

# BREAKFAST Menu

Dish	Dish Description	Price Description	Price
Classic Breakfast	<p>Cage free scramblers with roasted Yukon gold potato wedges and your choice of turkey bacon or sausage or tenderloin steak (+1.00). Available with Cauliflower hash browns for a Low Carb option. Contains Egg/Paleo/Low Carb/KetoStyle Sausage:Nutrition Facts Serv. Size: (275g) Servings: 1 Calories 250 Fat cal 110 * Percent Daily Values (DV) are based on a 2,000 calorie diet. Amount/serving %DV* Total Fat 12g 18 % Sat. Fat 3.5g   18 % Trans Fat 0g   Cholest. 255mg 85 % Sodium 810mg 34 % Amount/serving %DV* Total Carb. 17g 6 % Fiber 2g   8 % Sugars 5g   Protein 23g Filler 5g 1 % Vitamin A 10% â€¢ Vitamin C 35% â€¢ Calcium 6% â€¢ Iron 20% INGREDIENTS: TURKEY SAUSAGE, YUKON GOLD POTATO, EGG, TOMATO SAUCE, EGG WHITE, ORGANIC UNFILTERED APPLE CIDER VINEGAR, STEVIA , ONION , GARLIC, LEMON PEPPER , HELLO SEASONING Bacon:Nutrition Facts Serv. Size: (275g) Servings: 1 Calories 360 Fat cal 180 * Percent Daily Values (DV) are based on a 2,000 calorie diet. Amount/serving %DV* Total Fat 21g 32 % Sat. Fat 6g   30 % Trans Fat 0g   Cholest. 240mg 80 % Sodium 1670mg 70 % Amount/serving %DV* Total Carb. 17g 6 % Fiber 2g   8 % Sugars 4g   Protein 28g Filler 5g 1 % Vitamin A 10% â€¢ Vitamin C 35% â€¢ Calcium 6% â€¢ Iron 20% INGREDIENTS: YUKON GOLD POTATO, TURKEY BACON, EGG, TOMATO SAUCE, EGG WHITE, ORGANIC UNFILTERED APPLE CIDER VINEGAR, STEVIA , ONION , GARLIC, LEMON PEPPER , HELLO SEASONING Steak:Nutrition Facts Serv. Size: (275g) Servings: 1 Calories 230 Fat cal 80 * Percent Daily Values (DV) are based on a 2,000 calorie diet. Amount/serving %DV* Total Fat 8g 12 % Sat. Fat 3g   15 % Trans Fat 0g   Cholest. 220mg 73 % Sodium 420mg 18 % Amount/serving %DV* Total Carb. 16g 5 % Fiber 2g   8 % Sugars 4g   Protein 24g Filler 5g 1 % Vitamin A 10% â€¢ Vitamin C 35% â€¢ Calcium 6% â€¢ Iron 20% INGREDIENTS: YUKON GOLD POTATO, TENDERLOIN STEAK, EGG, TOMATO SAUCE, EGG WHITE, ORGANIC UNFILTERED APPLE CIDER VINEGAR, STEVIA , ONION , GARLIC, LEMON PEPPER , HELLO SEASONING</p>	Each	\$6.00

Breakfast Fried Rice	Organic brown rice scrambled with veggies, zesty turkey and local cage free eggs. Contains Egg. Nutrition Facts Serv. Size: one serving (0.0g) Servings: 1 Calories 370 Fat cal 110 * Percent Daily Values (DV) are based on a 2,000 calorie diet. Amount/serving %DV* Total Fat 12g 18 % Sat. Fat 3.5g   18 % Trans Fat 0g   Cholest. 245mg 82 % Sodium 1040mg 43 % Amount/serving %DV* Total Carb. 19g 6 % Fiber 2g   8 % Sugars 2g   Protein 28g Filler 5g 1 % Vitamin A 35% â€¢ Vitamin C 6% â€¢ Calcium 8% â€¢ Iron 20% INGREDIENTS: BROWN RICE, SALSA, GROUND TURKEY, EGG, EGG WHITE, HELLO SEASONING , CARROTS, ONION, CELERY, LEMON PEPPER	Each	\$6.00
Sweet Potato Hash	Roasted sweet potatoes scrambled with local cage free eggs and a touch of cheese. Contains Dairy & Egg Nutrition Facts Serv. Size: (420g) Servings: 1 Calories 290 Fat cal 110 * Percent Daily Values (DV) are based on a 2,000 calorie diet. Amount/serving %DV* Total Fat 12g 18 % Sat. Fat 5g   25 % Trans Fat 0g   Cholest. 295mg 98 % Sodium 1070mg 45 % Amount/serving %DV* Total Carb. 23g 8 % Fiber 3g   12 % Sugars 4g   Protein 21g Filler 5g 1 % Vitamin A 15% â€¢ Vitamin C 15% â€¢ Calcium 20% â€¢ Iron 10% INGREDIENTS: EGG, SWEET POTATO, EGG WHITE, CHEF DIANE'S SALSA,, MOZZARELLA, CHEDDAR, ONION, GARLIC, HIMALAYAN PINK SEA SALT	Each	\$6.00
Veggie Scramble	SautÃ©ed seasonal veggies scrambled with cage free local eggs. Contains Egg/Paleo/Low Carb/KetoStyle Nutritional Info Servings Per Recipe: 1 Amount Per Serving Calories: 234.2 Total Fat: 11.4 g Cholesterol: 438.2 mg Sodium: 207.6 mg Total Carbs: 6.0 g Dietary Fiber: 1.2 g Protein: 24.2 g	Each	\$6.00
Build Your Own Oats	Real vanilla, cinnamon and GF oats beefed up with flax, hemp hearts, and chia with an added boost of vegan protein. Add one topping choice: berries, GF granola & nuts or creamy almond butter. Additional Toppings +1.00. Detox/Vegan Plain Oatmeal Nutrition Facts Serv. Size: (0.0g) Servings: 1 Calories 370 Fat cal 100 * Percent Daily Values (DV) are based on a 2,000 calorie diet. Amount/serving %DV* Total Fat 11g 17 % Sat. Fat 2.5g   13 % Trans Fat 0g   Cholest. 10mg 3 % Sodium 85mg 4 % Amount/serving %DV* Total Carb. 46g 15 % Fiber 9g   36 % Sugars 9g   Protein 20g Filler 5g 1 % Vitamin A 2% â€¢ Vitamin C 6% â€¢ Calcium 15% â€¢ Iron 20% INGREDIENTS: COCONUT MILK, GF ROLLED OATS, APPLE JUICE, APPLE SAUCE , VEGAN VANILLA PROTEIN, FLAXSEED, CHIA SEEDS, HEMP SEED	Each	\$6.00