

Menu Item	Total Calories (cal)	Calories from Fat (cal)	Protein (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
Morning Meditation Fresh Juice	160	5	1	42	1	34	1	0	0	0	15
Kale Tonic Fresh Juice	140	5	2	33	7	23	1	0	0	0	15
Seasonal Tea (Wild Blackberry)	140	0	0	33	0	33	0	0	0	0	15
Sweet Iced Tea	100	0	0	25	0	25	0	0	0	0	25
Iced Coffee	160	48	8	21	0	29	5	0	0	19	110
Lowfat Milk	120	48	8	12	0	12	5	0	3	19	100
100% Cold Squeezed Orange Juice	110	0	2	27	2	20	0	0	0	0	8
Apple Juice	110	0	0	28	0	28	0	0	0	0	35
Grapefruit Juice	90	0	1	22	1	17	0	0	0	0	0
Cranberry Juice	110	0	1	28	0	28	0	0	0	0	15
Tomato Juice	45	0	2	10	2	7	0	0	0	0	630
The Traditional Breakfast (w/ bacon)	720	360	35	85	8	26	41	0	13	410	1400
Tri-Fecta w/ Belgian Waffle (w/ bacon)	930	380	24	106	6	42	41	0	13	435	1705
Tri-Fecta w/ Plain Pancake (w/ bacon)	930	490	28	106	2	42	54	0	21	520	815
BLT Benedict	670	385	29	48	4	6	42	0	17	410	1485
Biscuits & Turkey Sausage Gravy	910	390	49	89	3	14	44	0	22	440	2430
Classic Benedict	690	305	50	52	3	11	35	0	14	450	1980
Chickichanga	890	450	39	72	7	14	51	0	22	325	1788
Elevated Egg Sandwich	790	450	26	58	5	5	51	0	20	240	1330
Farm Stand Breakfast Tacos	1050	385	50	109	12	5	43	0	14	450	1700
Farmhouse Hash	910	360	38	115	13	38	41	0	15	405	1465
Florentine Benedict	570	310	27	50	5	6	35	0	14	390	1160
Market Hash	900	270	39	121	12	41	32	0	13	405	1610
Parma Hash	980	375	46	116	12	39	44	0	12	430	2010
Smoked Salmon Benedict	630	290	38	50	3	7	33	0	13	400	1865
Bacado Omelet	1040	575	46	76	11	30	64	0	23	675	1410
Chile Chorizo Omelet	1040	555	46	80	12	30	61	0	22	675	1485
Frittata Rustica	690	390	38	35	4	6	44	0	15	645	1345
Ham and Gruyere Omelet	990	505	58	72	8	30	56	0	21	690	1525
Inspired Italian Omelet	1030	545	51	74	10	31	62	0	16	680	1825
Morning Market Vegetable Omelet	860	410	41	78	9	30	46	0	14	645	1155
Smoked Salmon and Roasted Vegetable Frittata	740	400	42	38	3	7	45	0	15	655	1640
The Works Omelet	1040	560	50	77	9	31	62	0	22	690	1575
Avocado Toast	710	390	26	59	17	8	46	0	9	370	1120
A.M. Superfoods Bowl	1080	445	27	147	26	66	50	0	14	0	985
Healthy Turkey	580	110	50	70	7	31	13	0	6	55	1230
Power Wrap	580	100	37	84	6	28	11	0	3	20	755
Steel-Cut Oatmeal	790	100	13	98	10	44	10	0	0	0	30
Sunrise Granola Bowl	710	60	20	78	6	52	7	0	0.5	5	170
Tri-Athlete	550	50	33	97	10	48	5	0	1	0	675
Banana Crunch Pancake	890	330	13	131	5	55	37	0	13	130	465
Belgian Waffle	650	190	6	110	6	46	20	0	5	45	1295
Blueberry Pancake	780	300	10	113	3	48	33	0	13	130	495
Brioche French Toast	1030	370	30	136	2	44	42	0	20	455	1065
Carrot Cake Pancake	1080	420	15	156	7	83	46	0	14	130	505
Chocolate Chip Pancake	850	350	11	119	3	53	39	0	17	130	405
Floridian French Toast	1210	290	40	194	11	73	33	0	15	445	1230
Lemon Ricotta Pancake	820	355	24	90	3	44	39	0	19	185	375
Plain Pancake	780	300	10	105	2	42	33	0	13	130	405
Pesto Chicken Quinoa Bowl	700	320	41	51	4	6	36	0	7	100	1145
Power Breakfast Quinoa Bowl	820	465	34	52	5	6	54	0	8	410	1370
Chicken Avocado Chop Salad	860	430	37	69	6	2	49	0	9	75	1245
Cobb Salad	760	460	32	40	6	7	52	0	17	270	1860
SuperFood Kale Salad	750	335	36	68	8	27	38	0	8	70	1435
Sweet Honey Pecan Salad	880	390	37	87	9	47	43	0	9	85	1455

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Baja Turkey Burger	710	470	46	46	7	9	52	0	18	135	1450
BLTE	1240	680	50	98	15	19	76	0	21	455	1825
Chicken Salad Melt	700	415	38	65	10	22	47	0	15	90	1080
Ham and Gruyere Melt	900	450	54	90	4	17	51	0	26	165	2410
Market Veggie	770	400	30	98	16	19	46	0	13	30	1410
Monterey Club	1040	640	58	69	7	7	72	0	24	145	2405
Roast Beef & Havarti	1110	700	57	75	6	12	80	0	30	150	2820
Veggie Burger	480	250	16	80	10	11	29	0	8	10	1535
Kids Bacon & Egg	370	100	15	53	4	18	11	0	4	195	510
Kids Brioche French Toast	770	280	20	107	2	44	31	0	13	245	860
Kids Chocolate Chip Pancake	760	340	16	92	3	40	43	0	20	140	560
Kids Fruit Crepe	320	35	10	62	4	17	4	0	1	35	420
Kids Grilled Cheese	650	210	27	81	5	18	24	0	14	55	840
Kids Half Waffle	520	140	6	93	4	45	15	0	4.5	30	850
Kids Turkey Sandwich	580	140	31	82	5	19	15	0	8	60	1100
Kids Ham Sandwich	600	140	32	83	5	20	16	0	8	60	1150
Broccoli and Cheese Soup	200	100	8	16	1	5	11	0	3	15	780
Clam Chowder	100	25	6	12	1	1	3	0	2	20	1900
Classic Cream of Chicken and Wild Rice	200	130	5	17	1	1	14	0	8	45	760
Hearty Vegetable Soup	90	20	2	14	2	3	2	0	0	-	840
Italian Wedding Soup	130	50	5	11	1	2	6	0	2.5	10	850
Black Eyed Peas and Chicken Soup	140	90	10	12	1	1	10	0	6	35	630
Tomato Basil Soup	110	100	4	13	3	4	11	0	4.5	20	900
Lemon Dressed Greens	110	80	3	5	2	3	9	0	1.5	0	230
Side of Bacon	440	170	8	0	0	0	19	0	7	35	510
Side of Millionaire's Bacon	483	150	7	38	0	28	17	0	6	30	510
Side of Biscuit & Turkey Sausage Gravy	570	260	26	62	1	11	28	0	16	50	1740
Side of Black Beans	100	5	9	27	8	1	1	0	0	0	670
Side of Cheesy Grits	300	70	10	30	1	0	8	0	5	20	360
Side of First Watch Potatoes	140	0	4	33	3	2	0	0	0	0	530
Side of Fresh Fruit (small)	100	10	3	50	5	35	1	0	0	0	15
Side of Grits	240	45	3	24	1	0	5	0	1.5	0	200
Side of Ham	120	25	22	4	0	4	3	0	1	50	750
Side of Mixed Berry Compote (1 fl oz)	10	0	0	6	0	4	0	0	0	0	0
Side of sausage link, turkey	280	200	20	0	0	0	22	0	7	120	860
Side of sausage patty, chicken (1 patty)	180	25	6	0	0	0	3	0	1	30	230
Side of sausage, pork, link	460	410	14	1	0	0	45	0	16	80	690
Whole Grain Artisan Toast & All-Natural Preserves	310	140	10	63	6	25	15.5	0	0.5	0	95

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