

Farm fresh food doesn't just taste better, it feels better.


We are dedicated to providing our valued guests the freshest food cooked fresh to order, for an unforgettable homegrown dining experience.



Nutritional Guide Revised 12/15/16



Items with the  symbol meet Healthy Dining's nutrition criteria and are featured on HealthyDiningFinder.com.

Category	Item	Quantity	Measure	Calories (kcal)	Fat Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
3-Eggs (any style)* Information for side and toast selections are separate.	3-Egg Plate	1	Serving	390	310	35	8	0	490	410	1	0	less than 1	17
	3-Egg Plate with Bacon	1	Serving	590	470	53	16	0	525	1080	2	0	less than 1	26
	3-Egg Plate with Ham	1	Serving	510	350	40	10	0	550	1840	2	0	2	35
	3-Egg Plate with Sausage	1	Serving	830	690	76	22	0	575	1390	4	0	2	31
3-Egg Omelets* Information for side and toast selections are separate.	Farmer's Omelet	1	Serving	770	520	58	16	1	550	1490	28	4	4	35
	Denver Omelet	1	Serving	470	330	37	9	0	520	1130	6	1	3	26
	Ham & Cheese Omelet	1	Serving	560	410	46	14	0	550	1310	3	0	1	33
	California Omelet	1	Serving	840	660	74	24	0	550	1450	7	4	less than 1	34
Breakfast Bowls	Farmhand Bowl	1	Serving	1120	780	87	26	.5	400	1720	49	7	4	33
	Sausage, Biscuit & Gravy Bowl	1	Serving	1020	670	75	23	.5	380	2090	58	2	7	27
	Country Fried Chicken & Gravy Bowl	1	Serving	1040	630	71	15	.5	370	1920	66	6	2	33
French Toast & Hotcakes	French Toast Combo with Bacon	1	Serving	970	630	70	16	1	520	1500	53	2	6	34
	French Toast Combo with Sausage	1	Serving	1310	920	103	27	1	585	2150	56	3	7	43
	Hotcake Combo with Bacon	1	Serving	830	470	52	13	1	345	2010	66	2	9	24
	Hotcake Combo with Sausage	1	Serving	1170	760	85	23	1	410	2660	68	2	10	34
	French Toast Only (3 Slices)	1	Serving	980	570	64	12	1.5	265	1390	79	4	8	27
	Hotcakes Only (4)	1	Serving	730	140	16	2.5	.5	0	2530	130	4	16	16
Breakfast Burritos	Breakfast Burrito with Bacon	1	Serving	1160	710	79	25	.5	535	2560	70	5	3	38
	Breakfast Burrito with Sausage	1	Serving	1140	700	79	23	.5	550	2200	72	5	4	36
	Breakfast Burrito with Ham	1	Serving	980	540	60	17	.5	535	2420	71	5	4	38
	Breakfast Burrito with Chili	1	Serving	1030	570	63	18	1	530	2190	78	6	5	38
Daybreak Sandwich	DayBreak Sandwich (no meat)	1	Serving	660	420	47	12	1	340	1060	37	1	6	23
	DayBreak Sandwich with Bacon	1	Serving	760	500	56	16	1	360	1390	38	1	6	28
	DayBreak Sandwich with Sausage	1	Serving	880	610	68	19	1	385	1550	39	1	7	30
	DayBreak Sandwich with Ham	1	Serving	720	440	50	13	1	375	1770	38	1	7	32
Breakfast Side Options	Tomato Slices	4	Slices	10	0	0	0	0	0	0	3	1	2	less than 1
	Hash Browns	1	Serving	380	200	23	4	0	0	370	42	5	1	4
	Bacon	2	Slices	100	80	9	3.5	0	15	340	0	0	0	5
	Sausage Patty	2	Patties	440	370	41	14	0	85	980	3	0	1	15
	Fruit	4.5	Ounces	130	5	0	0	0	0	10	33	4	27	2
Breads	Ciabatta Roll with Garlic Spread	1	Serving	390	130	15	2	.5	less than 5	590	56	2	2	9
	Wheat Bread	2	Slices	280	90	11	1.5	.5	0	460	38	2	4	8
	White Bread	2	Slices	280	90	11	1.5	.5	0	540	40	2	2	8
	Sourdough Bread	2	Slices	240	90	10	1.5	.5	0	400	34	2	0	8
	Rye Bread	2	Slices	280	90	11	1.5	.5	0	500	40	2	0	10
	English Muffin	1	Serving	210	90	10	1.5	.5	0	350	25	1	1	6
Award-Winning Burgers	The Farmer's Burger®	1	Serving	1110	630	70	27	2	200	2790	59	4	12	65
	The Bell Ringer®	1	Serving	920	470	53	21	2	175	2280	56	2	12	57
	The Bacon Boy®	1	Serving	1020	550	62	24	2	190	2620	56	2	12	62
	The Big Cheese®	1	Serving	640	300	33	12	1	90	1690	55	2	11	34
	The Natural® Cheeseburger	1	Serving	730	390	43	16	1.5	130	1590	46	2	12	43
	The Natural® Avocado Bacon Cheeseburger	1	Serving	880	500	56	20	1.5	145	1920	49	4	12	48
	The Market™	1	Serving	700	400	44	8	.5	5	1700	69	5	14	13
	The Barn Burner®	1	Serving	880	510	57	18	1.5	130	1510	58	3	6	41
	Farm Fresh Sides	Crispy Zucchini - 2 Piece	2	Pieces	240	100	12	2	0	less than 5	50	29	2	7
Crispy Zucchini - 4 Piece		4	Pieces	480	210	23	4.5	0	10	100	57	3	14	11
Crispy Zucchini - 7 Piece		7	Pieces	850	370	41	8	0	15	180	100	5	25	20
Onion Rings - 2 Piece		2	Pieces	260	140	15	3	0	less than 5	40	26	2	5	4
Onion Rings - 4 Piece		4	Pieces	520	280	31	6	0	10	70	52	3	11	7
Onion Rings - 7 Piece		7	Pieces	900	490	54	10	.5	15	125	91	5	19	13
Chili Cheese Fries		1	Serving	870	410	46	14	1	85	1370	83	8	5	31
Side of Fries		1	Serving	520	230	26	4.5	0	less than 5	240	66	5	less than 1	6
Small Fries		1	Serving	240	110	12	2	0	less than 5	110	31	3	less than 1	3
Fruit Bowl 		1	Serving	130	5	0	0	0	0	10	33	4	27	2
Jalapeño Hot Wheels		1.5	Ounces	150	100	11	2	0	0	340	10	2	1	2
Jalapeño Hot Wheels		3	Ounces	300	200	23	4	0	0	670	20	4	3	3

