

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)
watermelon	1/4 cup	10	0	0	0	0	0	2	0	0	2	0
honeydew	1/4 cup	15	0	0	0	0	0	10	4	0	3	0
red grapes	1/4 cup	25	0	0	0	0	0	0	7	0	6	0
pineapple	1/4 cup	20	0	0	0	0	0	0	0	-	4	0
cantaloupe	1/4 cup	15	0	0	0	0	0	5	3	0	3	0
strawberries	1/4 cup	10	0	0	0	0	0	0	3	-	2	0
low fat vanilla yogurt	1/4 cup	0	10	1.5	1	-	-	25	10	0	3.5	2
low fat strawberry yogurt	1/4 cup	0	10	1.5	1	-	-	25	10	0	3.5	2
0% fat cottage cheese	1/4 cup	25	0	0	0	-	-	135	2	0	-	4
#N/A	#N/A	-	-	-	-	-	-	-	-	-	-	-
granola	1/2 cup	190	25	3	0.5	0	0	125	40	3	14	4
promise	1 ea	30	25	3	0.5	0	0	30	0	0	0	0
butter	1 tbsp	100	100	12	7	0	30	90	0	0	0	0
whipped cream cheese	1 tbsp	60	0	6	3.5	-	15	55	-	0	-	1
vegetable cream cheese	1 tbsp	0	45	0	3	-	15	85	-	0	-	-
orange marmalade	1 tbsp	80	0	0	0	-	0	0	22	0	21	0
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
creamy peanut butter	1 tbsp	100	70	8	1.5	0	0	70	4	-	2	4

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

\$0.46/ounce

	svg. size	cal
watermelon	1/4 cup	10
honeydew	1/4 cup	15
red grapes	1/4 cup	25
pineapple	1/4 cup	20
cantaloupe	1/4 cup	15
strawberries	1/4 cup	10
low fat vanilla yogurt	1/4 cup	50
low fat strawberry yogurt	1/4 cup	50
0% fat cottage cheese	1/4 cup	25
granola	1/2 cup	190
promise	1 ea	30
butter	1 tbsp	100
whipped cream cheese	1 tbsp	60
vegetable cream cheese	1 tbsp	50
orange marmalade	1 tbsp	80
grape jelly	1 tbsp	60
strawberry jelly	1 tbsp	60
creamy peanut butter	1 tbsp	100

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