WAFFLE HOUSE MENU NUTRITION GUIDE

BREAKFAST ALL-STAR SPECIAL™

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
2 Eggs - Scrambled		180	120	14	4	0	370	120	2	0	2	12	Egg, Soy.
Includes:	Classic Waffle	410	160	18	10	0	50	870	55	2	15	8	Egg, Milk, Soy, Tree Nuts, Wheat.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Plus your choice of:	Bacon	140	100	12	4	0	30	520	0	0	0	8	
	Sausage	260	220	24	8	0	50	510	1	0	0	10	
	City Ham	110	25	2.5	1	0	30	740	7	0	5	15	
	Country Ham	210	80	9	3	0	95	1720	0	0	0	32	

BREAKFAST HASHBROWN BOWLS

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Sausage Egg & Cheese Hashbrown Bowl													
Includes:	Large Hashbrowns	380	130	14	5	0	0	490	59	5	1	5	Soy.
	Sausage	260	220	24	8	0	50	510	1	0	0	10	
	2 Eggs - Scrambled	180	120	14	4	0	370	120	2	0	2	12	Egg, Soy.
	American Cheese (2 Slices)	100	80	8	5	0	25	500	1	0	1	5	Milk, Soy.
Bacon Egg & Cheese Hashbrown Bowl													
Includes:	Large Hashbrowns	380	130	14	5	0	0	490	59	5	1	5	Soy.
	Bacon	140	100	12	4	0	30	520	0	0	0	8	
	2 Eggs - Scrambled	180	120	14	4	0	370	120	2	0	2	12	Egg, Soy.
	American Cheese (2 Slices)	100	80	8	5	0	25	500	1	0	1	5	Milk, Soy.
Ham Egg & Cheese Hashbrown Bowl													
Includes:	Large Hashbrowns	380	130	14	5	0	0	490	59	5	1	5	Soy.
	Hickory Smoked Ham	120	20	3	0	0	50	1000	4	0	2	18	
	2 Eggs - Scrambled	180	120	14	4	0	370	120	2	0	2	12	Egg, Soy.
	American Cheese (2 Slices)	100	80	8	5	0	25	500	1	0	1	5	Milk, Soy.

EGG BREAKFASTS

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
2 Egg Breakfast: 2 Eggs - Scrambled		180	120	14	4	0	370	120	2	0	2	12	Egg, Soy.
	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
Plus your choice of:	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
Plus your choice of:	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Cheese 'N Eggs: 2 Scrambled Eggs with Cheese		280	200	22	9	0	400	620	2	0	2	18	Egg, Milk, Soy.
Includes:	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
Plus your choice of:	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
T-Bone & Eggs: T-Bone Steak and 2 Eggs - Scrambled		1230	660	73	23	0	1015	1835	3	0	3	139	Egg, Soy.
	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
Plus your choice of:	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
Plus your choice of:	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Steak & Eggs: Sirloin Steak and 2 Eggs - Scrambled		660	400	46	16	1	845	615	4	1	3	59	Egg, Soy.
	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
Plus your choice of:	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
Plus your choice of:	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	

EGG BREAKFASTS CONTINUED

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Country Ham & Eggs: Country Ham and 2 Eggs - Scrambled		640	280	33	9	0	925	2105	5	2	3	83	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Chicken & Eggs: Grilled Chicken and 2 Eggs - Scrambled		550	340	39	12.5	0	805	555	3	0	3	46	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Meat Lover's Chicken & Eggs: 2 Pieces of Grilled Chicken and 2 Eggs - Scrambled		500	260	30.5	8.5	0	835	1175	4	1	3	54	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Pork Chops & Eggs: 2 Grilled Pork Chops and 2 Eggs - Scrambled		570	320	37	11	0	840	1965	3	0	3	57	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	

EGG BREAKFASTS CONTINUED

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Meat Lover's Pork Chops & Eggs: 3 Grilled Pork Chops and 2 Eggs - Scrambled		1230	660	73	23	0	1015	1835	3	0	3	139	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	

Waffles

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Classic Waffle House Waffle		410	160	18	10	0	50	870	55	2	15	8	Egg, Milk, Soy, Tree Nuts, Wheat.
Toppings:	Pecans	150	140	15	1.5	0	0	0	3	2	1	2	Tree Nuts.
	Chocolate Chips	110	50	6	3.5	0	0	0	16	1	13	1	Soy.
	Peanut Butter Chips	150	80	8	7	0	0	95	17	1	16	3	Milk, Peanut, Soy.

Hashbrowns and Toppings

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Waffle House Hashbrowns:	Regular	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Large	380	130	14	5	0	0	490	59	5	1	5	Soy.
	Triple	570	180	21	7.5	0	0	720	87	9	0	9	Soy.
Toppings:	Sautéed Onions	15	0	0	0	0	0	0	3	1	1	0	
	Melted American Cheese	50	40	4	2.5	0	15	250	0	0	0	3	Milk, Soy.
	Hickory Smoked Ham	60	10	1.5	0	0	25	500	2	0	1	9	
	Grilled Tomatoes	5	0	0	0	0	0	0	2	0	1	0	
	Jalapeno Peppers	10	0	0	0	0	0	390	2	0	0	0	
	Grilled Mushrooms	20	0	0	0	0	0	280	3	1	1	2	
	Bert's Chili™	80	25	3	1	0	5	380	8	2	1	5	Milk, Soy, Wheat.
	Sausage Gravy	90	45	5	2	0	5	910	10	0	2	1	Egg, Milk, Soy, Wheat.

Breakfast Sides

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Bacon	140	100	12	4	0	30	520	0	0	0	8	
Large Bacon	230	170	19	7	0	55	870	1	0	1	13	
Sausage	260	220	24	8	0	50	510	1	0	0	10	
Large Sausage	390	320	36	12	0	70	770	1	0	0	15	
City Ham	110	25	2.5	1	0	30	740	7	0	5	15	
Country Ham	210	80	9	3	0	95	1720	0	0	0	32	
Biscuit & Sausage Gravy	470	270	30	16	0	5	1810	44	1	3	6	Egg, Milk, Soy, Wheat.
Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
Cheese Grits	140	65	6.5	3	0	15	550	16	1	0	4	Egg, Milk, Soy, Wheat.
Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Sausage, Egg & Cheese Grits Bowl	360	230	26	9	0.5	225	870	17	1	1	15	Egg, Milk, Soy, Wheat.
Bacon Egg & Cheese Grits Bowl	330	190	21	8	0.5	220	960	17	1	1	16	Egg, Milk, Soy, Wheat.
Ham Egg & Cheese Grits Bowl	290	130	15	6	0.5	225	1110	19	1	2	19	Egg, Milk, Soy, Wheat.

Grilled Biscuits

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
Sausage Egg & Cheese Biscuit	650	430	48	22	0	225	1470	35	1	2	19	Egg, Milk, Soy, Wheat.
Bacon Egg & Cheese Biscuit	610	400	44	21.5	0	220	1560	35	1	2	19	Egg, Milk, Soy, Wheat.
Chicken Biscuit	520	250	27.5	14.5	0	90	1830	35	2	1	34	Egg, Milk, Soy, Wheat.
Bacon Biscuit	470	300	33	17	0	20	1250	34	1	1	10	Egg, Milk, Soy, Wheat.
Sausage Biscuit	510	340	37	18	0	25	1160	34	1	1	10	Egg, Milk, Soy, Wheat.

Add-ons:	American Cheese	50	40	4	2.5	0	15	250	0	0	0	3	Milk, Soy.
	1 Egg - Scrambled	90	60	7	2	0	185	60	1	0	1	6	Egg, Soy.

Ham Biscuits are served as 2 Biscuits												
Country Ham Biscuits (2)	970	540	60	30	0	95	3520	68	2	2	42	Egg, Milk, Soy, Wheat.
City Ham Biscuits (2)	870	480	53	28	0	30	2540	75	2	7	25	Egg, Milk, Soy, Wheat.

Add-ons:	American Cheese	100	80	8	5	0	30	500	0	0	0	6	Milk, Soy.
	2 Eggs - Scrambled	180	120	14	4	0	370	120	2	0	2	12	Egg, Soy.

Breakfast Sandwiches and Melts

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Egg Sandwich	220	75	8.5	2	0	185	320	27	1	4	10	Egg, Soy, Wheat.
Egg & Cheese Sandwich	270	115	12.5	4.5	0	200	570	27	1	4	13	Egg, Milk, Soy, Wheat.
Texas Egg & Cheese Melt	590	360	39	16	0	215	1160	39	2	5	18	Egg, Milk, Soy, Wheat.
Sausage Sandwich	390	235	25.5	8	0	50	770	27	1	3	14	Soy Wheat.
Sausage & Egg Sandwich	480	295	32.5	10	0	235	830	28	1	4	20	Egg, Soy, Wheat.
Sausage, Egg & Cheese Sandwich	530	335	36.5	12.5	0	250	1080	28	1	4	23	Egg, Milk, Soy, Wheat.
Texas Sausage, Egg & Cheese Melt	850	580	63	24	0	265	1670	40	2	5	28	Egg, Milk, Soy, Wheat.
Bacon Sandwich	270	115	13.5	4	0	30	780	26	1	3	12	Soy Wheat.
Bacon & Egg Sandwich	360	175	20.5	6	0	215	840	27	1	4	18	Egg, Soy, Wheat.
Bacon, Egg & Cheese Sandwich	410	215	24.5	8.5	0	230	1090	27	1	4	21	Egg, Milk, Soy, Wheat.
Texas Bacon, Egg & Cheese Melt	730	460	51	20	0	245	1680	39	2	5	26	Egg, Milk, Soy, Wheat.
Grilled Ham Sandwich	240	40	4	1	0	30	1000	33	1	8	19	Soy Wheat.
Ham & Egg Sandwich	330	100	11	3	0	215	1060	34	1	9	25	Egg, Soy, Wheat.
Ham, Egg & Cheese Sandwich	380	140	15	5.5	0	230	1310	34	1	9	28	Egg, Milk, Soy, Wheat.
Texas Ham, Egg & Cheese Melt	700	385	41.5	17	0	245	1900	46	2	10	33	Egg, Milk, Soy, Wheat.

Kids Meals

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Kids Waffle with Bacon or Sausage: Waffle		410	160	18	10	0	50	870	55	2	15	8	Egg, Milk, Soy, Tree Nuts, Wheat.
Plus your choice of:	Kid's Bacon	90	70	8	3	0	20	350	0	0	0	5	
	Kid's Sausage	130	110	12	4	0	25	260	0	0	0	5	
Kid's 1 Egg Breakfast with Bacon or Sausage: 1 Egg Scrambled		90	60	7	2	0	185	60	1	0	1	6	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Plus your choice of:	Kid's Bacon	90	70	8	3	0	20	350	0	0	0	5	
	Kid's Sausage	130	110	12	4	0	25	260	0	0	0	5	
Kid's Cheeseburger with Hashbrowns		705	400	44	17.5	0.5	45	1010	59	5	5	17	Milk, Soy, Wheat.
Kid's Grilled Cheese with Hashbrowns		520	250	28	12	0	30	1110	55	4	3	13	Milk, Soy, Wheat.

Toddle House© Omelet Breakfasts

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cheese Omelet Breakfast: 2 Egg Cheese Omelet		500	420	46	17	0	395	620	3	0	3	17	Milk, Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Ham & Cheese Omelet Breakfast: 2 Egg Ham & Cheese Omelet		560	430	47.5	17	0	420	1120	5	0	4	26	Milk, Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Cheesesteak Omelet Breakfast: 2 Egg Cheesesteak Omelet		630	490	53	20	0	445	920	3	0	3	33	Milk, Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Fiesta Omelet Breakfast: 2 Egg Fiesta Omelet		590	430	47.5	17	0	420	1510	12	1	6	26	Milk, Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	

Toddle House© Omelet Breakfasts Continued

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Build your own Omelet Breakfast													
2 Egg Omelet		400	340	38	12	0	370	120	2	0	2	12	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2	1	
Meats:	Bacon	90	70	8	3	0	20	350	0	0	0	5	
	Sausage	130	110	12	4	0	25	260	0	0	0	5	
	Grilled Chicken	140	20	2.5	0.5	0	90	930	1	1	0	29	
	Cheesesteak	130	70	7	3	0	50	300	0	0	0	16	Soy.
Add-Ons:	Sautéed Onions	15	0	0	0	0	0	0	3	1	1	0	
	Melted American Cheese	100	80	8	5	0	25	500	1	0	1	5	Milk, Soy.
	Hickory Smoked Ham	60	10	1.5	0	0	25	500	2	0	1	9	
	Grilled Tomatoes	5	0	0	0	0	0	0	2	0	1	0	
	Jalapeno Peppers	10	0	0	0	0	0	390	2	0	0	0	
	Grilled Mushrooms	20	0	0	0	0	0	280	3	1	1	2	
	Grilled Chicken	140	20	2.5	0.5	0	90	930	1	1	0	29	

LUNCH/DINNER HASHBROWN BOWLS

Name		Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cheesesteak Melt Hashbrown Bowl													
Includes:	Large Hashbrowns	380	130	14	5	0	0	490	59	5	1	5	Soy.
	Cheesesteak	130	70	7	3	0	50	300	0	0	0	16	Soy.
	Grilled Onions	15	0	0	0	0	0	0	3	1	1	0	
	American Cheese (2 Slices)	100	80	8	5	0	25	500	1	0	1	5	Milk, Soy.
Chicken Melt Hashbrown Bowl													
Includes:	Large Hashbrowns	380	130	14	5	0	0	490	59	5	1	5	Soy.
	Grilled Chicken	140	20	2.5	0.5	0	90	930	1	1	0	29	
	Grilled Onions	15	0	0	0	0	0	0	3	1	1	0	
	American Cheese (2 Slices)	100	80	8	5	0	25	500	1	0	1	5	Milk, Soy.

CLASSIC DINNERS

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Chicken Dinner	565	190	21.5	7.5	0	90	1490	56	7	7	37	Milk, Soy, Wheat.
Meat Lovers Chicken Dinner	705	210	24	8	0	180	2420	57	8	7	66	Milk, Soy, Wheat.
Country Ham Dinner	635	250	28	10	0	95	2280	55	6	7	40	Milk, Soy, Wheat.
Pork Chop Dinner	1005	450	49	17	0	180	1620	55	6	7	84	Milk, Soy, Wheat.
Meat Lovers Pork Chop Dinner	1295	590	64	22	0	270	2150	55	6	7	122	Milk, Soy, Wheat.

USDA CHOICE STEAK DINNERS

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
T-Bone Dinner	725	330	37	15	1	100	930	56	7	7	42	Milk, Soy, Wheat.
Sirloin Dinner	615	270	30	11.5	0	60	870	55	6	7	29	Milk, Soy, Wheat.

Texas Melts

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Texas Grilled Chicken Melt	660	320	35	15	0.5	115	2040	43	3	6	41	Milk, Soy, Wheat.
Texas Cheesesteak™ Melt	650	360	40	17	1	75	1400	42	3	6	28	Milk, Soy, Wheat.
Texas Angus Patty Melt	730	450	50	21	1.5	85	1160	42	3	6	26	Milk, Soy, Wheat.
Add Bacon	90	70	8	3	0	20	350	0	0	0	5	

REGULAR BERT'S CHILI™

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Regular Bert's Chili™	150	50	6	2	0	10	770	15	4	3	10	Milk, Soy, Wheat.
Large Bert's Chili™	230	80	8	3	0	20	1150	23	5	4	15	Milk, Soy, Wheat.
Bert's Chili™ as a Topping	80	25	3	1	0	5	380	8	2	1	5	Milk, Soy, Wheat.

100% Angus Beef Hamburgers

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Angus 1/4 LB Hamburger Deluxe	560	370	41	16	1.5	60	540	27	1	4	19	Milk, Soy, Wheat.
Angus 1/4 LB Cheeseburger Deluxe	620	410	45	18.5	1	75	795	29	2	5	22	Milk, Soy, Wheat.
Double Angus 1/4 LB Cheeseburger Deluxe	890	600	66	28	2	150	1100	29	2	5	40	Milk, Soy, Wheat.
Add Bacon	90	70	8	3	0	20	350	0	0	0	5	
"Original" Angus Hamburger	465	300	33	12.5	0.5	30	520	30	2	5	11	Milk, Soy, Wheat.
"Original" Angus Cheeseburger	515	340	37	15	0.5	45	770	30	2	5	14	Milk, Soy, Wheat.
Double "Original" Angus Hamburger	575	380	42	16	1	60	550	30	2	5	18	Milk, Soy, Wheat.
Double "Original" Angus Cheeseburger	625	420	46	18.5	1	75	800	30	2	5	21	Milk, Soy, Wheat.

Sandwiches

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Grilled Chicken Sandwich Deluxe	490	240	26.5	9.5	0	90	1420	30	3	5	33	Milk, Soy, Wheat,
Grilled Chicken Bacon Cheese Sandwich Deluxe	630	350	38.5	15	0	125	2020	30	3	5	41	Milk, Soy, Wheat,
Grilled Cheese Sandwich	330	190	21	9.5	0	30	870	26	1	3	10	Milk, Soy, Wheat.
Waffle Sandwich (Ham and Cheese on Wheat)	380	175	18.5	8	0	45	1320	29	4	7	26	Milk, Soy, Wheat.
Ham & Cheese Sandwich (Lettuce & Tomato)	295	80	8	3.5	0	45	1250	34	1	9	22	Milk, Soy, Wheat.
BLT Sandwich	275	115	13.5	4	0	30	780	27	1	4	12	Soy Wheat.
Texas Bacon Lover's BLT Sandwich	635	390	44	16	0	50	1470	39	2	5	19	Milk, Soy, Wheat.

Pies

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Regular Slice Southern Pecan Pie	520	240	27	14	4	0	280	65	1	45	4	Egg, Milk, Soy, Tree Nuts, Wheat.
Small Slice Southern Pecan Pie	260	120	13	7	2	0	140	32	1	23	2	Egg, Milk, Soy, Tree Nuts, Wheat.
Regular Slice Triple Chocolate Pie	880	380	42	14	0	125	660	120	2	69	8	Milk, Soy, Wheat.
Small Slice Triple Chocolate Pie	440	190	21	7	0	60	330	60	1	35	4	Milk, Soy, Wheat.

Salads

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Garden Salad	35	0	0	0	0	0	20	7	2	5	2	
Grilled Chicken Salad	175	20	2.5	0.5	0	90	950	8	3	5	31	

Beverages

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Coffee	5	0	0	0	0	0	--	1	0	0	0	
Dark Roast Coffee	5	0	0	0	0	0	--	1	0	0	0	
Coffee - Decaf	5	0	0	0	0	0	--	1	0	0	0	
Coca-Cola®	160	0	0	0	0	0	35	44	0	44	0	
Diet Coke®	0	0	0	0	0	0	50	0	0	0	0	
Sprite®	160	0	0	0	0	0	70	42	--	42	0	
Pibb-Xtra®	150	0	0	0	0	0	60	42	0	42	0	
Barq's Root Beer®	180	0	0	0	0	0	75	50	0	50	0	
Hi-C® Fruit Punch	170	0	0	0	0	0	55	46	0	45	0	
Minute Maid® Classic Style Lemonade	210	0	0	0	0	0	0	56	0	53	0	
Alice's Iced Tea™ - Unsweet	0	0	0	0	0	0	--	0	0	0	0	
Alice's Iced Tea™ - Sweet	70	0	0	0	0	0	0	17	0	17	0	
Alice's Iced Tea-Monade	140	0	0	0	0	0	0	36	0	35	0	
Regular Minute Maid® Orange Juice	230	0	0	0	0	0	0	53	0	48	0	
Large Minute Maid® Orange Juice	120	0	0	0	0	0	0	28	0	25	0	
Regular Apple Juice	100	0	0	0	0	0	15	23	0	21	0	
Large Apple Juice	200	0	0	0	0	0	30	46	0	42	0	
Regular Milk	130	45	5	3.5	0	20	125	13	0	13	9	Milk.
Large Milk	250	90	10	6	0	40	230	24	0	24	16	Milk.
Large Chocolate Milk	440	140	16	10	0	70	360	58	0	54	16	Milk.
Regular Chocolate Milk	230	80	9	5	0	35	190	31	0	29	9	Milk.
Hot Tea	5	0	0	0	0	0	0	0	--	0	0	