

Market Bar Breakfast 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)
Breakfast Components															
Breads															
Sour Dough Sliced Bread	62273.2	1 slice	1.76oz	50g	130	1.5	0	0	24	1	1	0	5	1	220
White Sliced Bread	62272.11	1 slice	1.66oz	47g	130	1.5	0	0	23	3	0	0	4	1	230
Whole Grain Sliced Bread	62273	1 slice	1.41oz	39.97g	90	1	0	0	18	<1 g	<1 g	0	3	0	140
Whole Wheat Sliced Bread	1390.6	1 slice	1.08oz	30.62g	80	0.5	0	0	13	0	0	0	3	2	120
Cinnamon Raisin Bread	62272.13	1 slice	0.99oz	28g	80	1	0	0	16	0	0	0	2	1	100
Kaiser Roll	63969	1 each	2.6oz	73.71g	240	4.5	0	0	43	3	3	0	7	1	410
English Muffin, Plain	57950	1 each	2oz	56.7g	150	1	0	0	30	<1 g	<1 g	0	5	<1 g	180
Plain Bagel	125218.7	1 each	4.4oz	124.74g	300	1.5	0	0	62	6	-	0	10	2	610
Eggs															
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
Meats & Vegan Alternatives															
Smoked Salmon	63427	4 ounce	4oz	113.4g	130	5	1	-	0	0	0	25	21	0	760
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
Bacon, precooked	608.1	1 slice	0.13oz	3.78g	20	1.5	0	0	0	0	0	<5mg	1	0	65
Applewood Bacon Slice	608.19	1 slice	0.4oz	11.34g	50	4	1.5	0	0	0	0	10	4	0	190
Turkey Sausage Patty	57570.1	1 each	1.29oz	36.55g	60	3.5	1	0	0	0	0	30	7	0	240
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	<1 g	0	20	5	0	320
Hot Breakfast Items															
Pancakes	40839	3 each	2.5oz	71g	290	0	-	0	61	11	10	0	6	1	770
Whole Grain French Toast	37220.8	2 slice	6.98oz	197.81g	400	7	1	0+	72	28	18	110	13	24	500
Hash Browns	57418	4 ounce	4oz	113.4g	210	15	6	0	20	<1 g	0	25	2	2	470
Breakfast Potatoes	8018.9	1/2 cup	3.87oz	109.72g	90	0	0	0	21	2	0	0	2	2	290
Yogurts & Cottage Cheese															
Yogurt, Plain, Fat Free	65282	1/2 cup	4oz	113.4g	45	0	0	0	7	5	0	<5mg	5	0	80
Yogurt, Plain, Greek, 2%, Fage	65282.1	1/2 cup	4oz	113.4g	90	2.5	1.5	0	5	5	0	10	11	0	35
Yogurt, Plain, Greek, Fat Free	65282.2	1/2 cup	4oz	113.4g	60	0	0	0	4	4	0	5	11	0	45
Yogurt, Plain, Greek, Whole Milk	63629.1	1/2 cup	4oz	113.33g	110	7	4	0	8	7	0	25	5	0	85
Yogurt, Plain, Low Fat	58254	1/2 cup	4.32oz	122.5g	60	1	0.5	0	7	5	0	5	5	0	75
Yogurt, Strawberry, Low Fat	58254.1	1/2 cup	4oz	113.5g	110	0.5	0	0	22	16	12	<5mg	4	0	55
Vanilla Greek Yogurt	127463.1	1/2 cup	3.99oz	113.21g	160	9	4.5	0+	15	15	11	20	5	0	65
Cottage Cheese, 4%	1746.6	1/4 cup	1.98oz	56.25g	60	2.5	1	-	2	2	0	10	6	0	180
Cottage Cheese, Fat Free	1746.7	1/4 cup	1.28oz	36.25g	25	0	2	-	2	<1 g	0	<5mg	4	0	135
Cream Cheese & Spreads															
Cured Smoked Salmon	128872	4 ounce	4oz	113.4g	270	10	1.5	0+	11	10+	10	90	32	0	1060
Plain Cream Cheese	63391	1 oz	1oz	28.35g	100	10	6	0	2	1	0	30	2	0	90
Vegetable Cream Cheese	127331.6	1 oz	1oz	28.35g	80	7	4	0+	2	1+	0	20	1	0	105
Blueberry Cream Cheese	88645.2	1 oz	0.78oz	22.14g	60	6	3.5	0	2	1	0	15	1	0	55
Chive Cream Cheese	127331.2	1 oz	1oz	28.35g	100	10	6	0	2	1	0	30	2	0	85
Dried Cherry Pecan Cream Cheese	127331.5	1 oz	1oz	28.35g	100	8	5	0	5	4	0	25	1	0	75
Grilled Jalapeno Cream Cheese	127331.1	1 oz	1oz	28.35g	100	10	6	0	2	1	0	30	2	0	85
Grilled Red Pepper Cream Cheese	127331	1 oz	1oz	28.35g	80	8	4.5	0	2	1+	0	20	1	0	75
Honey Pecan Cream Cheese	127331.4	1 oz	1oz	28.35g	110	10	5	0+	4	3	2	25	2	0	70
Lemon Caper Cream Cheese	158696	1 oz	1oz	28.35g	90	8	5	0	2	<1 g	0	25	1	0	80
Smoked Salmon Cream Cheese	127331.3	1 oz	1oz	28.35g	80	8	4.5	0+	1	<1 g	0	25	3	0	115
Unsalted Butter	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	0	30	0	0	0
Peanut Butter, Creamy	63396	1 tbsp	0.57oz	16.12g	110	9	2	0	3	2	1	0	4	1	75
Nutella	63112	1 tbsp	0.65oz	18.5g	100	6	2	0	11	11	9	<1 g			10
Marmalade, Orange	63389	1 tbsp	0.73oz	20.83g	50	0	0	0	13	12	9	0	0	0	0
Grape Jelly	63393	1 tbsp	0.74oz	21g	50	0	0	0	13	12	9	0	0	0	5
Red Raspberry Jam	74413	1 tbsp	0.73oz	20.83g	50	0	0	0	13	10	9	0	0	0	0
Strawberry Jelly	47957.19	1 tbsp	0.71oz	20g	50	0	0	0	13	12	9	0	0	0	0
Syrup, Maple, 100%	66297	1 oz	1.42oz	40.25g	100	0	0	-	27	24	24	0	0	0	0
Salsa	63409	1 oz	1.14oz	32.37g	10	0	0	0	2	1	0	0	0	<1 g	230
Breakfast Bar Vegetables															
Spinach, Baby, Fresh	47960.1	1 cup	1.06oz	30g	5	0	0	0	1	0	0	0	<1g	<1g	25
Spring Mix Salad	47795.1	1 cup	1.94oz	55g	5	0	0	0	1	<1 g	0	0	<1 g		0
Onions, Red, Each Slice, Fresh	14918	1 slice	0.44oz	12.6g	5	0	0	0	1	<1 g	0	0	0	0	0
Tomatoes, Each Slice, 1/4", Fresh	47955.4	1 slice	0.48oz	13.65g	0	0	0	0	<1 g	0	0	0	0	0	0
Jalapeno, Sliced, Fresh	63607	1 tbsp	0.2oz	5.62g	0	0	0	0	0	0	0	0	0	0	0
Avocado, Quartered, Fresh	65294	2 each	2.22oz	62.9g	100	9	1.5	0	5	0	0	0	1	4	0
Capers	65277.1	1 tsp	0.1oz	2.87g	0	0	0	0	0	0	0	0	0	0	65
Red Bell Pepper	64055	1/4 cup	0.81oz	23g	5	0	0	0	1	<1 g	0	0	0	0	0
Cucumber Slices	68562	1/4 cup	0.92oz	26g	0	0	0	0	<1 g		0	0	0	0	0
Breakfast Bar Crunch Toppings															
Granola	136095	1 tbsp	0.53oz	15g	70	2.5	0	0	11	4	4	0	1	gram	55
Dried Apricots	55091.1	1 tbsp	0.29oz	8.13g	20	0	0	-	5	4	0	0	0	<1 g	0
Dried Cranberries	63599.1	1 tbsp	0.15oz	4.25g	30	2.5	2.5	-	1	0	0	0	0	<1 g	0
Coconut Flakes	62347	1 tbsp	0.32oz	9.06g	30	0	0	0	8	7	0	0	0	0	0
Toasted Almonds	63622	1 tbsp	0.24oz	6.75g	40	3.5	0	0	1	0	0	0	1	<1 g	0
Raisins	64579	1 tbsp	0.36oz	10.31g	30	0	0	0	8	7	0	0	0	0	0
Pistachios	118891	1 tbsp	0.27oz	7.69g	45	3.5	0	0	2	<1 g	0	0	2	<1 g	0
Breakfast Bar Fruits															
Blackberries, Fresh	63398	1/4 cup	1.27oz	36g	15	0	0	0	3	2	0	0	<1 g		0
Blueberries, Fresh	13170	1/4 cup	1.24oz	35.15g	20	0	0	0	5	4	0	0	0	<1 g	0
Strawberries, Fresh	63378	1/4 cup	1.19oz	33.84g	10	0	0	0	3	2	0	0	0	<1 g	0
Raspberries, Fresh	29187.6	1/4 cup	1.08oz	30.75g	15	0	0	0	4	1	0	0	0	2	0
Cantaloupe Cubes	1175	1/4 cup	1.41oz	40g	15	0	0	0	3	3	0	0	0	0	5
Grapefruit, Peeled	1124.1	1/4 cup	1.88oz	53.16g	20	0	0	0	4	4	0	0	0	<1 g	0
Green Grapes	63376.2	1/4 cup	1.41oz	40g	30	0	0	0	7	6	0	0	0	0	0
Red Grapes	63376	1/4 cup	1.39oz	39.32g	25	0	0	0	7	6	0	0	0	0	0
Honeydew Melon Cubes	1117	1/4 cup	1.5oz	42.5g	15	0	0	0	4	3	0	0	0	0	10
Mango Slices	106218.1	1/4 cup	1oz	28.46g	15	0	0	0	4	4	0	0	0	0	0
Oranges, Peeled	20257.37	1/4 cup	1 oz	56.5	50	0	0	0	7	5	0	0	0.5	1	0
Pineapple Cubes	31969	1/4 cup	1.46oz	41.25g	20	0	0	0	5	4	0	0	0	<1 g	0
Watermelon, Cubed, Fresh	88	1/4 cup	1.04oz	29.48g	10	0	0	0	2	2	0	0	0	0	0
Breakfast - Whole Fruit															
Apple, Braeburn, Fresh	1638.2	1 each	4.73oz	134.1g	70	0	0	0	19	14					

Apple, Cortland, Fresh	1638.3	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Crispin, Fresh	1638.4	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Empire, Fresh	1638.5	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Fuji, Fresh	1638.6	1 each	4.96oz	140.62g	90	0	-	0	21	16	0	-	0	3	0
Apple, Ginger Gold, Fresh	1638.8	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Golden Delicious, Fresh	1638.9	1 each	4.61oz	130.63g	70	0	0	0	18	14	0	0	0	3	0
Apple, Granny Smith	34124.8	1 each	6.55oz	185.56g	100	0	0	0	26	19	0	0	0	4	0
Apple, Jona Gold, Fresh	1638.13	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Macoun, Fresh	1638.15	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apple, Rome, Fresh	1638.19	1 each	7.56oz	214.32g	110	0	0	0	30	22	0	0	<1g	5	0
Apricots, Fresh	44283	1 each	1.15oz	32.55g	15	0	0	0	4	3	0	0	0	<1g	0
Banana, Fresh	40362	1 each	4.16oz	118g	110	0	0	0	27	14	0	0	1	3	0
Grapefruit, Pink, Fresh	1124.3	1 each	4.16oz	118g	40	0	0	0	10	8	0	0	<1g	1	0
Nectarines, Medium, Fresh	44283.1	1 each	4.56oz	129.22g	60	0	0	0	14	10	0	0	1	2	0
Nectarines, White, Fresh	44283.3	1 each	4.56oz	129.22g	60	0	0	0	14	10	0	0	1	2	0
Nectarines, Yellow, Fresh	44283.4	1 each	4.56oz	129.22g	60	0	0	0	14	10	0	0	1	2	0
Orange, Blood, Fresh	20257.3	1 each	5.84oz	165.56g	80	0	0	0	19	15	0	0	2	4	0
Orange, Cara Cara, Fresh	20257.4	1 each	5.84oz	165.56g	80	0	0	0	19	15	0	0	2	4	0
Orange, Clementine, Fresh	20257.1	1 each	2.01oz	56.98g	25	0	-	0	7	5	0	-	0	<1g	0
Orange, Fresh	20257	1 each	7.27oz	206.18g	100	0	0	0	24	19	0	0	2	5	0
Orange, Mandarin, Fresh	20257.11	1 each	2.3oz	65.12g	35	0	0	0	9	7	0	0	<1g	1	0
Orange, Navel, Fresh	20257.5	1 each	6.48oz	183.79g	90	0	0	0	22	17	0	0	2	4	0
Orange, Satsuma, Fresh	20257.6	1 each	5.84oz	165.56g	80	0	0	0	19	15	0	0	2	4	0
Peach, Fresh	44748	1 each	4.6oz	130.5g	50	0	0	0	12	11	0	0	1	2	0
Peach, White	44748.2	1 each	4.6oz	130.5g	50	0	0	0	12	11	0	0	1	2	0
Peach, Yellow	44748.3	1 each	4.6oz	130.5g	50	0	0	0	12	11	0	0	1	2	0
Pear, Anjou, 110 Count, Fresh	20015.1	1 each	5.65oz	160.2g	90	0	0	0	24	16	0	0	<1g	5	0
Pear, Asian, Fresh	20015.2	1 each	3.92oz	111.02g	45	0	0	0	12	8	0	0	<1g	4	0
Pear, Bosc, 110 Count, Fresh	20015	1 each	5.65oz	160.2g	90	0	0	0	24	16	0	0	<1g	5	0
Pear, Comice, Fresh	20015.3	1 each	5.65oz	160.2g	90	0	0	0	24	16	0	0	<1g	5	0
Pear, Forelle, Fresh	20015.4	1 each	5.65oz	160.2g	90	0	0	0	24	16	0	0	<1g	5	0
Pear, Seckel, Fresh	20015.5	1 each	5.65oz	160.2g	90	0	0	0	24	16	0	0	<1g	5	0
Plums, Damson, Fresh	44283.5	1 each	2.19oz	62.04g	30	0	0	0	7	6	0	0	0	<1g	0
Plums, Fresh	44283.2	1 each	2.19oz	62.04g	30	0	0	0	7	6	0	0	0	<1g	0
Plums, Golden, Fresh	169077	1 each	2.19oz	62.04g	30	0	0	0	7	6	0	0	0	<1g	0
Plums, Mirabelle, Fresh	44283.6	1 each	2.19oz	62.04g	30	0	0	0	7	6	0	0	0	<1g	0
Pluot, Fresh	20257.17	1 each	3.37oz	95.63g	45	0	0	0	11	9	0	0	<1g	2	0
Tangerine, Fresh	20257.12	1 each	2.3oz	65.12g	35	0	0	0	9	7	0	0	<1g	1	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.

, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility.

gies or other specific dietary concerns should speak with a manager for individualized assistance.