

# 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

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.