



BREAKFAST • LUNCH • DINNER • HAPPY HOUR

OPEN DAILY 7 AM - 8 PM

NUTRITIONAL INFORMATION*

Breakfast

► Mildred's Breakfast	
CALORIES	390
CARBS (G)	45
FATS (G)	15
SODIUM (MG)	605
PROTEIN (G)	20
► Steel Cut Oatmeal	
CALORIES	542
CARBS (G)	118
FATS (G)	6
SODIUM (MG)	60
PROTEIN (G)	11
► Omelet Your Way	
CALORIES	615
CARBS (G)	49.2
FATS (G)	25.7
SODIUM (MG)	1066
PROTEIN (G)	24.7
► Yogurt and Berries	
CALORIES	70
CARBS (G)	9.8
FATS (G)	1.5
SODIUM (MG)	59.8
PROTEIN (G)	4.8
► Rancho Omelet-o	
CALORIES	1044
CARBS (G)	89
FATS (G)	42.9
SODIUM (MG)	1579.3
PROTEIN (G)	52.6
► Eggs Benedict (with bacon or ham)	
CALORIES	1008 – 1017
CARBS (G)	59 – 60
FATS (G)	68.6 – 72.6
SODIUM (MG)	2517 – 2950
PROTEIN (G)	33.3 – 43.9
► The Sun City (with biscuits or pancakes)	
CALORIES	896 – 972
CARBS (G)	59.9 – 66.4
FATS (G)	45.9 – 47.7
SODIUM (MG)	1523.2 – 1795.2
PROTEIN (G)	30.8 – 36.7
► Pancakes (2) 4oz./ea	
CALORIES	512
CARBS (G)	65
FATS (G)	22.4
SODIUM (MG)	992
PROTEIN (G)	14.4

► Waffle (2) 4oz/ea	
CALORIES	656
CARBS (G)	75.4
FATS (G)	32
SODIUM (MG)	1160
PROTEIN (G)	17.6

► Sunriser Sandwich	
CALORIES	490
CARBS (G)	39.2
FATS (G)	26.1
SODIUM (MG)	1555.3
PROTEIN (G)	26.8

► Lox and Bagel	
CALORIES	460.7
CARBS (G)	59.3
FATS (G)	9.2
SODIUM (MG)	3085.2
PROTEIN (G)	15.5

► Veggie Scramble	
CALORIES	128.9
CARBS (G)	13.4
FATS (G)	1.9
SODIUM (MG)	45.7
PROTEIN (G)	8.5

► Breakfast Quesadilla	
CALORIES	708.4
CARBS (G)	40.1
FATS (G)	155.6
SODIUM (MG)	1494.9
PROTEIN (G)	33.2

Breakfast Meats

► Bacon (2 oz.)	
CALORIES	107
CARBS (G)	.4
FATS (G)	8
SODIUM (MG)	387.3
PROTEIN (G)	8

► Sausage (1 link)	
CALORIES	75
CARBS (G)	.3
FATS (G)	6.5
SODIUM (MG)	187
PROTEIN (G)	4.3

► Ham (2 oz.)	
CALORIES	78
CARBS (G)	.6
FATS (G)	2.8
SODIUM (MG)	554
PROTEIN (G)	12.6

► Andouille Sausage (2 oz.)	
CALORIES	176
CARBS (G)	.5
FATS (G)	16
SODIUM (MG)	468
PROTEIN (G)	6.8

Lunch and Dinner

Starters

► SW Quesadilla	
CALORIES	1521
CARBS (G)	260
FATS (G)	33
SODIUM (MG)	2237
PROTEIN (G)	

► Flatbread Pizza	
CALORIES	501
CARBS (G)	51
FATS (G)	24
SODIUM (MG)	1145
PROTEIN (G)	

► Calamari	
CALORIES	590
CARBS (G)	58
FATS (G)	32
SODIUM (MG)	1227
PROTEIN (G)	

► Fish Tacos	
CALORIES	1113
CARBS (G)	58
FATS (G)	288
SODIUM (MG)	1985
PROTEIN (G)	

► Beef and Bean Nachos	
CALORIES	1331
CARBS (G)	1266
FATS (G)	77
SODIUM (MG)	1430
PROTEIN (G)	

► SW Chicken Wings	
CALORIES	1540
CARBS (G)	3.3
FATS (G)	108
SODIUM (MG)	1009
PROTEIN (G)	

*Numbers are approximate, as sources may vary.

▶ Beef Taco	
CALORIES	1122
CARBS (G)	49
FATS (G)	48.5
SODIUM (MG)	1619
PROTEIN (G)	

Soups

▶ Chili (1 cup)	
CALORIES	300
CARBS (G)	22
FATS (G)	11
SODIUM (MG)	15
PROTEIN (G)	11

Sandwiches

▶ Open-faced Salmon Avocado	
CALORIES	667
CARBS (G)	37
FATS (G)	20
SODIUM (MG)	274
PROTEIN (G)	8

Midwestern Pork Tenderloin Sandwich

▶	CALORIES	338
	CARBS (G)	57
	FATS (G)	6
	SODIUM (MG)	417
	PROTEIN (G)	12

▶ Portobello Mushroom Melt

CALORIES	773
CARBS (G)	65
FATS (G)	93
SODIUM (MG)	570
PROTEIN (G)	39

▶ French Dip

CALORIES	546
CARBS (G)	53
FATS (G)	23
SODIUM (MG)	1091
PROTEIN (G)	61

▶ Classic Sandwich (with trimmings)

• Grilled Cheese

CALORIES	440
CARBS (G)	31
FATS (G)	28
SODIUM (MG)	1200
PROTEIN (G)	13

• Ham

CALORIES	399
CARBS (G)	39
FATS (G)	17
SODIUM (MG)	1158
PROTEIN (G)	39

• Turkey

CALORIES	350
CARBS (G)	41
FATS (G)	13
SODIUM (MG)	827
PROTEIN (G)	33

• Roast Beef

CALORIES	248
CARBS (G)	21
FATS (G)	13
SODIUM (MG)	737
PROTEIN (G)	23

▶ Reuben

CALORIES	817
CARBS (G)	38
FATS (G)	48
SODIUM (MG)	2615
PROTEIN (G)	13

▶ The Views Burger

CALORIES	568
CARBS (G)	57
FATS (G)	27
SODIUM (MG)	487
PROTEIN (G)	46

Added options

• Bacon

CALORIES	80
CARBS (G)	1
FATS (G)	7
SODIUM (MG)	320
PROTEIN (G)	5

• Guacamole

CALORIES	91
CARBS (G)	5
FATS (G)	8
SODIUM (MG)	86
PROTEIN (G)	1

• Chili

CALORIES	145
CARBS (G)	0
FATS (G)	22
SODIUM (MG)	
PROTEIN (G)	21

• Cheese Mozzarella

CALORIES	80
CARBS (G)	1
FATS (G)	6
SODIUM (MG)	
PROTEIN (G)	8

▶ Grilled Chicken, Ham & Swiss

CALORIES	854
CARBS (G)	84
FATS (G)	26
SODIUM (MG)	1859
PROTEIN (G)	71

Salads

▶ Chicken Taco Salad

CALORIES	457
CARBS (G)	15
FATS (G)	29
SODIUM (MG)	1048
PROTEIN (G)	34

▶ Caesar Salad

CALORIES	100
CARBS (G)	5
FATS (G)	8
SODIUM (MG)	195
PROTEIN (G)	3

▶ Mixed Green Salad

CALORIES	382
CARBS (G)	60
FATS (G)	14
SODIUM (MG)	247
PROTEIN (G)	16

▶ Tuna Salad

CALORIES	257
CARBS (G)	8
FATS (G)	10
SODIUM (MG)	1041
PROTEIN (G)	31

Entrees

▶ Pork Medallions

CALORIES	938
CARBS (G)	195
FATS (G)	60
SODIUM (MG)	610
PROTEIN (G)	

▶ Salmon Buerre Rouge

CALORIES	620
CARBS (G)	30
FATS (G)	35
SODIUM (MG)	1234
PROTEIN (G)	

▶ Raspberry-Chili Chicken

CALORIES	439
CARBS (G)	34
FATS (G)	7
SODIUM (MG)	132
PROTEIN (G)	

▶ Chicken Piccata

CALORIES	1024
CARBS (G)	127
FATS (G)	28
SODIUM (MG)	1524
PROTEIN (G)	

▶ Fish 'n Chips

CALORIES	688
CARBS (G)	71
FATS (G)	26
SODIUM (MG)	1403
PROTEIN (G)	

Breads (1 slice)

▶ 9 Grain

CALORIES	120
CARBS (G)	24
FATS (G)	1.5
SODIUM (MG)	190
PROTEIN (G)	5.0

▶ Sourdough

CALORIES	100
CARBS (G)	18
FATS (G)	1.0
SODIUM (MG)	170
PROTEIN (G)	3.0

▶ Rye

CALORIES	83
CARBS (G)	15
FATS (G)	1.1
SODIUM (MG)	193
PROTEIN (G)	2.7

▶ English Muffin

CALORIES	134
CARBS (G)	26
FATS (G)	1.0
SODIUM (MG)	264
PROTEIN (G)	4.4

▶ Cinnamon Toast

CALORIES	71
CARBS (G)	14
FATS (G)	1.1
SODIUM (MG)	90
PROTEIN (G)	2.1

▶ Brioche Bun

CALORIES	287
CARBS (G)	33
FATS (G)	14
SODIUM (MG)	315
PROTEIN (G)	7.1

▶ Biscuit

CALORIES	212
CARBS (G)	27
FATS (G)	9.8
SODIUM (MG)	348
PROTEIN (G)	4.2