

OMELETS NUTRITIONAL INFORMATION

Menu Item (List is a complete entrée unless otherwise noted)	Calories	Total Fat (g)	Saturated Fat (g)	Chol. (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
#1 Veggie Omelet	225	13	4	561	171	18	8	1
#2 Traditional Omelet	410	27	11	607	716	30	6	0
#3 American & Sausage Omelet	429	34	14	610	531	27	2	0
#4 American Omelet	311	23	10	591	342	24	2	0
#5 Denver Omelet	264	16	5	577	541	22	6	1
CREATE YOUR OWN OMELET INGREDIENTS (1 oz. PORTION)								
 Egg Beater (2 oz.)	27	0	0	0	91	5	1	0
 Egg Whites (2oz.)	21	0	0	0	55	4	0	1
 Green Peppers	6	0	0	0	0	0	1	0
 Mushrooms	7	0	0	0	1	1	1	0
 Onions	10	0	0	0	1	0	2	0
 Tomatoes	5	0	0	0	2	0	1	0
 Whole Egg	66	4	1	187	55	5	1	0
Bacon (crumbled)	163	14	5	24	452	9	0	0
Cheddar Cheese	114	9	6	30	176	7	0	0
Ham	35	1	0.5	15	356	5	2	0
Sausage	118	11	4	19	189	3	0	0
Turkey Sausage Link	65	5	2	23	155	4	0	0

BREAKFAST AT SUNRISE EXPRESS NUTRITIONAL INFORMATION

Menu Item (List is a complete entrée unless otherwise noted)	Calories	Total Fat (g)	Saturated Fat (g)	Chol. (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
 #6 Powerbowl	424	12	3	23	753	32	45	4
#1 Breakfast Burrito	479	23	10	404	631	24	41	2
#2 Hearty Breakfast Burrito	532	30	12	236	765	22	41	2
#3 Egg & Cheese Muffin	270	10	5	207	590	14	29	2
#4 Bacon, Egg & Cheese Croissant	440	28	13	256	952	18	18	2
#5 Ham, Egg & Cheese Muffin	314	12	5	221	989	20	29	2
Egg Beater Breakfast Sandwich	292	11	5	43	736	17	29	2

NOTE: While these nutritional values are an excellent guide, they are approximations taken from an average of many government and commercial sources.