

Breakfast Classics Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Prot (g)	Vit D (mcg)	Calc % DV	Iron % DV	Pot % DV
Southern Morning																
Southern Morning with Basted Eggs	1 platter	1650	108	61	2.5	580	6160	145	7	12	4	31	2	20	35	35
Southern Morning with Egg Whites	1 platter	1680	111	66	3	245	6310	146	7	12	4	31	0	15	20	35
Southern Morning with Over Easy, Medium, Hard Eggs	1 platter	1650	108	61	2.5	580	6160	145	7	12	4	31	2	20	35	35
Southern Morning with Poached Eggs	1 platter	1620	104	58	2.5	570	6160	145	7	12	4	31	2	20	35	35
Southern Morning with Scrambled Eggs	1 platter	1840	126	70	3	800	6350	145	7	12	4	38	3	20	40	35
Southern Morning with Sunny Side Up	1 platter	1650	108	61	2.5	580	6160	145	7	12	4	31	2	20	35	35
Half Order Southern Morning																
Half Order Southern Morning with Basted Egg	1 platter	830	54	30	1	290	3080	73	4	6	2	16	1	10	15	15
Half Order Southern Morning with Egg White	1 platter	870	58	35	1.5	130	3200	73	4	6	2	17	0	8	10	20
Half Order Southern Morning with Over Easy, Medium, Hard Egg	1 platter	830	54	30	1	290	3080	73	4	6	2	16	1	8	15	15
Half Order Southern Morning with Poached Egg	1 platter	810	52	29	1	285	3080	73	4	6	2	16	1	8	15	15
Half Order Southern Morning with Scrambled Egg	1 platter	980	68	38	1.5	500	3230	73	4	6	2	22	2	10	20	20
Half Order Southern Morning with Sunny Side Up	1 platter	830	54	30	1	290	3080	73	4	6	2	16	1	8	15	15
Sunrise Burrito																
Sunrise Burrito with Fruit	1 platter	1420	106	54	2	780	2130	76	4	20	1	46	3	45	50	20
Sunrise Burrito with Hash Browns	1 platter	1760	134	72	3	855	4040	97	6	9	1	48	3	45	50	25
Chicken Fried Steak and Eggs																
Chicken Fried Steak and Basted Eggs	1 platter	1950	121	57	4	665	6120	161	6	8	2	60	2	20	80	45
Chicken Fried Steak and Egg Whites	1 platter	1970	124	62	4.5	330	6270	162	6	9	2	60	0	15	70	45
Chicken Fried Steak and Over Easy, Medium, Hard Eggs	1 platter	1950	121	57	4	665	6120	161	6	8	2	60	2	20	80	45
Chicken Fried Steak and Poached Eggs	1 platter	1910	116	54	3.5	655	6120	161	6	8	2	60	2	20	80	45
Chicken Fried Steak and Scrambled Eggs	1 platter	2130	139	67	4.5	885	6310	161	6	8	2	66	3	20	90	45
Chicken Fried Steak and Sunny Side Up Eggs	1 platter	1950	121	57	4	665	6120	161	6	8	2	60	2	20	80	45
French Toast																
Brioche French Toast with Bacon	1 platter	1130	48	21	0.5	460	1250	145	3	53	49	28	19	10	20	8
Brioche French Toast with Ham Steak	1 platter	1340	65	26	0.5	515	2730	147	3	54	50	38	4	15	20	15
Brioche French Toast with Impossible Sausage	1 platter	1190	50	22	0.5	430	1410	151	5	51	47	30	4	20	35	15
Brioche French Toast with Sausage Links	1 platter	1360	73	29	0.5	500	1460	144	3	51	47	29	5	10	20	10
Brioche French Toast with Sausage Patties	1 platter	1510	80	31	1	560	2350	143	3	51	47	51	4	15	40	6
Brioche French Toast with Turkey Sausage	1 platter	1130	44	20	1	505	1380	144	3	52	47	34	4	15	15	10
Sweet Cream Pancakes																
Sweet Cream Pancakes with Bacon	1 platter	1270	35	12	0.5	65	3340	216	0	64	58	26	16	45	50	10
Sweet Cream Pancakes with Ham Steak	1 platter	1480	52	17	0.5	115	4810	218	0	65	60	37	0	45	60	15
Sweet Cream Pancakes with Impossible Sausage	1 platter	1330	37	13	0.5	35	3500	222	2	62	56	28	0	50	60	15
Sweet Cream Pancakes with Sausage Links	1 platter	1500	60	21	0.5	100	3550	215	0	62	57	27	2	45	50	10
Sweet Cream Pancakes with Sausage Patties	1 platter	1650	67	22	1	160	4440	214	0	62	56	49	0	45	70	6
Sweet Cream Pancakes with Turkey Sausage	1 platter	1270	31	11	1	105	3470	216	0	63	56	32	0	45	50	10
Half Order Sweet Cream Pancakes																
Half Order Sweet Cream Pancake with Bacon	1 platter	800	24	10	0.5	50	1740	135	0	41	39	13	8	20	30	6
Half Order Sweet Cream Pancake with Ham Steak	1 platter	900	32	13	0.5	75	2470	136	0	42	39	18	0	20	30	8
Half Order Sweet Cream Pancake with Impossible Sausage	1 platter	830	25	10	0.5	35	1820	138	1	40	38	14	0	25	35	8
Half Order Sweet Cream Pancake with Sausage Link	1 platter	910	36	14	0.5	65	1840	134	0	41	38	14	1	20	30	6
Half Order Sweet Cream Pancake with Sausage Patty	1 platter	990	40	15	0.5	95	2290	134	0	40	38	25	0	25	40	4
Half Order Sweet Cream Pancake with Turkey Sausage	1 platter	800	22	9	0.5	70	1800	134	0	41	38	16	0	25	20	6
Add Ons																
Blueberries	2 oz	80	4	4	0	0	0	12	1	10	4	1	0	0	0	1
Chocolate Chips	2 oz	320	19	13	0	0	0	42	4	34	34	0	0	0	8	0

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Biscuit and Gravy																
Biscuits and Sausage Gravy	1 platter	1130	59	32	0	55	3370	127	3	14	8	20	0	15	30	8