

MENU ITEM	SERVING SIZE GRAM	CALORIES	FAT GRAM	SAT FAT GRAM	TRANS FAT GRAM	CARB GRAM	FIBER GRAM	PROTEIN GRAM	CHOL MILLIGRAMS	SODIUM MILLIGRAMS
<b>Breakfast</b>										
Bagel w/Egg and Bacon	156	400	15	4	0	47	2	18	225	750
English Muffin w/ Egg and Bacon	133	350	23	5	0	23	1	13	220	370
Bagel w/ Egg and ham	202	400	12	3	0	48	2	22	235	1040
English Muffin w/ Egg and Ham	183	370	22	5	0	24	1	19	235	750
Bagel w/ Egg and Sausage	202	570	32	10	0	47	2	21	255	930
English Muffin w/ Egg and Sausage	183	550	42	12	0	23	1	18	255	640
Breakfast Platter/Bacon	291	630	39	10	0	46	3	23	445	970
Breakfast Platter Egg only	278	570	34	8	0	45	3	19	430	730
Breakfast Platter/Ham	335	620	36	9	0	47	3	27	450	1230
Breakfast Platter/Sausage	335	790	55	16	0	45	3	26	470	1120
Plain Bagel	90	230	1	0	0	46	2	8	0	480
Plain English Muffin, Toasted	66	140	6	1	0	22	1	5	0	190
American cheese, 2 slices	25	90	7	5	0	0	0	5	20	450
Tillamook Cheddar Cheese - 1 slice	28	110	9	6	0	0	0	7	25	170
Hash Browns (2)	102	230	14	2.5	0	24	3	2	0	410
Scrambled eggs, 2 eggs	108	200	17	4.5	0	2	0	12	430	130
Sliced Canadian-style Ham (2 oz)	57	53	2	1	0	1	0	8	20	500
Sausage Patty (2 oz)	57	227	22	8	0	0	0	7	40	386
Bacon, 2 slices	11	60	4.5	1.5	0	1	0	4	10	200
Egg, one, fried	55	110	10	2.5	0	1	0	6	215	65
<b>Country Natural Beef</b>										
Tillamook Cheeseburger	252	640	39	14	0.5	42	2	30	90	900
w/out mayo	238	540	28	12	0.5	42	2	30	85	830
Pepper Bacon Cheeseburger	259	680	43	16	0.5	39	2	34	105	940
w/out mayo	245	580	32	14	0.5	39	2	34	100	870
Half-Pound Colossal Cheeseburger	304	750	45	15	1	43	2	42	140	1020
w/out BV Spread	290	670	37	14	1	42	2	42	135	930
Colossal Cheeseburger	236	540	30	9	0.5	43	2	26	75	970
w/out BV Spread	222	470	22	8	0.5	42	2	26	70	880
Double Beef Cheeseburger	151	450	27	8	0	30	1	22	50	750
w/out BV Spread	136	380	19	7	0	29	1	22	45	660
Original Cheeseburger	130	380	20	3.5	0	30	1	18	45	750
w/out BV Spread	116	300	13	2.5	0	29	1	18	40	660
Original Hamburger	110	320	17	3.5	0	30	1	12	20	500
w/out BV Spread	97	250	9	2.5	0	29	1	13	20	410
Hot Dog	239	600	31	12	0	51	2	27	75	1740
<b>Vegetarian</b>										
Yukon & White Bean Basil Burger	226	490	23	3.5	0	62	6	11	10	730
w/out mayo	197	310	3.5	0	0	62	6	11	0	560
Spicy Anasazi Bean Burger	274	680	34	7	0	72	15	28	40	970
w/out mayo	245	500	14	3.5	0	70	15	26	20	800
w/out mayo & cheese	224	420	8	0	0	70	15	21	0	680
<b>Chicken</b>										
Crispy Chicken Sandwich	214	440	19	2	0	50	2	19	30	1080
w/out BV Spread	200	370	12	1	0	49	2	19	25	990
Rosemary Chicken Sandwich	241	550	25	4.5	0	52	3	28	60	1050

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w/out Rosemary Aioli	213	350	3.5	0.5	0	52	3	28	50	890
Chicken Strips - 5 piece	142	340	17	2.5	0	27	0	20	30	750
Seasoned Turkey Burger	266	520	22	5	0	47	2	33	105	960
w/out mayo	252	420	11	3	0	47	2	33	100	900
Turkey Club Sandwich	220	590	38	11	0	33	2	31	75	940
w/out mayo	192	390	15	7	0	33	2	31	65	810
w/out mayo & cheese	164	280	8	2	0	32	2	23	35	770
Halibut Fish - 3 piece	133	310	16	2	0	25	0	18	20	710
Halibut Fish - 4 piece	167	390	20	2.5	0	31	0	23	25	890
Halibut Fish - 6 piece	266	630	31	3.5	0	50	0	37	40	1420
Halibut Fillet Sandwich	192	490	27	2	0	43	2	17	20	750
w/out Tartar Sauce	163	350	13	0	0	42	2	17	5	570
Parmesan Sole Fish - 4 pieces	181	440	24	2	0	32	0	24	85	920
Parmesan Sole Fish - 3 pieces	136	330	18	1.5	0	24	0	18	65	630
Parmesan Sole Fillet Sandwich	175	440	26	3	0	38	1	15	50	780
w/out Tartar Sauce	146	310	12	1	0	37	1	15	35	600
<b>French Fries</b>										
<i>Salted</i>										
Small (2 3/4 oz)	78	200	8	1	0	28	2	3	0	55
Regular (5 oz)	142	360	15	1.5	0	52	3	5	0	100
Large (6 1/2 oz)	184	470	19	2	0	67	4	7	0	125
<i>No Added Salt</i>										
Small (2 3/4 oz)	78	200	8	1	0	28	2	3	0	31
Regular (5 oz)	142	360	15	1.5	0	52	3	5	0	57
Large (6 1/2 oz)	184	470	19	2	0	67	4	7	0	74
<b>Salads/no dressing</b>										
Side Salad	128	80	4.5	3	0	4	2	5	15	100
Wild Smoked Salmon & Hazelnut Salad - Entrée	362	460	30	8	0	17	7	29	40	830
w/out hazelnuts	334	270	12	7	0	12	4	25	40	830
Wild Smoked Salmon & Hazelnut Salad - Half	167	220	14	4	0	8	3	14	20	410
w/out hazelnuts	153	130	5	3	0	5	2	12	20	410
Rogue River Smokey Blue Salad - Entrée	326	280	10	6	0	39	6	9	25	135
Rogue River Smokey Blue Salad - Half	177	150	5	3	0	22	3	5	10	70
Grilled Chicken Club Salad	379	330	16	8	0	13	4	32	85	790
Grilled Chicken Club Salad - Half	176	160	8	4	0	6	2	16	40	380
<b>Condiments/ Dressings</b>	<b>Per serving</b>									
Cream Cheese	Packet	100	10	6	0	1	0	2	30	90
Light Cream Cheese	Packet	52	4	3	0	2	0	2	10	130
Tartar Sauce	Portion	290	32	4.5	0	2	0	1	90	940
Burgerville Spread	Portion	300	32	4	0	4	0	0	20	380
Litehouse BBQ Sauce	Portion	100	0	0	0	26	0	1	0	860
Litehouse Chunky Bleu Cheese	Portion	300	32	3	0	2	0	2	30	440
Litehouse Fat Free Raspberry Vinaigrette	Portion	60	0	0	0	14	0	0	0	210
Litehouse Homestyle Ranch	Portion	260	26	2	0	4	0	0	20	500
Litehouse Honey Mustard Dipping Sauce	Portion	140	7	0	0	22	0	0	0	410
Green Garden Sweet & Sour Sauce	Portion	90	4	0	0	12	0	0	0	120

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Litehouse Balsamic Vinaigrette	Portion	80	7	0.5	0	4	0	0	0	135
Garlic Aioli Dipping Sauce	Portion	330	36	6	0	0	0	0	30	540
<b>Sundaes/Ice Cream</b>										
Caramel	170	380	15	10	0	56	0	6	65	160
Hot Fudge	170	380	18	12	0.5	51	0	7	60	160
Triple Berry	182	340	14	9	0.5	46	0	6	60	110
<b>Yocream Sundaes</b>										
Caramel	170	260	1	0.5	0	56	0	4	5	150
Hot Fudge	170	260	4	3.5	0	51	0	5	0	150
Triple Berry	170	200	0	0	0	43	0	4	0	100
<b>Cones</b>										
Vanilla Ice Cream cone	118	250	11	7	0	32	0	5	50	100
Vanilla YoCream cone	147	190	0	0	0	39	0	4	0	110
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<b>Beverages</b>										
	Fluid oz.									
Coca Cola®, small	12	99	0	0	0	27	0	0	0	6
Coca Cola®, regular	20	173	0	0	0	68	0	0	0	15
Coca Cola®, large	32	297	0	0	0	81	0	0	0	18
Diet Coke®, small	12	0.6	0	0	0	0.1	0	0	0	10
Diet Coke®, regular	20	1	0	0	0	0.2	0	0	0	18
Diet Coke®, large	32	2	0	0	0	0.3	0	0	0	30
Caffeine Free Diet Coke®, small	12	0	0	0	0	0	0	0	0	10
Caffeine Free Diet Coke®, regular	20	0	0	0	0	0	0	0	0	18
Caffeine Free Diet Coke®, large	32	0	0	0	0	0	0	0	0	30
Fanta®, small	12	112	0	0	0	30	0	0	0	8
Fanta®, regular	20	196	0	0	0	53	0	0	0	14
Fanta®, large	32	336	0	0	0	90	0	0	0	24
Sprite®, small	12	97	0	0	0	26	0	0	0	22
Sprite®, regular	20	179	0	0	0	46	0	0	0	39
Sprite®, large	32	291	0	0	0	78	0	0	0	66
Pibb Xtra®, small	12	97	0	0	0	26	0	0	0	22
Pibb Xtra®, regular	20	179	0	0	0	46	0	0	0	39
Pibb Xtra®, large	32	291	0	0	0	78	0	0	0	66
Barq's Root Beer®, small	12	111	0	0	0	30	0	0	0	24
Barq's Root Beer®, regular	20	194	0	0	0	53	0	0	0	42
Barq's Root Beer®, large	32	333	0	0	0	90	0	0	0	72
Nestea Raspberry Iced Tea®, small	12	78	0	0	0	21	0	0	0	9
Nestea Raspberry Iced Tea®, regular	20	137	0	0	0	37	0	0	0	16
Nestea Raspberry Iced Tea®, large	32	234	0	0	0	63	0	0	0	27
Fresh Brewed Iced Tea, regular	20	0	0	0	0	0	0	0	0	0
Fresh Brewed Iced Tea, large	32	0	0	0	0	0	0	0	0	0
Portland Roasting Coffee, regular	10	5	0	0	0	1	0	0	0	5
Portland Roasting Coffee, large	16	8	0	0	0	1.6	0	0	0	8
Ghirardelli Hot Chocolate, regular	12	230	8	6	0	38	2	4	10	190
Ghirardelli Hot Chocolate, large	16	370	12	9	0	66	4	6	10	330

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Milk, 2%	8	121	5	3	0	12	0	8	18	122
Odwalla® Lemonade, small	12	110	0	0	0	28	0	0	0	10
Odwalla® Lemonade, regular	16	170	0	0	0	43	0	0	0	15
Odwalla® Lemonade, large	24	200	0	0	0	50	0	0	0	15
Odwalla® Orange Juice, regular	8	110	0	0	0	25	1	2	0	25
Odwalla® Orange Juice, large	12	165	0	0	0	38	1.5	3	0	38
<b>Smoothies</b>										
Vanilla - small	12	340	0	0	0	70	0	8	0	200
Vanilla - regular	16	440	0	0	0	92	0	11	0	260
Vanilla - large	24	550	0	0	0	115	0	14	0	320
Chocolate - small	12	340	0	0	0	71	0	9	0	200
Chocolate - regular	16	450	0	0	0	93	0	12	0	260
Chocolate - large	24	550	0	0	0	115	1	15	0	320
Strawberry - small	12	340	0	0	0	70	0	8	0	190
Strawberry - regular	16	440	0	0	0	92	0	11	0	260
Strawberry - large	24	550	0	0	0	114	0	14	0	320
Mocha Perk - small	12	300	0	0	0	62	0	7	0	160
Mocha Perk - regular	16	460	0	0	0	95	1	11	0	250
Mocha Perk - large	24	550	0	0	0	115	1	14	0	290
NW Cherry Chocolate - small	12	410	0	0	0	87	1	9	0	210
NW Cherry Chocolate - regular	16	550	0	0	0	118	2	11	0	270
NW Cherry Chocolate - large	24	700	0	0	0	152	3	14	0	330
Triple Berry Blast - small	12	290	0	0	0	61	0	6	0	135
Triple Berry Blast- regular	16	430	0	0	0	91	0	9	0	200
Triple Berry Blast - large	24	600	0	0	0	127	0	13	0	290
Strawberry Splash - small	12	220	0.5	0	0	50	2	5	0	90
Strawberry Splash - regular	16	380	0.5	0	0	83	3	8	0	160
Strawberry Splash - large	24	560	1	0	0	122	4	12	0	250
Chocolate Monkey - small	12	300	0	0	0	65	1	7	0	150
Chocolate Monkey - regular	16	460	0	0	0	100	2	10	0	210
Chocolate Monkey - large	24	560	0.5	0	0	123	3	12	0	260
<b>Milkshakes</b>										
Chocolate - small	12	630	29	18	1	84	0	12	120	250
Chocolate - regular	16	790	36	23	1.5	105	0	15	150	320
Chocolate - large	24	1020	47	30	1.5	135	0	19	195	410
Vanilla - small	12	640	26	16	1	93	0	10	110	230
Vanilla - regular	16	810	33	21	1	117	0	13	140	290
Vanilla - large	24	1010	42	27	1.5	145	0	17	180	370
Strawberry - small	12	640	26	16	1	92	0	10	110	220
Strawberry - regular	16	810	33	21	1	115	0	13	140	280
Strawberry - large	24	1010	42	27	1.5	143	0	17	180	360
Mocha Perk - small	12	590	28	18	1	76	1	10	115	200
Mocha Perk - regular	16	780	37	23	1	100	0	15	150	290
Mocha Perk - large	24	1070	49	31	1.5	143	1	20	200	370
NW Cherry Chocolate - small	12	750	35	22	1	97	1	14	145	270
NW Cherry Chocolate - regular	16	1030	47	29	1.5	138	3	18	190	360

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NW Cherry Chocolate - large	24	1360	62	39	2	182	4	24	255	450
Triple Berry Blast - small	12	460	18	12	0.5	67	0	7	75	150
Triple Berry Blast - regular	16	880	36	23	1	126	0	14	150	290
Triple Berry Blast - large	24	1120	45	29	1.5	161	0	17	190	370
Strawberry Splash - small	12	410	19	11	0.5	58	2	6	75	115
Strawberry Splash - regular	16	840	35	22	1	124	3	15	145	280
Strawberry Splash - large	24	960	38	23	1.5	145	4	17	155	310
Chocolate Monkey - small	12	560	21	13	0.5	86	2	9	85	180
Chocolate Monkey - regular	16	870	33	21	1	133	3	15	135	280
Chocolate Monkey - large	24	1100	43	27	1.5	166	3	19	180	370
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<b>Kids Meals</b>										
Hamburger	110	320	17	3.5	0	30	1	12	20	500
w/out BV Spread	97	250	9	2.5	0	29	1	13	20	410
Cheeseburger	130	380	20	3.5	0	30	1	18	45	750
w/out BV Spread	116	300	13	2.5	0	29	1	18	40	660
Chicken strips - 3 piece	85	210	10	1.5	0	16	0	12	20	450
Halibut Fish - 2 pieces	89	210	10	1	0	17	0	12	15	470
Parmesan Fish - 2 pieces	91	220	12	1	0	16	0	12	40	460
Kid's French Fries (2 3/4 oz)	78	200	8	1	0	28	2	3	0	55
Apple Slices	60	35	0	0	0	9	1	0	0	0
<b>Individual Menu Ingredients</b>										
<b>Breads</b>										
Plain Bagel	90	230	1	0	0	46	2	8	0	480
Plain English Muffin, Toasted	66	140	6	1	0	22	1	5	0	190
4 inch Plain Bun	53	140	2.5	0	0	25	0.5	5	0	240
4.5 inch Sesame Seed Bun	74	200	3.5	0.5	0	36	1	6	0	340
Wheat Kaiser Bun	57	160	2.5	0	0	31	1	5	0	290
Hot Dog Bun	90	240	3.5	0.5	0	43	1	8	0	440
Hoagie Roll	113	250	1	0	0	51	2	10	0	550
<b>Cheese</b>										
American Cheese (1 slice)	12.5	45	3.5	2.5	0	0	0	2.5	10	225
Tillamook Cheddar Cheese (1 slice)	28	110	9	6	0	0	0	7	25	170
Tillamook Pepper Jack Cheese (1 slice)	21	80	6	3.5	0	0	0	5	20	125
Tillamook Swiss Cheese (1 slice)	28	110	8	5	0	1	0	9	30	60
Tillamook Shredded Cheddar Cheese (1 oz)	28	110	9	6	0	0	0	7	25	170
Rogue River Smokey Blue Cheese (1 oz)	28	113	9	6	0	0	0	7	24	109
Cream Cheese (1 oz)	28	101	10	6	0	1	0	2	30	91
<b>Sides</b>										
Hash Brown - 1 triangle	57	115	7	1	0	12	0	1.5	0	205
<b>Meat, Eggs and Nuts</b>										
Egg, one, fried	55	110	10	2.5	0	1	0	6	215	65
Bacon, fried, plain or pepper (2 pieces)	13	65	5	2	0	0	0	4	13	239
Sliced Canadian-style Ham (2 oz)	56	53	2	1	0	1	0	8	20	500

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Sausage patty (2 oz.)	57	227	22	8	0	0	0	7	40	386
Hamburger Large Patty - cooked	67	203	15	5	0	0	0	16	62	46
Hamburger Small Patty - cooked	36	103	7	0	0	0	0	10	30	43
Turkey Burger Patty - cooked	101	195	8	3	0	5	0	26	98	283
Spicy Anasazi Bean Patty (3.4 oz)	95	200	3.5	0	0	39	10	10	0	210
Yukon White Bean Patty (3 oz)	96	142	1	0	0	29	4	5	0	263
Turkey Breast (2 oz)	56	81	3	1	0	0	0	15	30	354
Crispy Chicken Patty (3 oz)	84	185	9	1	0	13	0	13	23	570
Grilled Chicken Breast (3 oz)	84	100	2.5	0.5	0	0	0	18	50	330
Chicken Strips - 5 pieces	140	340	17	3	0	27	0	20	30	750
Chicken Strips - 3 pieces	84	210	10	2	0	16	0	12	20	450
Halibut - 1 piece	44	108	5	1.5	0	8	0	7	3	242
Halibut Fillet for Sandwich	88	210	11	1	0	17	0	12	14	476
Sole - 1 piece	45	110	6	0.5	0	8	0	6	20	230
Sole Fillet for Sandwich	72	180	9	1	0	13	0	10	35	370
Smoked Salmon (2 oz)	56	117	2	0	0	2	0	16	11	683
Hazelnuts (1 oz)	28	183	18	1	0	5	3	4	0	0
<b>Spreads</b>										
Heinz Ketchup (0.5 oz)	14	17	0	0	0	4	0	0	0	150
Burgerville Spread (0.5 oz)	14	71	8	1	0	1	0	0	5	90
Mayonnaise (0.5 oz)	14	101	11	2	0	0	0	0	5	57
Chipotle Mayo (1 oz)	28	182	20	3	0	2	0	2	20	172
BV BBQ Sauce (1 oz)	28	41	0	1	0	9	0	0	0	378
Tartar Sauce (1 oz)	28	132	14	2	0	1	0	0	15	182
Mustard (1 oz)	28	20	1	0	0	2	1	1	0	320
Spicy Brown Mustard (0.5 oz)	14	19	1	0	0	2	1	1	0	225
Rosemary Aioli (1 oz)	28	199	22	4	0	0	0	0	10	163
Basil Aioli (1 oz)	28	179	20	4	0	0	0	0	9	169
<b>Vegetables</b>										
Tomatoes (1 piece)	20	4	0	0	0	1	0	0	0	1
Tomatoes (2 slices)	40	6	0	0	0	1	0	0	0	3
Green Lettuce (1 piece)	24	2	0	0	0	0	0	0	0	2
Frisee (0.5 oz)	14	3	0	0	0	1	1	0	0	6
Onion, chopped (1 Tbs)	10	4	0	0	0	1	0	0	0	0
Kosher Dill Chips (3)	9	0	0	0	0	0	0	0	0	114