

BREAKFAST ALL-STAR SPECIAL™

Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
2 Eggs - Scrambled	180	14	4	1	338	176	2	0	2	12	Egg, Soy.
Includes: Classic Waffle	410	18	10	0	50	870	55	2	15	8	Egg, Milk, Soy, Tree Nuts, Wheat.
Plus your choice of:											
White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:											
Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
Regular Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	
Plus your choice of:											
Bacon - 3 Slices	135	12	5	0	30	375	0	0	0	9	
Sausage - 2 patties	260	24	8	0	50	510	1	0	0	10	
Chicken Sausage - 2 patties	180	13	4	0	75	700	0	0	0	14	
City Ham - 1 Slice	100	3	1	0	40	850	7	0	6	14	
Country Ham - 1 Slice	190	9	3	0	95	2110	1	0	1	25	

BREAKFAST HASHBROWN BOWLS

Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Sausage Egg & Cheese Hashbrown Bowl	920	61	22	1	413	1666	63	6	3	33	
Includes: Large Hashbrowns	380	14	5	0	0	480	58	6	0	6	Soy.
Sausage	260	24	8	0	50	510	1	0	0	10	
2 Eggs - Scrambled	180	14	4	1	338	176	2	0	2	12	Egg, Soy.
American Cheese (2 Slices)	100	9	5	0	25	500	2	0	1	5	Milk, Soy.
Chicken Sausage Egg & Cheese Hashbrown Bowl	840	50	18	1	438	1856	62	6	3	37	
Includes: Large Hashbrowns	380	14	5	0	0	480	58	6	0	6	Soy.
Chicken Sausage	180	13	4	0	75	700	0	0	0	14	
2 Eggs - Scrambled	180	14	4	1	338	176	2	0	2	12	Egg, Soy.
American Cheese (2 Slices)	100	9	5	0	25	500	2	0	1	5	Milk, Soy.
Bacon Egg & Cheese Hashbrown Bowl	795	49	19	1	393	1531	62	6	3	32	
Includes: Large Hashbrowns	380	14	5	0	0	480	58	6	0	6	Soy.
Bacon	135	12	5	0	30	375	0	0	0	9	
2 Eggs - Scrambled	180	14	4	1	338	176	2	0	2	12	Egg, Soy.
American Cheese (2 Slices)	100	9	5	0	25	500	2	0	1	5	Milk, Soy.
Ham Egg & Cheese Hashbrown Bowl	800	43	16	1	413	2416	66	6	5	41	
Includes: Large Hashbrowns	380	14	5	0	0	480	58	6	0	6	Soy.
Diced Ham	140	6	2	0	50	1260	4	0	2	18	
2 Eggs - Scrambled	180	14	4	1	338	176	2	0	2	12	Egg, Soy.
American Cheese (2 Slices)	100	9	5	0	25	500	2	0	1	5	Milk, Soy.

EGG BREAKFASTS

Name		Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
2 Egg Breakfast: 2 Eggs - Scrambled		180	14	4	1	338	176	2	0	2	12	Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	
Cheese 'N Eggs: 2 Scrambled Eggs with Cheese		280	23	9	1	363	676	4	0	3	17	Egg, Milk, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	
T-Bone & Eggs: T-Bone Steak and 2 Eggs - Scrambled		600	43	15	1	453	436	2	0	2	49	Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	
Steak & Eggs: Delmonico Steak and 2 Eggs - Scrambled		480	28	9	2	473	636	2	0	2	53	Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	
Country Ham & Eggs: Country Ham and 2 Eggs - Scrambled		370	23	7	1	433	2286	3	0	3	37	Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	
Chicken & Eggs: Grilled Chicken and 2 Eggs - Scrambled		310	15	4	1	418	1106	4	0	2	41	Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	

EGG BREAKFASTS CONTINUED

Name		Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Meat Lover's Chicken & Eggs: 2 Pieces of Grilled Chicken and 2 Eggs - Scrambled		440	16	4	1	498	2036	6	0	2	70	Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	
Pork Chops & Eggs: 2 Grilled Pork Chops and 2 Eggs - Scrambled		520	28	9	1	478	1216	2	0	2	64	Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	
Meat Lover's Pork Chops & Eggs: 3 Grilled Pork Chops and 2 Eggs - Scrambled		690	35	12	1	548	1736	2	0	2	90	Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	
Cheesesteak & Eggs: Cheesesteak and 2 Eggs - Scrambled		310	21	7	1	388	476	2	0	2	28	Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	0	2	0	
Fiesta Protein Bowl: Grilled Chicken, 3 Eggs - Scrambled, 2 Cheese, 1 OPT		530	31	11	1	612	2084	14	1	6	52	Egg, Soy.

Waffles

Name		Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Classic Waffle House Waffle		410	18	10	0	50	870	55	2	15	8	Egg, Milk, Soy, Tree Nuts, Wheat.
Toppings :	Pecans	150	15	2	0	0	0	3	2	1	2	Tree Nuts.
	Chocolate Chips	95	5	3	0	0	0	14	1	11	1	Soy.
	Blueberry Nougat	98	2	3	1	0	8	13	0	9	1	Milk, Soy, Wheat
	Peanut Butter Chips	113	6	5	0	0	71	13	1	12	2	Milk, Peanut, Soy.

Hashbrowns and Toppings

Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
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Waffle House Hashbrowns:	Regular	190	7	3	0	0	240	29	3	0	3	Soy.
	Large	380	14	5	0	0	480	58	6	0	6	Soy.
	Triple	570	21	8	0	0	720	87	9	0	9	Soy.

Toppings :	Sautéed Onions	15	0	0	0	0	0	3	1	1	0	
	Melted American Cheese	50	5	3	0	13	250	1	0	1	3	Milk, Soy.
	Hickory Smoked Ham	70	3	1	0	25	630	2	0	1	9	
	Grilled Tomatoes	5	0	0	0	0	0	2	0	1	0	
	Jalapeno Peppers	10	0	0	0	0	390	2	0	0	0	
	Grilled Mushrooms	10	0	0	0	0	140	2	1	1	1	
	Bert's Chili™	55	2	1	0	5	260	6	2	1	5	Milk, Soy, Wheat.
	Sausage Gravy - 3 oz	75	18	2	0	4	385	8	0	0	1	Egg, Milk, Soy, Wheat.

Breakfast Sides

Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
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Bacon	135	12	5	0	30	375	0	0	0	9	
Large Bacon	225	20	8	0	50	625	0	0	0	15	
Sausage	260	24	8	0	50	510	1	0	0	10	
Large Sausage	390	36	12	0	75	765	2	0	0	15	
Chicken Sausage	180	13	4	0	75	700	0	0	0	14	
City Ham	100	3	1	0	40	850	7	0	6	14	
Country Ham	190	9	3	0	95	2110	1	0	1	25	
Biscuit & Sausage Gravy	375	33	11	0	4	1185	42	1	2	6	Egg, Milk, Soy, Wheat.
Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
Cheese Grits	140	7	3	0	13	550	17	1	1	6	Egg, Milk, Soy, Wheat.
Tomatoes	10	0	0	0	0	0	2	1	2	1	
Sausage Egg & Cheese Grits Bowl	720	52	18	1	413	1786	37	2	3	33	Egg, Milk, Soy, Wheat.
Chicken Sausage Egg & Cheese Grits Bowl	640	41	14	1	438	1976	36	2	3	37	
Bacon Egg & Cheese Grits Bowl	595	40	15	1	393	1651	36	2	3	32	Egg, Milk, Soy, Wheat.
Ham Egg & Cheese Grits Bowl	600	34	12	1	413	2536	40	2	5	41	Egg, Milk, Soy, Wheat.

Grilled Biscuits

Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
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Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
Sausage Egg & Cheese Biscuit	570	39	18	0	207	1393	37	1	4	19	Egg, Milk, Soy, Wheat.
Chicken Sausage Egg & Cheese Biscuit	530	33	15	0	219	1488	36	1	4	21	
Bacon Egg & Cheese Biscuit	530	35	17	0	202	1388	36	1	4	20	Egg, Milk, Soy, Wheat.
Chicken Biscuit	430	16	9	0	80	1730	36	1	2	34	Egg, Milk, Soy, Wheat.
Bacon Biscuit	390	23	12	0	20	1050	34	1	2	11	Egg, Milk, Soy, Wheat.
Sausage Biscuit	430	27	13	0	25	1055	35	1	2	10	Egg, Milk, Soy, Wheat.
Chicken Sausage Biscuit	390	22	11	0	38	1150	34	1	2	12	Egg, Milk, Soy, Wheat.
City Ham Biscuit (1)	400	33	19	0	40	2450	75	2	10	24	Egg, Milk, Soy, Wheat.

Add-ons:	American Cheese - 1 slice	50	5	2.5	0	12.5	250	1	0	1	2.5	Milk, Soy.
	1 Egg - Scrambled	90	7	2	0	169	88	1	0	1	6	Egg, Soy.

Ham Biscuits are served as 2 Biscuits											
Country Ham Biscuits (2)	790	39	21	0	95	3710	69	2	5	35	Egg, Milk, Soy, Wheat.

Add-ons:	American Cheese - 2 slices	100	9	5	0	25	500	2	0	1	5	Milk, Soy.
	2 Eggs - Scrambled	180	14	4	1	338	176	2	0	2	12	Egg, Soy.

Breakfast Sandwiches and Melts												
Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	
Egg Sandwich	220	9	2	0	169	348	26	1	4	10	Egg, Soy, Wheat.	
Egg & Cheese Sandwich	270	13	5	0	182	598	27	1	5	13	Egg, Milk, Soy, Wheat.	
Texas Egg & Cheese Melt	390	18	7	0	194	968	41	2	6	17	Egg, Milk, Soy, Wheat.	
Sausage Sandwich	390	26	8	0	50	770	26	1	3	14	Soy, Wheat.	
Sausage & Egg Sandwich	480	33	10	0	219	858	27	1	4	20	Egg, Soy, Wheat.	
Sausage, Egg & Cheese Sandwich	530	37	13	0	232	1108	28	1	5	23	Egg, Milk, Soy, Wheat.	
Texas Sausage, Egg & Cheese Melt	650	42	15	0	244	1478	42	2	6	27	Egg, Milk, Soy, Wheat.	
Chicken Sausage Sandwich	310	15	4	0	75	960	25	1	3	18	Soy, Wheat.	
Chicken Sausage & Egg Sandwich	400	22	6	0	244	1048	26	1	4	24	Egg, Soy, Wheat.	
Chicken Sausage, Egg & Cheese Sandwich	450	26	8	0	257	1298	27	1	5	27	Egg, Milk, Soy, Wheat.	
Texas Chicken Sausage, Egg & Cheese Melt	570	31	11	0	269	1668	41	2	6	31	Egg, Milk, Soy, Wheat.	
Bacon Sandwich	265	14	5	0	30	635	25	1	3	13	Soy, Wheat.	
Bacon & Egg Sandwich	355	21	7	0	199	723	26	1	4	19	Egg, Soy, Wheat.	
Bacon, Egg & Cheese Sandwich	405	25	9	0	212	973	27	1	5	22	Egg, Milk, Soy, Wheat.	
Texas Bacon, Egg & Cheese Melt	525	30	12	0	224	1343	41	2	6	26	Egg, Milk, Soy, Wheat.	
Grilled Ham Sandwich	230	4	1	0	40	1110	32	1	9	18	Soy, Wheat.	
Ham & Egg Sandwich	320	11	3	0	209	1198	33	1	10	24	Egg, Soy, Wheat.	
Ham, Egg & Cheese Sandwich	370	16	5	0	222	1448	34	1	11	27	Egg, Milk, Soy, Wheat.	
Texas Ham, Egg & Cheese Melt	490	21	8	0	234	1818	48	2	12	31	Egg, Milk, Soy, Wheat.	

Kids Meals												
Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	
Kids Waffle with Bacon or Sausage: Waffle	410	18	10	0	50	870	55	2	15	8	Egg, Milk, Soy, Tree Nuts, Wheat.	
Plus your choice of:												
Kid's Bacon	90	8	3	0	20	250	0	0	0	6		
Kid's Sausage	130	12	4	0	25	255	1	0	0	5		
Kid's Chicken Sausage	90	7	2	0	38	350	0	0	0	7		
Kid's 1 Egg Breakfast with Bacon or Sausage: 1 Egg Scrambled	90	7	2	0	169	88	1	0	1	6	Egg, Soy.	
Plus your choice of:												
White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.	
Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.	
Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.	
Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.	
Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.	
Plus your choice of:												
Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.	
Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.	
Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1		
Plus your choice of:												
Kid's Bacon	90	8	3	0	20	250	0	0	0	6		
Kid's Sausage	130	12	4	0	25	255	1	0	0	5		
Kid's Chicken Sausage	90	7	2	0	38	350	0	0	0	7		

Toddle House® Omelet Breakfasts

Name		Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cheese Omelet Breakfast: 2 Egg Cheese Omelet		280	23	9	1	363	676	4	0	3	17	Milk, Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1	
Ham & Cheese Omelet Breakfast: 2 Egg Ham & Cheese Omelet		350	26	10	1	388	1306	6	0	4	26	Milk, Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1	
Cheesesteak Omelet Breakfast: 2 Egg Cheesesteak Omelet		410	30	12	1	413	976	4	0	3	33	Milk, Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1	
Fiesta Omelet Breakfast: 2 Egg Fiesta Omelet		380	26	10	1	388	1696	13	1	6	26	Milk, Egg, Soy.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1	

Toddle House® Omelet Breakfasts Continued

Name		Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Build your own Omelet Breakfast												
2 Egg Omelet												
	White Toast - 2 Slices	180	14	4	1	338	176	2	0	2	12	Egg, Soy.
	Wheat Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
Plus your choice of:	Raisin Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Grilled Biscuit	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
Plus your choice of:	Texas Toast - 1 Slice	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Grits	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
	Hashbrowns	90	3	1	0	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Sliced Tomatoes	190	7	3	0	0	240	29	3	0	3	Soy.
		10	0	0	0	0	0	2	1	2	1	
Meats:												
	Bacon	90	8	3	0	20	250	0	0	0	6	
	Sausage	130	12	4	0	25	255	1	0	0	5	
	Chicken Sausage	90	7	2	0	38	350	0	0	0	7	
	Grilled Chicken	130	1	0	0	80	930	2	0	0	29	
	Cheesesteak	130	7	3	0	50	300	0	0	0	16	Soy.
Add-Ons:												
	Sautéed Onions	15	0	0	0	0	0	3	1	1	0	
	Melted American Cheese	100	9	5	0	25	500	2	0	1	5	Milk, Soy.
	Hickory Smoked Ham	70	3	1	0	25	630	2	0	1	9	
	Grilled Tomatoes	5	0	0	0	0	0	2	0	1	0	
	Jalapeno Peppers	10	0	0	0	0	390	2	0	0	0	
	Grilled Mushrooms	10	0	0	0	0	140	2	1	1	1	
	Grilled Chicken	130	1	0	0	80	930	2	0	0	29	

LUNCH/DINNER HASHBROWN BOWLS

Name		Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cheesesteak Melt Hashbrown Bowl		625	30	13	0	75	1280	63	7	2	27	
Includes:	Large Hashbrowns	380	14	5	0	0	480	58	6	0	6	Soy.
	Cheesesteak	130	7	3	0	50	300	0	0	0	16	Soy.
	Grilled Onions	15	0	0	0	0	0	3	1	1	0	
	American Cheese (2 Slices)	100	9	5	0	25	500	2	0	1	5	Milk, Soy.
Chicken Melt Hashbrown Bowl		625	24	10	0	105	1910	65	7	2	40	
Includes:	Large Hashbrowns	380	14	5	0	0	480	58	6	0	6	Soy.
	Grilled Chicken	130	1	0	0	80	930	2	0	0	29	
	Grilled Onions	15	0	0	0	0	0	3	1	1	0	
	American Cheese (2 Slices)	100	9	5	0	25	500	2	0	1	5	Milk, Soy.

CLASSIC DINNERS

Name		Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken Dinner												
Chicken Filet (1)		130	1	0	0	80	930	2	0	0	29	Milk, Soy, Wheat.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1	
Meat Lovers Chicken Dinner												
Chicken Filet (2)		260	2	0	0	160	1860	4	0	0	58	Milk, Soy, Wheat.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1	
Country Ham Dinner												
Country Ham (1)		190	9	3	0	95	2110	1	0	1	25	Milk, Soy, Wheat.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1	
Pork Chop Dinner												
Pork Chops (2)		340	14	5	0	140	1040	0	0	0	52	Milk, Soy, Wheat.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1	
Meat Lovers Pork Chop Dinner												
Pork Chops (3)		510	21	8	0	210	1560	0	0	0	78	Milk, Soy, Wheat.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2	1	

USDA CHOICE STEAK DINNERS

Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
T-Bone Dinner											
T-Bone Steak (1)	420	29	11	0	115	260	0	0	0	37	Milk, Soy, Wheat.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	2	1	2	1	

Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Delmonico Dinner											
Delmonico Steak (1)	300	14	5	1	135	460	0	0	0	41	Milk, Soy, Wheat.
Plus your choice of:	White Toast - 2 Slices	130	2	0	0	260	25	1	3	4	Milk, Soy, Wheat.
	Wheat Toast - 2 Slices	120	2	0	0	250	26	4	2	6	Milk, Soy, Wheat.
	Raisin Toast - 2 Slices	220	3	0	0	280	42	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	300	15	9	0	800	34	1	2	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	100	1	0	0	190	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	3	1	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	7	3	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	2	1	2	1	

Texas Melts

Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Texas Grilled Chicken Melt	445	12	5	0	105	1810	45	3	6	40	Milk, Soy, Wheat.
Texas Cheesesteak™ Melt	445	18	8	0	75	1180	43	3	6	27	Milk, Soy, Wheat.
Texas Angus Patty Melt	535	28	12	1	85	935	43	3	6	26	Milk, Soy, Wheat.
Add Bacon (2 slices)	90	8	3	0	20	250	0	0	0	6	

REGULAR BERT'S CHILI™

Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Regular Bert's Chili™ (4 oz)	110	4	1	0	10	520	11	4	1	9	Milk, Soy, Wheat.
Large Bert's Chili™ (8 oz)	220	7	2	0	20	1040	22	8	2	18	Milk, Soy, Wheat.
Bert's Chili™ as a Topping (2 oz)	55	2	1	0	5	260	6	2	1	5	Milk, Soy, Wheat.

100% Angus Beef Hamburgers

Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Angus 1/4 LB Hamburger Deluxe	370	19	7	1	60	295	30	2	5	19	Milk, Soy, Wheat.
Angus 1/4 LB Cheeseburger Deluxe	420	23	10	1	73	545	31	2	6	22	Milk, Soy, Wheat.
Double Angus 1/4 LB Cheeseburger Deluxe	690	45	19	2	145	850	32	2	6	39	Milk, Soy, Wheat.
Angus Patty	220	17	7	1	60	55	0	0	0	15	
Bun	130	2	0	0	0	240	25	1	3	4	
Add Bacon (2 slices)	90	8	3	0	20	250	0	0	0	6	

Sandwiches												
Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	
Grilled Chicken Sandwich Deluxe	280	3	0	0	80	1170	32	2	5	33	Milk, Soy, Wheat,	
Grilled Chicken Bacon Cheese Sandwich Deluxe	420	15	6	0	113	1670	33	2	6	42	Milk, Soy, Wheat,	
Grilled Cheese Sandwich	230	11	5	0	25	760	27	1	4	9	Milk, Soy, Wheat.	
Waffle Sandwich (Ham and Cheese on Wheat)	270	9	3	0	53	1350	34	4	9	23	Milk, Soy, Wheat.	
Ham & Cheese Sandwich (Lettuce & Tomato)	285	9	3	0	53	1360	35	1	11	21	Milk, Soy, Wheat.	
BLT Sandwich	275	14	5	0	30	635	27	1	4	13	Soy/Wheat.	
Texas Bacon Lover's BLT Sandwich (5 bacon slices)	435	22	8	0	50	1005	40	2	5	21	Milk, Soy, Wheat.	

Pies												
Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	
Regular Slice Southern Pecan Pie	510	26	8	0	65	610	66	1	28	4	Egg, Milk, Soy, Tree Nuts, Wheat.	
Small Slice Southern Pecan Pie	255	13	4	0	33	305	33	1	14	2	Egg, Milk, Soy, Tree Nuts, Wheat.	
Regular Slice Triple Chocolate Pie	490	25	15	0	63	270	59	1	39	2	Milk, Soy, Wheat.	
Small Slice Triple Chocolate Pie	245	13	8	0	31	135	30	1	20	1	Milk, Soy, Wheat.	

Beverages												
Name	Cal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	
Coffee	5	0	0	0	0	0	1	0	0	0		
Dark Roast Coffee	5	0	0	0	0	0	1	0	0	0		
Coffee - Decaf	5	0	0	0	0	0	1	0	0	0		
Coca-Cola®	160	0	0	0	0	35	44	0	44	0		
Diet Coke®	0	0	0	0	0	50	0	0	0	0		
Sprite®	160	0	0	0	0	70	42	0	42	0		
Pibb-Xtra®	150	0	0	0	0	60	42	0	42	0		
Barq's Root Beer®	180	0	0	0	0	75	50	0	50	0		
Hi-C® Fruit Punch	170	0	0	0	0	55	46	0	45	0		
Simply Lemonade	160	0	0	0	0	30	41	0	39	0		
Alice's Iced Tea™ - Unsweet	0	0	0	0	0	0	0	0	0	0		
Alice's Iced Tea™ - Sweet	70	0	0	0	0	0	17	0	17	0		
Alice's Iced Tea-Monade	140	0	0	0	0	0	36	0	35	0		
Simply Orange Juice	160	0	0	0	0	0	37	0	33	2		
Simply Apple Juice	160	0	0	0	0	5	43	0	40	0		
Honest Kids Apple Juice	35	0	0	0	0	15	9	0	8	0		
Regular Milk	130	5	4	0	20	125	13	0	13	9	Milk.	
Large Milk	250	10	6	0	40	230	24	0	24	16	Milk.	
Large Chocolate Milk	440	16	10	0	70	360	58	0	54	16	Milk.	
Regular Chocolate Milk	230	9	5	0	35	190	31	0	29	9	Milk.	
Hot Tea	5	0	0	0	0	0	0	0	0	0		