



Scrambler Marie's Menu Nutritional Information

Food Items: Breakfast

		Tot	Sat								
		Fat	Fat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Protein	
	Serving Size	(g)	(g)	Fat(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)
	Calories										
Bottomless Griddle											
Scrambler's	1 serving										
Homemade Tall Stack	(12oz)	240	9	3	0	854	144	31	0	12	12
	3/4 Serving										
Berry Nutty Tall Stack	(9oz)	687	44	6	0	854	145	64	8	33	20
	1 Serving										
Oatmeal Cinnamon Cakes	(12oz)	631	12	4	0	854	166	118	5	67	18
	1 Serving										
Banana Nut	(9oz)	781	37	3	0	854	174	97	12	37	27
	1 Serving										
Select Your Stack	1 Serving										
(base)	(12oz)	240	9	3	0	854	144	31	0	12	12
Add Almonds	3oz	510	45	0	0	0	15	15	9	3	18
Add Bananas	4oz	110	0	0	0	0	0	27	3	14	1
Add Blueberries	4oz	71	0	0	0	0	15	19	3	12	0
Add Chocolate Chips	4oz	560	32	20	0	0	0	80	8	64	8
Add Dried Cranberries	3oz	280	0	0	0	0	0	66	4	58	0
Add Granola	3oz	353	11	1	0	0	44	62	9	18	9
Add Pecans	3oz	600	60	4.5	0	0	0	12	9	3	9
Add Strawberries	5oz	50	0	0	0	0	0	11	3	7	1
Add Whip Cream	3oz	75	6	6	0	0	0	6	0	6	0
	1 Waffle										
Golden Waffles	(6oz)	405	5	0	0	0	1725	80	2	8	8
	4 Slices										
Toast of France	(12.4oz)	752	28	10	0	747	1120	85	5	9	35
	4 Slices										
Rocky Top Toast	(15.4oz)	1183	56	10	0	747	1150	124	14	20	49
	4 Slices										
Stuffed French Toast	(15.4oz)	1148	68	35	0	871	1456	88	5	9	44
	2 Slices										
Half Of France	(6.2oz)	376	14	5	0	374	560	43	3	5	18

***Note: All food items are calculated without toppings or sides.**

Andrew's All Americans											
The American (Scrambled With Sausage)	1 Serving (8.6oz)	477	22	27	0	696	744	1	0	1	32
The American (Scrambled With Bacon)	1 Serving (6oz)	372	27	9	0	672	903	2	0	1	28
American In Training	1 Serving (7oz)	160	7	2	0	70	600	1	0	1	14
The Classic (Scrambled With Sausage)	1 Serving (16.6oz)	552	26	62	0	1244	662	21	0	9	35
The Classic (Scrambled With Bacon)	1 Serving (14oz)	532	33	11	0	1240	999	22	0	9	36
The Patriot Biscuits & Gravy (Scrambled)	1 Serving (11.8oz)	528	33	10	0	664	818	26	1	7	29
Steak & Eggs (Scrambled Choice)	1 Serving (11oz)	420	29	8	1	749	617	4	0	3	58
Mini Classic (Scrambled with Bacon)	1 Serving (8oz)	328	29	6	0	732	650	11	0	5	22
Mini Classic (Scrambled with sausage)	1 Serving (9oz)	313	15	11	0	728	366	11	0	5	21
Emily's Just Rights											
Hash & Eggs (Scrambled)	1 Serving (9.4oz)	438	28	11	0	481	892	17	2	1	28
The Lite	1 serving (5oz)	222	15	5	0	636	210	1	0	1	19
Jumpstart Breakfast Sandwich	1 Serving	371	19	9	0	286	892	31	1	3	26
Heidi Marie's Omelettes											
Spinach & Portabella Mushroom	1 Serving (12.5oz)	403	27	11	0	871	339	9	1	2	33
South Of The Border	1 Serving (12.5oz)	821	56	24	0	977	2304	18	3	232	60
Spinach & Bacon	1 Serving (10.5oz)	529	37	12	0	895	1272	3	1	2	41
Wild Western	1 Serving (12.5oz)	661	45	21	0	947	1342	7	1	4	54
Awesome Avocado	1 Serving (10oz)	645	48	19	0	944	1253	7	3	3	45
The Ultimate	1 Serving (14.5oz)	926	66	30	0	1028	2121	12	2	5	68
Chicken Fajita	1 Serving (12.5oz)	835	56	27	0	980	1149	19	3	7	61

Traditional Benny	(8.4oz)	672	42	20	0	703	1868	39	3	12	32
	1 Serving										
Crab Cake Benny	(10.5oz)	674	43	19	0	799	859	31	2	5	39
	1 Serving										
Harvest Benny	(12.5oz)	547	37	18	0	670	577	33	3	6	20
Melanie Marie's Skillets											
	1 Serving										
Westgate	(16.8oz)	886	50	21	0	543	2683	61	8	6	51
	1 Serving										
Glass City	(13.5oz)	764	42	18	0	523	1854	52	5	3	46
	1 Serving										
Flag City	(14.5oz)	824	46	19	0	561	2152	61	5	2	48
Uncle Moose's	1 Serving										
Manhandler	13.5oz)	942	58	24	0	581	2378	51	5	2	56
*Note: All food items are calculated without sides.											
Kyle's Smart Starts											
	1 Serving										
Breakfast Quinoa	(6oz)	640	3	0	0	0	40	120	8	8	24
	1 Serving										
Oatmeal	(3oz)	300	6	1	0	0	0	56	8	2	10
	1 Serving										
Lauren's Extra Bites											
	1 Serving										
Yogurt Parfait	(9.5oz)	327	10	5	0	26	123	54	4	37	8
	1 Serving										
Fruit Bowl	(13.2oz)	155	0	0	0	0	8	37	6	20	2
	1 Serving										
Fruit Cup	(6oz)	61	0	0	0	0	11	16	2	13	1
	1 Serving										
Yogurt Cup	(6oz)	172	1	1	0	11	101	34	0	30	6
Cinnamon Roll	1 Roll (6oz)	670	38	12	0	55	770	75	2	43	8
Toast (White)	1 Slice	66	1	0	0	0	170	13	1	1	2
Toast (Wheat)	1 Slice	67	1	0	0	0	130	12	1	1	3
Toast (Rye)	1 Slice	67	1	0	0	0	172	13	2	1	2
Toast (Sourdough)	1 Slice	96	1	0	0	0	213	18	1	0	3
	1 Muffin										
Muffin (Apple Cinnamon)	(5oz)	490	25	6	0	75	660	42	1	29	6
	1 Muffin										
Muffin (Blueberry)	(5oz)	450	20	3	0	60	360	37	1	29	7
	1 Muffin										
Muffin (Cranberry Orange)	(5oz)	450	20	4	0	55	350	39	2	30	7
Biscuits	2 Biscuits										
(Gravy Done Separate)	(5oz)	440	16	10	0	0	1440	64	N/A	4	8
Gravy	(4 fl oz)	200	16	4	0	30	480	4	0	0	4

Smoked Bacon	1 Strip (.3oz)	60	5	2	0	10	135	0	0	0	5
Smoked Bacon Thick-cut	1 Strip (.6oz)	140	14	5	0	21	262	0	0	0	4
Sausage Links	1 Link	205	20	8	0	38	385	0	0	0	6
Turkey Suasage (Patties)	1 Patty (1.4oz)	50	4	1	0	35	210	1	0	1	6
Corned Beef Hash	(4.5oz)	220	14	7	1	35	790	14	2	1	11
Skin-On Potato Chuncks	(3oz)	110	3	0	0	0	460	18	2	0	2
Hash Browns	(3oz)	80	0	0	0	0	290	17	2	0	0
Food Items: Lunch											
Adam's Burgers, & Sandwiches											
Angus Bacon	1 Serving										
Cheeseburger	(13.6oz)	1100	468	28	0	208	659	59	2	7	59
Garlic Portabella And Swiss Angus Burger	1 Serving (15.5oz)	958	54	22	0	175	260	67	2	9	53
Triple Decker BLT (Without Mayo)	1 Serving (10.3oz)	661	30	11	0	60	1456	58	4	2	40
Smothered Bird	(11.5oz)	539	14	6	0	90	528	63	2	9	44
Scrambler's B.E.S.T. (Without Mayo)	1 Serving (8.8oz)	451	25	8	0	252	876	25	2	4	32
Club Sandwich (Without Mayo)	1 Serving (17.6oz)	683	30	12	0	88	1990	71	2	7	33
Turkey Club Wrap (Without Mayo)	1 Wrap (13.5oz)	517	19	6	0	65	1470	53	4	5	30
Monte Cristo	1 Serving (11.2oz)	614	26	12	0	449	1396	58	2	13	39
Pastrami Ruben	1 Serving (14.4oz)	640	22	10	0	85	1807	37	4	2	32
Turkey Flatbread Panini (Without Mayo)	1 Serving (14.6oz)	494	16	7	0	90	1414	54	2	4	39
*Note: All food items are calculated without sides.											
One And One											
Side Salad	(10oz)	340	19	9	0	242	594	23	3	4	18
Broccoli & Cheese Soup	1 Cup	200	14	8	1	45	1270	11	2	3	9
Chicken Noodle Soup	1 Cup	100	3	1	0	25	900	18	1	1	5
Chili	1 Cup	190	8	3	0	25	630	20	5	7	11
French Onion Soup	1 Cup	120	4	0	0	0	2100	18	4	2	6
Italian Wedding Soup	1 Cup	110	4	2	0	10	750	13	1	1	5

Minestone Soup	1 Cup	90	1	0	0	0	930	17	2	4	3
Southwest Style	1 Cup	120	5	3	0	25	1260	13	1	2	6
	1 Serving										
1/2 Club Sandwhich (Without Mayo)	(8.8oz)	364	16	6	0	56	1000	35	1	4	20
	1 Serving										
1/2 Monte Cristo	(5.6oz)	307	13	6	0	224	698	29	1	1	19
	1 Serving										
1/2 Pastrami Ruben	(7.2oz)	228	11	5	0	43	904	18	2	1	16
1/2 Turkey Flat Bread	1 Serving										
Panini	(7.3oz)	247	8	4	0	45	707	28	1	2	20
	1 Serving										
1/2 Triple Decker BLT (Without Mayo)	(5.3oz)	331	15	6	0	30	728	29	2	1	20

***All soups are treated as separate menu items.**

***Note: The Soup and Salad is a combo of soup with a side salad.**

Elise's Garden

	1 Serving										
Spinach Salad	(12.7oz)	545	34	8	0	245	1124	37	6	10	23
	1 Serving										
Crunchy Orchard Salad	(17.5oz)	474	23	2	0	75	437	37	8	26	37
	1 Serving										
Sunshine Salad	(16oz)	693	57	10	0	75	968	18	9	5	32
	1 Serving										
Fiesta Chicken Salad	(13oz)	276	7	1	0	45	241	14	3	3	18
	1 Serving										
Flat Bread	(1.5oz)	130	3	0	0	0	260	22	1	1	4

Food Item: Kid's Menu

Kelly's Korner

	1 Serving										
Shannon's Kiddie Kakes	(4oz)	80	3	1	0	284	48	10	0	4	4
	1 Serving										
French Toast	(3.6oz)	219	9	3	0	249	373	28	1	3	12
Scrambled Egg	1 Egg	74	5	1	0	212	70	0	0	0	6
	1 Serving										
Smiley Face Pancake	(4oz)	370	28	16	0	372	205	19	1	9	9
	1 Serving										
Grilled Cheese	(6.2oz)	522	29	17	0	83	918	37	2	1	27
	1 Serving										
Chicken Tenders	(5.1oz)	210	8	1	0	35	670	17	1	0	19

***Note: All food items are calculated without toppings or sides.**

**Food Item: Beverages,
Sides, and Pantry Items**

(Side Portions)	Bites										
English Muffin	1 Muffin										
(Traditional White)	(5oz)	134	1	0	0	0	264	26	1	2	4
English Muffin	1 Muffin										
(Multigrain)	(5oz)	110	1	0	0	0	190	21	1	1	4
English Muffin	1 Muffin										
(Cinnamon Raisin)	(5oz)	138	1	0	0	0	255	28	2	11	4
	See Extra										
Biscuits	Bites										
Condiments											
Ketchup	1 tbsp	20	0	0	0	0	160	5	0	4	0
Whipped Butter											
(Butter Topping)	1 tbsp	47	5	1	1	0	45	0	0	0	0
Syrup	1/4 Cup	210	0	0	0	0	115	52	0	37	0
Salad Dressings											
Thousand Island	2 tbsp	100	9	2	0	10	230	6	0	4	0
French Calif Style	2 tbsp	130	11	2	0	0	280	6	0	6	0
Honey Mustard	2 tbsp	130	12	2	0	15	200	5	0	5	0
Spinach Dressing	2 tbsp	60	0	0	0	0	320	13	0	8	1
Raspberry Vinaigrette	2 tbsp	120	10	2	0	0	270	8	0	8	0
Vinaigrette	2 tbsp	35	0	0	0	0	280	8	0	7	0
Peppercorn Ranch	2 tbsp	130	13	2	0	10	200	2	0	1	1

Spring 201 LTO

			Tot	Sat							
			Fat	Fat	Trans	Chol	Sodium	Carbs	Fiber	Sugar	Protein
	Serving Size	Calories	(g)	(g)	Fat(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Blueberry Pomegranate	1 Serving										
Stuffed French Toast	(15.4 oz.)	1290	64	32	1	858	1548	123	7	38	38
Scrambler's Protein Wrap	(15.4 oz.)	809	26	8	0	35	2054	96	7	5	32
Greens, Granola & Grapes	1 Serving										
Power Bowl	(14 oz.)	871	21	2	0	0	67	147	15	35	26
The Big Country	(14 oz.)	912	42	17	0	454	2455	95	4	9	25
Parisian Benny	(12 oz.)	724	54	28	0	722	1370	27	1	6	35

***Disclaimer: All nutritional information is based off of approximations based on average serving sizes and average accepted values for constituent ingredients.**

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie

consumption.

Effective as of April 2016

