EGGS UP GRILL

NUTRITION GUIDE









	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SHAREABLE BITES										
Biscuits and Gravy	680	36	16	0	30	2160	73	2	4	12
Caramel Donuts (3)	330	14	6	0	0	320	50	3	15	6
Caramel Donuts (6)	660	27	12	0	0	640	101	6	30	12
SIGNATURE OMELETS										
The Greek	600	42	13	0	645	940	27	4	3	28
Patty-O-Sullivan	1048.7	56.9	25.2	0	685.7	2072.7	67.4	3.6	2.9	63
Goodness Gracious	564.2	16.2	8.5	0	650.5	1735.5	77.3	2.1	2	23.9
Philly Cheesesteak	576.5	26.3	10.9	0	384	1015.3	49.9	2	4.1	32.4
Veggie	504.5	4.8	0.2	0	0	709.3	85.4	1	1.5	7.4
Texas Farmhouse Omelet	1480	48	19	0	95	2940	187	13	11	73
Baja Chicken	1170	82	29	0	1000	2050	37	9	7	76
BREAKFAST CLASSICS										
The Classic	641	26.4	7	0	354	1,469	69	0	1.8	26.2
Founders Hash & Eggs	670	46	15	0	460	1130	39	4	4	27
Southern Staples	1173.8	81.1	13.1	0	390	2434.7	64.6	2.4	1	45.6
Blueberry Muffin and Eggs	650	31	7	0	475	540	76	3	47	19
The Grand Classic	1210	30	9	0	75	3390	191	10	5	52
Homestead Platter	840	56	20	0	120	2500	40	<1	4	43
Oatmeal and Fruit	460	16	1.5		0	45	75	7	42	8
BIG CITY BRUNCH										
Loaded Home Fry Bowl	770.1	48.4	20.4	0	570	2327.1	37.7	0.6	2.9	45.5
Southwestern Bowl	830.5	46.6	16.1	0	82.2	1889.6	64.8	2.1	3.9	36.1
Southern Bowl	750	45	14	0	455	1430	59	4	2	31
Coastal Crab Cake Benedict	580	41	15	0	125	2000	27	2	3	26
Eggs Benedict	790	47	18	0	500	1640	57	3	4	38
Founder's Hash Benedict	660	39	15	0	465	1470	45	3	5	31
Shrimp & Grits Bowl	1260	43	27	0	205	3210	140	8	6	62
Honey Berry Yogurt Crunch	660	39	15	0	465	1470	45	3	5	31
Chicken Fried Steak Benedict	1130	72	30	0	505	2450	72	4	5	48
Chicken Fried Steak & Eggs	820	46	15	0	430	1620	62	4	3	40
Chicken & Waffles	670	21	4.5	0	80	1410	88	2	43	31
THE GRIDDLE										
Belgian Waffle	304.2	21	3	0	146	200	23	0	3	7
Buttermilk Pancakes	570	24	5	0	80	1440	74	2	26	14
Caramel Apple Crisp Pancakes	620	9	3	0	10	1500	126	6	38	10
Gluten Friendly Pancakes	380	8	1	0	85	1020	70	7	3	2
Cinnamon Swirl French Toast	370	8	2	0	155	620	60	1	25	12
Bananas Foster French Toast	730	39	9	0	260	550	86	4	50	16
Red, White and Blue Waffle	374.2	21.3	3.1	0	146	202.2	40.8	2.5	13.4	7.9
Three Little Deuces	1000	23	23	0	690	2000	89	3	23	43
Little Waffle in the Hen House	590	31	9	0	485	1260	47	2	11	27
Slices, Strips & Spuds	940	67	17	0	290	1740	60	7	11	26
HOT OFF THE GRILL										
Brunch Burger	1140	66	27	0	390	2890	54	0	14	56
Great American Cheese Burger	934.7	47.5	5.8	0	156.5	1581	65.3	4.6	9.9	56.9
Eggs Up Grill BLT	760	64	17	0	85	1490	24	3	6	23
Cheesesteak Melt	1110	79	30	0	170	2940	51	3	9	54
TLC (Tender Loving Chicken) Sandwich	810	39	6	0	65	1780	88	7	22	28
BBQ Chicken Melt	1030	94	271	0	250	2340	56	3	8	67
PICK-ME-UPS										
The Egg Bomb	503	26	6	0	285	861	44.6	3.2	5.9	22.1
Carne Breakfast Burrito	510.7	29	10.6	0	367.7	811.3	34.3	1	1.8	24.9
Biscuit-Wich	393.5	27.1	10.9	0	367.7	1011	14	0.4	1.8	21.5
Waffle Sandwich	900	26	7	0	105	2420	116	2	34	42
Chicken Biscuit Club	760	39	15	0	255	1770	60	3	5	32
SALADS										
Southwest Chicken Salad	420	38	13	0	130	920	20	9	5	35
Cobb Salad	640	59	15	0	335	1580	17	9	6	44
Berry Balsamic Salad	480	47	10	0	95	1430	20	5	13	31

NOTICE: Please be aware that we cannot guarantee that any menu items is vegetarian*, or free from allergens, including eggs, fish, milk, peanuts, shellfish, soy, tree nuts, or wheat. Our normal restaurant operations involve shared cooking and preparation areas, equipment and utensils. In addition, ingredients or production methods used by our suppliers may change, there may be product differences among regional suppliers, or we may need to substitute ingredients in menu items.

*Eggs Up Grill offers vegetarian menu items, which do not include animal meats, but may include eggs, dairy, fish, honey and any foods with animal by-product.