

CAFE



PIES

Dietary Resource Guide

AUGUST 2016

Product Information Disclaimer

Shari's is committed to meeting the needs of our guest by providing them with the information they need to make nutritiously wise decisions.

Shari's attempts to provide nutrition and ingredient information that is as complete as possible but due to product preparation and portion size variations this information can only be viewed as approximate and not exact. The nutrition analysis is compiled from data provided by product suppliers and manufacturers for ingredients furnished to Shari's in their precooked form. Although we believe these sources to be reliable, we cannot guaranty the accuracy of the product information provided to us. While the ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year.

Further, product formulations change periodically. Some menu items may not be available at all restaurants. Test products, test formulations or regional items have not been included. Some of our products are seasoned with sea salt, paprika, Montreal or Lemon Pepper seasonings as part of the preparation process in our restaurants.

Nutritional Information

BREAKFAST

Breakfast

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Breakfast Cannoli	740	34	17	150	970	92	3	50	12
Buttermilk Pancakes	420	10	1.5	10	1090	73	2	17	8
French Toast	790	51	9	155	730	69	1	11	16
Waffle	260	4	0	0	690	49	1	6	5
Add Butter & Syrup	680	10	3	0	630	146	0	144	0
Add Strawberry topping	220	4.5	2.5	15	35	42	1	39	0
Add Apple topping	230	4.5	2.5	15	40	45	0	39	0
Make it a breakfast - sausage	330	31	11	210	460	0	0	0	13
Make it a breakfast-bacon	140	10	3.5	175	560	0	0	0	12
Cinnama-sation French Toast	1420	65	20	225	750	182	5	93	25
Cinnama-sation Oregon Farmer Style-Sausage	1840	125	10	570	1850	140	5	58	44
Cinnama-sation Oregon Farmer Style-Bacon	1530	90	25	495	1800	140	5	58	39
Shari's Potato Pancakes	570	17	5	20	210	96	6	27	7
Fresh Caramel Pecan Cinnamon Roll	1190	41	16	60	620	182	4	103	18
Cinnama-sation Roll	880	31	16	55	410	131	3	60	16
Ultimate Country Fried Steak	1200	85	30	430	2200	66	2	9	45
USDA Top Sirloin Steak	790	51	18	420	1660	30	2	4	51
Center Cut USDA New York Strip Steak	1150	83	31	535	1240	28	2	2	71
Pancakes	280	7	1	5	720	49	1	11	6
French Toast	520	34	6	105	490	45	0	6	10
Add Butter & Syrup	680	10	3	0	630	146	0	144	0
Biscuits & Gravy (1)	320	18	10	15	1060	34	1	5	7
White	270	12	3	0	450	34	2	4	6
Wheat	330	14	3	0	490	44	4	8	10
Sourdough	290	10	3	0	430	40	2	2	8
Rye	310	14	3	0	630	38	6	0	8
Breakfast Standard Bacon & Eggs	290	22	7	340	870	2	0	1	20
Breakfast Standard Sausage & Eggs	630	57	22	415	920	2	0	1	25
Pancakes	280	7	1	5	720	49	1	11	6
French Toast	520	34	6	105	490	45	0	6	10
Add Butter & Syrup	680	10	3	0	630	146	0	144	0
Biscuits & Gravy (2)	650	35	20	35	2120	69	2	9	13
Hashbrowns & White	510	27	6	0	910	59	0	5	8
Hashbrowns & Wheat	570	29	6	0	950	69	0	9	12
Hashbrowns & Sourdough	530	25	6	0	890	65	0	3	10
Hashbrowns & Rye	550	29	6	0	1090	63	0	1	10
The Shari's Sampler	1080	76	25	570	2440	55	3	11	44
Bone-in Hickory Ham and Potato Pancakes	890	38	10	415	2010	76	4	28	44
White	270	12	3	0	450	34	2	4	6
Wheat	330	14	3	0	490	44	4	8	10
Sourdough	290	10	3	0	430	40	2	2	8
Rye	310	14	3	0	630	38	6	0	8
Meat Lover's Frittata	1120	84	30	840	2150	35	2	9	55
BMP Frittata	920	70	23	790	1610	22	1	4	49
Spring Spinach Omelette	650	52	17	760	620	11	4	5	37
Denver Omelette	660	51	18	780	960	10	1	7	41
Country Omelette	680	52	19	790	1330	8	0	6	44
Pancakes	280	7	1	5	720	49	1	11	6
French Toast	520	34	6	105	490	45	0	6	10
Add Butter & Syrup	680	10	3	0	630	146	0	144	0
Biscuits & Gravy (2)	650	35	20	35	2120	69	2	9	13
Hashbrowns & White	510	27	6	0	910	59	0	5	8
Hashbrowns & Wheat	570	29	6	0	950	69	0	9	12
Hashbrowns & Sourdough	530	25	6	0	890	65	0	3	10
Hashbrowns & Rye	550	29	6	0	1090	63	0	1	10
Eggs Benedict with Hashbrowns	810	46	12	365	2170	61	4	8	34
Eggs Benedict with Fruit	620	31	9	365	1720	48	3	17	32
Breakfast Panini	970	61	16	515	1780	70	4	15	36
BMP Breakfast Quiche	670	38	15	160	1200	63	5	14	20
Lorraine Breakfast Quiche	690	39	16	160	1090	62	5	14	23
Broccoli, Ham & Cheese Breakfast Quiche	660	37	15	155	1170	62	5	15	21
Side Stuffed Hashbrowns	400	28	10	35	790	27	2	2	10
Side of Biscuits & Gravy (3)	970	53	30	50	3180	103	3	14	20
Side of Bacon	120	9	3	15	750	0			9
Side of Sausage	460	44	18	90	800	0	0	0	14
Two Eggs	170	13	3.5	325	125	1	0	0	11
Burst-O-Berry Pie Muffin Slice	450	29	7	60	440	43	1	24	4
Side of Biscuits (2)	480	24	14	0	1580	58	2	4	8
Side of English Muffin	230	11	3	0	340	28	2	2	5
Side of White Toast	270	12	3	0	450	34	2	4	6
Side of Wheat Toast	330	14	3	0	490	44	4	8	10

Breakfast

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Side of Sourdough Toast	290	10	3	0	430	40	2	2	8
Side of Rye Toast	310	14	3	0	630	38	6	0	8
Bowl of Fresh Fruit	100	0	0	0	30	23	2	20	2
Side of Cottage Cheese	60	1	0	10	300	4	0	3	10
Steel Cut Oatmeal	230	4	0	0	290	43	8	0	10
Add Milk, Raisins, Cranberries and Pecans	630	21	1.5	10	400	103	12	56	14
Strawberry-Banana Yogurt Smoothie	860	40	10	60	650	114	4	87	11
Tropical Mango Smoothie	860	40	10	60	560	121	3	89	5

Lunch

4 Way Grill Cheese Whole	610	37	16	80	980	40	0	4	26
4 Way Grilled Cheese Half	310	19	8	40	490	20	0	2	13
Deli Sandwich with Turkey Whole	390	4.5	0.5	70	2160	51	3	8	34
Deli Sandwich with Turkey Half	200	2.5	0	35	1410	27	2	5	17
Deli Sandwich with Ham Half	200	4	0.5	30	1580	26	5	4	15
Deli Sandwich with Ham Whole	390	8	1	60	2510	50	8	8	29
BLT Half Sandwich	240	13	3	15	1380	21	1	3	9
BLT Whole Sandwich	440	22	4.5	20	1860	41	2	6	16
Deli Chicken Salad Sandwich Half	330	14	1	35	1210	36	4	16	16
Deli Chicken Salad Sandwich Whole	650	27	2.5	70	1770	70	8	31	32
Quiche, BMP Trio	390	27	12	150	840	23	2	2	14
Quiche, Ham & Cheese Trio	380	25	12	155	810	22	2	3	15
Quiche, Lorraine Trio	410	28	13	160	730	22	2	2	17
Dinner Salad	35	1	0	0	85	6	0	1	1
Ranch Dressing	190	19	3	15	330	3	0	2	2
Blue Cheese Dressing	240	26	5	25	260	2	0	0	2
Thousand Island Dressing	130	10	1.5	5	370	9	0	6	0
Honey Mustard Dressing	170	16	2	15	130	11	0	10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	0	11	0
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Toasted Sesame Dressing	160	13	2	0	410	9	0	8	0
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	0	10	0
Toasted Sesame Salad	250	18	4	10	490	16	1	13	4
Caesar Side Salad	230	20	5	20	520	8	1	0	7
Side Spinach Salad	200	15	3.5	50	450	10	2	7	6
Side Caprese Salad	230	18	7	40	210	6	1	4	11
Soup, Cup Chicken Tortilla	200	6	3	35	1230	27	6	3	10
Soup, Cup Split Pea with Ham	190	3.5	1	5	1210	29	3	5	10
Soup, Cup Creamy Spinach Artichoke	200	12	7	40	1120	13	2	4	11
Soup, Cup Chicken Noodle	110	3	0.5	30	940	11	1	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18	0	2	6
Soup, Cup Broccoli Cheese	170	12	6	30	1040	11	1	4	7
Soup, Cup of Loaded Potato	290	18	9	45	1260	22	1	5	11
Soup, Bowl Chicken Tortilla	240	7	3	40	1550	34	8	3	13
Soup, Bowl Split Pea with Ham	290	6	2	10	1830	45	5	7	15
Soup, Bowl Creamy Spinach Artichoke	300	18	10	55	1670	20	2	6	16
Soup, Bowl Chicken Noodle	160	4.5	1	40	1410	16	1	2	16
Soup, Bowl Clam Chowder	330	23	7	30	1510	28	1	3	9
Soup, Bowl Broccoli Cheese	250	17	8	40	1550	17	2	6	10
Soup, Bowl of Loaded Potato	380	22	10	55	1750	33	2	6	14
Salmon Caesar Salad	940	66	15	120	1700	43	3	2	47
Chicken Caesar Salad	710	45	10	105	1850	41	3	1	41
Northwest Steak Salad	710	31	8	70	1730	67	4	35	40
Rustic Tuscan Chicken Salad	510	32	5	100	1770	21	1	4	35
Spinach Cobb Salad	760	44	11	275	1860	46	6	12	49
Prime Rib Dip	540	21	8	70	2940	52	2	2	32
Philly Steak Sub	640	27	11	90	2990	60	3	6	41
Crispy Chicken BLT	910	56	13	71	2880	65	4	11	37
Shari's Clubhouse	640	27	8	70	2440	62	2	10	33
Cuban Sandwich	540	23	8	80	2350	47	2	4	33
Pastrami Panini	700	28	9	120	3390	58	5	3	51
Hot Turkey Sandwich	840	28	10	100	2320	107	8	28	42
Trail Boss	1010	57	20	335	2180	55	2	13	67
Mushroom-Swiss Burger	1000	70	20	130	1020	50	2	5	42
Bavarian Burger	970	43	17	215	2730	60	3	7	78
Mediterranean Burger	850	50	17	145	1200	49	1	5	47
Ranch Hand BBQ Bacon Cheeseburger	1110	72	21	135	2080	65	4	14	49
Hamburger	600	29	10	95	700	46	2	7	37
Cheddar Cheeseburger	680	35	14	115	810	46	2	7	42
Swiss Cheeseburger	640	32	12	105	720	46	2	7	40



LUNCH AND DINNER

Lunch, continued

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Bleu Cheeseburger	650	33	13	110	890	46	2	7	40
Pepperjack Cheeseburger	700	38	15	120	890	46	2	7	43
French Fries	390	25	4	0	60	40	4	2	4
Tater Tots with Chipotle Mayo	650	56	9	30	860	36	3	1	3
Tater Tots no sauce	370	26	4	0	620	33	3	1	3
Dinner Salad	35	1	0	0	85	6	0	1	1
Ranch Dressing	190	19	3	15	330	3	0	2	2
Blue Cheese Dressing	240	26	5	25	260	2	0	0	2
Thousand Island Dressing	130	10	1.5	5	370	9	0	6	0
Honey Mustard Dressing	170	16	2	15	130	11	0	10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	0	11	0
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Toasted Sesame Dressing	160	13	2	0	410	9	0	8	0
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	0	10	0
Toasted Sesame Salad	250	18	4	10	490	16	1	13	4
Caesar Side Salad	230	20	5	20	520	8	1	0	7
Side Spinach Salad	200	15	3.5	50	450	10	2	7	6
Side Caprese Salad	230	18	7	40	210	6	1	4	11
Turkey Burger	520	33	9	90	920	36	8	14	26

Appetizers

Porchetta Sliders	880	61	11	85	4020	45	3	9	27
BBQ Pulled Pork Nachos	1680	113	50	235	3990	95	14	7	72
Wings Your Way									
Original Hot Wing with Blue Cheese Dressing	930	72	13	400	2940	8	0	0	59
Galicky Chimichurri	900	70	9	375	1590	6	2	2	58
Hickory-Molasses BBQ	750	46	7	375	1750	21	3	18	57
Balsamic Glaze	780	50	7	375	920	21	0	21	57
Design your own Sampler Pick Four									
Chicken Tenders (2)	290	17	2.5	40	1020	18	1	5	20
Mozzarella Sticks(5)	310	20	8	25	830	23	0	3	13
Onion Rings(6)	390	24	4.5	0	530	39	3	6	3
Golden Shrimp(4)	150	5	1	40	430	17	0	1	9
Tater Tots	370	26	4	0	620	33	3	1	3
French Fries	390	25	4	0	60	40	4	2	4
Marinara Sauce	20	1	0	0	260	3	0	1	0
BBQ Sauce	45	0	0	0	620	10	0	9	0
Ranch	190	19	3	15	330	3	0	2	2
Cocktail Sauce	50	0	0	0	348	12	0	6	1
Onion Rings with Honey Mustard & BBQ sauce	990	64	12	15	1800	100	7	31	6
Mozzarella Sticks with Marinara	510	32	13	40	1580	39	1	5	20

Dinners

New York Strip Steak	940	64	22	170	650	33	2	4	53
Top Sirloin Steak	570	32	9	55	1070	34	2	5	33
Stuffed Hashbrowns	400	28	10	35	790	27	2	2	10
Loaded Mashed Potatoes	410	21	13	65	900	42	4	3	14
Baked Potato	160	0	0	0	15	37	4	2	4
Add Butter & Sour Cream	280	13	5	10	135	38	4	3	5
Steakhouse Sides Add On									
Sauteed Mushrooms	150	14	4	0	170	4	1	2	2
Thick Cut Onion Rings	990	64	12	15	1800	100	7	31	6
Garlic Parmesan Tater Tots	570	42	12	25	1030	35	3	1	13
Steakhouse Mac 'n Cheese	510	27	11	50	960	45	2	9	20
Seafood Additions									
Two Shrimp Skewers	190	11	2.5	150	260	1	0	0	20
Golden Fried Shrimp	420	17	3	100	1080	43	0	3	23
Cocktail Sauce	50	0	0	0	348	12	0	6	1
Shrimp Scampi	360	30	8	150	470	2	0	1	20
Toppings									
Garlicky Chimichurri Sauce	120	12	1	0	540	3	1	1	1
Bleu Cheese Crumbles with Onion Strings	700	55	20	35	1300	37	0	0	9
Cedar Plank Salmon	750	44	10	95	1070	48	4	10	39
Grilled Chicken Mozzarella Bruschetta	610	28	8	100	1800	48	4	11	39
Beer-Batter Fish & Chips	1740	134	20	75	3380	118	11	9	26
Chicken & Waffles	1430	86	20	205	2340	113	1	59	52
Country Fried Steak	1310	80	32	125	2550	112	9	21	35
Prime Rib Stroganoff	1280	79	35	185	3630	95	3	13	59
Slow Cooked Pot Roast	1440	78	26	260	2940	91	9	13	87
Chicken -Mushroom Alfredo	1080	54	26	195	2410	94	4	11	65
Dinner Salad	35	1	0	0	85	6	0	1	1

Dinners, continued

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Ranch Dressing	190	19	3	15	330	3	0	2	2
Blue Cheese Dressing	240	26	5	25	260	2	0	0	2
Thousand Island Dressing	130	10	1.5	5	370	9	0	6	0
Honey Mustard Dressing	170	16	2	15	130	11	0	10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	0	11	0
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Toasted Sesame Dressing	160	13	2	0	410	9	0	8	0
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	0	10	0
Toasted Sesame Salad	250	18	4	10	490	16	1	13	4
Caesar Side Salad	230	20	5	20	520	8	1	0	7
Side Spinach Salad	200	15	3.5	50	450	10	2	7	6
Side Caprese Salad	230	18	7	40	210	6	1	4	11
Soup, Cup Chicken Tortilla	200	6	3	35	1230	27	6	3	10
Soup, Cup Split Pea with Ham	190	3.5	1	5	1210	29	3	5	10
Soup, Cup Creamy Spinach Artichoke	200	12	7	40	1120	13	2	4	11
Soup, Cup Chicken Noodle	110	3	0.5	30	940	11	1	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18	0	2	6
Soup, Cup Broccoli Cheese	170	12	6	30	1040	11	1	4	7
Soup, Cup of Loaded Potato	290	18	9	45	1260	22	1	5	11

Honored

Honored Pancakes	280	7	1	5	720	49	1	11	6
Honored French Toast	520	34	6	105	490	45	0	6	10
Add Butter & Syrup	680	10	3	0	630	146	0	144	0
Add Strawberry Topping	220	4.5	2.5	15	35	42	1	39	0
Add Apple Topping	230	4.5	2.5	15	40	45	0	39	0
Add Bacon	80	6	2	10	500	0	0	0	6
Add Sausage	230	22	9	45	400	0	0	0	7
Honored Bacon & Egg	190	15	4	175	560	2	0	1	12
Honored Sausage & Egg	340	31	11	210	460	2	0	1	13
Honored Ham & Ch Omelette	430	31	14	540	880	6	0	4	33
Honored Bacon & Ch Omelette	540	42	20	555	950	5	0	2	37
Honored Sausage & Ch Omelette	630	52	23	570	900	5	0	2	36
Honored Country Fried Steak & Egg	490	36	12	205	820	24	0	3	20
Pancakes	280	7	1	5	720	49	1	11	6
French Toast	520	34	6	105	490	45	0	6	10
Add Butter & Syrup	680	10	3	0	630	146	0	144	0
Hashbrowns & White	510	27	6	0	910	59	0	5	8
Hashbrowns & Wheat	570	29	6	0	950	69	0	9	12
Hashbrowns & Sourdough	530	25	6	0	890	65	0	3	10
Hashbrowns & Rye	550	29	6	0	1090	63	0	1	10
Honored Egg Benedict with Browns	530	31	8	185	1310	44	3	5	18
Honored Egg Benedict with Fruit	340	16	4.5	185	870	30	2	14	17
Honored Mexi-Skillet	910	71	26	570	1530	32	4	5	37
Honored Sirloin Steak Dinner	450	24	9	70	860	23	3	7	33
Honored Country Fried Steak	620	41	15	55	1060	44	3	8	18
Honored Southern Fried Chicken Strips	670	39	9	75	1830	49	5	14	34
Honored Seafood Combo	1180	81	15	135	2350	84	5	19	31
Honored Lemon Pepper Grilled Salmon	670	46	10	130	820	26	3	9	38
Dinner Salad	35	1	0	0	85	6	0	1	1
Ranch Dressing	190	19	3	15	330	3	0	2	2
Blue Cheese Dressing	240	26	5	25	260	2	0	0	2
Thousand Island Dressing	130	10	1.5	5	370	9	0	6	0
Honey Mustard Dressing	170	16	2	15	130	11	0	10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	0	11	0
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Toasted Sesame Dressing	160	13	2	0	410	9	0	8	0
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	0	10	0
Toasted Sesame Salad	250	18	4	10	490	16	1	13	4
Caesar Side Salad	230	20	5	20	520	8	1	0	7
Side Spinach Salad	200	15	3.5	50	450	10	2	7	6
Side Caprese Salad	230	18	7	40	210	6	1	4	11
Soup, Cup Chicken Tortilla	200	6	3	35	1230	27	6	3	10
Soup, Cup Split Pea with Ham	190	3.5	1	5	1210	29	3	5	10
Soup, Cup Creamy Spinach Artichoke	200	12	7	40	1120	13	2	4	11
Soup, Cup Chicken Noodle	110	3	0.5	30	940	11	1	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18	0	2	6
Soup, Cup Broccoli Cheese	170	12	6	30	1040	11	1	4	7
Soup, Cup of Loaded Potato	290	18	9	45	1260	22	1	5	11
Baked Potato	160	0	0	0	15	37	4	2	4
Add Butter & Sour Cream	280	13	5	10	135	38	4	3	5



PIES

Honored, continued

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
French Fries	390	25	4	0	60	40	4	2	4
Tater Tots with Chipotle Mayo	650	56	9	30	860	36	3	1	3
Tater Tots no sauce	370	26	4	0	620	33	3	1	3
Red Skin Mashed Potato	260	8	5	25	570	40	4	2	5
Red Skin Mashed Potato with Demi Gravy	290	9	7	25	870	45	4	2	6
Rice Pilaf	90	4.5	1	0	150	10	0	3	1
Key West Vegetables	130	9	2.5	0	160	9	0	4	1
Honored Slow Cooked Pot Roast	1440	78	26	260	2940	91	9	13	87
Honored Spinach Cobb Salad	600	36	9	150	1440	40	5	8	30

Kids

Pie-O-Neer Pancake	340	10	2.5	15	730	57	1	18	6
Homesteader Breakfast	200	8	2.5	170	490	19	1	3	12
Get-a-long Little Doggies	360	19	3.5	30	1200	40	3	16	12
Mountaineer Mac & Cheese	490	26	11	55	900	42	2	9	21
Gold Rush Grilled Cheese	480	27	11	35	720	45	4	9	19
Pie-O-Neer Platter	500	29	8	50	1450	39	2	9	24
Mini-Mountaineer Burgers	510	25	10	115	420	24	0	4	38
Wagon Train Chicken Strips	340	17	2.5	40	1640	28	2	14	20
Wagon Train Grilled Chicken	120	1	0	80	570	0	0	0	27
Settler's Sides									
Hoedown Hashbrowns	240	15	3	0	460	25	2	1	2
Campfire Smoked Bacon	40	3	1	5	250	0			3
Adventurer's Veggies	130	9	2.5	0	160	9	0	4	1
Cross Country Cottage Cheese	60	1	0	10	300	4	0	3	10
Frontier Fries	390	25	4	0	60	40	4	2	4
Soup, Cup Chicken Tortilla	200	6	3	35	1230	27	6	3	10
Soup, Cup Split Pea with Ham	190	3.5	1	5	1210	29	3	5	10
Soup, Cup Creamy Spinach Artichoke	200	12	7	40	1120	13	2	4	11
Soup, Cup Chicken Noodle	110	3	0.5	30	940	11	1	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18	0	2	6
Soup, Cup Broccoli Cheese	170	12	6	30	1040	11	1	4	7
Slices o'Orange	80	0	0	0	0	19	3	14	1
Applegate Trail Sauce	45	0	0	0	0	13	2	11	0
Stage Coach Salad	35	1	0	0	85	6	0	1	1
Ranch Dressing	190	19	3	15	330	3	0	2	2
Blue Cheese Dressing	240	26	5	25	260	2	0	0	2
Thousand Island Dressing	130	10	1.5	5	370	9	0	6	0
Honey Mustard Dressing	170	16	2	15	130	11	0	10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	0	11	0
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Toasted Sesame Dressing	160	13	2	0	410	9	0	8	0
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	0	10	0

Pies

Sliced Pies

Peach Perfection Pie	550	29	8	0	320	72	3	41	5
Granny's Apple Pie	570	28	8	0	390	78	2	48	4
No Sugar Granny's Apple Pie	480	27	8	0	440	36	2	8	3
Strawberry Rhubarb Delight	540	27	14	0	450	69	3	32	5
Sweet Montana Cherry	550	29	8	0	290	72	2	41	5
Northwest Berry Trio	590	28	9	0	360	82	3	44	4
Tropical Coconut Cream	620	37	22	85	410	72	0	49	7
Lemon Merinue Delight	670	23	7	25	470	110	1	74	5
Chocolate Cream Supreme	540	30	16	65	320	62	2	41	6
Oregon Marionberry	570	29	9	0	360	75	3	41	5
No Sugar Oregon Marionberry	540	29	9	0	470	51	3	6	5
Fresh Pecan	440	5	2	225	260	94	0	63	4
Velvet Chocolate Silk	580	38	20	135	200	56	1	37	5
S'mores Galore	560	31	165	280	68	68	2	50	6
Sour Cream Lemon	570	32	17	70	330	67	3	44	5
Banana Cream Dream	460	24	15	55	280	53	1	34	5
Creamy Caramel Pecan Crunch	770	49	1.5	95	480	76	2	51	7
Peanut Butter Chocolate Silk	660	45	18	95	310	60	4	42	10
Cookies 'n Cream	520	31	19	65	340	58	0	39	3
Vanilla Shake -Add Pie Above	590	34	19	120	310	67	0	61	11

Desserts

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Banana Split	930	45	22	125	250	120	4	91	11
Turtle Sundae	1100	62	23	140	540	123	5	92	16
Chocolate Lava Cake	710	30	16	75	520	104	5	74	9
Carrot Cake	330	18	6	30	280	39	1	28	3
Cheesecake	350	22	12	115	290	34	1	25	5
Strawberry Cheesecake	540	26	15	130	320	67	2	55	6
Apple Cheesecake	550	26	15	130	320	69	1	55	5
Apple Pie a la Jar	1020	49	20	70	630	138	2	100	9

Beverages

Pepsi	110	0	0	0	25	30	0	30	0
Diet Pepsi	0	0	0	0	40	0	0	0	0
Mountain Dew	120	0	0	0	50	33	0	33	0
Root Beer	110	0	0	0	50	32	0	32	0
Dr Pepper	120	0	0	0	55	31	0	30	0
Arnold Palmer	60	0	0	0	0	16	0	16	0
Lemonade	120	0	0	0	5	31	0	30	0
Strawberry Lemonade	180	0	0	0	20	45	1	43	0
Cranberry Lemonade	140	0	0	0	5	36	0	35	0
Regular Milk	140	9	6	40	135	12	0	12	9
Large Milk	230	16	10	70	230	21	0	21	16
Regular Orange Juice	120	0	0	0	0	30	0	27	0
Large Orange Juice	210	0	0	0	0	52	0	47	0
Regular Apple Juice	120	0	0	0	5	32	0	32	0
Large Apple Juice	210	0	0	0	10	54	0	54	0
Regular Cranberry Juice	45	0	0	0	85	11	0	11	0
Large Cranberry Juice	80	0	0	0	150	19	0	19	0
Regular Tomato Juice	50	0.5	0	0	960	9	3	5	3
Large Tomato Juice	90	1	0	0	1650	15	5	9	5
Caramel Macchiato Frappe	260	8	4.5	30	95	45	0	38	7
Strawberry-Banana Smoothie	320	0.5	0	0	105	71	3	62	7
Tropical Mango Smoothie	320	0	0	0	15	78	2	64	0
Cappuccino	160	7	4.5	15	65	23	0	12	1
Hot Chocolate	200	6	3	15	200	36	1	29	1