ALLERGEN GUIDE 2022 SUMMER LTO MENU

The allergens & intolerances identified in this guide are:























PEANUTS

SHELLFISH

WHEAT

GLUTEN

Please inform your server or manager before ordering if you or someone in your party has a food allergy, sensitivity or special dietary request.

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	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Celery	Gluten	Mustard
Menu Item	_	_	_	_	o,	0,	•	· ·				_
Watermelon Wake-Up												
Watermelon Juice												
Pineapple Juice												
Lime Juice		-										
									-			
Simple Syrup												
Mint	.,						.,				.,	
Barbacoa Quesadilla Benedict	Χ		X				X		Х		Х	
Barbacoa Beef												
Cheddar Jack Cheese			Х									
Corn & Wheat Blend Tortillas									Х		Х	
Cage Free Eggs	Х											
Margarine			Х				Х					
Scallions												
Vera Cruz Hollandaise			Х									
Ranchero Sauce												
Black Beans												
Pico de Gallo												
Hacienda Hash	Х		Х				Х					
Potatoes w/ Onions												
Chorizo Sausage												
Cage Free Eggs	Х											
Margarine			Х				Х					
Cheddar Jack Cheese			Х									
Red Bell Peppers												
Smashed Avocado												
Spicy Ketchup												
Sour Cream			Х									
Scallions												
Blueberry Muffin Top Griddle Cakes	Х		Х				Х	Х	Х		Х	
	X						^	^				
Muffin Batter	X		X						X		X	
Streusel			Х				.,		Х		Х	
Vegetable Oil Spray		-					Х		-			
Blackberries									-			
Blueberries		1							-			
Strawberries									ļ			
Granola								Х	Х		Х	
Mixed Berry Compote												
Whipped Butter			Х				Х					
Powdered Cinnamon Sugar												

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.

NUTRITION GUIDE & ALLERGEN QR CODE 2022 SUMMER LTO MENU

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TREE NUTS

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	Calories (cal)	Calories From Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Menu Item												
Watermelon Wake-Up	120	0	0	0	0	0	10	31	2	25	3	2
Barbacoa Quesadilla Benedict	810	330	38	15	0	485	3390	73	9	13	7	37
Hacienda Hash	930	550	62	21	0	490	2650	60	8	12	5	29
Blueberry Muffin Top Griddle Cakes	1160	560	63	14	0.5	140	800	131	6	79	68	14

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The nutritional information seen here was prepared by a third party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

ALLERGEN GUIDE 2023 SUMMER LTO TEST MENU

The allergens & intolerances identified in this guide are:







SHELLFISH



Wheat / Corn Tortillas



WHEAT







FISH



GLUTEN



MILK



TREE NUTS

Please inform your server or manager before ord	lering i	f you or	someon	ne in you	ır party	has a foo	od allerg	y, sensi	tivity or	special	dietary i	request.
	т ба ба	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Celery	Gluten	Mustard
Menu Item								-				
Watermelon Wake-Up												
Watermelon Juice												
Pineapple Juice												
Lime Juice												
Simple Syrup												
Mint									\ \ \		V	
Bacon Cheddar Cornbread	Χ		X				X		Х		Х	
Cornbread Batter	Χ		X				Х		Х		Х	
Bacon			<u> </u>				-					
Cheddar Jack Cheese			Х				ļ .					
Whipped Butter		ļ	Х				Х					
Honey												
Scallions												
Vegetable Oil Spray							X					
Strawberry Tres Leches French Toast	Χ		X						Х		Х	
Challah Bread	Х								Х		Х	
French Toast Batter	Χ		Х									
Strawberries												
Dulce De Leche			Х									
Sweetened Condensed Milk			Х									
Whipped Cream			X									
Cinnamon Streusel			X						Х		Х	
Powdered Sugar												
Queso Blanco Benedict	Х		Х									
Corn Tostadas	^											
Pork Carnitas												
Black Beans												
Cheddar Jack Cheese	.,		Х									
Cage Free Eggs	Х		.,									
White Queso Sauce			Х									
Avocado												
Organic Mixed Greens												
Roasted Corn Salsa												
Pickled Red Onions												
Cilantro												
Lime												
Pineapple												
Grapes												
Strawberries							1					
Tajin Seasoning												
Lone Star Brisket Hash	Χ		X		X		X		X	Χ	Х	Х
Beef Brisket												
Seasoned Potatoes w/ Onions												
Cage Free Eggs	Х											
Margarine			Х				Х					
Cheddar Jack Cheese			Х									
Avocado												
Pico de Gallo												
Pickled Sweet Peppers									İ			
Chipotle Aioli	Х				Х				İ	Х		Х
Scallions	-				· · ·					-		<u> </u>
					+						-	

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SHELLFISH











TREE NUTS

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Menu Item												
Watermelon Wake-Up	120	0	0	0	0	0	10	31	2	25	3	2
Bacon Cheddar Cornbread	1140	580	65	19	0	175	1360	115	2	57	50	26
Strawberry Tres Leches French Toast	960	250	29	11	0	180	710	149	3	94	52	23
Queso Blanco Benedict	890	410	46	21	0	530	2760	65	11	23	0	55
Lone Star Brisket Hash	1380	870	98	28	0	510	3400	82	10	7	2	40

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CORE MENU ALLERGEN GUIDE

This allergen guide applies to specific First Watch locations. Please consult with a manager or server before ordering to ensure you are viewing the right information.

The allergens & intolerances identified in this guide are:

























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	مم	넊	¥	Peanuts	Shellfish	λ	e nuts	Wheat	Celery	Mustard	Sesame	Gluten
	啜	Fish	Mik	Pe	Sh	So	Ţ	⋛	ပိ	≦	Se	ਛਿ
Classic Favorites												
The Traditional Breakfast: Cage-Free Whole Eggs	Х		Х			х						
Eggs	Х											
Margarine			Х			Χ						
Chive and Parsley Herb Mix												
The Traditional Breakfast: Egg Whites	Х					X						
Egg Whites	Х											
Vegetable Oil Spray						Χ						
Chive and Parsley Herb Mix												
The Traditional Breakfast: Bacon												
The Traditional Breakfast: Chicken Sausage												
The Traditional Breakfast: Smoked Ham									X			
The Traditional Breakfast: Pork Sausage												
The Traditional Breakfast: Turkey Sausage												
The Traditional Breakfast: Fresh, Seasoned Potatoes w/ Onions												
The Traditional Breakfast: Whole Grain Toast w/ Preserves			х			х		х				х
Whole Grain Artisan Toast								Χ				Χ
Whipped Butter			Χ			Χ						
Strawberry Preserves												
Tri-fecta: Plain Multigrain Pancake	х		х			X		х				х
Pancake Batter	Х		Χ			Χ		Χ				Х
Whipped Butter			Χ			Χ						

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Tri-fecta: Belgian Waffle	х		Х			х		Х				х
Waffle Batter	Х		Х			Χ		Х				Χ
Whipped Butter			Χ			Χ						
Berry Compote												
Powdered Cinnamon Sugar												
Tri-fecta: Bacon												
Tri-fecta: Chicken Sausage												
Tri-fecta: Pork Sausage												
Tri-fecta: Turkey Sausage												
Tri-fecta: Cage-Free Whole Eggs	х		Х			Х						
Eggs	Χ											
Margarine			Χ			Χ						
Chive and Parsley Herb Mix												
Tri-fecta: Egg Whites	Х					Х						
Egg Whites	Χ											
Vegetable Oil Spray						Χ						
Chive and Parsley Herb Mix												
The Healthier Side												
Avocado Toast	Х		X			X		Х				X
Whole Grain Artisan Toast								Χ				Χ
Avocado												
Lemon												
Extra Virgin Olive Oil												
Maldon Sea Salt												
Cage-Free Eggs	Χ											
Margarine			Χ			Χ						
Chive and Parsley Herb Mix												

before ordering.	6 ui	u	l 		Jope				aton	1000	luon	J. I
				rts	ish		ıuts	t	^	ard	ne	ے
	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
	Ĕ	Fi	Σ	Pe	Sł	S	1		ŭ	Σ	Š	
Power Wrap	Х		X			X		X				Х
Tomato Basil Tortilla	V					Χ		Χ				Χ
Egg Whites Vegetable Oil Spray	Х					Χ						
Turkey												
Crimini Mushrooms												
Spinach												
Mozzarella Cheese			Х									
Pico de Gallo Fresh , Seasonal Fruit												
Healthy Turkey	Х		Х			Х		Х				Х
Turkey	^		^			^		^				^
Feta Cheese			Х									
Egg Whites	Х											
Vegetable Oil Spray						Χ						
Onions												
Spinach												
Tomatoes Whole Grain Artisan Toast								Х				Х
Strawberry Preserves								^				
Tri-Athlete	Х					χ		χ				Х
Egg Whites	Х											^
Vegetable Oil Spray	7.					Х						
Green Chiles												
Crimini Mushrooms												
Tomatoes												
Onions Dies de Celle												_
Pico de Gallo Whole Grain Artisan Toast								Χ				Χ
Strawberry Preserves												$\stackrel{\wedge}{-}$
A.M. Superfoods Bowl							Х	Х				Х
Coconut Milk Chia Seed Pudding							Х					
Mixed Berry Compote												
Bananas												
Blueberries												
Strawberries Granola							Χ	Χ				Χ
Whole Grain Artisan Toast							^	X				X
Almond Butter							Х					
Maldon Sea Salt												
Steel-cut Oatmeal with Pecans			Х				Х	Х				х
(No Muffin) Steel-cut Oats								Х				Χ
Pecans							Х	^				$\hat{}$
Bananas												
Strawberries												
Brown Sugar												
Milk			Χ									
Sunrise Granola Bowl (No Muffin)			X				X	X				X
Greek Vanilla Yogurt			Х									
Fresh, Seasonal Fruit Granola							Х	Χ				Х
Powdered Cinnamon Sugar							^	^				^
Banana Nut Muffin	Х		Х				Χ	Χ				Х
Blueberry Muffin	Х		Х					Х				х
Carrot Pecan Muffin	Х		X				Х	X				X
Chocolate Chip Muffin	Х		X			Х		X				X
Lemon Chia Muffin	X		X			~		X				X
	X		^ X					<u>^</u>				^ X
Orange Cranberry Muffin	۸		٨					٨				^

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Egg-sclusives												
Chickichanga	X		X			Х		X	Х			X
Flour Tortilla Chicken								Х	v			Χ
Chorizo Sausage									Х			
Eggs	Х											
Margarine			Х			Х						
Avocado												
Cheddar Jack Cheese			Х									
Green Chilies												
Onions												
Vera Cruz Sauce Sour Cream			X			-					-	-
Fresh Seasonal Fruit			^									-
Fresh, Seasoned Potatoes w/												-
Onions												
Classic Benedict	Х		Х			Х		Х	Х	Х		Х
Toasted Ciabatta								Χ				Χ
Whipped Butter			Х			Х						ш
Eggs	Х											\square
Ham									Х			
Tomatoes Hollandaise			Х									
Chive and Parsley Herb Mix			^									
Organic Mixed Greens												
Lemon White Balsamic										_		\Box
Vinaigrette										Х		
Florentine Benedict	Х		Х			Х		Х		Х		Х
Toasted Ciabatta								Χ				Х
Whipped Butter			Х			Х						
Eggs	Х											-
Spinach Tomatoes												-
Avocado												\dashv
Hollandaise			Х									П
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic										Х		
Vinaigrette BLT Benedict	Х		Х			Х		Х		Х		Х
	^		^			^		X		^		^
Toasted Ciabatta Whipped Butter			Χ			Χ		^				_
Eggs	Х											\neg
Arugula												
Lemon White Balsamic										Х		
Vinaigrette												
Avocado Bacon												
Tomatoes												\dashv
Hollandaise			Х									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic										Х		
Vinaigrette Smoked Salmon Benedict	Х	Х	Х			Х		Х		Х		Х
Toasted Ciabatta	^	^	^			^		^		^		^
Whipped Butter			Χ			Х		^			\vdash	
Eggs	Х										H	\dashv
Smoked Salmon	Ė	Х										
Onions												
Hollandaise			Х									
Tomatoes												
Chive and Parsley Herb Mix												\square
Organic Mixed Greens Lemon White Balsamic												\square
Vinaigrette										Х		

CORE MENU ALLERGEN GUIDE - Thi information before ordering.	5 aii 	erge 	n gu	liue i	appii 	les t		ecili	C F11	St W	ratti 	1 100
				ıuts	fish		nuts	at	λ	ard	me	E
	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Elevated Egg Sandwich	X	_	X			X		Х		X		X
Brioche Bun	Х		Х			Χ		Х				Х
Whipped Butter			Х			Χ						
Mayonnaise	X									Х		
Egg Margarine	Х		Х									
Bacon			^			Χ						
Avocado												
Gruyere Cheese			Χ									
Arugula												
Lemon White Balsamic Vinaigrette										Х		
Fresh, Seasoned Potatoes w/												
Onions	\ \ \					· ·						
Farm Stand Breakfast Tacos	Х		Х			X		X	Х			X
Corn & Flour Blend Tortillas Chicken								Х	v			Х
Chorizo Sausage									Х			
Cheddar Jack Cheese			Χ									
Eggs	Х											
Margarine			Χ			Χ						
Avocado												
Black Beans												
Pico de Gallo												
Biscuits And Turkey Sausage Gravy with Eggs	Х		X			X	X	X	X			X
Buttered Biscuits			Х			Х		Х				Х
Turkey Sausage Gravy			Χ			Χ	Χ	Χ	Χ			Χ
Eggs	Х					.,						
Margarine Chive and Dareley Herb Mix			Х			Х						
Chive and Parsley Herb Mix Fresh, Seasoned Potatoes w/												
Onions												
Farmhouse Skillet Hash	Х		Х			Х		Х				Х
Fresh, Seasoned Potatoes w/												
Onions Eggs	Х											
Avocado												
Bacon												
Cheddar Jack Cheese			Х									
Margarine			Х			Х						
Onions Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast								Х				Х
Whipped Butter			Χ			Χ						
Strawberry Preserves												
Fresh, Seasonal Fruit												
Market Skillet Hash	Х		Х			X		Х				Х
Fresh, Seasoned Potatoes w/ Onions												
Eggs	Χ											
Goat Cheese			Χ									
Mozzarella Cheese			X			.,						
Margarine			Х			Х						
Crimini Mushrooms Red Peppers												
Shallots												
Spinach												
Zucchini												_
Chive and Parsley Herb Mix								.,				
Whole Grain Artisan Toast			v			v		Х				Х
Whipped Butter Strawberry Preserves			Х			Х						
Fresh, Seasonal Fruit												
,												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Parma Skillet Hash	Х		Χ			Χ		Χ				Х
Fresh, Seasoned Potatoes w/												
Onions Eggs	Х											
Mozzarella Cheese	_		Х									
Parmesan Cheese			X									
Margarine			X			Х						
Crimini Mushrooms												
Onions												
Italian Sausage												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast								Х				Х
Whipped Butter			Х			Х						
Strawberry Preserves												
Fresh, Seasonal Fruit												
Omelets And Frittatas												
Bacado Omelet	Х		Х			Х		Х		Х		Х
Eggs	Х											
Margarine			X			Х						
Cheddar Jack Cheese			Х									
Bacon												
Avocado												
Pico de Gallo			Х									
Sour Cream Whole Grain Artisan Toast			_					Х				Х
Whipped Butter			Х			Х						^
Strawberry Preserves			_			^						
Organic Mixed Greens												
Lemon White Balsamic										v		
Vinaigrette										Х		
Ham & Gruyere Omelet	X		X			Х		X	X	X		X
Eggs	Х											
Margarine			Х			Х			V			
Ham			v						Х			
Gruyere Cheese			Х									
Chive and Parsley Herb Mix Whole Grain Artisan Toast								Х				Χ
Whipped Butter			Х			Х		_				_
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic										Х		
Vinaigrette										^		
Chile Chorizo Omelet	Х		Х			Х		Х		X		X
Eggs	X											
	<u> </u>											
Margarine			Х			Х						
Chorizo Sausage						X						
Chorizo Sausage Cheddar Jack Cheese			X			X						
Chorizo Sausage Cheddar Jack Cheese Green Chilies						X						
Chorizo Sausage Cheddar Jack Cheese Green Chilies Onions						X						
Chorizo Sausage Cheddar Jack Cheese Green Chilies Onions Pico de Gallo						X						
Chorizo Sausage Cheddar Jack Cheese Green Chilies Onions Pico de Gallo Avocado			X			X						
Chorizo Sausage Cheddar Jack Cheese Green Chilies Onions Pico de Gallo Avocado Sour Cream						X		X				
Chorizo Sausage Cheddar Jack Cheese Green Chilies Onions Pico de Gallo Avocado Sour Cream Whole Grain Artisan Toast			X					X				X
Chorizo Sausage Cheddar Jack Cheese Green Chilies Onions Pico de Gallo Avocado Sour Cream Whole Grain Artisan Toast Whipped Butter			X			X		X				X
Chorizo Sausage Cheddar Jack Cheese Green Chilies Onions Pico de Gallo Avocado Sour Cream Whole Grain Artisan Toast Whipped Butter Strawberry Preserves			X					X				X
Chorizo Sausage Cheddar Jack Cheese Green Chilies Onions Pico de Gallo Avocado Sour Cream Whole Grain Artisan Toast Whipped Butter			X					X		X		X

Ham Cheddar Jack Cheese X X X X X X X X X X X X X X X X X X	information before ordering.	ı											
Morning Market Veg Omelet					ts	sh		uts			rd	e	_
Morning Market Veg Omelet			ے	×	nue	ıllfi	_	e II	eat	ery	stal	am	ten
Morning Market Veg Omelet		Egg	Fis	M	Pez	She	Soy	Tre	Wh	Cel	Mu	Ses	픙
Eggs	Morning Market Veg Omelet												
Margarine													
Rale Goat Cheese X				Х			Х						
Crimini Mushrooms													
Shallots Roasted Tomatoes Zucchini Chive and Parsley Herb Mix Whole Grain Artisan Toast Whipped Butter Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette Margarine Roasted Tomatoes Chive and Parsley Herb Mix X X X X X X X X X X X X X X X X X X X	Goat Cheese			Χ									
Roasted Tomatoes Zucchini Chive and Parsley Herb Mix Whole Grain Artisan Toast Whipped Butter Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Winaigrette Inspired Italian Omelet Stan Stan Stan Stan Stan Stan Stan Stan	Crimini Mushrooms												
Chive and Parsley Herb Mix Whole Grain Artisan Toast X													
Chive and Parsley Herb Mix Whole Grain Artisan Toast Whipped Butter Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaligrette Inspired Italian Omelet Stags Margarine Mozzarella Cheese Red Peppers Roasted Tomatoes Chive and Parsley Herb Mix Whole Grain Artisan Toast Lemon White Balsamic Vinaligrette The Works Omelet Stags X X X X X X X X X X X X X X X X X X X													
Whole Grain Artisan Toast X X X Whipped Butter X X X Strawberry Preserves X X X Organic Mixed Greens X X X X Lemon White Balsamic Vinaigrette X <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>													
Whipped Butter													
Strawberry Preserves				~			V		Λ.				_
Organic Mixed Greens Lemon White Balsamic Vinaigrette Inspired Italian Omelet Starwberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette Inspired Italian Omelet Starwberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette The Works Omelet Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette The Works Omelet Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette The Works Omelet Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette The Works Omelet Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette The Works Omelet Strawberry Preserves Organic Mixed Greens Lemon White Whi				^			^						
Lemon White Balsamic													
Inspired Italian Omelet Eggs X Margarine Italian Sausage Mozzarella Cheese Parmesan Cheese Red Peppers Roasted Tomatoes Chive and Parsley Herb Mix Whole Grain Artisan Toast Vinaigrette The Works Omelet Eggs X Margarine X X X X X X X X X X X X X X X X X X X											_		
Eggs	Vinaigrette										^		
Margarine Italian Sausage Mozzarella Cheese Red Peppers Roasted Tomatoes Chive and Parsley Herb Mix Whole Grain Artisan Toast Vinaigrette The Works Omelet Regs X X X X X X X X X X X X X X X X X X X	Inspired Italian Omelet	X		Х			X		Х		Х		Х
Italian Sausage		Χ											
Mozzarella Cheese				Х			Х						
Parmesan Cheese Red Peppers Roasted Tomatoes Chive and Parsley Herb Mix Whole Grain Artisan Toast X X X X X X X X X X X X X X X X X X X													
Red Peppers Roasted Tomatoes Chive and Parsley Herb Mix Whole Grain Artisan Toast Whipped Butter X X X Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette X X X X X X X X X X X X X X X X X X X													
Roasted Tomatoes Chive and Parsley Herb Mix Whole Grain Artisan Toast Whipped Butter The Works Omelet Eggs Crimini Mushrooms Uniaigrette Sur Whipped Butter A X X X X X X X X X X X X X X X X X X				Х									
Chive and Parsley Herb Mix Whole Grain Artisan Toast Whipped Butter Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette The Works Omelet Eggs X Margarine Bacon Ham Cheddar Jack Cheese Crimini Mushrooms Onions Italian Sausage Sour Cream X Whipped Butter X X X X X X X X X X X X X X X X X X X													
Whole Grain Artisan Toast Whipped Butter Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette The Works Omelet Eggs X Margarine Bacon Ham Cheddar Jack Cheese Crimini Mushrooms Onions Italian Sausage Sour Cream X Whipped Butter X X X X X X X X X X X X X X X X X X X													
Whipped Butter Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette The Works Omelet Eggs X Margarine Bacon Ham Cheddar Jack Cheese Crimini Mushrooms Onions Italian Sausage Sour Cream Yonipped Butter Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette Frittata Rustica Kale Crimini Mushrooms Crimini Mushrooms Ax X X X X X X X X X X X X X									Х				Х
Organic Mixed Greens Lemon White Balsamic Vinaigrette The Works Omelet X X X X X X X X X X X X X X X X X X X				Х			Х						
Lemon White Balsamic Vinaigrette The Works Omelet X X X X X X X X X X X X X X X X X X X	Strawberry Preserves												
Vinaigrette													
The Works Omelet											Х		
Eggs X		V		V			V		V	V			v
Margarine X X X X A A A A A A A A A A A A A A A				^			^		^	^	^		^
Bacon Ham Cheddar Jack Cheese Crimini Mushrooms Onions Italian Sausage Sour Cream X Tomatoes Whole Grain Artisan Toast Whipped Butter X Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette X X X X X X X X X X X X X X X X X X		Α.		~			v						
Ham				^			^						
Cheddar Jack Cheese Crimini Mushrooms Onions Italian Sausage Sour Cream X Tomatoes Whole Grain Artisan Toast Whipped Butter Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette Frittata Rustica X X X X X X X X X X X X X X X X X X X										Х			
Crimini Mushrooms Onions Italian Sausage Sour Cream Tomatoes Whole Grain Artisan Toast Whipped Butter Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette Frittata Rustica Kale Crimini Mushrooms Onions Roasted Tomatoes Chive and Parsley Herb Mix Organic Mixed Greens Colabatta Cola				Х									
Italian Sausage Sour Cream X Tomatoes Whole Grain Artisan Toast Whipped Butter Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette Frittata Rustica X X X X X X X X X X X X X X X X X X X													
Sour Cream	Onions												
Tomatoes	Italian Sausage												
Whole Grain Artisan Toast				Χ									
Whipped Butter X X X X Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette X X X X X X X X X X X X X X X X X X													
Strawberry Preserves Organic Mixed Greens Lemon White Balsamic Vinaigrette Frittata Rustica X X				V			V		Х				X
Organic Mixed Greens X Lemon White Balsamic Vinaigrette X <				Х			Х						
Lemon White Balsamic Vinaigrette Frittata Rustica X X X X X X X X X X X X X													
Vinaigrette Frittata Rustica X X X X X X X X X X X X X											· ·		
Eggs X X X Margarine X X X Mozzarella Cheese X X Parmesan Cheese X X Kale X X Crimini Mushrooms X X Onions X X Roasted Tomatoes X X Chive and Parsley Herb Mix X X Ciabatta X X Whipped Butter X X Organic Mixed Greens X X Lemon White Balsamic Y	Vinaigrette										<u> </u>		
Margarine X X Mozzarella Cheese X X Parmesan Cheese X X Kale X X Crimini Mushrooms X X Onions X X Roasted Tomatoes X X Chive and Parsley Herb Mix X X Ciabatta X X Whipped Butter X X Organic Mixed Greens X X Lemon White Balsamic Y	Frittata Rustica	X		X			X		X		X		Х
Mozzarella Cheese	Eggs	Χ											
Parmesan Cheese				-			Χ						
Kale													
Crimini Mushrooms				Х									
Onions Image: Control of the control of t													
Roasted Tomatoes													
Chive and Parsley Herb Mix		\vdash											
Ciabatta X X X Whipped Butter X X X Organic Mixed Greens Lemon White Balsamic Y													
Whipped Butter X X X Organic Mixed Greens Lemon White Balsamic Y									Х				Χ
Organic Mixed Greens Lemon White Balsamic				Х			Χ						
	Organic Mixed Greens												
vinaigrette											Х		
	vinaigrette												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Smoked Salmon & Roasted Veggie Frittata	х	Х	х			X		X		X		х
Eggs	Х											
Margarine			Х			Х						
Smoked Salmon Parmesan Cheese		Х										
Chive Cream			X									
Shallots			^									=
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta								Χ				Χ
Whipped Butter			Χ			Χ						
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										Χ		
Udi's Gluten-Free Toast with Preserves (No Butter)	х											
Udi's Gluten-Free Bread	Х											
Strawberry Preserves												
From The Griddle												
Plain Multigrain Pancakes	Х		Х			Х		Х				Х
Pancake Batter	Х		Х			Х		Х				Х
Whipped Butter			Х			Χ						
Banana Crunch Pancakes	Х		Х			Х	Х	Х				Х
Pancake Batter	Х		Х			Х		Х				Х
Granola							Χ	Χ				Χ
Bananas												
Whipped Butter			Χ			Χ						
Carrot Cake & Pecan Pancakes	Х		Х			Х	Х	Х				X
Pancake Batter	Χ		Χ			Χ		Χ				Χ
Wheat Germ								Χ				Х
Carrots Pecans							Χ					
Raisins							^					
Whipped Butter			Х			Х						
Powdered Cinnamon Sugar												
Chocolate Chip Pancakes	Х		Х			Х		Х				Х
Pancake Batter	Х		Х			Х		Х				Х
Chocolate Chips			Χ			Χ						
Whipped Butter			Χ			Χ						
Blueberry Pancakes	Х		Х			Χ		Χ				Х
Pancake Batter	Χ		Χ			Χ		Χ				Χ
Blueberries												
Whipped Butter			Χ			Χ						
Berry Compote												
Lemon Ricotta Pancakes	X		X			X		X				X
Pancake Batter	Х		X			Χ		Х				Х
Ricotta Cheese Lemon Curd	Х		X									\dashv
Powdered Cinnamon Sugar	^		^									\dashv
Strawberries												
Belgian Waffle	Х		Х			Х		Х				Х
Waffle Mix	X		Х			Х		Х				Х
Whipped Butter			Х			X						\dashv
Berry Compote												
Powdered Cinnamon Sugar												
French Toast	Х		Х			X		X				Х
Brioche Bread	Х		Χ			Χ		Χ				Χ
French Toast Batter	Х		Х									Щ
Whipped Butter			Χ			Χ						\blacksquare
Berry Compote Powdered Cinnamon Sugar	\vdash											\dashv
1 omdered ominamon Sugar												

information before ordering.												
				S	'n		ıts			ā	o l	
		_		nut	IIfis		ın e	aat	ery	Mustarc	am	ten
	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mus	Sesame	Gluten
Floridian French Toast	X		X			X		X				X
Brioche Bread	Х		Х			Х		Х				Х
French Toast Batter	Х		Х									
Wheat Germ								Χ				Χ
Bananas												
Strawberries												
Kiwi												
Berry Compote												
Powdered Cinnamon Sugar												
Regular Syrup												
Maple Syrup												
Sugar-free Syrup												х
Power Bowls												^
	v		V			V			V	V		
Power Breakfast Quinoa Bowl	X		Х			Х			Х	Х		
Quinoa												
Chicken Stock			Χ			Χ			Χ			
Lemon White Balsamic										Χ		
Vinaigrette Eggs	Х											
Margarine	_		Х			Х						
Parmesan Cheese			X			^						
Kale			^									
Crimini Mushrooms												
Italian Sausage												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Pesto Chicken Quinoa Bowl	Х		Х			Х			Х	Х		
Quinoa												
Chicken Stock			Х			Х			Х			
Chicken												
Roasted Tomatoes												
Carrots												
Feta Cheese			Х									
Kale												
Lemon												
Lemon White Balsamic										Х		
Vinaigrette												
Basil Pesto Dressing	Х		Х							Х		
Chive and Parsley Herb Mix												
Salads												
Super Food Kale Salad			Х			Х	Х	Х	Х	Х		Х
Kale												
Organic Mixed Greens												
Chicken Stock			Χ			Χ			Χ			
Chicken												
Maple Carrots												
Parmesan Cheese			Х									
Dried Cranberries												
Almonds							Χ					
Maple-Lemon Vinaigrette										Х		
Dressing Ciabatta								Χ				Χ
Whipped Butter			Χ			Χ		^				^
Trinpped Butter	_					^\						

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Chicken Avocado Chop Salad			Х			Х		Х		Х		Х
Romaine												
Arugula												
Chicken Avocado	_											
Black Beans												
Feta Cheese			Х									
Corn												
Tomatoes												
Tortilla Strips												
Chive and Parsley Herb Mix Citrus Chipotle Dressing										Х		
Citrus Chipotie Dressing Ciabatta								Х		^		Х
Whipped Butter			Х			Х						^
Cobb Salad	Х		Х			Х		Х		Х		Х
Romaine	-		,			,,		,,		,,		71
Organic Mixed Greens												
Turkey												
Avocado												
Bacon												
Bleu Cheese			Х									
Hard Boiled Eggs	Х											
Tomatoes Ranch Dressing	Х		Х							Х		
Ciabatta	^		^					Х		^		Х
Whipped Butter			Х			Х						_
Sweet Honey Pecan Salad			Х				Х	Х		Х		Х
Romaine			7.				,,	,,		,,		71
Organic Mixed Greens												
Chicken												
Bacon												
Cheddar Jack Cheese			Х									
Pecans							Х					
Tomatoes												
Carrots Avocado												
Honey Dijon Dressing										Χ		
Ciabatta								Х				Х
Whipped Butter			Х			Χ						
Sandwiches												
Monterey Club Sandwich (No Dressed Greens Or Soup)	х		х			X		X		X		х
Sourdough Bread						Χ		Χ				Χ
Mayonnaise	Х									Х		
Turkey												
Avocado Bacon												
Monterey Jack Cheese			Х									
Organic Mixed Greens												
Tomatoes												
Romaine												
Parsley, Italian Tomatoes												
BLTE (No Dressed Greens Or Soup)	х		Х			X		X		X		Х
Whole Grain Artisan Toast	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \							Х		\ <u>\</u>		Х
Mayonnaise	Х									Х		
Bacon Eggs	Х											
Margarine	<u> </u>		Χ			Χ						
Monterey Jack Cheese			Х									
Tomatoes												
Organic Mixed Greens												

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				S	ls.		ıts			ō	e l	
	20	ے	~	Peanuts	Shellfish	_	e nı	eat	ery	staı	Sesame	Gluten
	Egg	Fish	ĭ	Pea	She	Soy	Tree nuts	Wheat	Celery	Mustard	Ses	믕
Baja Turkey Burger			· ·			· ·						· ·
(No Dressed Greens Or Soup)	Х		Х			Х		Х		Х		Х
Brioche Bun	Х		Х			Χ		Χ				Х
Whipped Butter			Х			Χ						
Turkey Burger												
Avocado												
Havarti Horseradish Cheese			Х									
Organic Mixed Greens												
Mayonnaise	X									Х		
Pico de Gallo												
Tomatoes												
Market Veggie (No Dressed Greens Or Soup)	Х		Х			Х		Х		Х		Х
Whole Grain Artisan Toast								V				V
						V		Х				Х
Whipped Butter			X			Х						\vdash
Mozzarella Cheese	v		^							v		
Mayonnaise	X									Х		
Crimini Mushrooms			Х									
Basil Pesto			_									
Spinach Zucchini												
Roast Beef & Havarti												
(No Dressed Greens Or Soup)	X		Х			Х		Х		Х		Х
Sourdough Bread						Χ		Χ				Χ
Whipped Butter			Х			X		^				_
Roast Beef			_			^						
Roasted Tomatoes												
Havarti Horseradish Cheese			Х									
Parmesan Cheese			X									
Onions												
Arugula												
Lemon White Balsamic										.,		
Vinaigrette										Х		
Horseradish Sauce	Х									Χ		
Ham & Gruyere Melt	x		х			х		х	х	х		х
(No Dressed Greens Or Soup)	V		V			V		V				V
Brioche	X		X			X		Х				Х
Whipped Butter			_			Χ						
Gruyere Cheese	V		Х							V		\vdash
Dijonnaise	Х								V	Χ		
Ham Tomatoes									Х			
Veggie Burger (No Dressed Greens Or Soup)	X		Х			Х		Х		Х		Х
Brioche Bun	Х		v			~		Χ				Χ
Whipped Butter	^		X			X		^				^
Veggie Patty			^			X		Χ				Χ
Dijonnaise	Х									Х		<u> </u>
Avocado												
Organic Mixed Greens												
Onions												
Tomatoes												
Chicken Salad Melt												
(No Dressed Greens Or Soup)	X		X			Х		Х	X	X		X
Whole Grain Artisan Toast								Х				Х
Whipped Butter			Х			Х						^
Chicken Salad	Х		<u></u>						Х	Х		
Monterey Jack Cheese	<u> </u>		Х									
Tomatoes			<u> </u>									
Chive and Parsley Herb Mix												
Lemon Dressed Greens										Х		
Lemon White Balsamic												
Vinaigrette										Х		
Organic Mixed Greens												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Soups				_	_	_	_			_		
Broccoli Cheddar (No Crackers)			Х			Х		Х		Х		Х
Clam Chowder (No Crackers)		Х	Х		Х			Х	Х			Х
Market Vegetable Soup (No Crackers)									Х			
Italian Wedding Soup (No Crackers)	х		Х			X		Х				х
Tomato Basil Soup (No Crackers)			Х			Х		Х	Х			Х
White Bean Chicken Chili (No Crackers)			х									
Crackers						Х		Х				Х
Kids Meals												
Kid's Bacon And Egg with Toast & Fresh Fruit	х		х			Х		х				Х
Sourdough Bread						Χ		Χ				Χ
Whipped Butter			Х			Х						
Bacon Eggs	Х											
Margarine			Х			Χ						
Fresh Seasonal Fruit												
Kid's Fruit Crepe with Granola & Toast	Х		Х			Х	Х	X				X
Crepe Batter	Х		X					Χ				Χ
Greek Strawberry Vanilla Yogurt Granola			Х				Х	Х				Х
Bananas												
Strawberries												
Powdered Cinnamon Sugar						V						V
Sourdough Bread Whipped Butter			Х			X		Х				Х
Kid's Grilled Cheese with Fresh Fruit			X			X		Χ				Χ
Sourdough Bread						Х		Χ				Χ
Whipped Butter			Х			Χ						
Cheddar Jack Cheese			Χ									
Fresh Seasonal Fruit Kid's Chocolate Chip Pancakes (No Meat)	х		х			Х		Х				Х
Pancake Batter	Х		Х			Χ		Х				Χ
Chocolate Chips			Х			Χ						
Whipped Butter			Х			Х		**				
Kid's French Toast (No Meat) Brioche Bread	X		X			X		X				X
French Toast Batter	X		X			Х		Х				Х
Whipped Butter			Х			Х						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit	v		V			V		V				V
Kid's Half Waffle (No Meat) Waffle Mix	X		X			X		X				X
Whipped Butter	^		X			X		^				^
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Sunrise Granola Bowl with Toast			Х			Х	Х	Х				Х
Greek Vanilla Yogurt Granola			Х				Х	Х				Х
Bananas							^	^				^
Blueberries												
Strawberries												
Powdered Cinnamon Sugar Sourdough						Х		Х				Х
Whipped Butter			Х			X		^				^
Bacon												
Pork Sausage												
											_	

information before ordering.										-	_	1 100
				ıts	ish		ıuts	t	,	ī	ne	_
	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Free nuts	Wheat	Celery	Mustard	Sesame	ute
	щ	证	Σ	P	S	Ñ	Ė	>	ŭ	Σ	Š	ਯ
Sides And Small Plates												
Buttered Grits			Х			Х						
Grits Whipped Butter			Х			Χ						
Cheesy Grits			Χ									
Grits												
Cheddar Jack Cheese			X									
Parmesan Cheese Fresh, Seasonal Fruit			Х									
Fresh, Seasoned Potatoes w/												
Onions												
Biscuit & Gravy			X			X	X	X	X			X
Biscuits Turkey Sausage Gravy			X			X	Χ	X	Χ			X
Biscuit with Butter, Honey And			Х			Х	, ·	X				Х
Preserves Biscuits			Х			Χ		Х				Х
Whipped Butter			X			X						
Fruit Spread, Strawberry												
Whole Crain Teach with Butter 8												
Whole Grain Toast with Butter & Preserves			X			Х		X				X
Whole Grain Artisan Toast Whipped Butter			Х			Х		Χ				Х
Strawberry Preserves						^						
English Muffin with Butter & Preserves			Х			Х		Х				Х
English Muffin			Χ			Χ		Χ				Χ
Whipped Butter			Χ			Χ						
Strawberry Preserves Gluten-Free Toast with												
Preserves (No Butter)	Х											
Gluten-Free Bread	Χ											
Strawberry Preserves												
Banana Nut Muffin	X		X				Х	X				X
Blueberry Muffin	X		X					X				X
Carrot Pecan Muffin Chocolate Chip Muffin	X		X			Х	Х	X				X
Lemon Chia Muffin	<u>^</u>		<u>^</u>			^		X				<u>^</u>
Orange Cranberry Muffin	X		<u>^</u>					<u>^</u>				X
Hardwood Smoked Bacon	^		^					^				^
Smoked Ham									Х			
Pork Sausage Links												
Savory Chicken Sausage Patties												
Turkey Sausage Links												
Lemon Dressed Organic Mixed Greens										Х		
Organic Mixed Greens												
Lemon White Balsamic												
Vinaigrette										Х		
Million Dollar Bacon Beverages												
Project Sunrise Coffee - Regular												
Project Sunrise Coffee - Decaf												
Cold Brew Coffee												
Iced Coffee			Х									
Iced Coffee												
Milk			Χ									

	88	ish	Milk	eanuts	Shellfish	oy	ree nuts	Vheat	elery	Mustard	Sesame	Gluten
Herbal Tea	ш	_	_	4	S	S	_	^	C	_	S	9
Fresh-brewed Iced Tea - Unsweetened												
Fresh-brewed Iced Tea - Sweetened												
Fresh-brewed Iced Tea -												
Seasonal Blackberry			Х				Х					
Hot Chocolate Milk Chocolate Cocoa Mix			<u>^</u>				X					
Whipped Cream			X									
Chocolate Syrup												
Low-fat Milk			Х									
Coca-Cola Soft Drinks												
100% Cold Squeezed Orange Juice												
Grapefruit, Apple, or Cranberry Juice												
Juice Bar												
Morning Meditation												
Kale Tonic												
Add Immunity Boost												
Bar - Signature Cocktails												
Cinnamon Toast Cereal Milk							Х					
Coconut Rum							Х					
Agave												
Cold Brew Coffee												
Coconut Milk Cinnamon							Х					
Morning Glory												
Vodka												
Agave												
Ginger Juice												
Lemon Juice												
Orange Juice												
Turmeric Juice Lemon												
Pomegranate Sunrise												
Tequila												
Agave												
Lime Juice												
Pomegranate Juice												
Lemon												
Vodka Kale Tonic Vodka												
Cucumber												
Fresh Apple Juice												
Kale Juice												
Lemon Juice												
Bourbon Blackberry Palmer												
Bourbon Whiskey Lemon Juice												
Lemon Peel												\dashv
Blackberry Syrup												
Brewed Tea												
Bar - Brunch Classics												
Million Dollar Bloody Mary		X				X		X	X	Х		Х
Vodka Million Dollar Bacon												\dashv
Bloody Mary Mix		Χ				Χ		Χ	Χ			Χ
2.004) Mary Mix												

illioilliation before ordering.												
	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Mimosa												
Sparkling Wine Orange Juice												
Sparkling												
Bakery Treats												
Brown Butter & Sea Salt Chewy Marshmallow Bar			х									
Gluten-Free Honduran Chocolate Brownie	х		Х			Х						
Salted Caramel Cookie	Х		Х			Х	Х	Х				Х
Good Morning Packs												
Good Morning 6-Pack or 12-Pack	Х		Х			Х		Х				Х
Bacon												
Eggs	Χ											Ш
Margarine			Χ			Χ						
Whole Grain Artisan Toast								Χ				Χ
Whipped Butter			Х			Χ						
Strawberry Preserves												Ш
Fresh, Seasonal Fruit												
Fresh, Seasoned Potatoes w/ Onions												
Chive and Parsley Herb Mix												

Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or special dietary request.

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.





NUTRITION GUIDE & ALLERGEN QR CODE

To access real-time allergen information, please scan the code with your mobile device's camera.















FISH





TREE NUTS

Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or special dietary request.

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Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
CLASSIC FAVORITES												
TRADITIONAL BREAKFAST				l _	l .	l				_		
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	0	0	15
Egg Whites	60 160	130	0 15	0 5	0	30	200 370	0	0	0	0	13 6
Bacon					-				_			
Chicken Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Smoked Ham	180	60	7	2.5	0	90	1190	3	0	3	3	23
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18
Side of Fresh, Seasoned Potatoes with onions Whole Grain Artisan Toast with Preserves & Butter	320 390	140 150	15 17	1.0 5	0	0	380	42 47	5	2 21	20	7
TRI-FECTA	1	1		ı	1	1	1			1	1	
Multigrain Pancake (No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10
Belgian Waffle (No Syrup)	400	170	20	9	0	35	970	49	1	9	9	2
Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Chicken Sausage Patty	90	50	6	2.0	0	35	280	2	0	1	1	8
Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6
Turkey Sausage	110	70	8	2.0	0	40	390	0	0	0	0	9
Cage-Free Whole Eggs	190	140	16	5	0	425	200	1	0	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	0	0	15
Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
HEALTHIER SIDE	450	020	00	4.0			1080	46	15	7	-	10
Avocado Toast (No Eggs) Cage-Free Basted Whole Eggs	450 190	230 140	26	4.0 5	0	0 425	200	46	15 0	7	5 0	10
Cage-Free Dasteu Whole Eggs	1 190											
- 5			15					1				
Healthy Turkey (No Toast or Tomatoes)	270	80	9	3.5	0	65	1070	4	2	2	0	43
Healthy Turkey (No Toast or Tomatoes) Tomatoes	270 10	80	9	3.5	0	65 0	1070	4	2	2	0	43
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter)	270 10 270	80 0 45	9 0 5	3.5 0 1.0	0 0 0	65 0 0	1070 0 280	4 2 47	2 0 5	2 2 21	0 0 20	43 1 7
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola)	270 10 270 430	80 0 45 220	9 0 5 25	3.5 0 1.0 18	0 0 0 0	65 0 0	1070 0 280 160	4 2 47 51	2 0 5 9	2 2 21 36	0 0 20 22	43 1 7 5
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds	270 10 270 430 120	80 0 45 220 50	9 0 5 25 6	3.5 0 1.0 18 0.5	0 0 0 0	65 0 0 0	1070 0 280 160	4 2 47 51 15	2 0 5 9	2 2 21 36 6	0 0 20 22 5	43 1 7 5
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola)	270 10 270 430 120 410	80 0 45 220 50 200	9 0 5 25 6 23	3.5 0 1.0 18 0.5 3.5	0 0 0 0	65 0 0 0 0	1070 0 280 160 15 950	4 2 47 51 15 38	2 0 5 9 2 8	2 2 21 36 6 7	0 0 20 22 5 5	43 1 7 5 3 13
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar)	270 10 270 430 120 410 420	80 0 45 220 50 200	9 0 5 25 6 23	3.5 0 1.0 18 0.5 3.5	0 0 0 0 0	65 0 0 0 0 0	1070 0 280 160 15 950	4 2 47 51 15 38 72	2 0 5 9 2 8 11	2 2 21 36 6 7 12	0 0 20 22 5 5	43 1 7 5 3 13
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar	270 10 270 430 120 410 420	80 0 45 220 50 200 100	9 0 5 25 6 23 11	3.5 0 1.0 18 0.5 3.5 1.5	0 0 0 0 0 0	65 0 0 0 0 0 0	1070 0 280 160 15 950 15	4 2 47 51 15 38 72 27	2 0 5 9 2 8 11	2 2 21 36 6 7 12 27	0 0 20 22 5 5 0	43 1 7 5 3 13 12 0
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk	270 10 270 430 120 410 420 100 20	80 0 45 220 50 200 100 0	9 0 5 25 6 23 11 0	3.5 0 1.0 18 0.5 3.5 1.5 0	0 0 0 0 0 0 0	65 0 0 0 0 0 0 0	1070 0 280 160 15 950 15 10	4 2 47 51 15 38 72 27	2 0 5 9 2 8 11 0	2 2 21 36 6 7 12 27	0 0 20 22 5 5 0 27	43 1 7 5 3 13 12 0 2
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin)	270 10 270 430 120 410 420 100 20 470	80 0 45 220 50 200 100 0	9 0 5 25 6 23 11 0 0	3.5 0 1.0 18 0.5 3.5 1.5 0 0 1.5	0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2	1070 0 280 160 15 950 15 10 20	4 2 47 51 15 38 72 27 2 69	2 0 5 9 2 8 11 0	2 2 21 36 6 7 12 27 2 46	0 0 20 22 5 5 0 27 0	43 1 7 5 3 13 12 0 2
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin	270 10 270 430 120 410 420 100 20 470 530	80 0 45 220 50 200 100 0 100 270	9 0 5 25 6 23 11 0 0	3.5 0 1.0 18 0.5 3.5 1.5 0 0 1.5 4.5	0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80	1070 0 280 160 15 950 15 10 20 100 360	4 2 47 51 15 38 72 27 2 69	2 0 5 9 2 8 11 0 0 6	2 2 21 36 6 7 12 27 2 46 34	0 0 20 22 5 5 0 27 0 19	43 1 7 5 3 13 12 0 2 23 7
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin	270 10 270 430 120 410 420 100 20 470 530	80 0 45 220 50 200 100 0 100 270 210	9 0 5 25 6 23 11 0 0 11 31	3.5 0 1.0 18 0.5 3.5 1.5 0 0 1.5 4.5	0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 2 10 80	1070 0 280 160 15 950 15 10 20 100 360 360	4 2 47 51 15 38 72 27 2 69 59	2 0 5 9 2 8 11 0 0 6 2	2 2 21 36 6 7 12 27 2 46 34	0 0 20 22 5 5 0 27 0 19 30	43 1 7 5 3 13 12 0 2 23 7 6
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin	270 10 270 430 120 410 420 100 20 470 530 460	80 0 45 220 50 200 100 0 100 270 210	9 0 5 25 6 23 11 0 0 11 31 24	3.5 0 1.0 18 0.5 3.5 1.5 0 1.5 4.5 4.0	0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80 80	1070 0 280 160 15 950 15 10 20 100 360 370	4 2 47 51 15 38 72 27 2 69 59 54	2 0 5 9 2 8 11 0 6 2 0	2 2 21 36 6 7 12 27 2 46 34 32	0 0 20 22 5 5 0 27 0 19 30 30	43 1 7 5 3 13 12 0 2 23 7 6
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin	270 10 270 430 120 410 420 100 20 470 530 460 510	80 0 45 220 50 200 100 0 0 100 270 210 210	9 0 5 25 6 23 11 0 0 11 31 24 24	3.5 0 1.0 18 0.5 3.5 1.5 0 1.5 4.5 4.0 4.0	0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80 80 80	1070 0 280 160 15 950 15 10 20 100 360 360 370	4 2 47 51 15 38 72 27 2 69 59 54 68	2 0 5 9 2 8 11 0 0 6 2 0	2 2 21 36 6 7 12 27 2 46 34 32 44	0 0 20 22 5 5 0 27 0 19 30 30 30	43 1 7 5 3 13 12 0 2 23 7 6 7 8
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin	270 10 270 430 120 410 420 100 20 470 530 460 590	80 0 45 220 50 200 0 0 0 100 270 210 210 290 220	9 0 5 25 6 23 11 0 0 0 11 31 24 24 33 25	3.5 0 1.0 18 0.5 3.5 1.5 0 1.5 4.5 4.0 4.0	0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 0 2 10 80 80 85 80	1070 0 280 160 15 950 15 10 20 100 360 360 360 360	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53	2 0 5 9 2 8 11 0 0 6 2 0	2 2 21 36 6 7 12 27 2 46 34 32 44 44	0 0 20 22 5 5 0 27 0 19 30 30 30 44	43 1 7 5 3 13 12 0 2 23 7 6 7 8
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin	270 10 270 430 120 410 420 100 530 460 590 460 500	80 0 45 220 50 200 0 0 100 270 210 290 220 210	9 0 5 25 6 23 11 0 0 11 31 24 24 33 25 24	3.5 0 1.0 18 0.5 3.5 1.5 0 1.5 4.0 4.0 4.0 4.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80 80 85 80 80	1070 0 280 160 15 950 15 10 20 100 360 360 360 360	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53 65	2 0 5 9 2 8 11 0 0 6 2 0 1 2 2 2	2 2 21 36 6 7 12 27 2 46 34 32 44 44 30 41	0 0 20 22 5 5 0 27 0 19 30 30 30 44 30	43 1 7 5 3 13 12 0 2 23 7 6 7 8 7 6
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Tri-athlete (No Fruit Or Toast)	270 10 270 430 120 410 420 100 20 470 530 460 590 460 500 160	80 0 45 220 50 200 100 0 100 270 210 220 220 220 40	9 0 5 25 6 23 11 0 0 11 31 24 24 24 25 25	3.5 0 1.0 18 0.5 3.5 0 0 1.5 4.0 4.0 4.0 4.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 0 2 10 80 80 85 80 80	1070 0 280 160 15 950 10 20 100 360 360 360 360 360 580	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53 65 9	2 0 5 9 2 8 11 0 0 6 2 0 1 2 2 0	2 2 21 36 6 7 12 27 2 46 34 32 44 44 30 41 5	0 0 20 22 5 5 0 27 0 19 30 30 30 44 30 37	43 1 7 5 3 13 12 0 2 23 7 6 7 8 7 6 22
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Tri-athlete (No Fruit Or Toast) Whole Grain Toast w/ Preserves (No Butter)	270 10 270 430 120 410 420 100 20 470 530 460 510 590 160 270	80 0 45 220 50 200 100 0 100 270 210 220 220 210 40	9 0 5 25 6 23 11 0 0 11 31 24 24 24 33 25 24 5	3.5 0 1.0 18 0.5 3.5 0 0 1.5 4.5 4.0 4.0 4.0 1.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80 80 80 80 0	1070 0 280 160 15 950 10 20 100 360 360 360 360 360 580 280	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53 65 9	2 0 5 9 2 8 11 0 0 6 2 2 0 1 1 2 2	2 2 21 36 6 7 12 27 2 46 34 32 44 44 30 41 5	0 0 20 22 5 5 0 27 0 19 30 30 30 44 30 37 0	43 1 7 5 3 13 12 0 2 23 7 6 7 8 7 6 22 7
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Tri-athlete (No Fruit Or Toast) Whole Grain Toast w/ Preserves (No Butter) Fresh Fruit	270 10 270 430 120 410 420 100 530 460 510 590 460 500 160 270 80	80 0 45 220 50 200 100 0 100 270 210 290 220 210 40 45	9 0 5 25 6 23 11 0 0 11 31 24 24 25 25 5 5	3.5 0 1.0 18 0.5 3.5 1.5 0 0 1.5 4.0 4.0 4.0 4.0 0 1.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80 80 85 80 0 0	1070 0 280 160 15 950 10 20 100 360 360 360 360 360 580 280 0	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53 65 9 47 21	2 0 5 9 2 8 11 0 0 6 2 0 1 2 2 2 0	2 2 21 36 6 7 12 27 2 46 34 32 44 44 30 41 5 21	0 0 20 22 5 5 0 27 0 19 30 30 30 44 30 37 0	43 1 7 5 3 13 12 0 2 233 7 6 7 8 7 6 22 7
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Tri-athlete (No Fruit Or Toast) Whole Grain Toast w/ Preserves (No Butter) Fresh Fruit Power Wrap (No Fruit)	270 10 270 430 120 410 420 100 20 470 530 460 510 500 160 270 80 510	80 0 45 220 50 200 100 0 100 270 210 220 220 240 45 0 110	9 0 5 25 6 23 11 0 0 11 31 24 24 25 25 5 0	3.5 0 1.0 1.8 0.5 3.5 1.5 0 0 1.5 4.0 4.0 4.0 0 1.0 0 5	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80 80 85 80 0 0 0 30 30 30 30 30 30 30	1070 0 280 150 950 15 10 20 100 360 360 360 360 360 580 0 1370	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53 65 9 47 21	2 0 5 9 2 8 11 0 0 6 2 0 1 2 2 0 1 5 5 9	2 2 21 36 6 7 12 27 2 46 34 32 44 44 30 41 5 21 16	0 0 20 22 5 5 0 27 0 19 30 30 30 44 30 37 0 20 0	43 1 7 5 3 13 12 0 2 23 7 6 7 8 7 6 22 7 1 3 8
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Tri-athlete (No Fruit Or Toast) Whole Grain Toast w/ Preserves (No Butter) Fresh Fruit FROM THE GRIDDLE	270 10 270 430 120 410 420 100 530 460 510 500 160 270 80 80	80 0 45 220 50 200 100 0 100 270 210 290 220 40 45 0 110 0	9 0 5 25 6 23 11 0 0 11 31 24 24 5 5 5 0 0	3.5 0 1.0 18 0.5 3.5 1.5 0 0 1.5 4.0 4.0 4.0 0 1.0 0 5 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80 80 85 80 0 0 0 0 0 0 0 0 0 0 0 0 0	1070 0 280 160 15 950 10 20 100 360 360 360 360 580 280 0 1370 0	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53 65 9 47 21	2 0 5 9 2 8 11 0 0 6 2 0 1 2 2 2 0 1 5 5 2	2 2 21 36 6 7 12 27 2 46 34 32 44 44 30 41 5 21 16 4	0 0 20 22 5 5 0 27 0 19 30 30 30 44 30 37 0 20 0	43 1 7 5 3 13 12 0 2 233 7 6 7 8 7 6 22 7 1 38 1
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Tri-athlete (No Fruit Or Toast) Whole Grain Toast w/ Preserves (No Butter) Fresh Fruit FROM THE GRIDDLE Plain Multigrain Pancake (1 Pancake, No Syrup)	270 10 270 430 120 410 420 100 20 470 530 460 510 500 160 270 80 510 80	80 0 45 220 50 200 100 0 100 270 210 220 220 210 40 45 0 1110 0	9 0 5 25 6 23 11 0 0 11 31 24 24 5 5 0 0 13 0 0	3.5 0 1.0 1.8 0.5 3.5 1.5 0 0 1.5 4.0 4.0 4.0 0 1.0 0 5 0 1.0 1.0 1.0 1.0 1.0 1.0 1.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80 80 80 80 0 0 0 10 10 10 10 10 10 10	1070 0 280 160 15 950 10 20 100 360 360 360 360 360 0 1370 0	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53 65 9 47 21 57 21	2 0 5 9 2 8 11 0 0 6 2 0 1 2 2 0 1 5 5 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 21 36 6 7 12 27 2 46 34 32 44 44 30 41 5 21 16 4	0 0 20 22 5 5 0 27 0 19 30 30 30 44 30 0 20 0 1	43 1 7 5 3 13 12 0 2 23 7 6 7 8 7 6 22 7 1 38 1
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Tri-athlete (No Fruit Or Toast) Whole Grain Toast w/ Preserves (No Butter) Fresh Fruit FOM THE GRIDDLE Plain Multigrain Pancake (1 Pancake, No Syrup) Plain Multigrain Pancakes (2 Pancakes, No Syrup)	270 10 270 430 120 410 420 100 530 460 510 500 160 270 80 80	80 0 45 220 50 200 100 0 100 270 210 290 220 40 45 0 110 0	9 0 5 25 6 23 11 0 0 11 31 24 24 5 5 5 0 0	3.5 0 1.0 18 0.5 3.5 1.5 0 0 1.5 4.0 4.0 4.0 0 1.0 0 5 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80 80 85 80 0 0 0 0 0 0 0 0 0 0 0 0 0	1070 0 280 160 15 950 10 20 100 360 360 360 360 580 280 0 1370 0	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53 65 9 47 21	2 0 5 9 2 8 11 0 0 6 2 0 1 2 2 2 0 1 5 5 2	2 2 2 36 6 7 12 27 2 46 34 32 44 44 5 21 16 4 16	0 0 20 22 5 5 0 27 0 19 30 30 30 44 30 37 0 20 0	43 1 7 5 3 13 12 0 2 23 7 6 7 8 7 6 22 7 1 38 1
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Tri-athlete (No Fruit Or Toast) Whole Grain Toast w/ Preserves (No Butter) Fresh Fruit FOM THE GRIDDLE Plain Multigrain Pancake (1 Pancake, No Syrup) Plain Multigrain Pancakes (2 Pancakes, No Syrup) Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	270 10 270 430 120 410 420 100 20 470 530 460 510 500 160 270 80 510 80	80 0 45 220 50 200 100 0 100 270 210 220 220 210 40 45 0 1110 0	9 0 5 25 6 23 11 0 0 11 31 24 24 5 5 0 0 13 0 0	3.5 0 1.0 1.8 0.5 3.5 1.5 0 0 1.5 4.0 4.0 4.0 0 1.0 0 5 0 1.0 1.0 1.0 1.0 1.0 1.0 1.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 2 10 80 80 80 80 0 0 0 10 10 10 10 10 10 10	1070 0 280 160 15 950 10 20 100 360 360 360 360 360 0 1370 0	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53 65 9 47 21 57 21	2 0 5 9 2 8 11 0 0 6 2 0 1 2 2 0 1 5 5 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 21 36 6 7 12 27 2 46 34 32 44 44 30 41 5 21 16 4	0 0 20 22 5 5 0 27 0 19 30 30 30 44 30 0 20 0 1	43 1 7 5 3 13 12 0 2 23 7 6 7 8 7 6 22 7 1 38 1 10 10 10 10 10 10 10 10 10
Healthy Turkey (No Toast or Tomatoes) Tomatoes Whole Grain Toast w/ Preserves (No Butter) A.M. Superfoods Bowl (No Toast Or Granola) Add Granola w/ Almonds Side of Toast with Almond Butter Steel-cut Oatmeal w/ Pecans (No Muffin, Milk Or Brown Sugar) Side of Brown Sugar Side of Low-Fat Milk Sunrise Granola Bowl (No Muffin) Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Tri-athlete (No Fruit Or Toast) Whole Grain Toast w/ Preserves (No Butter) Fresh Fruit FROM THE GRIDDLE Plain Multigrain Pancake (1 Pancake, No Syrup) Plain Multigrain Pancakes (2 Pancakes, No Syrup) Plain Multigrain Pancakes (2 Pancakes, No Syrup) Plain Multigrain Pancakes (2 Pancakes, No Syrup)	270 10 270 430 120 410 420 470 530 460 590 160 270 80 510 80 520 1050	80 0 45 220 50 200 100 0 100 270 210 220 210 40 45 0 1110 0	9 0 5 25 6 23 11 0 0 11 31 24 24 25 5 5 0 13 0	3.5 0 1.0 1.8 0.5 3.5 1.5 0 0 1.5 4.0 4.0 4.0 0 1.0 0 5 0 1.0 1.5 4.0 4.0 4.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	65 0 0 0 0 0 0 0 0 0 80 80 80	1070 0 280 160 15 950 10 20 100 360 360 360 360 280 0 1370 0	4 2 47 51 15 38 72 27 2 69 59 54 68 67 53 65 9 47 21 57 21	2 0 5 9 2 8 11 0 0 6 2 0 1 2 2 0 1 5 2 2 3 2 3 3 2 3 3 2 3 3 2 3 3 2 3 3 2 3 3 2 3 3 2 3 3 3 3 2 3 3 3 3 2 3	2 2 2 36 6 7 12 27 2 46 34 32 44 44 5 21 16 4 16	0 0 20 22 5 5 0 27 0 19 30 30 30 44 30 20 0 1 1	43 1 7 5 3 13 12 0 2 23 7 6 7 8 7 6 22 7 1 1 3 8 1 1 1 1 1 1 1 1 1 1 1 1 1

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
FROM THE GRIDDLE (CONTINUED)	0.10			10		400						
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1270	630	71	31	0	265	1700	131	5	55	49	22
Blueberry Pancake (1 Pancake, No Syrup)	580	260	30 29	12 24	0	130	1730	65	3	25	19 39	10
Blueberry Pancakes (2 Pancakes, No Syrup) Lemon Ricotta Pancakes (2 Mid-Stack	1170 680	520 290			0	260	1730 870	135	6 4	56 39	39	14
Pancakes, No Syrup)	440	170	33 20	16 9	0	35	990	82 58	2			2
Belgian Waffle (No Syrup)		170	20	8	0				5	17	16	19
French Toast (No Syrup)	790	120	14	5	0	215	770	85 136	13	21 49	17 20	29
Floridian French Toast (No Syrup)	150	0	0	0	0	0	10	39	0	39	39	0
Regular Syrup Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0
POWER BOWLS	20	0	0	U	0	0	150	0	0	U	U	0
Power Breakfast Quinoa Bowl	860	550	63	15	0	470	1330	42	5	4	1	33
Pesto Chicken Quinoa Bowl	650	330	38	6	0	90	1350	52	8	3	0	32
EGG-SCLUSIVES	000	550	50	Ü	Ū	30	1000	32		9	Ū	32
Chickichanga (No Fruit Or Potatoes)	830	520	59	25	0	365	1590	39	6	5	0	35
Side of Fresh Fruit	40	0	0	0	0	0	0	10	1	8	0	1
Side of Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3
Classic Benedict (No Dressed Greens)	550	240	27	11	0	530	1850	31	2	7	3	40
Florentine Benedict (No Dressed Greens)	470	260	29	10	0	440	690	34	7	4	0	20
BLT Benedict (No Dressed Greens)	520	310	35	12	0	455	880	31	4	4	0	22
Smoked Salmon Benedict (No Dressed Greens)	450	190	22	8	0	455	1310	33	4	5	0	30
Side of Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
Elevated Egg Sandwich (No Potatoes)	730	450	51	16	0	260	980	44	5	7	4	24
Side of Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3
Farm Stand Breakfast Tacos (No Black Beans)	860	450	51	18	0	510	1860	53	8	3	0	43
Side of Black Beans	110	0	0.5	0	0	0	400	17	5	1	0	6
Biscuit And Turkey Sausage Gravy (No Eggs Or Potatoes)	420	160	19	13	0	10	1350	49	1	5	3	12
Side of Cage-Free Whole Eggs	190	140	16	5	0	425	200	1	0	0	0	13
Side of Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
Side of Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3
Farmhouse Hash (No Eggs, Toast, Or Fruit)	730	450	51	13	0	45	2050	54	9	4	0	16
Market Hash (No Eggs, Toast, Or Fruit)	640	340	39	12	0	50	2440	52	5	4	0	15
Parma Hash (No Eggs, Toast, Or Fruit)	780	470	53	16	0	80	2520	51	5	5	1	25
Side of Cage-Free Whole Eggs	190	140	16	5	0	425	200	1	0	0	0	13
Side of Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
Side of Fresh Fruit	40	0	0	0	0	0	0	10	1	8	0	1
Side of Whole Grain Artisan Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7
OMELETS AND FRITTATAS												
Bacado Omelet (No Toast Or Dressed Greens)	740	540	61	23	0	835	880	10	4	4	0	36
Ham & Gruyere Omelet (No Toast Or Dressed Greens)	610	390	44	19	0	855	1140	3	0	3	2	46
Chile Chorizo Omelet (No Toast Or Dressed Greens)	730	520	59	23	0	835	1040	13	5	5	0	36
Morning Market Vegetable Omelet (No Toast Or Dressed Greens)	500	340	38	14	0	795	640	10	1	3	0	29
Inspired Italian Omelet (No Toast Or Dressed Greens)	780	560	63	22	0	850	1760	8	0	4	1	44
The Works Omelet (No Toast Or Dressed Greens)	720	510	58	23	0	855	1040	7	0	4	0	39
Frittata Rustica (No Ciabatta Crisp Or Dressed Greens)	570	360	41	15	0	810	870	15	3	4	0	38
Smoked Salmon & Roasted Veggie Frittata (No Ciabatta Or Dressed Greens)	520	320	37	14	0	810	1040	11	1	3	0	36
Side of Whole Grain Artisan Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7
Side of Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0
Side of Ciabatta Crisp with Butter	90	20	2.0	0.5	0	0	250	14	1	0	0	3
Side of Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
Side of Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3



NUTRITION GUIDE & ALLERGEN QR CODE

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Menu Item
SANDWICHES													KIDS MEALS
Monterey Club (No Dressed Greens Or Soup)	1000	530	60	16	0	150	1880	63	8	4	0	52	Kid's Bacon and Egg with Toa
BLTE (No Dressed Greens Or Soup)	1120	640	73	22	0	505	1460	71	13	16	10	43	Kid's Grilled Cheese with Fre
Baja Turkey Burger (No Dressed Greens Or Soup)	810	440	50	15	0	110	1120	53	8	9	4	45	Kid's Granola Bowl with Toas
Market Veggie (No Dressed Greens Or Soup)	790	400	45	12	0	35	1170	69	12	14	10	23	Kid's Chocolate Chip Pancake
Roast Beef & Havarti (No Dressed Greens Or Soup)	1000	560	64	21	0	155	1990	68	4	8	4	55	Kid's Brioche French Toast w Meat Or Syrup)
Ham & Gruyere Melt (No Dressed Greens Or Soup)	810	270	31	15	0	130	2500	75	4	12	9	47	Kid's Half Waffle with Fresh F Syrup)
Veggie Burger (No Dressed Greens Or Soup)	610	180	20	5	0	5	1350	77	11	10	4	24	Side of Bacon
Chicken Salad Melt (No Dressed Greens Or Soup)	600	170	19	7	0	30	550	93	9	55	5	17	Side of Pork Sausage
Side of Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1	Regular Syrup
SOUPS (BOWL)													Maple Syrup
Broccoli Cheddar (No Crackers)	240	170	19	11	0.5	65	1010	11	2	1	0	7	Sugar-Free Syrup
Clam Chowder (No Crackers)	240	130	14	8	0	50	980	22	2	2	0	7	BEVERAGES
Market Vegetable Soup (No Crackers)	90	10	1.0	0	0	0	880	17	3	4	0	3	Project Sunrise Regular Coffe
Italian Wedding Soup (No Crackers)	120	40	4.5	2.0	0	10	1130	12	1	1	0	6	Decaf Coffee (Full Pot)
Tomato Basil (No Crackers)	140	50	6	3.0	0	10	860	18	3	9	3	3	96 fl oz Project Sunrise Coffe
White Bean Chicken Chili (No Crackers)	150	15	1.5	0	0	15	1260	22	6	2	0	13	96 fl oz Decaf Coffee
Side of Crackers To Bowl of Soup	50	10	1.0	0	0	0	180	10	0	0	0	2	Cold Brew Coffee
SALADS Super Food Kale Salad (No Ciabatta Crisp Or						1	ı						Iced Coffee
Dressing)	460	150	17	4.0	0	65	860	54	12	22	11	29	Herbal Tea
Side of Maple-Lemon Vinaigrette Dressing Chicken Avocado Chop Salad (No Ciabatta Crisp	360	300	34	5	0	0	370	13	0	11	9	0	Fresh-Brewed Iced Tea - Uns
Or Dressing	490	230	26	5	0	70	930	44	10	4	0	25	Fresh-Brewed Iced - Sweeter
Side of Citrus Chipotle Dressing	300	250	28	4.0	0	0	10	12	0	0	0	0	Fresh-Brewed Iced - Seasona
Cobb Salad (No Ciabatta Crisp Or Dressing)	470	280	32	11	0	270	840	21	11	8	0	27	Hot Chocolate
Side of Ranch Dressing Sweet Honey Pecan Salad (No Ciabatta Crisp	220	190	22	4.0	0	20	380	4	14	9	0	2	Low-fat Milk - Small
Or Dressing)	620 240	400 50	45 6	10	0	85 0	760 410	31 42	0	39	39	30	Low-fat Milk - Large
Side of Honey Dijon Dressing Side of Ciabatta Crisp with Butter	90	20	2.0	0.5	0	0	250	14	1	0	0	3	Cherry Coke Coke
2 FOR YOU (1/2 SANDWICH, 1/2 SA						U	230	14	1	U	U	3	Coke Zero
Monterey Club Half Sandwich	500	260	30 30	8 L 9 /1	U F) 0	75	940	31	4	2	0	26	Diet Coke
Ham & Gruyere Melt Half Sandwich	410	140	15	8	0	65	1250	37	2	6	5	23	Dr. Pepper
Market Veggie Half Sandwich	400	200	23	6	0	20	590	35	6	7	5	12	Minute Maid Lemonade
Roast Beef & Havarti Half Sandwich	580	280	32	10	0	75	990	34	2	4	2	27	Minute Maid Light Lemonade
Cobb Half Salad with Dressing	340	240	27	7	0	145	610	12	6	5	0	14	Mr. Pibb
Super Food Kale Half Salad with Dressing	410	230	26	4.5	0	30	620	34	6	17	10	14	Orange Fanta
Sweet Honey Pecan Half Salad with Dressing	430	220	25	5	0	40	580	36	7	24	20	15	Root Beer
Chicken Avocado Chop Half Salad with Dressing	400	240	27	4.5	0	35	470	28	5	2	0	13	Sprite
Tomato Basil Cup of Soup (No Crackers)	100	40	4.5	2.5	0	10	640	13	2	7	2	2	100% Cold Squeezed Orange
Clam Chowder - Cup (No Crackers)	180	90	11	6	0	40	730	16	2	2	0	5	100% Cold Squeezed Orange
Broccoli Cheddar - Cup (No Crackers)	180	130	15	8	0	45	760	8	1	1	0	5	Grapefruit - Small
Market Vegetable Soup - Cup (No Crackers)	70	5	1.0	0	0	0	660	13	2	3	0	2	Grapefruit - Large
Italian Wedding Soup - Cup (No Crackers)	90	30	3.5	1.5	0	10	840	9	0	0	0	4	Apple Juice - Small
White Bean Chicken Chili - Cup (No Crackers)	110	10	1.0	0	0	10	940	17	5	2	0	10	Apple Juice - Large
Side of Crackers To Cup of Soup	25	0	0.5	0	0	0	90	5	0	0	0	1	Cranberry Juice - Small
SIDES AND SMALL PLATES													Cranberry Juice - Large
Buttered Grits	180	80	9	3.0	0	0	750	21	1	0	0	2	JUICE BAR
Cheesy Grits	180	60	7	4.0	0	20	870	22	1	0	0	8	Morning Meditation
Fresh, Seasonal Fruit (Large)	160	5	0.5	0	0	0	0	41	4	32	0	2	Kale Tonic
Fresh, Seasonal Fruit (Small)	80	0	0	0	0	0	0	21	2	16	0	1	Purple Haze
Fresh, Seasoned Potatoes with onions	320	140	15	1.0	0	0	1440	42	4	2	0	3	Add Immunity Boost
Biscuits & Gravy	420	160	19	13	0	10	1350	49	1	5	3	12	SIGNATURE COCKTA
Whole Grain Toast with Preserves & Butter	390	150	17	5	0	0	380	47	5	21	20	7	Cinnamon Toast Cereal Milk
English Muffin with Preserves & Butter	330	120	14	4.0	0	0	360	39	0	16	16	4	Morning Glory
Gluten-Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0	Pomegranate Sunrise
	250	130	15	5	0	30	380	22	0	21	20	7	Vodka Kale Tonic
Million Dollar Bacon	_	270	31	4.5	0	80	360	59	2	34	30	7	Bourbon Blackberry Palmer
Million Dollar Bacon Banana Nut Muffin	530	 	24	4.0	0	80	360	54	0	32	30	6	Million Dollar Bloody Mary
	530 460	210			0	80	370	68	1	44	30	7	Mimosa
Banana Nut Muffin		210 210	24	4.0	_			67	2	44	44		GOOD MORNING PA
Banana Nut Muffin Blueberry Muffin	460	<u> </u>	24 33	4.0	0	85	360	67	2		44	8	
Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin	460 510	210				85 80	360 360	53	2	30	30	7	
Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin	460 510 590	210 290	33	10	0				-			\vdash	First Watch Granola (Retail B
Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin	460 510 590 460	210 290 220	33 25	10	0	80	360	53	2	30	30	7	
Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin	460 510 590 460 500	210 290 220 210	33 25 24	10 4.0 4.0	0 0	80	360 360	53 65	2	30 41	30 37	7	First Watch Granola (Retail B Good Morning 12-pack For 4 Good Morning 6-pack For 2
Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Hardwood Smoked Bacon	460 510 590 460 500	210 290 220 210 130	33 25 24 15	10 4.0 4.0 5	0 0 0 0	80 80 30	360 360 370	53 65 0	2 0 0	30 41 0	30 37 0	7 6 6	First Watch Granola (Retail B Good Morning 12-pack For 4 Good Morning 6-pack For 2 2,000 calories a
Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Hardwood Smoked Bacon Smoked Ham	460 510 590 460 500 160	210 290 220 210 130 50	33 25 24 15 6	10 4.0 4.0 5 2.0	0 0 0 0	80 80 30 80	360 360 370 1060	53 65 0 3	2 0 0	30 41 0 3	30 37 0 3	7 6 6 20	First Watch Granola (Retail B Good Morning 12-pack For 4 Good Morning 6-pack For 2 2,000 calories a The nutritional information of the second
Banana Nut Muffin Blueberry Muffin Carrot Pecan Muffin Chocolate Chip Muffin Lemon Chia Muffin Orange Cranberry Muffin Hardwood Smoked Bacon Smoked Ham Pork Sausage Links	460 510 590 460 500 160 160	210 290 220 210 130 50	33 25 24 15 6 46	10 4.0 4.0 5 2.0	0 0 0 0 0 0	80 80 30 80 80	360 360 370 1060 680	53 65 0 3	2 0 0 0	30 41 0 3	30 37 0 3 0	7 6 6 20 12	First Watch Granola (Retail B Good Morning 12-pack For 4 Good Morning 6-pack For 2 2,000 calories a

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
KIDS MEALS												
Kid's Bacon and Egg with Toast & Fruit	500	250	28	9	0	225	660	47	3	17	0	15
Kid's Grilled Cheese with Fresh Fruit	780	380	43	18	0	50	1090	75	4	16	0	21
Kid's Granola Bowl with Toast	620	210	24	6	0	5	440	81	7	30	14	19
Kid's Chocolate Chip Pancakes (No Meat Or Syrup)	640	320	36	16	0	130	850	66	3	28	24	11
Kid's Brioche French Toast with Fresh Fruit (No	360	130	14	6	0	105	440	48	3	15	5	10
Meat Or Syrup) Kid's Half Waffle with Fresh Fruit (No Meat Or	290	130	15	6	0	20	560	36	2	12	4	2
Syrup) Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Side of Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6
	150	0	0	0	0	0	10	39	0	39	39	0
Regular Syrup												
Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0	0
BEVERAGES												
Project Sunrise Regular Coffee (Full Pot)	10	0	0	0	0	0	20	0	0	0	0	1
Decaf Coffee (Full Pot)	0	0	0	0	0	0	20	0	0	0	0	1
96 fl oz Project Sunrise Coffee	30	5	0.5	0	0	0	55	0	0	0	0	3
96 fl oz Decaf Coffee	0	0	0	0	0	0	55	0	0	0	0	3
Cold Brew Coffee	0	0	0	0	0	0	5	0	0	0	0	0
Iced Coffee	160	20	2.5	1.5	0	10	120	26	0	25	12	8
Herbal Tea	0	0	0	0	0	0	0	0	0	0	0	0
Fresh-Brewed Iced Tea - Unsweetened	0	0	0	0	0	0	5	1	0	0	0	0
Fresh-Brewed Iced - Sweetened	60	0	0	0	0	0	10	15	0	14	14	0
Fresh-Brewed Iced - Seasonal Blackberry	80	0	0	0	0	0	10	19	0	17	17	0
Hot Chocolate	150	50	5	5	0	15	135	23	1	18	16	1
Low-fat Milk - Small	100	20	2.5	1.5	0	10	105	12	0	13	0	8
Low-fat Milk - Large	190	40	4.5	3.0	0	25	200	23	0	24	0	15
Cherry Coke	100	0	0	0	0	0	25	28	0	28	28	0
Coke	100	0	0	0	0	0	30	27	0	27	27	0
Coke Zero	0	0	0	0	0	0	30	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	30	0	0	0	0	0
	100	0	0		0	0			0			0
Dr. Pepper				0		1	40	26		26	26	
Minute Maid Lemonade	100	0	0	0	0	0	65	25	0	25	25	0
Minute Maid Light Lemonade	5	0	0	0	0	0	30	2	0	0	0	0
Mr. Pibb	90	0	0	0	0	0	25	26	0	26	26	0
Orange Fanta	110	0	0	0	0	0	35	30	0	30	30	0
Root Beer	110	0	0	0	0	0	45	30	0	30	30	0
Sprite	90	0	0	0	0	0	45	26	0	26	26	0
100% Cold Squeezed Orange Juice - Small	110	0	0	0	0	0	0	26	0	21	0	2
100% Cold Squeezed Orange Juice - Large	210	10	1.0	0	0	0	0	48	0	39	0	3
Grapefruit - Small	100	0	0	0	0	0	35	25	0	25	0	0
Grapefruit - Large	190	0	0	0	0	0	70	46	0	46	0	0
Apple Juice - Small	110	0	0	0	0	0	35	28	0	28	0	0
Apple Juice - Large	210	0	0	0	0	0	65	53	0	53	0	0
Cranberry Juice - Small	110	0	0	0	0	0	15	28	0	28	0	0
Cranberry Juice - Large	210	0	0	0	0	0	30	53	0	53	0	0
JUICE BAR												
Morning Meditation	140	0	0	0	0	0	20	35	0	30	20	1
Kale Tonic	130	0	0	0	0	0	30	32	2	20	0	4
Purple Haze	230	0	0	0	0	0	10	61	1	54	53	0
Add Immunity Boost	60	0	0	0	0	0	0	13	0	0	0	0
SIGNATURE COCKTAILS & BRUNCH												
Cinnamon Toast Cereal Milk	220	10	1.0	0	0	0	15	36	0	33	32	0
Morning Glory	210	0	0	0	0	0	0	22	1	18	12	1
	330	0	0	0	0	0	0	37	0	31	22	1
Pomegranate Sunrise												
Vodka Kale Tonic	210	0	0	0	0	0	15	19	1	12	0	2
Bourbon Blackberry Palmer (Select Locations)	200	0	0	0	0	0	5	13	0	12	12	0
Million Dollar Bloody Mary	230	35	3.5	1.5	0	5	590	15	0	13	5	3
Mimosa	260	0	0	0	0	0	0	38	0	29	12	1
GOOD MORNING PACKS												
First Watch Granola (Retail Bag)	1440	600	66	9	0	0	180	180	32	72	60	36
Good Morning 12-pack For 4	4080	2070	234	70	0	2620	6680	341	35	141	81	133

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

2040

1040 117 35

1310 3340

170

17

0

40

71

The nutritional information seen here was prepared by a 3rd party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

UFL Nutrition Guide & Allergen QR Code | R2022-07-01

CORE MENU EVOLUTION ALLERGEN GUIDE

This allergen guide applies to specific First Watch locations. Please consult with a manager or server before ordering to ensure you are viewing the correct information

The allergens & intolerances identified in this guide are:



























Please inform your server or manager before ordering if you or someone in your party has a food allergy, sensitivity, or special dietary request.

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturergenerated spec sheets. It is possible that formulations may change, or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens and there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third-party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.

	99	ish	Milk	anuts	llfish	oy	nuts •	neat	elery	stard	ame	Gluten
	В	ш	V	Pec	She	S	Tree	W	Č	Mu	Ses	ট
Shareables												
Holey Donuts	Х		Х			Х		Х				Х
Donut Holes	Х		Х			Х		Х				Х
Mixed Berry Compote												
Chocolate Sauce												
Powdered Cinnamon Sugar												
Million Dollar Bacon												
The Healthy Side					_							
Avocado Toast	Х		Х			Х		Х				Х
Whole Grain Artisan Toast								Х				Х
Avocado Mash												
Lemon												
Extra Virgin Olive Oil												
Chive and Parsley Herb Mix												
Maldon Sea Salt												
Cage-Free Eggs	Х											
Margarine			Χ			Χ						
Chive and Parsley Herb Mix												
A.M. Superfoods Bowl							Х	Х				Х
Coconut Milk Chia Seed Pudding							Х					
Mixed Berry Compote												
Bananas												
Blueberries												
Strawberries												
Granola							Χ	Χ				Х
Whole Grain Artisan Toast								Χ				Χ
Almond Butter							Χ					
Maldon Sea Salt												
Sunrise Granola Bowl			Х				Х	Х				Х
Greek Vanilla Yogurt			Χ									
Granola							Χ	Χ				Χ
Grapes												
Pineapple												
Strawberries												
Powdered Cinnamon Sugar												
Whole Grain Artisan Toast								Χ				Χ
Almond Butter							Χ					
Maldon Sea Salt												

	Egg	Fish	Milk	eanut	Shellfish	Soy	ree nu	Wheat	Celery	Mustar	Sesame	Gluten
Socal Burrito	X		Х		0,	Х	1	Х		/	٠,	Х
Tortilla						_		Х			П	X
Ancient Grains Blend	+							X				X
Chicken	+											
Egg Whites	X											
Avocado Mash	+^											
Black Beans	+											
Cheddar Jack Cheese			Х									
Feta Cheese			Х									
Kale	1											
Onions												
Pico de Gallo												
Vegetable Oil Spray						Х						
Tomatoes												
Steel-cut Oatmeal with Pecans (No Muffin)			х				х	х				х
Steel-cut Oats	-							Х			П	Х
Bananas												
Blackberries												
Blueberries												
Pecans							Х					
Strawberries												
Brown Sugar												
Milk			Χ									
Banana Nut Muffin	Х		Х				Х	Х				Χ
Blueberry Muffin	Х		Х					Х				Х
Carrot Pecan Muffin	Х		Х				Χ	Х				Х
Chocolate Chip Muffin	X		Х			Х		Х				Х
Lemon Chia Muffin	Х		Х					Х				Х
Orange Cranberry Muffin	Х		Х					Х				Χ

*This Allergen Guide applies to specific First Watch locations.

Please consult with your server or manager before ordering to ensure you are reviewing the correct menu information.

	6	_	k	uts	fish	^	onts	φ	яy	ard	me	eu
	Eg	Fisl	Mil	Pean	Shelli	So	ree i	Wheat	Cele	Must	Sesa	Gluten
The Sweet Side							_					
Multigrain Pancakes	Χ		Х			Х		Χ				Х
Pancake Batter	X		X			X		X				X
Whipped Butter	^		Χ			X		^				^
Banana Crunch Pancakes	Х		^ X			X	Х	Х				Х
Pancake Batter	X		X			X	^					X
	^		^			^	· ·	X				X
Granola Bananas							Χ	Χ				X
Whipped Butter			Х			Х						
Chocolate Chip Pancakes	X		Χ			X		Х				X
Pancake Batter	Χ		Χ			Χ		Χ				Χ
Chocolate Chips			Χ			Χ						
Whipped Butter			Χ			Χ						
Blueberry Pancakes	Х		Х			X		Х				Х
Pancake Batter	Χ		Χ			Χ		Χ				Χ
Blueberries												
Whipped Butter			Χ			Χ						
Berry Compote												
Lemon Ricotta Pancakes	Х		Х			Χ		Х				Х
Pancake Batter	Χ		Χ			Χ		Χ				Χ
Ricotta Cheese			Χ									
Lemon Curd	Χ		Χ									
Strawberries												
Powdered Cinnamon Sugar												
Super Seed Protein Pancakes	Х		Х			Х	Х	Х				Х
Pancake Batter	Χ		Χ			Χ		Χ				Χ
Bananas												
Blueberries												
Maple Almond Butter							Χ					
Greek Vanilla Yogurt			Χ									
Mixed Berry Compote												
Super Seed Crunch												Χ
Belgian Waffle	Х		Х			Х		Х				Х
Waffle Mix	Χ		Χ			Χ		Χ				Χ
Whipped Butter			Χ			Χ						
Berry Compote												
Powdered Cinnamon Sugar												
French Toast	Х		Х			Х		Х				Х
Challah Bread	Χ							Χ				Χ
French Toast Batter	Χ		Χ									
Whipped Butter			Χ			Χ						
Berry Compote												
Powdered Cinnamon Sugar												
Make It Floridian Style												
Bananas												
Kiwi												
Strawberries	L	L					L					
Regular Syrup												
Maple Syrup												

				1								
	1	_	J	ş	ish		ınts	₽	٦	ırd	ne	Ę
	Egg	Fish	W	Pean	Shellf	So)	Iree n	Whe	Cele	Mustc	Sesame	Gluten
Breakfast and Brunch Favorites												
The Traditional Breakfast: Cage-Free	Х		Х			Х						
Eggs	X		^			^						
Margarine	_		Х			Х						
Chive and Parsley Herb Mix			^			_						
The Traditional Breakfast: Egg Whites	Х					Х						
Egg Whites	X					<u> </u>						
Vegetable Oil Spray	_		-	-		Х					\vdash	
Chive and Parsley Herb Mix			-	-		_					\vdash	
The Traditional Breakfast: Bacon												
The Traditional Breakfast: Chicken	Н										Н	
The Traditional Breakfast: Smoked Ham									_		Н	
The Traditional Breakfast: Pork Sausage									Х		Н	
The Traditional Breakfast: Turkey	Н										Н	
The Traditional Breakfast: Fresh.											Н	
The Traditional Breakfast: Whole Grain											Н	
			Х			Х		X				X
Whole Grain Artisan Toast								Х				Х
Whipped Butter			Х			Х						
Strawberry Preserves												_
Tri-fecta: Plain Multigrain Pancake	Х		Х			Х		Х				X
Pancake Batter	Х		Х			Х		Х				Х
Whipped Butter			Х			Х						
Tri-fecta: Belgian Waffle	Х		Х			Х		Х				Х
Waffle Batter	Χ		Χ			Χ		Χ				Χ
Whipped Butter			Χ			Х						
Berry Compote												
Powdered Cinnamon Sugar												
Tri-fecta: Bacon												
Tri-fecta: Chicken Sausage												
Tri-fecta: Pork Sausage												
Tri-fecta: Turkey Sausage												
Tri-fecta: Cage-Free Whole Eggs	Х		Х			Х						
Eggs	Χ											
Margarine			Χ			Χ						
Chive and Parsley Herb Mix												
Tri-fecta: Egg Whites	Х					Х						
Egg Whites	Χ											
Vegetable Oil Spray						Χ						
Chive and Parsley Herb Mix												
Chickichanga	Х		Х			Х		Х				Х
Flour Tortilla								Χ				Χ
Chicken												
Chorizo Sausage												
Eggs	Χ											
Margarine			Χ			Χ						
Avocado			<u> </u>		_		_		_		Ш	
Cheddar Jack Cheese			Х									
Red Bell Pepper											Щ	
Onions			L								Щ	
Vera Cruz Sauce			Χ								Щ	
Sour Cream			Χ								Ш	
Fresh Seasonal Fruit											Ш	
Seasoned Potatoes w/ Onions												

Please consult with your server or manager before ordering to ensure you are reviewing the correct menu information.

Sugar-free Syrup

^{*}This Allergen Guide applies to specific First Watch locations.

	_										-	
	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Breakfast and Brunch Favorites												
Elevated Egg Sandwich	Х		Χ			Χ		Χ		Χ		Х
Brioche Bun	X		X			X		X				X
Whipped Butter			X			X						^
Mayonnaise	Х									Х		
Egg	X									- , ,		
Margarine			Χ			Χ						
Bacon												
Avocado Mash												
Gruyere Cheese			Χ									
Arugula			^									
Lemon Vinaigrette										Χ		
Seasoned Potatoes w/ Onions												
Barbacoa Breakfast Tacos	Х		Х			Χ		Х				Х
Wheat & Corn Blend Tortillas			^			^		Х				X
Braised Beef Barbacoa												^
Eggs	Х											
Margarine			Χ			Χ						
Cheddar Jack Cheese	-		X			^						
Cotija Cheese	-		X									
Avocado	+		^									
Scallions	-											
Pico de Gallo	-											
Lime Crema			Χ									
Black Beans	-		^									
Biscuits & Turkey Sausage Gravy	Х		Χ			Χ	Х	Х	Y			Х
Buttered Biscuits			Х			Х		Х				X
Turkey Sausage Gravy			X			Х	Χ	X	Χ			Х
Eggs	Х		^			^	^					^
Margarine			· ·			Χ						
	-		Χ								1	
Chive and Parsley Herb Mix			Х									
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions	X							X		X		X
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict	X		X			X		X		X		X
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta	X		X			X		X		X		X
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter										X		
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs	X		X			X				X		
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon			X			X				X		
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado			X			X				x		
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes			X			X				X		
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula			X			X				X		
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise			X			X				x		
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix			X			X				x		
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens			X			X						
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon Vinaigrette	X		x x			x x		X		X		X
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens			X			X						
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon Vinaigrette Barbacoa Benedict	X		x x			x x		X		X		x x
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon Vinaigrette Barbacoa Benedict Toasted Ciabatta	X		x x x			x x x x x x x x x x x x x x x x x x x		X		X		x x
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon Vinaigrette Barbacoa Benedict Toasted Ciabatta Whipped Butter	X		x x x			x x x x x x x x x x x x x x x x x x x		X		X		x x
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon Vinaigrette Barbacoa Benedict Toasted Ciabatta Whipped Butter Barbacoa Beef	X		x x x			x x x x x x x x x x x x x x x x x x x		X		X		x x
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon Vinaigrette Barbacoa Benedict Toasted Ciabatta Whipped Butter Barbacoa Beef Avocado	X		x x x			x x x x x x x x x x x x x x x x x x x		X		X		x x
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon Vinaigrette Barbacoa Benedict Toasted Ciabatta Whipped Butter Barbacoa Beef Avocado Eggs	X		x x x			x x x x x x x x x x x x x x x x x x x		X		X		x x
Chive and Parsley Herb Mix Seasoned Potatoes w/ Onions BLT Benedict Toasted Ciabatta Whipped Butter Eggs Bacon Avocado Tomatoes Arugula Hollandaise Chive and Parsley Herb Mix Organic Mixed Greens Lemon Vinaigrette Barbacoa Benedict Toasted Ciabatta Whipped Butter Barbacoa Beef Avocado Eggs Pico de Gallo	X		x			x x x x x x x x x x x x x x x x x x x		X		X		x x

	_											
				ıţ	sh		ts.	=	>	ō	e	_
	Egg	Fish	Milk	eaun	hellfi	Soy	ee ni	Whec	Celer	Austa	Sesame	Gluten
Consider al Color on Danie all al		_		Ь	S		J.	_	Ĺ		S	
Smoked Salmon Benedict	X	X	X			X		X		X		X
Toasted Ciabatta								Χ				Χ
Eggs	Х											
Smoked Salmon		Χ										
Whipped Butter			Χ			Χ						
Onions												
Chive and Parsley Herb Mix												
Hollandaise			Х									
Tomatoes												
Organic Mixed Greens												
Lemon Vinaigrette										Х		
Bacado Omelet	X		Х			Х		Х		Х		Х
Avocado												
Bacon							-		-			
Tomatoes							-		-			
Eggs	Х	<u> </u>	<u> </u>				<u> </u>				Ш	
Cheddar Jack Cheese		<u> </u>	Х			L_	<u> </u>				Ш	
Margarine		<u> </u>	Χ			Χ	<u> </u>				Ш	
Pico de Gallo		<u> </u>	<u> </u>				<u> </u>				Ш	
Sour Cream			Χ									
Whole Grain Artisan Bread								Χ				Χ
Whipped Butter			Χ			Χ						
Strawberry Preserves												
Organic Mixed Greens												
Lemon Vinaigrette										Χ		
The Works Omelet	X		Х			Х		Х	Х	Х		Х
Bacon												
Cheddar Jack Cheese			Х									
Eggs	X											
Ham									Χ			
Margarine			Χ			Χ						
Crimini Mushrooms												
Onions												
Italian Sausage												
Sour Cream			Х									
Tomatoes												
Whole Grain Artisan Toast								Х				Х
Whipped Butter			Χ			Χ						
Strawberry Preserves												
Organic Mixed Greens												
Lemon Vinaigrette										X		
Morning Market Veg Omelet	X		Χ			Х		Χ		Х		Х
Eggs	Х											
Margarine		<u> </u>	Χ			Χ	_				Н	
Kale		<u> </u>	.,				_				Н	
Goat Cheese		-	Χ						<u> </u>			
Crimini Mushrooms		-	-	<u> </u>		<u> </u>		<u> </u>	_	<u> </u>	\vdash	
Shallots Pagetad Tamptage		<u> </u>										
Roasted Tomatoes Zucchini		\vdash	\vdash	-		-	<u> </u>	-		-	\vdash	
		 	-				<u> </u>				\vdash	
Chive and Parsley Herb Mix		-	-	<u> </u>		<u> </u>			_	<u> </u>	\vdash	٠,
Whole Grain Artisan Toast		 					<u> </u>	Χ			\vdash	Х
Whipped Butter		 	Χ			Χ	<u> </u>				\vdash	
Strawberry Preserves		<u> </u>	<u> </u>				_				Н	
Organic Mixed Greens		 	-				<u> </u>				\vdash	
Lemon Vinaigrette										Χ		

*This Allergen Guide applies to specific First Watch locations.

Please consult with your server or manager before ordering to ensure you are reviewing the correct menu information.

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	1_		J	nts	ısh	,	uts	₽	~	<u>r</u> d	ne	ڇ
	Egg	Fish	Milk	Peanuts	ellfi	Soy	e n	/he	ele	ustc	Sesame	Gluten
				Pe	SF		Tre	>	O	8	Se	0
Sandwiches												
Chicken Bacon Gruyere Melt	Х		Х			Χ		Х		Х		Х
Challah Bread	Х					V		Χ				Х
Whipped Butter Chicken			Х			Х						-
Bacon	+											
Gruyere Cheese			Χ									
Arugula												
Roasted Garlic Aioli	Х					Χ				Χ		
Tomatoes Organic Mixed Greens	+											
Lemon Vinaigrette										Х		
Million Dollar Club	Х		Х					Х		X		Х
Whole Grain Artisan Toast					П			Χ			П	Χ
Mayonnaise	Х									Χ		
Roasted Turkey												
Million Dollar Bacon	+											<u> </u>
Monterey Jack Cheese Avocado	+	\vdash	Χ	H	H				\vdash	\vdash	H	┝
Tomatoes	+											
Organic Mixed Greens	+		H	Н	H						H	
Lemon Vinaigrette										Χ		
Happy Hippie Sandwich			Χ					Χ		Χ	Χ	Х
Whole Grain Artisan Toast	_							Χ				Χ
Arugula												
Avocado Mash Beets	+											-
Pickled Red Onions	+											
Sweet Potatoes												
Herbed Goat Cheese			Χ									
Cucumber												
Lemon Tahini Dressing	_										Χ	
Organic Mixed Greens Lemon Vinaigrette												
Power Bowls										Χ		
Flower Power Chicken Pesto Bowl	Х		Χ			Χ			Χ	Χ		
Chicken Stock			Χ			Χ			Χ			
Chicken												
Carrots	_											
Cauliflower Chop Kale	-											
Roasted Tomatoes	+											
Feta Cheese			Χ									
Lemon Vinaigrette										Х		
Basil Pesto Dressing	Х		Χ							Χ		
Chive and Parsley Herb Mix												
Ranchero Bowl Ancient Grains Blend			Х			Х		X	Х			X
Chicken Stock			Х			Χ		Х	Х			Х
Braised Beef Barbacoa	+								^			
Superfoods Slaw			Χ									
Black Beans												
Avocado												
Cotija Cheese			Χ									
Scallions Pico de Gallo	+	\vdash	H	H	H				\vdash	\vdash	H	\vdash
The Trailblazer Bowl	Х		Х			Х					Х	Х
Roasted Turkey												
Eggs	Χ											
Margarine			Χ			Χ						
Sweet Potatoes												<u> </u>
Arugula	+											
Arugula											×	_
											Χ	Х
Arugula Lemon Tahini Dressing											X	Х

		Fish	.,	str	sh		uts	Ħ	λ	rd	ē	<u>_</u>
	g	ish	٨į	a۳	ellfi	šò	e n	hec	əle	ısta	san	Gluten
	_	_	_	Pe	Sh	,	Tre	×	ŭ	M	Se	ত
Salads												
New School Cobb Salad	Χ		Х							Χ		
Romaine										,,		
Organic Mixed Greens												
Turkey												
Bacon												
Avocado												
Tomatoes Cucumbers												
Hard Boiled Eggs	Χ											
Bleu Cheese	^		Χ									
Crunchy Corn			,,									
Scallions												
Ranch Dressing	Χ		Χ							Χ		
Chicken Avocado Chop Salad			Х							Х		
Arugula												
Romaine	-										_	
Black Beans Feta Cheese			٧.								-	
Chicken			Χ									
Crunchy Corn	-										-	
Avocado												
Tomatoes												
Chive and Parsley Herb Mix												
Citrus Chipotle Dressing										Χ		
Sweet Honey Pecan Salad			Х				Х			Х		
Romaine												
Organic Mixed Greens												
Chicken												
Bacon Cheddar Jack Cheese			Х									
Pecans			^				Χ				-	
Tomatoes							^					
Carrots												
Avocado												
Honey Dijon Dressing										Χ		
Hashes												
Farmhouse Hash	Х		Х			Х						
Seasoned Potatoes w/ Onions											4	
Eggs	Х		V								-	
Margarine Bacon			Х			Х						
Cheddar Jack Cheese			Х								\dashv	
Roasted Tomatoes											\neg	
Avocado											П	
Chive and Parsley Herb Mix												
Market Hash	Х		Х			Х						
Seasoned Potatoes w/ Onions												
Eggs	Х										4	
Margarine Crimini Mushrooms			Х			Х					_	
Red Bell Pepper	₩.	\vdash	\vdash	\vdash	\vdash	\vdash	H				\dashv	
				Ь_	<u> </u>	\vdash	\vdash	\vdash				
Kale						l						
Kale Monterey Jack Cheese			Х								\dashv	
			X									
Monterey Jack Cheese Goat Cheese Chive and Parsley Herb Mix			Χ									
Monterey Jack Cheese Goat Cheese Chive and Parsley Herb Mix Hacienda Hash	X		-			X						
Monterey Jack Cheese Goat Cheese Chive and Parsley Herb Mix Hacienda Hash Seasoned Potatoes w/ Onions	X		Χ			X						
Monterey Jack Cheese Goat Cheese Chive and Parsley Herb Mix Hacienda Hash Seasoned Potatoes w/ Onions Chorizo Sausage	X		X			X						
Monterey Jack Cheese Goat Cheese Chive and Parsley Herb Mix Hacienda Hash Seasoned Potatoes w/ Onions Chorizo Sausage Cheddar Jack Cheese			Χ			X						
Monterey Jack Cheese Goat Cheese Chive and Parsley Herb Mix Hacienda Hash Seasoned Potatoes w/ Onions Chorizo Sausage Cheddar Jack Cheese Eggs	X		X X									
Monterey Jack Cheese Goat Cheese Chive and Parsley Herb Mix Hacienda Hash Seasoned Potatoes w/ Onions Chorizo Sausage Cheddar Jack Cheese Eggs Margarine			X			X						
Monterey Jack Cheese Goat Cheese Chive and Parsley Herb Mix Hacienda Hash Seasoned Potatoes w/ Onions Chorizo Sausage Cheddar Jack Cheese Eggs Margarine Spicy Ketchup			X X									
Monterey Jack Cheese Goat Cheese Chive and Parsley Herb Mix Hacienda Hash Seasoned Potatoes w/ Onions Chorizo Sausage Cheddar Jack Cheese Eggs Margarine			X X									
Monterey Jack Cheese Goat Cheese Chive and Parsley Herb Mix Hacienda Hash Seasoned Potatoes w/ Onions Chorizo Sausage Cheddar Jack Cheese Eggs Margarine Spicy Ketchup Red Bell Pepper			X X									

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Soups												
Broccoli Cheddar (No Crackers)			Х			Х		Х		Х		Х
Clam Chowder (No Crackers)		Х	Х		Х			Х	Х			Х
Market Vegetable Soup (No Crackers)									X			
Italian Wedding Soup (No Crackers)	х		х			X		Х				х
Tomato Basil Soup (No Crackers)			Х			Х		Х	Х			Х
White Bean Chicken Chili (No			х									
Crackers) Side of Crackers						.,						
						X		Х				Х
Kids Meals												
Kid's Bacon And Egg with Toast & Fresh Fruit	х		Х			X		х				х
Sourdough Bread						Χ		Χ				Χ
Whipped Butter			Χ			Χ						
Bacon												
Eggs	Χ											
Margarine			Χ			Χ						
Fresh Seasonal Fruit												
Kid's Grilled Cheese with Fresh Fruit			Х			X		X				X
Sourdough Bread						Χ		Χ				Χ
Whipped Butter			Χ			Χ						
Cheddar Jack Cheese			Χ									
Fresh Seasonal Fruit												
Kid's Chocolate Chip Pancakes (No	х		Х			Х		х				х
Meat) Pancake Batter	Х		Х			Χ		Х				Х
Chocolate Chips			Χ			Χ						
Whipped Butter			Х			Х						
Kid's French Toast (No Meat)	Х		Х			Х		Х				Х
Challah Bread	Х							Х				Χ
French Toast Batter	Χ		Χ									
Whipped Butter			Χ			Χ						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Half Waffle (No Meat)	Х		Х			Х		Х				Х
Waffle Mix	Χ		Χ			Χ		Χ				Χ
Whipped Butter			Χ			Χ						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Side of Bacon Kid's Side of Pork Sausage												
Kid's Sunrise Granola Bowl with Toast			х			Х	Х	Х				х
Greek Vanilla Yogurt			Х									
Granola			^				Χ	Χ				Х
Bananas												
Blueberries												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough						Χ		Χ				Χ
Whipped Butter			Χ			Χ						
Bakery Treats Brown Butter & Sea Salt Chewy			,									
Marshmallow Bar			Х									
Gluten-Free Honduran Chocolate Brownie	х		х			X						

Salted Caramel Cookie

			J	ots	sh		uts	a‡	Ŋ	ırd	ne	r.
	Egg	Fish	Wilk	Pean	Shellfi	Soy	Tree n	Whe	Cele	Musto	Sesame	Gluten
On The Side												
Seasoned Potatoes w/ Onions												
Million Dollar Potatoes			х			х		х				Х
Potatoes w/ Onions	Г											
Parmesan Cream Sauce			Х			Χ		Χ				Χ
Million Dollar Bacon												
Chive and Parsley Herb Mix												
Biscuit And Turkey Sausage Gravy			х			х	х	х	х			Х
Buttered Biscuit			Х			Х		Х				Χ
Turkey Sausage Gravy			Х			Χ	Χ	Χ	Χ			Χ
Buttered Grits			Х			Х						
Grits												
Whipped Butter			Χ			Χ						
Cheesy Grits			Х									
Grits												
Cheddar Jack Cheese			Х									
Parmesan Cheese			Х									
Fresh, Seasonal Fruit												
Whole Grain Toast with Butter &			x			Х		х				Х
Preserves												
Whole Grain Artisan Toast	+		\ \					Χ				Х
Whipped Butter Strawberry Preserves			Х			Χ						
,												
Gluten-Free Toast with Preserves (No Butter)	Х											
Gluten-Free Bread	Χ											
Strawberry Preserves												
Banana Nut Griddled Muffin	X		X			Х	Х	Х				X
Blueberry Griddled Muffin	X		X			X		X				X
Chocolate Chip Griddled Muffin	X		X			X		X				X
Lemon Chia Griddled Muffin	X		Х			Х		Х				X
Orange Cranberry Griddled Muffin	X		Х			X		Х				X
Superseed Avocado												Х
Avocado	+				H			H	H			
Super Seed Crunch												Х
Roasted Veggies												
Cauliflower	+				H			H	H			
Kale Sweet Potatoes	+			\vdash	H			H	H			
Crimini Mushrooms	+	\vdash	\vdash		H				H		\vdash	
Chive and Parsley Herb Mix	+	\vdash	\vdash	-	Н			\vdash	Н		\vdash	
•												
Hardwood Smoked Bacon Smoked Ham												
									Х			
Pork Sausage												
Savory Chicken Sausage Patty												
Turkey Sausage												

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Beverages												
Project Sunrise Coffee - Regular												
Project Sunrise Coffee - Decaf												
Cold Brew Coffee												
Iced Coffee			Х									
Iced Coffee												
Milk			Χ									
Herbal Tea												
Unsweetened Iced Tea												
Sweetened Ice Tea												
Seasonal Blackberry Iced Tea												
Hot Chocolate			Х				Х					
Milk Chocolate Cocoa Mix			Χ				Χ					
Whipped Cream			Χ									
Chocolate Syrup												
Low-fat Milk			Х									
Coca-Cola Soft Drinks												
Orange Juice												
Grapefruit, Apple, or Cranberry Juice												
Juice Bar												
Morning Meditation												
Kale Tonic												
Purple Haze												
Add Immunity Boost												

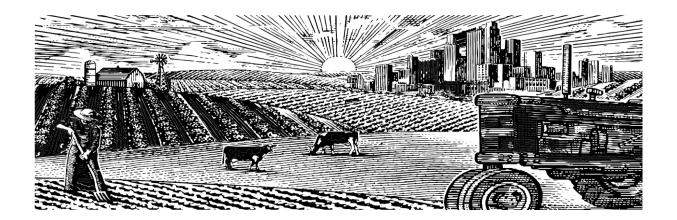
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	50	lsh	l ii	ınuts	ılfish	oy	nots	eat	lery	stard	ame	Gluten
	ŭ	Œ	2	Pec	She	Š	Tree	W	Ce	Mu	Ses	G
Brunch Cocktails												
Morning Glory												
Vodka												
Agave												
Ginger Juice												
Lemon Juice												
Orange Juice												
Turmeric Juice												
Lemon												
Pomegranate Sunrise												
Tequila												
Agave												
Lime Juice												
Pomegranate Juice												
Lemon												
Vodka Kale Tonic												
Vodka												
Cucumber												
Fresh Apple Juice												
Kale Juice												
Lemon Juice												
Cinnamon Toast Cereal Milk							Х					
Coconut Rum							Χ					
Agave												
Cold Brew Coffee												
Oat Milk												
Cinnamon												
Million Dollar Bloody Mary		X				Х		X	X	X		Χ
Vodka												
Million Dollar Bacon												
Bloody Mary Mix		Χ				Χ		Χ	Χ	Χ		Χ
Mimosa												
Sparkling Wine												
Orange Juice												

Please inform the server or manager before ordering if you or someone in your party has a food allergy, sensitivity, or special dietary request.

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens and there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.





NUTRITION GUIDE & ALLERGEN QR CODE

TO ACCESS REAL-TIME **ALLERGEN INFORMATION,** PLEASE SCAN THE CODE WITH YOUR MOBILE **DEVICE'S CAMERA.**















WHEAT



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Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Menu Item
SHAREABLES													BREAKFAST & B
Holey Donuts	1000	450	51	23	0	25	1120	132	7	82	80	9	TRADITIONAL BREAKFA
Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7	
													Cage-Free Whole Eggs
THE HEALTHY SIDE	,						ı		ı				Egg Whites
Avocado Toast (No Eggs)	450	230	26	4.0	0	0	1080	46	15	7	5	10	Scrambled Whole Eggs
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	0	0	13	Bacon
Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	0	0	15	Chicken Sausage
Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13	Smoked Ham
A.M. Superfoods Bowl (No Almond Butter Toast Or Granola)	430	220	25	18	0	0	160	51	9	36	22	5	Pork Sausage Turkey Sausage
Toast with Almond Butter	410	200	23	3.5	0	0	950	38	8	7	5	13	Fresh, Seasoned Potatoe
Granola	120	50	6	0.5	0	0	15	15	2	6	5	3	Whole Grain Toast w/ Butter
Sunrise Granola Bowl (No Almond Butter Toast)	470	100	11	1.5	0	10	100	69	6	46	19	23	TRI-FECTA
Almond Butter Toast	410	200	23	3.5	0	0	950	38	8	7	5	13	Multigrain Pancake (No S
Steel-Cut Oatmeal with Pecans (No													Belgian Waffle (No Syrup
Muffin, Milk or Brown Sugar)	470	100	11	1.5	0	0	15	85	13	19	0	12	Cage-Free Whole Eggs
Brown Sugar	100	0	0	0	0	0	10	27	0	27	27	0	Egg Whites
Low-Fat Milk	20	0	0	0	0	2	20	2	0	2	0	2	Scrambled Whole Eggs
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	30	7	Bacon
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	30	6	Chicken Sausage
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	44	8	Pork Sausage
Lemon Chia Muffin	460	220	25	4.0	0	80	360	53	2	30	30	7	Turkey Sausage
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	65	0	41	37	6	Chickichanga (No Potatoes
Socal Burrito (No Fruit)	670	210	24	8	0	45	1460	70	11	7	3	45	Fresh, Seasoned Potatoe
Fresh Fruit	80	0	0	0	0	0	0	21	2	16	0	1	Fresh Fruit
THE SWEET SIDE													Elevated Egg Sandwich (No
									ĺ		1		Fresh, Seasoned Potatoe
Plain Multigrain Pancake (1 Pancake, No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10	Barbacoa Breakfast Tacos
Plain Multigrain Pancakes (2 Pancakes,													BLT Benedict (No Dressed C
No Syrup)	1050	520	59	24	0	260	1700	105	3	32	26	20	Barbacoa Benedict (No Dre
Banana Granola Almond Crunch Pancake (1 Pancake, No Syrup)	670	310	35	13	0	130	870	74	4	26	18	13	Smoked Salmon Benedict (I Greens)
Banana Granola Almond Crunch	1340	620	70	25	0	260	1730	149	9	51	36	27	Biscuit & Turkey Sausage G
Pancakes (2 Pancakes, No Syrup)	1340	020	70	23	0	200	1730	149	9	31	30	21	Or Potatoes)
Chocolate Chip Pancake (1 Pancake, No Syrup)	640	320	36	16	0	130	850	66	3	28	24	11	Cage-Free Whole Eggs
Chocolate Chip Pancakes (2 Pancakes, No Syrup)	1270	630	71	31	0	265	1700	131	5	55	49	22	Fresh, Seasoned Potatoe Bacado Omelet (No Toast O
Blueberry Pancake (1 Pancake, No Syrup)	620	260	30	12	0	130	880	77	4	36	26	10	Greens) The Works Omelet (No Toas
Blueberry Pancakes (2 Pancakes, No Syrup)	1240	530	59	24	0	260	1760	154	8	72	52	21	Greens) Morning Market Veg Omelet Dressed Greens)
Lemon Ricotta Pancakes (1 Mid-Stack Pancake, No Syrup)	440	190	22	11	0	140	460	54	3	30	22	8	Whole Grain Toast w/ Butte
Lemon Ricotta Pancakes (2 Mid-Stack Pancakes, No Syrup)	680	290	33	16	0	210	870	82	4	38	29	14	Lemon Dressed Greens
Superseed Protein Pancakes (3 Mid- Stack Pancakes, No Syrup)	1160	470	53	17	0	205	1350	145	13	65	43	30	SANDWICHES Chicken Bacon Gruyere Mel
Belgian Waffle (No Syrup)	480	180	20	9	0	35	1000	68	3	26	23	2	Dressed Greens)
Challah French Toast (No Syrup)	500	160	19	4.5	0	150	630	68	3	24	20	12	Million Dollar Club (No Lemo
Make It Floridian Style Add-On	160	10	1.0	0	0	0	0	40	6	22	0	2	Greens)
Regular Syrup	150	0	0	0	0	0	10	39	0	39	39	0	The Happy Hippie (No Lemo
Maple Syrup	190	0	0	0	0	0	0	48	0	43	43	0	Lemon Dressed Greens
* P * * 2 * P		-		_	_		_		1 -				

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
BREAKFAST & BRUNCH	FAV	ORIT	ES									
TRADITIONAL BREAKFAST												
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	0	0	13
Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	0	0	15
Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Chicken Sausage	180	110	12	4.0	0	70	560	4	0	2	2	16
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	3	20
Pork Sausage	460	400	46	16	0	80	680	0	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18
Fresh, Seasoned Potatoes	320	130	14	1.0	0	0	1440	42	4	2	0	3
Whole Grain Toast w/ Butter & Preserves	390	150	17	5	0	0	380	47	5	21	20	7
TRI-FECTA	330	150	17				300	77	3		20	,
Multigrain Pancake (No Syrup)	520	260	29	12	0	130	850	53	2	16	13	10
Belgian Waffle (No Syrup)	480	180	29	9	0	35	1000	66	3	25	22	2
, ,	190	140	15	5	0	425	200	1	0	0	0	13
Cage-Free Whole Eggs	60	0	0	0	0	0	200	1	0	0	0	13
Egg Whites	220	160	18	6	0	515	230	1	0	0	0	15
Scrambled Whole Eggs	-		7	2.5					-	-	-	
Bacon Courses	80	60			0	15	190	0	0	0	0	3
Chicken Sausage	90	50	6	2.0	0	35	280	2	0	1	1	8
Pork Sausage	230	200	23	8	0	40	340	0	0	0	0	6
Turkey Sausage	110	70	8	2.0	0	40	390	0	0	0	0	9
Chickichanga (No Potatoes Or Fruit)	820	520	59	25	0	365	1410	39	7	5	0	35
Fresh, Seasoned Potatoes	320	140	15	1.0	0	0	1440	42	4	2	0	3
Fresh Fruit	40	0	0	0	0	0	0	10	1	8	0	1
Elevated Egg Sandwich (No Potatoes)	730	450	51	16	0	260	980	44	5	7	4	24
Fresh, Seasoned Potatoes	320	130	14	1.0	0	0	1440	42	4	2	0	3
Barbacoa Breakfast Tacos	1030		61	24	0	525	1930	66	11	5	0	45
BLT Benedict (No Dressed Greens)	520	310	35	12	0	455	880	31	4	4	0	22
Barbacoa Benedict (No Dressed Greens)	690	410	46	18	0	500	1270	35	4	5	1	33
Smoked Salmon Benedict (No Dressed Greens)	450	190	22	8	0	455	1310	33	4	5	0	30
Biscuit & Turkey Sausage Gravy (No Eggs Or Potatoes)	420	160	19	13	0	10	1350	49	1	6	3	12
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	0	0	13
Fresh, Seasoned Potatoes	320	140	15	1.0	0	0	1440	42	4	2	0	3
Bacado Omelet (No Toast Or Dressed Greens)	740	540	61	23	0	835	880	10	4	4	0	36
The Works Omelet (No Toast Or Dressed Greens)	720	510	58	23	0	855	1040	7	0	4	0	39
Morning Market Veg Omelet (No Toast Or Dressed Greens)	510	350	40	14	0	795	640	10	2	3	0	29
Whole Grain Toast w/ Butter & Preserves	390	150	17	5	0	0	380	47	5	21	20	7
Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
SANDWICHES												
Chicken Bacon Gruyere Melt (No Lemon Dressed Greens)	1050	640	72	21	0	155	1770	59	3	9	8	41
Million Dollar Club (No Lemon Dressed Greens)	1190	660	74	19	0	135	1750	85	9	20	16	53
The Happy Hippie (No Lemon Dressed Greens)	770	310	35	8	0	25	1080	86	15	18	10	22
	_		_	_	_	_				_	_	

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2000 calories a day is used for general nutrition advice, but calorie needs may vary

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Many Italy	Calories (cal)	Calories from fat (cal)	otal Fat (g)	Saturated Fat (g)	rans Fat (g)	Cholesterol (mg)	Sodium (mg)	fotal Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (σ)
Menu Item	ပ္ခ	ొ	è	Sa	ĬĬ.	ភ	So	Þ	ă	Su	Ad	4
SALADS												
New School Cobb (No Dressing)	570	280	32	10	0	285	1140	35	13	8	0	38
Ranch Dressing	220	190	22	4.0	0	20	380	4	0	2	0	2
Chicken Avocado Chop (No Dressing)	460	200	22	6	0	70	1030	44	13	5	0	27
Citrus Chipotle Dressing	300	250	28	4.0	0	0	10	12	0	0	0	0
Sweet Honey Pecan (No Dressing)	620	400	45	10	0	85	760	31	14	9	0	30
Honey Dijon Dressing	240	50	6	0	0	0	410	42	0	39	39	0
2 FOR YOU												
Z FUN TUU									ı			
Chicken Bacon Gruyere Melt	490	290	32	10	0	75	830	29	1	4	4	2
Million Dollar Club	610	330	38	9	0	70	880	39	8	10	8	2
Happy Hippie Sandwich	390	160	18	4.0	0	10	540	43	7	9	5	1
New School Cobb (No Dressing)	260	130	15	4.5	0	140	530	13	6	4	0	1
Ranch Dressing	110	100	11	2.0	0	10	190	2	0	0	0	1
Chicken Avocado Chop (No Dressing)	190	90	10	3.0	0	35	470	14	5	2	0	1
Citrus Chipotle Dressing	150	120	14	2.0	0	0	5	6	0	0	0	C
Sweet Honey Pecan (No Dressing)	310	200	22	5	0	40	380	15	7	4	0	1
Honey Dijon Dressing	120	25	3.0	0	0	0	200	21	0	19	19	C
Tomato Basil Soup - Cup (No Crackers)	100	40	4.5	2.5	0	10	640	13	2	7	2	2
Clam Chowder - Cup (No Crackers)	180	90	11	6	0	40	730	16	2	2	0	5
Broccoli Cheddar - Cup (No Crackers)	180	130	15	8	0	45	760	8	1	1	0	5
Market Vegetable Soup - Cup (No				_	_							
Crackers)	70	5	1.0	0	0	0	660	13	2	3	0	2
Italian Wedding Soup - Cup (No Crackers)	90	30	3.5	1.5	0	10	840	9	0	0	0	4
White Bean Chicken Chili - Cup (No	110	10	1.0	0	0	10	940	17	5	2	0	1
Crackers)												
Crackers	25	0	0.5	0	0	0	90	5	0	0	0	1
Superseed Avocado	200	160	18	2.5	0	0	140	11	8	0	0	4
Roasted Veggies	170	70	8	0.5	0	0	300	21	4	6	0	6
POWER BOWLS												
											_	
Flower Power Chicken Pesto Bowl	510	350	39	6	0	65	1130	25	5	5	0	2
Ranchero Bowl	650	260	29	10	0	70	1180	66	13	7	1	3
The Trailblazer Bowl	660	350	39	7	0	485	1760	32	10	7	0	4
Add a Cage-Free Egg	100	70	8	2.5	0	210	95	0	0	0	0	6
Add Egg Whites	30	0	0	0.0	0	0	100	1	0	0	0	7
HASHES												
	860	520	59	13	0	455	2220	57	10	5	0	2
Farmhouse Hash			-							-	-	
Hacienda Hash	920	530	60	20 13	0	495	2640	60	8	11	5	3
Market Hash	700	370	41				1880	52				2
ON THE SIDE		i '		15	0	460			6	5	0	2
				15	0	400			0	5	0	2
Fresh, Seasoned Potatoes	320	130	14	1.0	0	0	1440	42	4	2	0	
				1.0	0	0	-	42	4	2	0	3
Million Dollar Potatoes	460	220	25	1.0	0	0 20	1840	42 50	4	2	0 3	3
Million Dollar Potatoes Biscuits & Gravy	460 420	220 160	25 19	1.0 6 13	0 0	0 20 10	1840 1350	42 50 49	4 4 1	2 6 5	0 3 3	3 7
Million Dollar Potatoes Biscuits & Gravy Buttered Grits	460 420 180	220 160 80	25 19 9	1.0 6 13 3.0	0 0 0	0 20 10 0	1840 1350 750	42 50 49 21	4 4 1 1	2 6 5 0	0 3 3 0	3 7 1
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits	460 420 180 180	220 160 80 60	25 19 9 7	1.0 6 13 3.0 4.0	0 0 0 0	0 20 10 0	1840 1350 750 870	42 50 49 21 22	4 4 1 1 1	2 6 5 0	0 3 3 0	3 7 1 2
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl)	460 420 180 180 160	220 160 80 60 5	25 19 9 7 0.5	1.0 6 13 3.0 4.0	0 0 0 0	0 20 10 0 20	1840 1350 750 870	42 50 49 21 22 41	4 4 1 1 1 4	2 6 5 0 0	0 3 3 0 0	3 7 1 2 8
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl)	460 420 180 180 160 80	220 160 80 60 5	25 19 9 7 0.5	1.0 6 13 3.0 4.0 0	0 0 0 0 0	0 20 10 0 20 0	1840 1350 750 870 0	42 50 49 21 22 41 21	4 4 1 1 1 4 2	2 6 5 0 0 32 16	0 3 3 0 0	3 7 1 2 8 2
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin	460 420 180 180 160 80 620	220 160 80 60 5 0 350	25 19 9 7 0.5 0	1.0 6 13 3.0 4.0 0	0 0 0 0 0 0	0 20 10 0 20 0 0	1840 1350 750 870 0 0 430	42 50 49 21 22 41 21 59	4 1 1 1 4 2	2 6 5 0 0 32 16 34	0 3 3 0 0 0	3 7 1 2 8 2 2 1
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin	460 420 180 180 160 80 620 540	220 160 80 60 5 0 350 290	25 19 9 7 0.5 0 39	1.0 6 13 3.0 4.0 0 0 8 7	0 0 0 0 0 0	0 20 10 0 20 0 0 80	1840 1350 750 870 0 0 430 430	42 50 49 21 22 41 21 59	4 4 1 1 1 4 2 2	2 6 5 0 0 32 16 34 32	0 3 3 0 0 0 0 30 30	3 1 1 2 2 8 2 2 1 1 7 6 6
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin	460 420 180 180 160 80 620	220 160 80 60 5 0 350 290 360	25 19 9 7 0.5 0	1.0 6 13 3.0 4.0 0 0 8 7	0 0 0 0 0 0	0 20 10 0 20 0 0 80 80	1840 1350 750 870 0 0 430	42 50 49 21 22 41 21 59	4 4 1 1 1 4 2 2 0 2	2 6 5 0 0 32 16 34	0 3 3 0 0 0	3 7 1 2 8 2 2 7 6 8 8
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin	460 420 180 180 160 80 620 540	220 160 80 60 5 0 350 290	25 19 9 7 0.5 0 39	1.0 6 13 3.0 4.0 0 0 8 7	0 0 0 0 0 0	0 20 10 0 20 0 0 80	1840 1350 750 870 0 0 430 430	42 50 49 21 22 41 21 59	4 4 1 1 1 4 2 2	2 6 5 0 0 32 16 34 32	0 3 3 0 0 0 0 30 30	3 7 1 2 8 2 2 7 6 8 8
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin	460 420 180 180 160 80 620 540 680	220 160 80 60 5 0 350 290 360	25 19 9 7 0.5 0 39 33 41	1.0 6 13 3.0 4.0 0 0 8 7	0 0 0 0 0 0 0	0 20 10 0 20 0 0 80 80	1840 1350 750 870 0 0 430 430	42 50 49 21 22 41 21 59 54	4 4 1 1 1 4 2 2 0 2	2 6 5 0 0 32 16 34 32 44	0 3 3 0 0 0 0 0 30 30 44	3 3 1 2 8 2 2 3 6 8 8 8 8
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter &	460 420 180 160 80 620 540 680	220 160 80 60 5 0 350 290 360 300	25 19 9 7 0.5 0 39 33 41 33	1.0 6 13 3.0 4.0 0 8 7 13	0 0 0 0 0 0 0	0 20 10 0 20 0 0 80 80 85 80	1840 1350 750 870 0 430 430 430	42 50 49 21 22 41 21 59 54 67	4 4 1 1 1 4 2 2 0 2	2 6 5 0 0 32 16 34 32 44	0 3 3 0 0 0 0 30 30 44	3 7 7 1 2 2 8 8 2 2 7 7 6 6 8 8 7 7 6 6 6 6 8 8 8 8 8 8 8 8
Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves	460 420 180 180 160 80 620 540 680 550	220 160 80 60 5 0 350 290 360 300 290	25 19 9 7 0.5 0 39 33 41 33 33	1.0 6 13 3.0 4.0 0 8 7 13 7	0 0 0 0 0 0 0 0	0 20 10 0 20 0 0 80 80 85 80 80	1840 1350 750 870 0 0 430 430 430 430	42 50 49 21 22 41 21 59 54 67 53 65	4 4 1 1 1 4 2 2 0 2 2 0	2 6 5 0 0 32 16 34 32 44 30 41	0 3 3 0 0 0 0 30 30 44 30 37	3 7 7 1 2 2 8 8 2 2 7 7 6 6 8 8 7 7 6 6 6 6 8 8 8 8 8 8 8 8
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No	460 420 180 180 160 80 620 540 680 550	220 160 80 60 5 0 350 290 360 300 290	25 19 9 7 0.5 0 39 33 41 33 33	1.0 6 13 3.0 4.0 0 8 7 13 7	0 0 0 0 0 0 0 0	0 20 10 0 20 0 0 80 80 85 80 80	1840 1350 750 870 0 0 430 430 430 430	42 50 49 21 22 41 21 59 54 67 53 65	4 4 1 1 1 4 2 2 0 2 2 0	2 6 5 0 0 32 16 34 32 44 30 41	0 3 3 0 0 0 0 30 30 44 30 37	3 7 1 2 2 2 2 3 6 6 7 7
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter)	460 420 180 160 80 620 540 680 550 580 390	220 160 80 60 5 0 350 290 360 300 290 150	25 19 9 7 0.5 0 39 33 41 33 33 17	1.0 6 13 3.0 4.0 0 8 7 13 7 7	0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 80 85 80 80 0	1840 1350 750 870 0 0 430 430 430 430 430 125	42 50 49 21 22 41 21 59 54 67 53 65 47	4 4 1 1 1 4 2 2 0 2 2 0 5	2 6 5 0 0 32 16 34 32 44 30 41 21	0 3 3 0 0 0 0 30 30 44 30 37 20	1 2 8 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers)	460 420 180 160 80 620 540 680 550 390 150	220 160 80 60 5 0 350 290 360 300 290 150 15	25 19 9 7 0.5 0 39 33 41 33 17 1.5	1.0 6 13 3.0 4.0 0 0 8 7 13 7 7 5	0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 85 80 80 0	1840 1350 750 870 0 0 430 430 430 430 380 125	42 50 49 21 22 41 21 59 54 67 53 65 47	4 4 1 1 1 4 2 2 0 2 2 0 5	2 6 5 0 0 32 16 34 32 44 30 41 21	0 3 3 0 0 0 0 30 30 44 30 37 20	1 2 8 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers)	460 420 180 160 80 620 540 680 550 580 390	220 160 80 60 5 0 350 290 360 300 290 150	25 19 9 7 0.5 0 39 33 41 33 33 17	1.0 6 13 3.0 4.0 0 8 7 13 7 7	0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 80 85 80 80 0	1840 1350 750 870 0 0 430 430 430 430 430 125	42 50 49 21 22 41 21 59 54 67 53 65 47	4 4 1 1 1 4 2 2 0 2 2 0 5	2 6 5 0 0 32 16 34 32 44 30 41 21	0 3 3 0 0 0 0 30 30 44 30 37 20	1 2 8 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No	460 420 180 160 80 620 540 680 550 390 150	220 160 80 60 5 0 350 290 360 300 290 150 15	25 19 9 7 0.5 0 39 33 41 33 17 1.5	1.0 6 13 3.0 4.0 0 0 8 7 13 7 7 5	0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 85 80 80 0	1840 1350 750 870 0 0 430 430 430 430 380 125	42 50 49 21 22 41 21 59 54 67 53 65 47	4 4 1 1 1 4 2 2 0 2 2 0 5	2 6 5 0 0 32 16 34 32 44 30 41 21	0 3 3 0 0 0 0 30 30 44 30 37 20	3 7 1 2 8 8 8 6 6 7 7
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers)	460 420 180 160 80 620 540 680 550 390 150 240 90	220 160 80 60 5 0 350 290 360 300 290 150 15 170 130	25 19 9 7 0.5 0 39 33 41 33 17 1.5 19	1.0 6 13 3.0 0 0 8 7 13 7 7 5 0 11 8	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 85 80 0 0 65 50	1840 1350 750 870 0 0 430 430 430 430 380 125 1010 980 880	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22	4 4 1 1 1 4 2 2 0 2 2 0 5	2 6 5 0 0 32 16 34 32 44 30 41 21 17 1 2	0 3 3 0 0 0 0 30 30 44 30 37 20 17 0	3 7 11 2 2 2 1 3 6 6 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers) Italian Wedding Soup - Bowl (No	460 420 180 160 80 620 540 680 550 580 390 150 240	220 160 80 60 5 0 350 290 360 300 290 150 170 130	25 19 9 7 0.5 0 39 33 41 33 33 17 1.5	1.0 6 13 3.0 0 0 8 7 13 7 7 5 0	0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 80 85 80 80 0 0	1840 1350 750 870 0 0 430 430 430 430 380 125 1010	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22	4 4 1 1 1 4 2 2 0 2 2 0 5 2 2 2	2 6 5 0 0 32 16 34 32 44 30 41 21 17	0 3 3 0 0 0 0 30 30 44 30 37 20	3 77 11 2 2 2 2 1 1 7 7 6 6 7 7 7
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers) Italian Wedding Soup - Bowl (No Crackers)	460 420 180 160 80 620 540 680 550 390 150 240 90	220 160 80 60 5 0 350 290 360 300 290 150 15 170 130	25 19 9 7 0.5 0 39 33 41 33 17 1.5 19	1.0 6 13 3.0 0 0 8 7 13 7 7 5 0 11 8	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 85 80 0 0 65 50	1840 1350 750 870 0 0 430 430 430 430 380 125 1010 980 880	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22	4 4 1 1 1 4 2 2 0 2 2 0 5	2 6 5 0 0 32 16 34 32 44 30 41 21 17 1 2	0 3 3 0 0 0 0 30 30 44 30 37 20 17 0	3 7 1 2 2 2 3 6 6 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers) Italian Wedding Soup - Bowl (No Crackers) Tomato Basil Soup - Bowl (No Crackers)	460 420 180 160 80 620 540 680 550 390 150 240 240 90 120	220 160 80 60 5 0 350 290 360 300 290 150 170 130 10 40	25 19 9 7 0.5 0 39 33 41 33 37 1.5 19 14 1.0	1.0 6 13 3.0 0 0 8 7 13 7 7 5 0 11 8 0 2.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 80 85 80 0 0 65 50 0	1840 1350 750 870 0 0 430 430 430 430 380 125 1010 980 880 1130	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22 17 12	4 4 1 1 1 4 2 2 0 2 2 0 5 2 2 2 2 3 1 3	2 6 5 0 0 32 16 34 32 44 30 41 21 17 1 2 4	0 3 3 0 0 0 0 30 30 30 44 30 37 20 17 0 0	3 77 2 8 8 8 8 8 6 7 7 7 3 3
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers) Italian Wedding Soup - Bowl (No Crackers) Tomato Basil Soup - Bowl (No Crackers)	460 420 180 160 80 620 540 550 580 390 150 240 90	220 160 80 60 5 0 350 290 360 300 290 150 15 170 130 40	25 19 9 7 0.5 0 39 33 41 33 33 17 1.5 19 14	1.0 6 13 3.0 0 0 8 7 13 7 7 5 0 11 8 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 80 85 80 0 0 65 50 0	1840 1350 750 870 0 0 430 430 430 430 380 125 1010 980 880	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22 17	4 4 1 1 1 4 2 2 0 2 2 0 5 2 2 1	2 6 5 0 0 32 16 34 32 44 30 41 21 17 1 2 4	0 3 3 0 0 0 0 30 30 44 30 37 20 17 0 0	3 77 2 8 8 8 8 8 6 7 7 7 3 3
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers) Italian Wedding Soup - Bowl (No Crackers) Tomato Basil Soup - Bowl (No Crackers)	460 420 180 160 80 620 540 680 550 390 150 240 240 90 120	220 160 80 60 5 0 350 290 360 300 290 150 170 130 10 40	25 19 9 7 0.5 0 39 33 41 33 37 1.5 19 14 1.0	1.0 6 13 3.0 0 0 8 7 13 7 7 5 0 11 8 0 2.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 80 85 80 0 0 65 50 0	1840 1350 750 870 0 0 430 430 430 430 380 125 1010 980 880 1130	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22 17 12	4 4 1 1 1 4 2 2 0 2 2 0 5 2 2 2 2 3 1 3	2 6 5 0 0 32 16 34 32 44 30 41 21 17 1 2 4	0 3 3 0 0 0 0 30 30 30 44 30 37 20 17 0 0	3 77 2 8 8 8 8 7 7 7 7 7 7 7 7 7 7 7 7 7
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers) Italian Wedding Soup - Bowl (No Crackers) Tomato Basil Soup - Bowl (No Crackers) White Bean Chicken Chili - Bowl (No Crackers)	460 420 180 160 80 620 540 680 550 240 240 240 90 120 140	220 160 80 60 5 0 350 290 360 300 290 150 15 170 130 10 40 50	25 19 9 7 0.5 0 39 33 41 33 33 17 1.5 19 14 1.0 4.5 6	1.0 6 13 3.0 0 0 0 8 7 13 7 7 5 0 11 8 0 2.0 3.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 85 80 80 0 65 50 0	1840 1350 750 870 0 0 430 430 430 430 380 125 1010 980 880 1130 860 1260	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22 17 12 18 22	4 4 1 1 1 4 2 0 2 0 5 2 2 2 3 1 3 6	2 6 5 0 0 32 16 34 32 44 30 41 21 17 1 2 4	0 3 3 0 0 0 0 30 30 44 30 37 20 17 0 0	3 77 11 2 2 2 2 3 3 4 4 3 3 1
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers) Italian Wedding Soup - Bowl (No Crackers) Tomato Basil Soup - Bowl (No Crackers) White Bean Chicken Chili - Bowl (No Crackers) Crackers Crackers	460 420 180 160 80 620 550 550 390 150 240 240 90 120 140 550	220 160 80 60 5 0 350 290 360 300 290 150 15 170 130 10 40 50 15	25 19 9 7 0.5 0 39 33 41 33 33 17 1.5 19 14 1.0 4.5 6	1.0 6 13 3.0 0 0 8 7 13 7 7 5 0 11 8 0 2.0 3.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 80 85 80 0 0 65 50 0 10 10	1840 1350 750 870 0 0 430 430 430 430 380 125 1010 980 880 1130 860 1260 180	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22 17 12 18 22 10	4 4 1 1 1 4 2 2 0 2 2 0 5 2 2 2 3 1 3 6 0	2 6 5 0 0 32 16 34 32 44 30 41 21 17 1 2 4	0 3 3 0 0 0 0 30 30 30 44 30 37 20 17 0 0	3
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers) Italian Wedding Soup - Bowl (No Crackers) Tomato Basil Soup - Bowl (No Crackers) White Bean Chicken Chili - Bowl (No Crackers) Crackers Superseed Avocado House Roasted Veggies	460 420 180 160 80 620 540 550 580 390 150 240 240 90 120 140 150 200	220 160 80 60 5 0 350 290 360 300 290 150 15 170 130 10 40 50 15 10 160	25 19 9 7 0.5 0 39 33 41 33 33 17 1.5 19 14 1.0 4.5 6 1.5	1.0 6 13 3.0 0 0 8 7 13 7 7 5 0 11 8 0 2.0 3.0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 80 85 80 0 0 65 50 0 10 10 15 0	1840 1350 750 870 0 0 430 430 430 430 380 125 1010 980 880 1130 860 1260 180 140	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22 17 12 18 22 10 11	4 4 1 1 1 4 2 0 2 0 5 2 2 2 3 1 3 6 0 8	2 6 5 0 0 32 16 34 32 44 30 41 17 1 2 4 1 9 2	0 3 3 0 0 0 0 30 30 44 30 37 20 17 0 0 0	3 7 11 2 2 2 1 3 6 6 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7
Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Unange Cranberry Griddled Muffin Orange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers) Italian Wedding Soup - Bowl (No Crackers) Tomato Basil Soup - Bowl (No Crackers) White Bean Chicken Chili - Bowl (No Crackers) Crackers Superseed Avocado House Roasted Veggies Hardwood Smoked Bacon	460 420 180 160 80 620 540 680 550 240 240 240 120 140 150 200 170	220 160 80 60 5 0 350 290 360 300 290 150 15 170 130 10 40 50 15 10 160 70	25 19 9 7 0.5 0 39 33 41 33 33 17 1.5 19 14 1.0 4.5 6 1.5 1.0	1.0 6 13 3.0 0 0 0 8 7 13 7 7 5 0 11 8 0 2.0 3.0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 85 80 0 0 65 50 0 10 15 0	1840 1350 750 870 0 0 430 430 430 430 380 125 1010 980 880 1130 860 1260 180 140 300	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22 17 12 18 22 10 11 21	4 4 1 1 1 4 2 0 2 0 2 2 2 2 3 1 3 6 0 8 4	2 6 5 0 0 32 16 34 32 44 30 41 21 17 1 2 4 1 9 2 0 0 6	0 3 3 0 0 0 0 0 30 30 44 30 37 20 0 0 0 0	3 77 2 8 8 8 8 8 6 7 7 7 3 3 1 1 2 2 2 2 2 3 3 3 3 3 4 6 6 6 7 1 7 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
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Million Dollar Potatoes Biscuits & Gravy Buttered Grits Cheesy Grits Fresh, Seasonal Fruit (Bowl) Fresh, Seasonal Fruit (Bowl) Banana Nut Griddled Muffin Blueberry Griddled Muffin Chocolate Chip Griddled Muffin Lemon Chia Griddled Muffin Urange Cranberry Griddled Muffin Whole Grain Toast with Butter & Preserves Gluten-Free Toast with Preserves (No Butter) Broccoli Cheddar - Bowl (No Crackers) Clam Chowder - Bowl (No Crackers) Market Vegetable Soup - Bowl (No Crackers) Italian Wedding Soup - Bowl (No Crackers) Tomato Basil Soup - Bowl (No Crackers) White Bean Chicken Chili - Bowl (No Crackers)	460 420 180 160 80 620 540 680 550 390 150 240 90 120 140 50 200 170	220 160 80 60 5 0 350 290 360 300 290 150 15 170 130 10 40 50 15 170 130 50	25 19 9 7 0.5 0 39 33 41 33 33 17 1.5 19 14 1.0 4.5 6 1.5 1.0	1.0 6 13 3.0 0 0 8 7 13 7 7 5 0 11 8 0 2.0 3.0 0 0 2.5 5 5 2.0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 20 10 0 20 0 80 80 85 80 80 0 0 65 50 0 10 15 0 0 30 85	1840 1350 750 870 0 0 430 430 430 430 380 125 1010 980 880 1130 860 1260 140 300 370 1060	42 50 49 21 22 41 21 59 54 67 53 65 47 32 11 22 17 12 18 22 10 11 21 0 3	4 4 1 1 1 4 2 2 0 2 2 0 5 2 2 2 3 1 3 6 0 8 4 0 0	2 6 5 0 0 32 16 34 32 44 30 41 17 1 2 4 1 9 2 0 0 6 0 0	0 3 3 0 0 0 0 30 30 34 44 30 37 20 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	

Kird's Grilled Cheese with Fresh Fruit 780 380 43 18 0 50 1090 75 4 16 Kird's Granola Bowl with Toast 620 210 24 6 0 5 440 81 7 30 3 3 3 3 3 3 3 3	0 15 0 21 14 19 24 11 3 6 4 2 0 3 0 6 39 0 43 0 0 0
Kid's Bacon and Egg with Toast & Fruit 500 250 28 9 0 225 660 47 3 17 Kid's Grilled Cheese with Fresh Fruit 780 380 43 18 0 50 1090 75 4 16 Kid's Chacolate Chip Pancakes (No Meat Or Syrup) 620 210 24 6 0 5 440 81 7 30 3 Kid's Challah French Toast with Fresh Fruit (No Meat Or Syrup) 290 120 14 4.0 0 75 330 35 2 12 Kid's Shallah French Toast with Fresh Fruit (No Meat Or Syrup) 290 130 15 6 0 20 560 36 2 12 Kid's Shallah Waffle with Fresh Fruit (No Meat Or Syrup) 290 130 15 6 0 20 560 36 2 12 Side of Bacon 80 60 7 2.5 0 15 190 0 0 0 0 0 0	0 21 14 19 24 11 3 6 4 2 0 3 0 6 39 0 43 0 0 0 12 1 0 2 32 0 5 3 12 1
Kid's Granola Bowl with Toast 620 210 24 6 0 5 440 81 7 30 3 Kid's Chocolate Chip Pancakes (No Meat Or Syrup) 640 320 36 16 0 130 850 66 3 28 2 Kid's Challah French Toast with Fresh Fruit (No Meat Or Syrup) 290 120 14 4.0 0 75 330 35 2 12 Kid's Half Waffle with Fresh Fruit (No Meat Or Syrup) 290 130 15 6 0 20 560 36 2 12 Side of Bacon 80 60 7 2.5 0 15 190 0 0 0 Side of Pork Sausage 230 200 23 8 0 40 340 0 <t< td=""><td>14 19 24 11 3 6 4 2 0 3 0 6 39 0 43 0 0 0 12 1 0 2 32 0 5 3 12 1</td></t<>	14 19 24 11 3 6 4 2 0 3 0 6 39 0 43 0 0 0 12 1 0 2 32 0 5 3 12 1
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Maple Syrup	12 1 22 1 0 2 332 0 5 3 12 1
Sugar-Free Syrup 20 0 0 0 0 0 150 8 0 0 0 150 8 0 0 150 8 10 10 15	12 1 22 1 0 2 332 0 5 3 12 1
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OTHER BEVS Project Sunrise Regular Coffee (Full Pot) 10 0 0 0 0 20 0 0 0 Decaf Coffee (Full Pot) 0	53 0
Project Sunrise Regular Coffee (Full Pot) 10 0 0 0 0 20 0 0 0 Decaf Coffee (Full Pot) 0<	0 0
Decaf Coffee (Full Pot) 0	
96 fl oz Project Sunrise Coffee 30 5 0.5 0 0 0 55 0 0 0 96 fl oz Decaf Coffee 0 0 0 0 0 55 0 0 0	0 1
96 fl oz Decaf Coffee 0 0 0 0 0 0 55 0 0 0	0 1
	0 3
Cold Brew Collee	0 3
Iced Coffee 160 20 2.5 1.5 0 10 120 26 0 25 1	12 8
Herbal Tea 0 0 0 0 0 0 0 0 0 0	0 0
Fresh-Brewed Iced Tea - Unsweetened 0 0 0 0 0 5 1 0 0	0 0
Fresh-Brewed Iced - Sweetened 60 0 0 0 0 10 15 0 14 1	14 0
	17 0
	16 1 0 8
	0 15
	28 0
Coke 100 0 0 0 0 0 30 27 0 27 2	27 0
	0 0
	0 0
	25 0
	0 0
Mr. Pibb 90 0 0 0 0 0 25 26 0 26 2	26 0
	30 0
	30 0 26 0
	0 2
	0 3
Grapefruit - Small 100 0 0 0 0 0 35 25 0 25	0 0
Grapefruit - Large 190 0 0 0 0 0 70 46 0 46	0 0
	0 0
	0 0
	0 0
GOOD MORNING PACKS & RETAIL	
	20 2c
Good Morning 6-pack For 2 2040 1040 117 35 0 1310 3340 170 17 71 4	60 36 81 133

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The nutritional information seen here was prepared by a 3rd party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.