

ENTREES ONLY excludes sides	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Bacado Omelette	840		580 65g	25g	0g	850mg	1230mg	9g	3g	2g	53g	30%	8%	45%	25%
Banana Bread French Toast	1090		420 48g	9g	0g	485mg	750mg	149g	10g	97g	24g	20%	30%	25%	25%
Barrington Benedict	450		180 20g	8g	0g	430mg	1950mg	32g	2g	2g	36g	20%	2%	20%	30%
Belgian Waffle	590		440 49g	26g	**	235mg	530mg	29g	0g	7g	9g	30%	0%	20%	10%
Berry-Ola Oatmeal	490		100 11g	1.5g	0g	0mg	230mg	94g	14g	25g	13g	4%	30%	4%	10%
Blueberry Pancakes	1020		370 43g	25g	0g	105mg	2570mg	143g	3g	19g	22g	25%	4%	80%	70%
Butcher Shop Omelette	720		520 59g	23g	0g	640mg	1410mg	1g	0g	< 1g	46g	30%	6%	40%	15%
Cafe Quiche	410		240 28g	10g	0g	35mg	300mg	32g	2g	2g	9g	50%	8%	15%	2%
California Club	810		480 55g	17g	0g	140mg	1860mg	30g	7g	7g	51g	100%	25%	40%	15%
California Tuna Melt	700		430 48g	19g	0g	110mg	1110mg	32g	3g	6g	35g	25%	20%	50%	15%
Cassie's Crepes	480		300 33g	13g	0g	390mg	510mg	21g	2g	6g	24g	20%	6%	30%	10%
Chicken and Avocado Grill	470		220 25g	6g	0g	70mg	1710mg	33g	5g	4g	31g	15%	20%	20%	15%
Chicken Sausage & Goat Cheese Scrambler	290		140 15g	7g	0g	40mg	740mg	5g	< 1g	2g	32g	20%	10%	10%	20%
Chorizo Chilaquiles	1300		660 74g	23g	0g	430mg	1870mg	111g	11g	8g	51g	35%	50%	60%	35%
Cinnamon Roll French Toast	930		470 52g	23g	0g	395mg	1050mg	92g	2g	49g	22g	40%	0%	15%	25%
Classic Cheeseburger	900		580 65g	28g	0g	185mg	1030mg	29g	3g	5g	51g	60%	20%	30%	30%
Croque Madame	850		470 53g	26g	0g	435mg	3410mg	37g	0g	7g	57g	35%	0%	70%	20%
Door County Melt	680		400 46g	16g	0g	80mg	1210mg	42g	7g	15g	30g	20%	15%	50%	15%
Down Home	910		490 55g	23g	0g	430mg	2220mg	68g	0g	6g	28g	10%	0%	15%	40%
Dynamite Veggie White Omelette	200		50 6g	3g	**	15mg	640mg	9g	2g	4g	26g	50%	110%	25%	6%
Egg Salad Melt	620		410 46g	14g	0g	295mg	1040mg	29g	6g	6g	25g	25%	10%	35%	15%
Farmer's Market Benedict	670		350 41g	20g	0g	405mg	2530mg	55g	6g	6g	27g	70%	25%	40%	35%
French Bistro Omelette	270		120 14g	8g	**	45mg	430mg	3g	0g	1g	32g	25%	15%	45%	6%
Fried Green Tomato Benedict	930		610 69g	15g	0g	465mg	1550mg	50g	4g	8g	34g	45%	100%	30%	35%
Garden Delight Omelette	460		250 28g	13g	**	525mg	540mg	16g	< 1g	15g	35g	60%	15%	40%	8%
Garden Pesto Frittata	470		280 31g	14g	0g	665mg	410mg	9g	1g	4g	38g	60%	25%	45%	20%
Geneva Rosti	470		270 31g	15g	0g	80mg	820mg	20g	2g	4g	32g	10%	20%	30%	6%
Georgia Cheese Grits and Eggs	610		430 50g	28g	0g	145mg	1440mg	19g	2g	4g	25g	35%	70%	45%	6%
Gluten Free Pancakes	1200		410 47g	26g	0g	360mg	1470mg	160g	0g	2g	29g	35%	0%	30%	45%
Harbor Signature Pancakes	930		370 42g	25g	**	105mg	2800mg	120g	0g	0g	22g	25%	0%	80%	70%
Joes Healthy Scrambler	340		120 14g	3.5g	0g	45mg	930mg	9g	2g	5g	44g	50%	8%	50%	35%
Key West Crepes	630		260 30g	15g	0g	140mg	350mg	83g	6g	46g	11g	15%	230%	15%	4%
Lemon Poppyseed Pancakes	1110		260 33g	15g	0g	295mg	1210mg	172g	3g	21g	29g	25%	60%	40%	50%
Lobster Salad Melt	610		370 42g	16g	0g	95mg	990mg	36g	7g	8g	25g	30%	15%	50%	15%
Lobster Scrambler	490		330 38g	16g	0g	545mg	990mg	12g	0g	6g	25g	40%	2%	25%	15%
Matt's Meaty Skillet	770		470 53g	20g	0g	435mg	1640mg	36g	4g	4g	41g	20%	35%	30%	20%
Old Fashioned Oatmeal	190		15 1.5g	0g	**	0mg	10mg	42g	7g	0g	6g	0%	0%	2%	10%
Popeye Crepes	610		420 47g	20g	0g	440mg	910mg	20g	< 1g	7g	29g	50%	15%	15%	10%
Protein Wrap	640		170 19g	2.5g	0g	10mg	1750mg	78g	13g	10g	38g	50%	50%	50%	30%
Quinoa Breakfast Bowl	380		90 10g	1g	0g	10mg	85mg	56g	6g	36g	20g	2%	2%	25%	15%
Red Rock Skillet	610		240 28g	11g	0g	135mg	920mg	44g	5g	30g	47g	45%	30%	35%	20%
Sam's Swedish Pancakes	680		360 41g	23g	0g	390mg	920mg	62g	3g	36g	18g	30%	2%	20%	15%
San Antonio Skillet	810		480 54g	20g	0g	435mg	1470mg	44g	5g	8g	42g	35%	100%	45%	25%
Santa Fe Roll Up	1020		550 63g	20g	0g	85mg	1960mg	89g	2g	5g	29g	20%	15%	50%	50%
Shawna's Sun Up	700		220 25g	3g	0g	5mg	330mg	111g	11g	73g	18g	4%	35%	35%	10%
Sir Dugan Frittata	600		440 50g	21g	0g	615mg	880mg	4g	< 1g	3g	36g	60%	20%	35%	20%
Sloppy Joes	440		130 14g	6g	0.5g	35mg	910mg	61g	2g	17g	18g	10%	40%	8%	10%
Smoked Salmon Benedict	410		110 13g	6g	0g	35mg	1340mg	53g	6g	6g	23g	25%	40%	20%	25%
Summer in Italy	1040		460 51g	22g	0g	435mg	830mg	115g	6g	46g	28g	30%	35%	25%	25%
Texas Bread French Toast	580		310 35g	18g	**	395mg	730mg	48g	2g	13g	18g	25%	0%	20%	20%
Ultimate Skillet	540		260 29g	11g	0g	380mg	1030mg	42g	6g	8g	30g	30%	80%	35%	25%
Ultimate Grilled Cheese	610		390 44g	24g	0g	115mg	960mg	25g	4g	5g	31g	25%	15%	50%	10%
Veggie Power Skillet	440		70 9g	1.5g	**	10mg	1020mg	57g	12g	4g	37g	510%	160%	60%	30%
Very Veggie Roll-Up	430		160 18g	6g	0g	10mg	620mg	53g	9g	10g	14g	170%	430%	15%	25%
SOUPS	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Black Bean Chicken Chili	250		60 7g	2g	0g	30mg	930mg	31g	7g	8g	18g	20%	15%	8%	15%
Cream of Chicken with Wild Rice	500		180 20g	4g	0g	60mg	2060mg	30g	8g	8g	28g	30%	8%	10%	0%
Roasted Tomato Bisque	280		170 19g	10g	0g	50mg	910mg	21g	2g	5g	7g	20%	10%	15%	6%
Vegetarian Vegetable	80		0 0g	0g	0g	0mg	770mg	16g	3g	4g	4g	35%	20%	6%	8%
SALADS (excludes dressing and muffin)	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Door County Chicken Salad <small>(2 4oz scoops)</small>	750		500 58g	8g	0g	50mg	1190mg	50g	8g	34g	18g	90%	50%	10%	15%
Door County Chicken Salad Combo <small>(1 6oz scoop)</small>	550		370 43g	7g	0g	40mg	890mg	35g	5g	24g	13g	60%	10%	6%	10%
The Palmer Salad	510		350 40g	7g	0g	10mg	1270mg	31g	8g	10g	12g	160%	110%	30%	20%
Quinoa Cobb Salad <small>(if combo, 1/2 nutritional information)</small>	880		300 35g	6g	**	80mg	150mg	94g	19g	6g	52g	110%	70%	20%	50%
Sedona BBQ Salad	770		260 30g	11g	**	135mg	790mg	71g	14g	13g	57g	240%	50%	50%	35%
Summerfest Chicken Salad	470		250 28g	5g	0g	35mg	920mg	49g	9g	33g	13g	100%	150%	8%	10%

Nutritional Information Summer 2015

EGGS <small>(portion size = 2 large eggs)</small>	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Egg Whites Scrambled <small>(prepared w/ cooking spray)</small>	60	0	0g	0g	0g	0mg	230mg	2g	0g	0g	12g	15%	10%	20%	10%
Eggs Basted <small>(prepared w/ water & butter)</small>	170	110	7g	2.5g	0g	440mg	130mg	2g	0g	0g	12g	15%	0%	4%	8%
Eggs Fried	170	110	7g	2.5g	0g	440mg	130mg	2g	0g	0g	12g	15%	0%	4%	8%
Eggs Poached <small>(prepared w/ water)</small>	140	80	3g	0g	0g	430mg	130mg	2g	0g	0g	12g	10%	0%	4%	8%
Eggs Scrambled <small>(prepared w/ butter)</small>	170	110	7g	2.5g	0g	440mg	130mg	2g	0g	0g	12g	15%	0%	4%	8%
SIDES	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Applesauce Side	45	0	0g	0g	0g	0mg	10mg	12g	2g	7g	0g	0%	0%	0%	0%
Bacon Side	180	140	16g	6g	0g	40mg	520mg	0g	0g	0g	12g	0%	8%	0%	0%
Berry Cup Side	35	0	0g	0g	**	0mg	0mg	9g	3g	6g	< 1g	2%	40%	2%	2%
Canadian Bacon Side	140	45	5g	2g	0g	60mg	1300mg	0g	0g	0g	22g	0%	0%	0%	4%
Cheese Grits Side	430	310	36g	22g	**	105mg	990mg	13g	< 1g	0g	15g	20%	2%	45%	4%
Cheesy Harbor Potatoes	350	160	18g	9g	0g	40mg	620mg	34g	4g	2g	15g	10%	25%	35%	10%
Cherrywood Bacon Side	300	220	24g	8g	0g	60mg	900mg	0g	0g	0g	21g	0%	10%	0%	0%
Chicken Sausage Links Side	240	15	15g	4.5g	0g	105mg	720mg	6g	0g	0g	18g	0%	0%	6%	6%
Cinnamon Roll Side	720	360	40g	18g	0g	55mg	910mg	80g	2g	39g	10g	30%	0%	6%	15%
Corned Beef Hash Side	380	260	29g	11g	0g	70mg	1100mg	17g	0g	3g	12g	0%	15%	0%	25%
Fried Green Tomato Side <small>(served with Ranch)</small>	460	380	42g	4g	0g	5mg	410mg	18g	1g	4g	4g	6%	15%	10%	6%
Fruit Cup	60	0	0g	0g	**	0mg	5mg	15g	2g	12g	1g	25%	70%	2%	2%
Greek Yogurt Side	60	0	0g	0g	0g	10mg	40mg	5g	0g	5g	11g	0%	0%	10%	0%
Grits Side	270	200	23g	14g	**	70mg	770mg	13g	< 1g	0g	4g	15%	2%	10%	2%
Harbor Potatoes Supreme	550	320	37g	17g	0g	90mg	990mg	37g	4g	5g	22g	15%	35%	30%	10%
Hashbrowns Side	370	220	25g	9g	0g	30mg	80mg	33g	4g	0g	4g	8%	15%	0%	0%
Jalapeno Bacon Side	400	280	34g	11g	0g	85mg	1810mg	0g	0g	0g	28g	0%	0%	0%	0%
Potatoes Side	180	40	4.5g	0g	0g	0mg	370mg	33g	4g	2g	4g	2%	25%	4%	10%
Preserves Side <small>(based on 1oz portion)</small>	35	0	0g	0g	**	0mg	0mg	9g	< 1g	7g	0g	0%	4%	0%	0%
Salsa Side	20	0	0g	0g	0g	0mg	110mg	4g	1g	0g	< 1g	8%	10%	2%	4%
Sausage Link Side	400	360	40g	14g	0g	80mg	640mg	0g	0g	0g	12g	0%	0%	0%	0%
Sausage Patty Side	440	400	44g	14g	0g	80mg	740mg	2g	0g	0g	12g	0%	0%	0%	0%
Salad Side with Poppyseed Dressing	140	12	13g	1g	0g	0mg	130mg	6g	2g	3g	1g	80%	15%	4%	4%
Sour Cream Side	80	70	8g	5g	**	20mg	35mg	1g	0g	1g	< 1g	6%	0%	4%	0%
Sweet Potatoes Side	180	25	2.5g	0g	0g	0g	115mg	37g	3g	12g	3g	50%	20%	6%	6%
Turkey Bacon Side	180	70	8g	2g	0g	100mg	1050mg	4g	0g	4g	24g	0%	0%	0%	8%
Turkey Sausage Side	210	140	16g	5g	0g	85mg	620mg	< 1g	0g	< 1g	15g	4%	2%	0%	6%
DRESSINGS <small>(based on 1oz portion)</small>	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Citrus Herb Vinaigrette Side	100	90	10g	1.5g	0g	0mg	135mg	3g	0g	2g	0g	0%	10%	0%	0%
Jalapeno Poppyseed Side	120	110	13g	1g	0g	0mg	100mg	2g	0g	1g	0g	0%	2%	0%	0%
Ken's Light Olive Oil & Vinegar Side	45	35	4g	0g	0g	0mg	230mg	3g	0g	3g	0g	0%	4%	0%	0%
Mango Chardonnay Dressing Side	110	90	10g	1.5g	0g	0mg	200mg	5g	0g	5g	0g	0%	2%	0%	0%
Poppyseed Dressing Side	130	120	13g	1g	0g	0mg	105mg	2g	0g	2g	0g	0%	0%	0%	0%
BREADS	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Bagel Side	290	30	3.5g	0g	0g	0mg	610mg	54g	2g	2g	10g	0%	0%	0%	0%
Brioche Side	300	140	16g	9g	0g	120mg	320mg	32g	0g	6g	8g	12%	0%	4%	4%
Cinnamon Raisin Bread Side	140	20	2g	0g	0g	0mg	190mg	28g	0g	8g	4g	0%	0%	0%	4%
English Muffin Side	180	50	6g	2g	0g	< 5mg	250mg	27g	1g	2g	5g	4%	2%	10%	15%
Light Rye Bread Side	200	20	2g	0g	0g	0mg	500mg	40g	4g	2g	8g	0%	0%	4%	8%
Marble Rye Bread Side	200	20	2g	0g	0g	0mg	480mg	40g	4g	2g	8g	0%	0%	4%	4%
Multigrain Bread Side	280	50	6g	1g	0g	0mg	340mg	48g	6g	6g	12g	0%	0%	4%	20%
Sourdough Bread Side	180	0	0g	0g	0g	0mg	400mg	36g	2g	0g	8g	0%	0%	0%	0%
Texas Toast Side	340	50	6g	2g	0g	0mg	700mg	60g	2g	6g	12g	0%	0%	8%	4%
Wheat English Muffin	130	10	1g	0g	0g	0mg	280mg	24g	2g	< 1g	5g	0%	0%	8%	10%
White Bread Side	220	40	4g	1g	0g	0mg	460mg	40g	2g	4g	8g	0%	0%	4%	0%