

MENU ITEM	SERVING SIZE	CALORIES	CALORIES FROM FAT	FAT GRAM	SAT FAT GRAM	TRANS FAT GRAM	CARB GRAM	SUGAR GRAM	FIBER GRAM	PROTEIN GRAM	CHOL MILLIGRAMS	SODIUM MILLIGRAMS
Breakfast	Grams											
Bagel w/Egg and Bacon	163	430	160	18	5	0	47	4	2	20	235	870
English Muffin w/ Egg and Bacon	136	340	180	20	5	0	23	1	1	17	235	580
Bagel w/ Egg and ham	202	400	110	12	3	0	48	6	2	22	235	1040
English Muffin w/ Egg and Ham	175	310	130	15	3.5	0	24	2	1	19	235	760
Bagel w/ Egg and Sausage	202	570	290	32	10	0	47	4	2	21	255	930
English Muffin w/ Egg and Sausage	175	480	310	35	11	0	23	1	1	18	255	640
Breakfast Platter/Bacon	263	690	390	44	9	0	49	1	4	25	450	1050
Breakfast Platter Egg only	245	610	330	37	6	0	49	1	4	19	430	720
Breakfast Platter/Ham	314	680	350	39	7	0	51	3	4	29	500	1250
Breakfast Platter/Sausage	302	830	520	58	14	0	49	1	4	26	470	1110
Breakfast Burrito/Bacon	264	600	340	38	15	0	36	3	2	30	475	1120
Breakfast Burrito/Ham	304	570	300	33	14	0	37	4	2	33	485	1450
Breakfast Burrito/Sausage	304	740	470	53	21	0	36	3	2	31	495	1180
Green Chili Cheddar Egg Sandwich/Bagel	275	700	340	39	11	0	64	8	4	24	260	1020
Green Chili Cheddar Egg Sandwich/English Muffin	222	530	340	39	10	0	29	4	2	18	260	600
Plain Bagel, Toasted	90	230	10	1	0	0	46	3	2	8	0	480
Plain English Muffin, Toasted	61	120	10	1	0	0	22	1	1	5	0	190
American cheese, 2 slices	25	90	63	7	5	0	0	0	0	5	20	450
Tillamook Cheddar Cheese - 1 slice	19	70	50	6	4	0	0	0	0	5	15	115
Hash Browns - 6 sticks	77	280	170	19	2	0	25	4	4	2	0	400
Scrambled eggs, 2 eggs	108	200	150	17	4.5	0	2	0	0	12	430	130
Sliced Canadian-style Ham (2 oz)	43	45	15	1.5	1	0	1	0	0	7	25	490
Sausage Patty (2 oz)	57	210	180	20	7	0	0	0	0	8	35	330
Bacon, 2 slices	18	90	60	7	2.5	0	0	0	0	6	20	320
Egg, 1, fried	55	110	80	10	2.5	0	1	0	0	6	215	65
Country Natural Beef	Grams											
Tillamook Cheeseburger	243	600	320	36	12	0.5	42	9	2	28	85	820
w/out mayo	229	500	220	25	10	0.5	42	9	2	28	80	760
Pepper Bacon Cheeseburger	256	680	390	43	15	0.5	39	6	2	33	100	1010
w/out mayo	242	580	290	32	13	0.5	39	6	2	33	95	950
Half-Pound Colossal Cheeseburger	304	750	400	45	15	1	43	10	2	42	140	1000
w/out BV Spread	290	670	340	37	14	1	42	9	2	42	135	910
Colossal Cheeseburger	236	540	270	30	9	0.5	43	10	2	26	75	960
w/out BV Spread	222	470	200	22	8	0.5	42	9	2	26	70	870
Double Beef Cheeseburger	158	470	250	28	9	0	30	7	1	24	55	730
w/out BV Spread	144	400	190	21	8	0	29	6	1	24	50	640
Original Cheeseburger	123	360	190	21	6	0	29	7	1	16	35	700
w/out BV Spread	112	300	120	13	5	0	29	6	1	16	30	620
Original Hamburger	113	330	153	17	3.5	0	30	7	1	13	25	480
w/out BV Spread	99	260	90	10	3	0	29	6	1	13	20	400
Vegetarian	Grams											
Yukon & White Bean Basil Burger	224	480	200	22	3.5	0	62	8	6	11	10	720
w/out mayo	197	310	30	3.5	0	0	62	8	6	11	0	560
Spicy Anasazi Bean Burger	274	680	310	34	7	0	72	9	15	28	40	970
w/out mayo	245	500	130	14	3.5	0	70	9	15	26	20	800
w/out mayo & cheese	224	420	70	8	0	0	70	9	15	21	0	680
Chicken												
Crispy Chicken Sandwich	219	490	220	24	2.5	0	50	9	2	22	30	1130

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w/out BV Spread	201	420	150	16	1.5	0	49	8	2	22	25	1040
Deluxe Crispy Chicken Sandwich	264	690	360	40	11	0	50	9	2	34	75	1620
Rosemary Chicken Sandwich	213	430	210	24	4.5	0	28	1	2	27	65	830
w/out Rosemary Aioli	184	230	25	2.5	0.5	0	27	1	2	27	55	660
Chicken Tenders - 4 piece	112	290	130	14	1.5	0	20	3	2	19	40	700
Chicken Tenders - 5 piece	139	360	160	18	2	0	26	4	3	24	50	880
Seasoned Turkey Burger	226	450	180	20	4	0	43	11	2	24	65	770
w/out mayo	212	350	80	9	2	0	43	11	2	24	60	700
Turkey Club Sandwich	225	620	360	41	11	0	33	5	2	33	80	1150
w/out mayo	197	420	160	18	7	0	33	5	2	33	70	1020
w/out mayo & cheese	175	340	110	12	3.5	0	33	5	2	26	50	980
w/out mayo, cheese & bacon	158	250	45	5	1	0	32	5	2	21	30	650
Fish	Grams											
Halibut Fish - 3 piece	133	310	140	16	2	0	25	*	0	18	20	710
Halibut Fish - 4 piece	167	390	180	20	2.5	0	31	*	0	23	25	890
Halibut Fish - 6 piece	266	630	280	31	3.5	0	50	*	0	37	40	1420
Halibut Fillet Sandwich	176	470	240	27	3.5	0	42	*	2	17	20	750
w/out Tartar Sauce	163	350	110	13	0	0	42	*	2	17	5	570
French Fries	Grams											
Salted												
Small (2 3/4 oz)	78	200	70	8	1	0	28	7	2	3	0	55
Regular (5 oz)	142	360	130	15	1.5	0	52	13	3	5	0	100
Large (6 1/2 oz)	184	470	170	19	2	0	67	17	4	7	0	125
No Added Salt												
Small (2 3/4 oz)	78	200	70	8	1	0	28	7	2	3	0	31
Regular (5 oz)	142	360	100	15	1.5	0	52	13	3	5	0	57
Large (6 1/2 oz)	184	470	170	19	2	0	67	17	4	7	0	74
Salads/no dressing	Grams											
Side Salad	113	70	40	4.5	3	0	4	2	1	5	15	95
Wild Smoked Salmon & Hazelnut Salad - Entrée	292	410	270	30	8	0	12	4	5	27	70	560
w/out hazelnuts	264	230	110	12	7	0	7	3	3	23	70	560
Wild Smoked Salmon & Hazelnut Salad - Half	153	210	130	15	4	0	6	2	3	14	35	280
w/out hazelnuts	139	130	50	5	3	0	5	2	1	12	15	400
Rogue River Smokey Blue Salad - Entrée	283	270	90	10	6	0	38	30	5	9	25	130
Rogue River Smokey Blue Salad - Half	156	140	45	5	3	0	21	17	3	4	10	65
Grilled Chicken Club Salad	335	290	130	15	8	0	8	3	3	34	90	730
Grilled Chicken Club Salad - Half	174	150	70	7	4	0	4	2	1	17	45	360
Condiments/ Dressings	Per serving											
Cream Cheese	Packet	100	91	10	6	0	1	1	0	2	30	90
Light Cream Cheese	Packet	60	40.5	4.5	3	0	2	1	0	3	15	150
Tartar Sauce	Portion	290	260	32	4.5	0	2	0	0	1	90	940
Burgerville Spread	Portion	300	288	32	4	0	4	4	0	0	20	380
Litehouse BBQ Sauce	Portion	100	0	0	0	0	26	22	0	1	0	860
Litehouse Chunky Bleu Cheese	Portion	300	288	32	3	0	2	2	0	2	30	440
Litehouse Fat Free Raspberry Vinaigrette	Portion	60	0	0	0	0	14	12	0	0	0	210
Litehouse Homestyle Ranch	Portion	260	134	26	2	0	4	2	0	0	20	500
Litehouse Honey Mustard Dipping Sauce	Portion	140	60	7	0	0	22	8	0	0	0	410
Green Garden Sweet & Sour Sauce	Portion	90	0	4	0	0	12	18	0	0	0	120
Litehouse Balsamic Vinaigrette	Portion	80	63	7	0.5	0	4	4	0	0	0	135

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Garlic Aioli Dipping Sauce	Portion	330	333	36	6	0	0	0	0	0	30	540
Sundaes/Ice Cream	Grams											
Caramel	184	410	170	18	12	0.5	56	45	0	7	75	200
Hot Fudge	184	430	190	21	14	0.5	53	46	0	7	70	170
Triple Berry	196	370	160	18	11	0.5	48	43	0	6	70	130
Yocream Sundaes	Grams											
Caramel	170	260	10	1	0.5	0	54	42	0	5	0	170
Hot Fudge	170	270	30	3.5	3	0	52	42	0	5	0	150
Triple Berry	170	200	0	0	0	0	43	36	0	4	0	100
Cones												
Vanilla Ice Cream cone	118	250	100	11	7	0	32	26	0	5	50	100
Vanilla YoCream cone	147	190	0	0	0	0	39	30	0	4	0	110
Beverages	Fluid oz.											
Coca Cola®, small	12	99	0	0	0	0	27	27	0	0	0	6
Coca Cola®, regular	22	173	0	0	0	0	68	68	0	0	0	15
Coca Cola®, large	32	297	0	0	0	0	81	81	0	0	0	18
Diet Coke®, small	12	0.6	0	0	0	0	0.1	0.1	0	0	0	10
Diet Coke®, regular	22	1	0	0	0	0	0.2	0.2	0	0	0	18
Diet Coke®, large	32	2	0	0	0	0	0.3	0.3	0	0	0	30
Caffeine Free Diet Coke®, small	12	0	0	0	0	0	0	0	0	0	0	10
Caffeine Free Diet Coke® [®] , Regular	22	0	0	0	0	0	0	0	0	0	0	18
Caffeine Free Diet Coke®, large	32	0	0	0	0	0	0	0	0	0	0	30
Fanta®, regular	22	196	0	0	0	0	53	53	0	0	0	14
Fanta®, large	32	336	0	0	0	0	90	90	0	0	0	24
Sprite®, small	12	97	0	0	0	0	26	26	0	0	0	22
Sprite®, regular	22	179	0	0	0	0	46	46	0	0	0	39
Sprite®, large	32	291	0	0	0	0	78	78	0	0	0	66
Pibb Xtra®, small	12	97	0	0	0	0	26	26	0	0	0	22
Pibb Xtra®, regular	22	179	0	0	0	0	46	46	0	0	0	39
Pibb Xtra®, large	32	291	0	0	0	0	78	78	0	0	0	66
Barq's Root Beer®, small	12	111	0	0	0	0	30	30	0	0	0	24
Barq's Root Beer®, regular	22	194	0	0	0	0	53	53	0	0	0	42
Barq's Root Beer®, large	32	333	0	0	0	0	90	90	0	0	0	72
Nestea Raspberry Iced Tea®, small	12	78	0	0	0	0	21	21	0	0	0	9
Nestea Raspberry Iced Tea®, regular	22	161	0	0	0	0	37	37	0	0	0	19
Nestea Raspberry Iced Tea®, large	32	234	0	0	0	0	63	63	0	0	0	27
Fresh Brewed Iced Tea, regular	22	0	0	0	0	0	0	0	0	0	0	0
Fresh Brewed Iced Tea, large	32	0	0	0	0	0	0	0	0	0	0	0
Portland Roasting Coffee, regular	10	5	0	0	0	0	1	0	0	0	0	5
Portland Roasting Coffee, large	16	8	0	0	0	0	1	0	0	0	0	8
Ghirardelli Hot Chocolate, regular	12	230	80	8	6	0	38	30	2	4	10	190
Ghirardelli Hot Chocolate, large	16	370	110	12	9	0	66	53	4	6	10	330
Milk, chocolate, fat free	8	140	0	0	0	0	26	25	1	9	5	190
Milk, 1%	8	110	25	2.5	1.5	0	13	12	0	9	15	130
Odwalla® Lemonade, small	12	110	0	0	0	0	28	26	0	0	0	10
Odwalla® Lemonade, regular	16	170	0	0	0	0	43	40	0	0	0	15
Odwalla® Lemonade, large	24	200	0	0	0	0	50	46	0	0	0	15
Odwalla® Orange Juice, regular	8	110	0	0	0	0	25	25	1	2	0	25
Odwalla® Orange Juice, large	12	165	0	0	0	0	37	37	1	4	0	37

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Smoothies	Fluid oz.											
Vanilla - small	12	340	0	0	0	0	70	59	0	8	0	200
Vanilla - regular	16	440	0	0	0	0	92	77	0	11	0	260
Vanilla - large	24	540	0	0	0	0	114	96	0	14	0	320
Chocolate - small	12	340	0	0	0	0	71	60	0	9	0	200
Chocolate - regular	16	450	0	0	0	0	93	79	1	12	0	260
Chocolate - large	24	550	5	0	0	0	115	99	1	15	0	320
Strawberry - small	12	340	0	0	0	0	70	59	0	8	0	190
Strawberry - regular	16	440	0	0	0	0	92	77	0	11	0	260
Strawberry - large	24	540	0	0	0	0	114	96	0	14	0	320
Mocha Perk - small	12	300	0	0	0	0	62	52	0	7	0	160
Mocha Perk - regular	16	460	5	0	0	0	95	80	1	11	0	250
Mocha Perk - large	24	550	5	0	0	0	115	96	1	14	0	290
NW Cherry Chocolate - small	12	390	0	0	0	0	87	74	1	9	0	220
NW Cherry Chocolate - regular	16	500	0	0	0	0	117	100	1	12	0	270
NW Cherry Chocolate - large	24	630	0	0	0	0	151	129	2	15	0	340
Triple Berry Blast - small	12	290	0	0	0	0	61	52	0	6	0	135
Triple Berry Blast- regular	16	430	0	0	0	0	91	77	0	9	0	200
Triple Berry Blast - large	24	600	0	0	0	0	127	108	0	13	0	290
Strawberry Splash - small	12	220	5	0.5	0	0	50	38	2	5	0	90
Strawberry Splash - regular	16	380	5	0.5	0	0	83	64	3	8	0	160
Strawberry Splash - large	24	560	10	1	0	0	122	95	4	12	0	250
Chocolate Monkey - small	12	300	0	0	0	0	65	53	1	7	0	150
Chocolate Monkey - regular	16	460	5	0	0	0	100	81	2	10	0	210
Chocolate Monkey - large	24	560	5	0.5	0	0	123	101	3	12	0	260
Milkshakes	Fluid oz.											
Chocolate - small	12	630	260	29	18	1	84	76	0	12	120	250
Chocolate - regular	16	790	330	36	23	1.5	105	95	0	15	150	320
Chocolate - large	24	1020	420	47	30	1.5	135	122	0	19	195	410
Vanilla - small	12	630	230	26	16	1	91	81	0	10	110	210
Vanilla - regular	16	800	300	33	21	1	114	102	0	13	140	270
Vanilla - large	24	1010	380	42	27	1.5	143	127	0	17	180	340
Strawberry - small	12	630	230	26	16	1	91	81	0	10	110	210
Strawberry - regular	16	800	300	33	21	1	114	102	0	13	140	270
Strawberry - large	24	1010	380	42	27	1.5	143	127	0	17	180	340
Mocha Perk - small	12	590	250	28	18	1	75	67	1	10	115	190
Mocha Perk - regular	16	780	330	37	23	1	99	87	0	15	150	280
Mocha Perk - large	24	1070	440	49	31	1.5	142	127	1	20	200	360
NW Cherry Chocolate - small	12	720	320	35	22	1	97	87	1	14	145	270
NW Cherry Chocolate - regular	16	990	420	47	29	1.5	138	124	1	19	190	370
NW Cherry Chocolate - large	24	1290	560	62	39	2	181	163	2	24	255	460
Triple Berry Blast - small	12	460	170	18	12	0.5	66	59	0	7	75	140
Triple Berry Blast - regular	16	880	320	36	23	1	125	111	0	14	150	280
Triple Berry Blast - large	24	1120	410	45	29	1.5	159	142	0	17	190	350
Strawberry Splash - small	12	410	170	19	11	0.5	58	47	2	6	75	110
Strawberry Splash - regular	16	840	320	35	22	1	122	102	3	15	145	270
Strawberry Splash - large	24	960	340	38	23	1.5	144	120	4	17	155	300
Chocolate Monkey - small	12	560	190	21	13	0.5	85	74	2	9	85	180
Chocolate Monkey - regular	16	870	300	33	21	1	132	114	3	15	135	270
Chocolate Monkey - large	24	1100	390	43	27	1.5	164	144	3	19	180	360

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Kids Meals	Grams											
Hamburger	113	330	153	17	3.5	0	30	7	1	13	25	480
w/out BV Spread	99	260	90	10	3	0	29	6	1	13	20	400
Cheeseburger	123	360	190	21	6	0	29	7	1	16	35	700
w/out BV Spread	112	300	120	13	5	0	29	6	1	16	30	620
Chicken Tenders - 3 pieces	84	220	100	11	1.5	0	15	2	2	15	30	530
Halibut Fish - 2 pieces	89	210	90	10	1	0	17	*	0	12	15	470
Kid's French Fries (2 3/4 oz)	78	200	70	8	1	0	28	7	2	3	0	55
Apple Slices	60	35	0	0	0	0	9	7	1	0	0	0
INGREDIENTS	Grams											
Individual Menu Ingredients												
Breads												
Flour Tortilla	68	183	45	5	2	0	31	2	1	4	0	345
4 inch Plain Bun	53	140	23	2.5	0	0	25	3	0.5	5	0	240
4.5 inch Sesame Seed Bun	74	200	31.5	3.5	0.5	0	36	5	1	6	0	340
Wheat Kaiser Pub Bun	57	160	22.5	2.5	0	0	31	4	1	5	0	290
Hoagie Roll	113	250	9	1	0	0	51	1	2	10	0	550
Cheese												
American Cheese (1 slice)	12.5	45	32	3.5	2.5	0	0	0	0	2.5	10	225
Tillamook Cheddar Cheese (1 slice)	18	55	41	6	4	0	0	0	0	5	15	115
Tillamook Pepper Jack Cheese (1 slice)	21	80	54	6	3.5	0	0	0	0	5	20	125
Tillamook Swiss Cheese (1 slice)	21	80	50	6	4	0	1	0	0	7	25	45
Tillamook Shredded Cheddar Cheese (1 oz)	28	110	81	9	6	0	0	0	0	7	25	170
Rogue River Smokey Blue Cheese (1 oz)	28	113	144	9	6	0	0	0	0	7	24	109
Cream Cheese (1 oz)	28	101	91	10	6	0	1	1	0	2	30	91
Sides												
Hash Brown - 1 stick	13	47	28.3	3	0	0	4	0	0.5	0	0	67
Meat, Eggs and Nuts												
Egg, one, fried	55	110	80	10	2.5	0	1	0	0	6	215	65
Bacon, fried, plain or pepper (1 piece)	18	90	60	7	2.5	0	0	0	0	6	20	320
Sliced Canadian-style Ham (2 oz)	56	60	18	4	1	0	1	1	0	9	30	640
Sausage patty (2 oz.)	57	210	180	20	7	0	0	0	0	8	35	330
Hamburger Large Patty - cooked	67	189	113	15	5	0	0	0	0	19	54	79
Hamburger Small Patty - cooked	36	107	72	8	3	0	0	0	0	8	30	43
Turkey Burger Patty - cooked	100	177	69	8	3	0	3	3	0	24	98	283
Spicy Anasazi Bean Patty (3.4 oz)	95	200	31.5	3.5	0	0	39	3	10	10	0	210
Yukon White Bean Patty (3 oz)	96	142	9	1	0	0	29	3	4	5	0	263
Turkey Breast (2 oz)	56	81	12	3	1	0	0	0	0	15	30	354
Crispy Chicken Patty	89	242	124	38	4	0	36	1	0	44	25	615
Grilled Chicken Breast	113	105	18	2	0.5	0	1	0	0	22	55	380
Chicken Tender - single	40	110	46	7	1	0	6	1	0	7	10	260
Halibut - 1 piece	44	108	46	5	1.5	0	8	*	0	7	3	242
Halibut Fillet for Sandwich	88	210	94	11	1	0	17	*	0	12	14	476
Smoked Salmon (2 oz)	56	117	15	2	0	0	2	0	0	16	11	683
Hazelnuts (1 oz)	28	183	157	18	1	0	5	5	3	4	0	0
Spreads												
Heinz Ketchup (0.5 oz)	14	17	0	0	0	0	4	4	0	0	0	135
Burgerville Spread (0.5 oz)	14	69	66	7	1	0	1	1	0	0	5	90
Mayonnaise (0.5 oz)	14	101	99	11	2	0	0	0	0	0	5	57

MENU ITEM	SERVING SIZE	CALORIES	CALORIES FROM FAT	FAT GRAM	SAT FAT GRAM	TRANS FAT GRAM	CARB GRAM	SUGAR GRAM	FIBER GRAM	PROTEIN GRAM	CHOL MILLIGRAMS	SODIUM MILLIGRAMS
Chipotle Mayo (1 oz)	28	182	182	20	3	0	2	0	0	2	20	172
BV BBQ Sauce (1 oz)	28	41	6	0	1	0	9	8	0	0	0	378
Tartar Sauce (1 oz)	28	130	126	14	2	0	1	0	0	0	15	180
Mustard (1 oz)	28	20	10	1	0	0	2	0	1	1	0	320
Spicy Brown Mustard (0.5 oz)	14	19	7	1	0	0	2	1	1	1	0	225
Rosemary Aioli (1 oz)	20	130	130	14	3	0	0	0	0	0	5	115
Basil Aioli (1 oz)	27	170	170	19	4	0	0	0	0	0	10	160
Vegetables												
Tomatoes (1 piece)	20	4	0	0	0	0	1	0	0	0	0	1
Tomatoes (2 slices)	40	6	0	0	0	0	1	0	0	0	0	3
Green Lettuce (1 piece)	24	2	0	0	0	0	0	0	0	0	0	2
Frisee (0.5 oz)	14	3	0	0	0	0	1	0	1	0	0	6
Onion, chopped (1 Tbs)	10	4	0	0	0	0	1	0	0	0	0	0
Kosher Dill Chips (3)	9	0	0	0	0	0	0	0	0	0	0	114
Fresh Salsa (1.5 oz.)	43	15	0	0	0	0	3	1	1	0	0	150
								* not available				