



Nutritional INFORMATION

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This information is effective as of March 2025.



BREAKFAST



Item	Weight/Size	Kcal	Pro gm	CHO gm	Tot Fat gm	Fibr gm	Trans Fat gm	Total Sugar gm	Na mg
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
Bananas Foster Pancakes	4 Pancakes	1352	23	190	46	7	0	80	2225
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	4	1263
Buttermilk Pancakes	4 Pancakes	857	18	120	23	4	0	23	2102
Chicken & Waffle	1 Order	693	37	49	31	0	0	14	1056
Chicken Fried Steak	1 Steak & Gravy	535	26	54	32	1	0	1	1795
Chocolate Lava Pancakes	4 Pancakes	1340	22	213	34	7	0	88	2308
Chorizo Breakfast Burrito	1 Wrap	615	30	41	37	4	0	4	1261
Cinnamon Roll Pancakes	4 Pancakes	1269	22	174	42	5	0	75	2383
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	2 Slices	531	11	77	20	2	0	16	592
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
Migas Breakfast Tacos with Chorizo	1 Order	722	36	31	52	4	0	2	1160
PBJ Time Pancakes	4 Pancakes	1749	41	189	84	11	0	81	2458
Power Scramble	1 Order	410	30	16	25	6	0	3	804
Spinach Tomato Feta Omelette	1 Omelette	366	26	5	27	1	0	4	737
Strawberry Shortcake Pancakes	4 Pancakes	1177	22	172	34	5	0	65	2365
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
Sunny's Skillet	1 Order	830	34	67	49	6	0	4	2681
Veggie Omelette	1 Omelette	267	25	5	16	1	0	3	697
Waffle	1 Waffle	448	3	42	23	0	0	14	832

LUNCH



Item	Weight/Size	Kcal	Pro gm	CHO gm	Tot Fat gm	Fibr gm	Trans Fat gm	Total Sugar gm	Na mg
Berry Avocado Salad	1 Salad	351	13	23	27	11	0	8	463
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	713	43	61	31	3	0	11	1203
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
Fancy Grilled Cheese	1 Sandwich	862	36	67	49	2	2	6	1478
Turkey Bacon Chopped Salad	1 Salad	322	23	11	20	1	0	4	420

SIDES

Item	Weight/Size	Kcal	Pro gm	CHO gm	Tot Fat gm	Fibr gm	Trans Fat gm	Total Sugar gm	Na mg
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
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

KIDS

Item	Weight/Size	Kcal	Pro gm	CHO gm	Tot Fat gm	Fibr gm	Trans Fat gm	Total Sugar gm	Na mg
Chicken Fingers	3 Chicken Fingers	479	26	17	34	1		0	975
Dino Pancakes	1 Buttermilk Dino Pan	218	2	15	17	0	0	3	264
French Toast	2 Slices	380	6	50	17	2	0	18	424
Grilled Cheese	1 Sandwich	377	11	29	24	1	0	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

SMOOTHIES

Item	Weight/Size	Kcal	Pro gm	CHO gm	Tot Fat gm	Fibr gm	Trans Fat gm	Total Sugar gm	Na mg
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
Very Berry	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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