

The Market										Spring 2023
Breakfast										
Breakfast Burrito Line	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Potato, Egg, Cheese Burrito in a 12" Tortilla	1 burrito	661	34	65	3	24			✓	Wheat, Milk, Egg, Soy
Plant Protein, Meatless Crumble, Potato Burrito (Gardein)	1 burrito	502	20	65	5	15				Wheat, Soy
Sausage, Egg, Potato, Cheese Burrito	1 burrito	843	52	65	3	29				Wheat, Milk, Egg, Soy, Pork
Bacon, Egg, Potato, Cheese Burrito	1 burrito	634	32	58	2	28				Wheat, Milk, Egg, Soy, Pork
Chorizo, Egg, Potato, Cheese Burrito	1 burrito	867	52	66	3	34				Wheat, Milk, Egg, Soy, Pork
Brisket, Egg, Potato, Burrito	1 burrito	797	44	65	3	34				Wheat, Milk, Egg, Soy
Basic Burrito Bowl (Egg, Cheese, Hashbrown)	1 bowl	458	32	20	2	22			✓	Milk, Egg, Soy
Meat Burrito Bowl (Sausage, Bacon, Egg, Cheese, Potatoes)	1 bowl	614	49	12	1	32			✓	Milk, Egg, Soy, Pork
Add Ons										
Red Salsa	2oz	26	0.1	5.2	2.2	1.08	✓	✓	✓	
Breakfast Sandwiches Line	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Sausage Biscuit	1 sandwich	375	27	24	1	9				Wheat, Milk, Pork
Chicken Biscuit	1 sandwich	359	18.5	32	2	16				Wheat, Milk
Sausage, Egg, and Cheese Biscuit	1 sandwich	482	35.5	25.5	1	15				Wheat, Milk, Egg, Soy, Pork
Bacon, Egg, and Cheese Biscuit	1 sandwich	383	24.5	25.5	1	15				Wheat, Milk, Egg, Soy, Pork
Bacon, Egg, and Cheese on English Muffin	1 sandwich	319	17	25.5	1	16				Wheat, Milk, Egg, Soy, Pork
Sausage, Egg, and Cheese on English Muffin	1 sandwich	418	28	25.5	1	16				Wheat, Milk, Egg, Soy, Pork
Sausage, Egg, and Cheese on Croissant	1 sandwich	470	35.5	23.5	1	14				Wheat, Milk, Egg, Soy, Pork
Bacon, Egg, and Cheese on Croissant	1 sandwich	371	24.5	23.5	1	14				Wheat, Milk, Egg, Soy, Pork
Omelettes (Build Your Own)	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bacon Crumble	1oz	166	14	0	0	10			✓	Pork
Liquid Egg	4oz	161	10.8	2.5	0	13.4		✓	✓	Milk, Egg
Egg White	4oz	48	0	0	0	11.9		✓	✓	Egg
Ham	2oz	135	10.37	0	0	10.35	✓	✓	✓	Pork
Plant Protein Meatless Crumble (Gardein)	2oz	35	0.5	2.25	1.5	5.25			✓	Wheat, Soy
Sausage Crumble	1oz	91	9	0	0	2.5			✓	Pork
Cheese Option										
Yellow American	1oz	74	6	1	0	4		✓	✓	Milk, Soy
Mixed Shredded Cheese	1oz	83	7	0	0	5		✓	✓	Milk
Pepper Jack	1 slice	70	6	0	0	5		✓	✓	Milk
Provolone	1 slice	70	8	0	0	5		✓	✓	Milk
Swiss	1 slice	82	6	1	0	6				Milk
Toppings	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Avocado	1/2 avocado	170	13.5	9	3	3	✓	✓	✓	
Bacon Crumble	1oz	166	14	0	0	10			✓	Pork
Ham	2oz	135	10.37	0	0	10.35	✓	✓	✓	Pork
Hashbrown Patty	1 patty	184.5	12.5	16	2	2	✓	✓	✓	Soy
Jalapenos	2oz	0	0	0	0	0		✓	✓	
Mushrooms	1oz	7	0	0.9	0.3	0.9				
Grilled Onions	2oz	20	0	5	0	0	✓	✓	✓	
Grilled Peppers	2oz	16	0	4	0	0	✓	✓	✓	
Sausage Crumble	1oz	91	9	0	0	2.5			✓	Pork
Spinach	1oz	8	0.1	1	0.6	0.8				
Plant Protein Crumble (Gardein)	2oz	35	0.5	2.25	1.5	5.25	✓	✓	✓	Wheat, Soy
Traditional Breakfast	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bacon	2 slices	83	7	0	0	5			✓	Pork
Fried Eggs	2 eggs	151	11	1	0	12.5		✓	✓	Egg
Hashbrown Patty	1 patty	184.5	12.5	16	2	2	✓	✓	✓	Soy
Sausage Patty	2 patties	364	36	0	0	10			✓	Pork
Toast - White	2 slices	146	1.5	29	2	4				Wheat, Milk, Soy
Toast - Honey Wheat	2 slices	218	2	40	6	10				Wheat, Milk, Soy
Gluten Free Bread- White, Northern Bake House	2 Slices	170	4	36	4	1			✓	Sunflower oil
Pancakes	2 pancakes	457	25	53	1	5		✓		Wheat, Milk, Soy
Syrup	2oz	124	0	31	0	0	✓	✓	✓	
Biscuits and Gravy	2 biscuits	851	35	126	2	8				Wheat, Milk, May contain: Egg, Soy
Biscuit	2 biscuits	386	18	48	2	8				Wheat, Milk
With Peppered Gravy	4oz	465	16.8	78.4	0	0				Wheat, Milk, May contain: Egg, Soy
French Toast	2 slices	564	35	43	0	19				Wheat, Milk, Soy
Add Ons	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Scrambled Egg	4oz	161	11	2.5	0	13		✓	✓	Egg
Yogurt and Oatmeal Line										
Oatmeal	4oz	432	8	76	11.2	14		✓	✓	Soy
Brown Sugar	1oz	112	0	28	0	0	✓	✓	✓	
Cinnamon	0.5oz	4	0	1	0	0	✓	✓	✓	
Honey	0.5oz	34	0	8.5	0	0	✓	✓	✓	
Banana	2oz	59	0.5	13	1.5	0.5	✓	✓	✓	
Vanilla Yogurt	8oz	164	0	21	1	20		✓	✓	Milk
Granola	2oz	260	9.5	39	3.5	4.5	✓	✓	✓	Soy
Fresh Blueberry	1oz	18	0	4	0.5	0.5	✓	✓	✓	
Fresh Strawberry	1oz	10	0	2	0.5	0.5	✓	✓	✓	
Bagels										
Blueberry Bagel	1 Whole-4oz	274	1.5	56	2	9	✓	✓		Wheat, Cornstarch (Processed in Facility with Dairy, Soy, Eggs and Treenuts)
Cinnamon Bagel	1 Whole-4oz	269	1	56	2	9	✓	✓		Wheat, Cornstarch (Processed in Facility with Dairy, Soy, Eggs and Treenuts)
Plain Bagel	1 Whole-4oz	274	1.5	55	2	10	✓	✓		Wheat, Cornstarch (Processed in Facility with Dairy, Soy, Eggs and Treenuts)
Plain Cream Cheese	1oz	97	9	2	0	2		✓	✓	Milk (Cream)

Strawberry Cream Cheese	1oz	74	6	4	0	1		✓	✓	Milk (Cream/Whey)
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
Yes=✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										