



First Wach

| Items | Calories | Saturated Fat (g) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Protein (g) |
|--|----------|-------------------|-------------|-------------------|-----------|-------------|
| Classic Favorites | | | | | | |
| Traditional Breakfast (with egg whites, chicken sausage, fruit & toast) | 710 | 9 | 1140 | 73 | 9 | 37 |
| The Healthier Side | | | | | | |
| Avocado Toast -No sea salt | 636 | 7 | 764 | 45 | 15 | 20 |
| Power Wrap | 500 | 3 | 950 | 63 | 5 | 37 |
| Steel-Cut Oatmeal -Sub Artisan Toast for Blueberry Muffin & omit brown sugar | 700 | 1 | 300 | 119 | | 19 |
| Sunrise Granola Bowl -No Muffin | 472 | 1 | 101 | 67 | 6 | 23 |
| Tri-Athlete Omelet- Request whole grain toast w/ Preserves-no butter | 510 | 1 | 890 | 77 | 8 | 30 |
| Egg-Sclusives and Omelets & Frittatas | | | | | | |
| Market Hash with egg whites - No toast or goat cheese | 653 | 7 | 3034 | 57 | 5 | 22 |
| Morning Market Veg Omelet - No goat cheese. Replace toast with fruit cup | 571 | 10 | 663 | 32 | 1 | 24 |
| Ham and Gruyere Omelet - Request egg whites and replace toast with fruit | 579 | 12 | 1279 | 30 | 0 | 43 |
| Frittata Rustica -Sub egg white and omit parmesan cheese | 512 | 8 | 1125 | 32 | 3 | 32 |
| Smoked Salmon and Roasted Vegetable Frittata -Sub egg white and replace toast with fruit | 509 | 8 | 1181 | 36 | 1 | 33 |
| From the Griddle | | | | | | |
| Belgian Waffle (no butter) Sub sugar-free syrup | 373 | 6 | 1069 | 64 | 2 | 2 |
| Multigrain Pancake (no butter) Sub sugar-free syrup | 461 | 8 | 931 | 60 | 2 | 9 |
| French Toast (no butter) Sub sugar-free syrup | 536 | 5 | 910 | 91 | 5 | 17 |
| Regular Syrup (150 calories and 39 grams carbohydrate) | | | | | | |



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| Power Bowls | | | | | | |
| Pesto Chicken Quinoa Bowl – No feta | 629 | 3 | 1264 | 49 | 8 | 29 |
| Power Breakfast Quinoa Bowl- Omit Italian sausage and parmesan. Add fruit | 712 | 7 | 741 | 58 | 5 | 20 |
| Salads (No dressing) | | | | | | |
| Chicken Avocado Chop -No feta | 502 | 2 | 848 | 52 | 10 | 20 |
| Superfood Kale-Omit Parmesan | 492 | 1 | 1022 | 65 | 12 | 25 |
| Sweet Honey Pecan Salad Omit Bacon | 649 | 8 | 903 | 41 | 14 | 28 |
| Sandwiches | | | | | | |
| Market Veggie – Omit mayo | 756 | 8 | 1204 | 73 | 8 | 20 |
| Baja Turkey Burger-Omit Cheese and Mayo | 694 | 7 | 999 | 56 | 8 | 40 |
| Veggie Burger | 770 | 8 | 1425 | 83 | 11 | 26 |
| Soups | | | | | | |
| Tomato Basil Soup (bowl) | 180 | 5 | 840 | 15 | 1 | 3 |
| Sides | | | | | | |
| Lemon Dressed Greens | 70 | 0.5 | 65 | 5 | 2 | 1 |
| Fresh Seasoned Potatoes | 320 | 1 | 1740 | 42 | 4 | 3 |
| Fresh Seasonal Fruit | 80 | 0 | 0 | 21 | 2 | 1 |
| Chicken Sausage Patty | 180 | 4 | 560 | 4 | 0 | 16 |
| Whole Grain Artisan Toast with Natural Preserves – No butter | 270 | 1 | 280 | 47 | 5 | 7 |
| English Muffin | 330 | 4 | 360 | 39 | 0 | 4 |
| Honey Dijon Dressing | 240 | 0 | 410 | 42 | 0 | 0 |
| Citrus Chipotle Dressing | 300 | 4 | 10 | 12 | 0 | 0 |
| Sugar Free Syrup | 20 | 0 | 150 | 8 | 0 | 0 |

Winter 2024