

Fresh Plate at Wall Gates

Daily Breakfast	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Scrambled Eggs	4 oz	169	13	2	0	11		✓	✓	Egg (May contain milk)
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 ea	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Tater Tots	4 oz	197	13	18	2	2	✓	✓	✓	Soy Oil
Hashbrown Patty	1 patty	184.5	12.5	16	2	2	✓	✓	✓	Soy
Shredded Cheese	1 oz	110	9	1	0	7		✓	✓	Milk
Salsa	1 oz	4	0	1	0	0	✓	✓	✓	
Pico	1 oz	4	0	1	0	0	✓	✓	✓	
Bread and Bagels with toppings	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Biscuits	1 ea	172	8	22	0	3		✓		Milk
6" Flour Tortilla (for burrito build)	1 ea	99.5	3.5	15	0	2	✓	✓		Wheat
6" Corn Tortilla	2 ea	125.5	1.5	25	2	3				Del Pasado item does not contain Soy, substitutions may vary across locations
Texas Toast	2 slices	194	2	38	0	6	✓	✓		Wheat, Soy
Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1			✓	Sunflower oil
Waffles	1 ea	105	1	20	1	4		✓		Wheat, Milk, Soy
Bagel	2 slices	238	2	47	3	8	✓	✓	✓	Wheat
Butter	0.18 oz	31.5	3.5	0	0	0		✓	✓	Milk
Grape Jelly	0.5 oz	24	0	6	0	0	✓	✓	✓	
Strawberry Jam	0.5 oz	28	0	7	0	0	✓	✓	✓	
Cream cheese	1 oz	71	7	1	0	1		✓	✓	Milk
Cereal Bar: (Choices may vary) Nutrition without milk. Cows Milk and Dairy Alternatives Available										*Select cereals contain oats which are a high cross contact grain with wheat
Cinnamon Toast Crunch	1 cup/1 oz	176	4	33	2	2	✓	✓		Wheat, Soy
Cheerios	1 cup/1 oz	110	2	20	3	3				
Honey Nut Cheerios	1 cup/1 oz	146	2	29	3	3	✓	✓	✓	Made from Whole Grain Oats*, Tree Nuts (Almond Flavor)
Lucky Charms	1 cup/1 oz	141.5	1.5	29	3	3	✓	✓	✓	Made from Whole Grain Oats*
Raisin Bran	1 cup/1 oz	213	1	46	7	5	✓	✓	✓	Wheat, Milk
Raisin Bran	1 cup/1 oz	156	0	36	0	3	✓	✓	✓	Made from Rice(contains Malt which may contain Wheat)
Oat and Honey Granola (may be used on other lines)	~1 cup/1 oz	128.5	4.5	20	2	2	✓	✓	✓	Made from Rice and Oats*, Soy
Breakfast Yogurt Bar:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Vanilla Greek Yogurt	4 oz	84	0	17	0	4		✓	✓	Milk
Granola	1.5 oz	249	9	38	3	4		✓		Soy
Chocolate Chips	1/2 oz	80	4	10	1	1		✓	✓	Milk, Soy
Frozen Blueberries	2 oz	32	0	8	1	0				
Mandarin Orange	2 oz	32	0	8	1	0				
Honey	1.5 oz	48	0	12	0	0				
Add Ons										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Sugar	1 tsp	16	0	4	0	0	✓	✓	✓	
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
Pizza/Pasta	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Buffalo Chicken Ranch Pizza (Hot Sauce, Mozzarella, Ranch, Parsley)	12 servings (1 slice)	332	15	31	1	18				Wheat, Milk, Egg, Soy
Cheese Pizza (Mozzarella, Sauce)	12 servings (1 slice)	184	4	31	1	7				Wheat, Milk, Soy
Pepperoni Pizza (Pepperoni, Mozzarella, Sauce)	12 servings (1 slice)	197	5	31	1	7				Wheat, Milk, Soy
Veggie Pizza (Onions, Bell Peppers, Black Olive, Sliced Mushrooms,Mozzarella, Sauce)	12 servings (1 slice)	197	5	31	1	7				Wheat, Milk, Soy
Sausage Pizza (Sausage, Mozzarella, Sauce)	12 servings (1 slice)	267	11	31	1	11				Wheat, Milk, Pork, Soy
Grill										
Single Burger (Patty,Bun)	1 burger	467	27	33	1	24				Wheat, Soy, Sesame
Gluten Free Bread- White Northern Bake House	2 slices	170	4	36	4	1			✓	Sunflower oil
Single Burger (Patty,Bun)	1 burger	467	27	33	1	24				Wheat, Soy, Sesame
Black Bean Burger (Patty, Bun)	1 burger	332	8	54	8	12		✓		Sesame
Black Bean Patty (Gardein)	1 patty	166	6	21	7	7	✓	✓		Soy
Hamburger Bun (only)	1 bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Hot Dog (Frank,Bun)	1 hot dog	313	17	29	1	11				Sesame
Grilled Cheese (Cheese, Bread)	1 sandwich	383	16	38	1	18				Wheat,Milk,Soy, Sesame
French Fries (Crinkle)	3 oz	226.5	14.5	22	2	2	✓	✓	✓	
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 slice	61	5	0	0	4		✓	✓	Milk, Soy
Pepper Jack Cheese	1 slice	74	6	0	0	5		✓	✓	Milk

Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1 oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
Salad Bar	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bell Peppers	1 oz	4	0	1	0	0	✓	✓	✓	
Black Olives	1 oz	41.8	3.8	1.9	0	0	✓	✓	✓	
Broccoli	1 oz	12	0	2	0	1	✓	✓	✓	
Celery	1 oz	4	0	1	0	0	✓	✓	✓	
Cottage Cheese	1 oz	25	1	1	0	3		✓	✓	Milk
Croutons	.25 oz/7 g	33	1	5	0	1	✓	✓		Wheat, Barley, Egg, Milk, Packaged in a facility with Tree Nuts
Cucumber	1/4 cup	4.8	0	1	0	0.2	✓	✓	✓	
Diced Chicken	3 oz	94	2	1	0	18			✓	May contain soy
Diced Ham	2 oz	67	3	1	0	9			✓	Pork
Hard Boiled Egg	1 ea	71	5	0.5	0	6		✓	✓	Egg
Lettuce Romaine	1 cup	8	0	1.5	0	0.5	✓	✓	✓	
Macaroni Salad	2 oz	124.5	8.5	10	0	2		✓		Wheat, Egg
Matchstick Shredded Carrots	1 oz	12	0	3	0	0	✓	✓	✓	
Onions (white)	1 oz	8	0	2	0	0	✓	✓	✓	
Potato Salad	2 oz	108	4	12	0	6		✓	✓	Egg, Soy
Salad Mix	4 oz	16	0	3	0	1	✓	✓	✓	
Shredded Cheese	1 oz	113	9	1	0	7		✓	✓	Milk
Sliced Mushrooms	1 oz	8	0	1	0	1	✓	✓	✓	
Spinach	1 cup	8	0	1	1	1	✓	✓	✓	
Sunflower Seeds	1 oz	175	15	5	2	5	✓	✓	✓	
Tomato Cherry	3 ea	12	0	3	0	0	✓	✓	✓	
Tuna Salad	2 oz	56.5	0.5	0	0	13			✓	Fish
Dressings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Italian Dressing	1 oz	80	8	2	0	0	✓	✓	✓	Soy
Ranch Dressing	1 oz	60	6	1	0	1		✓	✓	Milk, Egg, Soy
Red Wine Vinegar	1 oz	0	0	0	0	0	✓	✓	✓	
Thousand Island	1 oz	92	8	5	0	0		✓	✓	Soy, Egg
Flavor Station	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Salsa	1 oz	4	0	1	0	0	✓	✓	✓	
Pico de Gallo	1 oz	4	0	1	0	0	✓	✓	✓	
Jalapenos	1 oz	8	0	1	1	0	✓	✓	✓	
Pickles	1 oz	4	0	1	0	0	✓	✓	✓	
Banana Peppers	1 oz	10	0	2	0	0	✓	✓	✓	
Tomatillo Salsa	1 oz	20	0	2	1	1	✓	✓	✓	
Lemon Wedges	1 wedge juice									
Fruit Cup (Honeydew, Cantaloupe)	6 oz	63.5	0	5	1	0	✓	✓	✓	
Honeydew Melon	3 oz	36	0	3	0.5	0	✓	✓	✓	
Cantaloupe	3 oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Grapes - Red	1 oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1 oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1 oz	14	0	3.5	0.5	0	✓	✓	✓	
Desserts	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Cookies										
Chocolate Chip	1 cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M&M	1 cookie	155	7	22	0	1		✓		Wheat, Milk, Egg, Soy
Vanilla Pudding	2 oz	123	3	24	0	0		✓		Wheat, Milk, Soy
Chocolate Pudding	2 oz	120	4	20	0	1		✓		Wheat, Milk, Soy
Cakes and Pies will be rotated	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Carrot Cake	1 slice	287	15	35	1	3		✓		Wheat, Milk, Egg, Soy, Tree Nuts (Walnut, Pecan)
Chocolate Cake	1 slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Chocolate not iced cake	3 oz	265	9	41	1	5		✓		Wheat, Milk, Egg, Soy
Lemon Cream Cake	1 slice	255	11	36	0	3		✓		Wheat, Milk, Egg, Soy
Boston Cream Pie	1 slice	350	12	57	1	5		✓		Wheat, Milk, Egg, Soy, Processed in a facility with Tree Nuts
Chocolate Cream Pie	1 slice	410	23	49	1	2		✓		Wheat, Milk, Soy, Processed in a facility with Tree Nuts
Pumpkin Pie	1 slice	310	11	48	1	5		✓		Wheat, Milk, Eggs, Soy, Processed in a facility with Tree Nuts
Southern Pecan Pie	1 slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains

