

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/Vg?	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, guten
Croissant	1 sandwich	540	300	33	15.5	0	190	1200	32	1	5			milk, egg, wheat, soy, guten
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, guten
Croissant	1 sandwich	450	22	24	11.5	0	330	800	32	1	5			milk, egg, wheat, soy, guten
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, guten
Croissant	1 sandwich	640	390	43	19.5	0	240	1260	33	1	6	26		milk, egg, wheat, soy, guten
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
Cinnamon 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	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