



Nutritional Menu

BREAKFAST

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments
Hungry Bear Breakfast												
The Grizz	1720	640	71	26	0	630	4460	197	5	68	65	Does not include choice of potato
Bigfoot Chicken Fried Steak & Eggs	1180	600	70	14	615	5610	226	16	24	83	46	Does not include choice of side
<i>served with 3 Eggs</i>	190	113	13	4	0.05	491	187	0.95	0	0.5	17	
Pancakes, Waffles & French Toast												
Bear's Choice - 2 EGGS	130	80	8	3	0	325	130	4	1	3	12	
Bear's Choice - Pancakes w BACON	1390	267	30	12	0	380	2732	243	8	86	40	
Bear's Choice - Pancakes w SAUSAGE LINKS	1550	402	45	18	0	410	3002	244	8	86	45	
Bear's Choice - Pancakes w HAM	1610	340	38	15	0	452	5162	257	8	96	62	
Bear's Choice - Waffle w BACON	890	302	34	10	0	430	1280	120	2	47	26	
Bear's Choice - Waffle w SAUSAGE LINKS	960	377	42	14	0	441	1276	120	2	47	26	
Bear's Choice - Waffle w HAM	1020	315	35	11	0	482	3436	134	2	57	42	
Bear's Choice - WAFFLE	470	166	19	5	0	84	809	67	1	27	8	
Bear's Choice - French Toast w BACON	800	228	25	7	0	570	969	114	5	30	36	
Bear's Choice - French Toast w SAUSAGE LINKS	880	303	34	11	0	582	964	114	5	30	36	
Bear's Choice - French Toast w HAM	940	241	27	8	0	623	3124	127	5	40	52	
Bear's Choice - FRENCH TOAST	390	92	10	2	0	225	497	60	4	9	18	
Bear's Choice - Biscuits & Gravy w BACON	1430	660	73	23	17	372	4107	151	3	24	40	
Bear's Choice - Biscuits & Gravy w SAUSAGE LINKS	1500	735	82	26	17	385	4103	151	3	24	40	
Bear's Choice - BISCUITS & GRAVY	1200	524	58	18	17	27	3701	146	1	21	23	
2 Sweet Cream Pancakes	990	131	15	7	0	36	2266	193	8	68	22	served with syrup
Sweet Cream Waffle	660	232	26	7	0.09	117	1137	93	3	37	12	served with syrup
Add Fruit & Whipped Cream	200	20	2	1	0	10	1	43	2	37	0	
Syrup 2 fl. ounces	180	0	0	0	0	0	66	50	0	17	0	
French Toast	585	138	15	3	0.07	337	752	90	8	13	28	served with syrup
Cinnamon Roll French Toast	1460	627	71	30	0.2	358	1103	191	6	106	22	served with syrup
Stuffed Blackberry French Toast												
Volcano	1710	470	52	21	0.03	431	3523	260	9	86	53	served with syrup
Mini Volcano with Sweet Cream Pancakes	1030	250	28	10	0	240	1947	168	6	56	29	Incl. syrup
Omelettes & Scrambles												
Southern Scramble, Incl. biscuit & butter blend	1160	670	74	24	8	580	2770	80	2	14	43	Does not include choice of side
Shasta Scramble	360	230	26	7.5	0	490	258	15	7	7	21	Does not include choice of side
Bruce's Meat Lover's Omelette, Incl. biscuit & butter blend	690	430	48	19	0	810	1870	11	1	8	51	Does not include choice of side
Joe's Hobo Omelette, Incl. biscuit & butter blend	620	380	42	16	0	794	1616	13	1	9	46	Does not include choice of side
California Omelette, Incl. biscuit & butter blend	480	317	35	12	0	739	417	12	6	5	31	Does not include choice of side
Denver Omelette, Incl. biscuit & butter blend	460	254	284	114	0	760	1223	133	2	9.	37	Does not include choice of side
Vegetarian Omelette, Incl. biscuit & butter blend	400	230	25	10	0	740	417	107	3	77	30	Does not include choice of side



Nutritional Menu

LUNCH

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments
Burgers												
Bob's Big Bear Burger	1290	700	78	21	1.5	185	1570	77	5	18	64	Does not include choice of side
Ciabatta Bear Burger	1145	561	62	21	2	179	3982	81	8	10	64	Does not include choice of side
Make 'em deluxe!												
Cheese, monterey jack	add 210	150	17	11	0	50	340	0	0	0	14	4 oz
Cheese, mozzarella, whole milk	add 170	110	13	7	0	45	350	1	0	1	12	4 oz
Cheese, cheddar	add 230	170	19	11	0.5	55	370	2	0	0	13	4 oz
Cheese, swiss	add 170	120	13	8	0	40	80	1	0	0	11	2 Slices
Cheese, pepper jack	add 170	120	13	8	0	15	260	0	0	0	9	2 slices
Cheese, American	add 140	100	11	6	0	40	550	4	0	2	7	2 slices
Bacon	add 90	60	7	2	0	18	275	0	0	0	6	2 slices
Western BBQ Burger	1230	540	60	20	1.5	138	2175	121	11	42	48	Does not include choice of side
Bacon Cheddar Burger	940	520	60	20	1.5	158	1685	60	4	13	51	Does not include choice of side
California Burger	1000	540	61	19	1	138	1395	64	9	13	47	Does not include choice of side
Parmesan Sourdough Cheeseburger	960	560	63	25	3	138	1385	43	3	7	54	Does not include choice of side
Dr. Praeger's Veggie Burger	690	264	29	8	0	3	1978	87	13	19	1	Does not include choice of side
Shasta Cheeseburger	Low Range 520	313	35	13	1	127	2862	16	4	9	36	Does not include choice of side
	High Range 910	460	51	21	1	133	3361	63	6	15	47	Does not include choice of side
Sub Dr. Praeger's Veggie Patty	210	70	7	1	0	0	280	25	7	4	10	
Basket Combo - Chicken Strips - Bacon Ranch Dressing	1420	800	89	15	0	105	3330	111	9	3	44	
Basket Combo - Chicken Strips - BBQ Sauce	1210	480	54	9	0	85	3460	139	10	27	44	
Basket Combo - Additional Tenders (1 each)	160	80	9	1.5	0	20	430	12	1	0	9	
Signature Sandwiches												
Tri Tip Dip	490	140	16	5	0	85	2270	44	2	3	41	Does not include choice of side
Tri Tip Dip Deluxe	680	260	29	13	0	125	2350	47	3	4	53	Does not include choice of side
Turkey Club Sandwich	660	230	26	5	0	57	2145	72	4	14	31	Does not include choice of side
Chicken Avocado Club	900	360	40	10	0	127	2089	75	9	12	57	Does not include choice of side
BBQ Brisket	880	380	42	12	0	125	3460	154	8	25	62	Does not include choice of side
New York Steak Sandwich	740	246	27	11	0	85	964	72	5	5	50	Does not include choice of side
The Reuben	970	540	60	22	0	140	4310	57	6	9	55	Does not include choice of side



Nutritional Menu

LUNCH

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments
Super Salads												
Bacon Cheeseburger Salad	840	570	64	19	1	150	1720	21	6	8	45	Incl. Thousand Island
Crispy Chicken Cobb Salad	860	480	53	14	0	290	1891	53	14	9	49	Does not incl. dressing
Beef Taco Salad	1340	680	75	25	1	170	4160	100	25	11	72	Does not incl. dressing
Chicken Taco Salad	1120	480	53	16	0	135	3320	96	24	10	70	Does not incl. dressing
Tuna Chef Salad	520	280	31	9	0	230	2100	30	7	17	32	Incl. Fat-Free Italian
Salad Dressings												
Bacon Ranch Dressing - 3 fl oz	500	480	53	9	0	25	540	2	0	1	2	
Bleu Cheese Dressing - Housemade - 3 fl oz	370	340	38	7	0	20	630	3	0	2	3	
1000 Island Dressing - Housemade - 3 fl oz	300	260	29	5	0	10	540	8	0	6	0	
Balsamic Vinaigrette Dressing - 3 fl oz	270	220	24	4.5	0	0	990	9	0	9	0	
Fat-Free Honey Dijon Dressing - 3 fl oz	130	0	0	0	0	0	900	30	0	27	0	
Fat-Free Italian Dressing - 3 fl oz	145	0	0	0	0	0	870	12	0	9		
Little Less												
Small Patty Melt	920	407	45	18	1.5	125	985	54	5	7	60	Does not include choice of side
Tuna Melt	870	480	53	17	0	85	1310	55	5	8	41	Does not include choice of side
Club Sandwich	540	220	24	5	0	55	1930	51	3	11	28	Does not include choice of side
BLT	560	260	29	8	0	55	1520	48	4	9	24	Does not include choice of side
Grilled Cheese	580	320	35	19	0	40	1410	49	3	10	14	Does not include choice of side
Half Ham Sandwich	300	100	11	2.5	0	40	1460	32	2	11	15	Does not include choice of soup
Half Turkey Sandwich	290	90	10	2	0	35	850	26	2	6	24	Does not include choice of soup
Half Tuna Sandwich	480	260	29	5	0	50	860	28	3	8	25	Does not include choice of soup
Half Chiken Sandwich	470	235	26	4	0	56	769	35.	4	9	21	Does not include choice of soup
Little Less Soup of the Day (Bowl)												
Classic Minestrone	180	30	3	0	0	15	2040	33	6	9	6	
Classic Chicken Noodle	240	60	6	1.5	0	45	2490	27	0	3	18	
Classic Broccoli Cheese	450	300	33	9	0	30	2400	30	6	6	6	
Tomato Bisque w Basil	390	300	27	7.5	0	37.5	1065	33	6	24	4.5	
Mediterranean-style Vegetable	300	45	4.5	0	0	0	1230	51	9	18	12	
Classic Cream of Potato w Bacon	630	390	42	15	0	60	2490	54	3	9	12	
Mexican -style Chicken Tortilla	360	60	6	3	0	60	1230	51	6	9	27	
New England Clam Chowder	495	330	36	21	1.5	120	1185	30	0	6	13.5	
1 Packet of Saltine Crackers	add	25	0	0.5	0	0	135	4	0	0	0	



Nutritional Menu

LUNCH

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments
Little Less Soup of the Day (Cup)												
Classic Minestrone	120	20	2	0	0	10	1360	22	4	6	4	
Classic Chicken Noodle	160	40	4	1	0	30	1660	18	0	2	12	
Classic Broccoli Cheese	300	200	22	6	0	20	1600	20	4	4	4	
Mediterranean-style Vegetable	200	30	3	0	0	0	820	34	6	12	8	
Classic Cream of Potato w Bacon	420	260	28	10	0	40	1660	36	2	6	8	
Mexican-style Chicken Tortilla	240	40	4	2	0	40	820	34	4	6	18	
Tomato Bisque w Basil	260	200	18	5	0	25	710	22	4	16	3	
1 Packet of Saltine Crackers add	25	0	0.5	0	0	0	135	4	0	0	0	
Sides												
LITTLE LESS SIDE - French Fries	430	160	18	3	0	0	990	60	6	1	7	6 oz W
French Fries	790	300	34	6	0	5	1810	109	11	1	12	11 oz W
Sweet Potato Fries	875	388	43	7	0	0	1073	115	16	42	7	11 oz W
Sweet Potato Fries	477	211	23	4	0	0	585	63	9	23	4	6 oz W
Cole Slaw	190	130	15	2.5	0	5	115	14	2	12	1	3 oz W
Dinner Salad (without dressing)	30	3	0	0	0	0	19	5	2	3	2	
Salad Dressings												
Bacon Ranch Dressing - 2 fl oz	330	317	357	67	0	17	360	1	0	1	1	
Bleu Cheese Dressing - Housemade - 2 fl oz	250	230	26	5	0	14	418	2	0	2	2	
1000 Island Dressing - Housemade - 2 fl oz	200	173	19	3	0	8	361	5	0	4	0	
Balsamic Vinaigrette Dressing - 2 fl oz	180	144	16	3	0	0	660	6	0	6	0	
Fat-Free Honey Dijon Dressing - 2 fl oz	90	0	0	0	0	0	500	20	0	17	0	
Fat-Free Italian Dressing - 2 fl oz	30	0	0	0	0	0	580	8	0	6	0	



Nutritional Menu

DINNER

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments:
Breakfast For Dinner												
Chicken & Waffle & Eggs**	1400	543	60	16	0	458	2214	139	5	43	51	
Smoked Beef Brisket Benedict	1140	500	86	36	0	610	3886	85	6	11	173	Does not incl. choice of side
Smoked Beef Brisket & Eggs**	1030	580	82	31	3	590	3198	34	2	6	177	Does not incl. choice of side or bread
Chopped Steak & Eggs**	1460	310	94	36	6	640	1959	37	3	8	183	Does not incl. choice of side or bread
N.Y. Steak & Eggs**	1070	410	97	39	3	430	1783	34	2	6	181	Does not incl. choice of side or bread
**Egg Range - Low	130	75	8	3	0	327	125	1	0	0	11	
**Egg Range - High	170	101	11	3	0	476	157	1	0	1	15	
Country Red Potatoes	330	121	14	5	0	0	3160	51	1	2	1	
Strip-Cut Hash Browns	380	120	14	5	0	0	1990	56	0	0.5	3	
1 Biscuit	460	170	20	6	5	6	1339	60	1	9	10	
Cornbread Muffins	270	81	9	2	0	30	556	44	1	17	3	
Side of Loaded Grits	660	190	38	17	0	60	1950	58	3	6	24	
Full-Course Dinners												
Bigfoot Chicken Fried Steak	1180	604	67	17	4	115	2640	99	15	7	46	
Roasted Turkey	470	170	19	5	0	95	2758	75	4	29	62	Does not incl. Mixed Veg
Housemade Meatloaf	1170	730	81	27	1	275	3350	58	9	17	3	
Slow-Cooked Pot Roast	460	370	41	13	0	120	2940	80	6	30	43	
Homestyle Fried Chicken	810	470	52	14	4	315	2146	32	2	6	56	
Steaks & Such												
Santa Maria Tri-Tip	400	183	20	8	0	127	1532	4	1	3	52	
Rib Eye Steak	590	404	45	19	2	169	677	4	1	3	68	
Smoked Beef Brisket	510	3	0	0	0	0	496	35	2	28	1	Incl. french fries & cole slaw
New York Steak	640	175	19	8	1	140	1010	22	5	5	67	
Add On Bleu Cheese and Mushrooms	210	148	16	11	0	42	650	3	0	1	13	
Diner Deals												
Fish & Chips, Incl. French fries & cole slaw	1740	930	103	18	0	70	3500	171	23	17	33	
Mikey's Chicken Pot Pie	1020	550	62	29	1	216	2463	75	9	19.	40	Incl. Mixed Veg
Blackened Salmon	740	150	17	3	0	145	470	13	6	4	57	
Open Faced Hot Turkey Sandwich	880	170	19	5	0	75	2758	117	6	35	54	



Nutritional Menu

DINNER EXTRAS

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments:
Extras												
Onion Rings	1580	850	94	19	0	25	1970	158	33	19	22	13 oz W + 3 fl oz bacon ranch
Baked Potato (no condiments)	280	5	0	0	0	0	30	63	7	4	7	
French Fries	790	300	34	6	0	5	1810	109	11	1	12	11 oz W
Mashed Potatoes and Gravy	210	110	12	4.5	2.5	5	440	23	2	3	3	
Sweet Potato Fries	875	388	43	7	0	0	1073	115	16	42	7	11 oz W
Sweet Potato Fries	477	211	23	4	0	0	585	63	9	23	4	6 oz W
Loaded: Add Cheddar & Bacon To Any Potato	200	140	16	7	0	45	442	1	0	0	12	
Italian Green Beans	80	50	6	3	0	0	630	4	2	2	2	
Seasonal Vegetables: Zucchini, Squash, Red Bell Pepper	120	90	10	3	0	0	90	8	2	5	2	
Dinner Salad (without dressing)	30	3	0	0	0	0	19	5	2	3	2	
Mixed Vegetables	110	80	9	2.5	0	0	100	7	3	3	3	6 oz W
Cornbread Muffins	270	81	9	2	0	30	556	44	1	17	3	
Cornbread Stuffing	320	200	25	7	0	0	1050	43	1	6	6	
Soup of the Day (Cup)												
Classic Minestrone	120	20	2	0	0	10	1360	22	4	6	4	
Classic Chicken Noodle	160	40	4	1	0	30	1660	18	0	2	12	
Classic Broccoli Cheese	300	200	22	6	0	20	1600	20	4	4	4	
Mediterranean-style Vegetable	200	30	3	0	0	0	820	34	6	12	8	
Classic Cream of Potato w Bacon	420	260	28	10	0	40	1660	36	2	6	8	
Mexican-style Chicken Tortilla	240	40	4	2	0	40	820	34	4	6	18	
Tomato Bisque w Basil	260	200	18	5	0	25	710	22	4	16	3	
1 Packet of Saltine Crackers	add	25	0	0.5	0	0	135	4	0	0	0	
Salad Dressings												
Bacon Ranch Dressing - 2 fl oz	330	317	357	67	0	17	360	1	0	1	1	
Bleu Cheese Dressing - Housemade - 2 fl oz	250	230	26	5	0	14	418	2	0	2	2	
1000 Island Dressing - Housemade - 2 fl oz	200	173	19	3	0	8	361	5	0	4	0	
Balsamic Vinaigrette Dressing - 2 fl oz	180	144	16	3	0	0	660	6	0	6	0	
Fat-Free Honey Dijon Dressing - 2 fl oz	90	0	0	0	0	0	500	20	0	17	0	
Fat-Free Italian Dressing - 2 fl oz	30	0	0	0	0	0	580	8	0	6	0	



Nutritional Menu



MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments	
Cubs' Breakfast													
Mini Volcano with Bacon and Sausage	1020	390	44	16	0	225	2330	190	5	65	31		
Bear's Choice - 1 Egg	60	38	4	1	0	164	62	0	0	0	6		
Bear's Choice - 1 Piece of bacon	80	60	6	2	0	15	260	0	0	0	6		
Bear's Choice - 1 Sausage link	80	70	8	3	0	15	135	1	0	0	3		
Bear's Choice - 1 Biscuit and gravy	660	290	32	10	9	16	2028	80.	2	14	13	1 biscuit, 4 oz V country sausage gravy	
Bear's Choice - 1 Pancake	560	50	6	3	0	14	920	121	4	42	9		
Bear's Choice - 1 French toast	400	46	5	1	0	112	320	83	33	24	10		
Bear's Choice - 1 Waffle	280	98	11	3	0	46	452	40	2	17	5		
Chocolate Chip Pancakes	1240	280	31	17	0	30	1775	185	10	102	20		
Cubs' Strawberry French Toast	500	170	19	6	3	150	310	27	2	25	9		
Scrambler	420	180	20	7	0	200	1220	41	4	17	20		
Cubs' Lunch & Dinner													
Chicken Strips	340	160	18	3	0	40	860	27	2	3	20		
Chicken Strips Bacon Ranch Dressing	add	330	320	35	6	0	18	360	1	0	1	1	
Chicken Strips BBQ Sauce	add	120	2	0	0	0	480	30	1	25	1		
Biscuit Bear's Best Burger	480	200	20	6	0.5	70	780	51	3	20	32		
Mini Corn Dogs	350	140	16	4	0	65	870	42	4	10	13		
Grilled Cheese Sandwich	580	320	37	14	0.5	45	1130	50	3	12	14		
Macaroni and Cheese	270	80	9	3.5	0	15	930	49	2	24	13		
Pizza	380	100	11	2	0	20	700	52	5	23	20		
Cubs' Lunch & Dinner Sides													
Side - French Fries	add	210	82	9	2	0	1	490	30	3	0	3	6 oz W
Side - Fresh Fruit	add	60	0	0	0	0	0	20	15	13	1	3 oz W	



Nutritional Menu

CUBS' DESSERT & BEVERAGES

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Includes:
Dessert												
Scoop of Vanilla Ice Cream w/ Whipped Cream	160	80	9	5	0	35	45	18	0	17	2	4 oz V ice cream, 2 oz V whipped cream
Scoop of Huckleberry Heaven Ice Cream w/ Whipped Cream	160	70	8	5	0	35	40	19	0	16	2	4 oz V ice cream, 2 oz V whipped cream
Scoop of Chocolate Ice Cream w/ Whipped Cream	170	80	9	5	0	35	65	19	0	13	2	4 oz V ice cream + 2 oz V whipped cream
Ice Cream Topping: Chocolate Syrup	90	0	0	0	0	0	30	22	0	20	0	1 oz V
Ice Cream Topping: Oreos	50	20	2.5	0.5	0	0	45	8	0	5	0	1 cookie = 1 oz V
Ice Cream Topping: Rainbow Sprinkles	30	15	1.5	0	0	0	0	4	0	3	0	1/4 oz V
Strawberries and Whipped Cream	70	30	3.5	1	0	10	0	9	1	7	0	
Beverages												
Chocolate Milk	250	60	6	4	0	25	160	38	1	34	11	12 oz
2% Milk	180	70	7	4.5	0	30	170	18	0	18	12	12 oz
Apple Juice	180	0	0	0	0	0	35	43	0	41	0	12 oz
Cranberry Juice	200	5	0	0	0	0	10	51	0	45	0	12 oz
Lemonade	130	0	0	0	0	0	45	35	0	34	0	10 oz



Nutritional Menu

DESSERT

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments
Bread Pudding	1340	530	59	31	1.5	380	820	175	4	116	25	
Blackberry Cobbler	420	190	26	11	0	40	850	95	8	53	8	
Cherry Cobbler	850	230	25	11	0	0	450	146	1	95	8	
Apple Cobbler	850	230	25	11	0	0	320	148	5	90	6	
Chocolate Cream Pie	490	270	35	19	0	15	1300	90	1	41	12	
Banana Cream Pie	400	230	31	16	0	5	1070	77	3	32	9	
Coconut Cream Pie	560	320	41	24	0	15	1330	92	2	46	12	
Scoop of Vanilla Ice Cream , a la mode	130	60	7	4	0	25	45	16	0	15	2	1/2 cup
Milkshakes & Malts												
Carnation Original Malt Powder	60	10	1.5	0.5	0	5	65	10	0	7	1	
Huckleberry Shake	520	240	27	17	0	105	180	60	0	50	11	
Strawberry Shake	640	270	30	17	0	105	190	85	0	81	11	
Chocolate Shake	710	270	31	18	0	105	220	105	2	92	12	
Vanilla Shake	520	270	30	17	0	105	190	57	0	53	11	
Cookies and Cream Vanilla Shake	740	350	39	20	0	105	380	91	1	72	12	
Cold Brew Mocha Milkshake	1110	0	63	35	0	180	313	119	0	109	21	
Frozen Treats												
Hot Fudge Sundae	820	350	39	29	0	75	330	113	3	106	11	
Scoop of Huckleberry Heaven Ice Cream	130	50	6	4	0	25	40	17	0	14	2	1/2 cup
Scoop of Vanilla Bean Ice Cream	130	60	7	4	0	25	45	16	0	15	2	1/2 cup
Scoop of Chocolate Ice Cream	140	60	7	4.5	0	25	65	17	0	11	2	1/2 cup
Housemade Bear Claw												
Bear Claw, Classic with almond filling	1110	510	57	20	0	105	970	132	4	71	17	
New York Steak	245	79	9	4	0	84	72	0	0	0	38	6W oz
Chocolate Sauce	189	8	1	0	0	0	28	47	2	39	1	2V oz
Strawberry Topping	60	0	0	0	0	0	0	14	0	14	0	2V oz