

Fast and Fresh Breakfast Ingredients and Allergens Information

Item Name	Ingredient Statement	Allergen Statement
Breakfast		
Biscuits & Sausage Gravy, Full	Sausage Gravy (Water, Milk [Milk, Cream, Vitamin D3], Pork [Contains 2% Salt and up to a 12% Solution of Water, Potassium Lactate, Sodium Phosphates, Salt, Sodium Diacetate], Whipping Cream [Cream, Milk], Food Starch-Modified, Flour [Bleached Wheat Flour, Potassium Bromate, Enzyme], Flavor Enhancer [Maltodextrin, Sodium Chloride, Disodium Inosinate, Disodium, Guanylate, Thiamine Hydrochloride, Citric Acid], Seasoning [Salt, Spices, Sugar, Spice Extractives], Pork Sausage Seasoning [Salt, Spices, Dextrose, Sugar, Spice Extractives, BHA, BHT, Citric Acid], Titanium Dioxide [Color]), Buttermilk Biscuit (Enriched Flour Bleached [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palmoil, Buttermilk, Sugar, Palm Kernel Oil, Nonfat Milk, Salt, Whey Protein Concentrate, Baking Soda, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Whey, Natural and Artificial Flavor), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Milk, Soy, Wheat.
Biscuits & Sausage Gravy, Half	Sausage Gravy (Water, Milk [Milk, Cream, Vitamin D3], Pork [Contains 2% Salt and up to a 12% Solution of Water, Potassium Lactate, Sodium Phosphates, Salt, Sodium Diacetate], Whipping Cream [Cream, Milk], Food Starch-Modified, Flour [Bleached Wheat Flour, Potassium Bromate, Enzyme], Flavor Enhancer [Maltodextrin, Sodium Chloride, Disodium Inosinate, Disodium, Guanylate, Thiamine Hydrochloride, Citric Acid], Seasoning [Salt, Spices, Sugar, Spice Extractives], Pork Sausage Seasoning [Salt, Spices, Dextrose, Sugar, Spice Extractives, BHA, BHT, Citric Acid], Titanium Dioxide [Color]), Buttermilk Biscuit (Enriched Flour Bleached [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palmoil, Buttermilk, Sugar, Palm Kernel Oil, Nonfat Milk, Salt, Whey Protein Concentrate, Baking Soda, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Whey, Natural and Artificial Flavor), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Milk, Soy, Wheat.
Breakfast Bowl, Bacon	Large Cage-Free Egg, Tater Tots (Potatoes, Vegetable Oil [Contains One or More of the Following: Canola, Palm, Soybean, Sunflower], Salt, Corn Flour, Dehydrated Potato, Disodium Dihydrogen Pyrophosphate [to promote color retention], Dextrose), Three Cheese Blend (Pasteurized Part Skim Milk, Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [if colored], and Powdered Cellulose to prevent caking), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Vegetable Oil (Canola Oil, High Oleic Canola Oil, Soybean Oil, or Hydrogenated Soybean Oil w/ TBHQ & Citric Acid, Dimethylpolysiloxane), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]).	Contains Egg, Milk.
Breakfast Bowl, Sausage	Large Cage-Free Egg, Tater Tots (Potatoes, Vegetable Oil [Contains One or More of the Following: Canola, Palm, Soybean, Sunflower], Salt, Corn Flour, Dehydrated Potato, Disodium Dihydrogen Pyrophosphate [to promote color retention], Dextrose), Pork Sausage Patty (Pork, Water, Salt, Spice, Dextrose, Sugar), Three Cheese Blend (Pasteurized Part Skim Milk, Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [if colored], and Powdered Cellulose to prevent caking), Vegetable Oil (Canola Oil, High Oleic Canola Oil, Soybean Oil, or Hydrogenated Soybean Oil w/ TBHQ & Citric Acid, Dimethylpolysiloxane), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]).	Contains Egg, Milk.
Breakfast Burrito	Large Cage-Free Egg, Flour Tortilla (Bleached Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Oil Shortening [Interesterified Soybean Oil, Hydrogenated Soybean Oil], Salt, Sodium Bicarbonate, Mono- and Diglycerides, Corn Starch, Guar Gum, To Maintain Freshness [Calcium Propionate, Potassium Sorbate, Fumaric Acid], Enzymes, Sodium Metabisulfite), Pork Sausage Patty (Pork, Water, Salt, Spice, Dextrose, Sugar), Tater Tots (Potatoes, Vegetable Oil [Contains One or More of the Following: Canola, Palm, Soybean, Sunflower], Salt, Corn Flour, Dehydrated Potato, Disodium Dihydrogen Pyrophosphate [to promote color retention], Dextrose), Red Onion, Three Cheese Blend (Pasteurized Part Skim Milk, Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [if colored], and Powdered Cellulose to prevent caking), Red Bell Pepper, Yellow & Orange Bell Pepper, Green Bell Pepper, Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Vegetable Oil (Canola Oil, High Oleic Canola Oil, Soybean Oil, or Hydrogenated Soybean Oil w/ TBHQ & Citric Acid, Dimethylpolysiloxane), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]).	Contains Egg, Milk, Soy, Wheat.
Breakfast Quesadilla, Bacon	Large Cage-Free Egg, Flour Tortilla (Bleached Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Oil Shortening [Interesterified Soybean Oil, Hydrogenated Soybean Oil], Salt, Sodium Bicarbonate, Mono- and Diglycerides, Corn Starch, Guar Gum, To Maintain Freshness [Calcium Propionate, Potassium Sorbate, Fumaric Acid], Enzymes, Sodium Metabisulfite), Three Cheese Blend (Pasteurized Part Skim Milk, Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [if colored], and Powdered Cellulose to prevent caking), Pico de Gallo (Roma Tomato, Yellow Onion, Cilantro, Jalapeno), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Breakfast Quesadilla, Sausage	Large Cage-Free Egg, Flour Tortilla (Bleached Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Oil Shortening [Interesterified Soybean Oil, Hydrogenated Soybean Oil], Salt, Sodium Bicarbonate, Mono- and Diglycerides, Corn Starch, Guar Gum, To Maintain Freshness [Calcium Propionate, Potassium Sorbate, Fumaric Acid], Enzymes, Sodium Metabisulfite), Pork Sausage Patty (Pork, Water, Salt, Spice, Dextrose, Sugar), Three Cheese Blend (Pasteurized Part Skim Milk, Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [if colored], and Powdered Cellulose to prevent caking), Pico de Gallo (Roma Tomato, Yellow Onion, Cilantro, Jalapeno), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Milk, Soy, Wheat.
Early Riser, Bacon	Large Cage-Free Egg, Sourdough Bread (Unbleached Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Wheat Flour, Salt, Malted Barley Flour [Contains Wheat], Fumaric Acid and 2% or Less of Each of the Following: Acetic Acid, Lactic Acid, Fully Refined Soybean Oil, Granulated Sugar, Wheat Gluten, Calcium Propionate [to retain freshness], Dough Improver [Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid]), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Soy, Wheat.
Early Riser, Sausage	Large Cage-Free Egg, Sourdough Bread (Unbleached Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Wheat Flour, Salt, Malted Barley Flour [Contains Wheat], Fumaric Acid and 2% or Less of Each of the Following: Acetic Acid, Lactic Acid, Fully Refined Soybean Oil, Granulated Sugar, Wheat Gluten, Calcium Propionate [to retain freshness], Dough Improver [Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid]), Pork Sausage Patty (Pork, Water, Salt, Spice, Dextrose, Sugar), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]).	Contains Egg, Soy, Wheat.

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Farmhouse Sandwich, Bacon	Sourdough Bread (Unbleached Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Wheat Flour, Salt, Malted Barley Flour [Contains Wheat], Fumaric Acid and 2% or Less of Each of the Following: Acetic Acid, Lactic Acid, Fully Refined Soybean Oil, Granulated Sugar, Wheat Gluten, Calcium Propionate [to retain freshness], Dough Improver [Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid]), Large Cage-Free Egg, American Cheese Product Singles (American Cheese [Milk, Cheese Culture, Salt, Enzymes], Water, Cream, Sodium Citrate, Salt, Sorbic Acid [Preservative], Color Added, Soy Lecithin For Separation), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color])).	Contains Egg, Milk, Soy, Wheat.
Farmhouse Sandwich, Sausage	Sourdough Bread (Unbleached Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Wheat Flour, Salt, Malted Barley Flour [Contains Wheat], Fumaric Acid and 2% or Less of Each of the Following: Acetic Acid, Lactic Acid, Fully Refined Soybean Oil, Granulated Sugar, Wheat Gluten, Calcium Propionate [to retain freshness], Dough Improver [Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid]), Large Cage-Free Egg, Pork Sausage Patty (Pork, Water, Salt, Spice, Dextrose, Sugar), American Cheese Product Singles (American Cheese [Milk, Cheese Culture, Salt, Enzymes], Water, Cream, Sodium Citrate, Salt, Sorbic Acid [Preservative], Color Added, Soy Lecithin For Separation), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color])).	Contains Egg, Milk, Soy, Wheat.
Good Start, Bacon	Large Cage-Free Egg, Tater Tots (Potatoes, Vegetable Oil [Contains One or More of the Following: Canola, Palm, Soybean, Sunflower], Salt, Corn Flour, Dehydrated Potato, Disodium Dihydrogen Pyrophosphate [to promote color retention], Dextrose), Sourdough Bread (Unbleached Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Wheat Flour, Salt, Malted Barley Flour [Contains Wheat], Fumaric Acid and 2% or Less of Each of the Following: Acetic Acid, Lactic Acid, Fully Refined Soybean Oil, Granulated Sugar, Wheat Gluten, Calcium Propionate [to retain freshness], Dough Improver [Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid]), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Vegetable Oil (Canola Oil, High Oleic Canola Oil, Soybean Oil, or Hydrogenated Soybean Oil w/ TBHQ & Citric Acid, Dimethylpolysiloxane), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent])).	Contains Egg, Soy, Wheat.
Good Start, Sausage	Large Cage-Free Egg, Tater Tots (Potatoes, Vegetable Oil [Contains One or More of the Following: Canola, Palm, Soybean, Sunflower], Salt, Corn Flour, Dehydrated Potato, Disodium Dihydrogen Pyrophosphate [to promote color retention], Dextrose), Sourdough Bread (Unbleached Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Wheat Flour, Salt, Malted Barley Flour [Contains Wheat], Fumaric Acid and 2% or Less of Each of the Following: Acetic Acid, Lactic Acid, Fully Refined Soybean Oil, Granulated Sugar, Wheat Gluten, Calcium Propionate [to retain freshness], Dough Improver [Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid]), Pork Sausage Patty (Pork, Water, Salt, Spice, Dextrose, Sugar), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Vegetable Oil (Canola Oil, High Oleic Canola Oil, Soybean Oil, or Hydrogenated Soybean Oil w/ TBHQ & Citric Acid, Dimethylpolysiloxane), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent])).	Contains Egg, Soy, Wheat.
Morning Melt, Bacon	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), Large Cage-Free Egg, American Cheese Product Singles (American Cheese [Milk, Cheese Culture, Salt, Enzymes], Water, Cream, Sodium Citrate, Salt, Sorbic Acid [Preservative], Color Added, Soy Lecithin For Separation), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color])).	Contains Egg, Milk, Soy, Wheat.
Morning Melt, Sausage	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), Large Cage-Free Egg, Pork Sausage Patty (Pork, Water, Salt, Spice, Dextrose, Sugar), American Cheese Product Singles (American Cheese [Milk, Cheese Culture, Salt, Enzymes], Water, Cream, Sodium Citrate, Salt, Sorbic Acid [Preservative], Color Added, Soy Lecithin For Separation), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color])).	Contains Egg, Milk, Soy, Wheat.
Pancakes	Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine 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).	Contains Milk, Soy, Wheat.
Rise 'n' Shine	Large Cage-Free Egg, Tater Tots (Potatoes, Vegetable Oil [Contains One or More of the Following: Canola, Palm, Soybean, Sunflower], Salt, Corn Flour, Dehydrated Potato, Disodium Dihydrogen Pyrophosphate [to promote color retention], Dextrose), Sourdough Bread (Unbleached Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Wheat Flour, Salt, Malted Barley Flour [Contains Wheat], Fumaric Acid and 2% or Less of Each of the Following: Acetic Acid, Lactic Acid, Fully Refined Soybean Oil, Granulated Sugar, Wheat Gluten, Calcium Propionate [to retain freshness], Dough Improver [Malted Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid]), Canola Oil, Butter Alternative (Soybean Oil, Palm Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [color]), Vegetable Oil (Canola Oil, High Oleic Canola Oil, Soybean Oil, or Hydrogenated Soybean Oil w/ TBHQ & Citric Acid, Dimethylpolysiloxane), Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent])).	Contains Egg, Soy, Wheat.