

# EGG N' JOE®

## BREAKFAST + LUNCH

# Nutritional Information

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	570	350	39	18	1	705	1260	9	1	5	46
Farmer's	860	520	58	26	0	730	2010	24	2	6	60
Crabacado	780	510	57	23	0	740	1170	10	3	2	56
Garden Vegetable	630	420	47	21	0	685	560	14	3	5	40
Valley of the Sun	780	530	58	24	0	705	2420	10	3	2	56
Classic Ham and Tillamook Cheddar	590	360	40	18	1	725	1600	7	0	3	50
Saturday Market	630	390	43	20	0	735	820	13	4	5	48
<b>Choice of:</b>											
Famous Buttermilk Pancakes - (3) served with Whipped Butter and Syrup - 2 fl oz	850	260	30	12	0	140	1585	129	2	51	15
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-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>THE RANCH BREAKFAST (served with a Buttermilk Biscuit and Whipped Butter)</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
<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>GERMAN PANCAKES</b>											
Classic German Pancake (served with Whipped Butter, Lemon and Powdered Sugar)	770	270	30	15	0	525	470	94	2	38	28
Classic German Pancake Fruited - includes choice of topping	660	160	18	7	0	495	375	92	2	38	28
German Pancake Combo - includes eggs (served with Whipped Butter, Lemon and Powdered Sugar)	950	380	42	18	0	900	610	95	2	39	40
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 - 4oz wt	130	0	0	0	0	0	10	33	2	29	0
Triple-Berry - 4oz wt	110	0	0	0	0	0	10	28	3	23	1
Cinnamon Apple - 6oz wt	163	3	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 a Buttermilk Biscuit and Whipped Butter)	1130	720	80	31	0.5	695	3580	41	1	10	60
<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
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)	600	90	10	3	0	8	69	111	10	33	17
Snoqualmie Falls Oatmeal (Fruit)	550	93	10	3	0	8	62	98	11	14	18
Bacon & Tillamook Potato Cakes and Eggs	1440	1040	116	36	2.5	495	3230	40	4	7	60
Chicken Fried Steak and Eggs (served with a Freshly Baked Biscuit)	1180	680	76	30	0.5	480	2760	79	3	8	43
<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>PANCAKES &amp; FRENCH TOAST</b>											
Famous Buttermilk Pancakes -Includes Eggs, Whipped Butter & Syrup - 2 fl oz	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 - 4oz wt	130	0	0	0	0	0	10	33	2	29	0
Triple-Berry - 4oz wt	110	0	0	0	0	0	10	28	3	23	1
Cinnamon Apple - 6oz wt	163	3	0	0	0	0	221	40	3	28	1
Northwest Blueberry Pancakes - Includes Eggs	1305	435	48	17	0	547	2219	183	5	82	34
<b>Choice of:</b>											
Warm Pancake Syrup - 2 fl oz	210	0	0	0	0	0	25	52	0	28	0
Cinnamon Roll Pancakes - Includes Eggs	1585	560	65	21	0	560	2430	225	6	147	35
Brioche French Toast - Includes Eggs	1432	592	67	19	1	643	1232	162	3	55	37
Warm Pancake Syrup - 2 fl oz	210	0	0	0	0	0	25	52	0	28	0
Brioche French Toast - Fruited - Includes Eggs	1182	536	60	14	1	627	1122	116	3	30	38
<b>Choice of Topping:</b>											
Strawberry - 4oz wt	130	0	0	0	0	0	10	33	2	29	0
Triple Berry - 4oz wt	110	0	0	0	0	0	10	28	3	23	1
Cinnamon Apple - 6oz wt	163	3	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	665	275	31	15	0	95	485	75	0	29	4
<b>Choice of:</b>											
Warm Pancake Syrup - 2 fl oz	210	0	0	0	0	0	25	52	0	28	0
Belgian Waffle - Fruited - Includes Eggs	470	220	24	11	0	450	520	44	1	19	17
<b>Choice of Topping:</b>											
Strawberry - 4oz wt	130	0	0	0	0	0	10	33	2	29	0
Triple-Berry - 4oz wt	110	0	0	0	0	0	10	28	3	23	1
Cinnamon Apple - 6oz wt	163	3	0	0	0	0	221	40	3	28	1



<b>LUNCH FAVORITES</b>											
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
Classic Cobb ( does not include dressing)	590	320	36	11	0	285	1510	19	9	5	45
Classic Cobb - Lighter Serving (does not include dressing)	330	187	20	3	0	246	886	11	5	3	28
<b>Choice of:</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
The Club Sandwich	1218	690	78.5	34	1	158	3146	63	4	6	52
Smokehouse BLTA Sandwich	1031	664	73	22	0	57	1942	66	8	6	28
Chicken Bacon Ranch Sandwich	1125	576	64	18	0	160	2475	67	8	5	65
Garden Fresh Sandwich	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>PICK N' PAIR</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>											
Northwest Fries	350	130	14	3	0	0	670	49	4	0	6
Fresh Garden Salad	60	20	2	0	0	0	190	9	1	1	2
<b>Choice of:</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
Seasonal Fresh Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Seasonal Fresh Fruit-Banana, 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
Patty Melt	950	560	63	21	1.5	145	1690	45	3	7	51
Garden Veggie Burger	717	380	42	10	0	38	1358	56	6	10	29
Bacon Avocado Burger	1322	941	103	32	3	174	2209	44	5	8	50
<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
Beer Batter Fish & Chips (includes Northwest Fries, Coleslaw, Tartar and Lemon)	1040	520	58	10	0	125	1930	87	8	14	43