

Fast and Fresh Breakfast Nutritional Information

Item Name	PLU	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
<b>Fast and Fresh Breakfast Sandwiches</b>																	
Morning Melt Sandwich with Bacon	21103	1 sandwich	340	19	7	0	150	900	26	1	2	2	18	9	10	15	4
Morning Melt Sandwich with Sausage	21105	1 sandwich	450	30	11	0	170	940	26	1	2	1	18	1	10	15	4
Bagel Sandwich with Bacon	21102	1 sandwich	430	17	6	0	145	990	50	2	2	2	22	1	15	20	4
Bagel Sandwich with Sausage	21100	1 sandwich	570	31	11	0	170	1140	51	2	3	2	24	1	20	20	6
Ultimate Bagel Sandwich	21542	1 sandwich	680	38	13	0	190	1370	53	4	4	2	28	1	15	20	6
Croissant Sandwich with Bacon	21108	1 sandwich	410	24	11	0	165	1280	32	2	5	3	17	1	10	10	2
Croissant Sandwich with Sausage	21106	1 sandwich	540	37	16	0	190	1440	32	2	5	4	20	1	15	15	4
French Toast Sandwich with Bacon	21123	1 sandwich	450	25	8	0	215	860	38	1	13	12	19	1	15	15	4
French Toast Sandwich with Sausage	21122	1 sandwich	590	38	13	0	240	1020	39	2	13	12	21	1	15	15	6
Waffle Sandwich with Sausage	21603	1 sandwich	690	49	19	0	195	1120	43	1	15	13	20	1	10	10	4
Waffle Sandwich with Bacon	21604	1 sandwich	550	36	14	0	170	970	42	1	14	13	18	1	10	6	2
Biscuit Sandwich with Bacon	21111	1 sandwich	590	33	18	0	150	1720	56	1	5	4	18	1	15	15	4
Biscuit Sandwich with Sausage	21109	1 sandwich	720	47	22	0	170	1870	56	1	6	4	21	1	15	20	6
Farmhouse Sandwich with Bacon	21544	1 sandwich	690	34	12	0	295	1660	58	0	0	0	35	2	30	35	6
Farmhouse Sandwich with Sausage	21543	1 sandwich	950	61	22	0	340	1960	59	0	1	1	41	2	35	35	10
Biscuit with Sausage	21119	1 sandwich	570	34	17	0	35	1450	55	1	5	4	12	0	6	15	4
<b>Market Grille Express Breakfast Sandwiches</b>																	
Ultimate Bagel Sandwich	21991	1 sandwich	780	42	16	0	305	1830	62	5	7	5	43	18	20	35	10
Farmhouse Sandwich with Bacon	21093	1 sandwich	700	35	14	0	430	1800	58	0	2	2	42	18	35	40	10
Farmhouse Sandwich with Sausage	20728	1 sandwich	900	56	21	0	465	1880	57	0	1	1	43	2	35	40	10
Morning Melt Sandwich with Bacon	21094	1 sandwich	320	17	7	0	215	860	25	1	2	2	19	9	10	15	4
Morning Melt Sandwich with Sausage	20706	1 sandwich	420	27	11	0	235	900	25	1	1	1	19	1	15	15	4
Bagel Sandwich with Bacon	21971	1 sandwich	440	18	7	0	215	1060	50	2	3	3	25	9	20	30	6
Bagel Sandwich with Sausage	21972	1 sandwich	540	28	11	0	235	1100	50	2	2	2	25	1	20	30	6
Croissant Sandwich with Bacon	21975	1 sandwich	410	24	12	0	235	1360	32	2	6	4	20	9	15	15	4
Croissant Sandwich with Sausage	21976	1 sandwich	510	34	16	0	255	1400	31	2	5	4	21	1	15	15	4
French Toast Sandwich with Bacon	21977	1 sandwich	700	53	15	0	285	1050	38	1	14	13	22	9	15	15	6
French Toast Sandwich with Sausage	21978	1 sandwich	800	64	18	0	305	1090	38	1	13	12	22	1	15	15	6
Waffle Sandwich with Bacon	21979	1 sandwich	800	64	21	0	240	1150	42	1	15	14	21	9	10	10	4
Waffle Sandwich with Sausage	21980	1 sandwich	900	75	25	0	260	1190	42	1	14	13	21	1	10	10	4
<b>Fast and Fresh Breakfast Entrees</b>																	
Bacon and Gouda Egg Bite	21473	1 egg bite	350	29	16	1	255	520	10	0	3	1	14	1	15	6	4
Spinach and Feta Egg Bite	21471	1 egg bite	210	14	7	0	40	450	9	1	2	0	12	0	10	0	4
Breakfast Bowl, Sausage & Bacon	21533	1 bowl	770	52	22	0	355	2160	40	5	2	1	37	2	40	15	20
Breakfast Burrito	21532	1 burrito	970	52	21	0	340	2520	87	7	3	1	39	2	30	35	20
<b>Market Grille Express Breakfast Entrees</b>																	
Biscuits and Sausage Gravy, Half	20717	1 biscuit + 4 oz gravy	520	34	15	0	30	1270	44	1	4	2	8	0	6	10	2
Biscuits and Sausage Gravy, Full	20705	2 biscuits + 10 oz gravy	1110	72	31	0	70	2790	92	2	9	3	19	0	10	30	6
Breakfast Burrito	20739	1 burrito	1000	61	23	0	620	1960	67	5	5	2	48	19	35	40	15
Breakfast Quesadilla	21078	1 quesadilla	1050	68	30	0	650	2070	54	4	5	2	60	19	70	40	15
Breakfast Bowl	23007	1 bowl	1040	81	27	0.5	465	2040	40	5	4	2	42	18	35	20	20
Good Start with Bacon	20703	1 container	610	43	12	0	400	1160	34	3	2	2	25	18	6	20	20
Good Start with Sausage	20704	1 container	820	63	19	0	435	1240	33	4	1	1	26	2	8	20	20
Pancakes	23010	2 pancakes	690	9	0	0	0	2360	138	--	37	32	14	0	35	40	6
Loaded Breakfast Bowl	21638	1 bowl	1100	84	29	0.5	475	2280	44	5	5	2	43	18	35	20	25
Bacon and Gouda Egg Bite	21470	1 egg bite	350	29	16	1	255	520	10	0	3	1	14	1	15	6	4

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Spinach and Feta Egg Bite	21467	1 egg bite	210	14	7	0	40	450	9	1	2	0	12	0	10	0	4
<b>Sides</b>																	
Hash Brown Patties	21115	2 hash browns	210	13	1.5	0	0	550	24	2	1	0	2	0	2	0	8
Hash Brown Patties, fried	21920	2 hash browns	260	18	2.5	0	0	550	24	2	1	0	2	0	2	0	8
<b>a la Carte Items</b>																	
Sausage Gravy	20746	1/2 cup	140	8	4	0	30	540	10	0	2	0	4	0	2	0	2
Bacon	21016	2 strips	140	12	4	0	30	460	2	0	2	2	10	16	0	6	4
Cheese	21047	1 slice	60	5	3.5	0	15	310	--	0	0	0	4	0	8	0	0
Egg	21050	1 egg bite	70	5	1.5	0	185	70	0	0	0	0	6	1	2	6	2
Sausage Patties	20742	2 patties	340	33	11	0	65	540	1	0	1	1	11	0	2	6	4