

Nutritional Information - Hot Breakfast



Menu Item	Serving Size	Calories	Cals 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	Contains Sesame	Additional info	
																									COUNTRY INN BUFFET
OLD CITY BREAKFAST	13.75 oz	1048	656	73	31	0	691	2060	39	1	11	41			X	X	X								X1
GRAND BRUNCH BUFFET	26.67 oz	1788	643	81	26	0	650	2140	297	17	94	67			X	X	X								X1
BREAKFAST SANDWICH - PEPPERS, EGG, AND CHEDDAR ON TORTILLA	8.33 oz	579	268	35	16	0	424	701	35	2	3	28	X		X	X	X								X1
BREAKFAST SANDWICH - EGG AND CHEDDAR ON TORTILLA	7.43 oz	742	224	35	17	0	426	1042	68	2	0	34	X		X	X	X								X1
BREAKFAST SANDWICH - PORK BACON, EGG, CHEDDAR ON TORTILLA	8.25 oz	604	282	36	17	0	444	1070	31	1	0	34			X	X	X								X1
BREAKFAST SANDWICH - SAUSAGE, EGG, CHEDDAR ON TORTILLA	9.64 oz	840	417	57	25	0	463	1591	74	2	0	42			X	X	X								X1
BREAKFAST SANDWICH - TURKEY BACON, EGG, CHEDDAR ON TORTILLA	8.56 oz	811	269	40	18	0	444	1455	68	2	0	39			X	X	X								X1
BREAKFAST SANDWICH - EGG, AND AMERICAN ON CROISSANT	5.75 oz	1074	533	61	29	0	212	1641	108	3	27	28	X		X	X	X	X							X1
BREAKFAST SANDWICH - PEPPERS, EGG, AND AMERICAN ON CROISSANT	6.45 oz	579	324	37	15	0	227	971	43	3	14	19	X		X	X	X	X							X1
BREAKFAST SANDWICH - SAUSAGE, EGG, AMERICAN ON CROISSANT	7.75 oz	1304	731	83	37	0	257	2011	109	3	27	35			X	X	X	X							X1
BREAKFAST SANDWICH - TURKEY BACON, EGG, AMERICAN ON CROISSANT	4.88 oz	543	298	34	15	0	190	1314	39	1	11	21			X	X	X	X							X1
BREAKFAST SANDWICH - PORK BACON, EGG, AMERICAN CHEESE ON CROISSANT	7.75 oz	965	536	61	29	0	249	2246	68	2	21	36			X	X	X	X							X1
BREAKFAST SANDWICH - EGG AND AMERICAN ON ENGLISH MUFFIN	4.75 oz	302	121	14	5	0	152	737	27	1	4	14	X		X	X	X								X1
BREAKFAST SANDWICH - PEPPERS, EGG, AND AMERICAN ON ENGLISH MUFFIN	5.95 oz	304	167	19	6	0	152	636	19	2	6	13	X		X	X	X								X1
BREAKFAST SANDWICH - PORK BACON, EGG, AMERICAN ON ENGLISH MUFFIN	6.75 oz	388	181	21	7	0	170	1107	28	1	4	20			X	X	X								X1
BREAKFAST SANDWICH - SAUSAGE, EGG, AMERICAN ON ENGLISH MUFFIN	5.75 oz	468	315	35	13	0	197	1004	16	0	3	19			X	X	X								X1
BREAKFAST SANDWICH - TURKEY BACON, EGG, AMERICAN ON ENGLISH MUFFIN	5.92 oz	373	167	19	7	0	170	1154	29	1	4	19			X	X	X								X1

X1

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

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.