



NUTRITION INFORMATION

Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be within 10% +/- of your actual meal.

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BREAKFAST BRUNCH LUNCH

4-egg Omelets (No Muffin)

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bacon City Omelet	1040	760	86	31	0	5	14	1175	1880	400	7		3		63
Buffalo Chicken	1030	760	86	28	0	6	14	1160	2290	520	8		5		56
Creole	830	610	69	31	0	6	15	1185	1150	500	8	1	4		47
Southwest Steak and Cheese	800	530	60	20	0	8	22	1120	640	640	8	1	4		56
Surfer Girl	640	440	50	18	0	6	17	1075	610	940	15	4	7		36
Wild Western	590	370	42	13	0	5	14	1065	970	630	11	3	6		44



BREAKFAST BRUNCH LUNCH

BYO	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
BYO Omelet or Scramble	410	280	31	8	0	5	14	1030	340	330	2		2		31
BYO: Add American Cheese	80	60	7	4.0				20	380		2		1		4
BYO: Add Andouille	50	40	4.5	1.5				10	180		0				3
BYO: Add Bacon	45	35	4.0	1.0				10	150						3
BYO: Add Bell Pepper	5	0	0						0	0	1		1		0
BYO: Add Broccoli	5	0	0						5	65	1		0		1
BYO: Add Cheddar	80	60	7	4.0				20	135	0					5
BYO: Add Cheddar Jack	110	80	9	5				25	170	0	1				7
BYO: Add Chorizo	80	60	7	2.0				15	150		1		0		3
BYO: Add Goat Cheese	60	40	4.5	3.5				20	60		1		1		4
BYO: Add Green Onions	0	0							0	0	0		0		0
BYO: Add Jalapeno	5	0	0			0			0	0	1		1		0
BYO: Add Mushrooms	10	10	1.0	0		0	0		45	75	1		0		1
BYO: Add Onion	10	0							0	0	2		1		0
BYO: Add Pepper Jack	90	60	7	4.5				25	150	0	1				6
BYO: Add Poblano Peppers	0	0									1				0
BYO: Add Sausage	120	100	11	4.5				15	140	65	0				3
BYO: Add Shrimp	10							25	65	0					3
BYO: Add Spinach	0	0							10	65	0				0
BYO: Add Tomato	0	0							0	50	1		1		0



BREAKFAST BRUNCH LUNCH

Beverages	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Apple Juice (large)	210								20	300	47		41		
Apple Juice (small)	120								10	180	28		25		
Chocolate Milk (Large)	470	140	16	9		1.0	3.5	45	220	730	72	4	66	42	16
Chocolate Milk (Small)	280	80	9	5		0.5	2.0	25	130	440	44	3	40	25	9
Coke	120								40		34		34	34	
Coke Zero									35	0					
Cranberry Juice (large)	260								60		64		64	60	
Cranberry Juice (small)	160								35		38		38	36	
Diet Coke									35						
Dr. Pepper	120								50		33		32	32	
Grapefruit Juice (large)	210									690	53		53		4
Grapefruit Juice (small)	120									420	32		32		2
House Lemonade	150								5	85	40		36	34	0
Milk (large)	280	130	15	9		1.0	3.5	45	200	600	22		24		14
Milk (small)	170	80	9	5		0.5	2.0	25	120	360	13		14		9
Mr. Pibb	120								15		32		32	32	
Orange Juice (large)	210	10	1.0	0		0	0		0	930	48		39		3
Orange Juice (pitcher)	560	20	2.5	0		0	0		10	2480	129	2	104		9
Orange Juice (small)	130	0	0.5	0		0	0		0	560	29		23		2
V8 (large)	80								1200	880	17	2	13		4
V8 (small)	50								720	530	10	1	8		2



BREAKFAST BRUNCH LUNCH

Breakfast Basics (No Sides)																
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	
Avocado Toast	400	210	24	3.0		4.0	15		600	770	41	10	11	7	7	
Biscuits & Gravy	950	520	59	35		1.5	7	90	2230	190	84	2	11		18	
House-Made Cinnamon Roll	1290	530	60	31		1.0	2.0	45	2430	0	171	5	83	81	20	
Old Fashioned Oatmeal (No Toppings)	390	80	9	1.5		3.0	4.0		10	350	66	10	1		13	
Old Fashioned Oatmeal: Add Blueberries	15	0	0						0	0	4		3		0	
Old Fashioned Oatmeal: Add Brown Sugar	110								10	0	28		28	28		
Old Fashioned Oatmeal: Add Candied Pecans	180	150	16	2.0					125		8	2	7	7	2	
Old Fashioned Oatmeal: Add Cinnamon	0	0							0	0	1					
Old Fashioned Oatmeal: Add Golden Raisins	90								5	220	22	1	21		1	
Old Fashioned Oatmeal: Add Half and Half	40	30	3.5	2.0				15	25	0	1		1		1	
Old Fashioned Oatmeal: Add Whipped Butter	200	200	22	10					220							
Zax I am Fried Eggs (No Meat)	640	350	39	14	0	4.0	9	475	1060	260	49	2	13	11	19	
Zax I am Fried Eggs: Add Bacon	240	190	21	6				45	780						15	
Zax I am Fried Eggs: Add Canadian Bacon	120	25	3.0	1.0				40	1380		4		4	4	20	
Zax I am Fried Eggs: Add Chorizo Patty	100	80	9	2.5				20	200		2		0		4	
Zax I am Fried Eggs: Add Ham	40	10	1.0	0				15	470						7	
Zax I am Fried Eggs: Add Sausage	350	300	34	13				40	430	190	1				10	
Zax I am Fried Eggs: Add Turkey Sausage	270	190	21	6				120	910	270					21	



BREAKFAST BRUNCH LUNCH

Breakfast Entrees (No Sides)

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Country Fried Steak (No Muffin)	860	450	51	15	0	8	20	535	1670	360	52	2	5	8	47
Eggs Bennie	720	450	51	27	0	3.0	7	580	1990	200	26	1	6	4	38
Steak Bennie	990	650	73	35	0	3.5	17	625	1760	710	23	2	2		57
Steak and Eggs (No Muffin)	740	510	57	15	0	8	28	560	760	660	1		1		53
The Mad Platter (No Bread)	1790	1200	136	38	0	15	31	825	3110	1120	86	6	15	8	59
The Mad Platter: Add Biscuit	270	110	12	8					840		34		3		6
The Mad Platter: Add Blueberry Muffin	350	90	10	4.5		0			660	65	60		36	32	3
The Mad Platter: Add English Muffin	120	10	1.0						400	0	21		1		4
The Mad Platter: Add Everything Muffin	430	200	22	10		0	1.0	50	920	130	48	2	13	11	7
The Mad Platter: Add Gluten Free White Bread	170	30	3.5	0		1.0	2.0		270	0	35	4	5	4	1
The Mad Platter: Add Gluten Free Whole Grain Bread	170	30	3.5			1.0	2.0		250	0	35	4	5	4	1
The Mad Platter: Add Sourdough Bread	200	20	2.0						280	100	40	2	2		6
The Mad Platter: Add Texas Toast	180	20	2.0	0		1.0	0		350	55	33		4	4	6
The Mad Platter: Add Wheat Bread	260	25	3.0	0.5		1.0	0		480	85	43	2	6	4	8
Veggie Bennie Florentinie	750	550	63	27	0	7	16	540	1160	700	29	4	3		21



BREAKFAST BRUNCH LUNCH

Burgers & Sandwiches (No Sides)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Ace BLT	1000	650	74	26		3.5	11	340	1670	550	47	6	4		44
Ace BLT (GF White Bread)	970	670	76	27		4.5	13	340	1660	490	42	8	7	4	39
Ace BLT (GF Whole Grain Bread)	970	670	76	26		4.5	13	340	1640	480	42	8	7	4	39
Classic Burger (GF White Bread)	630	330	37	16	1.5	1.5	12	145	1670	550	39	5	7	4	34
Classic Burger (GF Whole Grain Bread)	630	330	37	16	1.5	1.5	12	145	1650	540	39	5	7	4	34
Classic Burger (No Cheese)	660	320	36	16	1.5	0.5	10	145	1770	510	43		7	5	39
Classic Burger: Add American Cheese	50	40	4.5	2.5				15	250		1		0		3
Classic Burger: Add Cheddar Cheese	80	60	7	4.0				20	135	0					5
Classic Burger: Add Pepper Jack Cheese	80	50	6	4.0				20	135	0	1				5
Breakfast Sammie	1050	710	80	24	0	4.5	14	620	1530	420	44	3	6	5	42
Breakfast Sammie (GF White Bread)	1020	710	81	25	0	5	16	620	1430	450	40	7	6	4	37
Breakfast Sammie (GF Whole Grain Bread)	1020	710	81	24	0	5	16	620	1410	450	40	7	6	4	37
Pop's Popping Egg Salad (GF White Bread)	710	440	50	16		3.5	9	780	1640	370	41	5	9	4	24
Pop's Popping Egg Salad (GF Whole Grain Bread)	710	440	50	16		3.5	9	780	1620	360	41	5	9	4	24
Pops' Popping Egg Salad Wild Club	740	430	49	16		2.5	7	780	1650	430	46	3	6	0	29
Wild Club	1040	600	68	24		0		195	3330	260	48	3	5		57
Wild Club (GF White Bread)	1010	620	70	24		1.0	2.0	195	3320	200	43	5	8	4	52
Wild Club (GF Whole Grain Bread)	1010	620	70	24		1.0	2.0	195	3300	190	43	5	8	4	52
Yard Bird Chicken Salad	980	560	63	21		0	1.0	160	2420	660	56	3	14	1	44
Yard Bird Chicken Salad (GF White Bread)	950	570	64	21		1.5	3.0	160	2410	590	51	5	17	5	39
Yard Bird Chicken Salad (GF Whole Grain Bread)	950	570	64	21		1.5	3.0	160	2390	590	51	5	17	5	39
Yellow Submarine	1240	730	83	25	0	3.5	9	660	3400	450	51	3	8	3	54
Yellow Submarine (GF White Bread)	1100	740	84	26	0	4.5	11	660	2980	380	43	5	10	4	47
Yellow Submarine (GF Whole Grain Bread)	1100	740	84	25	0	4.5	11	660	2960	380	43	5	10	4	47



BREAKFAST BRUNCH LUNCH

Espresso, Tea, And Coffee

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Americano	0	0	0	0		0			15	70					0
Brewed Coffee (caffeinated) with Cream	25	15	1.5	1.0		0	5	35	580	0	0	0	0	0	2
Brewed Coffee (decaffeinated) with Cream	15	10	1.5	1.0			5	35	630	0	0	0	0	0	2
Cafe Latte	150	70	8	4.5		0.5	2.0	25	115	390	12		13		8
Cafe Latte: Add Brown Sugar Spice Syrup	270										63		63	63	
Cafe Latte: Add Caramel Syrup	300										72		69	69	
Cafe Latte: Add Coconut Syrup	300										75		75	75	
Cafe Latte: Add Hazelnut Syrup	270							15			66		66	66	
Cafe Latte: Add Pumpkin Spice Syrup	270							30			60		60	60	
Cafe Latte: Add Sugar Free Hazelnut Syrup	60							45			15				
Cafe Latte: Add Sugar Free Vanilla Syrup											12				
Cafe Latte: Add Toasted Marshmallow Syrup	300										72		72	72	
Cafe Latte: Add Vanilla Syrup	300										72		69	69	
Cafe Mocha (hot)	370	90	10	6		0.5	2.0	25	140	390	60	4	57	44	10
Cafe Mocha (iced)	370	90	10	6		0.5	2.0	25	140	390	60	4	57	44	10
Cappuccino	150	70	8	4.5		0.5	2.0	25	115	390	12		13		8
Cappuccino: Add Brown Sugar Spice Syrup	270										63		63	63	
Cappuccino: Add Caramel Syrup	300										72		69	69	
Cappuccino: Add Coconut Syrup	300										75		75	75	
Cappuccino: Add Hazelnut Syrup	270							15			66		66	66	
Cappuccino: Add Pumpkin Spice Syrup	270							30			60		60	60	
Cappuccino: Add Sugar Free Hazelnut Syrup	60							45			15				
Cappuccino: Add Sugar Free Vanilla Syrup											12				
Cappuccino: Add Toasted Marshmallow Syrup	300										72		72	72	
Cappuccino: Add Vanilla Syrup	300										72		69	69	
Cold Brew	0	0	0						5	130					0
Double Espresso	0	0	0	0		0			10	70					0
Hot Chocolate	490	80	9	5.0		0	2.0	25	150	430	98	4	80	68	11
Hot Tea	5	0							10	150	3				0
Iced Tea	130	0							0	0	35		34	34	0
Red Eye	0	0	0	0		0			15	70					0



BREAKFAST BRUNCH LUNCH

French Toast (No Sides, No Syrup)

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Classic French Toast	590	270	31	15		0	0	80	730	200	65	3	6	2	10
Classic French Toast (GF White Bread)	550	290	33	16		1.5	3.5	80	710	95	58	6	10	8	3
Classic French Toast (GF Whole Grain Bread)	550	290	33	15		1.5	3.5	80	680	95	58	6	10	8	3
Stuffed French Toast	570	240	27	15		0	0	120	490	320	71	5	25	13	10
Stuffed French Toast (GF White Bread)	630	260	29	16		1.5	2.5	120	490	660	87	13	41	17	7
Stuffed French Toast (GF Whole Grain Bread)	630	260	29	15		1.5	2.5	120	470	660	87	13	41	17	7



BREAKFAST BRUNCH LUNCH

Kids Menu (No Sides)																
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	
Kid Burger	360	210	23	11	1.0	0	5.0	85	690	190	16	1	2		19	
Kid Cake	380	130	14	4.5		1.5	4.0	105	780	300	50	2	16	11	10	
Kid Egg Plate	180	130	14	3.5	0	2.5	7	425	140	135	1		1		13	
Kid French Toast	310	110	12	6		1.0	0.5	65	440	100	40		9	9	7	
Kid Omelet	210	150	17	4.0	0	3.0	7	515	170	160	1		1		15	
Kid Quesadilla	310	160	18	10				40	540	70	26	1	1		15	
Kid Sandwich	440	260	29	10		1.5	4.0	465	1080	135	18		3		28	
Kids Side Fruit	110	0	0	0		0			15	420	28	3	23		2	
Kids Side: Add American Cheese	50	40	4.5	2.5				15	250		1		0		3	
Kids Side: Add Bacon	160	120	14	4.0				30	520						10	
Kids Side: Add Biscuit	270	110	12	8					840		34		3		6	
Kids Side: Add Blueberry Muffin	350	90	10	4.5		0			660	65	60		36	32	3	
Kids Side: Add Canadian Bacon	60	15	1.5	0.5				20	690		2		2	2	10	
Kids Side: Add Cheddar Cheese	80	60	7	4.0				20	135	0					5	
Kids Side: Add Chorizo Patty	100	80	9	2.5				20	200		2		0		4	
Kids Side: Add English Muffin	120	10	1.0						400	0	21		1		4	
Kids Side: Add Everything Muffin	430	200	22	10		0	1.0	50	920	130	48	2	13	11	7	
Kids Side: Add Gluten Free White Bread	90	15	1.5	0		0	1.0		135	0	17	2	3	2	0	
Kids Side: Add Gluten Free Whole Grain Bread	90	15	1.5			0	1.0		125	0	17	2	3	2	0	
Kids Side: Add Ham	40	10	1.0	0				15	470						7	
Kids Side: Add Pepper Jack Cheese	80	50	6	4.0				20	135	0	1				5	
Kids Side: Add Sausage	230	200	23	9				25	280	125	1				7	
Kids Side: Add Sourdough Bread	100	10	1.0						140	50	20	1	1		3	
Kids Side: Add Texas Toast	90	10	1.0	0		0.5	0		170	0	17		2	2	3	
Kids Side: Add Turkey Sausage	180	120	14	4.0				80	600	180					14	
Kids Side: Add Wheat Bread	130	15	1.5	0		0.5	0		240	0	21	1	3	2	4	



BREAKFAST BRUNCH LUNCH

Mimosa Time

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Faux-Po-Mosa	160	0	0						15	140	39		36	25	1
Grand Mimosa	180	0	0						0	140	17		15	9	1
Mimosa	110	0	0						0	140	8		7	1	1
Orange Pineapple Mimosa	170									150	11		9	2	1
Pitcher of Grand Mimosa	1070	0	0	0		0	0		0	490	61	1	56	35	2
Pitcher of Mimosa	810	5	0.5	0		0	0		0	630	42		36	9	2
Pitcher of Pomegranate Mimosa	1070	0	0	0		0	0		30	450	107		97	75	2
Pomegranate Mimosa	180	0	0						10	140	33		30	23	1
Strawberry Lemonade Mimosa	150									0	7		6	6	



Muffins

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Blueberry Muffin	350	90	10	4.5		0			660	65	60		36	32	3
Everything Muffin	430	200	22	10		0	1.0	50	920	130	48	2	13	11	7



BREAKFAST BRUNCH LUNCH

Pancakes And Waffles (No Sides, No Syrup)

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Belgian Waffle	530	290	33	14	0	0.5	85	1020	0	49	1	4	2	7	
Big Stack	1270	510	58	20	0	6	13	315	2640	940	150	5	42	25	33
Big Stack (GF Pancakes)	1340	450	51	16	0	6	14	310	2240	760	180	2	22	9	31
Chicken and Waffle	1600	830	94	30	0	8	23	255	3830	730	118	4	48	40	67
Strawberry Tall Cakes	1190	390	45	18	0	6	14	320	1310	850	167	3	108	89	25
Strawberry Tall Cakes (GF Pancakes)	1450	310	36	14	0	5	12	260	1790	730	247	3	99	86	26



BREAKFAST BRUNCH LUNCH

Salads (No Sides)

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Grilled Chicken Salad (No Dressing)	740	390	44	12		3.5	11	345	2500	880	24	10	9		62
Grilled Chicken Salad: Add Balsamic Dressing	110	80	9	1.0					380		9		8	8	
The Chicken or The Egg? with Chicken Salad	560	320	36	6		0.5	1.0	90	1550	640	24	5	16	1	30
The Chicken or The Egg? with Egg Salad	470	310	35	8		2.5	7	750	670	360	12	4	7	0	24



BREAKFAST BRUNCH LUNCH

Sides	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Side Bacon	320	250	28	8				60	1040						20
Side Blueberries	15	0	0						0	0	4		3		0
Side Breakfast Tots	440	300	34	11	0	5.0	11	50	960	240	21		3		8
Side Canadian Bacon	90	20	2.5	1.0				30	1040		3		3	3	15
Side Candied Pecans	180	150	16	2.0					125		8	2	7	7	2
Side Chocolate Chips	130	70	8	4.5						75	19	2	17	17	2
Side French Fries	440	270	30	3.5	0	6	13		1500	420	38	2			2
Side French Toast (No Syrup)	310	190	21	10				25	350	70	24	1	3	2	3
Side Fruit	110	0	0	0		0			15	420	28	3	23		2
Side GF French Toast (White, No Syrup)	290	200	22	10		0.5	1.0	25	350	0	21	2	5	4	1
Side GF French Toast (Whole Grain, No Syrup)	290	200	22	10		0.5	1.0	25	340	0	21	2	5	4	1
Side GF Pancake (No Syrup)	550	250	28	10		2.0	4.5	105	860	250	62		9	5	10
Side GF White Toast	470	330	37	16		1.0	2.0		600	0	35	4	5	4	1
Side GF Whole Grain Toast	470	330	37	15		1.0	2.0		580	0	35	4	5	4	1
Side Hashbrown Casserole	440	300	34	11	0	5.0	11	50	960	260	21		3		9
Side Home Fries	230	80	9	1.0		3.0	4.5		750	420	34	4			4
Side Pancake (No Syrup)	530	270	30	12		2.0	4.5	105	990	310	51	2	16	10	11
Side Salad (No Dressing)	160	90	10	5		0		25	190	650	12	5	5		10
Side Sausage Links	460	400	45	17				50	570	250	1				14
Side Sautéed Spinach	150	130	15	1.0	0	4.0	9		540	550	4	2	1		3
Side Skillets	400	250	28	2.5	0	9	17		700	420	34	4			4
Side Stone Grits	130	60	6	3.0				4	750	0	15	2			1
Side Strawberries	10	0	0						0	0	2		1		0
Side Sugar Cured Ham	110	35	3.5	1.5				45	1130	450	4		4	4	13
Side Turkey Sausage	270	190	21	6				120	910	270					21
Side Veg of the Day: Broccoli	25	10	1.5	0		0	0.5		1910	100	2		1		1
Side Veg of the Day: Mushroom Mix	40	20	2.5	0		0	1.0		1970	130	4		1		1
Side Veg of the Day: Onion Mix	35	10	1.0	0		0	0.5		1910	75	5		1		1
Side Veg of the Day: Oven Tomatoes	35	20	2.5	0		0.5	1.5		2040	75	2		1		0
Side Veg of the Day: Squash Mix	45	10	1.5	0		0	0.5		1910	170	3		2		1



BREAKFAST BRUNCH LUNCH

Wild Eggs Creations (No Sides)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Breakfast Burrito	1420	860	98	34	0	11	25	900	2500	940	87	8	8		55
Breakfast Burrito: Add Black Beans	140	0	0						120	590	24	6	1		9
Farmers Market Skillet (No Muffin)	650	420	48	11	0	10	21	450	990	930	35	6	6		25
Huevos Rancheros	800	400	45	10	0	8	21	505	1190	1340	48	11	7		49
Kalamity Katie's Border Benedict (No Muffin)	1010	640	72	27	0	3.5	10	570	2030	460	58	4	19	12	37
Kelly's Quesadilla (No Meat)	1390	840	95	39	0	6	16	1175	2370	830	64	4	8		74
Kelsey KY Brown	850	550	62	27		3.0	7	390	1840	310	33	2	5		40
Loco Hash	1090	710	80	24	0	13	28	565	2450	1220	48	8	7		49
Mexico City Chilaquiles (No Meat)	730	410	46	15	0	7	16	335	1880	790	45	9	2		26
Mexico City Chilaquiles add Ground Chorizo	300	240	27	7				55	610		5		1		11
Mexico City Chilaquiles add Pulled Chicken	130	25	3.0	1.0		0.5	1.0	65	140	200	0		0		24
Potato Head Casserole	890	630	72	31		3.0	7	355	2090	630	30	2	7		31
The Carolina Casserole	1300	910	102	32	0	13	32	565	2380	940	54	3	8		37
Wild Mushroom & Roasted Garlic Scramble (No Muffin)	620	440	50	14	0	7	16	1055	520	490	6		4		37



BREAKFAST BRUNCH LUNCH

Wild Spirits

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bluegrass Sunrise	210	0							15	60	30		27	25	0
Bluegrass Sunrise Pitcher	830								55	150	114		106	101	0
Proud Mary	180	20	2.0						2840	140	11	3	5		2
Proud Mary (Carmel)	210	20	2.0						2710	130	10	3	4		2
Proud Mary Pitcher	560								6940	410	35	9	17		9
Tequila Sunrise	280	0	0			0	0		0	390	31		27	11	1
Tequila Sunrise Pitcher	1130	15	1.5	0		0	0		10	1620	128	2	110	42	6
Virgin Mary	90	20	2.0						3240	160	13	3	6		3
Wild Screwdriver	190	0	0			0	0		0	420	22		18		1
Wild Screwdriver (Carmel)	220	0	0			0	0		0	390	20		16		1
Wild Screwdriver Pitcher	750	15	1.5	0		0	0		10	1610	84	2	68		6