

PÜR&SIMPLE[®]
BREAKFAST • LUNCH

NUTRITIONAL VALUE



SMOOTHIES



	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
D-TOX	284	1.18	0.661	-	47	3	66.47	7.9	44.93	5.19	19	79.4	135	1.83	1.44	77
GREEN GIANT	237	0.51	0.100	-	44	-	59.31	3.6	44.49	2.15	189	121.5	43	0.91	0.35	69
MANGO TANGO	268	1.88	0.784	-	43	3	62.08	5.0	48.75	5.53	98	131.5	148	0.90	0.89	115
PEANUT BUTTER BLAST	492	19.27	4.120	0.019	389	6	66.92	8.6	38.58	20.44	114	73.3	265	2.83	2.48	80
STRAWBERRY & BANANA	249	1.24	0.631	-	46	3	58.35	5.4	36.58	4.66	17	100.0	133	1.62	0.83	54
VERY BERRY	202	1.26	0.639	-	65	3	46.40	1.7	35.05	3.60	10	126.1	110	0.40	0.64	19

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Nutrition information is calculated based on our standard recipes. Because our products may be customized, exact information may vary.

BENEDICTS



	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
ANGUS	809	36.95	17.514	1.597	872	341	71.84	8.0	13.92	48.64	253	50.8	442	7.44	8.24	135
CHICAGO	801	38.08	17.554	0.456	1,645	345	71.43	7.3	13.09	42.97	255	48.4	431	5.41	4.36	120
DON CHORIZO	972	54.29	24.158	0.456	2,229	358	69.70	10.4	13.76	52.10	285	70.7	566	11.21	6.40	153
FRIED CHICKEN	971	45.93	13.819	0.456	1,503	333	91.03	11.0	13.18	49.70	199	53.6	563	6.63	5.22	137
NORWEGIAN	618	20.40	8.073	0.456	3,522	281	74.28	9.6	14.57	36.21	217	58.2	246	6.06	2.70	135
SANTA FE	820	39.04	15.391	0.456	1,008	293	89.78	16.5	15.92	32.17	287	83.5	467	6.15	4.34	267
SIMPLE	728	25.29	11.285	0.456	2,051	346	74.92	7.3	15.45	49.98	189	48.2	595	5.39	3.74	115

HOMEMADE WAFFLES

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
BANANABERRY	955	29.20	19.793	-	460	50	167.16	9.6	89.59	12.72	54	89.7	328	5.14	1.75	102
CHICKEN N' WAFFLE	838	32.56	6.610	-	2,495	96	154.07	7.2	54.24	27.72	55	22.4	269	8.85	2.61	68
RI RI'S CHEESECAKE	1,152	37.70	21.013	-	869	99	192.66	4.7	94.70	13.63	231	72.4	300	3.06	1.15	74
WAFFLE & FRUITS	1,247	13.29	3.158	-	474	52	288.90	22.9	184.84	16.84	176	654.5	481	5.70	2.61	302

GOURMET OMELETTES

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
BEEF ME UP SCOTTY	1,101	50.78	19.943	1.264	1,832	704	91.95	14.4	24.77	70.40	545	70.2	591	14.75	10.87	221
CORTEZ	1,445	79.63	31.693	0.124	3,083	753	109.20	19.0	35.52	75.39	645	132.3	736	13.81	9.29	260
MISH MASH	1,056	46.00	17.485	0.124	2,347	700	96.51	14.8	28.05	64.42	541	117.6	488	12.63	6.88	214
PUR WESTERN	813	27.12	8.478	0.124	1,932	649	94.49	14.4	27.62	48.36	458	108.7	278	11.90	4.50	200
VEGGIE	924	40.13	12.866	0.124	1,033	628	99.58	16.2	26.70	43.84	620	110.7	294	7.99	5.10	246

FARM FRESH EGGS



	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
2 EGGS BACON	1,039	44.65	12.293	0.068	1,756	298	116.19	13.0	24.52	44.74	220	50.5	186	7.31	5.13	218
2 EGGS SAUSAGE	745	22.70	6.863	0.086	2,522	302	90.58	12.8	22.81	44.96	265	56.3	218	10.56	6.15	143
2 EGGS SEASONAL FRUIT BOWL	1,246	16.86	4.264	0.086	681	246	263.69	31.4	161.50	30.91	378	664.3	356	8.27	4.48	375
2 EGGS TURKEY BACON	742	28.67	7.739	0.086	2,004	310	86.29	12.8	24.11	36.14	265	56.3	238	10.53	4.89	141
BLACK & BLUE	1,260	34.23	10.150	0.087	2,562	313	191.84	16.2	43.14	48.35	281	57.4	374	12.77	5.88	202
BREAKFAST POUTINE - 3 MEAT	803	37.32	15.650	0.875	1,527	207	75.44	6.7	11.54	38.83	182	32.2	241	7.79	4.00	97
BREAKFAST POUTINE - CHORIZO	1,094	68.22	128.487	0.875	2,930	261	63.76	9.6	8.01	53.44	195	44.5	318	17.83	6.88	98
CANADIAN 1/2 WAFFLE	1,207	41.20	12.624	0.086	3,047	372	150.29	12.8	41.47	60.42	291	56.4	304	11.70	5.65	154
CANADIAN CREPE	1,278	38.53	12.455	0.091	2,907	394	171.92	13.6	48.74	62.09	288	56.6	264	11.26	5.94	147
CANADIAN FRENCH TOAST	1,331	39.06	12.721	0.190	2,903	387	181.57	13.8	51.10	64.31	285	56.5	267	12.14	5.64	145
CANADIAN PANCAKE	1,155	37.20	11.875	0.086	3,013	354	147.41	13.1	41.88	59.21	272	56.4	255	11.27	5.54	147
GOURMET BACON	1,711	60.33	122.553	0.068	2,046	318	249.81	18.5	79.51	49.10	253	60.5	377	10.69	5.87	284
GOURMET HAM	1,732	54.29	21.206	0.068	3,367	368	256.50	18.5	83.11	60.96	249	60.5	373	11.25	4.61	283
GOURMET SAUSAGE	1,686	53.19	19.814	0.068	3,065	334	253.25	18.4	78.16	55.32	249	60.5	379	11.13	7.66	291
GOURMET TURKEY BACON	1,638	55.51	19.742	0.068	2,329	327	248.66	18.4	79.13	43.78	249	60.5	392	10.84	5.94	287
HUEVOS RANCHEROS	852	29.11	9.593	0.086	1,809	275	116.65	22.1	31.09	36.07	381	99.3	373	11.72	4.82	312
KETO	1,084	86.68	18.891	0.036	639	304	41.45	21.9	12.09	46.87	278	104.7	286	6.01	5.70	238
POPULAR	879	34.86	10.836	0.086	2,429	322	89.26	12.8	22.81	51.73	269	56.3	219	10.72	6.38	141
THE BIG 3	1,740	58.59	19.495	0.100	6,364	632	191.87	13.1	41.72	108.48	336	24.7	443	15.22	8.56	198
XPLOSION	1,196	41.61	19.253	0.190	1,543	323	158.71	17.1	54.35	47.57	283	67.7	292	12.93	5.01	162

HANDHELDS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
BREAKFAST BRIOCHE	699	30.94	9.218	0.013	974	176	78.17	8.1	11.21	27.81	175	28.6	165	4.99	2.74	97
BREAKFAST BURRITO	965	37.14	11.632	1.165	1,204	301	111.61	6.5	5.69	46.42	168	36.7	300	13.17	7.69	284
CINNA-BACON	1,396	54.73	20.839	2.025	1,724	339	179.34	8.8	84.56	48.08	228	22.2	637	12.22	4.43	73
SIMON SAYS	651	23.12	8.036	0.013	1,352	186	77.88	5.5	12.33	32.00	176	25.1	257	4.92	2.86	66

CREPES

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
BACON-SHROOM	1,213	45.29	18.914	0.116	1,698	318	147.68	7.7	36.51	55.63	212	27.4	598	8.74	6.42	92
CREPE & FRUITS	1,390	7.94	2.819	0.009	194	97	332.11	24.4	199.38	20.19	170	654.8	400	4.82	3.19	288
OH LALA	1,189	24.22	19.562	0.009	181	95	233.64	14.0	116.74	17.24	51	110.0	255	4.59	2.50	112
SWEET & SALTY	1,198	42.03	20.247	0.034	2,180	451	143.78	6.3	34.31	61.92	319	22.7	925	8.89	6.92	93

AVOCADO TOAST

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
AVOCADO BACON	913	47.59	17.755	0.025	1,801	332	67.01	12.2	9.11	52.26	310	39.4	495	10.78	6.16	140
AVOCADO LOX	662	21.75	4.728	0.025	4,029	265	71.92	14.4	11.27	44.62	243	48.9	238	11.49	4.03	154
AVOCADO TOAST	618	19.78	5.159	0.025	1,249	260	70.09	13.1	10.93	39.50	242	48.2	602	10.34	5.21	151

SKILLETS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
GARDEN FRESH	502	28.26	13.764	0.615	422	161	44.86	9.6	15.85	21.69	508	237.2	185	4.40	2.47	151
MEXICAN	898	40.39	17.055	1.153	1,122	227	83.47	13.5	11.65	54.63	240	58.9	648	7.55	9.79	213
RAY'S EXTRAVAGANZA	841	38.73	18.629	0.444	1,784	233	76.48	8.9	13.06	46.63	295	106.7	601	4.97	5.22	117
RIZO	795	53.92	21.815	0.444	1,408	227	41.00	10.0	13.43	37.78	339	174.4	332	4.59	5.28	151

ARTISANAL FRENCH TOAST

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
FRENCH TOAST & FRUITS	1,715	11.60	4.410	0.311	213	120	393.73	26.0	213.73	31.17	180	655.0	456	7.80	2.82	289
FRENCH TOAST CRISP	1,486	20.11	11.289	0.311	646	119	292.67	10.8	103.84	31.78	73	16.5	387	7.27	2.10	101
GO BANANAS	1,602	45.70	22.445	0.003	867	155	287.61	13.0	94.62	21.35	239	28.1	245	6.67	2.41	162
SIMPLE DELIGHT	1,446	30.64	23.179	0.311	219	158	268.47	12.8	114.48	28.90	78	84.1	330	7.58	2.17	91

BUTTERMILK PANCAKES

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
CAROLE'S CINNA-CAKES	1,589	40.00	24.689	1.776	1,112	93	305.62	9.0	187.33	13.79	285	1.6	510	4.35	1.43	56
CHOCOHOLIC	1,267	41.57	23.848	0.080	1,204	78	201.61	8.2	74.56	22.11	46	0.9	400	5.32	1.93	93
RED VELVET	962	23.65	15.411	0.002	1,111	62	172.86	8.4	72.21	14.19	120	22.7	324	3.18	1.39	76
REESE'S	1,406	58.48	21.053	0.023	1,565	43	195.03	7.7	95.07	35.59	40	1.4	413	4.29	3.73	132
TRIPLE BERRY	767	15.84	9.447	0.002	978	78	144.53	9.3	55.78	15.92	71	77.4	406	3.76	1.79	107

JUST FOR KIDS



	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
CHOCO LOCO	759	25.44	16.508	0.053	523	34	125.15	2.9	55.95	9.23	21	0.4	186	2.78	1.00	40
JUNIOR BACON	419	22.08	8.316	0.013	830	177	27.29	3.2	13.55	27.46	66	28.5	332	4.20	2.88	50
JUNIOR SAUSAGE	957	31.00	8.915	0.055	2,274	175	127.99	12.8	31.33	43.42	161	37.3	430	6.90	5.93	215
MARKY MARK	602	22.46	13.235	-	413	40	86.74	4.9	45.09	14.95	30	22.7	437	3.27	1.79	69
RAINBOW	651	18.18	5.991	0.001	940	37	103.92	4.6	16.45	17.68	16	17.9	440	3.82	1.87	103
RORO 123	642	15.98	12.015	0.006	165	76	110.68	7.9	58.58	16.68	33	66.4	388	2.48	2.14	72

LUNCH TIME



	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
DELUXE	868	46.45	18.990	1.500	1,016	118	72.65	6.9	9.54	39.49	120	27.2	168	22.51	1.14	42
D'S CRISPY CHICKEN	886	37.11	7.425	-	1,402	88	99.31	10.9	11.35	39.34	131	56.4	336	9.72	3.41	70
IMPOSSIBLE BURGER	1,069	58.84	22.644	1.500	1,285	151	84.39	8.4	9.65	49.57	171	56.8	211	23.43	2.16	67
CHOP	664	36.40	6.298	0.413	585	220	35.99	11.1	12.58	48.34	546	129.3	133	4.61	3.28	272
CLASSIC CAESAR - CRISPY	727	43.76	10.746	-	1,964	86	50.47	6.4	12.34	33.50	507	4.6	120	3.86	3.09	193
CLASSIC CAESAR - GRILLED	570	24.83	7.275	-	1,430	132	33.73	3.0	11.86	51.12	432	10.4	104	3.53	2.73	81

WRAPS, SANDWICHES & MORE

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
CHICKEN CAESAR WRAP - CRISPY	1,032	47.44	13.068	-	1,988	83	108.81	6.4	4.94	42.49	26	18.2	300	13.97	3.70	169
CHICKEN CAESAR WRAP - GRILLED	1,029	43.60	11.369	-	1,869	74	121.31	8.4	5.36	38.83	272	52.6	358	14.75	3.45	214
CLUCK NORRIS WRAP - CRISPY	1,108	50.87	14.561	-	1,702	87	121.85	9.0	3.88	41.91	156	57.9	589	14.47	4.02	210
CLUCK NORRIS WRAP - GRILLED	875	29.02	10.616	-	1,104	126	94.17	5.2	4.05	58.00	118	29.3	529	13.74	3.52	188
PHILLY SANDWICH	732	27.25	8.974	1.140	799	81	83.41	8.7	12.35	39.28	138	57.7	267	10.77	6.67	78
TACOS CRISPY CHICKEN	698	37.99	9.692	1.140	1,018	73	62.95	15.0	6.34	30.65	88	46.5	221	8.28	3.49	189
TACOS STEAK	566	27.54	9.709	1.303	441	79	46.89	12.6	6.34	37.22	88	46.5	195	9.85	7.71	193
WOW! CLUB SANDWICH	954	31.16	7.820	-	1,008	139	94.45	18.6	10.61	73.98	121	59.8	446	10.84	6.08	187

A LITTLE EXTRA



	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
BACON	260	20.05	6.595	-	494	53	0.69	-	-	17.78	5	-	5	0.69	1.68	1
BAGEL	230	1.38	0.226	-	384	-	45.69	2.1	4.66	8.91	-	-	79	3.60	1.04	105
CARAMEL	198	0.08	0.087	-	274	1	51.80	0.7	-	1.18	21	0.2	42	0.16	0.15	2
CHEESE - CHEDDAR	242	19.88	12.655	-	373	63	0.77	-	0.31	14.94	159	-	433	0.41	1.87	11
CHEESE - CREAM CHEESE	177	17.16	10.812	-	303	54	2.10	-	2.10	4.26	181	-	43	0.68	0.31	7
CHEESE - CRUMBLLED GOAT	80	6.32	4.373	-	110	14	0.27	-	0.27	5.56	86	-	42	0.57	0.28	4
CHEESE - CURDS	91	4.86	0.703	-	12	-	4.14	-	0.96	7.50	1	-	113	3.36	1.03	13
CHEESE - SWISS	104	3.06	1.980	-	156	21	2.04	-	0.80	17.04	24	-	577	0.10	2.34	4
EGG	47	3.14	1.032	0.013	47	123	0.24	-	0.12	4.14	53	-	18	0.58	0.43	16
FAMOUS CHEESY P&S POTAES	440	21.39	12.728	-	783	63	35.35	3.7	3.45	27.60	167	17.6	755	1.95	3.75	47
FAMOUS P&S POTATOES	162	1.94	0.286	-	256	0	33.31	3.7	2.73	3.94	4	17.6	24	1.54	0.68	36
GREEK YOGURT	54	1.32	0.851	-	60	5	5.99	-	5.99	4.47	12	0.7	156	0.07	0.76	9
HALF AVOCADO	136	12.46	1.811	-	6	-	7.25	5.7	0.56	1.70	6	8.5	10	0.47	0.54	69
HAM	324	13.50	5.400	-	2,538	135	10.80	-	5.40	37.80	-	-	-	1.62	-	-
HAZELNUT CHOCOLATE	383	21.07	20.145	-	29	-	44.06	3.8	38.31	3.83	1	-	77	3.10	0.75	10
PUR MAPLE SYRUP	312	0.07	0.008	-	14	-	80.33	-	72.42	0.05	-	-	122	0.13	1.76	-
RASPBERRY COULIS	441	-	-	-	40	-	100.25	4.0	52.13	-	-	-	-	-	-	-
SALSA	24	0.14	0.027	-	540	-	5.63	1.4	2.75	1.39	14	1.7	24	0.41	0.33	4
SAUSAGE	184	8.64	2.918	-	1,391	56	5.51	-	-	19.69	-	-	8	1.07	3.08	8
SEASONAL BERRY BOWL	115	1.05	0.057	-	3	-	27.72	8.6	15.93	2.16	5	95.7	41	1.17	0.57	48

A LITTLE EXTRA



	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
SEASONAL FRUIT BOWL	751	2.28	0.289	-	29	-	194.91	22.9	144.64	8.96	127	653.7	214	4.08	1.80	267
SIDE - HOLLANDAISE SPICY	140	10.55	7.016	0.647	878	25	6.23	0.1	3.88	2.82	90	21.2	49	0.39	0.08	2
SIDE CINNAMON DANISH	750	25.00	7.000	2.000	420	25	122.00	4.0	53.00	10.00	-	-	40	4.50	-	-
SIDE CREPE	282	3.42	1.319	0.007	52	76	54.42	1.3	12.12	7.20	31	0.5	75	0.56	0.86	14
SIDE CRISPY CHICKEN	352	23.59	4.748	-	663	51	16.77	2.5	-	18.17	-	-	37	1.40	1.48	4
SIDE ENGLISH CREAM	105	1.50	0.909	-	37	5	20.80	-	20.51	2.48	6	0.6	90	0.05	0.28	4
SIDE FRENCH TOAST	253	2.71	1.070	0.104	27	38	50.38	2.4	15.81	6.97	20	32.5	68	1.35	0.29	18
SIDE GRILLED CHICKEN BRE	188	4.07	1.151	-	84	97	-	-	-	35.36	7	-	17	1.19	1.14	5
SIDE HALF WAFFLE	162	6.42	1.293	-	229	31	22.78	1.3	6.17	3.96	34	32.5	133	1.17	0.37	33
SIDE HOLLANDAISE SAUCE	137	10.44	7.001	0.647	132	25	5.74	-	-	2.68	88	0.1	47	0.25	0.05	0
SIDE PANCAKE	123	1.57	0.435	0.001	274	11	24.37	1.9	1.9	3.32	11	32.5	93	0.82	0.31	29
SIDE SMALL BREAKFAST PO	367	15.50	6.824	0.539	379	21	42.23	3.7	3.7	13.67	79	17.7	176	5.11	1.76	50
SIDE SMOKED SALMON	132	4.13	0.905	-	2,890	20	8.52	4.5	4.5	17.24	55	36.6	67	1.71	0.51	22
SIDE SOUR CREAM	131	10.35	6.555	-	51	43	5.61	0.1	0.1	3.88	103	0.9	139	0.05	0.23	9
SIDE TURKEY BACON	180	14.62	3.794	-	873	65	1.22	-	-	10.87	-	-	29	1.04	1.81	6
TOAST SIDE 14 GRAIN	230	3.68	0.758	-	366	-	37.69	6.5	6.5	11.62	-	0.1	89	2.18	1.48	56
TOAST SIDE BRIOCHE BREA	557	14.97	3.612	0.243	142	-	92.71	3.4	3.4	13.46	100	1.8	35	2.53	0.55	9
TOAST SIDE ENGLISH MUFFI	127	1.14	0.164	-	218	-	25.54	2.6	2.6	4.96	-	-	101	1.64	0.61	36
TOAST SIDE GLUTEN FREE	310	15.61	2.612	0.043	343	6	40.08	2.6	2.6	4.46	100	1.8	15	0.53	0.55	9
TOAST SIDE RYE	506	16.43	3.363	0.043	934	-	76.67	8.3	8.3	14.66	100	2.2	103	3.93	1.91	141

A LITTLE EXTRA



	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (Na)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (mcg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (mcg)
TOAST SIDE WHITE	292	13.62	2.865	0.055	351	-	39.08	5.8	13.19	8.46	100	2.0	58	2.00	1.16	53
TOAST SIDE WHOLE WHEAT	330	13.67	2.965	0.060	410	-	43.30	6.5	13.80	10.43	100	1.8	398	3.27	1.08	80
WHIPPED CREAM	67	3.93	3.381	-	22	1	7.08	-	0.90	0.90	1	-	21	0.03	0.03	1

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Nutrition information is calculated based on our standard recipes. Because our products may be customized, exact information may vary.