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)
Hy-Five with Fruit												
Hy-Five with Plant Based Sausage, Fruit	1 platter	1040	43	17	0	410	2190	132	3.31	43	28.37	34
Hy-Five with Sausage Link, Fruit	1 platter	1040	48	18	0	440	2100	121	1.31	41	28.37	32
Hy-Five with Sausage Patty, Fruit	1 platter	1400	77	26	0	540	3390	120	1.31	41	28.37	
Hy-Five with Turkey Sausage, Fruit	1 platter	1020	41	15	0	480	2420	120	1.31	41	28.37	42
Hy-Five with Homestyle Potatoes												
Hy-Five with Plant Based Sausage, Potatoes	1 platter	1350	65	31	0	470	2220	155	2	36	28.37	37
Hy-Five with Sausage Link, Potatoes	1 platter	1350	70	32	0	500	2130	144	0	34	28.37	35
Hy-Five with Sausage Patty, Potatoes	1 platter	1710	99	40	0	600	3420	144	0	34	28.37	62
Hy-Five with Turkey Sausage, Potatoes	1 platter	1330	63	29	0	540	2450	143	0	34	28.37	45
Country Sampler with Fruit												
Country Sampler with Bacon, Fruit	1 platter	760	48	23	0	430	1830	57	2.31	14	0.99	26
Country Sampler with Ham, Fruit	1 platter	1040	70	30	0	520	1600	61	2.31	18	0.99	46
Country Sampler with Plant Based Sausage, Fruit	1 platter	850	52	26	0	415	1960	69	4.31	16	0.99	29
Country Sampler with Sausage Link, Fruit	1 platter	850	57	27	0	445	1870	58	2.31	14	0.99	27
Country Sampler with Sausage Patty, Fruit	1 platter	1220	85	35	0	545	3160	57	2.31	14	0.99	54
Country Sampler with Turkey Sausage, Fruit	1 platter	840	50	24	0	485	2190	57	2.31	14	0.99	38
Country Sampler with Homestyle Potatoes												
Country Sampler with Bacon, Potatoes	1 platter	1070	70	37	0	490	1860	81	1	7	0.99	29
Country Sampler with Ham, Potatoes	1 platter	1350	92	44	0	580	1630	85	1	11	0.99	49
Country Sampler with Plant Based Sausage, Potatoes	1 platter	1160	74	40	0	475	1990	93	3	9	0.99	32
Country Sampler with Sausage Link, Potatoes	1 platter	1160	79	41	0	505	1900	82	1	7	0.99	30
Country Sampler with Sausage Patty, Potatoes	1 platter	1530	107	49	0	605	3190	81	1	7	0.99	57
Country Sampler with Turkey Sausage, Potatoes	1 platter	1140	72	38	0	545	2210	81	1	7	0.99	41
Double Play wiith Pancakes												
Double Play with Plant Based Sausage, Pancakes	1 platter	1580	57	21	0	425	3640	227	2	64	56.74	41
Double Play with Sausage Link, Pancakes	1 platter	1580	62	22	0	455	3550	216	0	62	56.74	39
Double Play with Sausage Patty, Pancakes	1 platter	1950	90	30	0	555	4840	216	0	62	56.74	66
Double Play with Turkey Sausage, Pancakes	1 platter	1560	55	19	0	495	3860	215	0	62	56.74	49
Double Play with French Toast												
Double Play with Plant Based Sausage, French Toast	1 platter	1170	57	26	0	705	1270	123	3.85	45	40.37	37
Double Play with Sausage Link, French Toast	1 platter	1170	62	27	0	735	1180	112	1.85	43	40.37	35
Double Play with Sausage Patty, French Toast	1 platter	1530	91	35	0	835	2470	112	1.85	43	40.37	62
Double Play with Turkey Sausage, French Toast	1 platter	1150	55	24	0	775	1500	111	1.85	43	40.37	45
Smothered Homestyle Potatoes												
Smothered Homestyle Potatoes with Biscuit	1 platter	1740	130	70	0	285	1930	104	2.01	12	0.99	35
Smothered Homestyle Potatoes with English Muffin	1 platter	1530	114	61	0	285	1090	90	2.01	10	1	33
Smothered Homestyle Potatoes with Pancakes	1 platter	1820	114	66	0	315	1610	159	1.01	38	28.32	33
Smothered Homestyle Potatoes with Marble Rye Toast	1 platter	1560	114	61	0	285	1190	97	2.8	10	0.51	35
Smothered Homestyle Potatoes with Sourdough Toast	1 platter	1580	115	61	0	285	1210	99	2.31	10	0	
Smothered Homestyle Potatoes with Wheat Toast	1 platter	1620	117	61	0	285	1180	102	4.81	12	3.14	37
Smothered Homestyle Potatoes, White Toast	1 platter	1620	116	61	0	285	1290	104	2.11	10	0	36
Ham Steak and Eggs with Fruit												
Ham Steak and Eggs with Biscuit, Fruit	1 platter	1360	101	36	0	585	1290	58	2.31	21	0.99	67

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Breakfast Platters Nutritional Information

Ham Steak and Eggs with English Muffin, Fruit	1 platter	1150	85	26	0	580	450	44	2.31	19	1	65
Ham Steak and Eggs with Pancakes, Fruit	1 platter	1440	85	32	0	610	980	114	1.31	48	28.32	65
Ham Steak and Eggs with Marble Rye Toast, Fruit	1 platter	1180	85	26	0	580	560	51	3.1	19	0.51	67
Ham Steak and Eggs with Sourdough Toast, Fruit	1 platter	1210	86	27	0	585	570	53	2.61	19	0	65
Ham Steak and Eggs with Wheat Toast, Fruit	1 platter	1240	88	27	0	580	540	57	5.11	22	3.14	69
Ham Steak and Eggs with White Toast, Fruit	1 platter	1240	87	27	0	580	660	59	2.41	19	0	68
Ham Steak and Eggs with Homestyle Potatoes												
Ham Steak and Eggs with Biscuit, Potatoes	1 platter	1670	123	50	0	645	1320	82	1	14	0.99	70
Ham Steak and Eggs with English Muffin, Potatoes	1 platter	1460	107	40	0	640	480	68	1	12	1	68
Ham Steak and Eggs with Pancakes, Potatoes	1 platter	1750	107	46	0	670	1010	137	0	40	28.32	68
Ham Steak and Eggs with Marble Rye Toast, Potatoes	1 platter	1490	107	41	0	640	580	75	1.79	12	0.51	70
Ham Steak and Eggs with Sourdough Toast, Potatoes	1 platter	1520	108	41	0	645	600	77	1.3	12	0	68
Ham Steak and Eggs with Wheat Toast, Potatoes	1 platter	1550	110	41	0	640	570	80	3.8	14	3.14	72
Ham Steak and Eggs with White Toast, Potatoes	1 platter	1550	109	41	0	640	680	82	1.1	12	0	71
Ribeye Steak and Eggs with Fruit												
Ribeye Steak and Eggs with Biscuit, Fruit	1 platter	1130	84	34	0	480	1540	50	2.33	13	0.99	42
Ribeye Steak and Eggs with English Muffin, Fruit	1 platter	920	67	25	0	480	700	36	2.33	11	1	40
Ribeye Steak and Eggs with Pancakes, Fruit	1 platter	1210	68	30	0	510	1220	106	1.33	39	28.32	40
Ribeye Steak and Eggs with Marble Rye Toast, Fruit	1 platter	950	67	25	0	480	800	43	3.12	11	0.51	41
Ribeye Steak and Eggs with Sourdough Toast, Fruit	1 platter	970	69	25	0	480	820	45	2.63	11	0	39
Ribeye Steak and Eggs with Wheat Toast, Fruit	1 platter	1010	71	25	0	480	790	48	5.13	13	3.14	44
Ribeye Steak and Eggs with White Toast, Fruit	1 platter	1010	69	25	0	480	900	51	2.43	11	0	43
Ribeye Steak and Eggs with Homestyle Potatoes												
Ribeye Steak and Eggs with Biscuit, Potatoes	1 platter	1440	106	48	0	540	1560	74	1.02	6	0.99	45
Ribeye Steak and Eggs with English Muffin, Potatoes	1 platter	1230	89	39	0	540	730	60	1.02	4	1	43
Ribeye Steak and Eggs with Pancakes, Potatoes	1 platter	1520	90	44	0	570	1250	129	0.02	32	28.32	43
Ribeye Steak and Eggs with Marble Rye Toast, Potatoes	1 platter	1260	89	39	0	540	830	67	1.81	4	0.51	44
Ribeye Steak and Eggs with Sourdough Toast, Potatoes	1 platter	1280	91	39	0	540	840	69	1.32	4	0	42
Ribeye Steak and Eggs with Wheat Toast, Potatoes	1 platter	1320	93	39	0	540	810	72	3.82	6	3.14	47
Ribeye Steak and Eggs with White Toast, Potatoes	1 platter	1320	91	39	0	540	930	74	1.12	4	0	46

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