

Waffle House Nutrition Menu

BREAKFAST ALL-STAR SPECIAL™

Name	Calories	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	380	130	14	5	0	0	490	59	5	1		
Includes: Large Hashbrowns	140	100	12	4	0	30	520	0	0	0	5	Soy.
Bacon	180	120	14	4	0	370	120	2	0	2	8	Egg, Soy.
2 Eggs - Scrambled	100	80	8	5	0	25	500	1	0	1	12	Milk, Soy.
American Cheese (2 Slices)											5	
Ham Egg & Cheese Hashbrown Bowl	380	130	14	5	0	0	490	59	5	1		
Includes: Large Hashbrowns	120	20	3	0	0	50	1000	4	0	2	5	Soy.
Hickory Smoked Ham	180	120	14	4	0	370	120	2	0	2	18	Egg, Soy.
2 Eggs - Scrambled	100	80	8	5	0	25	500	1	0	1	12	Milk, Soy.
American Cheese (2 Slices)											5	

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	4	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	370	26	1	3	8	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	330	22	4	2	6	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	360	38	2	16	5	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	900	34	1	1	3	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	300	19	1	2	1	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	240	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	29	3	0	1	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2		
Cheese 'N Eggs: 2 Scrambled Eggs with Cheese												
	280	200	22	9	0	400	620	2	0	2	6	Egg, Milk, Soy.
Includes:												
	300	130	14	6	0	0	360	38	2	16	1	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	240	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	29	3	0	1	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2		
T-Bone & Eggs: T-Bone Steak and 2 Eggs - Scrambled												
	1230	660	73	23	0	1015	1835	3	0	3	4	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	370	26	1	3	8	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	330	22	4	2	6	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	360	38	2	16	5	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	900	34	1	1	3	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	300	19	1	2	1	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	240	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	29	3	0	1	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2		
Steak & Eggs: Sirloin Steak and 2 Eggs - Scrambled												
	660	400	46	16	1	845	615	4	1	3	4	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	370	26	1	3	8	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	330	22	4	2	6	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	360	38	2	16	5	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	900	34	1	1	3	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	300	19	1	2	1	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	240	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	29	3	0	1	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2		

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
83												
Country Ham & Eggs: Country Ham and 2 Eggs - Scrambled	640	280	33	9	0	925	2105	5	2	3	4	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	370	26	1	3	8	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	330	22	4	2	6	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	360	38	2	16	5	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	900	34	1	1	3	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	300	19	1	2	1	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	240	29	3	0	1	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2		
46												
Chicken & Eggs: Grilled Chicken and 2 Eggs - Scrambled	550	340	39	12.5	0	805	555	3	0	3	4	Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	370	26	1	3	8	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	330	22	4	2	6	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	360	38	2	16	5	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	900	34	1	1	3	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	300	19	1	2	1	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	300	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	240	29	3	0	1	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	2	1	2		
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	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	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	370	26	1	3	4	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	330	22	4	2	8	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	360	38	2	16	6	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	900	34	1	1	5	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	300	19	1	2	3	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	300	16	1	0	1	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	240	29	3	0	3	Soy.
	Sliced Tomatoes	10	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 2	Egg, Milk, Soy, Tree Nuts, Wheat.
Toppings:												
Pecans	150	140	15	1.5	0	0	0	3	2	1	3	Tree Nuts.
Chocolate Chips	110	50	6	3.5	0	0	95	16	1	13		Soy.
Peanut Butter Chips	150	80	8	7	0	0		17	1	16		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	5	Soy.
Large	380	130	14	5	0	0	490	59	5	1	9	Soy.
Triple	570	180	21	7.5	0	0	720	87	9	0		Soy.
Toppings:												
Sautéed Onions	15	0	0	0	0	0	0	3	1	1	3	
Melted American Cheese	50	40	4	2.5	0	15	250	0	0	0	9	Milk, Soy.
Hickory Smoked Ham	60	10	1.5	0	0	25	500	2	0	1	0	
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	2	
Grilled Mushrooms	20	0	0	0	0	0	280	3	1	1	5	
Bert's Chili™	80	25	3	1	0	5	380	8	2	1	1	Milk, Soy, Wheat.
Sausage Gravy	90	45	5	2		5	910	10	0	2		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
					0		520				8	
Bacon	140	100	12	4	0	30	870	0	0	0	13	
Large Bacon	230	170	19	7	0	55	510	1	0	1	10	
Sausage	260	220	24	8	0	50	770	1	0	0	15	
Large Sausage	390	320	36	12	0	70	740	1	0	0	15	
City Ham	110	25	2.5	1	0	30	1720	7	0	5	32	
Country Ham	210	80	9	3	0	95	1810	0	0	0	6	
Biscuit & Sausage Gravy	470	270	30	16	0	5	300	44	1	3	1	Egg, Milk, Soy, Wheat.
Grits	90	25	2.5	0.5	0	0	550	16	1	0	4	Egg, Milk, Soy, Wheat.
Cheese Grits	140	65	6.5	3	0	15	0	16	1	0	1	Egg, Milk, Soy, Wheat.
Tomatoes	10	0	0	0	0	0	870	2	1	2	15	Egg, Milk, Soy, Wheat.
Sausage, Egg & Cheese Grits Bowl	360	230	26	9	0.5	225	960	17	1	1	16	Egg, Milk, Soy, Wheat.
Bacon Egg & Cheese Grits Bowl	330	190	21	8	0.5	220	1110	17	1	1	19	Egg, Milk, Soy, Wheat.
Ham Egg & Cheese Grits Bowl	290	130	15	6	0.5	225		19	1	2		

Grilled Biscuits

Name	Cal	FatCal	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
					0		900					
Grilled Biscuit	380	230	25	14	0	0	1470	34	1	1	5	Egg, Milk, Soy, Wheat.
Sausage Egg & Cheese Biscuit	650	430	48	22	0	225	1560	35	1	2	19	Egg, Milk, Soy, Wheat.
Bacon Egg & Cheese Biscuit	610	400	44	21.5	0	220	1830	35	1	2	19	Egg, Milk, Soy, Wheat.
Chicken Biscuit	520	250	27.5	14.5	0	90	1250	35	2	1	34	Egg, Milk, Soy, Wheat.
Bacon Biscuit	470	300	33	17	0	20	1160	34	1	1	10	Egg, Milk, Soy, Wheat.
Sausage Biscuit	510	340	37	18	0	25	250	34	1	1	10	Egg, Milk, Soy, Wheat.
	50	40	4	2.5	0	15	60	0	0	0	3	Milk, Soy
Add-ons: American Cheese	90	60	7	2		185		1	0	1	6	Egg, Soy.
1 Egg - Scrambled												

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

Breakfast Sandwiches and

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
						0		620				17	
Cheese Omelet Breakfast: 2 Egg Cheese Omelet		500	420	46	17	0	395	370	3	0	3	4	Milk, Egg, Soy.
Plus your choice of:	White Toast	230	110	13	4.5	0	0	330	26	1	3	8	Milk, Soy, Wheat.
	Wheat Toast	220	110	12	4.5	0	0	360	22	4	2	6	Milk, Soy, Wheat.
	Raisin Toast	300	130	14	6	0	0	900	38	2	16	5	Milk, Soy, Wheat.
	Grilled Biscuit	380	230	25	14	0	0	300	34	1	1	3	Egg, Milk, Soy, Wheat.
	Texas Toast - 1 Slice	200	110	12	4.5	0	0	300	19	1	2	1	Milk, Soy, Wheat.
Plus your choice of:	Grits	90	25	2.5	0.5	0	0	240	16	1	0	3	Egg, Milk, Soy, Wheat.
	Hashbrowns	190	60	7	2.5	0	0	0	29	3	0	1	Soy.
	Sliced Tomatoes	10	0	0	0	0	0	0	2	1	2		
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		20		0	0	0		
		130	110	12	4	0	25	350	0	0	0	5	
	Sausage	140	20	2.5	0.5	0	90	260	1	1	0	5	
	Grilled Chicken	130	70	7	3	0	50	930	0	0	0	29	
	Cheesesteak	15	0	0	0	0	0	300	3	1	1	16 Soy	
Add-Ons:		100	80	8	5	0	25	0	1	0	1		
	Sautéed Onions	60	10	1.5	0	0	25	500	2	0	1	0	
	Melted American Cheese	5	0	0	0	0	0	500	2	0	1	5	Milk, Soy.
	Hickory Smoked Ham	10	0	0	0	0	0	0	2	0	0	9	
	Grilled Tomatoes	20	0	0	0	0	0	390	3	1	1	0	
	Jalapeno Peppers	140	20	2.5	0.5	0	90	280	1	1	0	0	
	Grilled Mushrooms					0		930				2	
	Grilled Chicken											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	380	130	14	5	0	0	490	59	5	1	5	Soy.
Includes: Large Hashbrowns	140	20	2.5	0.5	0	90	930	1	1	0	29	
Grilled Chicken	15	0	0	0	0	0	0	3	1	1	0	
Grilled Onions	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
					0		1490				37	
Chicken Dinner	565	190	21.5	7.5	0	90	2420	56	7	7	66	Milk, Soy, Wheat.
Meat Lovers Chicken Dinner	705	210	24	8	0	180	2280	57	8	7	40	Milk, Soy, Wheat.
Country Ham Dinner	635	250	28	10	0	95	1620	55	6	7	84	Milk, Soy, Wheat.
Pork Chop Dinner	1005	450	49	17	0	180	2150	55	6	7	122	Milk, Soy, Wheat.
Meat Lovers Pork Chop Dinner	1295	590	64	22	0	270		55	6	7		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
					1		930				42	
T-Bone Dinner	725	330	37	15	0	100	870	56	7	7	29	Milk, Soy, Wheat.
Sirloin Dinner	615	270	30	11.5	0	60		55	6	7		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
					0.5		2040				41	
Texas Grilled Chicken Melt	660	320	35	15	1	115	1400	43	3	6	28	Milk, Soy, Wheat.
Texas Cheesesteak™ Melt	650	360	40	17	1.5	75	1160	42	3	6	26	Milk, Soy, Wheat.
Texas Angus Patty Melt	730	450	50	21	0	85		42	3	6		Milk, Soy, Wheat.
Add Bacon					0		350				5	
	90	70	8	3		20		0	0	0		

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
					0		770				10	
Regular Bert's Chili™	150	50	6	2	0	10	1150	15	4	3	15	Milk, Soy, Wheat.
Large Bert's Chili™	230	80	8	3	0	20	380	23	5	4	5	Milk, Soy, Wheat.
Bert's Chili™ as a Topping	80	25	3	1	0	5		8	2	1		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
					1.5		540				19	
Angus 1/4 LB Hamburger Deluxe	560	370	41	16	1	60	795	27	1	4	22	Milk, Soy, Wheat.
Angus 1/4 LB Cheeseburger Deluxe	620	410	45	18.5	2	75	1100	29	2	5	40	Milk, Soy, Wheat.
Double Angus 1/4 LB Cheeseburger Deluxe	890	600	66	28		150		29	2	5		Milk, Soy, Wheat.
					0		350				5	
Add Bacon	90	70	8	3		20		0	0	0		
					0.5		520				11	
"Original" Angus Hamburger	465	300	33	12.5	0.5	30	770	30	2	5	14	Milk, Soy, Wheat.
"Original" Angus Cheeseburger	515	340	37	15	1	45	550	30	2	5	18	Milk, Soy, Wheat.
Double "Original" Angus Hamburger	575	380	42	16	1	60	800	30	2	5	21	Milk, Soy, Wheat.
Double "Original" Angus Cheeseburger	625	420	46	18.5		75		30	2	5		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
					0						33	
Grilled Chicken Sandwich Deluxe	490	240	26.5	9.5	0	90	1420	30	3	5	41	Milk, Soy, Wheat,
Grilled Chicken Bacon Cheese Sandwich Deluxe	630	350	38.5	15	0	125	2020	30	3	5	10	Milk, Soy, Wheat,
Grilled Cheese Sandwich	330	190	21	9.5	0	30	870	26	1	3	26	Milk, Soy, Wheat.
Waffle Sandwich (Ham and Cheese on Wheat)	380	175	18.5	8	0	45	1320	29	4	7	22	Milk, Soy, Wheat.
Ham & Cheese Sandwich (Lettuce & Tomato)	295	80	8	3.5	0	45	1250	34	1	9	12	Milk, Soy, Wheat.
BLT Sandwich	275	115	13.5	4	0	30	780	27	1	4	19	Soy Wheat.
Texas Bacon Lover's BLT Sandwich	635	390	44	16	0	50	1470	39	2	5		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
					4							
Regular Slice Southern Pecan Pie	520	240	27	14	2	0	280	65	1	45	4	Egg, Milk, Soy, Tree Nuts, Wheat.
Small Slice Southern Pecan Pie	260	120	13	7	0	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		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	0	42	0	
Pibb-Xtra®	150	0	0	0	0	0	60	42	--	42	0	
Barq's Root Beer®	180	0	0	0	0	0	75	42	0	42	0	
Hi-C® Fruit Punch	170	0	0	0	0	0	55	50	0	50	0	
Minute Maid® Classic Style Lemonade	210	0	0	0	0	0	0	46	0	45	0	
Alice's Iced Tea™ - Unsweet	0	0	0	0	0	0	--	56	0	53	0	
Alice's Iced Tea™ - Sweet	70	0	0	0	0	0	0	0	0	0	0	
Alice's Iced Tea-Monade	140	0	0	0	0	0	0	17	0	17	0	
Regular Minute Maid® Orange Juice	230	0	0	0	0	0	0	36	0	35	0	
Large Minute Maid® Orange Juice	120	0	0	0	0	0	0	53	0	48	0	
Regular Apple Juice	100	0	0	0	0	0	15	28	0	25	0	
Large Apple Juice	200	0	0	0	0	0	30	23	0	21	0	
Regular Milk	130	45	5	3.5	0	20	125	46	0	42	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	