

Breakfast Options Nutritional Information

| Item Name | Serving Size | Calories | Fat (g) | SatFat (g) | TransFat (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Added Sugar (g) | Prot (g) | Vit D (mcg) | Calc (mg) | Iron (mg) | Pot (mg) |
|--|--------------|----------|---------|------------|--------------|-----------|----------|----------|-----------|-----------|-----------------|----------|-------------|-----------|-----------|----------|
| Create Your Own Toppings (5 - 260 Cals) | | | | | | | | | | | | | | | | |
| American Cheese | 0.5 oz | 50 | 4.5 | 2.5 | 0 | 10 | 220 | 1 | 0 | 1 | 0 | 2 | 0 | 70.87 | 0.00 | 25 |
| American Cheese | 1 oz | 100 | 9 | 5 | 0 | 20 | 450 | 1 | 0 | 1 | 0 | 4 | 0 | 141.75 | 0.00 | 50 |
| American Cheese | 2 oz | 210 | 18 | 10 | 0 | 45 | 900 | 3 | 0 | 3 | 0 | 9 | 0 | 283.50 | 0.00 | 100 |
| Cheddar Cheese | 0.5 oz | 60 | 4.5 | 2.5 | 0 | 15 | 90 | 0 | 0 | 0 | 0 | 3 | 0.1 | 97.70 | 0.00 | 10 |
| Cheddar Cheese | 1 oz | 110 | 9 | 5 | 0 | 25 | 180 | 0 | 0 | 0 | 0 | 6 | 0.2 | 195.41 | 0.00 | 20 |
| Cheddar Cheese | 2 oz | 220 | 18 | 10 | 0 | 50 | 360 | 0 | 0 | 0 | 0 | 12 | 0.4 | 390.82 | 0.00 | 40 |
| Pepper Jack Cheese | 0.5 oz | 45 | 4 | 2.5 | 0 | 15 | 80 | 0 | 0 | 0 | 0 | 3 | 0 | 101.25 | 0.07 | 5 |
| Pepper Jack Cheese | 1 oz | 90 | 8 | 4.5 | 0 | 25 | 160 | 0 | 0 | 0 | 0 | 7 | 0 | 202.50 | 0.14 | 15 |
| Pepper Jack Cheese | 2 oz | 190 | 16 | 9 | 0 | 55 | 320 | 0 | 0 | 0 | 0 | 14 | 0 | 405.00 | 0.27 | 25 |
| Swiss Cheese | 0.5 oz | 50 | 4 | 2.5 | 0 | 15 | 30 | 0 | 0 | 0 | 0 | 4 | 0 | 141.75 | 0.00 | 15 |
| Swiss Cheese | 1 oz | 110 | 8 | 4.5 | 0 | 25 | 60 | 0 | 0 | 0 | 0 | 8 | 0 | 283.50 | 0.00 | 25 |
| Swiss Cheese | 2 oz | 220 | 16 | 9 | 0.5 | 55 | 120 | 0 | 0 | 0 | 0 | 16 | 0 | 566.99 | 0.00 | 55 |
| Hickory House Bacon | 0.5 oz | 70 | 6 | 2 | 0 | 15 | 220 | 0 | -- | 0 | -- | 5 | -- | 0.00 | 0.00 | -- |
| Hickory House Bacon | 1 oz | 130 | 11 | 4 | 0 | 30 | 430 | 0 | -- | 0 | -- | 9 | -- | 0.00 | 0.00 | -- |
| Hickory House Bacon | 2 oz | 260 | 23 | 8 | 0 | 55 | 870 | 0 | -- | 0 | -- | 19 | -- | 0.00 | 0.00 | -- |
| Ham | 0.5 oz | 30 | 2.5 | 1 | 0 | 10 | -- | 0 | -- | 0 | -- | 2 | -- | 0.00 | 0.12 | -- |
| Ham | 1 oz | 60 | 4.5 | 1.5 | 0 | 15 | -- | 1 | -- | 1 | -- | 4 | -- | 0.00 | 0.24 | -- |
| Ham | 2 oz | 110 | 9 | 3 | 0 | 35 | -- | 1 | -- | 1 | -- | 8 | -- | 0.00 | 0.49 | -- |
| Sausage | 0.5 oz | 50 | 4.5 | 1.5 | 0 | 15 | 160 | 0 | -- | 0 | -- | 3 | -- | 4.56 | 0.44 | -- |
| Sausage | 1 oz | 100 | 9 | 3 | 0 | 25 | 310 | 0 | -- | 0 | -- | 7 | -- | 9.13 | 0.89 | -- |
| Sausage | 2 oz | 210 | 17 | 6 | 0 | 50 | 620 | 0 | -- | 0 | -- | 13 | -- | 18.26 | 1.78 | -- |
| Bell Peppers | 0.5 oz | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0.26 | 0 | 0 | 0 | 0 | 1.20 | 0.05 | 25 |
| Bell Peppers | 1 oz | 5 | 0 | 0 | 0 | 0 | 0 | 2 | 0.53 | 1 | 0 | 0 | 0 | 2.41 | 0.11 | 55 |
| Bell Peppers | 2 oz | 15 | 0 | 0 | 0 | 0 | 0 | 3 | 1.05 | 2 | 0 | 1 | 0 | 4.82 | 0.22 | 110 |
| Jalapenos | 0.5 oz | 5 | 0 | 0 | 0 | 0 | 0 | 1 | -- | 1 | -- | 0 | 0 | 1.70 | 0.04 | 35 |
| Jalapenos | 1 oz | 10 | 0 | 0 | 0 | 0 | 0 | 2 | -- | 1 | -- | 0 | 0 | 3.40 | 0.07 | 70 |
| Jalapenos | 2 oz | 15 | 0 | 0 | 0 | 0 | 0 | 4 | -- | 2 | -- | 1 | 0 | 6.80 | 0.14 | 140 |
| Mushrooms | 0.5 oz | 5 | 0 | 0 | 0 | 0 | 0 | 0 | -- | 0 | -- | 0 | 0.03 | 0.43 | 0.07 | 45 |
| Mushrooms | 1 oz | 5 | 0 | 0 | 0 | 0 | 0 | 1 | -- | 1 | -- | 1 | 0.06 | 0.85 | 0.14 | 90 |
| Mushrooms | 2 oz | 10 | 0 | 0 | 0 | 0 | 0 | 2 | -- | 1 | -- | 2 | 0.11 | 1.70 | 0.28 | 180 |
| Red Onions | 0.5 oz | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0.24 | 1 | 0 | 0 | 0 | 3.26 | 0.03 | 20 |
| Red Onions | 1 oz | 10 | 0 | 0 | 0 | 0 | 0 | 3 | 0.48 | 1 | 0 | 0 | 0 | 6.52 | 0.06 | 40 |
| Red Onions | 2 oz | 25 | 0 | 0 | 0 | 0 | 0 | 5 | 0.96 | 2 | 0 | 1 | 0 | 13.04 | 0.12 | 85 |
| Spinach | 0.5 oz | 5 | 0 | 0 | 0 | 0 | 10 | 1 | 0.31 | 0 | 0 | 0 | 0 | 14.03 | 0.38 | 80 |
| Spinach | 1 oz | 5 | 0 | 0 | 0 | 0 | 20 | 1 | 0.62 | 0 | 0 | 1 | 0 | 28.07 | 0.77 | 160 |
| Spinach | 2 oz | 15 | 0 | 0 | 0 | 0 | 45 | 2 | 1.25 | 0 | 0 | 2 | 0 | 56.13 | 1.54 | 320 |
| Tomatoes | 0.5 oz | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0.17 | 0 | 0 | 0 | 0 | 1.42 | 0.04 | 35 |
| Tomatoes | 1 oz | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0.34 | 1 | 0 | 0 | 0 | 2.83 | 0.08 | 65 |
| Tomatoes | 2 oz | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0.68 | 1 | 0 | 0 | 0 | 5.67 | 0.15 | 135 |
| Sides (45 - 530 Cals) | | | | | | | | | | | | | | | | |
| Fresh Fruit | 1 portion | 45 | 0 | 0 | 0 | 0 | 10 | 11 | 1.32 | 9 | 0 | 1 | 0 | 11.60 | 0.29 | 230 |
| Homestyle Potatoes | 1 portion | 360 | 22 | 14 | 0 | 60 | 35 | 36 | 0 | 3 | 0 | 4 | 0 | 20.28 | 1.18 | 920 |
| Toast Options (240 - 450 Cals) | | | | | | | | | | | | | | | | |
| Sourdough | 2 slices | 300 | 16 | 3 | 0 | 0 | 420 | 33 | 1.3 | 2 | 0 | 4 | 0 | 16.92 | 1.06 | 40 |
| Unbleached White | 2 slices | 290 | 14 | 3 | 0 | 0 | 450 | 34 | 0.97 | 1 | 0 | 6 | 0 | 11.30 | 2.35 | 50 |

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|-------------------------------------|------------------|-----|----|-----|---|-----|------|----|------|---|------|----|------|--------|------|-----|
| Unbleached Wheat | 2 slices | 320 | 17 | 3.5 | 0 | 0 | 360 | 33 | 3.47 | 3 | 2.87 | 7 | 0.15 | 26.33 | 2.26 | 140 |
| Marble Rye | 2 slices | 280 | 15 | 3 | 0 | 0 | 410 | 30 | 1.66 | 1 | 0.51 | 6 | 0 | 55.21 | 1.81 | 75 |
| Jumbo Biscuit | 1 biscuit | 450 | 31 | 13 | 0 | 0 | 1140 | 38 | 1 | 3 | 0.99 | 6 | 0 | 47.52 | 2.74 | 80 |
| English Muffin | 1 English muffin | 240 | 14 | 3 | 0 | 0 | 340 | 24 | 1 | 2 | 1 | 4 | 0 | 12.90 | 1.00 | 60 |
| Meat Choices (70 - 520 Cals) | | | | | | | | | | | | | | | | |
| Hickory House Bacon | 2 slices | 70 | 6 | 2 | 0 | 15 | 230 | 0 | -- | 0 | -- | 5 | -- | 0.00 | 0.00 | -- |
| Sausage Links | 2 sausages | 160 | 15 | 6 | 0 | 30 | 270 | 1 | -- | 0 | -- | 6 | -- | 0.00 | 0.36 | -- |
| Sausage Patties | 2 sausages | 520 | 44 | 14 | 0 | 130 | 1560 | 0 | -- | 0 | -- | 33 | -- | 45.64 | 4.45 | -- |
| Turkey Sausage Patties | 2 sausages | 140 | 8 | 3 | 0 | 70 | 590 | 0 | 0 | 0 | 0 | 16 | 0 | 0.00 | 0.85 | 380 |
| Plant-Based Sausage Patties | 2 sausages | 160 | 10 | 5 | 0 | 0 | 360 | 12 | 2 | 2 | 0 | 8 | 0 | 160.00 | 2.20 | 300 |
| Ham | 6 oz | 340 | 28 | 9 | 0 | 100 | -- | 4 | -- | 4 | -- | 24 | -- | 0.00 | 1.46 | -- |