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FOR IMMEDIATE RELEASE

Bob Evans Brings a Tasteful Resolution to the New Year *New Menu Offers Balanced Options for all Meals*

COLUMBUS, Ohio (Jan. 4, 2010) – Bob Evans is ringing in the new year with a brand new *Fit from the Farm* menu, starting January 7, which has breakfast, lunch and dinner meals to fit any lifestyle. All *Fit from the Farm* options list the calories, fat, saturated fat and sodium levels for each item.

“Without compromising homestyle tastes, this new menu provides plenty of options for our guests. Balanced eating is an everyday part of life,” said Mary Cusick, Bob Evans senior vice president of marketing. “All the nutritional details are listed directly on the menu.”

Based on an average 2,000 calorie daily allowance, all *Fit from the Farm* dishes have:

- 650 calories or less
- 750mg or less sodium
- 35 percent or less total calories from fat
- Less than 10 percent of total calories from saturated fats (or 1/3 or less of the recommended Daily value for saturated fat)
- 0g trans fat
- No MSG

“Guests who are following a 2,000 calorie daily diet could eat three meals a day off of the Bob Evans new *Fit from the Farm* menu and stay within those guidelines,” said Cusick.

The Pick-Three Breakfast Combo gives guests a choice among seven menu options to create a balanced grouping. Other breakfast options include the fresh fruit plate with a choice of low-fat strawberry yogurt or low-fat cottage cheese, the veggie omelet, fruit and yogurt crepe with oatmeal and blueberry banana French toast.

The lunch menu now offers a new Apple-Cranberry Spinach Salad (available as an entrée or savor-size portion) served with a reduced-fat Raspberry Vinaigrette dressing. Additionally, there are three soups and six side dishes that can be paired together to create the perfect combination. The fresh fruit plate is also available at lunch along with Chicken, Spinach & Tomato Pasta. All lunch dishes are less than 530 calories and contain 16 or less grams of fat.

Dinner entrees on the *Fit from the Farm* menu include the Grilled Salmon Fillet, the Potato-Crusted Flounder and Grilled Chicken Breast, all served with a baked potato (plain) and steamed broccoli florets. Drink recommendations are also given to pair with the various dishes on the new menu, including cold or hot tea or a diet Coke, all at one calorie or less.

“These menu options are satisfying from a choice and budget perspective,” said Cusick. “Eating a balanced meal doesn’t have to cost more.”

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The *Fit from the Farm* menu also brings attention to www.mypyramid.gov, an integral resource. Sponsored by the USDA, it lists additional information on lifestyle dietary choices where specific calorie needs may vary depending on age, gender and activity level.

For more information on Bob Evans, visit www.bobevans.com. Site visitors can sign-up for BE-Mail to receive easy home meal ideas and recipes, and the latest news on Bob Evans Restaurant menu items and promotions. Special offers include downloadable coupons and select opportunities to participate in online surveys. Check out the Bob Evans Facebook page on www.bobevans.com/facebook or follow them on Twitter at www.bobevans.com/twitter.

About Bob Evans Farms, Inc.

Bob Evans Farms, Inc. owns and operates full-service Restaurants under the Bob Evans and Mimi's Café brand names. At the end of the second fiscal quarter (Oct. 23, 2009), Bob Evans owned and operated 569 family restaurants in 18 states, primarily in the Midwest, mid-Atlantic and Southeast regions of the United States, while Mimi's Café owned and operated 145 casual restaurants located in 24 states, primarily in California and other western states. Bob Evans Farms, Inc. is also a leading producer and distributor of pork sausage and a variety of complementary homestyle convenience food items under the Bob Evans and Owens brand names. For more information about Bob Evans Farms, Inc., visit the company's Web site at www.bobevans.com.