

Breakfast Omelets Ingredients and Allergens Information

Item Name	Ingredient Statement	Allergen Statement
Ham and Cheese Omelet with Fruit		
Ham and Cheese with Fruit, Biscuit	Large Cage-Free Egg, Country Style Jumbo Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid], Skim Milk, Palm Oil, Leavening [Sodium Aluminum Phosphate, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Buttermilk, Water, Soybean Oil, Sugar, Salt, Artificial Flavor, Soy Lecithin), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Ham and Cheese with Fruit, English Muffin	Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Ham and Cheese with Fruit, Pancakes	Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Cellulose Gum, Ethyl Vanillin), Water, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Baking Soda, Dextrose, Less than 2% of: Buttermilk, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter (Pasteurized Cream, Salt).	Contains Egg, Milk, Soy, Wheat.
Ham and Cheese with Fruit, Marble Rye Toast	Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Water, Strawberries, Marble Rye Bread Base (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Base Mix Bread (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast, Soybean Oil.	Contains Egg, Milk, Soy, Wheat.
Ham and Cheese with Fruit, Sourdough Toast	Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Water, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Ham and Cheese with Fruit, Wheat Toast	Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Ancient Whole Grain Wheat Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Sesame Seeds, Whole Grain Triticale Flour [Wheat], Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Water, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast.	Contains Egg, Milk, Sesame, Soy, Wheat.
Ham and Cheese with Fruit, White Toast	Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Ham and Cheese Omelet with Homestyle Potatoes		
Ham and Cheese with Homestyle Potatoes, Biscuit	Russet Potato, Large Cage-Free Egg, Country Style Jumbo Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid], Skim Milk, Palm Oil, Leavening [Sodium Aluminum Phosphate, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Buttermilk, Water, Soybean Oil, Sugar, Salt, Artificial Flavor, Soy Lecithin), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Butter (Pasteurized Cream, Natural Flavorings), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Ham and Cheese with Homestyle Potatoes, English Muffin	Russet Potato, Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Butter (Pasteurized Cream, Natural Flavorings), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelets Ingredients and Allergens Information

Ham and Cheese with Homestyle Potatoes, Pancakes	Russet Potato, Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Cellulose Gum, Ethyl Vanillin), Water, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Baking Soda, Dextrose, Less than 2% of: Buttermilk, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Butter (Pasteurized Cream, Natural Flavorings), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Butter (Pasteurized Cream, Salt).	Contains Egg, Milk, Soy, Wheat.
Ham and Cheese with Homestyle Potatoes, Marble Rye Toast	Russet Potato, Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Butter (Pasteurized Cream, Natural Flavorings), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Water, Marble Rye Bread Base (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpnickel Base Mix Bread (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast, Soybean Oil.	Contains Egg, Milk, Soy, Wheat.
Ham and Cheese with Homestyle Potatoes, Sourdough Toast	Russet Potato, Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Butter (Pasteurized Cream, Natural Flavorings), Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Water, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Ham and Cheese with Homestyle Potatoes, Wheat Toast	Russet Potato, Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Ancient Whole Grain Wheat Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Sesame Seeds, Whole Grain Triticale Flour [Wheat], Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Butter (Pasteurized Cream, Natural Flavorings), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Water, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast.	Contains Egg, Milk, Sesame, Soy, Wheat.
Ham and Cheese with Homestyle Potatoes, White Toast	Russet Potato, Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavorings), Water, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with Fruit		
The Works with Fruit, Biscuit	Large Cage-Free Egg, Country Style Jumbo Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid], Skim Milk, Palm Oil, Leavening [Sodium Aluminum Phosphate, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Buttermilk, Water, Soybean Oil, Sugar, Salt, Artificial Flavor, Soy Lecithin), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.
The Works with Fruit, English Muffin	Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.
The Works with Fruit, Pancakes	Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Cellulose Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Baking Soda, Dextrose, Less than 2% of: Buttermilk, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter (Pasteurized Cream, Salt), Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelets Ingredients and Allergens Information

<p>The Works with Fruit, Marble Rye Toast</p>	<p>Large Cage-Free Egg, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Water, Strawberries, Marble Rye Bread Base (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Base Mix Bread (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper, Yeast, Soybean Oil.</p>	<p>Contains Egg, Milk, Soy, Wheat.</p>
<p>The Works with Fruit, Sourdough Toast</p>	<p>Large Cage-Free Egg, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Water, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper, Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).</p>	<p>Contains Egg, Milk, Soy, Wheat.</p>
<p>The Works with Fruit, Wheat Toast</p>	<p>Large Cage-Free Egg, Ancient Whole Grain Wheat Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Sesame Seeds, Whole Grain Triticale Flour [Wheat], Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Water, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper, Yeast.</p>	<p>Contains Egg, Milk, Sesame, Soy, Wheat.</p>
<p>The Works with Fruit, White Toast</p>	<p>Large Cage-Free Egg, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Green Bell Pepper, Red Bell Pepper, Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).</p>	<p>Contains Egg, Milk, Soy, Wheat.</p>
<p>The Works Omelet with Homestyle Potatoes</p>		
<p>The Works with Homestyle Potatoes, Biscuit</p>	<p>Russet Potato, Large Cage-Free Egg, Country Style Jumbo Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid], Skim Milk, Palm Oil, Leavening [Sodium Aluminum Phosphate, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Buttermilk, Water, Soybean Oil, Sugar, Salt, Artificial Flavor, Soy Lecithin), Butter (Pasteurized Cream, Natural Flavorings), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper.</p>	<p>Contains Egg, Milk, Soy, Wheat.</p>
<p>The Works with Homestyle Potatoes, English Muffin</p>	<p>Russet Potato, Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Butter (Pasteurized Cream, Natural Flavorings), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper.</p>	<p>Contains Egg, Milk, Soy, Wheat.</p>
<p>The Works with Homestyle Potatoes, Pancakes</p>	<p>Russet Potato, Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Cellulose Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Baking Soda, Dextrose, Less than 2% of: Buttermilk, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Yellow 5, Yellow 6 Lake, Yellow 6 Lake), Butter (Pasteurized Cream, Natural Flavorings), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color]), Potato Starch and Powdered Cellulose Added to Prevent Caking), Butter (Pasteurized Cream, Salt), Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Green Bell Pepper, Red Bell Pepper.</p>	<p>Contains Egg, Milk, Soy, Wheat.</p>

Breakfast Omelets Ingredients and Allergens Information

The Works with Homestyle Potatoes, Marble Rye Toast	Russet Potato, Large Cage-Free Egg, Butter (Pasteurized Cream, Natural Flavorings), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Water, Marble Rye Bread Base (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Base Mix Bread (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper, Yeast, Soybean Oil.	Contains Egg, Milk, Soy, Wheat.
The Works with Homestyle Potatoes, Sourdough Toast	Russet Potato, Large Cage-Free Egg, Butter (Pasteurized Cream, Natural Flavorings), Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Water, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper, Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
The Works with Homestyle Potatoes, Wheat Toast	Russet Potato, Large Cage-Free Egg, Ancient Whole Grain Wheat Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Sesame Seeds, Whole Grain Triticale Flour [Wheat], Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Butter (Pasteurized Cream, Natural Flavorings), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Water, Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper, Yeast.	Contains Egg, Milk, Sesame, Soy, Wheat.
The Works with Homestyle Potatoes, White Toast	Russet Potato, Large Cage-Free Egg, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavorings), Water, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Red Onion, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Green Bell Pepper, Red Bell Pepper, Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Denver Omelet with Fruit		
Denver with Fruit, Biscuit	Large Cage-Free Egg, Country Style Jumbo Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid], Skim Milk, Palm Oil, Leavening [Sodium Aluminum Phosphate, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Buttermilk, Water, Soybean Oil, Sugar, Salt, Artificial Flavor, Soy Lecithin), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Green Bell Pepper, Red Bell Pepper, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Denver with Fruit, English Muffin	Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Green Bell Pepper, Red Bell Pepper, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Denver with Fruit, Pancakes	Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Cellulose Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Baking Soda, Dextrose, Less than 2% of: Buttermilk, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter (Pasteurized Cream, Salt), Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelets Ingredients and Allergens Information

Denver with Fruit, Marble Rye Toast	Large Cage-Free Egg, Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Water, Strawberries, Marble Rye Bread Base (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Base Mix Bread (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Green Bell Pepper, Red Bell Pepper, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast, Soybean Oil.	Contains Egg, Milk, Soy, Wheat.
Denver with Fruit, Sourdough Toast	Large Cage-Free Egg, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Water, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Green Bell Pepper, Red Bell Pepper, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Denver with Fruit, Wheat Toast	Large Cage-Free Egg, Ancient Whole Grain Wheat Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Sesame Seeds, Whole Grain Triticale Flour [Wheat], Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Water, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Green Bell Pepper, Red Bell Pepper, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast.	Contains Egg, Milk, Sesame, Soy, Wheat.
Denver with Fruit, White Toast Denver Omelet with Homestyle Potatoes	Large Cage-Free Egg, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper, Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Denver with Homestyle Potatoes, Biscuit	Russet Potato, Large Cage-Free Egg, Country Style Jumbo Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid], Skim Milk, Palm Oil, Leavening [Sodium Aluminum Phosphate, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Buttermilk, Water, Soybean Oil, Sugar, Salt, Artificial Flavor, Soy Lecithin), Butter (Pasteurized Cream, Natural Flavorings), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Green Bell Pepper, Red Bell Pepper, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Denver with Homestyle Potatoes, English Muffin	Russet Potato, Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Butter (Pasteurized Cream, Natural Flavorings), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Green Bell Pepper, Red Bell Pepper, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Denver with Homestyle Potatoes, Pancakes	Russet Potato, Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Cellulose Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Baking Soda, Dextrose, Less than 2% of: Buttermilk, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Butter (Pasteurized Cream, Natural Flavorings), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Butter (Pasteurized Cream, Salt), Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.
Denver with Homestyle Potatoes, Marble Rye Toast	Russet Potato, Large Cage-Free Egg, Butter (Pasteurized Cream, Natural Flavorings), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Water, Marble Rye Bread Base (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Base Mix Bread (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Green Bell Pepper, Red Bell Pepper, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast, Soybean Oil.	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelets Ingredients and Allergens Information

Denver with Homestyle Potatoes, Sourdough Toast	Russet Potato, Large Cage-Free Egg, Butter (Pasteurized Cream, Natural Flavorings), Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Water, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Green Bell Pepper, Red Bell Pepper, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Denver with Homestyle Potatoes, Wheat Toast	Russet Potato, Large Cage-Free Egg, Ancient Whole Grain Wheat Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Sesame Seeds, Whole Grain Triticale Flour [Wheat], Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Butter (Pasteurized Cream, Natural Flavorings), Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Water, Green Bell Pepper, Red Bell Pepper, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast.	Contains Egg, Milk, Sesame, Soy, Wheat.
Denver with Homestyle Potatoes, White Toast	Russet Potato, Large Cage-Free Egg, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavorings), Water, Red Onion, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto [Vegetable Color], Potato Starch and Powdered Cellulose Added to Prevent Caking), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Bell Pepper, Red Bell Pepper, Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Fit Start Omelet with Fruit		
Fit Start Omelet with Fruit, Biscuit	Cage Free Liquid Eggs Whites Egg Whites, Country Style Jumbo Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid], Skim Milk, Palm Oil, Leavening [Sodium Aluminum Phosphate, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Buttermilk, Water, Soybean Oil, Sugar, Salt, Artificial Flavor, Soy Lecithin), Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Onion, Tomato, Cantaloupe, Honeydew Melon, Strawberries, Pineapple, Grapes, Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Butter (Pasteurized Cream, Natural Flavorings), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.
Fit Start Omelet with Fruit, English Muffin	Cage Free Liquid Eggs Whites Egg Whites, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Onion, Tomato, Cantaloupe, Honeydew Melon, Strawberries, Pineapple, Grapes, Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Butter (Pasteurized Cream, Natural Flavorings), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.
Fit Start Omelet with Fruit, Pancakes	Cage Free Liquid Eggs Whites Egg Whites, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Cellulose Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Baking Soda, Dextrose, Less than 2% of: Buttermilk, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Onion, Tomato, Cantaloupe, Honeydew Melon, Strawberries, Pineapple, Grapes, Butter (Pasteurized Cream, Salt), Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Butter (Pasteurized Cream, Natural Flavorings), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.
Fit Start Omelet with Fruit, Mable Rye Toast	Cage Free Liquid Eggs Whites Egg Whites, Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Onion, Tomato, Cantaloupe, Honeydew Melon, Water, Strawberries, Marble Rye Bread Base (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Base Mix Bread (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Pineapple, Grapes, Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Butter (Pasteurized Cream, Natural Flavorings), Cilantro, Yeast, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Soybean Oil, Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.
Fit Start Omelet with Fruit, Sourdough Toast	Cage Free Liquid Eggs Whites Egg Whites, Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Red Onion, Tomato, Cantaloupe, Honeydew Melon, Water, Strawberries, Pineapple, Grapes, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Butter (Pasteurized Cream, Natural Flavorings), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelets Ingredients and Allergens Information

Fit Start Omelet with Fruit, Wheat Toast	Cage Free Liquid Eggs Whites Egg Whites, Ancient Whole Grain Wheat Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Sesame Seeds, Whole Grain Triticale Flour [Wheat], Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Onion, Tomato, Cantaloupe, Honeydew Melon, Water, Strawberries, Pineapple, Grapes, Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Butter (Pasteurized Cream, Natural Flavorings), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Yeast, Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Sesame, Soy, Wheat.
Fit Start Omelet with Fruit, White Toast	Cage Free Liquid Eggs Whites Egg Whites, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Water, Red Onion, Tomato, Cantaloupe, Honeydew Melon, Strawberries, Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Butter (Pasteurized Cream, Natural Flavorings), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Sea Salt (Salt, Magnesium Carbonate), Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.
Fit Start Omelet with Homestyle Potatoes		
Fit Start Omelet with Homestyle Potatoes, Biscuit	Russet Potato, Cage Free Liquid Eggs Whites Egg Whites, Country Style Jumbo Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid], Skim Milk, Palm Oil, Leavening [Sodium Aluminum Phosphate, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Buttermilk, Water, Soybean Oil, Sugar, Salt, Artificial Flavor, Soy Lecithin), Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Butter (Pasteurized Cream, Natural Flavorings), Red Onion, Tomato, Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.
Fit Start Omelet with Homestyle Potatoes, English Muffin	Russet Potato, Cage Free Liquid Eggs Whites Egg Whites, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Butter (Pasteurized Cream, Natural Flavorings), Red Onion, Tomato, Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.
Fit Start Omelet with Homestyle Potatoes, Pancakes	Russet Potato, Cage Free Liquid Eggs Whites Egg Whites, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Cellulose Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Baking Soda, Dextrose, Less than 2% of: Buttermilk, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Butter (Pasteurized Cream, Natural Flavorings), Red Onion, Tomato, Butter (Pasteurized Cream, Salt), Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.
Fit Start Omelet with Homestyle Potatoes, Mable Rye Toast	Russet Potato, Cage Free Liquid Eggs Whites Egg Whites, Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Butter (Pasteurized Cream, Natural Flavorings), Red Onion, Tomato, Water, Marble Rye Bread Base (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Base Mix Bread (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Cilantro, Yeast, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Soybean Oil, Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.
Fit Start Omelet with Homestyle Potatoes, Sourdough Toast	Russet Potato, Cage Free Liquid Eggs Whites Egg Whites, Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Butter (Pasteurized Cream, Natural Flavorings), Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Red Onion, Tomato, Water, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelets Ingredients and Allergens Information

Fit Start Omelet with Homestyle Potatoes, Wheat Toast	Russet Potato, Cage Free Liquid Eggs Whites Egg Whites, Ancient Whole Grain Wheat Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Sesame Seeds, Whole Grain Triticale Flour [Wheat], Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Butter (Pasteurized Cream, Natural Flavorings), Red Onion, Tomato, Water, Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Yeast, Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Sesame, Soy, Wheat.
Fit Start Omelet with Homestyle Potatoes, White Toast	Russet Potato, Cage Free Liquid Eggs Whites Egg Whites, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomatoes (Peeled Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Butter (Pasteurized Cream, Natural Flavorings), Water, Red Onion, Tomato, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Spinach, Green Bell Pepper, Red Bell Pepper, Mushrooms, Green Chile Peppers (Green Chile Peppers, Water, Contains Less than 2% of Calcium Chloride, Citric Acid, Salt), Cilantro, Minced Garlic (Garlic, Water, Phosphoric Acid), Jalapeno, Sea Salt (Salt, Magnesium Carbonate), Lime Juice (Water, Lime Juice Concentrate and Less than 2% of: Lime Oil, Sodium Benzoate and Sodium Metabisulfite [Preservatives]), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Black Pepper.	Contains Egg, Milk, Soy, Wheat.
Create Your Own Omelet with Fruit		
Create Your Own with Fruit, Biscuit	Large Cage-Free Egg, Country Style Jumbo Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid], Skim Milk, Palm Oil, Leavening [Sodium Aluminum Phosphate, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Buttermilk, Water, Soybean Oil, Sugar, Salt, Artificial Flavor, Soy Lecithin), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Create Your Own with Fruit, English Muffin	Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Create Your Own with Fruit, Pancakes	Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Cellulose Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Baking Soda, Dextrose, Less than 2% of: Buttermilk, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter (Pasteurized Cream, Salt).	Contains Egg, Milk, Soy, Wheat.
Create Your Own with Fruit, Marble Rye Toast	Large Cage-Free Egg, Cantaloupe, Honeydew Melon, Water, Strawberries, Marble Rye Bread Base (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Base Mix Bread (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast, Soybean Oil.	Contains Egg, Milk, Soy, Wheat.
Create Your Own with Fruit, Sourdough Toast	Large Cage-Free Egg, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cantaloupe, Honeydew Melon, Water, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Create Your Own with Fruit, Wheat Toast	Large Cage-Free Egg, Ancient Whole Grain Wheat Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Sesame Seeds, Whole Grain Triticale Flour [Wheat], Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Cantaloupe, Honeydew Melon, Water, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast.	Contains Egg, Milk, Sesame, Soy, Wheat.
Create Your Own with Fruit, White Toast	Large Cage-Free Egg, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Cantaloupe, Honeydew Melon, Strawberries, Butter (Pasteurized Cream, Natural Flavorings), Pineapple, Grapes, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Create Your Own Omelet with Homestyle Potatoes		
Create Your Own with Homestyle Potatoes, Biscuit	Russet Potato, Large Cage-Free Egg, Country Style Jumbo Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrate, Enzyme, Riboflavin, Folic Acid], Skim Milk, Palm Oil, Leavening [Sodium Aluminum Phosphate, Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Buttermilk, Water, Soybean Oil, Sugar, Salt, Artificial Flavor, Soy Lecithin), Butter (Pasteurized Cream, Natural Flavorings), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Create Your Own with Homestyle Potatoes, English Muffin	Russet Potato, Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Butter (Pasteurized Cream, Natural Flavorings), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Create Your Own with Homestyle Potatoes, Pancakes	Russet Potato, Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Cellulose Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Defatted Soy Flour, Baking Soda, Dextrose, Less than 2% of: Buttermilk, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Butter (Pasteurized Cream, Natural Flavorings), Butter (Pasteurized Cream, Salt).	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelets Ingredients and Allergens Information

<p>Create Your Own with Homestyle Potatoes, Marble Rye Toast</p>	<p>Russet Potato, Large Cage-Free Egg, Butter (Pasteurized Cream, Natural Flavorings), Water, Marble Rye Bread Base (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpnickel Base Mix Bread (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast, Soybean Oil.</p>	<p>Contains Egg, Milk, Soy, Wheat.</p>
<p>Create Your Own with Homestyle Potatoes, Sourdough Toast</p>	<p>Russet Potato, Large Cage-Free Egg, Butter (Pasteurized Cream, Natural Flavorings), Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).</p>	<p>Contains Egg, Milk, Soy, Wheat.</p>
<p>Create Your Own with Homestyle Potatoes, Wheat Toast</p>	<p>Russet Potato, Large Cage-Free Egg, Ancient Whole Grain Wheat Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Sesame Seeds, Whole Grain Triticale Flour [Wheat], Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Butter (Pasteurized Cream, Natural Flavorings), Water, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Yeast.</p>	<p>Contains Egg, Milk, Sesame, Soy, Wheat.</p>
<p>Create Your Own with Homestyle Potatoes, White Toast</p>	<p>Russet Potato, Large Cage-Free Egg, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavorings), Water, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).</p>	<p>Contains Egg, Milk, Soy, Wheat.</p>