

Scramblers Menu - Nutritional Information

Per Serving

	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<u>Omelettes</u>										
Awesome Avocado	590	44	17	0	753	1217	8	4	1	45
Spinach & Portabella Mushroom	520	36	19	0	723	423	1	1	1	45
The Ultimate	840	64	28	0	827	2048	7	1	2	63
Wild Western	590	41	20	0	765	1328	6	1	2	53
Veggie Delight	340	18	10	0	60	707	6	1	2	36
Lean & Green	190	6	4	0	35	630	2	1	1	28
Three Cheese	680	51	26	0	775	835	3	0	0	53
Ham And Swiss	600	39	20	0	760	1065	0	0	0	58
Bacon And Cheese	780	59	28	0	848	2118	3	0	0	62
Sausage And Cheese	790	67	28	0	767	1213	4	0	1	49
Spinach & Bacon	780	56	27	0	848	1648	1	1	1	66
<u>Tex-Mex</u>										
Westgate Skillet	900	55	20	0	441	2603	58	6	6	43
Spicy Baja Breakfast Burrito	1050	65	29	0	603	2590	64	1	6	55
South Of The Border Omelette	770	56	24	0	771	1670	18	2	7	50
Chicken Fajita Omelette	630	42	20	0	773	1063	13	2	5	54
Breakfast Tacos	1115	71	27	0	639	171	80	12	11	61
<u>Scramblers Specialties</u>										
Wisconsin Scrambled	660	52	28	0	770	780	4	0	0	42
Avocado Toast	760	48	14	0	375	1526	52	17	8	39
Eye Opener	500	36	17	0	753	1220	3	1	1	44
Hash & Eggs (Scrambled)	450	28	11	0	371	1315	25	4	3	27
Big Country	760	38	18	0	356	4721	105	3	8	23
Uncle Moose's Manhandler	930	60	24	0	484	2819	47	5	1	53
Chicken & Waffles	726	11	1	0	35	2323	164	4	31	31
<u>All Americans</u>										
The American (Scrambled With Pork Sausage)	620	56	20	0	545	1010	2	0	1	30
The American (Scrambled With Bacon)	360	30	10	0	525	510	0	0	0	22
The American (Scrambled With Turkey Sausage)	340	24	8	0	565	720	0	0	0	32
The Lite	180	12	5	0	495	180	0	0	0	18
The Classic (Scrambled With Pork Sausage)	1080	81	30	0	715	2745	47	2	9	42
The Classic (Scrambled With Bacon)	820	55	21	0	695	2245	45	2	8	35
The Classic (Scrambled With Turkey Sausage)	800	49	19	0	672	2455	45	2	8	44
Mini Classic (Scrambled with Pork Sausage)	570	43	16	0	440	1402	24	1	5	24
Mini Classic (Scrambled with Bacon)	470	33	12	0	435	1207	23	1	4	21
Mini Classic (Scrambled with Turkey Sausage)	430	27	10	0	418	1257	23	1	4	25

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<u>Bottomless Griddle</u>										
Marie's Homemade Cakes	690	38	15	0	254	2602	68	2	12	19
Banana Nut Cakes	1150	56	16	0	254	2630	140	13	39	30
Lemon-Blueberry Cakes	906	65	22	0	254	2687	96	22	35	41
Toast of France	620	20	7	0	422	961	80	4	18	28
Stuffed French Toast	960	44	24	0	471	1147	106	5	41	32
Golden Waffle	460	7	4	0	254	1125	122	3	14	12
<u>Breakfast Sandwiches</u>										
Zesty Smokehouse (without mayo)	740	50	16	0	472	1454	38	4	7	36
Open-Faced Smothered Croissant	410	25	12	0	422	774	18	1	3	29
<u>Bennys</u>										
Traditional Benny	540	26	10	0	385	1527	44	6	7	36
Crab Cake Benny	590	31	9	0	395	990	48	5	7	28
<u>Extra Bites</u>										
Yogurt Parfait	180	3	2	0	3	54	35	2	20	5
Fruit Cup	60	0	0	0	0	12	17	2	13	1
Yogurt Cup	150	1	1	0	3	79	29	0	21	5
Fruit Bowl	300	0	0	0	0	10	34	4	18	1
Oatmeal - 1 cup	220	5	1	0	0	0	41	6	2	8
Oatmeal - 1 bowl	450	9	2	0	0	0	81	12	3	15
Blueberry Muffin	440	21	4	0	60	620	61	2	30	6
Biscuits & Gravy	550	25	13	0	17	1948	74	0	7	9
Pork Sausage Links	660	66	23	0	75	1245	3	0	2	18
Turkey Sausage Patties	240	18	6	0	11	810	0	0	0	21
Corned Beef Hash	320	20	8	1	41	1185	22	4	2	15
Smoked Bacon	240	18	7	0	40	440	0	0	0	20
Thick-Cut Honey-Cured Bacon	240	24	8	0	40	440	0	0	0	6
Skin-On Potato Chunks	250	7	0	0	0	1058	42	5	0	5
Skin-On Potato Chunks (loaded)	530	31	16	0	80	1458	46	5	1	20
Hash Browns	180	0	0	0	0	677	40	5	0	0
Hash Browns (loaded)	460	24	16	0	80	1077	44	5	1	15
Side Salad	280	15	7	0	195	457	30	1	2	16

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<u>Bread Pantry</u>										
Multi-Grain English Muffin	180	2	0	0	0	290	32	4	1	7
Blueberry Muffin	440	21	4	0	60	620	61	2	30	6
Gluten-Free Blueberry Muffin	270	9	2.5	0	60	250	39	1	22	3
Toast (white) - 2 slices	300	5	0	0	0	540	56	2	4	8
Toast (whole wheat) - 2 slices	300	3	0	0	0	480	60	5	6	6
Toast (rye) - 2 slices	280	3	0	0	0	800	5	6	2	10
Toast (sourdough) - 2 slices	260	3	0	0	0	540	48	2	2	10
Toast (gluten-free wheat) - 2 slices	240	8	0	0	0	460	42	2	6	4
<u>Scramblers Sides</u>										
Seasonal Cut Fresh Fruit	60	0	0	0	0	12	17	2	13	1
Strawberry Lowfat Yogurt	150	1	1	0	3	79	29	0	21	5
Skin-On Potato Chunks	250	7	0	0	0	1058	42	5	0	5
Skin-On Potato Chunks (loaded)	530	31	16	0	80	1458	46	5	1	20
Hash Browns	180	0	0	0	0	677	40	5	0	0
Hash Browns (loaded)	460	24	16	0	80	1077	44	5	1	15
<u>Lunch Specialties</u>										
Angus Cheeseburger	1200	71	29	0	225	1775	84	6	5	60
Turkey Club Wrap	900	49	12	0	90	2797	91	3	5	30
Monte Cristo	790	40	15	0	308	2041	68	5	6	48
Turkey Flatbread	780	34	12	0	110	2098	79	5	5	49
Triple Decker BLT	1250	93	21	0	120	2445	85	6	4	21
Sunshine Salad	870	43	10	0	105	1720	62	8	7	53
<u>One & One</u>										
1/2 Monte Cristo	400	20	8	0	154	1021	34	3	3	24
1/2 Turkey Flatbread	390	17	6	0	55	1049	40	3	3	25
1/2 Triple Decker BLT	630	47	11	0	60	1223	43	3	2	11
Broccoli & Cheese Soup	200	14	8	1	45	1270	11	2	3	9
Chicken Noodle Soup	100	3	1	0	25	900	18	1	1	5
Chili	210	9	4	0	30	750	21	6	7	13
Garden Vegetable	90	1	0	0	0	830	17	3	4	4
Italian Wedding Soup	110	4	2	0	10	750	13	1	1	5
Minestone Soup	90	1	0	0	0	930	17	2	4	3
Black Bean	190	4	1	0	0	910	31	7	3	9
Fresh Garden Side Salad	280	15	7	0	195	457	30	1	2	16
Flat Bread	260	6	1	0	0	520	44	2	2	8

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<u>Kid's Menu</u>										
Kiddie Kakes	230	13	5	0	85	867	23	1	4	6
French Toast	250	13	4	0	306	314	25	1	10	14
Scrambled Egg	70	4	2	0	165	60	0	0	0	6
Smiley Face Pancake	350	23	11	0	250	927	29	1	10	12
Grilled Cheese	710	38	16	0	90	1518	67	5	2	30
Chicken Tenders	400	16	2	0	35	1293	50	4	0	22
<u>Beverages</u>										
Apple Juice - small	120	0	0	0	0	35	30	0	26	0
Cranberry Juice - small	140	0	0	0	0	35	35	0	34	0
Orange Juice - small	110	0	0	0	0	0	26	0	22	2
Tomato Juice - small	40	0	0	0	0	630	10	2	7	1
2% Reduced Fat Milk - small	120	5	3	0	20	120	12	0	11	8
1% Reduced Fat - small	100	3	2	0	10	120	12	0	11	8
Chocolate Milk - small	180	3	2	0	10	120	33	0	11	9
Fat Free Milk - small	90	0	0	0	5	130	13	0	12	8
Whole Milk - small	150	8	5	0	35	120	12	0	11	8
Hot Chocolate	113	2	2	0	8	90	25	0	8	7
Iced Coffee	207	8	5	0	34	66	30	0	30	2
Pepsi	200	0	0	0	0	40	55	0	55	0
Diet Pepsi	0	0	0	0	0	50	0	0	0	0
Sierra Mist	190	0	0	0	0	45	52	0	52	0
Mountain Dew	230	0	0	0	0	85	62	0	61	0
Tea	0	0	0	0	0	1	0	0	0	0
Fresh Brewed Coffee Regular Blend	2	0	0	0	0	0	0	0	0	0
Fresh Brewed Coffee Decaf Blend	2	0	0	0	0	0	0	0	0	0
<u>Additional Toppings - 1.5 oz</u>										
Chocolate Chips	50	3	2	0	0	0	8	1	6	1
Dried Cranberries	90	0	0	0	0	0	25	2	22	0
Almonds	120	11	0	0	0	4	4	2	1	5
Pecans	150	15	1	0	0	0	3	2	1	2
Granola	60	1	0	0	0	2	14	2	2	2
Bananas	20	0	0	0	0	0	7	1	4	0
Blueberries	10	0	0	0	0	0	3	1	2	0
Strawberries	9	0	0	0	0	0	2	1	1	0
Whipped Cream	30	3	3	0	0	0	3	0	3	0

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<u>Condiments</u>										
Ketchup - 1 tbsp	20	0	0	0	0	160	5	0	4	0
Whipped Butter - 2 oz.	400	45	19	0	0	314	0	0	0	0
Syrup - 2 oz.	200	0	0	0	0	7	53	0	53	0
<u>Salad Dressings - 2 tbsp</u>										
Honey Mustard	130	12	2	0	15	200	5	0	5	0
Raspberry Vinaigrette	120	10	2	0	0	270	8	0	8	0
Vinaigrette	35	0	0	0	0	280	8	0	7	0
Peppercorn Ranch	130	13	2	0	10	200	2	0	1	1

***Disclaimer: All nutritional information is based off of approximations based on average serving sizes and average accepted values for constituent ingredients.**

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.