

Menu Item	Cals (kcal)	FatCals (kcal)	Prot (g)	Carb (g)	Fib (g)	Sugar (g)	Fat (g)	TransFat (g)	SatFat (g)	Chol (mg)	Sod (mg)	Allergens
Morning Meditation Fresh Juice	160	5	1	42	1	34	0.5	0	0	0	15	Allergens:None
Kale Tonic Fresh Juice	190	10	3	45	7	31	1	0	0	0	20	Allergens:None
Seasonal Tea (Wild Blackberry)	140	0	0	33	0	33	0	0	0	0	15	Allergens: None
Sweet Iced Tea	100	0	0	25	0	25	0	0	0	0	25	Allergens:None
Iced Coffee	180	48	8	21	0	29	5	0	0	19	110	Contains Milk
Lowfat Milk	120	48	8	12	0	12	5	0	3	19	100	Contains Milk
Fresh Squeezed Orange Juice	110	0	2	27	2	20	0	0	0	0	8	Allergens:None
Apple Juice	110	0	0	28	0	28	0	0	0	0	35	Allergens:None
Grapefruit Juice	90	0	1	22	1	17	0	0	0	0	0	Allergens:None
Cranberry Juice	110	0	1	28	0	28	0	0	0	0	15	Allergens:None
Tomato Juice	45	0	2	10	2	7	0	0	0	0	630	Allergens:None
The Traditional Breakfast (w/ bacon)	780	320	33	86	8	27	39	0	13	410	1050	Contains Egg, Milk, Soy, Wheat.
Tri-Fecta w/ Belgian Waffle (w/ bacon)	900	370	22	107	6	45	45	0	14	435	1740	Contains Egg, Milk, Soy, Wheat.
Tri-Fecta w/ Plain Pancake (w/ bacon)	970	450	27	105	2	42	58	0	21	520	870	Contains Egg, Milk, Soy, Wheat.
BLT Benedict	660	380	26	43	4	6	42	0	14	410	1400	Contains Egg, Milk, Soy, Wheat.
Biscuits & Turkey Sausage Gravy	910	420	47	89	3	15	47	0	22	440	2460	Contains Egg, Milk, Soy, Wheat.
Classic Benedict	650	290	46	46	3	10	32	0	12	450	1960	Contains Egg, Milk, Soy, Wheat.
Chickichanga	810	370	37	74	7	15	45	0	21	325	1930	Contains Egg, Milk, Wheat.
Elevated Egg Sandwich	790	460	25	59	5	6	51	0	18	240	1330	Contains Egg, Milk, Soy, Wheat.
Farm Stand Breakfast Tacos	920	380	50	81	12	7	46	0	15	450	2310	Contains Egg, Milk, Wheat
Farmhouse Hash	900	320	36	116	13	38	39	0	12	405	1140	Contains Egg, Milk, Soy, Wheat.
Florentine Benedict	570	290	23	45	5	6	33	0	11	390	1140	Contains Egg, Milk, Soy, Wheat.
Market Hash	870	270	37	121	12	41	33	0	12	405	1300	Contains Egg, Milk, Soy, Wheat.
Parma Hash	950	340	44	117	12	39	41	0	14	430	1690	Contains Egg, Milk, Soy, Wheat.
Smoked Salmon Benedict	600	270	35	46	3	7	30	0	10	400	1780	Contains Egg, Fish, Milk, Soy, Wheat.
Bacado Omelet	960	490	45	77	11	30	58	0	20	675	1030	Contains Egg, Milk, Soy, Wheat.
Chile Chorizo Omelet	950	470	44	81	12	31	55	0	19	675	1100	Contains Egg, Milk, Soy, Wheat.
Frittata Rustica	600	300	38	34	4	5	37	0	14	645	1230	Contains Egg, Milk, Soy, Wheat.
Ham and Gruyere Omelet	900	410	57	72	8	30	49	0	20	690	1140	Contains Egg, Milk, Soy, Wheat.
Inspired Italian Omelet	950	460	51	75	10	30	55	0	18	680	1440	Contains Egg, Milk, Soy, Wheat.
Morning Market Vegetable Omelet	770	320	41	78	9	31	39	0	13	645	810	Contains Egg, Milk, Soy, Wheat.
Smoked Salmon and Roasted Vegetable Frittata	630	310	41	36	3	6	38	0	14	655	1520	Contains Egg, Fish, Milk, Soy, Wheat.
The Works Omelet	960	470	50	76	9	31	56	0	20	690	1200	Contains Egg, Milk, Soy, Wheat.
Avocado Toast	710	400	26	60	17	9	44	0	8	370	790	Contains Egg, Milk, Wheat.
A.M. Superfoods Bowl	1080	450	27	148	26	66	50	0	16	0	980	Contains Milk, Tree Nuts, Wheat.
Healthy Turkey	580	110	50	71	7	30	13	0	5	55	1200	Contains Egg, Milk, Wheat.
Power Wrap	580	100	36	84	6	28	11	0	3	20	1240	Contains Egg, Milk, Wheat.
Steel-Cut Oatmeal	520	100	12	99	10	44	11	0	1	0	35	Contains Milk, Tree Nuts, Wheat.
Sunrise Granola Bowl	440	60	20	78	6	52	7	0	0.5	5	170	Contains Egg, Milk, Tree Nuts, Wheat.
Tri-Athlete	550	50	34	99	10	48	5	0	0.5	0	630	Contains Egg, Wheat.
Banana Crunch Pancake	850	290	14	130	5	55	37	0	16	130	480	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Belgian Waffle	650	180	6	109	6	46	20	0	5	45	1290	Contains Egg, Milk, Soy, Wheat.
Blueberry Pancake	740	260	11	112	3	48	34	0	15	130	420	Contains Egg, Milk, Soy, Wheat.
Brioche French Toast	1030	370	30	136	2	44	42	0	20	455	1060	Contains Egg, Milk, Soy, Wheat.
Carrot Cake Pancake	1030	370	16	155	7	83	46	0	16	130	520	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Chocolate Chip Pancake	810	310	12	119	3	53	39	0	19	130	420	Contains Egg, Milk, Soy, Wheat.
Floridian French Toast	1210	290	40	194	11	73	33	0	15	445	1230	Contains Egg, Milk, Wheat.
Lemon Ricotta Pancake	780	310	25	90	3	45	40	0	21	185	380	Contains Egg, Milk, Soy, Wheat.
Plain Pancake	710	260	10	105	2	42	33	0	15	130	420	Contains Egg, Milk, Soy, Wheat.
Pesto Chicken Quinoa Bowl	700	330	42	53	4	6	36	0	6	100	1430	Contains Milk
Power Breakfast Quinoa Bowl	820	480	34	53	5	7	53	0	12	410	1560	Contains Egg, Milk
Chicken Avocado Chop Salad	860	440	37	70	6	6	49	0	9	75	1110	Contains Milk, Soy, Wheat.
Cobb Salad	760	460	32	39	6	10	51	0	15	270	1720	Contains Egg, Milk, Soy, Wheat.
SuperFood Kale Salad	750	340	36	67	8	27	38	0	7	70	1470	Contains Milk, Soy, Tree Nuts, Wheat.
Sweet Honey Pecan Salad	880	380	37	86	9	50	43	0	8	85	1320	Contains Milk, Soy, Tree Nuts, Wheat.
Baja Turkey Burger	820	470	45	46	7	9	52	0	16	135	1450	Contains Egg, Milk, Soy, Wheat.
BLTE	1350	760	57	97	15	19	84	0	27	455	1250	Contains Egg, Milk, Wheat.
Chicken Salad Melt	810	420	38	64	10	21	47	0	13	90	740	Contains Egg, Milk, Soy, Wheat.
Ham and Gruyere Melt	1010	450	54	88	4	16	50	0	25	165	2410	Contains Egg, Milk, Soy, Wheat.
Market Veggie	880	400	30	98	16	19	45	0	10	30	740	Contains Egg, Milk, Soy, Wheat.

Monterey Club	1150	640	58	69	7	7	71	0	23	145	2410	Contains Egg, Milk, Wheat.
Roast Beef & Havarti	1220	710	58	74	6	13	79	0	30	150	2820	Contains: Soy, Wheat, Milk, Egg
Veggie Burger	590	250	26	80	10	10	28	0	6	10	1560	Contains Egg, Milk, Soy, Wheat.
Bacon & Egg	370	100	15	53	4	18	11	0	3.5	195	510	Contains Egg, Milk, Soy, Wheat.
Brioche French Toast	770	280	20	107	2	44	31	0	13	245	860	Contains Egg, Milk, Soy, Wheat.
Chocolate Chip Pancake	760	340	16	92	3	40	43	0	20	140	560	Contains Egg, Milk, Soy, Wheat.
Fruit Crepe	320	35	10	62	4	17	4	0	1	35	420	Contains Egg, Milk, Tree Nuts, Wheat.
Grilled Cheese	650	210	27	81	5	18	24	0	14	55	840	Contains Milk, Soy, Wheat.
Half Waffle	520	140	6	93	4	45	15	0	4.5	30	850	Contains Milk, Soy, Wheat, Egg.
Turkey Sandwich	580	140	31	82	5	19	15	0	8	60	1100	Contains Milk, Wheat.
Ham Sandwich	600	140	32	83	5	20	16	0	8	60	1150	Contains Milk, Wheat.
Broccoli and Cheese	200	100	8	16	1	5	11	0	3	15	780	Contains Milk, Soy, Wheat
Clam Chowder	100	25	6	12	1	1	3	0	2	20	1900	Contains Shellfish, Wheat, Milk
Classic Cream of Chicken and Wild Rice	200	130	5	17	1	1	14	0	8	45	760	Contains Milk, Wheat, Soy
Hearty Vegetable	90	20	2	14	2	3	2	0	0	--	840	Contains Soy, Wheat
Italian Wedding	130	50	5	11	1	2	6	0	2.5	10	850	Contains Soy, Wheat, Egg, Milk
Black Eyed Peas and Chicken	140	90	10	12	1	1	10	0	6	35	630	Contains Milk, Soy, Wheat
Tomato Basil	150	100	4	13	3	4	11	0	4.5	20	900	Contains Milk, Soy, Wheat
Lemon Dressed Greens	110	80	3	5	2	3	9	0	1.5	0	230	Allergens: None
Side of Bacon	210	170	8	0	0	0	19	0	7	35	510	Allergens: None
Side of Millionaire's Bacon	330	150	7	38	0	28	17	0	6	30	510	Contains: Soy
Side of Biscuit & Turkey Sausage Gravy	570	260	26	62	1	11	28	0	16	50	1740	Contains: Milk, Soy, Wheat.
Side of Black Beans	160	5	9	27	8	1	1	0	0	0	670	Allergens: None
Side of Cheesy Grits	240	70	10	30	1	0	8	0	5	20	360	Contains: Milk
Side of First Watch Potatoes	140	0	4	33	3	2	0	0	0	0	530	Allergens: None
Side of Fresh Fruit	200	10	3	50	5	35	1	0	0	0	15	Allergens: None
Side of Grits	160	45	3	24	1	0	5	0	1.5	0	200	Contains: Milk
Side of Ham	120	25	22	4	0	4	3	0	1	50	750	Allergens: None
Side of Mixed Berry Compote (1 fl oz)	20	0	0	6	0	4	0	0	0	0	0	Allergens: None
Side of sausage link, turkey	280	200	20	0	0	0	22	0	7	120	860	Allergens: None
Side of sausage patty, chicken (1 patty)	50	25	6	0	0	0	3	0	1	30	230	Allergens: None
Side of sausage, pork, link	460	410	14	1	0	0	45	0	16	80	690	Allergens: None
Whole Grain Artisan Toast & All-Natural Preserves	410	140	10	63	6	25	15.5	0	0.5	0	95	Contains Wheat, Milk