

YOURS TRULY NUTRITION FACTS



	Calories	Carbs	Fat-Total	Protein	Sodium	Sugar
Anytime Breakfast						
Sunrise	367	29	16	27	849	3
Suncakes	684	70	34	29	1752	0
Killit Skillet	1147	119	68	67	2612	6
YT Muffin	388	25	24	18	852	2
Am Wrap	604	51	31	28	2309	13
Eggs Bruschetta	905	84	48	43	1410	1
Olde Fashioned Oatmeal	853	183	9	21	34	94
Basic Breakfast	302	29	12	19	442	3
Suntoast	412	22	4	8	265	8

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Breakfast Sides						
Monster Hash	365	35	22	17	651	5
Hashbrowns	100	27	2	2	272	1
Italian Sausage	169	2	10	18	646	0
Bacon	150	0	12	8	540	0
Corned Beef Hash	303	16	20	13	1075	
Ham	125	3	3	20	1254	0
Turkey Links	100	0	7	9	400	0
Canadian Bacon	240	4	6	44	460	4
Pork Links	140	1	12	6	400	0
Sausage Patties	140	0	12	7	492	0
A Buttermilk Pancake	149	28	2	4	484	0
Bagel (dry)	230	55	3	7	310	9
Pita (dry)	165	33	1	5	322	1
Raisin (dry)	143	27	2	4	181	3
Wheat (dry)	139	26	2	5	296	11
White (dry)	128	0	0	4	0	0
English Muffin (dry)	100	28	1	3	230	1
Rye (dry)	166	31	2	5	422	0
Ciabatta (dry)	180	80	2	14	720	2
half grapefruit	97	26	0	2	0	16
brioche bun	190	35	3	6	350	4

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Omelets- w/ toast						
Notso	1253	108	79	49	1605	10
Palermo	1141	72	73	60	2555	12
Gorgeous	1009	63	59	62	2784	13

M&M	725	59	44	33	1149	8
Greek	777	65	46	31	1388	12
Barcelona	776	69	42	33	1222	9
Sedona	394	10	21	34	696	5
Veggie	870	78	47	46	1116	16
BTC	375	4	23	27	283	2
Eggs Milano						

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Standby Breakfast						
#1 Egg Benedict	647	64	23	62	1301	6
#2	657	84	32	23	1141	9
#3 Pancakes	608	157	10	12	1922	0
#3 Blue	647	167	10	13	1923	7
#3.5 (5) Pancakes	946	223	14	21	2890	7
#4 w. bacon	559	129	16	13	1798	0
#5	715	142	13	19	1134	34
#5 w. bacon	865	142	25	27	1674	34
#6	638	130	22	21	1609	0
#7	968	38	67	53	2425	4
#8	381	53	16	6	633	24
#9	1208	80	85	38	2057	9
#10	1040	84	58	58	1196	9

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Starters						
Flash fried artichokes						
hummus	631	90	23	17	1352	1
sm. Notso	687	54	42	29	1224	2
notso fries	1184	86	73	54	2404	3
lotso fries	1901	141	115	88	3930	5
starter sliders	625	44	38	33	1149	9
boneless buffalo bites	476	97	20	27	3024	5
4 fingers (no sauce)	320	21	18	25	892	0
chili/works	472	14	35	29	555	5
chili works bowl	559	17	41	34	650	6
chili (cup)	266	10	17	18	294	5
chili (bowl)	353	13	23	23	389	6
Chicken noodle (cup)	206	17	10	14	1537	2
Chicken noodle (bowl)	273	22	14	18	2036	2
Clam Chowder (cup)	314	35	15	16	418	1
Clam chowder (bowl)	420	46	20	22	553	1

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Salads						
Greek	507	26	37	17	1063	7

Caesar	407	21	25	26	884	3
Napa	452	42	24	20	235	26
Tender- no dressing	376	30	9	45	600	1
Cobb- no dressing	686	27	38	52	857	5
Teri Toss w/ dressing	469	50	15	39	3325	19
Chop	496	14	37	23	917	6

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Chicken / tuna salad						
Temptation (tuna)	351	5	26	25	181	4
Temptation (chicken)	459	8	44	27	239	4
Melt (tuna)	530	55	37	32	386	3
Melt (chicken)	516	35	37	26	352	3
Sandwich (tuna)	714	58	44	32	856	10
Sandwich (chicken)	500	60	24	22	800	10
Platter (tuna)	268	30	21	19	130	25
Platter (chicken)	347	31	21	12	105	25
Salad (tuna)	433	47	52	52	1434	3
Salad (chicken)	422	20	29	25	610	2
Scoop (tuna)	167	1	14	12	78	1
Scoop (chicken)	160	2	14	7	61	1

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Cold Sides						
Fruit Fest sm	107	28	0	1	13	23
Fruit Fest reg	160	42	0	2	20	34
Coleslaw	39	5	3	1	44	4
Hummus	311	27	18	15	711	0
YT House Salad (no dressing)	182	17	8	14	519	0

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Hot Sides						
Asian Veggies	110	16	3	5	45	5
Spinach + Onions	309	14	26	10	374	2
Onion Rings	422	48	24	6	658	0
Saffron Rice	200	43	1	4	750	1
Mac + Cheese	310	26	17	13		
Cottage Fries	260	42	9	4	60	2
Cottage Fries small	130	21	5	2	30	1
Sweet potato fries reg	420	69	13	3	290	27
Sweet potato fries sm	210	34	7	1	345	13

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Burgers						
Patty Melt	1115	55	76	60	1957	5

YT Sliders	1238	87	75	60	2339	17
Club Burger	1122	56	70	65	1320	6
Burgerlite (no dressing)	732	14	52	50	596	0
Reuben Burger	1291	97	94	59	1873	6
Protini Burger	1174	55	69	78	1826	7
Special Delivery	1065	63	64	61	989	8
Ole Burger	1149	76	81	57	1157	10
Cheeseburger	1105	55	69	64	1286	6
Quarter Pound Burger	585	51	28	31	475	6
Plain Burger Patty	560	0	44	38	150	0
Veggie Burger						

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Chicken

Buckeye Bacon	791	60	38	59	2670	8
Buffalo Broil	817	54	39	65	3147	9
Reuben Broil	857	47	50	54	2309	19
Ole Broil	796	76	48	51	1387	12
Grillen Chicken Quesadilla	841	56	46	61	2081	11
Broilite (no dressing)	284	12	9	44	911	2
Chicken Wrap	837	45	58	39	1758	5
Tuscan Wrap	1305	56	98	59	2692	13

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More Stuff

Veggie Quesadilla	995	63	74	69	1230	9
Buffalo Wrap	997	60	71	27	2645	6
6 Fingers	480	32	28	38	1338	0
Hot Dog	300	22	18	10	820	3
Hot Dog Works	501	28	33	22	1097	7
Crispy Chicken Sandwich	653	57	32	36	1513	7
Monte Cristo	1949	82	140	40	1937	15
Turkey Reuben	909	50	54	20	1397	11
Veggie Burger Wrap	486	81	14	15	1539	6
Grilled ham and cheese	567	33	20	20	806	3
grilled cheese	596	52	37	19	2027	6
BLT	395	37	20	16	1297	
Bacon Turkey Club	741	69	31	40	2839	11
Envelope	407	40	19	22	1022	3
Envelope w/ chicken & hummus	993	76	46	74	2047	3
Hearty Mac + cheese w/ chicken	1065	66	54	76	2599	7
Hearty mac + Cheese	918	66	50	50	2417	7

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Featured Entrees (not including sides)

Rock and Roll	1041	26	75	62	471	4
Tuscan Chicken	1106	45	70	79	3720	8

General Tso's Chicken	1366	292	24	46	5176	34
Ribeye	746	40	65	95	556	4
Salmon Filet	652	19	39	48	369	1
Filet of Cod	497	27	23	43	775	6
Asian Chicken	530	52	22	42	4155	27

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Sweet Stuff

Home baked apple pie	170	45	7	0	0	15
Brownie Hot Fudge Sundae	654	94	29	11	348	79
Berry Blast	789	124	29	8	175	80
Root beer float	636	103	24	8	237	98
Hot fudge Sundae	554	71	28	10	268	64
Buck sundae	263	24	18	3	58	20
Tin Cup milkshake	577	76	28	12	222	52
Jr Milkshake	361	47	18	7	139	34

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Miscellaneous

Ranch 3oz	573	2	62	2	503	2
Gorgonzola 3oz	462	2	48	5	498	1
Honey Mustard 3oz	486	95	18	4	1113	48
Tango 3oz	781	15	81	1	848	14
House 3oz	825	1	90	0	806	0
Greek 3oz	299	7	32	0	15	5