

# Nutritional Information - Breakfast



Menu Item	Serving Size	Nutritional Information														Additional info								
		Calories	Cals from fat	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free		Egg	Dairy	Soy	Tree Nuts	Peanuts	Fish	Shellfish	
Apple Turnovers	1 pc	360	170	43	19	10	0	0	230	1	21	4	X	X										
Bacon - Pork	3 pc	70	50	0	5	2	0	5	290	0	0	5				X								
Bacon - Turkey	2 pc	90	50	0	4	2	0	40	400	0	0	12				X								
Bagel - Cinnamon raisin	1 bagel	320	10	71	2	0	0	0	510	4	12	10	X	X								X1		
Bagel - Whole wheat	1 bagel	280	10	61	1	0	0	0	330	5	5	11	X	X								X		
Bagel - Plain	1 bagel	320	10	69	2	0	0	0	550	3	7	10	X	X								X1		
Bagel - Poppyseed	1 bagel	330	10	65	1	1	0	0	430	0	7	12	X	X								X		
Bagel - Sesame	1 bagel	350	20	65	2	1	0	0	430	0	7	12	X	X								X		
Bagel - Marbel	1 bagel	290	10	61	1.5	0.5	0	0	370	3	4	11	X	X								X		
Bagel - Blueberry	1 bagel	280	10	60	1	0	0	0	440	5	10	10	X	X								X1		
Burrito - bacon, egg, cheddar	1 burrito	522	293	26	32	17	0	423	895	1	3	31				X	X							
Burrito - pepper, egg, cheddar	1 burrito	513	283	29	32	16	0	417	708	2	5	27	X			X	X							
Breakfast Sausage - Chicken	2 oz	80	45	1	5	2	0	50	370	0	0	9				X								
Breakfast Sausage - Pork	2 oz	250	220	1	2	8	0	90	760	0	0	7				X								
Brown sugar	1 fl oz	104	0	27	0	0	0	0	8	0	27	0	X	X	X									
Cake - Banana chocolate chunk	2 slices (4 oz)	400	170	56	19	4	0	65	430	1	29	6	X			X	X	X	X	X3				
Cake - Blueberry banana	2 slices (4 oz)	420	180	54	20	4	0	75	420	1	29	5	X			X	X	X	X	X3				
Cake - Iced carrot	2 slices (4 oz)	400	140	58	16	3	0	60	450	2	31	6	X			X	X	X	X	X				Contains: Walnuts
Cake - Pumpkin	2 slices (4 oz)	400	160	56	18	4	0	75	430	2	28	5	X			X	X	X	X	X3				
Cake - Tropical orange	2 slices (4 oz)	400	150	56	17	4	0	75	430	1	29	6	X			X	X	X	X	X3				
Cake - Whole grain coffee	2 slices (4 oz)	400	140	60	16	4	0	35	330	2	39	4	X			X	X	X	X	X				Contains: Walnuts
Croissant - 2 oz	1 croissant	230	120	25	13	8	0	33	181	1	3	3	X			X	X			X4				
Danish - apple	1 danish	160	80	17	9	2	0	15	5	1	0	3	X			X	X							
Danish - Apricot	1 danish	160	80	17	9	2	0	15	5	1	0	3	X			X	X							
Danish - Blueberry	1 danish	160	80	17	9	2	0	15	5	1	0	3	X			X	X							
Danish - Cheese	1 danish	160	80	17	9	2	0	15	5	1	0	3	X			X	X							
Danish - Cinnamon swirl	1 danish	435	234	44	26	11	0	0	0	21	6	X				X	X							
Danish - Maple pecan	1 danish	455	279	38	31	12	0	0	1	2	14	5	X			X	X			X				Contains: Pecans
Eggs - Hard boiled	1 each	72	45	0	3	1	0	106	35	0	0	4	X			X	X							
Eggs - Cheese Omelet	1 each	210	150	3	16	6	0	285	480	0	1	12	X			X	X	X	X	X				
Eggs - Scrambled	4 oz (2 eggs)	160	106	1	12	6	0	359	233	0	0	12	X			X	X	X	X	X				
English muffin	1 muffin	120	10	25	1	0	0	0	200	1	1	4	X				X	X	X					
French toast	2 pieces	244	58	39	7	3	0	100	522	2	2	10	X			X	X							
Fresh cut fruit	5 oz	56	3	14	1	1	0	0	13	2	13	1	X	X	X									
Home fries	5 oz	145	50	24	6	1	0	0	125	3	2	4	X	X	X									
Homemade hot chocolate	8 oz (1 cup)	254	61	37	7	7	0	20	107	2	39	7	X			X			X					
Muffin - Blueberry	1 pc (2.5 oz)	279	143	44	14	2	0		264	1	18	3	X			X	X	X1						
Muffin - Chocolate chip	1 pc (2.5 oz)	309	143	49	16	2	0	72	300	1	20	4	X			X	X	X						
Muffin - Cinnamon Crumb	1 pc (2.5 oz)	309	143	49	16	2	0	72	300	1	20	4	X			X	X	X1						
Muffin - Corn	1 pc (2.5 oz)	293	79	47	9	2	0	18	607	1	19	6	X			X	X	X1						
Muffin - Cranberry orange	1 pc (2.5 oz)	309	143	49	16	2	0	72	300	1	20	4	X			X	X	X1						
Muffin - Double Chocolate Chip	1 pc (2.5 oz)	309	143	49	16	2	0	72	300	1	20	4	X			X	X	X						
Muffin - Lemon poppyseed	1 pc (2.5 oz)	309	143	49	16	2	0	72	300	1	20	4	X			X	X	X1						
Muffin - Raisin Bran	1 pc (2.5 oz)	278	71	50	8	1	0	4	486	1	27	5	X			X		X1						
Oatmeal	8 oz (weight)	109	19	20	3	1	0	0	101	3	1	4	X	X										
Overnight Oats - Chocolate & Peanut butter	1 portion (7 oz)	230	90	30	11	3	0	0	144	5	11	7	X	X								X		
Overnight Oats - Strawberry & Almond	1 portion (7 oz)	197	76	27	9	2	0	0	107	5	8	6	X	X					X	X				Contains: Almonds
Overnight Oats - Blueberry & Walnut	1 portion (7 oz)	203	83	27	10	2	0	0	107	5	8	6	X	X					X	X				Contains: Walnuts
Overnight Oats - Raisin & Brown Sugar	1 portion (7 oz)	208	51	37	6	1	0	0	114	5	17	5	X	X						X				
Overnight Oats - Peanut butter and Grape Jelly	1 portion (7 oz)	230	82	33	10	2	0	0	144	5	14	7	X	X						X				
Scone - Blueberry	1 pc	370	170	41	20	11	0	115	540	1	7	8	X			X	X							
Scone - Cinnamon	1 pc	430	200	49	23	14	0	115	490	1	18	8	X			X	X	X						
Scone - Cranberry	1 pc	350	170	39	19	11	0	115	490	2	6	8	X			X	X	X						
Smoked Salmon	1 oz	33	11	0	1	0	0	7	191	0	0	5				X	X					X2		Contains: Salmon
Whitefish salad	1 oz	85	65	2	7	1	0	19	172	1	1	4				X			X			X		Contains: Whitefish; may contain bones
Yogurt & Granola - add on	1 portion	346	79	52	12	3	0	2	58	6	22	9	X				X		X					Contains: Almonds
Yogurt Parfait	1 each	420	77	52	9	3	0	3	67	6	26	9	X				X		X					Contains: Almonds

X1 Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

X2 Smoked Salmon is raw; consuming raw or undercooked seafood may result in foodborne illness.

X3 Pastry yogurt loaf coffee cakes are made in a facility that may also process common food allergens including Wheat, Milk, Eggs, Soybean, Walnuts, Pecans and Almonds.

X4 2 oz croissants are made in a facility that may also process walnuts.

### DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.