

MENU ITEM	SERVING SIZE GRAM	CALORIES	FAT GRAM	SAT FAT GRAM	TRANS FAT GRAM	CARB GRAM	FIBER GRAM	PROTEIN GRAM	CHOL MILLIGRAMS	SODIUM MILLIGRAMS
Breakfast										
Bagel w/Egg and bacon	186	480	16	3.5	0	60	3	22	250	880
Biscuit w/Egg and bacon	158	450	29	6	0	33	1	16	250	480
Bagel w/Egg and ham	218	460	13	3	0	59	3	25	265	1160
Biscuit w/Egg and ham	190	430	26	6	0	33	1	19	265	770
Bagel w/Egg and sausage	232	630	31	9	0	59	3	26	280	1000
Toaster Biscuit w/ Egg and sausage	204	600	44	12	0	32	1	20	280	610
Plain Bagel	85	220	1	0	0	43	2	8	0	450
Plain Toaster Biscuit	81	220	9	2	0	31	1	5	0	210
American cheese 2 slices	25	90	7	5	0	0	0	5	20	450
Tillamook Cheese 1 slice	28	110	9	6	0	0	0	7	25	170
Hash Browns (2)	114	230	14	2.5	0	24	3	2	0	410
Scrambled eggs, 2 eggs	120	220	18	4.5	0	2	0	14	480	140
Sliced Ham, 1.5 oz.	43	45	1.5	1	0	1	0	7	25	490
Sausage patty, 2 oz.	56	210	20	7	0	0	0	8	40	330
Bacon 2 slices	11	60	4.5	1.5	0	1	0	4	10	200
Egg, one, fried	61	120	10	2.5	0	1	0	7	240	70

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Entrees										
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
Burgerville Classic Hamburger	224	530	30	6	0.5	42	2	23	65	720
w/out mayo	196	420	19	6	0.5	41	2	23	65	660
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
Cheeseburger	130	380	20	3.5	0	30	1	18	45	750
w/out BV Spread	116	300	13	2.5	0	29	2	18	40	660
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
The Oregon Harvest Burger	252	550	19	2.5	0	85	10	15	5	1090
w/out mayo	238	450	8	0.5	0	85	10	15	0	1030

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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
Crispy Chicken Sandwich	223	460	19	2	0	54	4	20	30	1090
w/out BV Spread	209	390	11	1	0	53	4	20	25	1000
Deluxe Crispy Chicken Sandwich	257	600	30	9	0	54	4	29	60	1360
w/out BV Spread	243	530	22	8	0	53	4	29	55	1270
Low Fat Grilled Chicken Sandwich	223	330	5	0.5	0	45	4	25	50	1020
Chicken Strips-5 piece	140	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	244	400	11	3	0	46	2	31	90	870
Nine Grain Turkey Club Sandwich	213	540	32	8	0	36	4	26	55	1090
w/out mayo	186	340	10	4	0	36	4	27	45	980
w/out mayo & cheese	173	300	7	2	0	37	4	24	35	780
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

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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
Sides										
<i>French Fries/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>French Fries/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
Apple Slices	56	35	0	0	0	9	1	0	0	0
Salads/no dressing										
Side Salad	119	50	3	2	0	4	2	4	10	75
Wild Smoked Salmon & Hazelnut Salad	326	370	26	8	0	15	7	23	35	670
w/out hazelnuts	322	240	13	7	0	12	5	20	35	670
Rogue River Smokey Blue Salad	214	290	11	6	0	38	4	9	25	200
Grilled Chicken Salad	366	420	27	8	0	15	7	32	75	640
w/out hazelnuts	344	280	14	7	0	11	5	29	75	640

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Condiments/ Dressings										
Cream Cheese	28	100	10	7	0	1	0	2	30	100
Light Cream Cheese	32	70	5	3.5	0	2	0	3	15	150
Tartar Cup	28	260	28	4	0	2	0	0	30	360
Burgerville Spread Cup	30	280	30	4	0	4	0	0	20	360
Litehouse BBQ sauce	35	50	0	0	0	13	0	0	0	430
Litehouse Chunky Bleu Cheese Dressing	29	150	16	1.5	0	1	0	1	15	220
Litehouse Fat Free Raspberry Vinaigrette	34	30	0	0	0	7	0	0	0	105
Litehouse Homestyle Ranch Dressing	30	130	13	1	0	2	0	0	10	250
Litehouse Lite Honey Dijon	32	80	5	0	0	7	0	0	0	150
Litehouse Tangy Citrus Dressing	34	50	0	0	0	13	0	0	0	180
Sundaes										
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

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Yocream Sundaes										
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
Cones										
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
Beverages										
MENU ITEM	SERVING SIZE FL OZ	CALORIES	FAT GRAM	SAT FAT GRAM	TRANS FAT	CARB GRAM	FIBER GRAM	PROTEIN GRAM	CHOL MILLIGRAMS	SODIUM MILLIGRAMS
Coca Cola [®] , kids	12	99	0	0	0	27	0	0	0	6
Coca Cola [®]	20	173	0	0	0	68	0	0	0	15
Coca Cola [®]	32	297	0	0	0	81	0	0	0	18
Diet Coke [®]	12	0.6	0	0	0	0.1	0	0	0	10
Diet Coke [®]	20	1	0	0	0	0.2	0	0	0	18
Diet Coke [®]	32	2	0	0	0	0.3	0	0	0	30
Caffeine Free Diet Coke [®] , kids	12	0	0	0	0	0	0	0	0	10
Caffeine Free Diet Coke [®]	20	0	0	0	0	0	0	0	0	18
Caffeine Free Diet Coke [®]	32	0	0	0	0	0	0	0	0	30
Sprite [®] , kids	12	97	0	0	0	26	0	0	0	22
Sprite [®]	20	179	0	0	0	46	0	0	0	39

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Sprite®	32	291	0	0	0	78	0	0	0	66
Pibb Xtra®, kids	12	97	0	0	0	26	0	0	0	22
Pibb Xtra®	20	179	0	0	0	46	0	0	0	39
Pibb Xtra®	32	291	0	0	0	78	0	0	0	66
Barq's Root Beer®, kids	12	111	0	0	0	30	0	0	0	24
Barq's Root Beer®	20	194	0	0	0	53	0	0	0	42
Barq's Root Beer®	32	333	0	0	0	90	0	0	0	72
Nestea Raspberry Iced Tea®, kids	12	78	0	0	0	21	0	0	0	9
Nestea Raspberry Iced Tea®	20	137	0	0	0	37	0	0	0	16
Nestea Raspberry Iced Tea®	32	234	0	0	0	63	0	0	0	27
Fresh Brewed Iced Tea	32	0	0	0	0	0	0	0	0	0
House Coffee,	10	5	0	0	0	1	0	0	0	5
House Coffee,	16	8	0	0	0	1.6	0	0	0	8
Hot Chocolate - Regular	12	230	8	6	0	38	2	4	10	190
Hot Chocolate - Large	16	370	12	9	0	66	4	6	10	330
Odwalla™ Orange	10	138	0	0	0	31	1	3	0	31
Milk, chocolate, fat free	10	160	0	0	0	30	1	10	<5	220
Milk, 2%	8	121	5	3	0	12	0	8	18	122

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Smoothies										
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
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
Chocolate Monkey - small	12	310	0.5	0	0	66	2	7	0	140
Chocolate Monkey- regular	16	470	1.5	1	0	103	3	10	0	210
Chocolate Monkey - large	24	600	2.5	1.5	0	131	4	13	0	260
Milkshakes										
Mocha Perk - small	12	580	30	19	1	68	1	11	120	200
Mocha Perk- regular	16	830	38	24	1	112	3	16	150	300
Mocha Perk - large	24	1070	50	31	1.5	142	2	20	200	360
Black Forest - small	12	520	21	13	0.5	78	1	9	85	160
Black Forest- regular	16	870	36	22	1	128	1	14	145	290

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Black Forest - large	24	1160	48	30	1.5	168	1	19	195	350
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
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
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Kids Meals										
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	2	18	40	660
Chicken strips - 3 piece	85	210	10	1.5	0	16	0	12	20	450
Kid's Hot Dog	114	290	16	6	0	26	3	14	35	830
Kid's French Fries 2 3/4 oz.	78	200	8	1	0	28	2	3	0	70
Apple Slices	56	35	0	0	0	9	1	0	0	0
Coca Cola®	12 fl oz	99	0	0	0	27	0	0	0	6
Diet Coke®	12 fl oz	0.6	0	0	0	0.1	0	0	0	10

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Caffeine Free Diet Coke®	12 fl oz	0	0	0	0	0	0	0	0	10
Sprite®, kids	12 fl oz	97	0	0	0	26	0	0	0	22
Pibb Xtra®, kids	12 fl oz	97	0	0	0	26	0	0	0	22
Barq's Root Beer®, kids	12 fl oz	111	0	0	0	30	0	0	0	24
Nestea Raspberry Iced Tea®, kids	12 fl oz	78	0	0	0	21	0	0	0	9
Kids Vanilla Milkshake	12 fl oz	640	26	16	1	93	0	10	110	230
Kids Chocolate Milkshake	12 fl oz	630	29	18	1	84	0	12	120	250
Kids Strawberry Milkshake	12 fl oz	640	26	16	1	92	0	10	110	220
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Individual Items										
Bread										
Plain Bagel	310	1	0.5	0	63	2	12	0	700	
Toaster Biscuit	180	4	1	0	31	1	5	0	210	
4 inch bun	140	2.5	0	0	25	0.5	5	0	240	
4.5 inch bun	74	3.5	0.5	0	36	1	6	0	340	
9 Grain Bun	180	2	0	0	35	3	6	0	300	
Croutons	35	1.5	0	0	4	0	0.5	0	90	

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Cheese										
American cheese (2slice)	90	7	5	0	0	0	5	20	450	
American cheese (1slice)	45	3.5	2.5	0	0	0	2.5	10	225	
Tillamook cheese (1 slice)	120	10	6	0	1	0	7	40	170	
Tillamook Pepper Jack cheese (1 slice)	80	6	3.5	0	0	0	5	20	125	
Swiss cheese (1 slice)	40	3	2	0	0	0	3	10	195	
Tillamook Shredded (1 oz)	155.92	12.76	8.5	0	0	0	9.92	35.44	240.97	
Blue Cheese (1 oz)	113.4	9.45	5.67	0	0	0	6.61	23.62	108.67	
Sides										
Hash Brown 1 triangle	115	7	1	0	12	0	1.5	0	205	
Meat, eggs and nuts										
Extra Large egg	80	5	2.5	0	1	0	7	240	70	
Fried Bacon (2 piece)	60	5	2	0	0	0	4	10	300	
Fulton Sliced Ham (1.5 oz)	55.03	5	1.5	0	0.5	0	8.5	20.01	610.34	
Sausage Patties (2 oz)	208.89	19.89	6.96	0	0	0	7.96	39.79	328.25	

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Hamburger Large Patty- cooked	82.85	5.84	3.13	0	0	0	7.61	20.64	57.49	
Hamburger Small patty-cooked	203.91	14.67	5.72	0	0	0	17.91	59.93	173.6	
Turkey Burger - cooked	236.77	13.37	4.9	0	2.55	0	26.53	55.82	167.37	
Anasazi bean patty (3.4 oz)	200	3.5	0	0	39	10	10	0	210	
Turkey Breast (2 oz)	85.05	1.98	0.57	0	1.7	0	15.88	28.35	215.45	
Crispy Chicken patty (3 oz)	214.32	9.72	2.38	0	17.66	0	14.68	35.16	785.83	
Grilled Chicken breast (3 oz)	100	2.5	0.5	0	0	0	18	50	330	
Chicken Strips 5 pieces	320.34	13.89	6.38	0	25.51	0	23.25	29.94	745.58	
Chicken Strips 3 pieces	193.21	8.33	3.83	0	15.31	0	13.95	17.96	447.35	
Halibut 1 pc	108	5	1.5	0	8	0	7	3	242	
Halibut fillet for sandwich	217.89	10.98	2.59	0	15.9	0	13.93	5.35	486.68	
Smoked Salmon (2oz)	116.8	1.7	0.34	0	2.49	0	16.05	11.11	683.21	
Hazelnuts (1 oz)	183.13	17.69	1.28	0	4.99	2.66	4.26	0	0	
Spreads										
Heinz Ketchup (.5 oz)	16.92	0.04	0	0	3.93	0.24	0.21	0	151.38	
BV Spread (.5 oz)	70.87	7.56	0	0	0.94	0	0	4.72	89.77	

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BV Mayonnaise (1 oz)	101.25	11.14	2.02	0	0	0	0	5.06	56.81	
Kosher Dill Chips (3)	0	0	0	0	0	0	0	0	113.54	
Chipotle Mayo (1oz)	182.25	20.25	3.04	0	2.02	0	2.02	20.25	172.13	
BV BBQ Sauce (1 oz)	14.59	0	0	0	3.75	0	0	0	125.07	
Tartar Sauce (1 oz)	131.61	14.17	2.02	0	1.01	0	0	15.19	182.24	
Vegetables and Fruits										
Tomatoes (1 piece)	3.6	0.04	0.01	0	0.78	0.24	0.18	0	1	
Tomatoes (2 slices)	6.3	0.1	0.01	0	1.39	0.33	0.26	0	2.7	
Lettuce (1 piece)	2.1	0.02	0	0	0.45	0.18	0.14	0	1.5	
Onion, chopped (1 Tbs)	4.2	0.01	0	0	1.01	0.14	0.09	0	0.3	