

Breakfast Grill

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
bacon, egg and cheese english muffin	1 sandwich	390	210	24	12	0.5	210	610	26	2	2	19
bacon, egg and cheese bagel	1 ea	590	250	28	14	0.5	225	1200	61	2	11	25
egg and cheese whole wheat muffin	1 sandwich	240	90	10	4	0	180	470	27	4	6	13
egg substitute, butter	1 ea	45	20	2	1	0	5	110	0	0	0	6
egg substitute, canola spray	1 ea	35	5	0.5	0	0	0	95	0	0	0	6
fried egg white, butter	1 ea	35	20	2	1	0	5	70	0	0	0	4
fried egg white, canola spray	1 ea	25	5	0.5	0	0	0	55	0	0	0	4
fried egg, canola spray	1 ea	80	50	5	1.5	0	185	70	0	0	0	6
bacon	1 slice	30	20	2.5	1	0	5	115	0	0	0	2
applewood bacon	1 slice	60	40	4	1.5	0	10	200	0	0	0	4
turkey bacon	1 slice	25	15	2	0	0	10	140	0	0	0	2
pork sausage patty	1 ea	100	70	8	2.5	0	25	240	0	0	0	5
sliced american cheese	1 oz	90	70	7	4.5	0	30	360	2	0	2	5
shredded cheddar cheese	1 tbsp	30	20	2.5	1.5	0	5	45	0	0	0	2
white bread	1 slice	110	15	1.5	0	0	0	210	21	1	2	4
whole wheat bread	1 slice	110	15	1.5	0	0	0	190	18	3	2	5
english muffin	1 ea	130	10	1	0	0	0	240	25	2	2	5
whole wheat english muffin	1 ea	130	10	1.5	0	-	0	230	25	4	5	5
whole grain white sandwich thin	1 ea	100	10	1	0	0	0	170	23	6	2	4
flour tortilla	1 ea	90	15	2	0	-	0	220	16	<1	1	2

Continental Breakfast

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
low fat vanilla yogurt	1/4 cup	50	5	0.5	0	-	<5	35	8	0	8	3
low fat strawberry yogurt	1/4 cup	60	5	0.5	0	-	<5	30	11	0	11	2
low fat plain yogurt	1/4 cup	40	10	1	0.5	-	<5	45	4	0	4	3
2% low fat cottage cheese	1/4 cup	45	10	1.5	0.5	0	5	170	3	0	2	6
fresh cubed cantaloupe	1/4 cup	15	0	0	0	-	0	5	3	0	3	0
tri color grapes	1/4 cup	25	0	0	0	-	0	0	7	0	6	0
fresh strawberries	1/4 cup	10	0	0	0	-	0	0	3	<1	2	0
fresh cubed honeydew melon	1/4 cup	15	0	0	0	-	0	10	4	0	3	0
fresh cubed watermelon	1/4 cup	10	0	0	0	-	0	0	2	0	2	0
fresh grapefruit half	1 half	40	0	0	0	-	0	0	10	1	9	<1
fresh granny smith apple	1 ea	100	0	0	0	-	0	0	26	4	19	0
fresh banana	1 ea	110	0	0	0	-	0	0	27	3	14	1
fresh orange	1 ea	60	0	0	0	-	0	0	15	3	12	1
cinnamon raisin bagel	1 ea	340	20	2.5	0	-	0	350	66	3	-	11
multigrain bagel	1 ea	300	20	2	0	0	0	390	59	3	9	10
plain bagel	1 ea	270	10	1	0	-	0	350	56	2	-	11
cinnamon roll	1 ea	170	30	3.5	1	0	<5	190	32	1	7	5
butter croissant	1 ea	350	160	18	10	-	55	400	39	2	10	7
cheese danish	1 ea	290	160	18	11	0	20	170	28	<1	5	4
whole wheat english muffin	1 ea	130	10	1.5	0	-	0	230	25	4	5	5
hard boiled eggs	1 ea	60	40	4	1.5	0	165	60	0	0	0	6
cream cheese	1 tbsp	50	45	5	3	-	15	55	<1	0	0	<1
light cream cheese	1 tbsp	40	35	3.5	2	-	10	55	<1	0	<1	1
smart balance margarine	1 tbsp	80	90	10	3	0	<5	100	0	0	0	0
butter	1 tbsp	100	100	12	7	0	30	90	0	0	0	0
creamy peanut butter	1 tbsp	100	70	8	1.5	0	0	70	4	<1	2	4
strawberry jelly preserves	1 tbsp	60	0	0	0	-	0	5	14	0	10	0

Grill

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
beef patty	1 ea	210	120	14	5	0.5	70	60	0	0	0	20
grilled chicken breast	1 ea	180	70	8	1.5	0*	70	210	0	0	0	26
breaded chicken tender	6 oz (p)	15	10	1	0	0	0	20	<1	0	0	<1
turkey patty	1 ea	230	130	15	4	0	80	340	0	0	0	23
meatless garden burger	1 ea	150	40	4.5	2	0	10	630	21	3	<1	8
white hamburger bun	1 ea	220	25	3	0.5	-	0	390	39	2	5	8
whole wheat sandwich thin	1 ea	100	10	1	0	0	0	170	21	5	2	5
sliced american cheese	1 oz	90	70	7	4.5	0	30	360	2	0	2	5
sliced cheddar cheese	1 oz	120	90	10	5	0	30	180	0	0	0	7
sliced reduced fat swiss cheese	1 oz	90	50	6	3.5	0	20	115	<1	0	<1	8
applewood bacon	1 slice	60	40	4	1.5	0	10	200	0	0	0	4
bacon	1 slice	30	20	2.5	1	0	5	115	0	0	0	2
barbecue sauce	1 ladle 1oz	50	0	0	0	0	0	270	11	0	10	0
ketchup	1 tbsp	15	0	0	0	-	0	135	4	0	3	0
spicy brown mustard	1 tbsp	10	0	0.5	0	0	0	170	<1	<1	0	<1
yellow mustard	1 tbsp	10	0	0.5	0	0	0	170	<1	<1	0	<1
onion rings	4 oz (p)	360	260	29	4.5	0	0	630	25	3	4	3
3/8" french fries, fried	4 oz	240	120	14	1.5	0*	0	25	28	2	0	3
sweet potato fries	4 oz (p)	280	130	15	1	0	0	160	35	4	9	1

Salad

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
fresh chopped iceberg lettuce	1 cup	10	0	0	0	-	0	5	2	<1	1	<1
spring mix lettuce	1 cup	5	0	0	0	-	0	0	1	<1	<1	<1
fresh chopped romaine lettuce	1 cup	10	0	0	0	-	0	0	2	<1	<1	<1
fresh grated carrots	2 tbsp	5	0	0	0	0	0	10	1	0	<1	0
fresh thin sliced cucumber	1/4 cup	0	0	0	0	-	0	0	<1	0	0	0
fresh sliced mushrooms	1/4 cup	0	0	0	0	-	0	0	<1	0	0	<1
fresh red onion slice	1/2 oz	5	0	0	0	-	0	0	1	0	<1	0
fresh sliced green bell pepper	1/4 cup	0	0	0	0	-	0	0	1	0	<1	0
fresh diced tomatoes	1/4 cup	0	0	0	0	-	0	0	0	0	0	0
chick peas	1/4 cup	70	10	1	0	-	0	100	11	3	2	4
grilled chicken breast	2 oz	110	45	5	1	0*	45	135	0	0	0	17
chopped hard cooked eggs	1/4 cup	50	30	3.5	1	-	125	40	0	0	0	4
chunk light tuna	1/4 cup	35	0	0	0	0	15	95	0	0	0	7
sliced fresh extra firm tofu	2 oz	80	45	5	0.5	-	0	10	2	1	-	9
sliced black olives	1/4 cup	40	35	4	0	-	0	260	2	1	0	0
olive oil	1 tbsp	120	120	13	2	-	0	0	0	0	0	0
balsamic vinegar	1 tbsp	0	0	0	0	0	0	0	0	0	0	0
red wine vinegar	1 tbsp	0	0	0	0	0	-	0	0	0	0	0
dried cranberries	1 tbsp	30	0	0	0	-	0	0	7	<1	6	0
raisins	1 tbsp	25	0	0	0	-	0	0	7	0	5	0
roasted sunflower seeds	1 tbsp	45	35	4	0	-	0	0	2	<1	0	2

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. We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens. Guests with food allergies or specific dietary concerns should speak with a manager for individualized assistance. A **dash indicates that there is no value currently available for the nutrient.

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

Trans fat are naturally occurring such as 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.