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Cal.....Calories    FatCal.....Calories from Fat    Fat.....Total Fat    Sat.....Saturated Fat    Tran.....Trans Fat    Chol.....Cholesterol    Sod.....Sodium  
 Carbs.....Carbohydrates    Sug.....Sugar    Prot.....Protein  
 (g).....grams    (mg).....milligrams    --Information not available

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 √ Contains Allergen

BISCUITS THAT WOW	Cals	FatCals	Fat (g)	Sat (g)	Tran (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	
<b>The Chicken Club</b>																					
<i>with Honey Mustard Dressing</i>	780	340	38	16	0.5	115	2200	84	2	45	26	•	√		√				√		√
<i>with Buttermilk Ranch Dressing</i>	820	520	59	19	0.5	135	1860	47	2	8	27	•	√		√				√		√
<b>The Farmer</b>	760	400	45	20	0.5	135	1720	60	3	19	31	•	√		√				√		√
<b>The Firebird</b>	830	540	61	21	0.5	140	1980	47	2	7	26	•	√		√				√		√
<b>The Five</b>																					
<i>with House-made Sausage Gravy</i>	1400	980	109	49	0.5	275	2370	62	2	13	41	•	√		√				√		√
<i>with Shiitake Mushroom Gravy</i>	1150	740	84	40	0.5	215	2300	64	3	13	38	•	√		√				√		√
<b>The Five &amp; Dime</b>																					
<i>with House-made Sausage Gravy</i>	1490	1040	116	51	0.5	460	2460	63	2	13	47	•	√		√				√		√
<i>with Shiitake Mushroom Gravy</i>	1240	800	91	42	0.5	395	2390	65	3	14	44	•	√		√				√		√
<b>The Iron Goat</b>	460	280	32	18	0.5	70	920	35	2	5	12				√				√		√
<b>The Squawking Goat</b>	740	340	39	16	0.5	135	1320	76	3	33	24	•	√		√				√		√
<b>The Sticky Maple</b>	820	340	38	16	0.5	115	1580	97	2	52	26	•	√		√				√		√
<b>BISCUITS AND GRAVY</b>																					
<b>Egg-stremely Risky Biscuit</b>	1230	900	100	45	0.5	545	1550	53	2	12	29		√		√				√		√
<b>Egg-stremely Veggie Risky Biscuit</b>	990	660	75	36	0.5	485	1480	55	2	13	26		√		√				√		√
<b>Extreme B&amp;G</b>																					
<i>with House-made Sausage Gravy</i>	1710	1190	134	61	1	420	2390	98	3	25	32		√		√				√		√
<i>with Shiitake Mushroom Gravy</i>	1460	950	109	53	1	360	2320	100	4	25	29		√		√				√		√
<b>Risky Biscuit</b>	1050	770	87	41	0.5	175	1360	52	2	12	16				√				√		√
<b>Veggie Risky Biscuit</b>	810	530	62	32	0.5	115	1290	54	2	12	13				√				√		√
<b>ENTREES WITH A TWIST</b>																					
<b>Bluegrass Grits Bowl</b>	660	420	47	22	0	280	1240	29	2	2	30		√		√				√		
<b>Cup of Grits</b>	210	100	12	6	0	20	200	23	2	1	3				√				√		
<b>RBC Salad <i>Listed without choice of dressing</i></b>	340	230	26	13	0	70	790	10	2	3	20				√						
<b>The Grazer Salad <i>Listed without choice of dressing</i></b>	110	60	7	4.5	0	25	150	6	3	3	6				√						
<b>Choice of Dressings</b>																					
<i>Buttermilk Ranch</i>	200	180	20	3	0	20	280	2	0	2	1		√		√						
<i>Honey Mustard</i>	160	0	0	0	0	0	620	39	0	39	0										
<i>Maple Balsamic Vinaigrette</i>	250	210	24	3.5	0	0	160	9	0	8	0										
<b>Add Ons for Salads</b>																					
<i>Diced Ham</i>	110	35	4	1.5	0	45	1030	5	0	3	14										
<i>Fried Chicken Breast</i>	170	70	8	1	0	60	460	10	1	0	14	•	√								√
<i>Pecanwood Smoked Bacon</i>	100	70	8	3	0	20	410	1	0	1	6										
<b>WAFFLES THAT WOW</b>																					
<b>BAM!</b>	1130	480	56	23	0	160	2200	134	1	77	29		√		√				√		√
<b>BAM! Yo-Yo</b>	1470	630	72	25	0	280	3110	153	3	77	57	•	√		√				√		√
<b>Sweet Grace</b>	970	330	38	21	0	105	1000	155	4	96	14		√		√				√		√
<b>ADD AN EGG</b>																					
<i>Over Easy, Over Medium, Sunny Side Up (1)</i>	90	60	7	2	0	185	95	0	0	0	6		√								
<i>Scrambled (1)</i>	90	60	7	2	0	185	95	0	0	0	6		√								
<b>SHAREABLE SIDES</b>																					
<b>Fried Green Tomatoes</b>	400	280	31	4.5	0	60	850	25	3	8	7	•	√		√						√
<b>Groovy Gravy O'Ryan</b>																					
<i>with House-made Sausage Gravy</i>	1370	860	95	37	0	215	3200	80	4	12	47	•			√						√
<i>with Shiitake Mushroom Gravy</i>	1240	740	83	33	0	185	3170	81	4	12	45	•			√				√		√
<b>Maple Pepper Bacon</b>	300	140	15	6	0	40	830	29	0	29	12										
<b>Maple Sausage Meatballs</b>	1240	810	90	34	0	125	1120	96	2	77	18										√
<b>Potatoes O'Ryan</b>	1010	570	63	23	0	145	2870	71	4	8	42	•			√						
<b>Smokey Mountain Mac 'n Cheese</b>	550	360	40	25	0	140	770	26	1	3	16				√				√		√
<b>Sunny O'Ryan</b>	1190	690	77	27	0	515	3070	72	4	9	54	•	√		√						



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SHAREABLE SIDES	Cals	FatCals	Fat (g)	Sat (g)	Tran (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	
Sweet Potato Fries	750	270	30	4	0	0	1460	112	3	62	3	•									
Three Layer Cake																					
with House-made Sausage Gravy	700	420	46	21	0	280	1220	49	3	6	20		√		√					√	
with Shiitake Mushroom Gravy	580	300	34	17	0	250	1190	50	3	6	18		√		√			√		√	
add a Single Hashbrown Cake Only	260	70	7	4.5	0	25	800	39	2	2	9				√						
TOP OF THE MORNING DRINKS	Cals	FatCals	Fat (g)	Sat (g)	Tran (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	
Mimosa	220	0	0	0	0	0	0	14	1	11	1										
Signature Sunrise Mimosa	220	0	0	0	0	0	0	15	0	13	1										
Strawberry Fields	570	0	0	0	0	0	0	106	0	97	0										
THERE'S NEVER ENOUGH COFFEE	Cals	FatCals	Fat (g)	Sat (g)	Tran (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	
*Values represent beverage made with whole milk																					
Cappuccino*	160	70	8	5	0	35	130	12	0	11	8				√						
Cinnamon Hot Chocolate*	360	130	15	9	0	60	220	42	0	42	15				√				√		
Latte Hot/Iced*	190	90	10	6	0	45	160	15	0	14	10				√						
Maple Mocha Latte Hot/Iced*	530	160	18	14	0	45	340	84	0	61	11				√				√		
Maple Vanilla Latte Hot/Iced*	460	150	17	13	0	45	160	70	0	69	10				√						
Unlimited Maple Street Coffee Hot/Iced	5	0	0	0	0	0	10	0	0	0	1										
DRINKS	Cals	FatCals	Fat (g)	Sat (g)	Tran (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	
Bottled Water	0	0	0	0	0	0	0	0	0	0	0										
Fountain Drink 16 fl. oz.																					
Coke	190	0	0	0	0	0	60	52	0	52	0										
Coke Zero	0	0	0	0	0	0	75	0	0	0	0										
Diet Coke	0	0	0	0	0	0	55	0	0	0	0										
Minutemaid Lemonade	220	0	0	0	0	0	30	58	0	56	0										
Sprite	210	0	0	0	0	0	50	54	0	47	0										
Fresh Squeezed Orange Juice 16 fl. oz.	220	10	1	0	0	0	0	52	1	42	3										
Hot Tea	5	0	0	0	0	0	15	1	0	0	0										
Iced Tea - Sweet 16 fl. oz.	140	0	0	0	0	0	15	35	0	34	0										
Iced Tea - Unsweet 16 fl. oz.	5	0	0	0	0	0	15	1	0	0	0										
Milk - Container																					
2%	120	40	4.5	3	0	20	120	6	0	6	13				√						
Chocolate	140	40	4.5	3	0	20	280	13	1	12	13				√						
Mott's Apple Juice Box	100	0	0	0	0	0	10	24	0	23	0										
LITTLE ONES Listed without Juice Box	Cals	FatCals	Fat (g)	Sat (g)	Tran (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	
Chicken Biscuit	520	270	31	13	0.5	95	1170	43	2	5	20	•	√		√				√		√
Egg 'n Biscuit	560	240	27	13	0.5	200	770	72	2	40	12		√		√				√		√
Little Grace	630	200	22	14	0	50	510	109	2	79	7		√		√				√		√
Mott's Apple Juice Box	100	0	0	0	0	0	10	24	0	23	0										
BISCUITS TO-GO	Cals	FatCals	Fat (g)	Sat (g)	Tran (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	
8 oz. House-Made Jam or Jelly																					
Apple Butter	240	5	0	0	0	0	10	63	5	56	1										
B <sup>2</sup> Jam	590	0	0	0	0	0	15	152	4	142	1										
Pepper Jelly	450	0	0	0	0	0	135	114	2	108	1										
Family-Sized Biscuits & Gravy																					
with House-made Sausage Gravy	6320	4640	521	243	3.5	1050	8170	312	11	71	98				√				√		√
with Shiitake Mushroom Gravy	4830	3210	370	195	3.5	685	7760	325	15	75	78				√				√		√
Flaky Biscuit - Each	350	200	23	12	0.5	35	710	34	1	4	6				√				√		√
Iced Cinnamon Biscuits - Each	400	160	19	10	0	20	650	54	2	24	7				√				√		√