



Allergen Guide

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Classic Favorites												
Traditional Breakfast												
Cage-Free Whole Eggs	X		X			X						
Egg Whites	X					X						
Bacon												
Chicken Sausage												
Smoked Ham												
Pork Sausage												
Turkey Sausage												
Fresh, Seasoned Potatoes												
Whole Grain Toast with Preserves & Butter			X					X				X
Tri-fecta												
Multigrain Pancake (No Syrup)	X		X			X		X			X	X
Belgian Waffle (No Syrup)	X		X			X		X				X
Bacon												
Chicken Sausage												
Pork Sausage												
Turkey Sausage												
Cage-Free Whole Eggs	X		X			X						
Egg Whites	X					X						
The Healthier Side												
Avocado Toast (No Eggs)								X				X
Cage-Free Whole Eggs	X		X			X						
Power Wrap (No Fruit)	X		X			X		X				X
Healthy Turkey (No Toast)	X		X			X						
Tri-athlete (No Fruit or Toast)	X					X						X
Fresh Fruit												
Whole Grain Toast with Preserves (No Butter)								X				X
A.M. Superfoods Bowl (No Toast or Granola)							X					X
Toast with Almond Butter							X	X				X
Granola							X	X				X
Steel-Cut Oatmeal with Pecans (No Muffin, Milk Or Brown Sugar)							X	X				X
Brown Sugar												
Low-Fat Milk			X									
Sunrise Granola Bowl (No Muffin)			X				X	X				X
Banana Nut Muffin	X		X				X	X				X
Blueberry Muffin	X		X					X				X
Carrot Pecan Muffin	X		X				X	X				X
Chocolate Chip Muffin	X		X			X		X				X
Lemon Chia Muffin	X		X					X				X
Orange Cranberry Muffin	X		X					X				X
Egg-sclusives												
Chickichanga (No Fruit Or Potatoes)	X		X			X	X	X				X
Fresh Fruit												
Fresh, Seasoned Potatoes												
Eggs Benedict: Classic Benedict (No Dressed Greens)	X		X				X	X				X
Eggs Benedict: Florentine Benedict (No Dressed Greens)	X		X				X	X				X
Eggs Benedict: BLT Benedict (No Dressed Greens)	X		X				X	X		X		X
Eggs Benedict: Smoked Salmon Benedict (No Dressed Greens)	X	X	X				X	X				X
Lemon Dressed Greens										X		
Elevated Egg Sandwich (No Potatoes)	X		X			X		X		X		X
Fresh, Seasoned Potatoes												
Farm Stand Breakfast Tacos (No Black Beans)	X		X			X		X				X
Black Beans												
Biscuit And Turkey Sausage Gravy (No Eggs Or Potatoes)			X			X	X	X				X
Cage-Free Whole Eggs	X		X			X						
Egg Whites	X					X						
Fresh, Seasoned Potatoes												
Skillet Hash: Farmhouse Hash (No Eggs, Toast, Or Fruit)			X			X						
Skillet Hash: Market Hash (No Eggs, Toast, Or Fruit)			X			X						
Skillet Hash: Parma Hash (No Eggs, Toast, Or Fruit)			X			X						
Cage-Free Whole Eggs	X		X			X						
Egg Whites	X					X						
Fresh Fruit												
Whole Grain Toast with Preserves & Butter			X					X				X
Omelets And Frittatas												
Bacado Omelet (No Toast Or Dressed Greens)	X		X			X						
Ham & Gruyere Omelet (No Toast Or Dressed Greens)	X		X			X						
Chile Chorizo Omelet (No Toast Or Dressed Greens)	X		X			X						X
Morning Market Vegetable Omelet (No Toast Or Dressed Greens)	X		X			X						
Inspired Italian Omelet (No Toast Or Dressed Greens)	X		X			X						
The Works Omelet (No Toast Or Dressed Greens)	X		X			X						
Frittata Rustica (No Ciabatta Crisp Or Dressed Greens)	X		X			X						
Smoked Salmon & Roasted Veggie Frittata (No Ciabatta Or Dressed Greens)	X	X	X			X						
Substitute Egg Whites	X					X						
Whole Grain Toast with Preserves & Butter			X					X				X
Udi's Gluten-free Toast with Preserves (No Butter)	X											
Ciabatta Crisp with Butter			X					X				X
Lemon Dressed Greens										X		
Fresh, Seasoned Potatoes												
From The Griddle												
Plain Pancakes (No Syrup)	X		X			X		X			X	X
Banana Crunch Pancakes (No Syrup)	X		X			X	X	X			X	X
Carrot Cake Pecan Pancakes (No Syrup)	X		X			X	X	X			X	X
Chocolate Chip Pancakes (No Syrup)	X		X			X		X			X	X
Blueberry Pancakes (No Syrup)	X		X			X		X			X	X
Lemon Ricotta Pancakes (No Syrup)	X		X			X		X			X	X
Belgian Waffle (No Syrup)	X		X			X		X				X
French Toast (No Syrup)	X		X			X		X				X
Floridian French Toast (No Syrup)	X		X			X		X				X
Regular Syrup												X
Maple Syrup												
Sugar-Free Syrup												X

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Celery	Mustard	Sesame	Gluten
Power Bowls												
Power Breakfast Quinoa Bowl	X		X			X			X	X		
Pesto Chicken Quinoa Bowl	X		X			X			X	X		
Salads												
Super Food Kale Salad (No Ciabatta Crisp Or Dressing)			X			X	X		X			X
Maple-Lemon Vinaigrette Dressing										X		X
Chicken Avocado Chop Salad (No Ciabatta Crisp Or Dressing)			X									
Citrus Chipotle Dressing										X		
Cobb Salad (No Ciabatta Crisp Or Dressing)	X		X									
Ranch Dressing	X		X							X		
Sweet Honey Pecan Salad (No Ciabatta Crisp Or Dressing)			X				X					
Honey Dijon Dressing										X		
Ciabatta Crisp with Butter			X					X				X
Sandwiches												
Monterey Club (No Dressed Greens Or Soup)	X		X					X		X		X
BLTE (No Dressed Greens Or Soup)	X		X			X		X		X		X
Baja Turkey Burger (No Dressed Greens Or Soup)	X		X			X		X		X		X
Market Veggie (No Dressed Greens Or Soup)	X		X					X		X		X
Roast Beef & Havarti (No Dressed Greens Or Soup)	X		X					X		X		X
Ham & Gruyere Melt (No Dressed Greens Or Soup)	X		X			X		X		X		X
Veggie Burger (No Dressed Greens Or Soup)	X		X			X		X		X		X
Chicken Salad Melt (No Dressed Greens Or Soup)	X		X					X	X	X		X
Lemon Dressed Greens										X		
Soups												
Black-eyed Peas And Chicken Soup (No Crackers)			X			X		X	X			X
Broccoli Cheddar (No Crackers)			X			X		X		X		X
Clam Chowder (No Crackers)		X	X		X			X	X			X
Market Vegetable Soup (No Crackers)									X			
Italian Wedding Soup (No Crackers)	X		X			X		X				X
Old Fashioned Tomato Soup (No Crackers)			X			X		X	X			X
White Bean Chicken Chili (No Crackers)			X									
Crackers								X				X
Kids Meals												
Kid's Bacon and Egg with Toast & Fresh Fruit	X		X			X		X				X
Kid's Fruit Crepe with Granola & Toast	X		X				X	X				X
Kid's Grilled Cheese with Fresh Fruit			X					X				X
Kid's Hamwich with Fresh Fruit			X					X				X
Kid's Turkeywich with Fresh Fruit			X					X				X
Kid's Chocolate Chip Pancakes (No Meat Or Syrup)	X		X			X		X			X	X
Kid's Brioche French Toast with Fresh Fruit (No Meat Or Syrup)	X		X			X		X				X
Kid's Half Waffle with Fresh Fruit (No Meat Or Syrup)	X		X			X		X				X
Bacon												
Pork Sausage												
Sides And Small Plates												
Plain Grits with Butter			X									
Cheesy Grits			X									
Fresh, Seasonal Fruit												
Fresh, Seasoned Potatoes												
Biscuits & Gravy			X			X	X	X				X
Biscuit with Butter, Honey & Preserves			X			X		X				X
Whole Grain Toast with Butter & Preserves			X					X				X
English Muffin with Butter & Preserves			X					X				X
Udi's Gluten-Free Toast with Preserves (No Butter)	X											
Banana Nut Muffin	X		X				X	X				X
Blueberry Muffin	X		X					X				X
Carrot Pecan Muffin	X		X				X	X				X
Chocolate Chip Muffin	X		X			X		X				X
Lemon Chia Muffin	X		X					X				X
Orange Cranberry Muffin	X		X					X				X
Hardwood Smoked Bacon												
Smoked Ham												
Pork Sausage Links												
Savory Chicken Sausage Patties												
Turkey Sausage Links												
Turkey Sausage Patty												
Lemon Dressed Organic Mixed Greens										X		
Million Dollar Bacon												X
Beverages												
Project Sunrise Coffee - Regular/Decaf												
Cold Brew Coffee												
Iced Coffee			X									
Herbal Tea												
Fresh-brewed Iced Tea												
Hot Chocolate			X				X					
Low-fat Milk			X									
Coca-Cola Soft Drinks (Coke, Sprite, Mr Pibb, Minute Maid Lemonade, Mountain Dew)												
Other Beverages (Orange Fanta, Root Beer, Powerade, Raspberry Fuze)												
100% Cold Squeezed Orange Juice												
Grapefruit												
Apple Juice												
Cranberry Juice												
Tomato Juice												
Juice Bar												
Morning Meditation												
Kale Tonic												
Bakery Treats												
Brown Butter & Sea Salt Chewy Marshmallow Bar			X									
Chocolate Brownie Bar	X		X			X		X				X
Salted Caramel Cookie	X		X			X	X	X				X

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