

The EGG&I™

BREAKFAST BRUNCH LUNCH

NUTRITION INFORMATION GUIDE

The nutritional information seen here was prepared by a 3rd party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA nutrient database for standard reference and information from product manufacturer variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional value.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Menu Item

Menu Item	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
French Toast (No Hardwood-Smoked Bacon or Syrup)	200	30	3.5	1.0	0	75	300	35	2	6	8
Scrambled Egg & Bacon (No Toast or Seasoned Ranch Potatoes)	190	130	15	3.0	4.5	395	270	1	0	0	14
Scrambled Egg & Bacon: Add Seasoned Ranch Potatoes	130	50	5	1.5	0	0	560	19	2	0	2
Kids Meals (continued)											
Ham & Cheese Omelette (No Toast or Fruit)	180	90	10	3.5	0	25	530	2	0	1	20
Macaroni & Cheese (No Fruit)	300	80	9	2.5	0	10	650	44	2	8	10
Add Hardwood-Smoked Bacon	40	35	3.5	1.5	0	10	150	0	0	0	3
Add Thick-Cut, Whole-Grain Toast	230	70	8	2.5	0	0	310	35	2	6	7
Add Fresh Fruit	40	0	0	0	0	0	5	10	0	8	0
Add Syrup	190	0	0	0	0	0	0	48	0	43	0
Substitute Pork Sausage	210	180	20	7	0	40	390	1	0	1	7
Sides & Small Plates											
Plain Grits with Butter - Bowl	310	130	14	6	0	0	670	44	2	0	5
Plain Grits with Butter - Cup	160	60	7	3.0	0	0	340	22	0	0	2
Cheesy Grits (Jack & Cheddar) - Bowl	420	210	23	11	0	25	840	45	2	0	11
Cheesy Grits (Jack & Cheddar) - Cup	210	100	12	5	0	10	420	22	0	0	5
Fresh, Seasonal Fruit - Bowl	180	0	0.5	0	0	0	25	45	4	37	2
Fresh, Seasonal Fruit - Cup	90	0	0	0	0	0	15	23	2	19	1
Seasoned Ranch Potatoes	260	100	11	3.0	0	0	1120	38	4	2	4
Seasoned Ranch Potatoes with Jack and Cheddar	370	170	20	8	0	25	1290	39	4	2	10
Loaded Seasoned Ranch Potatoes	540	290	33	14	0	60	1930	44	4	3	20
Biscuit & Gravy	390	170	20	10	2.5	10	1630	47	0	5	8
Biscuit with Margarine	390	250	28	14	0	0	780	35	0	4	5
Thick-Cut, Whole-Grain Toast with Butter	230	70	8	2.5	0	0	310	35	2	6	7
English Muffin with Butter	160	45	5.0	1.5	0	0	270	24	0	0	5
Sourdough Toast with Butter	350	90	10	3.0	0	0	610	56	2	2	10
Rye Toast with Butter	330	90	11	3.0	0	0	830	50	4	4	10
Croissant with Butter	430	240	28	15	0.5	55	380	40	1	6	6
Steel-cut Oatmeal - Bowl	390	40	4.5	1.5	0	5	50	82	6	50	7
Steel-cut Oatmeal - Cup	310	25	3.0	1.0	0	5	45	67	4	50	5
Hardwood-Smoked Bacon	120	90	11	4.0	0	25	440	0	0	0	8
Smoked Ham	100	40	4.5	1.5	0	45	900	3	0	1	15
Pork Sausage Patty	420	360	40	14	0	80	780	2	0	2	14
Turkey Sausage Patty	180	130	14	4.0	0	80	580	0	0	0	14
Dressed Greens	60	30	3.5	0	0	0	85	5	2	3	1
Eggs (1) - Scrambled	150	100	11	3.0	0	385	130	1	0	0	11
Eggs (2) - Scrambled	300	200	23	6	0	770	260	1	0	1	23
Egg Whites (1) - Scrambled	50	10	1.5	0	0	0	160	1	0	0	10
Egg Whites (2) - Scrambled	110	25	2.5	0	0	0	310	1	0	1	20
Yogurt	180	25	2.5	2.0	0	15	125	30	0	29	9
Beverages											
Premium Coffee - Regular (Whole Pot)	5	0	0	0	0	0	10	0	0	0	1
Premium Coffee - Decaf (Whole Pot)	0	0	0	0	0	0	10	0	0	0	1
Iced Coffee (2% Milk)	180	35	4.0	2.5	0	15	100	27	0	26	8

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Iced Coffee (Skim Milk)	140	0	0	0	0	4	90	27	0	26	8
Hot Tea - Black	0	0	0	0	0	0	5	1	0	0	0
Hot Tea - Green	0	0	0	0	0	0	0	0	0	0	1
Beverages (continued)											
Hot Tea - Herbal	0	0	0	0	0	0	0	0	0	0	0
Iced Tea	0	0	0	0	0	0	5	1	0	0	0
Iced Sweet Tea	90	0	0	0	0	0	10	24	0	23	0
Arnold Palmer	45	0	0	0	0	0	35	13	0	12	0
Lemonade	90	0	0	0	0	0	65	25	0	24	0
Hot Chocolate	200	50	6	5.0	0	0	280	38	1	31	1
Skim Milk - Large	160	0	0	0	0	10	190	23	0	23	15
Skim Milk - Small	80	0	0	0	0	5	105	12	0	12	8
2% Milk - Large	230	80	9	6	0	35	220	22	0	23	15
2% Milk - Small	120	45	5.0	3.0	0	20	115	12	0	12	8
Chocolate Milk - Large	300	40	4.5	3.0	0	30	410	51	0	49	15
Chocolate Milk - Small	160	20	2.5	1.5	0	15	220	27	0	26	8
Coca Cola	100	0	0	0	0	0	30	27	0	27	0
Coke Zero	0	0	0	0	0	0	30	0	0	0	0
Diet Coke	0	0	0	0	0	0	30	0	0	0	0
Mello Yellow	110	0	0	0	0	0	30	31	0	31	0
Pibb Xtra	90	0	0	0	0	0	25	26	0	26	0
Root Beer	110	0	0	0	0	0	45	30	0	30	0
Sprite	100	0	0	0	0	0	20	25	0	22	0
Juices											
100% Pure Squeezed Orange Juice - Large	210	10	1.0	0	0	0	0	48	0	39	3
100% Pure Squeezed Orange Juice - Small	110	0	0	0	0	0	0	26	0	21	2
Grapefruit Juice - Large	190	0	0	0	0	0	65	45	0	39	2
Grapefruit Juice - Small	100	0	0	0	0	0	35	24	0	21	1
Apple Juice - Large	230	0	0	0	0	0	65	56	0	53	0
Apple Juice - Small	120	0	0	0	0	0	35	30	0	28	0
Cranberry Juice - Large	210	0	0	0	0	0	10	53	0	53	0
Cranberry Juice - Small	110	0	0	0	0	0	0	28	0	28	0
Tomato Juice - Large	80	0	0	0	0	0	1180	19	4	11	4
Tomato Juice - Small	45	0	0	0	0	0	630	10	2	6	2
From the Juice Bar											
Kale Cooler	170	0	0	0	0	0	35	40	3	25	5
Pineapple Tonic	140	0	0	0	0	0	10	34	0	26	1
Orchard Roots	110	0	0	0	0	0	90	26	0	21	2



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