









# FARM FRESH FOOD

IT 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 12/16/20

  Healthy Dining Finder .com		Items with the  symbol meet Healthy Dining nutrition criteria and are featured on HealthyDiningFinder.com		Quantity	Measure	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Category	Item															
3-Egg Breakfast (Any style) Information for side and toast selections are separate.	3-Egg Breakfast	1	Serving	290	210	24	6	0	490	300	1	0	0	0	17	
	3-Egg Breakfast with Bacon	1	Serving	490	370	42	14	0	525	970	2	0	1	26		
	3-Egg Breakfast with Sausage	1	Serving	730	590	65	20	0	575	1280	4	0	2	31		
	3-Egg Breakfast with Ham	1	Serving	390	240	27	7	0	540	1550	3	0	3	32		
Omelets Information for side and toast selections are separate.	Denver Omelet	1	Serving	470	330	37	9	0	520	1170	6	1	4	27		
	Farmer's Omelet	1	Serving	770	520	58	17	0.5	550	1530	29	4	4	35		
	California Omelet	1	Serving	840	670	75	25	0	550	1440	7	4	1	34		
	Ham and Cheese Omelet	1	Serving	560	420	47	15	0	550	1350	3	0	2	33		
French Toast & Hot Cakes Whipped spread is included in analysis. Information for Syrup is separate.	French Toast Platter with Bacon	1	Serving	870	530	59	14	1	520	1390	53	2	6	34		
	French Toast Platter with Sausage	1	Serving	1210	820	91	25	1	585	2040	56	3	7	43		
	3 French Toast Slices	1	Serving	980	570	64	12	1	265	1390	79	4	8	26		
	Hot Cakes Platter with Bacon	1	Serving	730	370	41	10	1	345	1900	66	2	9	24		
	Hot Cakes Platter with Sausage	1	Serving	1070	660	73	21	1	410	2550	68	2	10	34		
	4 Hot Cakes Syrup	1 2	Serving Packets	730 250	140 0	16 0	2.5 0	0.5 0	0 0	2530 15	130 62	4 0	4 0	16 41	16 0	
Breakfast Burritos	Breakfast Burrito with Bacon	1	Serving	1150	700	79	25	0.5	535	2540	71	5	3	37		
	Breakfast Burrito with Sausage	1	Serving	1130	700	78	23	0.5	550	2180	72	5	3	35		
	Breakfast Burrito with Ham	1	Serving	970	530	59	16	0.5	535	2440	72	5	4	37		
	Breakfast Burrito with Chili	1	Serving	1010	550	62	17	1	530	2090	77	6	4	36		
2-Egg Breakfast Sandwich	2-Egg Breakfast Sandwich (no meat)	1	Serving	650	420	47	12	1	340	1030	38	1	5	22		
	2-Egg Breakfast Sandwich with Bacon	1	Serving	750	500	56	15	1	360	1370	38	1	5	27		
	2-Egg Breakfast Sandwich with Sausage	1	Serving	870	610	68	19	1	385	1530	39	1	6	29		
	2-Egg Breakfast Sandwich with Ham	1	Serving	710	430	49	12	1	375	1790	39	1	7	31		
Breakfast Side Options	Tomato Slices	4	Slices	15	0	0	0	0	0	0	3	1	2	1		
	Hash Browns	1	Serving	380	200	23	4	0	0	370	42	5	1	4		
	Fresh Fruit 	1	Serving	130	5	0	0	0	0	10	33	4	27	2		
Toast Whipped spread is included in analysis.	Wheat Bread	2	Slices	280	90	11	1.5	0.5	0	460	38	2	4	8		
	White Bread	2	Slices	280	90	11	1.5	0.5	0	520	40	2	2	6		
	Sourdough Bread	2	Slices	240	90	10	1.5	0.5	0	400	34	2	0	8		
	English Muffin	1	Serving	210	90	10	1.5	0.5	0	350	25	1	1	6		
Award-Winning Burgers	Farmer's Burger®	1	Serving	1100	620	69	26	2	200	2580	59	4	10	63		
	Big Cheese®	1	Serving	640	300	33	12	1	90	1670	56	2	10	33		
	Barn Burner®	1	Serving	740	410	45	17	1	130	1810	49	2	5	39		
	Bacon Boy®	1	Serving	1010	540	61	24	2	195	2580	57	2	10	61		
	Double Big Cheese®	1	Serving	910	460	52	20	2	175	2240	57	2	10	56		
	Veggie Burger	1	Serving	700	400	44	8	0.5	5	1700	69	5	13	13		
	Natural® Avocado Bacon Cheeseburger	1	Serving	870	490	55	20	1.5	145	1880	49	4	11	47		
	Natural® Cheeseburger	1	Serving	720	380	42	16	1.5	130	1540	47	2	11	41		
Sandwiches & More Information for dipping sauces is separate.	Classic Fried Chicken Sandwich	1	Serving	760	400	45	8	0	80	1840	58	2	7	30		
	Fiery Fried Chicken Sandwich	1	Serving	830	470	52	9	0	85	1650	59	3	7	31		
	Sourdough Chicken Avocado Sandwich	1	Serving	880	580	64	18	0.5	105	2330	42	5	2	37		
	Charbroiled Chicken Club	1	Serving	710	370	41	13	0	100	2140	48	7	14	41		
	Charbroiled Chicken Sandwich 	1	Serving	550	300	34	7	0	70	1530	36	5	6	32		
	Bacon Turkey Melt	1	Serving	800	490	55	16	0.5	100	2670	40	2	4	41		
	Patty Melt	1	Serving	850	573	64	19	1	99	1200	40	2.5	2	35		
	Farmer's Club	1	Serving	1080	640	72	19	0	115	3300	66	3	9	41		
	California BLT	1	Serving	660	420	47	12	0	45	1230	46	5	4	17		
	Pastrami	1	Serving	920	490	55	20	4	140	3420	59	3	2	48		
	4 pc Chicken Strips	1	Serving	500	230	26	4.5	0	70	1680	33	1	0	34		
	4 pc Fish Platter	1	Serving	2480	1290	143	26	1.5	185	6140	229	9	12	68		
	3 pc Fish & Fries	1	Serving	1650	870	97	18	1	135	4630	148	6	4	46		
	Tartar Sauce	2	fl. Ounces	180	140	16	3	0	30	560	10	0	6	0		
	BBQ Sauce	1.5	fl. Ounces	80	0	0	0	0	0	470	19	0	16	0		
	Honey Dijon	1.5	fl. Ounces	210	160	17	2.5	0	15	220	12	0	11	1		
	Ranch	1.5	fl. Ounces	180	170	19	3	0	10	340	2	0	1	1		
Salads Information for salad dressing is separate.	Farmer's Chopped Cobb Salad	1	Serving	680	450	50	19	0	310	2510	15	7	5	43		
	BBQ Chicken Ranch Salad (Crispy)	1	Serving	860	540	60	21	0	280	2020	38	5	8	43		
	BBQ Chicken Ranch Salad (Grilled)	1	Serving	730	470	53	20	0	310	2550	22	5	8	44		
	Southwest Chicken Salad	1	Serving	760	370	41	12	0	150	3560	51	13	9	53		
	Charbroiled Chicken Salad 	1	Serving	470	230	26	10	0	340	3030	12	4	6	51		
	Side Salad 	1	Serving	25	0	0	0	0	0	20	5	2	3	1		
Wraps Dressing is included in analysis.	Farmer's Chopped Cobb Wrap	1	Serving	920	570	63	19	0	105	2590	55	6	4	35		
	BBQ Chicken Ranch Wrap (Crispy)	1	Serving	1070	570	63	19	0	90	2630	90	5	15	38		
	BBQ Chicken Ranch Wrap (Grilled)	1	Serving	940	510	57	18	0	95	2580	74	5	15	36		
	Southwest Chicken Wrap	1	Serving	1060	540	60	16	0.5	95	2130	92	11	9	42		
Kid's Meals Information for sides and beverage selections are separate.	Cheeseburger	1	Serving	480	220	24	8	0	55	1300	42	1	11	20		
	2 pc Chicken Strips	1	Serving	250	120	13	2.5	0	35	840	17	0	0	17		
	Kids Always Crispy Fries	1	Serving	220	90	10	2	0	0	480	30	2	0	3		
	Kid's Fruit Bowl 	1	Serving	74	2	0	0	0	0	10	19	4	14	1		

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Category	Item	Quantity	Measure	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	
Farm Fresh Sides	Zucchini Sticks	4	Pieces	480	210	23	4.5	0	10	100	57	3	14	11	
	Colossal Onion Rings	4	Pieces	520	280	31	6	1	10	75	52	3	11	7	
	Chili Cheese Fries	1	Serving	830	390	43	14	1	85	2170	82	8	5	31	
	Always Crispy Fries	1	Serving	480	200	22	4.5	0	0	1040	65	5	0	6	
Salad Dressings & Other Side Options	Honey Dijon Dressing	3	Ounces	410	310	35	5	0	25	430	24	0	21	2	
	Chili Ranch Dressing	3	Ounces	370	340	38	6	0.5	25	890	4	0	2	2	
	Thousand Island Dressing	3	Ounces	370	300	33	5	0.5	20	1470	17	1	13	1	
	Ranch Dressing	3	Ounces	360	340	38	6	0.5	25	680	4	0	2	2	
	Italian Dressing	3	Ounces	450	430	48	7	0	0	1040	7	0	6	0	
	Blue Cheese Dressing	3	Ounces	310	280	31	7	0	55	680	0	0	6	6	
	Hidden Valley Fat Free Italian	3	Ounces	80	0	0	0	0	0	900	20	0	6	0	
	Hidden Valley Fat Free Ranch	3	Ounces	70	10	1	0	0	0	740	14	0	4	0	
	Avocado	1	Ounce	45	40	4	0	0	0	0	2	2	2	1	1
	Bacon	2	Slices	100	80	9	3	0	0	17	335	1	0	0	5
Items that meet the Healthy Dining Nutrition Criteria	3-Egg Breakfast (egg whites, tomato slices, and unbuttered wheat toast)	1	Serving	470	220	25	4	0	0	760	42	3	7	21	
	3-Egg Breakfast (egg whites, fresh fruit and unbuttered wheat toast)	1	Serving	590	220	25	4	0	0	760	72	6	31	22	
	Denver Omelet (egg whites, tomato slices, and unbuttered wheat toast)	1	Serving	550	240	27	4.5	0	30	1520	47	4	10	31	
	Denver Omelet (egg whites, fresh fruit and unbuttered wheat toast)	1	Serving	670	240	27	5	0	30	1520	77	7	35	32	
	Sourdough Chicken Avocado Sandwich (no bacon or mayonaise)	1	Serving	560	250	27	9	0	95	1040	41	5	2	41	
	Charbroiled Chicken Sandwich	1	Serving	550	300	34	7	0	70	1530	36	5	6	32	
	Farmer's Chopped Cobb Salad (no bacon)	1	Serving	420	240	26	10	0	270	450	15	7	5	36	
	Side Salad	1	Serving	25	0	0	0	0	0	20	5	2	3	1	
	Charbroiled Chicken Salad	1	Serving	470	230	26	10	0	340	3030	12	4	6	51	
	Fresh Fruit	1	Serving	130	5	0	0	0	0	10	33	4	27	2	
	Kid's Fruit Bowl	1	Serving	74	2	0	0	0	0	10	19	4	14	1	
Soft Drinks	Pepsi	12	Ounces	150	0	0	0	0	0	30	41	0	40	0	
	Pepsi	22	Ounces	280	0	0	0	0	0	60	80	0	80	0	
	Pepsi	32	Ounces	410	0	0	0	0	0	85	111	0	110	0	
	Pepsi	40	Ounces	510	0	0	0	0	0	105	138	0	138	0	
	Diet Pepsi	12	Ounces	0	0	0	0	0	0	55	0	0	0	0	
	Diet Pepsi	22	Ounces	0	0	0	0	0	0	105	0	0	0	0	
	Diet Pepsi	32	Ounces	0	0	0	0	0	0	150	0	0	0	0	
	Diet Pepsi	40	Ounces	0	0	0	0	0	0	190	0	0	0	0	
	Sierra Mist	12	Ounces	150	0	0	0	0	0	35	41	0	40	0	
	Sierra Mist	22	Ounces	280	0	0	0	0	0	60	70	0	70	0	
	Sierra Mist	32	Ounces	410	0	0	0	0	0	90	108	0	108	0	
	Sierra Mist	40	Ounces	510	0	0	0	0	0	110	135	0	135	0	
	Mountain Dew	12	Ounces	160	0	0	0	0	0	50	44	0	40	0	
	Mountain Dew	22	Ounces	300	0	0	0	0	0	95	80	0	80	0	
	Mountain Dew	32	Ounces	430	0	0	0	0	0	135	117	0	117	0	
	Mountain Dew	40	Ounces	540	0	0	0	0	0	170	146	0	146	0	
	Brisk Raspberry Iced Tea	12	Ounces	80	0	0	0	0	0	45	20	0	20	0	
	Brisk Raspberry Iced Tea	22	Ounces	140	0	0	0	0	0	80	40	0	40	0	
	Brisk Raspberry Iced Tea	32	Ounces	200	0	0	0	0	0	115	52	0	52	0	
	Brisk Raspberry Iced Tea	40	Ounces	250	0	0	0	0	0	145	66	0	65	0	
	SoBe Life Water - Pomegranate	12	Ounces	0	0	0	0	0	0	45	0	0	0	0	
	SoBe Life Water - Pomegranate	22	Ounces	0	0	0	0	0	0	85	0	0	0	0	
	SoBe Life Water - Pomegranate	32	Ounces	0	0	0	0	0	0	125	1	0	0	0	
	SoBe Life Water - Pomegranate	40	Ounces	0	0	0	0	0	0	160	1	0	0	0	
	Pepsi Wild Cherry	12	Ounces	160	0	0	0	0	0	30	42	0	40	0	
	Pepsi Wild Cherry	22	Ounces	290	0	0	0	0	0	55	80	0	80	0	
	Pepsi Wild Cherry	32	Ounces	410	0	0	0	0	0	85	113	0	112	0	
	Pepsi Wild Cherry	40	Ounces	520	0	0	0	0	0	105	141	0	140	0	
	Mug Root Beer	12	Ounces	140	0	0	0	0	0	45	39	0	40	0	
	Mug Root Beer	22	Ounces	260	0	0	0	0	0	80	70	0	70	0	
	Mug Root Beer	32	Ounces	380	0	0	0	0	0	120	104	0	104	0	
	Mug Root Beer	40	Ounces	480	0	0	0	0	0	145	130	0	130	0	
	Tropica Pink Lemonade	12	Ounces	150	0	0	0	0	0	150	40	0	40	0	
	Tropica Pink Lemonade	22	Ounces	280	0	0	0	0	0	280	70	0	70	0	
Tropica Pink Lemonade	32	Ounces	410	0	0	0	0	0	410	107	0	107	0		
Tropica Pink Lemonade	40	Ounces	520	0	0	0	0	0	515	134	0	133	0		
Dr Pepper	12	Ounces	140	0	0	0	0	0	45	39	0	38	0		
Dr Pepper	22	Ounces	260	0	0	0	0	0	80	72	0	70	0		
Dr Pepper	32	Ounces	380	0	0	0	0	0	115	104	0	102	0		
Dr Pepper	40	Ounces	480	0	0	0	0	0	150	130	0	128	0		
Juices / Other	Gatorade	1	Bottle	140	0	0	0	0	0	270	36	0	34	0	
	Milk	1	Bottle	250	80	9	5	0	40	250	25	0	24	17	
	Coffee	16	Ounces	5	0	0	0	0	0	10	0	0	0	1	
	Orange Juice	16	Ounces	220	0	0	0	0	0	40	52	1	46	4	
	Bottled Water	1	Bottle	0	0	0	0	0	0	0	0	0	0	0	
Real Ice Cream Shakes	Vanilla	16	Ounces	710	360	40	27	1	145	330	68	0	61	16	
	Chocolate	16	Ounces	950	350	39	26	1	130	430	138	5	111	15	
	Cookies and Cream	16	Ounces	950	450	50	30	1.5	140	570	107	2	82	18	
	Strawberry	16	Ounces	740	340	37	25	1	130	290	88	2	80	13	

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 Healthy Dining® 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.