

# Nutritional Facts

## Hot Breakfast Items

	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>
Cinnamon Tastrie	260	9	39
Sausage Link	61	4	0
Sausage Patty	85	5	0
Cinnamon Fr. Toast	240	7	34
French Toast Stix	160	4	25
Cheese Omelet	131	10	2
Scrambled Egg	60	3	1
Ham Diced	112	5	2
Egg Patty	70	6	1
Bacon Round	39	3	0
Biscuit (1 oz.)	192	8	29
Biscuit (2.85 oz.)	232	9	35
Sausage Gravy	160	11	11
Cheese Sliced	368	31	4
Pancake Wrap	220	10	23
Pancake Mini	160	2	30

These are not always exact statistics they can vary with serving size, substitutions for products that are out of stock and other variables. They may also vary with additions of spices, butter and other items used to enhance flavor. They are relatively close and can be used to approximate data for your daily food intake. If you need more information feel free to contact Tom Freitas at 419-621-2719.