



NUTRITION INFORMATION

DAILY CALORIE AND SODIUM REQUIREMENTS

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BREAKFAST ITEMS

FAMOUS BIG BREAKFASTS

Chicken Tenders and Waffle	450.1	1372	85.3	28.2	1.0	233.4	1867.1	81.0	6.0	20.0	67.9	26.1%	0.0%	6.0%	26.4%
Yukon Big Bite w/ Chorizo	823.2	1658	119.5	31.5	0.3	426.0	4021.7	81.1	11.6	11.0	63.9	24.1%	67.0%	60.0%	103.8%
Yukon Big Bite w/ Bavarian	873.1	1910	142.9	36.7	0.8	428.9	4485.1	85.1	10.6	14.9	69.4	23.9%	67.0%	11.8%	40.2%
Grand Forks	988.4	2024	126.9	37.0	0.7	417.0	3969.1	162.3	19.1	22.1	57.8	34.9%	66.3%	88.5%	59.9%

BENNIES

Classic Benny	474.8	661	39.6	4.3	0.3	263.8	1210.4	51.7	4.2	2.8	23.1	7.5%	23.1%	20.6%	34.5%
Blackstone Benny	531.5	836	60.7	12.5	0.4	283.1	889.8	52.7	4.9	3.4	19.8	8.9%	32.2%	21.4%	34.1%

PANCAKES & WAFFLES

Strawberry Waffle	311.8	827	40.3	11.8	0.2	69.0	1068.1	109.5	4.3	43.4	11.1	2.0%	79.4%	8.3%	29.5%
Apple Cinnamon Waffle	427.1	1122	50.5	17.8	0.3	90.5	1325.6	161.6	4.4	69.8	10.8	7.2%	4.1%	7.6%	30.4%
French Toast	263.9	642	35.0	18.0	0.6	61.4	849.0	58.5	3.0	14.3	21.5	36.3%	20.0%	15.7%	35.1%
French Toast with Maple Bacon	241.4	722	53.0	24.9	0.7	89.1	971.5	40.5	2.0	10.6	20.1	32.2%	40.0%	10.7%	25.0%
4-Berry Banana Split Pancakes	741.7	1245	45.8	23.3	0.0	127.2	1828.8	189.0	18.2	68.6	26.4	2.9%	83.1%	86.1%	42.6%
Peach Cobbler Pancakes	536.5	990	27.9	2.4	0.1	86.9	1840.2	163.0	12.8	61.8	23.4	6.8%	78.3%	82.0%	35.3%

SIGNATURE BREKKIE-BOWLS

Chorizo Brekkie-Bowl	801.9	1781	133.8	28.6	0.4	795.9	2598.3	81.4	12.8	8.2	59.8	30.9%	79.4%	23.5%	107.1%
Meat Lovers Brekkie-Bowl	792.7	1705	123.9	28.7	0.4	799.5	2466.6	87.6	12.0	10.8	59.8	34.9%	79.6%	25.6%	42.6%

EGG-CETERA

Two by Five	581.1	1449	93.1	35.1	0.9	320.7	2615.6	112.1	14.0	18.4	41.7	30.5%	30.0%	63.6%	49.1%
Double Egger - no meat	312.2	605	35.6	5.3	0.1	185.0	639.2	56.0	8.0	6.0	16.0	6.0%	10.0%	8.0%	22.0%
Double Egger with Bacon	396.2	947	68.8	17.6	0.3	228.8	1148.3	58.2	8.0	7.6	24.6	6.6%	10.5%	8.3%	24.4%
Double Egger with Black Forest Ham	425.6	730	40.7	7.0	0.1	224.7	1977.3	58.3	8.0	8.3	33.0	6.1%	10.8%	8.7%	26.3%
Double Egger with Sausage	402.2	907	63.3	15.2	0.3	231.2	1199.0	58.7	8.8	6.2	26.3	8.1%	10.0%	9.7%	29.6%
Double Egger with Bavarian (Farmer) Sausage	446.2	960	62.3	15.2	0.3	252.8	1831.8	62.0	8.0	9.9	38.4	6.0%	10.0%	11.2%	29.8%
Double Egger with Chorizo Sausage	432.2	965	67.6	15.3	0.1	250.0	1619.2	58.0	9.0	6.0	33.0	6.2%	10.0%	8.0%	93.4%

OMELETTES

Chicken Avocado Omelette	775.5	1502	103.4	26.5	0.2	757.0	1789.5	75.7	16.1	11.9	70.6	48.8%	86.3%	65.2%	40.9%
Works Omelette	700.9	1260	81.1	23.7	0.7	700.3	2073.4	68.1	10.2	11.2	60.5	16.6%	73.3%	14.7%	42.9%

HEALTHY CHOICES

Avocado Toast	236.8	301	17.2	3.0	0.0	210.0	278.1	29.0	7.0	1.4	12.2	43.2%	33.9%	6.9%	19.1%
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BREAKFAST SIDES

Side Stuffed Hashbrown	281.1	5687	43.4	13.4	0.3	57.0	654.4	33.6	3.9	2.1	14.3	1.7%	24.0%	23.7%	4.2%
Side Bavarian (Farmers) Sausage	134.0	354	26.8	9.8	0.1	67.8	1192.6	6.0	0.0	3.9	22.4	0.0%	0.0%	3.2%	7.8%
Side Chorizo Sausage	120.0	360	32.0	10.0	0.0	65.0	980.0	2.0	1.0	0.0	17.0	0.2%	0.0%	0.0%	71.4%
Side Maple Bacon	84.0	342	33.2	12.3	0.2	43.8	509.0	2.2	0.0	1.6	8.6	0.6%	0.5%	0.3%	2.4%
Side Breakfast Sausage	90.0	302	27.7	9.9	0.1	46.2	559.8	2.7	0.8	0.2	10.3	2.1%	0.0%	1.7%	7.6%
Side Black Forest Ham	113.4	125	5.1	1.7	0.0	39.7	1338.1	2.3	0.0	2.3	17.0	0.1%	0.8%	0.7%	4.3%
Side White Toast	86.0	210	2.5	0.5	0.0	0.0	450.0	40.0	1.0	2.0	7.0	0.0%	0.0%	4.0%	20.0%
Side Multigrain Toast	86.0	240	6.0	1.0	0.0	0.0	300.0	38.0	6.0	6.0	8.0	0.0%	0.0%	4.0%	16.0%
Side Sourdough Toast	90.0	200	1.0	0.0	0.0	0.0	380.0	40.0	2.0	0.0	8.0	0.0%	0.0%	4.0%	20.0%
Side Rye Toast	61.0	150	1.5	0.2	0.0	0.0	270.0	29.0	2.0	5.0	5.0	0.0%	0.0%	4.0%	15.0%
Side Hollandaise	113.4	150	12.5	5.1	0.1	0.0	354.7	12.5	0.0	2.3	0.0	0.0%	0.0%	0.3%	0.0%
Side Ranchero Hollandaise	56.7	328	35.8	2.9	0.0	78.8	75.1	0.6	0.0	0.3	1.0	0.0%	0.3%	9.3%	0.1%
Side Shredded Hash	126.2	193	13.3	0.7	0.0	0.0	170.0	18.0	2.0	0.0	2.0	0.0%	10.0%	2.0%	2.0%
Side Tomato Slices	141.8	16	0.0	0.0	0.0	0.0	0.0	3.7	1.9	1.2	0.0	2.5%	21.9%	1.2%	0.0%
Side Strawberry Topping	113.4	113	0.0	0.0	0.0	0.0	1.1	29.5	2.3	22.7	1.1	0.0%	79.4%	2.3%	4.5%
Side Four Berry Topping	113.4	91	0.3	0.0	0.0	0.0	1.1	22.1	4.0	15.9	1.1	1.1%	48.2%	2.3%	4.5%
Side Peach Topping	113.4	128	0.0	0.0	0.0	0.0	11.0	31.2	1.1	28.0	0.6	2.3%	78.2%	0.0%	0.0%

LUNCH & DINNER ITEMS

START & SHARE

Fresh Cut Kennebec Fries Au Naturel	313.4	425	25.8	1.4	0.0	0.0	597.0	45.4	8.5	2.8	5.4	0.0%	53.9%	3.1%	11.0%
Fresh Cut Kennebec Fries Traditional Poutine	454.6	460	18.8	10.9	0.8	62.4	968.7	52.6	8.5	2.8	19.6	16.4%	53.9%	43.6%	12.8%
Fresh Cut Kennebec Fries Rosemary Parm Truffle	356.0	691	54.0	7.1	0.2	5.1	651.9	46.2	8.6	3.0	7.9	50.0%	54.5%	3.4%	11.3%
Starter Twisted Nachos	538.7	1266	78.0	31.9	1.6	159.6	18513.0	99.7	10.3	7.4	55.0	2.4%	17.5%	24.9%	38.0%
Starter Twisted Nachos w/Chorizo	623.7	1577	107.8	36.3	1.6	200.9	2308.9	101.9	11.0	8.8	63.6	4.3%	18.4%	29.2%	42.1%
Sweet Potato Fries	340.2	812	57.3	8.7	0.3	22.7	1549.7	69.4	4.3	23.6	4.5	79.2%	32.1%	8.9%	12.9%
Starter Wings	584.7	1048	77.0	19.8	0.0	400.8	3085.4	9.2	0.5	2.6	83.0	47.5%	10.8%	4.8%	30.7%
Starter Chicken Tenders (4 pc)	266.5	518	20.4	4.1	0.0	140.0	540.8	26.2	4.3	8.5	52.4	0.4%	0.4%	0.5%	3.4%
Starter Panko Shrimp	198.5	491	28.9	3.1	0.1	108.6	904.6	42.7	1.4	28.3	18.7	2.8%	0.0%	9.3%	30.5%

SOUPS & BREADS

Signature Tomato Basil	266.4	864	89.8	55.1	2.6	327.5	331.4	13.2	0.0	10.6	5.7	70.0%	2.4%	17.3%	0.8%
French Onion Soup	364.0	394	22.0	12.1	0.5	47.0	2014.6	23.9	3.2	6.7	22.0	0.0%	22.7%	6.2%	0.0%
Baked Brocco 4-Cheese Soup	1217	71.7	34.9	1.3	123.5	4431.0	80.4	0.0	30.0	41.0	600%	1500%	1100%	236%	
4-Cheese Piccolo Garlic Bread	248.8	911	66.7	21.7	0.9	74.5	1657.0	47.9	2.0	1.1	33.0	42.5%	0.0%	2.2%	19.4%
Piccolo Garlic Bread	135.4	489	30.4	4.2	0.1	0.0	786.4	47.0	2.0	1.0	9.0	28.4%	0.0%	2.2%	19.4%

SIGNATURE SALADS

Califresco Salad	756.3	1230	75.3	12.3	0.3	129.5	2614.0	88.8	12.1	8.7	56.0	97.4%	48.5%	16.0%	38.4%
BLTC Salad	773.1	1487	102.7	23.2	0.6	190.9	2078.1	77.5	9.3	16.3	69.0	87.5%	44.3%	20.8%	42.9%
Meal Caesar	558.6	1473	105.6	14.0	0.3	72.9	2429.9	105.2	6.1	2.0	33.4	152.8%	81.0%	14.7%	49.5%
Starter Caesar	267.2	752	55.7	7.0	0.2	52.2	1279.5	50.3	2.0	0.7	18.5	62.9%	40.5%	7.2%	23.6%
Starter Signature Tossed Salad	241.0	249	14.3	1.0	0.1	0.0	179.2	34.3	5.5	25.3	2.6	128.5%	54.9%	14.6%	5.8%



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LUNCH & DINNER ITEMS

SANDWICHES

Classic Clubhouse (Multi)	510.3	1307	99.0	21.8	0.2	128.2	1759.5	64.5	10.1	11.9	36.9	88.7%	30.3%	9.6%	61.8%
Tennessee Chicken Crunch	479.8	1044	58.1	14.7	0.5	134.0	1705.1	80.5	5.7	24.2	48.3	22.9%	61.5%	46.3%	44.1%
Cheesy Grilled Cheese	251.9	949	72.7	28.4	1.1	106.9	1480.8	40.9	2.0	0.1	36.7	27.0%	0.0%	42.5%	20.0%
Beef Dip with Angus Ribeye	302.1	790	39.2	9.5	0.8	122.0	1286.3	56.3	0.0	6.3	50.6	20.0%	15.0%	7.6%	39.4%
Beef Dip with Angus Ribeye - Philly Style	493.2	1203	73.9	19.0	1.3	182.0	2001.9	67.4	1.7	12.4	63.4	53%	1239%	16.7%	55.2%
Beef Dip with Angus Ribeye - Mushroom Swiss Style	528.9	1141	69.8	17.9	1.2	148.1	1384.3	63.8	1.7	8.3	64.7	20.0%	15.0%	7.9%	59.4%
Zorba The Greek	500.3	877	52.6	6.1	0.2	129.5	1664.3	56.3	3.2	11.1	49.4	7.3%	10.6%	25.1%	16.2%
Buffalo Chicken Wrap	354.6	687	30.7	3.9	0.0	79.1	2514.3	63.1	5.9	3.7	35.7	4.5%	17.8%	6.8%	36.2%
California Chicken Sandwich	500.0	1054	74.0	19.7	0.3	198.1	1344.1	40.4	8.4	1.7	59.2	62.6%	21.8%	24.2%	39.1%

BURGERS

Mighty Mushroom Burger	496.1	1397	106.0	24.9	0.1	174.8	858.8	53.7	2.4	10.3	51.5	0.3%	0.1%	39.6%	57.1%
King Size Deluxe Burger	552.1	1422	100.1	33.2	0.5	221.4	1930.9	62.1	2.5	16.3	59.7	7.1%	7.0%	31.1%	41.9%

SIDES & ADD-ONS

Sub Fresh Cut Fries	235.4	319	19.3	1.1	0.0	0.0	592.8	34.0	6.4	2.1	4.0	0.0%	40.4%	2.3%	8.3%
Sliced Swiss Cheese	21.0	78	5.9	3.8	0.2	19.3	49.8	0.0	0.0	0.0	6.3	0.0%	0.0%	0.0%	0.0%
Sliced Pepper Jack	21.0	70	6.0	3.5	0.0	20.0	120.0	0.0	0.0	0.0	5.0	4.0%	0.0%	15.0%	0.0%
Sliced American	20.0	60	4.0	2.5	0.2	15.0	380.0	2.0	0.0	1.0	3.0	4.0%	0.0%	8.0%	0.0%
Sliced Cheddar Cheese	21.0	80	7.0	4.5	0.2	20.0	170.0	0.0	0.0	0.0	5.0	6.0%	0.0%	15.0%	0.0%
Sub Caesar	171.0	542	37.0	4.8	0.1	33.7	947.6	43.3	1.0	0.4	14.6	31.7%	20.3%	3.9%	19.1%
Sub Signature Tossed Salad	212.6	186	5.6	0.6	0.1	0.2	45.5	36.3	5.2	27.6	24	1076%	44.8%	13.5%	3.8%

MAINS

Southern Style Chicken Tender Dinner	562.8	946	45.2	7.0	0.0	219.1	907.6	48.4	9.0	19.5	79.8	3.2%	62.0%	6.0%	17.8%
1 Piece Fish & Chips	609.5	1069	80.2	5.4	0.0	78.4	1322.0	48.7	9.6	10.8	18.4	28%	101.9%	8.9%	50.7%
2 Piece Fish & Chips	765.5	1342	93.8	6.2	0.0	118.4	2223.0	49.4	10.1	11.3	31.5	2.9%	101.9%	10.3%	57.0%
The Amazing Ginger Bowl	849.2	1833	65.7	8.7	0.3	115.0	1558.5	244.9	9.1	49.8	613	1924%	128%	115%	254%
Mac N' Cheese	660.6	1699	102.5	29.0	0.9	116.8	3252.9	138.0	6.4	8.2	54.3	63.0%	20.3%	72.2%	49.1%
Mac N' Cheese with Chorizo	745.7	2010	132.3	33.5	0.9	158.1	3710.5	140.2	7.2	9.6	62.9	64.9%	21.1%	76.5%	53.1%
Homestyle Slow Roasted Turkey	767.5	1187	53.4	7.8	2.4	64.2	3652.3	137.8	13.3	37.4	41.8	47.1%	302.2%	24.1%	18.3%
Rigatoni Rose	561.7	1747	60.4	16.3	0.4	47.7	2392.8	251.9	10.3	27.9	47.4	33.2%	1.9%	13.7%	53.8%
Rigatoni Rose with Chorizo	621.7	1927	76.4	21.3	0.4	80.2	2882.8	252.9	10.8	27.9	55.9	33.3%	1.9%	13.7%	89.5%
Traditional Lasagna	927.8	2024	114.8	31.6	3.1	177.8	4989.6	170.5	11.1	17.9	80.3	69.9%	36.6%	59.0%	81.2%