

Breakfast & Raider Island Smoothies

Updated

Spring 2023

Location/Food	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Breakfast										
Breakfast Burrito (12" Flour Tortilla,Egg, Cheese, Potatoes, Choice of Meat)	1 Burrito No Meat	699.5	36	66.5	3	27.5				Wheat, Milk, Egg, Soy
Breakfast Bowl (eggs, potatoes,cheese, choice of meat)	1 bowl no meat	416.5	29	19.5	2	19.5				
Breakfast Sandwich (Croissant, Egg, Cheese, Choice of Meat)	1 sandwich no meat	330	21	24	1	11				Milk, Egg, Soy
Toaster Sandwich (Texas Toast, Egg, Cheese, Choice of Meat)	Egg, Cheese, Tx. Toast	340	13	40	1	14				Wheat, Milk, Egg, Soy
Choice of Meat										
Add Bacon	2 slices	80	7	0	0	5			✓	Pork
Add Sausage	1 patty	150	14	0	0	3			✓	Pork
Biscuit w/ bacon	1 biscuit	260	15	22	1	9				Wheat, Milk, Soy, Pork
Biscuit w/ sausage	1 biscuit	330	22	22	1	7				Wheat, Milk, Soy, Pork
Biscuit w/ egg & cheese & bacon	1 biscuit	400	26	24	1	17				Wheat, Milk, Soy, Egg, Pork
Biscuit w/ egg & cheese & sausage	1 biscuit	470	33	24	1	15				Wheat, Milk, Soy, Egg, Pork
Biscuits w/ Gravy (2)	2 biscuits	587	27	76	2	8				Wheat,Milk,Soy,Egg
Breads										
Biscuit (only)	1 biscuit	180	8	22	1	4		✓		Wheat, Milk(Whey), Soy
Croissant	1 croissant	190	10	22	1	3		✓		Wheat, Milk, Egg
English Muffin	1 muffin	270	2	53	3	10		✓		Wheat, Barley, Milk, Soy
Texas Toast	2 slices	194	2	38	0	6	✓	✓		Wheat, Soy
Gluten Free Bread	2 Slices	170	4	36	4	1	✓	✓		Sunflower Oil
Breakfast Sides										
Hashbrown Patty	1 patty	184.5	12.5	16	2	2	✓	✓		Soy
Egg	1 patty	70	5	1	0	4		✓		Milk, Egg, Soy, Wheat
American Cheese	1 slice	70	6	1	0	4				Milk, Soy
Shredded Cheese	1 oz	110	9	1	0	7		✓	✓	Milk
Bacon	2 slices	80	7	0	0	5			✓	Pork
Sausage	1 patty	150	14	0	0	3			✓	Pork
Raider Island Smoothies										
Fruit Smoothies (recipes created with liquid yogurt mix)										
Blueberry Tart (Blueberries, Yogurt)	16oz	146.5	2.5	27	1	4			✓	
Strawberry Banana (Strawberries, Banana, Yogurt)	16oz	258	2	55	4	5		✓	✓	Milk
Strawberry Bomb (Strawberries, Yogurt)	16oz	194	2	40	0	4		✓	✓	Milk
Murray Sunrise (Strawberries, Banana, Peaches, Orange Juice)	16oz	286	0	69.5	5	2	✓	✓	✓	
White Chocolate Strawberry (White Chocolate, Strawberries, Yogurt)	16oz	387	11	67	1.5	5				Milk (whey), Soy
White Chocolate Blueberry (White Chocolate, Blueberries, Yogurt)	16oz	339.5	11.5	54	1	5				
Add ins:										
Banana	1 small	92	0	22	2.5	1				
Blueberries	2 oz	28.5	0.5	6	1	0	✓	✓	✓	
Peaches	2.5 oz	38	0	8.5	1	1				
Strawberries Sliced	2.5 oz	76	0	19	1.5	0	✓	✓	✓	
Liquid Yogurt Mix (Only)	8oz	110	2	21	0	4		✓	✓	Milk, Whey
White Chocolate Symphony (Only)	1 scoop	190	9	27	0	1		✓	✓	Milk, Soy
Add a Scoop™										
Energy	1 scoop	20	0	5	0	0	✓	✓	✓	Kosher/Halal
Trim & Fit	1 scoop	20	0	5	0	0	✓	✓	✓	Kosher/Halal
Whey Protein	1 scoop	45	0	0	0	10		✓	✓	Kosher/Halal

Coffee										
Drip Coffee	12oz	4	0	0	0	<1	✓	✓	✓	
Drip Coffee	16oz	5	0	0	0	<1	✓	✓	✓	
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										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork, and Sesame										