



Dietary Resource Guide

FEBRUARY 2018

Product Information Disclaimer

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

Sharif'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 Sharif'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)
Strawberry Cannoli	730	31	15	134	970	88	1	49	12
Apple Cannoli	750	30	15	134	990	105	0	64	11
Buttermilk Pancakes	420	10	2	8	1090	73	0	17	8
French Toast	780	51	9	151	730	68	0	11	16
Waffle	250	4	0	0	690	49	0	6	5
Add Butter & Syrup	170	1	1	1	30	38		37	0
Add Strawberry topping	180	1	1	1	40	41		37	0
Add Apple topping	890	72	24	417	1480	31	0	2	28
Cinnama-sation French Toast	580	10	3	1	540	122		120	0
Make it a combo - sausage	510	34	8	337	1180	31	0	2	20
Make it a combo-bacon	710	47	11	403	2400	36	0	3	37
Make it a combo- Zenner's double smoked sausage	1360	60	18	206	740	177	0	91	25
Shari's Potato Pancakes	570	17	5	19	210	96	0	26	7
Ultimate Country Fried Steak	1070	72	23	394	1980	69	0	8	37
USDA Top Sirloin Steak	790	52	16	462	940	32	0	3	48
USDA 1lb. T-Bone Steak	1220	80	25	381	2260	33	0	4	86
Pancakes	280	7	1	6	730	49	0	11	6
French Toast	520	34	6	101	480	45	0	6	10
Add Butter & Syrup	580	10	3	1	540	122		120	0
Biscuits & Gravy (1)	320	18	10	17	1070	34		5	7
White	270	12	3	1	460	34	2	4	6
Wheat	330	14	3	1	500	44		8	10
Sourdough	290	10	3	1	440	40		2	8
Rye	310	14	3	1	640	38		0	8
Breakfast Standard Bacon & Eggs	290	22	7	342	880	2	0	1	20
Breakfast Standard grilled Sausage & Eggs	630	57	22	417	930	2	0	1	25
Breakfast Standard Zenner's Smoked Sausage & Eggs	450	32	9	403	1850	7	0	2	34
Pancakes	280	7	1	6	730	49	0	11	6
French Toast	520	34	6	101	480	45	0	6	10
Add Butter & Syrup	580	10	3	1	540	122		120	0
Biscuits & Gravy (2)	650	35	21	33	2150	69		9	13
Hashbrowns & White	540	27	6	1	1010	64	2	6	9
Hashbrowns & Wheat	600	29	6	1	1050	74	0	10	13
Hashbrowns & Sourdough	560	25	6	1	990	70	0	4	11
Hashbrowns & Rye	580	29	6	1	1190	68	0	2	11
Eggs Benedict	830	47	12	366	2260	66	0	8	34
Prime Rib Benedict	900	52	14	365	2580	70	0	8	35
The Shari's Sampler	1100	76	25	572	2530	60	0	11	45
Bone-in Hickory Ham and Potato Pancakes	880	38	10	417	2010	75	0	28	44
White	270	12	3	1	460	34	2	4	6
Wheat	330	14	3	1	500	44		8	10
Sourdough	290	10	3	1	440	40		2	8
Rye	310	14	3	1	640	38		0	8
Breakfast Panini	980	61	16	515	1780	70	1	15	36
Meat Lover's Skillet	1240	98	37	487	2660	39	0	7	54
Pancakes	280	7	1	6	730	49	0	11	6
French Toast	520	34	6	101	480	45	0	6	10
Add Butter & Syrup	580	10	3	1	540	122		120	0
Biscuits & Gravy (1)	320	18	10	17	1070	34		5	7
White	270	12	3	1	460	34	2	4	6
Wheat	330	14	3	1	500	44		8	10
Sourdough	290	10	3	1	440	40		2	8
Rye	310	14	3	1	640	38		0	8
BMP Omelette	850	71	27	811	1490	7	0	3	47
Spring Spinach Omelette	650	52	17	758	620	11	3	4	37
Denver Omelette	650	51	18	778	970	10	0	7	41
Country Omelette	670	52	19	790	1330	8	0	6	44
Pancakes	280	7	1	6	730	49	0	11	6
French Toast	520	34	6	101	480	45	0	6	10
Add Butter & Syrup	580	10	3	1	540	122		120	0
Biscuits & Gravy (2)	650	35	21	33	2150	69		9	13
Hashbrowns & White	540	27	6	1	1010	64	2	6	9
Hashbrowns & Wheat	600	29	6	1	1050	74	0	10	13
Hashbrowns & Sourdough	560	25	6	1	990	70	0	4	11
Hashbrowns & Rye	580	29	6	1	1190	68	0	2	11
Steel Cut Oatmeal	230	4	0	0	290	43		0	10
Add Milk, Raisins, Cranberries and Pecans	410	17	1.5	10	110	61	4	56	4
Side Stuffed Hashbrowns	420	28	10	37	880	32	0	2	11
Side of Biscuits & Gravy (3)	970	53	31	50	3220	103		14	20
Side of Bacon	120	9	3	15	750	0	0	0	9
Side of Sausage	460	44	18	90	800	0		0	14

Breakfast

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Side of Zenner's Double Smoked Sausage	280	19	5	75	1730	5	0	1	23
Two Eggs	170	13	4	327	130	1	0	0	11
Side of Cottage Cheese	60	1	0	8	300	4		3	10
Side of Biscuits (2)	480	24	14	0	1580	58		4	8
Side of English Muffin	230	11	3	1	350	28		2	5
Side of White Toast	270	12	3	1	460	34	2	4	6
Side of Wheat Toast	330	14	3	1	500	44		8	10
Side of Sourdough Toast	290	10	3	1	440	40		2	8
Side of Rye Toast	310	14	3	1	640	38		0	8
Bowl of Fresh Fruit	100	0	0	0	30	23		20	2
Fresh Caramel Pecan Cinnamon Roll	1190	41	16	58	620	182	0	103	18
Cinnama-sation Roll	880	31	16	57	410	131		60	16

Lunch

Crispy- Edged Grill Cheese Whole	610	37	16	79	980	40	0	4	26
Crispy- Edged Grilled Cheese Half	310	19	8	39	490	20	0	2	13
Deli Sandwich with Turkey Whole	390	5	1	71	2160	51	8	34	
Deli Sandwich with Turkey Half	200	2	0	35	1410	27	0	5	17
Deli Sandwich with Ham Half	200	4	1	30	1580	26	0	4	15
Deli Sandwich with Ham Whole	390	8	1	60	2510	50	0	8	29
BLT Half Sandwich	240	13	3	13	1380	21	0	3	9
BLT Whole Sandwich	440	22	5	20	1860	41	0	6	16
Deli Chicken Salad Sandwich Half	330	14	1	34	1210	36	1	16	16
Deli Chicken Salad Sandwich Whole	650	27	2	69	1770	70	1	31	32
Quiche, BMP Trio	390	27	12	161	840	23	0	2	14
Quiche, Ham & Cheese Trio	380	25	12	156	810	22	0	3	15
Quiche, Lorraine Trio	410	28	13	160	730	22	0	2	17
Dinner Salad	40	1	0	0	85	6		1	1
Ranch Dressing	190	19	3	16	330	3	0	2	2
Blue Cheese Dressing	240	26	5	23	260	2		0	2
Thousand Island Dressing	130	10	1	7	370	9		6	0
Honey Mustard Dressing	170	16	2	14	130	11		10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11		11	0
Vinegar and Oil	180	21	3	0	0	0		0	0
Toasted Sesame Dressing	160	13	2		410	9		8	0
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10		10	0
Toasted Sesame Salad	250	18	4	12	500	16		13	4
Caesar Side Salad	230	20	5	18	520	8		0	7
Side Spinach Salad	200	15	3	49	450	10	1	7	6
Soup, Cup of Loaded Potato	290	18	9	47	1270	22	0	5	11
Soup, Cup Split Pea with Ham	190	4	1	6	1210	29	0	5	10
Soup, Cup Roasted Tomato	140	10	5	29	850	12	0	7	2
Soup, Cup Chicken Noodle	110	3	1	28	940	11	0	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18		2	6
Soup, Cup Broccoli Cheese	170	12	6	29	1040	11	0	4	7
Soup, Bowl of Loaded Potato	380	22	10	56	1750	33	0	6	14
Soup, Bowl Split Pea with Ham	290	6	2	9	1830	45	0	7	15
Soup, Bowl Roasted Tomato	220	16	8	46	1280	19	0	11	3
Soup, Bowl Chicken Noodle	160	4	1	42	1410	16	0	2	16
Soup, Bowl Clam Chowder	330	23	7	29	1510	28		3	9
Soup, Bowl Broccoli Cheese	250	17	8	41	1550	17	0	6	10
Salmon Caesar Salad	940	66	15	118	1700	43	0	2	47
Chicken Caesar Salad	710	45	10	103	1850	41		1	41
Northwest Steak Salad	850	45	14	148	1250	66	0	34	45
Rustic Tuscan Chicken Salad	510	32	5	98	1770	21		4	35
American Chopped Salad	560	26	9	281	1880	38	0	8	43
entree blue cheese dressing	320	34	7	30	340	2		0	2
entree fat free raspberry vinaigrette	50	0	0	0	480	14		14	0
Fat Free Raspberry Vinaigrette entree salad	50	0	0	0	480	14		14	0
Honey Mustard entree salad	230	21	3	19	170	15		13	0
ranch-entree salad	320	31	5	26	550	5	0	3	3
Thousand Island entree salad	210	17	2	12	610	14		9	0
Hot Turkey Sandwich	850	28	10	99	2310	108	0	27	42
Shari's Clubhouse	640	27	8	69	2440	62	0	10	33
Cuban Sandwich	540	23	8	82	2350	47	0	4	33
Prime Rib Dip	540	21	8	70	2940	52	0	2	32
Philly Steak Sub	650	27	11	90	2990	60	0	6	41
Pastrami Panini	700	28	9	120	3390	58	1	3	51
Crispy Chicken BLT	890	56	14	81	2350	64	2	5	34
Hamburger	580	30	11	97	700	41	2	6	36
Cheddar Cheeseburger	660	36	15	115	810	41	2	6	41



LUNCH AND DINNER

Lunch, continued

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Swiss Cheeseburger	620	33	13	107	720	41	2	6	39
Bleu Cheeseburger	630	34	14	108	890	41	2	6	39
Pepperjack Cheeseburger	680	38	16	122	890	41	2	6	42
Bavarian Burger	970	43	17	217	2730	60	0	7	78
Trail Boss	990	58	21	333	2180	50	2	12	66
Mediterranean Burger	850	50	17	147	1210	49	0	5	47
Ranch Hand BBQ Bacon Cheeseburger	1090	72	22	135	2080	60	2	13	48
Mushroom-Swiss Burger	1000	70	20	128	1020	50	1	5	42
French Fries	370	24	3	0	60	36	0	4	
Tater Tots with Chipotle Mayo	650	56	9	30	860	36	1	3	
Tater Tots no sauce	370	26	4	0	620	33	1	3	
Turkey Burger	600	34	10	90	990	52	3	16	34
Customize Burger- Make it a double	270	16	6	95	90	0	0	0	29
Customize Burger- Add Bacon	80	6	2	10	500	0	0	0	6
Customize Burger- Add Avocado Slices	60	5	0.5	0	0	3	2	0	1
Substitute Onion Rings	390	24	5	0	530	39	6	3	
Substitute Sea Salt Herb Fries	450	32	4	0	1010	38	0	0	4
Substitute Sweet Potato Fries	390	26	4	0	400	40	18	2	

Appetizers

Wings Your Way	680	46	7	375	1960	4	0	57	
Franks Buffalo Hot Wing	930	72	13	398	2940	8	0	59	
Galicky Chimichurri	900	70	9	375	1590	6	0	2	58
Hickory-Molasses BBQ	750	46	7	375	1750	21	0	18	57
Balsamic Glaze	780	50	7	375	920	21	0	21	57
Design your own Sampler Pick Four									
Chicken Tenders (2)	300	16	3	50	490	22	0	18	
Mozzarella Sticks(5)	310	20	8	25	830	23	3	13	
Onion Rings(6)	390	24	5	0	530	39	6	3	
Golden Shrimp(4)	150	5	1	40	430	17	1	9	
Tater Tots	370	26	4	0	620	33	1	3	
French Fries	370	24	3	0	60	36	0	4	
Marinara Sauce	20	1	0	0	260	3	1	0	
BBQ Sauce	45				620	10	9	0	
Ranch	190	19	3	16	330	3	0	2	2
Cocktail Sauce	50				350	12	6	1	
Porchetta Sliders	880	61	11	84	4020	45	0	9	27
Onion Rings with Honey Mustard & BBQ sauce	990	64	12	14	1800	100	31	6	
Mozzarella Sticks with Marinara	510	32	13	40	1580	39	5	20	
BBQ Pulled Pork Nachos	1680	113	50	235	3990	95	10	7	72

Dinners

1 Lb. T-Bone Steak	1050	64	23	171	2060	27	4	8	80
Top Sirloin Steak	710	46	15	135	590	33	4	38	
Stuffed Hashbrowns	420	28	10	37	880	32	0	2	11
Loaded Mashed Potatoes	410	21	13	65	900	42	0	3	14
Baked Potato- Plain	160	0	0	0	15	37	4	2	4
Baked Potato- Add Butter & Sour Cream	280	13	5	10	135	38	4	3	5
Seafood Additions									
Shrimp Scampi	360	30	8	150	470	2	1	20	
Two Shrimp Skewers	190	11	3	149	260	1	0	20	
Golden Fried Shrimp	420	17	3	100	1080	43	3	23	
Cocktail Sauce	50				350	12	6	1	
Toppings									
Garlicky Chimichurri Sauce	120	12	1	0	540	3	1	1	
Bleu Cheese Crumbles with Onion Strings	700	55	20	34	1300	37	0	9	
Sauteed Button Mushrooms	220	23	7	1	270	1	0	1	1
Four Onion Rings	260	16	3	0	350	26	4	2	
Country Fried Steak	1310	80	32	123	2580	112	21	35	
Slow Cooked Pot Roast	1440	78	26	258	2940	91	0	13	87
Slow Roasted Turkey Dinner	920	35	13	150	2790	96	4	33	51
Grilled Chicken Mozzarella Bruschetta	610	28	8	101	1800	48	1	10	39
Chicken -Mushroom Alfredo	1130	46	18	145	2720	117	1	12	64
Beer-Batter Fish & Chips	1700	132	18	74	3380	110	0	5	26
Cedar Plank Salmon	750	44	10	96	1070	48	0	10	39
Chicken & Waffles	1470	82	18	192	2300	133	0	70	52
Dinner Salad	40	1	0	0	85	6	1	1	
Ranch Dressing	190	19	3	16	330	3	0	2	2
Blue Cheese Dressing	240	26	5	23	260	2	0	2	

Dinners, continued

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Thousand Island Dressing	130	10	1	7	370	9	6	0	
Honey Mustard Dressing	170	16	2	14	130	11	10	0	
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	11	0	
Vinegar and Oil	180	21	3	0	0	0	0	0	
Toasted Sesame Dressing	160	13	2		410	9	8	0	
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	10	0	
Toasted Sesame Salad	250	18	4	12	500	16	13	4	
Caesar Side Salad	230	20	5	18	520	8	0	7	
Side Spinach Salad	200	15	3	49	450	10	1	7	6
Soup, Cup Split Pea with Ham	190	4	1	6	1210	29	0	5	10
Soup, Cup Chicken Noodle	110	3	1	28	940	11	0	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18	2	6	
Soup, Cup Broccoli Cheese	170	12	6	29	1040	11	0	4	7
Soup, Cup of Loaded Potato	380	22	10	56	1750	33	0	6	14
Soup, Cup of Roasted Tomato	140	10	5	29	850	12	0	7	2

Honored

BREAKFAST

Honored Ham & Ch Omelette	430	31	14	539	880	6	0	4	33
Honored Bacon & Ch Omelette	540	42	20	557	950	4	0	2	37
Honored Sausage & Ch Omelette	630	52	23	572	900	4	0	2	36
Honored Bacon & Egg	190	15	4	174	560	2	0	1	12
Honored Sausage & Egg	340	31	11	209	460	2	0	1	13
Honored Country Fried Steak & Egg	490	36	13	203	830	24	0	3	20
Pancakes	860	17	4	6	1260	171	0	131	6
French Toast	1100	44	9	101	1020	167	0	126	10
Add Butter & Syrup	580	10	3	1	540	122	120	0	
Hashbrowns & White	540	27	6	1	1010	64	2	6	9
Hashbrowns & Wheat	600	29	6	1	1050	74	0	10	13
Hashbrowns & Sourdough	560	25	6	1	990	70	0	4	11
Hashbrowns & Rye	580	29	6	1	1190	68	0	2	11
Honored Egg Benedict with Browns	550	31	8	183	1410	49	0	5	19
Honored Mexi-Skillet	930	71	26	572	1620	37	0	6	38
Honored Pancakes	860	17	4	6	1260	171	0	131	6
Honored French Toast	1100	44	9	101	1020	167	0	126	10
Add Butter & Syrup	580	10	3	1	540	122	120	0	
Add Strawberry Topping	170	1	1	1	35	38	37	0	
Add Apple Topping	180	1	1	1	40	41	37	0	
Add Bacon	80	6	2	10	500	0	0	0	6

LUNCH

Delhi Sandwich with Turkey Half	200	2	0	35	1410	27	0	5	17
Delhi Sandwich with Ham Half	200	4	1	30	1580	26	0	4	15
Dinner Salad	40	1	0	0	85	6	1	1	
Ranch Dressing	190	19	3	16	330	3	0	2	2
Blue Cheese Dressing	240	26	5	23	260	2	0	2	
Thousand Island Dressing	130	10	1	7	370	9	6	0	
Honey Mustard Dressing	170	16	2	14	130	11	10	0	
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	11	0	
Vinegar and Oil	180	21	3	0	0	0	0	0	
Toasted Sesame Dressing	160	13	2		410	9	8	0	
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	10	0	
Toasted Sesame Salad	250	18	4	12	500	16	13	4	
Caesar Side Salad	230	20	5	18	520	8	0	7	
Side Spinach Salad	200	15	3	49	450	10	1	7	6
Side Caprese Salad	230	18	7	40	210	6	0	4	11
Soup, Cup of Loaded Potato	290	18	9	47	1270	22	0	5	11
Soup, Cup Split Pea with Ham	190	4	1	6	1210	29	0	5	10
Soup, Cup Roasted Tomato	140	10	5	29	850	12	0	7	2
Soup, Cup Chicken Noodle	110	3	1	28	940	11	0	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18	2	6	
Soup, Cup Broccoli Cheese	170	12	6	29	1040	11	0	4	7
Patty Melt	820	50	15	121	1660	48	0	6	44
American Chopped Salad	380	17	5	140	1170	34	0	5	24
entree blue cheese dressing	320	34	7	30	340	2	0	2	
entree fat free raspberry vinaigrette	50	0	0	0	480	14	14	0	
Fat Free Raspberry Vinaigrette entree salad	50	0	0	0	480	14	14	0	
Honey Mustard entree salad	230	21	3	19	170	15	13	0	
ranch-entree salad	320	31	5	26	550	5	0	3	3
Thousand Island entree salad	210	17	2	12	610	14	9	0	

PIES



Honored, continued

DINNERS	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Honored Sirloin Steak Dinner	590	38	15	151	390	22	6	38	
Honored Country Fried Steak	620	41	15	55	1070	44	8	18	
Honored Southern Fried Chicken Strips	680	39	9	91	1040	55	6	31	
Honored Seafood Combo	1180	81	15	134	2350	84	19	31	
Honored Lemon Pepper Grilled Salmon	670	46	10	129	820	26	9	38	
Dinner Salad	40	1	0	0	85	6	1	1	
Ranch Dressing	190	19	3	16	330	3	0	2	2
Blue Cheese Dressing	240	26	5	23	260	2	0	2	
Thousand Island Dressing	130	10	1	7	370	9	6	0	
Honey Mustard Dressing	170	16	2	14	130	11	10	0	
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	11	0	
Vinegar and Oil	180	21	3	0	0	0	0	0	
Toasted Sesame Dressing	160	13	2		410	9	8	0	
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	10	0	
Toasted Sesame Salad	250	18	4	12	500	16	13	4	
Caesar Side Salad	230	20	5	18	520	8	0	7	
Side Spinach Salad	200	15	3	49	450	10	1	7	6
Soup, Cup Loaded Potato	290	18	9	47	1270	22	0	5	11
Soup, Cup Split Pea with Ham	190	4	1	6	1210	29	0	5	10
Soup, Cup Roasted Tomato	140	10	5	29	850	12	0	7	2
Soup, Cup Chicken Noodle	110	3	1	28	940	11	0	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18	2	6	
Soup, Cup Broccoli Cheese	170	12	6	29	1040	11	0	4	7
Red Skin Mashed Potato	260	8	5	27	570	40	2	5	
Red Skin Mashed Potato with Demi Gravy	290	9	7	27	870	45	0	2	6
Rice Pilaf	90	5	1	0	150	10	0	3	1
French Fries	370	24	3	0	60	36	0	4	
Tater Tots with Chipotle Mayo	650	56	9	30	860	36	1	3	
Tater Tots no sauce	370	26	4	0	620	33	1	3	
Baked Potato- Plain	160	0	0	0	15	37	4	2	4
Baked Potato- Add Butter & Sour Cream	280	13	5	10	135	38	4	3	5
Willamette Valley Seasonal Vegetables	130	9	3	0	160	9	4	1	
Honored Slow Cooked Pot Roast	1440	78	26	258	2940	91	0	13	87

Kids

Pie-O-Neer Pancake	340	10	2	7	730	57	0	18	6
Homesteader Breakfast	320	10	4	178	590	39	1	22	19
Get-a-long Little Doggies	360	19	4	30	1200	40	0	16	12
Mountaineer Mac & Cheese	490	26	11	55	900	42	0	9	21
Gold Rush Grilled Cheese	480	27	11	37	720	45	0	9	19
Pie-O-Neer Platter	500	29	8	55	1180	41	6	23	
Mini-Mountaineer Burgers	470	15	5	73	370	45	0	23	31
Wagon Train Chicken Strips	300	16	3	50	490	22	0	18	
Wagon Train Grilled Chicken	240	3	1	89	650	22	0	20	33
Settler's Sides									
Hoedown Hashbrowns	260	15	3	0	550	30	0	2	3
Campfire Smoked Bacon	40	3	1	5	250	0	0	0	3
Adventurer's Veggies	200	19	3	16	350	5	0	2	2
Cross Country Cottage Cheese	60	1	0	8	300	4	3	10	
Frontier Fries	370	24	3	0	60	36	0	4	
Soup, Cup of Loaded Potato	290	18	9	47	1270	22	0	5	11
Soup, Cup Split Pea with Ham	190	4	1	6	1210	29	0	5	10
Soup, Cup Roasted Tomato	140	10	5	29	850	12	0	7	2
Soup, Cup Chicken Noodle	110	3	1	28	940	11	0	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18	2	6	
Soup, Cup Broccoli Cheese	170	12	6	29	1040	11	0	4	7
Slices o'Orange	60	0	0	0	0	15	3	12	1
Applegate Trail Sauce	45	0			0	13	11	0	
Stage Coach Salad	35	1	0	0	85	6	1	1	
Ranch Dressing	190	19	3	16	330	3	0	2	2
Blue Cheese Dressing	240	26	5	23	260	2	0	2	
Thousand Island Dressing	130	10	1	7	370	9	6	0	
Honey Mustard Dressing	170	16	2	14	130	11	10	0	
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	11	0	
Vinegar and Oil	180	21	3	0	0	0	0	0	
Toasted Sesame Dressing	160	13	2		410	9	8	0	
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	10	0	

Pies

SLICED PIES	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Dutch Apple	490	21	9	0	340	75	0	47	3
Deep Dish Washington Apple	570	27	10	0	360	83	0	48	4
Strawberry Rhubarb Delight	540	27	14	0	450	69	0	32	5
Sweet Montana Cherry	550	29	8	0	290	72	0	41	5
Northwest Berry Trio	590	28	9	0	360	82	3	44	4
Tropical Coconut Cream	620	37	22	83	410	72		49	7
Lemon Merinue Delight	670	23	7	23	470	110		74	5
Chocolate Cream Supreme	540	30	16	67	320	62	1	41	6
Oregon Marionberry	570	29	9	0	360	75	0	41	5
No Sugar Oregon Marionberry	540	29	9	0	470	51		6	5
Fresh Pecan	440	5	2	227	270	94		63	4
Velvet Chocolate Silk	580	38	20	135	200	56		37	5
Smores Galore	560	31	13	165	280	68		50	6
Sour Cream Lemon	570	32	17	68	330	67		44	5
Banana Cream Dream	460	24	15	53	280	53	1	34	5
Creamy Caramel Pecan Crunch	770	49	2	93	480	76	0	51	7
Peanut Butter Chocolate Silk	660	45	18	96	310	60		42	10
Vanilla Shake -Add Pie Above	540	30	17	107	310	63		59	11

Desserts

Banana Split	760	34	16	85	250	109	3	86	11
Turtle Sundae	1050	59	21	128	540	120	0	91	16
Chocolate Lava Cake	660	27	14	63	520	100		72	9
Carrot Cake	330	18	6	30	280	39		28	3
Cheesecake	350	22	12	114	290	34		25	5
Strawberry Cheesecake	480	23	13	114	320	63		53	6
Apple Cheesecake	490	23	13	114	320	65		53	5
Apple Pie Sundae	720	33	14	20	450	105	0	67	6

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	5	16	0	16	0
Lemonade	120	0	0	0	5	31	0	30	0
Strawberry Lemonade	180	0	0	0	20	45	0	43	0
Cranberry Lemonade	140	0	0	0	5	36	0	35	0
Regular Milk	140	9	6	39	135	12		12	9
Large Milk	230	16	10	68	230	21		21	16
Regular Orange Juice	120				0	30		27	0
Large Orange Juice	210				0	52		47	0
Regular Apple Juice	120				5	32		32	
Large Apple Juice	210				10	54		54	
Regular Cranberry Juice	50	0			85	11		11	0
Large Cranberry Juice	90	1		0	1650	15		9	5
Regular Tomato Juice	50	1		0	960	9		5	3
Large Tomato Juice	90	1		0	1650	15		9	5
Caramel Macchiato Frappe	200	4	2	15	95	41		36	7
Strawberry-Banana Smoothie	320	1	0	0	105	71	3	62	7
Tropical Mango Smoothie	320	0	0	0	15	78	2	64	0
Cappuccino	110	4	3	1	65	19		11	1
Hot Chocolate	150	2	1	1	200	32		28	1
Mimosa	150	0	0	0	0	9		6	0
Bellini- Berry	160	0	0	0	0	10		8	1
Bellini- Strawberry	160	0	0	0	10	11		9	1
Vanilla Shake	540	30	17	107	310	63		59	11
Strawberry Shake	620	30	17	107	330	84	1	79	12
Chocolate Shake	650	30	17	107	330	89		81	12