



Menu Item	Cals (kcal)	FatCals (kcal)	Pro t (g)	Carb (g)	Fib (g)	Sugar (g)	Fat (g)	TransFat (g)	SatFat (g)	Chol (mg)	Sod (mg)
Morning Meditation Fresh Juice	160	5	1	42	1	34	0.5	0	0	0	15
Kale Tonic Fresh Juice	140	10	3	45	7	31	1	0	0	0	20
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
Fresh 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	320	33	86	8	27	39	0	13	410	1050
Tri-Fecta w/ Belgian Waffle (w/ bacon)	930	370	22	107	6	45	45	0	14	435	1740
Tri-Fecta w/ Plain Pancake (w/ bacon)	930	450	27	105	2	42	58	0	21	520	870
BLT Benedict	670	380	26	43	4	6	42	0	14	410	1400
Biscuits & Turkey Sausage Gravy	910	420	47	89	3	15	47	0	22	440	2460
Classic Benedict	690	290	46	46	3	10	32	0	12	450	1960
Chickichanga	890	370	37	74	7	15	45	0	21	325	1930
Elevated Egg Sandwich	790	460	25	59	5	6	51	0	18	240	1330
Farm Stand Breakfast Tacos	1050	380	50	81	12	7	46	0	15	450	2310
Farmhouse Hash	910	320	36	116	13	38	39	0	12	405	1140
Florentine Benedict	570	290	23	45	5	6	33	0	11	390	1140
Market Hash	900	270	37	121	12	41	33	0	12	405	1300
Parma Hash	980	340	44	117	12	39	41	0	14	430	1690
Smoked Salmon Benedict	630	270	35	46	3	7	30	0	10	400	1780
Bacado Omelet	1040	490	45	77	11	30	58	0	20	675	1030
Chile Chorizo Omelet	1040	470	44	81	12	31	55	0	19	675	1100
Frittata Rustica	690	300	38	34	4	5	37	0	14	645	1230
Ham and Gruyere Omelet	990	410	57	72	8	30	49	0	20	690	1140
Inspired Italian Omelet	1030	460	51	75	10	30	55	0	18	680	1440
Morning Market Vegetable Omelet	860	320	41	78	9	31	39	0	13	645	810
Smoked Salmon and Roasted Vegetable Frittata	740	310	41	36	3	6	38	0	14	655	1520
The Works Omelet	1040	470	50	76	9	31	56	0	20	690	1200
Avocado Toast	710	400	26	60	17	9	44	0	8	370	790
A.M. Superfoods Bowl	1080	450	27	148	26	66	50	0	16	0	980
Healthy Turkey	580	110	50	71	7	30	13	0	5	55	1200
Power Wrap	580	100	36	84	6	28	11	0	3	20	1240
Steel-Cut Oatmeal	790	100	12	99	10	44	11	0	1	0	35
Sunrise Granola Bowl	710	60	20	78	6	52	7	0	0.5	5	170
Tri-Athlete	550	50	34	99	10	48	5	0	0.5	0	630
Banana Crunch Pancake	780	290	14	130	5	55	37	0	16	130	480
Belgian Waffle	650	180	6	109	6	46	20	0	5	45	1290
Blueberry Pancake	780	260	11	112	3	48	34	0	15	130	420
Brioche French Toast	1030	370	30	136	2	44	42	0	20	455	1060
Carrot Cake Pancake	780	370	16	155	7	83	46	0	16	130	520
Chocolate Chip Pancake	780	310	12	119	3	53	39	0	19	130	420
Floridian French Toast	1210	290	40	194	11	73	33	0	15	445	1230
Lemon Ricotta Pancake	820	310	25	90	3	45	40	0	21	185	380
Plain Pancake	780	260	10	105	2	42	33	0	15	130	420
Pesto Chicken Quinoa Bowl	700	330	42	53	4	6	36	0	6	100	1430
Power Breakfast Quinoa Bowl	820	480	34	53	5	7	53	0	12	410	1560
Chicken Avocado Chop Salad	860	440	37	70	6	6	49	0	9	75	1110

Cobb Salad	760	460	32	39	6	10	51	0	15	270	1720
SuperFood Kale Salad	750	340	36	67	8	27	38	0	7	70	1470
Sweet Honey Pecan Salad	880	380	37	86	9	50	43	0	8	85	1320
Baja Turkey Burger	710	470	45	46	7	9	52	0	16	135	1450
BLTE	1240	760	57	97	15	19	84	0	27	455	1250
Chicken Salad Melt	700	420	38	64	10	21	47	0	13	90	740
Ham and Gruyere Melt	900	450	54	88	4	16	50	0	25	165	2410
Market Veggie	770	400	30	98	16	19	45	0	10	30	740
Monterey Club	1040	640	58	69	7	7	71	0	23	145	2410
Roast Beef & Havarti	1110	710	58	74	6	13	79	0	30	150	2820
Veggie Burger	480	250	26	80	10	10	28	0	6	10	1560
Bacon & Egg	370	100	15	53	4	18	11	0	3.5	195	510
Brioche French Toast	770	280	20	107	2	44	31	0	13	245	860
Chocolate Chip Pancake	760	340	16	92	3	40	43	0	20	140	560
Fruit Crepe	320	35	10	62	4	17	4	0	1	35	420
Grilled Cheese	650	210	27	81	5	18	24	0	14	55	840
Half Waffle	520	140	6	93	4	45	15	0	4.5	30	850
Turkey Sandwich	580	140	31	82	5	19	15	0	8	60	1100
Ham Sandwich	600	140	32	83	5	20	16	0	8	60	1150
Broccoli and Cheese	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	90	20	2	14	2	3	2	0	0	--	840
Italian Wedding	130	50	5	11	1	2	6	0	2.5	10	850
Black Eyed Peas and Chicken	140	90	10	12	1	1	10	0	6	35	630
Tomato Basil	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	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