

Traditional Menu Nutrition



ANOTHER
Broken Egg Cafe

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)
SWEET TEMPTATIONS (Comes with two eggs any style and choice of meat. See SIDES & ADD-ONS for nutritional information on these items.)												
Buttermilk Pancakes (2)		480	50	6	1	0	0	1520	95	8	38	17
Gluten Friendly Pancakes (2)		470	80	9	2	0	0	1470	88	9	37	16
Bananas Foster Pancakes (2)		1170	440	49	16	0	55	1820	166	12	96	21
Mixed Berries Pancakes (2)		580	90	9	3	0	0	1520	111	11	47	18
Peach Cobbler Pancakes (2)		880	220	24	4	0	5	1660	147	12	69	23
Lemon Blueberry Goat Cheese Pancakes (2)		650	150	17	7	0	35	1660	108	11	44	22
Cinnamon Roll French Toast		1130	590	69	30	0	270	1490	116	6	63	19
Bananas Foster French Toast		1600	740	87	27	0	495	1570	178	8	89	36
French Toast, Entree		940	360	44	12	0	445	1270	114	4	38	32
Belgian Waffle		280	90	10	5	0	75	630	46	3	19	6
Bananas Foster Belgian Waffle		930	470	53	20	0	125	940	110	8	70	10
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
	Gluten Friendly Add	160	25	3	1	0	0	490	29	3	12	5
	Bananas Foster Add	450	190	21	6	0	20	610	59	5	33	8
	Lemon Blueberry Goat Cheese Add	250	70	8	4	0	20	580	39	4	16	8
	Mixed Berries Add	220	40	4	2	0	0	510	40	4	17	6
	Peach Cobbler Add	410	130	14	3	0	0	600	63	5	31	9
BRUNCH SPECIALTIES												
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
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

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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
Crab Cakes and Fried Green Tomatoes (Comes with Spinach Salad.)	Includes Spinach Salad	920	620	82	16	0	130	2180	50	6	13	25
Cajun Louisiana Crawfish Skillet (Comes with an English muffin.)	Includes English Muffin	1080	550	65	20	0	770	2880	76	9	6	56
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
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
Chicken & Waffles		670	280	31	8	0	240	1210	54	6	20	49
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
Shrimp n' Grits (Comes with Garlic French Bread.)	Includes Garlic French Bread	970	640	75	37	0	310	2630	48	4	4	37
SENSIBLE SELECTIONS												
Salmon Power Bowl	Includes local honey vinaigrette	1300	680	103	24	0	55	2890	104	20	29	56
Fruit and Yogurt Power Jar (Comes with an English muffin.)	Includes English muffin	510	100	11	1	0	10	400	73	6	36	28
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
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
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
Steel Cut Oats (Topped with mixed berries.)	Includes berries	220	60	7	3	0	10	10	36	5	8	4
TRADITIONAL CLASSICS (Comes with choice of grits or seasoned country potatoes. See SIDES & ADD-ONS for nutritional information on these items.)												
Eggs Benedict	Benedict Only	610	327	37	19	0	580	2150	24	1	1	40
Black Bean Benedict	Benedict Only	655	281	31	17	0	510	1515	57	12	12	29
BROKEN EGG Chicken and Biscuit Sandwich	Sandwich Only	820	406	46	11	6	320	1900	69	2	5	31
Classic Biscuit and Gravy	with two Fried Eggs	1060	610	72	32	0	650	2970	63	1	8	46
	with two Scrambled Eggs	1040	600	71	31	0	520	2960	62	1	8	45

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(Biscuit, Country Sausage Gravy, Two Sweet & Savory Sausage Patties and Two Eggs Any Style.)	with two Poached Eggs	1000	550	61	29	0	650	2970	63	1	8	46
	with two Scrambled Egg Whites	240	70	12	3	0	0	420	22	1	1	17
Smoked Salmon Benedict	Benedict Only	660	290	33	17	0	615	1730	44	1	3	41
Huevos Rancheros	Includes salsa and sour cream	990	620	75	23	0	610	1560	59	8	6	34
	With Chorizo Add	250	210	23	11	0	65	600	2	0	0	9
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
	with two Scrambled Eggs	340	160	22	6	0	415	380	23	1	1	19
	with two Poached Eggs	290	110	12	4	0	545	380	25	1	1	20
	with two Scrambled Egg Whites	240	70	12	3	0	0	420	22	1	1	17
	Baked Bacon Add	180	140	15	5	0	10	440	1	0	0	10
	Sweet & Savory Sausage Patties Add	250	180	20	7	0	65	770	5	0	3	14
	Andouille Sausage Add	380	310	34	12	0	75	1240	4	1	2	16
	Turkey Sausage Add	130	90	10	3	0	45	450	1	1	0	10
	Breakfast Ham Add	130	60	6	2	0	65	1320	0	0	0	19
English Muffin Add	110	5	1	0	0	0	220	22	1	1	5	
Waffle Sliders	Sliders Only	850	530	64	25	0	540	1640	42	3	13	42
OMELETTES & SCRAMBLERS (Comes with choice of grits or seasoned country potatoes and an English muffin. See SIDES & ADD-ONS for nutritional information on these items.)												
The Floridian Omelette	Omelette Only	710	510	60	29	0	780	920	3	0	1	42
Veggie Delight Omelette	Omelette Only	350	240	30	10	0	640	320	4	1	2	25
Bacquezo Omelette	Omelette Only	1000	750	88	39	0	770	1600	6	0	1	49
Crescent City Scrambler	Scrambler Only	650	440	54	20	0	690	1360	6	1	2	46
Supreme Omelette	Omelette Only	780	550	66	24	0	710	1380	7	1	2	50
Lobster & Brie Omelette	Omelette Only	890	680	80	42	0	810	1720	7	1	2	38

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Southwest Scrambler	Includes guacamole, sour cream and two flour tortillas	870	520	63	22	0	690	1550	44	6	6	44
Sunrise Spinach Scrambler	Omelette Only	600	420	51	18	0	665	860	6	1	2	39
Stan's Mardi Gras Omelette	Omelette Only	790	550	66	26	0	970	1980	6	1	3	51
Hey Lucy! Omelette	Includes salsa and sour cream	760	550	65	25	0	720	1170	15	4	5	41
BURGERS, SANDWICHES & SALAD CREATIONS												
Low Country Mushroom Burger	Includes seasoned potatoes and pickle	1480	830	97	38	3	225	12370	93	9	8	69
Classic Bacon Burger	Includes seasoned potatoes and pickle	1260	610	68	26	3	175	6420	97	9	12	67
Turkey Brie & Tomato Sandwich	Includes seasoned potatoes and pickle	860	370	45	12	0	90	3160	90	8	9	36
California Club - White Bread	Includes seasoned potatoes and pickle	1130	530	59	17	0	140	4860	96	15	9	62
California Club - 9 Grain Bread	Includes seasoned potatoes and pickle	1230	530	59	16	0	140	5000	118	18	15	67
Kale & Salmon Salad	Includes local honey vinaigrette	920	590	86	18	0	55	2030	42	10	25	46
Nellie's Chicken Sandwich (fried)	Includes seasoned potatoes and pickle	1130	550	66	15	0	110	3380	100	14	10	47
Nellie's Chicken Sandwich (grilled)	Includes seasoned potatoes and pickle	1020	470	56	13	0	70	7670	96	12	10	43
The B.L.A.S.T (red tomatoes)	Includes seasoned potatoes and pickle	1300	670	74	21	0	70	3710	112	15	12	50
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
Southwest Chop Salad	Includes chipotle ranch dressing	840	550	62	16	0	105	1710	43	12	10	32
Grilled Chicken, Mango and Spinach Salad	Includes warm bacon vinaigrette	850	600	71	14	0	125	1490	26	7	16	44
SIDES AND ADD-ONS												
Two Eggs any style (Options with Sweet Temptations and Traditional Day Starter)	Scrambled	220	150	22	6	0	415	160	1	0	0	14
	Fried	240	160	22	6	0	545	170	3	0	0	15
	Poached	180	100	11	4	0	545	170	3	0	0	15
	Scrambled Egg Whites	120	60	11	3	0	0	200	0	0	0	13
	Baked Bacon (2 Strips)	180	140	15	5	0	10	440	1	0	0	10

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Choice of Breakfast Meats (Options with Sweet Temptations and Traditional Day Starter)	Sweet & Savory Sausage (2 Patties)	250	180	20	7	0	65	770	5	0	3	14
	Andouille Sausage	380	310	34	12	0	75	1240	4	1	2	16
	Turkey Sausage (2 links)	130	90	10	3	0	45	450	1	1	0	10
	Breakfast Ham	130	60	6	2	0	65	1320	0	0	0	19
Biscuit Beignets	Includes Honey Marmalade	1120	340	38	14	0	10	2670	184	7	88	15
1/2 order of Beignets	Includes Honey Marmalade	680	170	19	7	0	5	1330	123	4	74	8
One Pancake, Any Flavor	Buttermilk	240	25	3	1	0	0	760	47	4	19	9
	Gluten-Friendly	230	40	5	1	0	0	740	44	4	18	8
	Bananas Foster	530	190	22	6	0	20	860	75	6	40	11
	Mixed Berries	300	45	5	2	0	0	760	56	6	23	9
	Peach Cobbler	490	140	15	3	0	0	850	79	7	37	12
	Lemon Blueberry Goat Cheese	330	80	9	4	0	20	830	54	6	22	11
Two Pancakes, Any Flavor	Buttermilk	480	50	6	1	0	0	1520	95	8	38	17
	Gluten-Friendly	470	80	9	2	0	0	1470	88	9	37	16
	Bananas Foster	1170	440	49	16	0	55	1820	166	12	96	21
	Mixed Berries	580	90	9	3	0	0	1520	111	11	47	18
	Peach Cobbler	880	220	24	4	0	5	1660	147	12	69	23
	Lemon Blueberry Goat Cheese	650	150	17	7	0	35	1660	108	11	44	22
Belgian Waffle		280	90	10	5	0	75	630	46	3	19	6
French Toast, side of		280	100	11	3	0	150	420	36	1	10	11
Sliced Tomatoes, side of		25	5	0	0	0	0	5	5	2	3	1
Fresh Fruit, side of	Range due to seasonal selections	60-90	5	0	0	0	0	15	16-22	3	13-17	1
Grits, side of		180	50	5	4	0	20	550	29	2	0	3
City Grits, side of		470	330	37	20	0	100	800	23	1	1	12
Blackberry Grits, side of		170	40	4	3	0	15	420	31	3	7	3

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Seasoned Country Potatoes, side of		290	100	11	2	0	5	1580	44	6	0	5
Biscuit and Gravy, side of		570	270	30	18	0	40	2050	56	1	5	17
Split & Add Extra English Muffin & Potatoes		400	100	11	2	0	5	1800	66	7	1	9
Split & Add Extra English Muffin & Grits		290	50	6	4	0	20	770	51	3	1	8
Turkey Sausage (3 Links), side of		200	140	15	5	0	70	680	2	2	0	15
Breakfast Ham, side of		130	60	6	2	0	65	1320	0	0	0	19
Andouille Sausage, side of		380	310	34	12	0	75	1240	4	1	2	16
Sweet and Savory Sausage Patties (2 Patties), side of		250	180	20	7	0	65	770	5	0	3	14
Breakfast Chorizo, side of		400	320	35	15	0	105	1020	3	0	0	18
Baked Bacon (3 Strips), side of		270	210	23	8	0	20	670	2	0	1	15
White Toast, side of		220	50	6	1	0	0	340	34	1	2	7
Nine-Grain Toast, side of		320	50	6	0	0	0	480	56	4	8	12
Biscuit, side of		380	140	16	12	0	0	1200	48	1	5	9
English Muffin, side of		110	5	1	0	0	0	220	22	1	1	5
Cinnamon Roll w/ Icing		380	140	16	12	0	0	1200	48	1	5	9
Sour Cream		90	80	9	5	0	25	15	2	0	2	1
Salsa		10	0	0	0	0	0	125	3	0	1	0
Guacamole		70	50	6	1	0	0	105	5	3	1	1
Scrambled Egg Whites (2 Eggs)		152	100	12	2	0	0	170	1	0	0	7
Scrambled Egg Whites (3 Eggs)		178	100	12	2	0	0	230	1	0	0	9
KIDS' MENU (All Kids Meals come with choice of juice or milk and a Chobani Yogurt Tube)												
Chocolate Chip Pancakes		660	290	35	15	0	215	880	70	6	44	21
Chocolate Chip Pancakes Gluten Friendly		660	300	36	15	0	215	860	68	6	43	21
Dollar Pancakes		380	170	21	6	0	215	870	36	3	15	18
Dollar Pancakes Gluten Friendly		380	180	22	6	0	215	850	34	3	14	18

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Chicken and Waffle		430	220	26	7	0	325	680	23	3	6	31
Waffle Sampler		340	190	23	8	0	250	620	24	2	10	15
Little Rooster		320	150	19	6	0	215	420	28	3	13	15
French Toast Sampler		500	250	29	9	0	360	720	40	1	14	23
Hamburger		510	170	19	7	1	65	930	57	4	18	28
With Cheese Add		60	40	5	3	0	15	90	1	0	0	4
2% Milk		150	50	6	4	0	25	140	15	0	15	10
Chocolate Milk		370	60	7	4	0	20	150	65	2	54	10
Simply Orange Juice		140	0	0	0	0	0	0	33	0	29	3
Simply Apple Juice		150	0	0	0	0	0	5	38	0	35	0
Simply Cranberry Juice Cocktail		160	0	0	0	0	0	25	43	0	43	0
Chobani Yogurt Strawberry, Kids 2oz Tube		50	10	1	1	0	5	20	6	0	6	5
SIMPLY JUICES												
100% Pure Squeezed Orange		140	0	0	0	0	0	0	33	0	29	3.0
Pressed Apple		150	0	0	0	0	0	5	38	0	35	0.0
Cranberry Cocktail		160	0	0	0	0	0	25	43	0	43	0.0
BEVERAGES												
Coffee, brewed		0	0	0	0	0	0	0	0	0	0	0
Kahlua		110	0	0	0	0	0	0	14	0	14	0
Bailey's Irish Cream		120	45	5	3	0	15	30	9	0	8	1
Coffee, Cold Brewed		0	0	0	0	0	0	0	0	0	0	0
Cold Brew Coffee with Milk		70	25	3	2	0	10	65	6	0	6	4
Coffee, decaffeinated, brewed		0	0	0	0	0	0	0	0	0	0	0
Iced Tea (Unsweetened)		0	0	0	0	0	0	10	0	0	0	0
Iced Tea (Sweetened)		200	0	0	0	0	0	10	49	0	49	0
Raspberry Iced Tea		70	0	0	0	0	0	10	18	0	18	0
Hot/Herbal Tea		0	0	0	0	0	0	7	0	0	0	0
Soda, Coke		120	0	0	0	0	0	40	33	0	33	0
Soda, Diet Coke		0	0	0	0	0	0	35	0	0	0	0
Soda, Coke Zero		0	0	0	0	0	0	35	0	0	0	0
Soda, Sprite		130	0	0	0	0	0	30	34	0	30	0
Soda, Dr. Pepper		130	0	0	0	0	--	45	34	0	34	0
Soda, Pibb Xtra		120	0	0	0	0	0	35	33	0	33	0
Soda, citrus, Mello Yello		140	0	0	0	0	0	40	39	0	39	0
Soda, Root Beer, Barq's		130	0	0	0	0	0	60	38	0	38	0
Drink, Flashin' Fruit Punch, Hi-C		130	0	0	0	0	0	25	37	0	37	0
Lemonade, Minute Maid		140	0	0	0	0	0	20	36	0	35	0
Sports Drink, Mountain Berry Blast		70	0	0	0	0	0	125	18	0	18	0
2% Milk		150	50	6	4	0	25	140	15	0	15	10
Chocolate Milk		370	60	7	4	0	20	150	65	2	54	10
Hot Chocolate with Whipped Cream		320	60	6	4	0	20	135	56	2	47	9

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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.