

Fast and Fresh 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)
<b>Breakfast</b>												
Biscuits & Sausage Gravy, Full	2 biscuits and gravy	960	52	23	0	65	2800	97	0	12	0	21
Biscuits & Sausage Gravy, Half	1 biscuit and gravy	540	31	13	0	40	1530	51	0	7	0	11
Breakfast Bowl, Bacon	1 breakfast bowl	790	55	20	0	600	1520	31	4.34	0	0	39
Breakfast Bowl, Sausage	1 breakfast bowl	1060	81	30	0	645	1890	33	4.34	0	0	46
Breakfast Burrito	1 breakfast burrito	1090	72	24	0	610	1630	68	3.77	3	0	41
Breakfast Quesadilla, Bacon	1 breakfast quesadilla	1000	64	25	0	615	1630	54	3.27	3	0	50
Breakfast Quesadilla, Sausage	1 breakfast quesadilla	1270	90	35	0	660	2000	56	3.27	3	0	57
Early Riser, Bacon	1 platter	710	38	8	0	570	1070	58	2	0	0	33
Early Riser, Sausage	1 platter	980	64	18	0	615	1440	60	2	0	0	40
Farmhouse Sandwich, Bacon	1 sandwich	760	43	14	0	415	1620	58	2	0	0	35
Farmhouse Sandwich, Sausage	1 sandwich	1030	69	24	0	460	1990	60	2	0	0	42
Good Start, Bacon	1 platter	1030	58	13	0	570	1720	88	5.21	0	0	36
Good Start, Sausage	1 platter	1300	84	23	0	615	2090	90	5.21	0	0	43
Morning Melt, Bacon	1 sandwich	410	28	8	0	210	770	24	1	1	1	17
Morning Melt, Sausage	1 sandwich	550	41	13	0	230	960	25	1	1	1	20
Pancakes	2 pancakes	690	9	0	0	0	2360	138	0	37	32.27	14
Rise 'n' Shine	1 platter	960	52	11	0	555	1490	88	5.21	0	0	31