

Breakfast Platters 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)
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	59
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 with 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	33
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

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