### 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

<table>
<thead>
<tr>
<th>Category</th>
<th>Item</th>
<th>Quantity</th>
<th>Measure</th>
<th>Calories (kcal)</th>
<th>Fat (kcal)</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>Protein (g)</th>
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</thead>
<tbody>
<tr>
<td><strong>3-Egg Breakfast (Any style)</strong></td>
<td>3-Egg Breakfast</td>
<td>1 Serving</td>
<td>290</td>
<td>204</td>
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<td>14</td>
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<td>520</td>
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<td>French Toast Platter with Sausage</td>
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<td>780</td>
<td>530</td>
<td>14</td>
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<td>520</td>
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<td><strong>Daybreak Sandwich</strong></td>
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<td>375</td>
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<td><strong>Breakfast Burritos</strong></td>
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<td>620</td>
<td>26</td>
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<td><strong>Daybreak Side Options</strong></td>
<td>Tomato Slices</td>
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<td>Fresh Fruit</td>
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<td><strong>Sandwiches &amp; More</strong></td>
<td>Sourdough Chicken Avocado Sandwich</td>
<td>1 Serving</td>
<td>870</td>
<td>530</td>
<td>16</td>
<td>0.5</td>
<td>125</td>
<td>1530</td>
<td>42</td>
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<td>Farmer’s Chopped Cobb Salad</td>
<td>1 Serving</td>
<td>660</td>
<td>430</td>
<td>17</td>
<td>0</td>
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<td>1300</td>
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<td>530</td>
<td>18</td>
<td>0</td>
<td>110</td>
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<td><strong>Kid’s Meals</strong></td>
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<td>BBQ Chicken Ranch Salad</td>
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<td>Southwestern Chicken Salad</td>
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<td>Charbroiled Chicken Salad</td>
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<td>410</td>
<td>180</td>
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</tbody>
</table>

Information for side and toast selections are separate.
### Nutritional Guide

**HealthyDiningFinder.com**

**Items that meet the Healthy Dining Nutrition Criteria**

- 3-Egg Breakfast (egg whites, tomato slices, and unbuttered wheat toast)
- 3-Egg Breakfast (egg whites, fresh fruit and unbuttered wheat toast)
- Denver Omelet (egg whites, tomato slices, and unbuttered wheat toast)
- Charbroiled Chicken Sandwich (no bacon or mayonnaise)
- Farmer's Chopped Cobb Salad (no bacon)
- Side Salad
- Charbroiled Chicken Salad
- Fresh Fruit
- Kid's Fruit Bowl

**Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.**

**Soft Drinks**

- **Pepsi**
- 12 Ounces 150 0 0 0 0 0 70 0 30 0 10
- 22 Ounces 220 0 0 0 0 0 100 0 50 0 15
- 32 Ounces 310 0 0 0 0 0 170 0 85 0 25

- **Pepsi Wild Cherry**
- 12 Ounces 160 0 0 0 0 0 70 0 30 0 10
- 22 Ounces 230 0 0 0 0 0 100 0 50 0 15
- 32 Ounces 320 0 0 0 0 0 170 0 85 0 25

- **Mountain Dew**
- 12 Ounces 160 0 0 0 0 0 70 0 30 0 10
- 22 Ounces 230 0 0 0 0 0 100 0 50 0 15
- 32 Ounces 320 0 0 0 0 0 170 0 85 0 25

- **Diet Pepsi**
- 12 Ounces 0 0 0 0 0 0 0 0 0 0 0
- 22 Ounces 0 0 0 0 0 0 0 0 0 0 0
- 32 Ounces 0 0 0 0 0 0 0 0 0 0 0

- **Mountain Dew**
- 12 Ounces 160 0 0 0 0 0 70 0 30 0 10
- 22 Ounces 230 0 0 0 0 0 100 0 50 0 15
- 32 Ounces 320 0 0 0 0 0 170 0 85 0 25

- **Cola**
- 12 Ounces 140 0 0 0 0 0 70 0 30 0 10
- 22 Ounces 210 0 0 0 0 0 100 0 50 0 15
- 32 Ounces 300 0 0 0 0 0 170 0 85 0 25

- **Dr Pepper**
- 12 Ounces 140 0 0 0 0 0 70 0 30 0 10
- 22 Ounces 210 0 0 0 0 0 100 0 50 0 15
- 32 Ounces 300 0 0 0 0 0 170 0 85 0 25

- **Orange Juice**
- 12 Ounces 110 0 0 0 0 0 70 0 30 0 10
- 22 Ounces 180 0 0 0 0 0 100 0 50 0 15
- 32 Ounces 270 0 0 0 0 0 170 0 85 0 25

- **Syrup**
- 1 Packet 30 0 0 0 0 0 0 0 0 0 0

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. The numerical values for the nutrition information listed should be considered approximations only. The values listed are based on recipes and/or nutrition data supplied to HealthyDiningFinder.com by Farmer Boys Food, Inc. Actual nutritional values may vary based on serving size, individual ingredient quantities, and special ordering. ©2019 Farmer Boys Food, Inc.