



NUTRITIONAL GUIDE

17" Pizza Pies	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
NY Cheese	1	430	140	15	7	0	40	970	51	3	6	21	Contains Milk, Wheat
NY Pepperoni	1	3310	1205	135	60	3	330	8755	366	27	55	148	Contains Milk, Wheat
NY Cheese	1	2630	885	850	94	45	2	250	315	21	36	129	Contains Milk, Wheat
NY Supremo	1	2960	1090	122	52	1.5	295	7300	326	25	40	136	Contains Milk, Wheat
NY Sausage	1	3290	1370	153	63	1.5	390	8870	320	24	35	157	Contains Milk, Wheat
NY Buffalo Chicken	1	3210	1310	147	49	1.5	385	9730	298	15	17	174	Contains Milk, Egg, Soy, Wheat
NY Classic Hawaiian	1	2730	800	89	40	1.5	265	7050	339	22	58	140	Contains Milk, Wheat
NY Meat Primo	1	3860	1720	191	81	2.5	540	10510	332	23	39	199	Contains Milk, Wheat, Soy
NY Veggie	1	2150	470	53	20	1	95	4890	329	26	43	89	Contains Milk, Wheat
NY Spinach & Tomato	1	2910	1050	117	49	2	250	6900	331	28	41	137	Contains Milk, Wheat
NY 4-Cheese White	1	3080	1280	143	65	1.5	340	6430	318	12	28	141	Contains Milk, Wheat
NY Mama's Meatball	1	3550	1520	170	76	2	485	7310	342	16	40	155	Contains Milk, Wheat, Soy
14" Pizza Pies	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
The Carnivore	1	2560	1140	127	55	2	380	7140	216	15	27	134	Contains Milk, Wheat, Soy
4-Cheese White	1	2190	890	100	45	1	235	4560	230	9	19	99	Contains Milk, Wheat
Big City BBQ	1	2400	690	77	34	0.5	255	5530	309	10	85	119	Contains Milk, Wheat, Soy
Blazing Buffalo 'Za	1	2340	970	109	32	1	280	7090	217	11	13	126	Contains Milk, Wheat, Soy
Classic Hawaiian	1	2000	560	62	29	1	180	5890	252	16	43	109	Contains Milk, Wheat
Double Threat Pepp	1	2620	1200	134	60	1.5	325	7150	232	16	27	116	Contains Milk, Wheat
Fiery New Yorker	1	2350	950	106	46	0.5	245	6250	236	17	29	110	Contains Milk, Wheat, Sulfites
Mama's Meatball	1	2560	1090	122	54	1.5	345	5260	249	12	29	121	Contains Milk, Wheat, Soy
Old World Veggie	1	1990	620	69	29	1	155	4790	251	22	33	93	Contains Milk, Wheat
Pepperoni	1	2270	880	99	45	2.5	255	5580	235	16	26	106	Contains Milk, Wheat
Sbremo	1	2340	900	100	41	2	245	6060	250	21	30	110	Contains Milk, Wheat
NY Cheese	1	1900	590	66	31	1.5	170	4290	233	15	25	92	Contains Milk, Wheat
12" Pizza Pies	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
4-Cheese White	1	1590	640	72	32	1	165	3320	168	6	13	72	Contains Milk, Wheat
Big City BBQ	1	1710	490	55	24	0	180	3950	220	8	57	86	Contains Milk, Wheat, Soy
Blazing Buffalo 'Za	1	1670	660	74	25	0.5	190	4830	159	8	9	89	Contains Milk, Wheat, Soy
Classic Hawaiian	1	1470	420	47	21	0.5	150	3960	182	12	30	78	Contains Milk, Wheat
Double Threat Pepp	1	1950	900	100	45	1	245	5310	170	11	20	87	Contains Milk, Wheat
Fiery New Yorker	1	1700	680	76	33	0	175	4550	172	12	20	80	Contains Milk, Wheat, Sulfites
Mama's Meatball	1	1840	770	86	38	1	240	3790	182	9	21	87	Contains Milk, Wheat, Soy
Old World Veggie	1	1450	440	49	21	0.5	110	3450	185	16	25	67	Contains Milk, Wheat
Pepperoni	1	1580	590	65	29	1.5	165	3900	171	11	19	71	Contains Milk, Wheat
Sbremo	1	1690	660	73	30	1	170	4310	180	14	22	77	Contains Milk, Wheat
The Carnivore	1	1960	840	93	40	1.5	275	5410	176	12	20	102	Contains Milk, Wheat, Soy
NY Cheese	1	3890	1470	165	59	2	270	7640	444	29	58	159	Contains Milk, Wheat
Whole Roman Pies	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Roman Cheese	1	3890	1470	165	59	2	270	7640	444	29	58	159	Contains Milk, Wheat
Roman Pepp & Bacon	1	4250	1960	220	81	3.5	450	10000	371	21	38	187	Contains Milk, Wheat
Roman Pepp & Sausage	1	4340	2070	232	85	2.5	475	10270	374	20	37	186	Contains Milk, Wheat
Roman Double Duo Pepperoni	1	4450	2210	248	98	2	495	11170	368	21	40	180	Contains Milk, Wheat
Roman Buffalo Chicken	1	3450	1390	156	40	1	315	9380	342	17	18	168	Contains Egg, Milk, Soy, Wheat
Roman Classic Hawaiian	1	3570	1300	147	53	1.5	320	8610	393	21	61	167	Contains Milk, Wheat
Roman Meat Primo	1	4610	2180	245	92	2.5	565	11440	382	22	41	215	Contains Soy, Milk, Wheat
XL NY Slices	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
NY Cheese	1	430	140	15	7	0	40	970	51	3	6	21	Contains Milk, Wheat
NY Pepperoni	1	552	201	23	10	1	55	1459	61	5	9	25	Contains Milk, Wheat
NY Supremo	1	540	210	24	10	0	55	1380	56	4	7	25	Contains Milk, Wheat
NY Sausage	1	520	220	24	10	0	60	1390	50	4	6	25	Contains Milk, Wheat
NY Mushroom	1	360	130	14	6	0	30	850	43	3	5	16	Contains Milk, Wheat
NY Buffalo Chicken	1	520	210	23	8	0	65	1600	49	2	3	29	Contains Milk, Wheat
NY Classic Hawaiian	1	470	140	15	7	0	50	1270	57	4	10	25	Contains Milk, Wheat
NY Meat Primo	1	600	250	28	12	0	80	1740	53	4	6	32	Contains Milk, Wheat
NY Veggie	1	440	140	15	7	0	35	1070	56	5	7	21	Contains Milk, Wheat
NY Spinach & Tomato	1	370	130	15	6	0	30	880	42	4	5	18	Contains Milk, Wheat
NY 4-Cheese White	1	510	210	24	11	0	55	1070	53	2	5	23	Contains Milk, Wheat
NY Mama's Meatball	1	590	250	28	13	0	80	1220	57	3	7	28	Contains Milk, Wheat
Stuffed Sausage and Pepperoni	1	810	40	420	15	0	120	2180	73	3	3	36	Contains Milk, Eggs, Wheat
Roman Slices	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Roman Cheese	1	550	210	24	9	0	45	1140	61	3	6	24	Contains Milk, Wheat

Roman Supremo	1	670	300	34	12	0	65	1580	64	4	7	28	Contains Milk, Wheat
Roman Pepp & Bacon	1	710	330	37	14	0.5	75	1670	62	3	6	31	Contains Milk, Wheat
Roman Pepp & Sausage	1	720	340	39	14	0	80	1710	62	3	6	31	Contains Milk, Wheat
Roman Double Duo Pepperoni	1	740	370	41	16	0	85	1860	61	3	7	30	Contains Milk, Wheat
Roman Buffalo Chicken	1	580	230	26	7	0	55	1560	57	3	3	28	Contains Milk, Wheat
Roman Classic Hawaiiin	1	590	220	24	9	0	55	1430	66	4	10	28	Contains Milk, Wheat
Roman Meat Primo	1	770	360	41	15	0	95	1910	64	4	7	36	Contains Milk, Wheat
Roman Hot & Spicy	1	660	300	33	13	0	60	1620	62	4	7	29	Contains Milk, Wheat
Roman Veggie	1	570	210	24	8	0	40	1210	64	4	8	23	Contains Milk, Wheat

Stromboli	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Pepperoni Stromboli (6")	1	900	450	50	19	0	115	1940	72	4	3	36	Contains Egg, Milk, Wheat, Sesame Seeds
Sausage, Pepperoni & Bacon Stromboli (6")	1	870	420	47	17	0	110	1970	72	4	3	37	Contains Egg, Milk, Wheat, Sesame Seeds
Spinach Stromboli (6")	1	740	330	37	11	0	60	1230	74	5	3	29	Contains Egg, Milk, Wheat, Sesame Seeds
Chicken & 4-Cheese Stromboli (6")	1	790	320	36	17	0.5	110	1730	82	4	9	37	Contains Egg, Milk, Wheat, Sesame Seeds
Buffalo Chicken Stromboli (6")	1	860	400	45	12	0	110	2140	74	3	4	41	Contains Egg, Milk, Wheat, Sesame Seeds
Classic Hawaiiin Stromboli (6")	1	700	230	26	10	0	85	1900	81	4	11	36	Contains Egg, Milk, Wheat, Sesame Seeds
Meat Primo Stromboli (6")	1	970	460	52	20	0.5	145	2600	79	4	6	48	Contains Egg, Milk, Wheat, Sesame Seeds
Veggie Stromboli (6")	1	690	260	29	10	0	45	1570	79	5	7	28	Contains Egg, Milk, Wheat, Sesame Seeds
Spinach Stromboli (12")	1	1480	330	37	11	0	60	1230	74	5	3	29	Contains Egg, Milk, Wheat, Sesame Seeds
3- Meat Stromboli (12")	1	1940	460	52	20	0.5	145	2600	79	4	6	48	Contains Egg, Milk, Wheat, Sesame Seeds
XL 24" Stromboli 2-Topping	1	2750-3200	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies
XL 24" Stromboli Specialty	1	3450-3900	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies

Starters/Sides	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Garlic Cheesy Bread	1	1690	730	82	32	1	155	3650	161	8	11	76	Contains Milk, Wheat
NYC Pepperoni Cheesy Bread	1	1800	840	94	34	1.5	170	4090	161	8	12	74	Contains Milk, Wheat
NYC Bacon & Cheddar Cheesy Bread	1	1970	980	110	46	0.5	230	4670	160	6	13	89	Contains Milk, Wheat
NYC Cheesy Bread	1	1720	760	85	32	1	155	3650	161	8	12	76	Contains Milk, Wheat
NYC Garlic Knots	1	607	217	25	4	0	11	994	78	4	3	19	Contains Milk, Wheat
Breadsticks (2)	1	660	340	36	6	0	3	1140	70	4	4	14	Contains Milk, Wheat
Breadsticks (4)	1	1320	680	72	12	0	6	2280	140	8	8	28	Contains Milk, Wheat
Breadsticks (12)	1	3960	2040	216	36	0	18	6840	420	24	24	84	Contains Milk, Wheat
Potato Wedges	1	630	370	41	6	0	0	1200	58	6	0	6	Contains Soy, Wheat
Hell's Kitchen Potato Wedges	1	650	370	41	6	0	0	1210	61	7	2	6	Contains Soy, Wheat
Garlic and Romano Dusted Wedges	1	750	470	53	8	0	5	1280	60	7	0	8	Contains Soy, Wheat
Cheddar Bacon Potato Wedges	1	930	580	65	20	0	75	2280	62	6	3	24	Contains Milk, Soy, Wheat
Sbarro Signature Pizza Fries	1	1090	650	73	23	1	100	3030	68	8	5	35	Contains Milk, Soy, Wheat
Mozz Sticks (3) w/ Pomodoro Dipping Sauce	1	100	35	4	1.5	0	5	500	11	2	4	5	Contains Milk, Wheat
Mozz Sticks (6) w/ Pomodoro Dipping Sauce	1	180	60	7	3	0	15	870	19	3	6	9	Contains Mik, Wheat
Small Spaghetti and Sauce	1	350	140	16	2.5	0	0	460	44	3	3	8	Contains Soy, Wheat
Small Mac & Cheese	1	710	360	40	25	0	130	1900	48	4	3	34	Contains Egg, Milk, Wheat
Small Spaghetti	1	350	140	16	2.5	0	0	460	44	3	3	8	Contains Soy, Wheat
Small Ziti	1	1040	420	47	13	0	60	2250	122	9	21	33	Contains Milk, Wheat
Small White Cheddar Mac & Cheese	1	710	360	40	25	0	130	1900	48	4	3	34	Contains Egg, Milk, Wheat
Roasted Potatoes	1	450	80	9	4	0	0	950	82	8	6	10	
Mixed Vegetables	1	100	60	7	1	0	0	310	11	3	5	3	
Rice	1	320	30	3.5	1	0	0	1500	65	3	0	6	
Veg Rice	1	400	0	0	0	0	0	340	104	0	104	0	
1 Garlic Breadstick	1	330	170	18	3	0	0	570	35	2	2	7	Contains Milk, Wheat
6 Garlic Breadsticks	1	1670	830	92	15	0	10	2860	173	8	9	37	
2 Meatballs	1	460	320	36	16	0	120	1050	13	0	3	25	

Salads	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Antipasta	1	610	500	55	12	0	45	2860	15	3	7	16	Contains Milk, Sulfites
Sbarro House Salad	1	760	570	64	17	0	70	2470	27	4	7	23	Contains Milk, Wheat
Garden	1	260	220	24	4	0	0	940	12	1	10	1	
Ceasar	1	510	460	51	8	0	90	680	11	1	1	4	Contains Milk, Wheat
Greek	1	160	90	10	5	0	20	620	12	5	5	9	Contains Milk
Club	1	390	180	20	8	0	70	1750	21	3	4	32	Contains Milk, Wheat
Pasta Salad	1	650	410	46	7	0	0	1380	55	6	7	10	Contains Wheat
Tomato & Cucumber	1	170	90	10	1.5	0	0	390	20	4	12	3	
Fruit Salad	1	150	5	0.5	0	0	0	40	38	3	33	3	
Add Grilled Chicken	1	270	90	10	2	0	65	680	18	1	0	26	
Add 2 Tenders	1	386	260	28	2	0	33	1586	26	0	18	3	Contains Soy, Wheat

Salad Dressing	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Caesar	1	230	220	25	4	0	45	280	1	0	0	1	Contains Egg, Milk, Wheat
Greek	1	220	210	24	3.5	0	5	530	1	0	1	0	Contains Egg, Milk, Wheat
Italian	1	140	130	14	2	0	0	320	4	0	3	0	
Lite Italian	1	15	10	1	0	0	0	720	2	0	2	0	
Ranch	1	200	190	22	3.5	0	10	320	2	0	1	0	Contains Egg, Milk, Wheat

Dipping Sauce	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Garlic	1	180	170	19	3	0	0	250	2	0	1	0	
Ranch	1	140	130	14	2	0	5	220	1	0	1	0	Contains Egg, Milk, Wheat

Chipotle Ranch	1	140	130	14	2	0	10	270	1	0	1	0	Contains Egg, Milk, Wheat
Pasta & Steam Entrees	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Spaghetti	1	1180	510	57	9	0	0	1830	141	10	12	28	Contains Milk, Wheat
Spaghetti & Meatballs	1	1200	580	65	15	0	60	2490	121	8	14	35	Contains Milk, Soy, Wheat
Ziti	1	1040	420	47	13	0	60	2250	122	9	21	33	Contains Milk, Wheat
White Cheddar Mac & Cheese	1	960	550	61	38	1.5	230	3780	33	9	3	75	Contains Egg, Milk, Wheat
Ziti w/ Chicken	1	1510	830	93	24	0	100	3720	116	8	18	51	Contains Milk, Wheat
Chicken Parm w/ Spaghetti	1	1160	400	44	10	0	90	2240	136	9	12	55	Contains Milk, Wheat
Chicken Parm w/ Baked Ziti	1	1280	570	64	17	0.5	125	2830	121	9	19	58	Contains Milk, Wheat
Chicken Parm Piece	1	270	90	10	2	0	65	680	18	1	0	26	
Chicken Vesuvio	1	1390	660	73	17	0	60	3130	133	8	12	48	Contains Milk, Wheat
Chicken Francese	1	1140	400	45	10	0	85	2310	130	8	11	54	Contains Milk, Wheat
Chicken Francese Piece	1	270	90	10	2	0	65	680	18	1	0	26	
Quarter Roast Chicken Piece	1	180	80	9	2.5	0	135	200	0	0	0	27	
Meat Lasagna	1	1430	610	68	27	1	150	3970	145	11	23	60	Contains Milk, Wheat
Baked Lasagna	1	1430	610	68	27	1	150	3970	145	11	23	60	
Chicken Wings (6)	1	750	580	65	14	0	130	2250	7	1	2	36	
Chicken Wings (12)	1	1550	1050	117	26	0	255	2960	56	0	43	72	
Entrée Roasted Potatoes	1	270	120	13	6	0	5	440	35	4	4	4	
Entrée Mixed Vegetable	1	100	60	7	1	0	0	310	11	3	5	3	
Entrée Rice	1	520	50	6	2	0	0	2400	104	4	0	10	Contains Milk, Soy
Entrée Mushrooms and Peppers	1	110	50	6	1	0	0	500	12	3	6	7	
Entrée Sausage and Peppers	1	1080	610	68	19	0	110	2690	83	9	16	39	Contains Wheat
Spaghetti w/ Sausage	1	1250	620	69	15	0	70	2640	118	9	11	43	Contains Soy, Wheat
Chicken Wings & Tenders	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
6 Wings	1	640 - 810	410	46	12	0	300	1330	2	1	1	55	Contains Soy, Wheat
10 Wings	1	1070-1300	680-890	76-100	20-23	0	505-510	2230-2370	4	1	0-2	91-95	Contains Soy, Wheat
20 Wings	1	2150-2600	1370-1790	152-201	40-46	0	1005-1025	4450-4740	8	2	1-4	182-189	Contains Soy, Wheat
3 Tenders/Strips—w/ choice of sauce	1	580	390	44	5	0	50	2380	40	1	27	10	Contains Soy, Wheat
6 Tenders/Strips—w/ choice of sauce (2)	1	1100	780	87	10	0	105	4460	62	1	39	21	Contains Soy, Wheat
Italian Deli Subs	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Meatball	1	1050	640	72	31	0	220	2600	54	2	8	54	Contains Soy, Wheat, Milk
Chicken Parm	1	620	230	26	9	0	105	1710	52	3	4	43	Contains Soy, Wheat, Milk
Sausage & Peppers & Onions	1	680	370	42	15	0	110	2140	44	4	7	39	Contains Soy, Wheat, Milk
Sbarro Italian Stallion—Hot or Cold	1	570	290	32	10	0	65	2590	36	2	5	31	Contains Soy, Wheat, Milk
Turkey w/ Pesto Mayo—Hot or Cold	1	700	390	44	13	0	105	2280	36	2	3	39	Contains Soy, Wheat, Milk
Classic Club	1	710	400	45	14	0	105	2350	35	2	4	40	Contains Soy, Wheat, Milk
Philly Steaks	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Steak and Cheese	1	600-660	330	37	18	0	95	1400	30	1	1	37	Contains Soy, Wheat, Milk
Cheese Steak Fully Loaded	1	700	390	43	18	0	95	1720	38	3	4	39	Contains Soy, Wheat, Milk
Sbarro Hot Italian Beef	1	710	410	46	18	0	95	1850	35	1	4	37	Contains Soy, Wheat, Milk
Chicken Philly	1	580-610	260	29	12	0	145	1090	29	1	1	54	Contains Soy, Wheat, Milk
Chicken Philly Hoagie Style	1	640	320	36	12	0	130	1290	32	2	3	83	Contains Soy, Wheat, Milk
Veggie & Cheese	1	590	320	36	10	0	45	1790	45	5	7	22	Contains Soy, Wheat, Milk
Desserts	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Cookie	1	250	89	10	5	0	2	245	39	1	22	3	Contains Eggs, Milk, Wheat, Soy
Cinnamon Breadsticks	1	1080	240	28	9	0	0	1760	179	7	31	30	Contains Milk, Wheat
Mama's Cheesecake	1	590	360	41	24	1	190	460	47	1	28	8	Contains Milk, Wheat, Egg
Tiramisu	1	240	140	15	10	0	1.5	1.5	40	120	8	3	Contains Milk, Wheat, Egg
Breakfast	Serving	Cals (kcal)	Fat Cals (kcal)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergen Statement
Bacon	1	80	60	7	3	0	15	270	0	0	0	4	
Sausage	1	200	200	47	1.5	0	40	470	1	0	0	8	
Pancakes	1	360	0	0	0	0	0	1030	81	2	15	6	Contains Milk, Soy, Wheat
Roasted Breakfast Potatoes	1	270	120	13	6	0	5	440	35	4	4	4	Contains Milk, Soy
French Toast	1	230	40	4.5	1.5	0	80	370	36	1	7	9	
Eggs	1	340	220	24	9	0	755	860	3	0	2	26	Contains Egg, Milk, Soy
Express Breakfast (eggs, bacon or sausage, biscuit or french toast)	1	590	340	37	16	4	705	1810	30	1	4	35	Contains Egg, Milk, Soy, Wheat
Pancake Platter (2 pancakes, eggs and meat of choice)	1	620	310	60	6	0	350	1700	58	1	11	26	Contains Egg, Milk, Soy, Wheat
Breakfast Meat Stuffed Slice	1	850	370	42	15	0	385	1880	75	4	4	41	Contains Egg, Milk, Soy, Wheat
Sausage, Ham, Bacon Stuffed Slice	1	850	370	42	15	0	390	1880	75	3	4	42	Contains Egg, Milk, Soy, Wheat
Veggie Stuffed Slice	1	750	300	34	11	0	360	1440	76	4	5	34	Contains Egg, Milk, Soy, Wheat
Ham & Cheese Stuffed Slice	1	800	330	37	13	0	380	1800	75	3	4	41	Contains Egg, Milk, Soy, Wheat
Breakfast Potatoes	1	270	120	13	6	0	5	440	35	4	4	4	Contains Milk, Soy