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Bob evans nutrition pdf

Bob Evans is known for its numerous breakfast offerings and diner-style dinners. You can find nutritious foods on the Bob Evans menu and stick to your dietary needs, plus you can often enjoy a full meal for \$15 or less. With grilled protein and vegetable side choices, you can load up on vitamin-rich meals. Bob Evans also offers hearty soups and fresh salads for a heart-healthy meal. "Bob Evans is known for its nostalgic, homestyle favorites, which tend to be loaded with salt, calories, and saturated fat, and come in very large portion sizes. However, the restaurant also offers a variety of nutrient-dense dishes that may be suitable for a variety of dietary needs. Selecting menu items made with fruits, vegetables, whole grains, and lean proteins, and enjoying them in small portion sizes, can make dining at Bob Evans a nutritious experience."—Eliza Savage, MS, RD, CDN Bob Evans offers diner-type items, from breakfast dishes with build-your-own egg entrees to nostalgic "Dinner Bell" plates with standards such as chicken fried steak. Most of the menu items contain a high amount of sodium, and many are high in calories and fat. For a balanced meal, choose grilled chicken, turkey, or egg dishes for protein, and opt for veggie sides like steamed broccoli or salad. What to Order & Avoid at Bob Evans Most Nutritious Option Least Nutritious Options Pot Roast (Family Meals) Wildfire Meatloaf (Family Meals) Original Farmer's Choice (Breakfast Combos) Double Meat Farmer (Breakfast Combos) Sunshine Skillet (Omelets & Skillet) Three Meat Omelet (Omelets & Skillet) Broche French Toast (Hotcakes) Buttermilk Hotcakes (Hotcakes) Grilled-to-Perfection Chicken (Turkey & Chicken) Honey Butter Chicken Biscuit (Turkey & Chicken) Farmhouse Grilled Chicken (Burgers & Sandwiches) Rise & Shine Burger (Burgers & Sandwiches) Lemon Pepper Sole Filets (Steak & Seafood) Mushroom and Onion Chopped Steak (Steak & Seafood) Hearty Beef Vegetable Soup (Soups & Salad) Cranberry Pecan Chicken Salad (Soups & Salad) Broccoli (Shareables & Sides) Sausage Gravy and Biscuits (Shareables & Sides) Banana Nut Bread (Bakery & Desserts) Chocolate Peanut Butter Pie Topped With Reese's (Bakery & Desserts) Chicken & Noodles (Kids Menu) Plenty-O-Pancakes (Kids Menu) Hot Tea, Decaf Coffee (Beverages) Hot Chocolate (Beverages) The healthiest choice at Bob Evans is a soup and salad combination, such as the Farmhouse garden salad and a cup of hearty beef vegetable soup. Designed to remind you of comfort foods from your youth, classic family meals at Bob Evans mirror typical homestyle favorites you might have eaten over Sunday meals with your family. With six servings, these family-style meals are meant to be shared. Nutrition values below are for a single serving of the main dish, which also comes with bread and a choice of sides. The fork tender pot roast family meal includes slow-roasted meat, onions, beef gravy, and carrots to create a hearty dish. This popular entrée contains 270 calories, 16g fat, 6g saturated fat, 17g carbohydrates, 14g protein, and 540mg sodium. The wildfire meatloaf includes the Bob Evans wildfire sauce, meatloaf, and haystack onions. It contains 660 calories, 43g fat, 13g saturated fat, 42g carbohydrates, 28g protein, and 1,060mg sodium per serving. To save calories, carbohydrates, and sodium, consider ordering the down-home country fried steak family meal for 540 calories, 34g fat, 11g saturated fat, 39g carbohydrates, 21g protein, and 970mg sodium per serving. The Bob Evans breakfast offerings are some of the most popular on the menu, and they are served all day for those pancake-for-dinner enthusiasts. Most of the breakfast fare is high in sodium and includes high-fat/high-protein sides, such as eggs, sausage links and patties, ham, and bacon. [zakejenwizjoguwimonesud.pdf](#) When you order this meal, you choose from several options for eggs, meat, and a griddle item. Selecting egg whites, hickory-smoked ham, and broche French toast will give you the smallest amount of calories and fat: 1,030 calories, 22.5g fat, 8g saturated fat, 144g carbohydrates, 57g protein, and 2,750mg sodium. Ask for the French toast without butter and syrup to reduce calories, fat, and added sugar. The double meat farmer with two scrambled eggs, a double serving of sausage links, and hotcakes totals 1,900 calories, 104g fat, 35g saturated fat, 174g carbohydrates, 71g protein, and 3,400mg sodium. Lower your calorie intake by choosing egg whites over whole eggs and ham over sausage links or patties. And although it may be surprising, the French toast also has fewer calories than the hotcakes. You can pick an omelet with pre-chosen ingredients or build your own. For the most nutrient-dense dish, choose a combo of Egg whites/Baby spinach/Diced ham/Diced tomatoes/Mushrooms/Onions/Red and green bell peppers Both the omelets and hotcakes come with your choice of two biscuits or banana nut bread. The biscuits have 520 calories and the banana bread has 320 calories. Skipping the bread altogether will save those calories and more than 30 grams of carbs. If you prefer not to build your own omelet, the sunshine skillet offers the best nutrition profile, at least in terms of fat and sodium content. It comes with eggs, sausage, gravy, cheddar cheese, and home fries and has 660 calories, 17g fat, 6g saturated fat, 107g carbohydrates, 20g protein, and 720mg sodium. The Western omelet is comparable in calories (650), comes with vegetables (onions and peppers), provides more protein (40g), and has fewer carbohydrates (11g) than the sunshine skillet. However, it has significantly more fat: 50g fat and 17g saturated fat. It also has more than twice as much sodium at 1,590mg. The three meat omelet, with eggs, sausage, ham, bacon, onions, tomatoes, provolone cheese, American cheese, and cheddar cheese, is also very high in fat, cholesterol, and sodium. [changer joint de culasse clio 2](#) It has 1,210 calories, 94g fat, 34g saturated fat, 21g carbohydrates, 70g protein, and 3,400mg sodium. [identify the word which short vowel sounds](#) The hotcakes portion of the menu contains a selection of pancakes and French toast that gives you sweet breakfast options.



The broche French toast contains two slices of broche French toast, butter, syrup, and powdered sugar for 810 calories, 20g fat, 7g saturated fat, 142g carbohydrates, 16g protein, and 910mg sodium. You can also consider the banana berry oatmeal from this section of the menu. It is served with blueberry topping, banana, milk, pecans, and a slice of banana bread. The entire dish (including the bread) has 750 calories, 18g fat, 3g saturated fat, 121g carbohydrates, 13g protein, and 760mg sodium. Surprisingly, though, this option is higher in sugar than the French toast. [ylmaz guiney kitapları.pdf](#) It has 76g sugar, vs. 49g for the French toast. A serving of buttermilk pancakes (four per plate) with butter and syrup comes out to 1,150 calories, 28g fat, 9g saturated fat, 209g carbohydrates, 17g protein, and 1,910mg sodium. However, the hotcakes have the lowest amount of sugar (39g) of the dishes in this category. Bob Evans serves Thanksgiving-style dinners, which can be nutritious options.



Higher-calorie comfort foods include pot pie, fried chicken, and chicken tenders. The grilled-to-perfection chicken breast meal includes two chicken breasts and a choice of two sides. You can choose from any of the following sides: Bread and celery dressing/Broccoli/Carrots/Coleslaw/Corn/French fries/Fruit/Garden salad/Green beans with ham/Hash browns/Home fries/Macaroni and cheese/Mashed potatoes and chicken gravy/Sausage gravy and biscuits On their own, the two grilled chicken pieces provide 270 calories, 4g fat, 1g saturated fat, 2g carbohydrates, 55g protein, and 1,040mg sodium. To keep the calories in your meal low, choose the green beans and carrots sides for 120 additional calories. Other lower-calorie side options include broccoli, salad, and fruit.

The honey butter chicken biscuit dinner comes with fried chicken filets, two sides, and a biscuit with butter and honey. Not including the sides, the meal provides 940 calories, 48g fat, 16g saturated fat, 58g carbohydrates, 70g protein, and 2,460mg sodium. For a lower-calorie fried chicken option, consider the homestyle boneless fried chicken. It comes with two fried chicken breasts, a roll, and your choice of two side dishes. On its own, the chicken has 580 calories, 27g fat, 6g saturated fat, 19g carbohydrates, 66g protein, and 1,650mg sodium. [gozimetatuzi.pdf](#) Bob Evans offers sandwiches as an alternative to heavier dinner plates. The most nutritious protein options to include in a sandwich are grilled chicken and slow-roasted turkey. Burgers and sandwiches come with your choice of one or two sides. To cut calories, ask for broccoli, carrots or fruit, which also add vitamins and fiber to your meal. The farmhouse grilled chicken sandwich comes with bacon, cheese, lettuce, tomatoes, onion, pickles, a bun, and honey mustard. You can choose between grilled or fried chicken. The grilled chicken has 670 calories, 34g fat, 10.5g saturated fat, 42g carbohydrates, 47g protein, and 1,780mg sodium. If you'd like to cut back on calories, fat and sodium, hold the bacon, cheese, and pickles; for fewer carbs, skip the bun. The rise and shine breakfast burger comes with an egg, bacon, bun, hash browns, beef patty, spicy maple syrup, and American cheese. It has 1,300 calories, 77g fat, 26g saturated fat, 102g carbohydrates, 51g protein, and 1,580mg sodium. As an alternative, consider the cheeseburger, which includes an Angus beef patty, American cheese, pickles, onion, and a broche bun. One cheeseburger has 680 calories, 39g fat, 17g saturated fat, 47g carbohydrates, 37g protein, and 1,260mg sodium. Like the chicken and turkey offerings, the steak and seafood meals come with a choice of the sides. Focus on veggies to make your meal more nutrient-dense. Lemon pepper sole filets—the meal includes two sole filets, a roll and two sides—have 380 calories, 18g fat, 2g saturated fat, 25g carbohydrates, 28g protein, and 680mg sodium. Plus, you'll benefit from the omega-3 fatty acids found in fish. These can reduce your risk of cardiovascular disease and stroke, which is why the American Heart Association recommends consuming at least two servings per week. The mushroom and onion chopped steak is served with mashed potatoes, gravy, and broccoli. The meal, including those sides, has 870 calories, 62g fat, 19g saturated fat, 41g carbohydrates, 37g protein, and 1,680mg sodium. The salads and soups on the Bob Evans menu change seasonally. There are berry salads and fruit plates for summer, and hearty, warm soups for wintertime. However, some offerings are available year-round. A cup of hearty beef vegetable soup with two Saline crackers has 120 calories, 2.5g fat, 0.5g saturated fat, 18g carbohydrates, 7g protein, and 620mg sodium. (Roughly double these numbers for the larger portion, a bowl.) The small cup of soup might not fill you up completely. Consider ordering half a sandwich or a half-portion of salad in addition to this soup for a combo meal. The cranberry pecan chicken salad contains 920 calories, 59g fat, 15g saturated fat, 55g carbohydrates, 47g protein, and 1,780mg sodium. The wildfire chicken salad has a similar nutrition profile if you choose fried chicken, except it has less sugar and more protein than the cranberry pecan salad. The sides range from vegetables, such as carrots, broccoli, and green beans, to hearty and starchy mashed potatoes and chicken gravy, bread and celery dressing, macaroni and cheese, and hash browns. There are even sweet sides: fresh fruit and cinnamon pudding with icing. If a meal allows for two sides, choosing two servings of vegetables (or one fruit and one vegetable) will provide the most vitamins, minerals, and fiber for the fewest calories. This simple side has 20 calories, 0g fat, 0g saturated fat, 4g carbohydrates, 2g protein, and 560mg sodium. The sausage gravy and biscuits side comes in two portion sizes, cup and bowl. The bowl size provides 770 calories, 46g fat, 26.5g saturated fat, 74g carbohydrates, 19g protein, and 2670mg sodium. The cup size is still high in calories (660), fat (38g), saturated fat (22g), and sodium (2260mg). The bakery and desserts menu is actually fairly small, despite the comprehensive choices elsewhere on the menu. Some offerings may be seasonal. A serving of the banana nut bread (two slices without butter or margarine) provides 320 calories, 10g fat, 1.5g saturated fat, 37g carbohydrates, 5g protein, and 440mg sodium. It has the fewest calories and least carbohydrates of the offerings in this category, and also provides a little fiber and protein.



One slice of chocolate peanut butter pie topped with Reese's has 680 calories, 41g fat, 20g saturated fat, 74g carbohydrates, 7g protein, and 420mg sodium. If you're craving pie, consider ordering the double crust apple pie instead. One slice has 530 calories, 24g fat, 10g saturated fat, 77g carbohydrates, 3g protein, and 410mg sodium.



The lunch- and dinner-style options on the kids' menu come with a choice of side (French fries, mashed potatoes, carrots, green beans, broccoli, or fruit), and all kids' meals come with a drink. Choose among apple juice, orange juice, or soda. The chicken and noodles main entrée, which includes a side of steamed broccoli, has 150 calories, 7g fat, 1.5g saturated fat, 14g carbohydrates, 10g protein, and 540mg sodium. [97370382708.pdf](#) If your child wants a breakfast entrée, the one with the best nutrition profile is the turkey sausage breakfast: an egg, wheat toast, and a turkey sausage link. This meal provides 240 calories, 5g fat, 1.5g saturated fat, 26g carbohydrates, 20g protein, and 750mg sodium. The pancakes with syrup and whipped cream comes with 5 hotcakes and a choice of breakfast meat. It provides 1,800 calories, 39g fat, 16g saturated fat, 326g carbohydrates, 32g protein, and 3,440mg sodium for the pancakes alone. A sausage link adds 50 calories and a bacon strip 100. Among the lunch and dinner entrées, the cheeseburger and chicken tenders options have the most calories, at 760. They come with a side of fries and the calorie total is for both the entrée and the side together. Like most diner-style restaurants, Bob Evans offers sodas, coffee and hot tea, fruit juice and milk, and iced teas and lemonades. While water is always a good option, since it hydrates without providing any calories, sugar, or fat, there are other unsweetened beverages available at Bob Evans. Both the hot tea and decaf coffee contain 0 calories, 0g fat, 0g saturated fat, 0g carbohydrates, 0g protein, and 10mg sodium. (Caffeinated coffee has 5 calories per cup.) Note that adding milk, cream, and sugar will change these nutrition stats. The hot chocolate has 161 calories, 9g fat, 7g saturated fat, 35g carbohydrates, 4g protein, and 300mg sodium. It also has 44g added sugar, makes it more like a dessert than a thirst-quencher. Dining out can sometimes be challenging if you have dietary restrictions or preferences. While there are few low-sodium options at Bob Evans, you will find selections for gluten-free, low-fat, and vegetarian diets. Bob Evans has a variety of gluten-free options, and publishes an allergen chart on its website that includes gluten. However, it only alerts you to menu items that contain gluten. It does not certify any offerings as gluten-free, and warns that there is a risk of cross-contamination. For a nutritious meal without gluten ingredients, try the slow-roasted turkey with broccoli and carrots on the side. [magic 8ball answers](#) Golden cornmeal mush/Sides: Bacon, sausage, turkey sausage, ham, sirloin/Omelets: Border scramble, meat lovers, Southwest avocado, Western/Pot roast hash/Breakfast sides: Fruit, grits, cornmeal mush, hash browns, home fries, oatmeal/Chicken Cobb salad/Cranberry pecan chicken salad/Wildfire chicken salad (select grilled chicken)/Beef burger patty/Sirloin beef/Pot roast/Grilled or slow-roasted chicken/Southwest avocado chicken/Lemon pepper sole filets/Sliced or slow-roasted turkey/Sides: Baked potato, broccoli, carrots, corn, cornmeal mush, French fries, grits, hash browns, home fries, mashed potatoes, beef vegetable soup/Kids' grilled chicken Customers with a goal of reducing their fat intake for weight loss and cardiovascular health have several options at Bob Evans. For a hearty low-fat meal, order a bowl of the beef vegetable soup. [icao annex 14 2020.pdf](#) The entire serving contains only 5g fat. Or, consider the grilled chicken with a side of broccoli for 9g fat. Egg whites (0g fat)/Hickory-smoked ham (2.5g fat, 1g saturated fat)/Turkey sausage link (7g fat, 2g saturated fat)/Steel-cut oatmeal, cup (2.5g fat, 1g saturated fat)/Small wildfire chicken salad with grilled chicken (15g fat, 4g saturated fat)/Hearty beef vegetable soup, cup (2.5g fat, 0.5g saturated fat)/Farmhouse garden side salad, no dressing (2g fat, 0g saturated fat)/Chicken-N-Noodles, cup (7g fat, 1.5g saturated fat)/Green beans with ham (1.5g fat, 0g saturated fat)/Carrots (4.5g fat, 1.5g saturated fat)/Steamed broccoli (0g fat, 0g saturated fat)/Golden fried shrimp (2.5g fat, 0g saturated fat)/Grilled to Perfection Chicken (9g fat, 3g saturated fat)/Caramel sundae (7g fat, 4.5g saturated fat) Keeping your sodium count low when eating out is challenging, regardless of the restaurant. You won't find a wide variety of items available to you at Bob Evans, but the following are fairly low in sodium. Stick to a low-sodium dinner by ordering the lemon sole dish. It contains 680mg sodium, and you can add a side of broccoli or corn for an additional 110mg sodium. Corn (110mg sodium)/Broccoli (110mg sodium)/Baked potato (120mg sodium)/Freshly cracked eggs (140mg sodium)/Hash browns (160mg sodium)/Farmhouse garden side salad without dressing (180mg sodium)/Lemon pepper sole filets (680mg sodium)/Caramel sundae (135mg sodium) You can consume meatless items at Bob Evans, although following a vegan diet in a restaurant known for breakfast items will be a much greater challenge. It's possible to dine on a vegetarian diet at Bob Evans by sticking to the breakfast menu (eggs are a nutritious vegetarian option), choosing a salad and omitting the chicken topping, or selecting a few vegetable dinner sides. Eggs (egg whites, scrambled eggs, freshly cracked eggs)/Omelets made without meat ingredients/Broche French toast/Hotcakes/Farmhouse garden salad/Wildfire chicken salad (omit chicken)/Cheddar baked potato soup (omit bacon topping)/Sides: Sweet potatoes, mashed potatoes (without gravy), baked potato, French fries, macaroni and cheese, coleslaw, carrots, corn, bread and celery dressing, broccoli, home fries, hash browns, fruit) There are not too many items on the menu that are completely free of animal products. [20269666026.pdf](#) And since all fried foods are prepared in a shared fryer, there is a possibility of cross-contamination with meats. Breeds except banana nut bread, biscuits, broche bun, dinner rolls, and English muffins/Golden cornmeal mush/Fruit/Baked potato/Steamed broccoli/Farmhouse garden side salad (omit cheese and choose Colonial dressing) Bob Evans offers a comprehensive menu with a variety of foods that contain any of the following allergens: Milk/Soy/Wheat and gluten/Peanuts/Egg/Fish/Shellfish/Coconut The website states that the establishment reviews all ingredients to keep customers informed of any potential allergens, but managers cannot guarantee that any item is totally free of allergens. You might also experience cross-contamination, as foods can contact one another during preparation, such as the use of a common fryer or countertop.

BEF FOODS, INC.



At Bob Evans, soybean oil is used for frying and grilling. Although soybean oil isn't an allergen, a sensitivity to soybean is common and you should avoid any fried or grilled item if you experience such health issues. To help protect yourself from allergens, you can: Tell a manager if you have any allergies prior to placing your order. Ask for modifications. For example, ask for a salad free of cheese if you have a dairy intolerance. Peruse the section of the Bob Evans website that lists allergens, which is updated periodically. In this allergen information, items are marked if they are processed in a facility or using equipment associated with a particular allergen. This chart also offers a dedicated phone number you can call if you have further questions regarding allergens and food safety. As the home of "America's Farm Fresh" (the restaurant's motto), Bob Evans sources its food from farms and prepares menu items with simple ingredients to avoid offering foods packed with preservatives. You will find eating at Bob Evans a challenge if you follow a low-sodium diet, as the majority of the breakfast items contain a lot of salt. However, if you familiarize yourself with Bob Evans' nutritional information beforehand, you can stick to a heart-healthy diet. Ordering oatmeal for breakfast, filling up on farmhouse sides, such as carrots, broccoli, and green beans, and eating half a portion of a lean protein (for example, turkey, sole, and grilled chicken), are nutritious alternatives to typical fried, diner-type foods. [demon slayer rpg 2 flame breathing level requirements](#) Serving up home-style breakfast, lunch, and dinner services for patrons in almost 20 states, Bob Evans offers a variety of foods through extensive menus. The breakfast menu holds items ranging from 100 to over 1,000 calories and includes eggs, yogurt, breakfast meats, sausage gravy, home fries, and hotcakes and crepes. Hotcakes remain the most calorie-rich breakfast foods on the menu. Almost all hotcake offerings exceed 1,000 calories and approach 2,000mg of sodium, with 200 extra calories by adding syrup. The remaining breakfast items fail to rival the calorie-dense, fat-ridden hotcakes, although pot-roast hash, the country biscuit breakfast, and the border scramble omelet contain just as much sodium and fat and display calorie counts over 500. Healthier options, such as oatmeal bowls, contain less than 200 calories, with only nine milligrams of sodium. Customers hoping to slash calorie intake may order egg whites and substitute meats with turkey bacon and sausage. [15456975603.pdf](#) Jump to: Health Tips: Lunch options – While salads prove healthy, consumers should limit fatty dressings and meats and cheeses to avoid outrageous calorie and fat consumption. Sandwiches – Sandwich options generally contain high sodium, calorie, and fat counts. Dinner options Most dinners pair food with sides and often raise calorie levels near or over 1,000 calories. Selecting the three-course dinner option, which adds a salad, salad dressing, and a dessert, transforms the dinner into a 3,000 calorie meal. Soup Soups available at the restaurant chain include typical chicken noodle, bean, and broccoli varieties. Dessert. Bob Evans also provides dessert creations typically high in calories, fats, and sugars. FAQs Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Beverages back to top Caramel Cappuccino 179 1 27 33 25 5 French Vanilla Cappuccino 166 0 24 17 23 5 Original Cappuccino 107 0 9 17 8 3 Caramel Mocha Hot Chocolate 268 2 45 149 4 1 Hot Chocolate 253 3 39 233 36 7 Premium Decaf Coffee 0 0 0 7 0 0 Premium Regular Coffee 0 0 0 7 0 0 Apple Juice, Large 143 0 35 22 35 4 Apple Juice, Regular 72 0 17 11 17 7 Orange Juice, Large 170 0 42 10 37 5 Orange Juice, Regular 85 0 21 5 19 2 Lemonade, Large 95 0 22 2 2 Wild Raspberry Lemonade 181 0 43 7 1 6 Chocolate Milk 1%, Large 259 13 43 251 41 7 Chocolate Milk 1%, Regular 134 7 22 130 21 4 White Milk 2%, Large 259 13 43 20 192 20 5 White Milk 2%, Regular 105 7 10 99 10 3 Strawberry Banana Smoothie 233 5 54 61 49 7 Strawberry Smoothie 263 5 62 58 57 8 Coca-Cola 119 0 32 3 3 2 Cherry Coca-Cola 119 0 32 3 3 4 Diet Coke 1 0 0 10 0 0 Hi-C Fruit Punch 125 0 34 5 34 4 Diet Coke 1 0 0 10 0 0 Hi-C Fruit Punch 125 0 34 5 34 4 Sprite 216 0 31 26 31 3 Earl Grey Hot Decaf Tea 1 0 1 8 0 0 English Breakfast Hot Tea 1 0 1 8 0 0 Peppermint Tea 1 0 1 8 0 0 Vanilla Chai Tea 0 1 8 0 0 Iced Tea 0 0 0 0 0 Sweet Iced Tea 68 0 18 8 18 2 Wild Raspberry Iced Tea 58 0 14 8 13 2 Iced Coffee (regular) 102 3 19 47 19 3 Iced Coffee (vanilla) 161 3 34 47 34 4 Iced Coffee (caramel) 284 4 40 252 1 8 Grits (cup) (plain) 158 2 22 141 0 4 Blueberry Hotcake (no topping), (1 hotcake only) 182 3 33 41 9 5 Buttermilk Hotcake (no topping), (1 hotcake only) 176 3 31 41 9 5 Multigrain Hotcakes (no topping), (1 hotcake only) 200 5 41 296 8 6 Cranberry Multigrain Hotcakes (no topping), (1 hotcake only) 226 5 48 296 13 6 Oatmeal (cup) (plain) 168 6 91 9 1 5 Oatmeal (cup) (plain) 91 3 17 5 0 3 Border Scramble Omelet with Bob Evans Egg Lites 413 36 14 1257 7 11 Border Scramble Omelet with Egg Whites 402 36 14 1169 6 11 Border Scramble Omelet 631 39 15 1615 7 17 Farmer's Market Omelet with Bob Evans Egg Lites 317 29 11 11384 5 8 Farmer's Market Omelet with Egg Whites 307 29 11 1295 3 8 Farmer's Market Omelet with Egg Whites 307 29 11 1295 3 8 Farmer's Market Omelet with Egg Whites 307 29 11 1295 3 8 Garden Harvest Omelet with Bob Evans Egg Lites 245 24 12 1063 5 6 Garden Harvest Omelet with Egg Whites 235 23 12 974 3 6 Garden Harvest Omelet 478 27 13 1454 5 12 Ham & Cheddar Omelet with Bob Evans Egg Lites 268 34 3 1211 2 7 Ham & Cheddar Omelet with Egg Whites 258 33 3 1122 0 7 Ham & Cheddar Omelet 486 36 4 1568 2 13 Sausage & Cheddar Omelet with Bob Evans Egg Lites 248 30 3 805 2 8 Sausage & Cheddar Omelet with Egg Whites 288 30 3 717 0 8 Sausage & Cheddar Omelet 517 33 4 1162 2 14 Western Omelet with Bob Evans Egg Lites 278 34 5 1211 3 7 Western Omelet with Egg Whites 268 34 5 1123 1 7 Western Omelet 496 37 7 1568 3 13 Blueberry Banana & Yogurt Crepe (1 each) 375 9 54 275 34 10 Strawberry Blueberry & Yogurt Crepe (1 each) 357 8 49 280 31 10 Eggs, Cooked to Order (1 each) (a la carte) 131 7 1 68 1 4 Hardcooked Egg (1 egg) (a la carte) 57 6 1 52 0 2 Scrambled Egg (1 egg) (a la carte) 84 7 1 238 1 2 Scrambled Egg (2 eggs) (a la carte) 168 13 2 476 1 4 Scrambled Egg (3 eggs) (a la carte) 253 20 3 714 2 6 Scrambled Bob Evans Egg Lites (1 egg) (a la carte) 28 6 1 119 1 1 Scrambled Bob Evans Egg Lites (2 eggs) (a la carte) 57 11 1 238 1 1 Scrambled Bob Evans Eggs Lites (3 eggs) (a la carte) 94 18 4 362 3 2 Scrambled Egg Whites (1 egg) (a la carte) 25 6 1 90 0 1 Scrambled Egg Whites (2 eggs) (a la carte) 50 11 1 179 0 1 Scrambled Eggs Whites (3 eggs) (a la carte) 75 17 2 269 0 2 French Toast (no topping), (1 slice only) 163 4 19 280 10 3 Fruit & Yogurt Parfait 348 7 82 73 68 10 Sausage Gravy Only (bowl) 359 9 30 1713 2 10 Sausage Gravy Only (cup) 177 4 15 846 1 5 Grits (bowl) (plain) 284 4 40 252 1 8 Grits (cup) (plain) 158 2 22 141 0 4 Blueberry Hotcake (no topping), (1 hotcake only) 182 3 33 41 9 5 Buttermilk Hotcake (no topping), (1 hotcake only) 176 3 31 41 9 5 Multigrain Hotcakes (no topping), (1 hotcake only) 200 5 41 296 8 6 Cranberry Multigrain Hotcakes (no topping), (1 hotcake only) 226 5 48 296 13 6 Oatmeal (bowl) (plain) 168 6 91 9 1 5 Oatmeal (cup) (plain) 91 3 17 5 0 3 Border Scramble Omelet with Bob Evans Egg Lites 413 36 14 1257 7 11 Border Scramble Omelet with Egg Whites 402 36 14 1169 6 11 Border Scramble Omelet 631 39 15 1615 7 17 Farmer's Market Omelet with Bob Evans Egg Lites 317 29 11 11384 5 8 Farmer's Market Omelet with Egg Whites 307 29 11 1295 3 8 Farmer's Market Omelet with Egg Whites 307 29 11 1295 3 8 Garden Harvest Omelet with Bob Evans Egg Lites 245 24 12 1063 5 6 Garden Harvest Omelet with Egg Whites 235 23 12 974 3 6 Garden Harvest Omelet 478 27 13 1454 5 12 Ham & Cheddar Omelet with Bob Evans Egg Lites 268 34 3 1211 2 7 Ham & Cheddar Omelet with Egg Whites 258 33 3 1122 0 7 Ham & Cheddar Omelet 486 36 4 1568 2 13 Sausage & Cheddar Omelet with Bob Evans Egg Lites 248 30 3 805 2 8 Sausage & Cheddar Omelet with Egg Whites 288 30 3 717 0 8 Sausage & Cheddar Omelet 517 33 4 1162 2 14 Western Omelet with Bob Evans Egg Lites 278 34 5 1211 3 7 Western Omelet with Egg Whites 268 34 5 1123 1 7 Western Omelet 496 37 7 1568 3 13 Blueberry Banana Mini Fruit & Yogurt Parfait 177 4 39 61 34 5 Bacon (1 slice) (a la carte) 36 1 0 54 0 1 Sausage Link (1 link) (a la carte) 133 5 0 184 0 4 Sausage Breakfast Patty (1 patty) (a la carte) 140 8 0 313 0 4 Hash Browns 317 5 53 1096 3 9 Loaded Hash Browns 518 16 57 1568 5 14 Home Fries 178 3 28 678 1 5 Loaded Home Fries 269 10 22 815 17 5 Biscuit Sandwich 562 22 30 1401 3 15 Sunshine Skillet 436 16 38 1410 1 12 Turkey Sausage (1 link) (a la carte) 72 9 1 404 0 2 Golden Cornmeal Mush (1 slice) 171 2 25 1012 10 5 Belgian Waffle (a la carte) 351 7 44 612 1 10 Double Blueberry Hotcakes 968 11 178 1799 75 26 Cinnamon Supreme Hotcakes 1169 12 203 1816 101 32 Fruit N Nut Multigrain Hotcakes 988 22 186 1243 45 28 Double Chocolate Hotcakes 1108 13 191 1806 31 31 Condiments back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Butter Cups (1 each) 41 0 0 32 0 1 Saltine Crackers (1 packet) 47 1 8 99 0 1 Half and Half Cups (1 each) 40 1 1 15 0 1 Non-Dairy Creamer (pitcher) 46 0 3 13 1 1 Non-Dairy Creamer Cups (1 each) 19 0 1 0 0 Honey (1 packet) 43 0 12 1 1 1 Strawberry Jam (1 each) 36 0 9 1 9 1 Apple Butter (1 each) 34 0 8 2 7 1 Diet Blackberry Jam (1 each) 5 0 2 5 1 0 Grape Jelly (1 each) 36 0 9 2 9 1 Orange Marmalade (1 each) 36 0 9 0 8 1 Margarine Buttery Taste Spread Cup (1 each) 38 0 0 32 0 1 Mayonnaise (1 packet) 90 0 6 5 0 3 Balsamic Vinaigrette (3oz portion) 84 0 16 322 15 3 Balsamic Vinaigrette (1.6oz portion) 59 0 11 224 10 2 Blue Cheese Dressing (3oz portion) 41 1 3 5 630 3 12 Buttermilk Ranch Dressing (1.6oz portion) 116 2 2 402 1 3 Buttermilk Ranch Dressing (3oz portion) 395 0 15 11 11 French Dressing (1.6oz portion) 226 0 10 265 9 6 Lite Ranch Dressing (3oz portion) 192 2 4 704 2 5 Lite Ranch Dressing (1.6oz portion) 110 1 2 402 1 3 Raspberry Reduced Fat Dressing (1.6oz portion) 114 0 15 105 15 3 Sweet Italian Dressing (3oz portion) 253 0 12 741 10 7 Sweet Italian Dressing (1.6oz portion) 184 0 9 539 7 5 Wildfire Ranch Dressing (3oz portion) 225 1 16 573 3 6 Wildfire Ranch Dressing, (1.6oz portion) 129 1 9 328 2 4 Blue Cheese Dressing (1.6oz portion) 235 2 3 360 2 7 Colonial Dressing (1.6oz portion) 247 0 12 206 12 7 Raspberry Reduced Fat Dressing (3oz portion) 200 0 27 184 26 6 Peanut Butter Brownie Bites (8 bites) 928 11 122 829 88 26 Peanut Butter Brownie Sundae (1 serving) 686 8 96 468 76 19 Desserts back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Peanut Butter Brownie (1 each) 464 6 61 415 44 13 Chocolate Cake (1 slice) 880 7 113 287 77 25 Chocolate Cake a la mode (1 slice) 991 9 126 322 87 27 Vanilla Ice Cream (1 scoop) 103 2 11 36 10 3 Coconut Cream Pie (1 slice) 515 7 59 453 41 15 French Silk Pie (1 slice) 659 6 60 379 44 18 Apple Dumpling Pie (1 slice) 568 4 7 295 30 16 Apple Pumpkin Pie a la mode (1 slice) 679 6 9 331 30 19 Lemon Supreme Pie (1 slice) 643 5 18 414 51 18 Double Crust Apple Pie (1 slice) 492 3 68 410 38 14 Pumpkin Pie (1 slice) 490 0 65 304 42 14 Pumpkin Supreme Pie (1 slice) 615 7 61 402 40 17 Strawberry Supreme Pie (1 slice) 656 5 60 254 40 19 Strawberry Shortcake 527 8 90 823 48 15 Dinner back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Country Fried Steak (no sides) (1 each) 552 18 34 891 0 15 Country Fried Steak with Gravy (no sides) (1 each) 605 18 42 1181 1 17

Meatloaf (no sides) 345 21 15 1249 8 10 Open-Faced Roast Beef (no sides) 485 27 17 1222 4 12 Slow-Roasted Chicken-N-Noodles 225 16 31 709 4 6 Fried Chicken Breast (1 each) (a la carte) 285 29 13 758 0 7 Garlic Butter Grilled Chicken Breast (1 each) (a la carte) 161 31 1 666 0 4 Grilled Chicken Breast (1 each) (a la carte) 148 29 0 567 0 4 Wildfire Grilled Chicken Breast (1 each) (a la carte) 218 30 15 695 1 5 Slow-Roasted Chicken Pot Pie 862 31 63 2623 12 24 Fried Chicken Strips (1 each) (a la carte) 137 7 10 301 0 4 Grilled Chicken Tenders (1 each) (a la carte) 36 8 0 188 0 1 Chicken-N-Noodles Deep-Dish Dinner 667 28 72 2268 5 18 Potato-Crusted Flounder (a la carte) 243 21 13 724 0 6 Garlic Butter Salmon (a la carte) 256 41 1 174 0 6 Salmon (a la carte) 243 40 0 101 0 6 Wildfire Salmon (a la carte) 312 41 15 203 14 8 Spaghetti with Meat Sauce, Savor Size 468 20 47 1067 13 13 Spaghetti with Meat Sauce 787 31 87 1587 20 21 Turkey and Dressing (no sides) 606 32 53 2131 20 16 Slow-Roasted Turkey (a la carte) 96 13 2 541 1 2 Crispy Fried Haddock (1 each a la carte) 307 21 23 515 2 8 Crispy Panko Breaded Shrimp (9 piece) 617 25 32 1034 0 17 Black Angus Chopped Steak with Roasted Portabella Mushrooms (a la carte) 545 32 6 767 4 15 Sirloin with Roasted Portabella Mushrooms (a la carte) 570 37 6 857 2 15 Citrus Herb Chicken (1 piece) (a la carte) 344 36 4 1904 0 9 Citrus Herb Chicken (2 piece) (a la carte) 601 72 7 3588 1 16 Blackened Whitefish (1 piece)(a la carte) 214 31 6 2580 1 6 Chicken Penne Pasta 870 35 53 1865 7 24 Chicken Penne Pasta (Savor Size) 452 19 27 996 3 12 Garlic Bread Crumb Crusted Whitefish (1 piece)(a la carte) 273 32 15 1334 2 7 Beer Battered Cod (1 piece)(a la carte) 188 10 14 344 1 5 Wildfire BBQ Half Chicken (a la carte) 523 42 5 601 2 14 Wildfire BBQ Baby Back Ribs (half rack) 550 38 25 422 21 15 Wildfire BBQ Baby Back Ribs (full rack) 1038 76 35 744 29 28 Wildfire Pulled Pork Sandwich 576 31 69 959 28 17 Fit From The Farm back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers BE Fit Breakfast 352 17 68 537 31 10 Steamed Broccoli Florets 34 3 7 33 2 1 Slow-Roasted Chicken-N-Noodles 116 8 16 365 2 3 Grilled Chicken Breast with Baked Potato & Broccoli Florets 413 40 57 632 8 12 Fruit & Yogurt Crepe with Quaker Oatmeal 612 14 104 343 68 17 Potato Crusted Flounder with Glazed Carrots & Broccoli Florets 371 25 33 856 13 10 Blueberry-Banana French Toast 347 8 44 613 17 7 Fresh Fruit Plate with Low Fat Strawberry Yogurt 353 7 84 73 70 11 Fresh Fruit Dish 58 1 14 7 13 2 Veggie Omelet with fresh Fruit Dish & Wheat Toast with Smucker's Jelly 311 22 43 581 27 8 Baked Potato with 1 packet of Margarine 231 8 50 32 6 7 Apple-Cranberry Spinach Salad with reduced-fat Raspberry Dressing, Savor Size 364 14 47 410 37 10 Apple-Cranberry Spinach Salad with reduced-fat Raspberry Dressing 372 15 48 437 37 10 Grilled Salmon Fillet with Baked Potato & Broccoli Florets 509 51 57 166 8 14 Diet Coca-Cola 0 0 0 10 0 0 Beef Vegetable Soup (cup) 93 6 14 527 3 3 Hot English Breakfast Tea 1 0 1 8 0 0 Ice Tea 0 0 0 0 0 Low-Fat Strawberry Yogurt 93 4 18 54 17 3 Kids back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Applesauce 69 0 18 11 13 2 Bean Soup (cup) 108 6 16 716 0 3 Applesauce 69 0 18 11 13 2 Green Beans 32 2 5 416 1 1 Broccoli Florets 34 3 7 33 2 1 Glazed Fresh Carrots 94 1 13 99 10 6 Fried Chicken Strips (1 each) (a la carte) 137 7 10 301 0 4 Grilled Chicken Tenders (1 each) (a la carte) 36 8 0 188 0 1 Hot Chocolate, Kids 253 3 39 233 36 7 Corn 172 2 17 118 2 5 Fruit & Yogurt Dippers 22 5 51 62 44 6 Fruit Dish 58 1 14 7 13 2 Plenty-o-Pancakes with Blueberries (no topping) 718 8 131 1281 55 20 Plenty-o-Pancakes (no topping) 712 8 130 1280 53 19 Plenty-o-Pancakes with Chocolate Chips (no topping) 766 8 137 1281 60 21 Apple Juice, Kids 107 0 26 17 26 3 Orange Juice, Kids 102 0 25 8 22 3 Lemonade, Kids 100 0 24 8 24 3 Chocolate Milk 1%, Kids 196 10 33 190 31 5 White Milk 2%, Kids 156 10 15 147 15 4 Macaroni and Cheese, Kids 301 11 45 571 8 8 Spaghetti with Marinara Sauce, Kids 283 9 47 535 13 8 Spaghetti with Meat Sauce, Kids 446 18 47 983 13 12 Baked Potato (plain) 193 8 50 0 6 6 French Fries, Kids 319 4 46 92 0 9 Home Fries 178 3 28 678 1 5 Mashed Potatoes 189 3 24 560 1 5 Smiley Face Potatoes 271 3 29 334 1 8 Fresh Garden Salad (no dressing), Kids 50 3 2 75 0 2 Grilled Cheese Triangles 313 10 32 851 3 8 Mini Cheeseburgers (1 burger) 275 12 21 491 4 7 Coca-Cola, Kids 87 0 24 2 24 3 Cherry Coca-Cola, Kids 91 0 25 4 25 3 Diet Coke, Kids 1 0 0 12 0 0 Hi-C Fruit Punch, Kids 91 0 25 8 25 3 Root Beer, Kids 86 0 26 21 26 3 Sprite, Kids 85 0 23 19 23 2 Fudge Blast Sundae 187 3 29 52 27 5 Reese I'm Smiling Sundae 256 4 33 101 29 7 Turkey Lurkey Only (no sides) 121 13 4 706 2 3 Strawberry Yogurt 93 4 18 54 17 3 Salads back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Balsamic Vinaigrette (3oz portion) 84 0 16 322 15 3 Balsamic Vinaigrette (1.6oz portion) 59 0 11 224 10 2 Blue Cheese Dressing (3oz portion) 411 3 5 630 3 12 Blue Cheese Dressing (1.6oz portion) 235 2 3 360 2 7 Buttermilk Ranch Dressing (3oz portion) 291 3 3 582 3 8 Buttermilk Ranch Dressing (1.6oz portion) 166 2 2 333 2 5 Colonial Dressing (3oz portion) 433 0 22 361 22 12 Colonial Dressing (1.6oz portion) 247 0 12 206 12 7 French Dressing (3oz portion) 395 0 17 464 16 11 French Dressing (1.6oz portion) 226 0 10 265 9 6 Lite Ranch Dressing (3oz portion) 192 2 4 704 2 5 Lite Ranch Dressing (1.6oz portion) 110 1 2 402 1 3 Raspberry Reduced Fat Dressing (3oz portion) 200 0 27 184 26 6 Raspberry Reduced Fat Dressing (1.6oz portion) 114 0 15 105 15 3 Sweet Italian Dressing (3oz portion) 253 0 12 741 10 7 Sweet Italian Dressing (1.6oz portion) 184 0 9 539 7 5 Wildfire Ranch Dressing (3oz portion) 225 1 16 573 3 6 Wildfire Ranch Dressing, (1.6oz portion) 129 1 9 328 2 4 Cobb Salad (no dressing), Savor Size 300 31 6 1018 2 8 Cobb Salad (no dressing) 517 51 10 1679 4 14 Cranberry Pecan Chicken Salad (no dressing) 618 43 34 1463 24 17 Farmhouse Garden Salad (no dressing) 76 4 8 126 2 2 Heritage Chef Salad (no dressing), Savor Size 197 17 6 613 3 5 Heritage Chef Salad (no dressing) 398 34 11 1258 6 11 Wildfire Fried Chicken Salad (no dressing), Savor Size 439 25 39 743 12 12 Wildfire Fried Chicken Salad (no dressing) 712 40 64 1193 18 20 Wildfire Grilled Chicken Salad (no dressing), Savor Size 236 20 24 613 12 6 Wildfire Grilled Chicken Salad (no dressing) 389 32 37 968 14 10 Cranberry Pecan Chicken Salad, no dressing (Savor Size) 492 22 25 1120 18 14 Chicken Salad Plate 776 22 72 1101 54 23 Sandwiches back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Big Farm Angus Beef Burger Patty Only 455 2 12 Big Farm Bacon Cheese Burger 902 46 51 1753 11 25 Big Farm Burger 725 39 50 1174 10 20 Big Farm Favorite Burger 833 45 48 1101 10 23 Big Farm Smokehouse Burger 1172 52 65 2050 14 32 Big Farm Three-Cheese Burger 925 50 51 1871 11 25 Biscuit Sandwich 562 22 30 1401 3 15 Farm-Grill Fried Chicken Club 669 47 61 1766 2 18 Farm-Grill Grilled Chicken Club 533 47 48 1575 2 14 The Farm Favorite Fried Chicken Sandwich 658 45 61 1578 3 18 The Farm Favorite Grilled Chicken Sandwich 521 45 49 1387 2 14 The Smokehouse Fried Chicken Sandwich 1027 48 78 2833 7 28 The Smokehouse Grilled Chicken Sandwich 890 48 65 2642 7 24 Grilled Cheese Sandwich 350 9 22 729 4 7 Knife & Fork Turkey Sandwich 754 23 62 2898 6 19 Pot Roast Sandwich, Half 396 19 28 963 6 11 Pot Roast Sandwich 651 31 49 1661 7 17 Turkey Bacon Melt, Half 276 15 24 943 3 7 Turkey Bacon Melt 557 31 48 1913 6 15 Fish Market Haddock Sandwich 676 34 67 1502 5 18 Chicken Salad Sandwich 565 19 53 1139 10 16 Chicken Salad Sandwich, Half 282 10 26 569 5 8 Wildfire Pulled Pork Sandwich 576 31 69 959 28 17 Sauces and Toppings back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers American Cheese (1 slice) 53 3 1 235 0 1 Blue Cheese (1oz) 97 6 0 381 0 3 Monterey Jack Cheese (1 slice) 71 4 0 340 0 2 Beef Gravy (side portion) 21 1 2 168 0 1 Chicken-Roasted Gravy (side portion) 50 1 3 329 0 1 Country Gravy (side portion) 55 0 8 299 0 1 Hollandaise Sauce (side portion) 25 0 3 155 1 1 Marinara Sauce (side portion) 45 1 7 239 6 1 Rancho Picante (side portion) 37 9 0 92 0 1 Tarter Sauce (side portion) 116 0 1 123 1 3 Wildfire BBQ Sauce (side portion) 62 0 15 99 14 2 Sour Cream (side portion) 34 1 1 14 1 1 Garlic Buttery Spread (1 oz) 198 0 1 215 0 6 Pancake Syrup (side portion) 213 0 55 101 44 6 Sugar Free Pancake Syrup (side portion) 39 0 10 79 0 1 Blueberry Topping (side portion) 103 1 25 14 23 3 Caramel Topping (side portion) 74 1 18 79 14 2 Shredded Cheddar Cheese (side portion) 112 7 1 179 0 3 Chocolate Fudge Topping (side portion) 86 1 16 46 11 2 Cranberries (side portion) 62 0 17 1 13 2 Loaded Potato Toppings (side portion) 202 11 3 472 1 5 2% Milk (pitcher) 33 2 3 31 3 1 Honey Roasted Pecans (side portion) 132 2 5 67 3 4 Bacon Bits (side portion) 116 8 1 442 1 3 Raisins (side portion) 84 1 20 3 15 2 Brown Sugar (side portion) 95 0 24 2 24 3 Whipped Topping (side portion) 37 0 3 2 3 1 Country Fried Steak (no sides) (1 each) 552 18 34 891 0 15 Seniors back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Country Fried Steak with Gravy (no sides) (1 each) 605 18 42 1181 1 17 Meatloaf (no sides) (1 slice) 345 21 15 1249 8 10 Open-Faced Roast Beef (no sides) 485 27 17 1222 4 12 Turkey Sausage Breakfast 340 27 45 978 17 9 Slow-Roasted Chicken-N-Noodles 225 16 31 709 4 6 Fried Chicken Breast (1 each) (a la carte) 285 29 13 758 0 7 Garlic Butter Grilled Chicken Breast (1 each) (a la carte) 161 31 1 666 0 4 Grilled Chicken Breast (1 each) (a la carte) 148 29 0 567 0 4 Wildfire Grilled Chicken Breast (1 each) (a la carte) 218 30 15 695 1 5 Slow-Roasted Chicken Pot Pie 862 31 63 2623 12 24 Sausage Gravy Only (bowl) 359 9 30 1713 2 10 Sausage Gravy Only (cup) 177 4 15 846 1 5 Spaghetti with Meat Sauce, Savor Size 468 20 47 1067 13 13 Turkey and Dressing (no sides), Senior 509 19 51 1590 19 13 Sides back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Applesauce 69 0 18 11 13 2 Green Beans 32 2 5 416 1 1 Broccoli Florets 34 3 7 33 2 1 Glazed Fresh Carrots 94 1 13 99 10 6 Coleslaw 208 1 19 243 17 6 Corn 172 2 17 118 2 5 Bread and Celery Dressing 294 6 29 776 2 8 Fruit Cup 148 1 38 8 32 5 Fruit Dish 58 1 14 7 13 2 Lettuce & Tomato (1 slice each) 9 1 2 4 1 0 Lettuce, Tomato and Pickle (as sandwich topping) 9 1 2 315 1 0 Onion Petals (side portion) 288 3 35 464 3 8 Macaroni and Cheese 304 13 29 1033 4 8 Dill Pickle Slices (3 each) 2 0 0 239 0 0 Baked Potato (plain) 193 8 50 0 6 6 Loaded Baked Potato 395 19 53 472 7 12 French Fries, Kids 319 4 46 92 0 9 French Fries 496 7 71 143 0 14 Hash Browns 317 5 53 1096 3 9 Loaded Hash Browns 518 16 57 1568 5 14 Home Fries 178 3 28 678 1 5 Loaded Home Fries 269 10 22 815 1 7 Mashed Potatoes 189 3 24 560 1 5 Cranberry Relish (side portion) 68 0 16 7 15 2 Tomato Slices (2 slices) 11 0 2 5 1 0 Strawberry Yogurt 93 4 18 54 17 3 Crispy Panko Breaded Shrimp (5 piece) 344 14 18 576 0 9 Soups back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Bean Soup (bowl) 198 14 28 1118 1 5 Bean Soup (cup) 108 6 16 716 0 3 Cheddar Baked Potato Soup (bowl) 332 14 26 1531 5 9 Cheddar Baked Potato Soup (cup) 171 7 13 782 2 5 Beef Vegetable Soup (bowl) 167 10 25 949 6 5 Sausage Chili (bowl) 424 16 28 1183 5 12 Beef Vegetable Soup (cup) 93 6 14 527 3 3 Sausage Chili (cup) 237 9 15 661 3 6 Slow-Roasted Chicken-N-Noodles 116 8 16 365 2 3 Slow-Roasted Chicken-N-Noodles 225 16 31 709 4 6 Tomato Basil Soup (cup) 238 4 15 858 10 7 Tomato Basil Soup (bowl) 438 6 28 1593 20 13 Broccoli Cheddar Soup (cup) 172 8 9 962 2 5 Broccoli Cheddar Soup (bowl) 317 14 17 1866 4 9 Starter back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Farmhouse Garden Salad (no dressing) 76 4 8 126 2 2 Bean Soup (bowl) 198 14 28 1118 1 5 Bean Soup (cup) 108 6 16 716 0 3 Cheddar Baked Potato Soup (bowl) 332 14 26 1531 5 9 Cheddar Baked Potato Soup (cup) 171 7 13 782 2 5 Beef Vegetable Soup (bowl) 167 10 25 949 6 5 Breaded Garlic Mushrooms 461 11 63 1585 2 13 County Fair Cheese Bites 952 42 49 1622 6 26 Sausage Chili (cup) 237 9 15 661 3 6 Tomato Basil Soup (cup) 238 4 15 858 10 7 Crispy Panko Breaded Shrimp (5 piece) 344 14 18 576 0 9 Broccoli Cheddar Soup (cup) 172 8 9 962 2 5 Broccoli Cheddar Soup (bowl) 317 14 17 1866 4 9 Bakery back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Peanut Butter Brownie (1 each) 464 6 61 415 44 13 Baked Apple Bar 638 7 10 592 64 18 Lemon Bar 406 4 46 470 45 11 Double Chocolate Brownie 360 4 50 225 36 10 Chocolate Bundt Cake 496 6 63 459 44 14 Chocolate Peanut Butter Caramel Stack Cake 777 11 73 256 53 22 Lemon Bundt Cake 432 4 58 90 37 12 Summer Berry Stack Cake 632 6 69 276 45 18 Chocolate Chip M&M Cookie 450 5 60 328 27 12 Chocolate Chunk Cookie 452 5 59 327 24 13 Oatmeal Caramel Apple Cookie 429 5 59 242 28 12 Frosted Shortbread Cookie 527 4 67 229 40 15 Snicker Doodle Cookie 443 5 60 345 32 12 Reduced Fat Blueberry Muffin 542 9 87 812 49 15 Buttermilk Spice Muffin 623 9 97 788 58 17 Carrot Raisin Muffin 642 8 77 788 46 18 Cinnamon Blossom Pastry 288 4 35 368 12 8 Go to the Top