



ALLERGEN GUIDE

The allergens & intolerances identified in this guide are:



PEANUTS



SESAME



SHELLFISH



SOY



WHEAT



CELERY



EGGS



FISH



GLUTEN



MILK



MUSTARD



TREE NUTS

Please inform the manager on duty or person taking your order if you have a food allergy, sensitivity or special dietary request.

This information details which of the most common allergens are present in each menu item. According to the FDA, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

Note we try to exercise caution and follow certain allergen procedures to prevent cross contact, but our ingredients containing milk, egg, fish, peanut, sesame, tree nut, shellfish, soy, wheat, and other allergens are made in the same kitchen and there is still a risk of cross contact with shared surfaces and equipment. Please consult your healthcare provider to determine the types of precautions you should take before enjoying any of our menu items. Also, please allow extra time to prepare your special order.

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
BOWLS												
CHOOSE YOUR BASE:												
Ancient Grains Base												
Fresh, Seasoned Potatoes Base												
CHOOSE YOUR EGGS:												
Cage-Free Fresh Cracked Eggs	X		X				X					
Eggs	X											
Cooking Oil			X				X					
Parsley & Chive Herb Mix												
Cage-Free Egg Whites	X						X					
Eggs	X											
Cooking Oil							X					
Parsley & Chive Herb Mix												
Cage-Free Scrambled Egg Whites	X		X				X					
Eggs	X											
Cooking Spray			X				X					
CHOOSE YOUR STYLE:												
Carnitas Rancheros (No Base or Eggs)			X				X					
Pork Carnitas												
Cooking Oil			X				X					
Avocado												
Black Beans												
Cheddar Monterey Jack Cheese			X									
Lime Crema			X									
Pico de Gallo												
Cilantro												
Farmhouse Hash (No Base or Eggs)			X				X					
Bacon												
Avocado												
Roasted Red Tomatoes												
Cheddar Monterey Jack Cheese			X									
Cooking Oil			X				X					
Onions												
Parsley & Chive Herb Mix												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Market Hash (No Base or Eggs)			X				X					
Mushrooms												
Roasted Red Peppers												
Shallots												
Spinach												
Zucchini												
Cooking Oil			X				X					
Goat Cheese			X									
Mozzarella Cheese			X									
Parsley & Chive Herb Mix												
Pesto Chicken Bowl (No Base or Eggs)	X		X				X					X
Chicken												
Cooking Oil			X				X					
Carrots												
Kale												
Roasted Red Tomatoes												
Feta Cheese			X									
Basil Pesto Sauce	X		X									X
Lemon White Balsamic Vinaigrette												X
Parsley & Chive Herb Mix												
Power Protein Bowl (No Base or Eggs)			X	X			X					X
Chicken												
Cooking Oil			X				X					
Avocado												
Kale												
Pickled Red Onions												
Lemon White Balsamic Vinaigrette												X
Parsley & Chive Herb Mix												
Pepita Seeds				X			X					

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
SALADS												
Superfood Kale Salad			X				X	X		X		X
Kale												
Organic Spring Mix												
Chicken												
Chicken Stock			X				X			X		
Maple Carrots												
Parmesan Cheese			X									
Cranberries												
Almonds								X				
Maple-Lemon Vinaigrette												X
Cobb Salad	X		X									X
Romaine												
Organic Spring Mix												
Avocado												
Turkey												
Bacon												
Hard Boiled Eggs	X											
Tomatoes												
Bleu Cheese			X									
Ranch Dressing	X		X									X
Chicken Avocado Chop Salad			X									X
Romaine												
Arugula												
Chicken												
Avocado												
Black Beans												
Feta Cheese			X									
Corn												
Tomatoes												
Tortilla Strips												
Parsley and Chive Herb Mix												
Citrus Chipotle Dressing												X
HANDHELDS												
Elevated Egg Sandwich (No Lemon-Dressed Greens)	X		X				X	X		X	X	X
Brioche Bun	X		X				X	X		X		
Whipped Butter			X				X					
Mayonnaise	X											X
Gruyere Cheese			X									
Avocado Mash												
Bacon												
Cage-Free Eggs	X											
Cooking Oil			X				X					
Arugula												
Lemon White Balsamic Vinaigrette												X

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
BLTE (No Lemon-Dressed Greens)	X		X		X		X		X		X	X
Bacon												
Whole Grain Artisan Bread					X				X		X	
Monterey Jack Cheese			X									
Cage-Free Eggs	X											
Cooking Oil			X				X					
Mayonnaise	X											X
Tomatoes												
Spring Mix												
Million Dollar Club (No Lemon-Dressed Greens)	X		X		X		X		X		X	X
Sourdough Bread					X		X		X		X	
Million Dollar Bacon												
Turkey												
Avocado												
Monterey Jack Cheese			X									
Spring Mix												
Mayonnaise	X											X
Tomatoes												
Power Wrap (No Lemon-Dressed Greens)	X		X				X		X		X	
Turkey												
Cage-Free Egg Whites	X											
Cooking Spray							X					
Crimini Mushrooms												
Spinach												
Mozzarella Cheese			X									
Pico de Gallo												
Tomato Basil Tortilla							X		X		X	
Social Breakfast Burrito (No Lemon-Dressed Greens)	X		X				X		X		X	
Whole Wheat Tortilla									X		X	
Cage-Free Egg Whites	X											
Cooking Spray							X					
Chicken												
Ancient Grains Blend												
Avocado												
Black Beans												
Cheddar & Monterey Jack Cheese			X									
Feta Cheese			X									
Kale												
Onions												
Pico de Gallo												
Fire Roasted Salsa Verde												
Market Veg Sandwich (No Lemon-Dressed Greens)	X		X		X		X		X		X	X
Whole Grain Artisan Bread					X				X		X	
Whipped Butter			X				X					
Mozzarella Cheese			X									
Mayonnaise	X											X
Crimini Mushrooms												
Spinach												
Zucchini												
Basil Pesto Sauce			X									

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Roast Beef & Havarti (No Lemon-Dressed Greens)	X		X		X		X		X		X	X
Sourdough Bread					X		X		X		X	
Whipped Butter			X				X					
Parmesan Cheese			X									
Roast Beef												
Horseradish Havarti			X									
Roasted Red Tomatoes												
Onions												
Arugula												
Lemon White Balsamic Vinaigrette												X
Horseradish Sauce	X											X
Ham & Gruyere Melt (No Lemon-Dressed Greens)	X		X		X		X		X	X	X	X
Brioche Bread	X		X		X		X		X		X	
Whipped Butter			X				X					
Gruyere Cheese			X									
Ham									X			
Dijonnaise	X											X
Tomatoes												
Lemon-Dressed Greens												X
Lemon White Balsamic Vinaigrette												X
Lettuce, Spring Mix												
SOUPS												
Broccoli Cheddar Soup (No Crackers)			X				X		X		X	X
Chicken and Wild Rice Soup (No Crackers)			X						X			
Clam Chowder (No Crackers)		X	X		X				X	X	X	
Italian Wedding Soup with Orzo (No Crackers)	X		X				X		X	X	X	
Market Vegetable Soup (No Crackers)							X		X		X	
Tomato Basil Soup (No Crackers)			X				X		X	X	X	
Crackers							X		X		X	
SPECIALTY												
Avocado Toast (No Eggs)					X				X		X	
Whole Grain Artisan Toast					X				X		X	
Avocado Mash												
Parsley & Chive Herb Mix												
Lemon												
Avocado Toast: Side Basted Eggs	X		X				X					
Cage-Free Whole Eggs	X											
Cooking Oil			X				X					
Parsley & Chive Herb Mix												
A.M. Superfoods Bowl (No Toast)								X	X		X	
Chia Seed Pudding							X					
Banana												
Strawberries												
Blueberries												
Mixed Berry Compote												
Granola								X	X		X	

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
A.M. Superfoods Bowl: Side Toast with Almond Butter & Sea Salt					X			X	X		X	
Whole Grain Artisan Toast					X				X		X	
Almond Butter								X				
Sea Salt												
Triple Berry Acai Bowl (No Toast)								X	X		X	
Acai Puree												
Blackberries												
Blueberries												
Strawberries												
Granola								X	X		X	
Acai Bowl: Side Toast with Almond Butter & Sea Salt					X			X	X		X	
Bread, Whole Grain, Artisan					X				X		X	
Almond Butter								X				
Sea Salt												
Sunrise Granola Bowl (No Toast)			X					X	X		X	
Vanilla Greek Yogurt			X									
Grapes												
Pineapple												
Strawberries												
Powdered Cinnamon Sugar												
Granola								X	X		X	
Sunrise Granola Bowl: Side Toast with Almond Butter & Sea Salt					X			X	X		X	
Whole Grain Artisan Toast					X				X		X	
Almond Butter								X				
Sea Salt												
Blueberry Pancakes	X		X				X		X		X	
Pancake Batter	X		X				X		X		X	
Blueberries												
Whipped Butter			X				X					
Mixed Berry Compote												
Banana Crunch Pancakes	X		X				X	X	X		X	
Pancake Batter	X		X				X		X		X	
Banana												
Whipped Butter			X				X					
Granola								X	X		X	
Chocolate Chip Pancakes	X		X				X		X		X	
Pancake Batter	X		X				X		X		X	
Chocolate Chips			X				X					
Whipped Butter			X				X					
Multigrain Pancakes	X		X				X		X		X	
Pancake Batter	X		X				X		X		X	
Whipped Butter			X				X					
Belgian Waffle	X		X				X		X		X	
Waffle Mix	X		X				X		X		X	
Whipped Butter			X				X					
Mixed Berry Compote												
Powdered Cinnamon Sugar												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Side of Maple Syrup												
Side of Regular Syrup												
Side of Sugar-Free Syrup											X	
EGGS & OMELETS												
TRADITIONAL BREAKFAST												
Traditional Breakfast: Cage-Free Whole Eggs	X		X				X					
Eggs	X											
Cooking Oil			X				X					
Parsley & Chive Herb Mix												
Traditional Breakfast: Cage-Free Egg Whites	X						X					
Egg Whites	X											
Cooking Spray							X					
Parsley & Chive Herb Mix												
Traditional Breakfast: Pork Sausage												
Traditional Breakfast: Bacon												
Traditional Breakfast: Chicken Sausage												
Traditional Breakfast: Turkey Sausage												
Traditional Breakfast: Fresh, Seasoned Potatoes with Onions												
Traditional Breakfast: Whole Grain Toast with Preserves			X		X		X		X		X	
Whole Grain Artisan Toast					X				X		X	
Whipped Butter												
Strawberry Preserves												
TRI-FECTA												
Tri-fecta: Multigrain Pancakes	X		X				X		X		X	
Pancake Batter	X		X				X		X		X	
Whipped Butter			X				X					
Tri-fecta: Waffle	X		X				X		X		X	
Waffle Mix	X		X				X		X		X	
Whipped Butter			X				X					
Mixed Berry Compote												
Powdered Cinnamon Sugar												
Tri-fecta: Cage-Free Whole Eggs	X		X				X					
Eggs	X											
Cooking Oil			X				X					
Tri-fecta: Cage-Free Egg Whites	X						X					
Egg Whites	X											
Cooking Spray							X					
Tri-fecta: Bacon												
Tri-fecta: Chicken Sausage												
Tri-fecta: Pork Sausage												
Tri-fecta: Turkey Sausage												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Bacado Omelet (No Toast Or Dressed Greens)	X		X				X					
Eggs	X											
Cooking Oil			X				X					
Avocado												
Bacon												
Monterey Jack Cheese			X									
Pico de Gallo												
Sour Cream			X									
Ham & Gruyere Omelet (No Toast or Dressed Greens)	X		X				X			X		
Cage-Free Eggs	X											
Cooking Oil			X				X					
Ham										X		
Gruyere Cheese			X									
Parsley & Chive Herb Mix												
Healthy Turkey (No Toast or Dressed Greens)	X		X				X					
Turkey												
Feta Cheese			X									
Egg Whites	X											
Cooking Spray							X					
Onions												
Spinach												
Tomatoes												
Morning Market Veg Omelet (No Toast or Dressed Greens)	X		X				X					
Cage-Free Eggs	X											
Cooking Oil			X				X					
Kale												
Crimini Mushrooms												
Shallots												
Zucchini												
Roasted Red Tomatoes												
Goat Cheese			X									
Parsley & Chive Herb Mix												
The Works Omelet (No Toast or Dressed Greens)	X		X				X			X		
Cage-Free Eggs	X											
Cooking Oil			X				X					
Ham										X		
Bacon												
Pork Sausage												
Turkey Sausage												
Cheddar & Monterey Jack Cheese			X									
Crimini Mushrooms												
Onions												
Sour Cream			X									
Tomatoes												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Whole Grain Toast with Preserves & Butter			X	X	X			X	X			
Whole Grain Artisan Bread				X				X	X			
Whipped Butter			X				X					
Strawberry Preserves												
Lemon-Dressed Greens												X
Lemon White Balsamic Vinaigrette												X
Spring Mix												
KIDS												
Kid's AB & J with Fruit				X	X	X	X	X	X		X	
Sourdough Bread				X	X			X	X		X	
Almond Butter								X				
Strawberry Preserves												
Grapes												
Pineapple												
Strawberries												
Kid's Bacon And Egg with Toast And Fresh Fruit	X		X	X	X			X	X		X	
Sourdough Bread				X	X			X	X		X	
Bacon												
Eggs	X											
Cooking Oil			X				X					
Grapes												
Pineapple												
Strawberries												
Kid's Chocolate Chip Pancakes (No Meat)	X		X				X	X	X		X	
Pancake Batter	X		X				X	X	X		X	
Whipped Butter			X				X					
Chocolate Chips			X				X					
Kid's Half Waffle with Fresh Fruit (No Meat)	X		X				X	X	X		X	
Waffle Mix	X		X				X	X	X		X	
Whipped Butter			X				X					
Powdered Cinnamon Sugar												
Grapes												
Pineapple												
Strawberries												
Side of Bacon												
Side of Pork Sausage Links												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
Kid's Sunrise Granola Bowl			X	X	X			X	X		X	
Greek Vanilla Yogurt			X									
Granola								X	X		X	
Strawberries												
Grapes												
Pineapple												
Powdered Cinnamon Sugar												
Sourdough Toast				X			X	X	X		X	
SIDES												
Fresh Seasonal Fruit												
Fresh, Seasoned Potatoes with Onions												
Gluten-Free Toast with Strawberry Preserves (No Butter)												
Hardwood Smoked Bacon												
Lemon-Dressed Organic Mixed Greens												X
Million Dollar Bacon												
Pork Sausage Links												
Turkey Sausage Links												
Vandy Toast				X				X	X		X	
Whole Grain Artisan Toast				X					X		X	
Honey												
Almond Butter								X				
Whole Grain Artisan Toast with Butter & Preserves			X	X			X	X	X		X	
Whole Grain Artisan Toast				X					X		X	
Whipped Butter			X				X					
Strawberry Preserves												
BEVERAGES												
Project Sunrise Coffee												
Cold Brew Coffee												
Sweet Tea												
Unsweet Tea												
Cold Squeezed OJ												
Fruit Tea												
Hot Tea												
Kale Tonic												
Coke												
Coke Zero												
Diet Coke												
Sprite												
Lemonade												

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
CATERING BISCUIT PLATTERS												
Ham Biscuits			X				X		X	X	X	
Plain Biscuits			X				X		X		X	
Sausage Biscuits			X				X		X		X	
CATERING BOWLS												
Catering Carnitas Rancheros - Ancient Grains Base	X		X				X					
Catering Carnitas Rancheros - Fresh, Seasoned Potatoes Base	X		X				X					
Catering Farmhouse - Ancient Grains Base	X		X				X					
Catering Farmhouse - Fresh, Seasoned Potatoes Base	X		X				X					
Catering Market - Ancient Grains Base	X		X				X					
Catering Market - Fresh, Seasoned Potatoes Base	X		X				X					
Catering Pesto Chicken - Ancient Grains Base	X		X				X					X
Catering Pesto Chicken - Fresh, Seasoned Potatoes Base	X		X				X					X
Catering Power Protein - Ancient Grains Base	X		X	X			X					X
Catering Power Protein - Fresh, Seasoned Potatoes Base	X		X	X			X					X
CATERING BOXED LUNCHES												
BLT (No Cookie or Chips)					X				X		X	
Fresh Veggie (No Cookie or Chips)			X		X				X		X	
Ham & Cheese (No Cookie or Chips)			X		X		X		X	X	X	
Million Dollar Club (No Cookie or Chips)			X		X		X		X		X	
Roast Beef (No Cookie or Chips)			X		X		X		X		X	
San Franciscan (No Cookie or Chips)					X		X		X		X	
Turkey (No Cookie or Chips)			X		X		X		X		X	
Add: Chocolate Chip Cookie	X		X				X		X		X	
Add: Jalapeno Potato Chips			X									
Add: Mesquite Potato Chips			X								X	
Add: Oatmeal Raisin Cookie	X		X				X		X		X	
Add: original Potato Chips												
Add: Salt & Vinegar Potato Chips			X									
CATERING SALADS												
Catering Belle Meade Salad	X	X	X				X	X				
Catering Chicken Avocado Chop Salad			X									X
Catering Cobb Salad	X		X									X
Catering Strawberry Fields Salad			X					X				
Catering Woodmont Salad			X									
CATERING SANDWICH PLATTERS												
Catering BLT					X				X		X	
Catering Fresh Veggie			X		X				X		X	
Catering Ham & Cheese			X		X		X		X	X	X	
Catering Million Dollar Club			X		X		X		X		X	
Catering Power Wrap	X		X				X		X		X	
Catering Roast Beef			X		X		X		X		X	
Catering San Franciscan					X		X		X		X	
Catering Turkey			X		X		X		X		X	

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard
CATERING SIDES												
Catering Fresh Fruit Bowl												
Chocolate Chip Cookies (One Dozen)	X		X				X		X		X	
Blueberry Muffins (One Dozen)	X		X						X		X	
Chocolate Chip Muffins (One Dozen)	X		X				X		X		X	
Orange Cranberry Muffins (One Dozen)	X		X						X		X	
Original Potato Chips												
Jalapeno Potato Chips							X					
Mesquite Potato Chips							X					X
Salt & Vinegar Potato Chips							X					

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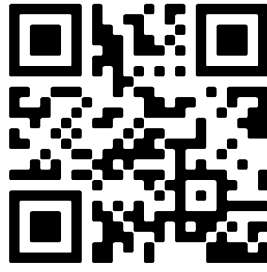
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NUTRITION GUIDE & ALLERGEN QR CODE

To access real-time allergen information, please scan the code with your mobile device's camera.



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Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
BOWL												
CHOOSE YOUR BASE:												
Ancient Grains Base	410	80	9	1.5	0	0	5	70	5	1	0	9
Fresh, Seasoned Potatoes Base	320	130	14	1.0	0	0	1740	42	4	2	0	3
CHOOSE YOUR EGGS:												
Cage-Free Fresh Cracked Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
CHOOSE YOUR STYLE:												
Carnitas Rancheros	540	310	35	13	0	75	1390	26	10	4	0	29
Farmhouse	460	370	41	14	0	45	690	12	5	2	0	12
Market	320	220	25	12	0	45	680	11	1	2	0	12
Power Protein	640	450	51	11	0	50	770	27	10	3	1	22
Pesto Chicken	480	330	38	9	0	60	940	22	4	2	0	18
SALADS												
Superfood Kale Salad (No Dressing)	460	150	17	4.0	0	65	900	54	12	22	10	29
Side of Maple-Lemon Vinaigrette Dressing	360	300	34	5	0	0	370	13	0	11	9	0
Cobb Salad (No Dressing)	460	280	31	11	0	265	940	22	11	8	0	26
Side of Ranch Dressing	220	190	22	4.0	0	20	380	4	0	2	0	2
Chicken Avocado Chop Salad (No Dressing)	490	230	26	5	0	70	910	44	9	4	0	24
Side of Citrus Chipotle Dressing	300	250	28	4.0	0	0	10	12	0	0	0	0
HANDHELDS												
Elevated Egg Sandwich (No Lemon-Dressed Greens)	740	470	53	16	0	260	1040	46	6	7	4	23
BLTE (No Lemon-Dressed Greens)	1120	640	73	22	0	505	1460	71	13	16	10	43
Million Dollar Club (No Lemon-Dressed Greens)	1000	500	56	15	0	120	2390	71	9	11	6	47
Power Wrap (No Lemon-Dressed Greens)	420	100	11	2.5	0	20	960	43	3	3	0	36
Socal Breakfast Burrito (No Lemon-Dressed Greens)	760	260	30	10	0	70	2360	77	14	6	0	51
Market Veg Sandwich (No Lemon-Dressed Greens)	790	400	45	12	0	30	1240	71	12	14	10	24
Roast Beef & Havarti (No Lemon-Dressed Greens)	1070	550	62	21	0	125	2800	68	4	11	5	45
Ham & Gruyere Melt (No Lemon-Dressed Greens)	880	390	44	16	0	140	2540	77	5	12	9	46
Side of Lemon-Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
SOUPS												
Broccoli Cheddar Soup (No Crackers) - Bowl	240	170	19	11	0.5	60	990	10	0	4	1	6
Broccoli Cheddar Soup (No Crackers) - Cup	180	130	14	8	0	45	740	8	0	3	1	5
Chicken and Wild Rice Soup (No Crackers) - Bowl	160	45	5	2.0	0	25	750	22	0	2	1	6
Chicken and Wild Rice Soup (No Crackers) - Cup	120	35	4.0	1.5	0	20	560	17	0	1	1	5
Clam Chowder (No Crackers) - Bowl	240	130	14	8	0	50	980	22	2	2	0	7
Clam Chowder (No Crackers) - Cup	180	90	11	6	0	40	730	16	2	2	0	5
Italian Wedding Soup with orzo (No Crackers) - Bowl	130	40	4.5	2.0	0	10	1100	12	1	2	1	5
Italian Wedding Soup with orzo (No Crackers) - Cup	100	30	3.5	1.5	0	10	830	9	0	1	1	4
Market Vegetable Soup (No Crackers) - Bowl	100	20	2.0	0	0	0	910	17	3	6	0	3
Market Vegetable Soup (No Crackers) - Cup	80	15	1.5	0	0	0	680	13	2	5	0	2
Tomato Basil Soup (No Crackers) - Bowl	180	110	12	5.0	0	20	840	15	3	9	1	3
Tomato Basil Soup (No Crackers) - Cup	140	80	9	4.0	0	15	630	11	2	6	1	2
Crackers (For Bowls)	50	10	1.0	0	0	0	180	10	0	0	0	0
Crackers (For Cups)	25	0	0	0	0	0	90	5	0	0	0	0

Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
SPECIALTY												
Avocado Toast (No Eggs)	450	230	26	4.0	0	0	1130	46	15	7	5	10
Side of Basted Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
A.M. Superfoods Bowl (No Granola or Toast)	430	220	25	18	0	0	160	51	9	36	22	5
Side of Granola	120	50	6	0.5	0	0	15	15	2	6	5	3
Side of Toast with Almond Butter	410	200	23	3.5	0	0	950	38	8	7	5	13
Triple Berry Acai Bowl (No Granola or Toast)	140	30	3.5	0	0	0	15	27	4	16	12	1
Side of Granola	120	50	6	0.5	0	0	15	15	2	6	5	3
Side of Toast with Almond Butter	410	200	23	3.5	0	0	950	38	8	7	5	13
Sunrise Granola Bowl (No Granola or Toast)	240	0	0	0	0	10	70	40	2	36	10	17
Side of Granola	240	100	11	1.5	0	0	30	30	4	12	10	6
Side of Toast with Almond Butter	410	200	23	3.5	0	0	950	38	8	7	5	13
Banana Granola Crunch Pancakes	970	340	39	13	0	135	910	139	6	76	64	16
Blueberry Pancakes	790	270	31	12	0	135	900	118	3	72	63	11
Chocolate Chip Pancakes	1210	500	57	29	0	140	890	157	7	109	106	15
Multigrain Pancakes	730	270	30	12	0	135	880	103	2	60	56	10
Belgian Waffle	630	170	20	9	0	35	990	105	2	59	58	2
EGGS & OMELETS												
TRADITIONAL BREAKFAST												
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Pork Sausage Links	320	270	30	12	0	70	780	0	0	0	0	14
Turkey Sausage Links	220	140	16	4.0	0	80	780	0	0	0	0	18
Chicken Sausage Patties	180	110	12	4.0	0	70	560	4	0	2	2	16
Whole Grain Toast with Butter & Preserves	390	150	17	5	0	0	380	47	5	21	20	7
Fresh, Seasoned Potatoes	320	130	14	1.0	0	0	1740	42	4	2	0	3
TRI-FECTA												
Cage-Free Whole Eggs	190	140	15	5	0	425	200	1	0	1	0	13
Cage-Free Egg Whites	60	0	0	0	0	0	200	1	0	1	0	13
Cage-Free Scrambled Whole Eggs	220	160	18	6	0	515	230	1	0	1	0	15
Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Pork Sausage Link	160	130	15	6	0	35	390	0	0	0	0	7
Turkey Sausage Link	110	70	8	2.0	0	40	390	0	0	0	0	9
Chicken Sausage Patty	90	50	6	2.0	0	35	280	2	0	1	1	8
Whole Grain Toast with Butter & Preserves	390	150	17	5	0	0	380	47	5	21	20	7
Fresh, Seasoned Potatoes	320	130	14	1.0	0	0	1740	42	4	2	0	3
Bacado Omelet (No Toast or Dressed Greens)	740	540	61	23	0	835	880	10	4	4	0	36
Ham & Gruyere Omelet (No Toast or Dressed Greens)	590	390	44	18	0	855	1170	4	0	3	2	44
Morning Market Veg Omelet (No Toast or Dressed Greens)	490	330	37	14	0	795	670	9	0	3	0	29
The Works Omelet (No Toast or Dressed Greens)	710	500	57	23	0	855	1090	7	0	4	0	40
Healthy Turkey (No Toast or Dressed Greens)	270	80	9	3.5	0	50	1350	10	1	4	0	40

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Menu Item	Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Whole Grain Toast w/Preserves (No butter)	270	45	5	1.0	0	0	280	47	5	21	20	7
Whole Grain Toast w/Butter & Preserves	390	150	17	5	0	0	380	47	5	21	20	7
Lemon-Dressed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
KIDS												
Kid's AB & J with Fruit	660	190	21	2.5	0	0	830	97	7	39	20	15
Kid's Bacon And Egg with Toast And Fresh Fruit	410	150	17	5	0	225	650	46	3	18	0	15
Kid's Chocolate Chip Pancakes (No Meat)	850	320	37	16	0	140	890	116	3	71	68	11
Kid's Half Waffle with Fresh Fruit (No Meat)	490	130	15	6	0	20	560	86	2	57	49	2
Side of Bacon	80	60	7	2.5	0	15	190	0	0	0	0	3
Side of Pork Sausage	160	130	15	6	0	35	390	0	0	0	0	7
Kid's Sunrise Granola Bowl	390	60	7	1.0	0	5	410	61	4	26	11	16
SIDES												
Million Dollar Bacon	250	130	15	5	0	30	380	22	0	21	20	7
Vandy Toast	480	200	23	3.5	0	0	390	56	8	24	22	13
Fresh, Seasoned Potatoes	320	130	14	1.0	0	0	1740	42	4	2	0	3
Whole Grain Artisan Toast with Butter & Preserves	390	150	17	5	0	0	380	47	5	21	20	7
Gluten Free Toast with Preserves (No Butter)	150	15	1.5	0	0	0	125	32	2	17	17	0
Lemon-Dressed Organic Mixed Greens	70	40	4.5	0.5	0	0	65	5	2	2	0	1
Hardwood Smoked Bacon	160	130	15	5	0	30	370	0	0	0	0	6
Pork Sausage Links	320	270	30	12	0	70	780	0	0	0	0	14
Turkey Sausage Links	220	140	16	4.0	0	80	780	0	0	0	0	18
Fresh, Seasonal Fruit - Bowl	160	5	0.5	0	0	0	41	4	4	32	0	2
Fresh, Seasonal Fruit - Cup	80	0	0	0	0	0	21	2	16	0	0	1
BEVERAGES												
Project Sunrise Coffee	0	0	0	0	0	0	10	0	0	0	0	1
Cold Brew Coffee	15	0	0	0	0	0	10	3	0	0	0	1
Fruit Tea	130	0	0	0	0	0	10	34	0	31	21	1
Hot Tea	0	0	0	0	0	0	15	1	0	0	0	0
Sweet Tea	45	0	0	0	0	0	5	12	0	11	11	0
Unsweet Tea	0	0	0	0	0	0	5	1	0	0	0	0
Kale Tonic	130	0	0	0	0	0	30	32	2	20	0	4
Cold Squeezed OJ - Large	210	10	1.0	0	0	0	48	0	39	0	3	3
Cold Squeezed OJ - Small	110	0	0	0	0	0	26	0	21	0	2	2
Coke	100	0	0	0	0	0	30	27	0	27	27	0
Coke Zero	0	0	0	0	0	0	30	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	30	0	0	0	0	0
Sprite	90	0	0	0	0	0	45	26	0	26	26	0
Light Lemonade	5	0	0	0	0	0	30	2	0	0	0	0
CATERING BEVERAGES												
Catering Cold Squeezed OJ (Bottle)	220	10	1.0	0	0	0	0	52	0	42	0	3
Catering Cold Squeezed OJ (Gallon)	1790	70	8	1.0	0	0	40	413	8	333	0	28
Catering Fruit Tea (Gallon)	2110	0	0	0	0	0	135	546	2	497	342	14
Catering Honest Tea	70	0	0	0	0	0	15	19	0	19	0	0
Catering Project Sunrise Coffee	30	5	0.5	0	0	0	55	0	0	0	0	3
Catering Smart Water	0	0	0	0	0	0	20	0	0	0	0	0
Catering Sweet Tea (Gallon)	740	0	0	0	0	0	105	193	0	183	183	0
Catering Unsweet Tea (Gallon)	40	0	0	0	0	0	115	11	0	0	0	0
CATERING BISCUIT PLATTERS												
Ham Biscuits	5880	2740	310	169	0	45	15710	661	24	61	49	83
Plain Biscuits	5790	2710	306	168	0	0	15110	660	24	60	48	72
Sausage Biscuits	8790	5250	594	264	0	600	20390	660	24	60	48	156
CATERING BOWLS												
Carnitas Rancheros - Ancient Grains Base	5380	2220	251	82	0	2955	7780	489	74	34	0	267
Carnitas Rancheros - Fresh, Seasoned Potatoes Base	4420	2240	254	78	0	2955	13550	276	64	32	0	234
Farmhouse - Ancient Grains Base	4990	2580	292	89	0.5	2805	4070	406	45	19	1	185
Farmhouse - Fresh, Seasoned Potatoes Base	4030	2600	294	85	0.5	2805	9850	193	36	17	1	152
Market - Ancient Grains Base	4040	1650	187	66	1.0	2735	3550	408	28	24	0	166
Market - Fresh, Seasoned Potatoes Base	3080	1680	190	62	1.0	2735	9330	194	19	22	0	132
Pesto Chicken - Ancient Grains Base	6520	2490	282	61	0	2855	5280	753	65	34	0	255
Pesto Chicken - Fresh, Seasoned Potatoes Base	4050	2380	269	57	0	2855	11050	249	35	22	0	178
Power Protein - Ancient Grains Base	5300	2580	292	63	0	2820	4370	462	56	26	3	218
Power Protein - Fresh, Seasoned Potatoes Base	4330	2600	295	59	0	2820	10140	249	47	24	3	184

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CATERING BOXED LUNCHES												
BLT (No Cookie or Chips)	640	250	28	8	0	35	1030	68	11	14	10	23
Fresh Veggie (No Cookie or Chips)	860	430	49	12	0	45	1160	74	15	15	10	29
Ham & Cheese (No Cookie or Chips)	650	190	22	9	0	130	2180	56	3	7	3	41
Million Dollar Club (No Cookie or Chips)	890	370	41	12	0	100	2230	74	11	10	6	47
Roast Beef (No Cookie or Chips)	620	170	20	9	0	100	2010	56	3	5	1	41
San Franciscan (No Cookie or Chips)	490	110	12	1.5	0	50	1140	65	7	5	0	24
Turkey (No Cookie or Chips)	590	140	16	7	0	85	2040	58	3	4	0	42
Original Potato Chips	210	110	13	1.5	0	0	125	23	1	1	0	3
Jalapeno Potato Chips	210	110	13	2.0	0	0	230	22	1	1	0	3
Mesquite Potato Chips	210	100	11	1.5	0	0	200	24	1	3	0	3
Salt & Vinegar Potato Chips	210	100	11	1.5	0	0	240	24	1	1	0	3
Chocolate Chip Cookie	310	120	14	8	0	35	200	44	2	27	0	3
CATERING SALADS												
Catering Belle Meade Salad	4050	3120	352	99	0	485	8290	81	28	32	1	153
Catering Chicken Avocado Chop Salad	4380	2900	328	50	0	310	3740	271	44	12	0	103
Catering Cobb Salad	3830	2880	326	85	1.5	1050	7390	114	50	36	1	128
Catering Strawberry Fields Salad	2520	1080	122	42	2.0	185	7140	286	71	192	0	88
Catering Woodmont Salad	2820	1330	150	66	2.5	580	11090	201	38	131	1	161
CATERING SANDWICH PLATTERS												
Catering BLT	3200	1260	142	42	0	175	5160	340	57	72	51	115
Catering Fresh Veggie	4320	2160	245	60	0	220	5820	368	76	73	50	145
Catering Ham & Cheese	3270	960	109	46	0	650	10900	280	16	34	15	206
Catering Million Dollar Club	4430	1830	207	61	0	500	11160	369	57	50	28	236
Catering Power Wrap	2100	440	50	12	0.5	100	5530	225	20	22	0	185
Catering Roast Beef	3120	870	98	46	0	500	10040	280	16	25	7	206
Catering San Franciscan	2470	530	60	7	0	250	5710	326	36	26	0	119
Catering Turkey	2940	720	81	35	0	430	10180	288	16	19	0	208
CATERING SIDES												
Catering Fresh Fruit Bowl	1160	40	4.5	0.5	0	0	30	300	32	234	0	15
Chocolate Chip Cookies (One Dozen)	3720	1490	168	96	0	420	2400	528	24	324	0	36
Blueberry Muffins (One Dozen)	5510	2550	288	49	4.0	985	4310	653	9	389	359	77
Chocolate Chip Muffins (One Dozen)	7130	3470	392	115	4.5	1000	4320	798	22	528	527	93
Orange Cranberry Muffins (One Dozen)	6010	2540	288	49	4.0	985	4310	775	10	497	439	76
Original Potato Chips	210	110	13	1.5	0	0	125	23	1	1	0	3
Jalapeno Potato Chips	210	110	13	2.0	0	0	230	22	1	1	0	3
Mesquite Potato Chips	210	100	11	1.5	0	0	200	24	1	3	0	3
Salt & Vinegar Potato Chips	210	100	11	1.5	0	0	240	24	1	1	0	3

The nutritional information seen here was prepared by a third party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

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