

# EGG N' JOE™

## Nutritional Information

BREAKFAST + LUNCH

Item Name	Calories (kcal)	Calories for Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrats (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>HAND-ROLLED OMELETS:</b>											
Denver & Tillamook Cheddar Omelet	570	350	39	18	1	705	1260	9	1	5	46
Denver and Tillamook Omelet -LF	340	210	23	10	0	455	670	5	0	2	26
Farmer's Omelet	860	520	58	26	0	730	2010	24	2	6	60
Farmer's Omelet - Lighter serving	520	310	35	15	0	475	1190	15	1	4	35
Crabacado Omelet	780	510	57	23	0	740	1170	10	3	2	56
Crabacado Omelet - Lighter Serving	560	380	42	16	0	485	930	8	3	2	35
Garden Vegetable Omelet	630	420	47	21	0	685	560	14	3	5	40
Garden Vegetable Omelet - Lighter Serving	550	370	42	19	0	480	480	13	3	5	32
Valley of the Sun Omelet	780	530	58	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
Classic Ham and Tillamook Cheddar Omelet	590	360	40	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
<b>Choice of:</b>											
Famous Buttermilk Pancakes - Three	640	260	30	12	0	140	1560	77	2	23	15
Warm Pancake Syrup - 2 fl oz	210	0	0	0	0	0	25	52	0	28	0
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Buttermilk Biscuit with whipped butter	400	230	25	15	0	40	950	35	1	3	6
Fresh Seasonal Fruit-Bananas, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Bananas, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
<b>THE RANCH BREAKFAST (served with a Freshly Baked Buttermilk Biscuit):</b>											
Daily's Smokehouse Bacon & Eggs	720	440	49	23	0	425	2090	36	1	3	31
Zenner's Country Pork Sausage Links & Eggs	810	520	58	25	0	470	1650	38	1	4	31
Zenner's Chicken Sausage Links & Eggs	770	470	52	23	0	520	1880	40	2	6	34
Honey-Cured Ham & Eggs	710	390	43	20	0	460	2480	41	1	9	37
Two-Egg Breakfast	570	330	37	19	0	410	1090	36	1	3	19
<b>Choice of:</b>											
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Fresh Seasonal Fruit-Bananas, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Bananas, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
<b>GERMAN PANCAKES:</b>											
Classic German Pancake	770	270	30	15	0	525	470	94	2	38	28
Classic German Pancake - Fruited	660	160	18	7	0	495	375	92	2	38	28
Classic German Pancake Combo (includes eggs)	950	380	42	18	0	900	610	95	2	39	40
Classic German Pancake Combo - Fruited (includes eggs)	830	280	31	10	0	865	520	94	2	38	40
<b>Choice of Breakfast Meat:</b>											
Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Sliced Ham (2 slices)	140	60	6	1	0	50	1380	5	0	6	18
Pork Sausage Links (3 links)	240	190	21	6	0	60	560	2	0	1	13
Chicken Apple Sausage (2 links)	210	130	15	4	0	110	780	4	1	2	15
<b>Choice of Topping:</b>											
Strawberry Compote - 4oz wt	130	0	0	0	0	0	10	33	2	29	0
Northwest Triple Berry Compote - 4oz wt	110	0	0	0	0	0	10	28	3	23	1
Cinnamon Apples - 6oz	163	2.9	0	0	0	0	221	40	3	28	1
Lingonberry Butter - 3oz	300	210	20	15	0	60	190	24	2	22	0

<b>TRADITIONAL FAVORITES:</b>											
Hungry Rancher Breakfast (served with Biscuit)	1130	720	80	31	0.5	695	3580	41	1	10	60
<b>Choice of:</b>											
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, 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
Country Biscuit Breakfast	1140	690	78	23	1.5	400	1900	80	5	8	28
<b>Choice of Breakfast Meat:</b>											
Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Sliced Ham (2 slices)	140	60	6	1	0	50	1380	5	0	6	18
Pork Sausage Links (3 links)	240	190	21	6	0	60	560	2	0	1	13
Chicken Apple Sausage (2 links)	210	130	15	4	0	110	780	4	1	2	15
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
Bacon & Tillamook Potato Cakes and Eggs	1440	1040	116	36	2.5	495	3230	40	4	7	60
Chicken Fried Steak & Eggs	1180	680	76	30	0.5	480	2760	79	3	8	43
Chicken Fried Steak & Egg - Lighter serving	980	560	63	27	0	280	2390	69	2	8	31
<b>Choice of:</b>											
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
<b>BENEDICTS:</b>											
Classic Eggs Benedict	620	350	39	11	0.5	425	1490	30	1	4	33
Classic Eggs Benedict - Lighter Serving	310	180	20	5	0	215	750	15	1	2	16
Avocado Benedict	540	410	46	11	0.5	385	600	38	7	5	20
Avocado Benedict - Lighter Serving	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 Serving	350	200	23	6	0	220	740	16	1	2	20
<b>Above Benedicts served with a choice of:</b>											
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
<b>PANCAKES &amp; FRENCH TOAST</b>											
Famous Buttermilk Pancakes (includes Eggs, Butter & Syrup)	1195	425	47.3	16.8	0	548	2220	155	2	58	33
Famous Buttermilk Pancakes - Fruited (includes Eggs)	1000	370	41	12	0	530	2110	124	3	49	33
<b>Choice of Topping:</b>											
Strawberry Compote - 4oz wt	130	0	0	0	0	0	10	33	2	29	0
Northwest Triple Berry Compote - 4oz wt	110	0	0	0	0	0	10	28	3	23	1
Cinnamon Apples - 6oz	163	2.9	0	0	0	0	221	40	3	28	1
Northwest Blueberry Pancakes (Includes Eggs, Butter & Syrup)	1305	435	48	17	0	547	2219	183	5	82	34
Cinnamon Roll Pancakes (Includes Eggs)	1585	560	65	21	0	560	2430	225	6	147	35
Brioche French Toast (includes Eggs, Butter & Syrup)	1432	592	67	19	1	643	1232	162	3	55	37
Brioche French Toast - Fruited (includes Eggs)	1182	536	60	14	1	627	1122	116	3	30	38
<b>Choice of Topping:</b>											
Strawberry Compote - 4oz wt	130	0	0	0	0	0	10	33	2	29	0
Northwest Triple Berry Compote - 4oz wt	110	0	0	0	0	0	10	28	3	23	1
Cinnamon Apples - 6oz	163	2.9	0	0	0	0	221	40	3	28	1
<b>Choice of Breakfast Meat:</b>											
Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Sliced Ham (2 slices)	140	60	6	1	0	50	1380	5	0	6	18
Pork Sausage Links (3 links)	240	190	21	6	0	60	560	2	0	1	13
Chicken Apple Sausage (2 links)	210	130	15	4	0	110	780	4	1	2	15

<b>CREPES AND WAFFLES:</b>											
Belgian Waffle (includes Eggs, Butter & Syrup)	665	275	31	15	0	95	485	75	0	29	4
Belgian Waffle - Fruited (includes Eggs)	470	220	24	11	0	450	520	44	1	19	17
<b>Choice of Topping:</b>											
Strawberry Compote - 4oz wt	130	0	0	0	0	0	10	33	2	29	0
Northwest Triple Berry Compote - 4oz wt	110	0	0	0	0	0	10	28	3	23	1
Cinnamon Apples - 6oz	163	2.9	0	0	0	0	221	40	3	28	1
Lingonberry Crepes (includes Eggs)	855	475	54	18	0	630	1175	65	2	30	29
Strawberry Festival Crepes (includes Eggs)	944	405	46	17	1	562	954	108	4	76	26
Triple Berry Festival Crepes (includes Eggs)	914	415	46	17	1	562	944	99	5	67	27
Cinnamon Apple Festival Crepes (includes Eggs)	916	408	46	17	1	564	1155	98	2	60	27
<b>Choice of Breakfast Meat:</b>											
Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Sliced Ham (2 slices)	140	60	6	1	0	50	1380	5	0	6	18
Pork Sausage Links (3 links)	240	190	21	6	0	60	560	2	0	1	13
Chicken Apple Sausage (2 links)	210	130	15	4	0	110	780	4	1	2	15
<b>SKILLETS:</b>											
Sun Devil Skillet (includes Buttermilk Biscuit and Butter)	1931	1295	145	56	2	656	3044	477	16	48	59
Country Cousin (includes Buttermilk Biscuit and Butter)	1683	1007	112	44	2	583	3118	108	7	11	58
Grilled Vegetable Skillet (includes Buttermilk Biscuit and Butter)	1370	870	97	39	2	505	1790	79	8	8	41
<b>PICK N' PAIR:</b>											
<b>PICK</b>											
Half Turkey	502	249	29	16	0	60	1070	30	2	3	17
Half Ham	502	274	30	11	0	45	1160	32	2	3	16
Half BLTA	516	332	37	11	0	29	971	33	4	3	14
Half Garden Fresh	492	273	29	8	0	213	582	34	5	3	16
<b>PAIR</b>											
Fresh Garden Salad	60	20	2	0	0	0	190	9	1	1	2
<b>Dressings:</b>											
Blue Cheese Dressing	370	350	39	7	0.5	30	420	2	0	2	2
Honey Mustard Dressing	260	210	23	3.5	0	25	350	13	0	12	1
Italian Dressing	30	0	0	0	0	0	280	3	0	2	0
Thousand Island Dressing	250	21	24	3.5	0	15	480	10	0	6	0
Northwest Fries	350	130	14	3	0	0	670	49	4	0	6
Seasonal Fresh Fruit-Bananas, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Seasonal Fresh Fruit-Bananas, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
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
<b>SANDWICHES:</b>											
Chicken Fried Steak	1410	915	101	34	1	134	2645	86	5	19	37
Chicken Fried Steak - Lighter Fare	926	607	67	23	1	95	1778	52	4	10	28
The Club	1218	690	78.5	34	1	158	3146	63	4	6	52
Chicken Bacon Ranch	1125	576	64	18	0	160	2475	67	8	5	65
Smokehouse BLTA	1031	664	73	22	0	57	1942	66	8	6	28
Garden Fresh	817	423	44	14	0	236	1105	60	6	5	25
<b>Served with choice of:</b>											
Northwest Fries	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

<b>BURGERS &amp; A BASKET</b>											
Beer Batter Fish & Chips (includes Northwest Fries, Coleslaw, Tartar and Lemon)	1040	520	58	10	0	125	1930	87	8	14	43
Beer Batter Fish & Chips-LF (includes Northwest Fries, Coleslaw, Tartar and Lemon)	920	480	53	9	0	95	1700	81	7	14	31
Bacon Avocado Burger	1322	941	103	32	3	174	2209	44	5	8	50
Bacon Cheeseburger	1249	866	94	30	3	168	2131	46	3	11	48
Garden Veggie Burger	717	380	42	10	0	38	1358	56	6	10	29
<b>Served with choice of:</b>											
Northwest Fries	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
<b>FRESH SALADS</b>											
Classic Cobb ( does not include dressing)	590	320	36	11	0	285	1510	19	9	5	45
Classic Cobb - LF (does not include dressing)	330	187	20	3	0	246	886	11	5	3	28
Southwest Chicken (includes Chipotle Ranch Dressing)	1010	480	53	12	0	100	1340	88	11	14	45
Southwest Chicken - LF (includes Chipotle Ranch Dressing)	570	290	32	7	0	55	880	47	6	9	23
Dungeness Crab BLT Salad (does not include dressing)	470	270	30	7	0	265	1570	19	9	5	38
Dungeness Crab BLT Salad - Lighter Serving (does not include dressing)	290	160	17	4	0	240	870	11	5	3	26
<b>Choice of Dressing:</b>											
Blue Cheese Dressing	370	350	39	7	0.5	30	420	2	0	2	2
Honey Mustard Dressing	260	210	23	3.5	0	25	350	13	0	12	1
Italian Dressing	30	0	0	0	0	0	280	3	0	2	0
Thousand Island Dressing	250	21	24	3.5	0	15	480	10	0	6	0
<b>BEVERAGES:</b>											
<b>Cold Beverages</b>											
Milk - Small (7oz)	110	40	4.5	2.5	0	0	110	11	0	11	7
Milk - Large (15oz)	230	80	9	6	0	40	230	24	0	23	15
Chocolate Milk - Small (7oz)	180	35	4	2.5	0	20	140	27	2	21	7
Chocolate Milk - Large (15oz)	390	80	9	6	0	40	310	57	3	45	14
<b>Soft Drinks</b>											
Pepsi - 10 oz	130	0	0	0	0	0	25	35	0	34	0
Diet Pepsi	0	0	0	0	0	0	30	0	0	0	0
Mug Rootbeer	120	0	0	0	0	0	35	30	0	30	0
Sierra Mist	130	0	0	0	0	0	25	30	0	30	0
Mt. Dew	140	0	0	0	0	0	40	40	0	40	0
Fresh Brewed Ice Tea	0	0	0	0	0	0	0	5	0	0	0
Sun Orchard Lemonade	150	0	0	0	0	0	0	39	0	37	0
Arnold Palmer	65	0	0	0	0	0	0	19	0	18	0
Blender Strawberry Lemonade	225	0	0	0	0	0	15	58	0	51	0
<b>Juice</b>											
Sun Orchard Orange Juice - Small	100	5	0	0	0	0	0	23	0	18	2
Sun Orchard Orange Juice - Large	210	10	1	0	0	0	0	48	1	39	3
Ocean Spray Apple Juice -Small	105	0	0	0	0	0	10	26	0	24	0
Ocean Spray Apple Juice- Large	225	0	0	0	0	0	20	56	0	51	0
Ocean Spray Cranberry Juice Cocktail - Small	110	0	0	0	0	0	0	30	0	26	0
Ocean Spray Cranberry Juice Cocktail - Larger	210	5	0	0	0	0	10	64	0	56	0
Tomato Juice - Small	40	0	0	0	0	0	600	9	2	6	2
Tomato Juice - Large	80	0	0	0	0	0	1280	19	4	13	4
<b>Hot Beverages</b>											
Northwest Lodge Blend	0	0	0	0	0	0	0	0	0	0	0
French Vanilla Capp	95	25	3	3	0	0	45	24	0	22	0
Whipped Cream	35	20	2.5	1.5	0	7	2.5	3	0	2	0.5
Cinnamon Sugar	8	0	0	0	0	0	0	2	0	1.6	0
Hot Chocolate	95	20	2.5	2.5	0	0	100	23	0	21	1
Whipped Cream	35	20	2.5	1.5	0	7	2.5	3	0	2	0.5
Black, Green or Herbal Tea	0	0	0	0	0	0	7	0	0	0	0