



Nutrition Guide

updated November 2018

BRUNCH

All Day Brunch		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ham Biscuit Benedict	Includes: Biscuit, Hickory-Smoked Ham, Hollandaise Sauce, Green Onions, Fresh Cut Fruit	440	210	23	13	0.5	50	1740	44	2	16	16
	*Plus, Choice of Farm Fresh Eggs (2):											
	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	13
	Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	14
	Scrambled	160	110	11	3.5	0	420	280	1	0	0	12
*Plus, Choice of Side:	Hashbrowns	200	110	12	2	1.5	0	160	28	3	1	2
	Homefries	250	150	17	2.5	0.5	0	690	24	2	2	3
Pot Roast Hash	Includes: Slow Roasted Pot Roast, Homefries, Cheddar Cheese, Green Onions	580	350	39	14	1.5	95	1280	28	4	3	30
	*Plus, Choice of Farm Fresh Eggs (2):											
	Egg Whites	60	0	0	0	0	0	200	<1	0	<1	13
	Freshly Cracked	200	150	16	4	0	370	140	<1	0	0	14
	Scrambled	160	110	11	3.5	0	420	280	1	0	0	12

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