

breakfast
& beyond

Breakfast	Serving	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/V/g?	Allergens:
Bacon Cheese Bagel	1 sandwich	590	220	24	11	0		190	1400	61	2	3	25	milk, egg, wheat, gluten
English Muffin	1 sandwich	450	220	24	11	0		190	1190	28	1	1	22	milk, egg, wheat, soy, gluten
Croissant	1 sandwich	540	300	33	15.5	0		190	1200	32	1	5		milk, egg, wheat, soy, gluten
Double Egg Cheese Bagel	1 sandwich	500	140	15	7	0		330	1000	61	2	3	25 V	milk, egg, wheat, gluten
English Muffin	1 sandwich	360	140	15	7	0		330	790	28	1	1	22	milk, egg, wheat, soy, gluten
Croissant	1 sandwich	450	22	24	11.5	0		330	800	32	1	5		milk, egg, wheat, soy, gluten
Sausage Cheese Bagel	1 sandwich	810	350	39	18.5	0		660	1590	60	2	6	22	milk, egg, wheat, gluten
English Muffin	1 sandwich	690	310	34	15	0		240	1460	62	2	4	29	milk, egg, wheat, soy, gluten
Croissant	1 sandwich	640	390	43	19.5	0		240	1260	33	1	6	26	milk, egg, wheat, soy, gluten
Extra egg	1 egg	80	40	4.5	1.5	0		240	90	1	0	0	7 V	egg
Sides														
Blueberry Yogurt Parfait	1 item	260	25	2.5	1	0 less than 5mg		140	56	5	31	7		milk, wheat, gluten, tree nuts
Strawberry Yogurt Parfait	1 item	250	25	2.5	1	0 less than 5mg		140	54	5	28	7		milk, wheat, gluten, tree nuts
Fruit Cup	1 item	60	0	0	0	0	0	5	16	1	14 less than 1g	Vg		
Apple	1 item	120	0	0	0	0	0	0	30	5	22 less than 1g	Vg		
Banana	1 item	200	0	0	0	0	0	0	54	6	28	2 Vg		
Orange	1 item	70	0	0	0	0	0	0	18	3	12	1 Vg		
Pick 1,2,3,4,5														
Pancakes	2 pancakes	210	35	4	1	0	0	490	39	1	0	5 Vg		wheat, gluten
Blueberry Pancakes	2 pancakes	240	35	4	1	0	0	490	46	2	5	5 Vg		wheat, gluten
Chocolate Pancakes	2 pancakes	350	100	12	6	0	10	490	59	2	18	6 V		wheat, milk, soy
Bacon	3 slices	100	80	9	3	0	10	300	0	0	0	4		
Pork Sausage	2 patties	500	410	46	18	0	120	1020	2	0	2	20		
Scrambled Eggs	2 eggs	160	80	9	3	0	480	180	2	0	0	14 V		eggs
Hash Browns	1 serving	220	50	6	0	0	0	920	36	4	0	4 Vg		
Coffee														
small		5	0	0	0	0	0	10	0	0	0	0 Vg		
medium		5	0	0	0	0	0	10	0	0	0	1 Vg		
large		5	0	0	0	0	0	10	0	0	0	1 Vg		
Tea														
1 tea bag		0	0	0	0	0	0	0	0	0	0	0 Vg		
2 tea bags		0	0	0	0	0	0	0	0	0	0	0 Vg		
Bagels														
290-340		Bagel with Cream cheese range: 340-440												
Sesame	4oz	330	40	4.5	0.5	0	0	460	63	4	3	9 V		milk, wheat, gluten, sesame
Poppyseed	4oz	330	35	4	0.5	0	0	460	63	4	3	10 V		milk, wheat, gluten, sesame
Everything	4oz	340	35	4	0.5	0	0	460	63	3	3	9 V		milk, wheat, gluten, sesame
Onion	4oz	290	10	1	0	0	0	450	62	2	3	8 V		milk, wheat, gluten
Onionman Raisin	4oz	320	10	1	0	0	0	450	68	3	9	8 V		milk, wheat, gluten
Blueberry	4oz	340	10	1	0	0	0	460	74	2	10	9 V		milk, wheat, gluten
Whole Wheat	4oz	310	10	1	0	0	0	447	64	3	2	9 V		milk, wheat, gluten
Plain	4oz	290	10	1	0	0	0	450	61	2	3	8 V		milk, wheat, gluten
Egg	4oz	290	10	1	0	0	0	450	61	2	3	8 V		milk, wheat, gluten
Spinach	4oz	290	10	1	0	0	0	460	61	2	3	8 V		milk, wheat, gluten
Pumpkin	4oz	310	10	1	0	0	0	460	67	3	7	8 V		milk, wheat, gluten
Multigrain	4oz	310	10	1	0	0	0	450	65	3	3	9 V		milk, wheat, gluten
Garlic	4oz	300	10	1	0	0	0	450	61	2	3	8 V		milk, wheat, gluten
Condiments/Spreads														
Cream cheese-plain	2 tbsp	100	90	10	6	0	30	110	1	0	1	2 V		milk
Cream cheese-scallion	2 tbsp	70	60	7	4	0	30	100	2	0	1	2 V		milk
Cream cheese-Veggie	2 tbsp	80	60	7	4.5	0	35	90	1	0 Less than 1g		1 V		milk
Cream cheese-Strawberry	2 tbsp	90	65	7	4	0	20	80	6	0	6	1 V		milk
Butter PC	1 item	35	35	4	2.5	0	10	30	0	0	0	0 V		milk
Lunch														
Cheeseburger		700	370	41	17	1	120	840	49	1	10	32		milk, egg, wheat, gluten
Sub Beyond Burger Patt y		640	260	29	9	0	45	970	57	1	10	36 V		milk, egg, wheat, gluten
Bacon Cheese Burger		770	410	46	19	1	135	1090	49	1	10	37		milk, egg, wheat, gluten
Chicken Sandwich		640	270	30	4.5	0	60	1200	66	1	10	28		milk, egg, wheat, soy, gluten
Philly Cheesesteak		560	270	30	9	0	55	1100	42	1	2	29		milk, wheat, gluten, may contain sesame
Curly Fries		340	250	28	2.5	0	0	450	25	1	1	3		wheat, gluten
Onion Rings	8 Rings	400	160	18	3	0	0	640	50	2	4	4 V		milk, wheat, gluten
Specials														
Monday Wings														
BBQ														
Buffalo														milk, soy
Thai Chili														
Garlic Parm														milk, soy
Tuesday-Mac and Cheese Brisket Bowl w/ Cornbread	6oz mac cheese,	700		41	16	0	150	630	50	1	2	33		egg, milk, wheat, soy, gluten
Wednesday-Chicken and Mashed Potato Bowl		440		13	5	0	40	860	60	5	3	19		milk, wheat, soy, gluten
Thursday-Baked Potato Bar														
Potato	1 medium potato	160		0	0	0	0	20	37	4	2	4 Vg		
Butter	1 tbsp	100		12	7	0	30	90	0	0	0	0 V		milk
Beef Chili	1/4 cup	60		3.5	1	0	10	240	5	2	1	3		
Broccoli	1/4 cup	10		0	0	0	0	20	2	1	1	1 Vg		
Bacon	2 tbsp chopped	70		6	3	0	20	360	0	0	0	4		
Salsa	2tbsp	15		0	0	0	0	180	3 less than 1g		1	0 Vg		
Cheddar cheese	2 tbsp shredded	60		5	3	0	15	100	0	0	0	4 V		milk
Sour Cream	2 tbsp	70		6	3.5	0	15	15	1	0	0	1 V		milk
Friday-Mozzarella Sticks, Jalepeno Poppers, Onion Rings	3 mozz sticks, 3 p	1080		80	74	12.5	0	60	1820	81	3	7	18 V	milk, wheat, soy, gluten