

The Market Kiosk Menu										Fall 2020
Breakfast										
Breakfast Burrito Line	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Potato, Egg and Cheese Burrito	1 burrito	470	24	44	2	19				Wheat, Milk, Egg, Soy
Sausage Breakfast Burrito	1 burrito	652	42	44	2	24				Wheat, Milk, Egg, Soy, Pork
Bacon Breakfast Burrito	1 burrito	553	31	44	2	24				Wheat, Milk, Egg, Soy, Pork
Brisket Breakfast Burrito	1 burrito	607	35	44	2	29				Wheat, Milk, Egg, Soy
Add Ons										
Red Salsa	2oz	26	0.1	5.2	2.2	1.08	✓	✓	✓	
Breakfast Sandwiches Line	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Sausage Biscuit	1 sandwich	375	27	24	1	9				Wheat, Milk, Pork
Chicken Biscuit	1 sandwich	359	18.5	32	2	16				Wheat, Milk
Sausage, Egg, and Cheese Biscuit	1 sandwich	482	35.5	25.5	0	15				Wheat, Milk, Egg, Soy, Pork
Bacon, Egg, and Cheese Biscuit	1 sandwich	383	24.5	25.5	1	15				Wheat, Milk, Egg, Soy, Pork
Bacon, Egg, and Cheese on English Muffin	1 sandwich	319	17	25.5	1	16				Wheat, Milk, Egg, Soy, Pork
Sausage, Egg, and Cheese on English Muffin	1 sandwich	418	28	25.5	1	16				Wheat, Milk, Egg, Soy, Pork
Sausage, Egg, and Cheese on Croissant	1 sandwich	470	35.5	23.5	1	14				Wheat, Milk, Egg, Soy, Pork
Bacon, Egg, and Cheese on Croissant	1 sandwich	371	24.5	23.5	1	14				Wheat, Milk, Egg, Soy, Pork
Omelettes (Build Your Own)	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bacon Crumble	1oz	166	14	0	0	10				Pork
Liquid Egg	4oz	161	10.8	2.5	0	13.4				Egg
Egg White	4oz	48	0	0	0	11.9				Egg
Ham	2oz	135	10.4	0	0	10.35				Pork
Plant Protein Meatless Crumble (Gardein)	2oz	35	0.5	2.25	1.5	5.25				Wheat, Soy
Sausage Crumble	1oz	91	9	0	0	2.5				Pork
Cheese Option										
Yellow American	1oz	74	6	1	0	4				Milk, Soy
Mixed Shredded Cheese	1oz	83	7	0	0	5		✓	✓	Milk
Pepper Jack	1 slice	70	6	0	0	5		✓	✓	Milk
Provolone	1 slice	70	8	0	0	5		✓	✓	Milk
Swiss	1 slice	82	6	1	0	6				Milk
Toppings	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Avocado	1/2 avocado	170	13.5	9	3	3	✓	✓	✓	
Bacon Crumble	1oz	166	14	0	0	10				Pork
Ham	2oz	135	10.4	0	0	10.35				Pork
Jalapenos	2oz	0	0	0	0		✓	✓	✓	
Mushrooms	1oz	7	0	0.9	0.3	0.9				
Grilled Onions	2oz	20	0	5	0	0	✓	✓	✓	
Grilled Peppers	2oz	16	0	4	0	0	✓	✓	✓	
Sausage Crumble	1oz	91	9	0	0	2.5				Pork
Spinach	1oz	8	0.1	1	0.6	0.8				

Plant Protein Crumble (Gardein)	2oz	35	0.5	2.25	1.5	5.25				Wheat, Soy
<b>Traditional Breakfast</b>	<b>Serving Size</b>	<b>Calories(g)</b>	<b>Fat(g)</b>	<b>Carbs(g)</b>	<b>Fiber(g)</b>	<b>Protein(g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Bacon	2 slices	83	7	0	0	5				Pork
Fried Eggs	2 eggs	151	11	1	0	12.5				Egg
Hashbrown Patty	1 patty	94	5	11	1.5	1.5		✓	✓	Soy
Sausage Patty	2 patties	364	36	0	0	10			✓	Pork
Toast - White	2 slices	146	1.5	29	2	4				Wheat, Milk, Soy
Toast - Honey Wheat	2 slices	218	2	40	6	10				Wheat, Milk, Soy
GLUTEN FREE Multigrain Toast	2 slices	161	5	25	3	4		✓	✓	Egg; May contain: Soy
GLUTEN FREE White Toast	2 slices	124	4	20	1	2		✓	✓	Egg; May contain: Soy
Waffle (with butter)	1 waffle	457	25	53	1	5				Wheat, Milk, Soy
Pancakes	2 pancakes	457	25	53	1	5				Wheat, Milk, Soy
Syrup	2oz	124	0	31	0	0				
Biscuits and Gravy	2 biscuits	851	35	126	2	8				Wheat, Milk, May contain: Egg, Soy
<b>Add Ons</b>	<b>Serving Size</b>	<b>Calories(g)</b>	<b>Fat(g)</b>	<b>Carbs(g)</b>	<b>Fiber(g)</b>	<b>Protein(g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Scrambled Egg	4oz	161	11	2.5	0	13		ü	ü	Egg
<b>Yogurt and Oatmeal Line</b>										
Oatmeal	4oz	432	8	76	11.2	14		✓	✓	Soy
Brown Sugar	1oz	112	0	28	0	0		✓	✓	
Cinnamon	0.5oz	4	0	1	0	0		✓	✓	
Honey	0.5oz	34	0	8.5	0	0		✓	✓	
Strawberry	1oz	10	0	2	1	0.5		✓	✓	
Banana	2oz	59	0.5	13	1.5	0.5		✓	✓	
Vanilla Yogurt	8oz	164	0	21	1	20		✓	✓	Milk
Granola	2oz	260	9.5	39	3.5	4.5		✓	✓	Soy
Fresh Blueberry	1oz	18	0	4	0.5	0.5		✓	✓	
Fresh Strawberry	1oz	10	0	2	0.5	0.5		✓	✓	
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
Yes=✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										