

Nutritional Information - Breakfast



Menu Item	Serving Size	Nutritional Information													Allergens										Additional info
		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		
APPLE TURNOVER	1 PIECE	360	170	19	10	0	0	230	43	1	21	4	X	X											
BACON - PORK	1 PIECE	43	30	3	1	0	9	185	0	0	0	3													
BACON - TURKEY	1 PIECE	61	40	4	1	0	16	366	1	0	0	5													
BAGEL - BLUEBERRY - AMAROSO	1 BAGEL	280	10	1	0	0	0	440	60	5	10	10	X	X											
BAGEL - CINNAMON RAISIN	1 BAGEL	320	10	2	0	0	0	510	71	4	12	10	X	X											
BAGEL - EVERYTHING - AMAROSO	1 BAGEL	310	30	4	1	0	0	360	60	4	8	12	X	X										X1	
BAGEL - HONEY WHOLE WHEAT	1 BAGEL	250	10	1	0	0	0	440	56	3	8	9	X	X										X1	
BAGEL - MULTIGRAIN - MANHATTAN	1 BAGEL	350	20	2	0	0	0	690	70	5	12	12	X	X											
BAGEL - PLAIN - AMAROSO	1 BAGEL	320	10	2	0	0	0	550	69	3	7	10	X	X										X1	
BAGEL - POPPYSEED - AMAROSO	1 BAGEL	330	10	1	1	0	0	430	65	0	7	12	X	X										X1	
BAGEL - SESAME SEED	1 BAGEL	350	20	2	1	0	0	430	65	0	7	12	X	X										X1	
BREAKFAST SANDWICH - EGG AND CHEDDAR ON AMAROSO ROLL	1 SANDWICH	569	277	31	15	0	588	807	35	2	3	35	X	X											
BREAKFAST SANDWICH - EGG AND CHEDDAR ON CROISSANT	1 SANDWICH	691	399	45	23	0	608	842	35	1	8	34	X	X											
BREAKFAST SANDWICH - EGG AND CHEDDAR ON ENGLISH MUFFIN	1 SANDWICH	371	212	24	13	0	372	492	13	0	1	23	X	X											
BREAKFAST SANDWICH - EGG AND CHEDDAR ON TORTILLA	1 SANDWICH	742	224	35	17	0	426	1042	68	2	0	34	X	X											
BREAKFAST SANDWICH - PEPPERS, EGG, CHEDDAR ON AMAROSO ROLL	1 SANDWICH	601	307	35	16	0	588	808	35	2	4	35	X	X											
BREAKFAST SANDWICH - PEPPERS, EGG, AND CHEDDAR ON CROISSANT	1 SANDWICH	757	446	51	24	0	606	843	39	3	11	35	X	X											
BREAKFAST SANDWICH - PEPPERS, EGG, AND CHEDDAR ON ENGLISH MUFFIN	1 SANDWICH	432	258	29	14	0	370	493	16	2	3	24	X	X											
BREAKFAST SANDWICH - PEPPERS, EGG, AND CHEDDAR ON TORTILLA	1 SANDWICH	579	268	35	16	0	424	701	35	2	3	28	X	X											
BREAKFAST SANDWICH - PORK BACON, EGG, CHEDDAR ON AMAROSO ROLL	1 SANDWICH	655	337	38	17	0	606	1177	35	2	3	41													
BREAKFAST SANDWICH - PORK BACON, EGG, CHEDDAR ON CROISSANT	1 SANDWICH	777	459	52	25	0	626	1212	35	1	8	40													
BREAKFAST SANDWICH - PORK BACON, EGG, CHEDDAR ON ENGLISH MUFFIN	1 SANDWICH	457	272	31	15	0	390	862	13	0	1	29													
BREAKFAST SANDWICH - PORK BACON, EGG, CHEDDAR ON TORTILLA	1 SANDWICH	604	282	36	17	0	444	1070	31	1	0	34													
BREAKFAST SANDWICH - SAUSAGE, EGG, CHEDDAR ON AMAROSO ROLL	1 SANDWICH	799	475	53	23	0	633	1177	36	2	3	42													
BREAKFAST SANDWICH - SAUSAGE, EGG, CHEDDAR ON CROISSANT	1 SANDWICH	921	597	67	31	0	653	1212	36	1	8	41													
BREAKFAST SANDWICH - SAUSAGE, EGG, CHEDDAR ON ENGLISH MUFFIN	1 SANDWICH	601	410	46	21	0	417	862	14	0	1	30													
BREAKFAST SANDWICH - SAUSAGE, EGG, CHEDDAR ON TORTILLA	1 SANDWICH	748	420	51	23	0	471	1070	32	1	0	35													
BREAKFAST SANDWICH - TURKEY BACON, EGG, CHEDDAR ON AMAROSO ROLL	1 SANDWICH	691	357	40	18	0	620	1539	36	2	3	45													
BREAKFAST SANDWICH - TURKEY BACON, EGG, CHEDDAR ON CROISSANT	1 SANDWICH	743	459	51	26	0	653	1385	26	1	3	41													
BREAKFAST SANDWICH - TURKEY BACON, EGG, CHEDDAR ON ENGLISH MUFFIN	1 SANDWICH	440	257	29	14	0	390	905	13	0	1	29													
BREAKFAST SANDWICH - TURKEY BACON, EGG, CHEDDAR ON TORTILLA	1 SANDWICH	811	269	40	18	0	444	1455	68	2	0	39													
BREAKFAST SAUSAGE - PORK	2 LINKS	250	220	2	8	0	90	760	1	0	0	7													
BROWN SUGAR	1 OZ	90	0	0	0	0	0	24	0	24	0	0	X	X	X										
CROISSANT - 3 OZ	1 CROISSANT	300	140	16	8	0	20	370	35	1	8	6	X	X											
DANISH - APPLE	1 DANISH	160	80	9	2	0	15	5	17	1	3	3	X	X										X1	
DANISH - APRICOT	1 DANISH	160	80	9	2	0	15	5	17	1	3	3	X	X										X1	
DANISH - BLUEBERRY	1 DANISH	160	80	9	2	0	15	5	17	1	3	3	X	X										X1	
DANISH - CHEESE	1 DANISH	160	80	9	2	0	15	5	17	1	3	3	X	X										X1	
DANISH - CHERRY	1 DANISH	160	80	9	2	0	15	5	17	1	3	3	X	X										X1	
EGG - HARD BOILED - CHOPPED	1 EGG	44	27	3	1	0	106	35	0	0	0	4	X	X											
ENGLISH MUFFIN	1 OZ (2 OZ PER MUFFIN)	64	4	0	0	0	0	103	12	0	0	2	X	X											
FRESH CUT FRUIT	6 OZ	65	3	0	0	0	0	14	16	1	14	1	X	X											
FRENCH TOAST	1 PIECE	74	46	5	2	0	114	55	2	0	0	4	X	X											
HOME FRIES	6 OZ	166	57	7	1	0	0	2042	27	2	2	4	X	X											
HOUSE MADE OATMEAL	10 OZ	125	21	2	0	0	0	58	22	3	1	4	X	X											
HOT CHOCOLATE	8 OZ	253	61	7	7	0	20	107	37	1	39	7	X	X											
LOAF - BLUEBERRY BANANA	2 SLICES (4 OZ)	400	140	16	3	0	60	450	58	2	31	6	X	X										X3	
LOAF - ICED CARROT	2 SLICES (4 OZ)	400	140	16	3	0	60	450	58	2	31	6	X	X										X3	
LOAF - PUMPKIN	2 SLICES (4 OZ)	400	160	18	4	0	75	430	56	2	28	5	X	X										X3	
LOAF - TROPICAL ORANGE	2 SLICES (4 OZ)	400	150	17	4	0	75	430	56	1	29	6	X	X										X3	
LOAF - WHOLE GRAIN COFFEE	2 SLICES (4 OZ)	400	140	16	4	0	35	330	60	2	39	4	X	X											
MUFFIN - BLUEBERRY	1 MUFFIN (2.5 OZ)	279	122	14	2	0	61	264	44	1	18	3	X	X											
MUFFIN - CHOCOLATE CHIP	1 MUFFIN (2.5 OZ)	309	142	16	2	0	72	300	49	1	20	4	X	X											
MUFFIN - CINNAMON CRUMB	1 MUFFIN (2.5 OZ)	309	142	16	2	0	72	300	49	1	20	4	X	X											
MUFFIN - CORN	1 MUFFIN (2.5 OZ)	293	79	9	2	0	18	607	47	1	19	6	X	X											
MUFFIN - CRANBERRY	1 MUFFIN (2.5 OZ)	309	143	16	2	0	72	300	49	1	20	4	X	X											
MUFFIN - DOUBLE CHOCOLATE CHIP	1 MUFFIN (2.5 OZ)	309	143	16	2	0	72	300	49	1	20	4	X	X											
MUFFIN - LEMON POPPY SEED	1 MUFFIN (2.5 OZ)	309	143	16	2	0	72	300	49	1	20	4	X	X											
MUFFIN - RAISIN BRAN	1 MUFFIN (2.5 OZ)	279	71	8	1	0	4	486	50	1	27	5	X	X											
OVERNIGHT OATS - BLUEBERRY WALNUT	6 OZ CUP	182	95	1	0	0	114	19	11	3	7	4	X	X											
OVERNIGHT OATS - PB CHOC CHIP	6 OZ CUP	211	100	12	3	0	0	162	22	3	11	6	X	X											
OVERNIGHT OATS - PB JELLY	6 OZ CUP	210	89	10	2	0	0	162	26	3	15	5	X	X											
OVERNIGHT OATS - STRAWBERRY ALMOND	6 OZ CUP	173	83	9	1	0	0	114	19	4	7	5	X	X											
OVERNIGHT OATS - RAISIN AND BR. SUGAR	6 OZ CUP	173	43	5	1	0	0	115	49	3	19	3	X	X											
RAISINS	1 OZ	84	1	0	0	0	0	3	80	1	17	1	X	X											
SCONE - BLUEBERRY	1 PIECE	370	170	20	11	0	115	540	41	1	7	8	X	X											
SCONE - CINNAMON	1 PIECE	430	200	23	14	0	115	490	49	1	18	8	X	X											
SCONE - CRANBERRY	1 PIECE	350	170	19	11	0	115	490	39	2	6	8	X	X											
SCRAMBLED EGGS	4 OZ	180	122	14	6	0	370	605	1	0	0	12	X	X											
SMOKED SALMON PLATTER	4 OZ	91	38	4	1	0	105	326	4	1	2	9												X	
WHITEFISH SALAD	4 OZ	85	65	7	1	0	19	172	2	1	1	4												X	
YOGURT AND GRANOLA	4.5 OZ	52	12	3	0	0	0	24	19	1	6	2	X	X											
YOGURT PARFAIT	1 PARFAIT	296	41	9	2	0	4	138	82	4	39	11	X	X											

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.