

Breakfast Sizzle (Grill) 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 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	63999	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															
Impossible Breakfast Sausage	140177.3	1 each	1.59oz	45g	100	7	2.5	0	4	0	0	0	6	<1 g	310
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	0	0	25	5	0	320
Cheeses															
Cheese, American, Sliced, .5 oz	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, Manchego	120930	1 oz	1oz	28.35g	130	10	7	-	<1 g	<1 g	0	30	9	0	120
Cheese, Mozzarella, Fresh	62290	1 oz	1oz	28.35g	80	6	4	-	<1 g	0	0	20	6	0	140
Cheese, Muenster, Sliced, .75 oz	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, 1 oz	13404.12	1 oz	1oz	28.35g	100	8	5	-	<1 g	0	0	20	7	0	210
Cheese, Swiss, Sliced	75797.1	1 oz	1oz	28.35g	110	9	5	-	0	0	0	25	8	0	55
Condiments & Add Ons															
Unsalted Butter	66191	1 tbsp	0.5oz	14.19g	100	12	7	-	0	0	0	30	0	0	0
Syrup, Maple, 100%	66297	1 fl oz	1.42oz	40.25g	100	0	0	-	27	24	24	0	0	0	0
Side Orders															
Pancakes	40839	3 each	2.5oz	71g	290	0	-	0	61	11	10	0	6	1	770
Hash Browns	57418	4 ounce	4oz	113.4g	210	15	6	0	20	< 1 gram	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
Breakfast Sandwich Classics															
Egg and Cheese Sandwich on WW Wrap	41881.7	1 each	9.16oz	259.79g	590	29	11	0	54	3	2	480	29	6	960
Egg, Cheese, Whole Wheat English Muffin	129355.32	1 each	4.58oz	129.95g	290	14	7	0	25	1	0	190	16	3	770
Two Egg, Cheese Croissant	129355.31	1 each	6.94oz	196.63g	500	32	17	0	31	6	0+	395	21	0	820
Two Egg, Cheese Kaiser Roll	129355.3	1 each	7.63oz	216.25g	450	18	8	0	48	< 1 gram	0	355	22	2	1150
Two Egg, Cheese, Brioche	140612	1 each	6.58oz	186.42g	430	22	10	0	35	6	0+	395	22	0	880
Egg White, Feta, Spinach, Whole Wheat Wrap	67754.2	1 each	7.64oz	216.67g	390	13	5	0+	48	< 1 gram	0	15	21	4	850
Egg White and Vegetable Breakfast Wrap	41881.6	1 each	6.95oz	196.93g	340	9	1.5	0+	53	3	2	0	15	6	430
Veggie Sausage, Egg White, Cheese, WW Wrap	135731	1 each	9.18oz	260.33g	560	22	8	0+	56	3	0	30	38	6	1550
Veggie Sausage, Two Egg, Cheese, Kaiser Roll	129355.21	1 each	9.42oz	267.14g	540	22	8	0	52	2	0	400	33	3	1420
Turkey Bacon, Egg, Cheese, WW English Muffin	36698.81	1 each	4.33oz	122.86g	250	11	4.5	0	24	< 1 gram	0	185	14	3	590
Turkey Bacon, Egg & Cheese English Muffin	8381.48	1 each	4.71oz	133.59g	340	17	5	0	32	1	< 1 gram	190	15	< 1 gram	610
Bacon, Egg, Cheese, 10" Whole Wheat Wrap	36698.69	1 each	4.93oz	139.67g	380	20	7	0	30	2	2	195	19	3	830
Bacon, Egg, Cheese English Muffin	129355.11	1 each	5.42oz	153.53g	430	22	9	0	32	2	< 1 gram	215	23	< 1 gram	1100
Bacon, Two Egg, Cheese Croissant	129355.34	1 each	6.07oz	172.13g	530	35	18	0	31	6	0+	250	22	0	1070
Bacon, Two Egg, Cheese, Brioche	140614	1 each	7.23oz	205.02g	520	28	13	0	35	6	0+	415	29	0	1190
Bacon, Two Egg, Cheese, Kaiser Roll	129355.18	1 each	8.32oz	235.75g	540	25	10	0	48	< 1 gram	0	375	29	2	1460
Can. Bacon, Egg, Cheese WW English Muffin	146106	1 each	6.26oz	177.6g	330	15	4.5	0+	28	5+	3	190+	22	3	580
Ham, Egg, Cheese, Wheat English Muffin	36698.4	1 each	5.96oz	169.07g	320	14	4	0+	26	2	< 1 gram	210	22	4	960
Ham, Two Egg, Cheese Croissant	129355.37	1 each	6.85oz	194.17g	400	26	11	0+	13	3	< 1 gram	395	26	< 1 gram	1100
Ham, Two Egg, Cheese, Kaiser Roll	129355.2	1 each	9.63oz	272.95g	510	19	8	0	48	1	0	375	32	2	1660
Sausage, Egg, Cheese, WW English Muffin	129355.27	1 each	6.12oz	173.37g	470	31	12	0	26	1	0	215	21	3	1080
Sausage, Two Egg, Cheese Brioche	129355.25	1 each	8.11oz	229.85g	610	39	16	0	36	6	0+	420	27	0	1200
Sausage, Two Egg, Cheese Croissant	129355.26	1 each	8.47oz	240.06g	680	49	23	0	32	6	0+	420	26	0	1140
Sausage, Two Egg, Cheese, Kaiser Roll	129355.19	1 each	9.16oz	259.67g	630	35	14	0	49	< 1 gram	0	380	27	2	1470

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.