

MENU NUTRITIONAL INFORMATION

Each entrée is served with freshly baked cornbread.

	CALORIES	SAT. FAT	CARBS	SODIUM
Cornbread	170	2g	26g	410mg

TASTERS

Mozzarella Sticks	690	15g	53g	1290mg
Spinach & Artichoke Dip	600	14g	51g	840mg
Loaded Potato Skins	710	20g	51g	1080mg
Crispy Chicken Tenders	1000	18g	57g	3300mg
Crispy Green Beans	810	12g	74g	1840mg
Onion Rings	1150	13g	129g	1730mg
Appetizer Combo Platter	2180	38g	191g	5100mg

HOME-STYLE SOUPS & CHILI

CUP (6 oz.)

Hearty Vegetable	60	0g	12g	720mg
Creamy Potato Cheese	270	9g	23g	1090mg
Beef Barley	170	2.5g	17g	1150mg
Chicken Noodle	120	0g	19g	800mg
Chicken Tortilla	140	2.5g	14g	1370mg
Clam Chowder	240	7g	17g	1340mg
Navy Bean	190	1g	26g	890mg
Split Pea & Ham	290	2.5g	34g	1010mg
Turkey Creole	90	0g	8g	1180mg

BOWL (12 oz.)

Hearty Vegetable	90	0g	18g	1080mg
Creamy Potato Cheese	370	13g	32g	1510mg
Beef Barley	250	3.5g	25g	1730mg
Chicken Noodle	180	0g	29g	1210mg
Chicken Tortilla	220	3.5g	22g	2050mg
Clam Chowder	360	11g	25g	2020mg
Navy Bean	280	2g	40g	1330mg
Split Pea & Ham	430	3.5g	50g	1510mg
Turkey Creole	120	0g	11g	1640mg
Crock of French Onion Soup	710	20g	52g	2900mg

Callender's Famous

Chili & Cornbread	1220	21g	139g	2830mg
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PETITE SALADS

"Cabo San Lucas"

Chicken Caesar	770	9g	55g	1030mg
Gorgonzola, Pecan & Field Greens	430	8g	47g	520mg
with Chicken Breast (4 oz.)	580	10g	47g	890mg
Classic Cobb	440	9g	14g	870mg
Chicken Ginger-Sesame Salad	600	6g	66g	1600mg

CRISP SALADS

Dinner Salad	80	0g	13g	130mg
Spring Salad	220	1.5g	25g	150mg
Traditional Caesar Salad	500	7g	28g	1050mg
with Chicken Breast (4 oz.)	610	8g	28g	1420mg
Chicken Ginger-Sesame Salad	1070	11g	130g	2830mg
Marie's Classic Quiche & Salad Sampler	1310	43g	63g	1450mg
"Cabo San Lucas" Chicken Caesar Salad	990	14g	64g	1450mg
Gorgonzola, Pecan & Field Greens Salad	790	13g	88g	870mg
with Chicken Breast (4 oz.)	940	15g	88g	1240mg
Classic Cobb Salad	580	15g	19g	1310mg
Steamed Fresh Vegetable Platter	660	3.5g	123g	530mg
with Cheese	990	20g	120g	840mg
Trio Sampler	470	3.5g	42g	1230mg

FAMOUS POT PIES

	CALORIES	SAT. FAT	CARBS	SODIUM
Heartland Chicken Pot Pie	1370	36g	72g	2330mg

BEVERAGES

FOUNTAIN (16 oz.)

Pepsi	200	0g	50g	40mg
Diet Pepsi	0g	0g	0g	50mg
Mug Root Beer	230	0g	58g	80mg
Sierra Mist	200	0g	52g	50mg

LEMONADE (16 oz.)

Lemonade	200	0g	52g	120mg
Strawberry Lemonade	260	0g	66g	35mg
Arnold Palmer	100	0g	26g	60mg

OTHER (Small 8 oz., Large 16 oz.)

Small Orange Juice	110	0g	26g	15mg
Large Orange Juice	210	0g	49g	30mg
Small Apple Juice	120	0g	30g	25mg
Large Apple Juice	220	0g	56g	45mg
Small Grapefruit Juice	100	0g	24g	35mg
Large Grapefruit Juice	190	0g	45g	65mg
Small Pineapple Juice	140	0g	35g	0mg
Large Pineapple Juice	260	0g	66g	0mg
Small Tomato Juice	40	0g	10g	700mg
Large Tomato Juice	80	0g	19g	1320mg

BURGERS served with fries

Callender's Cheeseburger	1410	28g	85g	2400mg
Sub Chicken Breast (4 oz.)	1130	23g	68g	2630mg
Original Burger	1250	19g	84g	1840mg
Sub Chicken Breast (4 oz.)	1050	14g	84g	2070mg
Traditional Frisco Burger	1400	24g	95g	2040mg
Sub Chicken Breast (4 oz.)	1200	19g	95g	2270mg
The "Works" Frisco Burger	1810	36g	117g	3090mg
Sub Chicken Breast (4 oz.)	1600	31g	117g	3320mg

SANDWICHES served with fries

Spicy Chicken Sandwich				
Grilled Chicken	990	16g	84g	1800mg
Crispy Chicken	1090	18g	100g	2100mg
Roasted Turkey				
Croissant Club	1450	24g	95g	2230mg
Albacore Tuna Melt	1430	27g	99g	2140mg
Traditional Tuna on Honey Molasses Wheat	850	7g	97g	1130mg
Smoked Ham Stack	1250	21g	94g	2870mg
Meatloaf on Grilled Parmesan Sourdough	1250	23g	96g	1910mg
Classic French Dip	1000	13g	101g	3380mg
Souper Sandwich				
with Turkey	660	12g	45g	1160mg
with Ham Stack	630	12g	46g	1510mg
with Tuna	770	13g	46g	940mg
Spring Salad	220	1.5g	25g	250mg
Soup	varies	varies	varies	varies

KNIFE & FORK SANDWICHES served with fries.

Roasted Turkey	990	14g	103g	2210mg
Chili Patty Melt	1560	33g	109g	2350mg
Meatball Marinara	1270	25g	109g	1910mg
Home-Style Meatloaf	1090	18g	106g	1670mg
Slow-Roasted Pot Roast	900	14g	94g	1650mg

FROM THE GRILL

Pepper-Crusted Hand-Carved Tri-Tip	830	18g	36g	2460mg
Grilled Lemon Chicken	730	13g	41g	2480mg
St. Louis BBQ Ribs	1260	30g	58g	4110mg
Half Rack St. Louis Ribs	770	19g	39g	2290mg
Grilled Atlantic Salmon				
Lemon Pepper-Crusted	670	9g	33g	590mg
Cajun Seasoned	800	19g	33g	850mg
Skewer of Cajun Jumbo Shrimp	90	0g	0g	95mg
Crispy Jumbo Shrimp	290	4g	33g	870mg

PASTA PERFECTO!

Chicken & Broccoli Fettuccine	1480	50g	119g	1570mg
Double Shrimp Pasta	1490	43g	97g	1500mg
Home-Style Beef Stroganoff	880	15g	98g	1470mg
Spaghetti & Meatballs	1430	33g	129g	1830mg
Fettuccine Alfredo	1150	36g	111g	1030mg
Fettuccine Alfredo with Chicken	1410	39g	117g	1390mg
Fettuccine Alfredo with Shrimp	1300	38g	111g	1200mg
Callendini's Sampler	1370	36g	124g	1570mg

AMERICANA CLASSICS

Roasted Turkey Dinner	820	18g	74g	1980mg
Home-Style Meatloaf	510	13g	34g	770mg
Country-Fried Steak	970	18g	73g	1740mg
Braised & Slow-Roasted Pot Roast	660	15g	37g	1570mg
Callender's Fish & Chips	1200	16g	67g	1750mg
Artichoke & Mushroom Chicken	1030	34g	38g	1750mg
Country Cornbread Chicken Divan	1200	42g	44g	1940mg

Small Ocean Spray Cran-Raspberry	110	0g	28g	70mg
Large Ocean Spray Cran-Raspberry	210	0g	53g	130mg
Small Ocean Spray Cranberry Juice Cocktail	140	0g	35g	35mg
Large Ocean Spray Cranberry Juice Cocktail	260	0g	66g	70mg
Small Milk 2% (12 oz.)	210	5g	20g	200mg
Large Milk 2%	270	11g	27g	270mg
COFFEE & HOT CHOCOLATE (8 oz.)				
Hot Chocolate	120	1.5g	24g	105mg
Coffee	0	0g	0g	0mg
Decaf Coffee	0	0g	0g	0mg
ICED TEA (16 oz.)				
Freshly Brewed Lipton Iced Tea	0	0g	0g	0mg
Lipton Brisk Raspberry Iced Tea	180	0g	46g	100mg
Lipton Brisk "No Calorie" Green Iced Tea with Peach	0	0g	0g	120mg

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Marie Callender's Restaurant & Bakery® nutritional information is based on representative values from manufacturers, USDA and other established data bases and lab testing. Nutritional analysis was performed by Guardian Food Group. Recipes are the property of Perkins and Marie Callender's Inc. Some menu items may not be available in all restaurants. While ingredient information is based on standard product formulations, variation may occur due to difference in suppliers, ingredient substitutions, changes in recipe, product assembly at the restaurant level, the region of the country and the season of the year. Serving sizes may vary from the quantity upon which the analysis was conducted.