

Marie Callender's

Restaurant & Bakery

MENU NUTRITIONAL INFORMATION

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

BREAKFAST	CALORIES	SAT. FAT	CARBS	SODIUM
Freshly Baked Blueberry-Banana Loaf	545	8g	56g	480mg
THREE EGG OMELETTES (with hash browns)				
"Oh My" Omelette	1380	27g	94g	3380mg
BTA Omelette	1280	21g	99g	2520mg
Build Your Own with Cheese	980	19g	77g	2130mg
BUILD-A-BREAKFAST (with hash browns)				
Two Eggs, Any Style	680	7g	76g	1730mg
Grilled Ham & Eggs	850	9g	86g	2970mg
Bacon & Eggs	700	8g	76g	2010mg
Sausage & Eggs	870	13g	77g	2260mg
Turkey Sausage & Eggs	500	9g	26g	970mg
CLASSICS				
California Eggs Benedict with hash browns	1210	20g	126g	2500mg
Triple Egg Dare Ya	1670	27g	181g	3420mg
Marie's Magnificent Six with Bacon	750	16g	80g	930mg
Marie's Magnificent Six with Sausage	910	21g	81g	1190mg
Breakfast Croissant Sandwich	1244	27g	117g	2980mg
Loaded Veggie Omelette	570	15g	23g	540mg
Bacon Quiche with fresh fruit	990	41g	45g	900mg
SUNRISE SKILLETS				
Spinach & Mushroom	550	6g	54g	1120mg
The Big Country Smasher	1170	35g	40g	2420mg
Farmhouse	1100	25g	76g	2580mg
GRIDDLE GREATS				
Old-Fashioned French Toast	830	13g	123g	880mg
Buttermilk Pancake Stack	670	12g	92g	630mg
Pancake Platter w/bacon	890	17g	96g	1040mg
Pancake Platter w/sausage	1060	22g	96g	1310mg
Banana Cream Pie Pancakes	800	14g	118g	770mg
Banana Cream Pie Pancake Platter w/ bacon	940	18g	105g	1070mg
Banana Cream Pie Pancake Platter w/ sausage	1040	21g	106g	1190mg
French Toast Platter w/bacon	930	16g	113g	1280mg
French Toast Platter w/sausage	1100	22g	114g	790mg
Belgian Waffle	600	9g	99g	950mg
Belgian Waffle Platter w/bacon	820	14g	101g	1360mg
Belgian Waffle Platter w/sausage	980	19g	102g	1620mg
KID'S MENU				
Buttermilk Pancakes	600	10g	85g	490mg
French Toast	390	6g	6g	440mg
One Egg with Bacon	380	4.5g	38g	1010mg
One Egg with Sausage	470	7g	39g	1140mg
ON THE SIDE				
Two Pancakes (side choice)	570	10g	78g	490mg
Toasted English Muffin with Butter	200	4g	28g	280mg
Sourdough Toast with Butter	240	4g	34g	360mg
Wheat Toast with Butter	240	4g	34g	340mg
Rye Toast with Butter	280	4g	42g	680mg
White Toast with Butter	280	4g	42g	540mg
Hash Browns	540	3.5g	83g	1790mg
Club Sausage Links	360	11g	3g	800mg
Applewood Smoked Bacon	120	3g	0g	420mg
Side of Pancakes	490	6g	88g	720mg
Seasonal Fresh Fruit	120	0g	29g	15mg
One Egg, Any Style	70	1.5g	1g	65mg
Grilled Ham Steak	110	1.5g	1g	1050mg
Turkey Sausage Patties	180	4g	2g	380mg
Oatmeal	320	0g	59g	270mg

SUPER SALAD PLATTERS (Serves 8 to 10)	CALORIES	SAT. FAT	CARBS	SODIUM
Cobb Salad Platter	820	16g	71g	1940mg
Southwest Avocado Salad with Chicken	480	7g	36g	940mg
Southwest Avocado Salad with Shrimp	490	8g	36g	640mg
Honey Mustard Chicken Crunch	950	19g	54g	1730mg
ULTIMATE BREAKFAST PLATTERS (Serves 8 to 10)				
Breakfast Wraps	580	11g	48g	1470mg
Seasonal Fresh Fruit	200	0g	47g	35mg
American Breakfast Platter	920	29g	48g	1260mg
DELICIOUS ADDITIONS (Serves 6)				
Bacon Quiche	600	27g	21g	510mg
Ham Quiche	670	29g	21g	900mg
Vegetable Quiche	640	28g	24g	520mg
BANQUET LUNCH MENU (PER PERSON)				
Classic French Dip Sandwich with Fresh Coleslaw	810	11g	67g	3150mg
French Dip Supreme with Fresh Coleslaw	870	12g	70g	3020mg
Southwest Avocado Salad with Chicken	830	14g	52g	1720mg
Southwest Avocado Salad with Shrimp	750	13g	49g	1120mg
Classic Cobb Salad	620	15g	16g	1550mg
Shrimp Street Tacos	510	3g	49g	1040mg
Hot Open-Faced Turkey Sandwich	815	13g	91g	1837mg
Mini Chicken Pot Pie Combo	1270	27g	76g	1230mg
Honey Ginger Glazed Salmon	770	6g	67g	600mg
Chicken Broccoli Pasta Alfredo	1480	50g	119g	1570mg
Soup, Salad & Quiche	1130-1520	42-58g	69-90g	1160-2060mg
BANQUET DINNER MENU (PER PERSON)				
Appetizer Combo	1920	29g	184g	3970mg
Classic French Dip Sandwich with Fresh Coleslaw	810	11g	67g	3150mg
Heartland Chicken Pot Pie	1140	24g	68g	1020mg
Chicken Broccoli Pasta Alfredo	1090	17g	98g	2030mg
Beef Stroganoff	870	14g	99g	1680mg
Home-Style Meatloaf	610	15g	64g	870mg
Roasted Turkey Dinner	730	17g	65g	1840mg
Pot Roast Dinner	740	17g	39g	1430mg
Honey Ginger Glazed Salmon	570	8g	29g	450mg
Shrimp & Chicken Carbonara	1140	15g	93g	1660mg
BEVERAGES				
FOUNTAIN				
Coca Cola	220	0g	54g	60mg
Diet Coke	0	0g	0g	50mg
Coke Zero	0	0g	0g	60mg
Sprite	210	0g	52g	90mg
Barq's Root Beer	220	0g	54g	90mg
PibbXtra	200	0g	52g	60mg
Fuze Raspberry	120	0g	32g	15mg
Fanta Orange	220	0g	56g	60mg
JUICE, MILK & LEMONADE				
Small Orange Juice	110	0g	26g	15mg
Large Orange Juice	210	0g	49g	30mg
Small Apple Juice	110	0g	28g	5mg
Large Apple Juice	210	0g	52g	10mg
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
Small Cranberry Juice	140	0g	35g	35mg
Large Cranberry Juice	260	0g	66g	70mg
Small 2% Milk	160	5g	13g	130mg
Large 2% Milk	270	7g	27g	270mg
Lemonade	200	0g	52g	120mg
Sugar Free Lemonade	10	0g	2g	130mg
Strawberry Lemonade	260	0g	66g	35mg
Peach Lemonade	200	0g	50g	0mg
Watermelon Lemonade	200	0g	51g	0mg
Arnold Palmer	100	0g	26g	0mg
COFFEE & TEA				
Hot Chocolate	120	1.5g	24g	105mg
Coffee	0	0g	0g	0mg
Decaf Coffee	0	0g	0g	0mg
Freshly Brewed Gold Peak Iced Tea	0	0g	0g	0mg
Freshly Brewed Gold Peak Passion Fruit Mango Iced Tea	0	0g	0g	0mg

KID'S	CALORIES	SAT. FAT	CARBS	SODIUM
Coca Cola	160	0g	41g	45mg
Diet Coke	0	0g	0g	35mg
Coke Zero	0	0g	0g	45mg
Sprite	160	0g	39g	65mg
Barq's Root Beer	160	0g	41g	65mg
PibbXtra	150	0g	39g	45mg
Fuze Raspberry	120	0g	32g	15mg
Fanta Orange	170	0g	42g	45mg
Orange Juice	160	0g	37g	5mg
Apple Juice	160	0g	40g	5mg
Grapefruit Juice	140	0g	34g	50mg
Pineapple Juice	200	0g	50g	0mg
Tomato Juice	60	0g	14g	990mg
Cranberry Juice	200	0g	50g	50mg
Fat Free Milk	140	0g	21g	200mg
2% Milk	210	5g	20g	200mg
Milk	230	8g	18g	180mg
Lemonade	150	0g	39g	0mg
Strawberry Lemonade	200	0g	50g	30mg
ALCOHOLIC BEVERAGES				
WINE - 7oz GLASSES				
Sutter Home, White Zinfandel	150	0g	11g	0mg
Blackstone, Merlot	161	0g	0g	0g
Chateau Ste. Michelle, Riesling	168	0g	0g	0g
Cupcake Vineyards, Sauvignon Blanc	180	0g	7g	0g
Dark Horse, Cabernet Sauvignon	170	0g	6g	0mg
Dark Horse, Chardonnay	130	0g	2g	0mg
Ecco Domani, Pinot Grigio	168	0g	21g	0mg
Edna Valley Vineyard, Rosé	168	0g	6g	16mg
J. Lohr, Cabernet Sauvignon	161	0g	28g	70mg
Kendall-Jackson, Chardonnay	133	0g	35g	35mg
La Marca, Prosecco	140	0g	3g	0mg
Mark West, Pinot Noir	168	0g	7g	0mg
BEER- 12oz BOTTLES				
Ballast Point, Sculptin IPA	240	0g	20g	0mg
Bud Light	108	0g	8g	12mg
Budweiser	144	0g	12g	0mg
Coors Light	96	0g	12g	0mg
Corona Extra	144	0g	13g	0mg
Heineken	132	0g	12g	9mg
Lagunitas, A Little Sumpin' Sumpin'	275	0g	39g	0mg
Miller Lite	96	0g	3g	5mg
Samuel Adams Boston Lager	180	0g	18g	0mg
Sierra Nevada Pale Ale	175	0g	14g	0g
COCKTAILS				
Bloody Mary	160	0g	17g	1422mg
Coconut Pineapple Mojito	182	0g	28g	11mg
Cosmopolitan	218	0g	8g	0mg
House Lemonade	193	0g	27g	9mg
House Margarita	281	0g	51g	105mg
Lemon Drop Martini	173	0g	8g	12mg
Mai Tai	400	0g	56g	11mg
Pina Colada	465	0g	92g	168mg
Razzletini	223	0g	10g	0mg
Strawberry Daiquiri	408	0g	76g	5mg
Strawberry House Margarita	328	0g	63g	110mg
Tropical Hurricane	342	0g	58g	50mg
Ultimate Long Island Iced Tea	287	0g	30g	19mg
Ultimate Margarita	314	0g	60g	105mg
Watermelon Margarita	233	0g	29g	4mg

Signature drinks or liqueurs with added ingredients may increase caloric content.

Note: Entrées and offerings may vary by restaurant.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

LUNCH & DINNER MENU	CALORIES	SAT. FAT	CARBS	SODIUM
Cornbread	340	8g	33g	540mg
APPETIZERS				
Mozzarella Sticks	690	15g	53g	1290mg
Crispy Chicken Tenders	870	14g	72g	2610mg
Crispy Green Beans	810	12g	74g	1840mg
Fresh Avocado & Shrimp Stack	590	3g	53g	400mg
Cheesy Spinach and Artichoke Dip	570	15g	46g	920mg
Loaded Tots	1330	29g	110g	3720mg
Appetizer Combo Platter	1920	29g	184g	3970g
HOME-STYLE SOUPS & CHILI - CUP (6oz)				
Hearty Vegetable	70	0g	16g	820mg
Creamy Potato Cheese	400	14g	32g	980mg
Chicken Tortilla	140	2.5g	14g	1370mg
Clam Chowder	240	7g	17g	1340mg
BOWL (12oz)				
Hearty Vegetable	110	1.5g	24g	1230mg
Creamy Potato Cheese	590	22g	49g	1480mg
Chicken Tortilla	220	3.5g	22g	2050mg
Clam Chowder	360	11g	25g	2020mg
Callender's Famous Chili & Cornbread	1109	17g	127g	2404mg
GARDEN SALADS				
Dinner Salad (no dressing)	130	2.5g	12g	190mg
Honey Mustard Chicken Crunch	950	19g	54g	1730mg
Soup, Salad & Quiche	1130-1520	42-58g	69-90g	1160-2060mg
Southwest Avocado Salad with Chicken	830	14g	52g	1720mg
Southwest Avocado Salad with Shrimp	760	13g	49g	1120mg
Classic Cobb Salad	625-910	15-25g	16-26g	1550-1940mg
FAMOUS POT PIES				
Heartland Chicken Pot Pie	1140	24g	68g	1020mg
Mini Chicken Pot Pie Combo (with salad, does not include pie)	970	23g	65g	1200mg
BURGERS & SANDWICHES SIDE CHOICES				
Fries	380	4.5g	45g	430mg
Onion Rings	710	7g	84g	1020mg
Fresh Fruit	60	0g	14g	5mg
Almond Coleslaw	190	3g	11g	220mg
Crispy Tots	330	5g	33g	700mg
BURGERS (no side choice included)				
Callender's Cheeseburger	1070	24g	41g	1930mg
Sub Chicken Breast (4oz)	910	19g	41g	2440mg
Original Burger	910	16g	39g	1370mg
Sub Chicken Breast (4oz)	760	11g	39g	1880mg
Traditional Frisco Burger	1070	21g	50g	1610mg
Sub Chicken Breast (4oz)	910	16g	50g	2090mg
The "Works" Frisco Burger	1460	33g	72g	2670mg
Sub Chicken Breast (4oz)	1310	28g	72g	3140mg
Breakfast Burger	1040	21g	50g	1470mg
SANDWICHES (no side choice included)				
Roasted Turkey Croissant Club	1070	20g	50g	1800mg
Albacore Tuna Melt	1050	23g	55g	1700mg
Meatloaf on Grilled Parmesan Sourdough	870	19g	51g	1480mg
Classic French Dip	620	9g	56g	2940mg
French Dip Supreme	730	12g	60g	3410mg
Grilled Ham Stack	880	16g	52g	2780mg
Hot Open-Faced Turkey Sandwich	815	13g	91g	1837mg
Veggie Tacos	460	8g	5g	985mg
Shrimp Street Tacos	510	3g	49g	1040mg
SAVORY SKILLETS				
Thai Shrimp	730	4.5g	52g	2780mg
Spicy Beef & Chicken	790	11g	27g	2420mg
Kickin' Chicken Bacon Broccoli	720	13g	40g	2460mg

COMFORT CLASSICS	CALORIES	SAT. FAT	CARBS	SODIUM
Roasted Turkey Dinner	730	17g	65g	1840mg
Marie's Meatloaf	610	15g	64g	870mg
Beef Stroganoff	870	14g	99g	1670mg
Braised and Slow - Roasted Pot Roast	740	17g	39g	1430mg
Chicken & Broccoli Fettuccine	1090	17g	98g	2030mg
Shrimp & Chicken Carbonara	1140	15g	93g	1660mg
Honey Ginger Glazed Salmon	570	8g	29g	540mg
Top Sirloin & Shrimp	830	20g	29g	1040mg
Crispy Fish & Shrimp Platter	1700	20g	143g	2950mg
Add a skewer of Grilled Shrimp	90	0g	0g	120mg
Add Crispy Golden Shrimp	530	7g	54g	1200mg
LUNCH COMBOS				
1/2 Turkey Croissant Club	570	10g	27g	910mg
1/2 Classic French Dip	310	4.5g	28g	1470mg
1/2 Meatloaf on Parmesan Sourdough	480	10g	27g	1350mg
1/2 Albacore Tuna Melt	480	11g	27g	780mg
1/2 Turkey Bacon Avocado	470	3.5g	45g	980mg
1/2 Grilled Ham Stack	630	8g	26g	137mg
Southwest Avocado with Chicken side salad	450	8g	25g	860mg
Classic Cobb side salad	320	7g	9g	870mg
Honey Mustard Chicken Crunch side salad	380	7g	21g	630mg
KID'S MENU				
Slider Burgers	840	11g	81g	1660mg
With Cheese	900	14g	82g	2000mg
Golden Chicken Strips	710	10g	49g	1540mg
Macaroni & Cheese	660	13g	70g	1240mg
Penne Pasta with Alfredo Sauce	880	37g	53g	1100mg
Penne Pasta with Marinara Sauce	550	12g	58g	1360mg
Grilled Cheese	760	21g	67g	1830mg
Fresh Fruit Sub	60	0g	14g	5mg
PIES BY THE SLICE				
Lemon Meringue	550	8g	85g	310mg
Chocolate Cream	630	17g	73g	410mg
Banana Cream	570	16g	63g	320mg
Coconut Cream	650	20g	72g	460mg
German Chocolate	690	19g	77g	430mg
Double Cream Lemon	520	12g	68g	310mg
Double Cream Blueberry	650	20g	75g	360mg
Apple	630	17g	66g	10mg
Cherry	680	19g	78g	340mg
French Apple	570	12g	78g	220mg
Sour Cream Apple (Seasonal)	680	16g	84g	270mg
Rhubarb	660	16g	77g	310mg
Peach	550	12g	65g	600mg
Razzleberry®	650	17g	71g	10mg
Pumpkin	530	11g	70g	480mg
Custard	440	12g	38g	210mg
Pecan (Seasonal)	920	14g	101g	380mg
Chocolate Satin	690	24g	65g	390mg
Kahlúa Cream Cheese	670	20g	76g	380mg
Key Lime	560	14g	75g	375mg
Lemon Cream Cheese	610	15g	75g	480mg
Cream Cheese	620	20g	63g	440mg
Scoop of French Vanilla Ice Cream	260	8g	29g	85mg
"NO SUGAR ADDED"				
Apple	510	17g	46g	230mg
Razzleberry®	510	15g	48g	10mg
SEASONAL FRESH FRUIT PIES				
Fresh Strawberry	470	10g	60g	160mg
Fresh Peach	480	10g	62g	160mg
Fresh Berry	450	10g	58g	150mg

CHEESECAKES by the slice	CALORIES	SAT. FAT	CARBS	SODIUM
Traditional New York - Style Cheesecake	810	34g	56g	580mg
Caramel Apple New York Cheesecake	990	34g	101g	680mg
ADDITIONAL TOPPING				
Cherry Fruit Topping	160	0g	39g	125mg
Strawberry Fruit Topping	80	0g	19g	35mg
Apple Fruit Topping	140	0g	36g	70mg
Blueberry Fruit Topping	160	0g	40g	170mg
BAKERY ITEMS				
Double-Fudge Walnut Brownie	580	8g	91g	360mg
Chocolate Chunk Cookie	330	9g	39g	220mg
Oatmeal Crunch Cookie	300	7g	44g	230mg
Zesty Lemon Muffin	620	9g	61g	550mg
Apple Streusel Muffin	720	11g	82g	590mg
Blueberry Streusel Muffin	610	8g	60g	560mg
Banana Nut Muffin	640	7g	54g	530mg
Coconut Pineapple Muffin	560	10g	50g	500mg
Triple Chocolate Muffin	740	11g	79g	580mg
Pumpkin Spice Muffin (Seasonal)	570	8g	61g	490mg
Strawberry Muffin (Seasonal)	670	10g	63g	640mg
Cornbread Round	430	7g	54g	850mg
Blueberry-Banana Loaf	1090	15g	112g	960mg
Whipped Cream Side (1 pint)	1500	96g	64g	160mg
Fresh Strawberry Glaze (1 pint)	850	0g	212g	470mg
Scoop of French Vanilla Ice Cream	260	8g	29g	85mg
QUICHE (6 servings per whole quiche)				
Bacon Quiche	680	30g	21g	685mg
Ham Quiche	670	29g	21g	900mg
Vegetable Quiche	640	28g	24g	520mg
SOUP TUREEN (32oz)				
Hearty Vegetable	60	0g	11g	680mg
Creamy Potato Cheese	260	23g	34g	890mg
Chicken Tortilla	140	2g	14g	1290mg
Clam Chowder	230	7g	16g	1270mg
PARTY PLATTERS				
BIG, BOXED LUNCHES (not including pie choice)		Individual servings		
Turkey Croissant Sandwich	850	12g	91g	1860mg
Tuna Croissant Sandwich	880	14g	93g	1400mg
Ham Croissant Sandwich	880	14g	91g	2760mg
Roast Beef on a Baguette	810	5g	100g	1980mg
CROISSANT SANDWICH PLATTERS (Serves 8 to 10)				
An Assortment of Turkey, Ham & Roasted Beef on Croissant	570	12g	32g	1230mg
CLASSIC FAMILY MEALS (serves 4 to 6)				
Fresh Roasted Turkey Dinner	1230	27g	123g	2810mg
Home-Style Meatloaf Dinner	950	21g	86g	1640mg
Chicken and Broccoli Pasta	2020	58g	186g	3100mg
Pot Roast Dinner	1315	28g	96g	2553mg
Beef Stroganoff	970	15g	109g	1820mg
Add on Caesar Salad	120	1.5g	7g	270mg
TACO PLATTERS (Serves 4 to 6)				
Shrimp Street Tacos	530	7g	44g	660mg
SUPREME STARTER PLATTERS (Serves 8 to 10)				
Appetizer Combo	580	9g	51g	1420mg
Crispy Chicken Tenders	550	9g	44g	1920mg
Chili, Cheese & Chips	790	12g	85g	940mg
Seasonal Vegetable Platter	190	5g	14g	420mg
HOME-STYLE SOUPS & CHILI (*64 oz portion - Serves 4 to 6)				
Hearty Vegetable	70	0g	16g	820mg
Creamy Potato Cheese	370	14g	31g	930mg
Chicken Tortilla	140	2g	14g	1290mg
Clam Chowder	170	4.5g	14g	490mg
Callender's Famous Chili & Cornbread	630	8g	74g	1520mg