Sunny Street Café®

NUTRITIONAL INFO

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 of the year. Certain menu items may not be available at all locations. Temporary products are not included. This information is effective as of 8/1/2016.

	Serving Size	Calories	Calories from Fat (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
BREAKFAST												
Bananas Foster Pancakes	3 pancakes	1759	519	58	12	1	5	3420	286	13	103	29
Belgain Waffle	1 waffle	1272	172	19	3.5	3	0	4680	236	7	14	37
Best Breakfast Sausage Sandwich	1 sandwich	1049	712	79	26	0	480	1650	47	1	5	38
Biscuits & Gravy	2 biscuits w/ gravy	804	419	47	16	8	45	2790	78	2	10	16
BLT Benedict	1 order	479	258	29	7	3.5	340	790	21	3	4	21
Blueberry Pancake	1 Pancake	661	368	41	9	4	0	1260	64	3	15	7
Breakfast Quesadilla	1 wrap	840	489	54	17	1	400	1260	60	3	4	29
Breakfast Burrito	1 wrap	831	486	54	18.5	0	415	1320	56	2	6	30
Burrito Ultimo	1 wrap	761	368	41.5	14	0	955	620	66	3	6	31
Buttermilk Panckaes	1 pancake	625	368	41	9	4	0	1250	55	2	10	7
Breakfast Sundae	1 bowl	359	20	2.5	0.5	0	0	210	82	5	53	7
Breakfast Tacos	1 order	1365	895	99	43	1	540	2130	63	3	2	54
Chocolate Chip Pancakes	1 pancake	711	417	46	11	4	0	1250	66	3	19	8
Corned Beef Hash & Eggs	Full order	735	505	56	13	2	370	1980	28	3	1	30
Country Omelette	1 omelette	1052	753	84	33	0	380	2180	28	1	6	44
Denver Omelette	1 omelette	461	291	32	8	0	600	1290	9	1	6	34
Eggs Benedict	1 order	515	254	28	7	3.5	375	1630	29	1	3	32
El Dorado Omelette	1 omelette	745	542	60	24	0	645	950	14	2	4	38
French Toast	3 slices	1374	963	107	22	6	325	1170	77	2	15	21
French Toast Crunch	2 slices	753	150	17	8	0	215	550	130	11	72	16
Loaded Hashbrowns	1 order	886	563	63	23	0	400	2030	50	2	8	28
Meat Lover's Omelette	1 omelette	640	455	51	17	0	630	1430	3	0	2	41
Protein Wrap	1 wrap	481	120	13	5.5	0	40	1400	56	8	6	32
Spinach Tomato Feta Omelette	1 omelette	401	293	33	9	0	570	670	3	1	1	23
Sunny Street Benedict	1 order	479	257	29	8	3.5	345	1040	125	2	3	21
Tex Mex Omelette	1 omelette	930	670	74	33	0.5	690	1510	17	3	4	52
Whole Wheat Pancake	1 pancake	615	409	45	9	5	45	540	45	2	23	6
BREAKFAST SIDES												
Bacon	3 pieces	168	111	12	5	0	30	370	0	0	0	14
Bagel (plain)	1 each	200	14	1.5	0	0	0	410	40	1	2	7
Cheese & Onions	4 oz	123	82	9	6	0	30	180	4	0	1	7
Chicken Fried Steak	1 each	530	360	40	11	0	70	1060	20	1	0	22
English Muffin-Dry	1 each	219	108	12	2	3	0	330	25	1	1	4
Fruit	1 breakfast side	94	2	0	0	0	0	20	24	2	19	1
Granola	1 bowl	424	37	4	1	0	0	480	94	6	47	8
Grits	1 bowl	514	290	32	8	7	20	900	46	1	6	9
Grits	1 side	257	145	16	4	3.5	10	450	23	1	3	5
Ham	2 pieces	101	32	3.5	1	0	45	1020	3	0	3	14
Hashbrowns	4 oz	135	41	4.5	1	0	0	60	22	3	1	3
Hearty Pancakes	1 order	625	368	41	9	4	0	1250	55	2	10	7
Oatmeal-Plain	1 cup	300	45	5	1	0	0	0	56	8	0	10

Salsa Side	1 portion	12	1	0	0	0	0	120	3	1	2	0
Sausage Gravy	1 serving cup	444	275	31	12	0	45	1630	30	0	6	8
Sausage Links	2 each	323	272	30	10	0	70	380	2	0	0	12
Sausage Patties	2 each	468	401	45	16	0	85	870	2	0	2	14
Smoked Sausage	2 Links	549	459	51	16	0.5	80	1237	35	0	0	19
Sour Cream Side	1 portion	110	99	11	6	0	35	90	4	0	2	0
Stuffed Biscuit	1 biscuit	560	366	41	17	4	120	1210	30	2	5	20
Turkey Sausage	3 links	107	51	6	1	0	50	360	0	0	0	13
Wheat Toast-Dry	1 order	220	27	3	0	0	0	340	40	4	4	6
LUNCH												
Bacon Cheddar Burger	1 sandwich	1136	687	76	31	0	165	910	61	3	9	52
Bavarian Melt	1 sandwich	489	127	14	7	0	80	1700	61	2	21	26
Big BLT	1 sandwich	743	517	57	14	0.5	90	1030	28	4	6	30
Big Cheese Burger	1 sandwich	1086	700	78	34	0	180	860	44	8	7	46
Bistro Burger	1 sandwich	843	536	60	23	0	120	500	41	2	7	29
Boardwalk Club	1 sandwich	952	591	66	16	0.5	155	2290	43	5	10	44
Buffalo Crispy Chicken Salad	1 salad	950	533	59	19	0	85	2580	78	8	8	39
Buffalo Grilled Chicken Salad	1 salad	890	529	59	26	1	135	2110	56	6	7	50
Chicken BLT Salad	1 salad	656	390	43	10	0	270	890	30	4	7	37
Chicken Melt	1 sandwich	1097	662	74	20	1	140	1330	67	3	5	41
Chicken Salad & Fruit Platter	1 order	623	315	35	7	0	95	680	53	4	27	27
Chicken Salad Sandwich	1 sandwich	516	301	33	7	0	90	550	28	4	5	27
Chipotle Chicken Flatbread	1 sandwich	974	509	57	18	0	140	2080	71	3	10	47
Denver Quiche & Fruit Plater	1 order	595	241	27	12	0	210	680	75	5	39	16
Greek Salad	1 order	415	189	21	6	0	35	1720	42	6	10	17
Greek Salad Wrap	1 wrap	591	274	30	6	0	15	2070	67	10	10	14
Grilled Veggie Flatbread	1 sandwich	681	291	32	7	0	25	2740	80	5	17	18
Harvest Spinach Salad	1 salad	602	339	38	10	0	50	1370	38	8	7	28
Lost Highway Burger	1 sandwich	1035	628	70	24	0.5	285	1100	54	3	3	44
Monterey Ranch Crispy Chicken Wrap	1 wrap	852	347	39	15	0	120	2110	75	3	4	50
Monterey Ranch Grilled Chicken Wrap	1 wrap	820	387	43	17	1	140	1450	53	1	4	54
Reuben- Corned Beef	1 sandwich	973	612	68	21	7	120	3320	46	4	10	42
Signature Burger	1 sandwich	758	551	61	30	0	180	920	3	0	0	45
Southwest Turkey Club	1 sandwich	790	494	55	15	0.5	160	2320	31	4	8	45
Spicy Torta	1 sandwich	585	420	47	16	0	130	1180	8	1	3	35
Spinach Tomato & Feta Quiche & Fruit	1 order	553	221	24	10	0	195	580	73	5	37	13
Sunny's Cobb Salad	1 salad	562	223	25	10	0	250	1760	44	4	10	40
Supreme Grilled Cheese	1 sandwich	781	408	45	17	6	75	1150	64	3	4	25
LUNCH SIDES												
Balsamic Vin Dressing	2 Tbsp	100	90	10	1.5	0	0	230	2	0	2	0
Chicken Salad	1 #10 scoop	377	282	31	6	0	90	380	2	0	1	22
Chili	1 bowl	293	166	18	7	1	55	620	16	6	3	17
Chili	1 cup	216	124	14	6	0.5	40	440	11	4	2	12

Potato Chips	4 oz	640	360	40	6	0	640	1360	60	4	4	8
French Fries	4 oz	310	218	24	7	0	0	750	32	4	0	2
Fruit	lunch side	121	3	0	0	0	0	25	31	3	24	1
Garden Side Salad	1 order	187	113	13	6	0	30	410	12	2	2	9
Grilled Chicken Bre	1 each	237	131	15	3	1	70	370	1	0	0	26
Honey Dijon Dressi	2 Tbsp	60	0	0	0	0	0	260	14	0	11	0
Italian Dressing	2 Tbsp	130	120	0	0	0	0	210	1	0	0	0
Ranch Dressing	2 Tbsp	110	100	0	0	0	0	140	1	0	0	1
Thousand Island D	2 Tbsp	150	140	15	2.5	0	15	220	4	0	4	0
SMOOTHIES												
Buckeye	1 serving	591	190	21	8	0	25	280	86	5	68	17
Jungle Crush	1 serving	311	57	6	4	0	25	170	57	4	46	9
Strawberry Banana	1 serving	318	62	7	5	0	25	120	58	4	45	9
Tropical Thunder	1 serving	307	46	5	3	0	25	120	60	3	54	9
Very Berry	1 serving	293	64	7	4.5	0	25	120	48	5	39	9
KIDS MENU												
Blueberry Dino Pan	1 pancake	403	125	14	4	3	0	1140	60	2	12	7
Buttermilk Dino Pa	1 pancake	385	125	14	4	3	0	1130	55	2	10	7
Chicken Fingers	1 order	475	308	34	4.5	0	40	710	23	1	0	18
Choc Chip Dino Par	1 pancake	483	176	19	7	3	0	1130	70	3	21	9
French Toast	2 slices	722	432	48	11	4	215	690	54	1	12	14
Grilled Cheese	1 sandwich	323	166	18	6	3	15	620	30	1	3	8
Mac & Cheese	1 order	301	81	9	2.5	0	15	550	45	2	8	10
Oreo Dino Pancake	1 pancake	658	219	24	7	3.5	0	1350	97	4	33	9
PB & J	1 sandwich	575	271	30	6	0	0	530	60	4	24	18

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

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