

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)
Barbeque Brisket Benny	712	38	14	1	410	2058	19	1	18	48
Shrimp & Grits	843	36	20	0	261	1776	70	3	2	59
Smoked Brisket Sliders	899	60	27	1	452	2844	76	0	8	48
Shrimp Tacos	455	8	3	0	130	1325	69	7	22	31
Red White and Blue Pancakes	1075	58	27	0	320	2715	112	8	44	21
City Egg's Metro Mango	228	0	0	0	0	11	57	4	45	2

***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.