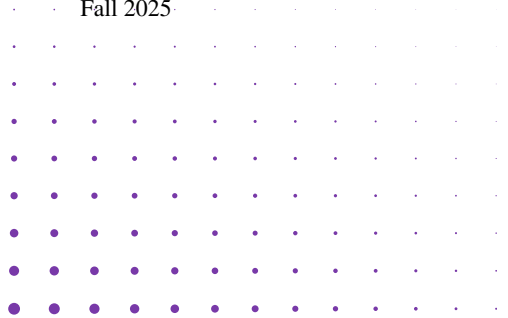




# Another Broken Egg

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Brunch Specialties</b>						
Chicken & Waffles	670	8	1630	54	6	49
<b>Sweet Temptations &amp; Indulgences</b>						
Buttermilk Pancakes	480	1	1520	95	8	17
Gluten-Friendly Pancakes	470	1.5	1470	88	9	16
Belgian Waffle	280	5	630	46	3	6
<b>Traditional Day Starter</b>						
Two Scrambled Whites	120	2.5	260	0	0	13
Just Egg	220	6	210	1	0	14
Two Poached Eggs	160	3.5	160	0	0	13
English Muffin	140	0	260	28	1	5
Sweet Ham	130	2	1320	0	0	19
Chicken Sausage	120	3	540	3	1	12
Baked Bacon	180	5	440	1	0	10

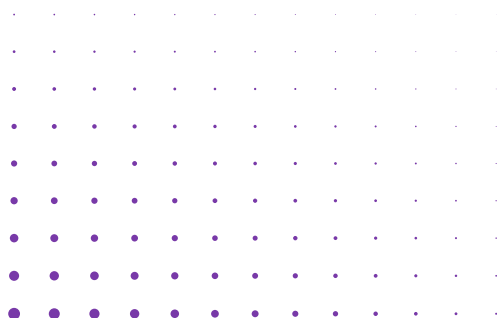
Fall 2025





Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Sensible Sensations</b>						
Skinny Shrimp Benny (Benedict Only)	580	6	1890	37	2	33
Skinny Omelette (Omelette Only)	520	7	800	54	8	31
<b>Omelettes &amp; Scramblers</b>						
Veggie Delight Omelette (Omelette Only)	550	10	630	45	6	31
Southwest Scrambler Flour Tortilla Add	160	2	340	28	0	4
<b>Sandwiches &amp; Salads – Includes dressing and sides</b>						
Southern Fried Chicken Sandwich	1360	17	2590	9	10	70
Southwest Chop Salad with Shrimp	870	19	1810	37	9	25
Southwest Chop Salad with Turkey	920	19	1790	42	12	37
Sonoma Club - Nine Grain (Half Entree)	470	7	1254	41	4	21
Chicken Salad Sandwich (Half Entree)	225	4	746	30	3	18
Blackened Shrimp Salad (Half Entree)	430	2	536	17	2	10
*To Lower saturated fat in salads, omit bacon and ask for dressing on the side						

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Sides &amp; Add-Ons</b>						
Day Starter Buttermilk Pancakes, Side	120	0	380	24	2	4
English Muffin, Side	140	0	260	28	1	5
Fresh Country Potatoes, Side	320	0	260	23	1	5
Fresh Fruit, Side	50	0	0	13	3	1
Guacamole, Side	140	0	260	28	1	5
Salsa, Side	70	1	70	4	3	1
Sliced Tomatoes, Side	25	0	5	5	2	1
<b>Kid's Meals</b>						
Kid's Little Rooster	310	5.5	460	25	3	15
Kid's Dollar Pancakes (Gluten Friendly)	380	6	880	34	3	18
Kid's Waffle Sampler	340	8	650	24	2	15
Kid's French Toast Sampler	500	9	750	40	1	23

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