

YOLK FOLK &

egg	\$1.49	cal. 90
egg white	\$1.49	cal. 30
bacon (2)	\$1.99	cal.110
sausage patties (2)	\$1.99	cal. 340
tater tots	\$2.39	cal. 500
pancake (1)	\$2.39	cal. 510
French toast (1)	\$2.39	cal. 180
cheese omelet	\$4.29	cal.270
egg and cheese breakfast sandwich	\$4.29	cal. 370-540
egg, meat and cheese breakfast sandwich	\$5.29	cal. 430-640

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information is available upon request.



made to order omelets
\$5.29

**Step
1**

choose your eggs

cage free egg
egg white

cal. 180
cal. 60

**Step
2**

choose your toppings

spinach
cheese

cal. 0
cal. 50-110

onions

cal. 0

mixed pepper
tomato

cal. 0
cal. 0

**Step
3**

choose your protein

bacon
ham

cal. 110
cal. 60

pork sausage

cal. 100

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white or rye bread (2)	\$1.39	cal. 225
wheat bread (2)	\$1.39	cal. 215
English muffin	\$1.39	cal. 130
muffin	\$2.49	see pkg
bagel	\$2.00	cal. 280 – 300
donut	\$1.79	cal. 240 – 410
scone	\$2.99	cal. 380 - 440
butter/jelly pc	\$0.29	see pkg
cream cheese pc	\$0.69	see pkg
peanut butter	\$0.69	see pkg
syrup	\$0.69	cal. 90

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