Cuban Pork Bowl

Cilantro lime rice, charro beans, and pulled pork, topped with pico de gallo and jalapenos

*Can be made vegan without pork*

Serving Size: 1 each
Calories: 330, Calories From Fat: 110, Total Fat: 12g, Sodium: 200mg, Protein: 18g
Scrambled Eggs

Serving Size: ½ cup
Calories: 140, Calories From Fat: 80, Total Fat: 9g, Sodium: 310mg, Protein: 12g

Contains: EGG

Turkey Bacon
Serving Size: 2 slices
Calories: 60, Calories From Fat: 40, Total Fat: 4g, Sodium: 230mg, Protein: 6g

Pork Sausage Links
Serving Size: 2 each
Calories: 270, Calories From Fat: 240, Total Fat: 26g, Sodium: 350mg, Protein: 6g

Bacon Breakfast Pizza
Serving Size: 1 slice
Calories: 410, Calories From Fat: 200, Total Fat: 23g, Sodium: 760mg, Protein: 18g

Contains: GLUTEN, SOY, DAIRY, EGG

O'Brien Potatoes

Serving Size: ½ cup
Calories: 100, Calories From Fat: 10, Total Fat: 1g, Sodium: 110mg, Protein: 2g

Contains: SOY

Chocolate Chip Pancakes

Serving Size: 1 each
Calories: 160, Calories From Fat: 50, Total Fat: 5g, Sodium: 90mg, Protein: 4g

Contains: GLUTEN, SOY, DAIRY, EGG

Pancake Syrup

Serving Size: 2 tbsp
Calories: 70, Calories From Fat: 0, Total Fat: 0g, Sodium: 60mg, Protein: 0g
Cherry Crumb Cupcakes

Serving Size: 1 each
Calories: 150, Calories From Fat: 40, Total Fat: 4g, Sodium: 160mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

Banana Nut Mini Muffins

Serving Size: 1 each
Calories: 80, Calories From Fat: 25, Total Fat: 3g, Sodium: 85mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG, TREE NUTS

Carrot Cake Smoothie

Serving Size: 8oz
Calories: 160, Calories From Fat: 120, Total Fat: 14g, Sodium: 110mg, Protein: 5g
Middle Eastern Kofta Pita

Serving Size: 1 each
Calories: 380, Calories From Fat: 150, Total Fat: 16g, Sodium: 590mg, Protein: 17g
Contains: GLUTEN, SOY, EGG

Grilled Vegetable Skewers

Serving Size: 1 each
Calories: 50, Calories From Fat: 20, Total Fat: 3g, Sodium: 30mg, Protein: 2g
Contains: SOY

Black Bean Chipotle Gardenburgers

Serving Size: 1 each
Calories: 270, Calories From Fat: 50, Total Fat: 6g, Sodium: 1040mg, Protein: 17g
Contains: GLUTEN, SOY

French Fries

Serving Size: 4.5ozw
Calories: 240, Calories From Fat: 120, Total Fat: 13g, Sodium: 40mg, Protein: 3g
Contains: GLUTEN, SOY
May have cross-contact with other fryer items.
Tomato Basil

Serving Size: 8oz
Calories: 110, Calories From Fat: 40, Total Fat: 4.5g, Sodium: 940mg, Protein: 4g
CONTAINS GLUTEN

Chicken Vegetable

Serving Size: 8oz
Calories: 110, Calories From Fat: 27, Total Fat: 3g, Sodium: 700mg, Protein: 10g