



# Nutritional INFORMATION

The information contained within is based on standard U.S. product formulations, and is intended to serve as a guideline for personal use.

Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant, and/or the season on the year.

Certain menu items may not be available at all locations.

Temporary products are not included.

This information is effective as of February 2023.

# Breakfast

| NAME                      | Weight/Size     | Kcal | Pro gm | CHO gm | Tot Fat gm | Fibr gm | Trans Fat gm | Total Sugar gm | Na mg |
|---------------------------|-----------------|------|--------|--------|------------|---------|--------------|----------------|-------|
| <b>BREAKFAST</b>          |                 |      |        |        |            |         |              |                |       |
| Avocado Benedict          | 1 Benedict      | 507  | 18     | 27     | 11         | 2       | 0            | 0              | 416   |
| Avocado Toast             | 1 Slice         | 449  | 19     | 38     | 25         | 1       | 0            | 2              | 531   |
| Baja Omelette             | 1 Omelette      | 365  | 25     | 2      | 28         | 0       | 0            | 2              | 515   |
| Banana Bread Oatmeal      | 1 Order         | 520  | 13     | 86     | 14         | 10      | 0            | 36             | 5     |
| Berry Yogurt Bowl         | 1 Order         | 432  | 11     | 90     | 6          | 7       | 0            | 64             | 193   |
| Big Breakfast Sandwich    | 1 Sandwich      | 835  | 35     | 52     | 53         | 2       | 0            | 10             | 1417  |
| Biscuit & Gravy           | 1 Order         | 383  | 8      | 42     | 21         | 1       | 0            | 5              | 1297  |
| Breakfast Quesadilla      | 1 Order         | 674  | 33     | 35     | 44         | 4       | 0            | 5              | 1263  |
| Buttermilk Pancakes       | 1 Order         | 444  | 9      | 60     | 19         | 2       | 0            | 12             | 1052  |
| Chicken & Waffle          | 1 Order         | 693  | 37     | 49     | 31.0       | 0.2     | 0            | 14.5           | 1056  |
| Chicken Fried Steak       | 1 Steak & Gravy | 535  | 26     | 54     | 32         | 1       | 0            | 1              | 1795  |
| Chorizo Breakfast Burrito | 1 Wrap          | 615  | 30     | 41     | 37         | 4       | 0            | 4              | 1261  |
| Cinnamon Roll Pancakes    | 1 Order         | 856  | 13     | 114    | 38         | 3       | 0            | 63             | 1332  |
| Corned Beef Hash          | 1 Order         | 392  | 13     | 35     | 23         | 4       | 0            | 1              | 1137  |
| Country Omelette          | 1 Omelette      | 799  | 42     | 22     | 60         | 2       | 0            | 3              | 1474  |
| Denver Omelette           | 1 Omelette      | 515  | 38     | 5      | 37         | 1       | 0            | 2              | 1279  |
| Eggs Benedict             | 1 Order         | 497  | 31     | 32     | 23         | 2       | 0            | 2              | 1377  |
| French Toast              | 1 Order         | 531  | 11     | 77     | 20         | 2       | 0            | 16             | 592   |
| French Toast Crunch       | 1 Order         | 726  | 12     | 138    | 14         | 5       | 0            | 68             | 625   |
| Loaded Hashbrowns         | 1 Order         | 555  | 23     | 38     | 35         | 3       | 0            | 4              | 1147  |
| Migas Breakfast Tacos     | 1 Order         | 623  | 32     | 29     | 43         | 4       | 0            | 2              | 648   |
| Protein Wrap              | 1 Wrap          | 627  | 33     | 60     | 28         | 4       | 0            | 11             | 1462  |
| STF Omelette              | 1 Omelette      | 366  | 26     | 5      | 27         | 1       | 0            | 4              | 737   |
| Stuffed Biscuit           | 1 Order         | 1053 | 40     | 54     | 76         | 2       | 0            | 8              | 2673  |
| Sunny Street Benedict     | 1 Order         | 535  | 26     | 34     | 33         | 2       | 0            | 5              | 1100  |

# Breakfast

| NAME                     | Weight/Size | Kcal | Pro gm | CHO gm | Tot Fat gm | Fibr gm | Trans Fat gm | Total Sugar gm | Na mg |
|--------------------------|-------------|------|--------|--------|------------|---------|--------------|----------------|-------|
| Sunny's Skillet          | 1 Order     | 772  | 39     | 63     | 42         | 5       | 0            | 4              | 2033  |
| Veggie Omelette          | 1 Omelette  | 267  | 25     | 5      | 16         | 1       | 0            | 3              | 697   |
| Waffle                   | 1 Waffle    | 448  | 3      | 42     | 23         | 0       | 0            | 14             | 832   |
| Wildberry Crumb Pancakes | 1 Order     | 636  | 10     | 131    | 11         | 6       | 0            | 74             | 1088  |

# Lunch

| Name                                | Weight/Size | Kcal | Pro gm | CHO gm | Tot Fat gm | Fibr gm | Trans Fat gm | Total Sugar gm | Na mg |
|-------------------------------------|-------------|------|--------|--------|------------|---------|--------------|----------------|-------|
| <b>LUNCH</b>                        |             |      |        |        |            |         |              |                |       |
| Berry Avocado Salad                 | 1 Salad     | 474  | 16     | 43     | 30         | 12      | 0            | 9              | 576   |
| Bistro Burger                       | 1 Burger    | 1141 | 43     | 53     | 84         | 3       | 0            | 10             | 921   |
| Buffalo Grilled Chicken Salad       | 1 Salad     | 579  | 24     | 34     | 39         | 3       | 0            | 6              | 1032  |
| Cali BLT                            | 1 Sandwich  | 703  | 19     | 42     | 52         | 8       | 0            | 6              | 1196  |
| Chicken Salad Sandwich              | 1 Sandwich  | 479  | 12     | 35     | 33         | 3       | 0            | 5              | 695   |
| Chipotle Chicken Sandwich           | 1 Sandwich  | 773  | 31     | 71     | 41         | 5       | 0            | 9              | 1320  |
| Fancy Grilled Cheese                | 1 Sandwich  | 861  | 36     | 67     | 50         | 2       | 2            | 6              | 1478  |
| Herb Turkey & Avocado Wrap          | 1 Wrap      | 767  | 28     | 64     | 45         | 8       | 0            | 11             | 767   |
| Monterey Ranch Grilled Chicken Wrap | 1 Wrap      | 597  | 31     | 31     | 38         | 3       | 0            | 4              | 1315  |
| Reuben                              | 1 Sandwich  | 996  | 48     | 69     | 59         | 6       | 0            | 13             | 3510  |
| SW Turkey Club                      | 1 Sandwich  | 680  | 42     | 37     | 37         | 3       | 0            | 8              | 2106  |
| Turkey Bacon Chop Salad             | 1 Salad     | 622  | 23     | 11     | 20         | 1       | 0            | 4              | 795   |

# Kids

| Name                  | Weight/Size               | Kcal | Pro gm | CHO gm | Tot Fat gm | Fibr gm | Trans Fat gm | Total Sugar gm | Na mg |
|-----------------------|---------------------------|------|--------|--------|------------|---------|--------------|----------------|-------|
| <b>KIDS</b>           |                           |      |        |        |            |         |              |                |       |
| Chicken Fingers       | 3 Chicken Fingers         | 479  | 26     | 17     | 34         | 1       | 0            | 0              | 975   |
| Dino Pancakes         | 1 Buttermilk Dino Pancake | 218  | 2      | 15     | 17         | 1       | 0            | 3              | 264   |
| French Toast          | 2 Slices                  | 380  | 6      | 50     | 17         | 2       | 0            | 18             | 424   |
| Grilled Cheese        | 1 Sandwich                | 377  | 11     | 29     | 24         | 1       | 2            | 3              | 605   |
| Mac & Cheese          | 1 Order                   | 300  | 11     | 45     | 9          | 2       | 0            | 8              | 570   |
| Peanut Butter & Jelly | 1 Sandwich                | 464  | 13     | 63     | 19         | 4       | 0            | 22             | 467   |

# Sides

| Name            | Weight/Size | Kcal | Pro gm | CHO gm | Tot Fat gm | Fibr gm | Trans Fat gm | Total Sugar gm | Na mg |
|-----------------|-------------|------|--------|--------|------------|---------|--------------|----------------|-------|
| <b>SIDES</b>    |             |      |        |        |            |         |              |                |       |
| Bacon           | 3 Slices    | 150  | 8      | 0      | 13         | 0       | 0            | 0              | 415   |
| Chicken Sausage | 2 Links     | 180  | 12     | 4      | 12         | 0       | 0            | 0.             | 480   |
| Chips           | 1 Side      | 150  | 1      | 15     | 10         | 1       | 0            | 1              | 890   |
| French Fries    | 1 Order     | 190  | 2      | 20     | 12         | 2       | 0            | 0              | 410   |
| Fruit           | 1 Side      | 63   | 1      | 16     | 0          | 2       | 0            | 7              | 4     |
| Grits           | 1 Side      | 305  | 16     | 65     | 2          | 4       | 0            | 1              | 893   |
| Ham             | 1 Side      | 100  | 14     | 3      | 4          | 0       | 0            | 3              | 1010  |
| Hash Browns     | 1 Side      | 207  | 5      | 43     | 2          | 5       | 0            | 0              | 887   |
| Oatmeal         | 1 Side      | 270  | 10     | 43     | 4          | 7       | 0            | 6              | 0     |
| Sausage Patty   | 1 Side      | 500  | 20     | 2      | 46         | 0       | 0            | 2              | 1020  |
| Scrambled Eggs  | 2 Eggs      | 163  | 13     | 1      | 12         | 0       | 0            | 0              | 142   |
| Wheat Toast     | 1 Side      | 232  | 3      | 15     | 18         | 1       | 0            | 1              | 336   |



# Smoothies

| Name              | Weight/Size | Kcal | Pro gm | CHO gm | Tot Fat gm | Fibr gm | Trans Fat gm | Total Sugar gm | Na mg |
|-------------------|-------------|------|--------|--------|------------|---------|--------------|----------------|-------|
| <b>SMOOTHIES</b>  |             |      |        |        |            |         |              |                |       |
| Buckeye           | 1 Each      | 611  | 20     | 86     | 24         | 6       | 0            | 64             | 298   |
| Jungle Crush      | 1 Each      | 292  | 12     | 49     | 7          | 3       | 0            | 38             | 179   |
| Strawberry Banana | 1 Each      | 318  | 11     | 57     | 7          | 4       | 0            | 46             | 135   |
| Berry Blast       | 1 Each      | 287  | 10     | 48     | 7          | 4       | 0            | 44             | 134   |

\* A category marked zero represents less than one gram per serving.

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