

FARM FRESH FOOD

NUTRITIONAL GUIDE

FarmerBoys®		Quantity	Measure	Allergens	Calories (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Category	Item														
3-Egg Breakfast	3-Egg Breakfast - No Meat	1	Serving	E, M, S, W, G	950	510	57	12	1	490	1190	83	7	4	26
	3-Egg Breakfast with Bacon	1	Serving	E, M, S, W, G	1150	670	75	19	1	525	1860	84	7	4	36
	3-Egg Breakfast with Ham	1	Serving	E, M, S, W, G	1050	530	60	13	1	540	2440	86	7	6	42
	3-Egg Breakfast with Sausage	1	Serving	E, M, S, W, G	1390	880	98	26	1	575	2170	86	7	5	41
Omelets <i>(Information for side and toast selections are separate)</i>	Denver Omelet	1	Serving	E, S	470	330	37	9	0	520	1170	6	<1	4	27
	Farmer's Omelet	1	Serving	E, M, S	770	520	58	17	0.5	550	1530	29	4	4	35
	California Omelet	1	Serving	E, M, S	840	670	75	25	0	550	1440	7	4	<1	34
	Ham and Cheese Omelet	1	Serving	E, M, S	560	420	47	15	0	550	1350	3	0	2	33
French Toast & Hot Cakes <i>(Whipped spread is included. Information for Syrup is separate)</i>	3 French Toast Slices	1	Serving	E, M, S, W, G	980	570	64	12	1.5	265	1390	79	4	8	26
	French Toast Dippers	1	Serving	E, M, S, W, G	760	410	46	9	0	80	410	76	3	30	13
	French Toast Platter - No Meat	1	Serving	E, M, S, W, G	770	450	50	11	1	505	1060	53	2	6	29
	French Toast Platter with Bacon	1	Serving	E, M, S, W, G	870	530	59	14	1	520	1390	53	2	6	34
	French Toast Platter with Sausage	1	Serving	E, M, S, W, G	1210	820	91	25	1	585	2040	56	3	7	43
	4 Hot Cakes	1	Serving	M, S, W, G	730	140	16	2.5	0.5	0	2530	130	4	16	16
	Hot Cakes Platter - No Meat	1	Serving	E, M, S, W, G	630	280	32	7	1	325	1560	66	2	9	19
	Hot Cakes Platter with Bacon	1	Serving	E, M, S, W, G	730	370	41	10	1	345	1900	66	2	9	24
	Hot Cakes Platter with Sausage	1	Serving	E, M, S, W, G	1070	660	73	21	1	410	2550	68	2	10	34
	Mini Cakes Skillet	1	Serving	E, M, S, W, G	670	360	40	10	1	180	1310	64	1	25	14
Breakfast Burritos	Breakfast Burrito - No Meat	1	Serving	E, M, S, W, G	910	510	57	16	0.5	505	1690	71	5	3	28
	Breakfast Burrito with Bacon	1	Serving	E, M, S, W, G	1150	700	79	25	0.5	535	2540	71	5	3	37
	Breakfast Burrito with Chili	1	Serving	E, M, S, W, G	1010	550	62	17	1	530	2090	77	6	4	36
	Breakfast Burrito with Ham	1	Serving	E, M, S, W, G	970	530	59	16	0.5	535	2440	72	5	4	37
	Breakfast Burrito with Sausage	1	Serving	E, M, S, W, G	1130	700	78	23	0.5	550	2180	72	5	3	35
	Hog Heaven Burrito	1	Serving	E, M, S, W, G	1420	890	99	33	0.5	615	3740	74	5	5	54
Breakfast Sandwiches	2-Egg Breakfast Sandwich - No Meat	1	Serving	E, M, S, W, G	650	410	46	12	1	340	1080	37	1	6	20
	2-Egg Breakfast Sandwich with Bacon	1	Serving	E, M, S, W, G	750	500	55	16	1	360	1420	37	1	6	25
	2-Egg Breakfast Sandwich with Ham	1	Serving	E, M, S, W, G	710	430	48	12	1	375	1840	38	1	8	29
	2-Egg Breakfast Sandwich with Sausage	1	Serving	E, M, S, W, G	870	600	67	19	1	385	1580	38	1	7	27
	Bacon, Egg, & Cheese Muffin	1	Serving	E, M, S, W, G	620	460	51	13	1	185	1010	28	0	1	16
Breakfast Side Options	Fresh Fruit	1	Serving		70	0	0	0	0	0	5	19	4	14	1
	Hash Browns	1	Serving	S	380	200	23	4	0	0	370	42	5	1	4
	Syrup	2	Packets		240	0	0	0	0	0	10	57	0	28	0
	Tomato Slices	4	Slices		15	0	0	0	0	0	0	3	<1	2	<1
Toast <i>(Whipped spread included)</i>	English Muffin	1	Serving	M, S, W, G	210	90	10	2	<1	0	250	26	0	1	5
	Sourdough Bread	2	Slices	M, S, W, G	240	90	10	2	<1	0	400	34	2	0	8
	Wheat Bread	2	Slices	M, S, W, G	280	90	11	2	<1	0	460	38	2	4	8
	White Bread	2	Slices	M, S, W, G	280	90	11	2	<1	0	520	40	2	2	6
Fresh, Never Frozen Burgers	1/3lb Natural® Cheeseburger	1	Serving	E, M, S, W, G	720	370	41	16	1.5	130	1590	46	2	12	39
	1/3lb Natural® Avocado Bacon Cheeseburger	1	Serving	E, M, S, W, G	870	490	55	20	1.5	145	1930	48	4	12	45
	Bacon Boy®	1	Serving	E, M, S, W, G	970	540	60	23	2	195	2520	47	2	12	58
	Barn Burner®	1	Serving	E, M, S, W, G	700	400	44	16	1	130	1750	39	2	7	36
	Big Cheese®	1	Serving	E, M, S, W, G	600	290	32	11	1	90	1610	46	2	12	30
	Double Big Cheese®	1	Serving	E, M, S, W, G	870	450	51	19	2	175	2180	47	2	12	53
	Farmer's Burger®	1	Serving	E, M, S, W, G	1060	610	68	25	2	200	2520	49	4	12	60
	Jr. Cheeseburger	1	Serving	E, M, S, W, G	480	220	25	8	0	55	1300	42	1	11	20
	Patty Melt	1	Serving	M, S, W, G	890	580	65	19	1.5	100	1580	46	3	2	36
	Veggie Burger	1	Serving	E, S, W, G	490	170	19	3	0	5	1330	66	9	15	13
Sandwiches & More <i>(Information for dipping sauce is separate)</i>	Bacon Turkey Melt	1	Serving	E, M, S, W, G	820	500	56	16	<1	95	2120	45	2	4	38
	California BLT	1	Serving	E, S, W, G	660	420	47	12	0	45	1230	46	5	4	17
	Classic Fried Chicken Sandwich™	1	Serving	E, S, W, G	760	400	45	8	0	80	1840	58	2	7	30
	Loaded Classic Fried Chicken Sandwich™	1	Serving	E, M, S, W, G	890	470	52	13	0	105	2380	63	5	8	39
	Fiery Fried Chicken Sandwich™	1	Serving	E, S, W, G	830	470	52	9	0	85	1650	59	3	7	31
	Loaded Fiery Fried Chicken Sandwich™	1	Serving	E, M, S, W, G	920	520	58	15	0	115	1980	62	5	7	41
	Farmer's Club Sandwich	1	Serving	E, M, S, W, G	1160	660	74	19	0	145	3780	69	3	11	50
	Grilled Chicken Sandwich	1	Serving	E, S, W, G	560	300	33	6	0	70	1590	37	2	7	26
	Grilled Chicken Club	1	Serving	E, M, S, W, G	720	370	41	12	0	100	2200	49	4	15	35
	Parm-Crusted Grilled Cheese	1	Serving	M, S, W, G	670	360	40	22	0	105	1770	35	2	0	37
	Pastrami	1	Serving	M, S, W, G	1430	710	72	18	0	300	3960	62	3	2	59
	Sourdough Chicken Avocado Sandwich	1	Serving	E, M, S, W, G	880	580	64	18	<1	105	2330	42	5	2	37
	2pc Chicken Strips	1	Serving	W, G	480	310	35	6	0	40	1110	27	2	1	15
	4pc Chicken Strips	1	Serving	E, M, S, W, G	580	280	31	6	0	60	1530	49	3	0	27
3pc Fish & Fries	1	Serving	E, F, M, S, W, G	1410	700	78	15	0	135	3570	141	8	21	39	
4pc Fish Platter	1	Serving	E, F, M, S, W, G	1680	670	74	14	0	105	3230	194	12	19	59	
Salads <i>(Dressing is included)</i>	BBQ Crispy Chicken Ranch Salad	1	Serving	E, M, S, W, G	980	610	68	23	0	315	2160	43	6	8	50
	BBQ Grilled Chicken Ranch Salad	1	Serving	E, M, S, W, G	730	470	53	20	0	310	2550	22	5	8	44
	Farmer's Chopped Cobb™ Salad	1	Serving	E, M	680	450	50	19	0	310	2510	15	7	5	43
	Grilled Chicken Salad	1	Serving	E, M	470	230	26	10	0	340	3030	12	4	6	51
	Southwest Chicken Salad	1	Serving	M, S, W, G	760	370	42	12	0	150	3560	51	13	9	53
Wraps <i>(Dressing is included)</i>	BBQ Crispy Chicken Ranch Wrap	1	Serving	E, M, S, W, G	1120	590	66	19	0	85	2550	98	6	15	35
	BBQ Grilled Chicken Ranch Wrap	1	Serving	E, M, S, W, G	940	510	57	18	0	95	2580	74	5	15	36
	Farmer's Chopped Cobb™ Wrap	1	Serving	E, M, S, W, G	920	570	63	19	0	105	2450	55	6	4	35
	Southwest Chicken Wrap	1	Serving	E, M, S, W, G	1080	580	64	17	<1	90	2750	92	11	9	38
Kid's Meals <i>(Information for sides and beverage selections are separate)</i>	Jr. Cheeseburger	1	Serving	E, M, S, W, G	480	220	25	8	0	55	1300	42	1	11	20
	Kid's 2pc Chicken Strips	1	Serving	W, G	290	140	15	3	0	30	760	24	1	0	14
	Kid's Always Crispy Fries®	1	Serving	S	220	90	10	2	0	0	480	30	2	0	3
	Kid's Fruit Bowl	1	Serving		70	0	0	0	0	0	5	19	4	14	1

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Farm Fresh Sides	Zucchini Sticks	4	Pieces	E, M, S, W, G	480	195	23	4	0	9	100	57	3	14	11
	Colossal Onion Rings™	4	Pieces	E, M, S, W, G	520	280	31	6	0	10	75	52	3	11	7
	Chili Cheese Fries	1	Serving	M, S, W, G	840	390	43	14	1	85	2170	84	8	6	31
	Always Crispy Fries®	1	Serving	S	480	200	22	4.5	0	0	1040	65	5	0	6
	All-Beef Chili	1	Serving	M, W, G	470	240	26	12	1	110	1610	28	4	8	34
	Fresh Fruit Bowl	1	Serving		70	0	0	0	0	0	5	19	4	14	1
	Side Salad	1	Serving		25	0	0	0	0	0	20	5	2	3	1
Dipping Sauces & Salad Dressings	BBQ Sauce	1.5	Ounces		80	0	0	0	0	0	470	19	0	16	0
	Honey Dijon	3	Ounces	E, S	410	310	35	5	0	25	430	24	0	21	2
	Tartar Sauce	3	Ounces	E, S	360	290	32	6	0	60	1120	20	0	12	0
	Blue Cheese Dressing	3	Ounces	E, M, S	310	280	31	7	0	55	680	0	0	6	6
	Chili Ranch Dressing	3	Ounces	E, M, S	370	340	38	6	<1	25	890	4	0	2	2
	Honey Dijon Dressing	3	Ounces	E, S	410	310	35	5	0	25	430	24	0	21	2
	Italian Dressing	3	Ounces	S	450	430	48	7	0	0	1040	7	0	6	0
	Ranch Dressing	1.5	Ounces	E, M, S	180	170	19	3	0	10	340	2	0	1	<1
	Thousand Island Dressing	3	Ounces	E, S	370	300	33	5	<1	20	1470	17	<1	13	1
Fountain Drinks	Pepsi - Kids	12	Ounces		150	0	0	0	0	0	30	41	0	41	0
	Pepsi - Small	16	Ounces		200	0	0	0	0	0	45	55	0	55	0
	Pepsi - Regular	22	Ounces		280	0	0	0	0	0	60	76	0	76	0
	Pepsi - Medium	32	Ounces		410	0	0	0	0	0	85	110	0	110	0
	Pepsi - Large	40	Ounces		510	0	0	0	0	0	105	138	0	138	0
	Pepsi Zero - Kids	12	Ounces		0	0	0	0	0	0	65	0	0	0	0
	Pepsi Zero - Small	16	Ounces		0	0	0	0	0	0	85	0	0	0	0
	Pepsi Zero - Regular	22	Ounces		0	0	0	0	0	0	115	0	0	0	0
	Pepsi Zero - Medium	32	Ounces		0	0	0	0	0	0	170	<1	0	0	0
	Pepsi Zero - Large	40	Ounces		0	0	0	0	0	0	210	<1	0	0	0
	Diet Pepsi - Kids	12	Ounces		0	0	0	0	0	0	55	0	0	0	0
	Diet Pepsi - Small	16	Ounces		0	0	0	0	0	0	75	0	0	0	0
	Diet Pepsi - Regular	22	Ounces		0	0	0	0	0	0	105	0	0	0	0
	Diet Pepsi - Medium	32	Ounces		0	0	0	0	0	0	150	0	0	0	0
	Diet Pepsi - Large	40	Ounces		0	0	0	0	0	0	190	<1	0	0	0
	Dr. Pepper - Kids	12	Ounces		140	0	0	0	0	0	0	42	0	42	0
	Dr. Pepper - Small	16	Ounces		190	0	0	0	0	0	0	56	0	56	0
	Dr. Pepper - Regular	22	Ounces		260	0	0	0	0	0	0	77	0	77	0
	Dr. Pepper - Medium	32	Ounces		380	0	0	0	0	0	0	112	0	112	0
	Dr. Pepper - Large	40	Ounces		480	0	0	0	0	0	0	140	0	140	0
	Starry - Kids	12	Ounces		150	0	0	0	0	0	35	39	0	39	0
	Starry - Small	16	Ounces		200	0	0	0	0	0	45	52	0	52	0
	Starry - Regular	22	Ounces		270	0	0	0	0	0	60	71	0	71	0
	Starry - Medium	32	Ounces		390	0	0	0	0	0	90	104	0	104	0
	Starry - Large	40	Ounces		490	0	0	0	0	0	110	130	0	130	0
	Mountain Dew - Kids	12	Ounces		170	0	0	0	0	0	50	44	0	44	0
	Mountain Dew - Small	16	Ounces		220	0	0	0	0	0	70	59	0	58	0
	Mountain Dew - Regular	22	Ounces		310	0	0	0	0	0	95	81	0	80	0
	Mountain Dew - Medium	32	Ounces		450	0	0	0	0	0	140	117	0	117	0
	Mountain Dew - Large	40	Ounces		560	0	0	0	0	0	170	147	0	146	0
	Mug Root Beer - Kids	12	Ounces		140	0	0	0	0	0	45	39	0	39	0
	Mug Root Beer - Small	16	Ounces		190	0	0	0	0	0	60	52	0	52	0
	Mug Root Beer - Regular	22	Ounces		260	0	0	0	0	0	85	72	0	72	0
	Mug Root Beer - Medium	32	Ounces		380	0	0	0	0	0	120	105	0	104	0
	Mug Root Beer - Large	40	Ounces		480	0	0	0	0	0	150	131	0	130	0
Brisk Raspberry Iced Tea - Kids	12	Ounces		70	0	0	0	0	0	50	18	0	18	0	
Brisk Raspberry Iced Tea - Small	16	Ounces		90	0	0	0	0	0	65	24	0	24	0	
Brisk Raspberry Iced Tea - Regular	22	Ounces		130	0	0	0	0	0	90	33	0	33	0	
Brisk Raspberry Iced Tea - Medium	32	Ounces		190	0	0	0	0	0	130	48	0	48	0	
Brisk Raspberry Iced Tea - Large	40	Ounces		230	0	0	0	0	0	160	60	0	60	0	
Freshly Brewed Iced Tea - Kids	12	Ounces		0	0	0	0	0	0	0	0	0	0	0	
Freshly Brewed Iced Tea - Small	16	Ounces		0	0	0	0	0	0	0	0	0	0	0	
Freshly Brewed Iced Tea - Regular	22	Ounces		0	0	0	0	0	0	0	0	0	0	0	
Freshly Brewed Iced Tea - Medium	32	Ounces		0	0	0	0	0	0	0	0	0	0	0	
Freshly Brewed Iced Tea - Large	40	Ounces		0	0	0	0	0	0	0	0	0	0	0	
Tropicana Light Lemonade - Kids	12	Ounces		5	0	0	0	0	0	140	0	0	0	0	
Tropicana Light Lemonade - Small	16	Ounces		10	0	0	0	0	0	190	0	0	0	0	
Tropicana Light Lemonade - Regular	22	Ounces		10	0	0	0	0	0	260	0	0	0	0	
Tropicana Light Lemonade - Medium	32	Ounces		15	0	0	0	0	0	370	<1	0	0	0	
Tropicana Light Lemonade - Large	40	Ounces		20	0	0	0	0	0	470	<1	0	0	0	
Tropicana Pink Lemonade - Kids	12	Ounces		150	0	0	0	0	0	150	40	0	40	0	
Tropicana Pink Lemonade - Small	16	Ounces		200	0	0	0	0	0	210	53	0	53	0	
Tropicana Pink Lemonade - Regular	22	Ounces		280	0	0	0	0	0	280	73	0	73	0	
Tropicana Pink Lemonade - Medium	32	Ounces		410	0	0	0	0	0	410	106	0	106	0	
Tropicana Pink Lemonade - Large	40	Ounces		510	0	0	0	0	0	510	133	0	133	0	
Other Beverages	Alta Dena® 2% Whole Milk	12	Ounces	M	180	70	7	4.5	0	30	170	18	0	18	12
	Aquafina® Bottled Water	20	Ounces		0	0	0	0	0	0	0	0	0	0	0
	Fresh Orange Juice	16	Ounces		220	10	1	0	0	0	0	52	<1	42	3
	Gatorade® - Fruit Punch	20	Ounces		140	0	0	0	0	0	280	36	0	34	0
	Gatorade® - Lemon Lime	20	Ounces		140	0	0	0	0	0	280	36	0	34	0
	Hot Tea	16	Ounces		0	0	0	0	0	0	0	0	0	0	0
	Hot Coffee	16	Ounces		0	0	0	0	0	0	0	0	0	0	0
	Decaf Coffee	16	Ounces		0	0	0	0	0	0	0	0	0	0	0
	Vanilla Iced Coffee with Cold Foam	16	Ounces	M, S	60	15	1.5	1	0	5	25	10	0	10	2
	Strawberry Lemonade	16	Ounces		240	0	0	0	0	0	150	63	2	61	<1
Ice Cream Shakes	Chocolate	16	Ounces	M, S	950	350	39	26	1	130	430	138	5	111	15
	Cookies & Cream	16	Ounces	M, S, W, G	950	450	50	30	1.5	140	570	107	2	82	18
	Strawberry	16	Ounces	M	740	340	37	25	1	130	290	88	2	80	13
	Vanilla	16	Ounces	M	710	360	40	27	1	145	330	68	0	61	16

Allergen Key

M - Milk **F** - Fish **T** - Tree Nuts
W - Wheat **P** - Peanuts **G** - Gluten
E - Eggs **Sh** - Shellfish **S** - Soy

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. The numerical values for the nutrition information listed should be considered approximations only. The values listed are based on recipes and/or nutrition data supplied to Healthy Dining® by Farmer Boys Food, Inc. Actual nutritional values may vary based on serving size, individual ingredient quantities, and special ordering. ©2025 Farmer Boys Food, Inc.