

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)
Cinnamon Roll Pancakes	1965	80	25	0	254	2924	297	12	223	21
Pumpkin Stuffed French Toast	1348	69	33	2	863	1354	140	5	55	39
Game Day Breakfast Skillet	943	55	22	0	889	1662	62	8	6	43
Surf's Up Shrimp	487	36	21	0	524	461	4	0	0	32
Irish Benny	529	31	14	0	420	1048	27	5	7	33
Irish Coffee	305	21	13	0	78	30	12	0	11	0

***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.