

# GOOD MORNING

• MARKET •



## breakfast your way

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eggs cooked to order	\$1.09	75 cal.
egg whites cooked to order	\$1.09	17 cal.
bacon (3)	\$1.65	130 cal.
sausage patties (2)	\$1.65	340 cal.
sausage links (3)	\$1.65	280 cal.
buttermilk pancakes	\$1.35	510 cal.
french toast	\$1.35	180 cal.
tater tots	\$1.89	500 cal.

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Add extra bacon	\$0.50	cal. 30
Add extra sausage	\$0.50	cal. 90-180
Add extra cheese	\$0.50	cal. 100

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2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

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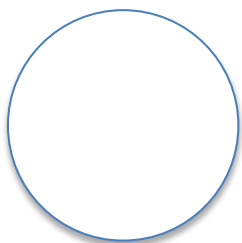


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bacon, egg & cheese muffin	\$4.00	450 cal.
bacon, egg & cheese biscuit	\$4.00	590 cal.
sausage, egg & cheese muffin	\$4.00	520 cal.
sausage, egg & cheese biscuit	\$4.00	570 cal.
ham, egg & cheese muffin	\$4.00	433 cal.
ham, egg & cheese biscuit	\$4.00	440 cal.
egg & cheese muffin	\$3.00	373 cal.
egg & cheese biscuit	\$3.00	380 cal.

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cheese omelet \$2.75 filled omelet \$4.19

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## Step 1

### choose your eggs

cage free eggs  
egg whites

cal. 225  
cal. 50

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## Step 2

### choose three fillings

onions	add cal. 15	spinach	add cal. 5
green peppers	add cal. 10	cheese	add cal. 50 -100
tomatoes	add cal. 10		
mushrooms	add cal. 0		

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## Step 3

### choose one meat

bacon	add cal. 90
ham	add cal. 60
sausage	add cal. 180

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