



## BREAKFAST AT SUNRISE NUTRITIONAL INFORMATION

Menu Item (List is a complete entrée unless otherwise noted)	Calories	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
<b>#1 2 Pancakes and 2 Bacon</b>	220	8	3	20	679	8	28	1
<b>#2 Biscuit and Gravy with Hashbrowns</b>	401	18	5.5	21	1257	8	50	1
<b>#3 2 Eggs, 2 Bacon and Hashbrowns</b>	374	23	8	394	339	16	24	2
<b>#4 2 Eggs and Hashbrowns</b>	302	17	6	384	137	12	24	2
<b>#5 2 Eggs and 2 Bacon</b>	204	15	5	385	313	15	1	0
<b>#6 2 Eggs and Corned Beef Hash</b>	452	22	6	614	604	26	38	4
<b>#7 3 Eggs, 3 Bacon, Hashbrowns and a Biscuit</b>	646	38	12	606	1075	29	51	2
<b>SPECIAL 3 Eggs, 3 Turkey Sausage, Hashbrowns and a Biscuit</b>	733	42	15	660	1237	33	50	2

## BREAKFAST A LA CARTE NUTRITIONAL INFORMATION

Menu Item (List is a complete entrée unless otherwise noted)	Calories	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
 <b>Egg Beater (2 oz.)</b>	27	0	0	0	91	5	1	0
 <b>Whole Egg</b>	66	4	1	187	55	5	1	0
<b>Bacon (2 Pieces)</b>	72	6	2	10	202	4	0	0
<b>Biscuit</b>	170	6	1.5	0	580	3	25	0
<b>Corned Beef Hash (4 oz.)</b>	160	7	2	120	247	8	18	2
<b>Country Gravy (2 oz.)</b>	231	12	4	10	677	5	25	1
<b>French Toast (2 Slices)</b>	298	14	4	75	311	10	33	2
<b>Hash Browns</b>	170	9	4	10	27	2	22	2
<b>Pancake</b>	74	1	0	5	239	2	14	0
<b>Sausage Patty (1 Piece)</b>	177	17	6	29	284	5	0.5	0
<b>Turkey Sausage Link (1 Piece)</b>	65	5	2	23	155	4	0	0

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