

Start Here	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
HomeGrown Coffeecake with Buttermilk Caramel Sauce	1100	410	45.4	26.9	1.6	2.3	10.9	215	585.7	316	164	2.9	109	12.9
HomeMade Cinnamon Pop Tarts	628	290	31.8	13.9	0	0	0	0.4	434.5	24	82.1	2.6	44	4.9
HomeMade Fruit Jam Pop Tarts (seasonal)	584	270	30	13.6	0	0	0	0.5	431.8	20	75	2.7	36.4	4.9
HomeMade PB&J Pop Tarts	700	330	36.6	15.7	0.1	0.1	0.6	7.3	476.8	5	86.3	2.8	47.4	7.3
HomeMade Pumpkin Pie Pop Tarts (seasonal)	683	310	35	16.4	0.1	0.2	1.3	26.6	750.3	49	87.2	3.9	48.1	6.5
HomeMade Chocolate Peppermint Pop Tarts (seasonal)	664	340	37.8	18.5	0.1	0	0	21.1	492	12	78	3.4	39.2	6.1
HomeMade Nutella Pop Tarts (seasonal)	557	270	29.7	13.8	0	0	0	0.8	432.1	7	68.5	2.3	32.3	4.9
HomeMade S'mores Pop Tarts (seasonal)	705	350	38.4	18.1	0.1	0	0.3	24	512.3	19	85.8	2.7	38.8	6.1
HomeMade Lemon Pop Tarts (seasonal)	603	280	31.6	14.5	0.1	0	0	15	439.4	7	75.5	2.3	37.4	5.1
HomeMade Chocolate Raspberry Pop Tarts (seasonal)	710	370	41	20	0	0.2	1.3	25	450	8	82	4	42	6
HomeMade Dulce de Leche Pop Tarts (seasonal)	650	290	32	15	0	0.1	0.7	20	460	81	83	2	44	7

Cakes	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Classic Buttermilk	652	270	30.5	12.6	0.8	6.9	4.9	142	825.2	215	84.5	1.1	50.7	10.3
Gluten-Free	683	290	32.3	10.1	0.6	6.9	4.9	152	411.2	148	88.1	1.4	44.5	9.6
Blueberry Streusel	562	130	14.4	7.8	0.4	0.4	1.3	116	669.7	235	98.2	2.8	58.3	10.6
Harvest Grain	730	130	40.9	10.3	0.7	6.9	4.9	104	989.9	269	81.2	4.2	49.1	11.9
Red Velvet	467	160	17.9	7.5	0.2	0.1	0.1	129	695	189	66.3	2.2	38.7	10.9
Gingerbread	596	190	21.4	10.9	0.7	0.5	1.7	138	1272	413	86.4	2.6	34.1	12.6
Lemon Ricotta	418	120	12.9	7	0.3	0.1	0.2	121	729.6	197	61.7	2.9	23.8	13.7
Brown Sugar Cinnamon	474	170	19	10.9	0.6	0.1	0.1	137	798.6	187	65.9	2	34.6	10
Sweet Potato	735	400	44.4	16.4	2.5	4.1	10.1	90.6	570.1	274	77.2	7.1	36.7	7.8
Peanut Butter Chocolate Chip	591	260	28.9	11.3	0.2	0.1	0.1	83	665.2	143	69.1	3	37.8	15.3
Tres Leches Stack	730	280	32	14	0.5	0.1	0.9	140	780	463	97	2	64	17

A Toast to the French		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Croissant French Toast	673	290	32.6	13.3	0.5	0.2	0	111	331.5	236	86.6	3.3	48.3	9.5	
Cinnamon Swirl French Toast	693	190	20.6	4.3	0	0.2	0	80.8	431.5	236	113	4.3	59.3	13.5	
PB Jammies French Toast	700	260	29	8	0	0	0	425	630	147	75	3	40	29	

Fresh Starts		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Avocado Toast	1009	570	63.2	11.1	0	4.2	18.2	372	794.8	639	93.6	12.9	22.6	25.2	
Baked Oatmeal	733	360	39.6	14.1	0.7	6.7	14.7	120	632.1	365	86.6	8.8	48.8	14.4	
LoLo's Granola & Yogurt	466	160	17.7	6.7	0.1	0.1	0	37.2	142.3	256	64.1	4.7	45.1	18	

Breads		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
HomeGrown Original Biscuit	376	190	20.7	12.9	0.8	0.9	5.3	54.7	728.6	147	41.1	1.2	6.6	6.8	
Wolferman's English Muffin	223	4	0	0	0	0	0	0	350	0	46	1	2	9	
Rustic Artisan	281	32	4	0	0	0	0	0	491	0	54	5	4	9	
Delano Wheat Toast (2)	260	36	4	2	0	0	0	0	400	140	50	6	2	8	
Gluten Free Whole Grain (2)	258	48	5	0	0	0	0	0	379	0	50	3	6	2	

Meats		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Yoder Bacon	180	130	14	4.5	0	1.6	6.2	35	710	175	0	0	0	12	
Yoder Sausage Patties	260	200	22	7	0	0	0	70	660	277	1	0	0.9	15	
Yoder Shoulder Bacon	130	60	7.2	2.4	0.1	0.7	3.4	53.9	45.4	351	0	0	0	15.1	
Turkey Sausage Patties	320	220	24	7	0.1	4.1	9.3	130	930	0	1	0	1	22	
Fire-Roasted Ham	140	90	10	3.5	0.5	0	0	35	670	162	0	0	0	12	

Breakfast Your Way		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	BYOB-Bacon	1010	590	66	17	0	7.6	11.4	410	1580	700	76	3	9	33
	BYOB-Sausage	1060	630	70	18	0	9.2	13	430	1490	753	77	3	10	34
	BYOB-Turkey Sausage	1090	640	71	18	0	6.4	6.8	470	1670	569	77	3	10	39
	BYOB-Shoulder Bacon	1010	560	62	16	0	7.1	10.2	440	1090	768	76	3	9	39
	BYOB-Ham	1020	580	65	17	1	7.5	11.3	420	1720	731	76	3	9	36
	It Takes the Cake-GF, Ham	970	550	61	18	1.5	9.8	13	515	1110	416	72	1	42	31
	It Takes the Cake-GF, Bacon	960	560	62	18	0.5	9.9	13.2	505	970	385	72	1	42	28
	It Takes the Cake-GF Shoulder Bacon	960	530	59	17	0.5	9.4	11.9	535	480	453	72	1	42	34
	It Takes the Cake-GF, Sausage	1000	600	66	19	0.5	11.5	14.8	525	880	439	73	1	42	29
	It Takes the Cake-GF, Turkey Sausage	1040	610	68	20	0.5	8.8	8.5	565	1060	254	73	1	43	34
	It Takes the Cake- BM, Ham	940	540	60	20	1.5	9.8	13	510	1390	461	69	0.7	46	32
	It Takes the Cake-BM, Turkey Sausage	1020	600	67	21	0.5	8.8	8.5	560	1330	299	70	0.7	47	34
	It Takes the Cake- BM, Sausage	980	590	65	21	1	11.5	14.8	520	1150	484	70	0.7	46	29
	It Takes the Cake- BM, Shoulder Bacon	940	520	58	19	1	9.4	11.9	530	760	498	69	0.7	46	35
	It Takes the Cake- BM, Bacon	900	520	58	19	0.5	9.6	11.6	490	1070	386	70	0.7	46	25
	Biscuits & Gravy	1130	620	69	30	2	1.9	3.7	470	2490	827	99	3.5	12	29

Omelets & Scrambles		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Gimme the Meats	1690	1050	116	38	2	11.1	20	780	3010	1047	90	5	10	71
	Veggie Lover	1390	840	94	31	0	8	5.7	730	1790	885	85	6	12	54
	West Coast Wake Up	1480	920	102	30	0	8.4	14.1	725	2110	942	85	8	10	56
	Jon's Denver	1530	950	105	37	1	8.8	11.7	760	2070	715	83	5	11	62
	The Ironman	1050	730	81	22	0.5	7.3	10.9	690	1440	1016	37	7	9	45
	Mediterranean	850	440	49	21	0	2.4	2.8	765	2090	1547	46	5	16	59

Bowls		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
-------	--	----------	-------------------	---------------	-------------------	---------------	--------------------	--------------------	------------------	-------------	----------------	-------------------	-------------------	------------	-------------

	Ca	Ca	Tc	Se	Tr	Pc	Mr	Cf	Sc	Pc	Cc	Di	Su	Pr
Corned Beef Hash	640	440	49	18	1	1.9	4.5	575	1400	552	23	3	3	28
Salsa Verde Pork & Egg	750	400	44	18	0	4.1	1.2	490	2030	704	41	7	9	48
Turkish Egg & Quinoa	920	530	59	18	1	5.1	15.7	445	1470	1924	62	15	9	44
Green Chilaquiles	780	440	49	21	1	4.7	7.5	460	1300	252	47	7	9	38

### Friends with Benedicts

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Traditional	920	480	53	24	1.5	3.5	12.4	700	1400	656	71	3	4	42
Florentine	1010	600	67	26	1	4.9	11.2	655	1560	809	75	5	4	32
Turkey & Avocado	880	460	51	21	1.5	3.8	19.2	305	1790	1103	83	10	7	27

### Sammies

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Turkey Avocado	1510	870	97	31	1.5	2.3	15.3	150	3070	768	100	9	9	63
Cuban	1130	600	67	15	0	1.4	5.3	125	1880	517	87	7	2	52
BLT A + E	1440	990	110	21	0	3.2	11.4	230	1760	851	94	13	7	29
Classic Reuben	1120	640	72	17	0.5	0.8	10.5	145	3280	283	82	8	2	39

### Salads

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
House Salad	810	580	64	18	0.5	5.4	8.3	75	1210	298	39	5	6	24
Power BLT	1000	750	84	16	0	9	22.6	55	1570	1567	41	14	6	31
Summer Market Salad	960	490	55	13	0	3.2	8.8	155	1540	951	75	11	40	50
Bacon Apple & Kale Salad	1070	760	84	19	0	2.4	11.1	75	2410	1088	50	8	23	37

### Soups

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
--	----------	-------------------	---------------	-------------------	---------------	--------------------	--------------------	------------------	-------------	----------------	-------------------	-------------------	------------	-------------

	Cc	Cc	Tc	Sa	Tr	Pc	Mr	Cf	Sc	Pc	Cc	Di	St	Pr
Cream of Tomato (6oz, no Cheese Toast)	330	250	28	16	0.5	0.9	7.2	90	1090	393	14	2	9	8
Cream of Tomato (8oz with cheese toast)	560	390	44	25	1	1.3	10.4	135	1750	544	29	3	12	16
Smoky Chickpea (6oz, no Cheese Toast)	100	25	2.5	0	0	0	0	0	540	167	15	5	3	4
Smoky Chickpea (8oz with cheese toast)	220	70	8	2	0	0	0	10	900	234	31	7	5	8
Chicken Pesto (6oz, no Cheese Toast)	120	30	3.5	0.5	0	0	0	20	310	511	12	3	0.9	11
Chicken Pesto (8oz with cheese toast)	300	90	10	2.5	0	0	0	45	710	891	32	6	2	21
Chicken Noodle (6oz, no Cheese Toast)	180	50	6	1.5	0	0	0	70	2100	219	20	1	2	14
Chicken Noodle (8oz with cheese toast)	340	110	12	4	0	0	0	105	3010	304	38	2	3	21
Cheese Toast	90	40	4.5	1.5	0	0	0	10	170	9	11	0.5	0	2
Chicken Tortilla (6oz)	370	200	22	8	1	2.9	8.9	40	610	466	29	5	2	16
Chicken Tortilla (8oz)	420	220	25	8	1	3.2	10.5	45	730	618	32	7	3	18

Sides	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
House Salad	450	310	34	10	0	2.7	4.1	40	690	153	25	3	3	13
Roasted Veggies	25	0	0.3	0.1	0	0.1	0	0	75	321	5	2	3	2
Fresh Fruit-Small	60	0	0	0	0	0.1	0	0	0	168	15	2	10	1
Fresh Fruit-Large	100	0	0.5	0	0	0.2	0	0	0	280	25	3	17	1
Roasted Rosemary Potatoes	250	160	18	3	0	0	0	0	510	410	22	2	2	2
HomeGrown Cole Slaw	170	130	15	2	0	0	0	3.6	150	118	10	2	8	1
Side Biscuit and Gravy	460	230	26	15	1	0	0	65	1100	176	48	1	7	9
Kettle Chips	304	164	18	2	0	0	0	0	324	0	32	2	0	4

Juices	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Orange	130	0	0	0	0	0.1	0	0	0	821	30	0.5	28	1
Lemonade	210	0	0	0	0	0	0	0	10	82	54	0	51	0
Jolly Green	220	10	1.5	0	0	0.3	0	0	85	1196	58	10	40	5
Sunrise	110	0	0	0	0	0.2	0	0	150	867	29	3	20	1
New You	100	5	0.5	0	0	0.2	0.1	0	95	594	23	6	13	2
The Cure	550	15	1.5	0	0	0.6	0.4	0	290	2247	145	26	85	6
Blackberry Lemonade	190	0	0	0	0	0.1	0	0	10	95	50	1	46	0

Sweet Potato Pear Cinnamon Juice	490	40	4.5	0.5	0	3.2	0.6	0	150	1339	112	23	46	7
----------------------------------	-----	----	-----	-----	---	-----	-----	---	-----	------	-----	----	----	---

**Bubbles & Booze**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Mimosa	150	0	0	0	0	0	0	0	0	257	9	0	9	0
Beerose	120	0	0	0	0	0	0	0	5	305	16	0	9	1
Tequila Sunrise Mimosa	270	0	0	0	0	0	0	0	0	309	25	1	20	1
Screwdriver	130	0	0	0	0	0	0	0	0	291	12	0.6	11	1
Sunshine Margarita	200	0	0	0	0	0	0	0	0	136	20	0	13	0
Spicy Bloody Mary	160	35	4	1	0	0.4	1.6	10	690	453	10	2	6	4
Regular Bloody Mary	170	35	3.5	1	0	0.4	1.6	10	990	461	10	2	6	5
Jamaican-Me Crazy Coffee	250	100	11	7	0	0.4	2.8	30	10	179	19	0	16	2
Caramel Apple	290	0	0	0	0	0	0	0	25	12	50	1	44	0
White Russian Latte	450	270	30	18	1	1	8	90	110	367	26	1	23	8
Spiked Hot Chocolate	640	350	39	23	0.5	0.9	5.5	80	150	409	61	0	49	11
Blackberry Lemonade Cooler	210	0	0	0	0	0.1	0	0	0	82	32	2	29	1

**Specialty Coffee**

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Whole Milk Cold Latte	250	80	9	5	0	0.6	2.3	30	130	427	32	0	32	9
Whole Milk Hot Latte	190	70	7	4	0	0.4	1.8	25	105	352	24	0	23	7
Skim Milk Cold Latte	180	0	0	0	0	0	0.1	5	135	530	34	0	34	10
Skim Milk Hot Latte	140	0	0	0	0	0	0.1	4.9	110	434	25	0	24	8
Almond Milk Cold Latte	110	25	3	0	0	0	0	0	220	253	20	1	18	1
Almond Milk Hot Latte	80	20	2.5	0	0	0	0	0	180	213	14	0.9	12	1
Soy Milk Cold Latte	200	45	4.5	0.5	0	3	1.2	0	135	478	28	1	25	9
Soy Milk Hot Latte	150	35	4	0	0	2.4	0.9	0	110	393	20	0.9	18	8
The Honey Bee	210	70	7	4	0	0.4	1.8	25	105	363	29	0	29	7
Real Deal Mocha	350	190	21	12	0	0.4	1.8	30	130	378	36	0	33	8
Real Deal Hot Chocolate	420	240	27	16	0	0.7	3.7	50	125	367	39	0	35	9
Cappuccino	110	50	6	3	0	0.3	1.4	15	80	277	9	0	9	5