

Eggsmart Nutritional Information

The Classic Breakfast

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Scramble eggs	1 Serving	190	13	3.5	0	480	160	1	0	1	15	15%	0%	6%	15%
Texas Toast	Per Slice	140	5	1.5	0	0	260	19	2	2	5	2%	0%	4%	8%
Home Fries	1 Serving	150	0.2	0	0	0	1690	34	3	1	3	0%	15%	2%	4%

The Signature Scrambler Bowl

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Sausage Scrambler	1 Serving	540	42	15	0.3	555	900	12	3	6	33	30%	60%	30%	18%
Egg White Scrambler	1 Serving	280	12	6	0.4	20	520	12	4	8	28	16%	80%	24%	8%

The Waffles

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Waffles	Per Waffle	390	16	4.5	0.1	105	880	49	1	1	9	10%	0%	15%	25%
Syrup	Per oz.	80	0	0	0	0	4	19	0	17	0	0%	0%	0%	0%

The Pancakes

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Buttermilk Pancakes	Per Pancake	190	3	0.3	0	0	530	37	1	4	4	0%	0%	2%	15%
Banana Pancakes	Per Piece	230	3.5	0.4	0	0	540	47	2	9	5	0%	4%	2%	15%

The French Toast

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
French Toast	Per Slice	140	3.5	1	0	105	250	19	2	2	8	4%	0%	4%	10%

The Omelette

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Meat Lovers Omelette	1 Serving	580	32	12	0.3	720	770	11	3	6	61	35%	60%	30%	35%
The Sizzler Omelette	1 Serving	460	26	9	0.2	680	2520	12	3	5	41	40%	60%	25%	25%
The Zesty Greek Omelette	1 Serving	470	28	10	0.2	680	1340	12	3	6	42	35%	70%	15%	35%
Classic Western Omelette	1 Serving	330	19	6	0	660	840	9	2	5	29	25%	60%	10%	25%

The Breakfast Sandwiches

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Smoked Ham & Cheese	1 Serving	470	22	11	0.5	60	1440	38	4	3	27	15%	0%	35%	15%
Fried Egg	1 Serving	360	14	4	0	320	580	39	4	4	19	15%	0%	10%	25%

The Egg Wraps

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Hercules Wrap	1 Serving	600	25	7	0.2	200	2050	56	8	3	36	20%	15%	15%	45%
BLT Wrap	1 Serving	860	60	14	0.2	225	1790	53	7	3	25	60%	25%	10%	25%

The Sandwiches & Wraps - on Ciabatta Bun

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Ham & Swiss	1 Serving	560	24	7	0.3	120	2250	52	7	5	34	20%	20%	15%	25%
Clubhouse	1 Serving	720	53	16	0.4	100	1500	23	3	4	38	25%	15%	25%	10%

Meal Options

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Bacon	Per Strip	90	9	3.5	0.1	20	270	0	0	0	3	2%	0%	0%	0%
Ham	Per Slice	50	2.5	1	0	25	620	0	0	0	8	0%	0%	0%	2%
Sausage	Per Sausage	110	9	3.5	0	20	260	1	0	0	4	0%	0%	2%	2%
Peameal bacon	Per Slice	80	3	1.5	0.1	20	370	3	0	1	10	2%	0%	4%	2%

Sides & Extras

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Texas Toast	Per Slice	140	5	1.5	0	0	260	19	2	2	5	2%	0%	4%	8%
Home Fries	1 Serving	150	0.2	0	0	0	1690	34	3	1	3	0%	15%	2%	4%
Strawberry Jam	1 Portion (10g)	34	0	0	0	0	0.3	8.7	0.1	8.6	0	0%	30%	0%	1%

***Note: All entrées do not include sides. For a complete analysis of your entrée nutritionals, please refer to your choice of sides.