

NUTRITION GUIDE

FIT FARE® VEGGIE SKILLET



WELCOME TO AMERICA'S DINER™



The nutritional information provided is based on computerized database analysis and vendor product data. The data represents an estimate of nutrient content. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients, and based upon special ordering. For additional information, please call 800-733-6697 or visit dennys.com.

Abbreviations and/or symbols associated with menu items influence nutrition information. See chart below. Add sides, breads and condiments to your menu choice for total nutrition information. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Build Your Own Grand Slam®	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Bacon Strips	2	100	8	70	0	2	20	350	1	0	7	1
Buttermilk Biscuit	1	240	13	120	0	7	0	660	27	1	4	2
Egg Whites (2)	4 oz	60	0.5	5	0	0	0	220	1	0	13	0
Eggs, Boiled (2)	4 oz	130	8	80	0	3	325	125	1	0	11	0
Eggs, Fried/Basted (2)	4 oz	190	16	140	0	4	325	200	1	0	11	0
Eggs, Scrambled (2)	4 oz	220	17	150	0	5	480	360	1	0	14	0
English Muffin w/o margarine / w/ margarine	1	130 / 170	1 / 6	10 / 50	0	0 / 1	0	230 / 280	25	1	5	1
Gluten Free English Muffin w/o margarine / w/ margarine	1	180 / 210	1.5 / 6	15 / 50	0	0 / 0.5	0	500 / 540	36	1	4	7
Grilled Ham Slice	3 oz	90	3	30	0	1	20	790	1	0	15	1
Grits w/ margarine	4 oz	90	4.5	40	0	1.5	0	40	12	1	1	0
Hash Browns	5 oz	170	12	100	0	2	0	360	15	1	1	1
Hearty Breakfast Sausage	1	350	31	280	0	8	70	840	5	0	14	1
Oatmeal w/ milk & brown sugar	10 oz	240	2	15	0	1	5	45	45	4	7	16
Pancakes, Buttermilk w/ margarine	2	450	11	100	0	3.5	60	1390	77	2	10	20
Pancakes, Hearty 9-Grain	2	410	11	100	0	4	40	880	68	5	10	21
Sausage Links	2	160	15	140	0	5	30	300	1	1	5	0
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Toast, Sourdough, w/o margarine / w/ margarine	2	210 / 280	3 / 12	30 / 110	0	1 / 2.5	0	380 / 460	37	1	6	2
Toast, Wheat, w/o margarine / w/ margarine	2	150 / 230	2 / 11	15 / 100	0	0 / 1.5	0	310 / 400	29	2	6	2
Toast, White, w/o margarine / w/ margarine	2	160 / 240	1.5 / 10	15 / 90	0	0 / 2	0	320 / 400	31	0	5	2
Turkey Bacon Strips	2	60	3.5	35	0	1	30	330	1	0	7	1
Yogurt	4 oz	120	1.5	10	0	1	10	100	19	0	6	18

Slams	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
All-American Slam® w/ hash browns (add bread choice)	15 oz	930	74	660	0	26	815	1800	19	2	44	2
Belgian Waffle Slam® (add egg choice)	7 oz	640	43	390	0.5	18	175	1290	45	2	18	2
Fit Slam®	15 oz	420	11	100	0	2.5	30	850	56	4	27	21
French Toast Slam® (add egg choice)	11 oz	860	53	480	0	17	395	1650	65	3	31	14
Grand Slam Sluggo® (add egg, bread/hash browns & juice choices)	19 oz	710	34	310	0	12	110	2050	79	3	22	21
Lumberjack Slam® (add egg & bread choices)	19 oz	970	49	440	0	15	130	3200	96	4	38	23
Original Grand Slam® (add egg choice)	11 oz	710	34	310	0	12	110	2040	79	3	22	21

Favorites

Country-Fried Steak & Eggs w/ hash browns (add egg & bread choices)	11 oz	520	33	290	1	10	65	1380	38	2	19	2
Ham & Cheese Omelette w/ hash browns (add bread choice)	13 oz	780	54	480	1	19	785	2270	20	1	50	3
Loaded Veggie Omelette w/ hash browns (add bread choice)	18 oz	620	44	400	0.5	14	740	970	24	3	31	5
Moons Over My Hammy® w/ hash browns	17 oz	950	60	540	1	20	560	2560	57	2	44	4
Philly Cheesesteak Omelette w/ hash browns (add bread choice)	18 oz	880	64	580	1	21	795	1540	25	2	48	4
T-Bone Steak & Eggs w/ hash browns (add egg & bread choices)	18 oz	660	42	380	0.5	14	120	1590	16	1	53	1
The Grand Slamwich® w/ hash browns	20 oz	1290	82	740	1	27	585	3310	87	3	51	10
Ultimate Omelette® w/ hash browns (add bread choice)	17 oz	850	68	610	0	21	775	1580	20	2	37	3

Pancakes

Blueberry Pancake Breakfast (add hash browns, egg & meat choices)	2	460	11	100	0	3.5	60	1400	80	3	10	22
Double Berry Banana Pancake Breakfast (add hash browns, egg & meat choices)	2	510	8	70	0	3	60	1360	98	6	11	33
Dulce De Leche Crunch Pancake Breakfast (add hash browns, egg & meat choices)	2	1220	35	310	0	11	75	1950	207	12	22	101
Hearty 9-Grain Pancake Breakfast (add fruit, egg & meat choices)	2	410	11	100	0	4	40	880	68	5	10	21
Peanut Butter Cream Pancake Breakfast (add hash browns, egg & meat choices)	2	990	47	430	0	15	60	1590	122	5	23	56
Salted Caramel & Banana Cream Pancake Breakfast (add hash browns, egg & meat choices)	2	1140	27	250	0	17	85	1940	207	6	17	110

Breakfast Sides	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Bacon Strips	4	210	16	150	0	6	45	700	2	0	14	1
Buttermilk Biscuits	2	470	26	230	0	13	0	1320	54	2	8	4
Cheddar Cheese Hash Browns	5 oz	250	18	160	0	6	20	480	15	1	6	1
Egg Whites (1)	2 oz	30	0	0	0	0	0	110	1	0	7	0
Eggs, Boiled (1)	2 oz	60	4	40	0	1.5	165	60	0	0	6	0
Eggs, Fried/Basted (1)	2 oz	90	8	70	0	2	165	100	0	0	6	0
Eggs, Scrambled (1)	2 oz	110	9	80	0	2.5	240	180	1	0	7	0
English Muffin w/o margarine / w/ margarine	1	130 / 170	1 / 6	10 / 50	0	0 / 1	0	230 / 280	25	1	5	1
Everything Hash Browns	9 oz	310	21	180	0	7	20	690	24	2	7	3
Gluten Free English Muffin w/o margarine / w/ margarine	1	180 / 210	1.5 / 6	15 / 50	0	0 / 0.5	0	500 / 540	36	1	4	7
Grilled Ham Slice	3 oz	90	3	30	0	1	20	790	1	0	15	1
Grits w/ margarine	4 oz	90	4.5	40	0	1.5	0	40	12	1	1	0
Hash Browns	5 oz	170	12	100	0	2	0	360	15	1	1	1
Hearty Breakfast Sausage	1	350	31	280	0	8	70	840	5	0	14	1
Oatmeal w/ milk & brown sugar	10 oz	240	2	15	0	1	5	45	45	4	7	16
Red-Skinned Potatoes	4 oz	200	8	80	0	1.5	0	580	26	3	4	0
Sausage Links	4	320	31	280	0	11	60	600	3	2	9	0
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Toast, Sourdough, w/o margarine / w/ margarine	2	210 / 280	3 / 12	30 / 110	0	1 / 2.5	0	380 / 460	37	1	6	2
Toast, Wheat, w/o margarine / w/ margarine	2	150 / 230	2 / 11	15 / 100	0	0 / 1.5	0	310 / 400	29	2	6	2
Toast, White, w/o margarine / w/ margarine	2	160 / 240	1.5 / 10	15 / 90	0	0 / 2	0	320 / 400	31	0	5	2
Tortillas, Flour (3)	3 oz	260	8	70	0	3.5	0	660	40	5	7	3
Turkey Bacon Strips	4	130	7	70	0	2	60	660	1	0	15	1
Yogurt	4 oz	120	1.5	10	0	1	10	100	19	0	6	18

Skillets

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Bourbon Chicken Skillet	20 oz	870	39	350	0.5	8	145	1870	68	6	65	34
Crazy Spicy Skillet (add optional egg choice)	18 oz	860	56	500	0.5	19	145	2600	41	5	50	6
Fit Fare® Veggie Skillet	17 oz	370	16	140	0	3	0	1230	40	7	21	5
Santa Fe Skillet (add egg choice)	9 oz	520	37	340	0	12	45	1280	32	4	16	2
Smoky Gouda Chicken & Broccoli Skillet	20 oz	810	36	330	0	12	145	1870	62	8	60	8
Smoky Gouda Prime Rib & Broccoli Skillet	19 oz	840	45	400	0.5	15	105	2190	66	8	44	8
Supreme Skillet (add egg choice)	10 oz	560	42	380	0	13	50	1180	34	5	15	3

Appetizers

Bacon Cheddar Tots w/ sour cream	10	580	34	300	0.5	13	70	1600	54	4	18	6
Build Your Own Sampler™: Bacon Cheddar Tots (add sauce choice)	6	300	15	140	0	5	25	950	31	2	10	3
Cheese Quesadilla (add sauce choice)	1 serv	600	38	340	0	18	65	1140	40	5	22	3
Chicken Strips (add sauce choice)	2 ea	240	8	80	0	1.5	40	610	26	1	17	0
Chips & Queso (add sauce choice)	1 serv	590	36	330	0	11	40	520	55	4	12	1
Mozzarella Cheese Sticks (add sauce choice)	4 ea	280	11	100	0	6	40	1230	30	1	16	2
Chicken Strips w/ Buffalo Sauce (add dipping sauce)	11 oz	700	30	270	0	5	105	3130	68	4	43	1
Chicken Strips w/ Sweet & Tangy BBQ Sauce (add dipping sauce)	12 oz	760	21	190	0	4	105	2180	106	4	43	37
Italian Sampler	21 oz	1250	71	640	0.5	29	180	4450	96	6	64	15
Loaded Nacho Tots	10	990	63	570	1.5	26	140	3680	66	7	40	10
Mozzarella Cheese Sticks (add sauce choice)	8 oz	560	22	200	0.5	13	75	2460	60	2	32	4
Zesty Nachos - Half Size / Full Size	15 / 25 oz	880 / 1670	56 / 108	510 / 970	1 / 2.5	20 / 36	90 / 160	1690 / 3110	68 / 131	8 / 14	26 / 46	8 / 14

Soups, Salads & Sides

Avocado Chicken Caesar Salad	15 oz	730	59	530	0.5	14	120	1410	10	6	43	3
Bacon Cheddar Tots	6	300	15	140	0	5	25	950	31	2	10	3
Bacon Strips	2	100	8	70	0	2	20	350	1	0	7	1
Caesar Salad	6 oz	280	22	200	0	5	15	590	15	3	6	3
Chicken Noodle Soup - bowl / cup	12 / 8 oz	390 / 260	15 / 10	130 / 90	0	6 / 4	110 / 75	3880 / 2580	43 / 28	2	21 / 14	5 / 4
Cobb Salad (add dressing choice)	13 oz	430	30	270	0	12	255	560	20	6	22	6
Add Fried Chicken Strips	5 oz	370	13	110	0	2.5	65	920	39	1	25	0
Add Grilled Chicken	5 oz	200	9	80	0	2	75	330	0	0	29	0
Add Prime Rib	2.5 oz	130	8	70	0	2	35	440	3	0	13	0
Add Wild Alaska Salmon	6 oz	350	23	210	0	6	115	1220	1	0	32	0
French Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0
Garden Salad (add dressing choice)	7 oz	170	9	80	0	4.5	20	330	16	2	8	4
Hash Browns	5 oz	170	12	100	0	2	0	360	15	1	1	1
House Salad (add dressing choice)	10 oz	190	9	80	0	4.5	20	340	19	3	9	6
Add Fried Chicken Strips	5 oz	370	13	110	0	2.5	65	920	39	1	25	0
Add Grilled Chicken	5 oz	200	9	80	0	2	75	330	0	0	29	0
Add Prime Rib	2.5 oz	130	8	70	0	2	35	440	3	0	13	0
Add Wild Alaska Salmon	6 oz	350	23	210	0	6	115	1220	1	0	32	0
Loaded Baked Potato Soup - bowl / cup	12 / 8 oz	470 / 360	31 / 24	280 / 220	0	13 / 10	70 / 60	1770 / 1250	36 / 25	2 / 1	12 / 10	5 / 4
Seasonal Fruit	6 oz	110	0	5	0	0	0	5	27	3	1	19
Seasoned Fries	5.5 oz	490	26	240	0	5	5	1100	57	8	7	1
Vegetable Beef Soup - bowl / cup	12 / 8 oz	310 / 200	16 / 11	150 / 100	0	3 / 2	30 / 20	3420 / 2280	40 / 27	3 / 2	16 / 11	4 / 3

Sandwiches & Diner Melts

Cali Club Sandwich (add side choice)	13 oz	820	48	430	0	13	100	2060	55	7	43	12
Chicken Philly Melt (add side choice)	12 oz	760	40	360	0	15	105	1520	57	3	45	6
Club Sandwich (add side choice)	14 oz	830	39	350	0	8	90	2200	74	8	47	15
Grilled Tuscan Chicken Sandwich (add side choice)	13 oz	850	50	450	0.5	15	125	1960	53	3	50	13
Moons Over My Hammy® (add side choice)	12 oz	780	48	430	1	18	560	2200	42	1	43	3
Pot Roast Melt (add side choice)	14 oz	870	46	410	0.5	16	155	2240	54	5	63	10
Prime Rib Philly Melt (add side choice)	14 oz	910	52	470	0.5	19	120	2120	62	3	50	7
The Grand Slamwich® (add side choice)	15 oz	1120	71	640	1	25	585	2950	72	2	50	9
The Super Bird® (add side choice)	10 oz	600	28	250	0	10	100	1780	43	2	40	5

Burgers

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Bacon Avocado Cheeseburger (add side choice)	14 oz	1000	66	590	2	24	165	1980	53	5	50	12
Bacon Gouda Burger (add side choice)	18 oz	1090	68	610	2	28	200	2880	58	3	61	16
Bourbon Bacon Burger (add side choice)	15 oz	910	52	470	2	21	165	2110	58	3	50	18
Double Cheeseburger (add cheese & side choices)	16 oz	980	56	510	3.5	25	235	2220	49	3	66	11
Slamburger™ (add egg & side choices)	12 oz	850	49	440	2	20	155	1870	55	2	47	10
Spicy Sriracha Burger (add side choice)	14 oz	920	55	500	2	22	165	2200	55	3	49	15

Build Your Own Burger

100% Beef Patty	1	360	26	230	1.5	12	120	830	0	0	29	0
Grilled Seasoned Chicken Breast	1	200	9	80	0	2	75	650	0	0	29	0
Veggie Patty	1	170	3	25	0	0	0	490	19	5	17	4
Brioche Bun	1	250	4.5	40	0	2	0	380	45	2	8	9
Cheddar Bun	1	250	5	50	0	2	5	430	40	1	8	5
Whole Wheat Bun	1	190	1	10	0	0.5	0	350	36	3	8	8
American Cheese	1 sl	80	7	60	0	4	20	390	1	0	4	1
Cheddar Cheese	1 sl	80	6	60	0	3.5	20	120	0	0	5	0
Swiss Cheese	1 sl	80	6	60	0	4	20	45	0	0	6	0
Bacon Strips	2	100	8	70	0	2	20	350	1	0	7	1
Bourbon Sauce	1 oz	110	0	5	0	0	0	270	26	0	0	24
Sweet & Tangy BBQ Sauce	1 oz	70	0	0	0	0	0	310	20	0	0	19
Caramelized Onions	1 oz	70	7	60	0	1	0	210	2	1	0	1
Fresh Avocado	1 serv	45	4	35	0	0.5	0	0	2	2	1	0
Lettuce	1 oz	5	0	0	0	0	0	5	1	0	0	0
Mayo	0.5 oz	100	11	100	0	2	5	75	0	0	0	0
Pickles	4 sl	0	0	0	0	0	0	170	0	0	0	0
Red Onions	3 rings	5	0	0	0	0	0	0	2	0	0	1
Sautéed Mushrooms	1 oz	50	6	50	0	1	0	55	1	0	1	0
Sliced Jalapeños	1 oz	5	0	0	0	0	0	440	1	0	0	1
Tomato	2 sl	5	0	0	0	0	0	0	2	0	0	1

Dinner

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Brooklyn Spaghetti & Meatballs (add bread)	22 oz	930	45	400	0	15	115	2340	87	6	41	14
Chicken Strips (add bread, side & sauce choices)	7 oz	490	17	150	0	3	85	1230	53	2	34	0
Country-Fried Steak w/ gravy (add bread & side choices)	10 oz	560	34	310	1.5	13	105	1620	35	1	28	2
Homestyle Meatloaf (add bread & side choices)	12 oz	590	29	260	0	12	155	1760	46	4	34	27
Mediterranean Grilled Chicken (add bread & side choices)	12 oz	630	40	360	0.5	9	165	1520	6	1	65	3
Sirloin Steak (add bread & side choices)	8 oz	360	15	130	0	4.5	140	1080	1	0	54	0
Slow-Cooked Pot Roast (add bread & side choices)	11 oz	400	20	180	0	6	110	1260	10	1	43	2
T-Bone Steak (add bread & side choices)	13 oz	490	30	270	0.5	12	120	1220	0	0	52	0
Tilapia Ranchero (add bread & side choices)	8 oz	300	12	110	0	2.5	90	650	6	3	42	2
Wild Alaska Salmon (add bread & side choices)	7 oz	350	23	210	0	6	115	1220	1	0	32	0

Dinner Sides

Broccoli	3 oz	25	0	0	0	0	0	110	4	2	2	1
Caesar Salad	6 oz	280	22	200	0	5	15	590	15	3	6	3
French Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0
Fresh Sautéed Zucchini & Squash	3 oz	70	6	50	0	1	0	440	3	1	1	2
Fresh Steamed Zucchini & Squash	3 oz	15	0	0	0	0	0	390	3	1	1	2
Garden Salad (add dressing choice)	7 oz	170	9	80	0	4.5	20	330	16	2	8	4
Garlic Toast / Dinner Bread	2 pcs	190	7	70	0	2	0	360	25	1	6	2
Hash Browns	5 oz	170	12	100	0	2	0	360	15	1	1	1
Red-Skinned Mashed Potatoes (add gravy choice)	1 serv	120	5	45	0	3.5	15	560	17	0	3	2
Red-Skinned Potatoes	4 oz	200	8	80	0	1.5	0	580	26	3	4	0
Sweet Petite Corn	5 oz	210	13	120	0	2.5	0	310	20	5	4	8
Whole Grain Rice	5 oz	240	2.5	25	0	0.5	0	360	48	5	6	2

Desserts

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Build Your Own Sundae												
Ice Cream: Chocolate	2 scoops	530	30	270	0	20	115	115	60	0	10	47
Strawberry	2 scoops	470	23	210	0	15	100	170	63	0	7	43
Vanilla	2 scoops	500	30	270	0	20	115	180	53	0	7	43
Topping: Hot Fudge	1 oz	120	3	25	0	2.5	0	105	23	1	2	20
Salted Caramel	1 oz	120	2	15	0	1	5	180	24	0	1	18
Strawberry	1 oz	40	0	0	0	0	0	0	10	1	0	9
Crunch: Chopped Nuts	1 oz	150	13	120	0	1.5	0	0	5	2	6	1
OREO® Cookie Pieces	1 oz	110	4.5	40	0	1	0	110	16	1	1	9
Whipped Cream	1 rosette	15	1	10	0	0.5	0	0	1	0	0	1
Caramel Apple Pie Crisp	13 oz	760	26	230	0	15	65	620	126	4	8	87
Chocolate Lava Cake	1 serv	700	34	300	0	20	60	330	85	2	6	65
Milk Shakes: Cake Batter												
Chocolate	16 oz	870	43	390	0	28	160	220	111	0	17	87
Chocolate Peanut Butter	17 oz	1080	65	580	0	32	160	450	111	2	20	89
OREO®	17 oz	1050	56	500	0	32	160	610	125	2	15	90
Peanut Butter Banana	18 oz	1030	65	580	0	32	160	430	99	3	20	77
Strawberry	17 oz	760	34	310	0	22	140	270	110	1	12	80
Vanilla	16 oz	800	43	390	0	28	160	290	97	0	12	84
New York Style Cheesecake Plain or w/ Strawberry Topping & Whipped Cream	5 / 8 oz	500 / 600	34 / 35	300 / 310	1	20	150	370 / 410	42 / 63	1 / 2	9	31 / 49

Condiments

Balsamic Vinaigrette, Low-Fat	1.5 / 3 oz	60 / 130	2 / 4	20 / 35	0	0 / 0.5	0	240 / 490	12 / 24	0	0	11 / 23
Blue Cheese Dressing	1.5 / 3 oz	160 / 320	16 / 33	150 / 290	0	4 / 8	30 / 60	330 / 650	2 / 4	0	2 / 4	1 / 2
Bourbon Sauce	1 oz	110	0	5	0	0	0	270	26	0	0	24
Brown Gravy	1 oz	10	0	0	0	0	0	135	2	0	0	0
Buffalo Sauce	1.5 oz	70	7	60	0	0	0	1180	1	1	0	0
Caesar Dressing	1.5 / 3 oz	250 / 500	26 / 53	240 / 470	0	5 / 10	15 / 25	490 / 990	1 / 2	0	2 / 4	0
Country Gravy	1 oz	20	1.5	10	0	0	0	105	2	0	0	0
Cream Cheese Icing	2 oz	210	3	25	0	1.5	5	65	46	0	0	45
Creamer - Half & Half	9 ml	10	1	10	0	0.5	5	5	0	0	0	0
Creamer - Hazelnut or French Vanilla	11 ml	30	1.5	10	0	1.5	0	0	4	0	0	4
Croutons	0.5 oz	70	2.5	20	0	0	0	200	11	0	2	1
French Dressing	1.5 / 3 oz	130 / 260	8 / 17	70 / 150	0	1.5 / 2.5	5 / 10	430 / 850	2 / 4	0 / 1	0	0
Honey Mustard Dressing	1.5 / 3 oz	180 / 360	15 / 30	130 / 270	0	2 / 4.5	15 / 30	190 / 390	12 / 25	0	0	8 / 15
Italian Dressing, Fat-Free	1.5 / 3 oz	15 / 30	0	0	0	0	0	410 / 820	4 / 8	0	0	3 / 6
Maple-Flavored Syrup	2 oz	220	0	0	0	0	0	40	54	0	0	29
Pico de Gallo	2 oz	15	0	0	0	0	0	75	3	1	1	2
Ranch Dressing	1.5 / 3 oz	200 / 390	21 / 42	190 / 380	0	4 / 8	10 / 20	290 / 580	1 / 2	0	0	0 / 1
Ranch Dressing, Fat-Free	1.5 / 3 oz	35 / 70	0	0	0	0	0	420 / 830	7 / 15	0	0	3 / 6
Sour Cream	1 oz	45	4	40	0	2	15	5	1	0	1	0
Sugar-Free Maple-Flavored Syrup	2 oz	30	0	0	0	0	0	70	11	1	0	0
Sweet & Tangy BBQ Sauce	1.5 oz	110	0	0	0	0	0	470	30	1	0	28
Thousand Island Dressing	1.5 / 3 oz	160 / 330	16 / 33	150 / 300	0	3 / 6	20 / 45	400 / 810	7 / 15	0	0	4 / 9
Tomato Sauce	1.5 oz	25	1	10	0	0	0	190	3	0	1	2
Whipped Margarine	0.5 oz	40	4.5	40	0	1.5	0	35	0	0	0	0

Drinks												
Item	Size	Calories	Sugar (g)	Fat (g)	Protein (g)	Sodium (mg)	Total Fat (g)	Total Sugar (g)	Total Protein (g)	Total Sodium (mg)	Total Fat (g)	Total Sugar (g)
Chocolate Milk (reduced fat)	15 oz	290	4.5	40	0	2	25	300	46	0	16	46
Coffee (all)	8 oz	0	0	0	0	0	0	0	0	0	0	0
Cold Brew Coffee - unsweet / sweet	11 / 12 oz	60 / 130	2	15	0	1	5	50	6 / 25	0	4	4 / 23
FUZE® Raspberry Tea	12 oz	110	0	0	0	0	0	55	28	0	0	28
Hot Chocolate	8 oz	190	3	30	0	1.5	5	260	37	0	2	30
Hot Tea / Herbal Tea	8 oz	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - unsweet / sweet	12 oz	5 / 160	0	0	0	0	0	10	1 / 40	0	0	0 / 39
Juices: Apple	15 oz	210	0	0	0	0	0	10	52	0	1	49
Minute Maid® Orange	15 oz	210	0	0	0	0	0	0	51	0	3	45
Minute Maid® Premium Berry Blend	15 oz	230	0	0	0	0	0	0	56	0	0	54
Ruby Red Grapefruit	15 oz	240	0	0	0	0	0	65	60	0	2	60
Tomato	15 oz	90	0	0	0	0	0	1130	19	2	4	11
Lemonade Iced Tea	12 oz	80	0	0	0	0	0	5	21	0	0	19
Mango Lemonade	15 oz	210	0	0	0	0	0	0	57	0	0	53
2% Milk	15 oz	230	9	80	0	6	35	220	22	0	15	22
Milk Shakes: See Desserts Section												
Minute Maid® Lemonade	12 oz	150	0	0	0	0	0	0	40	0	0	37
Smoothies: Groovy Mango	15 oz	340	0	5	0	0	0	95	86	0	3	78
Strawberry Banana Bliss	15 oz	330	0.5	5	0	0	0	95	82	2	4	68
Soft Drinks: Barq's Root Beer®	12 oz	200	0	0	0	0	0	80	55	0	0	55
Coca-Cola®	12 oz	180	0	0	0	0	0	40	49	0	0	49
Diet Coke®	12 oz	0	0	0	0	0	0	55	0	0	0	0
Dr Pepper®	12 oz	140	0	0	0	0	0	45	39	0	0	39
Fanta® Orange	12 oz	190	0	0	0	0	0	50	52	0	0	51
Hi-C® Fruit Punch	12 oz	190	0	0	0	0	0	65	52	0	0	50
Sprite®	12 oz	170	0	0	0	0	0	80	47	0	0	47
Cherry Flavor Shot	1 oz	80	0	0	0	0	0	5	22	0	0	22
Vanilla Flavor Shot	1 oz	80	0	0	0	0	0	5	21	0	0	21
Strawberry Lemonade	12 oz	210	0	0	0	0	0	0	55	0	0	50


55+ Menu


	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
55+ Belgian Waffle Slam® (add egg & meat choices)	5 oz	380	19	170	0	10	120	640	43	1	7	1
55+ Club Sandwich w/ French Fries	16 oz	1090	58	520	0	12	90	2470	97	10	46	11
55+ Country-Fried Steak w/ gravy (add bread & side choices)	6 oz	350	21	190	0	8	65	1010	22	1	17	1
55+ Fit Fare® Loaded Veggie Omelette	19 oz	420	9	80	0	4.5	20	520	60	6	27	24
55+ Grilled Cheese Sandwich & Soup (add soup choice)	5 oz	440	25	230	0.5	11	40	1250	39	1	14	3
55+ Grilled Chicken (add bread & side choices)	5 oz	200	9	80	0	2	75	330	0	0	29	0
55+ Grilled Tilapia (add bread & side choices)	6 oz	250	8	70	0	2	90	570	1	0	41	0
55+ Omelette (add bread & side choices)	9 oz	480	38	340	0	13	525	890	7	1	27	4
55+ Scrambled Eggs & Cheddar Breakfast	16 oz	1010	58	520	0	21	615	2530	80	3	41	21
55+ Starter™ (calculate egg, meat, side & bread choices)	-	-	-	-	-	-	-	-	-	-	-	-



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