

Breakfast Omelets 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)
Ham and Cheese Omelet with Fruit												
Ham and Cheese with Fruit, Biscuit	1 platter	1070	79	34	0	655	1540	51	2.31	14	0.99	39
Ham and Cheese with Fruit, English Muffin	1 platter	860	63	25	0	655	710	37	2.31	12	1	37
Ham and Cheese with Fruit, Pancakes	1 platter	1150	63	30	0	685	1230	107	1.31	41	28.32	37
Ham and Cheese with Fruit, Marble Rye Toast	1 platter	890	63	25	0	655	810	44	3.1	12	0.51	39
Ham and Cheese with Fruit, Sourdough Toast	1 platter	910	64	25	0	655	820	47	2.61	13	0	37
Ham and Cheese with Fruit, Wheat Toast	1 platter	950	66	25	0	655	790	50	5.11	15	3.14	41
Ham and Cheese with Fruit, White Toast	1 platter	950	65	25	0	655	910	52	2.41	12	0	40
Ham and Cheese Omelet with Homestyle Potatoes												
Ham and Cheese with Homestyle Potatoes, Biscuit	1 platter	1380	101	48	0	715	1570	75	1	7	0.99	42
Ham and Cheese with Homestyle Potatoes, English Muffin	1 platter	1170	85	39	0	715	730	61	1	5	1	40
Ham and Cheese with Homestyle Potatoes, Pancakes	1 platter	1460	85	44	0	745	1260	131	0	34	28.32	40
Ham and Cheese with Homestyle Potatoes, Marble Rye Toast	1 platter	1200	85	39	0	715	840	68	1.79	5	0.51	42
Ham and Cheese with Homestyle Potatoes, Sourdough Toast	1 platter	1220	86	39	0	715	850	70	1.3	6	0	40
Ham and Cheese with Homestyle Potatoes, Wheat Toast	1 platter	1260	88	39	0	715	820	73	3.8	8	3.14	44
Ham and Cheese with Homestyle Potatoes, White Toast	1 platter	1260	87	39	0	715	940	76	1.1	5	0	43
The Works Omelet with Fruit												
The Works with Fruit, Biscuit	1 platter	1120	82	36	0	655	1920	54	2.98	15	0.99	42
The Works with Fruit, English Muffin	1 platter	910	66	26	0	655	1080	39	2.98	13	1	40
The Works with Fruit, Pancakes	1 platter	1200	66	31	0	685	1610	109	1.98	42	28.32	40
The Works with Fruit, Marble Rye Toast	1 platter	940	66	26	0	655	1190	46	3.78	13	0.51	42
The Works with Fruit, Sourdough Toast	1 platter	960	67	26	0	655	1200	49	3.29	13	0	39
The Works with Fruit, Wheat Toast	1 platter	1000	69	26	0	655	1170	52	5.78	16	3.14	44
The Works with Fruit, White Toast	1 platter	990	68	26	0	655	1290	54	3.09	13	0	43
The Works Omelet with Homestyle Potatoes												
The Works with Homestyle Potatoes, Biscuit	1 platter	1430	104	50	0	715	1940	77	1.68	8	0.99	45
The Works with Homestyle Potatoes, English Muffin	1 platter	1220	88	40	0	715	1110	63	1.67	6	1	43
The Works with Homestyle Potatoes, Pancakes	1 platter	1510	88	45	0	745	1630	133	0.67	34	28.32	43
The Works with Homestyle Potatoes, Marble Rye Toast	1 platter	1250	88	40	0	715	1210	70	2.47	6	0.51	45
The Works with Homestyle Potatoes, Sourdough Toast	1 platter	1270	89	40	0	715	1220	72	1.98	6	0	42
The Works with Homestyle Potatoes, Wheat Toast	1 platter	1310	91	40	0	715	1200	76	4.47	8	3.14	47
The Works with Homestyle Potatoes, White Toast	1 platter	1300	90	40	0	715	1310	78	1.78	6	0	46
Denver Omelet with Fruit												
Denver with Fruit, Biscuit	1 platter	1030	74	33	0	640	1540	55	3.32	16	0.99	35
Denver with Fruit, English Muffin	1 platter	820	58	23	0	635	710	41	3.32	14	1	33
Denver with Fruit, Pancakes	1 platter	1110	59	28	0	665	1230	110	2.32	42	28.32	34
Denver with Fruit, Marble Rye Toast	1 platter	850	58	23	0	635	810	48	4.11	14	0.51	35
Denver with Fruit, Sourdough Toast	1 platter	870	60	24	0	635	830	50	3.62	14	0	33
Denver with Fruit, Wheat Toast	1 platter	910	61	24	0	635	800	53	6.12	16	3.14	37
Denver with Fruit, White Toast	1 platter	910	60	24	0	635	910	55	3.42	14	0	36
Denver Omelet with Homestyle Potatoes												

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Denver with Homestyle Potatoes, Biscuit	1 platter	1340	96	47	0	700	1570	79	2.01	8	0.99	38
Denver with Homestyle Potatoes, English Muffin	1 platter	1130	80	37	0	695	730	64	2.01	6	1	37
Denver with Homestyle Potatoes, Pancakes	1 platter	1420	81	42	0	725	1260	134	1.01	35	28.32	37
Denver with Homestyle Potatoes, Marble Rye Toast	1 platter	1160	80	37	0	695	840	71	2.8	6	0.51	38
Denver with Homestyle Potatoes, Sourdough Toast	1 platter	1180	82	38	0	695	850	74	2.31	7	0	36
Denver with Homestyle Potatoes, Wheat Toast	1 platter	1220	83	38	0	695	820	77	4.81	9	3.14	40
Denver with Homestyle Potatoes, White Toast	1 platter	1220	82	38	0	695	940	79	2.11	7	0	40
Fit Start Omelet with Fruit												
Fit Start Omelet with Fruit, Biscuit	1 platter	640	35	15	0	10	1530	59	4.43	17	0.99	21
Fit Start Omelet with Fruit, English Muffin	1 platter	430	19	5	0	10	700	45	4.43	15	1	19
Fit Start Omelet with Fruit, Pancakes	1 platter	720	19	10	0	40	1220	115	3.43	44	28.32	19
Fit Start Omelet with Fruit, Mable Rye Toast	1 platter	460	18	5	0	10	800	52	5.22	15	0.51	21
Fit Start Omelet with Fruit, Sourdough Toast	1 platter	480	20	5	0	10	820	54	4.73	16	0	19
Fit Start Omelet with Fruit, Wheat Toast	1 platter	520	22	6	0	10	790	58	7.23	18	3.14	23
Fit Start Omelet with Fruit, White Toast	1 platter	510	20	6	0	10	900	60	4.53	16	0	22
Fit Start Omelet with Homestyle Potatoes												
Fit Start Omelet with Homestyle Potatoes, Biscuit	1 platter	950	57	29	0	70	1560	83	3.12	10	0.99	24
Fit Start Omelet with Homestyle Potatoes, English Muffin	1 platter	740	41	19	0	70	730	69	3.12	8	1	22
Fit Start Omelet with Homestyle Potatoes, Pancakes	1 platter	1030	41	24	0	100	1250	138	2.12	37	28.32	22
Fit Start Omelet with Homestyle Potatoes, Mable Rye Toast	1 platter	770	40	19	0	70	830	76	3.91	8	0.51	24
Fit Start Omelet with Homestyle Potatoes, Sourdough Toast	1 platter	790	42	19	0	70	840	78	3.42	9	0	22
Fit Start Omelet with Homestyle Potatoes, Wheat Toast	1 platter	830	44	20	0	70	810	81	5.92	11	3.14	26
Fit Start Omelet with Homestyle Potatoes, White Toast	1 platter	820	42	20	0	70	930	83	3.22	8	0	25
Create Your Own Omelet with Fruit												
Create Your Own with Fruit, Biscuit	1 platter	840	61	26	0	595	1360	50	2.31	13	0.99	25
Create Your Own with Fruit, English Muffin	1 platter	640	44	17	0	595	520	36	2.31	11	1	23
Create Your Own with Fruit, Pancakes	1 platter	930	45	22	0	625	1050	106	1.31	39	28.32	23
Create Your Own with Fruit, Marble Rye Toast	1 platter	670	44	17	0	595	630	43	3.1	11	0.51	25
Create Your Own with Fruit, Sourdough Toast	1 platter	690	46	17	0	595	640	45	2.61	11	0	22
Create Your Own with Fruit, Wheat Toast	1 platter	720	47	17	0	595	610	48	5.11	13	3.14	27
Create Your Own with Fruit, White Toast	1 platter	720	46	17	0	595	730	51	2.41	11	0	26
Create Your Own Omelet with Homestyle Potatoes												
Create Your Own with Homestyle Potatoes, Biscuit	1 platter	1150	83	40	0	655	1390	74	1	6	0.99	28
Create Your Own with Homestyle Potatoes, English Muffin	1 platter	940	66	31	0	655	550	60	1	4	1	26
Create Your Own with Homestyle Potatoes, Pancakes	1 platter	1230	67	36	0	685	1080	129	0	32	28.32	26
Create Your Own with Homestyle Potatoes, Marble Rye Toast	1 platter	970	66	31	0	655	650	66	1.79	4	0.51	28
Create Your Own with Homestyle Potatoes, Sourdough Toast	1 platter	1000	68	31	0	655	670	69	1.3	4	0	25
Create Your Own with Homestyle Potatoes, Wheat Toast	1 platter	1030	69	31	0	655	640	72	3.8	6	3.14	30
Create Your Own with Homestyle Potatoes, White Toast	1 platter	1030	68	31	0	655	750	74	1.1	4	0	29