



Nutritional Information

Item Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
MOUNTAIN LODGE OMELETS:											
Denver & Tillamook Cheddar	570	350	39	18	1	705	1260	9	1	5	46
Denver & Tillamook - Lighter Serving	340	210	23	10	0	455	670	5	0	2	26
Farmer's	860	520	58	26	0	730	2010	24	2	6	60
Farmer's - Lighter Serving	520	310	35	15	0	475	1190	15	1	4	35
Crabacado	780	510	57	23	0	740	1170	10	3	2	56
Crabacado - Lighter Serving	560	380	42	16	0	485	930	8	3	2	35
Mr Elmer's	680	440	49	22	0	715	1230	10	1	4	47
Mr Elmer's - Lighter Serving	450	300	34	13	0	470	750	8	1	3	28
Looking For Sun	780	530	58	24	0	705	2420	10	3	2	56
Looking For Sun - Lighter Serving	480	320	36	14	0	460	1370	9	3	2	33
Garden Vegetable	630	420	47	21	0	685	560	14	3	5	40
Garden Vegetable - Lighter Serving	550	370	42	19	0	480	480	13	3	5	32
Classic Ham & Tillamook Cheddar	590	360	40	18	1	725	1600	7	0	3	50
Classic Ham & Tillamook Cheddar - Lighter Serving	480	300	34	16	1	500	1180	5	0	2	38
Willamette Valley	630	390	43	20	0	735	820	13	4	5	48
Willamette Valley - Lighter Serving	360	230	25	11	0	470	450	7	2	3	27
Choice of:											
Classic Buttermilk Pancakes - Three	640	260	30	12	0	140	1560	77	2	23	15
Elmer's Pancake Syrup - 2 fl oz	210	0	0	0	0	0	25	52	0	28	0
Oregon Marionberry Syrup - 2 fl oz	190	0	0	0	0	0	15	48	0	26	0
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Buttermilk Biscuit with Whipped Butter	400	230	25	15	0	40	950				
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
RANCH BREAKFAST (served with a Buttermilk Biscuit and Whipped Butter):											
Daily's Smokehouse Bacon & Eggs	710	430	47	23	0	425	2090	36	1	3	31
Zenner's Pork Sausage Links & Eggs	790	500	56	25	0	465	1700	36	1	3	32
Zenner's Chicken Apple Sausage Links & Eggs	750	440	49	23	0	520	1880	40	2	6	34
Honey-Cured Ham & Eggs	680	390	43	20	0	460	2480	41	1	9	37
Sausage Patty & Eggs	950	660	73	32	0	485	1890	38	1	5	32
Two-Egg Breakfast	550	320	36	19	0	410	1090	36	1	3	19
Choice of:											
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
GERMAN PANCAKES:											
Classic German Pancake (served with Whipped Butter, Lemon and Powdered Sugar)	770	270	30	15	0	525	470	94	2	38	28
Classic German Pancake Fruited - includes choice of topping	660	160	18	7	0	495	375	92	2	38	28
German Pancake Combo- includes eggs (served with Whipped Butter, Lemon and Powdered Sugar)	920	350	39	18	0	900	610	94	2	39	40
German Pancake Combo Fruited - includes eggs	820	280	31	10	0	865	520	94	2	38	40
Choice of Breakfast Meat:											
Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Sliced Ham (2 slices)	140	60	6	1	0	50	1380	5	0	6	18
Pork Sausage Links (3 links)	240	190	21	6	0	60	560	2	0	1	13
Chicken Apple Sausage (2 links)	210	130	15	4	0	110	780	4	1	2	15
Choice of Topping:											
Strawberry Compote - 4 oz wt	130	0	0	0	0	0	0	33	2	29	0
Northwest Triple Berry- 4oz wt	100	0	0	0	0	0	10	28	4	24	1
Cinnamon Apple - 6oz	163	2.9	0	0	0	0	221	40	3	28	1
Lingonberry Butter - 3oz	300	210	20	15	0	60	190	24	2	22	0

Item Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
PIONEER STYLE FAVORITES:											
The Hungry Rancher Breakfast (served with a Buttermilk Biscuit and Whipped Butter):	1130	720	80	31	0.5	695	3580	41	1	10	60
Choice of:											
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
Country Biscuit Breakfast (served with Northwest Hash Browns)	1120	680	76	22	1.5	400	1900	80	5	8	28
Choice of Breakfast Meat:											
Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Sliced Ham (2 slices)	140	60	6	1	0	50	1380	5	0	6	18
Pork Sausage Links (3 links)	240	190	21	6	0	60	560	2	0	1	13
Chicken Apple Sausage (2 links)	210	130	15	4	0	110	780	4	1	2	15
Chicken Fried Steak & Eggs (served with a Buttermilk Biscuit and Whipped Butter)	1170	670	74	30	0.5	480	2760	78	3	8	43
Chicken Fried Steak & Egg (served with a Buttermilk Biscuit and Whipped Butter) - Lighter Serving	960	550	61	27	0	280	2380	69	2	8	31
Choice of:											
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
Bacon & Tillamook Potato Cakes and Eggs	1492	1075	120	37	2.5	501	3562	40	4	7	64
Oregon Trail Steak and Eggs (served with a Buttermilk Biscuit and Whipped Butter)	1050	650	72	34	1	580	1560	37	1	3	61
Choice of:											
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
Snoqualmie Falls Oatmeal (Classic)	710	190	21	11	0	40	160	111	10	33	17
Snoqualmie Falls Oatmeal (Fruit)	660	190	21	11	0	40	150	98	12	14	18
PANCAKES & FRENCH TOAST:											
Famous Buttermilk Pancake Combo - Includes Eggs	985	425	47.3	16.8	0	548	2195	103	2	30	33
Choice of:											
Elmer's Pancake Syrup - 2 fl oz	210	0	0	0	0	0	25	52	0	28	0
Oregon Marionberry Syrup - 2 fl oz	190	0	0	0	0	0	15	48	0	26	0
Buttermilk Pancake Combo - Fruited - Includes Eggs	1000	370	41	12	0	530	2110	124	3	49	33
Choice of Topping:											
Strawberry Compote - 4 oz wt	130	0	0	0	0	0	0	33	2	29	0
Northwest Triple Berry- 4oz wt	100	0	0	0	0	0	10	28	4	24	1
Cinnamon Apple - 6oz	163	2.9	0	0	0	0	221	40	3	28	1
Northwest Blueberry Pancake Combo - Includes Eggs	1095	435	48	17	0	547	2194	131	5	54	34
Choice of:											
Elmer's Pancake Syrup - 2 fl oz	210	0	0	0	0	0	25	52	0	28	0
Oregon Marionberry Syrup - 2 fl oz	190	0	0	0	0	0	15	48	0	26	0
Cinnamon Roll Pancake Combo - Includes Eggs	1585	560	65	21	0	560	2430	225	6	147	35
Choice of Breakfast Meat:											
Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Sliced Ham (2 slices)	140	60	6	1	0	50	1380	5	0	6	18
Pork Sausage Links (3 links)	240	190	21	6	0	60	560	2	0	1	13
Chicken Apple Sausage (2 links)	210	130	15	4	0	110	780	4	1	2	15
Yukon French Toast Combo - Includes Eggs	1095	565	64	18	1	642	1145	92	3	23	34
Choice of:											
Elmer's Pancake Syrup - 2 fl oz	210	0	0	0	0	0	25	52	0	28	0
Oregon Marionberry Syrup - 2 fl oz	190	0	0	0	0	0	15	48	0	26	0
Yukon French Toast Combo - Fruited - Includes Eggs	1060	510	57	14	1	625	1060	98	3	28	34
Choice of Topping:											
Strawberry Compote - 4 oz wt	130	0	0	0	0	0	0	33	2	29	0
Northwest Triple Berry- 4oz wt	100	0	0	0	0	0	10	28	4	24	1
Cinnamon Apple - 6oz	163	2.9	0	0	0	0	221	40	3	28	1
Choice of Breakfast Meat:											
Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Sliced Ham (2 slices)	140	60	6	1	0	50	1380	5	0	6	18
Pork Sausage Links (3 links)	240	190	21	6	0	60	560	2	0	1	13
Chicken Apple Sausage (2 links)	210	130	15	4	0	110	780	4	1	2	15

Item Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
CREPES AND WAFFLES:											
Belgian Waffle - Includes Eggs	455	275	31	15	0	95	460	23	0	1	4
Choice of:											
Elmer's Pancake Syrup - 2 fl oz	210	0	0	0	0	0	25	52	0	28	0
Oregon Marionberry Syrup - 2 fl oz	190	0	0	0	0	0	15	48	0	26	0
Belgian Waffle - Fruited - Includes Eggs	470	220	24	11	0	450	520	44	1	19	17
Choice of Topping:											
Strawberry Compote - 4 oz wt	130	0	0	0	0	0	0	33	2	29	0
Northwest Triple Berry- 4oz wt	100	0	0	0	0	0	10	28	4	24	1
Cinnamon Apple - 6oz wt	163	2.9	0	0	0	0	221	40	3	28	1
Choice of Breakfast Meat:											
Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Sliced Ham (2 slices)	140	60	6	1	0	50	1380	5	0	6	18
Pork Sausage Links (3 links)	240	190	21	6	0	60	560	2	0	1	13
Chicken Apple Sausage (2 links)	210	130	15	4	0	110	780	4	1	2	15
Choice of Breakfast Meat:											
Lingonberry Crepes Combo - includes Eggs	855	475	54	18	0	630	1175	65	2	30	29
Strawberry Festival Crepes Combo - includes Eggs	944	405	46	17	1	562	954	108	4	76	26
Triple Berry Festival Crepes Combo - includes Eggs	914	415	46	17	1	562	944	99	5	67	27
Cinnamon Apples Festival Crepes Combo - includes Eggs	916	408	46	17	1	564	1155	98	2	60	27
Choice of Breakfast Meat:											
Bacon (3 slices)	160	100	12	4.5	0	15	1000	0	0	0	13
Sliced Ham (2 slices)	140	60	6	1	0	50	1380	5	0	6	18
Pork Sausage Links (3 links)	240	190	21	6	0	60	560	2	0	1	13
Chicken Apple Sausage (2 links)	210	130	15	4	0	110	780	4	1	2	15
BOUNTIFUL BENEDICTS:											
Classic Eggs Benedict	620	350	39	11	0.5	425	1490	30	1	4	33
Classic Eggs Benedict (Lighter Serving)	310	180	20	5	0	215	750	15	1	2	16
Avocado Benedict	540	410	46	11	0.5	385	600	38	7	5	20
Avocado Benedict (Lighter Serving)	320	200	23	5	0	195	300	19	3	3	10
Dungeness Crab Benedict	700	400	45	12	0.5	440	1480	32	2	5	40
Dungeness Crab Benedict (Lighter Serving)	350	200	23	6	0	220	740	16	1	2	20
Above Benedicts served with a choice of:											
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
CASCADE SKILLETS											
Saturday Market Skillet	1390	820	92	39	1.5	560	3040	79	6	9	57
Country Cousin Skillet	1700	1020	114	45	2	565	3120	108	7	11	58
Northwest Skillet	1370	870	97	39	2	505	1790	79	8	8	41
BEVERAGES:											
Cold Beverages											
Milk - Small (7oz)	110	40	4.5	2.5	0	0	110	11	0	11	7
Milk - Large (15oz)	230	80	9	6	0	40	230	24	0	23	15
Chocolate Milk - Small (7oz)	180	35	4	2.5	0	20	140	27	2	21	7
Chocolate Milk - Large (15oz)	390	80	9	6	0	40	310	57	3	45	14
Soft Drinks											
Pepsi - 10 oz	130	0	0	0	0	0	25	35	0	34	0
Diet Pepsi	0	0	0	0	0	0	30	0	0	0	0
Mug Rootbeer	120	0	0	0	0	0	35	30	0	30	0
Sierra Mist	130	0	0	0	0	0	25	30	0	30	0
Mt. Dew	140	0	0	0	0	0	40	40	0	40	0
Fresh Brewed Ice Tea	0	0	0	0	0	0	0	5	0	0	0
Arnold Palmer	65	0	0	0	0	0	0	19	0	18	0
Strawberry Blender Lemonade	225	0	0	0	0	0	15	58	0	51	0
Sun Orchard Lemonade	150	0	0	0	0	0	0	39	0	37	0
Hot Beverages											
Northwest Lodge Blend	0	0	0	0	0	0	0	0	0	0	0
French Vanilla Capp	95	25	3	3	0	0	45	24	0	22	0
Whipped Cream	35	20	2.5	1.5	0	7	2.5	3	0	2	0.5
Cinnamon Sugar	8	0	0	0	0	0	0	2	0	1.6	0
Hot Chocolate	95	20	2.5	2.5	0	0	100	23	0	21	1
Whipped Cream	35	20	2.5	1.5	0	7	2.5	3	0	2	0.5
Black, Green or Herbal Tea	0	0	0	0	0	0	7	0	0	0	0
Juice:											
Sun Orchard Orange Juice - Small	100	5	0	0	0	0	0	23	0	18	2
Sun Orchard Orange Juice - Large	210	10	1	0	0	0	0	48	1	39	3
Tree Top Apple Juice - Small	105	0	0	0	0	0	10	26	0	24	0
Tree Top Apple Juice - Large	225	0	0	0	0	0	20	56	0	51	0
Ocean Spray Cranberry Juice Cocktail - Small	110	0	0	0	0	0	0	30	0	26	0
Ocean Spray Cranberry Juice Cocktail - Larger	210	5	0	0	0	0	10	64	0	56	0
Tomato Juice - Small	40	0	0	0	0	0	600	9	2	6	2
Tomato Juice - Large	80	0	0	0	0	0	1280	19	4	13	4

Item Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
MOUNTAIN HIGH SANDWICHES:											
Cascade Club	1010	490	55	16	0.5	140	3140	74	4	9	53
Garden Fresh	690	329	37	12	0	235	1237	56	6	9	29
Chicken Bacon Ranch	1123	546	63	17	0	144	2702	79	8	7	66
Smokehouse BLTA	900	460	52	10	0	55	2130	78	8	6	27
Prime Rib Dip	780	310	34	14	2	120	1980	65	2	2	51
Prime Rib Dip w/Cheese & Onion	1110	560	62	26	3	160	2230	73	3	6	63
Served with choice of:											
Northwest Fries	350	130	14	3	0	0	670	49	4	0	6
Cottage Cheese	110	40	4.5	3	0	25	420	5	0	4	14
Creamy Coleslaw	140	90	10	1.5	0	10	135	12	2	8	1
Substitute:											
Sweet Onion Rings - 6 (Served with 2oz Ranch Dressing)	778	464	52	4	0	25	1188	90	3	7	10
Ivar's Famous Clam Chowder Cup, Includes Oyster crackers	300	160	18	9	0	5	540	29	1	1	5
Ivar's Seasonal Soup - Chicken Noodle soup - Cup	91	15	1.9	0	0	11	645	12	1	1	4.5
Ivar's Seasonal Soup - Pot Roast and Vegetable Soup-Cup	97	19	2.3	0	0	11	540	14	1.5	3	5.3
Ivar's Seasonal Soup Zesty Tomato Parmesan Soup - Cup	105	45	5.3	2.6	0	15	532.5	13	0	7.5	1.5
Served with Saltine Crackers - 1 pkg	26.7	4.5	0.5	0	0	0	90	4.3	0.3	0	0.7
Yellow Bowl Dinner Salad	100	25	3	0	0	0	250	16	2	2	4
Blue Cheese Dressing - 2 fl oz	370	350	39	7	0.5	30	420	2	0	2	2
Honey Mustard Dressing - 2 fl oz	260	210	23	3.5	0	25	350	13	0	12	1
Ranch Dressing - 2 fl oz	210	190	21	3.5	0	20	530	2	0	1	1
Thousand Island Dressing - 2 fl oz	250	210	24	3.5	0	15	480	10	0	6	0
PICK N' PAIR:											
PICK											
Half Turkey Sandwich	420	150	16	2.5	0	40	880	46	2	12	17
Half Ham Sandwich	396	150	17	2.5	0	45	1270	37	2	6	16
Half BLTA Sandwich	440	230	26	4.5	0	25	910	39	5	3	12
Half Garden Fresh Sandwich	425	220	25	7	0	215	580	25	5	4	17
PAIR											
Ivar's Famous Clam Chowder Cup	300	160	18	9	0	5	540	29	1	1	5
Ivar's Seasonal Soup - Chicken Noodle soup - Cup	91	15	1.9	0	0	11	645	12	1	1	4.5
Ivar's Seasonal Soup - Pot Roast and Vegetable Soup-Cup	97	19	2.3	0	0	11	540	14	1.5	3	5.3
Ivar's Seasonal Soup Zesty Tomato Parmesan Soup - Cup	105	45	5.3	2.6	0	15	532.5	13	0	7.5	1.5
Served with Saltine Crackers - 1 pkg	26.7	4.5	0.5	0	0	0	90	4.3	0.3	0	0.7
Fresh Garden Salad	60	20	2	0	0	0	190	9	1	1	2
Dressings											
Blue Cheese Dressing - 2 fl oz	370	350	39	7	0.5	30	420	2	0	2	2
Honey Mustard Dressing - 2 fl oz	260	210	23	3.5	0	25	350	13	0	12	1
Ranch Dressing - 2 fl oz	206	190	21	3.5	0	20	530	2	0	1	1
Thousand Island Dressing - 2 fl oz	250	210	24	3.5	0	15	480	10	0	6	0
Northwest Fries	350	130	14	3	0	0	670	49	4	0	6
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
Cottage Cheese	110	40	4.5	3	0	25	420	5	0	4	14
Creamy Coleslaw	140	90	10	1.5	0	10	135	12	2	8	1
GRILLED SANDWICHES:											
Rueben	990	540	60	17	0.5	170	3330	49	5	5	57
Patty Melt	950	560	63	21	1.5	145	1690	45	3	7	51
Choice of:											
Northwest Fries	350	130	14	3	0	0	670	49	4	0	6
Cottage Cheese	110	40	4.5	3	0	25	420	5	0	4	14
Creamy Coleslaw	140	90	10	1.5	0	10	135	12	2	8	1
Substitute:											
Sweet Onion Rings - 6 (Served with 2oz Ranch Dressing)	778	464	52	4	0	25	1188	90	3	7	10
Ivar's Famous Clam Chowder Cup, Includes Oyster crackers	300	160	18	9	0	5	540	29	1	1	5
Ivar's Seasonal Soup - Chicken Noodle soup - Cup	91	15	1.9	0	0	11	645	12	1	1	4.5
Ivar's Seasonal Soup - Pot Roast and Vegetable Soup-Cup	97	19	2.3	0	0	11	540	14	1.5	3	5.3
Ivar's Seasonal Soup Zesty Tomato Parmesan Soup - Cup	105	45	5.3	2.6	0	15	532.5	13	0	7.5	1.5
Served with Saltine Crackers - 1 pkg	26.7	4.5	0.5	0	0	0	90	4.3	0.3	0	0.7
Yellow Bowl Dinner Salad	100	25	3	0	0	0	250	16	2	2	4
Blue Cheese Dressing - 2 fl oz	370	350	39	7	0.5	30	420	2	0	2	2
Honey Mustard Dressing - 2 fl oz	260	210	23	3.5	0	25	350	13	0	12	1
Ranch Dressing - 2 fl oz	210	190	21	3.5	0	20	530	2	0	1	1
Thousand Island Dressing - 2 fl oz	250	210	24	3.5	0	15	480	10	0	6	0

Item Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
FARMER'S MARKET SALADS:											
Classic Cobb	590	320	36	11	0	285	1510	19	9	5	45
Classic Cobb - Lighter Serving	330	187	20	3	0	246	886	11	5	3	28
Dungeness Crab BLT	470	270	30	7	0	265	1570	19	9	5	38
Dungeness Crab BLT - Lighter Serving											
Southwest Chicken Salad	1010	480	53	12	0	100	1340	88	11	14	45
Southwest Chicken Salad - Lighter Serving	570	290	32	7	0	55	880	47	6	9	23
Yellow Bowl Dinner Salad	100	25	3	0	0	0	250	16	2	2	4
Served with Garlic Toast - One Slice	180	70	8	2	0	5	300	22	2	1	4
Yellow Bowl Dinner Salad											
Blue Cheese Dressing - 2 fl oz	370	350	39	7	0.5	30	420	2	0	2	2
Honey Mustard Dressing - 2 fl oz	260	210	23	3.5	0	25	350	13	0	12	1
Ranch Dressing - 2 fl oz	210	190	21	3.5	0	20	530	2	0	1	1
Thousand Island Dressing - 2 fl oz	250	210	24	3.5	0	15	480	10	0	6	0
IVAR'S NORTHWEST SOUPS:											
Ivar's Famous Clam Chowder Bowl, Includes (2) Oyster crackers	590	320	36	19	0	5	1070	58	1	1	11
Ivar's Famous Clam Chowder Cup, Includes (1) Oyster crackers	300	160	18	9	0	5	540	29	1	1	5
Ivar's Seasonal Soup - Chicken noodle soup - Bowl	165	30	3.8	0	0	22	1290	24	1	1	9
Ivar's Seasonal Soup - Pot Roast and Vegetable Soup-Bowl	195	38	4.6	0	0	22	1080	28	3	6	10.6
Ivar's Seasonal Soup - Zesty Tomato Parmesan Soup -Bowl	210	90	11	5.2	0	30	1065	26	0	15	3
Served with Saltine Crackers - 2 pkgs	53	9	1	0	0	0	180	8.7	0.7	0	1.3
Ivar's Seasonal Soup - Chicken Noodle soup - Cup	91	15	1.9	0	0	11	645	12	1	1	4.5
Ivar's Seasonal Soup - Pot Roast and Vegetable Soup-Cup	97	19	2.3	0	0	11	540	14	1.5	3	5.3
Ivar's Seasonal Soup Zesty Tomato Parmesan Soup - Cup	105	45	5.3	2.6	0	15	532.5	13	0	7.5	1.5
Served with Saltine Crackers - 1 pkg	26.7	4.5	0.5	0	0	0	90	4.3	0.3	0	0.7
SOUP & SALAD:											
Choice of One Bowl of Soup, from above options; and											
Yellow Bowl Dinner Salad	100	25	3	0	0	0	250	16	2	2	4
Choice of:											
Blue Cheese Dressing - 2 fl oz	370	350	39	7	0.5	30	420	2	0	2	2
Honey Mustard Dressing - 2 fl oz	260	210	23	3.5	0	25	350	13	0	12	1
Ranch Dressing - 2 fl oz	210	190	21	3.5	0	20	530	2	0	1	1
Thousand Island Dressing - 2 fl oz	250	210	24	3.5	0	15	480	10	0	6	0
HONORED GUESTS & LIGHTER FARE:											
Breakfast											
Chicken Fried Steak & Egg - Lighter Serving	960	550	61	27	0	280	2380	69	2	8	31
Half Acre Ranch Breakfast	480	280	31	17	0	225	1020	36	1	3	12
Choice of:											
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Classic Ham and Tillamook Cheddar Omelet -Lighter Serving	480	300	34	16	1	500	1180	5	0	2	38
Choice of:											
Classic Buttermilk Pancakes - Three	640	260	30	12	0	140	1560	77	2	23	15
Elmer's Pancake Syrup - 2 fl oz	210	0	0	0	0	0	25	52	0	28	0
Oregon Marionberry Syrup - 2 fl oz	190	0	0	0	0	0	15	48	0	26	0
Northwest Hash Browns	410	250	28	5	1	0	320	34	4	0	4
Buttermilk Biscuit with Whipped Butter	400	230	25	15	0	40	950				
Fresh Seasonal Fruit-Banana, Grapes, Cantaloupe	80	5	0	0	0	0	15	19	2	14	1
Fresh Seasonal Fruit-Banana, Grapes, Pineapple	90	0	0	0	0	0	0	23	2	16	1
Lunch											
Beer-Batter Fish & Chips - Lighter Serving (served with Northwest Fries and Creamy Coleslaw)	920	480	53	9	0	95	1700	81	7	14	31
Bacon Burger with Tillamook Cheddar- Lighter serving	790	469	52	15	1.4	121.4	1396	40	2.1	9	36
Cheese Burger with Tillamook Cheddar - Lighter serving	740	435	48.2	14	1.4	116	1064	38	2	7	32
Choice of:											
Northwest Fries	350	130	14	3	0	0	670	49	4	0	6
Creamy Coleslaw	140	90	10	1.5	0	10	135	12	2	8	1
Cottage Cheese	110	40	4.5	3	0	25	420	5	0	4	14
See Pick N' Pair Section Above											

