

Breakfast Options Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
<b>Create Your Own Toppings (5 - 260 Cals)</b>												
American Cheese	0.5 oz	50	4.5	2.5	0	10	220	1	0	1	0	2
American Cheese	1 oz	100	9	5	0	20	450	1	0	1	0	4
American Cheese	2 oz	210	18	10	0	45	900	3	0	3	0	9
Cheddar Cheese	0.5 oz	60	4.5	2.5	0	15	90	0	0	0	0	3
Cheddar Cheese	1 oz	110	9	5	0	25	180	0	0	0	0	6
Cheddar Cheese	2 oz	220	18	10	0	50	360	0	0	0	0	12
Pepper Jack Cheese	0.5 oz	45	4	2.5	0	15	80	0	0	0	0	3
Pepper Jack Cheese	1 oz	90	8	4.5	0	25	160	0	0	0	0	7
Pepper Jack Cheese	2 oz	190	16	9	0	55	320	0	0	0	0	14
Swiss Cheese	0.5 oz	50	4	2.5	0	15	30	0	0	0	0	4
Swiss Cheese	1 oz	110	8	4.5	0	25	60	0	0	0	0	8
Swiss Cheese	2 oz	220	16	9	0.5	55	120	0	0	0	0	16
Hickory House Bacon	0.5 oz	70	6	2	0	15	220	0	--	0	--	5
Hickory House Bacon	1 oz	130	11	4	0	30	430	0	--	0	--	9
Hickory House Bacon	2 oz	260	23	8	0	55	870	0	--	0	--	19
Ham	0.5 oz	30	2.5	1	0	10	--	0	--	0	--	2
Ham	1 oz	60	4.5	1.5	0	15	--	1	--	1	--	4
Ham	2 oz	110	9	3	0	35	--	1	--	1	--	8
Sausage	0.5 oz	50	4.5	1.5	0	15	160	0	--	0	--	3
Sausage	1 oz	100	9	3	0	25	310	0	--	0	--	7
Sausage	2 oz	210	17	6	0	50	620	0	--	0	--	13
Bell Peppers	0.5 oz	5	0	0	0	0	0	1	0.26	0	0	0
Bell Peppers	1 oz	5	0	0	0	0	0	2	0.53	1	0	0
Bell Peppers	2 oz	15	0	0	0	0	0	3	1.05	2	0	1
Jalapenos	0.5 oz	5	0	0	0	0	0	1	--	1	--	0
Jalapenos	1 oz	10	0	0	0	0	0	2	--	1	--	0
Jalapenos	2 oz	15	0	0	0	0	0	4	--	2	--	1
Mushrooms	0.5 oz	5	0	0	0	0	0	0	--	0	--	0
Mushrooms	1 oz	5	0	0	0	0	0	1	--	1	--	1
Mushrooms	2 oz	10	0	0	0	0	0	2	--	1	--	2
Red Onions	0.5 oz	5	0	0	0	0	0	1	0.24	1	0	0
Red Onions	1 oz	10	0	0	0	0	0	3	0.48	1	0	0
Red Onions	2 oz	25	0	0	0	0	0	5	0.96	2	0	1
Spinach	0.5 oz	5	0	0	0	0	10	1	0.31	0	0	0
Spinach	1 oz	5	0	0	0	0	20	1	0.62	0	0	1
Spinach	2 oz	15	0	0	0	0	45	2	1.25	0	0	2

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Tomatoes	0.5 oz	5	0	0	0	0	0	1	0.17	0	0	0
Tomatoes	1 oz	5	0	0	0	0	0	1	0.34	1	0	0
Tomatoes	2 oz	10	0	0	0	0	0	2	0.68	1	0	0
<b>Sides (45 - 530 Cals)</b>												
Fresh Fruit	1 portion	45	0	0	0	0	10	12	1.31	10	0	1
Homestyle Potatoes	1 portion	360	22	14	0	60	35	36	0	3	0	4
<b>Toast Choices (240 - 450 Cals)</b>												
Sourdough	2 slices	300	16	3	0	0	420	33	1.3	2	0	4
Unbleached White	2 slices	290	14	3	0	0	450	34	0.97	1	0	6
Unbleached Wheat	2 slices	330	18	3.5	0	0	390	36	3.8	4	3.14	8
Marble Rye	2 slices	270	14	3	0	0	410	31	1.79	1	0.51	6
Jumbo Biscuit	1 biscuit	450	31	13	0	0	1140	38	1	3	0.99	6
English Muffin	1 English muffin	240	14	3	0	0	300	24	1	1	1	4
<b>Meat Choices (70 - 520 Cals)</b>												
Hickory House Bacon	2 slices	70	6	2	0	15	230	0	--	0	--	5
Sausage Links	2 sausages	160	15	6	0	30	270	1	--	0	--	6
Sausage Patties	2 sausages	520	44	14	0	130	1560	0	--	0	--	33
Turkey Sausage Patties	2 sausages	140	8	3	0	70	590	0	0	0	0	16
Plant-Based Sausage Patties	2 sausages	160	10	5	0	0	360	12	2	2	0	8
Ham	6 oz	340	28	9	0	100	--	4	--	4	--	24