

YOURS TRULY RESTAURANT - NUTRITIONAL DATA SHEET

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Starters	Cantaloupe & Cottage Cheese		301	4.6	28.5	39.9	773
	Cheddar Cheese Soup	Bowl	521	36.4	28.9	19.8	3181
	Cheddar Cheese Soup	Cup	271	19	15.1	10.1	1658
	Chicken Noodle Soup	Bowl	342	6.7	23.5	45.5	2588
	Chicken Noodle Soup	Cup	178	3.5	12.2	23.6	1348
	Clam Chowder	Bowl	696	42.4	29.1	48.9	1063
	Clam Chowder	Cup	362	22.1	15.2	25.4	552
	Cottage Fries	Bowl	696	42.4	29.1	48.9	1063
	Cottage Fries	1/2 Order	579	30	7.5	72.1	305
	Cream of Broccoli Soup	Bowl	496	36.2	9.8	33.5	2950
	Cream of Broccoli Soup	Cup	258	18.9	5.1	17.3	1537
	Fruit Fest	Regular	119	0.9	1.8	29.7	18
	Fruit Fest	Jr.	60	0.5	0.9	15	9
	Homemade Chili	Bowl	583	23.6	40	57.2	2365
	Homemade Chili	Cup	303	12.3	20.9	29.7	1232
	Mixed Green Salad		125	6.1	10.3	8.3	201
	Mushroom Barley	Bowl	179	2.9	6.2	32.8	2457
	Mushroom Barley	Cup	93	1.5	3.2	16.9	1522
	Notso Fries	Regular	1138	76.2	39.7	77.9	1522
	Notso Fries	Jr.	751	50.3	26.2	51.4	1005
	Onion Rings	Regular	1327	87	17.4	125	1223
	Onion Rings	Jr.	600	39.4	7.9	56.3	553
	Pasta Salad Taster		216	7.8	5.1	31.3	117
	Potato Soup	Bowl	164	4.7	5.5	25.5	2707
	Potato Soup	Cup	85	2.4	2.8	13	1410
	Tomato Rice Soup	Bowl	206	5.3	5.5	36.2	2497
	Tomato Rice Soup	Cup	107	2.7	2.9	18.7	1301
	Turkey Rice Soup	Bowl	236	6.1	18.6	25	480
	Turkey Rice Soup	Cup	122	3.2	9.7	12.9	247
	Vegetable Beef Soup	Bowl	202	8.7	12.3	19	2563
Vegetable Beef Soup	Cup	104	4.5	6.4	9.7	1335	
Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Chilled Entrees	Cesar Salad	Regular	498	29	14.5	46	1175
	Cesar Salad	Small	346	18.2	8.8	38.2	974
	Cesar Salad	With Chicken	635	32	40	46	1236
	Market Basket Salad		444	13.1	42.6	40.4	1819
	Pasta Salad		493	17.5	11.7	71.9	262
	Spinach Salad		336	11.3	27.3	36.2	1228
	Teri Toss		343	5.4	41.3	33	1005
	The Envelope		464	21.6	24	44.2	1336
	Tuna Temptation		391	19.7	30.7	22.3	737
Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
That Special Meal	Chopped Sirloin		1630	83.7	81.9	139	1042
	Great Steaks		1530	17.7	83.8	139	1019
	Swordfish Steak		1380	61.8	69.8	139	1082
	YT Steak & Eggs		1073	57.3	78.3	57.2	701
Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Char Grilled Sirloin Burgers	BBQ Burger		563	23.9	44.6	36.3	1203
	Burger Rueben		773	47	56	30.7	1542
	Burgerlite		462	26.6	40.5	15.2	408
	Cheeseburger with Mozzarella		617	28.2	51.6	32.6	1141
	Italian Burger		667	28.6	53.1	44.5	1477
	Patty Melt		645	38.9	42.4	30.7	1298
	Pita Burger		563	31	43.6	25.9	922
	Plain Burger Patty		263	15.7	28.4	0	81
	Special Delivery		704	35.9	51.3	38.9	1099
	Teriyaki		597	23.4	45.1	46.2	1682
	The Burger	Regular	538	23.4	43.8	31.7	992
	The Burger	Jr.	368	20	22	24.7	871
	The Club		825	47.3	60.2	33.4	1612
	The Gardenburger		453	12.2	35.2	55.3	1227
	Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)
Omelets	Bacon, Tomato & Cheese	2 Eggs	705	44.2	39.8	36.8	1943

Bacon, Tomato & Cheese	3 Eggs	1110	68.5	48.9	77.5	1693
Buenos Huevos with Cottage Fries	3 Eggs	712	34.1	23.5	80.8	1009
Buenos Huevos with Toast & Butter	2 Eggs	305	10.7	14.9	35.7	644
Cheese	2 Eggs	697	46.6	32.9	34.9	1060
Cheese	3 Eggs	1103	71	42.1	75.6	1110
Eggs Milano with Cottage Fries	3 Eggs	1309	80	59.8	88.9	1930
Ham & Cheese	2 Eggs	670	41.8	36.1	34.3	1458
Ham & Cheese	3 Eggs	1075	66.2	45.2	75	1508
Mushroom & Muenster	2 Eggs	728	48.9	34.3	36.7	963
Mushroom & Muenster	3 Eggs	1133	73.3	43.4	77.5	1013
Spinach, Tomato & Cheese	2 Eggs	628	40.2	28.2	37.5	889
Spinach, Tomato & Cheese	3 Eggs	1034	64.5	37.3	78.2	939
The Omelet	2 Eggs	465	28.3	17.2	33.3	534
The Omelet	3 Eggs	870	52.6	26.3	74.1	584
The Western Reserve with Cottage Fries	3 Eggs	918	53.7	31.5	78.7	895
The Western Reserve with Toast & Butter	2 Eggs	504	29.1	21.4	36.7	783

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Chicken Broils	BBQ Broil		475	12.1	50.2	34.7	694
	Broilite		333	10.8	45.2	12.6	361
	Buckeye Broil		598	25.2	54.7	31.9	888
	Chagrin Broil		707	35.8	73.7	18.2	1890
	Chicken Breast		218	8.6	32.9	0	79
	Pasta with Chicken Breast		675	21.5	46.1	71.9	344
	Reuben Broil		611	29.7	56.1	28.4	982
	Teriyaki Broil		515	11.7	51.2	45.8	1176

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Sea Fare	Ecstasy		478	21.2	37.7	34.6	758
	Fish Fryday		1126	58	53.9	98.3	760
	Fish Sandwich		618	26.1	41.2	50.3	730
	Tuna in Pita		377	13.8	26.6	36.3	1288
	Tuna Sandwich		463	16.4	28	49.4	1323
	Tuna Temptation		391	19.7	30.7	22.3	737

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Olde Favorites	BLT Sandwich		395	20	15.9	36.5	1297
	Grilled Ham & Cheese		500	25.2	38.7	27.2	2539
	Grilled Swiss on Rye		353	20.3	15.9	27.2	1020
	Hot Dog with Chili		1010	72.5	44.9	43.5	3331
	Jumbo Hot Dog		454	32.7	16.3	22	1330
	Monte Cristo		1435.8	84.9	57.5	110.7	4277.4
	Peanut Butter & Jelly Sandwich		343	13.6	9.8	46.4	346
	Sausage Sandwich		830	54.1	52.7	30.9	2210
	Tostado		470	20.5	28	46.3	1404
	Traditional Grilled Cheese		413	24	14.2	34.3	1434
	Turkey Stack		406	6.8	46.2	33	2162
	YT Medley		871	56.6	48.7	40.5	1775

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
P.S.	Apple Pie		490	22.9	2.9	67.4	614
	Pumpkin Pie		342	16.8	5.6	42.7	288
	Hot Apple Pie with Cinnamon Ice Cream		631	32.1	4.4	81.7	646
	Ghiradelli Brownie		533	28	5	68	108
	Brownie Hot Fudge Sundae		941	59	10	102	211
	Carrot Cake		795	50.4	8.4	81.4	727.6
	Cheesecake		240	10	11.3	26	297
	Hot Fudge Sundae		850	53.5	16.6	93.3	369
	Pierre's French Vanilla Ice Cream	2 scoops	263	18.5	2.7	28.6	67
	Pierre's Chocolate Ice Cream	2 scoops	272	17.5	4.9	24.7	48
	Pierre's Cinnamon Ice Cream	2 scoops	282	18.5	2.7	28.6	65
	Pierre's Mocha Almond Fudge Ice Cream	2 scoops	297	19.3	3.6	36.2	80
	Frozen Yogurt	2 scoops	190	6.7	4.8	28.5	71

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Thirst Quenchers	Apple Juice		133	0.3	0.2	33.2	9
	Café Mocha		111	1.9	3.5	22.5	73
	Cappuccino		43	1.6	2.9	4.3	43
	Cranberry Juice		161	0.3	0	40.8	6
	Evian French Spring Water		0	0	0	0	3
	Flavored Teas	Assorted	2	0	0	0.3	2

Fountain Drinks	Regular	174	0.1	0	44.2	17
Fountain Drinks	Diet	5	0	0.5	0.5	27
Fresh Squeezed Orange Juice	Small	114	0.5	1.8	26.5	3
Fresh Squeezed Orange Juice	Large	190	0.9	3	44.2	4
Freshly Brewed Ice Tea		4	0	0	1.1	11
Grapefruit Juice		130	0.3	1.6	31.5	6
Hand-dipped Milk Shakes and Malts		652	36.1	9.8	88.1	249
Hot Chocolate		102	1.1	3.1	22.4	148
IBC Root Beer	Regular	185	0	0	48.1	59
IBC Root Beer	Diet	5	0	0.5	0.5	27
Limeade		118	0.4	1.3	35.6	12
Milk 2 Percent	Small	127	4.9	8.5	12.2	127
Milk 2 Percent	Large	211	8.2	14.2	20.4	211
Milk Skim	Small	89	0.5	8.7	12.4	131
Milk Skim	Large	148	0.8	14.5	20.7	219
Root Beer Float		379	18.5	2.7	58.6	104
Snapple Lemonade		120	0	0	30	0
Tomato Juice		48	0.2	2.2	12	1024
Whole Bean Coffee		3	0	0.2	0.7	3

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Y. T.'s Anytime Breakfast	The Sunrise		797	50.6	27.6	57.3	969
	Killit Skillet		1349.9	94.4	53.8	72.5	2111.3
	Home Cooked Oatmeal		176	2.8	7.4	31	3

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
The Olde Standbys	#1		650	38	19.9	57.2	562
	#2		722	45.6	21.4	56.7	906
	#3		285	3	7.5	60	840
	#4		431	15.6	15.3	60.2	1247
	#5		292	4.6	10.8	53.2	522
	#6		373	15.8	17.5	41.3	731
	#7		871	56.5	48.7	40.5	1775
	#8		261	10.4	6.3	35.8	62

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Side Orders	Bacon	3 Slices	146	12.6	7.8	0.2	407
	Bagel	Dry	187	1.1	7.1	36.6	363
	Bagel	Buttered	255	8.8	7.2	36.3	441
	Blueberry Muffin		291	6.8	5.8	50.3	469
	Cheerios		67	1.1	2.6	11.8	184
	Corn Flakes		74	0	1.5	16.4	194
	Corned Beef Hash		302.8	20.4	13.4	16.2	1075
	Cream Cheese		59	5.9	1.3	0.5	50
	English Muffin	Dry	134	1	4.4	26.2	264
	English Muffin	Buttered	202	8.7	4.5	26.2	342
	Fruit Fest	Regular	119	0.9	1.8	29.7	18
	Fruit Fest	Jr.	60	0.5	0.9	15	9
	Fruit Filled Danish Pastry		335	16	4.8	45	333
	Half Grapefruit		37	0.1	0.7	9.5	0
	Ham		87	13.5	13.5	0	899
	Hash Browns		346	22.2	4.1	35.9	133
	Low-Fat Apple Cinnamon Muffin		337	0.7	6.5	77.1	634
	Low Fat Oatmeal Raisin Muffin		378	1	8.1	85.2	637
	Pita Toast	Dry	187	0.8	6.2	37.9	365
	Pita Toast	Buttered	255	8.5	6.3	37.9	443
	Raisin Bran		99	0.6	3.5	24.2	177
	Raisin Toast	Dry	130	2	0.3	25	195
	Raisin Toast	Buttered	198	9.7	3.1	25	273
	Rice Krispies		90	0.2	1.6	20	276
	Rye Toast	Dry	130	1.7	4.3	24.2	330
	Rye Toast	Buttered	197	9.3	4.3	24.2	408
	Sausage		251	21.2	13.4	0.7	879
	Sticky Buns		1271.5	65.1	11.4	171.4	852.8
	White Toast	Dry	180	3	4.5	32	240
	White Toast	Buttered	248	10.7	4.6	32	318
	Whole Wheat Toast	Dry	172	2.9	6.8	32.2	368
	Whole Wheat Toast	Buttered	240	10.6	6.9	32.2	446

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Miscellaneous	2 0/0 Low Fat Cottage Cheese		162	3.5	25	6.6	737

American Cheese	.5 Oz.	53	4.4	3.1	0.2	203
Artichoke Hearts	1 Serving	21	0.1	1.1	5	32
Bacon Bits	1 Oz.	81	4.1	12.2	0	770
Banana	1 Med.	104	0.5	1.2	26.7	1
Blue Cheese	1 Oz.	100	8.1	6.1	0.7	395
Blueberries	1/2 Cup	40.6	0.3	0.5	10.2	4
Cantaloupe	1/2 Melon	94	0.7	2.4	22.4	24
Cheddar Cheese	06 Oz.	68	5.6	4.2	0.2	105
Coleslaw	1 Serving	93	8.1	9.2	8.1	7
Egg Beater	1 Egg Equivalent	25	0	5	1	80
Egg Whites	1 Egg Equivalent	33	0	7	0.7	110
Honey Wheat Dinner Roll		106	0.8	3.7	21.8	216
Mozzarella Cheese	1 Oz.	79	4.8	7.8	0.9	149
Muenster Cheese	1.2 Oz.	124	10.2	8	0.4	213
Pineapple	2 Slices	22	0	0.2	5.8	<1
Ripe Olive	1 Large	12	1	0.1	0.9	136
Saltine Crackers	2 Crackers	26	0.7	0.6	4.3	78
Sauerkraut	1 Portion	10	0.1	0.5	2.8	337
Seedless Raisins	1 Oz.	85	0.1	0.9	22.3	3
Swiss Cheese	.7 Oz.	74	5.5	5.6	0.7	52
Tasty Light Ham	1 Portion	48	1.6	7.5	0	496
Turkey Breast	1 Portion	118	4.1	18.9	0	825
Whole Egg	1 Egg	75	5	6.3	0.6	63

Category	Description	Serving	Calories	Fat (g)	Protein (g)	Carb (g)	Sodium (mg)
Condiments	Apple Butter	1/2 Oz.	26	0.1	0	6.8	<1
	BBQ Sauce	1 Serving	19	0.5	0.5	3.3	208
	Blue Cheese Dressing	3 Oz.	428	44.4	4.1	6.3	929
	Brown Sugar	1 Oz.	107	0	0	27.6	11
	Butter	1 Serving	122	13.8	0.1	0	141
	Chocolate Syrup	1 Oz.	61	0.3	0.5	16.6	27
	Fat Free Catalina Dressing	3 Oz.	96	0	0	27	835
	Fat Free Italian Dressing	3 Oz.	27	0	0	6	450
	Hard Margarine	1 Serving	102	11.4	0.1	0.1	134
	Honey Mustard Dressing	3 Oz.	275	15.3	0.9	37.4	494
	Hot Fudge	1 Oz.	98	3.8	1.3	16.7	37
	Jelly	1 Oz.	77	0	0.1	20	10
	Ketchup	1 Oz.	30	0.1	0.4	7.7	336
	Maple Syrup	2 Oz.	149	0.1	0	38	5
	Mayonnaise	1 Serving	122	13.6	0.2	0.5	97
	Mrs. Butterworths	2 Oz.	168	0.9	0.2	41.9	56
	Prepared Horseradish	1 Oz.	11	0.1	0.4	2.7	27
	Prepared Mustard	1 Serving	13	0.8	0.8	1.1	213
	Ranch Dressing	3 Oz.	312	32.2	2.6	3.9	373
	Reduced Calorie Syrup	2 Oz.	93	0	0	25.2	113
	Soft Margarine	1 Serving	122	13.7	0.1	0	126
	Sour Cream	2 Oz.	121	11.9	1.8	2.4	30
	Sprinkles	1 Serving	109	0.1	0	28	13
	Sugar	1 Packet	55	0	0	14.1	<1
	Teriyaki	1 Oz.	24	0	1.7	4.5	1085
	Vinaigrette Dressing	3 Oz.	397	40.9	0.6	8.7	671