

### COFFEE

Our delicious Signature Diner Roasts™ come in two coffee blends: MILD and BOLD. So, no matter what your coffee preference is, we've got a roast for you. Free Refills.

MILD or BOLD

Decaf

**Iced Coffee** 

### **ICED TEA**

Free Refills.

**FUZE®** Raspberry Tea Lemonade Iced Tea Iced Tea

### OTHER BEVERAGES

Free Refills. Selection may vary.















**Soft Drinks** Add a free shot of cherry or vanilla flavor to any soft drink.

Hot Tea / Herbal Tea **Hot Chocolate** 

### **SMOOTHIES**

Our smoothies are made with real fruit, juice and nonfat yogurt. Choose from three flavors.

**NEW!** Tropical

**Groovy Mango** 





### JUICE & MILK

NEW! Minute Maid® Premium Minute Maid

Berry Blend Signature blend of strawberry, orange and raspberry flavors.

Minute Maid® Orange Juice

**Other Juices** 

Ruby Red Grapefruit, Apple or Tomato

Family Size Juice Carafe 2% Milk

Chocolate Milk (reduced fat)

### PREMIUM LEMONADES

Made with real lemons for that all-natural taste. Free Refills.

Mango Lemonade Lemonade



Minute Maid®

Premium Berry Blend

Strawberry Lemonade

Strawberry Mango Pucker™

### MILK SHAKES

Enjoy a full glass of our thick, creamy, hand-dipped milk shakes made with premium ice cream, plus a little extra in the tin.

**Chocolate Peanut Butter** Cinnamon Apple Pie Or try our classic Vanilla, Chocolate, Strawberry or OREO® Shakes.













### **ALL-AMERICAN SLAM®**

Three scrambled eggs with Cheddar cheese, two bacon strips and two sausage links, plus hash browns and choice of bread.



### THE GRAND SLAMWICH®

Two scrambled eggs, crumbled sausage, bacon, shaved ham and American cheese on potato bread grilled with a maple spice spread. Served with hash browns.



### **BELGIAN WAFFLE SLAM®**

A golden waffle served with two eggs,\* two bacon strips and two sausage links.

### **LUMBERJACK SLAM®**

Two buttermilk pancakes, a slice of grilled ham, two bacon strips, two sausage links and two eggs,\* plus hash browns and choice of bread.



Two thick slices of our fabulous French toast with two eggs,\* two bacon strips and two sausage links.

### FIT SLAM®

Egg whites scrambled together with fresh spinach and grape tomatoes, plus two turkey bacon strips, an English muffin and seasonal fruit.

LEAN Under 15g of fat LIGHT Under 550 calories

PROTEIN Over 20g of protein



### **BUILD YOUR OWN GRAND SLAM®**

Pick any FOUR items and make it your own.

Or make it easy. Just ask your server for the Original Grand Slam® and get two buttermilk pancakes. two eggs,\* two bacon strips and two sausage links.

Bacon Strips (2) Sausage Links (2) Turkey Bacon Strips (2) Eggs\* (2) Buttermilk Pancakes (2) Slices of Toast (2) Buttermilk Biscuit English Muffin Hash Browns Grits (6 am - 2 pm only) Oatmeal (6 am - 2 pm only)



### Fit Fare® Options

Chicken Sausage Patty (1) Egg Whites (2) Hearty Wheat Pancakes (2)

Premium Items add each Grilled Ham Slice Hearty Breakfast Sausage (1) Seasonal Fruit (Selection may vary.) Yogurt



When you see a diner bell icon, you've found a fan favorite.

\*Eggs served over-easy, poached, sunny-side-up or soft-boiled may be undercooked and will only be served upon the consumers' request. NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.





## OMELETTES & SKILLETS

Three-egg omelettes are served with hash browns and choice of bread.

### MEAT LOVER'S OMELETTE

Grilled prime rib, crumbled chorizo sausage, bacon, fire-roasted bell peppers and onions, and Cheddar cheese covered with Pepper Jack queso.

### HAM & CHEESE OMELETTE

Diced ham, melted Swiss and American cheeses.

### PHILLY CHEESESTEAK OMELETTE

Grilled prime rib, fire-roasted bell peppers and onions, sautéed mushrooms and melted Swiss cheese.



### NEW! LOADED VEGGIE OMELETTE

Fresh spinach, mushrooms, sautéed zucchini and squash. diced tomatoes and melted Swiss cheese.

LEAN Under 15g of fat LIGHT Under 550 calories when you choose egg whites, seasonal fruit and an English muffin as your side choices

PROTEIN Over 20g of protein

### **ULTIMATE OMELETTE®**

Crumbled sausage, bacon, fire-roasted bell peppers and onions, mushrooms, diced tomatoes and shredded Cheddar cheese.



Skillets served sizzlin' hot.

### **ULTIMATE SKILLET**

Grilled sausage, fresh spinach, fire-roasted bell peppers and onions, mushrooms, grape tomatoes and seasoned red-skinned potatoes. Topped with Cheddar cheese and two eggs.\*

### **HEARTY BREAKFAST SKILLET**

A hearty breakfast sausage with seasoned red-skinned potatoes, sautéed mushrooms and fire-roasted bell peppers and onions. Topped with shredded Cheddar cheese and two eggs.\*



### FIT FARE® VEGGIE SKILLET

Seasoned red-skinned potatoes, fire-roasted bell peppers and onions, mushrooms and broccoli topped with two egg whites scrambled with spinach and grape tomatoes. Served with a side





### SANTA FE SKILLET

Crumbled chorizo sausage, fire-roasted bell peppers and onions, mushrooms and seasoned red-skinned potatoes. Topped with Cheddar cheese and two eggs.\*



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CAUTION: Skillets are hot. Handle with care.

### PANCAKES -----

### **CINNAMON PANCAKE BREAKFAST**

Cinnamon sauce and cream cheese icing drizzled over two buttermilk pancakes. Served with two eggs\* and hash browns, plus your choice of two strips of bacon or two sausage links and a side of warm syrup.



Cinnamon Pancake Breakfast

### PEANUT BUTTER CUP PANCAKE BREAKFAST

Chocolate chips and white chocolate chips inside two buttermilk pancakes, topped with hot fudge and drizzled with peanut butter sauce. Served with two eggs\* and hash browns, plus your choice of two strips of bacon or two sausage links and

### BANANA PECAN PANCAKE BREAKFAST

Glazed pecans cooked inside two hearty wheat pancakes and topped with fresh banana slices. Served with two scrambled egg whites, two strips of turkey bacon and a side of warm syrup.





FIBER Over 8g of fiber



### **BLUEBERRY PANCAKE BREAKFAST**

Juicy blueberries cooked inside two buttermilk pancakes. Served with two eggs\* and hash browns, plus your choice of two strips of bacon or two sausage links and a side of warm syrup.

### SIDES

Bacon Strips (4)

Turkey Bacon Strips (4)

Sausage Links (4)

Hearty Breakfast Sausage (1)

Chicken Sausage

Patties (2)

Grilled Ham Slice

Eggs\* (Each)

Slices of Toast (2) Buttermilk Biscuits (2)

English Muffin

Red-Skinned Potatoes

Hash Browns

Cheddar Cheese Hash Browns

**Everything Hash Browns** (Onions, Cheddar cheese & country gravy)

Grits (6 am - 2 pm only)

Oatmeal (6 am - 2 pm only)

Yogurt

Seasonal Fruit

### **COUNTRY-FRIED STEAK** & EGGS\*

FAVORITES

A golden-fried chopped beef steak smothered in rich country gravy. Served with two eggs,\* hash browns and choice of bread.



Country-Fried Steak & Eggs

### **T-BONE STEAK\* & EGGS\***

A tender 13 oz. seasoned T-Bone steak\* served with two eggs,\* hash browns and choice of bread.





Our classic ham and scrambled egg sandwich with Swiss and American cheeses on grilled sourdough. Served with hash browns.



Add six delicious bite-sized round pancakes rolled in cinnamon sugar



# APPETIZERS

### BUILD YOUR OWN SAMPLER™

Pick three and make it your own. Served with your choice of dipping sauces.

### Not so hungry? Pick two

Jalapeño Bottle Caps® Mozzarella Cheese Sticks Onion Rings

Cheese Quesadilla Chips & Queso Chicken Strips



### PANCAKE PUPPIES®

Delicious bite-sized round pancakes rolled in cinnamon sugar and served with warm syrup.

Six Puppies Ten Puppies

### **CHICKEN STRIPS**

Spicy, golden-brown breaded chicken strips tossed in your choice of Sweet & Tangy BBQ or Buffalo sauce. Served with celery sticks and your choice of dipping sauce.

Pepper Jack queso, shredded Cheddar cheese, seasoned nacho meat, freshly made pico de gallo and sour cream. Served as a half



Golden-fried with a side of dipping sauce.

### **CHICKEN & SAUSAGE QUESADILLA**

Roasted seasoned chicken, crumbled sausage, fire-roasted bell peppers and onions, melted American cheese and freshly made pico de gallo fill a flour tortilla. Served with a side of ranch dressing.



### **SMOTHERED CHEESE FRIES**

Wavy-cut French fries covered with Pepper Jack queso, shredded Cheddar cheese and crumbled bacon. Served with a side of creamy ranch dressing.



### SOUPS

Kettle-cooked to be rich and hearty. Served with dinner bread. Available from 11 am to 10 pm.

Cup



### TODAY'S SOUP POT

Mon: Vegetable Beef Vegetable Beef

Loaded Baked Potato Loaded Baked Potato Clam Chowder

Broccoli & Cheddar Broccoli & Cheddar

> Available Every Day: Chicken Noodle

### PRIME RIB COBB SALAD

Tender prime rib, bacon, fresh avocado, grape tomatoes, Cheddar cheese, hard-boiled egg and potato sticks atop a bed of spring mix. Served with the dressing of your choice.

Grilled Chicken Cobb Salad Fried Chicken Strips Cobb Salad

### **CRANBERRY APPLE** CHICKEN SALAD

SOUPS & SALADS

Grilled seasoned chicken breast, glazed pecans, apple slices and dried cranberries atop a bed of spring mix. Served with balsamic vinaigrette. Served as a half

LEAN Under 15g of fat LIGHT Under 550 calories



Cranberry Apple Chicken Salad

### **AVOCADO CHICKEN CAESAR SALAD**

Grilled seasoned chicken breast, fresh avocado, crisp bacon crumbles and shredded Italian cheeses on top of fresh romaine lettuce and tossed with Caesar dressing. NEW! Avocado Salmon Caesar Salad





## BURGERS

You can opt for healthier selections like a veggie patty, a whole wheat bun and a side of seasonal fruit. All at no extra cost.

FIT OPTIONS

Burgers are served with your choice of wavy-cut French fries, hash browns, seasonal fruit or dippable veggies.

### **BACON AVOCADO CHEESEBURGER**

Crispy bacon, fresh avocado and melted Cheddar cheese top a hand-pressed beef patty. Served with mayo, lettuce, tomato,



A hand-pressed beef patty topped with Cheddar cheese, bacon, sautéed onions and mushrooms. Served on a Cheddar bun with



### **S** BACON SLAMBURGER™

Crispy hash browns, an egg\* cooked to order and two bacon strips top a hand-pressed beef patty covered with Pepper Jack queso.

### **DOUBLE CHEESEBURGER**

Your choice of American, Swiss or Cheddar cheese tops two hand-pressed beef patties. Served with lettuce, tomato, red onions and pickles.



### MUSHROOM SWISS BURGER

Melted Swiss cheese and mushrooms sautéed in garlic and herbs top a hand-pressed beef patty. Served with lettuce, tomato, red onions and pickles.

### NEW! CHICKEN BACON CLASSIC

A grilled seasoned chicken breast topped with melted Swiss cheese, bacon and a creamy pepper sauce. Served with lettuce, tomato, red onions and pickles.



### **BUILD YOUR OWN BURGER**

It comes with lettuce, tomato, red onions and pickles now follow the steps below and make it your own.

١.	Pick your patty	2. Find
	Beef Patty	Sesa
	Grilled Seasoned Chicken Breast	Che
	Veggie Patty	Who
	Extra patty	

d your base 3. Say cheese ame Seed Bun Swiss

eddar Bun Cheddar ole Wheat Bun American Extra cheese

5. Premium toppings

Sliced Jalapeños

**BBQ** Sauce Bourbon Sauce

Mayo

4. Add your toppings

Grilled Onions

Fresh Avocado Bacon Sautéed Mushrooms Jalapeño Bottle Caps®

### UPGRADE TO SEASONED FRIES Don't let your French fries go naked. more

### SIDES

Seasoned Fries

French Fries Hash Browns

Onion Rings

Caesar Salad

Garden Salad

Dippable Veggies

\*Eggs served over-easy, poached, sunnyside-up or soft-boiled may be undercooked and will only be served upon the consumers' request. NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

## SANDWICHES

Hand-crafted sandwiches are served with your choice of wavy-cut French fries, hash browns, seasonal fruit or dippable veggies.

### NEW! CHICKEN SALAD SANDWICH

Homemade with roasted seasoned chicken, celery, red grapes, toasted almonds and mayo. Served with spring mix and tomato on toasted 7-grain bread.



### **BACON LOVER'S BLT**

Eight crisp slices of bacon piled high with lettuce, tomato and mayo on toasted sourdough bread.

### PRIME RIB PHILLY MELT

Juicy prime rib, mushrooms and onions sautéed, then topped with melted Swiss cheese on grilled garlic and herb ciabatta bread.



### E THE SUPER BIRD®

Thinly sliced turkey breast with melted Swiss cheese, crisp bacon and tomato on grilled sourdough.



### CHICKEN AVOCADO SANDWICH

A grilled seasoned chicken breast with fresh avocado, pico de gallo, lettuce and sour cream on a whole wheat bun. Served with Fit Fare® fresh veggies as your side choice.

Pssst...this Lemonade Iced Tea great with

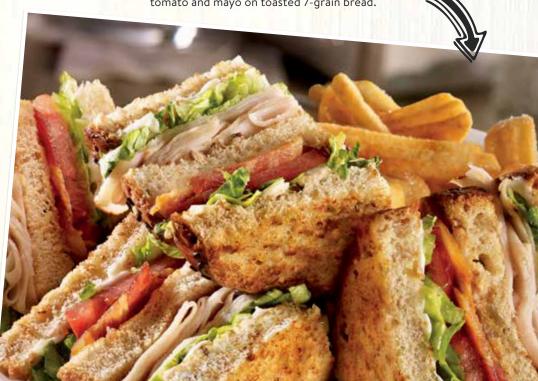
would taste your sandwich





### NEW! CLUB SANDWICH

Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread.



### MAKE IT SPECIAL'ER! ----

Upgrade to Seasoned Fries

Add Two Bacon Strips to any Burger or Sandwich

Add a Garden or Caesar Salad

Add a Bowl of Soup Add a Cup of Soup

Soup available from 11 am to 10 pm. Selection may vary.



## DINNER

### -- CLASSICS

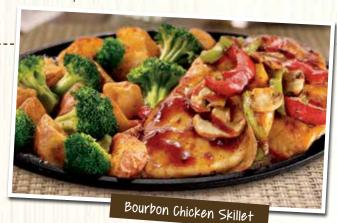
### **BROOKLYN SPAGHETTI & MEATBALLS**

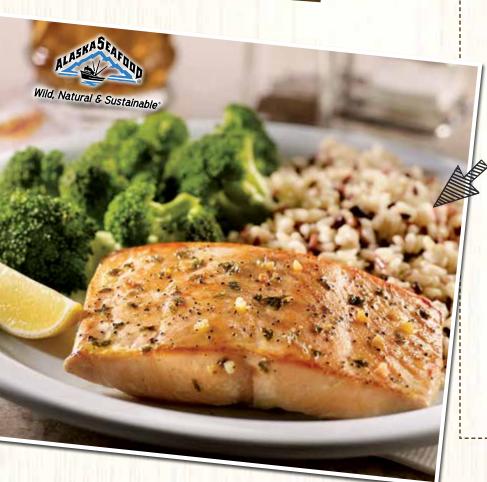
Three seasoned meatballs atop a bed of pasta covered in a rich, meaty tomato sauce. Served with a side of shredded Italian cheeses and garlic toast.



### **BOURBON CHICKEN SKILLET**

Two grilled seasoned chicken breasts covered with a delicious sweet bourbon glaze topped with mushrooms and fire-roasted bell peppers and onions. Served with broccoli and seasoned red-skinned potatoes.





### CHICKEN STRIPS

Four spicy, golden-brown breaded chicken strips served with a dipping sauce, your choice of two sides and dinner bread.



### SLOW-COOKED POT ROAST

Slow-cooked pot roast, creamy mashed potatoes and herb-roasted carrots, celery, mushrooms and onions atop grilled ciabatta bread and covered in rich gravy.



Slow-Cooked Pot Roast

### SEAFOOD .....

### FISH & CHIPS

Two wild-caught white fish fillets fried golden-brown and served with wavy-cut French fries. Served with tartar sauce and your choice of one side and dinner bread.



### ALASKA SALMON

A grilled wild-caught Alaska salmon fillet seasoned with a delicious blend of garlic and herbs. Served with your choice of two sides and dinner bread.

### FIT FARE® ALASKA SALMON

A seasoned wild-caught Alaska salmon fillet grilled to perfection. Served with whole grain rice and steamed broccoli.





### TILAPIA RANCHERO

A seasoned white fish fillet grilled and topped with freshly made pico de gallo and fresh avocado. Served with your choice of two sides and dinner bread.





### CAUTION: Skillets are hot. Handle with care.

## DINNER

### -----STEAKS

### **T-BONE STEAK\***

A tender 13 oz. seasoned T-Bone steak\* with your choice of two sides and dinner bread.

### **T-BONE STEAK\* & SHRIMP**

A tender 13 oz. seasoned T-Bone steak\* with six golden-fried shrimp. Served with your choice of two sides and dinner bread.



### **COUNTRY-FRIED STEAK**

A dinner-sized, golden-fried chopped beef steak smothered in rich country gravy. Served with your choice of two sides and dinner bread.



Country-Fried Steak

### SIRLOIN STEAK\*

A USDA select, 8 oz. seasoned sirloin steak\* cooked to perfection. Served with your choice of two sides and dinner bread.



FARE LEAN Under 15g of fat when you choose whole grain rice, steamed zucchini & squash and



### SIDES

Broccoli

Dippable Veggies

Fresh Sautéed Zucchini & Squash (also available steamed)

ADD AN

Sweet Petite Corn

Cheddar Mashed Potatoes

French Fries Hash Browns

Mac 'n Cheese

Mashed Potatoes

Red-Skinned Potatoes

Whole Grain Rice



You know what tastes great

before dinner? An order of

Mozzarella Cheese Sticks.



### ····· MAKE IT SPECIAL'ER! ·····

Add Six Golden-Fried Shrimp

Add a Garden or Caesar Salad

Add a Bowl of Soup Add a Cup of Soup

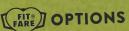
Soup available from 11 am to 10 pm Selection may vary.



\*Steaks that are served rare or medium-rare may be undercooked and will only be served upon the consumers' request. NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Save room for coffee ¿ dessert!





You can opt for healthier selections like egg whites, chicken sausage, hearty wheat pancakes and sugar-free syrup. All at no extra cost.

### **BREAKFAST**

### SENIOR SCRAMBLED EGGS & CHEDDAR BREAKFAST

Two scrambled eggs with Cheddar cheese. Served with two bacon strips, two sausage links and two buttermilk pancakes.

### SENIOR FRENCH TOAST SLAM®

One thick slice of our fabulous French toast with one egg,\* two bacon strips or two sausage links.

### SENIOR BELGIAN WAFFLE SLAM®

A golden waffle served with one egg,\* two bacon strips or two sausage links.

### SENIOR STARTER™

One egg\* with one bacon strip or one sausage link. Choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast, biscuit or an English muffin.

### NEW! SENIOR FIT FARE® LOADED VEGGIE OMELETTE

Egg white omelette with spinach, mushrooms, sautéed zucchini and squash, diced tomatoes and Swiss cheese. Served with seasonal fruit and an English muffin.





### PROTEIN Over 20g of protein

### SENIOR OMELETTE

A two-egg omelette with sautéed onions, bacon, diced tomatoes and shredded Cheddar cheese. Served with choice of seasoned red-skinned potatoes, hash browns or seasonal fruit and choice of toast, biscuit or an English muffin.

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### PROUD SUPPORTER OF

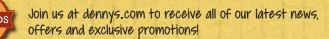


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### LUNCH

Served with your choice of wavy-cut French fries, hash browns, seasonal fruit or dippable veggies.

### **NEW! SENIOR CLUB SANDWICH**

Thinly sliced turkey breast, crisp bacon, lettuce, tomato and mayo on toasted 7-grain bread.

### SENIOR GRILLED CHEESE SANDWICH

Melted American cheese on grilled sourdough bread.

### DINNER

Includes choice of our Caesar salad, a garden salad or a cup of soup. Soup available from 11 am to 10 pm.

### SENIOR BROOKLYN SPAGHETTI & MEATBALLS

Two seasoned meatballs atop a bed of pasta covered in a rich, meaty tomato sauce. Served with a side of shredded Italian cheeses and garlic toast.

### SENIOR COUNTRY-FRIED STEAK

A golden-fried chopped beef steak smothered in rich country gravy. Served with choice of two sides and dinner bread.

### SENIOR GRILLED CHICKEN

A grilled seasoned chicken breast. Served with choice of two sides and dinner bread.

### SENIOR GRILLED TILAPIA

A grilled seasoned white fish fillet. Served with choice of two sides and dinner bread.

