

Yours Truly Restaurants Nutritional Fact Sheet

CALORIES CARBOHYDRATES FAT-TOTAL FIBER PROTEIN SODIUM SUGAR

Salads

Greek Salad	342	19	24	5	2	1594	2
Caesar Salad (NO croutons or dressing)	90	6	5	4	7	163	2
Napa Salad	562	44	36	10	26	708	27
Tender Salad	433	24	20		36	1057	
Cobb Salad	640	10	39	4	60	894	3
Teri Toss Salad	237	11	5	2	38	789	6
Chop Salad	510	12	39	6	26	1925	1
Envelope	457	43	21	3	24	846	4
Envelope w/Veggie Burger & Hummus	787	76	35	3	56	1370	7
Envelope w/Chicken & Hummus	893	55	33	3	106	1183	4

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Chicken/ Tuna Salad

Temptation (tuna)	391	22	20		31	737	
Temptation (chicken)	390	8	32	1	17	516	3
Melt (Tuna)	682	49	32	3	48	1345	14
Melt (Chicken)	826	30	2	2	18	616	9
Sandwich (tuna)	463	49	16		28	1323	
Sandwich (chicken)	458	35	28	1	15	520	1
Platter (tuna)	502	49	20	4	2	842	
Platter (chicken)	397	33	26	1	12	221	
Salad (tuna)	664	57	23	23	60	1530	25
Salad (chicken)	559	41	10	1	37	909	28

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Cold Sides

Fruit Fest sm.	60	15	1	2	1	9	13
Fruit Fest reg.	119	30	1	4	2	18	26
Coleslaw	162	7	4		25	737	
Cottage Cheese	153	6	3		23	689	1
Applesauce	50	14		1	12		1
Hummus	125	8	6	2	10	201	6

YT House Salad	281	38	4		27	706	25
Cottage Cheese & Fruit	272	36	4	3	25	737	27

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Hot Sides

Asian Veggies	350	32	20	6	11	1550	12
Spinach and Onion	326		32		4	44	
Onion Rings	1327	125	87		17	1223	
Saffron Rice	209	38	5		3		
Mac & Cheese	877	109	46	5	11	463	0
Cottage Fries	579	72.1	30	3.18	7.46	305	0
Cottage fries small	289.5	36	15	2	4	152	
Hearty Mac & Cheese w/chicken	960	54	44		93	877	5
Hearty Mac & Cheese	685	48	38		39	684	5
Sweet Potato Fries reg	342	45	17	4	2	342	13
Sweet Potato Fries sm	171	22	8	2	1	171	6

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Starters

Flash Fried Artichokes	35	6		2	1		
Hummus	751	51	50	2	26	1005	4
Sm. Notso	1017	75	64	3	38	1492	3
Notso Fries (minus 2oz sour cream)	2382	147	163	12	97	3412	
Lotso Fries (minus 4 oz sour cream)	3856	94	245	28	90	8495	15
Starter Sliders	554	41	24		41	720	1
Boneless Buffalo Bites	428	1	11		76	639	
4 Fingers	438	32	23	2	23	780	
Chili/Works	277	25	12	8	20.35	1154	8.36
Chili/Works Bowl							
Chili (cup)	303	30	12		21	1232	
Chili (Bowl)	583	57	24		40	2365	
Chicken Noodle (cup)	178	24	4		12	178	
Chicken Noodle (bowl)	342	46	7		24	342	
Clam Chowder (cup)	362	25	22		15	552	
Clam Chowder (bowl)	696	49	42		29	1063	

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Burgers

Patty Melt	645	31	39	3	42	1298	7
YT Sliders	424	45	47	3	63	1212	7
Club Burger	424	10	25	3	40	194	6
Bugerlite	766	30	47	5	56	1052	7
Reuben Burger	906	45	37	3	72	1525	7
Protini Burger	747	51	35	4	54	699	10
Special Delivery	1026	47	289	3	51	961	6.5
Ole Burger	660	45	28	3	55	741	6
Cheeseburger (mozzarella)	411	40	20	2	25	471	6
Quarter Pound Burger	368	25	20				
Plain Burger Patty	263		16		28	81	

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Chicken/ Broils

Buckeye Bacon	638	40	18	2	48	2818	5
Buffalo Broil (no jalapenos)	611	28	30	4	56	982	6
Reuben Broil	515	42	17	3	47	777	6
Ole Broil	953	37	47	1	75	1049	5
Grilled Chicken Quesadilla	895	55	43	3	69	2225	7
Broilite	247	6	9	2	34	83	1
Chicken Wrap	595	54	16	3	63	995	4
Tuscan Wrap	992	63	47	6	74	2219	7

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More Stuff

Veggie Quesadilla	560	61	28	6	22	1690	7
Buffalo Wrap	513	246	19	4	24	2116	4
6 Fingers	380	24	18	2	30	960	
Hot Dog	454	22	33	1	16	1330	5
Hot Dog w. Chili	1010	44	73		45	3331	
Crispy Chicken Sandwich	583	56	29		34	1166	8
Monte Cristo	1436	111	85		58	4277	
Gyro	568	42	32	1	31	1604	
Turkey Reuben	532	33	103		59	2042	

Veggie Burger Wrap	541	31	23	9	8	1529	7
Grilled Ham and Cheese	500	27	25		39	2539	1
Grilled Cheese	388	36	20	1	16	807	2
BLT	511	50	20		27	1593	1
Bacon Turkey Club	720	49	39	2	40	2030	6

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Featured Entrees (entrée only, no sides)

Rock and Roll	1190	6	828	2	28	300	2
Tuscan Chicken	549	14	13	4	44	708	1
YT Style General Tso's Chicken	976		11		101	473	7
Ribeye	300	12	9		42	520	
Salmon Filet	406		15		63	243	
Filet of Cod	354	4	11		57	238	
Asian Chicken	532	15	24	3	32	1669	4

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Omelets

Notso	913	39	92		72	1953	1
Palermo	741	10	34		38	1470	6
Gorgeous	480	5	38	1	30	9320	3
M&M	416	2	31		25	580	1
Greek	430	7	24		27	1376	1
Barcelona	256	5	43	4	27	577	4
Sedona	496	7	35	1	37	1568	3
Veggie	457	5	34	1	35	1325	4
BTC	1110	78	69		49	1693	
Eggs Milano	1309	89	80	6	60	1930	5

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Standby Breakfast

#1 Egg Benedict	574	57	29	2	20	474	1
#2	285	60	3	2	8	840	0
# 3 Pancakes	475	100	5	3	13	840	0
#3.5 (5) Pancakes	431	60	16	2	15	1247	1
#4 (w. bacon)	419	67	10	2	12		3

#5	373	41	16	1	18	731	1
#6	460	67	6	1	10	707	
#7	871	44	57	1	49	1775	4
#8	261	36	10		6	62	
#9	930	66	58		24	2600	
#10	1073	57	57		89	701	

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Anytime Breakfast

Sunrise	797	57	51	2	28	974	
Suncakes	563	67	15	2	252	574	3
Killit Skillet	1242	45	85		44	2550	2
YT Muffin	325	25	18	1	18	873	2
Am Wrap	666	6	68		27	1825	
Eggs Bruschetta	88	15	1	3	4	2	1
Olde Fashioned Oatmeal	150	27	3	4	5		1
basic Breakfast	302	15	16		20	211	4

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Breakfast Sides

Monster Hash	399	48	22	575	5	135	6
hashbrowns	346	36	22	3	4	133	1
Italian Sausage	391	5	31		22	1369	1
Bacon	103		8		7	439	
Corned Beef Hash	303	16	20	0	13	1075	
Ham	160		16		22	1080	
Turkey Links							
Canadian Bacon	210	1	10		28	1754	
Sausage patties	380		34		14	600	
A Buttermilk Pancake	158	33	2		4	280	
Bagel (dry)	187	37	1	3	7	363	7
Pita (dry)	187	38	1	1	6	365	1
Raisin (dry)	130	25	2	2		195	3
Wheat (dry)	172	32	3		7	368	
White (dry)	120	30	1	1	2	280	1
English Muffin (dry)	120	25	1	1	4	220	1

Rye (dry)	166	31	2	4	5	422	2
Ciabatta (dry)	260	54	1	2	10	700	
half grapefruit	36.9	9		2	1		8

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Sweet Stuff

Home Baked Apple Pie	490	67	23	0	3	614	
Brownie Hot Fudge Sundae	941	102	59		10	211	
Berry Blast	568	86	27		8	147	
Root Beer Float	379	59	19		3	104	
Hot Fudge Sundae	850	93	54			369	
Buck Sundae	652	88	36	1	10	249	41
Hand-Dipped Milk Shake	357	64	8	1	9	333	63

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Miscellaneous

Ranch 3oz	312	4	32		3	373	
Gorgonzola	428	6	44		4	929	
Honey Mustard	275	37	15		1	494	
Ceaser	469	3	50		3	704	
Italian(2 tbspn)	140	4	14			260	
Raspberry Vinaigrette(2 tbspn)	30	7				90	7
Fat Free French	6	27				835	
Creamy Vinaigrette	397	9	41		1	671	
Thousand Island (2 tbspn)	90	5	8			230	3
BBQ (2 tbspn)	19	3	1		1	208	
Butter	122		14			141	
Teriyaki (1 oz)	24	5			2	1085	
Yellow Mustard (1 tspn)	3	3				57	
Ketchup (1 oz)	30	8			1	336	
Mayonaise (1 tbspn)	90		10			90	
Sour Cream (2 oz)	121	2	12		2	30	
Tso sauce (2 tbspn)	70	16				340	14