

Cakes & Eggs

Item	Cal	Cals from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest(mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Pancakes (2)*	210	35	4	1	0	10	490	39	1	0	5	egg, milk, soy, wheat
French Toast (2)*	290	60	7	2	0	240	790	40	1	5	13	wheat, soy, milk, egg
Pork Bacon (2)	100	80	9	3	0	10	300	0	0	0	4	pork
Turkey Bacon (2)	100	60	7	2	0	30	560	0	0	0	4	
Pork Sausage (2 links)	500	430	48	18	0	50	720	2	0	0	12	Pork
Eggs (2)	60-160											eggs
Liquid Eggs	160	80	9	3	0	480	180	2	0	0	14	eggs
Whole Eggs	120	60	7	2	0	310	110	0	0	0	12	eggs
Egg Whites	70	0	0	0	0	0	190	4	0	0	13	eggs
Homefries	160	60	7	1	0	0	710	22	3	0	2	soy
Hash Brown	220	50	6	0	0	0	920	18	4	0	4	
Pancake Platter*	540-1090											
Low: whites, bacon, homefries*	540	180	20	5	0	20	1670	65	4	0	24	egg, milk, soy, wheat, pork
High: liquid, sausage, hash browns	1090	610	68	22	0	540	1950	79	5	0	35	egg, milk, soy, wheat, pork
French Toast Platter*	620-1170											
Low: whites, bacon, homefries	620	210	23	6	0	250	2000	65	4	5	32	egg, wheat, soy, milk, pork
High: liquid, sausage, hash browns	1170	630	70	23	0	770	2150	80	5	5	43	egg, wheat, soy, milk, pork
Breakfast Croissanwich	680-920											
with bacon, homefries	680	350	39	17	1.5	310	1480	59	5	6	21	eggs, milk, soy, wheat, pork
with sausage, hashbrowns	910	500	55	23	1.5	360	1510	75	6	7	29	eggs, milk, soy, wheat, pork
Build Your Own Omelet*	230-740											
Low: Whites, white bread	230	20	2	0	0	0	480	32	0	4	24	Eggs, wheat, soy
High: liquid, 12 grain, bacon, cheddar, onion*	740	360	40	15	0	760	970	49	7	8	43	eggs, wheat, soy, milk
Strawberry-Banana Crepe	220	45	5	1	0	40	50	43	5	19	4	wheat, soy, egg
Nutella-Strawberry Crepe	730	340	38	11	0	40	100	83	5	69	12	wheat, soy, egg, nuts
French Toast Sandwich with homefries	850	240	27	8	0	490	2030	116	4	39	27	egg, milk, soy, wheat, pork
French Toast Sandwich with hash browns	900	230	26	7	0	490	1780	130	5	39		egg, milk, soy, wheat, pork
The Everything with homefries	660	170	19	4.5	0	270	1520	102	8	4	33	egg, wheat, milk, soy, pork
The Everything with Hash browns	720	160	18	4	0	270	1770	106	7	4	31	egg, wheat, milk, soy, pork
Florentine Flatbread	390	120	13	4	0	245	670	49	2	2	18	milk, soy, wheat, eggs
Butter	100	100	11	7	0	30	90	0	0	0	0	milk
Maple Syrup	180	0	0	0	0	0	80	45	0	29	0	

*Without condiments (butter, syrup, etc)