



FRESH • LOCAL • SUSTAINABLE

# Nutrition Information

MENU ITEM	CALORIES	FAT G	SAT FAT G	TRANS FAT G	CARB G	FIBER G	PROTEIN G	CHOL MG	SODIUM MG
<b>Breakfast</b>									
Bagel, bacon, egg	490	16	5	0	64	2	23	250	1070
Biscuit, bacon, egg	450	29	7	0	32	1	16	250	580
Bagel, ham, egg	490	13	3.5	0	65	2	28	260	1380
Biscuit, ham, egg	440	26	6	0	33	1	21	260	890
Bagel, sausage, egg	640	31	10	0	64	2	27	280	1100
Biscuit, sausage, egg	600	44	12	0	32	1	20	280	610
Plain Bagel	310	1	0.5	0	63	2	12	0	700
Plain Toaster Biscuit, toasted	220	9	2	0	31	1	5	0	210
American cheese 2 sl	90	7	5	0	0	0	5	20	450
Tillamook Cheese 1 sl	120	10	6	0	1	0	7	40	170
Hash Browns	230	15	2.5	2	22	0	2	0	410
Scrambled eggs, 2 eggs	220	18	4.5	0	2	0	14	480	140
Ham, 1.5 oz.	55	2	0.75	0	0.5	0	8.5	20	610
Sausage patty, 2 oz.	210	20	7	0	0	0	8	40	330
Bacon 2 slices	60	5	2	0	0	0	4	10	300
Egg, one, fried	120	10	2.5	0	1	0	7	240	70
<b>Entrees</b>									
Tillamook Cheeseburger	630	40	14	0	31	5	34	105	1080
Pepper Bacon Cheeseburger	690	46	16	0	28	5	39	120	1170
Half Pound Colossal Cheeseburger	730	45	15	0	31	5	48	135	1330
Burgerville Classic Hamburger	510	30	8	0	30	5	27	65	910
Colossal cheeseburger	520	30	9	0	31	5	30	75	1160
Double Beef Cheeseburger	430	25	10	0	29	2	22	55	790
Cheeseburger	350	19	7	0	29	2	14	35	730
Hamburger	300	15	4	0	29	2	12	25	510
Gardenburger®	450	19	3.5	0	52	8	18	30	1490
Spicy Black Bean Gardenburger®	550	32	7	0	45	10	24	40	1140
Crispy Chicken Sandwich	490	19	3.5	0	59	3	21	40	1300
Deluxe Crispy Chicken Sandwich	590	30	10	0	56	3	27	80	1430
Low Fat Grilled Chicken Sandwich	320	4.5	0.5	0	44	3	24	50	880
Chicken Strips 5 pc	320	14	6	0	26	0	23	30	746
Seasoned Turkey Burger	540	29	7	0	33	5	36	60	900
Turkey Club Sandwich	550	32	8	0	38	3	27	55	970
Halibut Fish 3 pc	320	16	4	0	24	0	21	10	720
Halibut Fish 4 pc	410	21	5	0	30	0	26	10	910
Halibut Fish 6 pc	650	33	8	0	47	0	41	15	1450
Halibut Fish Sandwich	480	27	4.5	0	41	2	18	20	880



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<b>Sides</b>									
French Fries									
Kid's 2 3/4 oz.	200	9	2	1	26	2	3	0	70
Regular 5 oz.	360	17	3.5	2	48	5	5	0	130
Large 6 1/2 oz.	470	22	5	3	62	6	7	0	170
<b>Salads/no dressing</b>									
Side Salad	50	3	2	0	4	2	3	10	75
NW Smoked Salmon & Hazelnut Salad	440	28	7	0	19	7	30	35	1000
Rogue River Smokey Blue Salad	290	11	6	0	38	4	9	25	200
Grilled Chicken Salad	430	27	8	0	16	7	32	75	650
<b>Condiments/ Dressings</b>									
Cream Cheese	100	10	7	0	1	0	2	30	100
Light Cream Cheese	70	5	3.5	0	2	0	3	15	150
Tartar Cups	260	28	4	0	2	0	0	30	360
BV Spread Cups	280	30	4	0	4	0	0	20	360
BBQ Sauce Dip	60	1	0	0	13	0	1	0	560
Ranch Dressing	195	21	2	0	1.5	0	0	15	315
Blue Cheese Dressing	240	24	2	0	3	0	1	15	340
Honey Mustard Dressing	210	20	1.5	0	6	0	0	15	200
Caesar Dressing	220	22	2	0	2	0	1	25	250
Sweet and Sour Sauce	90	4	0	0	12	0	0	0	120
Raspberry Vinaigrette	45	2	0	0	6	0	0	0	260
Honey Lime Vinaigrette	250	23	3	0	10	0	0	0	440
<b>Seasonal</b>									
Fresh Strawberry Shortcake	440	15	6	3.5	72	2	6	25	500
Fresh Strawberry Sundae	340	14	9	0	48	1	6	60	110
NW Raspberry Shortcake	470	13	5	3.5	84	5	5	20	490
NW Raspberry Sundae	360	14	9	0	54	1	6	60	110
NW Blackberry Shortcake	460	13	5	3.5	85	4	5	20	490
NW Blackberry Sundae	360	14	9	0	55	1	6	60	110
Fresh Strawberry YoCream <sup>®</sup> Sundae	220	0	0	0	48	1	4	0	100
NW Raspberry YoCream <sup>®</sup> Sundae	240	0	0	0	54	1	4	0	100
NW Blackberry YoCream <sup>®</sup> Sundae	240	0	0	0	55	1	4	0	100
Sweet Potato Fries	530	29	0	0	60	3	4	0	510
Yukon Golds Fries	450	21	0	0	59	5	5	0	590
Onion Rings - seasonal	810	48	0	0	83	3	12	0	1260
Walla Walla Onion Cheeseburger	730	44	15	0	53	5	32	105	1760
BBQ Bacon Colossal	610	35	11	0	36	4	34	85	1680
Smokey Blue Cheese Burger	700	50	15	0	25	4	34	95	820



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<b>Smoothies</b>									
Strawberry Splash	310	0.5	0	0	68	2	6	0	120
Triple Berry Blast	350	0	0	0	75	0	7	0	160
Chocolate Monkey	450	3	1.5	0	100	4	10	0	180
Fresh Strawberry	410	0	0	0	90	1	8	0	180
NW Raspberry	420	0	0	0	91	2	9	0	200
NW Blackberry	450	0	0	0	97	1	10	0	200
Pumpkin Spice	360	1	1	0	73	1	10	5	240
Chocolate Hazelnut	470	5	0.5	0	93	1	11	0	230
Regular Vanilla Smoothie	420	0	0	0	91	0	9	0	230
Regular Chocolate Smoothie	390	0	0	0	83	0	9	0	240
Regular Strawberry Smoothie	420	0	0	0	89	0	9	0	220
<b>Milkshakes</b>									
Mocha Perk	830	39	24	0	112	3	17	150	290
Black Forest	820	32	20	0	130	3	13	120	260
Fresh Strawberry	770	31	19	0	116	2	12	125	230
NW Raspberry	870	36	23	0	126	3	14	150	280
NW Blackberry	850	36	23	0	120	1	14	150	280
Regular Vanilla	720	31	20	0	101	0	12	130	260
Regular Strawberry	720	31	20	0	100	0	12	130	260
Regular Chocolate	770	35	22	0	103	0	14	145	310
Pumpkin Spice	750	35	22	0	98	2	14	140	330
Chocolate Hazelnut	920	45	26	0	118	1	16	170	330
<b>Desserts</b>									
<b>Cookies:</b>									
Chocolate Chunk	320	14	5	2	48	0	4	20	340
Oatmeal Raisin	290	8	3	2	50	1	4	30	270
Sugar Cookie	305	15	3.5	3.5	39	1	3	20	250
White Chocolate Macadamia	340	16	6	2	46	0	4	20	360
<b>Sundaes</b>									
Caramel	380	15	10	0	56	0	6	65	160
Hot Fudge	380	18	12	0	51	0	7	60	160
Triple Berry	340	14	9	0	46	0	6	60	110
<b>Yocream Sundaes</b>									
Caramel	260	1	0.5	0	56	0	4	5	150
Hot Fudge	260	4	3.5	0	51	0	5	0	150
Triple Berry	200	0	0	0	43	0	4	0	100

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<b>Cones</b>									
Ice cream cone	250	11	7	0	32	0	5	50	100
Yogurt cone	190	0	0	0	39	0	4	0	110
<b>Beverages</b>									
Coca Cola <sup>®</sup> , 20 oz.	161	0	0	0	44	0	0	0	10
Diet Coke <sup>®</sup> , 20 oz.	0	0	0	0	0	0	0	0	16
Caffeine Free Diet Coke <sup>®</sup> , 20 oz.	0	0	0	0	0	0	0	0	16
Sprite <sup>®</sup> , 20 oz.	158	0	0	0	42	0	0	0	34
Pibb Xtra <sup>®</sup> , 20 oz.	163	0	0	0	42	0	0	0	49
Barq's Root Beer <sup>®</sup> , 20 oz.	180	0	0	0	49	0	0	0	39
Minute Maid Lemonade <sup>®</sup> , 20 oz.	240	0	0	0	65	0	0	0	120
Nestea Raspberry Iced Tea <sup>®</sup> , 20 oz.	127	0	0	0	34	0	0	0	15
Fresh Brewed Iced Tea	0	0	0	0	0	0	0	0	0
House Coffee, 10 oz.	5	0	0	0	1	0	0	0	5
Hot Chocolate	160	6	4	0	25	0	0	10	200
Odwalla <sup>®</sup> Orange Juice, 10 oz.	138	0	0	0	31	1	3	0	31
Milk, 2%, 8 oz.	121	5	3	0	12	0	8	18	122
NW Blackberry Lemonade	290	0	0	0	71	1	1	0	15
<b>Kids Meals</b>									
Hamburger	300	15	4	0	29	2	12	25	510
Cheeseburger	350	19	7	0	29	2	14	35	730
Chicken strips - 3 piece	200	8	4	0	15	0	14	17	447
Kid's French Fries 2 3/4 oz.	200	9	2	1	26	2	3	0	70
Apple Slices	29	0	0	0	9	2	0	0	0
Kids Soda Pop - Coke	130	0	0	0	33	0	0	0	5
Kids Vanilla Milkshake	510	22	14	0	71	0	9	95	190
Kids Chocolate Milkshake	560	25	16	0	75	0	10	105	220
Kids Strawberry Milkshake	510	22	14	0	71	0	9	95	180