



Hot Breakfast

The nutritional values provided in this guide or shown on menus or menu boards should be considered approximations. Variations in nutritional values throughout this menu may occur due to deviations in preparation, availability of ingredients, seasonal changes, cooking processes and custom ordering. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. All of our food items are produced in facilities where known allergens are present. We cannot guarantee that any of our products are free from allergens (including dairy, eggs, soy, tree nuts, wheat and others) as we use shared equipment to store, prepare and serve them.

Item	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Turkey Sausage Sandwich	340	17	7	0	170	640	25	2	1	22
Plant-Powered Sandwich	400	21	9	0	0	890	34	4	0	21
Bacon & Egg Burrito	500	27	12	0	230	900	51	1	2	21
Pork Sausage & Egg Burrito	490	26	11	0	230	810	51	1	2	20
Green Chile Burrito	460	19	9	0	180	690	51	2	1	15

Item	Ingredients
Turkey Sausage Sandwich	SOURDOUGH ENGLISH MUFFIN (WATER, ENRICHED UNBLEACHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID], WHOLE WHEAT FLOUR, YEAST, CONTAINS 2% OR LESS: SUGAR, VITAL WHEAT GLUTEN, CORNMEAL, SALT, DISTILLED VINEGAR, SOYBEAN OIL, YEAST NUTRIENT [AMMONIUM SULPHATE], ASCORBIC ACID, FUMARIC ACID, SODIUM DIACETATE, LACTIC ACID, CALCIUM PROPIONATE [MOLD INHIBITOR], POTASSIUM SORBATE [MOLD INHIBITOR], ENZYMES), EGG PATTY (CAGE-FREE WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, WHEY, SALT, NONFAT DRIED MILK, CITRIC ACID), TURKEY SAUSAGE (TURKEY, WATER, POTATO STARCH, DEXTROSE, SUGAR, SALT, POTASSIUM CHLORIDE, SPICES), JALAPENO MONTEREY JACK CHEESE (PASTEURIZED CULTURED MILK, JALAPENO AND BELL PEPPERS, SALT, ENZYMES), CONTAINS: WHEAT, MILK, EGG, SOY
Plant-Powered Sandwich	ENGLISH MUFFIN (WATER, ENRICHED UNBLEACHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID], WHOLE WHEAT FLOUR, YEAST, SUGAR, VITAL WHEAT GLUTEN, CONTAINS 2% OR LESS OF: CORNMEAL, SALT, DISTILLED VINEGAR, SOY-BEAN OIL, YEAST NUTRIENT, ASCORBIC ACID, FUMARIC ACID, SODIUM DIACETATE, LACTIC ACID, SILICON DIOXIDE, CALCIUM PROPIONATE AND POTASSIUM SORBATE [MOLD INHIBITORS], CALCIUM SULFATE, ENZYMES); JUST PLANT-BASED FOLDED PATTY (WATER, MUNG BEAN PROTEIN ISOLATE, EXPELLER-PRESSED CANOLA OIL, CORN STARCH, CONTAINS 2% OR LESS OF: BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], DEHYDRATED GARLIC, DEHYDRATED ONION, NATURAL CARROT EXTRACTIVES [COLOR], NATURAL TURMERIC EXTRACTIVES [COLOR], SALT, TRANSGLUTAMINASE); BEYOND BREAKFAST SAUSAGE (WATER, REFINED COCONUT OIL, PEA PROTEIN*, EXPELLER-PRESSED CANOLA OIL, NATURAL FLAVORS, DRIED YEAST, RICE PROTEIN, CHICORY ROOT FIBER, PEA FIBER, METHYLCELLULOSE, YEAST EXTRACT, APPLE EXTRACT, POMEGRANATE EXTRACT, SALT, VINEGAR, LEMON JUICE CONCENTRATE, SUNFLOWER LECITHIN, BEET JUICE EXTRACT [COLOR], CARROT); VEGAN CHEDDAR-STYLE CHEESE (FILTERED WATER, POTATO STARCH, COCONUT OIL, EXPELLER PRESSED: CANOLA AND/OR SAFFLOWER OIL, TRICALCIUM PHOSPHATE, VEGAN NATURAL FLAVORS, SALT, PEA PROTEIN*, XANTHAN GUM, LACTIC ACID [VEGAN], KONJAC GUM, FRUIT AND/OR VEGETABLE JUICE COLOR, ANNATTO COLOR, YEAST EXTRACT, VEGAN ENZYME, VITAMIN B12). CONTAINS: WHEAT
Bacon & Egg Burrito	FLOUR TORTILLA (ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING [SOYBEAN OIL, MONO AND DIGLYCERIDES, TOCOPHEROL (VITAMIN E) AND VITAMIN C PALMITATE], SALT, MONO AND DIGLYCERIDES, BAKING POWDER [SODIUM BICARBONATE, CORNSTARCH, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], CALCIUM PROPIONATE, WHEAT GLUTEN, FUMARIC ACID, GUAR GUM, XANTHUM GUM, MICROCRYSTALLINE CELLULOSE, L-CYSTEINE [DOUGH CONDITIONER] COOKED POTATOES (POTATOES, SOYBEAN OIL, ONION POWDER, SALT, OREGANO, BASIL, ROSEMARY, THYME, SAGE, MARJORAM, SODIUM METABISULFITE [PRESERVATIVE]), SCRAMBLED EGGS (CAGE FREE LIQUID EGGS, WHOLE MILK, BUTTER [PASTEURIZED CREAM (FROM MILK), NATURAL FLAVORINGS], DISTILLED VINEGAR (FROM CORN), XANTHAN GUM, UNMODIFIED CORN STARCH, SALT), CHEDDAR AND MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR], POTATO STARCH, CORN STARCH, AND POWDERED CELLULOSE), DICED BACON (BACON CURED WITH WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, FLAVORING, SODIUM NITRITE) CONTAINS: WHEAT, MILK, EGG, SOY
Pork Sausage & Egg Burrito	FLOUR TORTILLA (ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING [SOYBEAN OIL, MONO AND DIGLYCERIDES, TOCOPHEROL (VITAMIN E) AND VITAMIN C PALMITATE], SALT, MONO AND DIGLYCERIDES, BAKING POWDER [SODIUM BICARBONATE, CORNSTARCH, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], CALCIUM PROPIONATE, WHEAT GLUTEN, FUMARIC ACID, GUAR GUM, XANTHUM GUM, MICROCRYSTALLINE CELLULOSE, L-CYSTEINE [DOUGH CONDITIONER] COOKED POTATOES (POTATOES, SOYBEAN OIL, ONION POWDER, SALT, OREGANO, BASIL, ROSEMARY, THYME, SAGE, MARJORAM, SODIUM METABISULFITE [PRESERVATIVE]), SCRAMBLED EGGS (CAGE FREE LIQUID EGGS, WHOLE MILK, BUTTER [PASTEURIZED CREAM (FROM MILK), NATURAL FLAVORINGS], DISTILLED VINEGAR (FROM CORN), XANTHAN GUM, UNMODIFIED CORN STARCH, SALT), CHEDDAR AND MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR], POTATO STARCH, CORN STARCH, AND POWDERED CELLULOSE), PORK SAUSAGE CRUMBLES (PORK, SPICES, WATER, SALT, CORN SYRUP SOLIDS, PAPRIKA, FLAVORING, SUGAR, EXTRACTIVES OF PAPRIKA AND ANNATTO, LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE, LEMON OIL], BHA, BHT, CITRIC ACID, DISODIUM INOSINATE AND DISODIUM GUANYLATE, PROPYL GALLATE (TO PROTECT FLAVOR)), PICANTE SAUCE (CRUSHED TOMATOES (WATER, CRUSHED TOMATO CONCENTRATE), WATER, JALAPENO PEPPERS, ONIONS, DISTILLED VINEGAR, DEHYDRATED ONIONS, SALT, NATURAL FLAVORING, GARLIC EXTRACT), CRUSHED RED CHILES CONTAINS: WHEAT, MILK, EGG, SOY
Green Chile Burrito	FLOUR TORTILLA (ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF: VEGETABLE SHORTENING [SOYBEAN OIL, MONO AND DIGLYCERIDES, TOCOPHEROL (VITAMIN E) AND VITAMIN C PALMITATE], SALT, MONO AND DIGLYCERIDES, BAKING POWDER [SODIUM BICARBONATE, CORNSTARCH, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], CALCIUM PROPIONATE, WHEAT GLUTEN, FUMARIC ACID, GUAR GUM, XANTHUM GUM, MICROCRYSTALLINE CELLULOSE, L-CYSTEINE [DOUGH CONDITIONER] COOKED POTATOES (POTATOES, SOYBEAN OIL, ONION POWDER, SALT, OREGANO, BASIL, ROSEMARY, THYME, SAGE, MARJORAM, SODIUM METABISULFITE [PRESERVATIVE]), SCRAMBLED EGGS (CAGE FREE LIQUID EGGS, WHOLE MILK, BUTTER [PASTEURIZED CREAM (FROM MILK), NATURAL FLAVORINGS], DISTILLED VINEGAR (FROM CORN), XANTHAN GUM, UNMODIFIED CORN STARCH, SALT), CHEDDAR AND MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR], POTATO STARCH, CORN STARCH, AND POWDERED CELLULOSE), GREEN CHILES (GREEN CHILE PEPPERS, SALT, CITRIC ACID) CONTAINS: WHEAT, MILK, EGG, SOY