

Rise & Shine		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Eggs	2 oz	140	9	3	400	130	0	0	0	12
Sausage	.5 oz	47	4.1	1.8	8	157	<1	<1	0	2
Onion	.25 oz	2	0	0	0	0	0	0	0	0
Provolone	.5 oz	50	4	2.5	13	125	<1	0	<1	3.5
EVOO Horseradish Mayo	.5 oz	46	4	0	0	106	2	0	0	0
Ciabatta	2.2	135	1	0	0	250	26	1	0	4
salt & pepper		2	0	0	0	295	0	0	0	0
Total amount		422	22.1	7.3	421	1063	28	1	0	21.5

All American		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Eggs	2 oz	140	9	3	400	130	0	0	0	12
Bacon	1 slice	18	1.5	0.75	5	63	0	0	0	1.5
Cheddar	.5 oz	55	4.5	2.5	15	90	0	0	0	3.5
EVOO Sundried Tomato Ma	.5 oz	48	4	0	0	104	2.5	<1	<1	<1
Ciabatta	2.2	135	1	0	0	250	26	1	0	4
salt & pepper		2	0	0	0	295	0	0	0	0
Total amount		398	20	6.25	420	932	28.5	1	0	21

Southwest Sunrise		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Eggs	2 oz	140	9	3	400	130	0	0	0	12
Fresh Mozz	.5 oz	45	3	2	15	65	0	0	0	3
Tomato	1 slices	6	0	0	0	1.5	1	<1	1	<1
Artichoke Hearts	.5 oz	7	0	0	0	13	1.5	<1	0	<1
Ciabatta	2.2	135	1	0	0	250	26	1	0	4
EVOO Basil Mayo	.5 oz	45	4	0	<5	95	2	0	<1	0
salt & pepper		2	0	0	0	295	0	0	0	0
Total amount		380	17	5	415	849.5	30.5	1	1	19

Alamo		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Eggs	2 oz	140	9	3	400	130	0	0	0	12
Sausage	.5 oz	47	4.1	1.8	8	157	<1	<1	0	2
Pepperjack	.5 oz	50	4	2.5	10	95	<1	0	0	3
Potatoes w/seasoning	.5 oz	20	1	<1	0	4	3	<1	<1	0
Salsa	1 oz	15	0	0	0	0	3	0	0	1
Flatbread	.5 piece	160	2	0.5	0	145	14	<1	1	2.5
Total amount		432	20.1	7.8	418	531	20	0	2	19.5

Rio		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Eggs	2 oz	140	9	3	400	130	0	0	0	12
Bacon	1 slice	18	1.5	0.75	5	63	0	0	0	1.5
Cheddar	.5 oz	55	4.5	2.5	15	90	0	0	0	3.5
Green Pepper	.25 oz	2	0	0	0	0	0	0	0	0
Potatoes w/seasoning	.5 oz	20	1	<1	0	4	3	<1	<1	0
Salsa	1 oz	15	0	0	0	0	3	0	0	1
Flatbread	.5 piece	160	2	0.5	0	145	14	<1	1	2.5
Total amount		410	18	6.75	420	432	20	0	2	19.5

Garden of Eden		calories	total fat g.	sat. fat g.	cholesterol mg.	sodium mg.	total carbs g.	dietary fiber g.	sugar g.	protein g.
Eggs	2 oz	140	9	3	400	130	0	0	0	12
Provolone	.5 oz	50	4	2.5	13	125	<1	0	<1	3.5
Roasted Red Peppers	.5 oz	4	0	0	0	34	<1	0	<1	0
Potatoes w/seasoning	.5 oz	20	1	<1	0	4	3	<1	<1	0
Spinach	.5 oz	3	0	0	0	13	<1	0	0	<1
Salsa	1 oz	15	0	0	0	0	3	0	1	0
Flatbread	.5 piece	160	2	0.5	0	145	14	<1	1	2.5
Total amount		392	16	6	413	451	20	0	2	18