

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

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.