheese Omelette (1 serving) with Side of Hash Browns	1210	530	60	20	0	860	3020	110	10	0	50	2230	40	530	10
Cheesy Cheese Omelette (1 serving) with Side of Home Fries	840	570	60	20	10	860	1130	30	0	0	40	2400	20	540	0
Cheesy Cheese Omelette (1 serving) with Substitute Egg Whites for Eggs	650	410	50	20	0	860	970	0	0	0	60	1480	0	530	0
Cheesy Cheese Omelette (1 serving) with Substitute Eggbeaters for Eggs	680	410	50	20	0	860	1090	10	0	0	60	2900	0	890	10
Cheesy Cheese Omelette (1 serving) with Toast Choice Sourdough Toast	780	380	40	20	0	860	1090	50	0	0	50	1580	10	570	0
Cheesy Cheese Omelette (1 serving) with Toast Choice Wheat Toast	880	410	50	20	0	860	1390	70	0	0	50	1480	10	610	0
Cheesy Cheese Omelette (1 serving) with Toast Choice White Toast	880	410	50	20	0	860	1250	70	0	0	50	1480	10	610	0
Good to Meat 'cha Omelette (1 serving)	790	550	60	30	0	910	1620	0	0	0	50	1480	0	540	0
Good to Meat 'cha Omelette (1 serving) with Side of Fruit	850	550	60	30	0	910	1630	20	0	10	50	2030	40	550	0
Good to Meat 'cha Omelette (1 serving) with Side of Hash Browns	1460	700	80	30	0	910	3980	110	10	0	70	2230	40	540	10
Good to Meat 'cha Omelette (1 serving) with Side of Home Fries	1090	740	80	30	10	910	2090	30	0	0	60	2400	20	550	0
Good to Meat 'cha Omelette (1 serving) with Substitute Egg Whites for Eggs	900	580	60	30	0	910	1920	0	0	0	70	1480	0	540	0
Good to Meat 'cha Omelette (1 serving) with Substitute Eggbeaters for Eggs	930	580	60	30	0	910	2050	10	0	0	80	2900	0	900	10
Good to Meat 'cha Omelette (1 serving) with Toast Choice Sourdough Toast	1030	560	60	30	0	910	2040	50	0	0	60	1580	10	580	0
Good to Meat 'cha Omelette (1 serving) with Toast Choice Wheat Toast	1130	590	70	30	0	910	2340	70	0	0	70	1480	10	620	0
Good to Meat 'cha Omelette (1 serving) with Toast Choice White Toast	1130	590	70	30	0	910	2200	70	0	0	60	1480	10	620	0
Ham it Up Omelette (1 serving)	660	440	50	20	0	910	1740	0	0	0	50	1480	0	530	0
Ham it Up Omelette (1 serving) with Side of Fruit	720	440	50	20	0	910	1740	20	0	10	50	2030	40	540	0
Ham it Up Omelette (1 serving) with Side of Hash Browns	1330	590	70	30	0	910	4090	110	10	0	70	2230	40	530	10
Ham it Up Omelette (1 serving) with Side of Home Fries	960	630	70	30	10	910	2200	30	0	0	60	2400	20	540	0
Ham it Up Omelette (1 serving) with Substitute Egg Whites for Eggs	770	470	50	20	0	910	2040	0	0	0	70	1480	0	530	0
Ham it Up Omelette (1 serving) with Substitute Eggbeaters for Eggs	800	470	50	20	0	910	2160	10	0	0	70	2900	0	890	10
Ham it Up Omelette (1 serving) with Toast Choice Sourdough Toast	900	450	50	20	0	910	2160	50	0	0	60	1580	10	570	0
Ham it Up Omelette (1 serving) with Toast Choice Wheat Toast	1000	470	50	20	0	910	2460	70	0	0	60	1480	10	610	0
Ham it Up Omelette (1 serving) with Toast Choice White Toast	1000	470	50	20	0	910	2320	70	0	0	60	1480	10	610	0
Kings Veggie Scrambler (1 serving)	590	360	40	20	0	850	650	10	0	10	40	2400	90	530	0
Kings Veggie Scrambler (1 serving) with Side of Fruit	650	360	40	20	0	850	660	30	10	20	40	2960	130	540	0
Kings Veggie Scrambler (1 serving) with Side of Hash Browns	1250	510	60	20	0	850	3010	120	20	10	60	3160	120	530	10
Kings Veggie Scrambler (1 serving) with Side of Home Fries	890	550	60	20	10	850	1120	40	10	10	50	3330	100	540	0
Kings Veggie Scrambler (1 serving) with Substitute Egg Whites for Eggs	700	390	40	20	0	850	950	10	0	10	60	2400	90	530	0
Kings Veggie Scrambler (1 serving) with Substitute Eggbeaters for Eggs	720	390	40	20	0	850	1080	20	0	10	60	3830	90	890	10
Kings Veggie Scrambler (1 serving) with Toast Choice Sourdough Toast	830	370	40	20	0	850	1070	60	10	10	50	2500	90	570	0
Kings Veggie Scrambler (1 serving) with Toast Choice Wheat Toast	930	400	40	20	0	850	1370	80	10	10	50	2400	100	610	0
Kings Veggie Scrambler (1 serving) with Toast Choice White Toast	930	400	40	20	0	850	1230	80	10	10	50	2400	100	610	0

French Toast	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Cinnamon Swirl French Toast (1 serving)	420	200	20	0	0	260	370	40	0	10	10	270	0	40	0
Cinnamon Swirl French Toast (1 serving) with Butter	480	260	30	10	0	260	440	40	0	10	10	590	0	40	0
Cinnamon Swirl French Toast (1 serving) with Maple Syrup	630	200	20	0	0	260	470	90	0	50	10	270	0	40	0
Cinnamon Swirl French Toast Combo (1 serving)	690	260	30	10	0	260	540	90	0	50	10	590	0	40	0
Cinnamon Swirl French Toast Combo (1 serving) with Breakfast Meat Cho	770	320	40	10	0	270	810	90	0	50	10	590	0	40	0
Cinnamon Swirl French Toast Combo (1 serving) with Breakfast Meat Cho	840	380	40	10	0	290	860	90	0	50	20	590	0	60	0
Cinnamon Swirl French Toast Combo (1 serving) with Breakfast Meat Cho	840	380	40	10	0	290	860	90	0	50	20	590	0	60	0

French Toast (1 serving)	530	140	20	0	0	290	730	80	0	10	20	480	10	110	0
French Toast (1 serving) with Butter	600	200	20	0	0	290	800	80	0	10	20	800	10	110	0
French Toast (1 serving) with Maple Syrup	740	140	20	0	0	290	830	130	0	40	20	480	10	110	0
French Toast Combo (1 serving)	810	200	20	0	0	290	900	130	0	40	20	800	10	110	0
French Toast Combo (1 serving) with Breakfast Meat Choice Bacon	890	270	30	10	0	310	1170	130	0	40	30	800	10	110	0
French Toast Combo (1 serving) with Breakfast Meat Choice Pork Sausage	950	330	40	10	0	320	1220	130	0	40	30	800	10	130	0
French Toast Combo (1 serving) with Breakfast Meat Choice Pork Sausage	950	330	40	10	0	320	1220	130	0	40	30	800	10	130	0
Maui Stack French Toast (1 serving)	897	195	22	12	0	390	867	149	6	56	26	1025	37	139	5
Tiramisu French Toast (1 serving)	1185	264	29	17	0	321	1037	204	4	109	25	1035	9	179	3

Pancakes	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Cinnamon Harvest Pancakes (1 serving)	290	30	0	0	0	0	850	60	0	10	10	0	0	80	0
Cinnamon Harvest Pancakes (1 serving) with Butter	350	100	10	0	0	0	920	60	0	10	10	320	0	80	0
Cinnamon Harvest Pancakes (1 serving) with Maple Syrup	500	30	0	0	0	0	950	110	0	40	10	0	0	80	0
Pancake Combo (1 serving)	710	270	30	10	0	60	1240	100	0	40	10	740	0	170	0
Pancake Combo (1 serving) with Breakfast Meat Choice Bacon	790	330	40	10	0	70	1510	100	0	40	10	740	0	170	0
Pancake Combo (1 serving) with Breakfast Meat Choice Pork Sausage Lin	850	390	40	10	0	90	1560	100	0	40	10	740	0	180	0
Pancake Combo (1 serving) with Breakfast Meat Choice Pork Sausage Pat	850	390	40	10	0	90	1560	100	0	40	10	740	0	180	0
Peanut Butter Cup Pancakes (1 serving)	1091	439	49	21	0	54	1300	144	4	87	18	162	0	223	4

Belgian Waffles	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Belgian Waffle Combo (1 serving)	750	310	30	10	10	480	920	90	0	40	20	1400	0	190	0
Belgian Waffle Combo (1 serving) with Breakfast Meat Choice Bacon	830	370	40	10	10	500	1190	90	0	40	20	1400	0	190	0
Belgian Waffle Combo (1 serving) with Breakfast Meat Choice Pork Sausa	900	430	50	10	10	510	1250	90	0	40	20	1400	0	200	0
Belgian Waffle Combo (1 serving) with Breakfast Meat Choice Pork Sausa	900	430	50	10	10	510	1250	90	0	40	20	1400	0	200	0
Chicken and Waffles (1 serving)	720	180	20	0	0	160	7610	80	0	10	50	460	0	240	10
Chicken and Waffles (1 serving) with Butter	790	240	30	10	0	160	7680	80	0	10	50	780	0	240	10
Chicken and Waffles (1 serving) with Maple Syrup	930	180	20	0	0	160	7710	130	0	40	50	460	0	240	10

Share Plate	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Mega Cinnamon Roll with Cream Cheese Frosting (1 serving)	2210	720	80	30	0	80	1520	350	10	200	30	2480	0	130	10

Breakfast Sandwiches	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Egg Bagel Sandwich (1 serving)	380	110	10	0	0	280	760	50	0	0	20	420	0	230	0
Egg Bagel Sandwich (1 serving) with Bacon	460	180	20	10	0	290	1030	50	0	0	20	420	0	230	0
Egg Bagel Sandwich (1 serving) with Breakfast Sausage	530	240	30	10	0	300	1080	50	0	0	20	420	0	240	0
Egg Bagel Sandwich (1 serving) with Ham	460	160	20	10	0	310	1470	50	0	0	30	420	0	230	0
Egg Bagel Sandwich (1 serving) with Side of Fruit	450	120	10	0	0	280	760	60	0	20	20	970	50	240	0
Egg Bagel Sandwich (1 serving) with Side of Hash Browns	1050	260	30	10	0	280	3110	160	10	0	30	1180	40	230	10
Egg Bagel Sandwich (1 serving) with Side of Home Fries	680	300	30	10	10	280	1220	70	0	0	20	1340	20	240	0
Egg Bagel Sandwich (1 serving) with Substitute Egg Whites for Eggs	420	120	10	0	0	280	860	50	0	0	30	420	0	230	0
Egg Bagel Sandwich (1 serving) with Substitute Eggbeaters for Eggs	430	120	10	0	0	280	900	50	0	0	30	890	0	340	0
Morning, Noon and Night Melt (1 serving)	1090	520	60	20	0	530	2840	90	0	40	50	2660	10	500	0
Morning, Noon and Night Melt (1 serving) with Side of Fruit	1160	520	60	20	0	530	2850	110	0	50	50	3220	50	510	0
Morning, Noon and Night Melt (1 serving) with Side of Hash Browns	1760	670	80	20	0	530	5200	200	10	40	60	3420	50	500	0
Morning, Noon and Night Melt (1 serving) with Side of Home Fries	1570	830	90	30	10	530	3590	130	0	40	50	4140	40	510	0
Morning, Noon and Night Melt (1 serving) with Substitute Egg Whites for	1170	540	60	20	0	530	3040	90	0	40	60	2660	10	500	0
Morning, Noon and Night Melt (1 serving) with Substitute Eggbeaters for	1180	540	60	20	0	530	3130	90	0	40	60	3610	10	740	0

South of the Border	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chilaquiles (1 serving)	819	455	51	15	1	497	1688	60	5	4	30	2169	6	188	4
Tex Mex Scramble (1 serving)	365	247	27	10	0	567	784	5	1	2	24	1009	10	172	2
Tex Mex Scramble (1 serving) with Breakfast Meat Choice Bacon	445	310	34	13	0	582	1054	5	1	2	28	1009	10	172	2
Tex Mex Scramble (1 serving) with Breakfast Meat Choice Pork Sausage L	514	372	41	14	0	595	1110	6	1	3	29	1009	10	185	3
Tex Mex Scramble (1 serving) with Breakfast Meat Choice Pork Sausage P	513	371	41	14	0	595	1108	6	1	3	29	1009	10	185	3
Tex Mex Scramble (1 serving) with Side of Hash Browns	1033	397	44	13	5	567	3142	115	14	2	37	1769	49	172	5
Tex Mex Scramble (1 serving) with Side of Home Fries	667	438	49	14	6	567	1250	31	3	4	26	1933	26	181	3
Huevos Rancheros (1 serving)	623	360	40	17	2	475	1172	36	7	2	31	1898	6	461	4
Huevos Rancheros (1 serving) with Side of Hash Browns	1291	511	57	20	6	475	3530	145	20	2	43	2657	45	461	6
Huevos Rancheros (1 serving) with Side of Home Fries	925	551	61	21	7	476	1638	61	10	4	33	2822	22	470	4

Breakfast Skillets	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
The Ultimate Meat Lovers Skillet (1 serving)	1600	1110	120	50	0	650	3230	40	10	10	70	2360	110	580	10
The Ultimate Meat Lovers Skillet (1 serving) with Toast Choice Sourdough	1840	1120	120	50	0	650	3650	90	10	10	80	2460	120	620	10
The Ultimate Meat Lovers Skillet (1 serving) with Toast Choice Wheat Toa	1940	1140	130	50	0	650	3950	110	10	10	90	2360	120	660	10
The Ultimate Meat Lovers Skillet (1 serving) with Toast Choice White Toa:	1940	1140	130	50	0	650	3810	110	10	10	80	2360	120	660	10
Veggie Lovers Skillet (1 serving)	510	270	30	10	0	420	310	40	10	10	20	3640	170	120	0
Veggie Lovers Skillet (1 serving) with Toast Choice Sourdough Toast	750	280	30	10	0	420	730	90	10	10	30	3740	170	160	10
Veggie Lovers Skillet (1 serving) with Toast Choice Wheat Toast	850	300	30	10	0	420	1030	100	10	10	30	3640	180	200	10
Veggie Lovers Skillet (1 serving) with Toast Choice White Toast	850	300	30	10	0	420	890	100	10	10	30	3640	180	200	10

Healthy Choice Breakfast	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Cinnamon Harvest Pancakes (1 serving)	290	30	0	0	0	0	850	60	0	10	10	0	0	80	0
Cinnamon Harvest Pancakes (1 serving) with Butter	350	100	10	0	0	0	920	60	0	10	10	320	0	80	0
Cinnamon Harvest Pancakes (1 serving) with Maple Syrup	500	30	0	0	0	0	950	110	0	40	10	0	0	80	0

Breakfast Sides	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bacon (1 serving)	160	130	10	10	0	30	540	0	0	0	10	0	0	0	0
Bagel (1 bagel)	230	10	0	0	0	0	490	50	0	0	10	0	0	100	0
Belgian Waffle (1 serving)	300	120	10	0	0	60	580	40	0	0	10	430	0	140	0
Belgian Waffle (1 serving) with Butter	360	180	20	0	0	60	650	40	0	0	10	750	0	140	0
Belgian Waffle (1 serving) with Maple Syrup	510	120	10	0	0	60	680	90	0	30	10	430	0	140	0
Biscuit (1 serving)	360	170	19	11	0	0	1210	42	1	3	6	0	0	6	15
Biscuit and Sausage Gravy (1 serving)	1130	610	70	30	0	20	3610	110	0	10	20	330	0	120	10
Cheesy Hash Brown Casserole (1 serving)	480	160	20	10	0	20	1620	60	10	0	10	610	20	190	0
Cinnamon Harvest Pancake (1 serving)	100	10	0	0	0	0	280	20	0	0	0	0	0	30	0
Cinnamon Harvest Pancake (1 serving)	160	70	10	0	0	0	350	20	0	0	0	320	0	30	0
Cinnamon Harvest Pancake (1 serving) with Maple Syrup	310	10	0	0	0	0	380	70	0	40	0	0	0	30	0
Cottage Cheese (1 serving)	170	70	10	0	0	40	720	10	0	10	20	300	0	120	0
Eggs (1 serving)	180	120	10	0	0	420	180	0	0	0	10	660	0	50	0
English Muffin (1 muffin)	120	10	0	0	0	0	200	30	0	0	0	0	0	80	0
French Toast, Stack of 3 (1 serving)	530	140	20	0	0	290	730	80	0	10	20	480	10	110	0
French Toast, Stack of 3 (1 serving) with Butter	600	200	20	0	0	290	800	80	0	10	20	800	10	110	0
French Toast, Stack of 3 (1 serving) with Maple Syrup	740	140	20	0	0	290	830	130	0	40	20	480	10	110	0

French Toast Slice (1 serving)	177	47	7	0	0	97	244	27	0	4	7	160	4	37	0
French Toast Slice (1 serving) with Butter	200	67	7	0	0	97	267	27	0	4	7	267	4	37	0
French Toast Slice (1 serving) with Maple Syrup	247	47	7	0	0	97	277	43	0	13	7	160	4	37	0
Fruit Cup (1 serving)	70	0	0	0	0	0	10	20	0	10	0	560	40	10	0
Grilled Ham Slice (1 serving)	160	80	10	0	0	70	1430	0	0	0	20	0	0	0	0
Ham Steak (1 serving)	160	80	10	0	0	70	1430	0	0	0	20	0	0	0	0
Hash Browns (1 serving)	670	150	20	0	0	0	2360	110	10	0	10	760	40	0	0
Home Fries (1 serving)	480	310	30	10	10	0	750	40	0	0	0	1480	30	10	0
Mega Cinnamon Roll with Cream Cheese Frosting (1 serving)	2210	720	80	30	0	80	1520	350	10	200	30	2480	0	130	10
Oatmeal (1 serving)	200	40	0	0	0	0	170	40	10	0	10	2020	0	410	20
Oatmeal (1 serving) with Fruit Choice Blueberries	240	40	0	0	0	0	170	50	10	10	10	2060	10	410	20
Oatmeal (1 serving) with Fruit Choice Strawberries	230	40	0	0	0	0	170	40	10	0	10	2030	50	420	20
Oatmeal (1 serving) with Light Brown Sugar	320	40	0	0	0	0	170	70	10	30	10	2020	0	410	20
Oatmeal (1 serving) with Milk	320	80	10	0	0	20	290	50	10	10	20	2520	0	710	20
Pancake (1 serving)	140	70	10	0	0	20	360	20	0	0	0	140	0	60	0
Pancake (1 serving) with Butter	210	130	10	0	0	20	430	20	0	0	0	460	0	60	0
Pancake (1 serving) with Maple Syrup	350	70	10	0	0	20	450	70	0	40	0	140	0	60	0
Pancakes, Stack of 3 (1 serving)	430	200	20	0	0	60	1070	50	0	10	10	420	0	170	0
Pancakes, Stack of 3 (1 serving) with Butter	500	270	30	10	0	60	1140	50	0	10	10	740	0	170	0
Pancakes, Stack of 3 (1 serving) with Maple Syrup	640	200	20	0	0	60	1170	100	0	40	10	420	0	170	0
Sausage Links (1 serving)	300	250	30	10	0	60	650	0	0	0	10	0	0	30	0
Sausage Patties (1 serving)	300	250	30	10	0	60	650	0	0	0	10	0	0	30	0
Toast (1 slice)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Toast (1 slice) with Toast Choice Sourdough Toast	120	0	0	0	0	0	210	30	0	0	0	50	0	20	0
Toast (1 slice) with Toast Choice Wheat Toast	170	20	0	0	0	0	360	30	0	0	10	0	0	40	0
Toast (1 slice) with Toast Choice White Toast	170	20	0	0	0	0	290	30	0	0	10	0	0	40	0
Toast (2 slices)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Toast (2 slices) with Toast Choice Sourdough Toast	240	10	0	0	0	0	420	50	0	0	10	100	10	40	0
Toast (2 slices) with Toast Choice Wheat Toast	340	40	0	0	0	0	720	60	0	0	10	0	10	80	0
Toast (2 slices) with Toast Choice White Toast	340	40	0	0	0	0	580	60	0	0	10	0	10	80	0
Turkey Sausage Links (1 serving)	120	80	10	0	0	50	320	0	0	0	10	100	0	0	0
Vanilla Yogurt (1 serving)	180	60	10	0	0	20	170	40	0	30	10	160	0	240	0
Yogurt Parfait (1 serving)	450	130	10	10	0	30	390	100	0	70	10	710	0	480	0

Appetizers	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Pretzel Bites (1 serving)	572	159	18	3	0	0	2520	81	3	21	6	0	0	0	4
Pretzel Bites (1 serving) with Cheese Sauce	632	200	22	4	2	0	2843	84	3	22	7	0	0	15	4
Onion Rings (1 serving)	440	148	16	3	0	0	797	67	6	8	5	1048	9	6	2
Onion Rings (1 serving) with Texas Petal Sauce	680	377	42	7	0	23	1037	68	6	10	5	1198	11	6	2
Zucchini Fries (1 serving)	349	166	18	3	0	5	1178	37	0	2	6	1271	9	94	1
Zucchini Fries (1 serving) with Marinara Sauce	384	179	20	3	0	5	1410	41	1	3	7	1553	12	111	2
Zucchini Fries (1 serving) with Texas Petal Sauce	589	395	44	7	0	28	1418	38	0	3	6	1421	11	94	1
Say Cheese Sampler (1 serving)	1444	872	97	35	0	178	3844	86	5	7	59	1833	11	1436	3
Chicken Tenders (1 serving)	346	139	15	2	0	53	1380	24	2	0	29	0	0	0	1

Chicken Tenders (1 serving) with Dipping Sauce Choice Blue Cheese	586	368	41	7	0	75	1785	26	2	2	30	0	0	60	1
Chicken Tenders (1 serving) with Dipping Sauce Choice Buffalo	357	145	16	2	0	53	2689	25	2	0	29	659	0	4	1
Chicken Tenders (1 serving) with Dipping Sauce Choice Honey Mustard	601	384	43	6	0	68	1644	26	2	2	29	0	0	0	1
Chicken Tenders (1 serving) with Dipping Sauce Choice Ranch	498	281	31	5	0	63	1622	26	2	1	29	32	0	35	1

Burgers	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bleu Ribbon Burger (1 serving)	1100	590	70	20	0	160	2740	60	0	20	50	1760	10	270	0
Bleu Ribbon Burger (1 serving) with French Fries	1390	710	80	30	0	160	3630	110	10	20	60	1760	20	270	10
Crispy Avocado Burger (1 serving)	1065	524	58	20	2	160	2598	76	5	12	57	795	9	252	7
Kings Classic Burger (1 serving)	555	228	25	8	2	93	724	44	3	5	34	1457	9	79	5
Kings Classic Burger with fries	850	350	39	11	2	93	1614	88	8	7	39	1457	20	79	6
Kings Classic Burger with fries and American Cheese	905	391	44	14	2	103	1794	89	8	7	42	1607	20	179	6
Kings Classic Burger with fries and Swiss Cheese	961	423	47	16	2	118	1675	89	8	7	47	1761	20	332	6
Kings Classic Burger with fries and Mozzarella Cheese	890	377	42	13	2	103	1714	88	8	7	43	1557	20	179	6
Kings Classic Burger with fries and Pepper Jack Cheese	930	404	45	15	2	118	1744	88	8	7	44	1657	20	229	6
Kings Classic Burger with fries and Provolone Cheese	930	404	45	15	2	108	1804	89	8	7	45	1657	20	229	6
Kings Classic Double Burger (1 serving)	833	393	44	15	2	187	801	44	3	5	60	1457	9	103	8
Kings Classic Double Burger with fries	1128	515	58	18	2	187	1691	88	8	7	65	1457	20	103	9
Kings Classic Double Burger with fries with American Cheese	1183	556	63	21	2	197	1871	89	8	7	68	1607	20	203	9
Kings Classic Double Burger with fries and Mozzarella Cheese	1168	542	61	20	2	197	1791	88	8	7	69	1557	20	203	9
Kings Classic Double Burger with fries and Pepper Jack Cheese	1208	569	64	22	2	212	1821	88	8	7	70	1657	20	253	9
Kings Classic Double Burger with fries and Provolone Cheese	1208	569	64	22	2	202	1881	89	8	7	71	1657	20	253	9
Kings Classic Double Burger with fries and Swiss Cheese	1239	588	66	23	2	212	1752	89	8	7	73	1761	20	356	9
Kings Triple Decker Burger (1 serving)	1242	601	67	23	2	280	1116	64	4	7	88	1457	11	128	11
Kings Triple Decker Burger with fries	1537	723	81	26	2	280	2006	108	9	9	93	1457	22	128	12
Kings Triple Decker Burger with fries and American Cheese	1592	764	86	29	2	290	2186	109	9	9	96	1607	22	228	12
Kings Triple Decker Burger with fries and Mozzarella Cheese	1577	750	84	28	2	290	2106	108	9	9	97	1557	22	228	12
Kings Triple Decker Burger with fries and Pepper Jack Cheese	1617	777	87	30	2	305	2136	108	9	9	98	1657	22	278	12
Kings Triple Decker Burger with fries and Provolone Cheese	1617	777	87	30	2	295	2196	109	9	9	99	1657	22	278	12
Kings Triple Decker Burger with fries and Swiss Cheese	1648	796	89	31	2	305	2067	109	9	9	101	1761	22	381	12
Stiller's Burger (1 serving)	1010	500	60	30	0	170	1790	70	0	20	60	2160	10	480	0
Stiller's Burger (1 serving) with French Fries	1300	620	70	30	0	170	2680	110	0	20	60	2160	20	480	0
Mushroom and Swiss Burger (1 serving)	800	380	40	20	0	130	870	60	0	10	50	1890	10	340	10
Mushroom and Swiss Burger (1 serving) with French Fries	1100	500	60	20	0	130	1760	100	10	10	50	1890	20	340	10
Turkey Burger (1 serving)	590	270	30	10	0	70	1230	50	0	10	30	1560	10	70	0
Turkey Burger (1 serving) with French Fries	880	390	40	10	0	70	2120	100	10	10	30	1560	20	70	0
Ultimate Craft Burger (1 serving)	1150	510	60	20	0	380	2190	90	0	40	60	1850	10	210	10
Ultimate Craft Burger (1 serving) with French Fries	1440	630	70	20	0	380	3080	140	10	50	70	1850	20	210	10
Ultimate Craft Burger (1 serving) with French Fries and American Cheese	1500	670	70	20	0	390	3260	140	10	50	70	2000	20	310	10
Ultimate Craft Burger (1 serving) with French Fries and Cheddar Cheese	1550	710	80	30	0	410	3260	140	10	50	80	2150	20	410	10
Ultimate Craft Burger (1 serving) with French Fries and Provolone Cheese	1520	680	80	20	0	400	3270	140	10	50	80	2050	20	360	10
Ultimate Craft Burger (1 serving) with French Fries and Swiss Cheese	1550	700	80	30	0	410	3140	140	10	50	80	2150	20	460	10

Handhelds	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Philly Cheese Steak (1 serving)	680	260	30	10	0	110	1490	60	0	10	40	890	60	260	0
Philly Cheesesteak (1 serving) with Fruit Cup	750	260	30	10	0	110	1500	80	0	20	40	1450	100	270	0
Philly Cheesesteak (1 serving) with French Fries	970	380	40	10	0	110	2380	100	0	10	40	890	70	260	0
Grilled Reuben (1 serving)	1020	400	40	10	0	90	3750	80	10	10	70	1010	20	610	0
Grilled Reuben (1 serving) with Fruit Cup	1090	400	40	10	0	90	3760	100	10	20	70	1570	60	620	0

Grilled Reuben (1 serving) with French Fries	1310	520	50	10	0	90	4640	120	10	10	70	1010	30	610	0
Farmhouse Chicken Stack (1 serving)	1336	596	66	24	3	160	7427	116	5	12	64	1060	9	452	8
Dilemma Burger (1 serving)	1440	600	70	20	10	380	10020	120	0	30	80	1930	0	600	10
Dilemma Burger (1 serving) with Fruit Cup	1510	600	70	20	10	380	10030	140	0	40	80	2490	40	610	10
Dilemma Burger (1 serving) with French Fries	1730	720	80	20	10	380	10910	160	0	30	80	1930	10	600	10
Deluxe Hand-Breaded Fish Sandwich (1 serving)	1020	430	50	10	0	140	2320	90	0	10	50	2170	20	360	0
Deluxe Hand-Breaded Fish Sandwich (1 serving) with Fruit Cup	1090	430	50	10	0	140	2330	110	0	20	50	2730	60	370	0
Deluxe Hand-Breaded Fish Sandwich (1 serving) with French Fries	2110	860	100	20	0	280	4650	200	0	30	100	4900	80	730	0
Kings Classic Turkey Club (1 serving)	1220	650	70	10	0	120	2630	80	10	10	60	2510	10	90	10
Kings Classic Turkey Club (1 serving) with Fruit Cup	1290	650	70	10	0	120	2640	100	10	20	60	3070	50	100	10
Kings Classic Turkey Club (1 serving) with French Fries	1510	770	80	10	0	120	3520	120	10	10	60	2510	20	90	10
2X BLT (1 serving)	1000	625	69	22	0	133	2570	57	6	5	34	705	16	55	1

Grilled Cheeses	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Grilled Cheese (1 serving)	290	60	10	0	0	0	630	50	0	0	10	350	10	50	0
Grilled Cheese (1 serving) with Fruit Cup	360	60	10	0	0	0	640	70	0	10	10	910	50	60	0
Grilled Cheese (1 serving) with French Fries	580	180	20	0	0	0	1520	90	0	0	10	350	20	50	0
Morning, Noon and Night Grilled Cheese (1 serving)	1090	520	60	20	0	530	2840	90	0	40	50	2660	10	500	0
Morning, Noon and Night Grilled Cheese (1 serving) with Substitute Egg V	1170	540	60	20	0	530	3040	90	0	40	60	2660	10	500	0
Morning, Noon and Night Grilled Cheese (1 serving) with Substitute Eggb	1180	540	60	20	0	530	3130	90	0	40	60	3610	10	740	0
Morning, Noon and Night Grilled Cheese (1 serving) with Fruit Cup	1160	520	60	20	0	530	2850	110	0	50	50	3220	50	510	0
Morning, Noon and Night Grilled Cheese (1 serving) with French Fries	1380	640	70	20	0	530	3730	130	0	40	50	2660	20	500	0
Chicken and Waffles Grilled Cheese (1 serving)	1419	490	54	24	4	254	6419	152	4	36	77	1568	2	790	7
Pot Roast Grilled Cheese (1 serving)	1029	566	63	25	0	217	2205	61	3	7	57	901	8	657	5

Melts	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Tuna Melt (1 serving)	770	410	50	10	0	170	1780	50	0	0	40	1090	10	460	0
Tuna Melt (1 serving) with Fruit Cup	840	410	50	10	0	170	1790	70	0	10	40	1650	50	470	0
Tuna Melt (1 serving) with French Fries	1060	530	60	10	0	170	2670	90	0	0	40	1090	20	460	0
West Coast Patty Melt (1 serving)	1400	775	86	35	2	261	1996	71	7	5	83	1557	19	950	6

Fork & Knife	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Hot Roasted Turkey Sandwich (1 sandwich)	380	50	10	0	0	40	1350	60	0	0	20	100	10	40	0
Hot Roasted Turkey Sandwich (1 sandwich) with Mashed Potatoes	500	70	10	0	0	40	1740	80	0	0	30	100	20	50	0
Hot Roasted Turkey Sandwich (1 sandwich) with Mashed Potatoes with B	570	140	20	0	0	40	1810	80	0	0	30	420	20	50	0
Hot Roasted Turkey Sandwich (1 sandwich) with Mashed Potatoes with G	520	80	10	0	0	40	2050	80	0	0	40	100	20	60	0
Hot Pot Roast Sandwich (1 serving)	460	170	20	10	0	110	1710	40	0	10	30	50	0	40	0
Hot Pot Roast Sandwich (1 serving) with Mashed Potatoes	560	190	20	10	0	110	2040	60	0	10	30	50	10	40	0
Hot Pot Roast Sandwich (1 serving) with Mashed Potatoes with Butter	630	260	30	10	0	110	2110	60	0	10	30	370	10	40	0
Hot Pot Roast Sandwich (1 serving) with Mashed Potatoes with Gravy	580	200	20	10	0	110	2350	60	0	10	40	50	10	50	0

Make it Your Own Add-ons	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bacon	320	260	20	20	0	60	1080	0	0	0	20	0	0	0	0
Onion Rings (1 serving)	440	148	16	3	0	0	797	67	6	8	5	1048	9	6	2
Turkey Burger (1 patty)	300	230	26	6	0	80	710	0	0	0	21	20	0	0	40

Salads	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Avocado Chopped Salad (1 serving)	697	422	47	14	0	137	1287	12	7	4	50	7263	37	255	3
Cobb Salad, Large (1 serving)	820	450	50	20	0	580	1560	10	0	10	70	4920	30	520	0
Cobb Salad, Small (1 serving)	480	230	30	10	0	320	820	10	0	0	50	2770	20	270	0
Crispy Buffalo Chicken Salad (1 serving)	1010	350	40	10	0	350	9170	100	10	10	70	4480	40	480	10
Grilled Chicken Salad (1 serving)	760	310	30	10	0	350	1380	50	10	10	60	4040	40	400	0
Grilled Steak Salad (1 serving)	1000	560	60	20	10	350	3730	60	10	10	60	5270	40	400	10
Kings House Salad (1 serving)	230	110	10	0	0	0	350	20	0	0	0	2400	20	60	0

Salad Dressings	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Balsamic Vinaigrette (1 portion)	110	80	10	0	0	0	330	10	0	10	0	0	0	0	0
Blue Cheese Dressing (1 portion)	280	270	30	10	0	30	470	0	0	0	0	0	0	70	0
Fat Free French Dressing (1 portion)	50	0	0	0	0	0	540	20	0	10	0	0	0	0	0
Fat Free Raspberry Vinaigrette (1 portion)	60	0	0	0	0	0	140	10	0	10	0	0	0	0	0
Honey Mustard Dressing (1 portion)	230	170	20	0	0	20	280	10	0	10	0	0	0	0	0
Ranch Dressing (1 portion)	180	170	20	0	0	10	280	0	0	0	0	40	0	40	0
Red Wine Italian Dressing (1 portion)	230	190	20	0	0	0	160	10	0	10	0	0	0	0	0
Thousand Island Dressing (1 portion)	210	170	20	0	0	10	530	10	0	10	0	180	0	0	0

Soups	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Beef Vegetable Soup, Bowl (1 bowl)	130	30	0	0	0	10	1130	10	0	0	10	290	10	40	0
Beef Vegetable Soup, Cup (1 bowl)	80	20	0	0	0	10	750	10	0	0	0	190	10	20	0
Broccoli Cheese Soup, Bowl (1 bowl)	330	170	20	10	0	30	1280	30	0	0	10	2220	40	290	0
Broccoli Cheese Soup, Cup (1 bowl)	220	120	10	10	0	20	850	20	0	0	10	1480	20	200	0
Cheesy Bacon Potato Soup, Bowl (1 bowl)	350	170	20	10	0	10	1170	40	0	0	10	1090	10	140	0
Cheesy Bacon Potato Soup, Cup (1 bowl)	230	110	10	10	0	10	780	30	0	0	0	730	10	90	0
Cheesy Chicken Tortilla Soup, Bowl (1 bowl)	310	150	20	10	0	60	2090	20	0	0	20	500	10	210	0
Cheesy Chicken Tortilla Soup, Cup (1 bowl)	210	100	10	10	0	40	1390	20	0	0	10	330	0	140	0
Chicken Noodle Soup, Bowl (1 bowl)	180	30	0	0	0	70	1310	30	0	0	10	1220	0	20	0
Chicken Noodle Soup, Cup (1 bowl)	120	20	0	0	0	50	870	20	0	0	10	810	0	10	0
Kings Signature Chilli, Bowl (1 bowl)	490	220	20	10	0	110	1600	30	10	10	30	1720	20	290	0
Kings Signature Chilli, Cup (1 bowl)	310	130	10	10	0	70	1030	20	0	10	20	1100	10	160	0
Stuffed Pepper Soup, Bowl (1 bowl)	270	90	10	0	0	30	1560	30	0	10	10	1120	20	40	0
Stuffed Pepper Soup, Cup (1 bowl)	180	60	10	0	0	20	1040	20	0	10	10	750	20	30	0

Wedding Soup, Bowl (1 bowl)	130	60	10	0	0	20	1360	10	0	0	10	1960	10	70	0
Wedding Soup, Cup (1 bowl)	90	40	0	0	0	10	900	10	0	0	10	1310	10	50	0

On the Side	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Baked Potato (1 serving)	320	90	10	0	0	0	210	50	0	0	10	0	60	40	0
Baked Potato (1 serving) with Butter	380	150	20	0	0	0	280	50	0	0	10	320	60	40	0
Baked Potato (1 serving) with Sour Cream	360	120	10	0	0	0	250	50	0	0	10	0	60	60	0
Coleslaw (1 serving)	240	170	20	0	0	0	780	20	0	20	0	800	40	60	0
French Fries (1 serving)	290	120	10	0	0	0	890	40	0	0	0	0	10	0	0
Kings House Salad (1 serving)	230	110	10	0	0	0	350	20	0	0	0	2400	20	60	0
Kings House Salad (1 serving) with Balsamic Vinaigrette	320	180	20	0	0	0	630	30	0	10	0	2400	20	60	0
Kings House Salad (1 serving) with Blue Cheese Dressing	470	340	40	10	0	20	750	20	0	0	10	2400	20	120	0
Kings House Salad (1 serving) with Fat Free French Dressing	270	110	10	0	0	0	810	40	0	10	0	2400	20	60	0
Kings House Salad (1 serving) with Fat Free Raspberry Vinaigrette	280	110	10	0	0	0	470	30	0	10	0	2400	20	60	0
Kings House Salad (1 serving) with Honey Mustard Dressing	420	260	30	0	0	20	590	30	0	10	0	2400	20	60	0
Kings House Salad (1 serving) with Ranch Dressing	380	260	30	10	0	10	590	20	0	0	0	2430	20	90	0
Kings House Salad (1 serving) with Red Wine Italian Dressing	420	280	30	0	0	0	480	30	0	10	0	2400	20	60	0
Kings House Salad (1 serving) with Thousand Island Dressing	410	260	30	0	0	10	800	30	0	10	0	2550	20	60	0
Loaded Baked Potato (1 serving)	570	260	30	10	0	50	870	50	0	0	20	310	60	240	0
Loaded Baked Potato (1 serving) with Sour Cream	580	270	30	10	0	50	880	50	0	0	20	310	60	250	0
Mac 'n Cheese (1 serving)	240	120	10	0	0	10	600	20	0	0	10	50	0	190	0
Mashed Potatoes (1 serving)	100	20	0	0	0	0	330	20	0	0	0	0	10	0	0
Mashed Potatoes (1 serving) with Beef Gravy	120	20	0	0	0	0	650	20	0	0	0	0	10	10	0
Mashed Potatoes (1 serving) with Butter	170	80	10	0	0	0	400	20	0	0	0	320	10	0	0
Vegetable of the Day (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vegetable of the Day (1 serving) with Broccoli Florets	100	50	10	0	0	0	90	10	0	0	0	4510	130	70	0
Vegetable of the Day (1 serving) with Glazed Carrots	210	100	10	0	0	0	210	30	0	20	0	24330	10	50	0
Vegetable of the Day (1 serving) with Green Beans	180	130	10	0	0	0	150	10	0	0	0	1600	20	50	0
Vegetable of the Day (1 serving) with Stir Fry Vegetables	70	20	0	0	0	0	70	10	0	10	0	2090	20	40	0
Fruit Cup (1 serving)	70	0	0	0	0	0	10	20	0	10	0	560	40	10	0
Pork Shoulder (1 slice)	90	60	8	3	0	25	320	0	0	0	4	0	0	0	0
Deep Fried Brussels Sprouts (1 serving)	320	80	10	0	0	10	2090	50	10	30	10	2180	240	210	0

Kings Classics	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)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chicken Tenders (1 serving)	570	70	10	0	0	130	9370	60	0	10	60	50	0	130	0
Country Fried Steak (1 serving)	430	240	30	10	0	60	760	30	0	0	20	0	0	0	0
Country Fried Steak (1 serving) with Beef Gravy	450	240	30	10	0	60	1080	30	0	0	20	0	0	10	0
Country Fried Steak (1 serving) with Sausage Gravy	510	290	30	10	0	70	1040	30	0	0	20	0	0	0	0
Roasted Turkey Dinner (1 serving)	650	280	30	10	10	80	2260	60	0	20	40	890	0	30	0
Hearty Pot Roast Skillet (1 serving)	690	280	30	10	0	110	2280	70	10	10	40	4510	150	90	10
Smothered Chicken (1 serving)	500	230	30	10	0	150	530	10	0	0	60	890	10	430	0
Kings Double Glazed Meatloaf (1 serving)	640	260	30	10	0	150	1760	60	0	20	30	720	10	90	10
Slow-roasted Baby Back Ribs - Full Rack	3429		65	70	1		3535	167	5		90				
Slow-roasted Baby Back Ribs - Half Rack	2047		33	38	1		2597	12	5		46				

Diet Coke (1 drink)	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0
Dr Pepper (1 drink)	170	0	0	0	0	0	50	40	0	40	0	0	0	0	0
Espresso Shot (1 shot)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fanta Ginger Ale (1 drink)	130	0	0	0	0	0	10	30	0	30	0	0	0	0	0
Fuze Raspberry Tea (1 drink)	60	0	0	0	0	0	10	20	0	20	0	0	0	0	0
Hot Chocolate (1 drink)	230	70	10	10	0	0	240	40	0	30	10	0	0	140	0
Hot Tea (1 drink)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Iced Tea (1 drink)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Mello Yello (1 drink)	160	0	0	0	0	0	10	40	0	40	0	0	0	0	0
Minute Maid Light Lemonade (1 drink)	10	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Mocha (1 drink)	180	60	10	10	0	0	140	30	0	30	0	0	0	160	0
Orange Juice (10 fluid ounces)	140	0	0	0	0	0	20	30	0	30	0	0	80	30	0
Orange Juice (20 fluid ounces)	280	0	0	0	0	0	40	70	0	60	0	0	150	50	0
Peach Tea (1 drink)	190	0	0	0	0	0	10	50	0	50	0	0	0	10	0
Sprite (1 drink)	150	0	0	0	0	0	30	40	0	40	0	0	0	0	0
Strawberry Iced Tea (1 drink)	60	0	0	0	0	0	10	10	0	10	0	0	20	10	0
Strawberry Lemonade (1 drink)	60	0	0	0	0	0	10	20	0	10	0	0	20	10	0
Sweet Tea (1 drink)	120	0	0	0	0	0	10	30	0	30	0	0	0	10	0
Tomato Juice (10 fluid ounces)	60	0	0	0	0	0	1000	10	0	10	0	940	150	50	0
Tomato Juice (20 fluid ounces)	130	0	0	0	0	0	2000	30	0	30	10	1880	300	100	0
Vanilla Latte (1 drink)	290	30	0	0	0	0	90	60	0	60	0	0	0	140	0