

Nutrition Guide

Farmhouse Kitchen			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Red, White & Blueberry Farmer's Choice	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Choice of Griddle Item:	Brioche French Toast 2 Slices (Served w/ Blueberries, Banana, Strawberry Sauce, Powdered Sugar and Whipped Topping)	680	100	13	6	0	190	760	125	3	57	17
		Three Hotcakes (Served w/ Blueberries, Banana, Strawberry Sauce, Powdered Sugar and Whipped Topping)	810	140	15	6	0	0	1340	155	5	59	13

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Red, White & Blueberry French Toast	Brioche French Toast 2 Slices (Served w/ Blueberries, Banana, Strawberry Sauce, Powdered Sugar and Whipped Topping)		680	100	13	6	0	190	760	125	3	57	17
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
Red, White & Blueberry Hotcakes	Four Hotcakes (Served w/ Blueberries, Banana, Strawberry Sauce, Powdered Sugar and Whipped Topping)		1020	180	20	8	0	0	1780	194	6	69	17
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
Lemon Garlic Grilled Chicken	Includes: Two Grilled Chicken Breasts, Garlic Butter & Grilled Lemon Half		530	250	23	9	0	190	1490	7	<1	3	69
Cheesy Chili Fries	French Fries, American Cheese, Chili, Cheddar Cheese, Sour Cream, Green Onions		1410	790	89	37	2	180	2580	121	13	12	26
Sausage Chili (includes 2 Saltine Crackers)			280	140	16	7	0	40	640	23	4	6	11
Caramel Apple Cider			330	70	8	7	0	<5	190	76	0	65	1
Pumpkin Pie	Slice	Includes: Whipped Topping	470	170	19	8	0	75	440	69	3	38	9
	Whole Pie		2990	1120	125	59	0.75	440	2650	426	18	239	55
Double-Crust Apple Pie	Slice	Includes: Caramel Drizzle	600	250	28	12	0	0	250	82	3	45	4
	Whole Pie		3200	1500	168	72	0	0	1500	492	18	270	24
Made to Share			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Blue Ribbon Bacon	Bacon, tossed in sauce.		420	210	23	8	0	65	1110	29	0	25	22
Cheesy Chili Fries	French Fries, American Cheese, Chili, Cheddar Cheese, Sour Cream, Green Onions		1410	790	89	37	2	180	2580	121	13	12	26
Cinna-Biscuits	Includes: Cinna-biscuits, Icing		700	200	21	13	0	<5	1450	124	2	74	8
Onion Rings	Includes: 8 Onion Rings and Ranch Dressing		1030	570	63	11	0.5	15	2070	103	7	12	13
Sunrise Savers			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sausage Gravy and Biscuits	Choice of:	Sausage Gravy (Cup)	240	90	17	7	0	25	960	15	0	1	6
		Sausage Gravy (Bowl))	490	190	34	14	0	45	1950	31	0	0	12
	Includes:	Biscuits (2)	440	200	22	13	0	0	1440	53	1	3	7
Bowl of Rolled Oat Oatmeal	Includes: Oatmeal, Brown Sugar, Milk		180	25	2.5	1	0	<5	230	34	4	12	6
	Choice of Add--Ins:	Diced Cranberries	40	0	<1	<1	0	0	<1	12	<1	9	<1
		Honey Roasted Pecans	140	110	12	1	0	0	75	8	2	5	1
The Classic Breakfast	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
		Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14

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	Choice of Breakfast Meat:	Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)	160	110	12	3	0	90	700	2	<1	0	16
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Banana Berry Oatmeal	Bowl Includes: Oatmeal, Blueberries, Blueberry Sauce, Honey-Roasted Pecans Banana, Milk		360	60	7	1	0	<5	290	69	6	36	8
	Served With:	Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4

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Buttermilk Biscuit Sandwich	Includes: Biscuit, American Cheese, Egg		400	240	26	13	0	225	1070	28	1	2	14
	Choose Meat:	Bacon	130	90	9	3	0	30	450	0	0	0	9
		Sausage	160	120	13	5	0	45	310	1	<1	0	10
	Served with Choice of::	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
Country Biscuit Breakfast	Includes: Biscuit, Bob Evans Sausage, Country Gravy, Cheddar Cheese		520	320	36	17	0	80	1340	29	1	2	22
	Choice of Farm Fresh Egg (1):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Served With:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
Griddle Stacker	Includes: Sausage patty, American cheese, bacon, fried egg, two mini hotcakes and powdered sugar		710	330	37	15	0.5	245	1730	65	2	18	29
	Served With:	Black Pepper Maple Honey	110	0	0	0	0	0	15	27	0	24	0
	Served With:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
Sunrise	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Side:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
The Mini Sampler	Includes: Biscuit (with Whipped Butter Blend)		270	100	16	8	0.5	<5	770	27	<1	2	4
	Choice of Farm Fresh Egg (1):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (2)	210	170	19	6	0	0	390	0	0	0	9
		Hardwood-Smoked Bacon (2)	190	130	14	4.5	0	40	670	<1	0	0	13
		Chicken Sausage Link (1)	90	50	6	1.5	0	45	350	1	0	0	8
	Choice of:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
Brioche French Toast	Includes: Brioche French Toast Slices (2), & Powdered Sugar		530	80	10	3.5	0	175	770	93	<1	30	16
	Served with:	Whipped Butter Blend	90	0	10	3.5	0	5	95	0	0	0	0
		Pancake Syrup	190	45	0	0	0	0	55	47	0	22	5

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Buttermilk Hotcakes	Includes: Four Buttermilk Hotcakes		860	170	18	6	0	0	1780	156	4	39	17
	Served with:	Whipped Butter Blend	90	0	10	3.5	0	5	95	0	0	0	0
		Pancake Syrup	190	45	0	0	0	0	55	47	0	22	5
Farmboy Sandwich	Includes: Sauage, American Cheese, Fried Egg & Brioche Bun		770	510	59	22	0	290	1710	15	0	2	44
	Served with Choice of Side:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1

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All-Day Breakfast

Farm-Fresh Combos			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
The Whole Hog	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Includes Breakfast Meats:	Bob Evans Sausage Links (2)	210	170	19	6	0	0	390	0	0	0	9
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (2)	130	90	9	3	0	30	450	0	0	0	9
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
	Includes Griddle Items:	Brioche French Toast (1) (with Whipped Butter Blend and Syrup)	520	170	15	5	0	100	530	111	2	32	8
		Hotcake (1)	220	40	4.5	1.5	0	0	450	39	1	10	4
	Served with Choice of Side:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
Steak Tips and Eggs	Includes: Steak Tips, Caramelized Onions, Mushrooms, Green Onions		310	230	54	19	13	40	590	5	1	2	16
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Served with Choice of Side:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Country-Fried Steak & Eggs	Includes: Country Fried Steak, Country Gravy		540	300	33	10	0	55	929	38	4	<1	20
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Served with Choice of Side:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Big Griddle Stacker	Includes: Sausage patty, American cheese, bacon, fried egg, two mini hotcakes and powdered sugar		1420	660	73	30	1	490	3470	127	3	34	58
	Served With:	Black Pepper Maple Honey	110	0	0	0	0	0	15	27	0	24	0
	Served With:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1

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Rise & Shine	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (2)	210	170	19	6	0	0	390	0	0	0	9
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Served with Choice of Side:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Big Egg Breakfast	Choice of Farm Fresh Eggs (3):	Egg Whites	90	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	270	110	13	4	0	405	150	2	1	0	15
		Scrambled	240	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Served with Choice of Side:	Hashbrowns	250	120	13	2.5	0	0	370	29	4	0	2
		Home fries	130	45	4.5	1	0	0	190	20	3	0	3
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4
Farmhouse Biscuit Sandwich Platter	Includes: Bacon Breakfast sandwich, Sausage Breakfast Sandwich, Sausage Gravy		1310	760	91	40	1	540	3830	73	3	5	51
	Served with Choice of Side:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	15	21	2	2	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1

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Bowls and Skillets				Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
The Everything Breakfast	Includes: Biscuit, Ham, Hollandaise Sauce, Sausage, Bacon, Scrambled Eggs, Cheddar Cheese, Tomatoes, Hash Browns and Green Onions			1500	980	109	44	1	630	3530	63	5	5	64
Sunshine Skillet	Includes: Eggs, Bob Evans Sausage, Country Gravy, Cheddar Cheese, Home fries			660	150	17	6	0	210	720	107	5	45	20
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)		510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread		260	80	8	1.5	0	0	350	30	2	24	4
Three Meat Protein Bowl	Includes: Eggs, Roasted Sweet Potatoes, Hardwood-Smoked Bacon, Sausage, Hickory Smoked Ham, Spinach, Cheddar Cheese, Roasted Corn & Black Beans and Caramelized Onions, Hollandaise Sauce, Tomatoes and Green Onions			800	410	55	22	0.5	135	2560	37	8	19	38
	Choice of Farm Fresh Eggs (2):	Egg Whites		60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked		180	110	13	4	0	405	150	2	1	0	15
		Scrambled		160	110	11	3.5	0	420	280	1	0	0	14
Served with Multigrain Toast and Butter Blend			310	15	4.5	0	0	0	340	56	10	12	12	
Garden Veggie Protein Bowl	Includes: Eggs, Roasted Sweet Potatoes, Spinach, Diced Peppers, Cheddar Cheese, Roasted Corn & Black Beans and Caramelized Onions, Salsa, Avocado, Lime Cilantro Sauce			350	90	22	4.5	0	10	1010	40	10	22	6
	Choice of Farm Fresh Eggs (2):	Egg Whites		60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked		180	110	13	4	0	405	150	2	1	0	15
		Scrambled		160	110	11	3.5	0	420	280	1	0	0	14
Served with Multigrain Toast and Butter Blend			310	15	4.5	0	0	0	340	56	10	12	12	

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Griddle Goodness				Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Double Blueberry Hotcakes	Includes: Buttermilk Hotcakes (4), Blueberries, Blueberry Topping, Whipped Topping, Powdered Sugar			1070	210	23	10	0	0	1830	199	6	76	17
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)		320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)		320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)		190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham		100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)		180	110	12	3	0	90	700	2	<1	0	16
Double Chocolate Hotcakes	Includes: Chocolate Chip Hotcakes (4), Chocolate Chips, Chocolate Sauce, Whipped Topping, Powdered Sugar			1120	240	27	13	0	0	1820	199	6	74	18
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)		320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)		320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)		190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham		100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)		180	110	12	3	0	90	700	2	<1	0	16
Buttermilk Hotcakes	Includes: Buttermilk Hotcakes (4)			860	170	18	6	0	0	1780	156	4	39	17
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)		320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)		320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)		190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham		100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)		180	110	12	3	0	90	700	2	<1	0	16
	Served with:	Whipped Butter Blend		90	0	10	3.5	0	5	95	0	0	0	0
		Pancake Syrup		190	45	0	0	0	0	55	47	0	22	5
Brioche French Toast	Includes: Brioche French Toast Slices (2), with Powdered Sugar			530	80	10	3.5	0	175	770	93	<1	30	16
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)		320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)		320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)		190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham		100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)		180	110	12	3	0	90	700	2	<1	0	16
	Served with:	Whipped Butter Blend		90	0	10	3.5	0	5	95	0	0	0	0
		Pancake Syrup		190	45	0	0	0	0	55	47	0	22	5

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Farmer's Choice			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Double Meat Farmer's Choice	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Any Two:	Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
	Choice of Griddle Item:	Brioche French Toast (1) Server with Whipped Topping, Butter Blend & Syrup	810	170	20	7	0	185	910	142	<1	49	16
		Hotcakes (3) Served w/ Whipped Butter Blend & Syrup	940	220	24	8	0	15	1480	170	3	29	13
Homestead Farmer's Choice	Includes: Sausage Gravy & Biscuits		680	300	39	20	1	25	2400	68	2	4	13
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16

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Banana Berry Farmer's Choice	Includes: Blueberry Pancakes (3) (w/ Whipped Butter Blend and Syrup) and Banana		1010	220	25	8	0	15	1480	188	6	40	13
	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
	Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16	
Farmer's Choice	Choice of Farm Fresh Eggs (2):	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	12
		Freshly Cracked	180	110	13	4	0	405	150	2	1	0	15
		Scrambled	160	110	11	3.5	0	420	280	1	0	0	14
	Choice of Breakfast Meat:	Bob Evans Sausage Links (3)	320	260	29	10	0	0	590	<1	0	0	14
		Bob Evans Sausage Patties (2)	320	230	26	10	0	90	630	2	1	0	19
		Hardwood-Smoked Bacon (3)	190	130	14	4.5	0	40	670	<1	0	0	13
		Hickory-Smoked Ham	100	25	2.5	1	0	35	1440	2	0	2	17
		Chicken Sausage Links (2)	180	110	12	3	0	90	700	2	<1	0	16
	Choice of Griddle Item:	Brioche French Toast Slice (Served w/ Whipped Butter Blend & Syrup)	810	170	20	7	0	185	910	142	<1	49	16
		Hotcakes (Served w/ Whipped Butter Blend & Syrup)	940	220	24	8	0	15	1480	170	3	29	13
Three-Egg Omelets			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Steak Tip Omelet	Includes: Eggs, Steak Tips, Peppers, Caramelized Onions, Mushrooms, Cheddar Cheese, Green Onions		750	520	75	25	7	685	1530	17	3	8	40
Western Omelet	Includes: Eggs, Ham, Sauteed Onions & Bell Peppers, Cheddar Cheese		630	420	46	16	0	690	1620	12	1	6	42
Southwest Avocado Omelet	Includes: Eggs, Pork Sausage, Roasted Corn and Black Beans, Avocado, Cheddar Cheese, Cilantro Lime Cream Sauce, Tomatoes		930	700	79	22	0	630	1300	24	10	6	36
Fresh Start Omelet	Includes: Eggs, Chicken Sausage, Mushrooms, Caramelized Onions, Tomatoes, Roasted Red Peppers, Arugula, Provolone and Feta Cheese		680	460	51	18	0	705	1250	12	2	5	41

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Build Your Own 3-Egg Omelet	Choose Eggs:	Freshly Cracked	310	220	24	8	0	575	390	3	0	<1	20
		Egg Whites	80	0	0	0	0	0	300	1	0	1	19
			Arugula	0	0	0	0	0	0	0	0	0	0
	Choose Two:	American Cheese	110	80	9	5	0	30	470	1	0	<1	5
		Chicken Sausage, Diced	80	45	5	1	0	40	310	<1	0	0	7
		Feta Cheese	50	35	4	2.5	0	15	210	<1	0	0	3
		Hardwood Smoked Bacon	220	160	18	6	0	45	900	<1	0	0	15
		Spinach (without Oil)*	0	0	0	0	0	0	10	<1	0	0	0
		Bob Evans Farm Fresh Sausage	140	110	12	4.5	0	40	290	<1	0	0	9
		Real Cheddar Cheese	90	70	8	4.5	0	25	150	0	0	0	5
		Hickory Smoked Ham	70	15	1.5	1	0	25	990	2	0	2	12
		Diced Tomatoes (without Oil)*	0	0	0	0	0	0	0	<1	0	<1	0
		Mushrooms	60	60	6	1.5	0	0	70	1	0	0	0
		Onions (without Oil)*	10	0	0	0	0	0	0	3	0	1	0
		Real Provolone Cheese	70	50	6	3.5	0	15	180	0	0	0	5
		Red & Green Bell Peppers (without Oil)*	5	0	0	0	0	0	0	1	<1	<1	0
		Roasted Red Peppers	5	0	0	0	0	0	50	1	0	1	0
		Avocado	60	45	5	1	0	0	0	2	2	0	<1
		* Grill Oil - added to grilled vegetables	70	70	8	1	0	0	0	0	0	0	0
	Served with Choice of Side:	Hashbrowns	180	60	7	1	0	0	10	28	3	1	2
		Home fries	180	90	10	2.5	0	0	30	21	2	0	2
		Fresh-Cut Fruit (Apples, Blueberries, Bananas)	70	0	0	0	0	0	0	18	2	10	<1
	Served with Choice of Bread:	Biscuits (2) (with Whipped Butter Blend)	510	280	31	16	1	15	1520	53	1	3	7
		Banana Nut Bread	260	80	8	1.5	0	0	350	30	2	24	4

Addition			Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Avocado			60	45	5	1	0	0	0	2	2	0	<1
Salsa			35	0	3.5	0	0	0	580	7	2	4	1

Farm-Famous Breakfast Meat			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bob Evans Sausage Links (3)			320	260	29	10	0	0	590	<1	0	0	14
Bob Evans Sausage Patties (2)			320	230	26	10	0	90	630	2	1	0	19
Hardwood-Smoked Bacon (3)			190	130	14	4.5	0	40	670	<1	0	0	13
Hickory-Smoked Ham			100	25	2.5	1	0	35	1440	2	0	2	17
Chicken Sausage Links (2)			180	110	12	3	0	90	700	2	<1	0	16

Freshly Baked Breads			Calories	Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Biscuits	Includes: Biscuits (2),		510	280	31	16	1	15	1520	53	1	3	7
Banana Nut Bread			260	80	8	1.5	0	0	350	30	2	24	4
Pumpkin Bread			370	120	13	2	0	35	490	59	2	29	5
Dinner Rolls (After 11:00 AM)	Includes: Dinner Rolls (2),		370	150	17	5	0	25	470	50	2	8	7

* 2,000 calories a day is used for general nutrition advice, but calorie