



Breakfast Nutritional Information - 2017

BOWLS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Rise & Dine	729	47	16	0	690	1,503	39	4	3	38
Burrito Bowl	819	47	16	0	690	1,605	58	6	4	41
Smart Start	702	45	11	0	655	1,170	47	10	4	30
Egg White & Chicken	548	73	57	51	132	944	89	55	53	86

HANDHELDS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Burrito	951	50	21	0	707	2,104	81	5	9	43
Breakfast Sandwich	488	32	12	0	468	730	23	1	2	26
Bacon Maple Sandwich	487	30	13	0	478	1,131	38	6	10	36

PLATES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Just Bacon & Eggs	395	30	11	0	672	945	1	0	1	31
Breakfast Special	603	30	11	0	672	1,164	47	3	1	37
Classic Omelet	515	39	17	0	702	1,127	3	0	3	38
Spin-a-cado Omelet	428	32	10	0	655	549	11	6	4	26
Omelet Combo	209	0	0	0	0	219	46	3	0	6

SIDES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Organic Egg	72	5	2	0	212	70	0	0	0	6
Hashbrowns	79	0	0	0	0	79	18	2	0	1
Slice of Toast	130	0	0	0	0	140	28	1	0	5
Side of Bacon	60	5	2	0	13	245	0	0	0	4
Side of Sausage	180	17	6	0	30	280	1	0	0	6