



Seasonal Selections

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Country Power Bowl	All Entrée Ingredients plus Bacon and Biscuit	1370	730	86	40	0	750	4500	88	3	8	69
Southern Benedict (Comes with Choice of Grits or Seasoned Country Potatoes. See SIDES & ADD-ONS for Nutritional Information on these items.)	Benedict Only	1020	450	54	25	0	565	4150	63	3	6	51
Blueberry Bread French Toast Combo (Comes with Two Eggs Any Style and Choice of Baked Bacon or House-Made Sausage Patties. See SIDES & ADD-ONS for Nutritional Information on these items.)	Almond and Blueberry Bread French Toast, Strawberry Compound Butter and Powdered Sugar	920	460	52	18	2	340	840	86	9	27	29
Chicken & Sweet Potato Waffle	Chicken, Waffle, Cinnamon Marmalade-infused Syrup and Spiced Pecans	1120	340	38	5	0.5	170	1370	136	7	64	48
Country Ham, Side	1 Serving	220	110	12	4	0	90	2800	0	0	0	28
Sausage & Fennel Omelette (Comes with an English Muffin and Choice of Grits or Seasoned Country Potatoes. See SIDES & ADD-ONS for Nutritional Information on these items.)	Omelette Only	710	500	60	24	0	725	1170	9	2	4	41
Pecan Praline & Candied Bacon French Toast (Comes with Two Eggs Any Style and Choice of Baked Bacon or House-Made Sausage Patties. See SIDES & ADD-ONS for Nutritional Information on these items.)	French Toast, Pecan Pralines, Candied Bacon and Caramel Sauce	1460	610	68	16	0	470	1900	166	4	78	43
Toasted Coconut Quinoa Power Skillet (Comes with Scrambled Egg Whites and Turkey Sausage. See SIDES & ADD-ONS for Nutritional Information on these items.)	All Entrée Ingredients	1150	510	57	16	0	5	400	146	14	77	18
Brunch Bruschetta (Comes with City Grits™)	Bruschetta and City Grits™	1370	820	91	47	0	890	2350	86	5	8	48

Brunch Specialties

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Eggs Blackstone Benedict (Comes with Choice of Grits or Seasoned Country Potatoes, or for an upcharge substitute City Grits™ or Fruit. See SIDES & ADD-ONS for Nutritional Information on these items.)	Benedict Only	830	450	54	26	0	610	1590	35	2	5	35

Crab Cake Benedict (Comes with Choice of Grits or Seasoned Country Potatoes, or for an upcharge substitute City Grits™ or Fruit. See SIDES & ADD-ONS for Nutritional Information on these items.)	Benedict Only	820	390	43	21	0	715	1910	40	4	4	40
Crab Cakes & Fried Green Tomatoes	Crab Cakes, Fried Green Tomatoes, Salad and all Dressings and Sauces	920	620	82	16	0	130	2170	50	6	13	25
Chilaquiles	All Entrée Ingredients and Side of Black Beans	1540	850	108	34	0	590	4410	99	21	20	50
Smoked Salmon Benedict (Comes with Choice of Grits or Seasoned Country Potatoes, or for an upcharge substitute City Grits™ or Fruit. See SIDES & ADD-ONS for Nutritional Information on these items.)	Benedict Only	640	190	21	16	0	540	1720	41	1	3	40
Lobster & Brie Omelette (Comes with Choice of Grits or Seasoned Country Potatoes, or for an upcharge substitute City Grits™ or Fruit. See SIDES & ADD-ONS for Nutritional Information on these items.)	Omelette Only	890	680	80	42	0	810	1780	7	1	2	38
Louisiana Crawfish Skillet	All Entrée Ingredients and English Muffin	1110	550	66	20	0	770	2980	82	9	6	56
Chicken & Waffles	All Entrée Ingredients including Toppings & Sauces	670	280	31	8	0	240	1210	54	6	20	49
Shrimp 'N Grits	All Entrée Ingredients including Garlic Bread and Lemon Wedge	1010	650	77	37	0	310	2750	53	4	5	37

Sweet Temptations

(All Sweet Temptations Menu Selections are served with Two Eggs Any Style and Choice of Baked Bacon, House-Made Sausage Patties, Turkey Sausage, Andouille Sausage or Ham. See SIDES & ADD-ONS for Nutritional Information on these items.)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Pancake Trio Flight (Choice of three flight-sized pancakes, any flavor combination. Nutritional 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
	Mixed Berries Add	210	40	4	1.5	0	0	510	40	4	16	6
	Peach Cobbler Add	410	130	14	2.5	0	0	600	63	5	31	9
	Lemon Blueberry Goat Cheese add	250	70	8	3.5	0	20	580	40	4	16	9
	Bananas Foster Add	450	190	21	6	0	20	610	59	5	33	8
	Gluten-Friendly Add	160	25	3	0.5	0	0	490	29	3	12	5
	Mixed Berries Gluten-Friendly Add	210	45	5	1.5	0	0	490	37	5	16	6
	Lemon Blueberry Gluten-Friendly Add	250	80	9	4	0	20	560	38	5	16	8
Bananas Foster Gluten-Friendly Add	440	190	22	6	0	20	590	57	5	33	7	
	Buttermilk	480	50	6	1	0	0	1520	95	8	38	17

Two Pancakes, Any Flavor	Mixed Berries	570	80	9	2.5	0	0	1530	110	11	45	18
	Peach Cobbler	880	220	24	4	0	5	1660	147	12	69	23
	Lemon Blueberry Goat Cheese	650	150	16	7	0	35	1660	110	11	45	23
	Bananas Foster	1170	440	49	16	0	55	1820	166	12	96	21
	Gluten-Friendly	470	80	9	1.5	0	0	1470	88	9	37	16
	Mixed Berries Gluten-Friendly	330	70	8	2.5	0	0	740	59	8	26	9
	Lemon Blueberry Goat Cheese Gluten-Friendly	640	170	19	8	0	35	1610	104	12	44	22
	Bananas Foster Gluten-Friendly	1160	470	52	17	0	55	1770	159	13	94	20
Cinnamon Roll French Toast	French Toast and all Toppings and Foster Sauce	1120	590	69	30	0	270	1550	113	6	59	19
"Classic" French Toast	French Toast and Powdered Sugar	940	360	44	12	0	445	1320	114	4	38	32
Belgian Waffle	Waffle and Powdered Sugar	280	90	10	5	0	75	630	46	3	19	6
Chocolate Stuffed Belgian Waffle	Waffle, Whipped Cream, Chocolate Sticks & Sauce and Strawberries	470	180	20	11	0	75	650	70	6	36	8

Traditional Classics

(All Traditional Classics Menu Selections are served with Grits or Country Potatoes. Substitute Fresh Fruit or City Grits™ for an Upcharge. See SIDES & ADD-ONS for Nutritional Information on these items.)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Eggs Benedict	Benedict Only	610	240	26	17	0	655	2460	30	2	2	39
BROKEN EGG® Biscuit Sandwich	Sandwich Only	840	390	50	22	0	340	2070	56	3	5	41
Biscuit & Gravy (Nutritional Information listed for each Style of Eggs includes Biscuit, Country Sausage Gravy and Two Sweet & Savory Sausage Patties.)	With Two Fried Eggs	1040	510	61	31	0	575	3020	61	1	8	44
	With Two Scrambled Egg Whites	950	510	61	28	0	105	3060	61	1	8	44
	With Two Scrambled Eggs	1040	600	71	31	0	520	3020	62	1	8	45
	With Two Poached Eggs	980	450	50	29	0	575	2960	61	1	8	44
Huevos Rancheros	Includes Salsa and Sour Cream	960	520	63	23	0	535	1610	56	8	7	32
	With Chorizo Add	250	200	23	11	0	65	600	2	0	0	9
	With Two Fried Eggs	220	150	22	6	0	470	210	0	0	0	13

Traditional Day Starter (For Total Nutritional Information, add Nutritional Facts for each Style of Eggs, Choice of Meat and English Muffin.)	With Two Poached Eggs	160	70	5	3.5	0	470	160	0	0	0	13
	With Two Scrambled Eggs	220	150	22	6	0	470	210	0	0	0	13
	With Two Scrambled Whites	120	60	11	2.5	0	0	210	0	0	0	13
	Baked Bacon Add	180	140	15	5	0	10	440	1	0	0	10
	Sweet and Savory Sausage 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
	Sweet Ham Add	130	60	6	2	0	65	1320	0	0	0	19
	English Muffin Add	140	15	1.5	0	0	0	260	28	1	1	5

Sensible Sensations

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Salmon Power Bowl	Includes Local Honey Vinaigrette	1200	620	97	18	0	35	2860	104	20	29	44
Granola, Fruit & Quinoa Power Bowl	Includes Coconut Milk	1260	650	72	30	0	5	440	140	12	67	17
Protein Power Bowl	Includes Honey Garlic Glaze	790	200	22	8	0	95	1280	105	11	32	46
Veggie Delight Omelette (Comes with an English Muffin and Fresh Fruit. See SIDES & ADD-ONS for Nutritional Information on these items.)	Omelette Only	350	240	30	10	0	640	370	4	1	2	25
Skinny Omelette (Comes with an English Muffin and Fresh Fruit. See SIDES & ADD-ONS for Nutritional Information on these items.)	Omelette Only	320	160	26	7	0	20	540	13	3	4	25
Monterey Omelette (Comes with an English Muffin and Fresh Fruit. See SIDES & ADD-ONS for Nutritional Information on these items.)	Omelette Only	550	320	46	12	0	75	1160	15	5	6	42

Omelettes & Scramblers

(All Omelettes and Scramblers are served with English Muffin (except Southwest Scrambler) and Grits or Country Potatoes. Substitute Fresh Fruit or City Grits™ for an Upcharge, See SIDES AND ADD-ONS for Nutritional Information on these items.)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
The Floridian™ Omelette	Omelette Only	710	510	60	29	0	780	980	3	0	1	42
Southwest Scrambler	Includes Guacamole and Salsa	710	490	59	20	0	690	1270	16	6	5	40
	Flour Tortilla Add	160	35	4	2	0	0	340	28	0	2	4

Bacquezo™ Omelette	Omelette Only	1000	750	88	39	0	770	1650	6	0	1	49
Sunrise Spinach Scrambler	Scrambler Only	600	420	51	18	0	665	920	6	1	2	39
Lobster & Brie Omelette	Omelette Only	890	680	80	42	0	810	1780	7	1	2	38
Hey Lucy!™ Omelette	Includes Salsa and Sour Cream	760	550	65	25	0	720	1230	15	4	5	41
The Supreme Omelette	Omelette Only	780	550	66	24	0	710	1440	7	1	2	50
Mardi Gras Omelette	Omelette Only	790	540	65	26	0	970	2040	6	1	3	51

Sandwiches & Salads

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Benedict Burger	Includes Country Potatoes and Pickle	1230	640	84	30	1	455	7130	85	8	6	48
Classic Bacon Burger	Includes Country Potatoes and Pickle	1320	670	79	28	2.5	175	6470	97	9	12	67
Turkey Mozzarella Panini	Includes Country Potatoes and Pickle	1100	470	57	15	0	115	3490	107	10	9	48
California Club - White Bread	Includes Country Potatoes and Pickle	1140	570	68	19	0	110	4300	94	15	8	51
California Club - Nine-Grain	Includes Country Potatoes and Pickle	1240	570	68	18	0	110	4530	117	18	15	56
Nellie's Chicken Sandwich (Fried)	Includes Country Potatoes and Pickle	1410	670	78	17	0	195	3980	120	17	10	69
Nellie's Chicken Sandwich (Grilled)	Includes Country Potatoes and Pickle	1160	550	70	16	0	75	8040	112	13	10	44
The B.L.A.S.T (Red Tomatoes)	Includes Country Potatoes and Pickle	1360	730	85	24	0	70	3760	112	15	12	50
The B.L.A.S.T. (Fried Green Tomatoes)	Includes Country Potatoes and Pickle	1520	830	97	25	0	70	4090	124	16	11	52
Southwest Chop Salad Chicken	Includes Chipotle Ranch Dressing	990	680	79	19	0	145	1400	42	12	9	40
Southwest Chop Salad Turkey	Includes Chipotle Ranch Dressing	920	610	72	19	0	120	1790	42	12	9	37
Southwest Chop Salad Salmon	Includes Chipotle Ranch Dressing	1060	710	82	18	0	95	2390	52	14	15	39
Southwest Chop Salad Shrimp	Includes Chipotle Ranch Dressing	870	620	74	19	0	195	1810	37	9	7	25
Chicken, Mango & Spinach Salad	Includes Warm Bacon Vinaigrette	850	600	71	14	0	125	1550	26	7	16	44
Turkey, Mango & Spinach Salad	Includes Warm Bacon Vinaigrette	790	530	63	13	0	100	1940	26	7	16	41
Salmon, Mango & Spinach Salad	Includes Warm Bacon Vinaigrette	920	630	73	12	0	75	2550	37	10	23	43
Shrimp, Mango & Spinach Salad	Includes Warm Bacon Vinaigrette	730	540	65	14	0	175	1880	22	5	15	28

Sides & Add-Ons

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Two Eggs any Style	Fried Eggs	220	150	22	6	0	470	210	0	0	0	13
	Poached Eggs	160	70	5	3.5	0	470	160	0	0	0	13
	Scrambled Eggs	220	150	22	6	0	470	210	0	0	0	13
	Scrambled Whites	120	60	11	2.5	0	0	210	0	0	0	13
Biscuit Beignets Full Order	Includes Honey Marmalade	1120	340	38	14	0	10	2670	184	7	88	15
Biscuit Beignets Half Order	Includes Honey Marmalade	680	170	19	7	0	5	1330	123	4	74	8
One Pancake any Flavor	Buttermilk	240	25	3	0.5	0	0	760	47	4	19	9
	Bananas Foster	530	190	22	6	0	20	860	75	6	40	11
	Mixed Berry	290	45	5	1.5	0	0	760	55	6	23	9
	Peach Cobbler	490	140	15	2.5	0	0	850	79	7	37	12
	Lemon Blueberry Goat Cheese	330	80	9	4	0	20	830	55	5	23	12
	Gluten-Friendly	230	40	4.5	1	0	0	740	44	4	18	8
	Mixed Berry Gluten-Friendly	290	60	7	2	0	0	740	52	6	22	9
	Lemon Blueberry Goat Cheese Gluten-Friendly	330	90	10	4	0	20	800	52	6	22	11
	Bananas Foster Gluten-Friendly	520	210	23	7	0	20	840	72	7	39	10
Belgian Waffle	Waffle and Powdered Sugar	280	90	10	5	0	75	630	46	3	19	6
French Toast Side	French Toast and Powdered Sugar	280	100	11	3	0	150	420	36	1	10	11
Fresh Fruit	Seasonal Selections	50	5	0	0	0	0	0	13	3	9	1
Steel-Cut Oats	Oats and Fruit Toppings	210	60	7	3	0	10	10	33	5	5	5
Grits	Grits only	180	50	5	3.5	0	20	550	29	2	0	3
City Grits™	Gouda Grits, Bacon, Green Onions & Tomatoes	470	330	37	20	0	100	800	23	1	1	12
Split Plate - Potatoes	Country Potatoes and English Muffin	430	110	12	1.5	0	5	1840	72	7	1	10
Sliced Tomatoes, Side of	Tomatoes and Bed of Romaine Lettuce	25	5	0	0	0	0	5	5	2	3	1

Split Plate - Grits	Grits and English Muffin	320	60	7	3.5	0	20	810	57	3	1	8
Country Potatoes	Potatoes and Seasoning	290	100	11	1.5	0	5	1580	44	6	0	5
Biscuit & Gravy, Side of	Biscuit and Gravy Only	570	270	30	18	0	40	2050	56	1	5	17
Crab Cake	Crab Cake, Arugula, Remoulade and Tomatoes	220	140	15	3	0	60	620	9	2	3	11
Turkey Sausage, Side of	3 Links	200	140	15	4.5	0	70	680	2	2	0	15
Sweet Ham	1 Serving	130	60	6	2	0	65	1320	0	0	0	19
Andouille Side/Combo	2 Links	380	310	34	12	0	75	1240	4	1	2	16
Sweet & Savory Sausage, Side/Combo	2 Patties	250	180	20	7	0	65	770	5	0	3	14
Breakfast Chorizo, Side of	1 Serving	400	320	35	15	0	105	1020	3	0	0	18
Bacon, Baked, Side of	3 Slices	270	210	23	8	0	20	670	2	0	1	15
White Toast, Side of	2 Slices	220	50	6	1	0	0	340	34	1	2	7
Nine-Grain Toast, Side of	2 Slices	320	50	6	0	0	0	480	56	4	8	12
Cinnamon Roll	Cinnamon Roll and Cream Cheese Icing	330	170	19	9	0	100	540	34	2	15	7
Biscuit, Side of	Biscuit Only	380	140	16	12	0	0	1200	48	1	5	9
Sour Cream	1 Serving	90	80	9	5	0	30	75	3	0	1	1
Salsa	1 Serving	10	0	0	0	0	0	180	2	0	1	0
Guacamole	1 Serving	70	50	6	1	0	0	70	4	3	1	1
English Muffin	1 Muffin	140	15	1.5	0	0	0	260	28	1	1	5

Kids' Meals

(All Kids' Meals Come with Choice of Juice or Milk and a Chobani Kids® Yogurt Tube.)

(For Total Nutritional Information, add Nutritional Facts for Kids' Menu Selection, choice of drink and yogurt tube.)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Kids' Chocolate Chip Pancakes	Pancakes, Whipped Cream, Chocolate Syrup, Scrambled Egg and Bacon	660	290	35	15	0	215	910	70	6	44	21
Kids' Chocolate Chip Gluten-Friendly Pancakes	Pancakes, Whipped Cream, Chocolate Syrup, Scrambled Egg and Bacon	660	300	36	15	0	215	890	68	6	43	21
Kids' Dollar Pancakes	Pancakes, Scrambled Egg and Bacon	380	170	21	6	0	215	900	36	3	15	18
Kids' Dollar Pancakes - Gluten-Friendly	Pancakes, Scrambled Egg and Bacon	380	180	22	6	0	215	880	34	3	14	18

Kids' Chicken Tenders, Fried	Chicken Tenders and Fresh Fruit	430	190	21	3	0	165	570	18	6	7	44
Kids' Chicken Tenders, Grilled	Chicken Tenders and Fresh Fruit	200	25	2.5	0	0	90	510	10	2	7	36
Kids' Waffle Sampler	Waffle, Powdered Sugar, Scrambled Egg and Bacon	340	190	23	8	0	250	650	24	2	10	15
Kids' Little Rooster	Scrambled Egg, English Muffin, Fresh Fruit and Bacon	310	160	19	6	0	215	460	25	3	7	15
Kids' French Toast Sampler	French Toast, Powdered Sugar, Scrambled Egg and Bacon	500	250	29	9	0	360	750	40	1	14	23
Kids Drinks and Yogurt	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
2% Milk	1 Serving, Milk Only	150	50	6	4	0	25	140	15	0	15	10
Kids' Chocolate Milk	1 Serving, Chocolate Milk Only	310	45	5	3	0	20	150	57	2	49	10
"Big Kid" Chocolate Milk	1 Serving, Chocolate Milk, Whipped Cream and Chocolate Syrup	370	60	7	4	0	20	150	65	2	54	10
Simply Orange® Juice	1 Serving, Juice Only	140	0	0	0	0	0	0	33	0	29	3
Simply Apple® Juice	1 Serving, Juice Only	150	0	0	0	0	0	5	38	0	35	0
Simply Cranberry® Cocktail Juice	1 Serving, Juice Only	160	0	0	0	0	0	25	43	0	43	0
Chobani Kids® Strawberry Yogurt	1 Tube	50	10	1	0.5	0	5	20	6	0	6	5

Beverage Menu



ANOTHER
Broken Egg Cafe.

Nutritionals

Non-Alcoholic Beverages

Premium Hot and Cold Coffees	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Coffee	1 Serving, Coffee Only	0	0	0	0	0	0	0	0	0	0	0
Decaffeinated Coffee	1 Serving, Coffee Only	0	0	0	0	0	0	0	0	0	0	0
Cold Brew Coffee	1 Serving, Coffee Only	0	0	0	0	0	0	0	0	0	0	0
Cold Brew Coffee with Milk	1 Serving, Coffee and Milk	70	25	2.5	1.5	0	10	65	6	0	6	4
Kahlua®	1 Serving	110	0	0	0	0	0	0	14	0	14	0
Kafé Luna® (Wine-Based Version of Kahlua®)	1 Serving	60	10	1	0	0	0	0	8	0	19	0
Baileys® Irish Cream	1 Serving	120	45	5	2.5	0	15	30	9	0	8	1
Féileacáin Irish Cream® (Wine-Based Version of Irish Cream)	1 Serving	140	80	9	0	0	10	35	7	0	5	0

Juices	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Simply Orange® Juice	1 Serving	140	0	0	0	0	0	0	33	0	29	3
Simply Apple® Juice	1 Serving	150	0	0	0	0	0	5	38	0	35	0
Simply Cranberry® Cocktail Juice	1 Serving	160	0	0	0	0	0	25	43	0	43	0
Teas and Soft Drinks	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Iced Tea (Unsweetened)	1 Serving	0	0	0	0	0	0	10	0	0	0	0
Iced Tea (Sweetened)	1 Serving	200	0	0	0	0	0	10	49	0	49	0
Raspberry Iced Tea	1 Serving	70	0	0	0	0	0	10	18	0	18	0
Herbal Tea	1 Serving	5	0	0	0	0	0	0	1	0	0	0
Coke®	1 Serving	120	0	0	0	0	0	40	33	0	33	0
Diet Coke®	1 Serving	0	0	0	0	0	0	35	0	0	0	0
Coke Zero®	1 Serving	0	0	0	0	0	0	35	0	0	0	0
Sprite®	1 Serving	130	0	0	0	0	0	30	34	0	30	0
Dr. Pepper®	1 Serving	130	0	0	0	0	0	50	33	0	32	0
Pibb®	1 Serving	120	0	0	0	0	0	35	33	0	33	0
Mello Yello®	1 Serving	140	0	0	0	0	0	40	39	0	39	0
Barq's®	1 Serving	130	0	0	0	0	0	60	38	0	38	0
Fruit Punch, Hi-C®	1 Serving	130	0	0	0	0	0	25	37	0	37	0
Minute Maid® Lemonade	1 Serving	140	0	0	0	0	0	20	36	0	35	0
Mountain Berry Blast®	1 Serving	70	0	0	0	0	0	125	18	0	18	0
Milk and Hot Chocolate	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
2% Milk	1 Serving	150	50	6	4	0	25	140	15	0	15	10
Chocolate Milk	1 Serving, Includes Chocolate Milk, Whipped Cream and Chocolate Syrup	370	60	7	4	0	20	150	65	2	54	10
Hot Chocolate with Whipped Cream	1 Serving, Includes Steamed Chocolate Milk, Whipped Cream and Chocolate Syrup	320	60	6	4	0	20	135	56	2	47	9

Alcoholic Beverages (Liquor Based)

Does Not Apply to Cafes Located in Alabama. See Below for Alabama Cafes information

Bloody Mary's	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Lemon Fennel Mary	1 Serving, Includes drink and garnishes	120	0	0	0	0	0	940	14	0	12	1
ABE Famous Infused Mary	1 Serving, Includes drink and garnishes	240	70	8	2.5	0	5	1540	12	1	7	7
Cucumber Mary	1 Serving, Includes drink and garnishes	130	0	0	0	0	0	1220	13	1	9	2
Tomatillo Mary	1 Serving, Includes drink and garnishes	160	15	2	0	0	0	1020	13	3	5	2
Bunch Cocktails and Spiked Cold Brews	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Spiked Vanilla Cold Brew	1 Serving, Includes drink and garnishes	320	90	10	0	0	10	40	14	0	12	0
Spiked Spiced Rum Cold Brew	1 Serving, Includes drink and garnishes	380	90	10	1.5	0	10	55	23	0	21	0
Blood Orange Bourbon Sour	1 Serving, Includes drink and garnishes	170	0	0	0	0	0	5	18	0	16	0
Skinito	1 Serving, Includes drink and garnishes	90	0	0	0	0	0	150	185	1	1	0
Spiked Salted Caramel Cold Brew	1 Serving, Includes drink and garnishes	290	50	6	3	0	20	340	36	0	31	4
Tropical Sangria	1 Serving, Includes drink and garnishes	260	0	0	0	0	0	20	43	0	31	0
Peach Bellini	1 Serving, Includes drink and garnishes	240	0	0	0	0	0	10	28	1	22	1
Strawberry Lemonade Sparkler	1 Serving, Includes drink and garnishes	270	0	0	0	0	0	15	40	1	36	0
Wycliff® Champagne	1 Serving	200	0	0	0	0	0	10	6	0	2	0
Bloody Mary Pitchers	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Pitcher Lemon Fennel Mary	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	120	0	0	0	0	0	940	13	0	12	1
Pitcher ABE Famous Infused Mary	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	180	35	4	1.5	0	5	1240	10	1	7	4
Pitcher Cucumber Mary	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	130	0	0	0	0	0	1080	11	0	7	2
Pitcher Tomatillo Mary	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	140	10	1.5	0	0	0	750	11	3	5	1
Mimosa Pitchers	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Pitcher Lemon Blueberry Infused Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	270	0	0	0	0	0	10	26	1	20	0
Pitcher Strawberry St Germain® Infused Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	280	0	0	0	0	0	10	27	1	23	0

Pitcher Black Cherry Infused Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	270	0	0	0	0	0	10	24	0	20	0
Pitcher Simply Orange® Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	180	0	0	0	0	0	10	13	0	8	1
Pitcher Simply Apple® Pie Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	190	0	0	0	0	0	10	14	0	10	0
Pitcher Simply Cranberry® Cocktail Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	180	0	0	0	0	0	15	14	0	10	0

Mimosas	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Lemon Blueberry Infused Mimosa	1 Serving includes Drink and Garnishes	270	0	0	0	0	0	10	26	1	20	0
Strawberry St Germain® Infused Mimosa	1 Serving includes Drink and Garnishes	280	0	0	0	0	0	10	27	1	23	0
Black Cherry Infused Mimosa	1 Serving includes Drink and Garnishes	270	0	0	0	0	0	10	24	0	20	0
Simply Orange® Mimosa	1 Serving includes Drink and Garnishes	180	0	0	0	0	0	10	13	0	8	1
Simply Apple® Pie Mimosa	1 Serving includes Drink and Garnishes	190	0	0	0	0	0	10	14	0	10	0
Simply Cranberry® Cocktail Mimosa	1 Serving includes Drink and Garnishes	180	0	0	0	0	0	15	14	0	10	0

Alcoholic Beverages (Wine-based)

Bloody Mary's	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Lemon Fennel Mary Wine-Based	1 Serving includes Drink and Garnishes	100	0	0	0	0	0	940	9	0	7	1
ABE Infused Mary Wine-Based	1 Serving includes Drink and Garnishes	200	70	8	2.5	0	5	1540	12	1	7	7
Cucumber Mary Wine-Based	1 Serving includes Drink and Garnishes	190	0	0	0	0	0	1220	30	1	28	2
Tomatillo Mary Wine-Based	1 Serving includes Drink and Garnishes	120	15	2	0	0	0	1020	13	3	5	2

Mimosas	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Lemon Blueberry Infused Mimosa Wine-Based	1 Serving includes Drink and Garnishes	260	0	0	0	0	0	10	24	1	19	0
Strawberry Nectar Infused Mimosa Wine-Based	1 Serving includes Drink and Garnishes	260	0	0	0	0	0	10	28	1	23	0
Black Cherry Infused Mimosa Wine-Based	1 Serving includes Drink and Garnishes	260	0	0	0	0	0	10	27	0	22	0
Simply Orange® Mimosa	1 Serving includes Drink and Garnishes	180	0	0	0	0	0	10	13	0	8	1
Simply Apple® Pie Mimosa	1 Serving includes Drink and Garnishes	190	0	0	0	0	0	10	14	0	10	0
Simply Cranberry® Cocktail Mimosa	1 Serving includes Drink and Garnishes	180	0	0	0	0	0	15	14	0	10	0

Brunch Cocktails and Spiked Cold Brews		Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Spiked Vanilla Cold Brew Wine-Based	1 Serving includes Drink and Garnishes	360	80	9	0	0	10	40	31	0	27	0	
Spiked Spiced Rum Cold Brew Wine-Based	1 Serving includes Drink and Garnishes	320	90	10	1.5	0	10	55	23	0	21	0	
Spiked Salted Caramel Cold Brew Wine-Based	1 Serving includes Drink and Garnishes	250	30	3	1	0	10	320	27	0	33	3	
Tropical Sangria Wine-Based	1 Serving includes Drink and Garnishes	290	20	2	2	0	0	20	43	1	39	1	
Peach Bellini	1 Serving includes Drink and Garnishes	240	0	0	0	0	0	10	28	1	22	1	
Strawberry Lemonade Sparkler Wine-Based	1 Serving includes Drink and Garnishes	250	0	0	0	0	0	15	36	1	32	0	
Wycliff® Champagne	1 Serving	200	0	0	0	0	0	10	6	0	2	0	
Pitchers Bloody Mary's		Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Pitcher Lemon Fennel Mary Wine-Based	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	90	0	0	0	0	0	0	940	9	0	7	1
Pitcher ABE Famous Infused Mary Wine-Based	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	150	35	4	1.5	0	5	1240	10	1	7	4	
Pitcher Cucumber Mary Wine-Based	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	180	0	0	0	0	0	1080	28	0	26	2	
Pitcher Tomatillo Mary Wine-Based	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	110	10	1.5	0	0	0	750	11	3	5	2	
Pitchers Mimosas		Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Pitcher Lemon Blueberry Infused Mimosa Wine-Based	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	260	0	0	0	0	0	0	10	24	1	19	0
Pitcher Strawberry Nectar Infused Mimosa Wine-Based	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	260	0	0	0	0	0	0	10	28	1	23	0
Pitcher Black Cherry Infused Mimosa Wine-Based	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	260	0	0	0	0	0	0	10	27	0	22	0
Pitcher Simply Orange® Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	180	0	0	0	0	0	0	10	13	0	8	1
Pitcher Simply Apple® Pie Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	190	0	0	0	0	0	0	10	14	0	10	0
Pitcher Simply Cranberry® Cocktail Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	180	0	0	0	0	0	0	15	14	0	10	0
Alcoholic Beverages (Alabama Cafes ONLY)													
Bloody Mary's		Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Lemon Fennel Mary	1 Serving includes Drink and Garnishes	120	0	0	0	0	0	0	940	14	0	12	1
ABE Famous Infused Mary (Alabama)	1 Serving includes Drink and Garnishes	240	70	8	2.5	0	5	1540	12	1	7	7	

Cucumber Mary (Alabama)	1 Serving includes Drink and Garnishes	130	0	0	0	0	0	1220	13	1	9	2
Tomatillo Mary (Alabama)	1 Serving includes Drink and Garnishes	160	15	2	0	0	0	1020	13	3	5	2
Mimosas	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Lemon Blueberry Infused Mimosa (Alabama)	1 Serving includes Drink and Garnishes	260	0	0	0	0	0	10	22	1	16	0
Strawberry St Germain® Infused Mimosa (Alabama)	1 Serving includes Drink and Garnishes	270	0	0	0	0	0	10	25	1	20	0
Black Cherry Infused Mimosa	1 Serving includes Drink and Garnishes	270	0	0	0	0	0	10	24	0	20	0
Simply Orange® Mimosa	1 Serving includes Drink and Garnishes	180	0	0	0	0	0	10	13	0	8	1
Simply Apple® Pie Mimosa	1 Serving includes Drink and Garnishes	190	0	0	0	0	0	10	14	0	10	0
Simply Cranberry® Cocktail Mimosa	1 Serving includes Drink and Garnishes	180	0	0	0	0	0	15	14	0	10	0
Brunch Cocktails and Spiked Cold Brews	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Spiked Vanilla Cold Brew Liquor	1 Serving includes Drink and Garnishes	320	90	10	0	0	10	40	14	0	12	0
Spiked Spiced Rum Cold Brew Liquor (Alabama)	1 Serving includes Drink and Garnishes	380	90	10	1.5	0	10	55	23	0	21	0
Spiked Salted Caramel Cold Brew (Alabama)	1 Serving includes Drink and Garnishes	300	50	6	3	0	20	340	37	0	32	4
Tropical Sangria (Alabama)	1 Serving includes Drink and Garnishes	220	0	0	0	0	0	15	41	0	32	0
Peach Bellini	1 Serving includes Drink and Garnishes	240	0	0	0	0	0	10	28	1	22	1
Strawberry Lemonade Sparkler (Alabama)	1 Serving includes Drink and Garnishes	270	0	0	0	0	0	15	40	1	36	0
Wycliff® Champagne	1 Serving	200	0	0	0	0	0	10	6	0	2	0
Bloody Mary's Pitchers	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Pitcher Lemon Fennel Mary	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	120	0	0	0	0	0	940	13	0	12	1
Pitcher ABE Famous Infused Mary	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	180	35	4	1.5	0	5	1240	10	1	7	4
Pitcher Cucumber Mary	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	130	0	0	0	0	0	1080	11	0	7	2
Pitcher Tomatillo Mary	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	140	10	1.5	0	0	0	750	11	3	5	1
Mimosas Pitchers	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Pitcher Lemon Blueberry Infused Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	260	0	0	0	0	0	10	22	1	16	0

Pitcher Strawberry St. Germain® Infused Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	270	0	0	0	0	0	10	25	1	20	0
Pitcher Black Cherry Infused Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	270	0	0	0	0	0	10	24	0	20	0
Pitcher Simply Apple® Pie Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	190	0	0	0	0	0	10	14	0	10	0
Pitcher Simply Orange® Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	180	0	0	0	0	0	10	13	0	8	1
Pitcher Simply Cranberry® Cocktail Mimosa	Information is based on 1 Serving, Servings includes garnishes, 4 Servings/Pitcher	180	0	0	0	0	0	15	14	0	10	0


Savory Selections Catering (Approximately 10 Servings per Platter)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Southwest Scrambler Catering	Nutritional Information is for Entire Platter. Includes Salsa, Guacamole and Flour Tortillas.	4740	2470	309	105	1	4265	7760	356	25	49	225
The Supreme Scrambler Catering	Nutritional Information is for Entire Platter.	4040	2820	348	122	1.5	4505	6610	37	3	14	257
Skinny Scrambler Catering	Nutritional Information is for Entire Platter.	1920	800	123	39	0	140	3550	87	23	23	172

Meats Catering (Approximately 10 Servings per Platter)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Bacon, Baked, Side Catering	Nutritional Information is for Entire Platter.	2270	1720	191	66	0.5	155	5550	15	0	6	124
Sweet Ham, Side Catering	Nutritional Information is for Entire Platter.	1280	570	64	21	0	640	13180	0	0	0	191
Turkey Sausage, Side Catering	Nutritional Information is for Entire Platter.	1630	1130	125	38	0	565	5630	13	13	0	125
Sweet & Savory Sausage, Side Catering	Nutritional Information is for Entire Platter.	2530	1770	197	74	1	655	7700	48	0	28	143
Andouille Sausage, Side Catering	Nutritional Information is for Entire Platter.	1520	1220	136	48	0	300	4960	16	4	8	64

Sweet Temptations Catering (Approximately 10 Servings per Platter)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Bananas Foster Pancakes Catering	Nutritional Information is for Entire Platter.	7510	3260	362	101	0	360	9630	988	84	601	123
Classic French Toast Catering	Nutritional Information is for Entire Platter.	4510	1490	166	48	1	2215	6330	593	19	212	161
Buttermilk Pancakes Catering	Nutritional Information is for Entire Platter.	2390	270	30	5	0	10	7620	473	38	189	87
Gluten-Friendly Pancakes Catering	Nutritional Information is for Entire Platter.	2340	410	45	8	0.5	5	7360	440	45	183	82

Salads & Sandwiches Catering (Approximately 10 Servings per Platter)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
California Club Catering White Bread	Nutritional Information is for Entire Platter.	4060	2240	271	86	0	515	12080	235	32	31	231
California Club Catering Nine-Grain	Nutritional Information is for Entire Platter.	4560	2240	271	81	0	515	12780	345	47	61	256
B.L.A.S.T. Red Tomatoes Catering	Nutritional Information is for Entire Platter.	5480	3280	386	114	1	325	9900	343	43	60	229

B.L.A.S.T. Fried Green Tomatoes Catering	Nutritional Information is for Entire Platter.	6030	3600	421	117	1	315	10980	395	47	53	236
Turkey Mozzarella Panini Catering	Nutritional Information is for Entire Platter.	4040	1860	229	67	1.5	540	8160	312	16	40	218
Southwest Chop Salad Catering	Nutritional Information is for Entire Platter.	4450	2890	325	86	2	615	8900	207	58	42	184
Chicken, Mango & Spinach Salad Catering	Nutritional Information is for Entire Platter.	4200	2920	346	68	0	615	7570	130	37	80	219
Tomato Mozzarella Salad Catering	Nutritional Information is for Entire Platter.	2890	1870	234	121	0	530	3360	87	14	64	173
Build Your Own Burger Platter Catering	Nutritional Information is for Entire Platter.	6210	2490	281	110	17	980	31540	564	28	152	374

Brunch Specialties Catering (Approximately 10 Servings per Platter)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Shrimp 'N Grits Catering	Nutritional Information is for Entire Platter.	7280	5270	621	308	0	2300	19300	261	23	26	252
Louisiana Crawfish Skillet Catering	Nutritional Information is for Entire Platter.	5990	3190	389	107	0	1560	22420	481	74	24	222
Salmon Power Bowl Catering	Nutritional Information is for Entire Platter.	7090	3640	538	84	0	350	13260	544	94	123	343
Granola, Fruit & Quinoa Power Bowl Catering	Nutritional Information is for Entire Platter.	9320	4750	528	209	0	35	4070	1017	93	428	140
Lox & Bagels Catering	Nutritional Information is for Entire Platter.	2850	950	106	64	0	340	8430	287	11	8	151

Classics Catering (Approximately 10 Servings per Platter)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Scrambled Eggs Catering	Nutritional Information is for Entire Platter.	2080	1430	193	55	1	4145	2020	8	0	3	140
Scrambled Eggs & Cheddar Jack Catering	Nutritional Information is for Entire Platter.	3180	2240	283	115	1	4445	3820	18	0	3	210
Make it a Scrambler Catering Low Range	Nutritional Information is for Entire Platter.	1840	1250	174	50	1	3125	2030	20	8	4	120
Make it a Scrambler Catering High Range	Nutritional Information is for Entire Platter.	4900	3540	428	157	1.5	3985	10350	22	0	6	309
Potato Sensation Catering Low Range	Nutritional Information is for Entire Platter.	2080	1030	149	31	0	45	8730	232	40	3	38
Potato Sensation Catering High Range	Nutritional Information is for Entire Platter.	5150	3320	403	138	1	900	17040	235	32	5	226
Biscuits & Gravy Catering	Nutritional Information is for Entire Platter.	5730	2730	303	181	0	395	20470	562	12	51	169
Chicken & Biscuit Sandwich Catering	Nutritional Information is for Entire Platter.	6380	2860	353	155	0	830	15310	561	27	88	303
Fruit Platter Catering Low Range	Nutritional Information is for Entire Platter.	450	20	2	0	0	0	120	110	13	91	7
Fruit Platter Catering High Range	Nutritional Information is for Entire Platter.	620	30	3.5	0	0	0	125	153	21	116	10

Sides Catering (Approximately 10 Servings per Platter)

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
City Grits™ Catering	Nutritional Information is for Entire Platter.	3780	2680	298	163	0	805	6420	183	6	5	99
Sliced Tomatoes Catering	Nutritional Information is for Entire Platter.	150	15	2	0	0	0	50	35	12	23	8
Freshly Baked Biscuits Catering	Nutritional Information is for Entire Platter.	3800	1440	160	120	0	0	12000	480	10	50	90
Seasoned Country Potatoes Catering	Nutritional Information is for Entire Platter.	2420	810	90	12	0	45	13130	363	53	2	38
Steel-Cut Oats Catering	Nutritional Information is for Entire Platter.	2210	680	76	35	2	120	90	324	36	12	48
Steel-Cut Oats Catering w/ Seasonal Berries	Nutritional Information is for Entire Platter.	2460	700	78	35	2	120	95	384	54	49	54
Grits Catering	Nutritional Information is for Entire Platter.	1790	490	54	36	0	200	5550	295	18	1	33
Cheese Grits Catering	Nutritional Information is for Entire Platter.	2890	1300	144	96	0	500	7350	305	18	1	103
Biscuit Beignets Catering	Nutritional Information is for Entire Platter.	1720	220	24	9	0	5	1670	392	5	313	10
Bagels & Cream Cheese Catering	Nutritional Information is for Entire Platter.	3600	1390	155	100	0	400	5600	400	10	20	90

Drinks Catering

Menu Selection	Items Included in Nutritional Information	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Simply Orange® Juice Catering	Nutritional Information is based on 52oz Container. Approximately 6 Servings per Container	720	0	0	0	0	0	0	169	0	150	13
Simply Apple® Juice Catering	Nutritional Information is based on 52oz Container. Approximately 6 Servings per Container	780	0	0	0	0	0	35	195	0	182	0
Simply Cranberry® Cocktail Juice Catering	Nutritional Information is based on 52oz Container. Approximately 6 Servings per Container	850	0	0	0	0	0	130	221	0	221	0
Barista House Blend Coffee Catering	Nutritional Information based on 160oz Container. Approximately 16 Servings per Container	0	5	0.5	0	0	0	70	0	0	0	4
Unsweet Tea Catering	Nutritional Information is based on 128oz Container. Approximately 13 Servings per Container.	0	0	0	0	0	0	150	0	0	0	0
Sweet Tea Catering	Nutritional Information is based on 128oz Container. Approximately 13 Servings per Container.	2510	0	0	0	0	0	150	629	0	629	0

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.