

City Egg Menu - Nutritional Information

Per Serving

	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<u>Fork & Knife</u>										
All American City - with bacon	260	18	6.5	0	450	400	2	0	0	22
All American City - with sausage	550	49	18	0	505	900	3	0	1	24
Wisconsin Scrambled	695	54	23	0	946	827	9	1	3	40
Uncle Moose Skillet	903	49	24	0	588	2476	46	5	1	49
Westgate Skillet	785	43	21	0	543	2028	47	6	3	44
Avocado Toast	490	30	12	0	469	1383	23	5	2	31
Big City	601	30	11	0	447	1511	53	2	4	20
City Egg Quinoa	932	41	9	0	243	785	95	18	17	46
<u>Griddle</u>										
Toast of France	812	44	12	4	623	1042	73	4	15	28
Pancakes	347	27	6	4	568	276	20	0.2	8	8
<u>Omelettes</u>										
Awesome Avocado Omelette	743	52	18	0	732	1279	12	2.5	1	44
Spinach & Portabella Omelette	365	24	8	0	635	272	14	1	1	29
South of the Border Omelette	693	47	19	0	949	1800	14	2	230	51
Wild Western Omelette	532	37	14	0	695	1109	8	0.5	1	43
<u>Hand Held</u>										
The Capital Sandwich	574	39	12	0	298	977	29	1	3	27
Jumpstart Sandwich	336	17	8	0	282	939	29	2	5	25
The "419" Sandwich	948	63	29	0	578	1485	71	2	3	45
Breakfast Tacos	1058	70	27	0	789	1493	53	7	6	57
Zesty Smokehouse Wrap	1383	101	34	0	755	2970	60	2	6	60
<u>Lunch</u>										
Downtown Turkey & Avocado Sandwich	649	38	9	0	120	1326	49	4	4	22
Ultimate Bacon Grilled Cheese	658	47	23	0	107	1070	29	2	4	31
Uptown Chicken Club	616	29	10	0	116	1129	52	2	5	37
Turkey Club Wrap	900	49	12	0	90	2797	91	3	5	30
<u>Kiddie Corner</u>										
Smiley Face Pancakes	368	28	16	0	372	205	19	1	9	9
1 Egg and Potato	77	5	0.3	0	239	72	1	0	0	7
Grilled Cheese	522	29	17	0	83	918	37	2	0.5	27

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Extra Bites										
Biscuits & Gravy	311	15	8	0	13	1096	39	0	4	6
Fruit Cup	60	0	0	0	0	12	17	2	13	1
Pancakes (2)	727	55	22	0	170	1944	45	2	8	12
Pork Sausage Links (2 links)	440	44	15	0	50	830	2	0	1	12
Bacon (3 strips)	180	14	5	0	30	330	0	0	0	15
Thick-Cut Honey-Cured Bacon (3 strips)	180	18	6	0	30	330	0	0	0	5
Turkey Sausage (2 patties)	160	12	4	0	7	540	0	0	0	14
Eggs (2)	120	8	3	0	330	120	0	0	0	12
Whole Grain Toast - 1 slice	150	2	0	0	0	240	30	3	3	3
Hash Browns	119	0	0	0	0	447	26	3	0	0
Kettle Chips	140	7	0	0	0	160	17	1	1	2
Drinks										
Vitamin "C-bus"	318	0.0	0	0	0	24	73	0	70	2
Metro Mango	255	0.0	0	0	0	11	62	0	53	2
Urban-Berry Detox	253	0.0	0	0	0	30	63	0	56	2
Sweet Green City Limits	208	0.0	0	0	0	69	77	2	69	2
Milk	90	0	0	0	5	130	13	0	12	8
Pepsi	200	0	0	0	0	40	55	0	55	0
Diet Pepsi	0	0	0	0	0	50	0	0	0	0
Sierra Mist	190	0	0	0	0	45	52	0	52	0
Mountain Dew	230	0	0	0	0	85	62	0	61	0
Tea	0	0	0	0	0	1	0	0	0	0
Apple Juice	120	0	0	0	0	35	30	0	26	0
Orange Juice	110	0	0	0	0	0	26	0	22	2
<p>*Disclaimer: All nutritional information is based off of approximations based on average serving sizes and average accepted values for constituent ingredients.</p> <p>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.</p>										

5/3/2021