





NUTRITION ANALYSIS

Shoney's® engaged an independent third party consultant, MenuTrinfo, LLC, to provide nutrition analysis of Shoney's restaurants' standard menu and buffet items, using the ingredients identified in Shoney's current recipes, to use in Shoney's menu and buffet labeling.

The nutrition information prepared by MenuTrinfo, LLC is based on standard serving sizes and current recipes prepared with specified ingredients. The nutrition data is based on representative values from the USDA Nutrient Database for Standard Reference and information from ingredient and product suppliers.

NUTRITION VALUES ARE REASONABLE ESTIMATES ONLY. SHONEY'S DISCLAIMS ANY AND ALL WARRANTIES AND REPRESENTATIONS REGARDING THE ACCURACY OR RELIABILITY OF NUTRITION VALUES IN THE NUTRITION INFORMATION.

The actual nutrition values of menu and buffet items may vary significantly from the nutrition information provided due to the handcrafted nature of those items and/or due to seasonal influences on the ingredients. Additionally, we may change our recipes and preparation methods, substitute ingredients and change suppliers, as may be necessary from time to time, which may alter the nutrition values and may not be reflected in the nutritional information.

Shoney's franchisees may prepare and offer local menu and buffet items which use recipes and ingredients that have different nutrition values than those MenuTrinfo, LLC used in preparing nutrition information. The nutrition information prepared by MenuTrinfo and on this website is not intended for use with those items. Those franchisees may provide nutrition data for those local items they may serve.

Allergen information has been provided by MenuTrinfo to help give our guests the tools to make an informed food decision, based on information obtained from ingredient and product suppliers. Additionally, we may change our recipes and preparation methods, substitute ingredients and change suppliers, as may be necessary from time to time, which may alter the allergen information and may not be reflected in the allergen chart.

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	<u>~</u>	m fat	(B)	ıt (g)	(B)	at (g)	at (g)	(mg)	ng)	(Em)	es (g)	ır (g)	(B	9)			Poten	itial Fo	od All	ergies		
Beverages	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Egg	ES.	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
2% Milk	210	70	8	5	0	0.5	4.5	35	200	600	20	0	22	14			Х					
Apple Juice	190	0	0	0	0	0	0	0	35	0	49	0	45	0								
Apple Juice - Kids	110	0	0	0	0	0	0	0	20	0	28	0	26	0								
Barq's Root Beer	190	0	0	0	0	0	0	0	80	0	53	0	52	0								
Cappuccino	150	70	8	4.5	0	0.5	2	25	110	360	12	0	13	8			Х					
Coca-Cola	170	0	0	0	0	0	0	0	55	0	47	0	47	0								
Coffee (Decaf)	0	0	0	0	0	0	0	0	0	130	0	0	0	0								
Coffee (Regular)	0	0	0	0	0	0	0	0	0	115	0	0	0	0								
Coke Float	360	110	13	8	0	0	0	55	105	200	61	0	60	5	Х		Х					
Diet Coke	0	0	0	0	0	0	0	0	50	0	0	0	0	0								
Espresso	0	0	0	0	0	0	0	0	10	70	0	0	0	0								
Hi-C Fruit Punch	180	0	0	0	0	0	0	0	15	0	49	0	49	0								
Hot Chocolate	180	90	10	9	0	0	0	0	190	0	21	0	17	0			Х			X	X	X
Hot Tea	0	0	0	0	0	0	0	0	10	150	1	0	0	0								
Iced Tea	0	0	0	0	0	0	0	0	10	150	1	0	0	0								
Latte	190	90	10	6	0	0.5	2.5	30	135	440	15	0	16	10			Х					
Lemonade	190	0	0	0	0	0	0	0	25	0	51	0	49	0								
Mello Yellow	200	0	0	0	0	0	0	0	55	0	55	0	55	0								
Mocha	200	60	6	3.5	0	0	1.5	20	95	280	30	0	27	7			Х					
Orange Juice	190	0	0	0	0	0	0	0	25	790	47	0	42	3								
Orange Juice - Kids	110	0	0	0	0	0	0	0	15	450	27	0	24	2								
Pibb Xtra	160	0	0	0	0	0	0	0	45	0	46	0	46	0								
Raspberry Flavored Iced Tea	100	0	0	0	0	0	0	0	15	170	27	0	24	0				Х			Х	
Sprite	170	0	0	0	0	0	0	0	40	0	44	0	39	0								
Strawberry Lemonade	170	0	0	0	0	0	0	0	35	105	44	2	41	1	Х		Х			Х	Х	Х
Sweet Tea	420	0	0	0	0	0	0	0	10	130	110	0	109	0								
White Peach Flavored Iced Tea	110	0	0	0	0	0	0	0	15	170	28	0	25	0				Х			Х	
Mango Smoothie	100	0	0	0	0	0	0	0	40	5	27	0	26	0								
Pomegranate Berry Smoothie	100	0	0	0	0	0	0	0	20	5	25	0	24	0								
Strawberry Banana Smoothie	100	0	0	0	0	0	0	0	20	5	25	0	23	0								

		ı fat	(B)	fat (g)	6	t (g)	it (g)	(ju	6)	mg)	s (g)	(ā).					Poten	tial Fo	od All	ergies		
Desserts	Calories	Calories from fat	Total fat (Saturated fal	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)	E99	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Banana Split Sundae	550	160	18	12	0	0	0	55	180	440	92	2	68	6	χ		Х			Х	Х	Х
Christy's Apple Crisp	750	320	36	12	0	0	0	35	190	100	85	3	55	7	χ		Х			Х	Х	Х
Hot Fudge Cake	620	210	24	15	0	0	0	55	450	120	92	2	72	6	X		Х	Х		Х	Х	Х
Ice Cream Sundae – Hot Fudge	490	190	22	16	0	0	0	55	135	200	65	0	57	5	Х		Х				Х	
Ice Cream Sundae – Strawberry	310	120	14	9	0	0	0	55	85	280	40	0	38	5	χ		Х			Х	Х	Х
Iron Skillet Cookie	810	340	39	20	0	0	0	70	540	100	109	3	70	10	χ		Х	Х		Х	Х	Х
Strawberry Cake – 1 Slice	380	130	15	7	0	0	0	40	310	200	55	0	39	4	Х		Х	Х		Х	Х	Х
Mini Strawberry Pie – 1 Each	350	140	16	6	0	0	0	15	220	115	50	2	18	4	χ		Х	Х		Х	Х	Х
Strawberry Pie - 1 Slice	280	100	11	5.0	0	0	0	0	170	130	42	2	24	2	X		Х	Х		Х	Х	Х
Strawberry Pie - Whole	2110	740	84	34	2.0	1.0	0	0	1360	950	326	15	184	19	χ		Х	χ		Х	Х	Х

		nfat	6	fat (g)	6	t (g)	at (g)	(im)	6	(mg)	(B) S:	(B) J		<u> </u>			Poter	itial Fo	od All	ergies		
Sandwiches	Calories	Calories from fat	Total fat (g)	Saturated fa	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Fish Sandwich (No Fries)	1230	570	64	10	1.0	22	9	75	2990	290	120	12	6	42	Х	Х	Х					Х
Grilled Chicken Sandwich – Blackened (No Fries)	620	290	32	5.0	0	3.0	10	100	1540	150	44	2	8	15	Х							Х
Grilled Chicken Sandwich - Original (No Fries)	610	290	32	5.0	0	3.0	10	100	1920	135	43	2	9	15	Х							Х
Patty Melt (No Fries)	770	370	42	18	1.5	2.0	12	145	2520	460	53	0	4	43			Х	Х		Х	Х	Х
Philly Steak And Cheese Sandwich	640	310	35	11	0	1.5	10	70	2590	35	49	2	2	33			Х	Х		Х	Х	X
Substitute Chicken Breast	290	160	18	3.0	0	1.5	10	90	1290	5	0	0	0	9								
Slim Jim (No Fries)	720	290	33	8	0	1.5	10	90	3230	130	61	3	14	42	X		Х					X
Spicy Chicken Sandwich (No Fries)	1060	660	75	16	1.0	19	26	115	1390	85	60	3	11	17	Х		Х			Х		Х
Turkey Club Sandwich (No Fries)	1070	480	55	17	0	0	0	150	3460	160	80	0	9	67	Х		Х	Х		Х	Х	Х



The nutritional information seen here was prepared by Meruifinfor! Lil cand is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufactures. Various now occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or supplies may be necessary which will alter the nutritional values. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. For additional nutritional information, visit the nutritional page located on our website at Shoney.scom.



		ıfat	<u> </u>	(B)	a	t (g)	ţţ	(Bw	6	(Em)	s (g)	(B)					Poter	itial Fo	od All	ergies		
Breakfast	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (I	Carb ohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
All-Star Breakfast w/Biscuit & Potatoes	750	460	52	13	5.0	10	11	445	2660	140	47	3	4	26	χ		Х			Х		Х
Biscuits And Gravy	500	230	26	7	11	0	0	0	1740	0	56	2	5	8	Х		Х			Х		Х
Breakfast Potatoes - Side Order	250	170	19	3.0	0	8	3.5	0	1490	10	22	2	0	2								
Breakfast Sandwich with Potatoes	930	570	65	21	0	10	12	475	2780	140	56	3	4	32	Х		Х	Х		Х	Х	Х
Country Fried Steak Breakfast w/ Biscuit (No Eggs Or Sides)	1110	670	76	22	10	13	6	65	2610	0	81	3	7	24	Х		Х			Х		Х
Add Breakfast Potatoes	250	170	19	3.0	0	8	3.5	0	1490	10	22	2	0	2								
Add Grits	90	45	5	1.0	1.5	0	0	0	150	0	10	0	0	1			Х			X		Х
Add Over Easy Eggs	190	140	15	4.0	0	2.0	8	425	140	135	1	0	0	13	X							
Add Over Hard Eggs	190	140	15	4.0	0	2.0	8	425	140	135	1	0	0	13	X							
Add Over Medium Eggs	190	140	15	4.0	0	2.0	8	425	140	135	1	0	0	13	X							
Add Poached Eggs	140	90	10	3.0	0	1.5	4.0	420	290	135	1	0	0	13	X							
Add Scrambled Eggs	200	150	17	4.0	0	2.0	9	425	140	135	1	0	0	13	X							
Add Sunny Side Up Eggs	190	140	15	4.0	0	2.0	8	425	140	135	1	0	0	13	X							
Crispy Southern Taters - Side Order	380	250	28	5.0	0.5	13	9	0	1510	340	28	3	0	3								
Pancakes - 4 Each (No Sides)	1280	320	36	15	10	0	3.0	205	5310	5	208	9	0	31	X		X			X		X
Add Bacon (3 Slices)	110	70	7	3.0	0	0	0	25	420	0	2	0	2	7								
Add Breakfast Potatoes	250	170	19	3.0	0	8	3.5	0	1490	10	22	2	0	2								
Add Grits	90	45	5	1.0	1.5	0	0	0	150	0	10	0	0	1			Х			Х		Х
Add Sausage	150	110	13	4.0	0	0	0	30	300	0	1	0	0	7						Х		
Re-order (2 Pancakes)	590	110	12	4.0	4.5	0	0	90	2610	0	104	5	0	15	Х		Х			Х		Х
Plain Omelet	330	250	28	7	0	3.5	16	635	210	200	1	0	1	19	χ							
Add American Cheese	100	80	9	5	0	0	0	25	510	0	0	0	0	5			Х	Х		Х	Х	
Add Bacon	140	90	10	4	0	0	0	30	560	0	2	0	2	10			İ					
Add Cheddar Cheese	80	60	7	4.5	0	0	0	25	135	0	1	0	0	5	χ		Х			Х		
Add Green Peppers	0	0	0	0	0	0	0	0	30	10	0	0	0	0						Х		
Add Ham	80	10	1.5	0	0	0	0	30	1090	0	4	0	4	11								
Add Mushrooms	0	0	0	0	0	0	0	0	40	15	0	0	0	0			Х			Х		
Add Onions	0	0	0	0	0	0	0	0	30	5	0	0	0	0						Х		
Add Sausage	210	160	18	6	0	0	0	40	0	2	0	0	0	10						Х		
Add Spinach	0	0	0	0	0	0	0	0	5	40	0	0	0	0								
Add Tomatoes	10	0	0	0	0	0	0	0	0	105	2	0	1	0								
Philly Cheesesteak Omelet (No Biscuit, Potatoes Or Grits)	590	410	47	15	0	3.5	16	705	2110	220	2	0	1	42	Х		Х	Х		Х	Х	Х
Add Breakfast Potatoes	250	170	19	3.0	0	8	3.5	0	1490	10	22	2	0	2								
Add Grits	90	45	5	1.0	1.5	0	0	0	150	0	10	0	0	1			Х			Х		Х
Slim Jim Omelet (No Biscuit, Potatoes Or Grits)	620	360	41	12	0	3.5	16	725	2500	320	12	0	11	50	Х		Х					
Add Breakfast Potatoes	250	170	19	3.0	0	8	3.5	0	1490	10	22	2	0	2								
Add Grits	90	45	5	1.0	1.5	0	0	0	150	0	10	0	0	1			Х			Х		Х
Veggie Omelet (No Biscuit, Potatoes Or Grits)	440	320	36	11	0	3.5	16	655	450	350	5	0	3	25	Х		х			Х		
Add Breakfast Potatoes	250	170	19	3.0	0	8	3.5	0	1490	10	22	2	0	2								
Add Grits	90	45	5	1.0	1.5	0	0	0	150	0	10	0	0	1			Х			Х		Х
Steak & Eggs w/ Biscuit (No Eggs, Potatoes Or Grits)	820	510	58	11	4.5	4.5	30	65	2320	0	27	2	3	44			х			Х		Х
Add Over Easy Eggs	190	140	15	4.0	0	2.0	8	425	140	135	1	0	0	13	Х							
Add Over Hard Eggs	190	140	15	4.0	0	2.0	8	425	140	135	1	0	0	13	χ							
Add Over Medium Eggs	190	140	15	4.0	0	2.0	8	425	140	135	1	0	0	13	Х							
Add Poached Eggs	140	90	10	3.0	0	1.5	4.0	420	290	135	1	0	0	13	χ							
Add Scrambled Eggs	200	150	17	4.0	0	2.0	9	425	140	135	1	0	0	13	Х							

		n fat	(6)	t (g)	(<u>6</u>	fat (g)	ţ <u>i</u>	(mg)	(mg)	(mg)	(B) Se	fiber (g)	(ā)	(6)			Poter	itial Fo	od All	ergies		
Milkshakes	Calories	Calories from	Total fat (Saturated fat	Trans fat (g)	Poly unsat fa	Mono unsati (g)	Cholesterol (Sodium (n	Potassium (Carbohydrate	Dietary fibe	Sugars (g	Protein (E99	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Strawberry Pie Milkshake	600	240	27	16	0	0	1.5	95	240	650	77	2	67	13	Х		Х	Х		Х	Х	Х
Vanilla Bean Milkshake	590	200	23	15	0	0	1.5	95	160	470	86	0	84	11	Х		Х					
Hot Fudge Cake Milkshake	760	310	35	20	0	0	1.5	125	530	470	100	2	84	15	Х		Х	X		Х	Х	Х



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		n fat	(ā)	t (g)	(6)	ıt (g)	t fat	(Bill)	(ĝ	(mg)	SS (g)	r (g)	<u> </u>	Fi.			Poten	tial Fo	od All	ergies		
Salads	Calories	Calories from fat	Total fat (Saturated fat	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Caesar Salad (No Protein Or Salad Dressing)	310	160	19	4.0	0	0	0	40	1180	420	34	4	4	10	Х	Х	Х				Х	Х
Garden Salad (No Protein Or Salad Dressing)	270	100	11	4.5	0	0	0	25	500	670	35	5	8	13	Х		Х			Х	Х	Х
Cobb Salad (No Protein Or Salad Dressing)	520	310	35	16	0	1.5	3.0	365	1080	700	20	5	8	33	Х		Х			Х		
Add Beef Patty	290	170	19	7	1	0.5	9	95	1090	380	0	0	0	28								
Add Chicken	290	160	18	3.0	0	1.5	10	90	1290	5	0	0	0	9								
Add Grilled Shrimp	220	130	15	2	0	1.5	10	185	420	10	0	0	0	20	X	Х	Х		Х	Х	X	Х
Add Salmon	440	290	33	6	0	8	17	100	630	600	0	0	0	35	X	X	Х			Х	Х	Х
Add Steak	250	150	17	3.0	0	1.5	10	35	640	0	1	0	0	20								

		ıfat	=	(B)	a a	t (g)	it (g)	(film	6	(Gu	S (g)	(B)					Poter	itial Fo	od All	ergies		
Entrées	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	E99	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Blackened Chicken Entree	780	260	30	4.5	0	2.5	17	90	2050	420	88	5	4	19			Х			Х		Х
Chicken w/ Cucumber Cranberry Relish - Blackened	760	190	22	3	0	1.5	10	90	1270	600	103	8	16	20								
Chicken w/ Cucumber Cranberry Relish - Original	760	190	22	3	0	1.5	10	90	1660	580	102	8	16	20								
Baked Spaghetti	1210	450	51	13	1.0	1.5	12	60	1930	0	139	9	15	43	Х		Х	Х		Х	Х	Х
Add Chicken Strips	850	420	47	8	1	22	10	105	1670	10	64	1	2	17								Х
Country Fried Steak Dinner (No Sides)	720	500	56	17	3.0	13	5	65	1950	0	36	1	0	17	Х		Х			Х		Х
Fish 'N Chips Platter	1720	970	110	19	2.0	41	18	95	4460	950	136	15	11	46	Х	Х	Х			Х		Х
Grilled Chicken Entree	780	260	30	4.5	0	2.5	17	90	2440	400	88	4	4	19			Х			Х		Х
Grilled White Fish with Rice Pilaf (No Sides)	620	160	18	2.5	0	3.5	10	75	1650	430	82	2	2	31		Х	Х			Х		Х
Grilled Wild-Caught Pacific Salmon	930	390	44	7	0	9	24	100	1780	1020	89	5	4	45	Х	X	Х			Х	Х	Х
High Range Ribeye (No Sides)	960	730	82	27	5	3.5	32	170	1300	560	3	0	0	51			Х	Х		Х	X	Х
8-Oz. Steakhouse Sirloin (No Sides)	700	490	55	10	2.0	3.0	20	65	1650	0	3	0	0	40			Х			Х		Х
Half O'pound (HOP) Dinner (No Sides)	400	230	26	10	1.5	1.0	12	130	630	520	2	0	0	37			Х			Х		
Hand-breaded Chicken Strips Dinner w/ Fries (No Sauces)	1840	950	107	20	2.5	49	21	175	4120	540	143	5	4	31	Х		Х			Х		Х
Add BBQ Sauce	60	0	0	0	0	0	0	0	420	0	15	0	14	0								
Add Honey Mustard	190	170	19	3.0	0	0	0	15	330	0	6	0	6	0	Х							
Add Ranch Dressing	150	150	17	2.5	0	0	0	10	300	0	1	0	0	0	X		Х					
Pile O' Shrimp Platter	1280	660	74	14	1.5	29	12	120	3350	710	128	8	28	27	Х		Х		Х	Х		Х
Shrimp & Grits	740	410	47	11	3.5	1.5	10	230	1570	20	50	2	2	31	Х	X	Х		Х	Х		Х
Sweet Heat Salmon	940	390	44	7	0	9	24	100	1910	620	93	2	14	42	Х	X	Х			Х	Х	Х
Grilled Lemon Pepper Chicken	790	270	31	4.5	0	2.5	17	90	2050	430	90	5	5	19			Х			Х		Х

Draginus Causes 0		n fat	6	t (g)	9)	ıt (g)	fat	(But	(B)	(Gu	(B) Si	(B)		<u> </u>			Poter	itial Fo	od All	ergies		
Dressings, Sauces & Gravies	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	SHellfish	Soy	Tree Nuts	Wheat
Au Jus	5	0	0	0	0	0	0	0	160	0	1	0	0	0						Х		X
BBQ Sauce – 2 fl oz	80	0	0	0	0	0	0	0	560	0	20	0	18	0								
Caesar Dressing	120	90	10	2	0	0	0	30	720	0	8	0	2	2	Х	Х	Х					
Cheese Sauce - 4 fl oz	100	45	5	1.5	1.5	0	0	10	760	130	14	0	5	2			Х					
Honey Mustard – 2 fl oz	260	230	26	4.0	0	0	0	20	440	0	8	0	8	0	Х							
Ranch Dressing – 2 fl oz	200	190	22	3.0	0	0	0	10	400	0	2	0	0	0	Х		Х					
Roast Beef Gravy - 4 fl oz	50	10	1.5	0	0	0	0	0	660	0	8	0	0	0			Х			Х		Х
Sausage Gravy – 4 fl oz	110	60	7	2.0	2.0	0	0	5	570	0	10	0	0	2	Х		Х			Х		Х
Spicy Mayo - 2 fl oz	360	350	39	5	0	0	0	35	450	0	0	0	0	0	Х							
Spicy Ranch Dressing - 2 fl oz	180	150	17	2.5	0	0	0	10	3120	110	6	1	0	1	Х		Х					
Spicy Ranch Sauce - 2 fl oz	160	160	18	2.5	0	0	0	10	660	0	2	0	0	0	Х		Х					
White Gravy – 4 fl oz	80	40	4.5	1.0	2.5	0	0	0	530	0	10	0	0	0	Х		Х			Х		X



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		n fat	(0)	t (g)	g)	t (g)	fat	(Bim.)	(B	(film	s (g)	(ĝ)		<u> </u>			Poten	tial Fo	od All	ergies		
Salads	Calories	Calories from fat	Total fat (Saturated fat	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Caesar Salad (No Protein Or Salad Dressing)	310	160	19	4.0	0	0	0	40	1180	420	34	4	4	10	Х	Х	Х				Х	Х
Garden Salad (No Protein Or Salad Dressing)	270	100	11	4.5	0	0	0	25	500	670	35	5	8	13	Х		Х			Х	Х	Х
Cobb Salad (No Protein Or Salad Dressing)	520	310	35	16	0	1.5	3.0	365	1080	700	20	5	8	33	Х		Х			Х		
Add Beef Patty	290	170	19	7	1	0.5	9	95	1090	380	0	0	0	28								
Add Chicken	290	160	18	3.0	0	1.5	10	90	1290	5	0	0	0	9								
Add Grilled Shrimp	220	130	15	2	0	1.5	10	185	420	10	0	0	0	20	χ	Х	Х		Х	Х	Х	Х
Add Salmon	440	290	33	6	0	8	17	100	630	600	0	0	0	35	X	Х	Х			Х	Х	Х
Add Steak	250	150	17	3.0	0	1.5	10	35	640	0	1	0	0	20								

		n fat	(fi	t (g)	g)	t (g)	at (g)	(Bud)	(B	(film	(B) Si	(B)		<u> </u>			Poten	tial Fo	od All	ergies		
Entrées	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carb ohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	E99	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Blackened Chicken Entree	780	260	30	4.5	0	2.5	17	90	2050	420	88	5	4	19			Х			Х		Х
Chicken w/ Cucumber Cranberry Relish - Blackened	760	190	22	3	0	1.5	10	90	1270	600	103	8	16	20								
Chicken w/ Cucumber Cranberry Relish – Original	760	190	22	3	0	1.5	10	90	1660	580	102	8	16	20								
Baked Spaghetti	1210	450	51	13	1.0	1.5	12	60	1930	0	139	9	15	43	Х		Х	Х		Х	Х	Х
Add Chicken Strips	850	420	47	8	1	22	10	105	1670	10	64	1	2	17								Х
Country Fried Steak Dinner (No Sides)	720	500	56	17	3.0	13	5	65	1950	0	36	1	0	17	Х		Х			Х		Х
Fish 'N Chips Platter	1720	970	110	19	2.0	41	18	95	4460	950	136	15	11	46	X	X	Х			X		X
Grilled Chicken Entree	780	260	30	4.5	0	2.5	17	90	2440	400	88	4	4	19			Х			X		Х
Grilled White Fish with Rice Pilaf (No Sides)	620	160	18	2.5	0	3.5	10	75	1650	430	82	2	2	31		X	Х			Х		Х
Grilled Wild-Caught Pacific Salmon	930	390	44	7	0	9	24	100	1780	1020	89	5	4	45	Х	Х	Х			Х	Х	Х
High Range Ribeye (No Sides)	960	730	82	27	5	3.5	32	170	1300	560	3	0	0	51			Х	Х		Х	Х	Х
8-Oz. Steakhouse Sirloin (No Sides)	700	490	55	10	2.0	3.0	20	65	1650	0	3	0	0	40			Х			Х		Х
Half O'pound (HOP) Dinner (No Sides)	400	230	26	10	1.5	1.0	12	130	630	520	2	0	0	37			Х			Х		
Hand-breaded Chicken Strips Dinner w/ Fries (No Sauces)	1840	950	107	20	2.5	49	21	175	4120	540	143	5	4	31	Х		Х			Х		Х
Add BBQ Sauce	60	0	0	0	0	0	0	0	420	0	15	0	14	0								
Add Honey Mustard	190	170	19	3.0	0	0	0	15	330	0	6	0	6	0	χ							
Add Ranch Dressing	150	150	17	2.5	0	0	0	10	300	0	1	0	0	0	Х		Х					
Pile O' Shrimp Platter	1280	660	74	14	1.5	29	12	120	3350	710	128	8	28	27	Х		Х		Х	Х		Х
Shrimp & Grits	740	410	47	11	3.5	1.5	10	230	1570	20	50	2	2	31	Х	X	X		X	Х		Х
Sweet Heat Salmon	940	390	44	7	0	9	24	100	1910	620	93	2	14	42	Х	X	Х			Х	Х	Х
Grilled Lemon Pepper Chicken	790	270	31	4.5	0	2.5	17	90	2050	430	90	5	5	19			X			X		Х

Draginus Causes 0		n fat	6	t (g)	6	ıt (g)	fat	(But	(B)	(film	(B) Si	(B)	•	0			Poter	itial Fo	od All	ergies		
Dressings, Sauces & Gravies	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carb ohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	E99	Fish	Milk	Peanuts	SHellfish	Soy	Tree Nuts	Wheat
Au Jus	5	0	0	0	0	0	0	0	160	0	1	0	0	0						Х		X
BBQ Sauce – 2 fl oz	80	0	0	0	0	0	0	0	560	0	20	0	18	0								
Caesar Dressing	120	90	10	2	0	0	0	30	720	0	8	0	2	2	Х	Х	Х					
Cheese Sauce - 4 fl oz	100	45	5	1.5	1.5	0	0	10	760	130	14	0	5	2			Х					
Honey Mustard - 2 fl oz	260	230	26	4.0	0	0	0	20	440	0	8	0	8	0	Х							
Ranch Dressing – 2 fl oz	200	190	22	3.0	0	0	0	10	400	0	2	0	0	0	Х		Х					
Roast Beef Gravy - 4 fl oz	50	10	1.5	0	0	0	0	0	660	0	8	0	0	0			Х			Х		Х
Sausage Gravy – 4 fl oz	110	60	7	2.0	2.0	0	0	5	570	0	10	0	0	2	Х		Х			Х		X
Spicy Mayo - 2 fl oz	360	350	39	5	0	0	0	35	450	0	0	0	0	0	Х							
Spicy Ranch Dressing - 2 fl oz	180	150	17	2.5	0	0	0	10	3120	110	6	1	0	1	Х		Х					
Spicy Ranch Sauce - 2 fl oz	160	160	18	2.5	0	0	0	10	660	0	2	0	0	0	Х		Х					
White Gravy – 4 fl oz	80	40	4.5	1.0	2.5	0	0	0	530	0	10	0	0	0	Х		Х			Х		Х



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		n fat	Œ	(B) 1	6	t (g)	ıt (g)	(Bw	(B	(Gw	s (g)	(0).					Poter	itial Fo	od All	ergies		
Sides	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	E99	Fish	Milk	Peanuts	Shelifish	Soy	Tree Nuts	Wheat
Baked Potato (Plain)	150	5	0.5	0	0	0	0	0	340	610	34	2	3	3								
Baked Potato w/ Sour Cream And Butter	130	120	14	8	1.0	0	3.0	30	100	0	1	0	1	1	Х		Х	Х		Х	Х	Х
Baked Potato (Toppings Only)	180	160	18	10	1.0	0	3.0	45	280	0	2	0	2	4	X		Х	Х		Х	Х	Х
Bowl of Fruit	100	0	0	0	0	0	0	0	20	370	24	2	20	1								
Breadstick - 1 Each	130	40	4.5	0	0	1.5	0.5	0	110	30	19	1	3	3			Х			Х		Х
Brown Rice	370	25	3	0	0	0	0	0	35	170	79	4	0	8								
Coleslaw	90	60	7	1.0	0	0	0	5	160	80	7	1	6	1	Х							
Dinner Roll - 1 Each	140	40	4.5	1.0	0	0	0	10	230	0	23	1	4	3	Х		Х			Х		Х
Dixie Tater Chips	550	370	42	7	0.5	14	6	0	1690	5	40	2	0	4								
French Fries	420	250	29	6	0.5	12	5	0	1330	530	37	4	0	4	Х		Х			Х		Х
Fresh Mixed Vegetables	320	30	3.0	0.5	0	0	0	0	1350	3160	64	24	22	23								
Garlic Cheese Biscuit - 1 Each	250	120	14	4.5	4.0	0	0	10	430	0	26	1	4	6	Х		Х			Х		Х
Green Beans	90	60	7	2.5	0	0	0	10	580	0	7	2	0	2								
Macaroni & Cheese	150	50	6	3.0	0	0	0	15	700	0	17	0	3	6	Х		Х			Х		Х
Mashed Potatoes (No Gravy)	230	80	9	1.5	2.5	0	0	0	800	400	31	2	2	3			Х			Х		Х
Mashed Potatoes (Add Gravy)	25	5	0.5	0	0	0	0	0	330	0	4	0	0	0			Х			Х		Х
Loaded Mashed Potatoes (Toppings Only)	80	60	6	2.5	1	0	0	15	200	0	2	0	2	4	Х		Х	Х		X	X	Х
Onion Rings - 5 Pieces	290	190	22	4.0	0.5	12	5	10	290	180	20	2	6	3	Х	Х	Х			Х		Х
Rice Pilaf	450	100	11	1.5	0	1.0	7	0	990	0	79	1	2	7			Х			Х		Х

		fat	=	(B)	=	t (g)	t (g)	(Gu	<u> </u>	(Bu	S (g)	(â)					Poter	tial Fo	od All	ergies		
Starters	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	E99	Fish	¥	Peanuts	SHellfish	Soy	Tree Nuts	Wheat
Hand-breaded Chicken Strips Starter (No Dipping Sauces)	1130	560	63	11	1.5	29	13	140	2230	15	85	1	2	22								Х
Add BBQ Sauce	60	0	0	0	0	0	0	0	420	0	15	0	14	0								
Add Honey Mustard	190	170	19	3.0	0	0	0	15	330	0	6	0	6	0	Х							
Add Ranch	150	150	17	2.5	0	0	0	10	300	0	1	0	0	0	Х		Х					
Jumbo Onion Rings	570	380	44	8	1.0	24	10	25	450	370	41	4	11	6	Х	Х	Х			Х		Х
Shoney's Sliders Starters	590	250	28	11	1.0	0.5	9	115	6830	410	44	2	7	38			Х	Х		Х	Х	Х
Shoney's Wings – 12 Piece (No Sauce Or Dressing)	990	760	86	20	1.0	23	10	205	1120	0	2	0	0	50								
Add Bleu Cheese Dressing	360	340	38	7	0	0	0	10	460	0	2	0	2	2	Х		Х					
Add Buffalo Sauce	120	0	0	0	0	0	0	0	2520	0	0	0	0	0			Х			Х		
Add Garlic Parmesan Sauce	60	50	6	0	0	0	0	0	300	0	0	0	0	0			Х			Х		
Add Honey Heat Sauce	200	0	0	0	0	0	0	0	1200	0	48	0	48	0								
Add Kickin' Bourbon Molasses Sauce	140	0	0	0	0	0	0	0	680	0	32	0	28	0								
Add Ranch Dressing	200	190	22	3.0	0	0	0	10	400	0	2	0	0	0	Х		Х					
Shoney's Wings – 6 Piece (No Sauce Or Dressing)	500	380	43	10	0.5	11	5.0	105	560	0	1	0	0	25								
Add Blue Cheese Dressing	360	340	38	7	0	0	0	10	460	0	2	0	2	2	Х		Х					
Add Buffalo Sauce	60	0	0	0	0	0	0	0	1260	0	0	0	0	0			Х			Х		
Add Garlic Parmesan Sauce	30	25	3.0	0	0	0	0	0	150	0	0	0	0	0			Х			Х		
Add Honey Heat Sauce	100	0	0	0	0	0	0	0	600	0	24	0	24	0								
Add Kickin' Bourbon Molasses Sauce	280	0	0	0	0	0	0	0	1360	0	64	0	56	0								
Add Ranch Dressing	200	190	22	3.0	0	0	0	10	400	0	2	0	0	0	Х		Х					
Spinach And Artichoke Dip	1340	910	103	31	1.0	24	10	80	4460	25	85	4	8	24	Х		Х	Х		Х	Х	Х

		n fat	(â)	(i)	(ā)	t (g)	fat (g)	(mg)	(mg)	(mg)	(B) Si	(B)	(B)	(ĝ)			Poten	tial Fo	od All	ergies		
Burgers	Calories	Calories from	Total fat (Saturated fat	Trans fat (Poly unsat fat	Mon o unsat fa	Cholesterol (Sodium (m	Potassium (Carbohydrates	Dietary fiber	Sugars (g	Protein (g	E99	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
All-American Burger (No Fries)	730	370	42	15	1.0	2.0	9	130	2240	550	46	3	10	40	χ		χ	Х		Х	Х	Х
BBQ Bacon Cheeseburger (No Fries)	840	420	47	17	1.0	2.0	9	145	2800	550	57	3	20	45	Х		Х	Х		Х	Х	Х
Double Decker Burger (No Fries)	1140	610	69	29	2.5	2.5	18	275	4130	770	43	1	9	81	Х		Х	Х		Х	Х	Х
Mushroom Swiss Burger (No Fries)	860	490	55	16	1.5	3.5	19	135	1840	570	46	3	10	43	Х		Х			Х		Х
Sliders Entree (No Fries)	690	350	40	13	1.0	0.5	9	125	7090	410	45	2	7	38	Х		X	Х		Х	Х	Х



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		n fat	- Fi	(ĝ)	G G	t (g)	ıt (g)	(Bu	(B)	(Giu	s (g)	(g)					Poten	itial Fo	od All	ergies		
Kids	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Kid's Grilled Cheese (No Sides)	360	140	16	7	0	0	1.0	35	1030	0	40	2	6	13			Х	Х		Х	Х	Х
Kid's Grilled Chicken Strips (No Sides)	240	150	17	2.5	0	1.5	10	60	1200	5	0	0	0	6								
Kid's Hand-breaded Chicken Strips with Ranch (No Sides)	1000	560	64	11	1.0	22	10	115	1970	10	66	1	2	17	Х		Х					Х
Kid's Macaroni & Cheese (No Sides)	660	270	31	17	0	0	0	85	2920	0	69	2	10	27	χ		Х			Х		Х
Kid's Shrimp with Cocktail Sauce (No Sides)	460	160	19	3.0	0	9	4.0	80	1450	20	48	2	17	16	Х	Х	Х		Х	Х	Х	Х
Kid's Sliders (No Sides)	390	170	19	7	1.0	0	6	75	4550	280	29	1	4	25			Х	Х		Х	Х	χ
Kid's Spaghetti (No Sides)	680	250	29	6	1.0	1.0	6	20	1100	0	80	5	8	20	χ		Х			Х		Х
Jr. All-Star Breakfast w/ Bacon	390	260	30	6	0	9	8	220	1700	75	23	2	1	11	χ							
Substitue Sausage Link	90	70	8	2.5	0	0	0	20	170	0	0	0	0	4				İ		Х		
Substitute Sausage Patty	150	110	13	4.0	0	0	0	30	300	0	1	0	0	7						Х		
Shoney Bear Pancake w/ Bacon	590	160	18	8	3.5	0	0	80	2240	0	88	3	9	17	Х		Х			Х		X
Substitue Sausage Link	170	130	15	4.5	0	0	0	35	350	0	1	0	0	8						Х		
Substitute Sausage Patty	150	110	13	4.0	0	0	0	30	300	0	1	0	0	7						Х		



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NUTRITION INFORMATION BUFFET

		n fat	(b)	t (g)	(ā)	fat (g)	fat	(mg)	(mg)	(mg)	s (g)	fiber (g)	0	(B)			Poten	tial Fo	od Alle	ergies		
Breads	Calories	Calories from	Total fat (Saturated fat	Trans fat (Poly unsat fa	Mono unsat (g)	Cholesterol (Sodium (m	Potassium (Carbohydrates	Dietary fibe	Sugars (g)	Protein (g	E99	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Breadsticks - 1 Each	130	40	4.5	0	0	1.5	0.5	0	110	30	19	1	3	3			Х			Х		Х
Cornbread Muffin - 1 Each	120	25	2.5	0.5	1	0	0	0	370	0	21	0	3	2	Х		Х			Х		Х
Garlic Cheese Biscuit - 1 Each	250	120	14	4.5	4	0	0	10	430	0	26	1	4	6	Х		Х			Х		Х
Hushpuppies - 1 Each	80	40	4.5	1	0	2.5	1	0	140	10	11	0	2	1	Х		Х			Х		Х

		n fat	<u> </u>	(i)	(f)	f (g)	fat	(But)	(iii	(Bw	(B) Si	(B) L		<u> </u>			Poten	itial Fo	od All	ergies		
Breakfast	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carb ohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Bacon - 1 Slice	35	20	2.5	1	0	0	0	10	140	0	1	0	0	2								
Banana Nut Muffin - 1 Each	320	160	18	8	0	0	0	40	400	0	36	0	20	4	Х		Х			Х	Х	Х
Blueberry Muffin - 1 Each	300	140	16	8	0	0	0	50	280	0	34	0	20	4	Х		Х			Х		Х
Breakfast Chicken – 1 Strip	280	140	16	3	0	7	3	35	560	0	21	0	0	6								Х
Breakfast Egg Casserole Bacon (1/2 Cup)	190	140	16	5	0	2	5	80	520	0	6	0	0	7	х		х			х		Х
Breakfast Egg Casserole Ham (1/2 Cup)	170	120	14	4	0	2	5	75	540	0	6	0	0	7	х		х			х		х
Cheese Grits - 1/2 Cup	100	60	6	2.5	1	0	0	10	220	0	8	0	0	2	Х		Х			Х		Х
Chocolate Chip Muffin - 1 Each	340	160	18	8	0	0	0	50	270	0	38	2	26	4	Х		Х			Х		Х
Cinnamon Twirls - 1 Each	530	210	24	12	0	0	1	0	1200	0	72	2	29	8			Х			Х		Х
French Toast - 1 Piece	110	50	6	1	0	0	3.5	15	125	0	12	0	3	3	Х		Х			х	Х	Х
French Toast Sticks - 1 Each	200	70	8	1.5	0	2.5	1	0	100	0	32	0	24	1			Х			Х		Х
Home Fries - 1/2 Cup	90	40	4.5	0.5	0	0	1.5	0	45	5	12	1	0	1								
Pancakes - 1 Each	290	50	6	2	2.5	0	0	45	1310	0	52	2	0	8	Х		Х			х		Х
Sausage Link – 1 Link	90	70	8	2.5	0	0	0	20	170	0	0	0	0	4						х		
Sausage Patty – 1 Patty	150	110	13	4	0	0	0	30	300	0	1	0	0	7						Х		
Scrambled Eggs - 1/2 Cup	240	200	22	4	0	2	13	190	230	0	2	0	1	7	Х		Х			Х		Х

		n fat	E .	(i)	6	t (g)	fat	(Bu	(B)	(Gim	s (g)	(ā) .		=			Poten	itial Fo	od All	ergies		
Salads	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	E99	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Bacon Ranch Pasta - 1/2 Cup	270	170	19	3.5	0	0.5	4.5	15	410	15	16	0	2	7	Х		Х					Х
Banana Salad - 1/2 Cup	80	0	0	0	0	0	0	0	25	210	20	2	13	1								
Beets & Onions - 1/2 Cup	50	0	0	0	0	0	0	0	140	10	11	0	10	1								
Bow Tie Pasta Salad - 1/2 Cup	180	100	11	2	0	0	1.5	0	300	60	18	1	3	3			Х					Х
Broccoli & Cauliflower Salad – 1/2 Cup	130	110	12	1.5	0	0	0	5	240	160	4	1	1	1	х		х					
Broccoli Salad - 1/2 Cup	160	110	13	2	0	1.5	3	10	130	200	9	2	5	3	Х						Х	
Carrot Raisin Salad - 1/2 Cup	190	100	12	2	0.5	0	0	10	115	260	22	2	19	1	Х		Х	Х		Х	Х	Х
Cheddar Macaroni Salad - 1/2 Cup	200	110	13	2.5	0	0	1.5	10	220	70	17	2	2	4	Х		Х	Х		Х	Х	Х
Don's Pasta Salad - 1/2 Cup	180	100	11	2	0	0	1.5	3	480	45	16	1	3	3	Х		Х			Х		Х
Garden Pasta Salad - 1/2 Cup	170	100	11	1.5	0	0	1.5	0	300	60	16	1	3	2								Х
Macaroni Salad - 1/2 Cup	220	120	13	2	0	0	2	10	230	20	22	1	4	3	Х							Х
Marinated Cucumbers - 1/2 Cup	40	25	3	0	0	0	0	0	85	115	4	0	2	1								
Marinated Mushrooms - 1/2 Cup	45	25	3	0	0	0	0	0	85	250	3	0	2	2								
Marinated Tomato & Cucumber Salad – 1/2 Cup	60	40	4.5	0.5	0	0	0	0	125	150	4	0	3	1								
Mushroom Pasta Salad - 1/2 Cup	130	70	8	1.5	0	0	2	0	170	120	13	1	2	3			Х					Х
Pea Salad - 1/2 Cup	110	50	6	1	0	0	0	45	95	170	10	3	5	4	Х							
Potato Salad - 1/2 Cup	110	40	4.5	1	0	0	0	3	480	0	16	2	3	2	Х					Х		
Seafood Salad - 1/2 Cup	220	160	18	2.5	0	0	0	20	540	15	10	0	3	3	Х	х			Х	Х		Х
Three Bean Salad - 1/2 Cup	60	5	0.5	0	0	0	0	0	170	0	12	1	8	1								
Tom's Spaghetti Salad – 1/2 Cup	170	80	9	1.5	0	0	1.5	0	260	45	17	1	3	3	Х							Х



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NUTRITION INFORMATION BUFFET

		nfat	(ā)	t (g)	6	f (g)	fat	(mg)	(Em)	(mg)	(g) s:	(B)		<u> </u>			Poten	tial Fo	od All	ergies		
Desserts	Calories	Calories from fat	Total fat (Saturated fat	Trans fat (g)	Poly unsat fat (Mono unsat (g)	Cholesterol (Sodium (m	Potassium (Carbohydrates (g)	Dietary fiber	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Shelifish	Soy	Tree Nuts	Wheat
Banana Pudding - 1/2 Cup	280	90	10	8	0	0	0.5	2	280	150	43	0	31	1	Х		Х			Х		Х
Cherry Gelatin	80	0	0	0	0	0	0	0	105	0	20	0	20	2								
Chocolate Pudding - 1/2 Cup	160	45	5	1	2	0	0	0	250	0	26	0	21	3			Х					
Citrus Gelatin	80	0	0	0	0	0	0	0	135	0	20	0	18	1								
Orange Gelatin	80	0	0	0	0	0	0	0	105	0	20	0	18	1								

		n fat	6	t (g)	(i	f (g)	ţaţ	(Bill)	<u> </u>	(Gw	(B) Si	(B)		0			Poten	itial Fo	od All	ergies		
Soups	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Broccoli Cheese Soup - 1/2 Cup	130	80	9	4	0.5	0	0	20	430	0	6	0	2	4			Х			Х		Х
Cabbage Beef Soup - 1/2 Cup	90	20	2	0.5	0	0	0	10	850	0	13	3	4	6		Х				Х		Х
Chicken Enchilada Soup - 1/2 Cup	170	80	10	5	0	0	0	40	720	0	15	3	4	7			Х			Х		Х
Chicken Noodle Soup - 1/2 Cup	80	20	2	0	0	0	0	10	730	0	12	0	2	4	Х							Х
Chili - 1/2 Cup	120	45	5	1.5	0	0	1.5	15	390	6.5	11	2	3	7			Х			Х		Х
Clam Chowder - 1 Cup	110	50	6	3.5	0	0	0	15	600	0	13	1	2	4		Х	Х		Х	Х		Х
Gumbo - 1/2 Cup	100	25	3	1	0	0	0	10	430	0	16	0	2	3			Х		Х			Х
Loaded Potato Soup - 1/2 Cup	140	80	9	4.5	0	0	0	25	580	0	12	0	2	3			Х			Х		Х
Potato Soup - 1/2 Cup	90	35	4	2.5	0	0	0	10	400	0	12	0	3	2			Х			Х		Х
Tomato Bisque - 1/2 Cup	180	120	14	7	1	0	0	35	370	0	12	2	4	2			Х			Х		Х
Vegetable Beef Soup - 1/2 Cup	100	20	2.5	1	0	0	0	15	700	0	11	2	2	7						Х		Х

		nfat	6	t (g)	9)	t (g)	fat	(Bw	(B)	(film	(g) s:	r (g)		<u></u>			Poten	tial Fo	od All	ergies		
Rotation Vegetables	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Black-eyed Peas - 1/2 Cup	90	0	0.5	0	0	0	0	0	580	0	15	2	0	5								Х
Butter Beans - 1/2 Cup	320	70	8	2.5	0	0	0	5	640	0	48	15	7	15								
Cabbage - 1/2 cup	90	60	7	1.5	1.5	0	0	5	480	140	6	2	3	2			Х			Х		
Collard Greens – 1/2 Cup	80	45	5	1.5	0	0	0	10	510	0	7	2	2	3								Х
Corn On The Cob – 1 Each	60	5	0.5	0	0	0	0	0	0	160	14	2	3	2			Х			Х		
Creamed Corn – 1/2 Cup	100	20	2.5	1	0	0	0	5	350	0	19	0	7	2			х			Х		
Fried Okra – 1/2 Cup	210	120	14	2.5	0	7	3	0	630	130	20	2	2	3	Х		Х					Х
Pinto Beans - 1/2 Cup	90	0	0.5	0	0	0	0	5	630	0	16	3	0	5								Х
Sausage Rice - 1/2 Cup	170	80	9	2	0	0	1.5	15	500	20	18	0	0	5			Х			Х		Х
Tomatoes & Okra – 1/2 Cup	35	0	0	0	0	0	0	0	560	0	8	2	5	1						Х		
White Beans – 1/2 Cup	90	0	0	0	0	0	0	0	390	0	15	3	0	5								Х

		n fat	9)	t (g)	(ā)	it (g)	t fat	(mg)	(mg)	(mg)	(g) si	r (g)	(B)	(ā)			Poten	tial Fo	od All	ergies		
Vegetables	Calories	Calories from fat	Total fat (g)	Saturated fat	Trans fat (Poly unsat fat (Mono unsat (g)	Cholesterol	Sodium (n	Potassium (Carbohydrates	Dietary fiber	Sugars (g	Protein (E99	Fish	Milk	Peanuts	Shelifish	Soy	Tree Nuts	Wheat
Brown Gravy - 1/2 Cup	50	10	1.5	0	0	0	0	0	660	0	8	0	0	0			Х			Х		Х
Green Beans - 1/2 Cup	90	60	7	2.5	0	0	0	10	580	0	7	2	0	2								
Mac & Cheese - 1/2 Cup	150	50	6	3	0	0	0	15	700	0	17	0	3	6	Х		Х			Х		Х
Mashed Potatoes - 1/2 Cup	230	80	9	1.5	2.5	0	0	0	800	400	31	2	2	3			Х			Х		Х
Scallop Potatoes - 1/2 Cup	290	170	19	9	0	0	0	40	1520	10	24	0	3	8			Х			Х		Х
White Gravy - 1/2 Cup	100	50	5	1.5	2.5	0	0	0	630	0	12	0	0	0	Х		Х			Х		Х



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NUTRITION INFORMATION BUFFET

		Ęat		(ā)	=	(B)	fat	(Gw	<u> </u>	(Bir	((()	(B)					Poter	itial Fo	od All	ergies		
Meats	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	E99	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
BBQ Beef - 1/2 Cup	90	15	2	1	0	0	0	20	380	0	10	0	8	7								Х
BBQ Pulled Pork - 1/2 Cup	90	20	2	1	0	0	0	15	360	0	10	0	8	6								
BBQ Ribs - Golden BBQ Sauce (1 Each)	110	70	7	2.5	0	0	0	30	530	0	2	0	1	8						Х		Х
BBQ Ribs - Original BBQ Sauce (1 Each)	110	70	7	2.5	0	0	0	30	520	0	1	0	1	8								
Baked Crab Royale – 1 Each	100	50	6	0.5	1	0	0	5	670	0	8	0	2	2	Х	Х	Х		Х	Х	Х	Х
Baked Salmon - 1/2 Cup	170	70	8	1.5	0.5	1.5	3	20	260	125	15	0	0	8	Х	Х	Х			Х	Х	Х
Beef Pot Roast - 1/2 Cup	60	10	1.5	0	0	0	0	10	220	130	7	0	1	4			Х			х		Х
Blackened Sausage with Peppers And Onions - 1/2 Cup	120	100	11	4.5	0	0	0.5	20	360	70	6	0	1	4					х	х		
Breaded Pork Chop – 1 Each	390	260	30	7	0.5	11	5	80	920	290	11	0	0	21	Х		Х			Х		Х
Clam Strips - 1/2 Cup	500	300	33	7	0	8	3.5	15	830	0	43	2	0	13			Х		Х	х		х
Fried Butterfly Shrimp - 1 Piece	50	25	2.5	0	0	1.5	0.5	10	100	0	5	0	0	2			Ì		Х	Х		Х
Fried Chicken - 1 Breast	470	270	31	6	0.5	14	6	90	920	0	15	0	0	11								Х
Fried Chicken - 1 Leg	300	180	20	4	0	9	5	35	730	80	17	0	0	12								Х
Fried Chicken - 1 Thigh	270	160	18	3.5	0	8	5	30	740	70	17	1	0	11								Х
Fried Chicken - 1 Wing	420	270	31	7	0	9	4	65	770	0	17	0	0	18								Х
Garlic Grilled Shrimp - 1/2 Cup	120	80	9	1.5	0	0.5	2.5	90	170	85	0	0	0	10			Х		Х	х		
Herb Roasted Chicken - 1/2 Cup	130	90	10	2.5	0	0	1	40	390	5	0	0	0	9								
Meatloaf with Glaze - 1 Piece	170	45	5	2	0	0	2	40	740	85	24	0	15	8	Х		Х			Х		Х
Peel 'N Eat Shrimp – 1/2 Cup	50	5	0.5	0	0	0	0	105	120	0	0	0	0	11	Х	Х	Х		Х	Х	Х	Х
Pork Pot Roast - 1/2 Cup	60	15	1.5	0	0	0	0	10	210	130	7	0	1	4			Х			х		Х
Salisbury Steak - 1 Each	250	110	13	4.5	1	0	5	100	1060	230	13	0	1	18	Х		Х			Х		Х
Sausage with Peppers And Onions – Blackened Seasoned (1/2 Cup)	120	100	11	4.5	0	0	0.5	20	360	70	6	0	1	4					х	х		
Sausage with Peppers And Onions – Burger & Fry Seasoned (1/2 Cup)	120	100	11	4.5	0	0	0.5	20	430	70	6	0	1	4					х	х		
Smothered Pork Chops - 1 Each	510	180	20	6	2.5	0.5	4.5	65	2610	290	59	0	2	24	Х		Х			Х		Х
Steak - 1 Each	250	150	17	3	0	1.5	10	35	640	0	1	0	0	20								
Turkey & Gravy - 1 Piece	70	10	1	0	0	0	0	25	460	0	2	0	0	12	Х		х			х		Х
Whole Catfish – 1 Each	740	490	56	11	1	25	17	105	920	680	19	1	0	38		Х						Х



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