

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)
cheese omelet	0	-	0	0	0	0	0	0	0	0	0	0
veggie & cheese omelet	0	-	0	0	0	0	0	0	0	0	0	0
loaded omelet	0	-	0	0	0	0	0	0	0	0	0	0
bacon, egg & cheese english muffin	1 ea	330	150	17	8	0	200	710	27	2	3	17
sausage & cheese english muffin	1 ea	430	220	25	9	0	225	950	27	2	4	23
egg & cheese english muffin	1 ea	370	210	23	0	0	200	490	27	2	3	14
sausage, egg & cheese croissant	1 ea	530	320	36	15	-	285	980	28	1	8	24
bacon, egg & cheese bagel	1 ea	620	270	30	14	0.5	225	1240	61	2	11	26
fried egg	1 ea	80	0	6	2.5	-	170	180	0	0	0	6
scrambled egg whites	1 ea	0	5	0.5	0	-	0	150	0	0	0	10
		-	-	-	-	-	-	-	-	-	-	-
applewood smoked bacon	1 ea	60	40	4	1.5	0	10	200	0	0	0	6
pork sausage patty	1 ea	170	130	15	6	-	30	350	4	0	0	0
sausage link	1 ea	140	110	12	4	0	35	350	0.5	0	0	8
turkey sausage link	1 ea	35	20	2	0.5	0	20	80	0	0	0	4
corned beef hash	1 ladle6oz	270	150	17	7	-	50	670	15	2	-	14
home fries	1/2 cup	150	0	6	3	0	10	560	24	3	2	3
		-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-

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.

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	price	cal
cheese omelet	\$ 3.25	260-540
veggie & cheese omelet	\$ 4.09	180-450
loaded omelet	\$ 4.09	350-810
bacon, egg & cheese english muffin	\$ 2.99	330
sausage & cheese english muffin	\$ 2.99	430
egg & cheese english muffin	\$ 2.69	370
sausage, egg & cheese croissant	\$ 3.19	530
bacon, egg & cheese bagel	\$ 3.44	620
fried egg	\$ 0.90	80
scrambled egg whites	\$ 0.90	50
applewood smoked bacon	\$ 0.65	60
pork sausage patty	\$ 1.00	170
sausage link	\$ 0.75	140
turkey sausage link	\$ 0.75	35
corned beef hash	\$ 1.60	270
home fries	\$ 1.35	150

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.