

Nutritional Information - Breakfast



Menu Item	Serving Size	Calories	Carbs from fat				Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Contains Egg	Contains Dairy	Contains Soy	Contains Tree Nuts	Contains Peanuts	Contains Fish	Contains Shellfish	Additional info
			Carbs	Fiber	Sugar	Alcohol																				
APPLE TURNOVER	1 PC	360	170	19	10	0	0	0	230	43	1	21	4		X	X										
BACON - PORK	1 PC	23	17	2	1	0	0	2	97	0	0	0	2			X										
BACON - TURKEY	1 PC	45	25	2	1	0	0	20	200	0	0	0	6				X									
BAGEL - CINNAMON RAISIN	1 BAGEL	320	10	2	0	0	0	0	510	71	4	12	10		X	X				X1						
BAGEL - HONEY WHOLE WHEAT	1 BAGEL	250	10	1	0	0	0	0	440	56	3	8	9		X					X1						
BAGEL - MULTI GRAIN	1 BAGEL	350	20	2	0	0	0	0	690	70	5	12	12		X	X				X1						
BAGEL - PLAIN	1 BAGEL	320	10	2	0	0	0	0	550	69	3	7	10		X	X				X1						
BAGEL - POPPYSEED	1 BAGEL	330	10	1	1	0	0	0	430	65	0	7	12		X	X				X1						
BAGEL - SESAME SEED	1 BAGEL	350	20	2	1	0	0	0	430	65	0	7	12		X	X				X1						
BAGEL - EVERYTHING	1 BAGEL	310	30	4	1	0	0	0	360	60	4	8	12		X	X										
BAGEL - BLUEBERRY	1 BAGEL	280	10	1	0	0	0	0	440	60	5	10	10		X	X				X1						
BREAKFAST SANDWICH - EGG AND CHEDDAR ON AMAROSO ROLL	1 SANDWICH	514	232	26	13	0	0	474	911	42	2	2	30	X			X	X								
BREAKFAST SANDWICH - EGG AND CHEDDAR ON ENGLISH MUFFIN	1 SANDWICH	579	353	39	22	0	0	513	612	25	1	3	28	X			X	X								
BREAKFAST SANDWICH - EGG AND CHEDDAR ON ENGLISH MUFFIN	1 SANDWICH	469	243	27	14	0	0	480	631	25	1	1	29	X			X	X		X						
BREAKFAST SANDWICH - EGG AND CHEDDAR ON TORTILLA	1 SANDWICH	499	273	31	16	0	0	480	731	26	1	2	29	X			X	X		X						
BREAKFAST SANDWICH - PEPPERS, EGG AND CHEDDAR ON AMAROSO ROLL	1 SANDWICH	610	369	34	15	0	0	478	911	45	3	4	32	X			X	X								
BREAKFAST SANDWICH - PEPPERS, EGG AND CHEDDAR ON CROISSANT	1 SANDWICH	626	398	45	23	0	0	511	611	26	1	4	28	X			X	X								
BREAKFAST SANDWICH - PEPPERS, EGG AND CHEDDAR ON ENGLISH MUFFIN	1 SANDWICH	516	288	33	15	0	0	478	630	26	1	2	29	X			X	X		X						
BREAKFAST SANDWICH - PEPPERS, EGG AND CHEDDAR ON TORTILLA	1 SANDWICH	547	318	36	17	0	0	478	730	27	1	3	29	X			X	X		X						
BREAKFAST SANDWICH - PORK BACON, EGG, CHEDDAR ON AMAROSO ROLL	1 SANDWICH	408	289	33	13	0	0	474	431	6	4	1	23				X	X								
BREAKFAST SANDWICH - PORK BACON, EGG, CHEDDAR ON CROISSANT	1 SANDWICH	626	387	43	23	0	0	516	806	25	1	3	31				X	X								
BREAKFAST SANDWICH - PORK BACON, EGG, CHEDDAR ON ENGLISH MUFFIN	1 SANDWICH	516	277	31	15	0	0	483	825	25	1	1	32				X	X		X						
BREAKFAST SANDWICH - PORK BACON, EGG, CHEDDAR ON TORTILLA	1 SANDWICH	546	307	34	17	0	0	483	925	26	1	2	32				X	X		X						
BREAKFAST SANDWICH - SAUSAGE, EGG, CHEDDAR ON AMAROSO ROLL	1 SANDWICH	706	392	44	19	0	0	522	1311	42	2	2	40				X	X								
BREAKFAST SANDWICH - SAUSAGE, EGG, CHEDDAR ON CROISSANT	1 SANDWICH	675	513	57	29	0	0	561	1012	25	1	3	37				X	X								
BREAKFAST SANDWICH - SAUSAGE, EGG, CHEDDAR ENGLISH MUFFIN	1 SANDWICH	516	277	31	15	0	0	483	825	25	1	1	32				X	X		X						
BREAKFAST SANDWICH - SAUSAGE, EGG, CHEDDAR ON TORTILLA	1 SANDWICH	691	433	48	23	0	0	528	1131	26	1	2	38				X	X		X						
BREAKFAST SANDWICH - TURKEY BACON, EGG, CHEDDAR ON AMAROSO ROLL	1 SANDWICH	408	289	33	13	0	0	474	431	6	4	1	23				X	X								
BREAKFAST SANDWICH - TURKEY BACON, EGG, CHEDDAR ON CROISSANT	1 SANDWICH	542	335	37	21	0	0	300	724	25	1	3	24				X	X								
BREAKFAST SANDWICH - TURKEY BACON, EGG, CHEDDAR ON ENGLISH MUFFIN	1 SANDWICH	516	277	31	15	0	0	483	825	25	1	1	32				X	X		X						
BREAKFAST SANDWICH - TURKEY BACON, EGG, CHEDDAR ON TORTILLA	1 SANDWICH	546	307	34	17	0	0	483	925	26	1	2	32				X	X		X						
BREAKFAST SAUSAGE - CHICKEN	1 OZ	80	45	5	2	0	0	50	370	1	0	0	9				X									
BREAKFAST SAUSAGE - CHICKEN	1 OZ	125	110	1	4	0	0	45	380	1	0	0	4				X									
BROWN SUGAR	1 FL OZ	90	0	0	0	0	0	0	24	0	24	0			X	X	X									
RAISINS	1 OZ	84	1	0	0	0	0	0	3	80	1	17	1		X	X	X									
LOAF - BANANA CHOCOLATE CHUNK	2 SLICES (4 OZ)	400	170	19	4	0	0	65	430	56	1	29	6		X		X	X	X	X3						
LOAF - BLUEBERRY BANANA	2 SLICES (4 OZ)	420	180	20	4	0	0	75	420	54	1	29	5		X		X	X	X	X3						
LOAF - ICED CARROT	2 SLICES (4 OZ)	400	140	16	3	0	0	60	450	58	2	31	6		X		X	X	X	X					CONTAINS WALNUTS	
LOAF - PUMPKIN	2 SLICES (4 OZ)	400	160	18	4	0	0	75	430	56	2	28	5		X		X	X	X	X3						
LOAF - TROPICAL ORANGE	2 SLICES (4 OZ)	400	150	17	4	0	0	75	430	56	1	29	6		X		X	X	X	X3						
LOAF - WHOLE GRAIN COFFEE	2 SLICES (4 OZ)	400	140	16	4	0	0	35	330	60	2	39	4		X		X	X	X	X					CONTAINS WALNUTS	
CROISSANT - 3 OZ	1 CROISSANT	300	140	16	8	0	0	20	370	35	1	8	6		X		X	X	X							
DANISH - APPLE	1 DANISH	160	80	9	2	0	0	15	5	17	1	3	3		X		X	X	X1							
DANISH - APRICOT	1 DANISH	160	80	9	2	0	0	15	5	17	1	3	3		X		X	X	X1							
DANISH - BLUEBERRY	1 DANISH	160	80	9	2	0	0	15	5	17	1	3	3		X		X	X	X1							
DANISH - CHEESE	1 DANISH	160	80	9	2	0	0	15	5	17	1	3	3		X		X	X	X1							
DANISH - CHERRY	1 DANISH	160	80	9	2	0	0	15	5	17	1	3	3		X		X	X	X1							
EGG - HARD BOILED (CHOPPED)	1 EGG	44	27	3	1	0	0	106	35	0	0	0	4		X		X	X								
CHEESE OMELETTE	1 OMELET	210	150	16	6	0	0	285	480	3	0	1	12	X			X	X								
SCRAMBLED EGGS	2 EGGS (4 OZ)	180	122	14	6	0	0	370	605	1	0	0	5				X	X	X	X						
ENGLISH MUFFIN	1 MUFFIN	120	10	1	0	0	0	0	200	25	1	1	4		X			X	X	X						
FRENCH TOAST	2 PIECES	398	194	22	10	0	0	457	405	25	4	5	22	X			X	X	X	X						
FRESH CUT FRUIT	5 OZ	53	3	0	0	0	0	0	12	13	1	12	1		X		X	X								
HOME FRIES	5 OZ	166	57	7	1	0	0	0	2042	27	2	2	4		X		X	X								
HOT CHOCOLATE	1 CUP (8 OZ)	253	61	7	7	0	0	20	107	37	1	39	1		X		X		X	X						
MUFFIN - BLUEBERRY	1 MUFFIN (2.5 oz)	279	122	14	2	0	0	61	264	44	1	18	3		X		X	X	X							
MUFFIN - CHOCOLATE CHIP	1 MUFFIN (2.5 oz)	309	142	16	2	0	0	72	300	49	1	20	4		X		X	X	X							
MUFFIN - CINNAMON CRUMB	1 MUFFIN (2.5 oz)	309	142	16	2	0	0	72	300	49	1	20	4		X		X	X	X							
MUFFIN - CORN	1 MUFFIN (2.5 OZ)	293	79	9	2	0	0	18	607	47	1	19	6		X		X	X	X							
MUFFIN - CRANBERRY	1 MUFFIN(2.5 OZ)	309	143	16	2	0	0	72	300	49	1	20	4		X		X	X	X							
MUFFIN - DOUBLE CHOCOLATE CHIP	1 MUFFIN (2.5 OZ)	309	143	16	2	0	0	72	300	49	1	20	4		X		X	X	X							
MUFFIN - LEMON POPPYSEED	1 MUFFIN (2.5 OZ)	309	143	16	2	0	0	72	300	49	1	20	4		X		X	X	X							
MUFFIN - RAISIN BRAN	1 MUFFIN (2.5 OZ)	279	71	8	1	0	0	4	486	50	1	27	5		X		X		X	X						
HOUSE MADE OATMEAL	8 OZ	100	17	2	0	0	0	0	9300	18	3	1	3		X		X									
OVERNIGHT OATS - PEANUT BUTTER AND GRAPE JELLY	1 PORTION (7 OZ)	249	105	12	2	0	0	0	192	31	4	18	6		X		X	X			X	X				
OVERNIGHT OATS - STRAWBERRY ALMOND	1 PORTION (7 OZ)	270	130	15	2	0	0	0	178	29	6	11	8		X		X	X			X	X			CONTAINS ALMONDS	
OVERNIGHT OATS - BLUEBERRY & WALNUT	1 PORTION (7 OZ)	202	108	2	0	0	0	104	20	12	4	7	5		X		X	X			X	X			CONTAINS WALNUTS	
OVERNIGHT OATS - RAISIN AND BROWN SUGAR	1 PORTION (7 OZ)	205	51	6	1	0	0	0	136	58	3	23	4		X		X				X	X				
OVERNIGHT OATS - CHOCOLATE AND PEANUT BUTTER	1 PORTION (7 OZ)	212	93	11	3	0	0	0	163	24	4	12	5		X		X				X	X				
SCONE - BLUEBERRY	1 SCONE	370	170	20	11	0	0	115	540	41	1	7	8		X			X	X							
SCONE - CINNAMON	1 SCONE	430	200	23	14	0	0	115	490	49	1	18	8		X			X	X							
SCONE - CRANBERRY	1 SCONE	350	170	19	11	0	0	115	490	39	2	6	8		X			X	X							
SMOKED SALMON	1 OZ	83	35	4	1	0	0	96	218	4	1	2	9													