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## PLATE BUILD NUTRIENT ANALYSIS

### Side Options for 24-hour Menu

Side:		KCAL	PROTEIN (g)	CARB (g)	FAT (g)
3 oz Black Beans (GF, Vegan)	Total/Serving	102	6	19	0
	%		0.24	0.75	0
3 oz Refried black beans w/sprinkle of queso fresco (GF)	Total/Serving	146	9	19	3
	%		0.25	0.52	0.18
3 oz Rice (GF, Vegan)	Total/Serving	122	3	27	0
	%		0.1	0.89	0
4 oz Garlic mashed potatoes (GF)	Total/Serving	121	2	15	6
	%		0.07	0.5	0.45
4 oz Bacon cheddar mashed potatoes (GF)	Total/Serving	198	5	16	13
	%		0.1	0.32	0.59
3 oz Steamed spinach (GF, Vegan)	Total/Serving	225	3	4	23
	%		0.05	0.07	0.92
Seasonal Vegetable (amount varies) (GF, vegan)	Total/Serving	season			
	%				
4 oz Collard greens (GF)	Total/Serving	174	6	16	10
	%		0.14	0.37	0.52
6 oz French Fries (*GF, Vegan)	Total/Serving	573	5	75	28
	%		0.03	0.52	0.44
6 oz Sweet Potato Fries w/chipotle mayo (*GF)	Total/Serving	367	4	39	21
	%		0.04	0.43	0.51
6 oz Homefries (*GF, Vegan)	Total/Serving	149	4	30	2
	%		0.11	0.81	0.12
2 slices Sourdough Toast w/1 tsp Smart Balance (*Vegan)	Total/Serving	167	4	28	3
	%		0.1	0.67	0.16
2 slices Sweet Wheat Toast w/1 tsp Smart Balance (*Vegan)	Total/Serving	167	4	28	5
	%		0.1	0.67	0.27
2 slices Texas Toast w/1 tsp Smart Balance (*Vegan)	Total/Serving	207	4	34	5
	%		0.08	0.66	0.22
1 English Muffin w/1 tsp Smart Balance (Vegan)	Total/Serving	207	6	32	4.5
	%		0.12	0.62	0.2
1 Biscuit w/1 tsp Smart Balance	Total/Serving	201	4	24	9
	%		0.08	0.48	0.4
3 oz Seasonal Fruit (GF, Vegan)	Total/Serving	season			
	%				
1 pancake (4 oz)	Total/Serving	list of			
	%				
1 Cinnamon Roll	Total/Serving	450	7	60	20
	%		0.06	0.53	0.4

### Kerbey Queso (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 oz guacamole (1 scoop)		104	1	6	9
10 fl oz queso (2.5 ladles)		1792	82	22	144
1 oz pico de gallo (1 spoodle)		7	0	2	0
3 fl oz salsa (1 ladle)		20	1	4	0
7 oz Natural Yellow Corn Restaurant Style Tortilla Chips [83757]		982	14	133	42
<b>Total/Plate</b>		<b>2905</b>	<b>98</b>	<b>167</b>	<b>195</b>
		%	0.13	0.23	0.6

### Vegan Queso - SMALL (GF, Vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
6 fl oz vegan queso (1.5 ladles)		78	8	12	0
1 oz pico de gallo (1 spoodle)		7	0	2	0
2 oz guacamole (1 scoop)		104	1	6	9
7 oz Natural Yellow Corn Restaurant Style Tortilla Chips [83757]		982	14	133	42
3 oz salsa (1 ladle)		20	1	4	0
<b>Total/Plate</b>		<b>1191</b>	<b>24</b>	<b>157</b>	<b>51</b>
%			0.08	0.53	0.39
<b>Total/Plate without guacamole</b>		<b>1087</b>	<b>23</b>	<b>151</b>	<b>42</b>
%			0.08	0.56	0.35

### Vegan Queso - LARGE (GF, Vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
12 fl oz vegan queso (3 ladles)		161	16	24	1
1 oz pico de gallo (1 spoodle)		7	0	2	0
2 oz guacamole (1 scoop)		104	1	6	9
7 oz Natural Yellow Corn Restaurant Style Tortilla Chips [83757]		982	14	133	42
3 oz salsa (1 ladle)		20	1	4	0
<b>Total/Plate</b>		<b>1274</b>	<b>32</b>	<b>169</b>	<b>52</b>
%			0.1	0.53	0.37
<b>Total/Plate without guacamole</b>		<b>1170</b>	<b>31</b>	<b>163</b>	<b>43</b>
%			0.11	0.56	0.33

### Cowboy Queso (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 oz quacamole (1 scoop)		104	1	6	9
3 oz black beans (1 spoodle)		102	6	19	0
6 fl oz queso (1.5 ladles)		1064	48	13	86
1 oz pico de gallo (1 spoodle)		7	0	2	0
3 fl oz salsa (1 ladle)		20	1	4	0
7 oz Natural Yellow Corn Restaurant Style Tortilla Chips [83757]		982	14	133	42
<b>Total/Plate</b>		<b>2279</b>	<b>70</b>	<b>177</b>	<b>137</b>
%			0.12	0.31	0.54

### Classic Queso - SMALL (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
6 fl oz queso (1.5 ladles)		1064	48	13	86
3 fl oz salsa (1 ladle)		20	1	4	0
7 oz Natural Yellow Corn Restaurant Style Tortilla Chips [83757]		982	14	133	42
<b>Total/Plate</b>		<b>2066</b>	<b>63</b>	<b>150</b>	<b>128</b>
%			0.12	0.29	0.56

### Classic Queso - LARGE (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
12 fl oz queso (1.5 ladles)		2128	97	27	171
3 fl oz salsa (1 ladle)		20	1	4	0
7 oz Natural Yellow Corn Restaurant Style Tortilla Chips [83757]		982	14	133	42
	<b>Total/Plate</b>	3130	112	164	213
	%		0.14	0.21	0.61

### Hummus & Pita (\*Vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 oz hummus (1 scoop)		235	8	23	13
2 pieces of pita bread		160	4	28	4
1 green leaf		2	0	0	0
2 lemon wedges		4	0	1	0
1 Tbs Smart Balance	(for pita bread)	80	0	0	9
pinch paprika	(on top of hummus)	0	0	0	0
	<b>Total/Plate</b>	481	12	52	26
	%		0.1	0.43	0.49
	<b>Total/Plate with 4 oz Tabbouleh</b>	693	17	79	37
	%		0.1	0.46	0.48

### Sweet Potato Fries (\*GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
12 oz sweet potato fries [66887] (2 portions)		593	6	72	28
2 fl oz chipotle mayo		141	1	6	13
1/2 Tbs salt		0	0	0	0
1/2 Tbs black pepper		0	0	0	0
<b>Total/Plate</b>		<b>734</b>	<b>7</b>	<b>78</b>	<b>41</b>
%			0.04	0.43	0.5

### Chicken Tortilla Soup - CUP (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
6 fl oz chicken tortilla soup	GF	70	10	3	2
16.75 g lime wedge (1/4 of 1 lime)					
1/2 oz Mexican Style Four Cheese [164913]					
6 oz Tortilla Strips [126252]		612	16	75.4	26.9
3 sprigs cilantro					
<b>Total/Plate</b>		<b>682</b>	<b>26</b>	<b>78</b>	<b>29</b>
%			0.15	0.46	0.38

### Chicken Tortilla Soup - BOWL (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
10 fl oz chicken tortilla soup	GF	117	16	5	3
33.5 g lime wedge (1/2 of 1 lime)		617	16.1	77.2	26.9
1/2 oz Mexican Style Four Cheese [164913]					
6 oz Tortilla Strips [126252]					
3 sprigs cilantro					
<b>Total/Plate</b>		<b>734</b>	<b>32</b>	<b>82</b>	<b>30</b>
%			0.17	0.45	0.37

### Veggie Chili - CUP (GF, Vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
6 fl oz veggie chili					
<b>Total/Plate</b>		<b>92</b>	<b>6</b>	<b>15</b>	<b>1</b>
%			0.26	0.65	0.1

### Veggie Chili - Bowl (GF, Vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
10 fl oz veggie chili					
<b>Total/Plate</b>		<b>156</b>	<b>10</b>	<b>26</b>	<b>2</b>
%			0.26	0.67	0.12

## House Salad (GF, Vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1.5 oz Baby Spring Mix Lettuce [426873]					
1/2 oz Cabbage, Red [11112]					
1/2 oz carrots					
1 (17 g) Tomato Cherry [118179] (ea.+Raw)					
0.08 cucumber (2 slices)					
<b>Total/Plate w/o dressing</b>		28	2	6	0
%			0.29	0.86	0

## Caesar Salad

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 fl oz caesar dressing		274	4	2	31
2 oz romaine lettuce		9	1	2	0
7-8 pieces croutons (not vegan or GF)		60	2	10	2
1/2 oz shaved parmesan [1033]		56	5	1	4
<b>Total/Plate</b>		399	12	15	37
%			0.12	0.15	0.83

**Choice of Dressings \*(2 oz house, 3 oz entree)**

<b>Dressing Name:</b>		<b>KCAL</b>	<b>PROTEIN (g)</b>	<b>CARB (g)</b>	<b>FAT (g)</b>
<b>Garlic Sesame (GF, Vegan)</b>	Total/2 oz	334	1	2	37
	%		0.01	0.02	1
	Total/3 oz	508	2	2	56
	%		0.02	0.02	0.99
<b>Ranch (GF)</b>	Total/2 oz	156	0	8	12
	%		0	0.21	0.69
	Total/3 oz	234	0	12	18
	%		0	0.21	0.69
<b>Blue Cheese (GF)</b>	Total/2 oz	238	4	2	24
	%		0.07	0.03	0.91
	Total/3 oz	358	5	3	35
	%		0.06	0.03	0.88
<b>Cilantro Lime Vinaigrette (GF, Vegan)</b>	Total/2 oz	312	0	2	34
	%		0	0.03	0.98
	Total/3 oz	465	0	3	51
	%		0	0.03	0.99
<b>Balsamic Vinaigrette (GF, Vegan)</b>	Total/2 oz	297	0	2	33
	%		0	0.03	1
	Total/3 oz	441	0	3	49
	%		0	0.03	1
<b>Ginger Soy (GF)</b>	Total/2 oz	186	1	14	15
	%		0.02	0.3	0.73
	Total/3 oz	283	2	22	22
	%		0.03	0.31	0.7
<b>Honey Mustard (GF)</b>	Total/2 oz	290	0	11	27
	%		0	0.15	0.84
	Total/3 oz	441	0	17	41
	%		0	0.15	0.84
<b>Poblano Caesar (GF)</b>	Total/2 oz	86	2	2	9
	%		0.09	0.09	0.94
	Total/3 oz	128	2	2	14
	%		0.06	0.06	0.98
<b>Caesar (GF)</b>	Total/2 oz	274	4	2	31
	%		0.06	0.03	1.02
	Total/3 oz	408	5	2	46
	%		0.05	0.02	1.01

Name of bread:		KCAL	PROTEIN (g)	CARB (g)	FAT (g)
Udi's Gluten Free Bun	(1 bun)	230	6	39	6
	%		0.1	0.68	0.23

### Choice of French Fries or Sweet Potato Fries:

Name of Side:		KCAL	PROTEIN (g)	CARB (g)	FAT (g)
6 oz French Fries [55824] (side) (*GF, Vegan)	6 oz Serving	573	5	75	28
	%		0.03	0.52	0.44
12 oz French Fries [55824] (entree) (*GF, Vegan)	12 oz Serving	1147	10	151	56
	%		0.03	0.53	0.44
6 oz Sweet Potato Fries (side) (*GF)	6 oz Serving	367	4	39	21
	%		0.04	0.43	0.51
12 oz Sweet Potato Fries (entree) (*GF)	12 oz Serving	734	7	78	41
	%		0.04	0.43	0.5

### Black Angus Bacon Burger

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 Bistro Bun - not vegan or GF	contains milk, eggs, butter, wheat	120	3	21	3
8 oz burger patty		568	59	0	35
1 slice cheddar cheese		235	12.2	12.8	14.7
0.67 bacon					
1 Lettuce Romaine Inner Leaf [118268]					
2 slices of tomato					
2 slices medium Onions [11282]					
37 g Pickle Chips [226852]					
	<b>Total/Plate w/o side</b>	923	74	34	53
	%		0.32	0.15	0.52

### Good Seed Veggie Burger (Vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 Good Seed burger		230	10	30	12
1 New World Sweet Wheat HB	Vegan	90	2	16	2
1 Lettuce Romaine Inner Leaf [118268]		124	2.1	16.3	6.6
2 slices of tomato					
2 slices medium Onions [11282]					
37 g Pickle Chips [226852]					
1/2 Avocado [118094]					
	<b>Total/Plate w/o side</b>	444	14	62	21
	%		0.13	0.56	0.43

## Jalapeno Bleu Cheese Bison Burger

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 Bistro Bun		120	3	21	3
7 oz mixed jalapeno bison burger	not GF	482	44	13	27
1 Lettuce Romaine Inner Leaf [118268]		154	5.6	14.3	8.1
2 slices of tomato					
2 slices medium Onions [11282]					
37 g Pickle Chips [226852]					
1 oz cajun hot sauce [296602]					
1 oz bleu cheese crumbles [105345]					
<b>Total/Plate w/o side</b>		756	53	48	38
%			0.28	0.25	0.45

## Greek Lamb Burger

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 pita bread		80	2	14	2
6 oz lamb skewers, flattened	2 lamb skewers (3 oz each) - not GF	401	26	6	30
1 Lettuce Romaine Inner Leaf [118268]		89	5.7	5	6.2
2 slices of tomato					
1 oz red Onions [11282]					
1 oz Crumbled Feta [86812]					
3 oz tzatziki sauce	GF	38	3	7	0
<b>Total/Plate w/o side</b>		608	37	32	38
%			0.24	0.21	0.56

## Queso Philly

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 oz shaved beef [23532]	from beef chuck, clod roast	276	28	0	18
2 oz philly veggies (sliced red onions and green bell peppers)		17	0.5	4.2	0
1 oz queso	classic queso	177	8	2	14
1 hoagie bread		80	3	16	0
1 Tbs + 1 tsp Smart Balance	for veggies & hoagie	107	0	0	12
<b>Total/Plate w/o side</b>		657	40	22	44
%			0.24	0.13	0.6

## Chipotle Chicken Club

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 Bistro bun		120	3	21	3
5 oz chicken, fajita marinated OR	GF	371	41	2	21
5 oz chicken breast		233	45.6	0	5.1
2 oz fry batter		95	3	20	0
1/2 oz egg beaters		13	2	1	0
1/2 oz buttermilk					
1 Tbs oil (approx soaked up during frying)		120	0	0	13.6
0.67 bacon		203	13.3	13.5	10.4
1 slice Mozzarella cheese					
1 Lettuce Romaine Inner Leaf [118268]					
2 slices of tomato					
2 slices medium Onions [11282]					
37 g Pickle Chips [226852]					
	Total/Plate WITH fajita chicken (w/o side)	694	57	37	34
	%		0.33	0.21	0.44
	Total/Plate WITH breaded chicken (w/o side)	784	67	56	32
	%		0.34	0.29	0.37

## Buffalo Chicken Sandwich

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 Bistro Bun		120	3	21	3
5 oz chicken breast		233	45.6	0	5.1
2 oz fry batter		95	3	20	0
1/2 oz egg beaters		13	2	1	0
1/2 oz buttermilk					
1 Tbs oil (approx soaked up during frying)		120	0	0	13.6
2 oz Cajun Classics Hot Sauce [296602]		120	8	10.2	5
1 slice mozzarella					
37 g Pickle Chips [226852]					
1/4 Avocado [118094]		35	0.8	2	3.2
2 oz cole slaw (creamy coleslaw)		49	1	5	3
1 oz jalapeno remoulade sauce		63	0	5	5
	Total/Plate w/o side	848	63	64	38
	%		0.3	0.3	0.4

## Cobb Sandwich

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 slices New World sourdough twist TX toast		140	4	28	0
.67 bacon		307	27.5	5.6	19.5
2 oz turkey					
1 Lettuce Romaine Inner Leaf [118268]					
2 slices of tomato					
1 oz blue cheese crumbles					
1/4 Avocado [118094]					
1/2 oz ranch dressing		39	0	2	3
<b>Total/Plate</b>					
w/o side		486	32	36	23
%			0.26	0.3	0.43

## Chicken Pesto Panini

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 slices panini bread (vegan)		320	10	68	1
5 oz chicken, fajita marinated	GF	371	41	2	21
2 tomato slices		165	16.3	3.2	10.1
2 slices mozzarella					
1.5 Tbs pesto sauce		99	1.5	1.5	10.5
<b>Total/Plate</b>					
w/o side		955	69	75	43
%			0.29	0.31	0.41

## Turkey and Avocado Sandwich

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 slices New World sourdough twist TX toast		140	4	28	0
4 oz turkey		413	42.3	4.4	24.9
1/2 oz Real Mayonnaise [97424]	(mayo)				
1 Lettuce Romaine Inner Leaf [118268]					
2 slices of tomato					
1 slice mozzarella					
1/4 Avocado [118094]					
FF or Sweet FF					
<b>Total/Plate</b>					
w/o side		553	46	32	25
%			0.33	0.23	0.41

## The Club

<b>Ingredients:</b>	<b>Notes:</b>	<b>KCAL</b>	<b>PROTEIN (g)</b>	<b>CARB (g)</b>	<b>FAT (g)</b>
2 slices New World sourdough twist TX toast		210	6	42	0
1.5 oz ham		401	44.8	5.2	21.9
2 oz turkey					
0.67 bacon					
2 slices mozzarella					
1 Lettuce Romaine Inner Leaf [118268]					
2 slices of tomato					
FF or Sweet FF					
	<b>Total/Plate w/o side</b>	611	51	47	22
	<b>%</b>		0.33	0.31	0.32

## Blackened Fish Tacos

<b>Ingredients:</b>	<b>Notes:</b>	<b>KCAL</b>	<b>PROTEIN (g)</b>	<b>CARB (g)</b>	<b>FAT (g)</b>
2 corn tortillas OR		140	4	32	2
2 flour tortillas OR		200	6	34	4
2 wheat tortillas		580	18	100	14
4 oz fish		93	21.1	0	1
Sprinkle home fry spice	GF, vegan	0	0	0	0
1 Lettuce Romaine Inner Leaf [118268]		1	0.1	0.2	0
1/4 Avocado [118094]		35	0.8	2	3.2
1 oz cilantro lime vinaigrette		156	0	1	17
2 oz mango pico	GF, vegan	168	2	25	8
3 oz rice	GF, vegan	122	3	27	0
3 oz refried black beans	GF, vegan	106	6	19	0
1/2 oz Queso Fresco [189575]		40	3	0	3
lime wedge (1/4 lime)		5	0.1	1.8	0
	<b>Total/Plate with corn tortillas</b>	866	40	108	34
	<b>%</b>		0.18	0.5	0.35
	<b>Total/Plate with flour tortillas</b>	926	42	110	36
	<b>%</b>		0.18	0.48	0.35
	<b>Total/Plate with wheat tortillas</b>	1306	54	176	46
	<b>%</b>		0.17	0.54	0.32

## Fried Avocado Tacos

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 corn tortillas OR		140	4	32	2
2 flour tortillas OR		200	6	34	4
2 wheat tortillas		580	18	100	14
1 oz refried black beans	GF, vegan	35	2	6	0
4 slices fried avocado (1/8 slice = 1 slice)	(contains egg, milk, wheat)	315	7	30	20
1 Lettuce Romaine Inner Leaf [118268]		1	0.1	0.2	0
1/2 oz jicama		5	0.1	1.2	0
1 oz pico de gallo		7	0	2	0
1.5 oz chipotle ranch	GF	63	1	4	5
3 oz rice	GF, vegan	122	3	27	0
3 oz refried black beans	GF, vegan	106	6	19	0
1/2 oz Queso Fresco [189575]	GF	40	3	0	3
lime wedge (1/4 lime)		5	0.1	1.8	0
1 Tbs oil (approx soaked up during frying)		120	0	0	13.6
	Total/Plate w/corn tortillas	959	26	123	44
	%		0.11	0.51	0.41
	Total/Plate w/flour tortillas	1019	28	125	46
	%		0.11	0.49	0.41
	Total/Plate w/wheat tortillas	1399	40	191	56
	%		0.11	0.55	0.36

## Achiote Pork Tacos

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 corn tortillas OR		140	4	32	2
2 flour tortillas OR		200	6	34	4
2 wheat tortillas		580	18	100	14
4 oz pulled pork	2 oz per taco, GF	524	42	3	38
2 oz Achiote sauce	GF, vegan	66	2	6	4
1/2 cup chopped cilantro		2	0.2	0.3	0
1 oz marinated red onions	GF, vegan	16	0.5	4	0
1 oz queso fresco		80	6	0	6
3 oz rice		122	3	27	0
3 oz refried black beans		106	6	19	0
1/2 oz Queso Fresco [189575]		40	3	0	3
2 oz verde sauce	GF, vegan	23	1	4	1
lime wedge (1/4 lime)		5	0.1	1.8	0
	Total/Plate w/corn tortillas	1124	68	97	54
	%		0.24	0.35	0.43
	Total/Plate w/flour tortillas	1184	70	99	56
	%		0.24	0.33	0.43
	Total/Plate w/wheat tortillas	1564	82	165	66
	%		0.21	0.42	0.38

## David's Enchiladas

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 corn tortillas		140	4	32	2
2.5 oz mixed cheese [99789] OR		253	15.2	2.5	22.8
2 oz shredded chicken	GF	126	24	0	3
3 fl oz sauce choice (see below)	Not included				
1 oz pico de gallo		7	0	2	0
1 oz sour cream [127612]		57	0.9	0.9	4.7
2 oz guacamole		104	1	6	9
3 oz black beans		102	6	19	0
3 oz rice		122	3	27	0
	Total/Plate w/cheese BUT w/o sauce	785	30	89	39
	%		0.15	0.45	0.45
	Total/Plate w/chicken BUT w/o sauce	658	39	87	19
	%		0.24	0.53	0.26

## Choice of Sauce (3 fl oz each) for David's Enchiladas

Sauce Name:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
Ranchero	GF, vegan	21	1	5	0
Chipotle	GF, vegan	66	3	14	2
Verde	GF, vegan	35	1	7	1
Queso	GF	532	24	7	43
Green Chili Sour Cream		131	2	6	11

## California Enchiladas

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 corn tortillas		140	4	32	2
1/4 Avocado [118094]		35	0.8	2	3.2
2.5 oz mixed cheese [99789]		253	15.2	2.5	22.8
3 fl oz sour cream sauce		131	2	6	11
1 oz pico de gallo		7	0	2	0
1/2 oz kalamata olives [252355]		11	0	0.5	1.1
1/2 oz tomatoes		3	0.1	0.6	0
3 oz black beans		102	6	19	0
3 oz rice		122	3	27	0
	Total/Plate	804	31	92	40
	%		0.15	0.46	0.45

## Greek Chicken

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
5 oz fajita chicken OR	GF	371	41	2	21
1 Portobello	GF, vegan	33	5	3	0
1 oz feta cheese [86812]		113	7	5.8	8.5
2 oz spinach					
1 oz kalamata olives [252355]					
1.5 oz diced tomatoes					
4 oz hummus	GF, vegan	235	8	23	13
4 oz Tabbouleh		212	5	27	11
1 pita bread		80	2	14	2
2 oz Tzatziki	GF	25	2	5	0
2 lemons		34	1.3	10.8	0.3
1 Lettuce Romaine Inner Leaf [118268]		1	0.1	0.2	0
	<b>Total/Plate w/chicken</b>	1071	66	88	56
	%		0.25	0.33	0.47
	<b>Total/Plate w/portobello</b>	733	30	89	35
	%		0.16	0.49	0.43

## Bacon Pesto Chicken (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
5 oz fajita chicken	GF	371	41	2	21
2 slices bacon		283	13.3	32.2	10.4
1 slice mozzarella		80	8	1	5
1 Tbs basil pesto		66	1	1	7
2 oz diced tomatoes		10	0.5	2.2	0.1
1/2 oz balsamic reduction		35	0	9	0
1 portion seasonal vegetable	green beans	63	2	8	3
4 oz bacon-cheddar mash		179	5	19	10
dash paprika		0	0	0	0
	<b>Total/Plate</b>	1087	71	74	57
	%		0.26	0.27	0.47

## Chicken Fried Chicken

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
5 oz chicken breast		233	45.6	0	5.1
2 oz fry batter		95	3	20	0
1/2 oz egg beaters		13	2	1	0
1/2 oz buttermilk					
4 oz bacon-mashed potatoes		198	5	16	13
4 oz collard greens	GF	174	6	16	10
1 biscuit		174	4	24	6
3 oz gravy		137	3	7	11
1 Tbs oil (approx soaked up during frying)		120	0	0	13.6
	<b>Total/Plate</b>	1144	69	84	59
	%		0.24	0.29	0.46

## Chicken Fried Steak

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
5 oz black angus steak [13066]		373	38.2	0	23.3
2 oz fry batter		95	3	20	0
1/2 oz egg beaters		13	2	1	0
1/2 oz buttermilk					
4 oz bacon-mashed potatoes		198	5	16	13
4 oz collard greens	GF	174	6	16	10
1 biscuit		174	4	24	6
3 oz gravy		137	3	7	11
1 Tbs oil (approx soaked up during frying)		120	0	0	13.6
<b>Total/Plate</b>		<b>1284</b>	<b>61</b>	<b>84</b>	<b>77</b>
%			0.19	0.26	0.54

## Bacon Wrapped Meatloaf

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
7-8 oz bacon wrapped meatloaf		694	44	20	47
1 portion seasonal vegetable	green beans	63	2	8	3
4 oz bacon-mashed potatoes		198	5	16	13
3 oz red bell pepper tomato sauce		80	1	5	6
<b>Total/Plate</b>		<b>1035</b>	<b>52</b>	<b>49</b>	<b>69</b>
%			0.2	0.19	0.6

## Chicken Fried Chicken Green Chile Mac

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
12 oz macaroni noodles		1276	43	249	6
6 oz cheese sauce		445	23	11	35
1/2 oz green chile sauce		4	0	1	0
1 oz panko-butter mix		150	2	10	12
1 oz parmesan cheese		91	9.1	1	6.1
1 breaded chicken breast (see ingredients listed below):					
5 oz chicken breast		233	45.6	0	5.1
2 oz fry batter		95	3	20	0
1/2 oz egg beaters		13	2	1	0
1/2 oz buttermilk					
1 Tbs oil (approx soaked up during frying)		120	0	0	13.6
<b>Total/Plate</b>		<b>2427</b>	<b>128</b>	<b>293</b>	<b>78</b>
%			0.21	0.48	0.29

### Red Quinoa Salad (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 oz mixed greens [150155]		10	0.7	2	0
6 oz red quinoa mix	GF, vegan	243	9	36	9
1/2 Avocado [118094]		70	1.5	4	6.5
1 oz coleslaw mix [430361]	(cabbage/carrot mix)	8	0.3	1.7	0
1 oz jicama		10	0.2	2.4	0
3 cherry tomatoes		66	3.2	14.3	0.7
1 oz queso fresco		80	6	0	6
2 oz cilantro lime vinaigrette	GF, vegan	312	0	2	34
<b>Total/Plate (without dinner roll)</b>		799	21	62	56
%			0.11	0.31	0.63

### Southwestern Chicken Salad (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
5 oz chicken, fajita marinated	GF	371	41	2	21
3 oz mixed greens [412942]		15	0.8	1.5	0.4
4 oz black bean pico	GF, vegan	195	8	28	7
3 oz cilantro lime vinaigrette	GF, vegan	465	0	3	51
1 oz mixed cheese		101	6.1	1	9.1
1/4 avocado		35	0.8	2	3.2
1 oz coleslaw mix [430361]	(cabbage/carrot mix)	8	0.3	1.7	0
2 oz fried Tortilla Strips [126252]		188	4	24.3	8.1
3 cherry tomatoes		66	3.2	14.3	0.7
<b>Total/Plate (without dinner roll)</b>		1444	64	78	101
%			0.18	0.22	0.63

### Cobb Salad (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
5 oz chicken, fajita marinated	GF	371	41	2	21
3 oz mixed greens [412942]		15	0.8	1.5	0.4
3 cherry tomatoes		66	3.2	14.3	0.7
1 oz bacon		153	10.5	0.4	100
1/4 avocado		35	0.8	2	3.2
1 portion bleu cheese crumbles		100	5	2	8
3 slices medium Onions [11282]		11	0.3	2.5	0
1 hard boiled egg		73	6	1	5
Choice of dressing	Dressing not included				
<b>Total/Plate (without dinner roll &amp; dressing)</b>		824	68	26	138
%			0.33	0.13	1.51

## Nabil's Middle East Feast

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
3 oz mixed greens [412942]		15	0.8	1.5	0.4
3 cherry tomatoes		66	3.2	14.3	0.7
2 oz garbanzo beans	GF, vegan	221	6	20	14
1/4 avocado		35	0.8	2	3.2
2 oz feta cheese [86812]		226	14	11.6	17
3 slices medium Onions [11282]		11	0.3	2.5	0
1/2 oz kalamata olives [252355]		11	0	0.5	1.1
1 hard boiled egg		73	6	1	5
2 oz Tabbouleh		106	2.5	13.5	5.5
Choice of dressing	Dressing not included				
<b>Total/Plate (without dinner roll &amp; dressing)</b>		764	34	67	47
		%	0.18	0.35	0.55

## The Kerbey Lane Combo

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
100 g eggs, cooked, scrambled [1132] (2 eggs)	scrambled	256	14.7	10.3	16.3
0.67 bacon (2 slices)					
3 oz mixed fruit [74307]					
1 Pederson's breakfast sausage	(gluten free, lactose free)	180	8	1	16
2 fl oz pancake batter (guest choice)	See list of options				
2 fl oz pancake batter (guest choice)	See list of options				
1 oz whipped real butter		202	0	0	24.3
<i>Pitcher of syrup served on side</i>	<i>not included; 1 serving (1/4 cup) will add:</i>	<i>200</i>	<i>0</i>	<i>54</i>	<i>0</i>
<b>Total/Plate without syrup or pancakes</b>		638	23	11	57
		%	0.14	0.07	0.8

## Choice of Pancake Batter (2 oz each)

Pancake Batter Name:		KCAL	PROTEIN (g)	CARB (g)	FAT (g)
Buttermilk pancakes		160	4	24	5
Apple whole wheat pancakes		180	4	30	5
GF apple cinnamon pancakes	GF	136	2	24	3
GF gingerbread pancakes	GF	135	2	23	3
GF vanilla pancakes	GF	193	3	37	4
Gingerbread pancakes		119	4	21	2
Vegan vanilla pancakes	Vegan	130	3	24	3

## Breakfast Platter

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
100 g eggs, cooked, scrambled [1132] (2 eggs)	scrambled	149	10	1.6	11
0.67 bacon (2 slices) OR		69	4.7	0.2	5.3
3 oz mixed fruit [74307] OR		38	0	8.5	0
1 Pederson's breakfast sausage	(gluten free, lactose free)	180	8	1	16
2 fl oz pancake batter (guest choice)	See list of options				
2 fl oz pancake batter (guest choice)	See list of options				
1 oz whipped real butter		202	0	0	24.3
Pitcher of syrup served on side	not included; 1 serving (1/4 cup) will add:	200	0	54	0
	Total/Plate w/BACON (without syrup or pancakes)	420	15	2	40
	%		0.14	0.02	0.86
	Total/Plate w/SAUSAGE PATTY (without syrup or pancakes)	531	18	3	51
	%		0.14	0.02	0.86
	Total/Plate w/FRUIT (without butter, syrup, or pancakes)	389	10	10	35
	%		0.1	0.1	0.81

## Vegan Breakfast Platter (Vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 Good Seed patties	GF, Vegan	260	10	34	14
1 cup tofu scramble		327	35	21	14
1/2 oz diced tomatoes		7	0.4	1.6	0.1
1/2 oz green onions					
2 fl oz vegan pancake batter		130	3	24	3
2 fl oz vegan pancake batter		130	3	24	3
1 oz Smart Balance (vegan)		162	0	0	18.2
Pitcher of syrup served on side	not included; 1 serving (1/4 cup) will add:	200	0	54	0
	Total/Plate	1016	51	105	52
	%		0.2	0.41	0.46

## Migas (\*GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 fl oz liquid eggs		67	15	0.8	0
2 oz pico de gallo		14	1	3	0
2 oz tortilla chips [83757]		280	4	38	12
1 oz mixed cheese		101	6.1	1	9.1
3 fl oz sauce choice	See sauce options				
3 oz black beans		102	6	19	0
3 oz rice		122	3	27	0
2 corn tortillas, by request	optional				
Total/Plate WITHOUT sauce & tortillas		686	35	89	21
%			0.2	0.52	0.28
Total/Plate WITHOUT sauce BUT with 2 tortillas		826	39	121	23
%			0.19	0.59	0.25

## Choice of Sauce (3 fl oz each) for Migas

Sauce Name:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
Ranchero	GF, vegan	21	1	5	0
Chipotle	GF, vegan	66	3	14	2
Verde	GF, vegan	35	1	7	1
Queso	GF	532	24	7	43
Green Chili Sour Cream		131	2	6	11

## Chilaquiles (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1/2 cup tortilla strips (about 3 corn tortillas)		420	12	96	6
2 oz shredded chicken	optional, GF	126	24	0	3
6 oz verde sauce		70	2	13	2
2 eggs, over easy (+ 1 tsp oil)		167	11.1	0.7	13.4
1 oz queso fresco		80	6	0	6
pinch cilantro		0	0	0	0
pinch white onions		0	0	0	0
1 oz sour cream [127612]		57	0.9	0.9	4.7
3 oz refried black beans		106	6	19	0
1/4 oz queso fresco (on top of refried beans)		20	1.5	0	1.5
3 oz rice		122	3	27	0
Total/Plate WITH shredded chicken		1168	67	157	37
%			0.23	0.54	0.29
Total/Plate WITHOUT shredded chicken		1042	43	157	34
%			0.17	0.6	0.29

## Breakfast Quesadilla

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 Pederson's breakfast sausage OR	(gluten free, lactose free)	180	8	1	16
4 oz veggie chorizo	(vegan, GF)	289	22	30	10
1 egg		63	5.5	0.3	4.4
2 oz homefries	GF, vegan	50	1	10	1
1 oz diced tomatoes		14	0.8	3.2	0.2
2 slices mozzarella		160	16	2	10
1 cayenne tortilla	vegan	270	7	46	6
1 tsp Smart Balance	(for tortilla)	27	0	0	3
2 oz guacamole		104	1	6	9
1 oz pico de gallo		7	0	2	0
1 oz sour cream [127612]		57	0.9	0.9	4.7
<b>Total/Plate WITH sausage</b>		932	40	71	54
%			0.17	0.3	0.52
<b>Total/Plate WITH veggie chorizo</b>		1041	54	100	48
%			0.21	0.38	0.41

## Crispy Chicken Benedict

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 biscuit		174	4	24	6
1 tsp Smart Balance		27	0	0	3
1 breaded chicken breast (see ingredients listed below):					
- 5 oz chicken breast		233	45.6	0	5.1
- 2 oz fry batter		95	3	20	0
- 1/2 oz egg beaters		13	2	1	0
- 1/2 oz buttermilk		6	0.5	0.7	0.1
- 1 Tbs oil (approx soaked up during frying)		120	0	0	13.6
2 poached soft eggs [1131]		142	12.6	0.8	10
2 oz Minor's hollandaise sauce	(gluten free)	180	2	2	18
1 oz marinated onions		16	0.5	4	0
1 oz green chile sauce		8	0	2	0
1 breakfast side	see list of side options for 24-hour menu				
<b>Total/Plate w/o side</b>		1014	70	55	56
%			0.28	0.22	0.5

## Steamed Spinach (GF, Vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
3 oz fresh spinach					
1 oz Smart Balance					
1 tsp lemon juice					
1/4 tsp salt					
1/4 tsp black pepper					
<b>Total/Plate</b>		183	3	3	19
%			0.07	0.07	0.93

## Paris Texas Platter

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 pieces of Texas toast (Challah Twist TX Toast)		180	4	34	2
1 tsp butter (Smart Balance)		27	0	0	3
French toast batter		78	10	6	1
pinch cinnamon [239792]		0	0	0	0
1 Tbs powdered sugar		31	0	8	0
4 fl oz liquid eggs		67	15	1	0
2 oz pico de gallo		14	1	3	0
2 Tbs canola oil		248	0	0	28
2 oz tortilla chips, broken		280	4	38	12
3 fl oz choice sauce	see list of sauce options				
1 oz mixed cheese		101	6.1	1	9.1
2 tortillas, by request	not included				
1 oz whipped real butter		202	0	0	24.3
<i>Pitcher of syrup served on side</i>	<i>not included; 1 serving (1/4 cup) will add:</i>	<i>200</i>	<i>0</i>	<i>54</i>	<i>0</i>
	<b>Total/Plate w/o sauce, tortillas, or syrup</b>	1228	40	91	79
	<b>%</b>		0.13	0.3	0.58

## Choice of Sauce (3 fl oz each) for Paris Texas Platter

Sauce Name:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
Ranchero	GF, vegan	21	1	5	0
Chipotle	GF, vegan	66	3	14	2
Verde	GF, vegan	35	1	7	1
Queso	GF	532	24	7	43
Green Chili Sour Cream		131	2	6	11

## French Toast

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
3 pieces of Texas toast (Challah Twist TX Toast)		270	6	51	3
1.5 tsp butter (Smart Balance)		40.5	0	0	4.5
French toast batter		117	15	9	1.5
pinch cinnamon [239792]		0	0	0	0
1.5 Tbs powdered sugar		46.5	0	12	0
1 scoop ice cream (65 g), if ordered	optional	140	2	16	7
1 oz whipped real butter		202	0	0	24.3
<i>Pitcher of syrup served on side</i>	<i>not included; 1 serving (1/4 cup) will add:</i>	<i>200</i>	<i>0</i>	<i>54</i>	<i>0</i>
	<b>Total/Plate w/o ice cream or syrup</b>	676	21	72	33
	<b>%</b>		0.12	0.43	0.44
	<b>Total/Plate WITH ice cream BUT w/o syrup</b>	816	23	88	40
	<b>%</b>		0.11	0.43	0.44



## French Toast Platter

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 pieces of Texas toast (Challah Twist TX Toast)	New World spec sheet	180	4	34	2
1 tsp butter (Smart Balance)		27	0	0	3
French toast batter		78	10	6	1
pinch cinnamon [239792]		0	0	0	0
1 Tbs powdered sugar		31	0	8	0
1 oz whipped real butter		202	0	0	24.3
<i>Pitcher of syrup served on side</i>	<i>not included; 1 serving (1/4 cup) will add:</i>	<i>200</i>	<i>0</i>	<i>54</i>	<i>0</i>
2 eggs, any style	scrambled	149	10	1.6	11
0.67 bacon (2 slices) OR		69	4.7	0.2	5.3
Mixed fruit OR	summer mix	38	0.6	9.6	0.2
1 Pederson's breakfast sausage	(gluten free, lactose free)	180	8	1	16
	Total/Plate with bacon (w/o syrup)	736	29	50	47
	%		0.16	0.27	0.57
	Total/Plate with fruit (w/o syrup)	705	25	60	41
	%		0.14	0.34	0.52
	Total/Plate with sausage (w/o syrup)	847	32	51	57
	%		0.15	0.24	0.61

## Biscuits, Eggs, Gravy & Sausage

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 eggs, any style	scrambled	149	10	1.6	11
2 buttermilk biscuits		348	8	48	12
6 oz bacon gravy		274	6	14	22
2 Pederson's breakfast sausage patties	(gluten free, lactose free)	360	16	2	32
	Total/Plate	1131	40	66	77
	%		0.14	0.23	0.61

## Breakfast Taco

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 corn tortilla OR	GF, vegan	70	2	16	1
1 flour tortilla OR	vegan	100	3	17	2
1 wheat tortilla	veagan	290	9	50	7
2 Tbs canola oil		248	0	0	28
Ingredients per 1 taco (if ordered):					
2 oz liquid egg	optional	30	6.8	0.4	0
1/2 oz mixed cheese [99789]	optional	51	2	0.5	4.5
1 slice bacon, chopped	optional	34	2.4	0	2.6
1/2 Pederson's sausage patty (gluten free, lactose free)	optional	90	4	0.5	8
1/2 oz green onion	optional	5	0.3	1	0
1/2 oz tomatoes	optional	3	0.1	0.6	0
1 oz black beans	optional	34	2	6.3	0
3 oz salsa		20	1	4	0
<b>Total/Plate with all ingredient options &amp; corn tortilla</b>		585	21	29	44
%			0.14	0.2	0.68
<b>Total/Plate with all ingredient options &amp; flour tortilla</b>		615	22	30	45
%			0.14	0.2	0.66
<b>Total/Plate with all ingredient options &amp; wheat tortilla</b>		805	28	63	50
%			0.14	0.31	0.56

## Baby Pancakes (Single, Short Stack, or Full Stack)

Choice of Pancake Batter (2 oz per pancake):	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
Buttermilk pancakes	Short Stack x 2; Full Stack x 3	160	4	24	5
Apple whole wheat pancakes	Short Stack x 2; Full Stack x 3	180	4	30	5
GF apple cinnamon pancakes (GF)	Short Stack x 2; Full Stack x 3	136	2	24	3
GF gingerbread pancakes (GF)	Short Stack x 2; Full Stack x 3	135	2	23	3
GF vanilla pancakes (GF)	Short Stack x 2; Full Stack x 3	193	3	37	4
Gingerbread pancakes	Short Stack x 2; Full Stack x 3	119	4	21	2
Vegan vanilla pancakes (vegan)	Short Stack x 2; Full Stack x 3	130	3	24	3
<b>Plate Includes:</b>					
1 oz whipped real butter	1 oz butter adds:	202	0	0	24.3
Pitcher of syrup served on side	1 serving (1/4 cup) will add:	200	0	54	0
<b>Optional:</b>					
Cinnamon Swirl (GF, vegan)	1 oz per pancake	208	0	42	6
Cinnamon Roll Glaze (GF, vegan)	1 oz per pancake	165	0	42	0
<b>Total/Plate</b>		Varies depending on pancake batter, size of stack, and "swirl it" option			
%					

## Regular Pancakes (Single, Short Stack, or Full Stack)

Choice of Pancake Batter (4 oz per pancake):	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
Buttermilk pancakes	Short Stack x 2; Full Stack x 3	320	8	48	10
Apple whole wheat pancakes	Short Stack x 2; Full Stack x 3	360	8	60	10
GF apple cinnamon pancakes (GF)	Short Stack x 2; Full Stack x 3	272	4	48	6
GF gingerbread pancakes (GF)	Short Stack x 2; Full Stack x 3	270	4	46	6
GF vanilla pancakes (GF)	Short Stack x 2; Full Stack x 3	386	6	74	8
Gingerbread pancakes	Short Stack x 2; Full Stack x 3	238	8	42	4
Vegan vanilla pancakes (vegan)	Short Stack x 2; Full Stack x 3	260	6	48	6
<b>Plate Includes:</b>					
1 oz whipped real butter	1 oz butter adds:	202	0	0	24.3
Pitcher of syrup served on side	1 serving (1/4 cup) will add:	200	0	54	0
<b>Optional:</b>					
Cinnamon Swirl (GF, vegan)	1 oz per pancake	208	0	42	6
Cinnamon Roll Glaze (GF, vegan)	1 oz per pancake	165	0	42	0
<b>Total/Plate</b>		Varies depending on pancake batter, size of stack, and "swirl it" option			
%					

## American Classic

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 eggs, any style	scrambled	149	10	1.6	11
2 breakfast sides	see list of side options for 24-hour menu				
Choice of:					
4 pieces of bacon OR		137	9.3	0.4	10.5
2 Pederson's breakfast sausage patties	(gluten free, lactose free)	360	16	2	32
Toast, optional	see list of side options for 24-hour menu				
<b>Total/Plate WITH bacon (w/o sides &amp; toast)</b>		286	19	2	22
%			0.27	0.03	0.69
<b>Total/Plate WITH sausage (w/o sides &amp; toast)</b>		509	26	4	43
%			0.2	0.03	0.76

## Eggs Francisco

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 fl oz liquid eggs, scrambled		67	15	0.8	0
1 English muffin + 1 tsp Smart Balance	vegan	207	6	32	4.5
2 pieces bacon		69	4.7	0.2	5.3
2 tomato slices		9	0.5	2.1	0.1
1/4 Avocado [118094]		35	0.8	2	3.2
4 fl oz queso		709	32	9	57
2 breakfast sides	see list of side options for 24-hour menu				
<b>Total/Plate w/o sides</b>		1096	59	46	70
%			0.22	0.17	0.57

## Denver Omelet

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 fl oz liquid eggs		67	15	0.8	0
1 oz mixed cheese		101	6.1	1	9.1
2 oz ham, diced		55	5.5	1.3	2.9
3 oz harvest mix (green bell pepper, mushrooms, green onions)		30	2	6	0
2 breakfast sides	see list of side options for 24-hour menu				
<b>Total/Plate w/o sides</b>		253	29	9	12
%			0.46	0.14	0.43

## Chicken Verde Omelet

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 fl oz liquid eggs		67	15	0.8	0
1 oz mixed cheese		101	6.1	1	9.1
2 oz shredded chicken		126	24	0	3
3 fl oz verde sauce		35	1	7	1
2 breakfast sides	see list of side options for 24-hour menu				
<b>Total/Plate w/o sides</b>		329	46	9	13
%			0.56	0.11	0.36

## California Omelet

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 fl oz liquid eggs		67	15	0.8	0
1 oz mixed cheese		101	6.1	1	9.1
1/4 Avocado [118094]		35	0.8	2	3.2
1/2 oz kalamata olives [252355]		11	0	0.5	1.1
1 oz diced tomatoes		14	0.8	3.2	0.2
3 fl oz sour cream sauce		131	2	6	11
2 breakfast sides	see list of side options for 24-hour menu				

<b>Total/Plate</b>				
<b>w/o sides</b>	359	25	14	25
<b>%</b>		0.28	0.16	0.28

## Baked Potato Omelet

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 fl oz liquid eggs		67	15	0.8	0
1 oz mixed cheese		101	6.1	1	9.1
3 oz home fries, chopped (prepared)		74	2	15	1
2 pieces bacon, chopped		69	4.7	0.2	5.3
1/2 oz green onions		5	0.3	1	0
1 oz sour cream [127612]		57	0.9	0.9	4.7
2 breakfast sides	see list of side options for 24-hour menu				
<b>Total/Plate w/o sides</b>		373	29	19	20
%			0.31	0.2	0.48

## Harvest Omelet

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 fl oz liquid eggs		67	15	0.8	0
1 oz mixed cheese		101	6.1	1	9.1
1/4 Avocado [118094]		35	0.8	2	3.2
3 oz harvest mix (green bell pepper, mushrooms, green onions)		30	2	6	0
2 breakfast sides	see list of side options for 24-hour menu				
<b>Total/Plate w/o sides</b>		233	24	10	12
%			0.41	0.17	0.46

## Portobello Omelet

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 fl oz liquid eggs		67	15	0.8	0
3 oz Portobello and red bell pepper mix		28	3	5	0
1 oz feta cheese [86812]		71	5.1	1	6.1
1 Tbs basil pesto		66	1	1	7
2 breakfast sides	see list of side options for 24-hour menu				
<b>Total/Plate w/o sides</b>		232	24	8	13
%			0.41	0.14	0.5

## Kerbey Scramble

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 fl oz liquid eggs		67	15	0.8	0
2 oz home fries, chopped (prepared)		50	1	10	1
1 oz mushrooms		6	0.9	0.9	0.1
1/2 oz green onions		5	0.3	1	0
1 oz diced tomatoes		14	0.8	3.2	0.2
1 oz mixed cheese		101	6.1	1	9.1
2 breakfast sides	see list of side options for 24-hour menu				
<b>Total/Plate w/o sides</b>		243	24	17	10
%			0.4	0.28	0.37

## Jr. Breakfast Platter

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 egg, any style	scrambled	75	5	0.8	5.5
1 piece bacon OR		34	2.3	0.1	2.6
4 oz mixed fruit	summer mix	52	0.8	13.1	0.3
1 Jr. Breakfast side	see list of options				
	Total/Plate WITH bacon (w/o side)	109	7	1	8
	%		0.26	0.04	0.66
	Total/Plate WITH fruit (w/o side)	127	6	14	6
	%		0.19	0.44	0.43

## Jr. Breakfast Side Options

Name of Side:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 piece wheat toast + 1/2 tsp Smart Balance (*vegan)		83	2	14	3
1 piece sourdough toast + 1/2 tsp Smart Balance (*vegan)		83	2	14	2
1 piece Texas Toast + 1/2 tsp Smart Balance (*vegan)		103	2	17	3
1 Buttermilk pancake (2 oz)		160	4	24	5
1 Apple whole wheat pancake (2 oz)		180	4	30	5
1 GF apple cinnamon pancake (2 oz) (GF)		136	2	24	3
1 GF gingerbread pancake (2 oz) (GF)		135	2	23	3
1 GF vanilla pancake (2 oz) (GF)		193	3	37	4
1 Gingerbread pancake (2 oz)		119	4	21	2
1 Vegan vanilla pancake (2 oz) (vegan)		130	3	24	3
1 piece French Toast (*To make GF use GF bread)		158	7	24	3
*French toast & pancakes served with 1 oz whipped butter		202	0	0	24
*French toast & pancakes served with pitcher of syrup - 1/4 adds:		200	0	54	0
<b>Optional add-ons for pancakes:</b>					
Cinnamon Swirl (GF, vegan)	1 oz per pancake	208	0	42	6
Cinnamon Roll Glaze (GF, vegan)	1 oz per pancake	165	0	42	0

## Kid's Oatmeal (vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 package oatmeal		100	4	19	2
1 package water		0	0	0	0
2 oz brown sugar		213	0	56.7	0
2 oz raisins [110647]		180	2	44.1	0
1 piece toast	see list of options				
	Total/Plate w/o toast	493	6	120	2
	%		0.05	0.97	0.04

## Kid's Pancake

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
4 fl oz pancake batter	see list of options under Regular Pancake Plate				
1 oz whipped real butter		202	0	0	24.3
<i>Pitcher of syrup served on side</i>	<i>not included; 1 serving (1/4 cup) will add:</i>	<i>200</i>	<i>0</i>	<i>54</i>	<i>0</i>
<b>Optional add-on for pancake:</b>					
Cinnamon Swirl	1 oz per pancake	208	0	42	6
Cinnamon Roll Glaze	1 oz per pancake	165	0	42	0
<b>Total/Plate w/o syrup</b>		Varies depending on pancake batter			
%					

## Kid French Toast

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 pieces of Texas toast (Challah Twist TX Toast)	New World spec sheet	180	4	34	2
1 tsp butter (Smart Balance)		27	0	0	3
French toast batter		78	10	6	1
pinch cinnamon [239792]		0	0	0	0
1 Tbs powdered sugar		31	0	8	0
1 oz whipped real butter		202	0	0	24.3
<i>Pitcher of syrup served on side</i>	<i>not included; 1 serving (1/4 cup) will add:</i>	<i>200</i>	<i>0</i>	<i>54</i>	<i>0</i>
<b>Total/Plate w/o syrup</b>		518	14	48	30
%			0.11	0.37	0.52

## Kid Grilled Cheese

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 slices sourdough or wheat bread + 1 tsp Smart Balance	sourdough	167	4	28	3
2 slices cheddar cheese		226	14	0.8	18.6
1 side choice	see list of options				
<b>Total/Plate w/o side</b>		393	18	29	22
%			0.18	0.3	0.5

## Kid Burger

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
3.7 oz burger patty		271	28	0	17
1 dinner roll					
1/2 oz condiment of choice	mayo	98	0	0	10.9
1/2 oz condiment, if ordered	mustard	0	0	0	0
37 g Pickle Chips [226852]	(4 pickle chips)	40	0	9.2	0
1 slice cheddar cheese, if ordered	optional	113	7	0.4	9.3
1 side choice	see list of side options				

## Kid Chicken Sandwich

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 chicken breast, fajita marinated (5 oz)	GF	371	41	2	21
1 Bistro Bun		120	3	21	3
1 tsp Smart Balance	for bun	27	0	0	3
1/2 oz condiment of choice	mayo	98	0	0	10.9
1/2 oz condiment of choice, if ordered	mustard	0	0	0	0
37 g Pickle Chips [226852]	(4 pickle chips)	40	0	9.2	0
1 slice cheddar cheese, if ordered	optional	113	7	0.4	9.3
1 side choice	see list of side options				
	Total/Plate w/o cheese & side	656	44	32	38
	%		0.27	0.2	0.52
	Total/Plate WITH cheese (w/o side)	769	51	33	47
	%		0.27	0.17	0.55

## Kid PB & J (vegan)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 slices wheat bread		140	4	28	2
1 oz Homeplate Peanut Butter	(1 oz is a little less than 2 Tbs of PB)	173	6	7	13.5
1 oz Treemont Farms Grape Jelly		70	0	18	0
1 side choice	see list of side options				
	Total/Plate w/o side	383	10	53	16
	%		0.1	0.55	0.38

## Kid Black Bean Taco

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 flour tortilla	vegan	100	3	17	2
3 oz black beans	GF, vegan	102	6	19	0
1 oz mixed cheese	GF	101	6.1	1	9.1
3 oz rice	GF, vegan	122	3	27	0
	Total/Plate	425	18	64	11
	%		0.17	0.6	0.23



## Kid Chicken Taco

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 flour tortilla		100	3	17	2
2 oz shredded chicken		126	24	0	3
1 oz mixed cheese		101	6.1	1	9.1
3 oz rice		122	3	27	0
3 oz black beans		102	6	19	0
<b>Total/Plate</b>		<b>551</b>	<b>42</b>	<b>64</b>	<b>14</b>
<b>%</b>			<b>0.3</b>	<b>0.46</b>	<b>0.23</b>

## Kid Cheese Enchilada (GF)

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
1 corn tortilla		70	2	16	1
1 1/2 oz mixed cheese		151.5	9.2	1.5	13.7
3 fl oz ranchero		21	1	5	0
3 oz black beans		102	6	19	0
3 oz rice		122	3	27	0
<b>Total/Plate</b>		<b>467</b>	<b>21</b>	<b>69</b>	<b>15</b>
<b>%</b>			<b>0.18</b>	<b>0.59</b>	<b>0.29</b>

## Kid Cheese Quesadilla

Ingredients:	Notes:	KCAL	PROTEIN (g)	CARB (g)	FAT (g)
2 flour tortillas		200	6	34	4
2 oz mixed cheese		202	12.2	2	18.2
1 tsp Smart Balance	(for tortilla)	27	0	0	3
<b>Total/Plate</b>		<b>429</b>	<b>18</b>	<b>36</b>	<b>25</b>
<b>%</b>			<b>0.17</b>	<b>0.34</b>	<b>0.52</b>