

Item	Calories	Fat	Carbs	Protein	Fiber	Sugar
2 Eggs any style	156	10	1	12	0	1
Hashbrowns	299	14	39	4	4	4
Ham off the bone	179	8	6	20	0	4
Bacon strips (2)	80	6	1	6	0	1
Sausage links (2)	160	14	1	8	0	1
Sausage patties (2)	209	18	1	10	0	1
Canadian bacon (2)	69	5	1	12	0	1
Chorizo	295	23	3	15	0	2
Turkey sausage(3)	179	10	1	21	0	1
Homemade corn beef hash	275	17	14	12	2	2
Buttermilk pc(2)	450	13	80	11	4	15
Colorado omelete	389	26	5	33	2	2
Veggie om	302	22	7	19	3	3
Oakbrook om	559	45	10	28	3	5
Avocado, bacon and tomato	489	41	3	27	1	1
Country omelete	649	53	10	33	1	5
3 cheese omelete	469	37	3	31	0	1
Broccoli and cheddar omelete	260	31	5	29	2	2
Bacon, spinach, & cheddar omelete	485	37	3	35	1	1
Corn beef hash omelete	515	38	10	33	1	5
Eric the red	409	31	4	29	1	1
Hashbrowns	299	14	39	4	4	4
Skirt steak and eggs w/ potatoes	745	51	40	59	3	2
Eggs benedict	449	25	26	30	3	2
Eggs benedict florentine	469	25	30	31	5	3
Eggs darien benedict	495	29	26	32	3	2
English breakfast	775	39	66	40	6	4
REDUCE YOUR CALORIES BY CHOOSING EGGWHITES OR EGGBEATERS!!						
Moo & oink special	442	38	4	42	0	2
West coast benedict	525	34	36	18	3	4
Portobello mushroom benedict	369	22	28	14	4	3

Philly steak skillet	729	44	31	51	4	4
California skillet	599	33	41	34	5	8
Country skillet	589	34	31	39	4	4
Mexican skillet	649	59	31	49	4	4
Luck of the Irish	649	41	31	39	4	6
Denver skillet	519	26	32	39	4	5
Veggie skillt	439	23	33	25	6	5
Farmer's skillet	575	33	31	38	5	5
Greek toast(2)	162	2	32	4	4	6
Philly steak skillet	729	44	31	51	4	4
California skillet	599	33	41	34	5	8
Crepe (3) Fresh strawberry	429	15	59	14	6	34
Blueberry 3	529	15	84	14	4	56
Peach 3	535	15	85	14	3	59
Cherry 3	549	15	89	14	3	65
	439	19	44	22	2	19
Item	Cals	Fat	Carbs	Protein	Fiber	sugar
Fresh Blueberry Waffle	375	15	54	6	6	10
Fresh Strawberry	389	15	58	6	5	11
Banana crunch	555	30	62	9	6	14
Blueberry crunch	559	19	84	12	8	24
Georgia pecan	519	32	47	11	6	3
Fresh apple cinamon	429	15	66	7	6	14
Peach waffle	415	15	63	6	4	30
Whole wheat waffle	309	15	36	7	4	2
Plain waffle	339	15	44	6	2	2
Bacon waffle	549	32	43	22	2	2
Gluten free waffle	339	12	52	6	2	8
Fresh strawberry	569	26	90	19	8	40
Red rasberry	709	26	99	19	7	50

Fresh blueberry	509	26	77	19	12	22
Short stack pancakes 3	365	17	40	13	2	10
Banana nut bread french toast 3	719	36	72	26	4	30
Raisin-cinnamon French toast 4	605	27	72	18	3	23
Baked blueberry French toast	599	28	80	10	4	42
Texas style French toast 2	419	18	48	14	2	10
Twin french toast 2	275	13	30	9	1	7
Potato pancakes (2)	205	11	21	5	2	2
Pecan Banana Pancakes (2)	565	21	80	12	6	21
Triple berry pancakes (2)	560	15	90	11	6	33
Strawberry Banana pc (2)	500	15	80	11	7	20
Fresh Strawberry pc (2)	455	13	70	10	7	15
Blueberry (2)	465	14	72	11	8	15
Pumpkin pc (3) w/ cream cheese sauce	649	20	101	16	11	16
Banana pc (2)	450	14	80	11	6	21
Buttermilk pc(2)	450	13	80	11	4	15
Whole Wheat pc(2)	500	13	66	12	7	13
German pc(2)	499	24	45	16	4	17
Gluten free pc(2)	429	10	78	12	5	13
Syrup 1oz	104	0	25	0	0	24
Fresh strawberry Blintz 3	819	37	104	16	12	55
Fresh Blueberry Blintz	789	37	98	16	13	49
Cherry Blintz	919	37	129	16	6	85
Peach Blintz	881	37	121	16	6	81
Fresh apple cinnamon Blintz	819	37	105	16	12	59
Red raspberry Blintz	889	37	122	16	8	79
Plain Blintz	729	37	81	16	4	40
Blintzes(3)fresh strawberry	429	15	59	14	6	34

Blueberry	529	15	84	14	4	56
Peach	535	15	85	14	3	59
Cherry	549	15	89	14	3	65
Cheese blintz(3)	439	19	44	22	2	19
Huevos chilliqueles	459	31	24	20	3	2
Huevos con chorizo	579	44	4	41	1	1
Huevos a la mexicana	299	21	6	20	2	2
Rice	199	8	29	3	2	4
Beans	219	4	33	12	10	2
Tortillas(3)	169	3	33	2	4	3
Biscuits and gravy	699	40	68	16	2	6
Ace of clubs	835	46	65	40	6	10
Turkey club house	629	28	64	30	5	9
Avocado chicken club house	709	36	62	34	7	4
BLT club	534	22	66	18	6	5
Avocado bacon burger	809	50	45	44	4	5
Cheeseburger	759	40	47	52	3	4
Veggie burger	760	36	72	37	10	9
The original burger	609	30	44	40	3	2
Western burger	845	44	61	51	6	12
Philly burger	759	39	48	52	6	4
Harlem ave. burger	789	44	46	52	3	3
Turkey burger	565	21	46	47	6	4
French fries	419	22	50	5	5	1
Coleslaw	265	19	21	2	4	16
Chicken breast delight	399	13	23	46	4	8
Grecian chicken breast	309	19	2	32	1	1
Aussie chicken sandwich	655	31	46	48	5	3

Chicken breast sandwich	430	14	42	34	4	3
Philly chicken	609	24	56	42	4	3
Chicken basket	375	18	21	32	1	1
Chicken gyro	615	26	64	31	4	9
San diego chicken salad	605	33	47	30	4	4
The classic reuben	532	28	26	44	6	8
Skirt steak sandwich	589	22	56	41	4	4
Blackened tuna steak	499	17	46	40	6	4
Fish Tacos	359	18	35	40	7	4
Corned beef	459	18	40	34	N/A	N/A
Charlie's favorite	515	21	42	39	N/A	N/A
Tuna melt	639	31	42	48	4	4
Monte Cristo	749	31	79	38	4	24
French Dip	529	20	56	31	3	6
Philly Beef	630	26	60	39	3	7
BBQ beef and cheddar melt	525	27	62	38	3	12
All american grilled cheese	420	20	40	20	N/A	N/A
Salsa Ranch Chicken wrap	505	24	30	42	3	6
Buffalo bill's chicken wrap	625	36	36	39	3	7
Chicken ceasar wrap	535	27	31	42	3	6
Hummus wrap	315	15	28	17	5	4
Dressings(2tbls)						
Caesar	161	17	1	1	0	1
Thousand Island	119	11	5	0.5	0	4
French	155	15	5	0	0	4
House viniagrette	115	11	4	0	0	2
Ranch	145	15	2	0	0	1
Fat free Ranch	55	0.5	11	0	0	9
Blue Cheese	169	16	2	0	0	1
Hony Mustard	125	11	6	0	0	4
My big fat Greek salad	409	24	14	34	5	4
Strawberry fields salad	519	29	29	35	6	9

California steak salad	515	32	15	41	6	4
Charboiled chicken salad	349	19	13	31	5	4
Chopped chicken cobb salad	595	39	16	44	5	4
Caesar salad w/ chicken	460	24	22	39	5	5
Tuna delight	599	32	39	38	6	10
Seafood supreme	495	27	43	20	7	10
Homemade chips	319	18	35	4	3	3
Soup of the day	N/A					
Side salad with dressing	155	13	6	3	2	2
Mediterranean wrap	449	23	29	31	6	3
Sonoma wrap	470	30	27	23	5	3
Bacci wrap	529	31	31	31	5	7
Fresh Fruit plate	365	10	51	17	5	28
Julienne Salad	375	21	11	35	4	6
Yogurt Parfait	265	5	47	7	3	34
Ham off the bone	179	8	6	20	0	4
Bacon strips (2)	80	6	1	6	0	1
Sausage links (2)	160	14	1	8	0	1
Sausage patties (2)	209	18	1	10	0	1
Canadian bacon (2)	69	5	1	12	0	1
Chorizo	295	23	3	15	0	2
Turkey sausage(3)	179	10	1	21	0	1
Homemade corn beef hash	275	17	14	12	2	2
Assorted fruit muffin	425	18	61	5	2	34
Bagel w/ cream cheese	405	21	55	14	3	4
Bowl of steel cut oatmeal	249	5	42	9	5	1
Juices(8 oz)						

Grapefruit	99	0	23	1	2	16
V8	90	1.5	15	3	3	10
Tomato	49		10	2	2	7
Cranberry	125	0	31	0	1	29
Apple	115	0	28	0	1	23
Hot chocolate with whipped cream	355	20	33	10	1	27
Milk 2% (8 oz)	129	5	13	8	0	13
Chocolate milk(8 oz)	189	2.5	32	8	0	29
Soy milk (8 oz)	129	4	15	8	1	10