



*Simply Great Food!*

# NUTRITIONAL MENU SUPPLEMENT



# NUTRITIONAL INFORMATION



## Breakfast

	Calories	Sat Fat	Carb	Sodium	*Cal Range
Cinna-ma-sation Platter	2188	39	236	4197	
Cinna-ma-sation Breakfast	1397	34	107	1433	
Cinna-ma-sation French Toast	1503	30	172	797	
*Plus Your Choice of Toast					
Flat Iron Steak & Stuffed Hashbrown Platter	1487	28	133	4164	1719-1799
Bacon & Stuffed Hashbrown Platter	1233	19	132	4222	1465-1545
Double Smoked Sausage Platter	1353	20	137	5442	1585-1665
Breakfast Panini	832	12	68	1860	
Pastrami Hash Breakfast	436	6	27	732	668-748
Quiche Breakfast with BMP	807	18	67	1162	
Quiche Breakfast with Lorraine	836	19	67	1119	
Quiche Breakfast with 3 Cheese & Ham	793	17	67	1148	
Quiche Breakfast with Vegetable	770	16	70	984	
Traditional Eggs Benedict with Browns	1293	13	163	4469	
Traditional Eggs Benedict with Fruit	602	9	44	1714	
Grandmas's Biscuit & Gravy Breakfast	834	25	66	2430	
Western Scramble	1456	32	134	4336	1688-1768
Breakfast Sampler Platter	2102	29	271	5506	
Bone in Ham & Potato Pancakes	961	11	74	2003	1192-1272
Farm House Platter	1642	28	196	5845	
*Plus Your Choice Of Hashbrowns and Toast or Pancakes or French Toast:					
Skillet, Meat Lovers	1497	31	138	4239	1729-2389
Tbone Steak & eggs	1517	17	131	4057	1749-2409
Ultimate Country Fried Steak and eggs	1460	12	215	5267	1692-2352
Traditional Bacon & Eggs	1077	12	130	3887	1309-1969
Traditional Ham & Eggs	1008	9	131	3935	1240-1900
Traditional Sausage & Eggs	1337	28	132	3527	1569-2229
Buttermilk Pancakes	1083	6	195	2008	
Traditional French Toast	1143	12	144	935	
Fresh Baked Belgian Waffle	1024	21	93	1499	
Strawberry Waffle	814	9	85	1444	
Crepes with Strawberries	533	13	33	519	
Crepes with Apples	547	13	72	428	
Crepes with Burst O Berry	494	14	59	444	
Potato Pancakes	559	5	94	211	
Omelette, BMP	853	28	6	1911	1658-1895
Omelette, Chicken Fajita	620	16	13	1130	1425-1662
Spring Spinach Omelete	577	16	10	838	1382-1619
Omelette, Denver	581	17	9	1189	1386-1623
Omelette, Classic Ham & Cheese	601	17	7	1557	1406-1643
Omelette, Classic Bacon & Cheese	815	28	4	1698	1620-1857
Omelette, Classic Sausage & Cheese	741	26	5	1127	1546-1783
Pancakes as option	805	5	147	1282	
French Toast as option	892	9	113	688	
Add butter and Syrup	390	3	74	194	



## Sides

	Calories	Sat Fat	Carb	Sodium	*Cal Range
Side of 12 Grain Whole Wheat Toast	312	3	38	415	
Side of Rye Toast	312	3	38	635	
Side White Toast	272	3	34	455	
Side of English Muffin	232	3	28	345	
Side of Sourdough Toast	292	3	40	435	
Biscuit	480	14	58	1580	
Side Hashbrowns	730	4	129	2764	
Side of 2 eggs	126	2	0	124	
Side of Pastrami Hash	210	1.5	16	600	
Oatmeal	357	3	60	62	
Cinnamason Roll	883	16	131	411	
Caramel Pecan Roll	1205	17	176	601	
Side of Burst-O Berry Muffin	520	6	54	490	
Side of Biscuits & Gravy	848	24	98	2937	
Side of Bacon	160	4	0	1000	
Side of Sausage	420	20	2	640	
Side of Ham	200	1	4	1740	
Stuffed Hashbrowns	887	11	131	3099	
Fresh Fruit	39	0	10	9	



## Soups

	Calories	Sat Fat	Carb	Sodium	*Cal Range
<b>Soup Cups</b>					
Soup, Cup Chicken Tortilla	83	2	10	467	
Soup, Cup French Onion	83	2	3	893	
Soup, Cup Tomato Basil	114	4	9	418	
Soup, Cup Chicken Noodle	46	0	6	598	
Soup, Cup Clam Chowder	126	2	13	669	
Soup, Cup Split Pea with Ham	130	1	17	661	
Soup, Cream of Broccoli Cup	94	3	9	638	
*Plus A Bowl of Soup and Side Salad with Your Choice of Dressing					
Soup and Salad Combo with Cornbread	230	3	20	180	360-870
<b>Soup Bowls</b>					
Soup, Bowl of Loaded Potato	308	10	24	1345	
Soup, Bowl Chicken Tortilla	156	2	21	954	
Soup, Bowl French Onion	142	2	9	1461	
Soup, Bowl Tomato Basil	247	8	18	872	
Soup, Bowl Chicken Noodle	74	0	9	957	
Soup, Bowl Clam Chowder	202	4	21	1071	
Soup, Bowl Split Pea with Ham	181	1	26	1021	
Soup, Bowl Cream of Broccoli	184	6	17	1255	



## Kids Menu

	Calories	Sat Fat	Carb	Sodium	*Cal Range
Three Ring Sampler	904	12	90	1623	
Beaker's Morning Favorite	1076	13	147	3471	
Hot Diggity Dogs	520	5	69	585	
Shari's Happy Cake	650	16	52	1329	
Eggs ceptional Cheese Omelette	1215	18	149	3659	
Big Top Mini Burgers	743	11	74	607	
Smile and say cheese wedges	735	12	84	825	
Mac & Cheese	902	11	119	1449	
Super Maxx's Chicken Strips	834	7	82	1426	
Add on Kids Fries	339	4	28	368	
Junior Chocolate Sundae	289	5	45	92	
Junior Oreo Sundae	385	7	49	285	
Junior Strawberry Sundae	236	5	20	113	

# NUTRITIONAL INFORMATION



## Sandwiches, Specialties & Burgers

Calories Sat Fat Carb Sodium \*Cal Range

\*Plus Your Choice Of A Cup of Soup or Salad and a Slice of Pie:

BLT Half Sandwich	232	3	19	1380	714-1250
Deli Chicken Salad Sandwich Half	385	2	36	1232	867-1403
Deli Sandwich with Ham Half	218	1	27	1749	700-1236
Deli Sandwich with Turkey Half	206	0	24	1408	688-1224
Grown Up Grilled Cheese Half	457	15	23	1280	939-1475
BLT Whole Sandwich	456	6	37	2105	938-1474
Deli Chicken Salad Sandwich Whole	759	4	71	1813	1241-1777
Deli Sandwich with Ham Whole	425	1	52	2844	907-1443
Deli Sandwich with Turkey Whole	399	1	45	2158	881-1417
Grown Up Grilled Cheese	905	30	45	1910	1387-1923

\*Plus Your Choice Of Fresh Fruit, French Fries or A Cup of Soup or Salad:

Baja Chipotle Chicken Burger	982	17	63	2299	1021-1289
Prime Rib Dip	822	19	47	2397	861-1129
Philly Steak Sub	1201	28	55	2663	1240-1508
Shari's Clubhouse	632	7	60	2375	671-939
Pesto Salmon BLT	767	11	53	2541	806-1074
Pesto Chicken Mushroom Melt	792	14	50	2462	831-1099
Pastrami Panini	781	11	57	3430	820-1088
All American Panini	797	13	61	3450	836-1104
Rueben Panini	875	12	66	3796	914-1182
Chicken Caesar Panini	991	19	64	3181	1030-1298
Breakfast Panini	832	12	68	1860	871-1139
Hamburger	579	5	51	1046	618-886
Cheeseburger	659	9	51	1186	698-966
Double Stack Bacon Cheeseburger	1016	17	51	2162	1055-1323
Bacon Bleu Cheeseburger	871	14	52	1908	910-1178
Garlic-Mushroom Swiss Burger	866	16	54	1259	905-1173
BBQ Bacon Burger	859	12	71	2273	898-1166
Patty Melt	663	11	41	1701	702-970
Grilled Veggie Burger	638	7	71	1061	677-945

\*Plus Your Choice Of A Cup of Soup or Salad:

Classic Quiche Platter with BMP	575	15	39	818	620-882
Classic Quiche Platter with Lorraine	604	16	39	775	649-911
Classic Quiche Platter with 3 Cheese & Ham	561	14	39	803	606-868
Classic Quiche Platter with Vegetable	538	13	42	639	584-845
Fish and Chips Basket	819	6	87	1015	
Chicken Strip Basket	745	4	97	1794	
Shrimp and Fries Basket	633	2	105	1370	
Calamari Basket	925	8	84	895	
BLT Basket	811	7	95	2260	
Triple Play Grilled Cheese Basket	1260	32	103	2066	
Hot Turkey Sandwich	946	13	105	2902	



## Appetizers

Calories Sat Fat Carb Sodium \*Cal Range

Asian Potstickers	496	4	83	980	
Potato Skins	724	26	40	1298	
Mozzarella Sticks	382	10	39	1575	
Onion Rings	755	7	100	1796	
Calamari Appetizer	524	6	25	704	
You Pick Sampler	993	12	124	2759	
Sliders	1048	17	72	3949	
Loaded French Fries	1145	25	106	1371	
Buffalo Wings	819	15	6	2736	
Barbeque Wings	861	15	16	2124	
Sweet Chili Chicken Wings	675	10	29	1473	
Teriyaki Chicken Wings	708	10	35	2939	
Orange Chicken Wings	668	10	29	1561	



## Entrée Salads

Calories Sat Fat Carb Sodium \*Cal Range

\*Plus Your Choice of Dressing

American Chopped Salad	840	18	47	2351	861-1326
Orange Chicken Salad	924	7	107	2216	
Spinach Cobb Salad	874	17	54	2101	
Potsticker Salad	823	7	103	1480	
New Orleans Flat Iron Steak Salad	1312	33	60	4062	
Chicken Caesar Salad	698	9	46	1841	
Salmon Caesar Salad	699	9	43	2068	

## Side Salads

Dinner Salad	64	--	12	104	85-307
Toasted Sesame Side Salad	264	5	10	470	
Caesar Side Salad	232	5	9	574	

## Condiments

Vinegar and Oil	182	3	0	0	
Balsamic Vinaigrette Dressing	21	--	4	439	
Blue Cheese Dressing	243	5	2	258	
Thousand Island Dressing	128	1	9	369	
Creamy Caesar Dressing	205	4	3	513	
Ranch Dressing	189	3	3	331	
Honey Mustard Dressing	170	2	11	128	
Toasted Sesame Dressing	159	2	9	412	
Dressing, Bleu Cheese Vinaigrette	88	2	2	232	
Pesto Ranch Dressing	170	3	3	340	



## Dinners

Calories Sat Fat Carb Sodium \*Cal Range

T-Bone Steak Dinner	1346	26	76	2557	
Country Fried Steak Dinner	1190	17	156	3380	
Flat Iron Steak & Shrimp w Stuffed Hashbrowns	2028	36	191	5848	
Fishermans Bounty	1471	11	162	2513	
Creamy Pasta Alfredo with Chicken	1071	27	97	2288	
Chicken and Dumpling Dinner	878	13	82	2182	
Classic Pot Roast and Country Vegetables	1528	28	81	3071	
Baked Salmon Dinner	1289	19	59	2669	

\*Plus Your Choice Of Potato:

Southern Fried Chicken Strips Dinner	779	8	67	1656	868-1193
Baked Potato with Butter & Sourcream	281	5	38	133	
Red Skin Mashed Potato	256	5	40	567	
Loaded Mashed Potatoes	414	13	42	902	
Fries	300	1	50	75	
Rice Pilaf	89	1	10	151	

# NUTRITIONAL INFORMATION



## Desserts

	Calories	Sat Fat	Carb	Sodium	*Cal Range
Shari's Out of this World Carrot Cake	330	6	39	280	
Shari's Cheese Cake with Strawberries	616	20	43	440	
Shari's Cheesecake with Apples	626	20	72	372	
Shari's Cheese Cake with Burst O Berry	580	20	63	382	
Turtle Sundae	1058	22	122	548	
Chocolate Sundae	450	8	73	158	
Caramel Sundae	446	8	74	278	
Oreo Sundae	577	10	78	416	
Banana Split	790	18	104	316	
Cheese Cake Slice	418	15	37	315	
Chocolate Lava Cake	668	15	101	545	
Strawberry Sundae	379	8	39	186	
Shari's Grannys Apple Pie Slice	571	8	78	387	
Shari's Banana Cream Dream - Slice	593	15	65	353	
Shari's Burst O'Berry Slice	592	9	82	357	
Shari's Creamy Caramel Pecan Crunch Slice	711	2	71	449	
Shari's Montana Cherry Pie Slice	551	8	72	285	
Shari's Peanut Butter Chocolate Silk Slice	659	18	60	306	
Shari's Chocolate Cream Supreme Slice	586	18	67	343	
Shari's Tropical Coconut Cream - Slice	537	19	62	356	
Shari's Dutch Apple Crisp Slice	480	8	69	330	
Shari's Velvet Chocolate Silk Pie Slice	641	19	55	108	
Shari's Northwest Marionberry Pie Slice	562	9	74	357	
Shari's NSA Granny's Apple Pie -Slice	480	8	36	435	
Shari's NSA Northwest Marionberry Slice	540	9	51	465	
Shari's Oreo Cream Pie slice	555	18	67	277	
Shari's Peach Perfection Slice	547	7	71	322	
Shari's Fresh Pecan Pie - Slice	436	2	94	265	
Shari's Pumpkin Pie slice	368	6	55	312	
Shari's Sour Cream Lemon Slice	550	18	61	290	
Shari's S'mores Galore Pie Slice	566	13	68	278	
Shari's Strawberry Rhubarb Delight Slice	521	13	67	436	
Shari's Lemon Meringue Delight Slice	630	7	101	428	



## Honored Entrees

	Calories	Sat Fat	Carb	Sodium	*Cal Range
Honored French Toast	502	6	39	494	
Hon Pancakes	277	1	49	726	
Add butter and Syrup	390	3	74	194	
Honored Apples	190	2	42	50	
Honored Strawberries	180	2	3	138	
Honored Bacon	80	2	0	500	
Honored Sausage	210	10	1	320	
Honored Benedict	1012	9	146	3616	
*Plus Your Choice Of Hashbrowns and Toast or Pancakes or French Toast:					
Honored Bacon and Egg	143	3	0	562	810-1185
Honored Sausage and Egg	273	11	1	382	940-1315
Honored Ham and Cheese Omelette	382	13	5	1034	1049-1424
Honored Bacon and Cheese Omelette	489	18	3	1105	1156-1531
Honored Sausage and Cheese Omelette	452	17	4	819	1119-1494
Honored Country Fried Steak	343	2	28	1026	1010-1385
Sandwiches and Salads					
Honored Spinach Cobb Salad	783	18	43	2030	
Honored American Chopped Salad	478	10	20	1275	499-721
Honored Orange Chicken Salad	606	5	68	1495	
Honored Hamburger	579	5	51	1046	624-886
Honored Veggie Burger	638	7	71	1061	677-945
*Plus Your Choice Of Potato and a cup of Soup or Dinner Salad:					
Honored Charbroiled Flat Iron Steak Dinner	784	20	30	1280	918-1504
Honored Chicken Strip Dinner	715	9	57	1358	849-1435
*Plus Your Choice Of a cup of Soup or Dinner Salad:					
Honored Classic Pot Roast & Country Vegetables	1170	21	76	1976	1216-1477
Honored Country Fried Steak Dinner	671	8	58	1397	717-978
Honored Fish & Shrimp Dinner	1225	12	129	1981	1271-1532
Honored Baked Salmon Dinner	1039	16	51	1783	1085-1346



## Beverages

	Calories	Sat Fat	Carb	Sodium	*Cal Range
Pepsi	128	0	36	30	
Diet Pepsi	0	0	0	38	
Mountain Dew	129	0	37	56	
Root Beer	172	0	50	73	
Sobe Lean Cranberry Grapefruit	0	0	0	19	
Lipton No Calorie Brisk-Green Tea with Peach	0	0	0	51	
Orange Juice Regular	134	0	33	0	
Orange Juice Large	223	0	55	0	
Minute Maid Lemonade	188	0	49	4	
Minute Maid Apple Juice Regular	134	0	34	6	
Minute Maid Apple Juice Large	223	0	57	10	
Grapefruit Juice regular	115	0	26	0	
Grapefruit Juice Large	192	0	44	0	
Cranberry Juice regular	150	0	38	0	
Cranberry Juice Large	250	0	63	0	
Tomato Juice regular	58	0	9	1037	
Tomato Juice Large	96	15	1728		
Milk regular	146	6	13	146	
Milk Large	244	10	22	244	
Hot Chocolate	160	3	33	210	
Cappuccino	120	4	20	75	
Apple Cider	80	0	20	30	
Cranberry Cooler	156	0	40	4	
Strawberry Lemonade	289	0	74	4	
Arnold Palmer	94	0	24	4	
Burst-o Berry Shake	650	21	80	398	
Vanilla Shake	611	21	70	378	
Strawberry Shake	667	21	70	427	
Chocolate Shake	720	21	96	406	
Oreo Shake	816	23	100	599	