

Morning Grill



Menu Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Protein (g)
Egg, Butter	1 ea	130	12	6	115	0	0	6
Egg, Canola Spray	1 ea	80	6	1.5	70	0	0	6
Egg Substitute, Butter	2 oz	80	7	4	130	< 1	0	6
Egg Substitute, Canola Spray	2 oz	30	0.5	0	90	< 1	0	6
Egg White, Butter	2 ea	170	15	10	220	0	0	7
Egg White, Canola Spray	2 ea	45	1.5	0	110	0	0	7
Applewood Bacon	1 slice	70	6	2.5	210	0	0	3
Bacon	1 slice	35	3	1	160	0	0	3
Sausage Link	1 ea	140	12	4	320	0	0	8
Sausage Patty	1 ea	100	8	2.5	220	0	0	6
Sausage Patty, Veggie	1 ea	90	3	0	270	4	0	11
Hash Browns	4 oz (p)	180	11	5	220	19	2	2
Home Fries	4 oz (p)	160	6	3	690	26	3	3
Oatmeal	4 oz	50	1	0	0	10	1	2
Sunrise Blend with Quinoa Flakes	8 oz	330	3	0	10	60	8	14
Bread, White, Slice	1 ea	70	1	0	180	13	< 1	2
Bread, Whole Wheat, Slice	1 ea	70	1	0	135	12	2	4
Buttermilk Biscuit	1 ea	200	10	8	610	24	< 1	4
English Muffin, Plain	1 ea	130	1	0	240	25	2	5
English Muffin, Whole Wheat	1 ea	130	1.5	0	290	25	4	5
Sandwich Thins, 100% Whole Wheat	1 ea	100	1	0	170	22	6	5
Cheese, American	0.75 oz	80	7	4	140	0	0	5
Cheese, Cheddar	1 oz	110	9	6	180	0	0	7
Cheese, Pepper Jack	1 oz	110	9	5	150	0	0	7
Cheese, Provolone	1 oz	100	8	5	250	< 1	0	7
Apple, 88 Count	1 ea	100	0	0	0	26	4	0
Banana	1 ea	110	0	0	0	27	3	1
Cantaloupe, Cubed	2 oz	10	0	0	0	2	0	0
Melon, Honeydew, Cubed	2 oz	10	0	0	0	2	0	0
Orange, 88 Count	1 ea	45	0	0	0	11	2	< 1
Strawberries	2 oz	15	0	0	0	4	1	0
Watermelon, Cubed, 1"	2 oz	10	0	0	0	2	0	0

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

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.

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