

Breakfast Omelet Nutritional Information

Item Name	Ingredient Statement	Allergen Statement
Ham & Cheese Omelet with Hash Browns		
Ham & Cheese Omelet with Biscuit, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Biscuit (Enriched Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner [Enzymes]), Clarified Butter (Butteroil), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid])).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with English Muffin, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid])).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with Marble Rye Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Rye Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Yeast, Soybean Oil, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with Pancakes, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Xanthan Gum, Ethyl Vanillin), Clarified Butter (Butteroil), Water, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Soybean Oil, Defatted Soy Flour, Dextrose, Less than 2% of: Buttermilk, Natural and Artificial Flavor, Nonfat Milk, Salt, Yellow 5, Yellow 6, Yellow 6 Lake), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Butter (Pasteurized Cream, Salt), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid])).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with Sourdough Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid])), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with Wheat Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Ancient & Whole Grain Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Whole Grain Triticale Flour, Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Yeast, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with White Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with Fruit		

Breakfast Omelet Nutritional Information

Ham & Cheese Omelet with Biscuit, Fruit	Large Cage-Free Egg, Biscuit (Enriched Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner [Enzymes]), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with English Muffin, Fruit	Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with Marble Rye Toast, Fruit	Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Water, Rye Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Yeast, Soybean Oil, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with Pancakes, Fruit	Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Xanthan Gum, Ethyl Vanillin), Water, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Soybean Oil, Defatted Soy Flour, Dextrose, Less than 2% of: Buttermilk, Natural and Artificial Flavor, Nonfat Milk, Salt, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Butter (Pasteurized Cream, Salt).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with Sourdough Toast, Fruit	Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Pineapple, Grapes, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with Wheat Toast, Fruit	Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Clarified Butter (Butteroil), Ancient & Whole Grain Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Whole Grain Triticale Flour, Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Cantaloupe, Honeydew Melon, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Water, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Yeast, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Ham & Cheese Omelet with White Toast, Fruit	Large Cage-Free Egg, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Water, Pineapple, Grapes, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with Hash Browns		
Fresh from the Garden Omelet with Biscuit, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Biscuit (Enriched Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner [Enzymes]), Clarified Butter (Butteroil), Red Onion, Tomato, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Mushrooms, Green Bell Pepper, Red Bell Pepper, Spinach, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]).	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with English Muffin, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Red Onion, Tomato, Mushrooms, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Spinach, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]).	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelet Nutritional Information

Fresh from the Garden Omelet with Marble Rye Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Red Onion, Tomato, Water, Rye Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Mushrooms, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Spinach, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Yeast, Soybean Oil, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with Pancakes, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Xanthan Gum, Ethyl Vanillin), Clarified Butter (Butteroil), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Soybean Oil, Defatted Soy Flour, Dextrose, Less than 2% of: Buttermilk, Natural and Artificial Flavor, Nonfat Milk, Salt, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Red Onion, Tomato, Butter (Pasteurized Cream, Salt), Mushrooms, Green Bell Pepper, Red Bell Pepper, Spinach, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]).	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with Sourdough Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Red Onion, Tomato, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Mushrooms, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Spinach, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with Wheat Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Ancient & Whole Grain Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Whole Grain Triticale Flour, Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Red Onion, Tomato, Water, Mushrooms, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Spinach, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Yeast, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with White Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Red Onion, Tomato, Water, Mushrooms, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Spinach, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with Fruit		
Fresh from the Garden Omelet with Biscuit, Fruit	Large Cage-Free Egg, Biscuit (Enriched Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner [Enzymes]), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Tomato, Strawberries, Pineapple, Grapes, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Mushrooms, Green Bell Pepper, Red Bell Pepper, Spinach.	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with English Muffin, Fruit	Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Tomato, Strawberries, Pineapple, Grapes, Mushrooms, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Spinach.	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with Marble Rye Toast, Fruit	Large Cage-Free Egg, Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Tomato, Strawberries, Pineapple, Grapes, Water, Rye Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Mushrooms, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Spinach, Yeast, Soybean Oil, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with Pancakes, Fruit	Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Xanthan Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Soybean Oil, Defatted Soy Flour, Dextrose, Less than 2% of: Buttermilk, Natural and Artificial Flavor, Nonfat Milk, Salt, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Tomato, Strawberries, Pineapple, Grapes, Butter (Pasteurized Cream, Salt), Mushrooms, Green Bell Pepper, Red Bell Pepper, Spinach.	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelet Nutritional Information

Fresh from the Garden Omelet with Sourdough Toast, Fruit	Large Cage-Free Egg, Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Tomato, Strawberries, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pineapple, Grapes, Mushrooms, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Spinach, Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with Wheat Toast, Fruit	Large Cage-Free Egg, Clarified Butter (Butteroil), Ancient & Whole Grain Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Whole Grain Triticale Flour, Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Cantaloupe, Honeydew Melon, Red Onion, Tomato, Strawberries, Pineapple, Grapes, Water, Mushrooms, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Spinach, Yeast, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Fresh from the Garden Omelet with White Toast, Fruit	Large Cage-Free Egg, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Tomato, Strawberries, Water, Pineapple, Grapes, Mushrooms, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Spinach, Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with Hash Browns		
Country Harvest Omelet with Biscuit, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Biscuit (Enriched Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner [Enzymes]), Clarified Butter (Butteroil), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid])).	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with English Muffin, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid])).	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with Marble Rye Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Rye Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Yeast, Soybean Oil, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with Pancakes, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Xanthan Gum, Ethyl Vanillin), Clarified Butter (Butteroil), Water, Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Soybean Oil, Defatted Soy Flour, Dextrose, Less than 2% of: Buttermilk, Natural and Artificial Flavor, Nonfat Milk, Salt, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Butter (Pasteurized Cream, Salt), Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid])).	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with Sourdough Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelet Nutritional Information

Country Harvest Omelet with Wheat Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Ancient & Whole Grain Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Whole Grain Triticale Flour, Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Yeast, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with White Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with Fruit		
Country Harvest Omelet with Biscuit, Fruit	Large Cage-Free Egg, Biscuit (Enriched Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner [Enzymes]), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with English Muffin, Fruit	Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene).	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with Marble Rye Toast, Fruit	Large Cage-Free Egg, Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Water, Rye Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Yeast, Soybean Oil, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with Pancakes, Fruit	Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Xanthan Gum, Ethyl Vanillin), Water, Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Soybean Oil, Defatted Soy Flour, Dextrose, Less than 2% of: Buttermilk, Natural and Artificial Flavor, Nonfat Milk, Salt, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Butter (Pasteurized Cream, Salt), Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with Sourdough Toast, Fruit	Large Cage-Free Egg, Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Pineapple, Grapes, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
Country Harvest Omelet with Wheat Toast, Fruit	Large Cage-Free Egg, Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Clarified Butter (Butteroil), Ancient & Whole Grain Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Whole Grain Triticale Flour, Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Cantaloupe, Honeydew Melon, Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Water, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Yeast, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelet Nutritional Information

Country Harvest Omelet with White Toast, Fruit	Large Cage-Free Egg, Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color]), Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Water, Pineapple, Grapes, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with Hash Browns		
The Works Omelet with Biscuit, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Biscuit (Enriched Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner [Enzymes]), Clarified Butter (Butteroil), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color]), Potato Starch, Powdered Cellulose [Anti-Caking], Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]).	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with English Muffin, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color]), Potato Starch, Powdered Cellulose [Anti-Caking], Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]).	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with Marble Rye Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color]), Potato Starch, Powdered Cellulose [Anti-Caking], Water, Rye Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpernickel Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Yeast, Soybean Oil, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with Pancakes, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Xanthan Gum, Ethyl Vanillin), Clarified Butter (Butteroil), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Soybean Oil, Defatted Soy Flour, Dextrose, Less than 2% of: Buttermilk, Natural and Artificial Flavor, Nonfat Milk, Salt, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color]), Potato Starch, Powdered Cellulose [Anti-Caking], Butter (Pasteurized Cream, Salt), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]).	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with Sourdough Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color]), Potato Starch, Powdered Cellulose [Anti-Caking], Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelet Nutritional Information

The Works Omelet with Wheat Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Ancient & Whole Grain Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Whole Grain Triticale Flour, Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Yeast, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with White Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with Fruit		
The Works Omelet with Biscuit, Fruit	Large Cage-Free Egg, Biscuit (Enriched Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner [Enzymes]), Cantaloupe, Honeydew Melon, Clarified Butter (Butteroil), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with English Muffin, Fruit	Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Cantaloupe, Honeydew Melon, Clarified Butter (Butteroil), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with Marble Rye Toast, Fruit	Large Cage-Free Egg, Cantaloupe, Honeydew Melon, Clarified Butter (Butteroil), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Water, Rye Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpnickel Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper, Yeast, Soybean Oil, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with Pancakes, Fruit	Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Xanthan Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Soybean Oil, Defatted Soy Flour, Dextrose, Less than 2% of: Buttermilk, Natural and Artificial Flavor, Nonfat Milk, Salt, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Cantaloupe, Honeydew Melon, Clarified Butter (Butteroil), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Butter (Pasteurized Cream, Salt), Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with Sourdough Toast, Fruit	Large Cage-Free Egg, Cantaloupe, Honeydew Melon, Clarified Butter (Butteroil), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pineapple, Grapes, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Green Bell Pepper, Red Bell Pepper, Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelet Nutritional Information

The Works Omelet with Wheat Toast, Fruit	Large Cage-Free Egg, Ancient & Whole Grain Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Whole Grain Triticale Flour, Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Cantaloupe, Honeydew Melon, Clarified Butter (Butteroil), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Water, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper, Yeast, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
The Works Omelet with White Toast, Fruit	Large Cage-Free Egg, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cantaloupe, Honeydew Melon, Clarified Butter (Butteroil), Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Water, Pineapple, Grapes, Bacon (Cured with Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pork Sausage Patty (Pork, Water, Salt, Spices, Sugar, BHA, BHT, Propyl Gallate, Citric Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Mushrooms, Tomato, Red Onion, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper, Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with Hash Browns		
The Denver Omelet with Biscuit, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Biscuit (Enriched Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner [Enzymes]), Clarified Butter (Butteroil), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]).	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with English Muffin, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]).	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with Marble Rye Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Rye Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpnickel Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Yeast, Soybean Oil, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with Pancakes, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Xanthan Gum, Ethyl Vanillin), Clarified Butter (Butteroil), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Soybean Oil, Defatted Soy Flour, Dextrose, Less than 2% of: Buttermilk, Natural and Artificial Flavor, Nonfat Milk, Salt, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Butter (Pasteurized Cream, Salt), Green Bell Pepper, Red Bell Pepper, Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]).	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with Sourdough Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelet Nutritional Information

The Denver Omelet with Wheat Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Ancient & Whole Grain Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Whole Grain Triticale Flour, Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Yeast, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with White Toast, Hash Browns	Shredded Hash Browns (Potatoes. Contains 2% or less of Dextrose, Salt, Sodium Acid Pyrophosphate Added To Maintain Color), Large Cage-Free Egg, Clarified Butter (Butteroil), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Water, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Salt & Pepper Seasoning & Tenderizer (Pink Himalayan Salt, Black Pepper, Sodium Bicarbonate, Canola Oil [Processing Aid]), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with Fruit		
The Denver Omelet with Biscuit, Fruit	Large Cage-Free Egg, Biscuit (Enriched Flour [Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Palm Oil, Palm Kernel Oil, Sugar, Buttermilk, Sodium Aluminum Phosphate, Baking Soda, Salt, Sodium Acid Pyrophosphate, Dextrose, Dough Conditioner [Enzymes]), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with English Muffin, Fruit	Large Cage-Free Egg, English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Contains 2% or Less of the Following: Cornmeal, Sugar, Wheat Gluten, Distilled Vinegar, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Cultured Wheat Flour, Fumaric Acid, Enzymes, Mineral Oil [Processing Aid], Non-GMO Soybean Oil, Organic Skim Milk), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene).	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with Marble Rye Toast, Fruit	Large Cage-Free Egg, Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Water, Rye Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate [CSL], Calcium Propionate [Preservative], Molasses Powder [Molasses, Wheat Starch], Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes [Contains Wheat], Potassium Iodate, Ascorbic Acid [Vitamin C], Natural Flavor), Pumpnickel Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate [Preservative], Ground Dill Seed, Enzymes [Contains Wheat], Ascorbic Acid [Vitamin C]), Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Yeast, Soybean Oil, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with Pancakes, Fruit	Large Cage-Free Egg, Pancake & Waffle Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Contains Less Than 2% of Natural & Artificial Flavors, Sodium Benzoate [Preservative], Salt, Caramel Color, Xanthan Gum, Ethyl Vanillin), Water, Pancake Mix (Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Leavening [Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate], Soybean Oil, Defatted Soy Flour, Dextrose, Less than 2% of: Buttermilk, Natural and Artificial Flavor, Nonfat Milk, Salt, Yellow 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Butter (Pasteurized Cream, Salt), Green Bell Pepper, Red Bell Pepper.	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with Sourdough Toast, Fruit	Large Cage-Free Egg, Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pineapple, Grapes, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Nonfat Milk Powder (Nonfat Dry Milk, Lactose), Soybean Oil, Sea Salt (Salt, Magnesium Carbonate), Dry Instant Yeast Gold (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
The Denver Omelet with Wheat Toast, Fruit	Large Cage-Free Egg, Clarified Butter (Butteroil), Ancient & Whole Grain Bread Mix (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Oat Meal, Whole Wheat Flour, Sugar, Flaxseed, Chopped Rye, Sunflower Seeds, Wheat Gluten, Wheat Bran, Cracked Wheat, Contains Less than 2% of Millet, Salt, Soybean Oil, Barley Flakes, Cultured Wheat [Wheat Flour, Water, Sour Dough Cultures], Whole Grain Triticale Flour, Whole Grain Yellow Corn Flour, Quinoa, Molasses Powder [Molasses, Wheat Starch], Enzymes, Lactic Acid, Calcium Lactate), Cantaloupe, Honeydew Melon, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Pineapple, Grapes, Water, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Yeast, Nonfat Dry Milk, Soy Flour, Dried Egg (Whole Egg, Sodium Silicoaluminate).	Contains Egg, Milk, Soy, Wheat.

Breakfast Omelet Nutritional Information

The Denver Omelet with White Toast, Fruit	Large Cage-Free Egg, Unbleached Enriched Malted Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Clarified Butter (Butteroil), Cantaloupe, Honeydew Melon, Smoked Ham Steak (Cured with: Water, Salt, Sugar, Contains 2% of less of Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Sodium Lactate. Sodium Diacetate, Flavor), Red Onion, Mild Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Vegetable Color], Potato Starch, Powdered Cellulose [Anti-Caking], Strawberries, Water, Pineapple, Grapes, Green Bell Pepper, Red Bell Pepper, Liquid Butter Alternative (Soybean Oil, Palm Oil, Natural Flavor, Soy Lecithin, Beta Carotene), Sea Salt (Salt, Magnesium Carbonate), Dry Malt (Malted Barley, Wheat Flour, Dextrose), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Egg, Milk, Soy, Wheat.
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