

N, EGGTM
JOE
BREAKFAST + LUNCH

Nutritional Information



Item Name	Total Calories	Fat Calories	Total Fat	Sat Fat (g)	Trans Fat (g)	Cholesterol	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars(g)	Protein (g)
Hand Rolled Omelets											
Denver & Tillamook Cheddar Omelet	560	340	37	18	1	705	1260	9	1	5	46
Denver & Tillamook Cheddar Omelet - Lighter Serving	340	210	23	10	0	455	670	5	0	2	26
Crabacado Omelet	760	500	56	23	0	740	1170	9	3	2	56
Crabacado Omelet-Lighter Serving	560	380	42	16	0	485	930	8	3	2	35
Valley of the Sun Omelet	770	510	57	24	0	705	2420	10	3	2	56
Valley of the Sun Omelet-Lighter Serving	480	320	36	14	0	460	1370	9	3	2	33
Clubhouse Omelet	850	600	66	18	0	790	2350	6	0	4	58
Clubhouse Omelet - Lighter Serving	540	370	41	11	0	515	1620	4	0	2	38
Farmer's Omelet	850	510	56	26	0	730	2020	23	2	5	60
Farmer's Omelet-Lighter Serving	520	310	35	15	0	475	1190	15	1	4	35
Garden Vegetable Omelet	620	410	45	21	0	685	560	13	3	5	40
Garden Vegetable Omelet-Lighter Serving	550	370	42	19	0	480	480	13	3	5	32
Classic Ham and Tillamook Cheddar Omelet	580	350	38	18	1	725	1600	7	0	3	50
Classic Ham and Tillamook Cheddar Omelet-Lighter Serving	480	300	34	16	1	500	1180	5	0	2	38
Choice of:											
Freshly-Baked Buttermilk Biscuit	400	230	25	15	0	40	950	35	1	3	6
Fresh Seasonal Fruit-Bananas, Grapes, Cantaloupe	70	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Bananas, Grapes, Honeydew Melon	80	0	0	0	0	0	15	20	2	15	1
Fresh Seasonal Fruit-Bananas, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Buttermilk Pancakes - Three	640	260	30	12	0	140	1560	77	2	23	15
German Pancakes											
Classic German Pancake	770	260	29	15	0	525	470	94	2	38	28
Classic German Pancake Combo (includes eggs)	920	350	39	18	0	900	610	94	2	39	40
Basic Fruited German Pancake Combo (includes eggs)	830	280	31	10	0	865	520	94	2	38	40
Choice of Topping:											
Northwest Triple Berry - 4oz	110	0	0	0	0	0	10	28	3	23	1
Strawberry Compote - 4oz	130	0	0	0	0	0	10	33	2	29	0
Maple Caramel Apple Compote - 8oz	410	10	1	0	0	5	340	98	3	69	1
Lingonberry Butter - 1.5oz	150	105	10.5	7.5	0	30	90	12	0	12	0
Choice of:											
Daily's Smokehouse Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Honey-Cured Ham	130	40	4.5	1	0	50	1380	4	0	6	18
Zenner's Country Pork Sausage Links	240	180	20	6	0	55	610	0	0	0	13
Zenner's Chicken Apple Sausage	190	120	14	4	0	110	780	4	1	2	15
Bountiful Benedicts											
Classic Eggs Benedict	620	350	39	11	0.5	425	1490	30	1	4	33
Classic -Lighter Fare	310	180	20	5	0	215	750	15	1	2	16
Avocado Benedict	640	410	46	11	0.5	385	600	38	7	5	20
Avocado Benedict - Lighter Fare	320	200	23	5	0	195	300	19	3	3	10
Dungeness Crab Benedict	700	400	45	12	0.5	440	1480	32	2	5	40
Dungeness Crab Benedict - Lighter Fare	350	200	23	6	0	220	740	16	1	2	20
Above Benedicts served with a choice of:											
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Fresh Seasonal Fruit-Bananas, Grapes, Cantaloupe	70	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Bananas, Grapes, Honeydew Melon	80	0	0	0	0	0	15	20	2	15	1
Fresh Seasonal Fruit-Bananas, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
Traditional Favorites											
Hungry Rancher Breakfast	1120	710	79	31	0.05	695	3610	40	1	10	60
Chicken Fried Steak and Eggs	1170	670	74	30	0.05	480	2760	78	3	8	43
Chicken Fried Steak and Egg- LF	960	550	61	27	0	280	2380	69	2	8	31
Above entrees served with a choice of:											
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Fresh Seasonal Fruit-Bananas, Grapes, Cantaloupe	70	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Bananas, Grapes, Honeydew Melon	80	0	0	0	0	0	15	20	2	15	1
Fresh Seasonal Fruit-Bananas, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
Country Biscuit Breakfast	1120	680	76	22	1.5	400	1900	79	5	8	28
Choice of:											
Daily's Smokehouse Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Honey-Cured Ham	130	40	4.5	1	0	50	1380	4	0	6	18
Zenner's Country Pork Sausage Links	240	180	20	6	0	55	610	0	0	0	13
Zenner's Chicken Apple Sausage	190	120	14	4	0	110	780	4	1	2	15
Bacon & Tillamook Potato Cakes and Eggs	1440	1040	116	36	2.5	495	3230	40	4	7	60
Snoqualmie Falls Oatmeal - Classic	710	190	21	11	0	40	160	111	10	33	17
Snoqualmie Falls Oatmeal - Fruit	660	190	21	11	0	40	150	98	12	14	18
Snoqualmie Falls Oatmeal - Harvest	810	230	25	11	0	40	160	125	13	41	19

Pancakes & French Toast Combos											
Famous Buttermilk Pancakes (4 cakes)	820	320	36	14	0	175	2050	102	2	31	20
Fruit Pancake Combos	1000	370	41	12	0	530	2110	124	3	49	33
Choice of Topping:											
Northwest Triple Berry - 4oz	110	0	0	0	0	0	10	28	3	23	1
Strawberry Compote - 4oz	130	0	0	0	0	0	10	33	2	29	0
Maple Caramel Apple Compote - 8oz	410	10	1	0	0	5	340	98	3	69	1
Even More Famous Blueberry Pancakes (4 cakes)	930	330	36	14	0	175	2050	130	5	54	21
Classic French Toast (3 slices)	930	460	52	15	1	270	1000	91	3	23	21
Fruit French Toast Combos	1060	510	57	14	1	625	1060	98	3	28	34
Choice of Topping:											
Northwest Triple Berry - 4oz	110	0	0	0	0	0	10	28	3	23	1
Strawberry Compote - 4oz	130	0	0	0	0	0	10	33	2	29	0
Maple Caramel Apple Compote - 8oz	410	10	1	0	0	5	340	98	3	69	1
Served with Two Farm-Fresh Eggs											
Choice of Syrup:											
Elmer's Pancake Syrup	210	0	0	0	0	0	25	52	0	28	0
Oregon Marionberry Syrup	190	0	0	0	0	0	15	48	0	26	0
Choice of:											
Daily's Smokehouse Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Honey-Cured Ham	130	40	4.5	1	0	50	1380	4	0	6	18
Zenner's Country Pork Sausage Links	240	180	20	6	0	55	610	0	0	0	13
Zenner's Chicken Apple Sausage	190	120	14	4	0	110	780	4	1	2	15
Crepes & Waffles											
Belgian Waffle	290	170	19	12	0	95	460	23	0	1	4
Choice of Syrup:											
Elmer's Pancake Syrup	210	0	0	0	0	0	25	52	0	28	0
Oregon Marionberry Syrup	190	0	0	0	0	0	15	48	0	26	0
Choice of Topping:											
Northwest Triple Berry - 4oz	110	0	0	0	0	0	10	28	3	23	1
Strawberry Compote - 4oz	130	0	0	0	0	0	10	33	2	29	0
Maple Caramel Apple Compote - 6oz	410	10	1	0	0	5	340	98	3	69	1
Lingonberry Crepes	690	370	42	15	0.5	225	1030	63	2	30	16
Fruit Festival Crepes:											
Triple-berry Crepes	750	310	34	14	1	190	800	98	5	67	14
Strawberry Crepes	780	300	34	14	1	190	810	107	4	76	13
Maple-Caramel Apple Crepes	1000	310	35	14	1	200	1130	154	5	101	14
Combo Options - Eggs and Meat:											
Served with Two Farm-Fresh Eggs											
Daily's Smokehouse Bacon	160	100	12	4.5	0	15	1000	0	0	0	13
Honey-Cured Ham	130	40	4.5	1	0	50	1380	4	0	6	18
Zenner's Country Pork Sausage Links	240	180	20	6	0	55	610	0	0	0	13
Zenner's Chicken Apple Sausage	190	120	14	4	0	110	780	4	1	2	15
Skillets											
Country Cousin Skillet served with Biscuit	1700	1020	114	45	2	565	3120	108	7	11	58
Sun Devil Skillet served with Biscuit	1470	1050	118	36	0	445	1720				
Grilled Vegetable Skillet served with Biscuit	1370	870	97	39	2	505	1790	79	8	8	41
The Ranch Breakfast											
Daily's Smokehouse Bacon & Eggs	710	430	47	23	0	425	2090	36	1	3	31
Zenner's Country Pork Sausage Links & Eggs	790	500	56	25	0	465	1700	36	1	3	32
Zenner's Chicken Apple Sausage Links & Eggs	750	440	49	23	0	520	1880	40	2	6	34
Honey-Cured Ham & Eggs	680	360	40	20	0	460	2470	40	1	6	37
Two-Egg Breakfast	550	320	36	19	0	410	1090	36	1	3	19
Choice of:											
Fresh Seasonal Fruit-Bananas, Grapes, Cantaloupe	70	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Bananas, Grapes, Honeydew Melon	80	0	0	0	0	0	15	20	2	15	1
Fresh Seasonal Fruit-Bananas, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Sandwiches											
The Club	1020	500	55	17	0	135	3070	73	4	9	52
Roasted Turkey Sandwich	830	300	33	5	0	80	1770	92	5	25	34
Chicken Fried Steak Sandwich	1100	550	55	17	0	90	2380	87	4	15	32
Garden Fresh Sandwich	610	320	36	12	0	235	1100	45	6	7	27
Smokehouse BLTA	900	460	52	10	0	55	2150	77	8	6	27
Reuben Sandwich	990	540	60	17	0	170	3330	49	5	5	57
Prime Rib Dip	780	310	34	14	2	120	1980	65	2	2	51
Prime Rib Dip with Cheese and Onions	1110	560	62	26	3	160	2230	73	3	6	63
Above Sandwiches are served with a choice of:											
Endless Northwest Fries - One Serving	350	130	14	3	0	0	670	49	4	0	6
Cottage Cheese	110	40	4.5	3	0	25	420	5	0	4	14
Creamy Coleslaw	140	90	10	1.5	0	10	135	12	2	8	1

Pick N' Pair												
Pick												
Half Turkey Sandwich	420	150	16	2.5	0	40	880	46	2	12	17	
Half Ham Sandwich	370	150	17	2.5	0	45	1270	37	2	6	16	
Half BLTA Sandwich	440	230	26	4.5	0	25	910	39	5	3	12	
Half Garden Fresh Sandwich	390	220	25	7	0	215	580	25	5	4	17	
Pair												
Cup of Ivar's Clam Chowder	300	160	18	9	0	5	540	29	1	1	5	
Cup of Seasonal Soup (Turkey Noodle)	160	50	6	2	0	25	910	18	1	2	8	
Fresh Garden Salad	60	20	2	0	0	0	190	9	1	1	2	
Endless Northwest Fries - One Serving	350	130	14	3	0	0	670	49	4	0	6	
Fresh Salads & Hearty Soups												
Cobb Salad	570	320	36	11	0	285	1510	19	9	5	45	
Cobb Salad-Lighter Serving	320	180	20	6	0	240	780	11	5	3	26	
Mesquite-Grilled Chicken Tortilla Salad	1000	470	52	12	0	0	1340	87	11	14	45	
Mesquite-Grilled Chicken Tortilla Salad-Lighter Serving	560	280	31	7	0	55	880	47	6	9	23	
Dungeness Crab BLT Salad	470	270	30	7	0	265	1570	19	9	5	38	
Dungeness Crab BLT Salad-Lighter Serving	290	160	17	4	0	240	870	11	5	3	26	
Yellow Bowl Salad	100	25	3	0	0	0	250	16	2	2	4	
Soup & Salad Combo:												
Ivar's Clam Chowder - Bowl	590	320	36	19	0	5	1070	58	1	1	11	
Seasonal Soup (Turkey Noodle) - Bowl	320	100	11	4.5	0	50	1810	35	3	4	16	
Yellow Bowl Salad	100	25	3	0	0	0	250	16	2	2	4	
Dressings												
Blue Cheese Dressing - 2oz	370	350	39	7	0	30	420	2	0	2	2	
Honey Mustard Dressing - 2oz	260	210	23	3.5	0	25	350	13	0	12	1	
Ranch Dressing - 2oz	210	190	21	3.5	0	20	530	2	0	1	1	
Thousand Island Dressing - 2oz	250	210	24	3.5	0	15	480	10	0	6	0	
Vinaigrette - 2oz	360	350	41	6	0	0	180	2	0	1	0	
Ivar's Clam Chowder - Bowl	590	320	36	19	0	5	1070	58	1	1	11	
Ivar's Clam Chowder - Cup	300	160	18	9	0	5	540	29	1	1	5	
Seasonal Soup (Turkey Noodle) - Bowl	320	100	11	4.5	0	50	1810	35	3	4	16	
Seasonal Soup (Turkey Noodle) - Cup	160	50	6	2	0	25	910	18	1	2	8	
Burgers & A Basket												
Beer-Batter Fish & Chips	1040	520	58	10	0	125	1930	87	8	14	43	
Served with Endless Northwest Fries and Coleslaw												
Endless Northwest Fries - One Serving	350	130	14	3	0	0	670	49	4	0	6	
Creamy Coleslaw	140	90	10	1.5	0	10	135	12	2	8	1	
Bacon Cheeseburger with Tillamook Cheddar	1060	590	65	20	2	165	1880	46	3	9	52	
Bacon Cheeseburger with Tillamook Cheddar - Lighter Serving	670	360	40	13	1.5	110	1370	38	2	7	36	
Bacon Avocado Burger	1080	610	67	20	1.5	165	2050	46	6	6	54	
Bacon Avocado Burger-Lighter Serving	700	390	43	14	1	105	1290	39	4	6	38	
Garden Veggie Burger	630	300	34	8	0	30	1320	52	6	7	30	
Above Burgers are served with a choice of:												
Endless Northwest Fries - One Serving	350	130	14	3	0	0	670	49	4	0	6	
Cottage Cheese	110	40	4.5	3	0	25	420	5	0	4	14	
Creamy Coleslaw	140	90	10	1.5	0	10	135	12	2	8	1	

Item Name	Total Calories	Fat Calories	Total Fat	Sat Fat (g)	Trans Fat (g)	Cholesterol	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Kid's Menu											
Big Foot Breakfast											
One Egg	70	45	5	1.5	0	210	70	0	0	0	6
<i>Choice of</i>											
Bacon - 2 strips	80	50	6	2	0	10	500	0	0	0	6
Sausage - 2 links	180	120	13	5	0	50	640	2	0	1	13
<i>Choice of:</i>											
Hashbrowns - 3oz	190	120	14	2.5	0	0	115	14	2	0	2
Grapes - 3oz	60	0	0	0	0	0	0	15	1	13	1
Banana - 1/2	60	0	0	0	0	0	0	15	2	8	1
Applesauce - 3oz	60	0	0	0	0	0	0	15	1	12	0
Buttermilk Pancakes - 3 dollar size cakes	60	15	2	0	0	15	140	9	0	3	2
French Toast - 1 slice	230	140	16	2.5	0	70	135	18	1	9	5
Waffle - 1/2 regular size	90	40	4	2	0	35	190	11	0	0	2
Whipped Butter - 7/8oz	190	190	22	14	0	55	180	0	0	0	0
<i>Choice of:</i>											
Pancake Syrup - 2oz	210	0	0	0	0	0	25	52	0	28	0
Marionberry Syrup - 20z	90	0	0	0	0	0	40	40	0	19	0
Cub Cake	360	130	14	5	0	70	620	48	1	16	9
Buttermilk Dollar Pancakes - 8 dollar cakes	480	140	16	2.5	0	110	1160	69	2	22	15
Strawberry Dollar Pancakes - 8 dollar cakes	640	190	22	6	0	130	1200	96	2	45	16
Tripleberry Dollar Pancakes - 8 dollar cakes	630	190	22	6	0	130	1200	92	3	41	16
Chocolate Chip Dollar Pancakes - 8 dollar cakes	730	240	28	10	0	130	1210	102	2	37	18
Mt. Waffle with Strawberry	400	90	10	5	0	75	430	75	1	47	5
Mt. Waffle With Tripleberry	390	90	10	5	0	75	430	72	1	44	5
Kid's Crepe with Strawberry	480	190	22	9	0	115	380	67	2	49	7
Kid's Crepe with Tripleberry											
Breakfast Sandwich	360	180	21	7	0	230	660	25	1	1	17