

# Breakfast Sandwiches

Item	Serving Size	Calories	Total Fat (gms)	Calories From Fat	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
Sausage Biscuit	Each	726	36	318	12	0	72	2012	72	2	24	29
Sausage Toast	Each	350	22	200	7	0	55	740	24	2	4	16
Plain Biscuit	Each	495	16	138	5	0	17	1523	72	2	24	17
Buttered Biscuit	Each	717	40	359	9	0	17	1756	72	2	24	17
Toast	2 slices	120	2	20	0	0	0	250	24	2	4	4
Egg Biscuit	Each	571	21	185	7	0	242	1597	72	2	24	24
Strip Bacon Biscuit	Each	595	23	218	8	0	32	1863	72	2	24	21
Strip Bacon Toast	Each	220	9	100	3	0	15	590	24	2	4	8
Country Ham Biscuit	Each	607	23	190	7	0	70	2813	72	2	24	31
Country Ham Toast	Each	231	9	72	2	0	54	1541	24	2	4	18
Steak Biscuit	Each	688	27	239	9	0	47	1998	86	3	24	25
Steak Toast	Each	190	4	40	0	0	20	870	26	2	6	12
Fried Apple Biscuit	Each	644	18	156	5	0	17	1540	106	4	56	17
Shaved Ham Biscuit	Each	566	18	158	5	0	37	2143	74	2	26	25
Shaved Ham Toast	Each	190	4	40	0	0	20	870	26	2	6	12
Canadian Bacon Biscuit	Each	527	145	16	5	0	29	1816	72	2	24	23
Canadian Bacon Toast	Each	152	3	28	0	0	13	559	24	2	4	10
Chicken Biscuit	Each	695	24	208	6	0	62	2113	87	3	25	34
Chicken Toast	Each	320	10	90	2	0	45	840	39	3	5	21
Steak & Egg Biscuit	Each	764	32	286	11	0	272	2073	86	3	24	32
Steak & Egg Toast	Each	388	18	269	6	0	255	800	39	3	4	19
Potato Melt Biscuit	Each	743	33	286	10	0	30	2426	90	5	27	22
Potato Melt Toast	Each	367	19	168	4	0	13	1153	43	5	7	9
Egg Melt Biscuit	Each	690	30	264	9	0	255	2251	77	2	28	28
Egg Melt Toast	Each	314	16	146	4	0	238	979	29	2	8	15
Mary B	Each	776	16	340	16	0	279	2444	73	2	24	34
Mary B on Toast	Each	400	23	222	11	0	262	1172	26	2	4	21
Miner	Each	843	40	366	12	0	45	2766	90	5	27	26
Miner on Toast	Each	467	26	248	7	0	28	1493	42	5	7	13
The Politician	Each	850	46	397	19	0	295	2764	74	2	24	36
The Politician on Toast	Each	527	37	316	17	0	289	1754	27	2	4	26
Peppi	Each	744	36	328	13	0	62	2615	76	2	27	26
Peppi on Toast	Each	364	23	202	7	0	38	1326	29	2	7	13
Ron	Each	906	50	440	20	0	319	2494	73	2	24	42
Ron on Toast	Each	531	36	322	15	0	302	1322	26	2	4	29
Thundering Herd	Each	1036	58	510	22	0	319	2843	88	5	24	43
Thundering Herd on Toast	Each	660	44	392	17	0	302	1571	40	5	4	30
Shaved Ham Melt	Each	684	27	237	7	0	50	2797	78	2	29	29
Shaved Ham Melt on Toast	Each	308	13	119	3	0	33	1524	31	2	9	16
Mickey	Each	720	31	271	9	0	267	2544	77	2	28	33
Mickey on Toast	Each	344	17	153	4	0	250	1272	30	2	8	20
Dottie	Each	806	38	329	38	0	264	2353	87	5	24	31
Dottie on Toast	Each	430	24	212	10	0	247	1081	40	5	4	18
Duke	Each	906	45	410	18	0	279	2693	87	5	24	35
Duke on Toast	Each	410	29	272	13	0	262	1171	16	3	1	18
Mountaineer - Country Ham	Each	917	45	381	17	0	318	3644	87	5	24	45
Mountaineer - Country Ham Toast	Each	541	31	263	12	0	301	2372	40	5	4	32
Mountaineer-Shaved Ham	Each	876	40	350	15	0	284	2973	89	5	26	39
Mountaineer- Shaved Ham Toast	Each	500	26	232	10	0	267	1701	42	5	6	26
Mountaineer - Classic Ham	Each	840	38	339	15	0	279	2710	88	5	25	37
Mountaineer - Classic Ham Toast	Each	464	25	221	10	0	263	1437	40	5	5	23
Tootie - Country Ham	Each	788	37	311	15	0	318	3395	73	2	24	44
Tootie - Country Ham Toast	Each	412	23	194	10	0	301	2123	26	2	4	31
Tootie- Shaved Ham	Each	746	32	280	13	0	284	2724	75	2	26	38
Tootie - Shaved Ham Toast	Each	371	18	162	8	0	267	1452	28	2	6	24
Tootie- Classic Ham	Each	711	31	269	13	0	279	2460	74	2	25	36
Tootie- Classic Ham Toast	Each	335	17	151	8	0	263	1189	27	2	5	22
Rocket	Each	998	49	431	19	0	294	2829	101	6	24	39
Golden Eagle	Each	836	39	337	15	0	276	2647	88	5	25	36
Golden Eagle Toast	Each	460	25	219	10	0	260	1374	40	5	5	23
Rocket on Toast	Each	515	29	257	12	0	261	1292	46	5	4	21

# Breakfast Platters

Item	Serving Size	Calories	Total Fat (gms)	Calories from Fat	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
Gravy Platter												
w/1 Biscuit	Platter	738	28	251	9	0	42	3586	94	3	24	27
w/ 2 Biscuits	Platter	1355	50	445	16	0	72	6142	177	5	48	48
Super Breakfast w/ 2 eggs, Biscuit												
w/ Country Ham	Platter	1226	47	377	14	0	546	4699	148	7	57	56
w/ Classic Ham	Platter	1154	41	330	13	0	510	3791	149	7	58	50
w/ Shaved Ham	Platter	1157	41	332	12	0	499	3705	150	7	59	47
w/ Sausage	Platter	1173	6	379	14	0	500	3269	148	7	57	43
w/ Bacon	Platter	1187	46	393	15	0	494	3425	148	7	57	43
Super Breakfast w/ 2 eggs, Toast												
w/ Country Ham	Platter	716	25	196	7	0	465	1870	100	7	37	26
w/ Classic Ham	Platter	779	27	212	8	0	493	2519	102	7	38	37
w/ Shaved Ham	Platter	781	27	214	7	0	482	2433	102	7	39	34
w/ Sausage	Platter	881	44	364	14	0	517	2178	88	6	35	36
w/ Bacon	Platter	811	32	274	10	0	477	2153	100	7	37	30
Super Breakfast w/ Scrambled Eggs, Biscuit												
w/ Country Ham	Platter	1109	40	321	12	0	508	3141	148	7	57	41
w/ Classic Ham	Platter	1185	42	345	13	0	571	3813	149	7	58	52
w/ Shaved Ham	Platter	1187	42	347	12	0	560	3726	150	7	59	49
w/ Sausage	Platter	1347	60	507	19	0	595	3596	148	7	57	53
w/ Bacon	Platter	1217	47	407	15	0	555	3446	148	7	57	45
Super Breakfast w/ Scrambled Eggs, Toast												
w/ Country Ham	Platter	840	33	253	9	0	543	3113	101	7	37	41
w/ Classic Ham	Platter	901	30	207	8	0	490	2211	131	10	37	30
w/ Shaved Ham	Platter	811	29	229	7	0	543	2454	103	7	39	36
w/ Sausage	Platter	959	46	382	14	0	544	2313	101	7	37	39
w/ Bacon	Platter	1032	56	496	14	0	477	2385	100	7	37	30
Country Breakfast w/ 2 egg, Chunkies, Biscuit												
w/Country Ham	Platter	929	37	289	11	0	520	3326	103	5	25	48
w/ Classic Ham	Platter	886	32	255	10	0	497	2742	104	5	26	5
w/ Sausage	Platter	1048	50	417	16	0	521	2525	102	5	25	46
w/ Bacon	Platter	918	37	317	12	0	481	2375	103	5	25	38
Country Breakfast w/ 2 eggs, Apples, Biscuit												
w/Country Ham	Platter	907	35	303	11	0	520	2980	106	4	57	45
w/ Classic Ham	Platter	863	30	269	9	0	497	2395	108	4	58	42
w/ Sausage	Platter	1026	48	431	16	0	521	2179	106	4	57	43
w/ Bacon	Platter	896	35	331	12	0	481	2029	106	4	57	35
Country Breakfast w/ Scrambled Eggs, Chunkies, Biscuit												
w/Country Ham	Platter	959	39	303	12	0	581	3348	103	5	25	50
w/ Classic Ham	Platter	916	34	270	10	0	558	2762	104	5	27	47
w/ Sausage	Platter	1078	52	432	17	0	582	2547	103	5	25	48
w/ Bacon	Platter	948	39	332	13	0	542	2397	103	5	25	40
Country Breakfast w/ Scrambled Eggs, Apples, Biscuit												
w/Country Ham	Platter	925	36	310	11	0	547	2990	107	4	57	46
w/ Classic Ham	Platter	894	32	284	10	0	557	2416	108	4	58	44
w/ Sausage	Platter	1056	50	446	16	0	582	2200	107	4	57	45
w/ Bacon	Platter	914	36	338	12	0	508	2039	107	4	57	36

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Country Breakfast w/ 2 eggs, Chunkies, Toast												
w/Country Ham	Platter	553	24	198	6	0	503	2054	55	5	5	4
w/ Classic Ham	Platter	510	19	137	5	0	480	1469	56	5	6	32
w/ Sausage	Platter	672	37	299	11	0	505	1253	55	5	5	33
w/ Bacon	Platter	542	24	199	8	0	465	1103	55	5	5	25
Country Breakfast w/ 2 eggs, Apples, Toast												
w/Country Ham	Platter	531	22	185	6	0	503	1707	59	4	37	32
w/ Classic Ham	Platter	486	17	151	4	0	480	1123	60	4	38	29
w/ Sausage	Platter	530	33	30	11	0	504	656	35	2	33	26
w/ Bacon	Platter	519	22	113	7	0	465	756	59	4	37	22
Country Breakfast w/ Scrambled Eggs, Chunkies, Toast												
w/Country Ham	Platter	571	25	178	7	0	530	2064	55	5	5	36
w/ Classic Ham	Platter	528	20	14	5	0	507	1479	57	5	6	33
w/ Sausage	Platter	702	38	314	12	0	565	1274	55	5	5	35
w/ Bacon	Platter	572	25	214	8	0	525	1124	55	5	5	27
Country Breakfast w/ Scrambled Eggs, Apples, Toast												
w/Country Ham	Platter	549	22	292	6	0	530	1717	59	4	37	33
w/ Classic Ham	Platter	561	23	200	6	0	564	1729	59	4	37	34
w/ Sausage	Platter	680	36	328	11	0	565	928	60	4	37	32
w/ Bacon	Platter	550	23	228	7	0	525					

# Breakfast Platters, Wraps and Sides

# Lunch, Dinner, Sides, Pastries, and Drinks

Item	Serving Size	Calories	Total Fat (gms)	Calories from Fat	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbs (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
<b>Breakfast Platters</b>												
Big Tator with Cheese, Biscuit	Platter	1590	71	543	21	0	543	4859	175	10	34	56
Big Tator with Cheese, Toast	Platter	1214	57	425	16	0	526	3585	128	10	14	43
Big Tator with Gravy, Biscuit	Platter	1397	52	590	17	0	521	4145	174	10	25	50
Big Tator with Gravy, Toast	Platter	1021	39	272	12	0	504	2872	127	10	5	37
Big Tator w/ Gravy, Cheese, Biscuit	Platter	1711	77	600	23	0	556	5890	186	10	34	61
Big Tator w/ Gravy, Cheese, Toast	Platter	1335	63	482	18	0	539	4618	139	10	14	48
Little Tator w/ Cheese, Biscuit	Order	1178	49	383	15	0	287	3542	138	7	29	40
Little Tator w/ Cheese, Toast	Order	759	35	323	10	0	271	2298	82	7	12	24
Little Tator w/ Cheese & Gravy, Bis.	Order	1238	52	411	16	0	294	4058	144	7	29	43
Little Tator w/ Cheese & Gravy, Tst	Order	820	38	451	12	0	277	2814	88	8	12	28
Little Tator w/ Gravy, Biscuit	Order	1081	40	306	13	0	276	3186	138	7	25	37
Little Tator w/ Gravy, Toast	Order	663	26	247	9	0	260	1941	82	8	7	23
Low Carb Platter, 3 eggs, add 2 meats	3 eggs	228	16	142	5	0	674	223	1	0	1	20
Low Carb Platter, Scrambled Eggs, add 2 meats	3 eggs	273	18	164	5	0	765	255	2	0	2	24
1 meat- Sausage	Each	230	20	180	7	0	55	490	0	0	0	5
1 meat- Country Ham	Each	111	7	52	2	0	54	1290	0	0	0	14
1 meat - Bacon	Each	100	7	80	3	0	15	340	0	0	0	4
1 meat -Classic Ham	Each	68	2	18	1	0	31	706	1	0	1	11
Western Omelet with Biscuit	Platter	1029	49	434	19	0	836	3172	84	3	32	59
Western Omelet with Toast	Platter	566	37	318	16	0	829	1700	15	2	8	44
<b>Pancake Platter, 2 Pancakes - add 1 meat, eggs (Information includes Syrup)</b>												
2 eggs and Sausage	Platter	962	32	350	13	0	505	1283	127	2	76	31
2 eggs and Bacon	Platter	804	26	250	9	0	465	1126	118	1	71	23
2 eggs and Country Ham	Platter	815	26	222	8	0	503	2077	118	1	71	33
2 eggs and Classic Ham	Platter	772	21	188	7	0	480	1492	119	1	71	30
2 eggs and Shaved Ham	Platter	774	21	190	6	0	497	1406	120	1	73	27
2 Scrambled Eggs and Sausage	Platter	964	41	365	14	0	565	1297	119	1	71	33
2 Scrambled Eggs and Bacon	Platter	834	28	265	10	0	525	1129	119	1	71	25
2 Scrambled Eggs and Country Ham	Platter	845	28	236	9	0	564	2098	119	1	71	35
2 Scrambled Eggs and Classic Ham	Platter	802	23	203	7	0	541	1514	120	1	72	32
2 Scrambled Eggs and Shaved Ham	Platter	804	23	205	6	0	530	1427	120	1	73	29
Pancakes - 3 Cakes	3 cakes	569	2	23	0	0	0	764	133	2	73	8
<b>Blueberry Pancake Platter, 2 Pancakes - add 1 meat, eggs (Information includes Syrup)</b>												
2 eggs and Sausage	Platter	969	39	350	13	0	505	1283	126	2	76	31
2 eggs and Bacon	Platter	839	26	250	9	0	465	1133	126	2	76	23
2 eggs and Country Ham	Platter	851	26	222	8	0	503	2084	126	2	76	33
2 eggs and Classic Ham	Platter	807	21	188	7	0	480	1499	128	2	77	30
2 eggs and Shaved Ham	Platter	809	21	190	6	0	470	1413	129	2	78	27
2 Scrambled Eggs and Sausage	Platter	999	41	365	14	0	565	1304	127	2	76	33
2 Scrambled Eggs and Bacon	Platter	857	27	258	9	0	491	1143	127	2	76	24
2 Scrambled Eggs and Country Ham	Platter	881	28	236	9	0	564	2105	127	2	76	36
2 Scrambled Eggs and Classic Ham	Platter	837	23	203	7	0	541	1520	128	2	78	33
2 Scrambled Eggs and Shaved Ham	Platter	839	23	205	7	0	530	1434	129	2	78	29
<b>Breakfast Sides</b>												
Tators	Each	340	8	9	2	0	0	730	60	5	0	6
Tators w/ Gravy	Each	401	11	37	3	0	6	1244	66	5	0	9
Tators w/ Cheese	Each	497	20	114	5	0	18	1600	66	5	4	11
Fried Apples	4oz	148	2	19	0	0	0	18	34	2	32	0
Bowl of Apples	12oz	444	6	56	1	0	0	53	102	6	96	1
Sausage Gravy	4oz	121	6	56	2	0	13	1032	11	0	0	5
2 Eggs-Made To Order	2 Eggs	170	11	102	3	0	476	1588	1	0	1	15
Scrambled Eggs	2 Eggs	85	6	5	2	0	238	80	1	0	1	7
Hash Brown	Each	130	8	70	2	0	249	14	3	0	1	
Sausage	Each	230	20	180	7	0	55	490	0	0	0	12
Shaved Ham	Each	70	2	20	0	0	20	620	2	0	2	8
Classic Ham	Each	68	2	18	1	0	31	706	1	0	1	11
Country Ham	Each	111	7	52	2	0	54	1290	0	0	0	14
Pepperoni	5 pieces	130	11	112	6	0	33	437	0	0	0	5
Bacon	Each	100	7	80	3	0	15	340	0	0	0	4
Rocket Meat	1 Each	300	13	110	5	0	55	800	24	1	0	23
Tortilla Wrap	1 Wrap	200	6	60	3	0	0	470	31	1	1	5
Toast-Regular White	2 Pieces	120	2	20	0	0	0	250	24	2	4	4
Oats and Toast	1 order	280	5	40	0	0	0	460	56	5	17	8
French Toast Sticks (6)	6 Sticks	542	17	157	3	0	0	552	91	1	4	6
Pancake with Syrup	1 Cake	246	1	8	0	0	0	266	59	1	35	3
<b>Breakfast Wraps</b>												
Bacon, Egg & Cheese Wrap	1 Wrap	575	33	317	15	0	514	1476	34	1	2	30
Sausage, Egg & Cheese Wrap	1Wrap	705	46	417	19	0	554	1626	34	1	2	38
Fully Loaded Wrap	1 Wrap	766	49	435	19	0	315	1803	50	5	4	32
Country Ham, Egg & Cheese Wrap	1 Wrap	492	27	233	12	0	301	2434	33	1	1	32
Shaved Ham, Egg & Cheese Wrap	1 Wrap	545	28	256	12	0	519	1736	36	1	4	34
Classic Ham, Egg & Cheese Wrap	1 Wrap	509	27	246	12	0	514	1493	34	1	3	31

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<b>Lunch Sandwiches</b>												
BLT	Sandwich	444	21	224	5	0	34	1038	46	0	7	11
Hot Bologna	Sandwich	594	34	292	6	0	62	1707	55	1	20	18
Hot Dog	1 Hotdog	337	20	182	7	0	45	946	27	2	3	14
Pork BBQ w/ Slaw	Sandwich	414	14	124	4	0	72	700	48	2	16	26
1/3 lb. Burger	Sandwich	582	31	284	9	0	85	1454	46	2	11	21
Cheeseburger	Sandwich	661	40	359	15	0	107	1655	44	2	8	27
Bacon Cheeseburger	Sandwich	760	47	439	18	0	122	1985	44	2	8	31
Stacked Ham	Sandwich	420	17	172	2	0	59	1435	38	2	7	22
Chicken Fillet	Sandwich	484	21	202	3	0	64	788	50	2	4	23
Grilled Cheese	Sandwich	852	70	622	21	0	45	1980	41	0	4	18
Grilled Chicken	Sandwich	344	15	146	2	0	50	363	34	2	3	17
Chicken Club	Sandwich	550	29	300	10	0	87	1157	36	1	3	27
<b>Salads- (totals do not include dressing)</b>												
Italian Herb Chicken	Salad	203	5	36	0	0	31	337	25	5	11	17
Chicken BLT	Salad	436	17	165	4	0	78	1461	38	4	7	33
<b>Lunch Sides</b>												
Cole Slaw	Side	141	11	114	2	0	19	365	8	1	3	0
Cheesy Fries	Side	441	20	176	5	0	18	1439	49	4	4	9
French Fries	Side	291	8	72	2	0	0	582	44	4	0	4
Onion Rings	Side	612	36	301	11	0	0	584	72	4	0	8
Vegetable Soup	8oz bowl	278	5	9	1	0	0	1594	53	8	11	8
Pinto Beans - only	8oz Bowl	230	2	18	1	0	3	233	36	20	4	14
Beans & Cornbread	Entrée	991	7	194	7	0	81	1978	147	47	33	45
Country Vegetables	4oz											
Mashed Potatoes & Gravy	Side	108	2	22	0	0	0	344	21	2	1	2
Cooked Cabbage	Side	131	9	89	5	0	9	125	9	2	7	1
Macaroni & Cheese	Side	159	8	68	3	0	14	372	15	1	2	7
Country Apples	Side	148	2	19	0	0	0	18	34	2	32	0
Fried Potatoes	Side	170	4	5	1	0	0	36	30	3	0	3
Green Beans	Side	24	0	3	0	0	0	344	21	2	1	2
Corn	Side	190	11	101	2	0	0	113	23	4	6	4
Biscuit	Each	495	15	138	5	0	17	1523	72	2	24	17
Cornbread	Each	529	18	159	6	0	75	1510	75	8	25	17
<b>Country Dinner Platters - Meat and Toppings Only (Bread Nutrition Listed Separately)</b>												
Smothered Chicken	Entrée	184	9	86	5	0	53	626	4	1	2	18
Chopped Steak	Entrée	573	46	420	13	0	75	1157	19	3	5	19
Baked Steak	Entrée	317	12	108	6	0	99	1551	18	1	0	34
Meat Loaf	Entrée	462	30									