

CAFE



PIES

DIETARY RESOURCE GUIDE

MAY 2014

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. The nutritional part can also be found on the website at www.Sharis.com/pdf/nutritional-info.pdf.

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 formulations, 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. Some of our products are seasoned with seasoning salt, paprika, Big & Bold or Lemon Pepper seasonings as part of the preparation process in our restaurants.

NUTRITIONAL INFORMATION

BREAKFAST

Breakfast

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Bacon & Eggs	310	24	7	340	870	2	0	1	20
Sausage & Eggs	650	59	22	415	920	2	0	1	25
Turkey Bacon & Eggs	280	23	6	355	510	2	0	1	17
Corned Beef Hash Breakfast	470	31	12	385	840	18	1	2	27
Pancakes	250	3.5	0.5	5	720	49	1	11	6
French Toast	520	36	7	210	430	39	0	5	13
Side Hashbrowns	240	15	3	0	460	25	2	1	2
Side White Toast	270	12	3	0	450	34	2	4	6
Side Wheat Toast	330	14	3	0	490	44	4	8	10
Side of Sourdough Toast	290	10	3	0	430	40	2	2	8
Side of English Muffin	230	11	3	0	340	28	2	2	5
Side of Rye Toast	310	14	3	0	630	38	6	0	8
Hickory Smoked Ham & Potato Pancake Platter	970	47	11	415	2010	76	4	28	44
Side White Toast	270	12	3	0	450	34	2	4	6
Side Wheat Toast	330	14	3	0	490	44	4	8	10
Side of Sourdough Toast	290	10	3	0	430	40	2	2	8
Side of English Muffin	230	11	3	0	340	28	2	2	5
Side of Rye Toast	310	14	3	0	630	38	6	0	8
Farm House Platter	1170	73	29	370	3350	94	4	11	35
STUFFED HASHBROWN PLATTERS									
Top Sirloin and Eggs	810	54	18	420	1480	30	2	4	51
NY Steak and Eggs	1170	86	31	535	1060	28	2	2	71
T-Bone Steak and eggs	1340	88	32	535	2550	31	2	5	98
Ultimate Country Fried Steak and eggs	1250	89	30	445	2520	73	3	8	42
Side White Toast	270	12	3	0	450	34	2	4	6
Side Wheat Toast	330	14	3	0	490	44	4	8	10
Side of Sourdough Toast	290	10	3	0	430	40	2	2	8
Side of English Muffin	230	11	3	0	340	28	2	2	5
Side of Rye Toast	310	14	3	0	630	38	6	0	8
OMELETTES									
Omelette, Denver	660	51	18	790	980	10	1	7	41
Omelette, Classic Ham & Cheese	680	52	19	800	1350	8	0	6	44
Omelette, BMP	930	77	30	825	1710	8	0	4	51
Omelette, Chicken Fajita	720	52	18	800	860	13	4	8	47
Omelette, Spring Spinach	650	52	17	765	630	11	4	5	37
Omelette, Healthy Start with Sliced Turkey	460	25	11	85	1200	13	1	10	43
Omelette, Healthy Start with Turkey Bacon	450	29	12	70	910	11	1	8	34
Pancakes	250	3.5	0.5	5	720	49	1	11	6
French Toast	520	36	7	210	430	39	0	5	13
Side Hashbrowns	240	15	3	0	460	25	2	1	2
Side White Toast	270	12	3	0	450	34	2	4	6
Side Wheat Toast	330	14	3	0	490	44	4	8	10
Side of Sourdough Toast	290	10	3	0	430	40	2	2	8
Side of English Muffin	230	11	3	0	340	28	2	2	5
Side of Rye Toast	310	14	3	0	630	38	6	0	8
GRIDDLE FAVORITES									
Traditional French Toast	790	53	10	320	650	60	0	8	19
Buttermilk Pancakes	370	5	1	10	1090	73	2	17	8
Crepes with Strawberries	680	36	20	160	520	78	2	59	11
Crepes with Apples	690	36	20	160	520	81	0	58	11
Crepes with Burst O Berry	630	36	20	160	540	68	3	43	11
Strawberry Waffle	440	7	2	10	670	86	2	45	5
Breakfast Sampler Platter	1060	74	24	575	2450	55	3	11	44
Potato Pancakes	570	17	5	20	210	96	6	27	7
Add butter and Syrup	400	10	3	0	380	78	0	77	0
CINNAMASATION									
Cinnama-Sation Platter-bacon	1480	88	24	595	1740	131	5	54	41
Cinnama-Sation Platter-sausage	1820	123	39	670	1790	131	5	54	46
Cinnama-sation French Toast	1430	68	21	390	670	174	4	90	29
Cinnamasation Roll	880	31	16	55	410	131	3	60	16
Caramel Pecan Roll	1190	41	16	60	620	182	4	102	18
SPECIAL BREAKFASTS									
Breakfast Panini	930	60	15	510	1770	64	4	10	35
Skillet, Meat Lovers	1140	91	34	475	2180	34	3	7	47
Pancakes	250	3.5	0.5	5	720	49	1	11	6
French Toast	520	36	7	210	430	39	0	5	13
Side White Toast	270	12	3	0	450	34	2	4	6
Side Wheat Toast	330	14	3	0	490	44	4	8	10

Breakfast

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Side of Sourdough Toast	290	10	3	0	430	40	2	2	8
Side of English Muffin	230	11	3	0	340	28	2	2	5
Side of Rye Toast	310	14	3	0	630	38	6	0	8
Traditional Eggs Benedict with hashbrowns	810	46	12	365	2170	61	4	8	34
Traditional Eggs Benedict with fruit	600	31	9	365	1720	42	3	13	32
CLASSIC QUICHE									
Quiche, BMP Breakfast	550	28	12	160	1100	57	5	9	20
Quiche, Ham & Cheese Breakfast	540	27	12	155	1080	56	5	10	20
Quiche, Lorraine Breakfast	590	30	14	165	1000	56	5	9	23
Quiche, Vegetable Breakfast	550	27	13	155	870	57	5	9	21
LIFESTYLE BREAKFAST									
Oatmeal	230	4	0	0	290	43	8	0	10
Raisin/Craisin Mix	140	0	0	0	5	34	1	29	1
Pecan/Granola Mix	210	11	0	0	120	27	2	17	3
Strawberry Parfait	400	11	2.5	10	290	67	4	48	12
A LA CARTE									
Side of Bacon	120	9	3	15	750	0	--	--	9
Side of Sausage	460	44	18	90	800	0	0	0	14
side of 2 eggs	130	8	3	325	125	1	0	0	11
Side of Corned Beef Hash	280	16	8	55	720	16	1	1	16
Side of Stuffed Hashbrowns	400	28	10	40	800	27	2	2	10
Side of Biscuits & Gravy	920	49	28	40	3020	100	3	12	18
Side of Burst-O Berry Muffin	510	27	5	100	500	60	2	35	6
Side White Toast	270	12	3	0	450	34	2	4	6
Side Wheat Toast	330	14	3	0	490	44	4	8	10
Side of Sourdough Toast	290	10	3	0	430	40	2	2	8
Side of English Muffin	230	11	3	0	340	28	2	2	5
Side of Rye Toast	310	14	3	0	630	38	6	0	8
Side-Cottage Cheese	60	1	0	10	300	4	0	3	10
Bowl Fresh Fruit	45	0	0	0	20	11	1	10	1
RISE N SHINE									
Rise N Shine Morning Favorite with Browns	370	23	6	325	580	26	2	2	13
Rise N Shine Morning Favorite with fruit	220	16	4	325	135	8	1	6	12
Rise N Shine Mexi Skillet	930	73	27	575	1540	32	4	5	37
Rise N Shine Pancake Sandwich	650	40	13	220	1440	50	1	13	21
Rise N Shine Sunrise Starter	640	51	15	215	1170	27	2	3	18
Biscuits and Country Gravy Starter	710	53	22	225	1720	35	1	5	22

Lunch

LUNCH TRIOS									
Deli Sandwich with Turkey Half	200	2.5	0	35	1410	27	2	5	17
Deli Sandwich with Turkey Whole	390	4.5	0.5	70	2160	51	3	8	34
Deli Chicken Salad Sandwich Half	340	14	1	35	1120	36	55	15	17
Deli Chicken Salad Sandwich Whole	660	28	2.5	65	1590	70	108	30	33
Deli Sandwich with Ham Half	200	4	0.5	30	1580	26	5	4	15
Deli Sandwich with Ham Whole	390	8	1	60	2510	50	8	8	29
BLT Half Sandwich	240	13	3	15	1380	21	1	3	9
BLT Whole Sandwich	440	22	4.5	20	1860	41	2	6	16
Quiche, BMP In-House	400	27	12	160	840	26	3	4	15
Quiche, Ham & Cheese In-House	390	25	12	155	820	25	2	5	15
Quiche, Lorraine In-House	440	29	14	165	750	25	2	5	18
Quiche, Vegetable In-House	400	26	13	155	620	26	3	5	15
Soup, Cup Chicken Tortilla	200	6	3	35	1230	27	6	3	10
Soup, Cup Split Pea with Ham	190	3.5	1	5	1210	29	3	5	10
Soup, Cup Creamy Spinach Artichoke	200	12	7	40	1120	13	2	4	11
Soup, Cup Chicken Noodle	110	3	0.5	30	940	11	1	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18	0	2	6
Soup, Cup Broccoli Cheese	170	12	6	30	1050	11	1	4	7
Dinner Salad	45	1	0	0	95	9	1	2	2
Side Spinach Salad	200	15	3.5	50	450	10	2	7	6
Toasted Sesame Salad	250	18	4	10	490	16	1	13	4
Caesar Side Salad	230	20	5	20	520	8	1	0	7
Ranch Dressing	190	19	3	15	330	3	0	2	2
Lite Ranch	130	13	2	15	330	3	0	0	0
Blue Cheese Dressing	240	26	5	25	260	2	0	0	2
Thousand Island Dressing	130	10	1.5	5	370	9	--	6	0
Honey Mustard Dressing	170	16	2	15	130	11	0	10	0
Robusto Italian Dressing	140	14	2	--	430	1	0	1	0
Creamy Caesar Dressing	210	23	4.5	5	430	1	0	0	1
Toasted Sesame Dressing	160	13	2	--	410	9	--	8	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	--	11	0

NUTRITIONAL INFORMATION

LUNCH & DINNER

Lunch, continued

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	0	10	0
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Soup, Bowl of Loaded Potato	380	22	10	55	1760	33	2	6	14
Soup, Bowl Chicken Tortilla	240	7	3	40	1540	34	8	3	12
Soup, Bowl Split Pea with Ham	270	6	2	10	1630	40	4	6	14
Soup, Bowl Creamy Spinach Artichoke	300	18	10	55	1670	20	2	6	16
Soup, Bowl Chicken Noodle	140	4	1	40	1250	14	1	1	14
Soup, Bowl Clam Chowder	300	21	7	25	1350	25	1	3	8
Soup, Bowl Broccoli Cheese	230	15	7	40	1380	15	2	5	9
SANDWICHES									
Prime Rib Dip	670	37	13	85	2890	48	2	4	31
Philly Steak Sub	840	47	19	125	2970	56	3	8	43
Baja Chipotle Chicken Sandwich	870	49	15	150	1990	59	6	11	50
Cuban Sandwich	600	27	11	100	2390	46	2	4	37
Shari's Clubhouse	630	26	7	65	2440	62	2	10	33
Porchetta Street Sandwich	1000	73	13	80	3970	50	3	4	31
French Fries	390	25	4	0	60	40	4	2	4
Tater Tots	370	26	4	0	620	33	3	1	3
PANINIS									
Pastrami Panini	760	32	12	140	3430	58	5	3	55
All American Panini	740	33	12	110	3310	62	3	8	47
French Fries	390	25	4	0	60	40	4	2	4
Tater Tots	370	26	4	0	620	33	3	1	3
LIFESTYLE SANDWICHES									
Flame Grilled Veggie Burger	310	10	3	10	340	51	15	11	16
Turkey Burger	430	20	6	65	730	38	5	13	28
Lite Styles Ham Half	210	4	0.5	30	1510	29	4	8	16
Lite Styles Turkey Half	210	3	0	35	1400	28	4	8	18
HAMBURGERS									
Trail Boss	1030	57	21	340	2190	54	2	13	68
Garlic-Mushroom Swiss Burger	1030	72	21	140	1040	50	2	5	44
Sriracha Burger	730	40	14	110	1110	50	4	7	41
Bavarian Burger	1030	47	20	235	2770	59	3	7	82
Hamburger	600	29	10	95	700	46	2	7	37
Cheddar Cheeseburger	660	34	13	110	810	46	2	7	41
Swiss Cheeseburger	670	34	13	115	740	46	2	7	42
Bleu Cheeseburger	650	33	13	110	890	46	2	7	40
Pepperjack Cheeseburger	700	38	15	120	890	46	2	7	43
French Fries	390	25	4	0	60	40	4	2	4
Tater Tots	370	26	4	0	620	33	3	1	3
ENTRÉE SALADS									
Northwest Steak Salad	660	30	11	80	1650	53	4	21	42
Spinach Cobb Salad	780	44	11	270	1620	46	6	12	51
Salmon Caesar Salad	750	49	11	125	1350	41	3	1	42
Chicken Caesar Salad	730	45	10	100	1610	41	3	1	43
Shrimp Caesar Salad	700	45	10	170	1430	42	3	1	34
LIFESTYLE SALADS									
Rustic Tuscan Chicken Salad	540	32	5	95	1530	21	1	4	37
American Chopped Salad	590	28	10	265	2050	39	2	8	43
Appetizers									
Buffalo Wings with Blue Cheese	880	69	16	315	2740	6	0	0	51
Barbeque Wings	710	43	11	290	2280	21	3	19	50
Sriracha Wings	830	62	14	305	2040	9	0	4	51
Chimichurri Wings	860	67	13	290	2120	7	2	2	51
Balsamic Glazed Wings	730	47	11	290	1450	22	0	22	50
Sauteed Mushrooms Add On	290	28	8	0	330	8	1	4	4
Mozzarella Sticks with Marinara	510	32	13	40	1580	39	1	5	20
Onion Rings with BBQ & Honey Mustard	990	64	12	15	1800	100	7	31	6
YOU PICK SAMPLER-CHOOSE FOUR									
Southern Style Chicken Tenders	310	21	3	20	720	17	1	0	14
Mozzarella Sticks with Marinara	310	20	8	25	830	23	--	3	13
Thick Cut Onion Rings	390	24	4.5	0	530	39	3	6	3
Golden Shrimp	150	5	1	40	430	17	0	1	9
Tater Tots	370	26	4	0	620	33	3	1	3
French Fries	390	25	4	0	60	40	4	2	4

Dinners

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
HOME-STYLE FAVORITES									
Timeless-Recipe Pot Roast	1120	63	20	130	2500	82	9	13	49
Country Fried Steak	1250	71	28	135	2770	119	10	19	32
Southern Style Chicken Tenders	1150	64	16	85	2440	105	11	13	38
Hot Turkey	930	38	13	100	2410	107	8	28	42
DISTINCTIVE DINNERS									
Southern-Style Chicken & Waffles	1430	86	20	205	2340	113	1	59	52
Chimichurri Chicken	1110	65	14	90	1810	87	8	11	43
Chicken Penne Alfredo	1100	55	26	190	2170	94	4	11	67
Cedar Plank Wild Alaskan Salmon	650	36	9	100	910	47	3	10	34
Hand-Cut Alaskan Cod & Chips	1220	77	12	70	1930	111	8	12	30
Alaskan Cod with Shrimp & Chips	1280	79	12	110	2240	119	7	20	33
FLAME GRILLED CLASSICS									
USDA Top Sirloin	570	32	9	55	1070	34	2	5	33
Center Cut USDA New York Strip	940	64	22	170	650	33	2	4	53
One Pound USDA T-Bone	1100	67	23	170	2140	35	2	6	80
Steak & Shrimp Skewers	760	43	12	205	1320	35	2	5	53
Steak & Shrimp Scampi	930	62	17	205	1540	36	2	5	53
Steak & Golden Fried Shrimp	1040	50	12	155	2500	89	3	14	58
Stuffed Browns	400	28	10	40	800	27	2	2	10
Red-skinned Mashed	260	8	5	25	570	40	4	2	5
Baked Potato with Butter & Sourcream	280	13	5	10	135	38	4	3	5
CUSTOMIZED FLAME GRILLED ADD ONS									
Chimichurri Add On	120	12	1	0	540	3	1	1	1
Bleu Cheese Crumble Add On	700	55	20	35	1300	37	0	0	9
Sauteed Mushrooms Add On	290	28	8	0	330	8	1	4	4
Shrimp Scampi Add On	360	30	8	150	470	2	0	1	20
Shrimp Skewer Add On	190	11	2.5	150	260	1	0	0	20
Fried Shrimp Add On	420	17	3	100	1080	43	0	3	23
Garlic Parmesan Tots Add On	1140	85	24	50	2050	69	7	2	25
Mozzarella Sticks with Marinara	510	32	13	40	1580	39	1	5	20
Onion Rings with BBQ & Honey Mustard	990	64	12	15	1800	100	7	31	6
Beverages									
Pepsi	130	0	0	0	30	36	0	36	0
Diet Pepsi	0	0	0	0	40	0	0	0	0
Cappuccino	130	5	4	0	80	20	0	10	1
Mountain Dew	140	0	0	0	60	39	0	39	0
Root Beer	130	0	0	0	60	37	0	37	0
Orange Juice Add On	90	0	0	0	0	22	0	20	0
Orange Juice Regular	130	0	0	0	0	31	0	28	0
Minute Maid Lemonade	140	0	0	0	10	36	0	34	0
Cranberry Juice Add On	33	0	0	0	61	8	0	8	0
Cranberry Juice Reg	46	0	0	0	87	12	0	12	0
Minute Maid Apple Juice Add On	90	0	0	0	10	23	0	23	0
Minute Maid Apple Juice Reg	130	0	0	0	10	32	0	32	0
Milk regular	150	10	6	43	150	13	0	13	10
Milk Large	250	16	10	71	250	22	0	22	16
Hot Chocolate	170	3	3	0	220	33	1	27	1
Grapefruit Juice Add On	80	0	0	0	0	18	0	18	0
Grapefruit Juice Regular	109	0	0	0	0	25	0	25	0
Tomato Juice Add On	40	0	0	0	700	6	2	4	2
Tomato Juice Reg	60	1	0	0	990	9	3	5	3
Cranberry Cooler	160	0	0	0	10	40	0	39	0
Strawberry Lemonade	290	0	0	0	10	74	0	71	0
Apple Cider	80	0	0	0	30	20	0	20	0
Arnold Palmer	100	0	0	0	10	24	0	23	0

NUTRITIONAL INFORMATION

HONORED

Honored

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
BREAKFAST									
Honored Bacon and Cheese Omelette	540	42	20	565	970	5	0	2	37
Honored Ham and Cheese Omelette	430	31	14	550	900	6	0	4	33
Honored Sausage and Cheese Omelette	630	52	23	580	920	5	0	2	36
Honored Bacon and Egg	110	7	2.5	170	310	2	0	1	9
Honored Sausage and Egg	300	26	10	210	460	2	0	1	13
Honored Country Fried Steak	490	32	11	210	980	30	0	3	18
Honored Cakes with Butter/Syrup	650	14	3.5	5	1100	127	1	88	6
Honored French Toast with Butter/Syrup	930	46	10	210	810	117	0	82	13
Side Hashbrowns	240	15	3	0	460	25	2	1	2
Side White Toast	270	12	3	0	450	34	2	4	6
Side Wheat Toast	330	14	3	0	490	44	4	8	10
Side of Sourdough Toast	290	10	3	0	430	40	2	2	8
Side of English Muffin	230	11	3	0	340	28	2	2	5
Side of Rye Toast	310	14	3	0	630	38	6	0	8
Honored Cakes with Butter/Syrup	650	14	3.5	5	1100	127	1	88	6
Honored French Toast with Butter/Syrup	930	46	10	210	810	117	0	82	13
Honored Bacon	80	6	2	10	500	0	--	--	6
Honored Sausage	230	22	9	45	400	0	0	0	7
Honored Strawberries	180	2	1	5	35	39	1	38	0
Honored Apples	190	2	1	5	40	42	--	38	0
Honored Benedict with browns	530	31	8	185	1310	44	3	5	18
Honored Benedict with Fruit	310	16	4.5	185	860	24	2	9	16
SALADS									
Honored Spinach Cobb Salad	610	36	9	145	1320	40	5	8	31
Honored American Chopped Salad	410	20	6	130	1330	34	2	5	24
DINNER									
Honored Steak Dinner	360	14	6	70	770	23	3	7	33
Honored Lemon Pepper Salmon Dinner	300	9	2.5	115	280	22	3	6	31
Honored Fish & Shrimp Dinner	980	55	10	125	2310	93	5	19	32
Honored Country Fried Steak Dinner	560	32	11	60	1120	50	3	8	17
Honored Chicken Strip Dinner	610	35	6	45	1290	48	5	6	25
Dinner Salad	45	1	0	0	95	9	1	2	2
Side Spinach Salad	200	15	3.5	50	450	10	2	7	6
Caesar Side Salad	230	20	5	20	520	8	1	0	7
Ranch Dressing	190	19	3	15	330	3	0	2	2
Lite Ranch	130	13	2	15	330	3	0	0	0
Blue Cheese Dressing	240	26	5	25	260	2	0	0	2
Thousand Island Dressing	130	10	1.5	5	370	9	--	6	0
Honey Mustard Dressing	170	16	2	15	130	11	0	10	0
Robusto Italian Dressing	140	14	2	--	430	1	0	1	0
Creamy Caesar Dressing	210	23	4.5	5	430	1	0	0	1
Toasted Sesame Dressing	160	13	2	--	410	9	--	8	0
Fat Free Raspberry Vinaigrette Dressing	40	0	0	0	360	11	--	11	0
Low Fat Balsamic Vinaigrette Dressing	60	2	0	0	210	10	0	10	0
Vinegar and Oil	180	21	3	0	0	0	0	0	0
Toasted Sesame Salad	250	18	4	10	490	16	1	13	4
Soup, Cup Chicken Tortilla	200	6	3	35	1230	27	6	3	10
Soup, Cup Split Pea with Ham	190	3.5	1	5	1210	29	3	5	10
Soup, Cup Creamy Spinach Artichoke	200	12	7	40	1120	13	2	4	11
Soup, Cup Chicken Noodle	110	3	0.5	30	940	11	1	1	11
Soup, Cup Clam Chowder	250	18	6	20	1040	18	0	2	6
Soup, Cup Broccoli Cheese	170	12	6	30	1050	11	1	4	7
Loaded Mashed Potatoes	410	21	13	65	900	42	4	3	14
Rice Pilaf serving	90	4.5	1	0	150	10	0	3	1
French Fries	390	25	4	0	60	40	4	2	4
Tater Tots	370	26	4	0	620	33	3	1	3
Baked Potato with Butter & Sourcream	280	13	5	10	135	38	4	3	5
Country Vegetables	120	9	2.5	0	180	8	2	5	1
Honored Classic Pot Roast and Country Vegetables	960	47	18	130	2010	78	9	13	49

Desserts and Pies

	CALORIES	FAT	SATURATED FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
CLASSIC PIES									
Grannys Apple Pie SlicePie - Apple Slice	570	28	8	0	390	78	2	48	4
NSA Granny's Apple Pie -Slice	480	27	8	0	440	36	2	8	3
Shari's Northwest Marionberry Pie Slice	560	28	9	0	360	74	3	41	4
Shari's NSA Northwest Marionberry Slice	540	29	9	0	470	51	3	6	5
Shari's NW Burst O'Berry Trio Slice	590	28	9	0	360	82	3	44	4
Shari's Montana Cherry Pie Slice	550	29	8	0	290	72	2	41	5
Shari's Peach Perfection Slice	550	28	7	0	320	71	3	41	5
Shari's Strawberry Rhubarb Delight Slice	520	26	13	0	440	67	3	32	4
Shari's Banana Cream Dream - Slice	410	19	8	60	300	55	2	33	5
Shari's Chocolate Cream Supreme Slice	590	33	18	90	340	67	1	42	6
Shari's Tropical Coconut Cream - Slice	540	30	19	75	360	62	0	39	6
Shari's Lemon Meringue Delight Slice	630	23	7	25	430	101	1	68	5
GOURMET PIE									
Shari's Creamy Caramel Pecan Crunch Slice	710	45	1.5	85	450	71	2	47	6
Shari's Peanut Butter Chocolate Silk Slice	660	45	18	95	310	60	4	42	10
Shari's Velvet Chocolate Silk Pie Slice	640	46	19	155	110	55	1	14	5
Shari's Fresh Pecan Pie - Slice	440	5	2	225	260	94	0	63	4
Shari's Sour Cream Lemon Slice	550	32	18	45	290	61	0	37	3
Shari's S'mores Galore Pie Slice	570	31	13	165	280	68	2	50	6