

AM Grill

Menu Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mushrooms, Fresh, Sliced	1 oz	5	0	0	0	-	0	0	< 1	0	< 1	< 1
Spinach, Baby	1 oz	5	0	0	0	-	0	20	1	< 1	0	< 1
Red Bell Peppers, Fresh, Thin Sliced	1 oz	10	0	0	0	-	0	0	2	< 1	1	0
Pancakes	3 ea	260	20	2	0.5	0	0	770	52	2	11	7
French Toast	2 Slices	430	80	9	2.5	0+	185	520	72	3	31+	15
Syrup, Pancake & Waffle	1 floz	90	0	0	0	-	0	30	24	0	8	0
Bacon	2 Slices	70	50	6	2	0	15	310	0	0	0	5
Breakfast Potatoes	1 oz	25	0	0	0	0	0	75	5	< 1	0	< 1
Hash Browns	1 oz	50	35	4	1.5	0+	5+	150	4	0	0+	< 1
Side O' Browns, Fried	1 serving	160	110	12	2	0	0	220	12	3	0	2
Tater Puffs, Fried	1 oz	70	40	4.5	1	0.5	0	105	6	< 1	0	< 1
Thick & Chunky Medium Salsa	0.5 cup	35	0	0	0	-	0	780	8	2	4	2

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

A "-" dash indicates that there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from available data, but some are missing.

Trans fats are naturally occurring such as those in animal protein and dairy products not added/artificial trans fats such as those in baked goods and snack foods for which our standard is 0g.



AM Grill

Menu Item	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tortilla, 12" Whole Wheat	1 ea	290	60	7	3	0	0	750	50	6	0	9
Tortilla, 12" Flour	1 ea	240	45	5	2.5	0	0	320	39	1	0	8
Bagel, Whole Wheat, 4 oz	1 ea	330	15	1.5	0.5	-	0	520	67	5	5	14
Cheese, American, Slice, .5 oz	1 oz	90	70	7	4.5	0	30	360	2	0	2	5
Cheese, Swiss, Shredded	1 oz	110	70	8	5	-	25	55	2	0	0	8
Cheese, Cheddar Sharp	1 oz	110	80	9	6	-	30	180	0	0	0	7
Cheese, Cheddar, .75 oz Slice	1 oz	110	80	9	6	-	30	180	0	0	0	7
Cheese, Provolone	1 oz	100	70	8	5	-	20	250	<1	0	0	7
Shredded Monterey Jack and Cheddar Cheese	1 oz	110	80	9	6	-	30	180	0	0	0	7
Egg, Liquid Cholesterol Free	0.25 cup	30	0	0	0	-	0	100	0	0	0	7
Egg White, Pasteurized	0.25 cup	30	0	0	0	-	0	100	0	0	0	7
Egg, Broke-N-Ready	0.25 cup	90	60	6	2	-	260	80	<1	0	-	7
Egg, Fresh	1 ea	60	40	4	1.5	0	165	60	0	0	0	6
Ham, Black Forest Smoked	1 oz	30	5	1	0	0	15	230	<1	-	<1	5
Ham, Black Forest, Smoked, Sliced Thin	1 oz	30	5	1	0	0	15	230	<1	-	<1	5
Turkey Breast, Sliced Thin	1 oz	30	10	1	0	0	15	240	<1	0	0	4
Sausage, Pork Breakfast Links	1 ea	140	110	12	4	0	35	320	0	0	0	8
Sausage, Turkey Breakfast Links	1 ea	50	25	3	1	0	15	130	3	0	0	4
Sausage, Pork Patty, 2 oz	1 ea	190	140	16	5	0	50	420	0	0	0	11
Tomatoes, Fresh, Chopped	1 oz	5	0	0	0	-	0	0	1	0	<1	0
Avocado, Peeled, Cubed	1 oz	45	35	4	0.5	-	0	0	2	2	0	<1
Broccoli, Florets	1 oz	10	0	0	0	-	0	10	2	<1	0	<1
Romaine Lettuce, 1" Chopped	1 oz	0	0	0	0	-	0	0	<1	<1	0	0
Diced Onions, Fresh	1 oz	10	0	0	0	-	0	0	3	0	1	0
Diced Red Bell Peppers, Fresh	1 oz	5	0	0	0	-	0	0	1	0	<1	0

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the restaurant level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.

A "-" dash indicates that there is no value currently available for the nutrient.

A "+" plus indicates the value has been calculated from available data, but some are missing.

Trans fats are naturally occurring such as those in animal protein and dairy products not added/artificial trans fats such as those in baked goods and snack foods for which our standard is 0g.

