

MENU ITEM	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN	VEGAN	VEGETARIAN	MADE W/O GLUTEN	DAIRY FREE	FIT
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HOT BAR

WELLNESS EGG SCRAMBLE	1/2 CUP	110	3	0	7	268	2	14		X	X		X
SCRAMBLED EGGS	1/2 CUP	190	14	4	1	285	0	14		X	X		
HARD COOKED EGGS	1 EA	70	4	1	0	62	0	6		X	X		X
CORNED BEEF HASH	1/2 CUP	255	18	8	16	730	2	9					
SAUSAGE PATTY	1 EA	190	15	5	1	462	0	11			X		
HONEY CUSTARD FRENCH TOAST	2 HALF	270	1	3	27	321	1	9		X			
POTATO HAS BROWN PATTIES	1 EA	140	10	2	12	316	1	1		X			

OATMEAL

STEEL CUT OATMEAL	8 OZ	180	4	1	29	8	5	9	X	X		X	X
BROWN RICE W/ MANGO & ALMONDS	8 OZ	200	3	0	39	32	3	5	X	X	X	X	X
OATMEAL W/ PEACH COMPOTE	8 OZ	300	4	2	55	151	7	11	X	X		X	X
CINNAMON CRANBERRY SUNRISE	8 OZ	260	2	0	52	299	5	9		X			X
CORNMEAL PORRIDGE	8 OZ	110	1	0	21	92	1	3		X	X		X
CHERRY SUNRISE W/ WALNUTS	8 OZ	250	4	0	43	35	4	8	X	X		X	X
ARROZ CON LECHE	8 OZ	300	8	5	53	92	1	5		X			
OATMEAL W/ BANANA & HONEY	8 OZ	190	2	0	43	6	4	4		X			X

BAGELS

PLAIN	1 EA	290	1	0	68	582	28	4	X	X		X	
EVERYTHING	1 EA	300	2	0	59	479	2	12	X	X		X	
FRENCH TOAST	1 EA	290	0	0	56	395	2	12	X	X		X	
BLACK RUSSIAN	1 EA	370	1	0	77	460	4	13		X			
SESAME	1 EA	280	1	0	56	55555	2	9	X	X		X	
CINNAMON RAISIN	1 EA	280	1	0	60	236	2	8	X	X		X	

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BAGEL TOPPINGS

CREAM CHEESE	1 OZ	70	7	5	41	1082	2	2					
VEGETABLE CREAM CHEESE	1 OZ	130	10	1	9	167	1	1					
FRUIT CREAM CHEESE	1 OZ	280	12	2	46	720	2	2					
SMOKED SALMON	1 OZ	30	1	0	0	190	0	5			X		
CAPERS	1 T	0	0	0	0	202	0	0	X	X	X	X	

COLD BAR

COTTAGE CHEESE	4 OZ	80	1	1	0	410	0	13					
VANILLA YOGURT	4 OZ	100	1	1	16	75	0	6		X	X		X
PLAIN GREEK YOGURT	4 OZ	80	0	0	2	39	1	10		X	X		X
OVERNIGHT OATS	1/2 CUP	160	4	3	24	37	3	5		X			X
GRANOLA	1/4 CUP	80	1	0	16	47	2	2		X			X
BLACKBERRIES	1/4 CUP	20	0	0	3	0	2	1	X	X	X	X	X
BLUEBERRIES	1/4 CUP	20	0	0	5	0	1	0	X	X	X	X	X
RASPBERRIES	1/4 CUP	20	0	0	4	0	2	0	X	X	X	X	X
PINEAPPLE	1/4 CUP	20	0	0	5	0	1	0	X	X	X	X	X
APPLE	1/4 CUP	20	0	0	4	0	1	0	X	X	X	X	X
MANGO	1/4 CUP	30	0	0	6	0	1	0	X	X	X	X	X
STRAWBERRIES	1/4 CUP	10	0	0	3	0	1	0	X	X	X	X	X
GRAPEFRUIT	1/4 CUP	20	0	0	5	0	1	0	X	X	X	X	X
COCONUT	1 T	70	5	5	7	37	1	0	X	X	X	X	
CRANBERRIES	1T	30	0	0	8	1	1	0	X	X	X	X	
APRICOTS	1T	20	0	0	5	1	1	0	X	X	X	X	
BROWN SUGAR	1T	50	0	0	3	4	0	0	X	X	X	X	
RAISINS	1T	30	0	0	7	2	0	0	X	X	X	X	
WALNUTS	1 T	50	5	1	1	0	0	1	X	X	X	X	
CHIA SEEDS	1 T	70	5	1	6	2	5	3	X	X	X	X	