

GLUTEN FREE NUTRITIONAL ANALYSIS

The nutritional and allergen information disseminated by Silver Diner and/or posted on the Silver Diner website was prepared by Nutritional Information Services (NIS, www.nistn.com). The data contained herein was compiled from nutritional information and ingredient and allergen listings provided by our suppliers and distributors, and by an analysis generated using a software analysis program. The menu items listed herein were examined for the presence of the following allergenic proteins and substances: Eggs, Fish, Milk, MSG, Peanuts, Shellfish, Soy, Sulfites, Tree Nuts, Wheat, and "Other Gluten". (Be further advised that the designation "Other Gluten" includes the grains Barley, Oats, Rye, Millet, Spelt, Kamut and Triticale.)

NIS is the guarantor for the information provided herein. Silver Diner and NIS assume no responsibility for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in this company's recipes and menu items that are the direct or indirect result of the actions or inactions of the suppliers, distributors, and purveyors of said ingredients and products.

The information listed here is meant to provide a general estimate of the nutritional values associated with our menu items.

Alcoholic Beverages	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Fiber (g)
Wine, Columbia Crest Merlot (1 serving)	157	0	0	0	0
Wine, Ecco Domani Pinto Grigio (1 serving)	136	0	0	0	0
Wine, Estancia Pinot Grigio (1 serving)	157	0	0	0	0
Wine, Kendall Jackson Cabernet (1 serving)	160	0	0	0	0
Wine, Kendall Jackson Pinot Noir (1 serving)	156	0	0	0	0
Wine, Kendall Jackson Sauvignon (1 serving)	157	0	0	0	0
Wine, Lindemans Pinot Noir (1 serving)	156	0	0	0	0
Wine, Robert Mondavi Cabernet Sauvignon (1 serving)	157	0	0	0	0
Wine, St Supery Sauvignon (1 serving)	157	0	0	0	0
Wine, Toasted Head Chardonnay (1 serving)	122	0	0	0	0
Wine, Woodbridge Cabernet Sauvignon (1 serving)	176	0	0	0	0
Wine, Yellow Tail Chardonnay (1 serving)	95	0	0	0	0
Wine, Yellow Tail Merlot (1 serving)	100	0	0	0	0

	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Fiber (g)
Appetizers					
Buffalo Wing Basket (1 serving)	395	30	6	112	0
Buffalo Wing Basket (1 serving) with Bleu Cheese Dressing	715	64	13	142	0
Buffalo Wing Basket (1 serving) with Celery Sticks	399	30	6	112	0
Buffalo Wing Basket (1 serving) with Bleu Cheese Dressing, Celery Sticks	719	64	13	142	0
Cheese Fries Appetizer (1 serving)	1089	74	27	106	7
Cheese Fries Appetizer (1 serving) with Southwest Ranch Dressing	1329	98	31	116	7
Spinach and Artichoke Dip Appetizer (1 serving)	382	30	19	91	3
Spinach and Artichoke Dip Appetizer (1 serving) with Tortilla Chips	1091	63	23	91	8
Beverages					
2 Per Cent Milk (1 serving)	195	8	5	30	0
Apple Juice (1 serving)	165	0	0	0	0
Apple Juice, 10 oz Bottle (1 bottle)	130	0	0	0	0
Arizona Iced Tea, 16 oz (1 bottle)	189	0	0	0	0
Arizona Iced Tea, 20 oz (1 bottle)	236	0	0	0	0
Barqs Root Beer (24 fluid ounces)	200	0	0	0	0
Barqs Root Beer (32 fluid ounces)	266	0	0	0	0
Brown Cow (1 serving)	329	10	7	20	0
Cherry Coke Float (1 serving)	271	8	5	13	0
Chocolate Egg Cream (1 serving)	129	3	2	13	0
Chocolate Milk (1 serving)	295	11	7	47	0
Coke (24 fluid ounces)	178	0	0	0	0
Coke (32 fluid ounces)	238	0	0	0	0
Coke, 12 oz Bottle (1 bottle)	146	0	0	0	0

Cranberry Juice (1 serving)	195	0	0	0	0
Cranberry Juice, 12 oz Bottle (1 bottle)	184	0	0	0	0
Diet Coke (24 fluid ounces)	0	0	0	0	0
Diet Coke (32 fluid ounces)	0	0	0	0	0
Diet Coke, 12 oz Bottle (1 bottle)	2	0	0	0	0
Gatorade, 20 oz (1 bottle)	118	0	0	0	0
Grapefruit Juice, 12 oz Bottle (1 bottle)	184	0	0	0	0
Hi-C Fruit Punch (24 fluid ounces)	187	0	0	0	0
Hi-C Fruit Punch (32 fluid ounces)	250	0	0	0	0
Hot Tea, all varieties (1 serving)	0	0	0	0	0
IBC Cream Soda, 12 oz Bottle (1 bottle)	180	0	0	0	0
IBC Root Beer, 12 oz Bottle (1 bottle)	160	0	0	0	0
Ice Cream Soda, Chocolate (1 serving)	302	13	8	33	0
Ice Cream Soda, Vanilla (1 serving)	229	13	8	33	0
Milk Shake, Black and White (1 serving)	638	30	19	86	0
Milk Shake, Blueberry, Low Fat (1 serving)	459	0	0	4	11
Milk Shake, Cappuccino (1 serving)	523	21	14	58	0
Milk Shake, Chocolate (1 serving)	565	33	19	86	3
Milk Shake, Chocolate, Low Fat (1 serving)	483	0	0	4	9
Milk Shake, Mocha Dream Cappuccino (1 serving)	596	21	14	58	0
Milk Shake, Mocha, Low Fa (1 serving)	590	0	0	4	9
Milk Shake, Peanut Butter Heathbar (1 shake)	1165	67	29	90	3

Milk Shake, Strawberry (1 serving)	505	27	16	71	0
Milk Shake, Tropical Hawaiian (1 serving)	711	28	18	78	2
Milk Shake, Vanilla (1 serving)	565	30	19	86	0
Minute Maid Light Lemonade (24 fluid ounces)	9	0	0	0	0
Minute Maid Light Lemonade (32 fluid ounces)	12	0	0	0	0
Nestea Sweetened Raspberry Iced Tea (24 fluid ounces)	140	0	0	0	0
Nestea Sweetened Raspberry Iced Tea (32 fluid ounces)	187	0	0	0	0
Orange Juice (1 serving)	165	0	0	0	0
Orange Juice, 10 oz Bottle (1 bottle)	130	0	0	0	0
Perrier Water (1 bottle)	0	0	0	0	0
Pibb Extra (24 fluid ounces)	175	0	0	0	0
Pibb Extra (32 fluid ounces)	233	0	0	0	0
Root Beer Float (1 serving)	256	10	7	20	0
Skim Milk (1 serving)	135	0	0	8	0
Skim Milk, 10 oz (1 carton)	113	0	0	6	0
Sprite (24 fluid ounces)	175	0	0	0	0
Sprite (32 fluid ounces)	233	0	0	0	0
Sprite, 12 oz Bottle (1 bottle)	136	0	0	0	0
Tropicana Twister, 20 oz (1 bottle)	275	0	0	0	0
V-8 Juice, 10 oz (1 bottle)	63	0	0	0	3
Whole Milk (1 serving)	225	12	8	53	0
Breakfast Entrees	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Fiber (g)
American Favorite (1 serving)	179	13	4	424	0

American Favorite (1 serving) with Bacon	245	20	6	434	0
American Favorite (1 serving) with Homefries	330	18	4	424	2
American Favorite (1 serving) with Sausage	459	38	13	494	0
American Favorite (1 serving) with Bacon, Homefries	396	25	7	434	2
American Favorite (1 serving) with Homefries, Sausage	610	43	13	494	2
Backyard Flat Iron Steak (1 serving)	701	40	11	622	0
Backyard Flat Iron Steak (1 serving) with Homefries	852	45	12	622	2
Cajun Rib Eye Steak and Eggs (1 serving)	1159	75	27	962	1
Cajun Salmon and Eggs (1 serving)	524	30	6	533	1
Cajun Salmon and Eggs (1 serving) with Homefries	675	35	7	533	4
Cajun Sirloin Steak (1 serving)	708	40	11	622	0
Cajun Sirloin Steak (1 serving) with Homefries	859	45	12	622	3
Californian Omelette (1 serving)	381	18	6	80	1
Californian Omelette (1 serving) with Cilantro Sour Cream	463	23	9	100	1
Californian Omelette (1 serving) with Cinnamon Sour Cream	468	23	9	100	1
Californian Omelette (1 serving) with Salsa	401	18	6	80	1
Californian Omelette (1 serving) with Strawberry Cup	442	18	6	80	4
Californian Omelette (1 serving) with Cilantro Sour Cream, Cinnamon Sour Cream	550	28	12	120	1
Californian Omelette (1 serving) with Cilantro Sour Cream, Salsa	483	23	9	100	1
Californian Omelette (1 serving) with Cilantro Sour Cream, Strawberry Cup	523	23	9	100	4
Californian Omelette (1 serving) with Cinnamon Sour Cream, Salsa	488	23	9	100	1
Californian Omelette (1 serving) with Cinnamon Sour Cream, Strawberry Cup	529	23	9	100	5
Californian Omelette (1 serving) with Salsa, Strawberry Cup	462	18	6	80	4
Californian Omelette (1 serving) with Cilantro Sour Cream, Cinnamon Sour Cream, Salsa	570	28	12	120	1
Californian Omelette (1 serving) with Cilantro Sour Cream, Cinnamon Sour Cream, Strawberry Cup	610	28	12	120	5
Californian Omelette (1 serving) with Cilantro Sour Cream, Salsa, Strawberry Cup	543	23	9	100	4
Californian Omelette (1 serving) with Cilantro Sour Cream, Cinnamon Sour Cream, Salsa, Strawberry Cup	630	28	12	120	5
Chili Chili Omelette (1 serving)	587	43	17	861	1
Chili Chili Omelette (1 serving) with Chili	787	51	18	861	6
Chili Chili Omelette (1 serving) with Cilantro Sour Cream	668	48	20	881	1
Chili Chili Omelette (1 serving) with Homefries	738	48	18	861	3
Chili Chili Omelette (1 serving) with Jalapenos	591	43	17	861	1
Chili Chili Omelette (1 serving) with Chili, Cilantro Sour Cream	868	56	21	881	6
Chili Chili Omelette (1 serving) with Chili, Homefries	938	56	19	861	8
Chili Chili Omelette (1 serving) with Chili, Jalapenos	791	51	18	861	6
Chili Chili Omelette (1 serving) with Cilantro Sour Cream, Homefries	819	53	21	881	3

Chili Chili Omelette (1 serving) with Cilantro Sour Cream, Jalapenos	673	48	20	881	1
Chili Chili Omelette (1 serving) with Homefries, Jalapenos	742	48	18	861	3
Chili Chili Omelette (1 serving) with Chili, Cilantro Sour Cream, Homefries	1019	61	22	881	8
Chili Chili Omelette (1 serving) with Chili, Cilantro Sour Cream, Jalapenos	873	56	21	881	6
Chili Chili Omelette (1 serving) with Chili, Homefries, Jalapenos	942	56	19	861	8
Chili Chili Omelette (1 serving) with Chili, Cilantro Sour Cream, Homefries, Jalapenos	1024	61	22	881	8
Corned Beef Hash and Eggs (1 serving)	652	40	13	491	4
Corned Beef Hash and Eggs (1 serving) with Homefries	803	45	14	491	6
Egg Beaters Omelette (1 serving)	90	0	0	0	0
Egg Beaters Omelette (1 serving) with Bacon	153	6	2	9	0
Egg Beaters Omelette (1 serving) with Cheddar Cheese	198	9	5	34	0
Egg Beaters Omelette (1 serving) with Green Peppers	99	0	0	0	1
Egg Beaters Omelette (1 serving) with Mushrooms	95	0	0	0	0
Egg Beaters Omelette (1 serving) with Onions	108	0	0	0	1
Egg Beaters Omelette (1 serving) with Sausage	178	8	3	22	0
Egg Beaters Omelette (1 serving) with Spinach	92	0	0	0	0
Egg Beaters Omelette (1 serving) with Tomatoes	99	0	0	0	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese	261	16	8	43	0
Egg Beaters Omelette (1 serving) with Bacon, Green Peppers	162	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Mushrooms	158	6	2	9	0
Egg Beaters Omelette (1 serving) with Bacon, Onions	171	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Sausage	241	14	5	31	0
Egg Beaters Omelette (1 serving) with Bacon, Spinach	155	6	2	9	0
Egg Beaters Omelette (1 serving) with Bacon, Tomatoes	163	6	2	9	1
Egg Beaters Omelette (1 serving) with Cheddar Cheese, Green Peppers	207	10	5	34	1
Egg Beaters Omelette (1 serving) with Cheddar Cheese, Mushrooms	203	10	5	34	0
Egg Beaters Omelette (1 serving) with Cheddar Cheese, Onions	216	9	5	34	1
Egg Beaters Omelette (1 serving) with Cheddar Cheese, Sausage	285	17	8	56	0
Egg Beaters Omelette (1 serving) with Cheddar Cheese, Spinach	200	9	5	34	0
Egg Beaters Omelette (1 serving) with Cheddar Cheese, Tomatoes	207	10	5	34	1
Egg Beaters Omelette (1 serving) with Green Peppers, Mushrooms	104	0	0	0	1
Egg Beaters Omelette (1 serving) with Green Peppers, Onions	117	0	0	0	1
Egg Beaters Omelette (1 serving) with Green Peppers, Sausage	186	8	3	22	1
Egg Beaters Omelette (1 serving) with Green Peppers, Spinach	101	0	0	0	1
Egg Beaters Omelette (1 serving) with Green Peppers, Tomatoes	108	0	0	0	1
Egg Beaters Omelette (1 serving) with Mushrooms, Onions	113	0	0	0	1
Egg Beaters Omelette (1 serving) with Mushrooms, Sausage	183	8	3	22	0
Egg Beaters Omelette (1 serving) with Mushrooms, Spinach	97	0	0	0	0
Egg Beaters Omelette (1 serving) with Mushrooms, Tomatoes	104	0	0	0	1
Egg Beaters Omelette (1 serving) with Onions, Sausage	196	8	3	22	1

Egg Beaters Omelette (1 serving) with Onions, Spinach	110	0	0	0	1
Egg Beaters Omelette (1 serving) with Onions, Tomatoes	117	0	0	0	1
Egg Beaters Omelette (1 serving) with Sausage, Spinach	180	8	3	22	0
Egg Beaters Omelette (1 serving) with Sausage, Tomatoes	187	8	3	22	1
Egg Beaters Omelette (1 serving) with Spinach, Tomatoes	102	0	0	0	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers	270	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Mushrooms	266	16	8	43	0
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Onions	279	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Sausage	349	23	10	65	0
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Spinach	263	16	8	43	0
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Tomatoes	271	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Green Peppers, Mushrooms	167	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Green Peppers, Onions	180	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Green Peppers, Sausage	249	14	5	31	1
Egg Beaters Omelette (1 serving) with Bacon, Green Peppers, Spinach	164	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Green Peppers, Tomatoes	171	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Mushrooms, Onions	176	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Mushrooms, Sausage	246	14	5	31	0
Egg Beaters Omelette (1 serving) with Bacon, Mushrooms, Spinach	160	6	2	9	0
Egg Beaters Omelette (1 serving) with Bacon, Mushrooms, Tomatoes	168	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Onions, Sausage	259	14	5	31	1
Egg Beaters Omelette (1 serving) with Bacon, Onions, Spinach	173	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Onions, Tomatoes	181	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Sausage, Spinach	243	14	5	31	0
Egg Beaters Omelette (1 serving) with Bacon, Sausage, Tomatoes	250	14	5	31	1
Egg Beaters Omelette (1 serving) with Bacon, Spinach, Tomatoes	165	6	2	9	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms	275	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Onions	288	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Sausage	357	23	10	65	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Spinach	272	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Tomatoes	279	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Mushrooms, Onions	284	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Mushrooms, Sausage	354	23	10	65	0
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Mushrooms, Spinach	268	16	8	43	0
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Mushrooms, Tomatoes	276	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Onions, Sausage	367	23	10	65	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Onions, Spinach	281	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Onions, Tomatoes	289	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Sausage, Spinach	351	23	10	65	0
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Sausage, Tomatoes	358	24	10	65	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Spinach, Tomatoes	273	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions	293	16	8	43	1

Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage	362	24	11	65	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Spinach	277	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Tomatoes	284	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Onions, Sausage	375	24	11	65	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Onions, Spinach	290	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Onions, Tomatoes	297	16	8	43	2
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Sausage, Spinach	360	24	11	65	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Sausage, Tomatoes	367	24	11	65	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Spinach, Tomatoes	282	16	8	43	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage	380	24	11	65	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Spinach	295	16	8	43	2
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Tomatoes	302	16	8	43	2
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage, Spinach	365	24	11	65	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage, Tomatoes	372	24	11	65	1
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Spinach, Tomatoes	287	16	8	43	2
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Spinach	383	24	11	65	2
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Tomatoes	390	24	11	65	2
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Spinach, Tomatoes	305	16	8	43	2
Egg Beaters Omelette (1 serving) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Spinach, Tomatoes	392	24	11	65	2
Egg White Omelette (1 omelette)	100	0	0	0	0
Egg White Omelette (1 omelette) with Bacon	163	6	2	9	0
Egg White Omelette (1 omelette) with Cheddar Cheese	208	9	5	34	0
Egg White Omelette (1 omelette) with Green Peppers	109	0	0	0	1
Egg White Omelette (1 omelette) with Mushrooms	105	0	0	0	0
Egg White Omelette (1 omelette) with Onions	118	0	0	0	1
Egg White Omelette (1 omelette) with Sausage	188	8	3	22	0
Egg White Omelette (1 omelette) with Spinach	102	0	0	0	0
Egg White Omelette (1 omelette) with Tomatoes	109	0	0	0	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese	271	16	8	43	0
Egg White Omelette (1 omelette) with Bacon, Green Peppers	172	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Mushrooms	168	6	2	9	0
Egg White Omelette (1 omelette) with Bacon, Onions	181	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Sausage	251	14	5	31	0
Egg White Omelette (1 omelette) with Bacon, Spinach	165	6	2	9	0
Egg White Omelette (1 omelette) with Bacon, Tomatoes	173	6	2	9	1
Egg White Omelette (1 omelette) with Cheddar Cheese, Green Peppers	217	10	5	34	1
Egg White Omelette (1 omelette) with Cheddar Cheese, Mushrooms	213	10	5	34	0
Egg White Omelette (1 omelette) with Cheddar Cheese, Onions	226	9	5	34	1
Egg White Omelette (1 omelette) with Cheddar Cheese, Sausage	295	17	8	56	0
Egg White Omelette (1 omelette) with Cheddar Cheese, Spinach	210	9	5	34	0
Egg White Omelette (1 omelette) with Cheddar Cheese, Tomatoes	217	10	5	34	1

Egg White Omelette (1 omelette) with Green Peppers, Mushrooms	114	0	0	0	1
Egg White Omelette (1 omelette) with Green Peppers, Onions	127	0	0	0	1
Egg White Omelette (1 omelette) with Green Peppers, Sausage	196	8	3	22	1
Egg White Omelette (1 omelette) with Green Peppers, Spinach	111	0	0	0	1
Egg White Omelette (1 omelette) with Green Peppers, Tomatoes	118	0	0	0	1
Egg White Omelette (1 omelette) with Mushrooms, Onions	123	0	0	0	1
Egg White Omelette (1 omelette) with Mushrooms, Sausage	193	8	3	22	0
Egg White Omelette (1 omelette) with Mushrooms, Spinach	107	0	0	0	0
Egg White Omelette (1 omelette) with Mushrooms, Tomatoes	114	0	0	0	1
Egg White Omelette (1 omelette) with Onions, Sausage	206	8	3	22	1
Egg White Omelette (1 omelette) with Onions, Spinach	120	0	0	0	1
Egg White Omelette (1 omelette) with Onions, Tomatoes	127	0	0	0	1
Egg White Omelette (1 omelette) with Sausage, Spinach	190	8	3	22	0
Egg White Omelette (1 omelette) with Sausage, Tomatoes	197	8	3	22	1
Egg White Omelette (1 omelette) with Spinach, Tomatoes	112	0	0	0	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers	280	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms	276	16	8	43	0
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions	289	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Sausage	359	23	10	65	0
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Spinach	273	16	8	43	0
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Tomatoes	281	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Green Peppers, Mushrooms	177	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Green Peppers, Onions	190	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Green Peppers, Sausage	259	14	5	31	1
Egg White Omelette (1 omelette) with Bacon, Green Peppers, Spinach	174	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Green Peppers, Tomatoes	181	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Mushrooms, Onions	186	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Mushrooms, Sausage	256	14	5	31	0
Egg White Omelette (1 omelette) with Bacon, Mushrooms, Spinach	170	6	2	9	0
Egg White Omelette (1 omelette) with Bacon, Mushrooms, Tomatoes	178	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Onions, Sausage	269	14	5	31	1
Egg White Omelette (1 omelette) with Bacon, Onions, Spinach	183	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Onions, Tomatoes	191	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Sausage, Spinach	253	14	5	31	0
Egg White Omelette (1 omelette) with Bacon, Sausage, Tomatoes	260	14	5	31	1
Egg White Omelette (1 omelette) with Bacon, Spinach, Tomatoes	175	6	2	9	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms	285	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions	298	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Sausage	367	23	10	65	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Spinach	282	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Tomatoes	289	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Onions	294	16	8	43	1

Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Sausage	364	23	10	65	0
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Spinach	278	16	8	43	0
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Tomatoes	286	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions, Sausage	377	23	10	65	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions, Spinach	291	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions, Tomatoes	299	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Sausage, Spinach	361	23	10	65	0
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Sausage, Tomatoes	368	24	10	65	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Spinach, Tomatoes	283	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions	303	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage	372	24	11	65	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Spinach	287	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Tomatoes	294	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions, Sausage	385	24	11	65	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions, Spinach	300	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions, Tomatoes	307	16	8	43	2
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Sausage, Spinach	370	24	11	65	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Sausage, Tomatoes	377	24	11	65	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Spinach, Tomatoes	292	16	8	43	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage	390	24	11	65	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Spinach	305	16	8	43	2
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Tomatoes	312	16	8	43	2
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage, Spinach	375	24	11	65	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage, Tomatoes	382	24	11	65	1
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Spinach, Tomatoes	297	16	8	43	2
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Spinach	393	24	11	65	2
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Tomatoes	400	24	11	65	2
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Spinach, Tomatoes	315	16	8	43	2
Egg White Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Spinach, Tomatoes	402	24	11	65	2
Farmers Omelette (1 serving)	724	56	18	855	2
Farmers Omelette (1 serving) with Homefries	875	61	18	855	4
Fresh Egg Omelette (1 omelette)	222	15	5	636	0
Fresh Egg Omelette (1 omelette) with Bacon	285	21	7	645	0
Fresh Egg Omelette (1 omelette) with Cheddar Cheese	330	24	10	670	0
Fresh Egg Omelette (1 omelette) with Green Peppers	231	15	5	636	1
Fresh Egg Omelette (1 omelette) with Mushrooms	227	15	5	636	0
Fresh Egg Omelette (1 omelette) with Onions	240	15	5	636	1
Fresh Egg Omelette (1 omelette) with Sausage	310	23	7	658	0
Fresh Egg Omelette (1 omelette) with Spinach	224	15	5	636	0
Fresh Egg Omelette (1 omelette) with Tomatoes	231	15	5	636	1

Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese	393	31	12	679	0
Fresh Egg Omelette (1 omelette) with Bacon, Green Peppers	294	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Mushrooms	290	21	7	645	0
Fresh Egg Omelette (1 omelette) with Bacon, Onions	303	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Sausage	373	29	10	667	0
Fresh Egg Omelette (1 omelette) with Bacon, Spinach	287	21	7	645	0
Fresh Egg Omelette (1 omelette) with Bacon, Tomatoes	295	21	7	645	1
Fresh Egg Omelette (1 omelette) with Cheddar Cheese, Green Peppers	339	24	10	670	1
Fresh Egg Omelette (1 omelette) with Cheddar Cheese, Mushrooms	335	24	10	670	0
Fresh Egg Omelette (1 omelette) with Cheddar Cheese, Onions	348	24	10	670	1
Fresh Egg Omelette (1 omelette) with Cheddar Cheese, Sausage	417	32	13	692	0
Fresh Egg Omelette (1 omelette) with Cheddar Cheese, Spinach	332	24	10	670	0
Fresh Egg Omelette (1 omelette) with Cheddar Cheese, Tomatoes	339	24	10	670	1
Fresh Egg Omelette (1 omelette) with Green Peppers, Mushrooms	236	15	5	636	1
Fresh Egg Omelette (1 omelette) with Green Peppers, Onions	249	15	5	636	1
Fresh Egg Omelette (1 omelette) with Green Peppers, Sausage	318	23	7	658	1
Fresh Egg Omelette (1 omelette) with Green Peppers, Spinach	233	15	5	636	1
Fresh Egg Omelette (1 omelette) with Green Peppers, Tomatoes	240	15	5	636	1
Fresh Egg Omelette (1 omelette) with Mushrooms, Onions	245	15	5	636	1
Fresh Egg Omelette (1 omelette) with Mushrooms, Sausage	315	23	7	658	0
Fresh Egg Omelette (1 omelette) with Mushrooms, Spinach	229	15	5	636	0
Fresh Egg Omelette (1 omelette) with Mushrooms, Tomatoes	236	15	5	636	1
Fresh Egg Omelette (1 omelette) with Onions, Sausage	328	23	7	658	1
Fresh Egg Omelette (1 omelette) with Onions, Spinach	242	15	5	636	1
Fresh Egg Omelette (1 omelette) with Onions, Tomatoes	249	15	5	636	1
Fresh Egg Omelette (1 omelette) with Sausage, Spinach	312	23	7	658	0
Fresh Egg Omelette (1 omelette) with Sausage, Tomatoes	319	23	7	658	1
Fresh Egg Omelette (1 omelette) with Spinach, Tomatoes	234	15	5	636	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers	402	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms	398	31	12	679	0
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions	411	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Sausage	481	38	15	701	0
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Spinach	395	31	12	679	0
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Tomatoes	403	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Green Peppers, Mushrooms	299	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Green Peppers, Onions	312	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Green Peppers, Sausage	381	29	10	667	1
Fresh Egg Omelette (1 omelette) with Bacon, Green Peppers, Spinach	296	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Green Peppers, Tomatoes	303	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Mushrooms, Onions	308	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Mushrooms, Sausage	378	29	10	667	0
Fresh Egg Omelette (1 omelette) with Bacon, Mushrooms, Spinach	292	21	7	645	0

Fresh Egg Omelette (1 omelette) with Bacon, Mushrooms, Tomatoes	300	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Onions, Sausage	391	29	10	667	1
Fresh Egg Omelette (1 omelette) with Bacon, Onions, Spinach	305	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Onions, Tomatoes	313	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Sausage, Spinach	375	29	10	667	0
Fresh Egg Omelette (1 omelette) with Bacon, Sausage, Tomatoes	382	29	10	667	1
Fresh Egg Omelette (1 omelette) with Bacon, Spinach, Tomatoes	297	21	7	645	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms	407	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions	420	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Sausage	489	38	15	701	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Spinach	404	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Tomatoes	411	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Onions	416	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Sausage	486	38	15	701	0
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Spinach	400	31	12	679	0
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Tomatoes	408	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions, Sausage	499	38	15	701	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions, Spinach	413	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions, Tomatoes	421	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Sausage, Spinach	483	38	15	701	0
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Sausage, Tomatoes	490	38	15	701	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Spinach, Tomatoes	405	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions	425	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage	494	38	15	701	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Spinach	409	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Tomatoes	416	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions, Sausage	507	38	15	701	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions, Spinach	422	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions, Tomatoes	429	31	12	679	2
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Sausage, Spinach	492	38	15	701	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Sausage, Tomatoes	499	38	15	701	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Spinach, Tomatoes	414	31	12	679	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage	512	38	15	701	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Spinach	427	31	12	679	2
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Tomatoes	434	31	12	679	2
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage, Spinach	497	38	15	701	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage, Tomatoes	504	39	15	701	1
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Spinach, Tomatoes	419	31	12	679	2
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Spinach	515	39	15	701	2
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Tomatoes	522	39	15	701	2
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Spinach, Tomatoes	437	31	12	679	2
Fresh Egg Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Spinach, Tomatoes	524	39	15	701	2

Ham and Cheese Omelette (1 serving)	499	35	12	837	0
Ham and Cheese Omelette (1 serving) with Homefries	650	40	13	837	2
Hearty Breakfast (1 serving)	792	73	24	529	0
Hearty Breakfast (1 serving) with Homefries	943	78	24	529	2
Low Fat Vegetarian Omelette (1 serving)	209	7	1	0	1
Low Fat Vegetarian Omelette (1 serving) with Cinnamon Sour Cream	296	12	4	20	1
Low Fat Vegetarian Omelette (1 serving) with Strawberry Cup	270	8	1	0	4
Low Fat Vegetarian Omelette (1 serving) with Cinnamon Sour Cream, Strawberry Cup	357	13	4	20	5
Old Standby (1 serving)	191	15	4	424	0
Old Standby (1 serving) with Homefries	342	20	5	424	2
Omelette (1 omelette)	280	18	6	800	0
Omelette (1 omelette) with Bacon	343	24	8	809	0
Omelette (1 omelette) with Cheddar Cheese	388	27	11	834	0
Omelette (1 omelette) with Green Peppers	289	18	6	800	1
Omelette (1 omelette) with Mushrooms	285	18	6	800	0
Omelette (1 omelette) with Onions	298	18	6	800	1
Omelette (1 omelette) with Sausage	368	26	9	822	0
Omelette (1 omelette) with Spinach	282	18	6	800	0
Omelette (1 omelette) with Tomatoes	289	18	6	800	1
Omelette (1 omelette) with Bacon, Cheddar Cheese	451	34	14	843	0
Omelette (1 omelette) with Bacon, Green Peppers	352	24	8	809	1
Omelette (1 omelette) with Bacon, Mushrooms	348	24	8	809	0
Omelette (1 omelette) with Bacon, Onions	361	24	8	809	1
Omelette (1 omelette) with Bacon, Sausage	431	32	11	831	0
Omelette (1 omelette) with Bacon, Spinach	345	24	8	809	0
Omelette (1 omelette) with Bacon, Tomatoes	353	24	8	809	1
Omelette (1 omelette) with Cheddar Cheese, Green Peppers	397	28	11	834	1
Omelette (1 omelette) with Cheddar Cheese, Mushrooms	393	28	11	834	0
Omelette (1 omelette) with Cheddar Cheese, Onions	406	27	11	834	1
Omelette (1 omelette) with Cheddar Cheese, Sausage	475	35	14	856	0
Omelette (1 omelette) with Cheddar Cheese, Spinach	390	27	11	834	0
Omelette (1 omelette) with Cheddar Cheese, Tomatoes	397	28	11	834	1
Omelette (1 omelette) with Green Peppers, Mushrooms	294	18	6	800	1
Omelette (1 omelette) with Green Peppers, Onions	307	18	6	800	1
Omelette (1 omelette) with Green Peppers, Sausage	376	26	9	822	1
Omelette (1 omelette) with Green Peppers, Spinach	291	18	6	800	1
Omelette (1 omelette) with Green Peppers, Tomatoes	298	18	6	800	1

Omelette (1 omelette) with Mushrooms, Onions	303	18	6	800	1
Omelette (1 omelette) with Mushrooms, Sausage	373	26	9	822	0
Omelette (1 omelette) with Mushrooms, Spinach	287	18	6	800	0
Omelette (1 omelette) with Mushrooms, Tomatoes	294	18	6	800	1
Omelette (1 omelette) with Onions, Sausage	386	26	9	822	1
Omelette (1 omelette) with Onions, Spinach	300	18	6	800	1
Omelette (1 omelette) with Onions, Tomatoes	307	18	6	800	1
Omelette (1 omelette) with Sausage, Spinach	370	26	9	822	0
Omelette (1 omelette) with Sausage, Tomatoes	377	26	9	822	1
Omelette (1 omelette) with Spinach, Tomatoes	292	18	6	800	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers	460	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms	456	34	14	843	0
Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions	469	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Sausage	539	41	16	865	0
Omelette (1 omelette) with Bacon, Cheddar Cheese, Spinach	453	34	14	843	0
Omelette (1 omelette) with Bacon, Cheddar Cheese, Tomatoes	461	34	14	843	1
Omelette (1 omelette) with Bacon, Green Peppers, Mushrooms	357	24	8	809	1
Omelette (1 omelette) with Bacon, Green Peppers, Onions	370	24	8	809	1
Omelette (1 omelette) with Bacon, Green Peppers, Sausage	439	32	11	831	1
Omelette (1 omelette) with Bacon, Green Peppers, Spinach	354	24	8	809	1
Omelette (1 omelette) with Bacon, Green Peppers, Tomatoes	361	24	8	809	1
Omelette (1 omelette) with Bacon, Mushrooms, Onions	366	24	8	809	1
Omelette (1 omelette) with Bacon, Mushrooms, Sausage	436	32	11	831	0
Omelette (1 omelette) with Bacon, Mushrooms, Spinach	350	24	8	809	0
Omelette (1 omelette) with Bacon, Mushrooms, Tomatoes	358	24	8	809	1
Omelette (1 omelette) with Bacon, Onions, Sausage	449	32	11	831	1
Omelette (1 omelette) with Bacon, Onions, Spinach	363	24	8	809	1
Omelette (1 omelette) with Bacon, Onions, Tomatoes	371	24	8	809	1
Omelette (1 omelette) with Bacon, Sausage, Spinach	433	32	11	831	0
Omelette (1 omelette) with Bacon, Sausage, Tomatoes	440	32	11	831	1
Omelette (1 omelette) with Bacon, Spinach, Tomatoes	355	24	8	809	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms	465	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions	478	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Sausage	547	41	16	865	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Spinach	462	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Tomatoes	469	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Onions	474	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Sausage	544	41	16	865	0
Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Spinach	458	34	14	843	0
Omelette (1 omelette) with Bacon, Cheddar Cheese, Mushrooms, Tomatoes	466	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions, Sausage	557	41	16	865	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions, Spinach	471	34	14	843	1

Omelette (1 omelette) with Bacon, Cheddar Cheese, Onions, Tomatoes	479	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Sausage, Spinach	541	41	16	865	0
Omelette (1 omelette) with Bacon, Cheddar Cheese, Sausage, Tomatoes	548	42	16	865	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Spinach, Tomatoes	463	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions	483	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage	552	42	17	865	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Spinach	467	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Tomatoes	474	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions, Sausage	565	42	17	865	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions, Spinach	480	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Onions, Tomatoes	487	34	14	843	2
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Sausage, Spinach	550	42	17	865	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Sausage, Tomatoes	557	42	17	865	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Spinach, Tomatoes	472	34	14	843	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage	570	42	17	865	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Spinach	485	34	14	843	2
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Tomatoes	492	34	14	843	2
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage, Spinach	555	42	17	865	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Sausage, Tomatoes	562	42	17	865	1
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Spinach, Tomatoes	477	34	14	843	2
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Spinach	573	42	17	865	2
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Tomatoes	580	42	17	865	2
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Spinach, Tomatoes	495	34	14	843	2
Omelette (1 omelette) with Bacon, Cheddar Cheese, Green Peppers, Mushrooms, Onions, Sausage, Spinach, Tomatoes	582	42	17	865	2
Philly Chicken Omelette (1 serving)	697	43	16	899	1
Philly Steak Omelette (1 serving)	763	51	20	911	1
Philly Steak Omelette (1 serving) with Homefries	914	56	21	911	3
Philly Steak Omelette (1 serving) with Honey Pepper Relish	780	52	20	911	1
Philly Steak Omelette (1 serving) with Homefries, Honey Pepper Relish	931	56	21	911	3
Salmon Omelette (1 serving)	484	34	10	835	0
San Antonio Scrambler (1 serving)	712	45	13	602	2
San Antonio Scrambler (1 serving) with Maple Syrup	1042	45	13	602	2
San Antonio Scrambler (1 serving) with Strawberry Cup	772	46	13	602	6
San Antonio Scrambler (1 serving) with Whipped Butter	712	45	13	602	2
San Antonio Scrambler (1 serving) with Maple Syrup, Strawberry Cup	1102	46	13	602	6
San Antonio Scrambler (1 serving) with Maple Syrup, Whipped Butter	1042	45	13	602	2
San Antonio Scrambler (1 serving) with Strawberry Cup, Whipped Butter	772	46	13	602	6
San Antonio Scrambler (1 serving) with Maple Syrup, Strawberry Cup, Whipped Butter	1102	46	13	602	6

San Antonio Scrambler (1 serving)	712	45	13	602	2
San Antonio Scrambler (1 serving) with Homefries	862	50	14	602	5
Spinach, Feta and Mushroom Omelette (1 serving)	437	31	11	815	1
Spinach, Feta and Mushroom Omelette (1 serving) with Homefries	588	36	11	815	3
TLC Sirloin Steak (1 serving)	698	40	11	622	0
TLC Sirloin Steak (1 serving) with Cinnamon Sour Cream	785	45	14	642	0
TLC Sirloin Steak (1 serving) with Strawberry Cup	758	41	11	622	4
TLC Sirloin Steak (1 serving) with Cinnamon Sour Cream, Strawberry Cup	845	46	14	642	4
Vegetarian Omelette (1 serving)	364	25	7	800	1
Vegetarian Omelette (1 serving) with Homefries	515	30	8	800	4
Veggie Griddle (1 serving)	463	21	7	30	6
Western Omelette (1 serving)	414	26	7	806	1
Western Omelette (1 serving) with Homefries	565	31	8	806	4
Breakfast Side Items	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Fiber (g)
Country Ham Side (4.25 ounces)	250	16	4	80	0
Grits, Bowl (1 serving)	200	1	0	0	1
Grits, Bowl (1 serving) with Brown Sugar	584	1	0	0	1
Grits, Bowl (1 serving) with Butter Chips	272	9	5	23	1
Grits, Bowl (1 serving) with Cheddar Jack Cheese	423	19	10	61	1
Grits, Bowl (1 serving) with Raisins	460	1	0	0	5
Grits, Bowl (1 serving) with Brown Sugar, Butter Chips	656	9	5	23	1
Grits, Bowl (1 serving) with Brown Sugar, Cheddar Jack Cheese	807	19	10	61	1
Grits, Bowl (1 serving) with Brown Sugar, Raisins	844	1	0	0	5
Grits, Bowl (1 serving) with Butter Chips, Cheddar Jack Cheese	495	27	15	84	1
Grits, Bowl (1 serving) with Butter Chips, Raisins	532	9	5	23	5
Grits, Bowl (1 serving) with Cheddar Jack Cheese, Raisins	683	19	10	61	5
Grits, Bowl (1 serving) with Brown Sugar, Butter Chips, Cheddar Jack Cheese	879	27	15	84	1
Grits, Bowl (1 serving) with Brown Sugar, Butter Chips, Raisins	916	9	5	23	5
Grits, Bowl (1 serving) with Brown Sugar, Cheddar Jack Cheese, Raisins	1067	19	10	61	5
Grits, Bowl (1 serving) with Brown Sugar, Butter Chips, Cheddar Jack Cheese, Raisins	1139	27	15	84	5
Grits, Cup (1 serving)	100	0	0	0	1

Honey Pepper Relish (2 fluid ounces)	17	0	0	0	0
Marinara Sauce (2 fluid ounces)	25	1	0	0	0
Pancake Syrup (2 fluid ounces)	220	0	0	0	0
Salsa (2 fluid ounces)	20	0	0	0	0
Texas Petal Sauce (2 fluid ounces)	320	34	5	30	0
Whipped Butter (0.45 fluid ounces)	57	6	5	18	0
Desserts	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Fiber (g)
Banana Split (1 serving)	787	37	21	50	5
Fresh Strawberry Cup (1 serving)	51	0	0	0	3
Junior Banana Split (1 serving)	557	28	16	40	3
Silver Diner Sundae (1 sundae)	50	5	2	0	0
Silver Diner Sundae (1 sundae) with Caramel Topping	230	5	2	0	0
Silver Diner Sundae (1 sundae) with Chocolate Ice Cream	330	21	11	40	2
Silver Diner Sundae (1 sundae) with Hot Fudge Topping	234	12	8	0	0
Silver Diner Sundae (1 sundae) with Pineapple Topping	134	5	2	0	0
Silver Diner Sundae (1 sundae) with Strawberry Ice Cream	290	17	9	30	0
Silver Diner Sundae (1 sundae) with Strawberry Topping	104	5	2	0	0
Silver Diner Sundae (1 sundae) with Vanilla Ice Cream	330	19	11	40	0
Silver Diner Sundae (1 sundae) with Caramel Topping, Chocolate Ice Cream	510	21	11	40	2
Silver Diner Sundae (1 sundae) with Caramel Topping, Strawberry Ice Cream	470	17	9	30	0
Silver Diner Sundae (1 sundae) with Caramel Topping, Vanilla Ice Cream	510	19	11	40	0
Silver Diner Sundae (1 sundae) with Chocolate Ice Cream, Hot Fudge Topping	514	28	17	40	2
Silver Diner Sundae (1 sundae) with Chocolate Ice Cream, Pineapple Topping	414	21	11	40	2
Silver Diner Sundae (1 sundae) with Chocolate Ice Cream, Strawberry Topping	384	21	11	40	2
Silver Diner Sundae (1 sundae) with Hot Fudge Topping, Strawberry Ice Cream	474	24	15	30	0
Silver Diner Sundae (1 sundae) with Hot Fudge Topping, Vanilla Ice Cream	514	26	17	40	0
Silver Diner Sundae (1 sundae) with Pineapple Topping, Strawberry Ice Cream	374	17	9	30	0
Silver Diner Sundae (1 sundae) with Pineapple Topping, Vanilla Ice Cream	414	19	11	40	0
Silver Diner Sundae (1 sundae) with Strawberry Ice Cream, Strawberry Topping	344	17	9	30	0
Silver Diner Sundae (1 sundae) with Strawberry Topping, Vanilla Ice Cream	384	19	11	40	0
Worlds Smallest Sundae (1 sundae)	50	5	2	0	0

Rib Eye Steak, Prime Rib Style (1 serving) with Broccoli, Mashed Potatoes and Gravy with Scallions	1248	78	28	443	5
Rib Eye Steak, Prime Rib Style (1 serving) with Horseradish, Mashed Potatoes and Gravy with Scallions	1211	78	28	443	2
T Bone Steak Dinner (1 serving)	547	37	14	123	2
Kid's Menu Items	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Fiber (g)
Kids Applesauce (1 serving)	97	0	0	0	1
Kids Broccoli (1 serving)	35	0	0	0	2
Kids Buttered Corn (1 serving)	98	3	0	0	1
Kids Favorite Sundae (17 grams)	33	3	2	0	0
Kids Favorite Sundae (17 grams) with Caramel Topping	123	3	2	0	0
Kids Favorite Sundae (17 grams) with Chocolate Ice Cream	173	11	7	20	1
Kids Favorite Sundae (17 grams) with Hot Fudge Topping	125	6	5	0	0
Kids Favorite Sundae (17 grams) with Pineapple Topping	74	3	2	0	0
Kids Favorite Sundae (17 grams) with Strawberry Ice Cream	153	9	6	15	0
Kids Favorite Sundae (17 grams) with Strawberry Topping	59	3	2	0	0
Kids Favorite Sundae (17 grams) with Vanilla Ice Cream	173	10	7	20	0
Kids Favorite Sundae (17 grams) with Caramel Topping, Chocolate Ice Cream	263	11	7	20	1
Kids Favorite Sundae (17 grams) with Caramel Topping, Strawberry Ice Cream	243	9	6	15	0
Kids Favorite Sundae (17 grams) with Caramel Topping, Vanilla Ice Cream	263	10	7	20	0
Kids Favorite Sundae (17 grams) with Chocolate Ice Cream, Hot Fudge Topping	265	14	10	20	1
Kids Favorite Sundae (17 grams) with Chocolate Ice Cream, Pineapple Topping	214	11	7	20	1
Kids Favorite Sundae (17 grams) with Chocolate Ice Cream, Strawberry Topping	199	11	7	20	1
Kids Favorite Sundae (17 grams) with Hot Fudge Topping, Strawberry Ice Cream	245	12	9	15	0
Kids Favorite Sundae (17 grams) with Hot Fudge Topping, Vanilla Ice Cream	265	13	10	20	0
Kids Favorite Sundae (17 grams) with Pineapple Topping, Strawberry Ice Cream	194	9	6	15	0
Kids Favorite Sundae (17 grams) with Pineapple Topping, Vanilla Ice Cream	214	10	7	20	0
Kids Favorite Sundae (17 grams) with Strawberry Ice Cream, Strawberry Topping	179	9	6	15	0
Kids Favorite Sundae (17 grams) with Strawberry Topping, Vanilla Ice Cream	199	10	7	20	0
Kids Fries (1 serving)	246	14	3	0	3
Kids Green Beans (1 serving)	31	0	0	0	3
Kids Homefries (1 serving)	189	6	1	0	3
Kids Mashed Potatoes (1 serving)	139	5	3	15	2
Kids Mashed Potatoes (1 serving) with Brown Gravy	179	7	3	15	2

Kids Milk Shake (1 serving)	108	7	5	18	0
Kids Milk Shake (1 serving) with Chocolate Ice Cream	388	23	14	58	2
Kids Milk Shake (1 serving) with Strawberry Ice Cream	348	19	12	48	0
Kids Milk Shake (1 serving) with Vanilla Ice Cream	388	21	14	58	0
Kids Mixed Veggies (1 serving)	76	5	1	0	2
Kids Scoop, Vanilla Ice Cream (0.5 cups)	140	7	5	20	0
Kids Side of Bacon (1 serving)	67	7	2	10	0
Kids Side of Maple Chicken Sausage (1 serving)	110	9	3	0	0
Kids Side of Pork Sausage (1 serving)	240	23	8	45	0
Kids Turkey with Mashed Potatoes and Gravy (1 serving)	284	11	5	60	2
Kids Turkey with Mashed Potatoes and Gravy (1 serving) with Corn	397	15	5	60	3
Salads	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Fiber (g)
Greek Salad (1 salad)	562	46	9	30	10
Greek Salad, with Chicken (1 salad)	703	52	10	82	10
Mega Life Salad (1 salad)	544	20	2	50	11
Side Summer Citrus Salad (1 salad)	176	5	1	0	7
Side TLC Salad (1 salad)	127	10	1	0	2
Summer Citrus Salad (1 salad)	494	21	2	0	12
TLC Caesar Salad (1 salad)	339	25	10	40	6
TLC Caesar Salad (1 salad) with Caesar Dressing	759	70	18	85	6
TLC Cajun Salmon Caesar Salad (1 salad)	604	36	12	134	6
TLC Cajun Salmon Caesar Salad (1 salad) with Caesar Dressing	1024	81	19	179	6
TLC Cajun Shrimp Caesar Salad (1 salad)	581	29	11	385	6
TLC Cajun Shrimp Caesar Salad (1 salad) with Caesar Dressing	1001	74	18	430	6

TLC Grilled Chicken Caesar Salad (1 salad)	505	33	12	97	6
TLC Grilled Chicken Caesar Salad (1 salad) with Caesar Dressing	925	78	19	142	6
Salad Dressings	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Fiber (g)
Salad Dressing, Blue Cheese (2 fluid ounces)	320	34	7	30	0
Salad Dressing, Caesar (2 fluid ounces)	280	30	5	30	0
Salad Dressing, Southwest Ranch (2 fluid ounces)	240	24	4	10	0
Senior Menu Items	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Fiber (g)
Senior Breakfast (1 serving)	94	7	2	212	0
Senior Breakfast (1 serving) with Bacon	161	14	4	222	0
Senior Breakfast (1 serving) with Homefries	245	12	3	212	2
Senior Breakfast (1 serving) with Pork Sausage Links	574	53	18	302	0
Senior Breakfast (1 serving) with Bacon, Homefries	312	19	5	222	2
Senior Breakfast (1 serving) with Homefries, Pork Sausage Links	725	58	19	302	2
Senior Vegetarian Omelette (1 serving)	144	7	1	0	1
Senior Vegetarian Omelette (1 serving) with Homefries	295	12	2	0	4
Side Items	Total Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Fiber (g)
Baby String Beans (1 serving)	31	0	0	0	3
Broccoli (1 serving)	47	0	0	0	3
Buttered Corn (1 serving)	131	4	0	0	1
Coleslaw a la Carte (3 ounces)	146	13	2	7	1
Coleslaw, Side (1 serving)	135	12	2	6	1
French Fries (5 ounces)	307	18	4	0	3
Mashed Potatoes (0.67 cups)	139	5	3	15	2
Mixed Veggies (1 serving)	99	7	1	0	2

