

Food Menu Report: Kitchen Breakfast

Item Name	Calories	Fat (g)	SatFat (g)	TrFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Sunrise Favorites										
Breakfast #1, 2 Eggs, Hashbrowns, Rye	910	43	21	1	450	760	100	9	2	30
Breakfast #1, 2 Eggs, Hashbrowns, Wheat	930	44	21	1	450	800	106	9	8	30
Breakfast #1, 2 Eggs, Hashbrowns, White	870	42	21	1	450	780	94	5	2	28
Breakfast #2, 2 Eggs, Bacon, Toast, Rye	900	59	27	1	470	1220	57	4	2	33
Breakfast #2, 2 Eggs, Bacon, Wheat	920	60	27	1	470	1260	63	4	8	33
Breakfast #2, 2 Eggs, Bacon, White	860	58	27	1	470	1240	51	0	2	31
Breakfast #2, 2 Eggs, Sausage Link, Rye	880	58	27	1	480	950	58	4	2	31
Breakfast #2, 2 Eggs, Sausage Link, Wheat	900	59	27	1	480	990	64	4	8	31
Breakfast #2, 2 Eggs, Sausage Link, White	840	57	27	1	480	970	52	0	2	29
Breakfast #2, 2 Eggs, Sausage Patty, Rye	940	62	27	1	500	980	57	4	2	33
Breakfast #2, 2 Eggs, Sausage Patty, Wheat	960	63	27	1	500	1020	63	4	8	33
Breakfast #2, 2 Eggs, Sausage Patty, White	900	61	27	1	500	1000	51	0	2	31
Breakfast #2, 2 Eggs, Turkey Sausage, Rye	890	52	24	1	510	1270	57	4	2	41
Breakfast #2, 2 Eggs, Turkey Sausage, Wheat	910	53	24	1	510	1310	63	4	8	41
Breakfast #2, 2 Eggs, Turkey Sausage, White	850	51	24	1	510	1290	51	0	2	39
Breakfast #3, 2 Eggs, Bacon, Hashbrowns, Rye	1090	59	27	1	470	1300	100	9	2	38
Breakfast #3, 2 Eggs, Bacon, Hashbrowns, Wheat	1110	60	27	1	470	1340	106	9	8	38
Breakfast #3, 2 Eggs, Bacon, Hashbrowns, White	1050	58	27	1	470	1320	94	5	2	36
Breakfast #3, 2 Eggs, Sausage Link, Hashbrowns, Rye	1070	58	27	1	480	1030	101	9	2	36
Breakfast #3, 2 Eggs, Sausage Link, Hashbrowns, Wheat	1090	59	27	1	480	1070	107	9	8	36
Breakfast #3, 2 Eggs, Sausage Link, Hashbrowns, White	1030	57	27	1	480	1050	95	5	2	34
Breakfast #3, 2 Eggs, Sausage Patty, Hashbrowns, Rye	1130	62	27	1	500	1060	100	9	2	38
Breakfast #3, 2 Eggs, Sausage Patty, Hashbrowns, Wheat	1150	63	27	1	500	1100	106	9	8	38
Breakfast #3, 2 Eggs, Sausage Patty, Hashbrowns, White	1090	61	27	1	500	1080	94	5	2	36
Breakfast #3, 2 Eggs, Turkey Sausage, Hashbrowns, Rye	1080	52	24	1	510	1350	100	9	2	46
Breakfast #3, 2 Eggs, Turkey Sausage, Hashbrowns, Wheat	1100	53	24	1	510	1390	106	9	8	46
Breakfast #3, 2 Eggs, Turkey Sausage, Hashbrowns, White	1040	51	24	1	510	1370	94	5	2	44
Breakfast #4, Hot Oatmeal & Rye	920	41	20	1	85	600	115	12	7	26
Breakfast #4, Hot Oatmeal & Wheat	940	42	20	1	85	640	121	12	13	26
Breakfast #4, Hot Oatmeal & White	880	40	20	1	85	620	109	8	7	24

Breakfast #5, Biscuits and Sausage Gravy, Full Order	700	29	15	0	65	2310	91	2	14	16
Breakfast #5, Biscuits and Sausage Gravy, Half Order	370	16	8	0	40	1270	47	1	7	8
Breakfast #6, Sausage Burrito with Hashbrowns	1020	54	22	0	465	1600	92	9	1	46
Breakfast #7, 3 Eggs, Bacon, Hashbrowns, Rye	1260	72	31	1	665	1640	100	9	3	48
Breakfast #7, 3 Eggs, Bacon, Hashbrowns, Wheat	1280	73	31	1	665	1680	106	9	9	48
Breakfast #7, 3 Eggs, Bacon, Hashbrowns, White	1220	71	31	1	665	1660	94	5	3	46
Breakfast #7, 3 Eggs, Sausage Link, Hashbrowns, Rye	1230	70	31	1	680	1240	102	9	3	45
Breakfast #7, 3 Eggs, Sausage Link, Hashbrowns, Wheat	1250	71	31	1	680	1280	108	9	9	45
Breakfast #7, 3 Eggs, Sausage Link, Hashbrowns, White	1190	69	31	1	680	1260	96	5	3	43
Breakfast #7, 3 Eggs, Sausage Patty, Hashbrowns, Rye	1320	76	31	1	710	1290	100	9	3	48
Breakfast #7, 3 Eggs, Sausage Patty, Hashbrowns, Wheat	1340	77	31	1	710	1330	106	9	9	48
Breakfast #7, 3 Eggs, Sausage Patty, Hashbrowns, White	1280	75	31	1	710	1310	94	5	3	46
Breakfast #7, 3 Eggs, Turkey Sausage, Hashbrowns, Rye	1230	61	27	1	725	1710	100	9	3	61
Breakfast #7, 3 Eggs, Turkey Sausage, Hashbrowns, Wheat	1250	62	27	1	725	1750	106	9	9	61
Breakfast #7, 3 Eggs, Turkey Sausage, Hashbrowns, White	1190	60	27	1	725	1730	94	5	3	59
The Works										
Breakfast, Signature Sampler, 2 Pancakes, 2 Eggs, Bacon	550	29	10	0	395	1460	44	1	12	26
Breakfast, Signature Sampler, 2 Pancakes, 2 Eggs, Sausage Link	530	28	10	0	405	1190	45	1	12	24
Breakfast, Signature Sampler, 2 Pancakes, 2 Eggs, Sausage Patty	590	32	10	0	425	1220	44	1	12	26
Breakfast, Signature Sampler, 2 Pancakes, 2 Eggs, Turkey Sausage	530	22	7	0	440	1510	44	1	12	34
Breakfast, Hy-Classic, 2 French Toast, 2 Eggs, Bacon	620	35	12	0	635	1140	40	0	7	36
Breakfast, Hy-Classic, 2 French Toast, 2 Eggs, Sausage Link	600	34	12	0	645	870	41	0	7	34
Breakfast, Smothered Hashbrowns & Marble Rye	1190	55	29	1	165	1650	129	13	6	44
Breakfast, Smothered Hashbrowns & Wheat	1210	56	29	1	165	1690	135	13	12	44
Breakfast, Smothered Hashbrowns & White	1150	54	29	1	165	1670	123	9	6	42
Breakfast, Hy-Five with Sausage Link	790	42	15	0	425	1420	67	6	6	35
Breakfast, Hy-Five with Sausage Patty	850	46	15	0	445	1450	66	6	6	37
Breakfast, Hy-Five with Turkey Sausage	790	36	12	0	455	1740	66	6	6	45
Breakfast, Country Sampler with Sausage Link	940	68	31	0.5	485	1990	45	1	7	34
Breakfast, Country Sampler with Sausage Patty	1000	72	31	0.5	505	2020	44	1	7	36
Breakfast, Country Sampler with Turkey Sausage	950	62	28	0.5	520	2310	44	1	7	44
Breakfast, Double Play with Sausage Link	710	44	16	0	425	1730	45	1	12	32
Breakfast, Double Play with Sausage Patty	770	48	16	0	445	1760	44	1	12	34
Breakfast, Double Play with Turkey Sausage	710	38	13	0	460	2050	44	1	12	42

Sandwiches										
Breakfast, Sandwich, Deli Stack	590	32	16	0.5	425	930	52	4	5	26
Breakfast, Sandwich, XL Breakfast Sandwich	980	59	24	0.5	155	1410	73	2	3	31
Breakfast, Sandwich, Muffin Melt with Bacon	460	28	11	0	220	1210	29	1	2	22
Breakfast, Sandwich, Muffin Melt with Ham	440	19	8	0	260	1910	33	1	6	32
Breakfast, Sandwich, Muffin Melt with Sausage Patty	390	21	8	0	225	820	29	1	2	18
Breakfast, Sandwich, Texas Two Hand	860	62	28	0.5	470	1850	39	0	6	37
Our Signature Skillets										
Breakfast, Chicken Fried Steak Skillet with Rye	1650	86	41	1	595	2080	152	13	2	68
Breakfast, Chicken Fried Steak Skillet with Wheat	1670	87	41	1	595	2120	158	13	8	68
Breakfast, Chicken Fried Steak Skillet with White	1610	85	41	1	595	2100	146	9	2	66
Breakfast, Country Harvest Skillet with Rye	1190	58	27	1	480	1080	127	13	5	40
Breakfast, Country Harvest Skillet with Wheat	1210	59	27	1	480	1120	133	13	11	40
Breakfast, Country Harvest Skillet with White	1150	57	27	1	480	1100	121	9	5	38
Breakfast, Ham and Cheese Skillet with Rye	1350	66	33	1	555	2100	127	12	5	60
Breakfast, Ham and Cheese Skillet with Wheat	1370	67	33	1	555	2140	133	12	11	60
Breakfast, Ham and Cheese Skillet with White	1310	65	33	1	555	2120	121	8	5	58
3-Egg Omelets										
Breakfast, Veggie Delight Omelet with Rye	1230	66	32	1.5	690	1110	111	12	7	49
Breakfast, Veggie Delight Omelet with Wheat	1250	67	32	1.5	690	1150	117	12	13	49
Breakfast, Veggie Delight Omelet with White	1190	65	32	1.5	690	1130	105	8	7	47
Breakfast, Cheesy Omelet, Hashbrowns & Rye	1210	66	32	1	695	1200	102	9	3	50
Breakfast, Cheesy Omelet, Hashbrowns & Wheat	1230	67	32	1	695	1240	108	9	9	50
Breakfast, Cheesy Omelet, Hashbrowns & White	1170	65	32	1	695	1220	96	5	3	48
Breakfast, Denver Omelet with Rye	1290	68	33	1.5	715	1580	111	11	8	56
Breakfast, Denver Omelet with eat	1310	69	33	1.5	715	1620	117	11	14	56
Breakfast, Denver Omelet with White	1250	67	33	1.5	715	1600	105	7	8	54
Breakfast, Everything Omelet, Hashbrowns, Rye	1660	101	45	1	760	2600	113	12	9	73
Breakfast, Everything Omelet, Hashbrowns, Wheat	1680	102	45	1	760	2640	119	12	15	73
Breakfast, Everything Omelet, Hashbrowns, White	1620	100	45	1	760	2620	107	8	9	71
Breakfast, Bacon & Cheese Omelet with Rye	1550	96	44	1	735	2220	102	9	3	66
Breakfast, Bacon & Cheese Omelet with Wheat	1570	97	44	1	735	2260	108	9	9	66
Breakfast, Bacon & Cheese Omelet with White	1510	95	44	1	735	2240	96	5	3	64
Ham & Cheese Omelet with Rye	1290	69	34	1	725	1820	104	9	5	59

Ham & Cheese Omelet with Wheat	1310	70	34	1	725	1860	110	9	11	59
Ham and Cheese Omelet with White	1250	68	34	1	725	1840	98	5	5	57
Sausage Link and Cheese Omelet with Rye	1410	85	40	1	735	1540	104	9	3	58
Sausage Link and Cheese Omelet with Wheat	1430	86	40	1	735	1580	110	9	9	58
Sausage Link and Cheese Omelet with White	1370	84	40	1	735	1560	98	5	3	56
Sausage Patty and Cheese Omelet with Rye	1430	85	38	1	745	1500	102	9	3	59
Sausage Patty and Cheese Omelet with Wheat	1450	86	38	1	745	1540	108	9	9	59
Sausage Patty and Cheese Omelet with White	1390	84	38	1	745	1520	96	5	3	57
Turkey Sausage and Cheese Omelet with Rye	1150	69	34	1	735	1310	73	7	1	55
Turkey Sausage and Cheese Omelet with Wheat	1340	73	34	1	735	1630	108	9	9	61
Turkey Sausage and Cheese Omelet with White	1280	71	34	1	735	1610	96	5	3	59
Beverages										
Apple Juice, 12 oz.	150	0	--	--	--	30	38	--	32	2
Apple Juice, 16 oz.	200	0	--	--	--	40	50	--	42	2
Orange Juice, 12 oz.	170	0	0	0	0	0	39	0	39	3
Orange Juice, 16 oz.	220	0	0	0	0	0	52	0	52	4
Skim Milk, 12 oz.	120	0	0	0	5	150	18	0	18	12
Skim Milk, 16 oz.	170	0	0	0	10	210	24	0	24	17
2% Milk, 12 oz.	180	8	4.5	0	30	180	18	0	17	12
2% Milk, 16 oz.	240	10	6	0	40	240	24	0	22	16
Chocolate Milk, 12 oz.	220	1	0.5	--	5	220	45	1	42	12
Chocolate Milk, 16 oz.	300	1.5	1	--	10	290	60	1	56	16
Cappuccino	250	7	7	0	0	170	44	1	34	1
Hot Cocoa	180	1.5	0	0	0	170	41	2	27	3
Hot Cocoa, 16 oz.	240	2	0	0	0	230	54	2	36	4
Hot Cocoa, 20 oz.	300	2.5	0	0	0	290	68	3	45	5
Barqs Root Beer, 12 oz.	180	0	0	0	0	75	50	0	50	0
Barqs Root Beer, 16 oz.	240	0	0	0	0	100	66	0	66	0
Caffeine Free Diet Coke, 16 oz.	0	0	0	0	0	70	0	0	0	0
Caffeine Free Diet Coke, 12 oz.	0	0	0	0	0	55	0	0	0	0
Cherry Coke, 12 oz.	170	0	0	0	0	45	45	0	45	0
Cherry Coke, 16 oz.	220	0	0	0	0	60	60	0	60	0
Coke, 12 oz.	170	0	0	0	0	40	44	0	44	0
Coke, 16 oz.	220	0	0	0	0	50	58	0	58	0

Coke Zero, 12 oz.	0	0	0	0	0	40	0	0	0	0
Coke Zero, 16 oz.	0	0	0	0	0	50	0	0	0	0
Diet Coke, 12 oz.	0	0	0	0	0	55	0	0	0	0
Diet Coke, 16 oz.	0	0	0	0	0	70	0	0	0	0
Fanta, 12 oz.	170	0	0	0	0	45	47	0	47	0
Fanta, 16 oz.	220	0	0	0	0	60	62	0	62	0
Mello Yellow, 12 oz.	170	0	0	0	0	55	47	0	47	0
Mello Yellow, 16 oz.	220	0	0	0	0	70	62	0	62	0
Sprite, 12 oz.	140	0	0	0	0	70	42	0	42	0
Sprite, 16 oz.	180	0	0	0	0	90	56	0	56	0
Iced Tea, 12 oz.	5	--	--	--	--	--	--	--	--	--
a la Carte										
Two Eggs	140	10	3	0	370	140	1	0	0	13
Egg White Scramble	70	0	0	0	0	200	0	0	0	13
Ham Steak	200	8	3.5	0	75	1550	5	0	5	22
Two Bacon Slices	180	16	6	0	20	540	0	0	0	8
Two Sausage Links	160	15	6	0	30	270	1	0	0	6
Two Sausage Patties	220	19	6	0	50	300	0	0	0	8
Two Turkey Sausage	160	9	3	0	60	590	0	0	0	16
Biscuit with Butter	370	22	13	0.5	40	570	37	1	5	6
English Muffin with Butter	140	1	0	0	0	320	28	1	1	5
Marble Rye Toast with Butter	580	33	17	1	75	540	56	4	2	12
Wheat Toast with Butter	600	34	17	1	75	580	62	4	8	12
White Toast with Butter	540	32	17	1	75	560	50	0	2	10
One Pancake	110	1.5	0	0	5	390	22	1	6	3
One French Toast	150	4.5	1.5	0	120	230	20	0	3	8
Hashbrowns	190	0	0	0	0	80	43	5	--	5
Fresh Fruit Cup	60	0	0	0	0	10	16	2	13	1