Black Bear Diner

Nutrition News

VOL. 10 GET THE FACTS ABOUT NUTRITION! - Since 1995 -

To our Loyal Guests,

We want to thank you for your patronage and love of our brand for nearly 20 years now.

As you know, throughout the years we have been known for our large portions of old-fashioned comfort foods. Many of these foods we grew up with and now miss due to our busy schedules and lives.

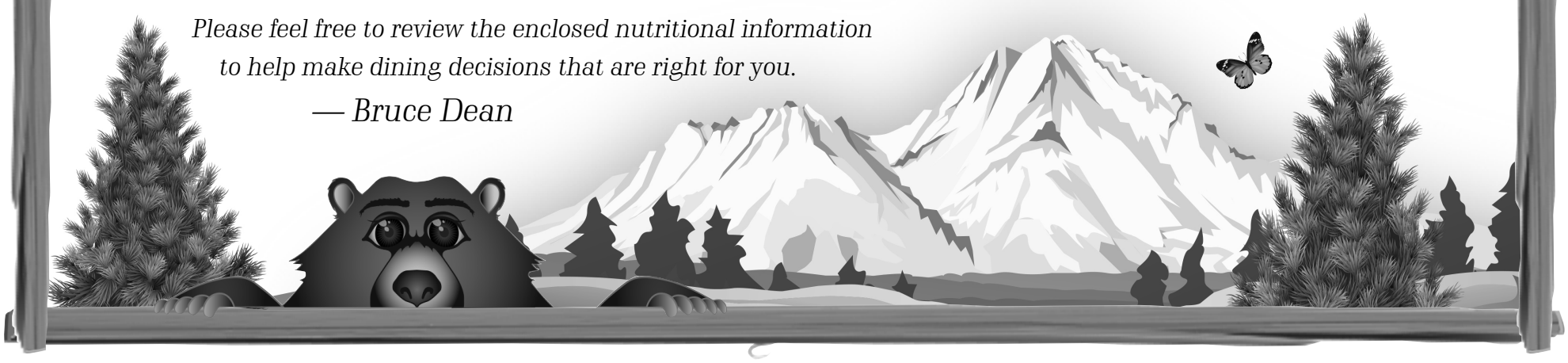
But, as time goes by, many of the choices we make as far as portions and nutrition may no longer work for us. Some of us want to eat healthier and consume smaller portions. Black Bear Diner recognizes that and has made those options available to you.

With smaller portions in mind, you can order off of our "Little Less" menu. We offer some of the same tasty options, just in smaller portions. We also offer fresh cut fruit as an alternative to our standard side dishes. Our "Fit & Focused" breakfast scrambles, all under 500 calories, are sure to delight your taste buds!

If you are looking for vegetarian or gluten free options, we would be happy to help you create an item that will meet your dietary needs. While it is difficult to promise an allergen free kitchen, we will do our best to help accommodate your needs. Our Corporate Chef is busy working in our kitchen creating more options for allergen sensitivities, which will be available soon here in our Nutrition News.

Please feel free to review the enclosed nutritional information to help make dining decisions that are right for you.

— Bruce Dean



FOOD FOR CREW OF ZEPPELIN

Most Careful Consideration Had To Be Given To Proper Nourishment Of Daring Navigators

The average housewife would hold up her hands in horror at the thought of cooking and providing for thirty men during a four days' aerial voyage.

Yet this was only one of the tasks which confronted the organizers of the R-34's trip from Great Britain to America and back. When it is remembered that the men had to conform to the rigid limitations of the accommodation, the task assumed even more formidable proportions.

While the provisioning of the crew takes a back place, relatively, when compared with the navigation and other scientific arrangements, diet was, nevertheless, a subject requiring the most careful consideration. The digestive organs, if impaired, react at once upon the nervous system, and in an enterprise of such a daring character as this flight, nerves had to be tenderly nourished.

The Medical Department of the Air Ministry was consulted early and devised a menu consisting mainly of meat, bread, cheese, chocolate, tea, eggs and potatoes.

Then came the problem of cooking, and the R-34 has surely the strangest kitchens existing. Instead of fixing an electrical or other usual type of stove, the hot exhaust gases from one of the motor engines were trapped, and led around a receptacle shaped for boiling or frying, thus being sufficient to meet all the requirements.

The type of flying clothing provided for the crew will consist of two complete suits of silk underclothing. Over this, woolen gear, similar to that provided for submarine crews and divers, was worn.

MURINE FOR YOUR EYES

A Few Drops Every Night And Morning Will Promote A Clean, Healthy Condition!

Doughnuts Now Being Made By Machinery

A crowd in a busy downtown street in New York has been blocking the side walk the last few moons, watching the latest in front window cookery. The rotisserie chefs and the deft-fingered, white-coated flippers of "cakes" are eclipsed by the latest novelty, the doughnut kettle. The public stops, looks and sniffs. Quite a few buy.

Someone has invented a machine that shapes the doughnuts and drops them into the melted lard. The operator merely turns the crank. Perhaps that accounts for it; perhaps there is something else. A sentimental interest attaches to the doughnut. It is reminiscent of grandmothers, light and airy kitchens, wood-fire cook-stoves, vacations on the farms. The doughnut is part of American tradition, along with pumpkin pie, turkey, and cranberry sauce. Mated with a good cup of coffee, it has comforted many an aching heart and empty stomach.

Big Run on "Moon Cheese"

The Fisher Cheese Co. of Wapakoneta, Ohio, today added a night shift and went into operation seven days a week because of a heavy demand for "Moon Cheese."

"We're getting orders for Moon Cheese from all over the country. We sent Florida 50,000 pounds and it wants more," said Carl Kaplnaoff, director of Industrial and Public Relations for the company, the largest employer in this hometown of Apollo astronaut Neil Armstrong.

The company began producing "Moon Cheese" shortly after astronaut Frank Borman orbited the moon in the Apollo 8 spacecraft last December and said the moon was "made of American cheese."

The cheese is a cheddar, yellow in color. Packing depicts a picture of the moon, a space capsule and an astronaut floating in the air. Words on the label describe the cheese as an "unofficial sample of the moon." The printing and picture are green.

Another extra from your Enco dealer.

Free Casserole with 8-gallon fill-up.

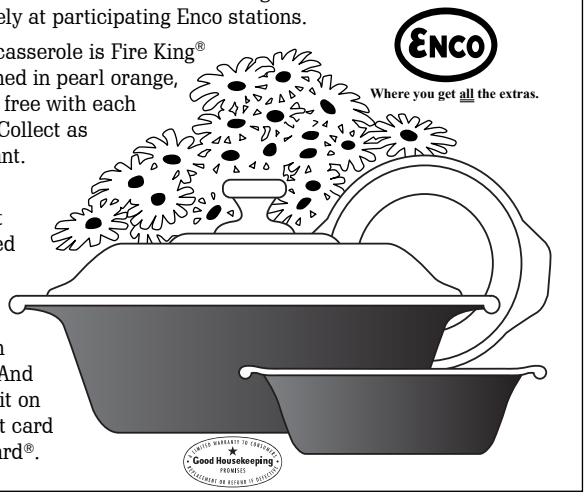
You can get these distinctive Anchor Hocking casserole dishes exclusively at participating Enco stations.

Each 12-ounce casserole is Fire King® ovenware trimmed in pearl orange, and you get one free with each 8-gallon fill-up. Collect as many as you want.

And for buffet service, why not get large, covered 1 1/2-quart serving casserole for only 99¢ with an 8-gallon fill-up. And you can charge it on your Enco credit card or BankAmericard®.

ENCO

Where you get all the extras.



Good Housekeeping PROMISES

Breakfast

HUNGRY BEAR BREAKFAST

*THE GRIZZ!

	Cals	T.Fat	S.Fat	Sodium	Carbs
*The Grizz	1520-1570	60	20	6180-7320	170

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*BF CFS w/Fruit Add Biscuits	1420	140	30	4860	240	*BF CFS w/CP	1690	140	50	7990	270
*BF CFS w/HB	1740	140	50	6810	270						

CLASSIC 2-EGG COMBOS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*CFS-Fruit/Toast	1250-1350	60	30	2080-2280	120-140	NY Steak-Fruit/Toast	980-1080	60-70	20	1230-1430	80-100
*CFS-Fruit/Biscuit	1360	60	20	2930	150	NY Steak-Fruit/Biscuit	1090	60	20	2080	110
*CFS-HB/Toast	1470-1570	80	30	4020-4220	140-150	NY Steak-HB/Toast	1280-1380	60-70	40	2750-2950	90-110
*CFS-HB/Biscuit	1580	70	20	4870	170	NY Steak-HB/Biscuit	1390	60	30	3600	120
*CFS-CP/Toast	1420-1520	80	30	5200-5400	130-150	NY Steak-CP/Toast	1230-1330	60-70	70	3930-4130	80-110
*CFS-CP/Biscuit	1580	150	50	4870	170	NY Steak-CP/Biscuit	1340	60	30	4780	110
*Patties-Fruit/Toast	1660-1770	130	50	2650-2850	80-90	*Ham-Fruit/Toast	940-1040	50	20	3880-4080	90-110
*Patties-Fruit/Biscuit	1770	120	40	3500	110	*Ham-Fruit/Biscuit	1050	40	10	4730	120
*Patties-HB/Toast	1880-1980	140	50-60	4590-4790	90-110	*Ham-HB/Toast	1160-1260	60	30	5820-6020	110-120
*Patties-HB/Biscuit	1990	130	50	5440	130	*Ham-HB/Biscuit	1270	50	20	6670	140
*Patties-CP/Toast	1830-1930	140	60	5770-5970	90-100	*Ham-CP/Toast	1110-1210	60	30	7000-7200	100-120
*Patties-CP/Biscuit	1940	130	50	6620	120	*Ham-CP/Biscuit	1220	50	20	7850	130
*Linguica-Fruit/Toast	1090-1190	80-90	20	1820-2020	50-70	*Bacon-Fruit/Toast	970-1070	60	20	2030-2230	70-90
*Linguica-Fruit/Biscuit	1820	90-100	30	2670	70	*Bacon-Fruit/Biscuit	1080	50	20	2880	100
*Linguica-HB/Toast	1410-1510	90-100	30	3800-4000	90-110	*Bacon-HB/Toast	1190-1290	70	30	3970-4170	90-100
*Linguica-HB/Biscuit	1520	90	30	4650	120	*Bacon-HB/Biscuit	1300	70	20	4820	120
*Linguica-CP/Toast	1360-1460	90-100	30	4980-5180	80-100	*Bacon-CP/Toast	1140-1240	70	30	5150-5350	80-100
*Linguica-CP/Biscuit	1470	120	30	5830	110	*Bacon-CP/Biscuit	1250	70	20	6000	120
*Chicken Apple-Fruit/Toast	820-920	40-50	20	1650-1850	50-70	*Corned Beef-Fruit/Toast	810-910	50-60	20	2580-2780	60-80
*Chicken Apple-Fruit/Biscuit	930	40	10	2200	110	*Corned Beef-Fruit/Biscuit	920	50	20	3400	130
*Chicken Apple-HB/Toast	1140-1240	60-70	20	3580-3780	90-110	*Corned Beef-HB/Toast	1170-1270	60-70	30	4530-4730	90-110
*Chicken Apple-HB/Biscuit	1250	60	20	4430	120	*Corned Beef-HB/Biscuit	1240	60	30	5380	120
*Chicken Apple-CP/Toast	1090-1190	60-70	20	4750-4950	100-120	*Corned Beef-CP/Toast	1130-1230	60-70	30	5710-5910	80-100
*Chicken Apple-CP/Biscuit	1200	60	30	5610	130	*Corned Beef-CP/Biscuit	1190	60	30	6560	130
*Links-Fruit/Toast	880-1000	60	30	1050-1250	70-90	*2 Eggs-Fruit/Toast	650-750	30-40	20	650-850	70-90
*Links-Fruit/Biscuit	1000	50	20	1900	100	*2 Eggs-Fruit/Biscuit	760	30	10	1500	100
*Links-HB/Toast	1110-1210	70	30	2990-3190	90-110	*2 Eggs-HB/Toast	870-970	50	20	2590-2790	90-100
*Links-HB/Biscuit	1220	60	20	3840	120	*2 Eggs-HB/Biscuit	980	40	10	3440	120
*Links-CP/Toast	1060-1160	70	30	4170-4370	80-100	*2 Eggs-CP/Toast	790-890	50	20	3770-3970	90-120
*Links-CP/Biscuit	1170	60	20	5020	120	*2 Eggs-CP/Biscuit	930	40	10	4600	110

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Sm. Fresh Squeezed OJ	170	0	0	0	40	Lg. Fresh Squeezed OJ	220	0	0	0	50

GRIDDLE VITTLES – (Nutrition information includes syrup and butter)

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Sweet Cream Waffle	1070	50	20	1380	140	7-Grain Pancakes (3)	1670	50	10	2920	270
Sweet Cream Pancakes (3)	1230	10	0	2150	170	7-Grain Pancakes (2)	1260	40	10	2030	200
Sweet Cream Pancakes (2)	960	10	0	1430	150						

THE VOLCANO – (Nutrition information includes pancakes w/syrup and butter)

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Volcano	1650	20	10	3230	160	*7-Grain Volcano	1760	40	10	3090	150

(Nutrition information includes pancakes w/syrup and butter)

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Cinnamon French Toast	1460	60	20	920	120	Add Fruit/Whipped Cream	50	0	0	0	10
*Thick Cut French Toast	1180	50	20	980	110						

BEAR'S CHOICE – (Nutrition information includes pancakes w/syrup and butter)

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Waffle & Eggs	1090	40	20	3990	130	w/Sausage Links	950	50	20	1020	110
w/Bacon	1250	60	20	4680	130	w/Ham	940	40	10	2370	120
w/Sausage Links	1570	60	30	5640	130	*Biscuit, Gravy & Eggs	1220	60	20	3700	150
w/Ham	1880	50	20	7530	140	w/Bacon	1380	70	30	4390	150
*Pancakes & Eggs	640	30	10	1710	100	w/Sausage Links	1380	80	30	3970	150
w/Bacon	800	50	10	1020	100	w/Ham	1370	60	20	5320	160
w/Sausage Links	760	50	20	2640	100	*7-Grain & Eggs	1030	40	10	1600	160
w/Ham	790	40	10	3690	110	w/Bacon	1190	50	10	2290	160
*French Toast & Eggs	790	30	10	750	110	w/Sausage Links	1190	60	20	1870	160
w/Bacon	950	50	20	1440	110	w/Ham	1180	50	10	3220	170

OMELETTES & SCRAMBLES

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Fiesta Scram w/ fruit	1000	50	20	1820	130	*Joe's Hobo-Fruit/Toast	1070-1170	60	30	2350-2550	80-100
*Fiesta Scram w/ HB	1320	60	20	3760	140	*Joe's Hobo-Fruit/Biscuit	1180	60	20	3200	110
*Fiesta Scram w/ CP	1270	60	20	4940	130	*Joe's Hobo-HB/Toast	1290-1390	70-80	30	4290-4490	100-120
*Southern w/Fruit	910	40	20	2110	80	*Joe's Hobo-HB/Biscuit	1400	70-80	30	5140	130
*Southern w/HB	1130	70	20	2860	80	*Joe's Hobo-CP/Toast	1240-1340	70-80	30	5470-5670	90-110
*Southern w/CP	1080	70	20	4040	90	*Joe's Hobo-CP/Biscuit	1350	70	30	6320	120
*Shasta-Fruit/Toast	830-930	50	20	850-1050	80-100	*California-Fruit/Toast	940-1040	70	30	1050-1250	100
*Shasta-Fruit/Biscuit	940	40	10	1700	120	*California-Fruit/Biscuit	1050	50	20	1900	110
*Shasta-HB/Toast	1050-1150	60	30	2350-2550	100-120	*California-HB/Toast	1160-1260	70	30	2990-3190	100-110
*Shasta-HB/Biscuit	1160	60	30	3640	130	*California-HB/Biscuit	1270	60	20	3840	130
*Shasta-CP/Toast	1000-1100	60	20-30	3970-4170	90-110	*California-CP/Toast	1110-1210	70	30	4170-4370	90-110
*Shasta-CP/Biscuit	1110	60	20	4820	130	*California-CP/Biscuit	1220	60	20	5020	120
*Chorizo-Fruit/Tortilla	840	40	20	1750	70	*Denver-Fruit/Toast	910-110	50	20	1850-2050	80-100
*Chorizo-HB/Tortilla	1160	60	20	3720	100	*Denver-Fruit/Biscuit	1020	40	20	2700	110
*Chorizo-CP/Tortilla	1110	60	20	4900	110	*Denver-HB/Toast	1130-1230	60	30	3790-3990	100-120
Breakfast Burrito w/fruit	1120	60	30	2720	120	*Denver-HB/Biscuit	1240	60	20	4640	130
Breakfast Burrito w/HB	1440	70	30	4660	130	*Denver-CP/Toast	1080-1180	60	30	4970-5170	90-110
Breakfast Burrito w/CP	1390	70	30	5840	120	*Denver-CP/Biscuit	1190	60	20	5820	120
*Bruce's-Fruit/Toast	1140-1240	70	30	2680-2880	80-100	*Vegetarian-Fruit/Toast	850-950	50	20	1050-1150	80-100
*Bruce's-Fruit/Biscuit	1250	60	20	3530	110	*Vegetarian-Fruit/Biscuit	960	40	20	1900	110
*Bruce's-HB/Toast	1360-1460	80	40	4620-4820	100-110	*Vegetarian-HB/Toast	1070-1170	60	30	2990-3190	100-110
*Bruce's-HB/Biscuit	1470	80	30	5470	130	*Vegetarian-HB/Biscuit	1180	50	20	3840	130
*Bruce's-CP/Toast	1310-1410	80	40	5800-6000	90-110	*Vegetarian-CP/Toast	1020-1120	60	30	4170-4370	90-110
*Bruce's-CP/Biscuit	1420	80	30	6650	120	*Vegetarian-CP/Biscuit	1130	50	20	5020	120

BEAR'S BENEDICT – (Nutrition information includes English muffin)

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
California Benedict w/HB	1200	70	30	4250	110	Classic Benedict w/HB	1000	50	20	3530	100
California Benedict w/CP	1150	70	30	5430	100	Classic Benedict w/CP	950	50	20	4700	100

FIT & FOCUSED SCRAMBLES

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Chicken Apple Scramble	500	20	10	1000	50	*Acapulco Scramble	490	10	0	1250	50
*Farmer's Scramble	340	10	0	490	50						

BREAKFAST EXTRAS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Housemade Bear Claw											
Classic Bear Claw	1200	70	30	880	130	Fruit-Filled Bear Claw	1140-1200	70	30	880	130
Biscuits & Gravy	1220	60	20	2700	150	Specialty Meat	160-500	10-60	0-30	270-1460	0
Oatmeal	730	20	0	500	190	Toast/English Muffin	360-450	20-30	10	480-680	30-50
– (Nutrition information includes toppings)						Fruit Bowl	220	0	0	50	60
Ham Steak	150	10	0	1620	10						

LITTLE LESS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs	Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Mini Volcano	1100	40	20	1930	140	*Ham & Cheese Omelette	980	40	20	3710	110
*7-Grain Volcano	1220	40	20	1790	140	*1-Egg, 2 Meat-Bacon	720	40	10	1940	70
1 Biscuit & Gravy, 2 Meat-Bacon	770	40	10	2540	70	*1-Egg, 2 Meat-Sausage	720	40	10	1690	70
1 Biscuit & Gravy, 2 Meat-Sausage	770	50	20	2120	70	*1-Egg, 2 Meat-Ham	670	30	10	2640	70

Lunch

BOB'S BIG BEAR BURGER

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Bob's Big Bear w/Dinner Salad	1280	70	20	1570	90
*Bob's Big Bear w/Soup	1320-1480	70-80	20-30	2250-2430	100
*Bob's Big Bear w/Cole Slaw	1590	100	20	1710	100
*Bob's Big Bear w/Potato Salad	1440	80	20	1670	100
*Bob's Big Bear w/Fries	1950	100	30	3300	100
Add Cheese	60	10	0	270	0
Add Bacon	320	20	10	770	0

BEAR BURGERS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*California Burger w/Dinner Salad	1000	60	20	1440	70
*California Burger w/Soup	1150-1330	60-70	20-30	2130-2300	60-70
*California w/Potato Salad	1240	70	20	1440	60
*California w/Cole Slaw	1390	80	20	1480	70
*California w/Fries	1750	90	20	3070	140
*Bacon Cheddar w/Dinner Salad	1000	60	20	1730	70
*Bacon Cheddar w/Soup	1150-1330	70-80	20-30	2560-2710	80-90
*Bacon Cheddar w/Potato Salad	1240	80	20	1860	60
*Bacon Stu w/Cole Slaw	1390	90	30	1900	70
*Bacon Stuffed w/fries	1750	90	30	3490	140
Tex Mex Turkey Burger w/Dinner Salad	880	40	10	1700	80
Tex Mex Turkey w/Soup	1030-1210	50-70	10	2100-2270	80-90
Tex Mex Turkey w/Potato Salad	1120	80	10	1560	80
Tex Mex Turkey w/Cole Slaw	1270	80	20	1720	90
Tex Mex Turkey w/Fries	1630	90	20	3300	160
Garden Burger w/Dinner Salad	660	30	10	1650	80
Garden Burger w/Soup	810-990	40-60	10	1950-2210	80-90
Garden Burger w/Potato Salad	900	70	10	1510	80
Garden Burger w/Cole Slaw	1050	70	20	1670	80
Garden Burger w/Fries	1380	80	20	3250	150
Chicago Burger w/Dinner Salad	770	40	10	1780	70
Chicago Burger w/Soup	920-1100	40-60	10	2080-2340	70-80
Chicago Burger w/Potato Salad	1010	70	10	1640	70
Chicago Burger w/Cole Slaw	1160	70	10	1770	70
Chicago Burger w/Fries	1490	80	20	3380	140
*Western BBQ w/Dinner Salad	1240	70	20	2220	130
*Western BBQ w/Soup	1390-1600	70-90	20-30	3120-3290	130-140
*Western BBQ w/Potato Salad	1510	80	20	2420	130
*Western BBQ w/Cole Slaw	1630	90	20	2460	130
*Western BBQ w/Fries	1960	100	30	4050	260

OLD-FASHIONED BASKET COMBO

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Classic Hamburger Basket	1270				
*Burger Basket	1380	70	20	2510	140
*Double Cheese Burger	1840	90	30	2840	140
*Bacon Cheese Burger	1540	80	20	3200	140
Chicken Strips	810-1130	40-70	10	2540-3300	60-100

SANDWICHES

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Club w/Dinner Salad	790	30	10	2540	80
*Club w/Soup	830-990	30-50	10	3220-3390	90
*Club w/Potato Salad	950	50	10	2640	90
*Club w/Cole Slaw	1100	60	10	2680	100
*Club w/Fries	1460	60	10	4270	170
*Chicken Avocado w/Dinner Salad	1030	50	10	2480	90
*Chicken Avocado w/Soup	1070-2300	50-60	10-20	3160-3330	90-100
*Chicken Avocado w/Potato Salad	1190	60	10	2580	90
*Chicken Avocado w/Cole Slaw	1340	70	20	2620	100
*Chicken Avocado w/Fries	1700	80	20	4210	180
Gobbler w/Dinner Salad	790	30	0	1940	80
Gobbler w/Soup	830-990	30-50	0-10	2620-2790	80-90
Gobbler w/Potato Salad	950	50	10	2040	80
Gobbler w/Cole Slaw	1100	60	10	2080	90
Gobbler w/Fries	1460	60	10	3670	170
*BLAST w/Dinner Salad	950	50	10	1300	80
*BLAST w/Soup	1090-1250	40-60	10-20	2360-2530	90-100
*BLAST w/Potato Salad	1190	60	10	1780	90
*BLAST w/Cole Slaw	1240	70	20	1820	100
*BLAST w/Fries	1670	70	20	3410	180
Reuben w/Dinner Salad	1010	60	20	4280	70
Reuben w/Soup	1050-1210	60-80	20-30	4960-5130	80
Reuben w/Potato Salad	1170	70	20	4380	80
Reuben w/Cole Slaw	1320	90	30	4420	90
Reuben w/Fries	1680	90	30	6010	160
Hot Turkey Sandwich	820	20	0	2740	110
Blazin Bear w/Dinner Salad	980	50	20	2240	70
Blazin Bear w/Soup	1020-1280	50-70	20-30	3300-3640	80-90
Blazin Bear w/Potato Salad	1220	60	20	1760	90
Blazin Bear w/Cole Slaw	1270	80	30	1820	90
Blazin Bear w/Fries	1700	80	30	4020	140
French Dip w/Dinner Salad	550	20	0	2250	50
French Dip w/Soup	590-750	20-30	10	2930-3100	60
French Dip w/Potato Salad	710	30	10	2350	60
French Dip w/Cole Slaw	860	40	10	2390	70
French Dip w/Fries	1220	50	10	3980	140
French Dip Deluxe w/Salad	720	30	10	2330	60
French Dip Deluxe w/Soup	760- 920	30-50	10-20	3010-3180	70
French Dip Deluxe w/Potato Salad	880	40	20	2430	70
French Dip Deluxe w/Cole Slaw	1030	60	20	2470	80
French Dip Deluxe w/Fries	1390	60	20	4060	150
Crispy Chicken Flatbread w/Dinner Salad	1330	80	20	2360	90
Crispy Chicken Flatbread w/Soup	1480-1660	90-100	20-30	3190-3340	100-110
Crispy Chicken Flatbread w/Potato Salad	1570	100	20	2470	80
Crispy Chicken Flatbread w/Cole Slaw	1720	110	30	2530	90
Crispy Chicken Flatbread w/Fries	2050	110	30	4120	180
Garden Veggie Flatbread w/Dinner Salad	980	60	20	1850	90
Garden Veggie Flatbread w/Soup	1130-1310	70-80	20-30	2680-2830	100-110
Garden Veggie Flatbread w/Potato Salad	1220	80	20	1960	80
Garden Veggie Flatbread w/Cole Slaw	1370	90	30	1980	90
Garden Veggie Flatbread w/Fries	1700	90	30	3610	180
Garden Veggie Flatbread					

FRESH SALADS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Cheeseburger Salad includes dressing	840	60	20	1710	20
*Asian Chicken Cabbage	810	50	10	2140	50
Caesar Salad	1090	80	20	2550	40
Sweet Garden Harvest Salad	660	20	10	640	100
*Taco Salad-Chicken	1100	50	20	3230	100
*Taco Salad-Beef	1320	80	30	4070	100

LITTLE LESS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Patty Melt w/Dinner Salad	620	30	10	860	60
*Patty Melt w/Soup	660-820	30-50	10-20	1540-1710	70
*Patty Melt w/Potato Salad	780	40	10	960	70
*Patty Melt w/Cole Slaw	930	50	10	1000	80
*Patty Melt w/Fries	1090	50	10	2100	130
LL Tuna Melt w/Dinner Salad	970	60	20	1410	70
LL Tuna Melt w/Soup	1010-1170	60-70	10-20	2090-2260	80
LL Tuna Melt w/ Potato Salad	1130	70	10	1510	80
LL Tuna Melt w/Cole Slaw	1300	80	20	1550	90
LL Tuna Melt w/Fries	1440	80	20	2650	140
*Small Club w/Dinner Salad	590	30	0	1990	60
*Small Club w/Soup	630-790	30-40	0-10	2670-2840	70
*Small Club w/Potato Salad	750	40	10	2090	70
*Small Club w/Cole Slaw	900	50	10	2130	80
*Small Club w/Fries	1060	50	10	3230	120
*BLT w/Dinner Salad	610	30	0	1750	60
*BLT w/Soup	650-810	30-50	10-20	2430-2600	60-70
*BLT w/Potato Salad	770	40	10	1850	70
*BLT w/Cole Slaw	920	60	10	1890	70
*BLT w/Fries	1080	50	10	2990	120
Grilled Cheese w/Dinner Salad	630	40	20	1380	60
Grilled Cheese w/Soup	670-830	40-50	20-30	2060-2230	70
Grilled Cheese w/Potato Salad	790	50	20	1480	70
Grilled Cheese w/Cole Slaw	940	60	20	1520	70
Grilled Cheese w/Fries	1100	60	20	2620	120
LL Tuna Salad Chef	460	30	10	970	20
1/2 Sand & Bowl of Soup	780-990	40-60	10-20	1640-1890	40-50
Chili-Bowl	980	20	10	1310	60
Chili-Cup	840	20	10	980	50
Soup of the Day-Bowl	140-380	0-30	0-10	1130-1380	20-30
Soup of the Day-Cup	90-250	0-20	0-10	750-920	20

LEGEND

Cals: Calories
T.Fat: Total Fat
S.Fat: Saturated Fat
Carbs: Carbohydrates
CP: Country Potatoes
LL: Little Less
HB: Hash Browns
CFS: Chicken Fried Steak
BF: Big Foot
BP: Bear Paw
HM: Hungry Man

This Nutritional information is also available on the Black Bear Diner website:
www.blackbeardiner.com
and at
HealthyDiningfinder.com

*May contain raw or undercooked products. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne diseases, especially if you have certain medical conditions.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories a day. Recommended limits may be higher or lower depending upon daily calorie consumption.

Dinner

HOMESTYLE DINNERS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
BF CFS w/Mashed	1870	130	40	3820	180
BF CFS w/Baked	2260	150	40	3620	220
BF CFS w/Fries	2380	150	40	5190	250
BF CFS w/Onion Rings	1900	170	60	3990	210
Chicken Parm	1530	80	20	2370	150
*Fried Chicken w/Mashed	2260	140	40	6090	160
*Fried Chicken w/Baked	2650	160	40	5890	210
*Fried Chicken w/Fries	2770	150	40	7460	240
*Fried Chicken w/Onion Rings	2290	180	60	5540	190
Djion Crusted Salmon w/mashed	1540	100	30	1990	130
Djion Crusted Salmon w/Baked	1880	110	40	1770	160
Dijon Crusted Salmon w/Fries	2000	110	30	3340	190
Dijon Crusted Salmon w/Onion Rings	1770	100	30	2190	160

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Pork & Cin. Apples w/Mashed	1720	120	30	1510	140
Pork & Cin. Apples w/Baked	2060	130	40	1290	170
Pork & Cin. Apples w/Fries	2180	130	30	2860	200
Pork & Cin. Apples w/ Onion Rings	1950	120	30	1700	170
*Meatloaf w/Mashed	1220	90	30	3210	110
*Meatloaf w/Baked	1610	110	30	2910	160
*Meatloaf w/Fries	1730	110	30	4580	190
*Meatloaf w/Onion Rings	1250	140	50	3380	140
Pot Roast w/Mashed	1590	120	40	2460	110
Pot Roast w/Baked	1980	140	50	2750	150
Pot Roast w/Fries	2100	140	40	3730	180
Pot Roast w/Onion Rings	1620	170	70	2920	130

STEAKS & RIBS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Tri-Tip w/Mashed	1080	80	30	2700	70
Tri-Tip w/Baked	1150	70	20	2260	120
Tri-Tip w/Fries	1590	100	30	4060	160
Tri-Tip w/Onion Rings	1450	140	50	2550	80
Tri-Tip Combo-Ribs w/Mashed	1460	110	40	4550	120
Tri-Tip Combo-Ribs w/Baked	1850	130	30	4350	170
Tri-Tip Combo-Ribs w/Fries	1970	130	40	5910	200
Tri-Tip Combo-Ribs w/Onion Rings	1490	150	60	2460	130
Tri-Tip Combo-Shrimp w/Mashed	1180	90	20	2750	90
Tri-Tip Combo-Shrimp w/Baked	1570	110	30	2590	130
Tri-Tip Combo-Shrimp w/Fries	1690	110	30	4120	160
Tri-Tip Combo-Shrimp w/Onion Rings	1490	150	60	2460	130

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
BBQ Pork Ribs w/Mashed	1920	150	50	3050	160
BBQ Pork Ribs w/Baked	1590	170	50	2850	130
BBQ Pork Ribs w/Fries	2420	170	50	4210	170
BBQ Pork Ribs w/Onion Rings	1800	190	60	3500	140
Rib Eye w/Mashed	1470	100	30	1820	90
Rib Eye w/Baked	1830	120	40	1600	130
Rib Eye w/Fries	1950	120	40	3170	160
Rib Eye w/Onion Rings	1470	140	50	2240	110
New York w/Mashed	1740	140	40	2900	160
New York w/Baked	1810	160	50	2700	210
New York w/Fries	2250	160	50	4270	240
New York w/Onion Rings	2070	190	60	3050	190

DINER DEALS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Mickey's Chicken Pot Pie	710	70	50	1890	160
Spaghetti & Meatballs	1560	70	30	2330	150
Hot Turkey Plate	740	40	10	2430	70

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Deep Fried Shrimp	1300	90	20	3710	170
Fish & Chips	1840	110	20	3590	170
Pecan Crusted Trout	720	50	20	800	40

LITTLE LESS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
LL Pork & Cin Apples	1600	100	30	2050	150
BP CFS	1370	110	30	2860	140
BBQ Ribs	1540	130	50	2470	80
Meatloaf	1280	80	20	2650	110

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Tri Tip	1120	80	20	2120	60
Pot Roast	1390	90	30	1680	110
Top Sirloin	1130	50	20	2020	100

EXTRAS

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Onion Rings	2100	130	30	2640	210
Baked Potato	280	0	0	0	60
Add Butter	200	20	10	180	0
Add Sour Cream	120	10	0	60	0

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Dinner Salad	50	0	0	70	10
French Fries	720	30	10	1800	100
Vegetable of the Day	70-270	10-30	0-10	10	10
Corn Bread Muffin	440	20	10	640	50

BEVERAGES

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Coffee	0	0	0	0	0
Assorted Juices	220-270	0	0	10-50	60-70
Lemonade	280	0	0	100	70
Arnold Palmer	280	0	0	50	70
Pepsi Soft Drinks	0-290	0	0	70-120	0-80

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Iced Tea	0	0	0	20	0
Hot Tea	0	0	0	0	0
Hot Chocolate	120	0	0	150	20
2% Sm. Milk	180	10	10	150	20
2% Lg. Milk	240	10	10	200	20

Dessert

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Sugar Bear's Lava Cake	890	40	20	910	140
Blackbeary Cobbler	420	30	10	850	100
Apple Crumb Cobbler	420	30	10	850	90
No-Sugar-Added Peach Cobbler	270	30	10	850	50
Olga's Bread Pudding	1340	60	30	820	170
Chocolate Cream Pie	490	40	20	1290	90
Banana Cream Pie	400	30	20	1030	80

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Coconut Cream Pie	550	40	20	1250	90
Cin Apple Cream Pie					
Milkshakes and Malts	530-1130	30-50	20-30	190-420	60-150
Triple Chocolate Brownie Sundae					
Hot Fudge Sundae					
Sundaes	450-880	30-40	10-30	110-340	50-120
Scoop of Ice Cream	150	10	10	40	20

Cubs' Menu

BREAKFAST

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Mini Volcano	770	10	10	1980	10
Chocolate Chip Pancakes	680	20	10	820	120
Cinnamon Apple French Toast Sticks	490	10	10	820	30

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Strawberry Waffle	340	60	10	650	40
*Scrambler	340	90	40	730	50
*Pigs in a Blanket	690	10	10	1980	10

LUNCH & DINNER

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
*Chicken Strips	600-760	50-70	0-10	1040-1310	60
**Best Burger	470-610	20-40	0-10	390-630	80
Mini Corn Dogs	260-400	10-20	0-10	550-1220	40-50
Grilled Cheese	600-760	40-60	10-20	1120-1390	90
Macaroni & Cheese	320-500	10-20	0-10	1220-1460	120

Item	Cals	T.Fat	S.Fat	Sodium	Carbs
Pizza	390-550	10-20	0-10	720-960	90
*Fish & Chips	480-620	10-20	10	760-1020	100
Shrimp & Chips	480-620	10-20	0-10	760-1020	100
Tri-Tip Steak Dinner	170-330	0-10	0	720-500	120
Cubs Spaghetti	650	40	20	860	90