

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)
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	215	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 croissant	5.33oz	570	370	41	14	0	240	890	28	1	7	20
bacon, egg & cheese croissant	5.19oz	550	360	40	13	0	235	820	28	1	7	19
sausage, egg & cheese english muffin	5.57oz	450	270	30	8	0	205	720	27	2	3	18
sausage, egg & cheese croissant	6.03oz	630	430	48	17	0	245	860	31	1	7	18
one egg	1.65oz	80	60	6	2	0	165	180	0	0	0	6
two eggs	3.3oz	160	120	12	3	0	330	360	0	0	0	12
egg whites	3.27oz	0	5	0.5	0	0	0	150	0	0	0	10
bacon	.66oz	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	325	1810	42	2	13	40
cheesy hash browns	1 cup	210	120	13.5	6.5	0+	25+	225	19	2	1+	4
simple french toast	2 ea	360	170	19	10	0.5	220	480	34	3	6	13
maple syrup	1 fl oz	100	0	0	0	-	0	35	26	0	9	0
avocado quarter	1 ea	60	50	5	1	0	0	0	3	2	0	<1

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 crosscontact 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.

omelet bar

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)
one egg	1 ea	80	60	6	1.5	0	165	180	0	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 che	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	-	-	-	-	-	-	-	-	-	-	-
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-

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 which may result in crosscontact 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 found in baked goods and snack foods for which our standard is 0g.

breakfast bar toppings

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)
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	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	5	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	25	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	1	0

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 crosscontact 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.

hot cereal

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)
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

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 crosscontact 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.

breakfast bar

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 french vanilla organic yogurt	1/4 cup	50	5	0.5	0	-	-	35	8	0	8	3
low fat organic strawberry yogurt	1/4 cup	50	4.5	0.5	0	0	-	30	9	0	9	2.5
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	6	0	0	6	0
peach	1/4 cup	15	0	0	0	0	0	4	-	3	0	0
pear	1/4 cup	60	0	0	0	0	0	15	3	10	0	0
strawberries	1/4 cup	10	0	0	0	0	0	3	-	2	0	0
watermelon	1/4 cup	10	0	0	0	0	0	2	0	2	0	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	7	0	0	0	0
dried cranberries	1 tbsp	30	0	0	0	0	0	8	0	7	0	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

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 crosscontact 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.