

Breakfast Omelet 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
Ham & Cheese Omelet with Hash Browns																
Ham & Cheese Omelet with Biscuit, Hash Browns	1 platter	1780	143	73	3	800	4210	92	4	8	5	40	3	30	40	20
Ham & Cheese Omelet with English Muffin, Hash Browns	1 platter	1460	121	61	3	800	3270	62	4	4	2	38	3	25	35	20
Ham & Cheese Omelet with Marble Rye Toast, Hash Browns	1 platter	1500	122	61	3	800	3350	66	5	4	2	39	3	30	35	20
Ham & Cheese Omelet with Pancakes, Hash Browns	1 platter	1750	121	66	3.5	830	3780	131	3	32	29	38	3	35	40	20
Ham & Cheese Omelet with Sourdough Toast, Hash Browns	1 platter	1500	122	61	3	800	3360	69	4	4	1	37	3	25	30	20
Ham & Cheese Omelet with Wheat Toast, Hash Browns	1 platter	1520	123	61	3	800	3300	69	6	6	4	41	3	25	40	25
Ham & Cheese Omelet with White Toast, Hash Browns	1 platter	1510	121	61	3	800	3410	72	4	4	1	40	3	25	40	20
Ham & Cheese Omelet with Fruit																
Ham & Cheese Omelet with Biscuit, Fruit	1 platter	1450	114	56	2	730	2300	71	3	19	5	38	3	30	35	15
Ham & Cheese Omelet with English Muffin, Fruit	1 platter	1130	92	43	2	725	1350	41	3	14	2	36	3	25	35	15
Ham & Cheese Omelet with Marble Rye Toast, Fruit	1 platter	1160	94	44	2	725	1430	45	3	14	2	37	3	30	35	15
Ham & Cheese Omelet with Pancakes, Fruit	1 platter	1410	93	48	2.5	760	1870	110	2	43	29	36	3	35	35	15
Ham & Cheese Omelet with Sourdough Toast, Fruit	1 platter	1170	94	43	2	725	1450	48	3	15	1	35	3	25	30	15
Ham & Cheese Omelet with Wheat Toast, Fruit	1 platter	1190	95	44	2	725	1390	48	5	17	4	39	3	25	35	15
Ham & Cheese Omelet with White Toast, Fruit	1 platter	1170	92	43	2	725	1490	51	3	15	1	38	3	25	35	15
Fresh from the Garden Omelet with Hash Browns																
Fresh from the Garden Omelet with Biscuit, Hash Browns	1 platter	1580	124	65	3	745	3400	97	6	10	4	29	3	15	40	25
Fresh from the Garden Omelet with English Muffin, Hash Browns	1 platter	1260	102	53	3	740	2450	66	6	6	1	27	3	10	35	25
Fresh from the Garden Omelet with Marble Rye Toast, Hash Browns	1 platter	1300	104	53	3	740	2530	71	6	6	1	28	3	15	35	25
Fresh from the Garden Omelet with Pancakes, Hash Browns	1 platter	1550	103	58	3.5	775	2960	136	5	34	28	27	3	20	40	25
Fresh from the Garden Omelet with Sourdough Toast, Hash Browns	1 platter	1310	104	53	3	740	2550	74	6	6	0	26	3	10	30	25
Fresh from the Garden Omelet with Wheat Toast, Hash Browns	1 platter	1320	105	53	3	740	2490	74	7	8	3	29	3	10	40	25
Fresh from the Garden Omelet with White Toast, Hash Browns	1 platter	1310	102	53	3	740	2590	76	6	6	0	29	3	10	40	25
Fresh from the Garden Omelet with Fruit																
Fresh from the Garden Omelet with Biscuit, Fruit	1 platter	1250	96	48	2	670	1490	76	4	21	4	27	3	15	35	20
Fresh from the Garden Omelet with English Muffin, Fruit	1 platter	930	74	35	2	670	540	45	4	17	1	25	3	10	35	15
Fresh from the Garden Omelet with Marble Rye Toast, Fruit	1 platter	960	76	36	2	670	620	50	5	16	0	26	3	15	35	15
Fresh from the Garden Omelet with Pancakes, Fruit	1 platter	1210	75	40	2.5	700	1050	114	3	45	28	25	3	20	35	15
Fresh from the Garden Omelet with Sourdough Toast, Fruit	1 platter	970	76	35	2	670	640	53	4	17	0	24	3	10	30	15
Fresh from the Garden Omelet with Wheat Toast, Fruit	1 platter	990	77	36	2	670	580	52	6	19	3	27	3	10	35	20
Fresh from the Garden Omelet with White Toast, Fruit	1 platter	970	74	35	2	670	680	55	4	17	0	27	3	10	35	15
Country Harvest Omelet with Hash Browns																
Country Harvest Omelet with Biscuit, Hash Browns	1 platter	1890	151	76	3	825	4190	95	5	9	4	47	3	30	45	20
Country Harvest Omelet with English Muffin, Hash Browns	1 platter	1570	129	63	3	825	3250	65	5	5	1	45	3	25	45	20
Country Harvest Omelet with Marble Rye Toast, Hash Browns	1 platter	1610	130	64	3	825	3330	69	6	5	1	46	3	30	45	20
Country Harvest Omelet with Pancakes, Hash Browns	1 platter	1860	129	68	3.5	855	3760	134	4	33	28	45	3	35	45	20
Country Harvest Omelet with Sourdough Toast, Hash Browns	1 platter	1610	130	64	3	825	3340	72	5	5	0	44	3	25	40	20
Country Harvest Omelet with Wheat Toast, Hash Browns	1 platter	1630	131	64	3	825	3290	72	7	7	3	48	3	30	45	20
Country Harvest Omelet with White Toast, Hash Browns	1 platter	1620	129	63	3	825	3390	75	5	5	0	47	3	25	45	20
Country Harvest Omelet with Fruit																
Country Harvest Omelet with Biscuit, Fruit	1 platter	1560	123	58	2	750	2280	74	4	20	4	45	3	30	45	15
Country Harvest Omelet with English Muffin, Fruit	1 platter	1240	101	46	2	750	1330	43	4	16	1	43	3	25	40	15
Country Harvest Omelet with Marble Rye Toast, Fruit	1 platter	1270	102	46	2	750	1410	48	4	16	0	44	3	30	40	15
Country Harvest Omelet with Pancakes, Fruit	1 platter	1520	101	51	2.5	785	1850	113	3	44	28	43	3	35	45	15
Country Harvest Omelet with Sourdough Toast, Fruit	1 platter	1280	102	46	2	750	1430	51	4	16	0	42	3	25	35	15
Country Harvest Omelet with Wheat Toast, Fruit	1 platter	1300	103	46	2	750	1370	51	6	18	3	46	3	25	45	15
Country Harvest Omelet with White Toast, Fruit	1 platter	1280	101	46	2	750	1480	53	4	16	0	45	3	25	45	15

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The Works Omelet with Hash Browns																
The Works Omelet with Biscuit, Hash Browns	1	1700	132	66	2.5	770	4120	95	5	10	5	44	11	30	40	25
The Works Omelet with English Muffin, Hash Browns	1	1390	110	53	2.5	770	3170	65	5	6	2	42	11	25	40	25
The Works Omelet with Marble Rye Toast, Hash Browns	1	1420	112	54	2.5	770	3250	69	5	5	2	43	11	30	40	25
The Works Omelet with Pancakes, Hash Browns	1	1670	111	58	3	805	3690	134	4	34	30	42	11	35	40	25
The Works Omelet with Sourdough Toast, Hash Browns	1	1430	111	53	2.5	770	3270	72	5	6	1	41	11	25	35	25
The Works Omelet with Wheat Toast, Hash Browns	1	1450	113	54	2.5	770	3210	72	7	8	4	45	11	25	40	25
The Works Omelet with White Toast, Hash Browns	1	1430	110	53	2.5	770	3320	75	5	6	2	44	11	25	40	25
The Works Omelet with Fruit																
The Works Omelet with Biscuit, Fruit	1	1370	104	48	1.5	700	2210	74	4	20	5	42	11	30	40	15
The Works Omelet with English Muffin, Fruit	1	1050	82	36	1.5	700	1260	44	3	16	2	40	11	25	35	15
The Works Omelet with Marble Rye Toast, Fruit	1	1090	84	36	1.5	700	1340	48	4	16	2	41	11	30	35	15
The Works Omelet with Pancakes, Fruit	1	1340	83	41	2	730	1770	113	2	45	30	40	11	35	40	15
The Works Omelet with Sourdough Toast, Fruit	1	1100	83	36	1.5	700	1360	51	4	17	1	39	11	25	30	15
The Works Omelet with Wheat Toast, Fruit	1	1110	85	36	1.5	700	1300	51	5	19	4	43	11	25	40	20
The Works Omelet with White Toast, Fruit	1	1100	82	36	1.5	700	1400	54	3	16	1	42	11	25	40	15
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
The Denver Omelet with Hash Browns																
The Denver Omelet with Biscuit, Hash Browns	1	1740	138	72	3	785	3890	96	5	9	4	37	3	30	40	25
The Denver Omelet with English Muffin, Hash Browns	1	1420	116	59	3	785	2950	65	5	5	2	35	3	25	35	20
The Denver Omelet with Marble Rye Toast, Hash Browns	1	1460	118	60	3	785	3030	70	6	5	1	36	3	30	35	20
The Denver Omelet with Pancakes, Hash Browns	1	1700	117	64	3.5	820	3460	134	4	34	29	35	3	35	35	20
The Denver Omelet with Sourdough Toast, Hash Browns	1	1460	117	59	3	785	3040	73	5	6	1	35	3	35	30	29
The Denver Omelet with Wheat Toast, Hash Browns	1	1480	119	60	3	785	2980	72	7	7	3	38	3	25	35	25
The Denver Omelet with White Toast, Hash Browns	1	1470	116	59	3	785	3090	75	5	5	1	37	3	25	40	20
The Denver Omelet with Fruit																
The Denver Omelet with Biscuit, Fruit	1	1400	110	54	2	715	1980	75	4	20	4	35	3	30	35	15
The Denver Omelet with English Muffin, Fruit	1	1090	88	42	2	715	1030	44	4	16	2	33	3	25	35	15
The Denver Omelet with Marble Rye Toast, Fruit	1	1120	90	42	2	715	1110	48	4	16	1	34	3	30	30	15
The Denver Omelet with Pancakes, Fruit	1	1370	89	47	2.5	745	1550	113	3	45	29	33	3	35	35	15
The Denver Omelet with Sourdough Toast, Fruit	1	1130	89	42	2	715	1130	52	4	17	1	33	3	30	25	20
The Denver Omelet with Wheat Toast, Fruit	1	1150	91	42	2	715	1070	51	6	18	3	36	3	25	35	15
The Denver Omelet with White Toast, Fruit	1	1130	88	42	2	715	1170	54	4	16	1	35	3	25	35	15