### Breakfast

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs to order (2 eggs: fried, scrambled, egg whites)</td>
<td>$2.39</td>
<td>60-80 cal</td>
</tr>
<tr>
<td>Omelet (comes with Toast &amp; Home Fries)</td>
<td>$7.39</td>
<td>510 cal</td>
</tr>
<tr>
<td><strong>Choice of 3 Toppings:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms, Green Peppers, Onions, Tomatoes, Bacon, Turkey Sausage, Ham, Cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Short Stack of Pancakes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttermilk</td>
<td>$5.09</td>
<td>470 cal</td>
</tr>
<tr>
<td>Chocolate Chip</td>
<td>$5.39</td>
<td>370 cal</td>
</tr>
<tr>
<td>Blueberry</td>
<td>$5.39</td>
<td>380 cal</td>
</tr>
</tbody>
</table>

### Sides

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey Sausage</td>
<td>$3.09</td>
<td>110 cal</td>
</tr>
<tr>
<td>Sausage</td>
<td>$3.09</td>
<td>180 cal</td>
</tr>
<tr>
<td>Bacon</td>
<td>$2.69</td>
<td>60 cal</td>
</tr>
<tr>
<td>White or Wheat Toast</td>
<td>$1.29</td>
<td>120 cal</td>
</tr>
<tr>
<td>English Muffin</td>
<td>$1.49</td>
<td>170 cal</td>
</tr>
<tr>
<td>Home fries</td>
<td>$2.99</td>
<td>90 cal</td>
</tr>
</tbody>
</table>

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional information is available on request. Bread made without gluten always available.
-breakfast meal deal-

scrambled eggs, choice of meat, home fries, choice of toast

$5.99 | 435 - 530cal

meal plan discount 50% off

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