



Nutritional Menu

BREAKFAST

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments
Hungry Bear Breakfast												
The Grizz	1720	640	71	26	0	630	4460	197	5	68	65	Does not include choice of potato
Bigfoot Chicken Fried Steak & Eggs	1180	600	70	14	615	5610	226	16	24	83	46	Does not include choice of side
New York Steak, 10W oz	409	131	15	6	1	140	119	0	0	0	64	
served with 3 Eggs	190	113	13	4	0.05	491	187	0.95	0	0.5	17	
Build Your Own Bear's Choice Breakfast												
Bear's Choice - 2 EGGS	130	80	8	3	0	325	130	4	1	3	12	
Bear's Choice - Pancakes w BACON	1390	267	30	12	0	380	2732	243	8	86	40	
Bear's Choice - Pancakes w SAUSAGE LINKS	1550	402	45	18	0	410	3002	244	8	86	45	
Bear's Choice - Pancakes w HAM	1610	340	38	15	0	452	5162	257	8	96	62	
Bear's Choice - Waffle w BACON	890	302	34	10	0	430	1280	120	2	47	26	
Bear's Choice - Waffle w SAUSAGE LINKS	960	377	42	14	0	441	1276	120	2	47	26	
Bear's Choice - Waffle w HAM	1020	315	35	11	0	482	3436	134	2	57	42	
Bear's Choice - WAFFLE	470	166	19	5	0	84	809	67	1	27	8	
Bear's Choice - French Toast w BACON	800	228	25	7	0	570	969	114	5	30	36	
Bear's Choice - French Toast w SAUSAGE LINKS	880	303	34	11	0	582	964	114	5	30	36	
Bear's Choice - French Toast w HAM	940	241	27	8	0	623	3124	127	5	40	52	
Bear's Choice - FRENCH TOAST	390	92	10	2	0	225	497	60	4	9	18	
Bear's Choice - Biscuits & Gravy w BACON	1430	660	73	23	17	372	4107	151	3	24	40	
Bear's Choice - Biscuits & Gravy w SAUSAGE LINKS	1500	735	82	26	17	385	4103	151	3	24	40	
Bear's Choice - BISCUITS & GRAVY	1200	524	58	18	17	27	3701	146	1	21	23	
Hot Italian Patty Sausage (Choice)	621	500	56	20	0	139	1236	6	3	2	24	
Mild Italian Patty Sausage (Choice)	608	494	55	20	0	139	1197	4	1	1	23	
Pancakes, Waffles & French Toast												
2 Sweet Cream Pancakes	990	131	15	7	0	36	2266	193	8	68	22	served with syrup
Seasonal Pancakes	1260	140	20	10	0	40	2340	260	10	90	20	served with syrup
High Range	1660	340	40	10	0	40	2370	310	10	130	30	served with syrup
Sweet Cream Waffle	660	232	26	7	0.09	117	1137	93	3	37	12	served with syrup
Add Fruit & Whipped Cream	200	20	2	1	0	10	1	43	2	37	0	
Syrup 2 fl. ounces	180	0	0	0	0	0	66	50	0	17	0	
French Toast	585	138	15	3	0.07	337	752	90	8	13	28	served with syrup
Cinnamon Roll French Toast	1460	627	71	30	0.2	358	1103	191	6	106	22	served with syrup
Stuffed Blackberry French Toast	1240											
Volcano	1710	470	52	21	0.03	431	3523	260	9	86	53	served with syrup



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Omelettes & Scrambles												
Joe's Hobo Omelette, Incl. biscuit & butter blend	620	380	42	16	0	794	1616	13	1	9	46	Does not include choice of side
Chicken Fried Steak Omelette	1170	690	80	30	10	830	1930	60	10	10	60	
Bruce's Meat Lover's Omelette, Incl. biscuit & butter blend	690	430	48	19	0	810	1870	11	1	8	51	Does not include choice of side
California Omelette, Incl. biscuit & butter blend	480	317	35	12	0	739	417	12	6	5	31	Does not include choice of side
Denver Omelette, Incl. biscuit & butter blend	460	254	284	114	0	760	1223	133	2	9	37	Does not include choice of side
Vegetarian Omelette, Incl. biscuit & butter blend	400	230	25	10	0	740	417	11	2	7	30	Does not include choice of side
Shasta Scramble	360	230	26	7.5	0	490	258	15	7	7	21	Does not include choice of side
Southern Scramble, Incl. biscuit & butter blend	1160	670	74	24	8	580	2770	80	2	14	43	Does not include choice of side
Classic 2-Egg Combos, all combos served with biscuit												
Chicken Fried Steak and Eggs	750	360	40	11	1	400	160	50	11	5	42	Does not include choice of side
Hickory Smoked Ham & Eggs	600	150	17	6	0.03	398	2562	19	1	13	34	Does not include choice of side
New York Steak and Eggs	212	143	16	5	0	328	1274	5	1	3	12	Does not include choice of side
Low Range	254	168	19	6	0	477	1306	6	1	4	16	Does not include choice of side
Mild Patty Sausage and Eggs	750	570	64	23	0	470	1330	8	2	4	35	Does not include choice of side
Hot Patty Sausage and Eggs	760	570	64	23	0.03	470	1370	10	4	5	35	Does not include choice of side
Link Sausage and Eggs	380	280	31	12	0.03	372	540	6	1	3	21	Does not include choice of side
Chicken Sausage and Eggs	612	443	48	14	0	468	1334	5	1	5	38	Does not include choice of side
Low Range	654	468	51	15	0	617	1366	6	1	6	42	Does not include choice of side
High Range	400	250	28	11	0.03	382	2082	7	1	3	34	Does not include choice of side
Corned Beef Hash	140	76	8	3	0.03	327	132	4	1	3	12	Does not include choice of side
No meat, just 2 eggs	470	300	34	11	0.03	393	1160	5	1	3	34	Does not include choice of side
Thick-Cut Smoked Bacon and Eggs												
Benedicts & Specialty Breakfasts												
California Bacon Benedict	850	570	63	23	0	787	1451	36	7	17	37	Does not include choice of potato
Classic Eggs Benedict	700	330	37	17	0	460	2320	67	5	24	31	Does not include choice of potato
Chorizo Breakfast Burrito	1240	686	77	30	0	569	3218	79	5	8	41	Does not include choice of side
Breakfast Club Melt	980	590	70	10	0	410	1900	60	0	10	40	
Low Range	1020	610	70	10	0	560	1930	60	0	10	40	
High Range	1560	820	93	32	12	575	6460	132	4	22	51	Incl. biscuit
The Original ScramBOWL												
Sides												
Country Red Potatoes	330	121	14	5	0	0	3160	51	1	2	1	
Loaded (w/ Cheddar Cheese & Bacon) Country Red Potatoes	530	260	30	12	0	44	3600	50	1	2	13	
Strip-Cut Hash Browns	380	120	14	5	0	0	1990	56	0	0.5	3	
Loaded (w/ Cheddar Cheese & Bacon) Strip-Cut Hash Browns	580	260	30	12	0	44	2430	58	0	0	16	
Fresh Fruit	70	2	0.3	0.1	0	0	12	17	2	12	1	
1 Biscuit	460	170	20	6	5	6	1339	60	1	9	10	
2 Biscuits	920	342	38	11	10	11	2678	126	2	17	21	
Side of Grits	400	0	17	8	0	0	1280	57	3	6	7	
Side of Loaded Grits	660	190	38	17	0	60	1950	58	3	6	24	



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Breakfast Extras												
Thick-Cut Bacon, 4 pieces	320	220	26	8	0	70	1020	0	0	0	22	
Hot Patty Sausage, 2 each	620	500	56	20	0	140	1240	6	3	2	24	
Mild Patty Sausage, 2 each	610	490	55	20	0	140	1200	4	1	1	23	
Link Sausage, 2 links	160	140	15	6	0	30	270	1	0	0	6	
Ham Steak, 1 slice	220	70	8	3	0	70	2430	14	0	10	22	6 oz W
Country Red Potatoes	330	120	14	5	0	0	3160	51	1	2	1	11 oz
Strip-Cut Hash Browns	380	120	14	5	0	0	1990	56	0	0	4	11 oz
Loaded: Add Cheddar & Bacon	200	140	16	7	0	45	442	1	0	0	122	
Biscuits and Gravy	1290	580	65	20	19	30	4040	153	2	23	24	
Toast with Butter (12 Grain Bread)	420	220	25	12	0	0	580	44	2	8	6	
Toast with Butter (English Muffin)	360	210	23	13	0	0	480	31	2	3	6	
Toast with Butter (Rye Bread)	460	230	26	12	0	0	680	48	4	4	8	
Toast with Butter (Sourdough Bread)	380	220	24	12	0	0	520	34	1	2	6	
Toast with Butter (White Bread)	420	220	24	12	0	0	580	42	2	6	6	
Side of Grits	400	0	17	8	0	0	1280	57	3	6	7	
Side of Loaded Grits	660	190	38	17	0	60	1950	58	3	6	7	
Fresh Baked Bear Claw												
Classic with almond filling	1180	510	57	20	0	105	970	132	4	71	17	
Blackberry- filled	970											
Fit & Focused												
Chicken Sausage Scramble	590	170	19	6	0	60	1010	51	8	21	36	Incl. dry wheat toast & fruit
Avocado Toast	534	344	38	7	0	327	165	39	16	17	17	
	576	369	41	8	0	476	196	40	16	18	20	
Steel Cut Oatmeal	740	260	29	4	0	5	55	115	11	72	13	
Fruit Bowl - 6 oz.	230	10	1	0	0	0	55	57	6	39	4	
Side of Fruit - 4.5 oz.	70	0	0	0	0	0	10	17	2	12	1	
Gluten Free Ancient Grain Bread	95	15.75	1.75	0	0	0	185	18.5	1	2.5	1.5	
Little Less												
Mini Volcano with Sweet Cream Pancakes	1030	250	28	10	0	240	1947	168	6	56	29	Incl. syrup
Biscuit Gravy with Bacon	680	322	35	11	8	31	2125	74	1	10	17	
Biscuit Gravy with Sausage	760	400	44	15	8	45	2120	74	1	11	18	
The following Little Less selections are served with strip-cut hash browns and housemade biscuit												
Ham & Cheese Omelette	270	140	16	6	0	364	1027	10	1	6	23	
1 Egg and 2 Bacon	170	98	11	4	0	180	344	4	1	3	12	
1 Egg and 2 Sausage	240	173	193	73	0	194	339	5	1	3	12	
1 Egg and Ham	190	74	8	3	0	199	1284	11	1	8	17	
Strip-Cut Hash Browns	380	120	14	5	0	0	1990	56	0	0	3	
1 Biscuit	470	170	20	6	5	6	1339	60	1	9	10	



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LUNCH

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Burgers												
Bob's Big Bear Burger	1290	700	78	21	1.5	185	1570	77	5	18	64	Does not include choice of side
Make it deluxe!												
Cheese, monterey jack add	210	150	17	11	0	50	340	0	0	0	14	4 oz
Cheese, mozzarella, whole milk add	170	110	13	7	0	45	350	1	0	1	12	4 oz
Cheese, cheddar add	230	170	19	11	0.5	55	370	2	0	0	13	4 oz
Cheese, swiss add	170	120	13	8	0	40	80	1	0	0	11	2 Slices
Cheese, pepper jack add	170	120	13	8	0	15	260	0	0	0	9	2 slices
Cheese, American add	140	100	11	6	0	40	550	4	0	2	7	2 slices
Bacon add	90	60	7	2	0	18	275	0	0	0	6	2 slices
Specialty Burgers												
Western BBQ Burger	1230	540	60	20	1.5	138	2175	121	11	42	48	Does not include choice of side
Bacon Cheddar Burger	940	520	60	20	1.5	158	1685	60	4	13	51	Does not include choice of side
California Burger	1000	540	61	19	1	138	1395	64	9	13	47	Does not include choice of side
Parmesan Sourdough Cheeseburger	1100	640	70	10	0	150	1660	60	0	10	50	Does not include choice of side
Dr. Praeger's Veggie Burger	690	264	29	8	0	3	1978	87	13	19	1	Does not include choice of side
Shasta Cheeseburger Low Range	520	313	35	13	1	127	2862	16	4	9	36	Does not include choice of side
High Range	910	460	51	21	1	133	3361	63	6	15	47	Does not include choice of side
Patty Melt	920	407	45	18	1.5	125	985	54	5	7	60	Does not include choice of side
Sub Dr. Praeger's Veggie Patty	210	70	7	1	0	0	280	25	7	4	10	
Sub Lettuce Wrapped - Iceberg	3	0	0	0	0	0	2	1	0	0	0	3 leaves
Subtract calories	(257)	(31)	(3)	(1)	0	0	(638)	(48)	(2)	(7)	(7)	
Classic Diner Cheeseburger Basket												
SINGLE PATTY	1110	520	60	10	0	90	2810	110	10	10	40	Incl. French fries
DOUBLE	1350	670	80	20	0	160	3130	110	10	10	60	Incl. French fries
Sandwiches & Strips												
Tri Tip Dip	490	140	16	5	0	85	2270	44	2	3	41	Does not include choice of side
Tri Tip Dip Deluxe	680	260	29	13	0	125	2350	47	3	4	53	Does not include choice of side
The Reuben	970	540	60	22	0	140	4310	57	6	9	55	Does not include choice of side
Turkey Club Sandwich	660	230	26	5	0	57	2145	72	4	14	31	Does not include choice of side
Chicken Avocado Club	900	360	40	10	0	127	2089	75	9	12	57	Does not include choice of side
Crispy Chicken Bacon Ranch Wrap	1090	606	67	13	0	59	1915	94	13	9	32	Does not include choice of side
Tuna Melt	870	480	53	17	0	85	1310	55	5	8	41	Does not include choice of side
B.L.T.	715	405	45	15	0	60	1345	50	5	15	25	Does not include choice of side
Avocado, fresh add	106	87	10	1	0	0	5	6	4	0.5	1	
Open Faced Turkey Sandwich	880	175	20	5	5	75	2770	120	10	35	55	Does not include choice of side
Chicken Strips - Bacon Ranch Dressing	1420	800	89	15	0	105	3330	111	9	3	44	
Chicken Strips - BBQ Sauce	1210	480	54	9	0	85	3460	139	10	27	44	
Additional Tenders (1 each)	160	80	9	1.5	0	20	430	12	1	0	9	



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Super Salads												
Bacon Cheeseburger Salad	840	570	64	19	1	150	1720	21	6	8	45	Incl. Thousand Island
Crispy Chicken Cobb Salad	860	480	53	14	0	290	1891	53	14	9	49	Does not incl. dressing
Beef Taco Salad	1340	680	75	25	1	170	4160	100	25	11	72	Does not incl. dressing
Chicken Taco Salad	1120	480	53	16	0	135	3320	96	24	10	70	Does not incl. dressing
Crispy Chicken Taco Salad	1440	637	70	19	0	177	4170	119	25	10	88	Does not incl. dressing
Salad Dressings												
Bacon Ranch Dressing - 3 fl oz	500	480	53	9	0	25	540	2	0	1	2	
Bleu Cheese Dressing - Housemade - 3 fl oz	370	340	38	7	0	20	630	3	0	2	3	
1000 Island Dressing - Housemade - 3 fl oz	300	260	29	5	0	10	540	8	0	6	0	
Balsamic Vinaigrette Dressing - 3 fl oz	270	220	24	4.5	0	0	990	9	0	9	0	
Fat-Free Honey Dijon Dressing - 3 fl oz	130	0	0	0	0	0	900	30	0	27	0	
Fat-Free Italian Dressing - 3 fl oz	145	0	0	0	0	0	870	12	0	9		
Little Less												
Bowl Of Chili	840	321	36	13	0	112	3210	95	18	27	34	
Cup Of Chili	423	164	18	7	0	55	2000	42	13	8	22	
Half Ham Sandwich	300	100	11	2.5	0	40	1460	32	2	11	15	Does not include choice of soup
Half Turkey Sandwich	290	90	10	2	0	35	850	26	2	6	24	Does not include choice of soup
Half Tuna Sandwich	480	260	29	5	0	50	860	28	3	8	25	Does not include choice of soup
Half Chicken Sandwich	470	235	26	4	0	56	769	35.	4	9	21	Does not include choice of soup
Little Less Soup of the Day (Bowl)												
Classic Minestrone	180	30	3	0	0	15	2040	33	6	9	6	
Classic Chicken Noodle	240	60	6	1.5	0	45	2490	27	0	3	18	
Classic Broccoli Cheese	450	300	33	9	0	30	2400	30	6	6	6	
Tomato Bisque w Basil	390	300	27	7.5	0	37.5	1065	33	6	24	4.5	
Mediterranean-style Vegetable	300	45	4.5	0	0	0	1230	51	9	18	12	
Classic Cream of Potato w Bacon	630	390	42	15	0	60	2490	54	3	9	12	
Mexican -style Chicken Tortilla	360	60	6	3	0	60	1230	51	6	9	27	
New England Clam Chowder	495	330	36	21	1.5	120	1185	30	0	6	13.5	
1 Packet of Saltine Crackers	add 25	0	0.5	0	0	0	135	4	0	0	0	



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Little Less Soup of the Day (Cup)

Classic Minestrone	120	20	2	0	0	10	1360	22	4	6	4	
Classic Chicken Noodle	160	40	4	1	0	30	1660	18	0	2	12	
Classic Broccoli Cheese	300	200	22	6	0	20	1600	20	4	4	4	
Mediterranean-style Vegetable	200	30	3	0	0	0	820	34	6	12	8	
Classic Cream of Potato w Bacon	420	260	28	10	0	40	1660	36	2	6	8	
Mexican-style Chicken Tortilla	240	40	4	2	0	40	820	34	4	6	18	
Tomato Bisque w Basil	260	200	18	5	0	25	710	22	4	16	3	
1 Packet of Saltine Crackers add	25	0	0.5	0	0	0	135	4	0	0	0	

Sides

LITTLE LESS SIDE - French Fries	430	160	18	3	0	0	990	60	6	1	7	6 oz W
French Fries	790	300	34	6	0	5	1810	109	11	1	12	11 oz W
Sweet Potato Fries	875	388	43	7	0	0	1073	115	16	42	7	11 oz W
Sweet Potato Fries	477	211	23	4	0	0	585	63	9	23	4	6 oz W
Cole Slaw	190	130	15	2.5	0	5	115	14	2	12	1	3 oz W
Dinner Salad (without dressing)	30	3	0	0	0	0	19	5	2	3	2	

Salad Dressings

Bacon Ranch Dressing - 2 fl oz	330	317	357	67	0	17	360	1	0	1	1	
Bleu Cheese Dressing - Housemade - 2 fl oz	250	230	26	5	0	14	418	2	0	2	2	
1000 Island Dressing - Housemade - 2 fl oz	200	173	19	3	0	8	361	5	0	4	0	
Balsamic Vinaigrette Dressing - 2 fl oz	180	144	16	3	0	0	660	6	0	6	0	
Fat-Free Honey Dijon Dressing - 2 fl oz	90	0	0	0	0	0	500	20	0	17	0	
Fat-Free Italian Dressing - 2 fl oz	30	0	0	0	0	0	580	8	0	6	0	



Nutritional Menu

DINNER

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Full-Course Homestyle Dinners												
Bigfoot Chicken Fried Steak	1180	604	67	17	4	115	2640	99	15	7	46	
Roasted Turkey	470	170	19	5	0	95	2758	75	4	29	62	Does not incl. Mixed Veg
Housemade Meatloaf	1630	760	90	35	5	470	3290	95	15	30	110	
Slow-Cooked Pot Roast	330	85	10	5	0	55	1115	35	10	15	25	
Santa Maria Tri-Tip	400	183	20	8	0	127	1532	4	1	3	52	
BBQ Ribs	1800	1025	115	45	0	325	5955	85	5	80	110	
New York Steak	640	175	19	8	1	140	1010	22	5	5	67	
Add On Bleu Cheese and Mushrooms	210	148	16	11	0	42	650	3	0	1	13	
Homestyle Sides												
French Fries	790	300	34	6	0	5	1810	109	11	1	12	11 oz W
Seasonal Vegetables	180	149	17	5	0	2	182	6	3	2	3	
Italian Green Beans with Bacon	80	50	6	3	0	0	630	4	2	2	2	
Red-skinned Mashed Potatoes with Country Gravy	210	110	12	4.5	2.5	5	440	23	2	3	3	
Garlic Parmesan toast	270	165	20	10	5	5	370	25	5	5	5	
Side of Grits	200	0	17	8	1280	57	3	6	7			
Baked Potato no Sour Cream	280	0	0	0	0	0	30	63	7	4	7	
Loaded: Add Cheddar & Bacon To Any Potato Or Grits	200	140	16	7	0	45	442	1	0	0	12	
Sweet Potato Fries	880	388	43	7	0	0	1073	115	16	42	7	11 oz W
Onion Rings	1580	850	94	19	0	25	1970	158	33	19	22	13 oz W + 3 fl oz bacon ranch
Homemade Cole Slaw	190	130	15	2.5	0	5	115	14	2	12	1	3 oz W
Dinner Combos												
Surf & Turf	480	170	10	0	0	150	3090	60	0	20	10	
BBQ Ribs & Shrimp		1250	625	60	25	0	220	4620	115	5	80	65
BBQ Ribs & Chicken Strips	Low Range	1440	670	75	25	5	205	4705	125	5	95	75
	High Range	1630	990	110	30	5	225	4485	90	5	60	75
Shrimp & Cod		900	545	50	10	0	100	2555	90	10	25	25
Tri-Tip & Chicken Strips	Low Range	710	270	30	10	5	120	2360	65	5	40	50
	High Range	900	585	65	15	5	140	2135	30	5	5	55
Tri-Tip & Shrimp		520	225	15	10	5	135	2275	60	5	25	45
Dipping Sauces												
BBQ Sauce	140	0	0	0	0	0	580	36	0	34	0	2.00 fl oz
Bacon Ranch	334	317	35	6	0	17	360	1	0	1	1	2.00 fl oz
Cocktail Sauce	76	0	0	0	0	0	686	19	0	15	0	2.00 fl oz



Nutritional Menu

DINNER

MENU ITEM

Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Includes:
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Diner Deals - Build Your Own Fettuccine Pasta

Creamy Alfredo	1225	240	65	25	5	85	1875	125	5	15	40	
Basil Pesto	1525	240	95	30	5	105	2450	130	10	15	45	
Toppers - Marinated Chicken Breast	370	18	21	6	0	115	1333	0	0	0	39	Incl. 3.00 V oz of Alfredo or Pesto Sauce
Toppers - Crispy Chicken Strips	530	157	36	9	0	72	1383	29	1	0	25	Incl. 3.00 V oz of Alfredo or Pesto Sauce
Toppers - Blackened Salmon	570	148	35	9	0	173	866	0	0	0	51	Incl. 3.00 V oz of Alfredo or Pesto Sauce

Diner Deals

Fish 'N Chips, Incl. French fries & cole slaw	1740	930	103	18	0	70	3500	171	23	17	33	
Shrimp 'N Chips	1455	665	55	10	5	125	3850	210	20	30	40	
Chicken 'N Waffle	1230	335	40	10	5	110	1815	140	10	45	35	
Add Eggs- Low	126	75	8	3	0	327	125	1	0	0	11	
Add Eggs- High	168	101	11	3	0	476	157	1	0	1	15	
Blackened Pesto Salmon	960	410	65	20	5	175	1400	45	10	15	65	

Daily Specials

Fish Fry Friday	2560	1225	136	24	0	102	5616	280	24	28	54	
Fish Fry Second Helping	330	170	19	4	0	50	432	23	2	1	16	
Prime Rib	1460	990	110	41	3	244	3690	45	9	14	72	

Little Less

Bear Paw Chicken Fried Steak,	610	280	31	9	2	74	1422	54	11	5	30	
Housemade Meatloaf Dinner	1060	495	60	25	5	315	2110	60	10	20	75	Does not incl. choice of side
Slow-Cooked Pot Roast Dinner	180	45	5	5	0	30	565	20	5	10	15	Does not incl. choice of side
Tri Tip Dinner after 4 pm	240	110	12	5	0	76	918	4	1	3	31	



Nutritional Menu

DINNER EXTRAS

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments:
Extras												
Onion Rings	1580	850	94	19	0	25	1970	158	33	19	22	13 oz W + 3 fl oz bacon ranch
1/2 & 1/2 - French Fries & Onion Rings	930	340	40	0	0	0	1610	130	30	10	20	
Baked Potato (no condiments)	280	5	0	0	0	0	30	63	7	4	7	
French Fries	790	300	34	6	0	5	1810	109	11	1	12	11 oz W
Mashed Potatoes and Gravy	210	110	12	4.5	2.5	5	440	23	2	3	3	
Sweet Potato Fries	875	388	43	7	0	0	1073	115	16	42	7	11 oz W
Sweet Potato Fries	477	211	23	4	0	0	585	63	9	23	4	6 oz W
Loaded: Add Cheddar & Bacon To Any Potato	200	140	16	7	0	45	442	1	0	0	12	
Italian Green Beans	80	50	6	3	0	0	630	4	2	2	2	
Seasonal Vegetables: Zucchini, Squash, Red Bell Pepper	120	90	10	3	0	0	90	8	2	5	2	
Dinner Salad (without dressing)	30	3	0	0	0	0	19	5	2	3	2	
Mixed Vegetables	110	80	9	2.5	0	0	100	7	3	3	3	6 oz W
Cornbread Muffins	270	81	9	2	0	30	556	44	1	17	3	
Garlic Parmesan toast	270	165	20	10	5	5	370	25	5	5	5	
Soup of the Day (Cup)												
Classic Minestrone	120	20	2	0	0	10	1360	22	4	6	4	
Classic Chicken Noodle	160	40	4	1	0	30	1660	18	0	2	12	
Classic Broccoli Cheese	300	200	22	6	0	20	1600	20	4	4	4	
Mediterranean-style Vegetable	200	30	3	0	0	0	820	34	6	12	8	
Classic Cream of Potato w Bacon	420	260	28	10	0	40	1660	36	2	6	8	
Mexican-style Chicken Tortilla	240	40	4	2	0	40	820	34	4	6	18	
Tomato Bisque w Basil	260	200	18	5	0	25	710	22	4	16	3	
1 Packet of Saltine Crackers add	25	0	0.5	0	0	0	135	4	0	0	0	
Salad Dressings												
Bacon Ranch Dressing - 2 fl oz	330	317	357	67	0	17	360	1	0	1	1	
Bleu Cheese Dressing - Housemade - 2 fl oz	250	230	26	5	0	14	418	2	0	2	2	
1000 Island Dressing - Housemade - 2 fl oz	200	173	19	3	0	8	361	5	0	4	0	
Balsamic Vinaigrette Dressing - 2 fl oz	180	144	16	3	0	0	660	6	0	6	0	
Fat-Free Honey Dijon Dressing - 2 fl oz	90	0	0	0	0	0	500	20	0	17	0	
Fat-Free Italian Dressing - 2 fl oz	30	0	0	0	0	0	580	8	0	6	0	



Nutritional Menu

CUBS

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MENU ITEM

Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments
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Cubs' Breakfast

Mini Volcano with Bacon and Sausage	1020	390	44	16	0	225	2330	190	5	65	31	
BYO Breakfast - 1 Egg	60	38	4	1	0	164	62	0	0	0	6	
BYO Breakfast- 1 Piece of bacon	80	60	6	2	0	15	260	0	0	0	6	
BYO Breakfast - 1 Sausage link	80	70	8	3	0	15	135	1	0	0	3	
BYO Breakfast - 1 Biscuit and gravy	660	290	32	10	9	16	2028	80.	2	14	13	1 biscuit, 4 oz V country sausage gravy
BYO Breakfast- 1 Pancake	560	50	6	3	0	14	920	121	4	42	9	
BYO Breakfast - 1 French toast	400	46	5	1	0	112	320	83	33	24	10	
BYO Breakfast - 1 Waffle	280	98	11	3	0	46	452	40	2	17	5	
Chocolate Chip Pancakes	1020	260	30	20	0	30	1220	190	10	80		
Happy Cub Cake	470	46	5	3	0	12	631	103	3	37	6	
Sprinkle Cakes	860	160	20	10	0	30	1210	170	0	60		
Strawberry French Toast	500	170	19	6	3	150	310	27	2	25	9	
Ham Scrambler	420	180	20	7	0	200	1220	41	4	17	20	

Cubs' Lunch & Dinner

Chicken Strips	770	240	30	10	0	40	2610	110	10	60	20	
Chicken Strips Bacon Ranch Dressing	add 330	320	35	6	0	18	360	1	0	1	1	
Chicken Strips BBQ Sauce	add 120	2	0	0	0	0	480	30	1	25	1	
Biscuit Bear Burger & Fries	670	250	30	10	10	60	1340	80	10	10		
Grilled Cheese Sandwich	580	320	37	14	0.5	45	1130	50	3	12	14	
Macaroni and Cheese	270	80	9	3.5	0	15	930	49	2	24	13	
Fettuccine Alfredo		740	195	45	15	5	40	1080	75	5	10	25

Cubs' Lunch & Dinner Sides

Side - French Fries	add 210	82	9	2	0	1	490	30	3	0	3	6 oz W
Side - Fresh Fruit	add 60	0	0	0	0	0	20	15	1	13	1	3 oz W



Nutritional Menu

CUBS' DESSERT & BEVERAGES

MENU ITEM		Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Includes:
Cubs' Dessert													
Cub Sundae	Low Range	240	100	10	10	0	40	80	40	0	30	10	
	High Range	270	110	10	10	0	40	90	40	0	30	10	
Scoop of Vanilla Ice Cream w/ Whipped Cream		160	80	9	5	0	35	45	18	0	17	2	4 oz V ice cream, 2 oz V whipped cream
Scoop of Huckleberry Heaven Ice Cream w/ Whipped Cream		160	70	8	5	0	35	40	19	0	16	2	4 oz V ice cream, 2 oz V whipped cream
Scoop of Chocolate Ice Cream w/ Whipped Cream		170	80	9	5	0	35	65	19	0	13	2	4 oz V ice cream + 2 oz V whipped cream
Ice Cream Topping: Chocolate Syrup		90	0	0	0	0	0	30	22	0	20	0	1 oz V
Ice Cream Topping: Rainbow Sprinkles		30	15	1.5	0	0	0	0	4	0	3	0	1/4 oz V
Strawberries and Whipped Cream		70	30	3.5	1	0	10	0	9	1	7	0	
Beverages													
Chocolate Milk		250	60	6	4	0	25	160	38	1	34	11	12 oz
2% Milk		180	70	7	4.5	0	30	170	18	0	18	12	12 oz
Apple Juice		180	0	0	0	0	0	35	43	0	41	0	12 oz
Cranberry Juice		200	5	0	0	0	0	10	51	0	45	0	12 oz
Lemonade		130	0	0	0	0	0	45	35	0	34	0	10 oz
Cubs' Soft Drink	Low Range	0	0	0	0	0	0	30	0	0	0	0	10 oz
	High Range	125	0	0	0	0	0	50	33	0	32	0	10 oz

