

# Sharis™

## Dietary Resource Guide

MARCH 2019

### Product Information Disclaimer

Shari's is committed to meeting the needs of our guest by providing them with the information they need to make nutritiously wise decisions.

Shari's attempts to provide nutrition and ingredient information that is as complete as possible but due to product preparation and portion size variations this information can only be viewed as approximate and not exact. The nutrition analysis is compiled from data provided by product suppliers and manufacturers for ingredients furnished to Shari's in their precooked form. Although we believe these sources to be reliable, we cannot guaranty the accuracy of the product information provided to us. While the ingredient information is based on standard product for mulations, variations may occur depending on the local supplier, the region of the country and the season of the year.

Further, product formulations change periodically. Some menu items may not be available at all restaurants. Test products, test formulations or regional items have not been included.



# Nutritional Information

## BREAKFAST

	CALORIES (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	TOTAL SUGARS (G)	PROTEIN (G)
The Shari's Sampler	1610	105	32	0	584	3480	116	24	52
Bacon & Eggs	290	22	65	0	342	870	1	0	20
Sausage & Eggs	630	57	52	0	417	920	1	0	2
Double Smoked Sausage & Eggs	450	32	9	0	403	1850	6	1	34
Pancakes	560	22	5	0	10	1320	82	19	10
French Toast	670	45	9	0	101	700	55	7	14
Hash Browns & White Toast	710	39	9	0	0	1220	79	6	13
Hash Browns & Rye Toast	830	41	9	0	1	1540	103	6	15
Hash Browns & Sourdough Toast	850	41	9	0	1	1540	103	6	17
Hash Browns & Wheat Toast	870	44	10	0	1	1460	103	10	19
Hash Browns & English Muffin	500	26	6	0	1	900	58	4	8
Biscuit & Gravy	530	25	14	0	48	1500	59	10	15
Country Sausage Benedict	1470	102	40	0	505	3220	90	13	44
Prime Rib Benedict	850	48	17	0	395	2420	72	9	36
Tomato Avocado Benedict	870	55	16	0	400	1410	72	9	23
Classic Ham Benedict	880	51	17	0	451	2250	69	11	36
Buttermilk Pancakes	800	27	6	0	15	1940	123	29	14
Traditional French Toast	960	62	12	0	152	1000	82	10	21
Waffle	340	14	4	0	1	780	48	6	5
Cinna-ma-sation French Toast	1350	60	18	0	206	740	176	90	25
Combo Breakfast with Bacon	250	19	6	0	337	620	1	0	17
Combo Breakfast with Link Sausage	630	57	22	0	415	920	1	0	25
Combo Breakfast with Double Smoked Sausage	450	32	9	0	405	1850	6	1	34
Add Marionberry	150	1	0.5	0	1	0	35	31	1
Add Strawberry	170	1	0.5	0	1	30	38	37	0
Tbone Breakfast	1220	80	25	0	381	2500	33	4	86
Sirloin Steak & Eggs	790	52	16	0	462	1000	31	2	48
Ultimate Country Fried Steak & Eggs	1060	72	23	1	394	1980	67	7	37
Pancakes	560	22	5	0	10	1320	82	19	10
French Toast	670	45	9	0	101	700	55	7	14
Biscuit & Gravy	530	25	14	0	48	1500	59	10	15
Rye Toast	560	25	6	0	1	990	72	4	12
Sourdough Toast	580	25	6	0	1	990	72	4	14
Wheat Toast	600	28	7	0	1	910	72	8	16
White Toast	440	23	6	0	1	670	48	4	10
English Muffin	230	11	3	0	1	340	28	2	5
Black Pepper & Cheese Biscuits	380	14	8	0	18	1030	51	6	11
Meat Lovers Skillet	1100	86	30	0	450	2210	38	5	46
Pancakes	560	22	5	0	10	1320	82	19	10
French Toast	670	45	9	0	101	700	55	7	14
Biscuit & Gravy	530	25	14	0	48	1500	59	10	15
Rye Toast	560	25	6	0	1	990	72	4	12
Sourdough Toast	580	25	6	0	1	990	72	4	14
Wheat Toast	600	28	7	0	1	910	72	8	16
White Toast	440	23	6	0	1	670	48	4	10
English Muffin	230	11	3	0	1	340	28	2	5
Black Pepper & Cheese Biscuits	380	14	8	0	18	1030	51	6	11
Side Hash Browns	260	15	3	0	0	550	30	2	3
Side Stuffed Hash Browns	420	28	10	0	37	880	32	2	11
Side of Bacon	160	12	4	0	20	1000	0	0	12
Side of Sausage	690	66	27	0	135	1200	0	0	21
Side of Zenner's Double Smoked Sausage	280	19	5	0	75	1730	5	1	23
Biscuits & Gravy	1020	47	27	0	89	2960	118	21	29
Bowl Fresh Fruit	100	0	0	0	0	30	23	20	2
Side of Cottage Cheese	60	1	0.5	0	8	300	4	3	10
Cinnamasation Roll	880	31	16	0	57	410	131	60	16

	CALORIES (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	TOTAL SUGARS (G)	PROTEIN (G)
Caramel Pecan Roll	1190	41	16	0	58	620	182	103	18
Side Rye Toast	560	25	6	0	1	990	72	4	12
Side Sourdough Toast	580	25	6	0	1	990	72	4	14
Side Wheat Toast	600	28	7	0	1	910	72	8	16
Side White Toast	440	23	6	0	1	670	48	4	10
Side of English Muffin	230	11	3	0	1	340	28	2	5
Side Black Pepper & Cheese Biscuits	380	14	8	0	18	1030	51	6	11
Oatmeal	570	21	1	0	10	390	88	35	14
Omelette, Classic Ham & Cheese	670	52	19	0	790	1330	7	5	44
Omelette, Bacon Mushroom & Pepperjack	660	54	17	0	763	1220	6	3	38
Omelette, Ron's Favorite	620	48	16	0	778	920	8	5	40
Omelette, Spring Spinach	640	52	17	0	758	620	10	3	37
Pancakes	560	22	5	0	10	1320	82	19	10
French Toast	670	45	9	0	101	700	55	7	14
Hash Browns & White Toast	710	39	9	0	0	1220	79	6	13
Hash Browns & Rye Toast	830	41	9	0	1	1540	103	6	15
Hash Browns & Sourdough Toast	850	41	9	0	1	1540	103	6	17
Hash Browns & Wheat Toast	870	44	10	0	1	1460	103	10	19
Hash Browns & English Muffin	500	26	6	0	1	900	58	4	8
Biscuit & Gravy	530	25	14	0	48	1500	59	10	15
3 Egg Omelette	250	20	5	0	491	190	1	0	17
Green Onion	0	0	0	0	0	0	0	0	0
Sauteed Onions	30	2	0	0	0	120	4	2	0
Broccoli	10	0	0	0	0	10	1	0	1
Tomatoes	10	0	0	0	0	0	0	2	0
Pico De Gallo	10	0	0	0	0	210	2	1	0
Sour Cream	30	2.5	1.5	0	10	20	1	0	0
Swiss Cheese	40	3	1.5	0	10	20	0	0	3
Cheddar Cheese	110	9	5.0	0	25	170	1	0	7
Bleu Cheese	50	4	2.5	0	10	190	0	0	3
Pepperjack Cheese	100	9	5.0	0	25	190	0	0	6
Spinach	5	0	0	0	0	20	1	0	1
Bell Peppers	5	0	0	0	0	0	1	0	0
Mushrooms	5	0	0	0	0	0	1	0	0
Avocado	60	5	1	0	0	0	3	0	1
Bacon	80	6	2	0	10	500	0	0	6
Sausage	230	22	9	0	45	400	0	0	7
Ham	80	6	2	0	10	500	0	0	6
Pancakes	560	22	5	0	10	1320	82	19	10
French Toast	670	45	9	0	101	700	55	7	14
Hash Browns & White Toast	710	39	9	0	0	1220	79	6	13
Hash Browns & Rye Toast	830	41	9	0	1	1540	103	6	15
Hash Browns & Sourdough Toast	850	41	9	0	1	1540	103	6	17
Hash Browns & Wheat Toast	870	44	10	0	1	1460	103	10	19
Hash Browns & English Muffin	500	26	6	0	1	900	58	4	8
Biscuit & Gravy	530	25	14	0	48	1500	59	10	15

# Nutritional Information

## APPETIZERS / LUNCH / DINNER

	CALORIES (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	TOTAL SUGARS (G)	PROTEIN (G)
<b>APPETIZERS</b>									
Loaded Tater Tots	1520	110	30	0	107	3270	101	23	38
Mozzarella Sticks with Marinara	510	32	13	0	40	1580	39	5	20
Chicken Tenders	1170	75	12	0	96	2950	86	21	41
Nachos	1300	85	41	2	217	4210	75	7	61
Shari's Sampler Basket	2330	175	34	0	106	4340	151	15	48
<b>LUNCH</b>									
	2330	175	34	0	106	4340	151	15	48
Rustic Tuscan Chicken Salad	510	32	5	0	98	1770	21	4	35
Northwest Steak Salad	890	50	16	0	148	1200	65	34	44
Grilled Chicken Breast	120	1	0	0	80	570	0	0	27
Shrimp Skewers	90	1	0	0	164	930	1	0	17
Wild Alaskan Salmon	260	13	3	0	95	230	1	0	33
Chicken Strips	340	18	3	0	60	530	23	0	20
Caesar Salad	460	40	11	0	35	1030	15	0	14
Wedge Salad	650	58	16	0	63	1520	14	9	17
Spinach Salad	420	12	3	0	192	1050	67	49	15
Chopped Salad	270	18	6	0	23	760	19	2	10
<b>DINNER</b>									
Traditional Club Sandwich	1310	72	20	1	55	3100	114	11	49
Cajun Chicken & Avocado Club	1360	74	20	1	69	2460	115	9	54
Prime Rib Dip	680	33	11	0	71	3130	63	2	33
Philly Rib Dib	780	39	14	0	91	2440	67	7	42
Grilled Ham & Four-cheese Melt	1140	68	27	1	125	2450	78	9	50
Four Way Grill Cheese Whole	1070	70	24	1	68	1640	75	5	33
Deli Sandwich with Turkey Whole	780	32	4	0	81	2640	80	14	43
BLT Whole Sandwich	540	26	6	0	25	2220	51	6	22
Cuban Sandwich	680	30	9	0	109	3160	60	7	41
Hot Turkey Sandwich	1040	31	8	0	127	3400	129	34	57
French Fries	490	32	4	0	80	48	0	5	
Tater Tots	370	26	4	0	0	620	33	1	3
Coleslaw	140	10	2	0	8	130	11	7	1
Dinner Salad	30	1	0	0	0	90	6	1	1
Ranch Dressing	190	19	3	0	16	330	3	2	2
Blue Cheese Dressing	240	26	5	0	23	260	2	0	2
Thousand Island Dressing	130	10	1	0	7	370	9	6	0
Honey Mustard Dressing	170	16	2	0	14	130	11	10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	0	360	11	11	0
Robusto Italian Dressing	140	14	2	0	430	1	1	0	
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Soup, Cup Chicken Noodle	120	3	1	0	30	1060	16	2	7
Soup, Cup Roasted Tomato Bisque	130	10	5	0	29	840	12	7	2
Soup, Cup Clam Chowder	160	8	3	0	19	940	18	2	6
Soup, Cup of Loaded Potato	290	18	9	0	47	1260	22	5	11
<b>DINNER</b>									
Soup, Cup Chicken Noodle	120	3	1	0	30	1060	16	2	7
Soup, Bowl Chicken Noodle	180	5	1	0	45	1590	23	4	11
Soup, Cup Roasted Tomato Bisque	130	10	5	0	29	840	12	7	2
Soup, Bowl Roasted Tomato Bisque	210	15	8	0	46	1260	18	11	3
Soup, Cup Clam Chowder	160	8	3	0	19	940	18	2	6
Soup, Bowl Clam Chowder	240	12	4	0	29	1420	27	3	9
Soup, Cup of Loaded Potato	290	18	9	0	47	1260	22	5	11
Soup, Bowl of Loaded Potato	380	22	10	0	56	1750	33	6	14
Cheeseburger	750	43	16	0	120	1190	47	10	41
Double Double Bacon Cheeseburger	1180	71	28	1	244	1890	47	10	81
Traditional Patty Melt	1050	54	14	0	114	1890	93	12	46
Bacon & Cheddar Melt	1070	57	18	0	127	2150	84	7	53

	CALORIES (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	TOTAL SUGARS (G)	PROTEIN (G)
Philly-style Patty Melt	1320	85	24	0	110	1760	87	8	51
Byo Cheeseburger	750	43	16	0	120	1190	47	10	41
Sauteed Onions	30	2	0	0	0	120	4	2	0
Tomatoes	10	0	0	0	0	0	0	2	0
Pico De Gallo	10	0	0	0	0	210	2	1	0
Swiss Cheese	40	3	1.5	0	10	20	0	0	3
Cheddar Cheese	110	9	5	0	25	170	1	0	7
Bleu Cheese	50	4	2.5	0	10	190	0	0	3
Pepperjack Cheese	100	9	5	0	25	190	0	0	6
Bell Peppers	5	0	0	0	0	0	1	0	0
1 Egg	60	4	1.5	0	165	60	0	0	6
Mushrooms	5	0	0	0	0	0	1	0	0
Avocado	60	5	1	0	0	0	3	0	1
Bacon	80	6	2	0	10	500	0	0	6
Ham	80	6	2	0	10	500	0	0	6
Tanglers	110	8	2	0	0	90	9	1	1
<b>DINNER</b>									
Tbone Steak Dinner	880	56	21	0	171	2180	10	4	80
Top Sirloin Dinner	490	35	13	0	136	630	8	2	38
Shrimp Skewer	90	1	0	0	164	930	1	0	17
Broccoli	130	11	3	0	1	200	7	2	4
Rice Pilaf	90	5	1	0	0	150	10	3	1
Mashed Potatoes	170	5	4	0	18	380	27	1	4
Tater Tots	370	26	4	0	0	620	33	1	3
Coleslaw	140	10	2	0	8	130	11	7	1
Dinner Salad	30	1	0	0	0	90	6	1	1
Ranch Dressing	190	19	3	0	16	330	3	2	2
Blue Cheese Dressing	240	26	5	0	23	260	2	0	2
Thousand Island Dressing	130	10	1	0	7	370	9	6	0
Honey Mustard Dressing	170	16	2	0	14	130	11	10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	0	360	11	11	0
Robusto Italian Dressing	140	14	2	0	430	1	1	0	
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Caesar Side Salad	230	20	5	0	18	520	8	0	7
Baked Potato	210	5	1	0	0	1200	37	2	4
Baked Potato with Butter & Sour Cream	330	18	5	0	10	1310	38	3	5
Loaded Mashed Potatoes	410	21	13	0	65	900	42	3	14
Loaded Baked Potato	330	15	6	0	27	1550	38	3	11
Stuffed Hash Browns	420	28	10	0	37	880	32	2	11
<b>DINNER</b>									
Grilled Lemon Chicken	450	17	4	0	160	1640	17	5	59
Wild Alaskan Salmon Dinner (Blackened)	480	28	7	0	96	920	19	5	38
Wild Alaskan Salmon Dinner (Grilled)	470	28	7	0	96	825	19	5	38
Country Fried Steak Dinner	1010	63	26	1	95	2060	83	9	32
Fish & Chips with Fries	1600	119	16	0	46	2060	104	13	33
Fish & Chips with Tots	1480	112	16	0	45	2600	89	14	31
Slow Roasted Turkey Dinner	980	35	12	0	135	3680	109	28	55
Chopped Steak Dinner	930	50	20	0	214	1940	50	5	69



# Nutritional Information

## HONORED / PIES & DESSERTS

	CALORIES (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT/ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	TOTAL SUGARS (G)	PROTEIN (G)
<b>HONORED</b>									
Smaller Plates Bacon and Egg	180	15	4	0	174	560	0	0	12
Smaller Plates Sausage and Egg	330	31	11	0	209	460	0	0	13
Pancakes	560	22	5	0	10	1320	82	19	10
French Toast	670	45	9	0	101	700	55	7	14
Hash Browns & White Toast	710	39	9	0	0	1220	79	6	13
Hash Browns & Rye Toast	830	41	9	0	1	1540	103	6	15
Hash Browns & Sourdough Toast	850	41	9	0	1	1540	103	6	17
Hash Browns & Wheat Toast	870	44	10	0	1	1460	103	10	19
Hash Browns & English Muffin	500	26	6	0	1	900	58	4	8
Biscuit & Gravy	530	25	14	0	48	1500	59	10	15
Honored Country Fried Steak	490	36	13	0	203	830	23	2	20
Pancakes	560	22	5	0	10	1320	82	19	10
French Toast	670	45	9	0	101	700	55	7	14
Hash Browns & White Toast	710	39	9	0	0	1220	79	6	13
Hash Browns & Rye Toast	830	41	9	0	1	1540	103	6	15
Hash Browns & Sourdough Toast	850	41	9	0	1	1540	103	6	17
Hash Browns & Wheat Toast	870	44	10	0	1	1460	103	10	19
Hash Browns & English Muffin	500	26	6	0	1	900	58	4	8
Biscuit & Gravy	530	25	14	0	48	1500	59	10	15
Pancakes	560	22	5	0	10	1320	82	19	10
Smaller Plates Omelette, Ron's Favorite	520	41	14	0	531	700	7	4	31
Pancakes	560	22	5	0	10	1320	82	19	10
French Toast	670	45	9	0	101	700	55	7	14
Hash Browns & White Toast	710	39	9	0	0	1220	79	6	13
Hash Browns & Rye Toast	830	41	9	0	1	1540	103	6	15
Hash Browns & Sourdough Toast	850	41	9	0	1	1540	103	6	17
Hash Browns & Wheat Toast	870	44	10	0	1	1460	103	10	19
Hash Browns & English Muffin	500	26	6	0	1	900	58	4	8
Biscuit & Gravy	530	25	14	0	48	1500	59	10	15
French Toast	670	45	9	0	101	700	55	7	14
Roasted Turkey Breast Half Sand	400	16	2	0	40	1650	41	8	22
Four Way Grilled Cheese Half Sand	530	35	12	0	34	820	37	2	17
BLT Half Sandwich	320	19	4	0	15	1480	26	3	11
Soup, Cup Chicken Noodle	120	3	1	0	30	1060	16	2	7
Soup, Cup Roasted Tomato Bisque	130	10	5	0	29	840	12	7	2
Soup, Cup Clam Chowder	160	8	3	0	19	940	18	2	6
Soup, Cup of Loaded Potato	290	18	9	0	47	1260	22	5	11
Dinner Salad	30	1	0	0	0	90	6	1	1
Ranch Dressing	190	19	3	0	16	330	3	2	2
Blue Cheese Dressing	240	26	5	0	23	260	2	0	2
Thousand Island Dressing	130	10	1	0	7	370	9	6	0
Honey Mustard Dressing	170	16	2	0	14	130	11	10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	0	360	11	11	0
Robusto Italian Dressing	140	14	2	0		430	1	1	0
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Soup, Cup Clam Chowder	160	8	3	0	19	940	18	2	6
Soup, Cup of Loaded Potato	290	18	9	0	47	1260	22	5	11
Dinner Salad	30	1	0	0	0	90	6	1	1
Ranch Dressing	190	19	3	0	16	330	3	2	2
Blue Cheese Dressing	240	26	5	0	23	260	2	0	2
Thousand Island Dressing	130	10	1	0	7	370	9	6	0
Honey Mustard Dressing	170	16	2	0	14	130	11	10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	0	360	11	11	0
Robusto Italian Dressing	140	14	2	0		430	1	1	0
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Smaller Plates Garden Salad W/chicken	210	3	0	0	90	190	7	1	37
Ranch Dressing	190	19	3	0	16	330	3	2	2
Blue Cheese Dressing	240	26	5	0	23	260	2	0	2
Thousand Island Dressing	130	10	1	0	7	370	9	6	0
Honey Mustard Dressing	170	16	2	0	14	130	11	10	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	0	360	11	11	0
Robusto Italian Dressing	140	14	2	0		430	1	1	0
Vinegar and Oil	180	21	3	0	0	0	0	0	0

	CALORIES (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT/ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	TOTAL SUGARS (G)	PROTEIN (G)
Smaller Plates Wedge Salad W/chicken	500	34	11	0	123	1520	9	5	38
Smaller Plates Country Fried Steak Dinner	740	46	19	0	68	1510	62	7	23
Smaller Plates- Fish & Chips(Fries)	1200	95	13	0	46	1790	67	13	22
Smaller Plates- Fish & Chips (Tots)	1320	105	16	0	45	2370	76	14	22
Smaller Plates Slow Roasted Turkey Dinner	750	28	10	0	99	2510	86	24	39
Smaller Plates Grilled Lemon Chicken	330	16	4	0	81	990	17	5	32
<b>PIES AND DESSERTS</b>									
Deep Dish Washington Apple Pie, Slice	540	27	10	0	0	320	74	41	3
Shari's Northwest Marionberry Pie Slice	530	29	9	0	0	360	66	34	5
Shari's Dutch Apple Pie Slice	490	23	9		0	320	72	43	3
Shari's NSA Granny's Apple Pie -Slice	480	27	8	0	0	440	36	8	3
Shari's NSA Northwest Marionberry Slice	540	29	9		0	470	51	6	5
Shari's Montana Cherry Pie Slice	520	29	8	0	0	290	63	34	5
Shari's Strawberry Rhubarb Delight Slice	540	29	15	0	0	480	64	27	5
Shari's Northwest Berry Trio Slice	560	28	9	0	0	360	73	37	4
Shari's Peach Perfection Slice	520	29	8	0	0	290	63	34	5
Shari's Peanut Butter Chocolate Silk Slice	620	45	18	0	96	300	51	34	9
Shari's Sour Cream Lemon Slice	530	32	17	0	68	290	59	38	5
Shari's Tropical Coconut Cream - Slice	580	37	22		83	370	63	42	7
Shari's Banana Cream Dream - Slice	450	26	16	0	57	260	48	29	5
Shari's S'mores Galore Pie Slice	530	31	13	0	165	270	59	43	6
Shari's Creamy Caramel Pecan Crunch Slice	730	49	2	0	93	440	67	44	6
Shari's Chocolate Cream Supreme Slice	510	30	16	0	67	310	54	34	6
Shari's Lemon Meringue Delight Slice	430	15	5	0	50	270	73	52	3
Shari's Fresh Pecan Pie - Slice	440	5	2	0	227	260	94	63	4
Shari's Northwest Marionberry Cheese Pie	590	35	20	0	75	450	65	48	6
Vanilla Shake	540	30	17	0	107	310	63	59	11
Chocolate Shake	650	30	17	0	107	320	89	81	12
Strawberry Shake	620	30	17	0	107	330	84	79	12



Cherry Pie