

Super Start Breakfast 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)
Super Start with Bacon and Fruit												
Super Start with Bacon, Biscuit, Fruit	1 platter	850	59	22	0	590	1700	50	2.31	13	0.99	32
Super Start with Bacon, English Muffin, Fruit	1 platter	640	42	13	0	585	870	36	2.31	11	1	30
Super Start with Bacon, Pancakes, Fruit	1 platter	930	43	18	0	615	1390	106	1.31	39	28.32	30
Super Start with Bacon, Marble Rye Toast, Fruit	1 platter	670	42	13	0	585	970	43	3.1	11	0.51	32
Super Start with Bacon, Sourdough Toast, Fruit	1 platter	690	44	13	0	590	990	45	2.61	11	0	30
Super Start with Bacon, Wheat Toast, Fruit	1 platter	730	45	13	0	585	960	48	5.11	13	3.14	34
Super Start with Bacon, White Toast, Fruit	1 platter	730	44	13	0	585	1070	51	2.41	11	0	33
Super Start with Bacon and Homestyle Potatoes												
Super Start with Bacon, Biscuit, Potatoes	1 platter	1160	81	36	0	650	1730	74	1	6	0.99	35
Super Start with Bacon, English Muffin, Potatoes	1 platter	950	64	27	0	645	900	60	1	4	1	33
Super Start with Bacon, Pancakes, Potatoes	1 platter	1240	65	32	0	675	1420	129	0	32	28.32	33
Super Start with Bacon, Marble Rye Toast, Potatoes	1 platter	980	64	27	0	645	1000	66	1.79	4	0.51	35
Super Start with Bacon, Sourdough Toast, Potatoes	1 platter	1000	66	27	0	650	1010	69	1.3	4	0	33
Super Start with Bacon, Wheat Toast, Potatoes	1 platter	1040	67	27	0	645	980	72	3.8	6	3.14	37
Super Start with Bacon, White Toast, Potatoes	1 platter	1040	66	27	0	645	1100	74	1.1	4	0	36
Super Start with Sausage Patty and Fruit												
Super Start with Sausage Patty, Biscuit, Fruit	1 platter	1530	115	40	1	760	3700	51	2.31	13	0.99	74
Super Start with Sausage Patty, English Muffin, Fruit	1 platter	1320	99	31	0.5	755	2860	36	2.31	11	1	72
Super Start with Sausage Patty, Marble Rye Toast, Fruit	1 platter	1350	99	31	0.5	755	2970	43	3.1	11	0.51	74
Super Start with Sausage Patty, Pancakes, Fruit	1 platter	1610	99	36	0	785	3390	106	1.31	40	28.32	72
Super Start with Sausage Patty, Sourdough Toast, Fruit	1 platter	1370	100	31	0.5	755	2980	46	2.61	12	0	71
Super Start with Sausage Patty, Wheat Toast, Fruit	1 platter	1410	102	31	0.5	755	2950	49	5.11	14	3.14	76
Super Start with Sausage Patty, White Toast, Fruit	1 platter	1410	101	31	0.5	755	3070	51	2.41	11	0	75
Super Start with Sausage Patty and Homestyle Potatoes												
Super Start with Sausage Patty, Biscuit, Potatoes	1 platter	1840	137	54	1	820	3720	74	1	6	0.99	77
Super Start with Sausage Patty, English Muffin, Potatoes	1 platter	1630	121	45	0.5	815	2890	60	1	4	1	75
Super Start with Sausage Patty, Pancakes, Potatoes	1 platter	1920	121	50	0	845	3410	130	0	33	28.32	75
Super Start with Sausage Patty, Marble Rye Toast, Potatoes	1 platter	1660	121	45	0.5	815	2990	67	1.79	4	0.51	77
Super Start with Sausage Patty, Sourdough Toast, Potatoes	1 platter	1680	122	45	0.5	815	3010	69	1.3	5	0	75
Super Start with Sausage Patty, Wheat Toast, Potatoes	1 platter	1720	124	45	0.5	815	2980	73	3.8	7	3.14	79
Super Start with Sausage Patty, White Toast, Potatoes	1 platter	1720	123	45	0.5	815	3090	75	1.1	4	0	78
Super Start with Sausage Link and Fruit												
Super Start with Sausage Link, Biscuit, Fruit	1 platter	980	72	28	0	610	1760	52	2.31	13	0.99	34
Super Start with Sausage Link, English Muffin, Fruit	1 platter	780	56	19	0	610	930	37	2.31	11	1	32
Super Start with Sausage Link, Pancakes, Fruit	1 platter	1070	56	24	0	640	1450	107	1.31	39	28.32	32
Super Start with Sausage Link, Marble Rye Toast, Fruit	1 platter	810	56	19	0	610	1030	44	3.1	11	0.51	34
Super Start with Sausage Link, Sourdough Toast, Fruit	1 platter	830	57	19	0	610	1050	47	2.61	11	0	31
Super Start with Sausage Link, Wheat Toast, Fruit	1 platter	860	59	19	0	610	1020	50	5.11	13	3.14	36
Super Start with Sausage Link, White Toast, Fruit	1 platter	860	58	19	0	610	1130	52	2.41	11	0	35
Super Start with Sausage Link and Homestyle Potatoes												
Super Start with Sausage Link, Biscuit, Potatoes	1 platter	1290	94	42	0	670	1790	75	1	6	0.99	37

Super Start Breakfast Nutritional Information

Super Start with Sausage Link, English Muffin, Potatoes	1 platter	1080	78	33	0	670	960	61	1	4	1	35
Super Start with Sausage Link, Pancakes, Potatoes	1 platter	1370	78	38	0	700	1480	131	0	32	28.32	35
Super Start with Sausage Link, Marble Rye Toast, Potatoes	1 platter	1110	78	33	0	670	1060	68	1.79	4	0.51	37
Super Start with Sausage Link, Sourdough Toast, Potatoes	1 platter	1140	79	33	0	670	1070	70	1.3	4	0	34
Super Start with Sausage Link, Wheat Toast, Potatoes	1 platter	1170	81	33	0	670	1040	74	3.8	6	3.14	39
Super Start with Sausage Link, White Toast, Potatoes	1 platter	1170	80	33	0	670	1160	76	1.1	4	0	38
Super Start with Plant Based Sausage and Fruit												
Super Start with Plant Based Sausage, Biscuit, Fruit	1 platter	980	65	27	0	565	1900	68	5.31	16	0.99	37
Super Start with Plant Based Sausage, English Muffin, Fruit	1 platter	780	48	17	0	565	1060	54	5.31	14	1	35
Super Start with Plant Based Sausage, Pancakes, Fruit	1 platter	1070	49	22	0	595	1590	124	4.31	42	28.32	35
Super Start with Plant Based Sausage, Marble Rye Toast, Fruit	1 platter	810	48	17	0	565	1170	61	6.1	14	0.51	37
Super Start with Plant Based Sausage, Sourdough Toast, Fruit	1 platter	830	50	17	0	565	1180	63	5.61	14	0	34
Super Start with Plant Based Sausage, Wheat Toast, Fruit	1 platter	860	51	18	0	565	1150	66	8.11	16	3.14	39
Super Start with Plant Based Sausage, White Toast, Fruit	1 platter	860	50	18	0	565	1270	69	5.41	14	0	38
Super Start with Plant Based Sausage and Homestyle Potatoes												
Super Start with Plant Based Sausage, Biscuit, Potatoes	1 platter	1290	87	41	0	625	1930	92	4	9	0.99	40
Super Start with Plant Based Sausage, English Muffin, Potatoes	1 platter	1080	70	31	0	625	1090	78	4	7	1	38
Super Start with Plant Based Sausage, Pancakes, Potatoes	1 platter	1370	71	36	0	655	1620	147	3	35	28.32	38
Super Start with Plant Based Sausage, Marble Rye Toast, Potatoes	1 platter	1110	70	31	0	625	1190	84	4.79	7	0.51	40
Super Start with Plant Based Sausage, Sourdough Toast, Potatoes	1 platter	1140	72	31	0	625	1210	87	4.3	7	0	37
Super Start with Plant Based Sausage, Wheat Toast, Potatoes	1 platter	1170	73	32	0	625	1180	90	6.8	9	3.14	42
Super Start with Plant Based Sausage, White Toast, Potatoes	1 platter	1170	72	32	0	625	1290	92	4.1	7	0	41
Super Start with Turkey Sausage and Fruit												
Super Start with Turkey Sausage, Biscuit, Fruit	1 platter	960	62	24	0	670	2240	50	2.31	13	0.99	49
Super Start with Turkey Sausage, English Muffin, Fruit	1 platter	750	45	14	0	670	1410	36	2.31	11	1	47
Super Start with Turkey Sausage, Pancakes, Fruit	1 platter	1040	46	19	0	700	1930	106	1.31	39	28.32	47
Super Start with Turkey Sausage, Marble Rye Toast, Fruit	1 platter	780	45	14	0	670	1510	43	3.1	11	0.51	49
Super Start with Turkey Sausage, Sourdough Toast, Fruit	1 platter	800	47	15	0	670	1520	45	2.61	11	0	47
Super Start with Turkey Sausage, Wheat Toast, Fruit	1 platter	840	49	15	0	670	1490	48	5.11	13	3.14	51
Super Start with Turkey Sausage, White Toast, Fruit	1 platter	830	47	15	0	670	1610	51	2.41	11	0	50
Super Start with Turkey Sausage and Homestyle Potatoes												
Super Start with Turkey Sausage, Biscuit, Potatoes	1 platter	1270	84	38	0	730	2270	74	1	6	0.99	52
Super Start with Turkey Sausage, English Muffin, Potatoes	1 platter	1060	67	28	0	730	1430	60	1	4	1	50
Super Start with Turkey Sausage, Pancakes, Potatoes	1 platter	1350	68	33	0	760	1960	129	0	32	28.32	50
Super Start with Turkey Sausage, Marble Rye Toast, Potatoes	1 platter	1090	67	28	0	730	1540	66	1.79	4	0.51	52
Super Start with Turkey Sausage, Sourdough Toast, Potatoes	1 platter	1110	69	29	0	730	1550	69	1.3	4	0	50
Super Start with Turkey Sausage, Wheat Toast, Potatoes	1 platter	1150	71	29	0	730	1520	72	3.8	6	3.14	54
Super Start with Turkey Sausage, White Toast, Potatoes	1 platter	1140	69	29	0	730	1630	74	1.1	4	0	53