

# Chef's Table - Breakfast

Served until 11am

**Big breakfast** – 2 eggs, 2 bacon or sausage, 2 hash browns, 2 slices of toast \$10.99, 640 Cals

**BLT sandwich** – bacon, lettuce, tomato & mayo on Texas toast \$7.59, 380 Cals

**Breakfast sandwich** – bacon or sausage, egg, butter & cheese on an English muffin \$6.49, 340 Cals  
Without protein \$5.99, 270 Cals

**Breakfast wrap** – 12" tortilla, scrambled eggs, bacon or sausage & hash browns in your choice of wrap \$7.29, 680 Cals

**GLT sandwich** – guacamole, lettuce & tomato on your choice of bread \$5.99, 390 Cals

**Veggie bagel supreme** – hummus, cucumbers, onion & peppers on a bagel \$5.99, 470 Cals

**Toasted bagel** – with butter \$2.49, 350 Cals  
with cheese or cream cheese \$3.49, 370 Cals

**Guac toast** – tasty guac on your choice of bread \$3.79, 440 Cals

Add 2 triangle hash browns \$2.29, 290 Cals

Side of toast \$2.29, 220 Cals

Add guac or hummus \$1.49, 50 Cals

Add bacon or sausage \$2.09, 70 cals

Add cheese \$2.09, 80 Cals

Upgrade to a bagel \$1.29, 320 Cals

**Make it a combo** – combo with a medium coffee or tea with hash browns or fresh whole fruit Add \$3.79, 50-350 Cals  
or Dole juice with hash browns or fresh whole fruit Add \$4.89, 250-520 Cals

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.

# BREAKFAST

RISE N' DINE

## MAKE IT A COMBO

Medium coffee or tea with hash browns  
or fresh whole fruit

**Add \$3.79** (50-350 Cals)

Dole juice with hash browns  
or fresh whole fruit

**Add \$4.89** (250-520 Cals)

### 1 Big Breakfast

2 eggs, 2 bacon  
or sausage,  
2 hash browns,  
2 slices of toast

**\$10.99 640 Cals**

### 2 BLT Sandwich

Bacon, lettuce,  
tomato & mayo  
on Texas toast

**\$7.59 380 Cals**

### 3 Breakfast Sandwich

Bacon or sausage,  
egg, butter &  
cheese on an  
English muffin

**\$6.49 340 Cals**

Without protein  
**\$5.99 270 Cals**



### 4 Breakfast Wrap


12' tortilla,  
scrambled eggs,  
bacon or sausage  
& hash browns in  
your choice of wrap

**\$7.29 680 Cals**

## TASTY EXTRAS

2 triangle hash browns \$2.29 290 Cals  
Side of toast \$2.29 220 Cals

Add guac or hummus  \$1.49 50 Cals  
Add bacon or sausage \$2.09 70 Cals

Add cheese  \$2.09 80 Cals  
Upgrade to a bagel \$1.29 320 Cals

# BREAKFAST

RISE N' DINE

## MAKE IT A COMBO

Medium coffee or tea with hash browns  
or fresh whole fruit

**Add \$3.79** (50-350 Cals)


Dole juice with hash browns  
or fresh whole fruit

**Add \$4.89** (250-520 Cals)

**5** **GLT Sandwich**   
Guacamole,  
lettuce & tomato  
on your choice  
of bread  
**\$5.99 390 Cals**

**6** **Veggie Bagel Supreme**   
Hummus, cucumbers,  
onion & peppers  
on a bagel  
**\$5.99 470 Cals**

**7** **Toasted Bagel**  
with butter  
**\$2.49 350 Cals**  
with cheese   
**\$3.49 370 Cals**  
with cream cheese  
**\$3.49 370 Cals**

**8** **Guac Toast**   
Tasty guac on  
your choice  
of bread  
**\$3.79 440 Cals**

## TASTY EXTRAS

2 triangle hash browns \$2.29 290 Cals  
Side of toast \$2.29 220 Cals

Add guac or hummus  \$1.49 50 Cals  
Add bacon or sausage \$2.09 70 Cals

Add cheese  \$2.09 80 Cals  
Upgrade to a bagel \$1.29 320 Cals