



# Nutritional INFORMATION

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This information is effective as of April 2026.



# BREAKFAST



Item	Weight/Size	Kcal	Pro gm	CHO gm	Tot Fat gm	Fibr gm	Trans Fat gm	Total Sugar gm	Na mg
<b>Avocado Benedict</b>	1 Benedict	507	18	27	11	2	0	0	416
<b>Avocado Toast</b>	1 Slice	449	19	38	25	1	0	2	531
<b>Baja Omelette</b>	1 Omelette	365	25	2	28	0	0	2	515
<b>Banana Bread Oatmeal</b>	1 Order	520	13	86	14	10	0	36	5
<b>Bananas Foster Pancakes</b>	4 Pancakes	1352	23	190	46	7	0	80	2225
<b>Berry Yogurt Bowl</b>	1 Order	405	10	85	6	7	0	60	166
<b>Big Breakfast Sandwich</b>	1 Sandwich	835	35	52	53	2	0	10	1417
<b>Breakfast Quesadilla</b>	1 Order	674	33	35	44	4	0	4	1263
<b>Buttermilk Pancakes</b>	4 Pancakes	857	18	120	23	4	0	23	2102
<b>Chicken &amp; Waffles</b>	1 Order	693	37	49	31	0	0	14	1056
<b>Chicken Fried Steak</b>	1 Steak & Gravy	535	26	54	32	1	0	1	1795
<b>Chocolate Lava Pancakes</b>	4 Pancakes	1340	22	213	34	7	0	88	2308
<b>Chorizo Breakfast Burrito</b>	1 Wrap	615	30	41	37	4	0	4	1261
<b>Cinnamon Roll Pancakes</b>	4 Pancakes	1269	22	174	42	5	0	75	2383
<b>Corned Beef Hash</b>	1 Order	392	13	35	23	4	0	1	1137
<b>Country Omelette</b>	1 Omelette	799	42	22	60	2	0	3	1474
<b>Denver Omelette</b>	1 Omelette	515	38	5	37	1	0	2	1279
<b>Eggs Benedict</b>	1 Order	497	31	32	23	2	0	2	1377
<b>French Toast</b>	2 Slices	531	11	77	20	2	0	16	592
<b>Loaded Hashbrowns</b>	1 Order	555	23	38	35	3	0	4	1147
<b>Migas Breakfast Tacos</b>	1 Order	623	32	29	43	4	0	2	648
<b>Migas Breakfast Tacos with Chorizo</b>	1 Order	722	36	31	52	4	0	2	1160
<b>Power Scramble</b>	1 Order	410	30	16	25	6	0	3	804
<b>Shrimp &amp; Grits</b>	1 Order	661	55	71	20	4	0	2	1820
<b>Strawberry Shortcake Pancakes</b>	4 Pancakes	1177	22	172	34	5	0	65	2365
<b>Stuffed Biscuit</b>	1 Order	1053	40	54	76	2	0	8	2673
<b>Sunny Street Benedict</b>	1 Order	535	26	34	33	2	0	5	1100
<b>Sunny's Skillet</b>	1 Order	830	34	67	49	6	0	4	2681
<b>Veggie Omelette</b>	1 Omelette	267	25	5	16	1	0	3	697
<b>Waffle</b>	1 Waffle	448	3	42	23	0	0	14	832

# LUNCH



Item	Weight/Size	Kcal	Pro gm	CHO gm	Tot Fat gm	Fibr gm	Trans Fat gm	Total Sugar gm	Na mg
<b>Berry Avocado Salad</b>	1 Salad	351	13	23	27	11	0	8	463
<b>Bistro Burger</b>	1 Burger	1141	43	53	84	3	0	10	921
<b>Buffalo Chicken Salad</b>	1 Salad	726	24	34	39	3	0	6	1032
<b>Cali BLT</b>	1 Sandwich	703	19	42	52	8	0	6	1196
<b>Chicken Salad Sandwich</b>	1 Sandwich	479	12	35	33	3	0	5	695
<b>Chipotle Chicken Sandwich</b>	1 Sandwich	747	43	69	32	3	0	12	1625
<b>Hot Italian Club</b>	1 Sandwich	1013	50	51	68	3	0	6	1956
<b>Italian Chop Salad</b>	1 Salad	799	29	21	30	3	0	7	1471
<b>Monterey Ranch Grilled Chicken Wrap</b>	1 Wrap	628	31	31	38	3	0	4	1315
<b>Signature Reuben</b>	1 Sandwich	996	48	69	59	6	0	13	3510
<b>Southwest Turkey Club</b>	1 Sandwich	738	50	35	43	3	0	5	1105
<b>Fancy Grilled Cheese</b>	1 Sandwich	862	36	67	49	2	2	6	1478

# SIDES

Item	Weight/Size	Kcal	Pro gm	CHO gm	Tot Fat gm	Fibr gm	Trans Fat gm	Total Sugar gm	Na mg
<b>Bacon</b>	3 Slices	150	8	0	13	0	0	0	415
<b>Biscuit &amp; Gravy</b>	1 Order	383	8	42	21	1	0	5	1297
<b>Chicken Sausage</b>	2 Links	180	12	4	12	0	0	0	480
<b>Chips</b>	1 Side	150	1	15	10	1	0	1	890
<b>French Fries</b>	1 Order	190	2	20	12	2	0	0	410
<b>Fruit</b>	1 Side	93	1	16	0	2	0	7	4
<b>Grits</b>	1 Side	305	16	65	2	4	0	1	893
<b>Ham</b>	1 Side	100	14	3	4	0	0	3	1010
<b>Hash Browns</b>	1 Side	154	5	43	2	5	0	0	887
<b>Sausage Patty</b>	1 Side	500	20	2	46	0	0	2	1020
<b>Scrambled Eggs</b>	2 Eggs	163	13	1	12	0	0	0	142
<b>Wheat Toast</b>	1 Side	232	3	15	18	1	0	1	336

# KIDS

Item	Weight/Size	Kcal	Pro gm	CHO gm	Tot Fat gm	Fibr gm	Trans Fat gm	Total Sugar gm	Na mg
<b>Chicken Fingers</b>	3 Chicken Fingers	479	26	17	34	1	0	0	975
<b>Dino Pancakes</b>	1 Buttermilk Dino Pan	218	2	15	17	0	0	3	264
<b>French Toast</b>	2 Slices	380	6	50	17	2	0	18	424
<b>Grilled Cheese</b>	1 Sandwich	377	11	29	24	1	0	3	605
<b>Mac &amp; Cheese</b>	1 Order	300	11	45	9	2	0	8	570
<b>Peanut Butter &amp; Jelly</b>	1 Sandwich	464	13	63	19	4	0	22	467

# SMOOTHIES

Item	Weight/Size	Kcal	Pro gm	CHO gm	Tot Fat gm	Fibr gm	Trans Fat gm	Total Sugar gm	Na mg
<b>Buckeye</b>	1 Each	611	20	86	24	6	0	64	298
<b>Jungle Crush</b>	1 Each	292	12	49	7	3	0	38	179
<b>Strawberry Banana</b>	1 Each	318	11	57	7	4	0	46	135
<b>Very Berry</b>	1 Each	287	10	48	7	4	0	44	134

\*A category marked zero represents less than one gram per serving.

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