



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Classic Favorites</b>						
Traditional Breakfast	900	14	1580	98	8	26
<b>The Healthier Side</b>						
Power Wrap	610	5	1380	82	6	39
Steel-Cut Oatmeal	560	2	35	106	10	15
Sunrise Granola Bowl	490	2	90	77	6	25
Tri-Athlete Omelet	520	2	810	83	10	29
<b>Egg-Sclusives*</b>						
Elevated Egg Sandwich	760	8	1560	90	5	19
Farmhouse Hash	1010	8	1500	132	5	28
Market Hash (sub salad for potatoes)	970	7	1710	133	12	29
<i>*no mayo, butter, bacon, or cheese</i>						
<b>From the Griddle*</b>						
Belgian Waffle (no butter)	550	7	970	109	6	2
French Toast	840	8	1030	143	2	19
<i>*Omit syrup for savings of 200 calories and 54g carbohydrates</i>						
<b>Power Bowls</b>						
Pesto Chicken Quinoa Bowl (no Lemon Balsamic dressing)	490	4	1160	46	4	31
Power Breakfast Quinoa Bowl (no sausage)	630	9	780	39	5	25
<b>Salads (includes dressing)*</b>						
Chicken Avocado Chop	720	6	600	55	6	21
Superfood Kale	780	7	1070	71	8	24
Sweet Honey Pecan Salad	750	6	990	71	9	24
<i>*no cheese or toast included</i>						
<b>Sandwiches*</b>						
Chicken Salad Melt	470	5	650	54	10	16
Market Veggie (Sub fruit for mixed greens)	570	4	870	81	16	19
Baja Turkey Burger (Sub fruit for mixed greens)	700	10	1230	55	7	30
Veggie Burger	570	5	910	81	10	24
<i>*no cheese, mayo, or butter included</i>						



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<b>Sides</b>						
Lemon Dressed Greens	70	1	66	5	2	1
Potatoes	340	1	994	47	3	6
Fresh Fruit	190	0	4	50	5	2
Chicken Sausage Patty	90	2	280	2	0	8
Whole Grain Artisan Toast + Natural Preserves	260	1	270	50	6	7
<b>Kids</b>						
Bacon + Egg	510	12	760	51	4	15
Turkeywich	510	4.5	1150	76	5	28

\*Omit syrup: subtract 200 calories and 54g carbohydrates

\*Omit pico de gallo: lower sodium 150 mg