

The Shoney's logo, featuring the word "SHONEY'S" in a stylized, red, serif font with a registered trademark symbol.The Shoney's logo, featuring the word "SHONEY'S" in a stylized, red, serif font with a registered trademark symbol.

NUTRITION ANALYSIS

Shoney's® engaged an independent third party consultant, MenuTrinfo, LLC, to provide nutrition analysis of Shoney's restaurants' standard menu and buffet items, using the ingredients identified in Shoney's current recipes, to use in Shoney's menu and buffet labeling.

The nutrition information prepared by MenuTrinfo, LLC is based on standard serving sizes and current recipes prepared with specified ingredients. The nutrition data is based on representative values from the USDA Nutrient Database for Standard Reference and information from ingredient and product suppliers.

NUTRITION VALUES ARE REASONABLE ESTIMATES ONLY. SHONEY'S DISCLAIMS ANY AND ALL WARRANTIES AND REPRESENTATIONS REGARDING THE ACCURACY OR RELIABILITY OF NUTRITION VALUES IN THE NUTRITION INFORMATION.

The actual nutrition values of menu and buffet items may vary significantly from the nutrition information provided due to the handcrafted nature of those items and/or due to seasonal influences on the ingredients. Additionally, we may change our recipes and preparation methods, substitute ingredients and change suppliers, as may be necessary from time to time, which may alter the nutrition values and may not be reflected in the nutritional information.

Shoney's franchisees may prepare and offer local menu and buffet items which use recipes and ingredients that have different nutrition values than those MenuTrinfo, LLC used in preparing nutrition information. The nutrition information prepared by MenuTrinfo and on this website is not intended for use with those items. Those franchisees may provide nutrition data for those local items they may serve.

Allergen information has been provided by MenuTrinfo to help give our guests the tools to make an informed food decision, based on information obtained from ingredient and product suppliers. Additionally, we may change our recipes and preparation methods, substitute ingredients and change suppliers, as may be necessary from time to time, which may alter the allergen information and may not be reflected in the allergen chart.

NUTRITION INFORMATION - MENU

Beverages	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Potential Food Allergies											
															Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat				
2% Milk	210	70	8	5	0	0.5	4.5	35	200	600	20	0	22	14			X									
Apple Juice	190	0	0	0	0	0	0	0	35	0	49	0	45	0												
Apple Juice - Kids	110	0	0	0	0	0	0	0	20	0	28	0	26	0												
Barq's Root Beer	190	0	0	0	0	0	0	0	80	0	53	0	52	0												
Cappuccino	150	70	8	4.5	0	0.5	2	25	110	360	12	0	13	8			X									
Coca-Cola	170	0	0	0	0	0	0	0	55	0	47	0	47	0												
Coffee (Decaf)	0	0	0	0	0	0	0	0	0	130	0	0	0	0												
Coffee (Regular)	0	0	0	0	0	0	0	0	0	115	0	0	0	0												
Coke Float	360	110	13	8	0	0	0	55	105	200	61	0	60	5	X		X									
Diet Coke	0	0	0	0	0	0	0	0	50	0	0	0	0	0												
Espresso	0	0	0	0	0	0	0	0	10	70	0	0	0	0												
Hi-C Fruit Punch	180	0	0	0	0	0	0	0	15	0	49	0	49	0												
Hot Chocolate	180	90	10	9	0	0	0	0	190	0	21	0	17	0			X				X	X	X			
Hot Tea	0	0	0	0	0	0	0	0	10	150	1	0	0	0												
Iced Tea	0	0	0	0	0	0	0	0	10	150	1	0	0	0												
Latte	190	90	10	6	0	0.5	2.5	30	135	440	15	0	16	10			X									
Lemonade	190	0	0	0	0	0	0	0	25	0	51	0	49	0												
Mello Yellow	200	0	0	0	0	0	0	0	55	0	55	0	55	0												
Mocha	200	60	6	3.5	0	0	1.5	20	95	280	30	0	27	7			X									
Orange Juice	190	0	0	0	0	0	0	0	25	790	47	0	42	3												
Orange Juice - Kids	110	0	0	0	0	0	0	0	15	450	27	0	24	2												
Pibb Xtra	160	0	0	0	0	0	0	0	45	0	46	0	46	0												
Raspberry Flavored Iced Tea	100	0	0	0	0	0	0	0	15	170	27	0	24	0				X					X			
Sprite	170	0	0	0	0	0	0	0	40	0	44	0	39	0												
Strawberry Lemonade	170	0	0	0	0	0	0	0	35	105	44	2	41	1	X		X				X	X	X			
Sweet Tea	420	0	0	0	0	0	0	0	10	130	110	0	109	0												
White Peach Flavored Iced Tea	110	0	0	0	0	0	0	0	15	170	28	0	25	0				X					X			
Mango Smoothie	100	0	0	0	0	0	0	0	40	5	27	0	26	0												
Pomegranate Berry Smoothie	100	0	0	0	0	0	0	0	20	5	25	0	24	0												
Strawberry Banana Smoothie	100	0	0	0	0	0	0	0	20	5	25	0	23	0												

Desserts	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Potential Food Allergies											
															Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat				
Banana Split Sundae	550	160	18	12	0	0	0	55	180	440	92	2	68	6	X		X				X	X	X			
Christy's Apple Crisp	750	320	36	12	0	0	0	35	190	100	85	3	55	7	X		X				X	X	X			
Hot Fudge Cake	620	210	24	15	0	0	0	55	450	120	92	2	72	6	X		X	X			X	X	X			
Ice Cream Sundae - Hot Fudge	490	190	22	16	0	0	0	55	135	200	65	0	57	5	X		X						X			
Ice Cream Sundae - Strawberry	310	120	14	9	0	0	0	55	85	280	40	0	38	5	X		X				X	X	X			
Iron Skillet Cookie	810	340	39	20	0	0	0	70	540	100	109	3	70	10	X		X	X			X	X	X			
Strawberry Cake - 1 Slice	380	130	15	7	0	0	0	40	310	200	55	0	39	4	X		X	X			X	X	X			
Mini Strawberry Pie - 1 Each	350	140	16	6	0	0	0	15	220	115	50	2	18	4	X		X	X			X	X	X			
Strawberry Pie - 1 Slice	280	100	11	5.0	0	0	0	0	170	130	42	2	24	2	X		X	X			X	X	X			
Strawberry Pie - Whole	2110	740	84	34	2.0	1.0	0	0	1360	950	326	15	184	19	X		X	X			X	X	X			

Sandwiches	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Potential Food Allergies											
															Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat				
Fish Sandwich (No Fries)	1230	570	64	10	1.0	22	9	75	2990	290	120	12	6	42	X	X	X									X
Grilled Chicken Sandwich - Blackened (No Fries)	620	290	32	5.0	0	3.0	10	100	1540	150	44	2	8	15	X											X
Grilled Chicken Sandwich - Original (No Fries)	610	290	32	5.0	0	3.0	10	100	1920	135	43	2	9	15	X											X
Patty Melt (No Fries)	770	370	42	18	1.5	2.0	12	145	2520	460	53	0	4	43			X	X			X	X	X			
Philly Steak And Cheese Sandwich	640	310	35	11	0	1.5	10	70	2590	35	49	2	2	33			X	X			X	X	X			
Substitute Chicken Breast	290	160	18	3.0	0	1.5	10	90	1290	5	0	0	0	9												
Slim Jim (No Fries)	720	290	33	8	0	1.5	10	90	3230	130	61	3	14	42	X		X									X
Spicy Chicken Sandwich (No Fries)	1060	660	75	16	1.0	19	26	115	1390	85	60	3	11	17	X		X				X					X
Turkey Club Sandwich (No Fries)	1070	480	55	17	0	0	0	150	3460	160	80	0	9	67	X	X	X	X			X	X	X			X



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NUTRITION INFORMATION - MENU

Salads	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Potential Food Allergies								
															Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	
Caesar Salad (No Protein Or Salad Dressing)	310	160	19	4.0	0	0	0	40	1180	420	34	4	4	10	X	X	X				X	X	
Garden Salad (No Protein Or Salad Dressing)	270	100	11	4.5	0	0	0	25	500	670	35	5	8	13	X		X				X	X	X
Cobb Salad (No Protein Or Salad Dressing)	520	310	35	16	0	1.5	3.0	365	1080	700	20	5	8	33	X		X				X		
Add Beef Patty	290	170	19	7	1	0.5	9	95	1090	380	0	0	0	28									
Add Chicken	290	160	18	3.0	0	1.5	10	90	1290	5	0	0	0	9									
Add Grilled Shrimp	220	130	15	2	0	1.5	10	185	420	10	0	0	0	20	X	X	X		X	X	X	X	X
Add Salmon	440	290	33	6	0	8	17	100	630	600	0	0	0	35	X	X	X				X	X	X
Add Steak	250	150	17	3.0	0	1.5	10	35	640	0	1	0	0	20									

Entrées	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Potential Food Allergies									
															Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat		
Blackened Chicken Entree	780	260	30	4.5	0	2.5	17	90	2050	420	88	5	4	19			X				X		X	
Chicken w/ Cucumber Cranberry Relish - Blackened	760	190	22	3	0	1.5	10	90	1270	600	103	8	16	20										
Chicken w/ Cucumber Cranberry Relish - Original	760	190	22	3	0	1.5	10	90	1660	580	102	8	16	20										
Baked Spaghetti	1210	450	51	13	1.0	1.5	12	60	1930	0	139	9	15	43	X		X	X			X	X	X	
Add Chicken Strips	850	420	47	8	1	22	10	105	1670	10	64	1	2	17										X
Country Fried Steak Dinner (No Sides)	720	500	56	17	3.0	13	5	65	1950	0	36	1	0	17	X		X				X		X	
Fish 'N Chips Platter	1720	970	110	19	2.0	41	18	95	4460	950	136	15	11	46	X	X	X				X		X	
Grilled Chicken Entree	780	260	30	4.5	0	2.5	17	90	2440	400	88	4	4	19			X				X		X	
Grilled White Fish with Rice Pilaf (No Sides)	620	160	18	2.5	0	3.5	10	75	1650	430	82	2	2	31		X	X				X		X	
Grilled Wild-Caught Pacific Salmon	930	390	44	7	0	9	24	100	1780	1020	89	5	4	45	X	X	X				X	X	X	
High Range Ribeye (No Sides)	960	730	82	27	5	3.5	32	170	1300	560	3	0	0	51			X	X			X	X	X	
8-Oz. Steakhouse Sirloin (No Sides)	700	490	55	10	2.0	3.0	20	65	1650	0	3	0	0	40			X				X		X	
Half O'pound (HOP) Dinner (No Sides)	400	230	26	10	1.5	1.0	12	130	630	520	2	0	0	37			X				X			
Hand-breaded Chicken Strips Dinner w/ Fries (No Sauces)	1840	950	107	20	2.5	49	21	175	4120	540	143	5	4	31	X		X				X		X	
Add BBQ Sauce	60	0	0	0	0	0	0	0	420	0	15	0	14	0										
Add Honey Mustard	190	170	19	3.0	0	0	0	15	330	0	6	0	6	0	X									
Add Ranch Dressing	150	150	17	2.5	0	0	0	10	300	0	1	0	0	0	X		X							
Pile O' Shrimp Platter	1280	660	74	14	1.5	29	12	120	3350	710	128	8	28	27	X		X		X	X	X		X	
Shrimp & Grits	740	410	47	11	3.5	1.5	10	230	1570	20	50	2	2	31	X	X	X		X	X			X	
Sweet Heat Salmon	940	390	44	7	0	9	24	100	1910	620	93	2	14	42	X	X	X				X	X	X	
Grilled Lemon Pepper Chicken	790	270	31	4.5	0	2.5	17	90	2050	430	90	5	5	19			X				X		X	

Dressings, Sauces & Gravies	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Potential Food Allergies								
															Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	
Au Jus	5	0	0	0	0	0	0	0	160	0	1	0	0	0							X		X
BBQ Sauce - 2 fl oz	80	0	0	0	0	0	0	0	560	0	20	0	18	0									
Caesar Dressing	120	90	10	2	0	0	0	30	720	0	8	0	2	2	X	X	X						
Cheese Sauce - 4 fl oz	100	45	5	1.5	1.5	0	0	10	760	130	14	0	5	2			X						
Honey Mustard - 2 fl oz	260	230	26	4.0	0	0	0	20	440	0	8	0	8	0	X								
Ranch Dressing - 2 fl oz	200	190	22	3.0	0	0	0	10	400	0	2	0	0	0	X		X						
Roast Beef Gravy - 4 fl oz	50	10	1.5	0	0	0	0	0	660	0	8	0	0	0			X				X		X
Sausage Gravy - 4 fl oz	110	60	7	2.0	2.0	0	0	5	570	0	10	0	0	2	X		X				X		X
Spicy Mayo - 2 fl oz	360	350	39	5	0	0	0	35	450	0	0	0	0	0	X								
Spicy Ranch Dressing - 2 fl oz	180	150	17	2.5	0	0	0	10	3120	110	6	1	0	1	X		X						
Spicy Ranch Sauce - 2 fl oz	160	160	18	2.5	0	0	0	10	660	0	2	0	0	0	X		X						
White Gravy - 4 fl oz	80	40	4.5	1.0	2.5	0	0	0	530	0	10	0	0	0	X		X				X		X



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NUTRITION INFORMATION - MENU

Salads	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Potential Food Allergies									
															Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat		
Caesar Salad (No Protein Or Salad Dressing)	310	160	19	4.0	0	0	0	40	1180	420	34	4	4	10	X	X	X					X	X	
Garden Salad (No Protein Or Salad Dressing)	270	100	11	4.5	0	0	0	25	500	670	35	5	8	13	X		X					X	X	X
Cobb Salad (No Protein Or Salad Dressing)	520	310	35	16	0	1.5	3.0	365	1080	700	20	5	8	33	X		X					X		
Add Beef Patty	290	170	19	7	1	0.5	9	95	1090	380	0	0	0	28										
Add Chicken	290	160	18	3.0	0	1.5	10	90	1290	5	0	0	0	9										
Add Grilled Shrimp	220	130	15	2	0	1.5	10	185	420	10	0	0	0	20	X	X	X			X	X	X	X	X
Add Salmon	440	290	33	6	0	8	17	100	630	600	0	0	0	35	X	X	X				X	X	X	X
Add Steak	250	150	17	3.0	0	1.5	10	35	640	0	1	0	0	20										

Entrées	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Potential Food Allergies										
															Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat			
Blackened Chicken Entree	780	260	30	4.5	0	2.5	17	90	2050	420	88	5	4	19			X				X			X	
Chicken w/ Cucumber Cranberry Relish - Blackened	760	190	22	3	0	1.5	10	90	1270	600	103	8	16	20											
Chicken w/ Cucumber Cranberry Relish - Original	760	190	22	3	0	1.5	10	90	1660	580	102	8	16	20											
Baked Spaghetti	1210	450	51	13	1.0	1.5	12	60	1930	0	139	9	15	43	X		X	X			X	X	X	X	
Add Chicken Strips	850	420	47	8	1	22	10	105	1670	10	64	1	2	17										X	
Country Fried Steak Dinner (No Sides)	720	500	56	17	3.0	13	5	65	1950	0	36	1	0	17	X		X				X			X	
Fish 'N Chips Platter	1720	970	110	19	2.0	41	18	95	4460	950	136	15	11	46	X	X	X				X			X	
Grilled Chicken Entree	780	260	30	4.5	0	2.5	17	90	2440	400	88	4	4	19			X				X			X	
Grilled White Fish with Rice Pilaf (No Sides)	620	160	18	2.5	0	3.5	10	75	1650	430	82	2	2	31		X	X				X			X	
Grilled Wild-Caught Pacific Salmon	930	390	44	7	0	9	24	100	1780	1020	89	5	4	45	X	X	X				X	X	X	X	
High Range Ribeye (No Sides)	960	730	82	27	5	3.5	32	170	1300	560	3	0	0	51			X	X			X	X	X	X	
8-Oz. Steakhouse Sirloin (No Sides)	700	490	55	10	2.0	3.0	20	65	1650	0	3	0	0	40			X				X			X	
Half O'pound (HOP) Dinner (No Sides)	400	230	26	10	1.5	1.0	12	130	630	520	2	0	0	37			X				X			X	
Hand-breaded Chicken Strips Dinner w/ Fries (No Sauces)	1840	950	107	20	2.5	49	21	175	4120	540	143	5	4	31	X		X				X			X	
Add BBQ Sauce	60	0	0	0	0	0	0	0	420	0	15	0	14	0											
Add Honey Mustard	190	170	19	3.0	0	0	0	15	330	0	6	0	6	0	X										
Add Ranch Dressing	150	150	17	2.5	0	0	0	10	300	0	1	0	0	0	X		X								
Pile O' Shrimp Platter	1280	660	74	14	1.5	29	12	120	3350	710	128	8	28	27	X		X		X	X	X	X		X	
Shrimp & Grits	740	410	47	11	3.5	1.5	10	230	1570	20	50	2	2	31	X	X	X		X	X	X			X	
Sweet Heat Salmon	940	390	44	7	0	9	24	100	1910	620	93	2	14	42	X	X	X				X	X	X	X	
Grilled Lemon Pepper Chicken	790	270	31	4.5	0	2.5	17	90	2050	430	90	5	5	19			X				X			X	

Dressings, Sauces & Gravies	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Potential Food Allergies										
															Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat			
Au Jus	5	0	0	0	0	0	0	0	160	0	1	0	0	0							X			X	
BBQ Sauce - 2 fl oz	80	0	0	0	0	0	0	0	560	0	20	0	18	0											
Caesar Dressing	120	90	10	2	0	0	0	30	720	0	8	0	2	2	X	X	X								
Cheese Sauce - 4 fl oz	100	45	5	1.5	1.5	0	0	10	760	130	14	0	5	2			X								
Honey Mustard - 2 fl oz	260	230	26	4.0	0	0	0	20	440	0	8	0	8	0	X										
Ranch Dressing - 2 fl oz	200	190	22	3.0	0	0	0	10	400	0	2	0	0	0	X		X								
Roast Beef Gravy - 4 fl oz	50	10	1.5	0	0	0	0	0	660	0	8	0	0	0			X				X			X	
Sausage Gravy - 4 fl oz	110	60	7	2.0	2.0	0	0	5	570	0	10	0	0	2	X		X				X			X	
Spicy Mayo - 2 fl oz	360	350	39	5	0	0	0	35	450	0	0	0	0	0	X										
Spicy Ranch Dressing - 2 fl oz	180	150	17	2.5	0	0	0	10	3120	110	6	1	0	1	X		X								
Spicy Ranch Sauce - 2 fl oz	160	160	18	2.5	0	0	0	10	660	0	2	0	0	0	X		X								
White Gravy - 4 fl oz	80	40	4.5	1.0	2.5	0	0	0	530	0	10	0	0	0	X		X				X			X	



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NUTRITION INFORMATION - MENU

Kids	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Potential Food Allergies							
															Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Kid's Grilled Cheese (No Sides)	360	140	16	7	0	0	1.0	35	1030	0	40	2	6	13			X	X		X	X	X
Kid's Grilled Chicken Strips (No Sides)	240	150	17	2.5	0	1.5	10	60	1200	5	0	0	0	6								
Kid's Hand-breaded Chicken Strips with Ranch (No Sides)	1000	560	64	11	1.0	22	10	115	1970	10	66	1	2	17	X		X					X
Kid's Macaroni & Cheese (No Sides)	660	270	31	17	0	0	0	85	2920	0	69	2	10	27	X		X			X		X
Kid's Shrimp with Cocktail Sauce (No Sides)	460	160	19	3.0	0	9	4.0	80	1450	20	48	2	17	16	X	X	X		X	X	X	X
Kid's Sliders (No Sides)	390	170	19	7	1.0	0	6	75	4550	280	29	1	4	25			X	X		X	X	X
Kid's Spaghetti (No Sides)	680	250	29	6	1.0	1.0	6	20	1100	0	80	5	8	20	X		X			X		X
Jr. All-Star Breakfast w/ Bacon	390	260	30	6	0	9	8	220	1700	75	23	2	1	11	X							
Substitute Sausage Link	90	70	8	2.5	0	0	0	20	170	0	0	0	0	4						X		
Substitute Sausage Patty	150	110	13	4.0	0	0	0	30	300	0	1	0	0	7						X		
Shoney Bear Pancake w/ Bacon	590	160	18	8	3.5	0	0	80	2240	0	88	3	9	17	X		X			X		X
Substitute Sausage Link	170	130	15	4.5	0	0	0	35	350	0	1	0	0	8						X		
Substitute Sausage Patty	150	110	13	4.0	0	0	0	30	300	0	1	0	0	7						X		



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