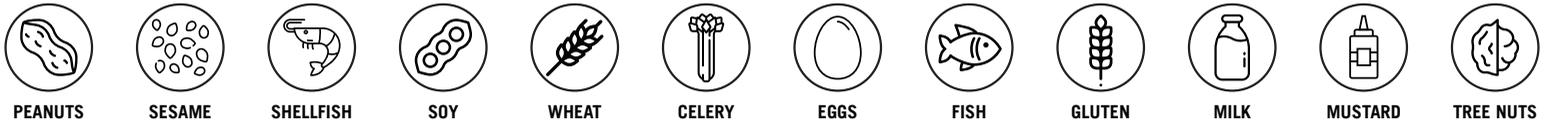


ALLERGEN GUIDE

2021 HOLIDAY LTO MENU

The allergens & intolerances identified in this guide are:



Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or special dietary request.

Menu Item	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Celery	Mustard	Sesame	Gluten
Red Medicine												
Million Dollar Bacon												
Pecan Cinnamon Roll	X		X			X	X	X				X
Pecans							X					
Brown Sugar Caramel Sauce			X			X						
Crème Anglaise	X		X				X					
Cinnamon Roll	X		X			X		X				X
Million Dollar Breakfast Sammy	X		X			X		X		X		X
English Muffin			X			X		X				X
Whipped Butter			X			X						
Pork Sausage Patty												
Smoked Gouda Cheese			X									
Million Dollar Bacon												
Cage Free Egg	X											
Margarine			X			X						
Arugula												
Mike's Hot Honey												
Organic Spring Mix												
Lemon White Balsamic Vinaigrette										X		
Short Rib Poutine Hash	X		X			X		X	X			X
Beef Short Rib									X			
Crimini Mushrooms												
Shallots												
Fresh, Seasoned Potatoes w/ Onions												
Cheese Curds			X									
Mozzarella Cheese			X									
Cage-Free Eggs	X											
Margarine			X			X						
Demi-Glace			X			X		X	X			X
Fresh Herb Mix												
Cinnamon Chip Pancake Breakfast	X		X			X		X				X
Cinnamon Chip Pancakes	X		X			X		X				X
Whipped Butter			X			X						
Syrup												
Cage Free Eggs	X											
Margarine			X			X						
Bacon												
Chicken Sausage Patty												
Pork Sausage Link												
Turkey Sausage Link												

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Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.

NUTRITION GUIDE & ALLERGEN QR CODE

2021 HOLIDAY LTO MENU

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PEANUTS



SESAME



SHELLFISH



SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

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Menu Item	Calories (cal)	Calories From Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Aided Sugars (g)	Protein (g)
Red Medicine	170	0	0	0	0	0	10	43	0	41	0	0
Million Dollar Bacon	510	130	15	5	0	30	430	90	0	81	81	7
Caramel Pecan Cinnamon Roll	740	250	28	13	0	30	860	121	4	67	64	9
Million Dollar Breakfast Sandwich	880	480	54	19	0	285	1280	70	4	41	28	26
Short Rib Poutine Hash	1130	690	78	31	0	550	2860	54	4	4	0	52
Cinnamon Chip Pancake Breakfast	1150	560	63	42	0	140	1110	124	2	88	13	19
Side of Cage-Free Whole Eggs	190	140	15	5	0	425	190	1	0	0	0	13
Side of Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Side of Chicken Sausage Patty	90	50	6	2.0	0	35	280	2	0	1	1	8
Side of Pork Sausage Link	230	200	23	8	0	40	340	0	0	0	0	6
Side of Turkey Sausage Links	110	70	8	2.0	0	40	390	0	0	0	0	9
Side of Regular Syrup	150	0	0	0	0	0	10	38	0	38	38	0

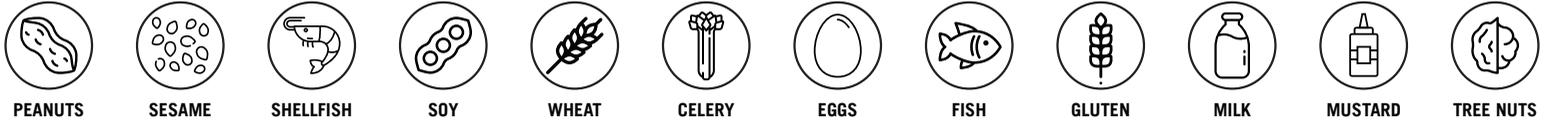
2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The nutritional information seen here was prepared by a third party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

ALLERGEN GUIDE

2022 HOLIDAY LTO TEST MENU

The allergens & intolerances identified in this guide are:



Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or special dietary request.

Menu Item	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Celery	Mustard	Sesame	Gluten
Cranberry Crush												
Million Dollar Bacon												
Gingerbread Spiced Donuts	X		X			X	X	X				X
Donut Holes	X		X			X		X				X
Margarine			X			X						
Crème Anglaise	X		X				X					
Salted Caramel Toffee Sauce			X									
Powdered Cinnamon Sugar												
Barbacoa Breakfast Burrito	X		X			X		X				X
Whole Wheat Tortilla								X				X
Beef Barbacoa												
Scrambled Cage-Free Eggs	X											
Margarine			X			X						
Fresh Seasoned Potatoes w/ Onions												
Black Beans												
Cheddar and Monterey Jack Cheese			X									
Red Chile Hollandaise			X									
Lime Crema			X									
Pico de Gallo												
Smashed Avocado												
Cotija Cheese			X									
Fresh Cilantro												
Pork Green Chile Hash	X		X			X		X				X
Shredded Pork												
Fresh Seasoned Potatoes w/ Onions												
Cheddar and Monterey Jack Cheese			X									
Fire-Roasted Green Chile Sauce												
Lime Crema			X									
Cage-Free Eggs	X											
Margarine			X			X						
House Pickled Onions												
Cilantro												
Wheat-Corn Tortillas								X				X
Cinnamon Chip Pancake Breakfast	X		X			X		X				X
Cinnamon Chip Pancakes	X		X			X		X				X
Whipped Butter			X			X						
Syrup												
Cage Free Eggs	X											
Margarine			X			X						
Bacon												
Chicken Sausage Patty												
Pork Sausage Link												
Turkey Sausage Link												

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NUTRITION GUIDE & ALLERGEN QR CODE

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Menu Item	Calories (cal)	Calories From Fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Aided Sugars (g)	Protein (g)
Cranberry Crush	140	0	0	0	0	0	15	36	0	32	5	0
Million Dollar Bacon	510	130	15	5	0	30	430	90	0	81	81	7
Gingerbread Spiced Donuts	1170	550	62	29	0	140	1510	141	4	87	74	14
Pork Green Chile Hash	1120	570	65	22	0	525	3810	83	8	10	0	44
Barbacoa Breakfast Burrito	1190	620	71	28	0.5	525	3360	98	18	9	0	43
Cinnamon Chip Pancake Breakfast	1150	560	63	42	0	140	1110	124	2	88	13	19
Side of Cage-Free Whole Eggs	190	140	15	5	0	425	190	1	0	0	0	13
Side of Egg Whites	60	0	0	0	0	0	200	1	0	0	0	13
Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Side of Chicken Sausage Patty	90	50	6	2	0	35	280	2	0	1	1	8
Side of Pork Sausage Link	230	200	23	8	0	40	340	0	0	0	0	6
Side of Turkey Sausage Links	110	70	8	2	0	40	390	0	0	0	0	9
Side of Regular Syrup	150	0	0	0	0	0	10	38	0	38	38	0

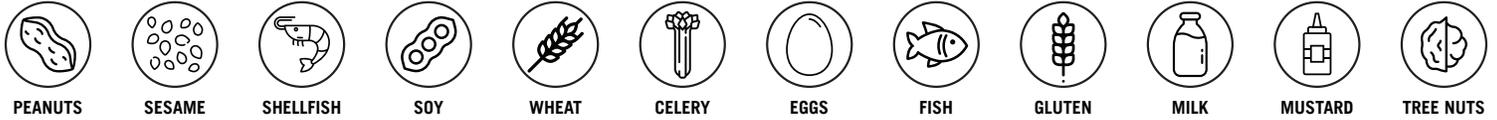
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CORE MENU ALLERGEN GUIDE

This allergen guide applies to all First Watch Restaurants except #97 Winter Garden and #164 Summerfield.

The allergens & intolerances identified in this guide are:



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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Classic Favorites												
The Traditional Breakfast: Cage-Free Whole Eggs	X		X			X						
Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												
The Traditional Breakfast: Egg Whites	X					X						
Egg Whites	X											
Vegetable Oil Spray						X						
Chive and Parsley Herb Mix												
The Traditional Breakfast: Bacon												
The Traditional Breakfast: Chicken Sausage												
The Traditional Breakfast: Smoked Ham								X				
The Traditional Breakfast: Pork Sausage												
The Traditional Breakfast: Turkey Sausage												
The Traditional Breakfast: Fresh, Seasoned Potatoes w/ Onions												
The Traditional Breakfast: Whole Grain Toast w/ Preserves				X		X	X					X
Whole Grain Artisan Toast							X					X
Whipped Butter			X			X						
Strawberry Preserves												
Tri-fecta: Plain Multigrain Pancake	X	X				X	X					X
Pancake Batter	X	X				X	X					X
Whipped Butter			X			X						

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Tri-fecta: Belgian Waffle	X		X			X		X				X
Waffle Batter	X		X			X		X				X
Whipped Butter			X			X						
Berry Compote												
Powdered Cinnamon Sugar												
Tri-fecta: Bacon												
Tri-fecta: Chicken Sausage												
Tri-fecta: Pork Sausage												
Tri-fecta: Turkey Sausage												
Tri-fecta: Cage-Free Whole Eggs	X		X			X						
Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												
Tri-fecta: Egg Whites	X					X						
Egg Whites	X											
Vegetable Oil Spray						X						
Chive and Parsley Herb Mix												
The Healthier Side												
Avocado Toast	X		X			X	X					X
Whole Grain Artisan Toast								X				X
Avocado												
Lemon												
Extra Virgin Olive Oil												
Maldon Sea Salt												
Cage-Free Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												

CORE MENU ALLERGEN GUIDE - This allergen guide applies to all First Watch Restaurants except #97 Winter Garden and #164 Summerfield.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Power Wrap	X		X			X		X				X
Tomato Basil Tortilla						X		X				X
Egg Whites	X											
Vegetable Oil Spray						X						
Turkey												
Crimini Mushrooms												
Spinach												
Mozzarella Cheese			X									
Pico de Gallo												
Fresh , Seasonal Fruit												
Healthy Turkey	X		X			X		X				X
Turkey												
Feta Cheese			X									
Egg Whites	X											
Vegetable Oil Spray						X						
Onions												
Spinach												
Tomatoes												
Whole Grain Artisan Toast								X				X
Strawberry Preserves												
Tri-Athlete	X					X		X				X
Egg Whites	X											
Vegetable Oil Spray						X						
Green Chiles												
Crimini Mushrooms												
Tomatoes												
Onions												
Pico de Gallo												
Whole Grain Artisan Toast								X				X
Strawberry Preserves												
A.M. Superfoods Bowl							X	X				X
Coconut Milk Chia Seed Pudding							X					
Blackberry Preserves												
Bananas												
Blueberries												
Strawberries												
Granola							X	X				X
Whole Grain Artisan Toast								X				X
Almond Butter							X					
Maldon Sea Salt												
Steel-cut Oatmeal with Pecans (No Muffin)			X				X	X				X
Steel-cut Oats								X				X
Pecans							X					
Bananas												
Strawberries												
Brown Sugar												
Milk			X									
Sunrise Granola Bowl (No Muffin)			X				X	X				X
Greek Vanilla Yogurt			X									
Fresh, Seasonal Fruit												
Granola							X	X				X
Powdered Cinnamon Sugar												
Banana Nut Muffin	X		X				X	X				X
Blueberry Muffin	X		X					X				X
Carrot Pecan Muffin	X		X				X	X				X
Chocolate Chip Muffin	X		X		X			X				X
Lemon Chia Muffin	X		X					X				X
Orange Cranberry Muffin	X		X					X				X

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Egg-sclusives												
Chickichanga	X		X			X		X				X
Flour Tortilla								X				X
Chicken												
Chorizo Sausage												
Eggs	X											
Margarine			X			X						
Avocado												
Cheddar Jack Cheese			X									
Green Chilies												
Onions												
Vera Cruz Sauce			X									
Sour Cream			X									
Fresh Seasonal Fruit												
Fresh, Seasoned Potatoes w/ Onions												
Classic Benedict	X		X			X		X	X	X		X
Toasted Ciabatta								X				X
Whipped Butter			X			X						
Eggs	X											
Ham									X			
Tomatoes												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Florentine Benedict	X		X			X		X		X		X
Toasted Ciabatta								X				X
Whipped Butter			X			X						
Eggs	X											
Spinach												
Tomatoes												
Avocado												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
BLT Benedict	X		X			X		X		X		X
Toasted Ciabatta								X				X
Whipped Butter			X			X						
Eggs	X											
Arugula												
Lemon White Balsamic Vinaigrette										X		
Avocado												
Bacon												
Tomatoes												
Hollandaise			X									
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Smoked Salmon Benedict	X	X	X			X		X		X		X
Toasted Ciabatta								X				X
Whipped Butter			X			X						
Eggs	X											
Smoked Salmon		X										
Onions												
Hollandaise			X									
Tomatoes												
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		

CORE MENU ALLERGEN GUIDE - This allergen guide applies to all First Watch Restaurants except #97 Winter Garden and #164 Summerfield.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Elevated Egg Sandwich	X	X			X	X		X	X	X		X
Brioche Bun	X	X			X		X					X
Whipped Butter		X			X							
Mayonnaise	X								X			
Egg	X											
Margarine		X			X							
Bacon												
Avocado												
Gruyere Cheese		X										
Arugula												
Lemon White Balsamic Vinaigrette									X			
Fresh, Seasoned Potatoes w/ Onions												
Farm Stand Breakfast Tacos	X	X			X	X		X				X
Corn & Flour Blend Tortillas							X					X
Chicken												
Chorizo Sausage												
Cheddar Jack Cheese		X										
Eggs	X											
Margarine		X			X							
Avocado												
Black Beans												
Pico de Gallo												
Biscuits And Turkey Sausage Gravy with Eggs	X	X			X	X	X	X				X
Buttered Biscuits		X			X	X	X					X
Turkey Sausage Gravy		X			X	X	X	X				X
Eggs	X											
Margarine		X			X							
Chive and Parsley Herb Mix												
Fresh, Seasoned Potatoes w/ Onions												
Farmhouse Skillet Hash	X	X			X	X						X
Fresh, Seasoned Potatoes w/ Onions												
Eggs	X											
Avocado												
Bacon												
Cheddar Jack Cheese		X										
Margarine		X			X							
Onions												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast						X						X
Whipped Butter		X			X							
Strawberry Preserves												
Fresh, Seasonal Fruit												
Market Skillet Hash	X	X			X	X						X
Fresh, Seasoned Potatoes w/ Onions												
Eggs	X											
Goat Cheese		X										
Mozzarella Cheese		X										
Margarine		X			X							
Crimini Mushrooms												
Red Peppers												
Shallots												
Spinach												
Zucchini												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast						X						X
Whipped Butter		X			X							
Strawberry Preserves												
Fresh, Seasonal Fruit												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Parma Skillet Hash	X	X			X		X					X
Fresh, Seasoned Potatoes w/ Onions												
Eggs	X											
Mozzarella Cheese			X									
Parmesan Cheese			X									
Margarine			X		X							
Crimini Mushrooms												
Onions												
Italian Sausage												
Roasted Tomatoes												
Chive and Parsley Herb Mix								X				
Whole Grain Artisan Toast												X
Whipped Butter			X		X							
Strawberry Preserves												
Fresh, Seasonal Fruit												
Omelets And Frittatas												
Bacado Omelet	X	X			X		X		X	X		X
Eggs	X											
Margarine			X		X							
Cheddar Jack Cheese			X									
Bacon												
Avocado												
Pico de Gallo												
Sour Cream			X									
Whole Grain Artisan Toast								X				X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Ham & Gruyere Omelet	X	X			X		X		X	X		X
Eggs	X											
Margarine			X		X							
Ham									X			
Gruyere Cheese			X									
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast								X				X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Chile Chorizo Omelet	X	X			X		X		X	X		X
Eggs	X											
Margarine			X		X							
Chorizo Sausage												
Cheddar Jack Cheese			X									
Green Chilies												
Onions												
Pico de Gallo												
Avocado												
Sour Cream			X									
Whole Grain Artisan Toast								X				X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		

CORE MENU ALLERGEN GUIDE - This allergen guide applies to all First Watch Restaurants except #97 Winter Garden and #164 Summerfield.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Morning Market Veg Omelet	X	X			X	X	X	X	X	X		X
Eggs	X											
Margarine			X		X							
Kale												
Goat Cheese			X									
Crimini Mushrooms												
Shallots												
Roasted Tomatoes												
Zucchini												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast							X					X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Inspired Italian Omelet	X	X			X	X	X	X	X	X		X
Eggs	X											
Margarine			X		X							
Italian Sausage												
Mozzarella Cheese			X									
Parmesan Cheese			X									
Red Peppers												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast							X					X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
The Works Omelet	X	X			X	X	X	X	X	X		X
Eggs	X											
Margarine			X		X							
Bacon												
Ham									X			
Cheddar Jack Cheese			X									
Crimini Mushrooms												
Onions												
Italian Sausage												
Sour Cream			X									
Tomatoes												
Whole Grain Artisan Toast							X					X
Whipped Butter			X		X							
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Frittata Rustica	X	X			X	X	X	X	X	X		X
Eggs	X											
Margarine			X		X							
Mozzarella Cheese			X									
Parmesan Cheese			X									
Kale												
Crimini Mushrooms												
Onions												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta							X					X
Whipped Butter			X		X							
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Smoked Salmon & Roasted Veggie Frittata	X	X	X			X	X	X	X	X		X
Eggs	X											
Margarine			X		X							
Smoked Salmon		X										
Parmesan Cheese			X									
Chive Cream			X									
Shallots												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Ciabatta							X					X
Whipped Butter			X		X							
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Udi's Gluten-Free Toast with Preserves (No Butter)	X											
Udi's Gluten-Free Bread	X											
Strawberry Preserves												
From The Griddle												
Plain Multigrain Pancakes	X	X				X	X					X
Pancake Batter	X	X				X	X					X
Whipped Butter			X			X						
Banana Crunch Pancakes	X	X				X	X	X				X
Pancake Batter	X	X				X	X					X
Granola							X	X				X
Bananas												
Whipped Butter			X			X						
Carrot Cake & Pecan Pancakes	X	X				X	X	X				X
Pancake Batter	X	X				X	X					X
Wheat Germ								X				X
Carrots												
Pecans							X					
Raisins												
Whipped Butter			X			X						
Powdered Cinnamon Sugar												
Chocolate Chip Pancakes	X	X				X	X					X
Pancake Batter	X	X				X	X					X
Chocolate Chips			X			X						
Whipped Butter			X			X						
Blueberry Pancakes	X	X				X	X					X
Pancake Batter	X	X				X	X					X
Blueberries												
Whipped Butter			X			X						
Berry Compote												
Lemon Ricotta Pancakes	X	X				X	X					X
Pancake Batter	X	X				X	X					X
Ricotta Cheese			X									
Lemon Curd	X		X									
Powdered Cinnamon Sugar												
Strawberries												
Belgian Waffle	X	X				X	X					X
Waffle Mix	X	X				X	X					X
Whipped Butter			X			X						
Berry Compote												
Powdered Cinnamon Sugar												
French Toast	X	X				X	X					X
Brioche Bread	X	X				X	X					X
French Toast Batter	X	X										
Whipped Butter			X			X						
Berry Compote												
Powdered Cinnamon Sugar												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Floridian French Toast	X		X			X		X				X
Brioche Bread	X		X			X		X				X
French Toast Batter	X		X									
Wheat Germ								X				X
Bananas												
Strawberries												
Kiwi												
Berry Compote												
Powdered Cinnamon Sugar												
Regular Syrup												
Maple Syrup												
Sugar-free Syrup												X
Power Bowls												
Power Breakfast Quinoa Bowl	X		X			X			X	X		
Quinoa												
Chicken Stock			X			X			X			
Lemon White Balsamic Vinaigrette										X		
Eggs	X											
Margarine			X			X						
Parmesan Cheese			X									
Kale												
Crimini Mushrooms												
Italian Sausage												
Roasted Tomatoes												
Chive and Parsley Herb Mix												
Pesto Chicken Quinoa Bowl	X		X			X			X	X		
Quinoa												
Chicken Stock			X			X			X			
Chicken												
Roasted Tomatoes												
Carrots												
Feta Cheese			X									
Kale												
Lemon												
Lemon White Balsamic Vinaigrette										X		
Basil Pesto Dressing	X		X							X		
Chive and Parsley Herb Mix												
Salads												
Super Food Kale Salad			X			X	X	X	X	X		X
Kale												
Organic Mixed Greens												
Chicken Stock			X			X			X			
Chicken												
Maple Carrots												
Parmesan Cheese			X									
Dried Cranberries												
Almonds							X					
Maple-Lemon Vinaigrette Dressing										X		
Ciabatta								X				X
Whipped Butter			X			X						

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Chicken Avocado Chop Salad			X			X		X		X		X
Romaine												
Arugula												
Chicken												
Avocado												
Black Beans												
Feta Cheese			X									
Corn												
Tomatoes												
Tortilla Strips												
Chive and Parsley Herb Mix												
Citrus Chipotle Dressing										X		
Ciabatta								X				X
Whipped Butter			X			X						
Cobb Salad	X		X			X		X		X		X
Romaine												
Organic Mixed Greens												
Turkey												
Avocado												
Bacon												
Bleu Cheese			X									
Hard Boiled Eggs	X											
Tomatoes												
Ranch Dressing	X		X								X	
Ciabatta								X				X
Whipped Butter			X			X						
Sweet Honey Pecan Salad			X				X	X		X		X
Romaine												
Organic Mixed Greens												
Chicken												
Bacon												
Cheddar Jack Cheese			X									
Pecans							X					
Tomatoes												
Carrots												
Avocado												
Honey Dijon Dressing											X	
Ciabatta								X				X
Whipped Butter			X			X						
Sandwiches												
Monterey Club Sandwich (No Dressed Greens Or Soup)	X		X			X		X		X		X
Sourdough Bread						X		X				X
Mayonnaise	X									X		
Turkey												
Avocado												
Bacon												
Monterey Jack Cheese			X									
Organic Mixed Greens												
Tomatoes												
Romaine												
Parsley, Italian												
Tomatoes												
BLTE (No Dressed Greens Or Soup)	X		X			X		X		X		X
Whole Grain Artisan Toast								X				X
Mayonnaise	X									X		
Bacon												
Eggs	X											
Margarine			X			X						
Monterey Jack Cheese			X									
Tomatoes												
Organic Mixed Greens												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Baja Turkey Burger (No Dressed Greens Or Soup)	X		X			X		X		X		X
Brioche Bun	X		X			X		X				X
Whipped Butter			X			X						
Turkey Burger												
Avocado												
Havarti Horseradish Cheese			X									
Organic Mixed Greens												
Mayonnaise	X									X		
Pico de Gallo												
Tomatoes												
Market Veggie (No Dressed Greens Or Soup)	X		X			X		X		X		X
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Mozzarella Cheese			X									
Mayonnaise	X									X		
Crimini Mushrooms												
Basil Pesto			X									
Spinach												
Zucchini												
Roast Beef & Havarti (No Dressed Greens Or Soup)	X		X			X		X		X		X
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Roast Beef												
Roasted Tomatoes												
Havarti Horseradish Cheese			X									
Parmesan Cheese			X									
Onions												
Arugula												
Lemon White Balsamic Vinaigrette										X		
Horseradish Sauce	X									X		
Ham & Gruyere Melt (No Dressed Greens Or Soup)	X		X			X		X	X	X		X
Brioche	X		X			X		X				X
Whipped Butter			X			X						
Gruyere Cheese			X									
Dijonnaise	X									X		
Ham									X			
Tomatoes												
Veggie Burger (No Dressed Greens Or Soup)	X		X			X		X		X		X
Brioche Bun	X		X			X		X				X
Whipped Butter			X			X						
Veggie Patty						X		X				X
Dijonnaise	X									X		
Avocado												
Organic Mixed Greens												
Onions												
Tomatoes												
Chicken Salad Melt (No Dressed Greens Or Soup)	X		X			X		X	X	X		X
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Chicken Salad	X								X	X		
Monterey Jack Cheese			X									
Tomatoes												
Chive and Parsley Herb Mix												
Lemon Dressed Greens										X		
Lemon White Balsamic Vinaigrette										X		
Organic Mixed Greens												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Soups												
Broccoli Cheddar (No Crackers)			X			X		X		X		X
Clam Chowder (No Crackers)		X	X		X			X	X			X
Market Vegetable Soup (No Crackers)									X			
Italian Wedding Soup (No Crackers)	X		X			X		X				X
Tomato Basil Soup (No Crackers)			X			X		X	X			X
White Bean Chicken Chili (No Crackers)			X									
Crackers						X		X				X
Kids Meals												
Kid's Bacon And Egg with Toast & Fresh Fruit	X		X			X		X				X
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Bacon												
Eggs	X											
Margarine			X			X						
Fresh Seasonal Fruit												
Kid's Fruit Crepe with Granola & Toast	X		X			X	X	X				X
Crepe Batter	X		X					X				X
Greek Strawberry Vanilla Yogurt			X									
Granola							X	X				X
Bananas												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Kid's Grilled Cheese with Fresh Fruit			X			X		X				X
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Cheddar Jack Cheese			X									
Fresh Seasonal Fruit												
Kid's Chocolate Chip Pancakes (No Meat)	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Chocolate Chips			X			X						
Whipped Butter			X			X						
Kid's French Toast (No Meat)	X		X			X		X				X
Brioche Bread	X		X			X		X				X
French Toast Batter	X		X									
Whipped Butter			X			X						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Half Waffle (No Meat)	X		X			X		X				X
Waffle Mix	X		X			X		X				X
Whipped Butter			X			X						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Sunrise Granola Bowl with Toast			X			X	X	X				X
Greek Vanilla Yogurt			X									
Granola							X	X				X
Bananas												
Blueberries												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough						X		X				X
Whipped Butter			X			X						
Bacon												
Pork Sausage												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Sides And Small Plates												
Plain Grits with Butter			X			X						
Grits												
Whipped Butter			X			X						
Cheesy Grits			X									
Grits												
Cheddar Jack Cheese			X									
Parmesan Cheese			X									
Fresh, Seasonal Fruit												
Fresh, Seasoned Potatoes w/ Onions												
Biscuit & Gravy			X		X	X	X	X				X
Biscuits			X		X		X					X
Turkey Sausage Gravy			X		X	X	X	X				X
Biscuit with Butter, Honey And Preserves			X		X		X					X
Biscuits			X		X		X					X
Whipped Butter			X		X							
Fruit Spread, Strawberry												
Honey												
Whole Grain Toast with Butter & Preserves			X		X		X					X
Whole Grain Artisan Toast								X				X
Whipped Butter			X		X							
Strawberry Preserves												
English Muffin with Butter & Preserves			X		X		X					X
English Muffin			X		X		X					X
Whipped Butter			X		X							
Strawberry Preserves												
Udi's Gluten-Free Toast with Preserves (No Butter)	X											
Udi's Gluten-Free Bread	X											
Strawberry Preserves												
Banana Nut Muffin	X	X				X	X					X
Blueberry Muffin	X	X					X					X
Carrot Pecan Muffin	X	X				X	X					X
Chocolate Chip Muffin	X	X			X		X					X
Lemon Chia Muffin	X	X					X					X
Orange Cranberry Muffin	X	X					X					X
Hardwood Smoked Bacon												
Smoked Ham									X			
Pork Sausage Links												
Savory Chicken Sausage Patties												
Turkey Sausage Links												
Lemon Dressed Organic Mixed Greens										X		
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Million Dollar Bacon												
Beverages												
Project Sunrise Coffee - Regular												
Project Sunrise Coffee - Decaf												
Cold Brew Coffee												
Iced Coffee			X									
Iced Coffee												
Milk			X									

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Herbal Tea												
Fresh-brewed Iced Tea - Unsweetened												
Fresh-brewed Iced Tea - Sweetened												
Fresh-brewed Iced Tea - Seasonal Blackberry												
Hot Chocolate				X			X					
Milk Chocolate Cocoa Mix				X			X					
Whipped Cream				X								
Chocolate Syrup												
Low-fat Milk				X								
Coca-Cola Soft Drinks												
100% Cold Squeezed Orange Juice												
Grapefruit, Apple, or Cranberry Juice												
Juice Bar												
Morning Meditation												
Kale Tonic												
Add Immunity Boost												
Bar - Signature Cocktails												
Cinnamon Toast Cereal Milk							X					
Coconut Rum							X					
Agave												
Cold Brew Coffee												
Coconut Milk							X					
Cinnamon												
Morning Glory												
Vodka												
Agave												
Ginger Juice												
Lemon Juice												
Orange Juice												
Turmeric Juice												
Lemon												
Pomegranate Sunrise												
Tequila												
Agave												
Lime Juice												
Pomegranate Juice												
Lemon												
Vodka Kale Tonic												
Vodka												
Cucumber												
Fresh Apple Juice												
Kale Juice												
Lemon Juice												
Bourbon Blackberry Palmer												
Bourbon Whiskey												
Lemon Juice												
Lemon Peel												
Blackberry Syrup												
Brewed Tea												
Bar - Brunch Classics												
Million Dollar Bloody Mary		X				X		X	X	X		X
Vodka												
Million Dollar Bacon												
Bloody Mary Mix		X				X		X	X			X

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Mimosa												
Sparkling Wine												
Orange Juice												
Sparkling												
Bakery Treats												
Brown Butter & Sea Salt Chewy Marshmallow Bar			X									
Gluten-Free Honduran Chocolate Brownie	X		X		X							
Salted Caramel Cookie	X		X			X	X	X				X
Good Morning Packs												
Good Morning 6-Pack or 12-Pack	X		X			X		X				X
Bacon												
Eggs	X											
Margarine			X		X							
Whole Grain Artisan Toast								X				X
Whipped Butter			X		X							
Strawberry Preserves												
Fresh, Seasonal Fruit												
Fresh, Seasoned Potatoes w/ Onions												
Chive and Parsley Herb Mix												

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NUTRITION GUIDE & ALLERGEN QR CODE

To access real-time allergen information, please scan the code with your mobile device's camera.



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Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CLASSIC FAVORITES											
TRADITIONAL BREAKFAST											
Cage-Free Whole Eggs	190	140	16	5	0	425	200	1	0	0	13
Scrambled Eggs	220	160	18	5.0	1.5	515	230	1	0	0	15
Egg Whites	60	0	0	0	0	0	200	1	0	0	13
Bacon	160	130	15	5	0	30	370	0	0	0	6
Chicken Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	16
Smoked Ham	180	60	7	2.5	0	90	1190	3	0	3	23
Pork Sausage	460	400	46	16	0	80	680	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	18
Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	47	5	3	6
Whole Grain Artisan Toast with Preserves & Butter	380	150	17	5	0	0	370	50	2	21	7
TRI-FECTA											
Multigrain Pancake (No Syrup)	510	270	30	14	0	155	840	52	2	16	10
Belgian Waffle (No Syrup)	390	170	20	12	0	55	910	49	1	9	2
Bacon	80	60	7	2.5	0	15	190	0	0	0	3
Chicken Sausage Patty	90	50	6	2.0	0	35	280	2	0	1	8
Pork Sausage	230	200	23	8	0	40	340	0	0	0	6
Turkey Sausage	110	70	8	2.0	0	40	390	0	0	0	9
Cage-Free Whole Eggs	190	140	16	5	0	425	200	1	0	0	13
Scrambled Eggs	220	160	18	5.0	1.5	515	230	1	0	0	15
Egg Whites	60	0	0	0	0	0	200	1	0	0	13
HEALTHIER SIDE											
Avocado Toast (No Eggs)	440	230	26	4.0	0	0	1070	49	12	7	10
Side of Cage-Free Whole Eggs	190	140	16	5	0	425	200	1	0	0	13
Power Wrap (No Fruit)	510	110	13	5	0	30	1370	57	3	4	38
Healthy Turkey (No Toast)	280	80	9	3.5	0	65	1080	7	2	4	44
Tri-athlete (No Fruit Or Toast)	160	40	5.0	0	0	0	580	9	1	5	22
Side of Fresh Fruit	100	0	0	0	0	0	0	25	3	17	1
Side of Whole Grain Toast with Preserves (No Butter)	260	40	4.5	1.0	0	0	270	50	2	21	7
A.M. Superfoods Bowl (No Toast Or Granola)	470	260	29	19	0	0	360	50	13	27	7
Side of Toast with Almond Butter	400	200	23	3.5	0	0	940	41	5	7	13
Side of Granola	120	50	6	0.5	0	0	15	15	2	6	3
Steel-cut Oatmeal (No Muffin, Milk Or Brown Sugar)	420	100	11	1.5	0	0	15	73	11	12	12
Side of Brown Sugar	100	0	0	0	0	0	10	27	0	27	0
Side of Low-fat Milk	20	0	0	0	0	2	20	2	0	2	2
Sunrise Granola Bowl (No Muffin)	490	100	11	1.5	0	10	100	74	7	48	23
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	7
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	6
Carrot Pecan Muffin	510	210	24	4.0	0	80	360	67	1	42	7
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	8
Lemon Chia Muffin	460	220	25	4.0	0	80	360	53	2	30	7
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	65	0	41	6
EGGS-CLUSIVES											
Chickichanga (No Fruit Or Potatoes)	920	530	60	22	3.0	365	1650	55	6	6	38
Side of Fresh Fruit	50	0	0	0	0	0	0	12	1	8	1
Side of Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	47	5	3	6
Eggs Benedict: Classic Benedict (No Dressed Greens)	550	240	27	11	0	530	1840	29	1	7	39

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
EGGS-CLUSIVES (CONTINUED)											
Eggs Benedict: Florentine Benedict (No Dressed Greens)	470	260	29	10	0	440	670	32	6	4	19
Eggs Benedict: BLT Benedict (No Dressed Greens)	520	310	35	12	0	455	860	29	3	4	21
Eggs Benedict: Smoked Salmon Benedict (No Dressed Greens)	450	190	22	9	0	455	1300	31	3	5	29
Side of Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	1
Elevated Egg Sandwich (No Potatoes)	730	460	52	16	1.0	275	1060	44	4	7	24
Side of Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	47	5	3	6
Farm Stand Breakfast Tacos (No Black Beans)	860	450	51	17	1.5	510	1860	53	8	3	43
Side of Black Beans	110	0	0.5	0	0	0	400	17	5	1	6
Biscuit And Turkey Sausage Gravy (No Eggs Or Potatoes)	420	160	19	13	0	10	1350	49	1	5	12
Side of Cage-Free Whole Eggs	190	140	15	4.0	1.5	425	200	1	0	0	13
Side of Scrambled Eggs	220	160	18	5.0	1.5	515	230	1	0	0	15
Side of Egg Whites	60	0	0	0	0	0	200	1	0	0	13
Side of Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	47	5	3	6
Farmhouse Hash (No Eggs, Toast, Or Fruit)	760	460	52	12	1.5	45	1930	59	10	6	18
Market Hash (No Eggs, Toast, Or Fruit)	660	360	40	11	1.5	50	2310	57	6	5	18
Parma Hash (No Eggs, Toast, Or Fruit)	800	470	53	14	1.5	80	2400	56	7	7	27
Side of Cage-Free Whole Eggs	190	140	15	4.0	1.5	425	200	1	0	0	13
Side of Scrambled Eggs	220	160	18	5.0	1.5	515	230	1	0	0	15
Side of Egg Whites	60	0	0	0	0	0	200	1	0	0	13
Side of Fresh Fruit	50	0	0	0	0	0	0	12	1	8	1
Side of Whole Grain Artisan Toast with Preserves & Butter	380	150	17	5	0	0	370	50	2	21	7
OMELETS AND FRITTATAS											
Bacado Omelet (No Toast Or Dressed Greens)	740	540	61	21	3.0	835	880	10	4	4	36
Ham & Gruyere Omelet (No Toast Or Dressed Greens)	610	390	44	17	3.0	855	1140	3	0	3	46
Chile Chorizo Omelet (No Toast Or Dressed Greens)	730	520	59	20	3.0	835	1040	13	5	5	36
Morning Market Vegetable Omelet (No Toast Or Dressed Greens)	500	340	38	12	3.0	795	640	10	1	3	29
Inspired Italian Omelet (No Toast Or Dressed Greens)	780	560	63	20	3.0	850	1760	8	0	4	44
The Works Omelet (No Toast Or Dressed Greens)	730	520	58	21	3.0	855	1120	8	0	5	40
Frittata Rustica (No Ciabatta Crisp Or Dressed Greens)	570	360	41	14	1.5	810	870	15	3	4	38
Smoked Salmon & Roasted Veggie Frittata (No Ciabatta Or Dressed Greens)	520	320	37	12	1.5	810	1040	11	1	3	36
Side of Whole Grain Artisan Toast with Preserves & Butter	380	150	17	5	0	0	370	50	2	21	7
Side of Udi's Gluten-Free Toast with Preserves (No Butter)	200	45	5.0	0	0	0	260	38	1	17	2
Side of Ciabatta Crisp with Butter	80	20	2.5	1.0	0	5	240	13	0	0	2
Side of Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	1
Side of Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	47	5	3	6
FROM THE GRIDDLE											
Plain Pancakes (1 Pancake, No Syrup)	520	260	30	10	2.0	130	840	51	2	16	10
Banana Crunch Pancakes (1 Pancake, No Syrup)	670	310	35	11	2.0	130	860	73	5	26	13
Carrot Cake Pecan Pancakes (1 Pancake, No Syrup)	650	270	30	10	2.0	130	850	79	4	36	13
Chocolate Chip Pancakes (1 Pancake, No Syrup)	640	320	36	14	2.0	130	840	64	3	28	11
Blueberry Pancakes (1 Pancake, No Syrup)	580	260	30	10	2.0	130	850	64	3	25	10
Lemon Ricotta Pancakes (2 Pancakes, No Syrup)	1030	390	44	17	4.0	270	1640	133	6	56	21

2000 calories a day is used for general nutrition advice, but calorie needs may vary

NUTRITION GUIDE & ALLERGEN QR CODE

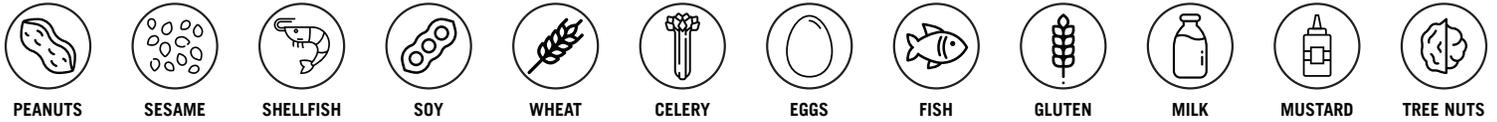
Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
FROM THE GRIDDLE (CONTINUED)											
Lemon Ricotta Pancakes (1 Pancake, No Syrup)	580	200	23	9	2.0	140	860	81	4	39	11
Belgian Waffle (No Syrup)	430	180	20	10	0	35	970	56	1	15	2
French Toast (No Syrup)	650	190	22	9	0	245	890	90	2	20	19
Floridian French Toast (No Syrup)	840	140	16	6	0	245	820	141	10	48	29
Side of Regular Syrup	200	0	0	0	0	0	140	53	0	26	0
Side of Maple Syrup	190	0	0	0	0	0	0	48	0	43	0
Side of Sugar-Free Syrup	20	0	0	0	0	0	150	8	0	0	0
POWER BOWLS											
Power Breakfast Quinoa Bowl	860	550	63	14	1.5	470	1330	42	5	4	33
Pesto Chicken Quinoa Bowl	650	340	38	6	0	90	1370	52	8	3	32
KIDS MEALS											
Kid's Bacon and Egg with Toast & Fruit	520	250	28	9	1.0	225	750	50	3	17	16
Kid's Fruit Crepe with Toast & Granola	420	160	18	5	0	25	540	53	2	15	10
Kid's Grilled Cheese with Fresh Fruit	780	390	44	25	1.0	110	1250	77	3	17	24
Kid's Hamwich with Fresh Fruit	530	100	12	4.5	0	65	1470	76	3	18	27
Kid's Turkeywich with Fresh Fruit	500	80	9	3.5	0	55	1180	75	3	17	30
Kid's Chocolate Chip Pancakes (No Meat Or Syrup)	640	320	36	14	2.0	130	840	64	3	28	11
Kid's Brioche French Toast with Fresh Fruit (No Meat Or Syrup)	400	140	15	6	0	125	480	54	2	16	10
Kid's Half Waffle with Fresh Fruit (No Meat Or Syrup)	300	130	15	7	0	20	550	39	2	14	2
Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	3
Side of Pork Sausage	230	200	23	8	0	40	340	0	0	0	6
SALADS											
Super Food Kale Salad (No Ciabatta Crisp Or Dressing)	470	150	17	4.0	0	65	870	55	12	21	29
Side of Maple-Lemon Vinaigrette Dressing	370	300	34	5.0	0	0	390	17	0	8	0
Chicken Avocado Chop Salad (No Ciabatta Crisp Or Dressing)	490	210	24	5	0	70	930	44	10	4	27
Side of Citrus Chipotle Dressing	300	250	28	4.0	0	0	10	12	0	0	0
Cobb Salad (No Ciabatta Crisp Or Dressing)	470	280	32	11	0	270	840	21	11	8	27
Side of Ranch Dressing	220	210	24	4.0	0	20	420	4	0	2	2
Sweet Honey Pecan Salad (No Ciabatta Crisp Or Dressing)	620	400	45	10	0	85	760	31	14	9	30
Side of Honey Dijon Dressing	240	50	6	0	0	0	410	42	0	39	0
Side of Ciabatta Crisp with Butter	80	20	2.5	1.0	0	5	240	13	0	0	2
SANDWICHES											
Monterey Club (No Dressed Greens Or Soup)	1000	530	60	16	0	150	2060	61	6	4	54
BLTE (No Dressed Greens Or Soup)	1100	630	72	21	1.5	505	1440	77	7	16	43
Baja Turkey Burger (No Dressed Greens Or Soup)	810	450	50	15	0	125	1200	53	7	9	45
Market Veggie (No Dressed Greens Or Soup)	770	390	45	12	0	35	1150	75	6	14	23
Roast Beef & Havarti (No Dressed Greens Or Soup)	1000	520	59	21	0	155	1980	60	1	6	56
Ham & Gruyere Melt (No Dressed Greens Or Soup)	870	290	33	16	0	140	2560	83	2	14	47
Veggie Burger (No Dressed Greens Or Soup)	610	180	21	5	0	20	1430	77	10	10	24
Chicken Salad Melt (No Dressed Greens Or Soup)	580	170	19	7	0	30	530	91	5	47	17
Side of Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	1
SOUPS (BOWL)											
Broccoli Cheddar (No Crackers)	240	170	19	11	0.5	65	1010	11	2	1	7
Clam Chowder (No Crackers)	240	130	14	8	0	50	980	22	2	2	7
Hearty Vegetable Soup (No Crackers)	90	10	1.0	0	0	0	880	17	3	4	3
Italian Wedding Soup (No Crackers)	120	40	4.5	2.0	0	10	1130	12	1	1	6
Tomato Basil (No Crackers)	140	50	6	3.0	0	10	860	18	3	9	3
White Bean Chicken Chili (No Crackers)	150	15	1.5	0	0	15	1260	22	6	2	13
Side of Crackers (2 Packs)	50	10	1.0	0	0	0	180	10	0	0	2
2 FOR YOU (1/2 SANDWICH, 1/2 SALAD, OR CUP OF SOUP)											
Monterey Club Sandwich	500	260	30	8	0	75	1030	30	3	2	27
Ham & Gruyere Melt	440	150	16	8	0	70	1280	41	1	7	23
Market Veggie Sandwich	390	200	22	6	0	20	580	38	3	7	12
Roast Beef & Havarti Sandwich	580	320	36	11	0	80	1180	35	1	6	28
Cobb Salad with Dressing	340	250	28	7	0	145	630	12	6	5	14
Super Food Kale Salad with Dressing	420	230	26	4.5	0	30	640	36	6	15	14
Sweet Honey Pecan Salad with Dressing	430	220	25	5	0	40	580	36	7	24	15
Chicken Avocado Chop Salad with Dressing	400	230	26	4.5	0	35	470	28	5	2	14
Tomato Basil Soup (No Crackers)	100	40	4.5	2.5	0	10	640	13	2	7	2
Clam Chowder (No Crackers)	180	90	11	6	0	40	730	16	2	2	5
Broccoli Cheddar (No Crackers)	180	130	15	8	0	45	760	8	1	1	5
Hearty Vegetable Soup (No Crackers)	70	5	1.0	0	0	0	660	13	2	3	2
Italian Wedding Soup (No Crackers)	90	30	3.5	1.5	0	10	840	9	0	0	4
White Bean Chicken Chili (No Crackers)	110	10	1.0	0	0	10	940	17	5	2	10
Side of Crackers (1 Pack)	25	0	0.5	0	0	0	90	5	0	0	1
SIDES AND SMALL PLATES											
Plain Grits with Butter	180	80	9	3.0	0	0	750	21	1	0	2
Cheesy Grits	180	60	7	4.0	0	20	870	22	1	0	8

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SIDES AND SMALL PLATES (CONTINUED)											
Fresh, Seasonal Fruit (Small)	100	0	0	0	0	0	0	25	3	17	1
Fresh, Seasonal Fruit (Large)	190	5	0.5	0	0	0	0	50	5	34	2
Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	47	5	3	6
Biscuits & Gravy	420	160	19	13	0	10	1350	49	1	5	12
Biscuit with Butter, Honey and Preserves	610	260	29	16	0	0	1310	75	1	32	9
Whole Grain Toast with Preserves & Butter	380	150	17	5	0	0	370	50	2	21	7
English Muffin with Preserves & Butter	330	120	14	4.0	0	0	350	39	0	16	4
Udi's Gluten-Free Toast with Preserves (No Butter)	200	45	5.0	0	0	0	260	38	1	17	2
Banana Nut Muffin	530	270	31	4.5	0	80	360	59	2	34	7
Blueberry Muffin	460	210	24	4.0	0	80	360	54	0	32	6
Carrot Pecan Muffin	510	210	24	4.0	0	80	360	67	1	42	7
Chocolate Chip Muffin	590	290	33	10	0	85	360	67	2	44	8
Lemon Chia Muffin	460	220	25	4.0	0	80	360	53	2	30	7
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	65	0	41	6
Hardwood Smoked Bacon	160	130	15	5	0	30	370	0	0	0	6
Smoked Ham	160	50	6	2.0	0	80	1060	3	0	3	20
Pork Sausage Links	460	400	46	16	0	80	680	0	0	0	12
Savory Chicken Sausage Patty	180	110	12	4.0	0	70	560	4	0	2	16
Turkey Sausage Links	220	140	16	4.0	0	80	780	0	0	0	18
Turkey Sausage Patty	220	110	12	4.0	0	75	400	3	0	0	31
Lemon Dressed Organic Mixed Greens	70	40	4.5	0.5	0	0	65	5	2	2	1
Million Dollar Bacon	530	130	15	5	0	30	500	97	0	75	7
Avocado Mash	60	45	5	0.5	0	0	65	3	2	0	1
BEVERAGES											
Project Sunrise Coffee - Regular	0	0	0	0	0	0	0	0	0	0	0
Project Sunrise Coffee - Decaf	0	0	0	0	0	0	0	0	0	0	0
Cold Brew Coffee	0	0	0	0	0	0	5	0	0	0	0
Iced Coffee	160	20	2.5	1.5	0	10	120	26	0	25	8
Herbal Tea	0	0	0	0	0	0	0	0	0	0	0
Fresh-brewed Iced Tea - Unsweetened	0	0	0	0	0	0	5	1	0	0	0
Fresh-brewed Iced Tea - Sweetened	60	0	0	0	0	0	10	15	0	14	0
Fresh-brewed Iced Tea - Seasonal Blackberry	80	0	0	0	0	0	10	19	0	17	0
Hot Chocolate	160	60	7	5	0	15	150	23	1	17	2
Low-fat Milk - Small	100	20	2.5	1.5	0	10	105	12	0	13	8
Low-fat Milk - Large	190	40	4.5	3.0	0	25	200	23	0	24	15
Cherry Coke	100	0	0	0	0	0	25	28	0	28	0
Coke	100	0	0	0	0	0	30	27	0	27	0
Coke Zero	0	0	0	0	0	0	30	0	0	0	0
Diet Coke	0	0	0	0	0	0	30	0	0	0	0
Dr. Pepper	100	0	0	0	0	0	40	26	0	26	0
Minute Maid Lemonade	90	0	0	0	0	0	65	25	0	24	0
Mr. Pibb	90	0	0	0	0	0	25	26	0	26	0
Orange Fanta	110	0	0	0	0	0	35	30	0	30	0
Root Beer	110	0	0	0	0	0	45	30	0	30	0
Sprite	100	0	0	0	0	0	20	25	0	22	0
100% Cold Squeezed Orange Juice - Small	110	0	0	0	0	0	0	26	0	21	2
100% Cold Squeezed Orange Juice - Large	210	10	1.0	0	0	0	0	48	0	39	3
Grapefruit - Small	120	0	0	0	0	0	30	30	0	29	1
Grapefruit - Large	230	0	0	0	0	0	55	56	0	54	2
Apple Juice - Small	110	0	0	0	0	0	30	28	0	28	0
Apple Juice											

CORE MENU EVOLUTION ALLERGEN GUIDE

This allergen guide applies to #97 Winter Garden and #164 Summerfield only.

The allergens & intolerances identified in this guide are:



Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or special dietary request.

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, Menu-Trinfo, to help give our guests the tools to make an informed decision.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Shareables												
Holey Donuts	X		X			X		X				X
Donut Holes	X		X			X		X				X
Mixed Berry Compote												
Chocolate Sauce												
Powdered Cinnamon Sugar												
Million Dollar Bacon												
The Healthy Side												
Avocado Toast	X		X			X		X				X
Whole Grain Artisan Toast								X				X
Avocado Mash												
Lemon												
Extra Virgin Olive Oil												
Chive and Parsley Herb Mix												
Maldon Sea Salt												
Cage-Free Eggs	X											
Margarine			X			X						
Chive and Parsley Herb Mix												
A.M. Superfoods Bowl												
Coconut Milk Chia Seed Pudding							X	X				X
Mixed Berry Compote							X					
Bananas												
Blueberries												
Strawberries												
Granola							X	X				X
Whole Grain Artisan Toast								X				X
Almond Butter							X					
Maldon Sea Salt												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Sunrise Granola Bowl												
Greek Vanilla Yogurt			X				X	X				X
Granola							X	X				X
Grapes												
Pineapple												
Strawberries												
Powdered Cinnamon Sugar												
Whole Grain Artisan Toast								X				X
Almond Butter							X					
Maldon Sea Salt												
Socal Burrito												
Tortilla								X				X
Ancient Grains Blend								X				X
Chicken												
Egg Whites	X											
Avocado Mash												
Black Beans												
Cheddar Jack Cheese			X									
Feta Cheese			X									
Kale												
Onions												
Pico de Gallo												
Vegetable Oil Spray						X						
Tomatoes												
Steel-cut Oatmeal with Pecans (No Muffin)												
Steel-cut Oats							X	X				X
Bananas												
Blackberries												
Blueberries												
Pecans							X					
Strawberries												
Brown Sugar												
Milk			X									

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Banana Nut Muffin	X	X				X	X					X
Blueberry Muffin	X	X						X				X
Carrot Pecan Muffin	X	X				X	X					X
Chocolate Chip Muffin	X	X			X		X					X
Lemon Chia Muffin	X	X						X				X
Orange Cranberry Muffin	X	X						X				X
The Sweet Side												
Plain Multigrain Pancakes	X	X				X	X					X
Pancake Batter	X	X				X		X				X
Whipped Butter		X				X						
Banana Crunch Pancakes	X	X				X	X	X				X
Pancake Batter	X	X				X		X				X
Granola							X	X				X
Bananas												
Whipped Butter		X			X							
Chocolate Chip Pancakes	X	X				X	X					X
Pancake Batter	X	X				X		X				X
Chocolate Chips		X			X							
Whipped Butter		X			X							
Blueberry Pancakes	X	X				X	X					X
Pancake Batter	X	X				X		X				X
Blueberries												
Whipped Butter		X			X							
Berry Compote												
Lemon Ricotta Pancakes	X	X				X	X					X
Pancake Batter	X	X				X		X				X
Ricotta Cheese		X										
Lemon Curd	X	X										
Strawberries												
Powdered Cinnamon Sugar												
Super Seed Protein Pancakes	X	X				X	X	X				X
Pancake Batter	X	X				X		X				X
Bananas												
Blueberries												
Maple Almond Butter							X					
Greek Vanilla Yogurt		X										
Mixed Berry Compote												
Super Seed Crunch												X
Belgian Waffle	X	X				X	X					X
Waffle Mix	X	X				X		X				X
Whipped Butter		X				X						
Berry Compote												
Powdered Cinnamon Sugar												
French Toast	X	X				X	X					X
Challah Bread	X							X				X
French Toast Batter	X	X										
Whipped Butter		X				X						
Berry Compote												
Powdered Cinnamon Sugar												
Make It Floridian Style												
Bananas												
Kiwi												
Strawberries												
Regular Syrup												
Maple Syrup												
Sugar-free Syrup												X

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Breakfast Favorites												
The Traditional Breakfast: Cage-Free Whole Eggs	X	X				X						
Eggs	X											
Margarine		X				X						
Chive and Parsley Herb Mix												
The Traditional Breakfast: Egg Whites	X					X						
Egg Whites	X											
Vegetable Oil Spray						X						
Chive and Parsley Herb Mix												
The Traditional Breakfast: Bacon												
The Traditional Breakfast: Chicken Sausage												
The Traditional Breakfast: Smoked Ham									X			
The Traditional Breakfast: Pork Sausage												
The Traditional Breakfast: Turkey Sausage												
The Traditional Breakfast: Fresh, Seasoned Potatoes w/ Onions												
The Traditional Breakfast: Whole Grain Toast w/ Preserves			X			X		X				X
Whole Grain Artisan Toast								X				X
Whipped Butter		X				X						
Strawberry Preserves												
Tri-fecta: Plain Multigrain Pancake	X	X				X	X					X
Pancake Batter	X	X				X		X				X
Whipped Butter		X				X						
Tri-fecta: Belgian Waffle	X	X				X	X					X
Waffle Batter	X	X				X		X				X
Whipped Butter		X				X						
Berry Compote												
Powdered Cinnamon Sugar												
Tri-fecta: Bacon												
Tri-fecta: Chicken Sausage												
Tri-fecta: Pork Sausage												
Tri-fecta: Turkey Sausage												
Tri-fecta: Cage-Free Whole Eggs	X	X				X						
Eggs	X											
Margarine		X				X						
Chive and Parsley Herb Mix												
Tri-fecta: Egg Whites	X					X						
Egg Whites	X											
Vegetable Oil Spray						X						
Chive and Parsley Herb Mix												

CORE MENU EVOLUTION ALLERGEN GUIDE - This allergen guide applies to #97 Winter Garden and #164 Summerfield only.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Chickichanga	X	X				X	X					X
Flour Tortilla								X				X
Chicken												
Chorizo Sausage												
Eggs	X											
Margarine		X				X						
Avocado												
Cheddar Jack Cheese			X									
Red Bell Pepper												
Onions												
Vera Cruz Sauce			X									
Sour Cream			X									
Fresh Seasonal Fruit												
Fresh, Seasoned Potatoes w/ Onions												
BLT Benedict	X	X				X	X		X	X		X
Toasted Ciabatta								X				X
Whipped Butter		X				X						
Eggs	X											
Bacon												
Avocado												
Tomatoes												
Arugula												
Hollandaise		X										
Chive and Parsley Herb Mix												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Barbacoa Benedict	X	X				X	X		X	X		X
Toasted Ciabatta								X				X
Whipped Butter		X				X						
Barbacoa Beef												
Avocado												
Eggs	X											
Pico de Gallo												
Hollandaise		X										
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Smoked Salmon Benedict	X	X	X			X	X		X	X		X
Toasted Ciabatta								X				X
Eggs	X											
Smoked Salmon		X										
Whipped Butter		X				X						
Onions												
Chive and Parsley Herb Mix												
Hollandaise		X										
Tomatoes												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Biscuits And Turkey Sausage Gravy	X	X				X	X	X	X			X
Buttered Biscuits		X				X	X					X
Turkey Sausage Gravy		X				X	X	X	X			X
Eggs	X											
Margarine		X				X						
Chive and Parsley Herb Mix												
Fresh, Seasoned Potatoes w/ Onions												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Bacado Omelet	X	X				X		X		X		X
Avocado												
Bacon												
Tomatoes												
Eggs	X											
Cheddar Jack Cheese			X									
Margarine			X			X						
Pico de Gallo												
Sour Cream			X									
Whole Grain Artisan Bread								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
The Works Omelet	X	X				X		X	X	X		X
Bacon												
Cheddar Jack Cheese			X									
Eggs	X											
Ham									X			
Margarine			X			X						
Crimini Mushrooms												
Onions												
Italian Sausage												
Sour Cream			X									
Tomatoes												
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Morning Market Veg Omelet	X	X				X		X		X		X
Eggs	X											
Margarine			X			X						
Kale												
Goat Cheese			X									
Crimini Mushrooms												
Shallots												
Roasted Tomatoes												
Zucchini												
Chive and Parsley Herb Mix												
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Handhelds												
Elevated Egg Sandwich	X	X				X		X		X		X
Brioche Bun	X		X			X		X				X
Whipped Butter			X			X						
Mayonnaise	X										X	
Egg	X											
Margarine			X			X						
Bacon												
Avocado Mash												
Gruyere Cheese			X									
Arugula												
Lemon White Balsamic Vinaigrette											X	
Fresh, Seasoned Potatoes w/ Onions												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Barbacoa Breakfast Tacos	X		X			X		X				X
Wheat & Corn Blend Tortillas								X				X
Braised Beef Barbacoa												
Eggs	X											
Margarine			X			X						
Cheddar Jack Cheese			X									
Cotija Cheese			X									
Avocado												
Scallions												
Pico de Gallo												
Lime Crema			X									
Black Beans												
Chicken Bacon Gruyere Melt	X		X			X		X		X		X
Challah Bread	X							X				X
Whipped Butter			X			X						
Chicken												
Bacon												
Gruyere Cheese			X									
Arugula												
Roasted Garlic Aioli	X									X		
Tomatoes												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Million Dollar Club	X		X					X		X		X
Whole Grain Artisan Toast								X				X
Mayonnaise	X									X		
Roasted Turkey												
Million Dollar Bacon												
Monterey Jack Cheese			X									
Avocado												
Tomatoes												
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Happy Hippy Sandwich			X					X		X	X	X
Whole Grain Artisan Toast								X				X
Arugula												
Avocado Mash												
Beets												
Pickled Red Onions												
Sweet Potatoes												
Herbed Goat Cheese			X									
Cucumber												
Lemon Tahini Dressing											X	
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		
Barbacoa Torta	X		X					X		X		X
Ciabatta								X				X
Braised Beef Barbacoa												
Superfoods Slaw			X									
Monterey Jack Cheese			X									
Pickled Red Onions												
Tomatoes												
Avocado Mash												
Roasted Garlic Aioli	X									X		
Organic Mixed Greens												
Lemon White Balsamic Vinaigrette										X		

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Hashes												
Farmhouse Hash	X		X			X						
Fresh, Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine			X			X						
Bacon												
Cheddar Jack Cheese										X		
Roasted Tomatoes												
Avocado												
Chive and Parsley Herb Mix												
Hacienda Hash	X		X			X						
Fresh, Seasoned Potatoes w/ Onions												
Chorizo Sausage												
Cheddar Jack Cheese										X		
Eggs	X											
Margarine			X			X						
Spicy Ketchup												
Red Bell Pepper												
Avocado Mash												
Scallions												
Lime Crema			X									
Market Hash	X		X			X						
Fresh, Seasoned Potatoes w/ Onions												
Eggs	X											
Margarine			X			X						
Crimini Mushrooms												
Red Bell Pepper												
Kale												
Monterey Jack Cheese										X		
Goat Cheese										X		
Chive and Parsley Herb Mix												
Bowls												
Flower Power Chicken Pesto Bowl	X		X			X				X	X	
Chicken Stock			X			X				X		
Chicken												
Carrots												
Cauliflower Chop												
Kale												
Roasted Tomatoes												
Feta Cheese			X									
Lemon White Balsamic Vinaigrette											X	
Basil Pesto Dressing	X		X								X	
Chive and Parsley Herb Mix												
Ranchero Bowl			X			X		X	X			X
Ancient Grains Blend								X				X
Chicken Stock			X			X			X			
Braised Beef Barbacoa												
Superfoods Slaw			X									
Black Beans												
Avocado												
Cotija Cheese			X									
Scallions												
Pico de Gallo												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Ancient Grain Protein Bowl			X		X		X	X	X			X
Ancient Grains Blend								X				X
Chicken Stock			X		X				X			
Chicken												
Avocado												
Super Seed Crunch												X
Kale												
Lemon White Balsamic Vinaigrette										X		
Pickled Red Onions												
Watermelon Radish												
Chive and Parsley Herb Mix												
The Trailblazer	X		X			X					X	X
Roasted Turkey												
Eggs	X											
Margarine			X		X							
Sweet Potatoes												
Avocado												
Arugula												
Lemon Tahini Dressing											X	
Super Seed Crunch												X
Lemon												
Chive and Parsley Herb Mix												
Add Cage-Free Whole Egg	X		X			X						
Egg	X											
Margarine			X		X							
Greens												
Chicken Avocado Chop Salad			X							X		
Arugula												
Avocado												
Black Beans												
Feta Cheese			X									
Chicken												
Crunchy Corn												
Romaine												
Chive and Parsley Herb Mix												
Tomatoes												
Citrus Chipotle Dressing										X		
Superfood Kale Caesar	X	X	X			X		X		X		X
Ancient Grains Blend								X				X
Chicken												
Kale												
Romaine												
Ciabatta Croutons			X		X		X					X
Ricotta Salata Cheese			X									
Caesar Dressing	X	X	X							X		
New School Cobb Salad	X		X							X		
Romaine												
Organic Mixed Greens												
Turkey												
Bacon												
Avocado												
Tomatoes												
Cucumbers												
Hard Boiled Eggs	X											
Bleu Cheese			X									
Crunchy Corn												
Scallions												
Ranch Dressing	X		X							X		

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Soups												
Broccoli Cheddar (No Crackers)			X			X		X		X		X
Clam Chowder (No Crackers)		X	X		X			X	X			X
Market Vegetable Soup (No Crackers)									X			
Italian Wedding Soup (No Crackers)	X		X			X		X				X
Tomato Basil Soup (No Crackers)			X			X		X	X			X
White Bean Chicken Chili (No Crackers)			X									
Crackers						X		X				X
On The Side												
Plain Grits with Butter			X			X						
Grits												
Whipped Butter			X			X						
Cheesy Grits			X									
Grits												
Cheddar Jack Cheese			X									
Parmesan Cheese			X									
Fresh, Seasonal Fruit												
Fresh, Seasoned Potatoes w/ Onions												
Million Dollar Potatoes			X			X		X				X
Potatoes w/ Onions												
Parmesan Cream Sauce			X			X		X				X
Million Dollar Bacon												
Chive and Parsley Herb Mix												
Whole Grain Toast with Butter & Preserves			X			X		X				X
Whole Grain Artisan Toast									X			X
Whipped Butter			X			X						
Strawberry Preserves												
Udi's Gluten-Free Toast with Preserves (No Butter)	X											
Udi's Gluten-Free Bread	X											
Strawberry Preserves												
Banana Nut Griddled Muffin	X		X			X	X	X				X
Blueberry Griddled Muffin	X		X			X		X				X
Chocolate Chip Griddled Muffin	X		X			X		X				X
Lemon Chia Griddled Muffin	X		X			X		X				X
Orange Cranberry Griddled Muffin	X		X			X		X				X
Superseed Avocado												X
Avocado												
Super Seed Crunch												X
Roasted Veggies												
Cauliflower												
Kale												
Sweet Potatoes												
Crimini Mushrooms												
Chive and Parsley Herb Mix												
Hardwood Smoked Bacon												
Smoked Ham									X			
Pork Sausage												
Savory Chicken Sausage Patty												
Turkey Sausage												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Kids Meals												
Kid's Bacon And Egg with Toast & Fresh Fruit	X		X			X		X				X
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Bacon												
Eggs	X											
Margarine			X			X						
Fresh Seasonal Fruit												
Kid's Fruit Crepe with Granola & Toast	X		X			X	X	X				X
Crepe Batter	X		X					X				X
Greek Strawberry Vanilla Yogurt			X									
Granola							X	X				X
Bananas												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Kid's Grilled Cheese with Fresh Fruit			X			X		X				X
Sourdough Bread						X		X				X
Whipped Butter			X			X						
Cheddar Jack Cheese			X									
Fresh Seasonal Fruit												
Kid's Chocolate Chip Pancakes (No Meat)	X		X			X		X				X
Pancake Batter	X		X			X		X				X
Chocolate Chips			X			X						
Whipped Butter			X			X						
Kid's French Toast (No Meat)	X		X			X		X				X
Challah Bread	X							X				X
French Toast Batter	X		X									
Whipped Butter			X			X						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Kid's Half Waffle (No Meat)	X		X			X		X				X
Waffle Mix	X		X			X		X				X
Whipped Butter			X			X						
Powdered Cinnamon Sugar												
Fresh Seasonal Fruit												
Bacon												
Pork Sausage												
Kid's Sunrise Granola Bowl with Toast			X			X	X	X				X
Greek Vanilla Yogurt			X									
Granola							X	X				X
Bananas												
Blueberries												
Strawberries												
Powdered Cinnamon Sugar												
Sourdough						X		X				X
Whipped Butter			X			X						
Beverages												
Project Sunrise Coffee - Regular												
Project Sunrise Coffee - Decaf												
Cold Brew Coffee												
Iced Coffee												
Iced Coffee			X									
Milk			X									
Herbal Tea												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Fresh-brewed Iced Tea - Unsweetened												
Fresh-brewed Iced Tea - Sweetened												
Fresh-brewed Iced Tea - Seasonal Blackberry												
Hot Chocolate			X					X				
Milk Chocolate Cocoa Mix			X					X				
Whipped Cream			X									
Chocolate Syrup												
Low-fat Milk												
Coca-Cola Soft Drinks												
100% Cold Squeezed Orange Juice												
Grapefruit, Apple, or Cranberry Juice												
Juice Bar												
Morning Meditation												
Kale Tonic												
Add Immunity Boost												
Bar - Signature Cocktails												
Cinnamon Toast Cereal Milk								X				
Coconut Rum								X				
Agave												
Cold Brew Coffee												
Coconut Milk								X				
Cinnamon												
Morning Glory												
Vodka												
Agave												
Ginger Juice												
Lemon Juice												
Orange Juice												
Turmeric Juice												
Lemon												
Pomegranate Sunrise												
Tequila												
Agave												
Lime Juice												
Pomegranate Juice												
Lemon												
Vodka Kale Tonic												
Vodka												
Cucumber												
Fresh Apple Juice												
Kale Juice												
Lemon Juice												
Bourbon Blackberry Palmer												
Bourbon Whiskey												
Lemon Juice												
Lemon Peel												
Blackberry Syrup												
Brewed Tea												

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Bar - Brunch Classics												
Million Dollar Bloody Mary		X				X		X	X	X		X
Vodka												
Million Dollar Bacon Bloody Mary Mix		X				X		X	X	X		X
Mimosa												
Sparkling Wine												
Orange Juice												
Sparkling												
Bakery Treats												
Brown Butter & Sea Salt Chewy Marshmallow Bar			X									
Gluten-Free Honduran Chocolate Brownie	X		X			X						
Salted Caramel Cookie	X		X			X	X	X				X
Good Morning Packs												
Good Morning 6-Pack or 12-Pack	X		X			X		X				X
Bacon												
Eggs	X											
Margarine			X			X						
Whole Grain Artisan Toast								X				X
Whipped Butter			X			X						
Strawberry Preserves												
Fresh, Seasonal Fruit												
Fresh, Seasoned Potatoes w/ Onions												
Chive and Parsley Herb Mix												

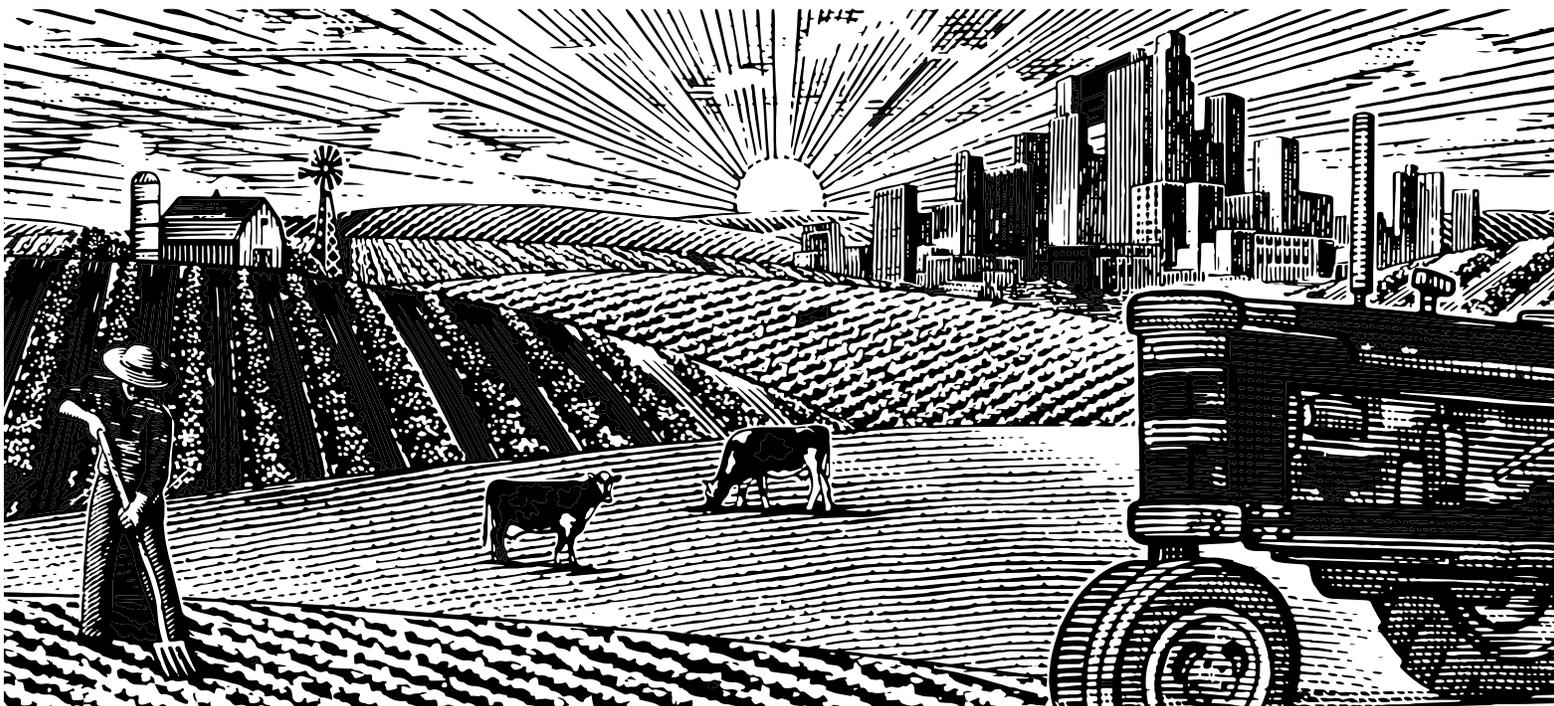
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Please know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces. Guests are advised to consider this information as it relates to their individual dietary needs. This information was provided by a third party consultant, MenuTrinfo, to help give our guests the tools to make an informed decision.

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NUTRITION GUIDE & ALLERGEN QR CODE

TO ACCESS REAL-TIME ALLERGEN INFORMATION, PLEASE SCAN THE CODE WITH YOUR MOBILE DEVICE'S CAMERA.



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	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SHAREABLES												
Holey Donuts	980	450	51	23	0	25	1110	230	129	7	78	9
Million Dollar Bacon	530	130	15	5	0	30	500	210	97	0	75	7
THE HEALTHY SIDE												
Avocado Toast (No Eggs)	440	230	26	4.0	0	0	1070	840	49	12	7	10
Cage-Free Whole Eggs	190	140	15	5	0	425	200	135	1	0	0	13
Egg Whites	60	0	0	0	0	0	200	200	1	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	160	1	0	0	15
A.M. Superfoods Bowl (No Almond Butter Toast Or Granola)	500	260	29	19	0	0	370	590	56	14	32	7
Toast with Almond Butter	400	200	23	3.5	0	0	940	470	41	5	7	13
Granola	120	50	6	0.5	0	0	15	0	15	2	6	3
Sunrise Granola Bowl (No Almond Butter Toast)	480	100	11	1.5	0	10	100	240	70	6	47	23
Toast with Almond Butter	400	200	23	3.5	0	0	940	470	41	5	7	13
Socal Burrito (No Fruit)	730	260	29	9	0	45	1520	820	73	13	7	46
Fresh Fruit	80	0	0	0	0	0	0	240	21	2	16	1
Steel-Cut Oatmeal with Pecans (No Muffin, Milk or Brown Sugar)	410	100	11	1.5	0	0	15	280	73	11	12	12
Brown Sugar	100	0	0	0	0	0	10	35	27	0	27	0
Low-Fat Milk	20	0	0	0	0	2	20	70	2	0	2	2
Banana Nut Muffin	530	270	31	4.5	0	80	360	190	59	2	34	7
Blueberry Muffin	460	210	24	4.0	0	80	360	70	54	0	32	6
Chocolate Chip Muffin	590	290	33	10	0	85	360	50	67	2	44	8
Lemon Chia Muffin	460	220	25	4.0	0	80	360	65	53	2	30	7
Orange Cranberry Muffin	500	210	24	4.0	0	80	360	100	65	0	41	6
THE SWEET SIDE												
Multigrain Pancakes (No Syrup)	530	260	30	12	0	130	850	190	53	2	16	10
Chocolate Chip Pancakes (No Syrup)	640	320	36	16	0	130	850	190	66	3	28	11
Blueberry Pancakes (No Syrup)	610	260	30	12	0	130	860	250	73	3	31	10
Banana Crunch Pancakes (No Syrup)	670	310	35	13	0	130	870	300	74	4	26	13
Lemon Ricotta Pancakes (No Syrup)	690	290	33	16	0	210	900	300	84	4	40	12
One Lemon Ricotta Pancake (No Syrup)	450	190	22	11	0	140	490	200	56	3	32	6
Super Seed Protein Pancakes (No Syrup)	1140	550	62	18	0	205	1380	900	117	12	40	32
Belgian Waffle (No Syrup)	460	180	20	10	0	35	980	140	64	2	20	2
Floridian Belgian Waffle (No Syrup)	620	180	21	10	0	35	980	830	103	8	43	4
French Toast (No Syrup)	490	160	18	4.5	0	150	610	80	66	2	20	12
Floridian French Toast (No Syrup)	650	170	19	5.0	0	150	610	780	105	8	42	14
Regular Syrup	200	0	0	0	0	0	140	0	53	0	26	0
Maple Syrup	190	0	0	0	0	0	0	0	48	0	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	0	8	0	0	0
BREAKFAST FAVORITES												
TRADITIONAL BREAKFAST												
Cage-Free Whole Eggs	190	140	15	5	0	425	200	135	1	0	0	13
Egg Whites	60	0	0	0	0	0	200	200	1	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	160	1	0	0	15
Bacon	160	130	15	5	0	30	370	105	0	0	0	6
Chicken Sausage	180	110	12	4.0	0	70	560	0	4	0	2	16
Smoked Ham	180	60	7	2.5	0	90	1190	0	3	0	3	23
Pork Sausage	460	400	46	16	0	80	680	200	0	0	0	12
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18

	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	1180	47	5	3	6
Whole Grain Toast with Butter & Preserves	380	150	17	5	0	0	370	170	50	2	21	7
TRI-FECTA												
Multigrain Pancake (No Syrup)	530	260	30	12	0	130	850	190	53	2	16	10
Belgian Waffle (No Syrup)	460	180	20	10	0	35	980	140	64	2	20	2
Cage-Free Whole Eggs	190	140	15	5	0	425	200	135	1	0	0	13
Egg Whites	60	0	0	0	0	0	200	200	1	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	160	1	0	0	15
Bacon	80	60	7	2.5	0	15	190	50	0	0	0	3
Chicken Sausage	90	50	6	2.0	0	35	280	0	2	0	1	8
Pork Sausage	230	200	23	8	0	40	340	100	0	0	0	6
Turkey Sausage	110	70	8	2.0	0	40	390	0	0	0	0	9
Chickichanga (No Potatoes Or Fruit)	920	530	60	25	0	365	1470	680	55	7	6	38
Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	1180	47	5	3	6
Fresh Fruit	80	0	0	0	0	0	0	240	21	2	16	1
Biscuit & Turkey Sausage Gravy (No Eggs Or Potatoes)	420	160	19	13	0	10	1350	10	49	1	6	12
Cage-Free Whole Eggs	190	140	15	5	0	425	200	135	1	0	0	13
Egg Whites	60	0	0	0	0	0	200	200	1	0	0	13
Scrambled Whole Eggs	220	160	18	6	0	515	230	160	1	0	0	15
Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	1180	47	5	3	6
BLT Benedict (No Dressed Greens)	520	310	35	12	0	455	860	500	29	3	4	21
Barbacoa Benedict (No Dressed Greens)	690	410	46	18	0	500	1260	690	33	3	5	32
Smoked Salmon Benedict (No Dressed Greens)	450	190	22	9	0	455	1300	300	31	3	5	29
Bacado Omelet (No Toast Or Dressed Greens)	740	540	61	23	0	835	880	680	10	4	4	36
The Works Omelet (No Toast Or Dressed Greens)	730	520	58	23	0	855	1120	500	8	0	5	40
Morning Market Veg Omelet (No Toast Or Dressed Greens)	510	350	40	14	0	795	640	470	10	2	3	29
Whole Grain Toast with Butter & Preserves	380	150	17	5	0	0	370	170	50	2	21	7
Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	0	5	2	2	1
HANDHELDS												
Elevated Egg Sandwich (No Potatoes)	750	460	52	16	0	260	1020	430	46	4	7	24
Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	1180	47	5	3	6
Barbacoa Breakfast Tacos	1030	530	60	24	0	525	1920	730	66	11	5	45
Chicken Bacon Gruyere Melt (No Lemon Dressed Greens)	1070	680	77	22	0	160	1610	260	58	3	8	38
Millionaire's Club (No Lemon Dressed Greens)	1320	660	74	19	0	135	1790	1190	120	10	49	53
Happy Hippie Sandwich (No Lemon Dressed Greens)	750	300	34	8	0	25	1060	880	92	9	18	22
Barbacoa Torta (No Lemon Dressed Greens)	820	470	54	18	0	120	1350	680	52	5	5	33
Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	0	5	2	2	1
HASHES												
Farmhouse Hash	880	530	60	13	0	455	2100	1680	62	11	6	29
Hacienda Hash	940	540	61	20	0	495	2520	1690	65	9	13	34
Market Hash	720	380	43	13	0	460	1750	1670	57	7	6	27
Farmhouse Hash In Hand (No Pico Or Greens)	1070	580	66	18	0	455	1910	1090	87	13	8	35
Hacienda Hash In Hand (No Pico Or Greens)	1080	570	64	23	0	485	2120	1100	86	11	11	40

2000 calories a day is used for general nutrition advice, but calorie needs may vary



NUTRITION GUIDE & ALLERGEN QR CODE

	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Market Hash In Hand (No Pico Or Greens)	900	430	49	17	0	460	1570	1080	82	9	8	34
Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	0	5	2	2	1
Pico De Gallo	10	0	0	0	0	0	95	90	2	0	1	0
POWER BOWLS												
Flower Power Chicken Pesto Bowl	510	350	40	6	0	65	1130	520	27	6	5	20
Ranchero Bowl	710	290	33	13	0	90	1450	930	67	13	8	32
The Trailblazer Bowl	830	470	54	8	0	485	1930	1760	42	12	8	50
Ancient Grain Protein Bowl	760	430	48	7	0	50	1300	950	62	13	5	25
Add a Cage-Free Egg	100	70	8	2.5	0	210	95	65	0	0	0	6
GREENS												
Chicken Avocado Chop Salad (No Dressing)	460	200	22	6	0	70	1030	920	44	13	5	27
Citrus Chipotle Dressing	300	250	28	4.0	0	0	10	0	12	0	0	0
Superfood Kale Caesar (No Dressing)	380	70	8	2.5	0	60	780	940	53	7	2	3
Caesar Dressing	420	400	45	7	0	45	300	60	2	0	0	3
Cobb Salad (No Dressing)	580	290	32	10	0	290	1150	770	35	13	8	38
Ranch Dressing	220	190	22	4.0	0	20	380	80	4	0	2	2
2 FOR YOU												
Happy Hippie Sandwich	390	200	22	6	0	20	580	450	38	3	7	12
Chicken Bacon Gruyere Melt	520	330	37	11	0	80	790	125	29	2	4	19
Millionaire's Club	670	330	37	9	0	70	930	620	60	5	24	28
Cobb Salad (No Dressing)	260	130	15	4.5	0	145	540	350	13	6	4	18
Ranch Dressing	110	100	11	2.0	0	10	190	40	2	0	0	1
Chicken Avocado Chop Salad (No Dressing)	190	90	10	3.0	0	35	470	360	14	5	2	12
Citrus Chipotle Dressing	150	120	14	2.0	0	0	5	0	6	0	0	0
Superfood Kale Caesar (No Dressing)	150	25	3.0	1.0	0	30	270	460	20	3	0	12
Caesar Dressing	210	200	23	3.5	0	25	150	30	1	0	0	1
Tomato Basil Soup - Cup (No Crackers)	100	40	4.5	2.5	0	10	640	0	13	2	7	2
Clam Chowder - Cup (No Crackers)	180	90	11	6	0	40	730	0	16	2	2	5
Broccoli Cheddar - Cup (No Crackers)	180	130	15	8	0	45	760	0	8	1	1	5
Market Vegetable Soup - Cup (No Crackers)	70	5	1.0	0	0	0	660	0	13	2	3	2
Italian Wedding Soup - Cup (No Crackers)	90	30	3.5	1.5	0	10	840	0	9	0	0	4
White Bean Chicken Chili - Cup (No Crackers)	110	10	1.0	0	0	10	940	0	17	5	2	10
Crackers	25	0	0.5	0	0	0	90	0	5	0	0	1
Lemon Dressed Greens	70	40	4.5	0.5	0	0	65	0	5	2	2	1
Superseed Avocado	200	160	18	2.5	0	0	140	530	11	8	0	4
Roasted Veggies	170	80	9	0.5	0	0	300	990	21	4	6	6
ON THE SIDE												
Plain Grits with Butter	180	80	9	3.0	0	0	750	0	21	1	0	2
Cheesy Grits	180	60	7	4.0	0	20	870	20	22	1	0	8
Fresh, Seasonal Fruit	160	5	0.5	0	0	0	0	470	41	4	32	2
Fresh, Seasoned Potatoes	340	140	16	1.0	0	0	1310	1180	47	5	3	6
Millionaire's Potatoes	560	230	26	6	0	20	1740	1230	73	6	21	10
Whole Grain Toast with Butter & Preserves	380	150	17	5	0	0	370	170	50	2	21	7
Udi's Gluten-Free Toast with Preserves (No Butter)	200	45	5.0	0	0	0	260	0	38	1	17	2
Banana Nut Griddled Muffin	620	350	39	8	0	80	430	190	59	2	34	7
Blueberry Griddled Muffin	540	290	33	7	0	80	430	70	54	0	32	6
Chocolate Chip Griddled Muffin	680	360	41	13	0	85	430	50	67	2	44	8
Lemon Chia Griddled Muffin	550	300	33	7	0	80	430	65	53	2	30	7
Orange Cranberry Griddled Muffin	580	290	33	7	0	80	430	100	65	0	41	6
Broccoli Cheddar - Bowl (No Crackers)	240	170	19	11	0.5	65	1010	0	11	2	1	7
Clam Chowder - Bowl (No Crackers)	240	130	14	8	0	50	980	0	22	2	2	7
Market Vegetable Soup - Bowl (No Crackers)	90	10	1.0	0	0	0	880	0	17	3	4	3
Italian Wedding Soup - Bowl (No Crackers)	120	40	4.5	2.0	0	10	1130	0	12	1	1	6
Tomato Basil Soup - Bowl (No Crackers)	140	50	6	3.0	0	10	860	0	18	3	9	3
White Bean Chicken Chili - Bowl (No Crackers)	150	15	1.5	0	0	15	1260	0	22	6	2	13
Crackers	50	10	1.0	0	0	0	180	0	10	0	0	2
Superseed Avocado	200	160	18	2.5	0	0	140	530	11	8	0	4
Roasted Veggies	170	80	9	0.5	0	0	300	990	21	4	6	6
Hardwood Smoked Bacon	160	130	15	5	0	30	370	105	0	0	0	6
Smoked Ham	160	50	6	2.0	0	80	1060	0	3	0	3	20
Pork Sausage	460	400	46	16	0	80	680	200	0	0	0	12
Savory Chicken Sausage Patty	180	110	12	4.0	0	70	560	0	4	0	2	16
Turkey Sausage	220	140	16	4.0	0	80	780	0	0	0	0	18

	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
KIDS MEALS												
Kid's Bacon And Egg with Toast & Fresh Fruit	500	250	28	9	0	225	750	410	46	2	17	16
Kid's Fruit Crepe with Granola & Toast	410	160	18	5.0	0	25	540	230	52	2	14	10
Kid's Grilled Cheese with Fresh Fruit	780	380	43	18	0	50	1270	390	73	2	16	23
Kid's Chocolate Chip Pancakes (No Meat Or Syrup)	640	320	36	16	0	130	850	190	66	3	28	11
Kid's French Toast with Fresh Fruit (No Meat Or Syrup)	300	120	14	4.0	0	75	330	150	36	2	13	6
Kid's Half Waffle with Fresh Fruit (No Meat Or Syrup)	300	130	15	7	0	20	550	180	37	2	13	2
Bacon	80	60	7	2.5	0	15	190	50	0	0	0	3
Pork Sausage	230	200	23	8	0	40	340	100	0	0	0	6
Regular Syrup	200	0	0	0	0	0	140	0	53	0	26	0
Maple Syrup	190	0	0	0	0	0	0	0	48	0	43	0
Sugar-Free Syrup	20	0	0	0	0	0	150	0	8	0	0	0
SIGNATURE COCKTAILS												
Morning Glory	210	0	0	0	0	0	0	170	22	1	18	1
Pomegranate Sunrise	330	0	0	0	0	0	0	210	37	0	31	1
Vodka Kale Tonic	210	0	0	0	0	0	15	280	19	1	12	2
Cinnamon Toast Cereal Milk	260	50	5	4.5	0	0	5	70	35	0	33	0
BRUNCH CLASSICS												
Million Dollar Bloody Mary	300	35	3.5	1.5	0	5	610	75	33	0	28	3
Mimosa	260	0	0	0	0	0	0	370	38	0	29	1
Sparkling	180	0	0	0	0	0	0	0	19	0	14	0
HOUSE JUICES												
Morning Meditation	140	0	0	0	0	0	20	280	35	0	30	1
Kale Tonic	130	0	0	0	0	0	30	450	32	2	20	4
Add Immunity Boost	50	0	0	0	0	0	0	0	12	0	0	0
OTHER BEVS												
Project Sunrise Coffee - Regular	0	0	0	0	0	0	0	115	0	0	0	0
Project Sunrise Coffee - Decaf	0	0	0	0	0	0	0	130	0	0	0	0
Cold Brew Coffee	0	0	0	0	0	0	5	0	0	0	0	0
Iced Coffee	160	20	2.5	1.5	0	10	120	370	26	0	25	8
Herbal Tea	0	0	0	0	0	0	0	20	0	0	0	0
Fresh-Brewed Iced Tea - Unsweetened	0	0	0	0	0	0	5	90	1	0	0	0
Fresh-Brewed Iced Tea - Sweetened	60	0	0	0	0	0	10	95	15	0	14	0
Fresh-Brewed Iced Tea - Seasonal Blackberry	80	0	0	0	0	0	10	110	19	0	17	0
Hot Chocolate	150	50	5	5	0	15	135	320	23	1	18	1
Low-Fat Milk - Small	100	20	2.5	1.5	0	10	105	370	12	0	13	8
Low-Fat Milk - Large	190	40	4.5	3.0	0	25	200	690	23	0	24	15
Coke	100	0	0	0	0	0	30	0	27	0	27	0
Diet Coke	0	0	0	0	0	0	30	0	0	0	0	0
Coke Zero	0	0	0	0	0	0	30	0	0	0	0	0
Cherry Coke	100	0	0	0	0	0	25	0	28	0	28	0
Minute Maid Lemonade	100	0	0	0	0	0	65	15	25	0	25	0
Mr. Pibb	90	0	0	0	0	0	25	0	26	0	26	0
Orange Fanta	110	0	0	0	0	0	35	0	30	0	30	0
Root Beer	110	0	0	0	0	0	45	0	30	0	30	0
Sprite	90	0	0	0	0	0	45	0	26	0	26	0
100% Cold Squeezed Orange Juice - Small	110	0	0	0	0	0	0	500	26	0	21	2
100% Cold Squeezed Orange Juice - Large	210	10	1.0	0	0	0	0	930	48	0	39	3
Grapefruit Juice - Small	100	0	0	0	0	0	35	0	25	0	25	0
Grapefruit Juice - Large	190	0	0	0	0	0	70	0	46	0	46	0
Apple Juice - Small	110	0	0	0	0	0	35	0	28	0</		