

# Traditional Menu



ANOTHER  
Broken Egg Cafe

# Nutrition & Allergens

Menu Category/Item	Options (if Applicable)	Total Calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Allergens	Dietary Considerations
<b>SWEET TEMPTATIONS (Comes with two eggs any style and choice of meat. See SIDES &amp; ADD-ONS for nutritional information on these items.)</b>														
Buttermilk Pancakes (2)		480	50	6	1	0	0	1520	95	8	38	17	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted. May be Gluten-Friendly by substituting GF pancake batter.
Gluten Friendly Pancakes (2)		470	80	9	2	0	0	1470	88	9	37	16	Milk, Soy	Gluten-Friendly Lacto-ovo Vegetarian Friendly if meat option is omitted.
Bananas Foster Pancakes (2)		1170	440	49	16	0	55	1820	166	12	96	21	Egg, Milk, Tree Nuts (Pecans), Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted. May be Gluten-Friendly by substituting GF pancake batter.
Mixed Berries Pancakes (2)		580	90	9	3	0	0	1520	111	11	47	18	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted. May be Gluten-Friendly by substituting GF pancake batter.
Peach Cobbler Pancakes (2)		880	220	24	4	0	5	1660	147	12	69	23	Egg, Milk, Tree Nuts (Almonds, Pecans), Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted. May be Gluten-Friendly by substituting GF pancake batter.
Lemon Blueberry Goat Cheese Pancakes (2)		650	150	17	7	0	35	1660	108	11	44	22	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted. May be Gluten-Friendly by substituting GF pancake batter.
Cinnamon Roll French Toast		1130	590	69	30	0	270	1490	116	6	63	19	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted.
Bananas Foster French Toast		1600	740	87	27	0	495	1570	178	8	89	36	Egg, Milk, Tree Nuts (Pecans), Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted.
French Toast, Entree		940	360	44	12	0	445	1270	114	4	38	32	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted.
Belgian Waffle		280	90	10	5	0	75	630	46	3	19	6	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted.
Bananas Foster Belgian Waffle		930	470	53	20	0	125	940	110	8	70	10	Egg, Milk, Tree Nuts (Pecans), Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted.
Pancake Trio Flight (3 pancakes, choice of flavor. Information based on one cake. For total nutritional information, add nutritional facts for each flavor chosen.)	Buttermilk Add	160	20	2	0	0	0	510	32	3	13	6	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted. May be Gluten-Friendly by substituting GF pancake batter.
	Gluten Friendly Add	160	25	3	1	0	0	490	29	3	12	5	Milk, Soy	Gluten-Friendly Lacto-ovo Vegetarian Friendly if meat option is omitted.
	Bananas Foster Add	450	190	21	6	0	20	610	59	5	33	8	Egg, Milk, Tree Nuts (Pecans), Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted. May be Gluten-Friendly by substituting GF pancake batter.
	Lemon Blueberry Goat Cheese Add	250	70	8	4	0	20	580	39	4	16	8	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted. May be Gluten-Friendly by substituting GF pancake batter.
	Mixed Berries Add	220	40	4	2	0	0	510	40	4	17	6	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted. May be Gluten-Friendly by substituting GF pancake batter.
	Peach Cobbler Add	410	130	14	3	0	0	600	63	5	31	9	Egg, Milk, Tree Nuts (Almonds, Pecans), Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted. May be Gluten-Friendly by substituting GF pancake batter.
<b>BRUNCH SPECIALTIES</b>														
Eggs Blackstone Benedict (Comes with choice of grits or seasoned country potatoes. See SIDES & ADD-ONS for nutritional information for these items.)	Benedict Only	830	550	65	26	0	685	1500	32	2	5	37	Egg, Milk, Fish (Anchovies) Soy, Wheat	May be Gluten-Friendly if English muffin is omitted.
Lobster and Brie Omelette (Comes with choice of grits or seasoned country potatoes and an English muffin. See SIDES & ADD-ONS for nutritional information for these items.)	Omelette Only	890	680	80	42	0	810	1720	7	1	2	38	Egg, Milk, Soy, Shellfish (Lobster), Wheat	May be Gluten-Friendly if English muffin is omitted.
The Floridian Omelette (Comes with choice of grits or seasoned country potatoes and an English muffin. See SIDES & ADD-ONS for nutritional information for these items.)	Omelette Only	710	510	60	29	0	780	920	3	0	1	42	Egg, Soy, Shellfish (Crab), Milk, Wheat	May be Gluten-Friendly if English muffin is omitted.
Crab Cakes and Fried Green Tomatoes (Comes with Spinach Salad.)	Includes Spinach Salad	920	620	82	16	0	130	2180	50	6	13	25	Milk, Shellfish (Crab), Soy, Wheat	

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Cajun Louisiana Crawfish Skillet (Comes with an English muffin.)	Includes English Muffin	1080	550	65	20	0	770	2880	76	9	6	56	Egg, Milk, Shellfish (Crawfish), Soy, Wheat	May be Gluten-Friendly if English muffin is omitted. May be Dairy Free if cheese is omitted.
Hey Lucy Omelette (Comes with choice of grits or seasoned country potatoes and an English muffin. See SIDES & ADD-ONS for nutritional information for these items.)	Includes salsa and sour cream	760	550	65	25	0	720	1170	15	4	5	41	Egg, Milk, Soy, Wheat	May be Gluten-Free if English muffin is omitted. May be Lacto-ovo Vegetarian Friendly if Chorizo is omitted. May be Dairy Free if cheese & sour cream are omitted. (Grits contain dairy.)
Crab Cake Benedict (Comes with choice of grits or seasoned country potatoes. See SIDES & ADD-ONS for nutritional information for these items.)	Benedict Only	810	490	55	21	0	790	1880	37	3	4	42	Egg, Milk, Fish (Anchovies), Soy, Shellfish (Crab), Wheat	
Chicken & Waffles		670	280	31	8	0	240	1210	54	6	20	49	Egg, Milk, Soy, Wheat	
Cinnamon Roll French Toast (Comes with two eggs any style and choice of meat. See SIDES & ADD-ONS for nutritional information on these items.)	Entrée Only	1130	590	69	30	0	270	1490	116	6	63	19	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly if meat option is omitted.
Shrimp n' Grits (Comes with Garlic French Bread.)	Includes Garlic French Bread	970	640	75	37	0	310	2630	48	4	4	37	Milk, Soy, Wheat, Shellfish (Shrimp), Fish (Anchovies)	
<b>SENSIBLE SELECTIONS</b>														
Salmon Power Bowl	Includes local honey vinaigrette	1300	680	103	24	0	55	2890	104	20	29	56	Fish (Salmon), Soy	Gluten-Friendly May be Lacto-ovo Vegetarian Friendly if Salmon is omitted.
Fruit and Yogurt Power Jar (Comes with an English muffin.)	Includes English muffin	510	100	11	1	0	10	400	73	6	36	28	Milk, Tree Nuts (Almonds, Pecans), Wheat	May be Gluten-Friendly if English muffin is omitted. Lacto-ovo Vegetarian Friendly
Granola, Fruit and Quinoa (Comes with Coconut Milk on the side.)	Includes Coconut Milk	1260	610	68	28	0	5	510	145	13	70	20	Milk, Tree Nuts (Almonds, Coconut, Pecans)	Gluten-Friendly and Lacto-ovo Vegetarian Friendly.
Monterey Omelette (Comes with fresh fruit and English muffin.)	Includes English muffin and salsa Range due to Seasonal Fruits	700-730	310	43	12	0	75	1090	50-55	8	17-21	48	Egg, Milk, Soy, Wheat	May be Gluten-Friendly if English muffin is omitted. May be Lacto-ovo Vegetarian Friendly if Chicken is omitted. May be Dairy Free if cheese is omitted.
Skinny Omelette (Comes with fresh fruit and English muffin.)	Includes English muffin Range due to Seasonal Fruits	500-530	170	28	8	0	20	770	50-55	7	18-21	31	Egg, Milk, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly if English muffin is omitted. May be Dairy Free if cheese is omitted.
Steel Cut Oats (Topped with mixed berries.)	Includes berries	220	60	7	3	0	10	10	36	5	8	4		Gluten Friendly and Lacto-ovo Vegetarian Friendly.
<b>TRADITIONAL CLASSICS (Comes with choice of grits or seasoned country potatoes. See SIDES &amp; ADD-ONS for nutritional information on these items.)</b>														
Eggs Benedict	Benedict Only	610	327	37	19	0	580	2150	24	1	1	40	Egg, Fish (Anchovies), Soy, Wheat	May be Gluten-Friendly if English muffin is omitted.
Black Bean Benedict	Benedict Only	655	281	31	17	0	510	1515	57	12	12	29	Egg, Fish (Anchovies), Soy, Wheat	May be Gluten-Friendly if English muffin is omitted.
BROKEN EGG Chicken and Biscuit Sandwich	Sandwich Only	820	406	46	11	6	320	1900	69	2	5	31	Egg, Milk, Soy, Wheat	
Classic Biscuit and Gravy (Biscuit, Country Sausage Gravy, Two Sweet & Savory Sausage Patties and Two Eggs Any Style.)	with two Fried Eggs	1060	610	72	32	0	650	2970	63	1	8	46	Egg, Milk, Soy, Wheat	
	with two Scrambled Eggs	1040	600	71	31	0	520	2960	62	1	8	45	Egg, Milk, Soy, Wheat	
	with two Poached Eggs	1000	550	61	29	0	650	2970	63	1	8	46	Egg, Milk, Soy, Wheat	
	with two Scrambled Egg Whites	240	70	12	3	0	0	420	22	1	1	17	Egg, Milk, Soy, Wheat	
Smoked Salmon Benedict	Benedict Only	660	290	33	17	0	615	1730	44	1	3	41	Egg, Milk, Fish (Salmon), Wheat	May be Dairy Free if cream cheese is omitted. (Grits contain dairy.) May be Gluten-Friendly if bagel is omitted.
Huevos Rancheros	Includes salsa and sour cream	990	620	75	23	0	610	1560	59	8	6	34	Egg, Soy, Milk, Wheat	Lacto-ovo Vegetarian Friendly May be Dairy Free if cheese & sour cream are omitted. (Grits contain dairy.)
	With Chorizo Add	250	210	23	11	0	65	600	2	0	0	9	Milk, Soy	

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Traditional Day Starter (Two Eggs any style, choice of meat and an English muffin.)	with two Fried Eggs	350	170	23	7	0	545	380	25	1	1	20	Egg, Soy	May be Lacto-ovo Vegetarian Friendly if meat is omitted. May be Gluten-Friendly if English muffin is omitted. Dairy Free (Grits contain dairy.)
	with two Scrambled Eggs	340	160	22	6	0	415	380	23	1	1	19	Egg, Soy	
	with two Poached Eggs	290	110	12	4	0	545	380	25	1	1	20	Egg	
	with two Scrambled Egg Whites	240	70	12	3	0	0	420	22	1	1	17	Egg, Soy	
	Baked Bacon Add	180	140	15	5	0	10	440	1	0	0	10	None	
	Sweet & Savory Sausage Patties Add	250	180	20	7	0	65	770	5	0	3	14	Soy	
	Andouille Sausage Add	380	310	34	12	0	75	1240	4	1	2	16	Soy	
	Turkey Sausage Add	130	90	10	3	0	45	450	1	1	0	10	Soy	
	Breakfast Ham Add	130	60	6	2	0	65	1320	0	0	0	19	Soy	
	English Muffin Add	110	5	1	0	0	0	220	22	1	1	5	Wheat	
Waffle Sliders	Sliders Only	850	530	64	25	0	540	1640	42	3	13	42	Egg, Milk, Soy, Wheat	May be Gluten-Friendly if small GF pancakes are substituted for waffle. May be Dairy Free if cheese is omitted. (Grits contain dairy.)
<b>OMELETTES &amp; SCRAMBLERS (Comes with choice of grits or seasoned country potatoes and an English muffin. See SIDES &amp; ADD-ONS for nutritional information on these items.)</b>														
The Floridian Omelette	Omelette Only	710	510	60	29	0	780	920	3	0	1	42	Egg, Soy, Shellfish (Crab), Milk, Wheat	May be Gluten-Friendly if English muffin omitted.
Veggie Delight Omelette	Omelette Only	350	240	30	10	0	640	320	4	1	2	25	Egg, Milk, Soy, Wheat	May be Gluten-Friendly if English muffin is omitted. Lacto-ovo Vegetarian Friendly May be Dairy Free if cheese is omitted. (Grits contain dairy.)
Bacquezo Omelette	Omelette Only	1000	750	88	39	0	770	1600	6	0	1	49	Egg, Milk, Soy, Wheat	May be Gluten-Friendly if English muffin is omitted.
Crescent City Scrambler	Scrambler Only	650	440	54	20	0	690	1360	6	1	2	46	Egg, Milk, Soy, Wheat	May be Gluten-Friendly if English muffin is omitted. May be Dairy Free if cheese is omitted. (Grits contain dairy.)
Supreme Omelette	Omelette Only	780	550	66	24	0	710	1380	7	1	2	50	Egg, Milk, Soy, Wheat	May be Gluten-Friendly if English muffin is omitted. May be Dairy Free if cheese is omitted. (Grits contain dairy.)
Lobster & Brie Omelette	Omelette Only	890	680	80	42	0	810	1720	7	1	2	38	Egg, Milk, Soy, Shellfish (Lobster), Wheat	May be Gluten-Friendly if English muffin omitted.
Southwest Scrambler	Includes guacamole, sour cream and two flour tortillas	870	520	63	22	0	690	1550	44	6	6	44	Egg, Milk, Soy, Wheat	May be Gluten-Friendly if Flour Tortillas are omitted. May be Lacto-ovo Vegetarian Friendly if Chorizo is omitted.
Sunrise Spinach Scrambler	Omelette Only	600	420	51	18	0	665	860	6	1	2	39	Egg, Milk, Soy, Wheat	May be Gluten-Friendly if English muffin is omitted. May be Lacto-ovo Vegetarian Friendly if Bacon is omitted.
Stan's Mardi Gras Omelette	Omelette Only	790	550	66	26	0	970	1980	6	1	3	51	Egg, Milk, Soy, Shellfish (Crawfish, Shrimp), Fish (Anchovies), Wheat	May be Gluten-Friendly if English muffin is omitted.
Hey Lucy! Omelette	Includes salsa and sour cream	760	550	65	25	0	720	1170	15	4	5	41	Egg, Milk, Soy, Wheat	May be Gluten-Free if English muffin is omitted. May be Lacto-ovo Vegetarian Friendly if Chorizo is omitted. May be Dairy Free if cheese & sour cream is omitted. (Grits contain dairy.)
<b>BURGERS, SANDWICHES &amp; SALAD CREATIONS</b>														
Low Country Mushroom Burger	Includes seasoned potatoes and pickle	1480	830	97	38	3	225	12370	93	9	8	69	Egg, Soy, Milk, Wheat, Fish (Anchovies)	
Classic Bacon Burger	Includes seasoned potatoes and pickle	1260	610	68	26	3	175	6420	97	9	12	67	Egg, Soy, Milk, Wheat, Fish (Anchovies)	
Turkey Brie & Tomato Sandwich	Includes seasoned potatoes and pickle	860	370	45	12	0	90	3160	90	8	9	36	Egg, Milk, Soy, Wheat	

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California Club - White Bread	Includes seasoned potatoes and pickle	1130	530	59	17	0	140	4860	96	15	9	62	Egg, Milk, Soy, Wheat	
California Club - 9 Grain Bread	Includes seasoned potatoes and pickle	1230	530	59	16	0	140	5000	118	18	15	67	Egg, Milk, Soy, Wheat	
Kale & Salmon Salad	Includes local honey vinaigrette	920	590	86	18	0	55	2030	42	10	25	46	Soy, Fish (Salmon), Tree Nuts (Almonds)	Gluten-Friendly
Nellie's Chicken Sandwich (fried)	Includes seasoned potatoes and pickle	1130	550	66	15	0	110	3380	100	14	10	47	Egg, Milk, Soy, Wheat	
Nellie's Chicken Sandwich (grilled)	Includes seasoned potatoes and pickle	1020	470	56	13	0	70	7670	96	12	10	43	Egg, Milk, Soy, Wheat	
The B.L.A.S.T (red tomatoes)	Includes seasoned potatoes and pickle	1300	670	74	21	0	70	3710	112	15	12	50	Egg, Milk, Soy, Wheat	
The B.L.A.S.T (fried green tomatoes)	Includes seasoned potatoes and pickle	1460	770	86	23	0	70	4040	124	16	11	52	Egg, Milk, Soy, Wheat	
Southwest Chop Salad	Includes chipotle ranch dressing	840	550	62	16	0	105	1710	43	12	10	32	Egg, Milk, Wheat	May be Gluten-Friendly if tortilla strips are omitted. May be Lacto-ovo Vegetarian Friendly if Turkey and Bacon are omitted.
Grilled Chicken, Mango and Spinach Salad	Includes warm bacon vinaigrette	850	600	71	14	0	125	1490	26	7	16	44	Milk, Soy, Tree Nuts (Pecans)	Gluten-Friendly May be Lacto-ovo Vegetarian Friendly if Chicken is omitted. May be Dairy Free if cheese is omitted.
<b>SIDES AND ADD-ONS</b>														
Two Eggs any style (Options with Sweet Temptations and Traditional Day Starter)	Scrambled	220	150	22	6	0	415	160	1	0	0	14	Egg, Soy	Lacto-ovo Vegetarian Friendly
	Fried	240	160	22	6	0	545	170	3	0	0	15	Egg, Soy	Lacto-ovo Vegetarian Friendly
	Poached	180	100	11	4	0	545	170	3	0	0	15	Egg	Lacto-ovo Vegetarian Friendly
	Scrambled Egg Whites	120	60	11	3	0	0	200	0	0	0	13	Egg, Soy	Lacto-ovo Vegetarian Friendly
Choice of Breakfast Meats (Options with Sweet Temptations and Traditional Day Starter)	Baked Bacon (2 Strips)	180	140	15	5	0	10	440	1	0	0	10	None	Gluten-Friendly
	Sweet & Savory Sausage (2 Patties)	250	180	20	7	0	65	770	5	0	3	14	Soy	
	Andouille Sausage	380	310	34	12	0	75	1240	4	1	2	16	Soy	Gluten-Friendly
	Turkey Sausage (2 links)	130	90	10	3	0	45	450	1	1	0	10	Soy	Gluten-Friendly
	Breakfast Ham	130	60	6	2	0	65	1320	0	0	0	19	Soy	Gluten-Friendly
Biscuit Beignets	Includes Honey Marmalade	1120	340	38	14	0	10	2670	184	7	88	15	Milk, Wheat	
1/2 order of Beignets	Includes Honey Marmalade	680	170	19	7	0	5	1330	123	4	74	8	Milk, Wheat	
One Pancake, Any Flavor	Buttermilk	240	25	3	1	0	0	760	47	4	19	9	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly by substituting GF pancake batter.
	Gluten-Friendly	230	40	5	1	0	0	740	44	4	18	8	Egg, Milk, Soy, Wheat	Gluten-Friendly and Lacto-ovo Vegetarian Friendly.
	Bananas Foster	530	190	22	6	0	20	860	75	6	40	11	Egg, Milk, Tree Nuts (Almonds, Pecans), Soy, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly by substituting GF pancake batter.
	Mixed Berries	300	45	5	2	0	0	760	56	6	23	9	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly by substituting GF pancake batter.
	Peach Cobbler	490	140	15	3	0	0	850	79	7	37	12	Egg, Milk, Tree Nuts (Pecans), Soy, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly by substituting GF pancake batter.
	Lemon Blueberry Goat Cheese	330	80	9	4	0	20	830	54	6	22	11	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly by substituting GF pancake batter.



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Two Pancakes, Any Flavor	Buttermilk	480	50	6	1	0	0	1520	95	8	38	17	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly by substituting GF pancake batter.
	Gluten-Friendly	470	80	9	2	0	0	1470	88	9	37	16	Egg, Milk, Soy, Wheat	Gluten-Friendly and Lacto-ovo Vegetarian Friendly.
	Bananas Foster	1170	440	49	16	0	55	1820	166	12	96	21	Egg, Milk, Tree Nuts (Almonds, Pecans), Soy, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly by substituting GF pancake batter.
	Mixed Berries	580	90	9	3	0	0	1520	111	11	47	18	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly by substituting GF pancake batter.
	Peach Cobbler	880	220	24	4	0	5	1660	147	12	69	23	Egg, Milk, Tree Nuts (Pecans), Soy, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly by substituting GF pancake batter.
	Lemon Blueberry Goat Cheese	650	150	17	7	0	35	1660	108	11	44	22	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly May be Gluten-Friendly by substituting GF pancake batter.
Belgian Waffle		280	90	10	5	0	75	630	46	3	19	6	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly
French Toast, side of		280	100	11	3	0	150	420	36	1	10	11	Egg, Milk, Soy, Wheat	Lacto-ovo Vegetarian Friendly
Sliced Tomatoes, side of		25	5	0	0	0	0	5	5	2	3	1	None	Gluten-Friendly and Vegan.
Fresh Fruit, side of	Range due to seasonal selections	60-90	5	0	0	0	0	15	16-22	3	13-17	1	None	Gluten-Friendly and Vegan.
Grits, side of		180	50	5	4	0	20	550	29	2	0	3	Milk	Gluten-Friendly and Lacto-ovo Vegetarian Friendly.
City Grits, side of		470	330	37	20	0	100	800	23	1	1	12	Milk	Gluten-Friendly
Blackberry Grits, side of		170	40	4	3	0	15	420	31	3	7	3	Milk	Gluten-Friendly and Lacto-ovo Vegetarian Friendly.
Seasoned Country Potatoes, side of		290	100	11	2	0	5	1580	44	6	0	5	None	Gluten-Friendly and Vegan.
Biscuit and Gravy, side of		570	270	30	18	0	40	2050	56	1	5	17	Milk, Soy, Wheat	
Split & Add Extra English Muffin & Potatoes		400	100	11	2	0	5	1800	66	7	1	9	Wheat	Vegan
Split & Add Extra English Muffin & Grits		290	50	6	4	0	20	770	51	3	1	8	Wheat, Milk	Lacto-ovo Vegetarian Friendly
Turkey Sausage (3 Links), side of		200	140	15	5	0	70	680	2	2	0	15	Soy	Gluten-Friendly
Breakfast Ham, side of		130	60	6	2	0	65	1320	0	0	0	19	Soy	Gluten-Friendly
Andouille Sausage, side of		380	310	34	12	0	75	1240	4	1	2	16	Soy	Gluten-Friendly
Sweet and Savory Sausage Patties (2 Patties), side of		250	180	20	7	0	65	770	5	0	3	14	Soy	
Breakfast Chorizo, side of		400	320	35	15	0	105	1020	3	0	0	18	Milk, Soy	Gluten-Friendly
Baked Bacon (3 Strips), side of		270	210	23	8	0	20	670	2	0	1	15	None	Gluten-Friendly
White Toast, side of		220	50	6	1	0	0	340	34	1	2	7	Wheat	Lacto-ovo Vegetarian Friendly and Dairy Free
Nine-Grain Toast, side of		320	50	6	0	0	0	480	56	4	8	12	Wheat	Lacto-ovo Vegetarian Friendly and Dairy Free
Biscuit, side of		380	140	16	12	0	0	1200	48	1	5	9	Wheat, Milk	Lacto-ovo Vegetarian Friendly
English Muffin, side of		110	5	1	0	0	0	220	22	1	1	5	Wheat	Lacto-ovo Vegetarian Friendly and Dairy Free
Cinnamon Roll w/ Icing		380	140	16	12	0	0	1200	48	1	5	9	Egg, Soy, Wheat, Milk	

Menu Category/Item	Options (if Applicable)	Total Calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Allergens	Dietary Considerations
Sour Cream		90	80	9	5	0	25	15	2	0	2	1	Milk	
Salsa		10	0	0	0	0	0	125	3	0	1	0	None	Vegan
Guacamole		70	50	6	1	0	0	105	5	3	1	1	None	Vegan
Scrambled Egg Whites (2 Eggs)		152	100	12	2	0	0	170	1	0	0	7	Egg, Soy	Gluten-Friendly Lacto-ovo Vegetarian Friendly
Scrambled Egg Whites (3 Eggs)		178	100	12	2	0	0	230	1	0	0	9	Egg, Soy	Gluten-Friendly Lacto-ovo Vegetarian Friendly
<b>KIDS' MENU (All Kids Meals come with choice of juice or milk and a Chobani Yogurt Tube)</b>														
Chocolate Chip Pancakes		660	290	35	15	0	215	880	70	6	44	21	Egg, Milk, Soy, Wheat	May be Lacto-ovo Vegetarian Friendly if bacon is omitted.
Chocolate Chip Pancakes Gluten Friendly		660	300	36	15	0	215	860	68	6	43	21	Egg, Milk	May be Lacto-ovo Vegetarian Friendly if bacon is omitted.
Dollar Pancakes		380	170	21	6	0	215	870	36	3	15	18	Egg, Soy, Wheat	May be Lacto-ovo Vegetarian Friendly if bacon is omitted.
Dollar Pancakes Gluten Friendly		380	180	22	6	0	215	850	34	3	14	18	Egg, Soy	May be Lacto-ovo Vegetarian Friendly if bacon is omitted.
Chicken and Waffle		430	220	26	7	0	325	680	23	3	6	31	Egg, Soy, Wheat	
Waffle Sampler		340	190	23	8	0	250	620	24	2	10	15	Egg, Milk, Soy, Wheat	May be Lacto-ovo Vegetarian Friendly if bacon is omitted.
Little Rooster		320	150	19	6	0	215	420	28	3	13	15	Egg, Soy, Wheat	May be Lacto-ovo Vegetarian Friendly if bacon is omitted.
French Toast Sampler		500	250	29	9	0	360	720	40	1	14	23	Egg, Milk, Soy, Wheat	May be Lacto-ovo Vegetarian Friendly if bacon is omitted.
Hamburger		510	170	19	7	1	65	930	57	4	18	28	Egg, Wheat	
With Cheese Add		60	40	5	3	0	15	90	1	0	0	4	Milk	
2% Milk		150	50	6	4	0	25	140	15	0	15	10	Milk	
Chocolate Milk		370	60	7	4	0	20	150	65	2	54	10	Milk	
Simply Orange Juice		140	0	0	0	0	0	0	33	0	29	3	None	
Simply Apple Juice		150	0	0	0	0	0	5	38	0	35	0	None	
Simply Cranberry Juice Cocktail		160	0	0	0	0	0	25	43	0	43	0	None	
Chobani Yogurt Strawberry, Kids 2oz Tube		50	10	1	1	0	5	20	6	0	6	5	Milk	Gluten-Friendly
<b>SIMPLY JUICES</b>														
100% Pure Squeezed Orange		140	0	0	0	0	0	0	33	0	29	3.0	None	
Pressed Apple		150	0	0	0	0	0	5	38	0	35	0.0	None	
Cranberry Cocktail		160	0	0	0	0	0	25	43	0	43	0.0	None	
<b>BEVERAGES</b>														
Coffee, brewed		0	0	0	0	0	0	0	0	0	0	0	None	
Kahlua		110	0	0	0	0	0	0	14	0	14	0	None	
Bailey's Irish Cream		120	45	5	3	0	15	30	9	0	8	1	Milk	
Coffee, Cold Brewed		0	0	0	0	0	0	0	0	0	0	0	None	
Cold Brew Coffee with Milk		70	25	3	2	0	10	65	6	0	6	4	Milk	
Coffee, decaffeinated, brewed		0	0	0	0	0	0	0	0	0	0	0	None	
Iced Tea (Unsweetened)		0	0	0	0	0	0	10	0	0	0	0	None	
Iced Tea (Sweetened)		200	0	0	0	0	0	10	49	0	49	0	None	
Raspberry Iced Tea		70	0	0	0	0	0	10	18	0	18	0	None	

Menu Category/Item	Options (if Applicable)	Total Calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	Allergens	Dietary Considerations
Hot/Herbal Tea		0	0	0	0	0	0	7	0	0	0	0	None	
Soda, Coke		120	0	0	0	0	0	40	33	0	33	0	None	
Soda, Diet Coke		0	0	0	0	0	0	35	0	0	0	0	None	
Soda, Coke Zero		0	0	0	0	0	0	35	0	0	0	0	None	
Soda, Sprite		130	0	0	0	0	0	30	34	0	30	0	None	
Soda, Dr. Pepper		130	0	0	0	0	--	45	34	0	34	0	None	
Soda, Pibb Xtra		120	0	0	0	0	0	35	33	0	33	0	None	
Soda, citrus, Mello Yello		140	0	0	0	0	0	40	39	0	39	0	None	
Soda, Root Beer, Barq's		130	0	0	0	0	0	60	38	0	38	0	None	
Drink, Flashin' Fruit Punch, Hi-C		130	0	0	0	0	0	25	37	0	37	0	None	
Lemonade, Minute Maid		140	0	0	0	0	0	20	36	0	35	0	None	
Sports Drink, Mountain Berry Blast		70	0	0	0	0	0	125	18	0	18	0	None	
2% Milk		150	50	6	4	0	25	140	15	0	15	10	Milk	
Chocolate Milk		370	60	7	4	0	20	150	65	2	54	10	Milk	
Hot Chocolate with Whipped Cream		320	60	6	4	0	20	135	56	2	47	9	Milk	

The Another Broken Egg Cafe nutritional analysis is comprised of data from an independent testing facility commissioned by Another Broken Egg Cafe, combined with nutrient data from suppliers of Another Broken Egg Cafe, the United States Department of Agriculture and nutrient database analysis of the recipes prepared by Another Broken Egg Cafe using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Another Broken Egg Cafe attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be available at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredients information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of the products served at Another Broken Egg Cafe.

\*Nutrition analysis for select beverages is based on standardized ice fill.

The health and safety of our guests are top priorities at Another Broken Egg Cafe. As part of our commitment to you, we provide the most current allergen information available from our food suppliers on eight common allergens plus gluten, so that our guests with food allergies can make informed food selections. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.