

# BREAKFAST

## Nutritional Information

	Serving Size	Calories	Fat	Sat. Fat	Chlor.	Sodium	Carbs	Sugars	Protein
American Fried Potatoes	1 potato	240	9	1.5	0	250	37	2	4
Bacon (side)	3 slices	180	14	5	30	500	0	0	15
Baked Oatmeal	1 breakfast	420	11	3.5	20	650	69	42	11
Biscuits (side)	2 biscuits	480	22	14	0	1440	62	4	8
Biscuits & Sausage Gravy	1 breakfast	810	48	21	35	2350	77	4	15
Cinnamon Swirl French Toast	2 slices	750	39	10	210	670	80	16	17
Chicken Sausage Patties (side)	2 patties	160	12	3	240	540	0	0	12
Corned Beef Hash & Eggs	1 breakfast	390	21	6	520	1470	2	0	45
Ham Patty (side)	3 oz patty	100	4	1	45	970	1	0	14
Hash Browns (side)	1 side	220	1.5	0	0	105	92	3	6
Eggs	1 egg	70	4.5	1.5	215	65	1	0	6
Eggs Benedict	1 breakfast	650	33	16	520	2230	34	6	39
French Toast	2 slices	730	40	10	315	590	72	19	18
Oatmeal	1 side	270	4.5	1	0	10	47	2	11
Omelet— Dutch	1 omelet	610	34	16	715	1180	55	4	43
Omelet - Ham and Cheese	1 omelet	500	34	16	715	1130	8	1	41
Omelet - Veggie	1 omelet	680	32	15	685	680	106	7	41
Omelet - Western	1 omelet	520	34	16	715	1140	12	3	43
Pancakes	2 pancakes	350	4.5	1	20	1260	65	13	7
Pancakes - Blueberry	2 pancakes	380	4.5	1	20	1260	74	18	8
Pancakes - Pecan	2 pancakes	450	14	1.5	20	1260	67	13	9
Pig-in-a-Blanket	1 pig	400	27	9	25	340	29	0	7
Sausage Links	3 links	370	36	12	60	490	1	1	10
Sausage Pork Patty	1 patty	290	16	0	0	570	23	0	9
Waffle	1 waffle	310	21	13	180	470	22	1	6
Waffle with Cherry Topping	1 waffle	450	24	16	180	490	52	30	8
Waffle with Pecans	1 waffle	520	40	15	180	470	26	1	9
Waffle with Strawberry Topping	1 waffle	450	24	16	180	630	53	27	7

## Allergens

	WHEAT	SOY	MILK	EGG	FISH	TREE NUTS	SESAME	NO ALLERGENS
Baked Oatmeal			MILK			TREE NUTS		
Biscuits (side)	WHEAT	SOY	MILK					
Biscuits & Sausage Gravy	WHEAT	SOY	MILK					
Cinnamon Swirl French Toast	WHEAT	SOY	MILK	EGG				
Corned Beef Hash & Eggs		SOY		EGG				
Hash Browns (side)		SOY						
Eggs				EGG				
Eggs Benedict	WHEAT	SOY	MILK	EGG				
French Toast	WHEAT	SOY	MILK	EGG				
Omelet— Dutch			MILK	EGG				
Omelet - Ham and Cheese			MILK	EGG				
Omelet - Western			MILK	EGG				
Omelet - Veggie			MILK	EGG				
Pancakes	WHEAT	SOY	MILK	EGG				
Pancakes - Blueberry	WHEAT	SOY	MILK	EGG				
Pancakes - Pecan	WHEAT	SOY	MILK	EGG		TREE NUTS		
Pig-in-a-Blanket	WHEAT	SOY	MILK	EGG				
Waffle	WHEAT	SOY	MILK	EGG				
Waffle with Cherry Topping	WHEAT	SOY	MILK	EGG				
Waffle with Pecans	WHEAT	SOY	MILK	EGG		TREE NUTS		
Waffle with Strawberry Topping	WHEAT	SOY	MILK	EGG				