



Menu Item Name	Cals (kcal)	Protein (g)	Fat (g)	Carb (g)	Sod (mg)	Fat Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sugar (g)	Allergens
Morning Meditation Fresh Juice	160	1	1	42	15	5	0	0	34	None
Kale Tonic Fresh Juice	140	2	1	33	15	5	0	0	23	None
The Traditional	800	34	40	85	1380	350	12	0	26	Contains Egg, Milk, Soy, Wheat.
Tri-Fecta	990	17	53	106	795	480	20	0	42	Contains Egg, Milk, Soy, Wheat.
BLT Benedict	680	28	41	48	1465	375	16	0	6	Contains Egg, Milk, Soy, Wheat.
Biscuits & Turkey Sausage Gravy	870	48	43	44	2410	380	21	0	14	Contains Egg, Milk, Soy, Wheat.
Classic Benedict	700	49	34	52	1960	295	13	0	11	Contains Egg, Milk, Soy, Wheat.
Chickichanga	900	39	51	72	1788	450	22	0	14	Contains Egg, Milk, Wheat.
Elevated Egg Sandwich	780	26	51	58	1330	450	20	0	5	Contains Egg, Milk, Soy, Wheat.
Farm Stand Breakfast Tacos	1060	50	43	109	1770	385	14	0	5	Contains Egg, Milk, Wheat.
Farmhouse Hash	920	37	40	115	1445	350	14	0	38	Contains Egg, Milk, Soy, Wheat.
Florentine Benedict	620	26	34	50	1140	300	13	0	6	Contains Egg, Milk, Soy, Wheat.
Market Hash	870	38	31	121	1590	260	12	0	41	Contains Egg, Milk, Soy, Wheat.
Parma Hash	990	45	43	116	1990	365	11	0	39	Contains Egg, Milk, Soy, Wheat.
Smoked Salmon Benedict	640	37	32	50	1845	280	12	0	7	Contains Egg, Fish, Milk, Soy, Wheat.
Bacado Omelet	1040	46	64	76	1410	575	23	0	30	Contains Egg, Milk, Soy, Wheat.
Chile Chorizo Omelet	1050	46	61	80	1485	555	22	0	30	Contains Egg, Milk, Soy, Wheat.
Frittata Rustica	720	38	44	35	1345	390	15	0	6	Contains Egg, Milk, Soy, Wheat.
Ham and Gruyere Omelet	990	58	56	72	1525	505	21	0	30	Contains Egg, Milk, Soy, Wheat.
Inspired Italian Omelet	1050	51	62	74	1825	545	16	0	31	Contains Egg, Milk, Soy, Wheat.
Morning Market Vegetable Omelet	860	41	46	78	1155	410	14	0	30	Contains Egg, Milk, Soy, Wheat.
Smoked Salmon and Roasted Vegetable Frittata	750	42	45	38	1640	400	15	0	7	Contains Egg, Fish, Milk, Soy, Wheat.
The Works Omelet	1060	50	62	77	1575	560	22	0	31	Contains Egg, Milk, Soy, Wheat.
Avocado Toast	700	26	46	59	1120	390	9	0	8	Contains Egg, Milk, Wheat.
A.M. Superfoods Bowl	1070	27	50	147	985	445	14	0	66	Contains: Tree Nuts, Wheat.
Healthy Turkey	580	50	13	70	1230	110	6	0	31	Contains Egg, Milk, Wheat.
Power Wrap	600	37	11	84	755	100	3	0	28	Contains Egg, Milk, Wheat.
Steel-Cut Oatmeal	520	13	10	98	30	100	0	0	44	Contains Milk, Tree Nuts, Wheat.
Sunrise Granola Bowl	440	21	7	78	165	60	1	0	52	Contains Egg, Milk, Tree Nuts, Wheat.
Tri-Athlete	550	33	5	97	675	50	1	0	48	Contains Soy, Egg, Wheat.
Belgian Waffle	650	6	20	110	1295	190	5	0	46	Contains Egg, Milk, Soy, Wheat.
French Toast	1040	30	42	136	1065	370	20	0	44	Contains Egg, Milk, Soy, Wheat.
Floridian French Toast	1210	40	32	194	1230	285	15	0	73	Contains Egg, Milk, Wheat.
Lemon Ricotta Pancake	820	24	39	90	375	355	19	0	44	Contains Egg, Milk, Soy, Wheat.
Multigrain Pancake	750	0	33	105	405	300	13	0	42	Contains Egg, Milk, Soy, Wheat.
Pesto Chicken Quinoa Bowl	700	41	36	51	1145	320	7	0	6	Contains Milk.
Power Breakfast Quinoa Bowl	830	34	54	52	1370	465	8	0	6	Contains Egg, Milk.
Chicken Avocado Chop Salad	870	37	49	69	1245	430	9	0	2	Contains Milk, Soy, Wheat.
Cobb Salad	770	32	52	40	1860	460	17	0	7	Contains Egg, Milk, Soy, Wheat.
SuperFood Kale Salad	770	36	38	68	1435	335	8	0	27	Contains Milk, Soy, Tree Nuts, Wheat.
Sweet Honey Pecan Salad	900	37	43	87	1455	390	9	0	47	Contains Milk, Soy, Tree Nuts, Wheat.
Baja Turkey Burger	820	45	52	46	1450	470	16	0	9	Contains Egg, Milk, Soy, Wheat.
BLTE	1260	50	76	98	1825	680	21	0	19	Contains Egg, Milk, Wheat.
Chicken Salad Melt	820	38	47	65	1080	415	15	0	22	Contains Egg, Milk, Soy, Wheat.
Ham and Gruyere Melt	1020	54	51	90	2410	450	26	0	17	Contains Egg, Milk, Soy, Wheat.
Market Veggie	880	30	45	98	740	400	10	0	19	Contains Egg, Milk, Soy, Wheat.
Monterey Club	1170	58	72	69	2405	640	24	0	7	Contains Egg, Milk, Wheat.
Roast Beef & Havarti	1230	57	80	75	2820	700	30	0	12	Contains: Soy, Wheat, Milk, Egg.
Veggie Burger	610	16	29	80	1535	250	8	0	11	Contains Egg, Milk, Soy, Wheat.
Bacon & Egg	370	15	11	53	510	100	4	0	18	Contains Egg, Milk, Soy, Wheat.
Chocolate Chip Pancake	760	16	43	92	560	340	20	0	40	Contains Egg, Milk, Soy, Wheat.
Grilled Cheese	650	27	24	81	840	210	14	0	18	Contains Milk, Soy, Wheat.
Turkeywich	580	31	15	82	1100	140	8	0	19	Contains Milk, Wheat.
Hamwich	600	32	16	83	1150	140	8	0	20	Contains Milk, Wheat.
Classic Cream of Chicken and Wild Rice	200	5	14	17	760	130	8	0	1	Contains Milk, Wheat, Soy
Hearty Vegetable	90	2	3	14	840	20	0	0	3	Contains Soy, Wheat.
Italian Wedding	130	5	6	11	850	50	3	0	2	Contains Soy, Wheat, Egg, Milk.
Tomato Basil	150	4	11	13	840	100	5	0	4	Contains Milk, Soy, Wheat.
Lemon Dressed Greens	110	3	9	5	230	80	2	0	3	None
Side of Bacon	210	8	19	0	510	170	7	0	0	None
Side of Biscuit & Turkey Sausage Gravy	570	26	28	62	1740	260	16	0	11	Contains Milk, Soy, Wheat.
Side of First Watch Potatoes	140	4	0	33	530	0	0	0	2	None
Side of Fresh Fruit	200	3	1	50	20	10	0	0	35	None
Side of Grits	160	3	5	24	200	45	2	0	0	Contains Milk.
Side of Ham	120	22	3	4	750	25	1	0	4	None
Turkey Sausage	280	20	22	0	860	200	7	0	0	None
Savory Chicken Sausage Patty	50	6	3	0	230	25	1	0	0	None
Pork Sausage	460	14	45	1	690	410	16	0	0	None
Whole Grain Artisan Toast & All-Natural Preserves	410	10	15.5	63	95	140	1	0	25	Contains Wheat, Milk.