

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)
Southern Biscuit Benny	859	41	18	0	370	1647	85	2	35	38
Pumpkin Pancakes	1204	64	26	0	254	2921	132	6	67	27
Eggs On The Bayou	558	38	14	0	793	1182	5	0	1	50
Irish Tacos	1010	42	16	0	380	2909	115	11	14	50
Rise and Shine Nachos	1428	99	38	0	768	2897	71	19	9	66
Scramblers Boozy Coffee	399	7	6	0	13	85	46	0	15	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.