

Breakfast Mezze (Omelet Station) Nutrition															
Standard Menu Item	Recipe Number	Portion Size	Weight	Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carb	Total Sugars	Added Sugars	Cholesterol	Protein	Dietary Fiber	Sodium
			(oz)	(g)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(g)
<b>Omelet Station Components</b>															
<b>Eggs</b>															
Egg Whites, Scrambled	36736.3	1/2 cup	4.31oz	122.1g	60	0	0	0+	<1 g	<1 g	0	0	13	0	200
Scrambled Eggs	37221.2	1/2 cup	4.31oz	122.1g	180	12	4	0	1	0	0	450	15	0	160
Eggs (Made to Order)	63111	2 each	3.1oz	88g	130	8	3	0	<1 g	0	0	325	11	0	125
<b>Vegetables</b>															
Charred Broccoli	118914	1 oz	7.5oz	212.53g	35	1	0	0+	6	1	0	0	2	2	30
Roasted Crimini Mushrooms	41281.1	1 oz	6.05oz	171.61g	50	1.5	0	0	7	3	0	0	4	1	10
Roasted Onions	8118.5	1 oz	1oz	28.35g	15	0.5	0	0	3	1	0	0	0	0	25
Roasted Red Pepper	8119.2	1 oz	1oz	28.35g	15	1	0	0	2	1	0	0	0	<1g	0
Roasted Zucchini	8122	1 oz	1oz	28.35g	10	1	0	0	<1g	<1g	0	0	0	0	15
Jalapeno	63607	1 oz	1oz	28.35g	10	0	0	0	2	1	0	0	0	<1g	0
Spinach, Baby, Fresh	47960.1	1/4 cup	0.26oz	7.5g	0	0	0	0	0	0	0	0	0	0	5
Avocado (quarter)	65294	1/2 Avocado	2.22oz	62.9g	100	9	1.5	0	5	0	0	0	1	4	0
Salad Mix, Spring (Mesclun)	47795.1	1 cup	1.94oz	55g	5	0	0	0	1	<1 g	0	0	<1 g	<1 g	0
<b>Meats/Vegan Alternatives</b>															
Vegan Sausage Link	66612	1 each	0.81oz	22.96g	35	1.5	0	0	2	0	0	0	4	<1 g	150
Impossible Breakfast Sausage	140177.3	1 each	1.59oz	45g	100	7	2.5	0	4	0	0	0	6	<1 g	310
Vegetarian Sausage Patty	69553	1 each	1.34oz	37.99g	70	2.5	0	0	4	<1 g	0	0	9	<1 g	250
Turkey Bacon Slice	84929	1 slice	0.49oz	14g	60	4	1	0	<1 g	<1 g	<1 g	20	5	0	310
Applewood Bacon Slice	608.19	1 slice	0.4oz	11.34g	50	4	1.5	0	0	0	0	10	4	0	190
Pork Sausage Link 2 oz	1125.1	1 each	1.5oz	42.52g	200	20	7	0	<1 g	<1 g	<1 g	20	5	0	260
Pork Sausage Patty	1125.1	1 each	1.5oz	42.52g	180	17	6	0	<1 g		0	25	5	0	320
Smoked Turkey	87591	1 oz	1oz	28.35g	35	0.5	0	0+	<1g	<1g	0	15	7	0	180
Turkey Sausage Patty	57570.1	1 each	1.29oz	36.55g	60	3.5	1	0	0	0	0	30	7	0	240
<b>Cheeses</b>															
Cheese, American, Sliced	1748.7	1 oz	1oz	28.35g	100	9	5	0	1	<1 g	0	30	5	0	470
Cheese, Mid Cheddar Sliced	43037.3	1 oz	1oz	28.35g	110	9	5	-	<1 g	0	0	30	6	0	190
Cheese, Gouda, Smoked, Sliced	75797	1 oz	1oz	28.35g	100	8	5	-	<1 g	<1 g	0	30	7	0	230
Cheese, Havarti, Sliced	45467.5	1 oz	1oz	28.35g	110	8	5	-	<1 g	0	0	25	7	0	160
Cheese, Mozzarella, Fresh	62290	1 oz	1oz	28.35g	80	6	4	-	<1 g	0	0	20	6	0	140
Cheese, Muenster, Sliced	43035.1	1 oz	1oz	28.35g	100	9	5	-	0	0	0	25	7	0	180
Cheese, Pepper Jack, Sliced	43037.2	1 oz	1oz	28.35g	110	9	5	-	0	0	0	25	7	0	170
Cheese, Provolone, Sliced	13404.12	1 oz	1oz	28.35g	100	8	5	-	<1 g	0	0	20	7	0	210
Cheese, Feta	138672	1 oz	1oz	28.35g	90	7	4	0+	1	0+	0	25	4	0	300
Cheese, Swiss, Sliced	75797.1	1 oz	1oz	28.35g	110	9	5	0	0	0	0	25	8	0	55
<b>Condiments</b>															
Unsalted Butter	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	0	30	0	0	0

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations.

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility.

Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance.