

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)
Bacon Cornbread Waffle	902	46	16	0	495	1378	89	2	54	37
Scramblers Poutine	782	47	18	0	407	1983	61	4	1	33
Chicken Salad Sandwich w/Rye	589	38	6	0	126	1183	36	3	4	27
Chicken Salad Sandwich w/Croissant	709	49	11	0	126	1053	43	3	8	27
Chicken Salad Sandwich w/Brioche	739	46	11	0	171	1363	54	5	6	31
Chicken Salad Sandwich w/Biscuit	749	52	15	0	126	1543	44	3	6	27
Chicken Salad - no bread	449	37	6	0	126	783	9	2	3	22
Chicken Apple Fritter Sandwich	745	28	9	0	35	1380	100	3	45	25
Apple Fritter French Toast	1165	64	32	0	344	1025	108	4	43	23
Hot Honey Lemonade	268	0	0	0	0	158	68	0	67	0
Hot Honey Lemonade w/vodka	332	0	0	0	0	158	68	0	67	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.