

Nutritional Information

Revised 9/19/19

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			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
STEAKS & MORE													
TOP SIRLOIN {Steak & Seasoning}													
Top Sirloin Contains Soy	4 oz	114	243	147	16	7	0	89	385	0	0	0	39
Top Sirloin Contains Soy	5 oz	142	304	183	20	9	0	111	495	0	0	0	48
Top Sirloin Contains Soy	6 oz	170	365	220	24	10	0	133	550	0	0	0	58
Top Sirloin Contains Soy	8 oz	227	486	293	32	14	0	177	687	0	0	0	77
Top Sirloin Contains Soy	9 oz	255	547	330	36	15	0	199	734	0	0	0	87
Top Sirloin Contains Soy	10 oz	284	607	366	40	17	0	221	816	0	0	0	97
Top Sirloin Contains Soy	12 oz	340	730	440	48	20	0	266	830	0	0	0	116
Top Sirloin Contains Soy	13 oz	369	790	476	52	22	0	288	973	0	0	0	126
One Pound Top Sirloin Contains Soy	16 oz	454	973	586	64	27	0	355	1002	0	0	0	155
Sirloin Biggest One We Got Contains Soy	20 oz	567	1216	733	80	34	0	443	1084	0	0	0	193
Sirloin Beef Tips w/ P&O Contains Soy	6 oz	170	397	250	27	11	0	88	550	0	0	0	34
Chopped Sirloin Contains Soy	8 oz	227	558	385	43	16	0	161	290	0	0	0	39
Chopped Sirloin Contains Soy	10 oz	284	698	481	54	20	0	201	363	0	0	0	49
RIBEYE {Steak & Seasoning}													
Regular Rib Eye Contains Soy	10 oz	284	808	594	66	26	0	193	323	0	0	0	51
Large Rib Eye Contains Soy	14 oz	397	977	644	70	28	0	263	196	0	0	0	77
Pound Rib Eye Contains Soy	16 oz	454	1116	736	80	32	0	300	224	0	0	0	88
Pound Rib Eye Contains Soy	16 oz	454	1116	736	80	32	0	300	224	0	0	0	88
NEW YORK {Steak & Seasoning}													
Regular New York Contains Soy	10 oz	284	689	438	40	18	0	164	309	0	0	0	60
Large New York Contains Soy	14 oz	397	923	573	64	24	0	231	203	0	0	0	84
Pound New York Contains Soy	16 oz	454	1055	655	73	27	0	264	232	0	0	0	95

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Wood Grill Buffet & Great American Buffet

			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SANDWICHES													
1/4 lb. Hamburger Contains Soy, Wheat	1 ea	175	367	213	24	9	0	80	236	17	1	2	23
1/4 lb. Cheeseburger Contains Milk, Soy, Wheat	1 ea	189	427	253	28	3	0	95	436	17	1	3	26
1/2 lb. Hamburger Contains Soy, Wheat	1 ea	406	751	263	29	8	0	68	1319	59	0	3	34
1/2 lb. Cheeseburger Contains Milk, Soy, Wheat	1 ea	426	871	343	37	14	0	98	1719	63	0	5	40
1/2 lb. Bacon Cheeseburger Contains Milk, Soy, Wheat	1 ea	439	1007	531	60	23	0	194	2027	52	2	7	59
Grill Chicken Sandwich Contains Soy, Wheat	1 ea	410	365	91	12	3	0	71	980	33	1	5	32
Philly Steak & Cheese Contains Milk, Soy, Wheat	1 ea	333	630	286	33	13	0	101	1068	51	4	5	36
Chicken Philly & Cheese Contains Milk, Soy, Wheat	1 ea	326	664	291	35	14	0	138	1974	50	1	8	41
Steak Sandwich Contains Milk, Soy, Wheat	1 ea	347	930	334	37	14	0	98	1898	78	1	6	43
LUNCH MENU {Entree & Seasoning}													
Top Sirloin Contains Soy	6 oz	170	365	220	24	10	0	133	550	0	0	0	58
Grilled Chicken Breast Contains Soy	5 oz	142	173	61	8	2	0	71	371	0	0	0	26
Sirloin Beef Tips w/ P&O Contains Soy	6 oz	170	397	250	27	11	0	88	550	0	0	0	34
Chicken Tips w/ P&O Contains Soy	5 oz	142	188	45	5	2	0	82	230	0	0	0	33
Chopped Sirloin Contains Soy	8 oz	227	558	385	43	16	0	161	290	0	0	0	39
Country Fried Steak w/ Gravy Contains Milk, Egg, Soy, Wheat	5.33 oz	151	450	240	26	11	0	65	1140	33	1	0	18
Beef Liver w/ P&O Contains Soy	4 oz	113	212	71	8	2	0	390	236	6	0	0	28
Beef Liver w/ P&O Contains Soy	8 oz	226	424	142	16	4	0	780	472	12	0	0	48
Fried Chicken Tenders Contains Egg, Soy, Wheat	2 ea	84	243	117	15	3	0	45	528	15	0	0	18
Grill Chicken Sandwich Contains Soy, Wheat	1 ea	410	365	91	12	3	0	71	980	33	1	5	32
Philly Steak & Cheese Contains Milk, Soy, Wheat	1 ea	333	630	286	33	13	0	101	1068	51	4	5	36
1/2 lb. Hamburger Contains Soy, Wheat	1 ea	406	751	263	29	8	0	68	1319	59	0	3	34
Hot Dog Contains Soy, Wheat	1 ea	93	270	120	14	5	0	25	640	25	1	3	9

Wood Grill Buffet & Great American Buffet

			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
CHILD'S MENU {Entree & Seasoning}													
1/4 lb. Child's Hamburger Contains Soy, Wheat	1 ea	175	367	213	24	9	0	80	236	17	1	2	23
1/4 lb. Child's Cheeseburger Contains Milk, Soy, Wheat	1 ea	189	427	253	28	3	0	95	436	17	1	3	26
1/4 lb. Child's Chopped Steak Contains Soy	1 ea	113	280	193	22	8	0	80	214	0	0	0	19
Child's Chicken Tenders Contains Egg, Soy, Wheat	2 ea	85	243	117	15	3	0	45	528	15	0	0	18
Child's Shrimp Contains Milk, Soy, Wheat, Shellfish	4 oz	112	276	124	12	4	0	80	920	12	0	0	16
Child's Grill Cheese Sandwich Contains Milk, Soy, Wheat	1 ea	129	412	172	20	6	0	15	800	51	2	6	12
Child's Corn Dog Contains Milk, Egg, Soy, Wheat	2.67 oz	76	220	100	11	4	0	2	440	26	9	7	5
Child's Corn Dog Contains Milk, Egg, Soy, Wheat	4 oz	113	300	140	15	4	0	40	670	30	1	9	10
Child's Hot Dog Contains Soy, Wheat	1 ea	93	270	120	14	5	0	25	640	25	1	3	9
French Fries (childs) N/A	3 oz	85	256	114	13	3	0	0	306	34	3	0	3
ENTRÉE SIDES {Add to Menu Selection}													
French Fries (entrees) N/A	6 oz	170	432	172	19	4	0	0	640	60	4	0	6
Onion Rings Contain Wheat	4.5 oz	128	530	250	28	5	0	0	590	61	3	6	8
Plain Baked Potato (60 cnt=13.3oz) N/A	1 ea	376	298	0	0	0	0	0	19	68	4	4	8
Plain Sweet Potato (60 cnt=10.6-oz) N/A	1 ea	300	268	0	0	0	0	0	165	60	9	12	6
Sour Cream Contains Milk	1 oz	28	61	53	6	4	0	12	15	1	0	0	1
Whip Margarine w/ Buttermilk Contains Milk, Soy	1 oz	28	215	203	22	4	0	0	306	1	0	1	0
Whip Margarine RTU Contains Milk, Soy	1 oz	28	200	200	22	6	0	0	214	0	0	0	0
Cinnamon & Sugar N/A	1 oz	28	106	0	0	0	0	0	0	28	0	28	0
White Rice Contains Soy	1/2 cup	112	121	2	0	0	0	0	0	23	0	0	2
Rice Pilaf Contains Wheat, Soy	1/2 cup	112	129	30	3	1	0	0	391	22	1	1	2
Steamed Vegetables N/A	3 oz	84	39	0	0	0	0	0	27	6	3	3	0
Steamed Broccoli Spears N/A	3 oz	84	27	0	0	0	0	0	33	6	3	0	3
Peppers & Onions Contains Milk, Soy	2 oz	57	30	15	2	0	0	0	0	4	1	1	0

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			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
HOT BUFFET													
HOT VEGETABLES													
Black Eye Pea, Crowder Peas Contains Milk, Soy	3 oz	85	52	0	4	1	0	0	315	10	2	0	3
Broccoli Florets Spears N/A	3 oz	85	25	0	0	0	0	0	25	4	3	1	3
Brussel Sprouts N/A	3 oz	85	43	0	0	0	0	0	25	9	3	2	3
Roasted Brussel Sprouts (brown sugar, oil, salt & pepper)	3 oz	85	83	22	3	0	0	0	409	12	3	6	3
Cabbage Contains Wheat, Soy	3 oz	85	31	4	0	0	0	2	427	43	2	3	2
California Blend N/A	3 oz	85	27	0	0	0	0	0	27	6	3	3	0
Carrots (honey) N/A	3 oz	85	80	0	0	0	0	0	216	21	2	19	1
Cinnamon Apples N/A	3 oz	85	174	0	0	0	0	0	40	45	4	35	0
Collard Greens Contains Wheat, Soy	3 oz	85	44	9	1	0	0	1	667	4	2	2	2
Corn Yellow Contains Milk, Soy	3 oz	85	90	5	2	0	0	0	0	19	1	5	3
Corn on the Cobb Contains Milk, Soy	1 ear	119	155	26	3	2	0	0	0	32	1	1	4
Green Beans Contains Soy, Wheat	3 oz	85	41	8	1	0	0	6	29	32	1	0	1
Lima Beans Contains Soy, Wheat	3 oz	85	100	2	0	0	0	2	650	18	4	2	7
Northern Beans Contains Soy, Wheat	3 oz	85	100	4	0	0	0	1	279	18	4	1	6
Sweet Potato Yams N/A	3 oz	85	131	0	0	0	0	0	22	32	1	19	2
Turnip Greens Contains Soy, Wheat	3 oz	85	44	9	1	0	0	1	667	4	2	2	2
Roasted Green Beans Contains Milk, Soy,	3 oz	85	59	24	3	1	0	0	309	7	3	1	2
Sauteed Mushrooms Contains Milk, Soy	3 oz	85	48	8	3	0	0	0	251	5	2	2	2
Sauteed Onions Contains Milk, Soy	1 oz	28	16	5	1	0	0	0	54	3	0	1	0
Sauteed Peppers Contains Milk, Soy	1 oz	28	36	30	3	0	0	0	0	5	1	1	0
Peppers & Onions Contains Milk, Soy	1 oz	28	16	6	1	0	0	0	65	2	0	1	0
Pork & Beans N/A	3 oz	85	92	7	1	0	0	0	347	18	4	4	5
Baked Bean w/ Brown Sugar N/A	3 oz	85	98	10	1	0	0	0	387	19	3	7	4
Zucchini & Squash Grilled Contains Milk, Soy	3 oz	85	57	41	5	0	0	0	130	4	0	0	1
Sauteed Vegetables Contains Milk, Soy	3 oz	85	43	12	1	0	0	0	163	8	2	3	1
Asparagus Contains Milk, Soy	5 ea	28	20	0	0	0	0	0	0	5	1	1	1

Wood Grill Buffet & Great American Buffet

			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
RICE & POTATOES													
White Rice Contains Soy	1/2 cup	112	121	2	0	0	0	0	0	23	0	0	2
Pinto Beans N/A	3 oz	112	82	3	0	0	0	0	95	15	6	1	5
Whole White Potato (#10 Can) Contains Milk, Soy	3 oz	84	42	0	0	0	0	0	73	9	1	0	1
Rice Pilaf Contains Wheat, Soy	1/2 cup	112	147	43	5	1	0	0	560	24	0	0	2
Instant Mashed Potato Contains Milk, Soy	3 oz	85	113	38	4	2	0	11	317	17	2	1	2
Small Red Potatoes	3 oz	84	20	0	0	0	0	0	2	5	1	0	1
Plain Baked Potato (60 cnt=13.3oz) N/A	1 ea	376	298	0	0	0	0	0	19	68	4	4	8
Plain Baked Potato (70 cnt=11.4-oz) N/A	1 ea	323	256	0	0	0	0	0	16	58	3	3	6
Plain Sweet Potato (60 cnt=10.6-oz) N/A	1 ea	300	268	0	0	0	0	0	165	60	9	12	6
Homemade Mashed Potatoes Contains Milk, Soy	3 oz	85	138	61	7	2	0	0	360	18	1	2	2
POTATO TOPPINGS													
Whip Margarine+Buttermilk Contains Milk, Soy	1 oz	28	215	203	22	4	0	0	306	1	0	1	0
Whip Margarine RTU Contains Milk, Soy	1 oz	28	200	200	22	6	0	0	214	0	0	0	0
Honey Margarine Cups (5 GR) Contains Milk, Soy	3 ea	15	110	110	12	2	0	0	90	0	0	0	0
Sour Cream Contains Milk	1 oz	28	57	47	5	4	0	19	19	2	0	2	1
Cinnamon & Sugar N/A	1 oz	28	106	0	0	0	0	0	0	28	0	28	0
Shredded Cheese Contains Milk	1 oz	28	110	80	9	5	0	30	180	1	0	0	7
Diced Onions N/A	1 oz	28	11	0	0	0	0	1	3	1	1	0	0
Real Bacon Bits N/A	1 oz	28	120	80	10	4	0	50	640	0	0	0	10
Broccoli Florets N/A	1 oz	28	8	0	0	0	0	0	16	2	0	0	0
Diced Tomatoes N/A	1 oz	28	4	0	0	0	0	0	4	0	0	0	0
Cheese Sauce Contains Milk	1 oz	28	37	23	3	1	1	0	0	3	0	0	0
Sliced Apples N/A	1 oz	28	31	2	0	0	0	0	120	6	7	3	1

			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Cake Serving Size 1/24	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
GRAVIES & SAUCES													
Brown Gravy Contains Milk	2 fl oz	57	24	0	0	0	0	0	260	3	0	0	1
Turkey Gravy Contains Milk, Soy	2 fl oz	56	22	0	0	0	0	0	332	4	0	0	0
White Pepper Gravy Contains Milk, Soy	2 fl oz	57	55	25	3	1	2	0	160	4	0	2	0
Beef Au Jus Contains Soy	1 fl oz	28	1.2	0	0	0	0	0	44	0.2	0	0.1	0
Cheese Sauce (#10 can) Contains Milk, Soy	2 fl oz	57	90	60	6	2	0	5	370	6	0	1	1
Nacho Cheese Sauce (#10 can) Contains Milk, Soy	2 fl oz	57	80	50	6	3	0	5	450	2	0	0	3
Cranberry Sauce N/A	1 oz	28	45	0	0	0	0	0	4	10	0	9	0
Teriyaki Sauce Contains Soy, Wheat	1 oz	28	35	0	0	0	0	0	732	8	0	0	1
Picante Sauce N/A	1 oz	28	10	0	0	0	0	0	260	2	1	2	0
Enchilada Sauce N/A	1 oz	28	9	5	0	0	0	0	172	1	0	1	0
BBQ Sauce N/A	1 oz	28	42	0	0	0	0	0	258	10	0	1	0
Alfredo Sauce N/A	1 fl oz	28	66	52	6	2	0	8	143	2	0	1	1
Sweet & Sour Glaze N/A	1 oz	28	71	1	0	0	0	0	178	16	0	14	0
SOUPS													
Chicken Noodle Soup Contains Egg, Soy, Wheat, Sulfites	4 oz	112	52	12	0	0	0	16	500	4	0	0	4
Clam Chowder Soup Contain Fish, Wheat, Milk	4 oz	112	108	52	8	4	0	16	536	12	0	0	4
Vegetable Soup Contains Wheat, Sulfites	4 oz	112	104	4	0	0	0	4	900	20	4	8	4
Cream of Chicken Soup Contains Wheat, Soy, Milk, Sulfites	4 oz	112	84	48	4	4	0	16	1056	8	0	4	4
Split Pea & Ham Soup N/A	4 oz	112	160	40	4	0	0	12	980	24	8	4	8
Cream of Broccoli Soup Contains Wheat, Soy, Milk, Sulfites	4 oz	112	84	48	4	4	0	16	1056	8	0	4	4
Vegetable Beef Contains Wheat, Sulfites	4 oz	112	86	52	4	4	0	16	1152	8	0	4	4
Beef Noodle Soup Contains Egg, Wheat, Sulfites	4 oz	112	92	16	4	0	0	12	888	16	4	4	4
Cream of Mushroom Contains Egg, Wheat, Sulfites	4 oz	112	72	20	4	0	0	12	820	8	0	0	4

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Wood Grill Buffet & Great American Buffet

			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
MEAT / PORK / SEAFOOD / CHICKEN													
Carved Roast Beef Contains Soy	2 oz	56	95	40	5	2	0	23	125	0	0	0	13
Meat Loaf Contains Milk, Egg, Wheat, Soy, Fish	2 oz	56	125	22	5	1	0	72	314	7	0	9	10
Meat Loaf Sauce Contains Soy, Fish	1 oz	28	25	0	0	0	0	0	286	0	0	6	0
Carved Sirloin Steak Contains Soy	3 oz	85	186	110	12	5	0	44	772	0	0	0	17
Carved Pit Boneless Ham N/A	2 oz	56	76	34	4	1	0	32	71	1	0	1	9
Baby Back Ribs w/ BBQ Sauce Contains Soy, Wheat	2 ea	56	207	123	12	6	0	60	366	6	0	6	15
Pork Riblets w/ BBQ Sauce Contains Soy, Wheat	3 oz	85	195	126	15	6	0	54	310	3	0	5	15
Beef Short Ribs w/o BBQ Sauce Contains Soy, Wheat	3 oz	85	324	249	27	12	0	60	222	3	0	0	15
BBQ Rib Tips Contains Soy, Wheat	3 oz	85	260	179	21	0	0	0	90	2	0	0	21
Crab Cake Contains Milk, Soy, Wheat, Egg, Shellfish, Fish	2 oz	56	152	88	10	2	0	78	464	4	0	0	10
Boneless Pork Loin Contains Milk, Soy	2 oz	56	102	50	2	0	0	30	528	4	0	0	12
Smoked Pork Butt w/o Sauce N/A	2 oz	56	104	62	6	2	0	24	34	0	0	0	10
Pulled Pork Butt w/ BBQ Sauce Contains Soy, Wheat	2 oz	56	82	20	2	1	0	15	350	10	0	8	7
Pork Chop Baked N/A	3oz	85	118	61	7	3	0	39	188	0	0	0	13
Pork Chop Beaded-Fried Contains Milk, Wheat, Soy, Egg	3 oz	85	165	89	10	3	0	47	313	7	1	1	11
Pork Chop Grill Contains Milk, Soy	3 oz	85	118	61	7	3	0	39	188	0	0	0	13
Chicken Teriyaki Contains Milk, Soy, Wheat	2 oz	56	114	88	10	2	0	38	268	0	0	0	10
Chicken Hot Wings Contains Soy, Wheat	2 ea	111	240	150	17	5	0	80	1077	0	0	0	19
Fried Chicken Tenders Contains Wheat	1 ea	77	233	133	15	3	0	43	451	13	1	1	13
Fried Chicken Contains Wheat	4 oz	113	339	193	22	5	0	63	656	18	1	1	18
Baked Chicken N/A	3 oz	85	203	104	11	3	0	75	346	0	0	0	23
Turkey Breast N/A	2 oz	56	65	15	2	0	0	30	285	1	0	0	12
Fried Chicken Livers Contains Wheat	2 ea	56	151	42	8	2	0	185	480	8	0	0	10
Meatballs w/ Brown Gravy Contains Milk, Wheat, Soy	6 ea	85	206	1	15	6	0	45	508	6	1	0	12

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Western Sizzlin Nutritional Information

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Western Sizzlin, Quincy's, Western Express
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Western Sizzlin Nutritional Information

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Western Sizzlin, Quincy's, Western Express

Western Sizzlin Nutritional Information

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Wood Grill Buffet & Great American Buffet

			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SALAD DRESSINGS													
Ranch Contains Milk, Egg, Soy	1 oz	30	110	100	11	2	0	10	270	2	0	2	0
Ranch Fat Free Contains Milk, Egg, Soy	1 oz	30	50	0	0	0	0	0	220	11	0	3	0
1,000 Island Contains Contains Egg	1 oz	30	110	90	10	2	0	10	260	5	0	4	0
1,000 Island Fat Free Contains Egg	1 oz	30	50	0	0	0	0	0	260	11	0	6	0
Catalina Fat Free N/A	1 oz	30	50	0	0	0	0	0	350	11	0	7	0
French Catalina N/A	1 oz	30	108	83	9	2	0	0	350	7	0	7	0
French Fat Free N/A	1 oz	30	36	0	0	0	0	0	235	9	0	4	0
Creamy French Orange N/A	1 oz	30	130	100	12	2	0	0	270	6	0	6	0
Italian Golden N/A	1 oz	30	110	100	11	2	0	0	230	3	0	2	0
Italian Fat Free N/A	1 oz	30	10	5	0	0	0	0	470	2	0	1	0
Poppy Seed Contains Eggs	1 oz	30	100	90	10	2	0	15	230	8	0	7	0
Sun Dried Tomato Fat Free Contains	1 oz	33	45	0	0	0	0	0	280	12	0	10	0
Blue Cheese Contains Milk, Egg	1 oz	30	120	110	12	2	0	5	320	2	0	1	1
Creamy Caesar Contains Milk, Egg, Fish	1 oz	30	110	100	11	2	0	10	290	2	0	1	1
Honey Dijon Contains Egg	1 oz	30	90	50	6	1	0	5	330	8	0	8	0
Honey Mustard Contains Egg	1 oz	30	123	94	10	2	0	14	198	7	0	6	0
Honey Balsamic Contains Soy	1 oz	30	90	60	6	1	0	0	160	8	0	7	0
Balsamic Vinaigrette Contains Soy, Fish	1 oz	30	50	35	4	1	0	0	190	5	0	4	0

Raspberry Fat Free Contains Soy, Nuts	1 oz	30	35	0	0	0	0	0	180	8	0	7	0
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Western Sizzlin, Quincy's, Western Express

Western Sizzlin Nutritional Information

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Wood Grill Buffet & Great American Buffet

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Western Sizzlin Nutritional Information

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					gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BAKERY													
COOKIES & TREATS													
Chocolate Chip Contains Egg, Milk, Wheat, Soy	1 ea	47	160	70	8	4	0	10	120	23	1	15	2
Peanut Butter Contains Egg, Milk, Peanut, Soy, Wheat	1 ea	47	170	80	9	4	0	10	170	20	1	11	3
Oatmeal Raisin Contain Egg, Milk, Soy, Wheat	1 ea	47	150	60	7	4	0	10	130	23	2	13	2
Sugar Cookie Contains Egg, Milk, Wheat	1 ea	47	160	60	7	4	0	15	140	23	0	13	2
Carnival M&M Contains Egg, Milk, Wheat, Soy	1 ea	47	160	70	7	4	0	10	140	24	1	15	2
Dbl Chocolate Chip Contains Egg, Milk, Wheat, Soy	1 ea	47	160	70	8	5	0	10	135	23	1	15	2
Butter Toffee Contains Egg, Wheat, Milk, Nuts, Soy	1 ea	47	170	70	8	4	0	10	140	23	0	15	2
White Chocolate Macadamia Nut Contains Egg, Wheat, Soy, Milk, Nuts	1 ea	47	170	80	9	4	0	10	120	22	0	14	2
Dbl Chocolate Chip Contains Egg, Milk, Wheat, Soy	1 ea	47	160	70	8	5	0	10	135	23	1	15	2
Turtle Carmel Nut Contains Egg, Milk, Wheat, Soy, Nuts	1 ea	47	170	80	9	3	0	10	140	22	1	14	2
Chocolate Chip Contains Egg, Milk, Wheat, Soy	1 ea	28	120	50	6	3	0	5	95	16	0	9	1
Peanut Butter Contains Egg, Milk, Peanut, Soy, Wheat	1 ea	28	120	50	5	2	0	5	130	16	1	10	2
Oatmeal Raisin Contain Egg, Milk, Soy, Wheat	1 ea	28	110	35	4	2	0	5	110	16	1	9	1
Sugar Cookie Contains Egg, Milk, Wheat	1ea	28	120	45	5	2	0	5	100	17	0	9	1
Lemon Sugar Free Contains Egg, Milk, Wheat	1 ea	28	31	17	2	1	0	3	41	6	2	0	1
Macadamia Nut Contains Egg, Wheat, Soy, Milk, Nuts	1 ea	28	114	54	6	3	0	7	80	15	0	9	1
Chocolate Brownie Contains Egg, Wheat, Milk, Soy, Nuts	1 ea	30	132	35	4	1	0	0	88	23	0	15	1
Rice Crispy Treat Contains Soy	1 ea	28	90	20	2	1	0	0	85	24	0	17	1
Fried Peach Turnover Contains Milk, Wheat	1 ea	84	200	80	9	5	0	0	210	28	1	8	3
Fried Apple Turnover Contains Milk, Wheat	1 ea	84	200	60	7	2	0	0	250	31	2	6	3

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Western Sizzlin, Quincy's, Western Express

Western Sizzlin Nutritional Information

Wood Grill Buffet & Great American Buffet

					gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size 1/12	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
PIES (1/12)													
Sweet Potato Contains Milk, Wheat, Eggs, Soy	1 slice	1/12	286	120	14	5	0	19	270	38	1	21	4
Pumpkin Contains Milk, Wheat, Eggs, Soy	1 slice	1/12	250	83	1	4	0	38	293	39	1	18	3
Pecan Contains Milk, Eggs, Wheat, Nuts, Soy	1 slice	1/12	339	153	17	5	0	53	346	46	1	17	3
Apple [NSA] Contains Wheat, Milk, Soy	1 slice	1/12	176	59	7	3	0	0	260	29	3	6	3
Cherry [NSA] Contains Wheat, Egg, Soy	1 slice	1/12	218	59	7	3	0	0	301	39	3	5	3
Lemon Meringue Contains Milk, Eggs, Wheat, Soy	1 slice	1/12	193	47	5	2	0	30	180	35	1	25	1
Coconut Meringue Contains Milk, Egg, Wheat, Soy	1 slice	1/12	226	100	11	5	0	0	166	30	1	19	3
Chocolate Cream Contains Milk, Wheat, Soy	1 slice	1/12	200	95	11	7	0	0	155	25	1	16	1
Coconut Cream Contains Milk, Wheat, Soy, Coconut	1 slice	1/12	283	158	18	10	0	37	166	28	1	16	2
Cookies & Cream Contains Milk, Wheat, Soy	1 slice	1/12	315	172	19	14	0	4	255	33	1	22	2
Boston Cream Contains Milk, Egg, Wheat, Soy	1 slice	1/12	224	75	8	0	0	29	224	34	1	23	2
Strawberries & Cream Contains Milk, Wheat, Soy	1 slice	1/12	255	135	15	10	0	4	97	30	1	20	1
Lemon Meringue Vanilla Wafer Contains Milk, Eggs, Wheat	1 slice	1/12	278	64	7	3	0	4	206	50	1	40	5
Banana Cream Contains Milk, Eggs, Wheat	1 slice	1/12	362	202	23	0	0	37	166	28	1	16	2
Strawberry Short Cake Contains Milk, Eggs, Wheat	1 slice	83	283	158	18	10	0	50	210	28	1	20	2
HOMEMADE PIES (1/8)													
Cheese Cake Contains Milk, Wheat, Soy, Egg	1 slice	1/8	308	83	9	5	0	12	431	48	1	37	6
Peanut Butter Pie Contains Milk, Wheat, Soy, Peanut	1 slice	1/8	342	195	23	9	0	12	210	28	2	21	7
Oreo Cookie Pie Contains Milk, Wheat, Soy	1 slice	1/8	318	146	18	12	0	15	181	38	1	27	2
Chocolate Pie Contains Milk, Wheat, Soy	1 slice	1/8	218	95	11	7	0	0	240	25	1	12	0

Western Sizzlin Nutritional Information

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Western Sizzlin Nutritional Information

					gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
CANDY TOPPINGS													
Candy Corn N/A	1 oz	28	96	0	0	0	0	0	66	23	0	20	0
Jelly Beans N/A	1 oz	28	84	0	0	0	0	0	9	22	0	14	0
Chocolate Raisins N/A	1 oz	28	108	0	0	2	0	2	18	17	0	14	1
Orange Slices N/A	1 oz	28	98	0	0	0	0	0	9	20	0	15	0
Gummy Bears N/A	1 oz	28	78	0	0	0	0	0	9	12	0	8	1
Gummy Worms N/A	1 oz	28	84	0	0	0	0	0	9	19	0	13	1
Sprinkles Contain Milk, Soy	1 oz	28	104	0	0	0	0	0	0	28	0	14	0
Rainbow Sprinkles Contain Soy	1 oz	28	103	0	0	0	0	0	0	27	0	14	0
Oreo Cookie Contain Wheat, Soy	1 oz	29	130	38	5	2	0	0	105	20	1	11	1
Peanuts Chopped Contains Peanuts	1 oz	28	180	140	16	6	0	0	0	14	4	4	16
Candy M&M Contains Milk, Soy and possibly Peanuts	1 oz	28	105	80	5	3	0	3	13	15	1	14	1
Vanilla Wafer Contain Wheat, Milk, Soy	1 oz	28	140	50	6	2	0	0	120	21	0	9	1
PUDDINGS													
Chocolate Pudding Contains Milk, Soy, Wheat	1 oz	28	44	18	2	0	0	0	31	6	0	5	0
Vanilla Pudding Contains Milk, Soy, Wheat	1 oz	28	42	18	2	0	0	0	40	6	0	4	0
Banana Pudding Contains Milk, Soy, Wheat	1 oz	28	31	8	1	0	0	0	38	6	0	4	0
Butterscotch Pudding Contains Milk, Soy, Wheat	1 oz	28	31	8	1	1	0	0	53	6	0	3	0
Lemon Pudding N/A	1 oz	28	31	6	1	0	0	0	42	6	0	5	0
Banana Pudding Contains Milk, Soy, Wheat	1 oz	28	36	10	1	0	0	0	35	6	0	4	0
Bread Pudding Contains Egg, Milk, Wheat, Soy	1 oz	28	135	50	6	1	0	3	80	9	0	7	1

Western Sizzlin Nutritional Information

					gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
PIE FILLINGS													
Cherry Pie Filling N/A	1 oz	28	27	0	0	0	0	0	13	7	0	3	0
Apple Pie Filling N/A	1 oz	28	27	0	0	0	0	0	17	7	0	6	0
Peach Pie Filling N/A	1 oz	28	37	0	0	0	0	0	3	9	0	8	0
Blueberry Pie Filling N/A	1 oz	28	27	0	0	0	0	0	17	7	1	6	0
Strawberry Pie Filling N/A	1 oz	28	44	0	0	0	0	0	5	11	0	9	0
WHIPPED MARGARINE & TOPPING													
Whipped Margarine RTU Contains Milk, Soy	1 oz	28	220	220	22	3	3	0	189	0	0	0	0
Margarine + Buttermilk Contains Milk, Soy	1 oz	28	162	161	20	5	5	4	182	0	0	0	0
Honey Butter Packet Contains Soy	1 ea	5	35	35	4	1	1	0	0	0	0	0	0
Whip Margarine Packet Contains Soy	1 ea	10	45	5	5	1	0	0	80	0	0	0	0
Whipped Topping Contains Milk	1 oz	28	89	53	7	7	0	0	0	7	0	7	0
COBBLERS													
Apple Contains Wheat, Milk	3 oz	85	158	48	6	2	0	0	192	27	0	14	1
Cherry Contains Wheat, Milk	3 oz	85	171	48	6	2	0	0	185	29	0	13	1
Peach Contains Wheat, Milk	3 oz	85	171	55	6	1	1	0	171	27	1	12	1
Blackberry Contains Wheat, Milk	3 oz	85	192	55	6	1	0	0	171	32	1	15	1
PIZZA (1/12)													
Pizza Cheese Mozzarella N/A	1 slice	63	140	48	5	2	0	13	255	18	1	3	6
Pizza Pepperoni Contains Milk, Soy, Wheat	1 slice	66	160	62	7	3	0	16	316	18	1	3	7
Pizza Beef Contains Milk, Soy, Wheat	1 slice	79	183	78	9	4	0	21	389	18	3	3	7

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			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
BREAKFAST													
EGGS													
Scrambled Egg Contain Egg, Soy	1/2 CUP	55	190	130	14	5	0	385	210	2	0	1	12
Poached Egg Contain Egg, Soy	1 ea	50	73	45	5	2	0	211	147	0	0	0	6
Boiled Egg Contain Egg	1 ea	50	77	48	5	2	0	211	139	0	0	0	6
Hollandaise Sauce Contain Egg, Soy	1 oz	30	60	50	6	3	0	15	130	2	0	1	0
OMELET & TOPPINGS													
3 Egg Omelet Only Contain Egg, Soy	3 ea	183	303	201	21	6	0	645	513	3	0	3	21
Add Bacon N/A	1 oz	28	154	106	12	4	0	32	654	0	0	0	10
Add Ham N/A	1 oz	28	40	18	2	0	0	12	434	0	0	0	4
Add Sausage N/A	1 oz	28	72	46	6	2	0	10	324	2	0	0	4
Add Diced Onions N/A	1 oz	28	12	0	0	0	0	0	2	2	0	1	0
Add Diced Peppers N/A	1 oz	28	6	0	0	0	0	0	0	2	0	0	0
Add Diced Tomatoes N/A	1 oz	28	4	0	0	0	0	0	4	0	0	0	0
Add Diced Mushrooms N/A	1 oz	28	6	0	0	0	0	0	6	2	0	0	2
Add Shredded Cheddar Cheese Contains Milk	1 oz	28	112	80	10	6	0	30	182	2	0	0	8
QUICHES (1/12 PIE)													
Ham & Cheese Quiche Contains Milk, Egg, Wheat, Soy	2.26 oz	64	154	91	10	4	0	60	480	9	1	1	6
Bacon & Cheese Quiche Contains Milk, Egg, Wheat, Soy	2.26 oz	64	182	113	13	5	0	71	577	9	1	1	7
Sausage & Cheese Quiche Contains Milk, Egg, Wheat, Soy	2.26 oz	64	166	101	12	5	0	58	469	10	1	1	5
EGG CASSEROLES													
Egg & Bacon Casserole Contains Milk, Egg, Wheat, Soy	2 oz	56	106	33	8	3	0	171	240	1	0	1	9
Egg & Sausage Casserole Contains Milk, Egg, Wheat, Soy	2 oz	56	93	24	6	3	0	161	157	1	0	1	7
Egg & Ham Casserole Contains Milk, Egg, Wheat, Soy	2 oz	56	84	17	6	2	0	162	166	1	0	1	7

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			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
PANCAKES - WAFFLE - SIDES													
Pancakes (4") Contains Egg, Wheat, Milk, Soy	4 inch	112	86	33	4	1	0	22	167	11	0	0	2
Blueberry Pancakes (4") Contains Egg, Wheat, Milk, Soy	4 inch	112	84	32	4	1	0	21	157	52	0	0	2
Belgian Waffel (6-3/4"x 1-1/8") Contains Wheat, Milk	1/4 ea	84	102	38	4	0	3	5	47	16	1	2	3
French Toast Plain Contains Egg, Wheat, Milk	1 ea	56	159	55	6	2	0	90	320	20	1	5	6
French Toast Stick Contains Wheat, Soy	5 ea	140	320	120	15	3	0	5	370	43	1	11	5
White Pepper Gravy Contains Milk, Wheat, Soy	2 oz	56	48	28	2	0	2	0	236	4	0	0	0
Sausage Gravy Contains Milk, Soy	2 oz	56	71	44	5	2	0	4	249	4	0	0	2
Cinnamon Apples Contains Milk, Soy, Wheat	2.5 oz	28	144	0	0	0	0	0	33	37	3	29	0
BREADS													
Biscuits Contains Milk, Wheat, Soy	1 ea	62	210	100	11	11	0	0	630	23	1	2	3
Cheese Biscuit Contains Milk, Wheat, Soy	1 ea	57	170	80	8	3	4	0	670	20	1	2	4
Cheddar Garlic Biscuit Contains Milk, Wheat, Soy	1 ea	34	100	45	5	2	2	0	380	12	0	2	2
Texas Toast Contains Milk, Egg, Wheat, Soy	1 ea	45	120	10	1	0	0	0	230	23	1	3	4
White Bread Contains Milk, Wheat, Soy	1 ea	25	65	5	0	0	0	0	125	12	0	2	3
Wheat Bread Contains Milk, Wheat, Soy	1 ea	25	65	5	0	0	0	0	125	13	1	2	3
English Muffins Contains Milk, Wheat, Soy	1 ea	57	130	10	0	0	0	0	270	26	0	0	6
Bagel Plain Contains Wheat, Soy	1 ea	57	280	10	0	0	0	0	600	56	2	2	10
Bagel Blueberry Contains Wheat, Soy	1 ea	57	290	16	2	0	0	0	530	54	2	6	10
Bagel Cinnamon Raisin Contains Wheat, Soy	1 ea	57	290	10	0	0	0	0	510	62	4	12	10
Bagel Wheat Contains Wheat, Soy	1 ea	57	290	20	2	0	0	0	590	58	4	8	10
French Breadstick Contains Milk, Wheat, Soy	1 ea	43	120	5	1	0	0	0	250	23	1	1	5
Croissant Contains Milk, Wheat, Egg, Soy	1 ea	28	110	60	7	4	0	0	70	11	1	2	2

Western Sizzlin Nutritional Information

Wood Grill Buffet & Great American Buffet			gm	gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Serving Grams	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
SWEET ROLLS & MUFFINS													
Cinnamon Rolls Contains Wheat, Milk, Egg, Soy	1 ea	43	130	45	5	2	1	10	230	18	1	5	3
Cinnamon Sticky Buns Contains Milk, Egg, Wheat, Soy	1 ea	57	230	240	13	2	3	7	190	24	1	11	7
Orange Rolls Contains Milk, Egg, Wheat, Soy	1 ea	57	200	0	10	3	2	9	310	24	1	7	4
Yeast Donut Contains Milk, Egg, Wheat, Soy	1 ea	59	260	150	16	8	0	0	260	25	1	3	4
Danish Assorted Contains Milk, Egg, Wheat, Soy	1 ea	35	140	50	6	2	2	5	115	19	1	8	2
Assorted European Danish Contains Milk, Egg, Wheat, Soy	1 ea	40	220	110	12	6	1	45	150	23	1	11	3
Choc Chip Muffin Contains Milk, Egg, Wheat, Soy	1 ea	61	200	80	9	3	0	35	220	28	1	17	3
Blueberry Muffin Contains Milk, Egg, Wheat, Soy	1 ea	61	210	90	10	2	0	30	180	27	0	15	2
Banana Nut Muffin Contains Milk, Egg, Wheat, Soy	1 ea	61	210	80	9	2	0	25	250	28	1	14	3
CEREALS w/o MILK													
Corn Flakes Contains Soy	1 bx	19	70	0	0	0	0	0	170	16	1	2	1
Corn Flakes Frosted Contains Soy	1 bx	28	110	5	1	0	0	0	190	24	1	8	1
Raisin Bran Contains Wheat, May Contain Almonds Ingredients	1 bx	35	110	5	1	0	0	0	210	27	4	11	3
Special K Contains Wheat, Soy	1 bx	18	70	0	0	0	0	0	130	13	0	2	4
Total Contains Wheat, May Contain Almonds Ingredients	1 bx	24	80	5	1	0	0	0	160	18	2	4	2
Mini Frosted Wheat Contain Wheat	1 bx	28	100	0	0	0	0	0	0	23	3	6	3
Cheerios Contain Wheat Ingredients	1 bx	19	70	10	1	0	0	0	110	14	2	1	2
Cheerios Honey Nut Contains Wheat, Almond Ingredients	1 bx	28	110	10	2	0	0	0	160	22	2	9	2
Cream of Wheat Contains Wheat	1 pkg	33	120	0	0	0	0	0	85	23	1	0	4
Oatmeal Regular Contains Wheat	1 pkg	28	100	20	2	0	0	0	80	19	3	0	4
Cocoa Puffs Contains Wheat, Soy	1 bx	24	90	10	2	0	0	0	135	20	1	9	1
Fruit Loops Contain Wheat, Soy	1 bx	21	80	5	1	0	0	0	95	18	0	10	1

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			gm	gm	gm	gm	mg	mg	gm	gm	gm	gm
	Serving Size	Calories	Fat Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Diet Fiber	Total Sugar	Protein
COFFEE & TEA & HOT CHOCOLATE												
Coffee N/A	8 fl oz	7	0	0	0	0	0	0	1	0	0	0
Decaffinated Coffee N/A	8 fl oz	7	0	0	0	0	0	0	2	0	0	0
Hot Chocolate Contains Milk, Wheat, Soy	6 fl oz	50	0	0	0	0	0	180	10	1	8	2
BREWED TEA & MILK & MILKSHAKES												
Brewed Tea Sweetened N/A	12 fl oz	91	0	0	0	0	0	0	21	0	21	0
Brewed Tea Sweetened N/A	20 fl oz	121	0	0	0	0	0	0	40	0	30	0
Brewed Tea Unsweetened N/A	12 fl oz	0	0	0	0	0	0	5	0	0	0	0
Hot Tea N/A	8 fl oz	0	0	0	0	0	0	0	0	0	0	0
Whole Milk Contains Milk	8 fl oz	158	138	66	5	2	0	23	97	11	0	11
2% Milk Contains Milk	8 fl oz	89	113	41	5	2	0	18	107	11	0	11
Skim Milk Contains Milk	8 fl oz	83	77	2	0	0	0	5	95	11	0	11
Chocolate Milk Contains Milk	8 fl oz	190	188	70	7	5	0	27	136	23	2	23
Vanilla Milkshake Contains Milk	16 fl oz	555	155	17	10	0	43	445	83	0	82	16
Chocolate Milkshake Contains Milk	16 fl oz	660	152	17	10	0	43	455	110	1	108	17

