

Report Parameters	
Menus Included:	*2024 Core - Breakfast (Master)
Days/Dates Included:	1 - 7
Meal Periods Included:	Breakfast
Stations Included:	hot cereal - cereal, hot cereal - dry toppers, bakery - miffy's mix, bakery - mini danish and muffins, bakery - breads, bakery - breads, bakery - mini sandwiches, bakery - bread box, bakery - breads, by power bowl - yogurts, byo power bowl - greens, byo power bowl - grains, byo power bowl - add ins, byo power bowl - dry toppers, byo power bowl - sauces, hot graze - eggs, hot graze - breakfast proteins, hot graze - sweet, hot graze - savory, hot graze - breakfast potatoes, grill - made to order sandwiches, grill - scrambled, wrapped or hashed, grill - add on, grill - sides, grab and go - hot, grab and go - cold, deli - egg bite stratas, deli - croissants, deli - sandwiches, deli - pockets, deli - sides, pizza - breakfast pizzas, pizza - breakfast flatbreads, pizza - self serve toppers

Purpose of the Report:

The purpose of the FDA Menu Labeling Additional Information Report is to provide menu nutrition information using FDA guidelines as found on nutrition labels.

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Breakfast - bakery - bread bo	X														
Ingredient: Bagel, Blueberry, 4 oz	63651	1 each	4oz	113.4g	290	1.5	0	0	59	11	10	0	9	2	640
Ingredient: Bagel, Cinnamon Raisin, 4 oz	63651.1	1 each	4oz	113.4g	280	1	0	0	60	10	-	0	9	2	530
Ingredient: Bagel, Everything, 4 oz	63651.2	1 each	4oz	113.4g	300	2	0	0	61	7	-	0	11	3	560
Ingredient: Bagel, Honey Wheat, 4 oz	63651.4	1 each	4oz	113.4g	310	1.5	0	0	65	10	-	0	11	4	450
Ingredient: Bagel, Plain, 4 oz, Frozen	63651.24	1 each	4oz	113.4g	300	1.5	0	0	59	10	-	0	12	2	480
Ingredient: Bagel, Plain, Udi's, 3.5 oz	1390.4	1 each	3.46oz	98g	290	9	0.5	0	43	5	-	0	7	2	460
Ingredient: Bagel, Sesame Seed, 4 oz, Fresh	63651.8	1 each	4oz	113.4g	290	3	0	0	54	3	2	0	10	2	420
Ingredient: Bread, Honey Wheat, Sliced, 1.78 oz	1251.3	1 slice	1.78oz	50.4g	140	2.5	0	0	24	3	-	0	5	2	240
Ingredient: Bread, Marble Rye, Loaf, Sliced, 1.69 oz	1646.18	1 slice	1.69oz	48g	100	1	0	0	22	0	0	0	3	0	280
Ingredient: Bread, Multigrain, Loaf, Sliced, 1.48 oz	1646.16	1 slice	1.41oz	39.97g	90	1	0	0	18	less than 1 gram	less than 1 gram	0	3	0	140
Ingredient: Bread, Texas Toast, Sliced, 1.27 oz	62272.4	1 slice	1.2oz	34g	90	1	0	0	17	2	-	0	3	less than 1 gram	170
Ingredient: Bread, White, Sliced, 1 oz	1251	1 slice	1.08oz	30.62g	80	1	0	0	15	2	-	0	3	less than 1 gram	150
Ingredient: English Muffin, Honey Wheat, 2 oz	63633.2	1 each	2oz	56.7g	120	1	0	-	23	5	-	0	5	4	210
Ingredient: English Muffin, Plain, 2 oz	63633	1 each	2oz	56.7g	130	1	0	0	25	2	-	0	5	2	240
Ingredient: English Muffin, Whole Wheat, 2.2 oz	63633.1	1 each	2oz	56.7g	120	1	0	-	23	5	-	0	5	4	210
Breakfast - bakery - breads															
Cake, Banana Loaf, Sweet Street	136611	1 slice	3.7oz	104.89g	300	14	4	0	41	20	19	55	4	2	270

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Cake, Banana Yogurt Swirl Loaf, Sweet Street	136619	1 slice	3.66oz	103.76g	300	12	5	0	44	22	19	60	4	less than 1 gram	250
Cake, Chocolate Chip Marble Loaf, Sweet Street	112670	1 slice	3.32oz	94g	340	16	9	0	47	28	27	65	5	less than 1 gram	150
Cake, Cinnamon Nut Streusel Loaf, Sweet Street	112672	1 slice	3.28oz	93g	330	14	7	0	47	28	26	70	5	1	170
Cake, Lemon Glazed Loaf, Sweet Street	112671	1 slice	3.28oz	93g	330	14	7	0	47	28	26	70	5	1	170
Cake, Orange Poppy Loaf, Sweet Street	112668	1 slice	3.39oz	96g	330	16	8	0	41	23	22	80	5	less than 1 gram	190
Cake, Pumpkin Swirl Loaf, Sweet Street	112668.1	1 slice	3.5oz	99.22g	300	11	4.5	0	45	29	27	65	5	less than 1 gram	400
Cake, Zucchini Spice Loaf, Sweet Street	136614	1 slice	3.76oz	106.59g	320	9	3	0	54	32	29	45	4	less than 1 gram	290
Croissant, Perfect Straight, Bridor, 2.8 oz	134109	1 each	2.8oz	79.38g	280	15	9	0	29	5	4	45	6	less than 1 gram	320
EUR: Apple Cinnamon Scone, 1.8 oz (Place and Bake Cut in Half)	40149.1	1 each	1.88oz	53.16g	200	9	4.5	0	27	14	12	0	3	less than 1 gram	170
EUR: Blueberry Scone, 1.8 oz (Place and Bake Cut in Half)	40148.1	1 each	1.88oz	53.16g	200	9	4	0	27	13	10	0	3	less than 1 gram	180
EUR: Buttermilk Biscuit, 2.2 oz. frozen	3872.1	1 each	2.28oz	64.73g	210	9	5	0+	25	2	1+	5	4	less than 1 gram	430
EUR: Cinnamon Roll with Cream Cheese Icing, 1.5 oz	143932	1 each	2.94oz	83.26g	260	12	7	0+	36	22	4+	20	4	1	240
EUR: Glazed Donut	96780.4	1 each	2.6oz	73.71g	310	17	8	0+	36	14	0+	0	4	less than 1 gram	290
EUR: Ingredient: Croissant, Chocolate, Straight, 3 oz	136264.6	1 each	3oz	85.05g	300	16	8	0	34	9	9	40	7	2	300
EUR: White Chocolate Chunk Raspberry Scone , 1.8 oz (Place and Bake Cut in Half)	40149.2	1 each	1.88oz	53.16g	210	9	5	0	28	14	12	0	3	less than 1 gram	180
Breakfast - bakery - breakfas	t cookies														

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Banana Peanut Butter Almond Cranberry Breakfast Cookie	154581	1 each	3.08oz	87.3g	290	15	2.5+	0+	34	17+	-	0	8	5	170
EUR: Blueberry Lemon Breakfast Cookie	154580	1 each	2.29oz	64.98g	150	1.5	0	0+	32	13	0+	0	3	2	70
EUR: Chocolate Cherry Breakfast Cookie	154580.1	1 each	2.93oz	82.93g	210	3	1	0+	42	21	0+	0	4	3	75
EUR: Chocolate Chocolate Chunk Almond Scone Biscotti (Pillsbury Place & Bake)	148628.7	1 each	1.52oz	43.17g	190	10	3.5	0	22	13	12+	0	3	2	110
EUR: Cran-Apple Sunflower Breakfast Cookies, Miffy's, Made with Gluten Free Muffin Mix	162620	1 each	3oz	85.05g	390	17	8	0+	58	33	10+	30	5	4	85
EUR: Homemade Chocolate Biscotti (scratch)	117482.5	1 each	1.66oz	47.18g	160	4.5	2	0+	29	14	0+	35	3	1	60
EUR: Homemade Pumpkin Cranberry Biscotti (scratch)	117183.1	1 each	1.81oz	51.26g	160	4.5	0.5	0+	28	14+	0+	20	4	1	50
EUR: Homemade Vanilla Biscotti (scratch)	117482.4	1 each	1.46oz	41.31g	140	2	0	0+	27	12	0+	25	3	less than 1 gram	65
EUR: Lemon Poppy Seed Scone Biscotti (Pillsbury Place & Bake)	148628.4	1 each	1.02oz	28.99g	120	6	3	0	14	7	5	0	2	less than 1 gram	105
Breakfast - bakery - miffy's n	nix		0						2						
Apple Spice Muffin, 3", Miffy's, Made with Gluten Free Muffin Mix	147727.2 [,]	1 each	2.83oz	80.32g	140	4	0	0+	27	13	9+	10	2	2	85
Apple Spice Muffin, 3", Miffy's, Whole Wheat	147727.2	1 each	2.83oz	80.32g	140	4	0	0+	26	13	9+	10	3	3	100
Banana Apricot Muffin, 3", Miffy's, Made with Gluten Free Muffin Mix	147727.1	1 each	3.49oz	98.86g	200	4.5	0	0+	39	20	11+	15	5	5	120
Banana Apricot Muffin, 3", Miffy's, Whole Wheat	147727.3	1 each	3.49oz	98.86g	200	4.5	0	0+	39	20	11+	15	5	5	120
Banana Blueberry Muffin, 3", Miffy's, Made with Gluten Free Muffin Mix	147727.9	1 each	3.48oz	98.76g	180	5	0	0+	34	16	11+	15	4	4	120

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Banana Blueberry Muffin, 3", Miffy's, Whole Wheat	147727.2	1 each	3.48oz	98.76g	180	5	0	0+	34	16	11+	15	4	4	120
Banana Chocolate Chip Muffin, 3", Miffy's, Made with Gluten Free Muffin Mix	147727.8	1 each	3.16oz	89.49g	200	6	1.5	0+	36	18	11+	15	3	3	100
Banana Chocolate Chip Muffin, 3", Miffy's, Whole Wheat	147727.1	1 each	3.36oz	95.32g	200	6	1.5	0+	37	18	11+	15	4	4	120
Banana Cranberry Muffin, 3", Miffy's, Made with Gluten Free Muffin Mix	147727.1	1 each	3.49oz	98.86g	210	4.5	0	0+	41	22	11+	15	4	4	120
Banana Cranberry Muffin, 3", Miffy's, Whole Wheat	147727.4	1 each	3.49oz	98.86g	210	4.5	0	0+	41	22	11+	15	4	4	120
Banana Walnut Muffin, 3", Miffy's, Made with Gluten Free Muffin Mix	147727.1:	1 each	3.28oz	93.03g	230	11	1	0+	33	15	11+	15	4	3	100
Banana Walnut Muffin, 3", Miffy's, Whole Wheat	147727.5	1 each	3.49oz	98.86g	240	11	1	0+	34	15	11+	15	6	5	120
Banana Zucchini Muffin, 3", Miffy's, Made with Gluten Free Muffin Mix	147727.1	1 each	3.79oz	107.5g	180	4.5	0	0+	34	16	11+	15	3	3	100
Banana Zucchini Muffin, 3", Miffy's, Whole Wheat	147727.6	1 each	3.79oz	107.5g	180	4.5	0	0+	34	16	11+	15	4	4	120
Basic Banana Muffin, 3", Miffy's, Made with Gluten Free Muffin Mix	147727.7	1 each	3.53oz	100.1g	210	5	0	0+	39	17	13+	15	3	3	115
Basic Banana Muffin, 3", Miffy's, Whole Wheat	147727	1 each	3.78oz	107.1g	210	5	0	0+	40	18	13+	15	5	5	140
Whole Grain Bacon, Green Onion & Cheddar Scone, 3", Miffy's, All Purpose Baking Mix	147727.2	1 each	3.04oz	86.25g	230	16	9	0+	15	4	3+	45	6	1	290
Whole Grain Banana Quick Bread, Miffy's, All Purpose Baking Mix	147727.1	1 slice	2.81oz	79.7g	250	12	7	0+	36	29	1+	50	2	1	170
Whole Grain Jalapeno Cheddar Scone, 3", Miffy's, All Purpose Baking Mix	147727.1	1 each	2.85oz	80.82g	210	15	9	0+	15	4	3+	40	5	1	240
Whole Grain Lemon Ginger Scone, 3", Miffy's, All Purpose Baking Mix	147727.2	1 each	2.88oz	81.51g	190	12	8+	0+	18	6	3+	35+	2	1+	180

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Whole Grain Pumpkin Quick Bread, Miffy's, All Purpose Baking Mix	147727.1	1 slice	3.28oz	93.07g	250	12	8	0+	35	27	1+	50	2	2	170
Whole Grain Strawberry Scone, 3", Miffy's, All Purpose Baking Mix	147727.2	1 each	2.75oz	78.02g	200	12	8+	0+	21	8	3+	35+	2	1+	180
Breakfast - bakery - mini dan	ish and m	uffins													
EUR: Banana Muffin, 3.5 oz, using mix	60242	1 each	3.51oz	99.56g	200	2.5	1.5	0	43	22	0+	15	3	0+	350
EUR: Banana Nut Muffin, 3.5 oz, batter	119245.9	1 each	3.51oz	99.57g	340	15	2	0	47	24	20	30	4	less than 1 gram	410
EUR: Blueberry Muffin, 3.5 oz, batter	119245.1	1 each	3.51oz	99.57g	310	14	2.5	0	44	25	23	45	3	less than 1 gram	260
EUR: Blueberry Muffin, 3.5 oz, using mix	60242.6	1 each	3.53oz	100.04g	200	2.5	1.5	0	41	22	0+	15	3	0+	350
EUR: Cappuccino Chocolate Chunk Muffin, 3.5 oz, batter	119245.1	1 each	3.51oz	99.57g	370	17	4.5	0	51	33	32	40	3	1	270
EUR: Chocolate Chip Muffin, 3.5 oz, using mix	60242.7	1 each	3.57oz	101.28g	270	7	4	0+	50	29	0+	15	3	less than 1 gram+	350
EUR: Corn Muffin, 3.5 oz, batter	119245.1	1 each	3.51oz	99.57g	360	17	2.5	0	48	19	19	25	5	less than 1 gram	320
EUR: Cranberry Nut Muffin, 3.5 oz, batter	119245.1	1 each	3.51oz	99.57g	320	16	2.5	0	41	23	22	40	3	1	240
EUR: Cranberry Orange Muffin, 3.5 oz, using mix	60242.9	1 each	3.35oz	94.9g	200	2.5	1.5	0	41	21+	0+	15	3	0+	350
EUR: Double Chocolate Chip Muffin, 3.5 oz, batter	119245.1	1 each	3.51oz	99.57g	340	15	4	0	46	28	28	30	4	2	330
EUR: Lemon Poppyseed Muffin, 3.5 oz, batter	119245.2	1 each	3.51oz	99.57g	340	15	2.5	0	46	26	25	45	4	less than 1 gram	250
EUR: Orange Blossom Muffin, 3.5 oz, batter	119245.3	1 each	3.51oz	99.57g	320	14	2.5	0	45	26	25	45	3	less than 1 gram	230
EUR: Peanut Butter Chocolate Chip Muffin, 3.5 oz, using mix	60242.8	1 each	3.54oz	100.49g	280	9	3.5	0+	46	25	0+	15	5	less than 1 gram+	390
EUR: Raisin Bran Muffin, 3.5 oz, batter	119245.2	1 each	3.51oz	99.57g	330	13	2	0	47	25	19	25	5	4	430

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Sunrise Walnut Muffin, 3.5 oz, batter	119245.2	1 each	3.51oz	99.57g	350	19	3.5	0	40	24	-	30	5	2	310
Ingredient: Danish, Apple Coronet, Mini, 1.5 oz	84294	1 each	1.5oz	42.52g	120	7	1.5	0	14	5	4	5	1	0	75
Ingredient: Danish, Cherry Chocolate, Coronet, Mini, 1.6 oz	140916	1 each	1.6oz	45.36g	130	7	3	0	15	6	6	10	2	1	40
Ingredient: Danish, Cinnamon Swirl, Mini, 1.5 oz	84294.4	1 each	1.5oz	42.52g	150	9	3.5	0	15	4	4	10	2	0	45
Ingredient: Danish, Maple Pecan Plait, Mini, 1.5 oz	84294.3	1 each	1.5oz	42.52g	160	11	4.5	0	14	6	6	15	2	0	65
Ingredient: Danish, Raspberry Crown, Mini, 1.5 oz	84294.1	1 each	1.5oz	42.52g	130	7	3	0	15	5	5	5	2	1	40
Ingredient: Danish, Salted Caramel, Mini, 1.5 oz	140914	1 each	1.5oz	42.52g	150	9	4	0	16	5	5	10	2	0	50
Ingredient: Danish, Strawberry Shortcake, Crown, Mini, 1.5 oz	140915	1 each	1.5oz	42.52g	130	7	3.5	0	15	5	5	10	2	0	40
Breakfast - bakery - mini san	dwiches														
EUR: Caprese Whole Wheat Bagel Sandwich (Mini)	74046.6	1 each	5.44oz	154.24g	340	21	9	0	24	5+	-	205+	15	2+	510
EUR: Mini Caprese Egg White Sandwich	66313.17	1 each	4.28oz	121.46g	250	13	4	0+	23	4	-	180	13	3	430
EUR: Mini Spicy Chicken & Honey Butter Biscuit Sandwich	141957.1	1 each	2.65oz	75.16g	230	18	7	0+	11	3	0+	45	8	0	380
EUR: Mini Turkey Club with Egg Breakfast Biscuit Sandwich	148043.6	1 each	5.42oz	153.57g	370	19	4.5	0+	33	3	less than 1 gram+	115	16	1	1090
EUR: Mini Turkey Waldorf with Walnuts Sandwich	35830.3	1 each	5oz	141.83g	280	12	1.5	0+	34	10	less than 1 gram+	20	12	2	620
EUR: Peanut Butter Banana Almond English Muffin with Chocolate Glaze	77357.16	1 each	4.22oz	119.66g	390	25	4	0+	35	13	-	0	11	5	260
EUR: Smoked Salmon Breakfast Wrap	44547	1/2 each	4.5oz	127.64g	260	12	4	0+	29	1	less than 1 gram+	105	11	2	450

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Smoked Salmon on Grilled Baguette	77475.2	1 each	4.77oz	135.1g	390	31	9	0+	15	3+	-	40	13	less than 1 gram	620
EUR: Smoked Salmon, Caper and Tomato Egg White Patty with Spinach and Onion Bagel Sandwich (Mini)	71037.1	1 each	4.98oz	141.23g	230	10	3.5	0+	23	1+	0+	20	13	2	570
Breakfast - bakery - spreads															
Butter, Salted, Whipped, PC	33212	1 each	0.35oz	10g	70	8	4.5	0	0	0	-	25	0	0	60
Cream Cheese, 1 oz, PC	1955	1 each	1oz	28.35g	100	10	6	0	2	1	-	30	2	0	90
Cream Cheese, Fat Free, .75 oz, PC	1953	1 each	0.75oz	21.26g	20	0	0	-	2	1	-	less than 5 milligrams	3	0	150
Cream Cheese, Light, 1 oz, PC	33217	1 each	1oz	28.35g	60	4.5	3	-	2	less than 1 gram	-	15	2	0	90
Cream Cheese, Neufchatel, 1 oz, PC	33218	1 each	1oz	28.35g	70	6	3.5	-	1	less than 1 gram	-	20	3	0	95
Cream Cheese, Strawberry Spread, 1 oz, PC	20472	1 each	1oz	28.35g	80	8	5	-	less than 1 gram	less than 1 gram	-	25	2	0	125
EUR: Blueberry Cream Cheese	88645.1	1 tbsp	1oz	28.35g	80	7	4	0+	5	5	0+	20	1	0	60
EUR: Strawberry Cream Cheese	66197	1 tbsp	0.58oz	16.54g	60	5	3	0+	2	2	-	15	less than 1 gram	0	45
Grape Jelly, Smucker, PC	3378	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Honey, PC	32009	1 each	0.32oz	9g	25	0	0	-	7	7	-	0	0	0	0
Ingredient: Butter, Unsalted	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	-	30	0	0	0
Ingredient: Cream Cheese, Bulk	79282.1	1 tbsp	0.51oz	14.5g	50	5	3	0	less than 1 gram	less than 1 gram	-	15	less than 1 gram	0	45
Ingredient: Cream Cheese, Bulk	63391	1 tbsp	0.51oz	14.5g	50	5	3	0	less than 1 gram	less than 1 gram	-	15	less than 1 gram	0	45
Ingredient: Cream Cheese, Fat Free	63390	1 tbsp	0.51oz	14.5g	15	0	0	-	1	less than 1 gram	-	0	2	0	100
Ingredient: Cream Cheese, Neufchatel	79884	1 tbsp	0.56oz	15.95g	40	3.5	2	-	less than 1 gram	less than 1 gram	-	10	1	0	55
Ingredient: Honey	63610	1 tbsp	0.75oz	21.19g	60	0	0	-	17	17	-	0	0	0	0

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Jelly, Apple	63393.1	1 tbsp	0.77oz	21.87g	60	0	0	-	15	11	-	0	0	0	5
Ingredient: Jelly, Grape	63393	1 tbsp	0.74oz	21g	60	0	0	-	15	11	-	0	0	0	5
Ingredient: Marmalade, Orange	63389	1 tbsp	0.73oz	20.83g	50	0	0	-	14	12	-	0	0	0	10
Ingredient: Nutella	63112	1 tbsp	0.65oz	18.5g	100	6	5	-	12	10	-	0	1	less than 1 gram	10
Ingredient: Peanut Butter, Creamy	63396	1 tbsp	0.57oz	16.12g	100	8	1.5	0	4	2	-	0	4	less than 1 gram	70
Ingredient: Preserves, Strawberry Jelly, Canned	47957.19	1 tbsp	0.71oz	20g	60	0	0	-	14	10	-	0	0	0	5
Ingredient: Sauce, Salsa, Picante, Mild	1264	2 tbsp	1.14oz	32.37g	10	0	0	-	2	1	-	0	0	less than 1 gram	230
Ingredient: Syrup, Maple, 100%	66297	2 tbsp	1.42oz	40.25g	100	0	0	-	27	24	-	0	0	0	0
Ingredient: Syrup, Pancake & Waffle	63429	2 tbsp	1.38oz	39.25g	90	0	0	-	24	8	-	0	0	0	30
Ingredient: Whipped Topping	28295	1 tbsp	0.14oz	4g	10	1	0.5	-	0	0	-	less than 5 milligrams	0	0	0
Jam, Strawberry, PC	97261	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Jelly, Apple, PC	97262	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Jelly, Assorted, PC	97260	1 each	0.5oz	14.17g	40	0	0	-	10	7	-	0	0	0	0
Jelly, Strawberry, Sugar Free, PC	34080	1 each	0.39oz	11g	15	0	0	-	3	0	-	0	0	0	0
Peanut Butter, .75 oz, Jif, PC	10955	1 each	0.75oz	21.26g	130	11	2	0	5	2	-	0	5	1	90
Breakfast - byo power bowl -	add ins														
EUR: Apple Carrot Slaw with Mint	24627	1/4 cup	1.08oz	30.58g	25	0	0	0+	7	6+	-	0	0	less than 1 gram	5
EUR: Apple, Walnut & Grape Side Salad	154518	1/4 cup	2.32oz	65.65g	70	3	0	0+	10	8+	0+	0	1	1	0
EUR: Balsamic Thyme Roasted Grapes	162171	1/4 cup	1.5oz	42.52g	60	1.5	0	0	14	12+	-	0+	less than 1 gram	less than 1 gram+	230
EUR: Brown Sugar Bourbon Marinated Peaches	124394	1/4 cup	1oz	28.35g	20	0	0	0+	5	4	-	0	0	0	0
EUR: Citrus Fennel Salad with Carrots & Mango (Orange & Yellow Blend)	22996.5	1/4 cup	1.13oz	31.89g	15	0	0	0	4	3	-	0	0	less than 1 gram	5

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product substitutions, and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Grilled Apples with Mint	11349.1	1/4 cup	3.05oz	86.53g	50	0	0	0+	13	11+	0+	0	0	2	0
EUR: Honey Grilled Peaches	34078.2	1/2 each	2.71oz	76.87g	40	0.5	0	0+	8	7	-	0	less than 1 gram	1	0
EUR: Honeydew Mint Salad	117264	1/4 cup	1oz	28.41g	10	0	0	0	3	2+	-	0	0	0	5
EUR: Minted Chili Lime Cantaloupe	124222	1/4 cup	2.24oz	63.44g	25	0	0	0+	7	6+	-	0	less than 1 gram	less than 1 gram	10
EUR: Minted Fruit Salad	35072.1	1/4 cup	1.69oz	47.96g	25	0	0	0+	6	6+	-	0	0	0	5
EUR: Roasted Butternut Squash with Cinnamon & Brown Sugar	4656.3	1/4 cup	2.38oz	67.36g	90	6	3.5	0+	10	5	-	15	less than 1 gram	1	25
EUR: Roasted Fennel	35016.5	1/4 cup	0.57oz	16.15g	10	0	0	0	1	less than 1 gram	-	0	0	0	15
EUR: Roasted Peaches	22171	1/4 cup	1.98oz	56.25g	20	0	0	0	5	5	-	0	less than 1 gram	less than 1 gram	0
EUR: Roasted Pears	33992.76	1/4 cup	1.65oz	46.76g	35	1	0	0	7	4	0+	0	0	1	55
EUR: Roasted Red Beet and Orange Salad	44831	1/4 cup	1.08oz	30.63g	15	0	0	0	3	2	-	0	0	less than 1 gram	125
EUR: Stewed Ginger Maple Apples (IQF)	127888	1/4 cup	1.59oz	45.13g	40	0	0	0+	10	8	-	0	0	less than 1 gram	160
Ingredient: Pineapple, Cubed, Fresh	31969	1/4 cup	1.46oz	41.25g	20	0	0	0	5	4	-	0	0	less than 1 gram	0
Ingredient: Strawberries, Quartered, Fresh	66194	1/4 cup	1.34oz	38g	10	0	0	0	3	2	-	0	0	less than 1 gram	0
Ingredient: Watermelon, Cubed, Fresh	88	1/4 cup	1.04oz	29.48g	10	0	0	0	2	2	-	0	0	0	0
Whole+Sum100: Tri Color Grapes	29187	1/4 cup	1.43oz	40.58g	30	0	0	0	7	6+	-	0	0	0	0
Breakfast - byo power bowl -	dry topp	ers													
EUR: Antioxidant Walnut Crunch	138858	1 tbsp	0.32oz	8.95g	50	4.5	0	0+	2	0+	-	0	1	1	20
Ingredient: Cereal, Granola with Raisins and Almonds, Low Fat, Bulk	82256.1	1 tbsp	0.2oz	5.62g	20	0	0	0	5	2	1	0	0	0	15
Ingredient: Cereal, Granola, No Raisins, Almonds, Low Fat, Bulk	82256.2	1 tbsp	0.22oz	6.14g	30	1.5	0	0	3	1	-	0	less than 1 gram	less than 1 gram	0

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Coconut, Sweeteened, Shredded, Toasted	61182	1 tbsp	0.5oz	14.17g	70	5	4.5	-	7	6	-	0	0	less than 1 gram	35
Ingredient: Cranberries, Dried	62347	1 tbsp	0.32oz	9.06g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Honey	63610	1 tbsp	0.75oz	21.19g	60	0	0	-	17	17	-	0	0	0	0
Ingredient: Nuts, Almonds, Slivered, Toasted	33991	1 tbsp	0.24oz	6.77g	40	3.5	0	0	1	0	-	0	1	less than 1 gram	0
Ingredient: Nuts, Pecans, Pieces, Toasted	33991.2	1 tbsp	0.24oz	6.81g	45	5	0	-	less than 1 gram	0	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Nuts, Walnuts, Halves & Pieces, Toasted	33991.1	1 tbsp	0.27oz	7.56g	50	5	0	-	1	0	-	0	1	less than 1 gram	0
Ingredient: Raisins	62348	1 tbsp	0.32oz	9.06g	25	0	0	0	7	6	-	0	0	0	0
Ingredient: Raisins, Golden	64579	1 tbsp	0.36oz	10.31g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Seeds, Flax, Whole	63624	1 tbsp	0.37oz	10.5g	60	4.5	0	-	3	0	-	0	2	3	0
Ingredient: Seeds, Pumpkin, Hulled	71070.3	1 tbsp	0.5oz	14.19g	80	7	1	0	2	0	-	0	4	less than 1 gram	0
Ingredient: Seeds, Sunflower, Roasted	62349	1 tbsp	0.28oz	8g	45	4	0	-	2	0	-	0	2	less than 1 gram	0
Ingredient: Spice, Chia Seeds	63113.1	1 tbsp	0.53oz	15g	70	4.5	0	0	6	-	-	0	2	5	0
Ingredient: Spice, Cinnamon, Ground	63613	1 tsp	0.09oz	2.6g	5	0	0	0	2	0	-	0	0	1	0
Breakfast - byo power bowl -	grains														
EUR: Blueberry Corn Farm Stand Wheatberry Salad	131905	1/4 cup	2.08oz	59.03g	35	0	0	0	7	less than 1 gram	0+	0	1	1	30
EUR: Farro (cooked)	55975	1/4 cup	2.06oz	58.4g	60	0	0	0	12	0	0	0	3	1	15
EUR: Red Quinoa Tropical Fruit and Pecan Salad	56719	1/4 cup	1.99oz	56.52g	80	3	0	0+	12	2+	0+	0	3	1	60
EUR: Tri-Color Quinoa (cooked)	55978.2	1/4 cup	1.77oz	50.06g	60	0.5	0	0	12	1	0	0	2	1	0
EUR: Wheat Berries (cooked)	55973	1/4 cup	3.45oz	97.9g	60	0	0	0	13	0	0	0	3	3	0
Breakfast - byo power bowl -	greens														
EUR: Arugula Chard and Chive Lettuce Blend	131992.1	1/2 cup	0.56oz	15.77g	0	0	0	0	less than 1 gram	0	-	0	0	0	20

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Kale & Rainbow Chard Blend	79435	1/2 cup	0.48oz	13.61g	0	0	0	0	less than 1 gram	0	-	0	0	0	20
EUR: Kale and Brussels Blend	74798.1	1/2 cup	1.07oz	30.34g	25	1.5	0	0+	2	0	-	0	less than 1 gram	less than 1 gram	160
EUR: Mezze Romaine Kale Blend	27832.5	1/2 cup	1oz	28.35g	5	0	0	0	1	0	-	0	0	less than 1 gram	5
EUR: Power Greens Salad Blend	139141	1/2 cup	0.42oz	11.96g	0	0	0	0	less than 1 gram	0	-	0	0	0	5
EUR: Romaine Iceburg Kale Blend	27832.3	1/2 cup	2oz	56.7g	10	0	0	0	2	less than 1 gram	-	0	less than 1 gram	1	10
EUR: Root to Stem Salad Blend	139143	1/2 cup	0.74oz	20.85g	5	0	0	0	1	0	-	0	less than 1 gram	less than 1 gram	10
EUR: Spring Mix Kale Lettuce Mix (50/50 blend)	119930	1/2 cup	0.85oz	23.97g	5	0	0	0	less than 1 gram	0	-	0	0	less than 1 gram	5
EUR: West Coast Lettuce Blend (Kale, Romaine, Dill and Spring Mix)	23390.3	1/2 cup	0.95oz	27.06g	5	0	0	0	1	0+	-	0	0	less than 1 gram	5
Ingredient: Spinach, Baby, Fresh	47960.1	1/2 cup	0.53oz	15g	0	0	0	0	less than 1 gram	0	-	0	0	0	10
Breakfast - byo power bowl -	sauces														
EUR: Blueberry Syrup	26136.3	2 floz	2.2oz	62.33g	30	0	0	0	7	6	-	0	0	1	0
EUR: Cucumber Mint Yogurt Sauce	21743.2	2 floz	2.06oz	58.53g	20	0	0	0	2	1+	-	0	3	0	240
EUR: Green Goddess Dressing (scratch)	71306.2	2 floz	1.82oz	51.61g	70	6	2	0+	3	0	0+	10	1	0	250
EUR: Honey Mint Yogurt Sauce	8264.1	2 floz	2.17oz	61.38g	60	0.5	0	0+	11	11+	-	less than 5 milligrams	3	0	40
EUR: Honey Orange Yogurt Sauce	39260.1	2 floz	2.17oz	61.44g	80	0.5	0	0+	17	17	-	less than 5 milligrams	2	0	30
EUR: House Vinaigrette (Scratch)	8303	2 floz	2.01oz	57.1g	330	36	2.5	0	2	1	-	0+	0	0+	80
EUR: Lime Crema	44149.3	2 floz	2.01oz	56.92g	70	7	4	0+	2	less than 1 gram	-	20	2	0	270
EUR: Spicy Avocado Yogurt Sauce	147658	2 floz	1.75oz	49.57g	35	1.5	0	0	2	1	-	0	3	less than 1 gram	360

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Sriracha Yogurt Dressing	123448	2 floz	2.02oz	57.12g	30	0	0	0+	2	2	0+	less than 5 milligrams	5	0	550
EUR: Yogurt Tahini Dressing	68539.2	2 floz	2.34oz	66.39g	120	10	1.5	0+	5	3+	-	less than 5 milligrams	3	less than 1 gram	280
Ingredient: Syrup, Maple, 100%	66297	2 floz	2.84oz	80.5g	210	0	0	-	54	49	-	0	0	0	10
On the Go Dressing: Maple Cider Vinaigrette	42350.1	2 floz	2.13oz	60.24g	380	41	3	0+	3	2	0+	0	0	0	95
Breakfast - byo power bowl -	yogurts														
EUR: Chia Pudding Base	150269.1	1/2 cup	4.17oz	118.2g	180	9	1.5	0+	17	6+	3+	10	9	8	40
EUR: Coconut Chia Pudding Base	150269	1/2 cup	4.26oz	120.72g	250	19	12	0+	17	4+	4+	0	5	8+	15
EUR: Overnight Oats Base	124386	1/2 cup	6.48oz	183.76g	260	6	2.5	-	42	14	-	10	11	4	80
EUR: Overnight Oats Base with Coconut Milk	150270	1/2 cup	5.31oz	150.64g	260	14	11	0+	30	7+	6+	0	5	3+	10
Ingredient: Yogurt, Plain, Greek, Fat Free	65282.2	1/2 cup	4oz	113.4g	70	0	0	0	4	4	-	5	12	0	40
Ingredient: Yogurt, Vanilla, Greek, Fat Free, 64 oz, Pouch	119601.1	1/2 cup	3.97oz	112.5g	90	0	0	0	12	11	-	less than 5 milligrams	10	less than 1 gram	40
Breakfast - deli - croissants							- <u>-</u>		:						
EUR: Cream Cheese Stuffed Croissant	148743.3	1 each	4.98oz	141.3g	480	29	17	0+	48	22	4+	85	8	less than 1 gram	410
EUR: Raspberry & Cream Cheese Stuffed Croissant	148743.4	1 each	5.98oz	169.64g	530	29	17	0+	59	30	4+	85	8	2	410
EUR: Stuffed Bacon Jam & Gouda Croissant	148743.2	1 each	5.3oz	150.25g	480	28	17	0+	35	10	4+	100	18	1	770
EUR: Stuffed Ham & Brie Butter Croissant	148743	1 each	6.41oz	181.86g	490	26	15	0+	44	18	4+	100	21	1	1140
EUR: Twice Baked Almond Croissant	148743.6	1 each	6.48oz	183.84g	690	40	17	0+	74	43	4+	115	13	4	340
EUR: Twice Baked Strawberry Almond Croissant	148743.7	1 each	5.2oz	147.5g	530	33	13	0+	52	32	2+	80	10	4	170
Breakfast - deli - egg bite stra	atas														

Nutrient values are based on data from the USDA and our suppliers. Unplanned products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Asparagus, Mushroom & Goat Cheese Egg Bite Strata (2 pc)	137820.7	2 each	6.7oz	189.96g	280	23	8	0+	6	4	1+	210	13	less than 1 gram	530
EUR: Broccoli & Gouda Egg Bite Strata (2 pc)	137820.8	2 each	5.82oz	165.05g	290	23	10	0+	6	4	1+	230	15	less than 1 gram	520
EUR: Caramelized Onion Cheddar Ham Egg Bite Strata (2 pc)	23378.18	2 each	7.52oz	213.13g	380	26	10	0+	20	5	1+	230	19	1	710
EUR: Cheesy Smoked Bacon Egg Bite Strata (2 pc)	137820.2	2 each	6.13oz	173.91g	440	35	15	0+	5	3	1+	255	26	0	1070
EUR: Chorizo Cheddar Egg Bite Strata (2 pc)	137820.1	2 each	8.75oz	248.1g	440	32	12	0+	19	4	1+	240	19	2	810
EUR: Italian Sausage Egg Bite Strata (2 pc)	137820.3	2 each	8.65oz	245.15g	450	33	12	0	17	4	1+	235	19	2	780
EUR: Spinach Parmesan Egg Bite Strata (2 pc)	23378.25	2 each	7.11oz	201.52g	330	22	8	0+	18	4	1+	215	16	1	730
EUR: Veggie Chorizo Spinach Feta Egg Bite Strata (2 pc)	137820.6	2 each	5.42oz	153.6g	250	20	7	0+	6	3	1+	210	13	1	520
Breakfast - deli - pockets															
EUR: Brown Sugar & Chai Strudel	152896.2	1 each	4.23oz	120.05g	480	24	14	0+	59	39	5+	35	4	2	200
EUR: Potato, Sausage & Egg Strudel	152896.1	1 each	5.37oz	152.37g	460	36	16	0+	20	1+	0+	130	15	less than 1 gram	600
EUR: Spinach, Feta & Herb Strudel	152896.1	1 each	4.93oz	139.86g	400	29	13	0+	21	1+	0+	60	12	1	500
EUR: Strawberry, Basil & Lime Strudel	152896.1	1 each	5.07oz	143.79g	420	20	10	0+	54	30	0+	25	4	2	180
Breakfast - deli - sandwiches															
EUR: Egg White Spinach Tomato on WW English Muffin (Coffee Bar)	41881.16	1 sandwich	4.96oz	140.58g	150	1.5	0	0+	24	5	0+	0	12	4	550
EUR: Bacon Egg & Cheese Croissant (Coffee Bar)	17350.38	1 each	6.61oz	187.53g	530	86	12	0+	44	4	3+	280	26	2	1160
EUR: Beyond Chorizo Egg White Breakfast Torta (Coffee Bar)	140883.3	1 each	11.73oz	332.68g	710	28	8	0+	83	10	0+	20	33	8	1900
EUR: Caprese Egg White Breakfast Sandwich (Coffee Bar)	140874.1	1 each	11.19oz	317.26g	750	33	11	0+	79	12	0+	50+	31	5+	1480

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g	Added sugars (g) Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Ham, Egg, and Brie Croissant Sandwich with Dijonnaise (Coffee Bar)	140780.1	1 sandwich	9.17oz	259.87g	610	39	16	0+	31	6	4+	320	33	2	1730
EUR: Prosciutto Pesto Breakfast Sandwich (Coffee Bar)	140882.1	1 each	8.77oz	248.59g	570	27	8	0+	50	5	0+	265	29	2+	1780
EUR: Sausage Egg and Cheese Sandwich on English Muffin (Coffee Bar)	8383.12	1 sandwich	6.46oz	183.1g	480	31	12	0+	27	2	0+	270	22	2	1020
Breakfast - deli - sides															
EUR: Butternut Squash Quinoa Breakfast Salad with Bacon Dressing	141067.6	1/2 cup	5.42oz	153.58g	250	14	1.5	0+	26	10	0+	less than 5 milligrams	6	3	150
EUR: Cucumber, Kale, Parsley Grain Salad	141067.5	1/2 cup	5.74oz	162.7g	170	8	0.5	0+	24	8	0+	0	3	3	25
EUR: Honey Nut Apple Quinoa Breakfast Salad	141067.3	1/2 cup	5.3oz	150.38g	200	4	0	0+	36	16	0+	0	5	4	35
EUR: Minted Melon Berry Summer Salad	29187.15	1/2 cup	2.72oz	77.02g	30	0	0	0	7	5+	-	0	less than 1 gram	1	0
EUR: Minted Peach Farro Salad	131990.2	1/2 cup	4.63oz	131.29g	90	0	0	0+	20	10+	0+	0	2	2	160
EUR: Red Quinoa Fruit Salad	90258	1/2 cup	6.15oz	174.22g	190	2	0	0+	41	19+	0+	0	4	4	190
EUR: Tropical Fruit, Coconut & Farro Salad	131990.3	1/2 cup	5.09oz	144.31g	150	2.5	1.5	0+	29	8+	0+	0	4	3+	110
Breakfast - grab and go - col	d														
EUR: Blueberry Greek Yogurt Parfait	16351.8	1 each	8.65oz	245.13g	210	3.5	0.5	0	27	16	-	10	20	2	135
EUR: Strawberry Greek Yogurt Parfait	58001	1 each	8.53oz	241.73g	200	3.5	0.5	0	23	13	-	10	19	2	135
HC On the Go Salad: Fresh Fruit	30963.3	1 cup	4.8oz	136.08g	60	0	0	0	15	13	-	0	less than 1 gram	1	15
HC On the Go Snack: Cottage Cheese and Fresh Fruit	8103	1 each	8oz	226.8g	120	1	0.5	0+	17	16	-	less than 5 milligrams	12	1	370
On the Go Snack: Cantaloupe (12 oz cup)	18951	1 each	8oz	226.8g	80	0	0	0	19	18	-	0	2	2	35

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
On the Go Snack: Cantaloupe (8 oz cup)	18951.3	1 each	5oz	141.75g	50	0	0	0	12	11	-	0	1	1	25
On the Go Snack: Grapes (12 oz cup)	18950	1 each	9oz	255.15g	180	0	0	0	46	39	-	0	2	2	5
On the Go Snack: Grapes (8 oz cup)	18950.2	1 each	5oz	141.75g	100	0	0	0	26	22	-	0	1	1	0
On the Go Snack: Hard Boiled Egg	27251	2 each	3.1oz	88g	130	8	3	0	less than 1 gram	0	0+	325	11	0	125
On the Go Snack: Honeydew (12 oz cup)	18949	1 each	8oz	226.8g	80	0	0	0	21	18	-	0	1	2	40
On the Go Snack: Honeydew (8 oz cup)	18949.2	1 each	5oz	141.75g	50	0	0	0	13	12	-	0	less than 1 gram	1	25
On the Go Snack: Mandarin, Pineapple & Grapes (8 oz cup)	13159.2	1 each	5.92oz	167.83g	90	0	0	0	23	19	-	0	1	2	0
On the Go Snack: Mandarin, Pineapple and Grapes (12 oz cup)	13159	1 each	8.88oz	251.74g	130	0	0	0	34	28	-	0	2	3	5
On the Go Snack: Pineapple (12 oz cup)	18951.1	1 each	8oz	226.8g	110	0	0	0	30	22	-	0	1	3	0
On the Go Snack: Pineapple (8 oz cup)	18951.4	1 each	5oz	141.75g	70	0	0	0	19	14	-	0	less than 1 gram	2	0
On the Go Snack: Strawberries (8 oz cup)	18946.4	1 each	5oz	141.75g	45	0	0	0	11	7	-	0	less than 1 gram	3	0
On the Go Snack: Strawberry (12 oz cup)	18946	12 oz parfait	7oz	198.45g	60	0.5	0	0	15	10	-	0	1	4	0
On the Go Snack: Summer Berries (8 oz cup)	29187.7	1 each	5oz	141.75g	70	0.5	0	0	16	10	-	0	1	4	0
On the Go Snack: Watermelon (12 oz cup)	18952	1 each	7oz	198.45g	60	0	0	0	15	12	-	0	1	less than 1 gram	0
On the Go Snack: Watermelon (8 oz cup)	18952.2	1 each	5oz	141.75g	45	0	0	0	11	9	-	0	less than 1 gram	less than 1 gram	0
Breakfast - grab and go - hot		-	-												
EUR: Ham Egg & Cheese on WW English Muffin	8595.2	1 sandwich	6.34oz	179.8g	390	22	6	0+	26	5	-	215	24	4	840

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Bacon & Egg Biscuit Sandwich	8381.40	1 sandwich	4.58oz	129.94g	380	22	8	0	26	2	1+	180	16	less than 1 gram	920
EUR: Bacon & Egg Taco	118242.7	1 each	3.68oz	104.19g	270	15	3.5	0+	18	4	0+	170	14	1	500
EUR: Bacon Egg & Cheese Biscuit Sandwich	8381.1	1 sandwich	5.08oz	144.11g	430	27	10	0	26	2	1+	195	18	less than 1 gram	1160
EUR: Bacon Egg & Cheese Burrito	9308.2	1 each	12.85oz	364.4g	810	42	16	0+	64	14	1+	460	46	3	1620
EUR: Bacon Egg & Cheese English Muffin	8381.15	1 sandwich	4.87oz	138.01g	370	21	7	0	26	2	-	195	19	2	850
EUR: Bacon Egg & Cheese Taco	118242	1 each	4.17oz	118.32g	330	20	6	0+	19	4	0+	185	17	1	590
EUR: Bean & Cheese Taco	118242.5	1 each	3.53oz	100.13g	210	8	3.5	0+	24	less than 1 gram	0+	15	8	4	480
EUR: Black Forest Ham & Egg Biscuit	37699.3	1 sandwich	5.79oz	164.21g	380	20	6	0+	27	3	1+	195	18	1	930
EUR: Black Forest Ham Egg & Cheese Biscuit Sandwich	37699.4	1 sandwich	6.31oz	178.81g	430	25	9	0+	28	3	1+	210	21	1	1280
EUR: Black Forest Ham Egg & Cheese on English Muffin	8595.1	1 sandwich	6oz	170.17g	330	14	4.5	0+	28	3	0+	210	22	3	970
EUR: Chicken Biscuit Sandwich	18449	1 sandwich	5.85oz	165.79g	430	21	6	0	40	4	1+	35	18	less than 1 gram	1050
EUR: Chorizo Potato & Egg Taco	118242.6	1 each	4.87oz	138.15g	290	15	3.5	0+	25	4	0+	170	13	2	420
EUR: Egg & Cheese Biscuit Sandwich	8381.41	1 sandwich	4.43oz	125.51g	350	20	8	0	26	2	1+	180	12	less than 1 gram	840
EUR: Egg & Cheese English Muffin	8381.14	1 sandwich	4.21oz	119.41g	280	14	4.5	0	26	2	-	180	13	2	540
EUR: Potato Egg & Cheese Taco	118242.1	1 each	5.76oz	163.34g	330	17	5	0+	30	4	0+	170	14	2	350
EUR: Sausage & Egg Biscuit Sandwich	17350	1 sandwich	5.43oz	153.86g	470	33	12	0	26	2	1+	190	14	less than 1 gram	920
EUR: Sausage & Egg Taco	118242.8	1 each	3.87oz	109.8g	270	16	3.5	0+	19	4	0+	175	13	1	420
EUR: Sausage Egg & Cheese Biscuit Sandwich	17350.27	1 sandwich	5.91oz	167.61g	520	37	14	0	27	2	1+	205	17	less than 1 gram	1050
EUR: Sausage Egg & Cheese Burrito	9308.3	1 each	9.27oz	262.82g	730	53	20	0+	34	7	less than 1 gram+	275	30	1	1220

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Sausage Egg & Cheese on English Muffin	8383.3	1 sandwich	5.71oz	161.94g	460	31	11	0	27	2	0+	205	18	2	860
EUR: Sausage Egg & Cheese Taco	118242.1	1 each	4.37oz	123.93g	320	20	6	0+	19	5	0+	190	16	1	510
EUR: Vegetable Breakfast Burrito with Peppers and Hash Browns	44577	1 sandwich	10.42oz	295.45g	630	33	14	0+	62	4	1+	235	23	4	950
Breakfast - grill - add on															
EUR: Egg (Cooked to Order)	5306.1	1 each	1.73oz	48.97g	100	9	1.5	0	0	0	-	165	6	0	180
Ingredient: Avocado, Sliced, Fresh	63635	1/4 cup	1.29oz	36.5g	60	5	1	0	3	0	-	0	less than 1 gram	2	0
Ingredient: Sauce, Salsa, Picante, Mild	1264	2 tbsp	1.14oz	32.37g	10	0	0	-	2	1	-	0	0	less than 1 gram	230
Breakfast - grill - made to ord	er sandw	viches													
EUR: Bacon Egg & Cheese Croissant	17350.3	1 each	4.54oz	128.81g	420	28	8	0	27	4	4+	180	16	less than 1 gram	690
EUR: Black Forest Ham Egg & Cheese Brioche Sandwich	17350.30	1 sandwich	6.61oz	187.36g	530	29	9	0+	44	8	7+	220	24	2	850
EUR: Egg & Cheese English Muffin	8381.14	1 sandwich	4.21oz	119.41g	280	14	4.5	0	26	2	-	180	13	2	540
EUR: Egg White Spinach Turkey Sausage on WW English Muffin	66313.13	1 each	6.76oz	191.75g	220	5	1.5	0+	25	6	0+	30	19	5	550
EUR: Sausage Egg & Cheese on English Muffin (2oz sausage patty)	8383.8	1 sandwich	5.59oz	158.54g	410	25	8	0	27	3	-	210	20	2	860
EUR: Signature Chicken Apple Sausage Breakfast Club Sandwich on Brioche	148742	1 sandwich	8.38oz	237.62g	610	31	12	0+	56	20	7+	260	28	2	1500
Breakfast - grill - scrambled,	wrapped	or hashe	d												
EUR: Breakfast Grill - Hashed	163973.2	1 serving(s)	9.07oz	257.17g	280	9	2	0	39	3	0+	165	10	4	1520
EUR: Breakfast Grill - Scrambled	163973	1 serving(s)	6.45oz	182.88g	260	17	6	0	1	less than 1 gram	-	680	23	0	490
EUR: Breakfast Grill - Wrapped	163973.1	1 serving(s)	7.73oz	219.13g	470	20	8	0	49	1	1+	450	23	2	980

Nutrient values are based on data from the USDA and our suppliers. Unplanned products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g) Cho	olesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Breakfast Grill Style - Eurest Signature	163718.7	1 serving(s)	4.82oz	136.76g	360	28	8	0+	7	5	-	70	20	1	710
EUR: Breakfast Grill Style - Market	163718.6	1 serving(s)	5.58oz	158.15g	190	18	1.5	0	7	3	-	0	4	3	220
EUR: Breakfast Grill Style - Meat Lovers	163718.8	1 serving(s)	4.62oz	130.89g	550	52	16	0+	3	1	-	95	19	0	930
EUR: Breakfast Grill Style - Mezze	163718.4	1 serving(s)	3.08oz	87.43g	200	20	4.5	0+	3	less than 1 gram	-	15	3	1	490
EUR: Breakfast Grill Style - Southern	163718.9	1 serving(s)	7.81oz	221.28g	500	44	13	0+	16	4	0+	65	12	less than 1 gram	790
EUR: Breakfast Grill Style - Super Greens	163718.5	1 serving(s)	2.95oz	83.6g	90	7	1	0	5	less than 1 gram	0+	0	3	3	120
EUR: Breakfast Grill Style - Tex Mex	163718	1 serving(s)	5.6oz	158.71g	420	36	11	0+	8	2	0+	65	16	2	980
EUR: Breakfast Grill Style - West Coast	163718.3	1 serving(s)	4.5oz	127.58g	390	34	10	0	3	less than 1 gram	0+	70	19	2	320
EUR: Breakfast Grill Style - Western	163718.1	1 serving(s)	4.72oz	133.8g	310	26	7	0+	5	2	-	55	16	less than 1 gram	820
Breakfast - grill - sides	1														
EUR: Buttermilk Biscuit, 2.2 oz. frozen	3872.1	1 each	2.28oz	64.73g	210	9	5	0+	25	2	1+	5	4	less than 1 gram	430
EUR: Buttermilk Pancakes (krusteaz mix)	616.28	1 each	3.76oz	106.61g	170	1.5	0	0	33	7	0+	0	4	1	490
EUR: Chicken Apple Sausage, 2 oz, GoodSource	1125.23	2 each	4oz	113.4g	180	6	1.5	-	9	8	-	75	21	0	790
EUR: Egg (Cooked to Order)	5306.1	1 each	1.73oz	48.97g	100	9	1.5	0	0	0	-	165	6	0	180
EUR: Egg White (Cooked to Order)	5306.8	1 each	1.32oz	37.54g	60	4.5	0	0+	0	0	-	0	4	0	55
EUR: Eggplant Bacon	80472.2	2 slice	1.82oz	51.58g	35	2	0	0+	3	2	-	0	less than 1 gram	1	220
EUR: French Toast (Texas Toast)	8251	2 slice	5.97oz	169.21g	370	19	10	0+	38	6	-	195	13	3	420
EUR: Fresh Cut Melon, Strawberry, & Pineapple	15799.2	1 cup	6oz	170.1g	70	0	0	0	18	14	-	0	1	2	10

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Hash Browns with Peppers & Onions	40189	1 cup	4.94oz	139.96g	190	10	5	0+	21	1	0+	20	3	3	160
EUR: Home Fries (breakfast potatoes)	8377	1 cup	21.57oz	611.63g	320	11	6	0+	52	5+	0+	25	6	6	1040
EUR: Multigrain Pancakes (using mix)	23375.10	1 each	4.13oz	117.07g	200	3.5	0	0	37	7	0+	0	6	5	360
EUR: Shredded Hash Browns (oil)	57572.1	1 cup	5.3oz	150.36g	310	21	1.5	0	26	0	0+	0	3	3	0
EUR: Sweet Potato Tots (fried)	93780	1 cup	4.31oz	122.11g	250	14	1	0	31	11	-	0	2	3	300
EUR: Tater Tots (baked)	68287	1 cup	3oz	85.05g	180	10	1.5	0	22	0	0	0	1	1	500
EUR: Tater Tots (fried)	8414.1	1 cup	3.5oz	99.22g	320	25	2.5	0	22	0	0	0	1	1	500
EUR: Two Biscuits with Sausage Gravy (2.2 oz frozen)	95648.1	1 serving(s)	14.45oz	409.78g	780	39	18	0+	84	12	2+	40	16	1	2090
Ingredient: Bacon, Applewood, Sliced	608.19	2 slice	0.8oz	22.68g	110	8	2.5	0	0	0	-	20	8	0	380
Ingredient: Bacon, Turkey, Sliced	84929	2 slice	0.99oz	28g	60	5	1	0	less than 1 gram	less than 1 gram	less than 1 gram	20	4	0	130
Ingredient: Sausage Link, Pork, 2 oz	1125.1	2 each	3oz	85.05g	390	39	13	0	2	1	-	65	9	0	510
Ingredient: Sausage Patty, Meatless, Vegetarian, 1.34 oz	69553	2 each	2.68oz	75.98g	140	5	0	0	8	2	0	0	18	2	500
Ingredient: Sausage Patty, Turkey, 1.5 oz	57570.1	2 each	2.58oz	73.1g	130	7	2	0	less than 1 gram	0	0	60	14	0	470
Breakfast - hot cereal - cereal	I														
EUR: Apple Cinnamon Oatmeal	18444.4	1/2 cup	4.91oz	139.32g	90	1	0	0+	17	4	0+	0	2	2	5
EUR: Cream of Wheat	610.10	1/2 cup	4.15oz	117.65g	70	0	0	0+	14	0	0+	0	2	less than 1 gram	0
EUR: Creamy Sweet Cinnamon Oatmeal (Avena)	115998	1/2 cup	4.7oz	133.3g	210	7	3.5	0+	33	22	0+	15	4	2	30
EUR: Grits	48753.4	1/2 cup	5.1oz	144.5g	100	0	0	0+	21	0	0+	0	2	1	0
EUR: Oatmeal (Steel Cut)	3428.27	1/2 cup	4.73oz	134.1g	60	1	0	0+	10	0+	0+	0	3	2	0
Breakfast - hot cereal - dry to	ppers					-									
Honey, PC	32009	1 each	0.32oz	9g	25	0	0	-	7	7	-	0	0	0	0

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.

Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
Ingredient: Butter, Unsalted	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	-	30	0	0	0
Ingredient: Cereal, Granola with Raisins and Almonds, Low Fat, Bulk	82256.1	1 tbsp	0.2oz	5.62g	20	0	0	0	5	2	1	0	0	0	15
Ingredient: Cereal, Granola, No Raisins, Almonds, Low Fat, Bulk	82256.2	1 tbsp	0.22oz	6.14g	30	1.5	0	0	3	1	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Cheese, Cheddar, Mild, Shredded	62344	1 tbsp	0.25oz	7.06g	30	2.5	1.5	-	0	0	-	5	2	0	45
Ingredient: Coconut, Sweeteened, Shredded, Toasted	61182	1 tbsp	0.5oz	14.17g	70	5	4.5	-	7	6	-	0	0	less than 1 gram	35
Ingredient: Cranberries, Dried	62347	1 tbsp	0.32oz	9.06g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Honey	63610	1 tbsp	0.75oz	21.19g	60	0	0	-	17	17	-	0	0	0	0
Ingredient: Nuts, Almonds, Slivered, Toasted	33991	1 tbsp	0.24oz	6.77g	40	3.5	0	0	1	0	-	0	1	less than 1 gram	0
Ingredient: Nuts, Pecans, Pieces, Toasted	33991.2	1 tbsp	0.24oz	6.81g	45	5	0	-	less than 1 gram	0	-	0	less than 1 gram	less than 1 gram	0
Ingredient: Nuts, Walnuts, Halves & Pieces, Toasted	33991.1	1 tbsp	0.27oz	7.56g	50	5	0	-	1	0	-	0	1	less than 1 gram	0
Ingredient: Raisins	62348	1 tbsp	0.32oz	9.06g	25	0	0	0	7	6	-	0	0	0	0
Ingredient: Raisins, Golden	64579	1 tbsp	0.36oz	10.31g	30	0	0	0	8	7	-	0	0	0	0
Ingredient: Seeds, Flax, Whole	63624	1 tbsp	0.37oz	10.5g	60	4.5	0	-	3	0	-	0	2	3	0
Ingredient: Seeds, Pumpkin, Hulled	71070.3	1 tbsp	0.5oz	14.19g	80	7	1	0	2	0	-	0	4	less than 1 gram	0
Ingredient: Spice, Chia Seeds	63113.1	1 tbsp	0.53oz	15g	70	4.5	0	0	6	-	-	0	2	5	0
Ingredient: Spice, Cinnamon, Ground	63613	1 tsp	0.09oz	2.6g	5	0	0	0	2	0	-	0	0	1	0
Ingredient: Sugar, Brown, Light	15576	1 tbsp	0.49oz	13.75g	50	0	0	-	13	13	-	0	0	0	0
Margarine, Smart Balance, 5g, PC	104683	1 each	0.18oz	5g	30	3	1	0	0	0	0	0	0	0	30
Breakfast - hot graze - breakf	ast potat	oes													
EUR: Hash Browns with Peppers & Onions	40189	1/2 cup	2.47oz	69.98g	90	5	2.5	0+	10	less than 1 gram	0+	10	1	1	80
EUR: Home Fries (breakfast potatoes)	8377	1/2 cup	10.79oz	305.81g	160	6	3	0+	26	2+	0+	10	3	3	520

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Shredded Hash Browns (oil)	57572.1	1/2 cup	2.65oz	75.18g	150	10	1	0	13	0	0+	0	2	2	0
EUR: Tater Tots (fried)	8414.1	1/2 cup	1.75oz	49.61g	160	13	1.5	0	11	0	0	0	less than 1 gram	less than 1 gram	250
Breakfast - hot graze - breakf	ast prote	eins													
Ingredient: Sausage Link, Pork, 2 oz	1125.1	1 each	1.5oz	42.52g	200	20	7	0	1	less than 1 gram	-	35	5	0	260
Ingredient: Sausage Patty, Meatless, Vegetarian, 1.34 oz	69553	1 each	1.34oz	37.99g	70	2.5	0	0	4	less than 1 gram	0	0	9	less than 1 gram	250
Ingredient: Sausage Patty, Turkey, 1.5 oz	57570.1	1 each	1.29oz	36.55g	60	3.5	1	0	0	0	0	30	7	0	240
Breakfast - hot graze - eggs															
EUR: Artichoke and Red Pepper Frittata	40088	1 slice	3.52oz	99.82g	100	6	2	0+	8	1	-	90	6	3	540
EUR: Asparagus Cheddar Frittata	40091	1 slice	6.4oz	181.4g	240	17	8	0+	6	3	-	275	16	2	510
EUR: Bacon Tomato Cheese Crustless Quiche	44588	1 slice	5.88oz	166.56g	350	26	14	0+	11	3	0+	170	18	less than 1 gram	530
EUR: Broccoli Cheddar Quiche	40235	1 slice	6.56oz	185.92g	460	37	20	0.5+	14	3	-	330	18	1	670
EUR: Butternut Wild Mushroom Goat Cheese Frittata	40097	1 slice	6.92oz	196.14g	230	14	6	0+	12	3	-	260	15	2	480
EUR: Chorizo Pepper Feta Frittata	40090	1 slice	4.58oz	129.89g	200	14	6	0+	3	1	0+	300	14	less than 1 gram	620
EUR: Ham & Veggie Scramble	9302	1/2 cup	6.8oz	192.74g	260	13	5	0+	13	10	-	345	23	less than 1 gram	670
EUR: Ham, Mushroom, Swiss Egg White Frittata	17190	1 wedge	6.59oz	186.93g	140	5	1.5	0	5	2	0+	15	17	less than 1 gram	480
EUR: Herb Zucchini Ricotta Frittata	40095	1 slice	5.41oz	153.29g	190	13	5	0	5	2+	-	295	14	less than 1 gram	550
EUR: Mushroom Cheddar Quiche	40239	1 slice	7.69oz	217.99g	460	37	18	0.5+	16	4	-	320	17	less than 1 gram	610
EUR: Quiche Lorraine	40198	1 serving(s)	7.78oz	220.54g	630	50	26	1+	15	4	-	400	30	less than 1 gram	940

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Scrambled Egg White (liquid)	622.20	1/2 cup	4.45oz	126.04g	100	4.5	0	0+	less than 1 gram	less than 1 gram	-	0	13	0	200
EUR: Scrambled Eggs (50/50 blend)	622.17	1/2 cup	4.21oz	119.45g	160	9	1	0+	5	5	-	155	14	0	190
EUR: Scrambled Eggs with Cheese (for hot holding)	31230.1	1/2 cup	6.45oz	182.72g	250	17	6	0+	3	3	-	500	19	0	390
EUR: Scrambled Eggs with Milk (for hot holding) (liquid eggs)	31230.7	1/2 cup	3.98oz	112.88g	150	10	3	0	2	1	-	340	12	0	220
EUR: Spinach Mushroom Egg White Frittata	8428	1 slice	6.94oz	196.85g	90	1	0	0	4	less than 1 gram+	0+	0	14	1	440
EUR: Spinach Quiche	40234	1 slice	6.94oz	196.8g	440	35	18	0.5+	14	3	0+	315	18	1	690
EUR: Spinach Sundried Tomato Goat Cheese Frittata	40094	1 slice	7.25oz	205.64g	230	14	6	0+	11	4	0+	295	17	2	670
EUR: Spinach, Potato and Rosemary Frittata	55503.1	1 wedge	9.11oz	258.15g	220	10	3.5	0+	22	4+	-	175	12	4	280
Breakfast - hot graze - savory	/														
EUR: Breakfast Casserole with Bacon & Sausage	9646	1 serving(s)	5.93oz	168.06g	310	21	10	0+	15	4	0+	235	16	less than 1 gram	690
EUR: Breakfast Enchiladas with Avocado Tomatillo Salsa	10457.7	1 each	8.15oz	231.12g	320	16	6	0+	27	4	0+	340	18	5	390
EUR: Breakfast Potato Casserole	17386	1 cup	8.4oz	238.25g	180	4.5	1.5	0+	25	5	-	5	11	3	240
EUR: Buttermilk Biscuit, 2.2 oz. frozen	3872.1	1 each	2.28oz	64.73g	210	9	5	0+	25	2	1+	5	4	less than 1 gram	430
EUR: Country Style Sausage Gravy (mix)	95648	1/2 cup	4.94oz	140.16g	180	11	3.5	0	17	4	0	15	4	0	610
EUR: Egg White Vegetable Brunch Casserole with Plant-based Sausage	73750	1 each	12.06oz	341.76g	360	15	5	0+	26	8	0+	25	32	4	740
EUR: Shakshuka	158056	1 cup	9.78oz	277.19g	280	21	4.5	0+	11	5+	-	325	13	4	460
Breakfast - hot graze - sweet	-		0						5	5					
EUR: Banana Walnut Stuffed French Toast	9440	1 each	8.68oz	246.14g	540	25	9	0+	68	26	0+	35	14	4	410

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Cinnamon Roll French Toast Bake	132691	2 piece	7.86oz	222.69g	550	24	11+	0+	68	36+	-	340	16	2	370
EUR: French Toast (Texas Toast)	8251	2 slice	5.97oz	169.21g	370	19	10	0+	38	6	-	195	13	3	420
Breakfast - pizza - breakfast f	latbreads	;	0			с						2			
EUR: Bacon, Egg & Cheese Breakfast Flatbread	153945.9	1 each	7.48oz	212.19g	520	31	10	0	36	5	less than 1 gram+	245	24	2	960
EUR: Corned Beef Hash Breakfast Flatbread	70181.11	1 each	7.18oz	203.51g	490	29	9	0+	38	4	less than 1 gram+	190	20	2	840
EUR: Pesto, Bacon, Egg & Scallion Breakfast Flatbread	153945.1	1 each	6.98oz	197.78g	490	29	7+	0+	35	5	0+	200	22	3	970
EUR: Roasted Mushroom, Spinach, and Egg Breakfast Flatbread	153945.1	1 each	7.34oz	208.17g	450	28	6+	0+	35	5	-	175	14	3	770
EUR: Southwest Egg White Breakfast Flatbread	153945.1	1 each	7.26oz	205.8g	360	16	3.5	0+	40	5+	less than 1 gram+	10	15	4	670
EUR: Turkey Sausage Egg & Cheese Breakfast Flatbread	153945.7	1 each	7.13oz	202.2g	490	30	7+	0+	33	4	0+	250	21	2	870
Breakfast - pizza - breakfast	pizzas														
EUR: Bacon & Cheese Breakfast Pizza, 00 Dough Ball, Individual Neapolitan Style	130513.4 [,]	1 each	7.93oz	224.81g	460	17	8	0+	53	3	0+	200	24	2	1040
EUR: Meat Lovers Breakfast Pizza, 00 Dough Ball, Individual Neapolitan Style	130513.4	1 each	8.95oz	253.73g	540	23	10	0+	54	3	0+	215	29	2	1340
EUR: Plant Based Sausage & Cheese Breakfast Pizza, 00 Dough Ball, Individual Neapolitan Style	130513.4	1 each	8.73oz	247.49g	490	16	7	0+	54	3	0+	190	31	3	1230
EUR: Sausage & Cheese Breakfast Pizza, 00 Dough Ball, Individual Neapolitan Style	130513.4	1 each	8.73oz	247.49g	540	24	10	0+	54	3	0+	210	27	2	1190
EUR: Spinach Mushroom Breakfast Pizza, 00 Dough Ball, Individual Neapolitan Style	130513.4	1 each	8.95oz	253.84g	410	11	6	0+	56	4	0+	105	23	4	950

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.



Recipe Name	Recipe Number	Portion Size	Weight (oz)	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carb (g)	Total Sugars (g)	Added sugars (g)	Cholesterol (mg)	Protein (g)	Dietary Fiber (g)	Sodium (mg)
EUR: Veggie Breakfast Pizza, 00 Dough Ball, Individual Neapolitan Style	130513.4	1 each	20.75oz	588.29g	490	13	6	0+	69	13	0+	185	27	7	960
Breakfast - pizza - self serve toppers															
Ingredient: Cheese, Parmesan, Grated	62346	1 tbsp	0.22oz	6.25g	25	1.5	1	0	less than 1 gram	0	-	5	2	0	115
Ingredient: Sauce, Sriracha Hot Chili	74417	1 tsp	0.18oz	5.1g	0	0	0	-	0	0	-	0	0	0	135
Ingredient: Spice, Oregano, Dried, Crushed	75151	1 tsp	0.04oz	1g	0	0	0	0	less than 1 gram	0	-	0	0	0	0
Ingredient: Spice, Pepper, Red, Crushed	63317	1 tsp	0.06oz	1.77g	5	0	0	-	1	0	-	0	0	0	0

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations. Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance. Trans fat values are derived from those in animal protein and dairy products, not added/artificial trans fat such as those in baked goods and snack foods for which our standard is 0g.

A "-" dash indicates there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from the available data, but some are missing.