over easy

Good to know

Nutrition Guide

Full nutrition facts for every item on the Over Easy menu, from coffee and brunch'tails to omelettes, benedicts and sides.

How to read this guide

Items marked LOWEST HIGHEST have choices of sides or toast. Pick your options and your meal falls between the two rows.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

Coffee & Espresso

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
HOUSE COFFEE	**0**	0	0	0	0	0	0	0	0	0	1	0	0	0	0
PRESS COLD BREW	**0**	0	0	0	0	0	0	0	0	0	0	0	10	0	40
ICED CHAI LATTE	**120**	15	1.5	0	0	0	90	25	2	23	1	1.3	230	0.4	90
MAPLE OAT LATTE	**120**	25	2.5	0	0	0.5	55	22	1	16	1	1.1	90	0.6	300
OVER EASY ICED	**270**	170	19	12	0	76	40	20	0	19	3	0	90	0	40
ICED MOCHA	**220**	35	4	2.5	0	17	50	44	0	6	4	1.2	140	0	200
SUNDAY BEST	**100**	15	1.5	0	0	0.5	125	22	0	18	1	1.3	240	0.4	140

Other Drinks

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
FRESH-SQUEEZED ORANGE JUICE	**150**	0	0	0	0	0	0	36	0	30	2	0	20	0.3	500
MORE JUICE - APPLE	**165**	0	0	0	0	0	30	44	0	38	0	0	0	0	380
MORE JUICE - CRANBERRY	**165**	0	0	0	0	0	15	42	0	35	0	0	0	0	0
MORE JUICE - TOMATO	**80**	10	1	1	0	0	1200	15	0	15	3	0	30	1.5	1050
ICED TEA	**0**	0	0	0	0	0	0	0	0	0	0	0	0	0	0
MILK	**230**	110	12	8	0	53	160	18	0	18	12	3.8	450	0	480
HOT TEA	**0**	0	0	0	0	0	15	0	0	0	0	0	10	0	0
HOT TEA	**0**	0	0	0	0	0	15	0	0	0	0	0	10	0	0
HOT TEA	**0**	0	0	0	0	0	15	0	0	0	0	0	10	0	0
CHOCOLATE MILK	**390**	90	10	6	0	44	130	68	0	15	10	3.2	380	0	400

Organic Beverages

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
WATERMELON LEMONADE	130	0	0	0	0	0	5	31	1	29	0	0	10	0.5	60
MANDARIN CARDAMOM LIMEADE	130	0	0	0	0	0	0	30	0	30	0	0	0	0	20
PEPSI	150	0	0	0	0	0	30	41	0	41	0	0	0	0	10
DIET PEPSI	0	0	0	0	0	0	55	0	0	0	0	0	0	0	0
STARRY	150	0	0	0	0	0	35	39	0	39	0	0	0	0	0
DR. PEPPER	135	0	0	0	0	0	45	39	0	38	0	0	0	0	0
CLASSIC LEMONADE	150	0	0	0	0	0	150	40	0	40	0	0	0	0	0
MOUNTAIN DEW	170	0	0	0	0	0	50	44	0	44	0	0	0	0	0
PEPSI ZERO	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0

Vital Shots

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
FOCUS	25	0	0	0	0	0	0	6	0	4	0	0	10	0.2	40
CIRCULATION	15	0	0	0	0	0	0	5	0	3	0	0	10	0.1	90
INFLAMMATION	100	10	1	0	0	0	0	21	1	2	1	0	60	8.1	—

Brunch'tails

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
MIMOSA - CLASSIC OJ	170	0	0	0	0	0	10	13	2	8	1	0	30	0.1	250
MIMOSA - PASSION FRUIT	240	0	0	0	0	0	15	28	0	25	0	0	0	0	120
MIMOSA - PEACH	240	0	0	0	0	0	10	28	0	24	0	0	0	0	120
MIMOSA - STRAWBERRY	230	0	0	0	0	0	10	27	0	23	0	0	0	0	120
MIMOSA - BLUEBERRY	240	0	0	0	0	0	10	27	0	23	0	0	0	0	120
MIMOSA - GUAVA	240	0	0	0	0	0	15	27	0	23	0	0	0	0	120

Brunch'tails

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
MIMOSA - MANGO	240	0	0	0	0	0	15	28	0	24	0	0	0	0	120
MIMOSA - WATERMELON	260	0	0	0	0	0	20	28	0	25	0	0	0	0	150
MIMOSA FLIGHT	280	0	0	0	0	0	15	9	0	3	0	0	0	0	240
PALOMA	180	0	0	0	0	0	10	20	0	19	0	0	0	0	0
BRUNCH MULE	250	0	0	0	0	0	5	34	2	32	1	0	40	0.1	160
SUNRISE SQUEEZE	230	0	0	0	0	0	0	32	1	28	0	0	20	0.1	120
SALTY DOG	160	0	0	0	0	0	410	17	0	16	0	0	0	0	0
BLUEBERRY SMASH	240	0	0	0	0	0	30	31	0	24	0	0	10	0.3	30
YES CHEF!	220	0	0	0	0	0	0	29	2	26	1	0	30	0.1	150
BRUNCH PUNCH	190	0	0	0	0	0	15	19	0	19	0	0	0	0	20
BRUNCH PUNCH (32 OZ PITCHER)	730	0	0	0	0	0	65	67	0	62	0	0	10	0	160
ESPRESSO MARTINI	170	0	0	0	0	0	5	17	0	16	0	0	0	0	40

Bloody Marys

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
BLOODY KICKER	210	50	6	2	0	12	1610	13	2	6	6	0	20	0.3	70
SPICY PICKLE	130	0	0	0	0	0	800	7	1	4	1	0	10	0	0
THE OG	160	0	0	0	0	0	1090	13	2	7	2	0	20	0.1	20

Canned Beer

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
JOY BUS WOW WHEAT	150	0	0	0	0	0	15	13	0	0	2	0	10	0.1	100
BAD BIRDIE	150	0	0	0	0	0	15	13	0	0	2	0	10	0.1	100

Refreshers (Cold-Pressed Juice)

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
RISE & SHINE	**110**	0	0	0	0	0	20	28	1	25	0	0	20	0.4	200
GUAVA GOLD	**130**	0	0	0	0	0	25	32	0	27	1	0	20	0.3	300
MORNING BOOST (RECIPE NAMED SUNSHINE SQUEEZE)	**140**	0	0	0	0	0	20	33	1	26	1	0	30	0.9	60

Brunch Teasers

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
GOLDEN WAFFLE DOGS	**530**	330	37	12	0	46	380	41	0	30	7	4.2	50	1.6	120
BROWN BUTTER BEIGNETS	**550**	300	33	5	0	0	180	13	1	12	6	0	0	18.1	30
OLD FASHIONED DONUTS	**990**	700	78	29	0	34	420	67	1	35	5	0	50	2.9	130
EVERYTHING AVOCADO SMASH	**640**	280	31	7	0	27	2560	77	11	5	17	0	180	4.8	730
HASH BROWN BITES	**780**	490	54	14	0	132	750	46	5	1	20	0.4	290	1.7	820

As Seen on TV

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
BANANA NUT FRENCH TOAST	**1410**	750	83	42	0	391	600	140	5	83	22	0.6	100	22.6	370
CHICKEN-FRIED STEAK* LOWEST CALORIE OPTION	**1170**	700	77.5	21.5	0	462	1330	60	4	9	53	1.9	240	7.5	1520
HIGHEST CALORIE OPTION	**1370**	840	93	25.5	0	462	1630	74	3	9	55	1.9	220	6.1	860
HAM STEAK* LOWEST CALORIE OPTION	**990**	350	38.5	12.5	0	444	2650	110	6	30	55	1.8	100	21	860
HIGHEST CALORIE OPTION	**1450**	580	64	22.5	0	484	3145	168	9	42	59	1.8	320	12.5	220
CHICKEN & WAFFLE	**1340**	530	59	21	0	314	570	114	3	45	77	0.5	120	5.8	320

Omelettes

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
THE CRYING PIG* LOWEST CALORIE OPTION	1110	640	71.5	25.5	0	707	1810	58	5	5	58	3.4	700	13.5	1080
HIGHEST CALORIE OPTION	1570	870	97	35.5	0	747	2305	116	8	17	62	3.4	920	5	440
CALIFORNIA* LOWEST CALORIE OPTION	600	230	25.5	5.5	0	20	1380	62	8	3	34	0.1	180	11.7	1430
HIGHEST CALORIE OPTION	1060	460	51	15.5	0	60	1875	120	11	15	38	0.1	400	3.2	790
SOUTHWEST* LOWEST CALORIE OPTION	1000	520	57.5	19.5	0	730	1760	66	8	8	53	3.4	460	14.1	1550
HIGHEST CALORIE OPTION	1460	750	83	29.5	0	770	2255	124	11	20	57	3.4	680	5.6	910
MILE HIGH* LOWEST CALORIE OPTION	820	390	43.5	14.5	0	689	1700	60	5	6	49	3.4	440	13.5	1040
HIGHEST CALORIE OPTION	1280	620	69	24.5	0	729	2195	118	8	18	53	3.4	660	5	400
GREEN CHILE* LOWEST CALORIE OPTION	870	380	42.5	14.5	0	661	1740	83	12	13	44	3.4	460	14.4	1560
HIGHEST CALORIE OPTION	1330	610	68	24.5	0	701	2235	141	15	25	48	3.4	680	5.9	920
BUILD YOUR OWN OMELETTE* LOWEST CALORIE OPTION	640	310	34.5	6.5	0	614	990	55	4	3	30	3.4	130	13.3	900
HIGHEST CALORIE OPTION	1100	540	60	16.5	0	654	1485	113	7	15	34	3.4	350	4.8	260

Build Your Own Omelette Add-Ins

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
MEAT - CORNED BEEF	200	140	16	6	0	45	890	1	0	0	11	0	0	6	0
MEAT - BACON	130	100	11	3.5	0	23	540	0	0	0	8	0	0	0.2	90
MEAT - CHORIZO ROJO	170	140	15	5	0	40	350	3	1	1	8	0	40	1.1	0
MEAT - HAM	60	20	2	1	0	35	540	0	0	0	11	0	0	0	0
MEAT - SAUSAGE	200	170	19	7	0	20	290	1	0	0	5	0.7	10	0.3	120
MEAT - PORK CARNITAS	190	140	15	5	0	51	450	1	0	0	12	0	10	1	0
MEAT - CHICKEN SAUSAGE	40	25	2.5	0.5	0	18	135	1	0	0	4	0	10	0.3	40

Build Your Own Omelette Add-Ins

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
MEAT - CHICKEN TINGA	100	40	4.5	1.5	0	51	380	3	0	2	11	0	0	0.4	280
MEAT - ANDOUILLE	153	110	12	4.5	0	33	490	1	0	0	8	0	10	0.3	0
MEAT - PORK BELLY	90	60	7	2.5	0	16	180	1	0	0	0	0	0	0.1	70
VEGGIE - MUSHROOM	5	0	0	0	0	0	0	1	0	1	1	0	0	0.1	90
VEGGIE - SPINACH	5	0	0	0	0	0	20	1	1	0	1	0	30	0.8	160
VEGGIE - ONION	10	0	0	0	0	0	0	2	1	2	0	0	0	0.1	50
VEGGIE - RED/GREEN PEPPERS	5	0	0	0	0	0	0	2	1	1	0	0	0	0.1	60
VEGGIE - RED/GREEN PEPPERS	5	0	0	0	0	0	0	1	0	1	0	0	0	0.1	50
VEGGIE - TOMATO	5	0	0	0	0	0	0	1	0	1	0	0	0	0.1	70
VEGGIE - BLACK BEANS	50	0	0	0	0	0	60	9	3	0	3	0	20	2.2	160
VEGGIE - BROCCOLINI	25	0	0	0	0	0	25	5	3	1	2	0	50	0.6	240
VEGGIE - JALAPENOS	10	0	0	0	0	0	0	2	1	1	0	0	0	0.1	70
VEGGIE - PICO DE GALLO	10	0	0	0	0	0	0	2	1	1	0	0	10	0.1	100
VEGGIE - GARLIC	20	0	0	0	0	0	0	5	0	0	1	0	30	0.2	60
CHEESE - AMERICAN	70	50	6	3.5	0	20	300	1	0	0	3	0	220	0	0
CHEESE - CHEDDAR	60	40	4.5	2.5	0	15	90	1	0	0	3	0.1	100	0	10
CHEESE - SWISS	110	70	8	4.5	0	27	60	0	0	0	8	0.1	280	0	30
CHEESE - PEPPER JACK	100	70	8	5	0	30	180	1	0	0	7	0.2	190	0	20
CHEESE - FETA	70	50	6	3.5	0	20	320	1	0	0	4	0.1	100	0.1	20

Breakfast Favorites

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
2-EGG BREAKFAST* LOWEST CALORIE OPTION	550	220	24	5	0	364	1145	55	4	3	27	1.8	80	12.6	860
HIGHEST CALORIE OPTION	1330	760	84	28	0	407	1950	114	7	14	34	3.2	310	4	380
THE OG WOLFPACK*	880	430	48	16	0	396	2630	73	10	1	38	1.8	360	3.2	1660

Breakfast Favorites

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
LOKO MOKO*	**810**	530	59	20	0	334	410	15	1	2	48	0.9	80	6.1	890
CORNED BEEF HASH* LOWEST CALORIE OPTION	**1060**	720	80	8	0	422	1830	46	4	4	42	1.8	90	15.2	670
HIGHEST CALORIE OPTION	**1320**	810	90	14	0	462	2025	90	8	16	44	1.8	330	8.1	690
MONTE CRISTO LOWEST CALORIE OPTION	**1380**	530	58.5	28.5	0	348	2010	158	5	80	56	0.6	700	24.2	860
HIGHEST CALORIE OPTION	**1580**	670	74	32.5	0	348	2310	172	4	80	58	0.6	680	22.8	200
CHILAQUILES* - RANCHERO	**890**	380	42	18	0	457	3820	79	12	14	43	1.8	550	4.5	590
CHILAQUILES* - GREEN CHILE	**940**	440	49	18	0	457	3930	79	11	11	42	1.8	550	4.9	630
CHILAQUILES* - CHRISTMAS	**950**	440	49	18	0	457	3870	80	12	13	43	1.8	550	4.8	660
BISCUITS & GRAVY* LOWEST CALORIE OPTION	**1360**	630	69.5	23.5	1	391	5260	144	10	12	31	1.8	840	7.6	1700
HIGHEST CALORIE OPTION	**1560**	770	85	27.5	1	391	5560	158	9	12	33	1.8	820	6.2	1040
BREAKFAST SANDWICH* LOWEST CALORIE OPTION	**850**	370	41.5	12.5	0	397	1890	89	8	4	34	1.8	560	5	890
HIGHEST CALORIE OPTION	**1050**	510	57	16.5	0	397	2190	103	7	4	36	1.8	540	3.6	230
BASIL MELT* LOWEST CALORIE OPTION	**930**	370	41.5	14.5	0	513	2350	81	4	3	58	2.3	520	21.8	890
HIGHEST CALORIE OPTION	**1130**	510	57	18.5	0	513	2650	95	3	3	60	2.3	500	20.4	230
SOUTHWEST SKILLET*	**920**	570	63	22	0	454	1720	51	9	6	45	1.8	470	7.8	1110
ROLLED TACOS* - RANCHERO	**1080**	670	74	23	0	453	1230	59	12	10	43	1.8	380	4.9	500
ROLLED TACOS* - GREEN CHILE	**1095**	670	74	23	0	453	1340	59	11	7	42	1.8	380	5.2	540
CAJUN HASH*	**990**	660	73	28	0	593	1980	43	6	10	43	1.8	410	4.5	1140
STEAK & EGGS* LOWEST CALORIE OPTION	**960**	570	63.5	21.5	0	448	2020	48	8	14	53	2.1	140	7.2	1700
HIGHEST CALORIE OPTION	**1160**	710	79	25.5	0	448	2320	62	7	14	55	2.1	120	5.8	1040
BREAKFAST BURRITO* LOWEST CALORIE OPTION	**1170**	500	55.5	17.5	0	645	4330	123	11	5	45	3.4	560	10.1	2060
HIGHEST CALORIE OPTION	**1760**	950	106	34.5	0	710	5790	137	9	4	61	4.1	520	14.1	1270

Benedicts

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
TRADITIONAL* LOWEST CALORIE OPTION	1030	480	53.5	26.5	0	732	2540	89	9	4	53	1.8	340	6	880
HIGHEST CALORIE OPTION	1230	620	69	30.5	0	732	2840	103	8	4	55	1.8	320	4.6	220
AVOCADO* LOWEST CALORIE OPTION	990	720	80.5	30.5	0	683	1010	48	17	4	25	2.1	180	4.9	1850
HIGHEST CALORIE OPTION	1190	860	96	34.5	0	683	1310	62	16	4	27	2.1	160	3.5	1190
HATCH 505* LOWEST CALORIE OPTION	1350	790	87.5	38.5	1	706	2750	101	6	7	33	1.8	720	8.5	890
HIGHEST CALORIE OPTION	1550	930	103	42.5	1	706	3050	115	5	7	35	1.8	700	7.1	230
CHORIZO* LOWEST CALORIE OPTION	1270	710	78.5	35.5	0	722	2180	107	14	15	40	1.8	440	7.7	1190
HIGHEST CALORIE OPTION	1470	850	94	39.5	0	722	2480	121	13	15	42	1.8	420	6.3	530

Breakfast Cakes

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
BUTTERMILK PANCAKES (3)	920	310	34	20	0	166	1500	132	3	62	18	0.5	280	5.8	510
BUTTERMILK PANCAKES (2)	690	230	26	15	0	119	1020	101	2	52	12	0.3	200	4.4	380
BUTTERMILK PANCAKES (1)	460	160	18	11	0	72	550	69	1	43	6	0.2	130	2.9	250
LEMON RICOTTA PANCAKES (3)	700	180	20	12	0	134	510	120	4	82	13	0.4	260	4	380
LEMON RICOTTA PANCAKES (2)	570	150	17	10	0	98	370	98	4	70	9	0.3	190	3.3	330
LEMON RICOTTA PANCAKES (1)	400	120	13	8	0	61	220	68	2	52	4	0.1	120	2.4	220
PROTEIN PANCAKES (3)	1020	430	48	11	0	151	1120	123	9	59	27	0.5	330	6.7	770
PROTEIN PANCAKES (2)	820	350	39	10	0	109	780	101	7	53	19	0.4	250	5.4	590
PROTEIN PANCAKES (1)	630	280	31	9	0	67	450	79	5	46	11	0.2	160	4.1	420
CINNAMON ROLL FRENCH TOAST	910	230	26	12	0	164	530	153	2	106	13	0.6	170	5	300
BRIOCHE FRENCH TOAST	980	410	46	23	0	266	670	121	2	67	20	0.6	150	24	220
MALTED WAFFLE	570	210	23	13	0	129	440	75	1	45	8	0.4	110	3.4	240

Breakfast Cakes

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
PROTEIN WAFFLE	**520**	230	26	3	0	56	520	59	7	20	15	0.2	160	3.6	420
ADD - BANANA	**60**	0	0	0	0	0	0	16	2	8	1	0	0	0.2	240
ADD - STRAWBERRIES	**10**	0	0	0	0	0	0	2	1	2	0	0	0	0.1	30
ADD - BLUEBERRIES	**30**	0	0	0	0	0	0	8	1	6	0	0	0	0.2	40
ADD - REESE'S PIECES	**140**	60	7	4.5	0	0	55	17	1	15	4	0	20	0.1	100
ADD - M&M'S	**140**	50	6	3.5	0	4	15	20	1	18	1	0	30	0.3	70
ADD - CHOCOLATE CHIPS	**130**	70	8	4.5	0	0	0	19	2	19	2	0	0	0.7	80

Feel-Good Fuel

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
FIT CHICKEN*	**520**	300	33	6	0	27	1670	18	9	8	41	0	140	1.1	1150
PROTEIN BOWL*	**590**	340	38	7	0	423	890	27	7	6	38	1.8	160	6.2	1260
AVOCADO TOAST*	**470**	250	28	5	0	170	1200	42	9	4	16	0.9	110	10.6	750
BREAKFAST FRIED RICE*	**730**	430	48	20	0	407	1670	44	9	21	31	2.1	150	3.5	1030
VEGAN WRAP LOWEST CALORIE OPTION	**1100**	540	59.5	8.5	0	0	2340	112	14	28	44	0	340	6.8	1680
HIGHEST CALORIE OPTION	**1300**	680	75	12.5	0	0	2640	126	13	28	46	0	320	5.4	1020
OVERNIGHT OATS	**770**	320	35	7	0	0	120	107	17	47	15	0.7	170	5	900

Lunch

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
TURKEY PESTO CLUB LOWEST CALORIE OPTION	**870**	270	30.5	9.5	0	144	2670	92	7	7	63	0.2	530	20.9	850
HIGHEST CALORIE OPTION	**1070**	410	46	13.5	0	144	2970	106	6	7	65	0.2	510	19.5	190
DIRTY BIRD LOWEST CALORIE OPTION	**1090**	510	56.5	13.5	0	84	2570	105	6	9	35	1.2	70	5	960

Lunch

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
HIGHEST CALORIE OPTION	**1290**	650	72	17.5	0	84	2870	119	5	9	37	1.2	50	3.6	300
AVOCADO BLT LOWEST CALORIE OPTION	**1000**	510	56.5	12.5	0	59	2380	92	12	5	36	0	130	21.2	1520
HIGHEST CALORIE OPTION	**1200**	650	72	16.5	0	59	2680	106	11	5	38	0	110	19.8	860
CHOP SALAD LOWEST CALORIE OPTION	**950**	450	49.5	11.5	0	96	1620	101	17	56	38	0	230	5.2	1730
HIGHEST CALORIE OPTION	**1150**	590	65	15.5	0	96	1920	115	16	56	40	0	210	3.8	1070
BCB* LOWEST CALORIE OPTION	**1210**	580	64.5	26.5	0	223	3060	78	5	7	55	0.4	290	6.9	1320
HIGHEST CALORIE OPTION	**1410**	720	80	30.5	0	223	3360	92	4	7	57	0.4	270	5.5	660
PATTY MELT* LOWEST CALORIE OPTION	**1180**	540	59.5	20.5	0	165	2740	100	9	13	62	0.4	530	25	1850
HIGHEST CALORIE OPTION	**1380**	680	75	24.5	0	165	3040	114	8	13	64	0.4	510	23.6	1190
TACO SALAD LOWEST CALORIE OPTION	**960**	450	49.5	11.5	0	134	1380	77	15	5	60	0.1	330	7.7	1650
HIGHEST CALORIE OPTION	**1160**	590	65	15.5	0	134	1680	91	14	5	62	0.1	310	6.3	990

Sides

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
MEAT - BACON	**210**	140	16	6	0	35	810	1	0	1	13	0	0	0.3	140
MEAT - SAUSAGE LINK	**400**	350	39	14	0	40	580	2	0	0	10	1.4	20	0.6	240
MEAT - HAM	**150**	45	5	2.5	0	88	1340	0	0	0	28	0	0	0	0
MEAT - CHICKEN SAUSAGE	**80**	40	4.5	1	0	37	270	1	0	1	7	0	10	0.7	80
POTATO - POTATOES O'BRIEN	**150**	30	3.5	0.5	0	0	480	28	3	2	3	0	20	1.4	660
POTATO - TATER TOTS	**350**	170	19	4.5	0	0	780	42	2	2	5	0	0	0	0
POTATO - HASH BROWNS	**200**	35	4	0.5	0	0	840	35	5	0	5	0	0	0.8	710
POTATO - SWEET POTATOES	**280**	70	8	0	0	0	470	47	7	21	2	0	50	0.9	420

Sides

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
TOAST - ENGLISH MUFFIN	**260**	10	1	0	0	15	390	58	5	1	8	0	240	1.9	10
TOAST - SOURDOUGH	**130**	10	1	0	0	0	270	25	1	0	6	0	0	9	0
TOAST - SOURDOUGH (FULL SIDE, 2 SLICES)	**260**	20	2	0	0	0	540	50	2	0	12	0	0	18	0
TOAST - BISCUIT	**520**	230	25	9	1	27	1350	64	2	3	3	0	610	3.6	0
TOAST - HOUSE BREAD	**160**	25	2.5	0	0	0	270	28	2	0	7	0	30	9	0
TOAST - HOUSE BREAD (FULL SIDE, 2 SLICES)	**320**	45	5	0	0	0	540	56	4	0	14	0	60	18	0
CORNED BEEF HASH	**740**	570	63	4.5	0	95	1430	20	3	4	25	0	40	4.6	550
1 BISCUIT & GRAVY	**780**	420	47	19	1	63	1970	80	2	10	12	1.3	770	3.9	210
FRESH FRUIT	**80**	0	0	0	0	0	30	22	2	18	1	0	20	0.6	340
QUINOA CRUNCH	**220**	90	10	1.5	0	0	75	29	5	7	5	0	40	2	210
SPICY COTTAGE CHEESE	**90**	25	2.5	1.5	0	10	640	5	0	5	13	0	100	0.1	30
1 FRESH EGG*	**90**	70	8	1.5	0	164	60	0	0	0	6	0.9	20	0.8	60
GRILLED BURGER PATTY	**290**	210	23	8	0	80	75	0	0	0	20	0.1	20	2.2	310
STICKY RICE (1 PORTION)	**210**	10	1	0	0	0	400	44	0	0	4	0	0	1.8	50
EGG WHITE	**80**	30	3.5	0	0	0	140	0	0	0	9	0	10	0	140
VEGAN SAUSAGE (2 PATTIES)	**220**	130	14	5	0	0	620	8	2	0	12	0	140	2.6	380
AVOCADO	**80**	60	7	1	0	0	0	4	3	0	1	0	10	0.3	240
TENDERLOIN MEDALLIONS (6 OZ)	**420**	280	31	10	0	91	800	0	0	0	36	0	30	3.4	420
GRILLED CHICKEN BREAST (5 OZ)	**100**	70	8	1.5	0	17	5160	1	0	0	7	0	0	0.2	110

Sauces

ITEM	CALORIES	CAL. FROM FAT	TOTAL FAT g	SAT. FAT g	TRANS FAT g	CHOLEST. mg	SODIUM mg	TOTAL CARBS g	FIBER g	SUGARS g	PROTEIN g	VITAMIN D mcg	CALCIUM mg	IRON mg	POTASSIUM mg
COUNTRY GRAVY	**80**	45	5	2.5	0	9	160	4	0	2	2	0.3	40	0.1	50
GREEN CHILI	**5**	0	0	0	0	0	35	2	0	0	0	0	0	0.1	20
HOLLANDAISE SAUCE	**170**	160	18	10	0	150	105	0	0	0	2	0	10	0.3	10
MUSHROOM GRAVY	**15**	10	1	0.5	0	2.5	35	1	0	0	0	0	0	0.1	40
RANCH DRESSING	**160**	150	17	2.5	0	16	180	2	0	1	1	0	20	0	30
RANCHERO	**10**	0	0	0	0	0	10	2	1	1	0	0	0	0	10
RED EYE GRAVY	**20**	5	0.5	0	0	1.5	45	3	0	3	0	0	0	0	30
STRAWBERRY JAM	**40**	0	0	0	0	0	0	11	0	11	0	0	0	0	10
BUTTER CUP (1)	**90**	90	10	6	0	25	75	0	0	0	0	0	0	0	0
SPICY MAYO	**170**	160	18	2.5	0	16	130	3	0	2	0	0	0	0	0
CILANTRO CREMA	**50**	40	4.5	3	0	18	95	1	0	1	1	0	10	0	0
CHIPOTLE HOLLANDAISE	**170**	160	18	10	0	150	120	1	0	0	2	0	10	0.3	10
HERB AIOLI	**50**	50	6	1	0	5	70	1	0	0	0	0	0	0	10

Good to know

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Items marked with an asterisk may be cooked to order.
Nutrition values are calculated from standard recipes and may vary with preparation, portioning and ingredient substitutions. Guests with food allergies should speak with a manager before ordering. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.