

Menu Item	Total Calories	Calories From Fat	Total Fat / Daily Value	Saturated Fat / Daily Value	Trans Fat	Cholesterol / Daily Value	Sodium / Daily Value	Carbohydrate / Daily Value	Fiber / Daily Value	Protein	Vitamin A	Vitamin C	Calcium	Iron
AppleSauce Pancake (1)	91	9	1 g / 2%	0 g / 1%	0 g	1 mg / 0%	265 mg / 11%	18 g / 6%	0 g / 2%	2 g	0%	0%	3%	3%
Banana Pancake (1)	84	9	1 g / 2%	0 g / 1%	0 g	1 mg / 0%	263 mg / 11%	17 g / 6%	0 g / 2%	2 g	0%	1%	3%	2%
Blueberry Sauce (2 oz)	49	1	0 g / 0%	0 g / 0%	0 g	0 mg / 0%	3 mg / 0%	12 g / 4%	1 g / 4%	0 g	1%	8%	0%	0%
Breakfast Bagel w/o Meat	514	167	19 g / 28%	9 g / 42%	0 g	242 mg / 81%	1359 mg / 57%	59 g / 20%	2 g / 9%	26 g	16%	0%	36%	25%
Breakfast Bagel w/ Meat	692	239	27 g / 40%	12 g / 53%	0 g	299 mg / 100%	2957 mg / 123%	61 g / 20%	2 g / 9%	49 g	15%	0%	37%	29%
Breakfast Burrito	403	206	23 g / 34%	10 g / 45%	0 g	234 mg / 78%	653 mg / 27%	27 g / 9%	1 g / 6%	21 g	10%	0%	21%	15%
Breakfast Croissant w/o Meat	411	233	26 g / 39 %	14 g / 63 %	0 g	274 mg / 91 %	1142 mg / 48%	25 g / 8%	1 g / 5%	19 g	20%	0%	36%	10%
Breakfast Croissant w/ Meat	589	305	34 g / 51%	17g / 75%	0 g	331 mg / 110%	2739 mg / 114%	27 g / 9%	1 g / 5%	42 g	20%	0%	37%	14%
Breakfast Muffin w/ Meat	551	233	26 g / 39 %	12 g / 53%	0 g	299 mg / 100%	2687 mg / 112%	34 g / 11%	2 g / 7%	43 g	15%	0%	45%	17%
Breakfast Muffin w/o Meat	373	162	18g / 27%	9 g / 42%	0 g	242 mg / 81%	1090 mg / 45%	32 g / 11%	2 g / 7%	20 g	15%	0%	44%	13%
Breakfast Potatoes	342	169	19 g / 28%	8 g / 38%	0 g	46 mg / 15%	373 mg / 16%	30 g / 10%	3 g / 14%	12g	11%	66%	17%	8%
Breakfast Quesadillas w/ Meat	627	357	40 g / 60%	17 g / 77%	0 g	446 mg / 149 %	971 mg / 41%	29g / 10%	1 g / 6%	37 g	20%	0%	54%	22%
Chocolate Chip Pancake (1)	89	13	1 g / 2%	0 g / 2%	0 g	2 mg / 1%	265 mg / 11%	17 g / 6%	0 g / 2%	2 g	0%	0%	3%	2%
Cinnamon Raisin French Toast (1)	276	221	25 g / 37%	13 g / 60%	0 g	330 mg / 110%	126 mg / 5%	4 g / 1%	0 g / 1%	9 g	21%	1%	8%	7%
Denver Omelette	463	281	31 g / 47%	15 g / 69%	0 g	433 mg / 144 %	1192 mg / 50%	9 g / 3%	1 g / 4%	35 g	22%	45%	50%	14%
Eggs Benedict	478	256	28 g / 43%	13 g / 60%	0 g	310 mg / 103%	2071 mg / 86%	19 g / 6%	1 g / 3%	33 g	18%	1%	13%	12%
Farmers Casserole	468	319	35 g / 53%	21 g / 93%	0 g	237 mg / 79%	614 mg / 26%	16 g / 5%	2 g / 8%	23 g	25%	9%	43%	8%
Lemon Blueberry Pancake (1)	85	9	1 g / 2%	0 g / 1%	0 g	1 mg / 0%	264 mg / 11%	19 g / 6%	1 g / 3%	2 g	0%	6%	3%	2%
Lorraine Omelet	667	506	56 g / 84%	25 g / 111%	0 g	440 mg / 147%	706 mg / 29%	7 g / 2%	1 g / 3%	33 g	20%	9%	63%	13%
Pancake (1)	80	9	1 g / 2%	0 g / 1%	0 g	1 mg / 0%	263 mg / 11%	16 g / 5%	0 g / 1%	2 g	0%	0%	3%	2%
Pigs in a Blanket (2)	502	216	24 g / 36%	6 g / 28%	0 g	87 mg / 29%	1365 mg / 57%	47 g / 16%	1 g / 4%	23 g	1%	0%	9%	12%
Portabella Spinach Omelette	285	203	23 g / 34%	6 g / 28%	0 g	360 mg / 120%	693 mg / 29%	6 g / 2%	1 g / 4%	16 g	47%	13%	19%	13%
Potato & Artichoke Frittata	545	284	32 g / 47%	17 g / 78%	0 g	263 mg / 88%	489 mg / 20%	43 g / 14%	13 g / 56%	26 g	32%	50%	45%	22%
Provencal Omelette	316	185	21g / 32%	10 g / 45%	0 g	394 mg / 131%	356 mg / 15%	10 g / 3%	1 g / 5%	24 g	45%	29%	37%	13%
Rosemary Potato Frittata	839	627	70 g / 105%	39 g / 174%	0 g	871 mg / 290%	331 mg / 14%	21 g / 7%	2 g / 8%	33 g	74%	61%	46%	18%
Scrambled Eggs	130	72	8 g / 12%	2 g / 11%	0 g	350 g / 117%	140 mg / 6%	3 g / 1%	0 g / 0%	11 g	8%	0%	6%	8%
Sausage Omelette	481	329	37 g / 55%	17 g / 75%	0 g	446 mg / 149 %	755 mg / 31%	4 g / 1%	0 g / 0%	33 g	20%	0%	48%	13%
Texas Toast (1)	374	230	26 g / 38%	13 g / 60%	0 g	330 mg / 110%	303 mg / 13%	23 g / 8%	1 g / 5%	12 g	21%	1%	10%	13%
Three Cheese Omelette	514	346	38 g / 58%	19 g / 87%	0 g	708 mg / 236%	611 mg / 25%	3 g / 1%	0 g / 0%	38 g	34%	0%	62%	14%
Three Meat Omelette	625	455	51 g / 76%	22 g / 100%	0 g	461 mg / 154%	1192 mg / 50%	4 g / 1%	0 g / 0%	37 g	20%	0%	48%	14%
<b>Side Orders:</b>														
Bacon (2 slices)	109	81	9 g / 14%	3 g / 15%	0 g	16 mg / 5%	303 mg / 13%	0 g / 0%	0 g / 0%	6 g	0%	0%	1 mg	.6 mg
Belgian Waffles (2)	330	90	10 g / 15%	3 g / 15%	0 g	50 mg / 17%	800 mg / 33%	52 g / 17%	2 g / 8%	8 g	0%	0%	2%	15%
Biscuit (1)	210	90	9 g / 15%	3 g / 15%	2.5 g	0 mg / 0%	700 mg / 29%	26 g / 9%	<1 g / 3%	4 g	0%	0%	2%	8%
Chicken Apple Sausage (1)	320	240	27 g / 41%	9 g / 47%	0 g	75 mg / 26%	770 mg / 26%	2 g / 1%	1 g / 2%	18 g	0%	0%	2%	8%
Cinnamon Roll (1)	390	110	13 g / 20 %	4.5 g / 22%	0 g	20 mg / 7%	830 mg / 35%	60 g / 20%	3 g / 13%	11 g	0%	2%	25%	25%
Cream of Rice (1 cup)	170	0	0 g / 0%	0 g / 0%	0 g	0 mg / 0%	0 mg / 0%	36 g / 12%	0 g / 0%	3 g	0%	0%	0%	10%
Diced Hashbrowns (100 g)	149.9	-	3.6 g	.94 g	.07 g	0 mg / 0%	321 mg	428 mg	26.54 g	2.83 g	0%	15 mg	13 mg	1 mg
Eggo Waffle (1)	130	45	5 g / 8%	1 g / 5%	0 g	0 mg / 0%	250mg10%	16g / 5%	0 g / 0%	3 g	10%	0%	4%	20%
Fried Egg (1)	70	40	4.5 g / 7%	1.5 g / 8%	0 g	215 mg / 72%	66 mg / 3%	1 g / 0%	0 g / 0%	6 g	6%	0%	2%	4%
Grits (1 cup)	130	5	.5 g / 1%	0 g / 0%	0 g	0 mg / 0%	0 mg / 0%	29 g / 10%	2 g / 7%	3 g	0%	0%	0%	8%
Ham (1 slice)	46	22	2.4 g / 4%	.8 g / 4%	0 g	16 mg / 5%	365mg 15%	1.1 g / 0%	.4 g / 2%	4 g	0%	2%	1%	2%
Hard Boiled Egg (1)	80	40	4.5g / 7%	1.5g / 8%	0 g	200mg / 67%	75mg / 3%	0 g / 0%	0 g / 0%	7 g	0%	0%	25 mg	.59 mg
Hashbrown Triangle (1)	100	45	5 g / 8%	1.5 g / 8%	0 g	0 mg / 0%	220 mg / 9%	12 g / 4%	1 g / 4%	1 g	0%	2%	0%	2%
Kielbasa Piece (1)	190	150	17 g / 26%	6 g / 29%	0 g	35 mg / 12%	492 mg / 20%	2 g / 1%	0 g / 0%	7 g	0%	0%	2%	2%
Oatmeal (1 cup)	150	25	3 g / 4%	.5g / 2%	0 g	0 mg / 0%	0 mg / 0%	27 g / 9%	4 g / 15%	5 g	0%	0%	0%	10%
Polish Link Sausage (2 oz)	180	150	16 g / 25%	6g / 30%	0 g	35 mg / 11%	440 mg / 19%	1 g / 0%	0 g / 0%	6 g	0%	0%	2%	2%
Potato Slices (7 slices)	120	25	3 g / 5%	1 g / 5%	0 g	5 mg / 2%	15 mg / 1%	20 g / 7%	2 g / 8%	2 g	0%	10%	0%	4%
Tater Barrels (3 oz)	170	90	10 g / 15%	2.5 g / 12%	0 g	0 mg / 0%	340 mg / 14%	19 g / 6%	2 g / 7%	2 g	0%	8%	0%	2%
Sausage Patty (1)	180	140	16 g / 25%	6 g / 29%	0 g	40 mg / 13%	340 mg / 14%	0 g / 0%	0 g / 0%	8 g	0%	0%	0%	4%
Shredded Potatoes (3 oz)	60	0	0 g / 0%	0 g / 0%	0 g	0 mg / 0%	10 mg / 0%	14 g / 5%	2 g / 8%	2 g	0%	8%	0%	2%
Sourdough French Toast (1)	486	250	28 g / 42%	13 g / 60%	0 g	330 mg / 110%	549 mg / 23%	42 g / 14%	2 g / 8%	16 g	21%	1%	11%	20%
Waffle Sticks (2)	140	20	2 g / 3%	0 g / 0%	0 g	0 mg / 0%	370 mg / 15%	28 g / 9%	1 g / 4%	3 g	0%	0%	8%	10%