breakfast grill

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	Serving Size	, , , ,	, Š	رة.	žŠ	Ž.	%	, 93	رة,		Ó	, 6
Menu Item	~ <u>~</u>	<u> </u>	.ပ	ړه.	જ	40	<u>O.</u>	જ	٧٥,	Ŏ.	جي'	Pokin (g)
egg & cheese english muffin	4.74oz	370	210	23	0	0	200	490	27	2	3	14
egg & cheese croissant	4.53oz	460	300	33	11	0		510	27	1	7	
bacon, egg & cheese english muffin	5.33oz	460	270	30	8	0	200	870	27	2	3	21
bacon, egg & cheese english muffin												
bacon, egg & cheese crosissant	5.33oz	570	370	41	14		240		28	1	7	20
bacon, egg & cheese croissant	5.19oz	550	360	40	13	0	235		28	1	7	19
sausage, egg & cheese english muffin	5.57oz	450	270	30	8	0		720	27	2	3	18
sausage, egg & cheese croissant	6.03oz	630	430	48	17	0	245	860	31	1	7	18
0.00.000	1.65oz	80	60	,	2	0	165	180	0	0	0	,
one egg	3.3oz	160	120	6 12	3	0	330	360	0	0	0	6 12
two eggs egg whites	3.27oz	0	5	0.5	0	0	0	150	0	0	0	10
egg willes	3.2702	U	J	0.5	U	U	U	150	U	U	U	10
bacon	.660z	90	60	7	2	0	45	310	0	0	0	4
sausage patty	1.50oz	170	130	15	6	0	30	350	4	0	0	5
sausage link	2.0oz	140	110	12	4	0	35	350	0.5	0	0	8
turkey bacon		60	35	3	1	0	20	290	0	0	0	4
turkey sausage patty	1.27oz	60	40	4	1	0	30	230	0	0	0	7
turkey sausage link	0.85oz	40	20	2	1	0	20	80	0	0	0	4
vegetable sausage patty	1.44oz	90	30	3	0	0	0	270	4	0	0	11
home fries (FIT)	3.00oz	80	0	0	0	0	0	110	17	2	1	2
home fries	8.1oz	300	100	11	6	1	25	##	47	5	5	5
hash browns	4.00oz	180	100	11	5	0	20	180	19	2	1	2
ham, egg, & cheese english muffin	1 ea	420	155	16	7	1	270	1650	28	2	5	38
ham, egg, & cheese croissant	1 ea	640	305	33	17	1		5 1810		2	13	40
Harri, ogg, a oneose crossam												
cheesy hash browns	1 cup	210	120	13.5	6.5	0+	25-	+225	19	2	1+	4
	2 ea	360	170	19	10	0	5 220	1480	34	3	6	13
simple french toast	1 fl oz	100	0	0	0	-	0	35	26	0	9	0
maple syrup	02		J	J	Ŭ		J	50	_0	J	•	•
avecade augrter	1	/0	F.O.	E	1	0	0	0	2	0	0	~ 1
avocado quarter	1 ea	60	50	5	1	0	0	0	3	2	0	<1

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AA a aaa a Maaaa	Sering Sig	Colories	Colonies E.	10, 10 to 1	Solution (9)	ions for	(b) (c) (d)	Solium S	(84), (84)		(g) 10 (g)	Profesh Profesh (9)
Menu Item one egg	<u>ട്</u> 1 ea	80	60	6	1.5	0	165	180	0	0		6
egg whites	1 egg	25	0	0	0	0	0	75	0	0	0	0
bacon	2 tbsp	70	45	0	2	0	30	480	0	0	0	10
sausage	2 tbsp	35	25	3	1	-	10	150	-	0	0	4
turkey bacon	2 tbsp	25	5	2	1	0	0	150	0	0	0	2
ham	2 tbsp	25	10	1.5	0.5	-	15	320	1	0	0	0
grilled chicken	2 tbsp	30	10	1.5	0	-	25	55	0	0	0	8
shredded cheddar ch	e 2 tbsp	60	40	0	3	0	0	90	0	0	0	2
diced onions	2 tbsp	0	0	0	0	0	0	0	4	-	2	0
green peppers	2 tbsp	0	0	0	0	0	0	0	0	0	0	0
red peppers	2 tbsp	0	0	0	0	0	0	0	-	0	0	0
diced tomatoes	2 tbsp	5	0	0	0	0	0	0	2	-	1	0
mushrooms	2 tbsp	0	0	0	0	0	0	0	0	0	0	0
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
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#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-

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breakfast bar toppings

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Menu Item	Serving Size	Colories	8	100 Kg, 100 Kg,	(6)	rons For	80	Sodium (mg)	(Ou).	00,000	Sugar, (9)	(9) (9) (9) (9) (9) (9) (9) (9) (9) (9)
cream cheese	1 tbsp	0	45	0	3	-	15	45	-	0	-	-
light cream cheese	1 tbsp	40	35	3.5	2	-	10	55	-	0	-	1
creamy peanut butter	1 tbsp	100	70	8	1.5	0	0	70	4	-	2	4
grape jelly	1 tbsp	60	0	0	0	-	0	5	15	0	11	0
strawberry jelly	1 tbsp	60	0	0	0	-	0	5	14	0	10	0
nutella	1 tbsp	100	50	6	5	-	0	10	11	<1	10	1
sliced cheddar cheese	1 slice	110	80	9	5	0	30	190	<1	0	0	6
fresh sliced green bell pepper	1/4 cup		0	0	0	0	0	0	1	0	<1	0
fresh sliced red bell pepper	1/4 cup	0	0	0	0	0	0	0	1	0	<1	0
fresh red onion slice	1 slice	5	0	0	0	0	0	0	1	0	<1	0
sliced smoked turkey breast	4 oz	110	10	1	0	0	55	890	2	-	-	25
ham all natural	4 oz	120	25	3	1	1	55	980	1	-	1	22
hard boiled egg	1 ea	70	40	4.5	1.5	-	165	55	0	0	0	6
carrot sticks	1/4 cup	15	0	0	0	0	0	35	4	1	2	0
celery sticks	5 ea	0	0	0	0	0	0	15	<1	0	0	0
grape tomatoes	1/4 cup		0	0	0	0	0	0	1	0	<1	0
genoa salami	1 oz	100	70	7	2.5	0	25	490	<1	0	0	6
provolone cheese	1 slice	100	70	8	5	-	20	250	<1	0	0	7
red grapes	1/4 cup		0	0	0	0	0	0	7	0	6	0
just ranch dressing	1 fl oz	70	60	7	0.5	0	0	230	3	0	I	0

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Menu Item	Š	ď	۳	10	چې	70	~ ~~	کی	10	9	يې	₹ ⁰
9 Grain Wheat Bread Slice	i ea	100	10	1.0	O	•	•	200		1		
White Bread	1 slice	110	15	1.5	U	0	0	210	Z I	1	2	4
Whole Wheat Bread	1 slice	110	15	1.5	0	0	0	190	18	3	2	0
		-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-
English Muffin	1 ea	130	10	1	0	0	0	240	25	2	2	0
Whole Wheat English Muffin	1 ea	120	10	1	0	-	0	210	23	4	0	0
Honey Wheat English Muffin	1 ea	120	10	1	0	-	0	210	23	4	0	0
Whole Wheat Sandwich Thin		100	10	1	0	0	0	170	21	5	2	5
Everything Bagel	1 ea	280	10	1	0	-	0	350	56	2	-	11
Blueberry Bagel	1 ea	280	10	1	0	-	0	350	56	2	-	11
Cinnamon Raisin Bagel	1 ea	340	20	2.5	0	-	0	350	66	3	-	11
Plain Bagel	1 ea	270	10	1	0	-	0	350	56	2	-	11
Whole Wheat Bagel	1 ea	280	15	1.5	0	0	0	500	55	0	7	12
Asiago Bagel	1 ea	310	25	3	1.5	0	<5	520	60	2	7	12
		-	-	-	-	-	-	-	-	-	-	-
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butter croissant 3 oz	1 ea	350	180	18	10	0	0	400	39	2	10	7
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hot cereal

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	8. S. S.	.ø	Colories.	104 ° 100 104 F.	<u> </u>	10 10 10 10 10 10 10 10 10 10 10 10 10 1	<u> </u>	Sodium	(OW):		Sugar, Co)	9 9
Menu Item	Soring	Colonies.	\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docume{\docum	70	Z	TOS	2%	Şo	70	Die of the contract of the con		(9) Pogen (9)
steel cut oatmeal	1 ladle8oz	150	30	3	0	-	0	10	25	4	-	6
inharvest sunrise blend	1 ladle8oz	330	25	3	0	-	0	10	60	8	2	14
cream of wheat	1 ladle8oz	140	10	1	0	-	0	10	29	1	0	4
sugar	1 ea	10	0	0	0	-	0	0	3	0	3	0
light brown sugar	1 tbsp	50	0	0	0	-	0	0	13	0	13	0
ground cinnamon	1 tsp	10	0	0	0	0	0	0	2	1	0	0
dried cranberries	1 tbsp	30	0	0	0	0	0	0	8	0	7	0
raisins	1 tbsp	30	0	0	0	0	0	0	7	0	5	0

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Menu Item	Sering Size	,8	100/E	, S	Po Porto		Soding	,ò	Diego.	S. Co. (9)	(9) (9) (9) (9) (9) (9)
low fat french vanilla organic yogurt	1/4 cup 50	5	0.5				35	8	0	<u> </u>	3
low fat organic strawberry yogurt		4.5	0.5	0	_	-	30	9	0		2.5
	1/4 cup 50				0	-				9	
low fat peach yogurt	1/4 cup 30	0	0	0	0	0	25	5	-	3	2
apple	1/4 cup 15	0	0	0	0	0	0	4	-	3	0
cantaloupe	1/4 cup 15	0	0	0	0	0	5	3	0	3	0
honeydew	1/4 cup 15	0	0	0	0	0	10	4	0	3	0
orange	1/4 cup 20	0	0	0	0	0	0	0	1	4	0
mandarin oranges	1/4 cup 25	0	0	0	0	0	0	6	0	6	0
peach	1/4 cup 15	0	0	0	0	0	0	4	-	3	0
pear	1/4 cup 60	0	0	0	0	0	0	15	3	10	0
strawberries	1/4 cup 10	0	0	0	0	0	0	3	-	2	0
watermelon	1/4 cup 10	0	0	0	0	0	0	2	0	2	0
granola with fruit	1/2 cup 100	10	1.5	0	0	0	135	22	1	9	2
raisins	1 tbsp 25	0	0	0	0	0	0	7	0	0	0
dried cranberries	1 tbsp 30	0	0	0	0	0	0	8	0	7	0
hard boiled egg	1 each 70	40	4.5	1.5	-	165	55	0	0	0	6
sour cream	1 tbsp 30	25	3	1.5	0	10	0	<1	0	0	0
medium salsa	1 tbsp 0	0	0	0	0	0	100	2	0	<1	0
pico de gallo	1 oz 5	0	0	0	0	0	25	5	0	3	2

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