

# BREAKFAST

Available Monday - Friday 7am - 11am

Weekends 8am - 11am  
Limited Offerings Available  
Closed on Holidays



**WESTERN  
WISCONSIN**  
HEALTH

# Create a Bowl

Create your own oatmeal or yogurt parfait by simply adding the toppings of your choice.

## Steel Cut Oats ♥

price varies by weight

Serving Size 1 cup – no toppings

Calories 150 Fat 3g Sat Fat 5g Sodium 0g Carbohydrates 27g Fiber 4g Sugar 1g Added Sugar 0g Protein 4g. Allergens: gluten (no data)

## Greek Yogurt ♥

price varies by weight

**Vanilla** Serving Size 1/2 cup, plain.

Calories 87 Fat 0g Sat Fat 0g Sodium 40g Carbohydrates 10.5g Fiber 0g Sugar 8g Protein 10g. Allergens: milk

**Strawberry** Serving Size 1/2 cup, plain.

Calories 100 Fat .5g Sat Fat 3g Sodium 53g Carbohydrates 20.5g Fiber 0g Sugar 14.5g Protein 3g. Allergens: milk

## Toppings

(Not included in nutritional values listed above)

Craisins	Pecans	Flax Seed
Walnuts	Blueberries	Strawberries
Cashews	Coconut	Granola
Pineapple	Pepitas	Chia Seeds
Sunflower Seeds	Chocolate Chips	
Cinnamon Maple Apples		

# Create Your Own

Additional Fillings or Toppings 25¢ each

## Breakfast Burrito

Create your own with up to three fillings plus scrambled eggs and cheddar cheese in a whole grain tortilla. Served with sour cream and salsa.

Nutritional's will vary, based on tortilla, egg, and cheese. Calories 410 Fat 23gr Sat Fat 10g Sodium 580g Carbohydrates 33g Fiber 0g Sugar 4g Protein 24g. Allergens: egg, milk, wheat

## Breakfast Quesadilla

Create your own with up to three fillings plus scrambled eggs and cheddar cheese in a whole grain tortilla. Served with sour cream and salsa.

Nutritional's will vary, based on tortilla, egg and cheese. Calories 410 Fat 23gr Sat Fat 10g Sodium 580g Carbohydrates 33g Fiber 0g Sugar 4g Protein 24g. Allergens: egg, milk, wheat

## Hashbrown Skillet ♥

Hashbrowns, cheddar cheese and up to three fillings. Add egg for additional charge.

Nutritional's will vary, based on hashbrowns, mushrooms, spinach, tomato and cheese. Calories 100 Fat 2gr Sat Fat 1.5g Sodium 220g Carbohydrates 17g Fiber 1g Sugar 1g Protein 3g. Allergens: milk. Varies on ingredients selected.

## Breakfast Flatbread

Create your own with up to three toppings plus scrambled eggs and cheddar cheese.

Calories 410 Fat 23gr Sat Fat 9g Sodium 660g Carbohydrates 32g Fiber 3g Sugar 4g Protein 25g. Allergens: milk, wheat, egg

We do not have separate cooking equipment to prepare 100% gluten free items.

## Fillings

Not included in nutritional values listed.  
Subject to availability

Ham	Pork Sausage	Bacon
Spinach	Mushroom	Tomato
Onion	Bell Pepper	Chorizo
Jalapeno	Cilantro	Black Beans
Avocado	Goat Cheese	Cheddar
	Country Gravy	

# Omelets

Two egg omelets made to order daily  
Additional Fillings 25¢ each

## Build Your Own

Includes two eggs, cheddar cheese and up to three fillings.

*Plain Omelet: Calories 230 Fat 18gr Sat Fat 8g Sodium 330g Carbohydrates 4g Sugar 2g Protein 19g. Allergens: milk, egg*

## Vegetable ♥

Spinach, mushroom, mixed bell pepper, onion, tomato, and cheddar cheese.

*Calories 240 Fat 18gr Sat Fat 8g Sodium 330g Carbohydrates 6g Fiber 1g Sugar 2g Protein 19g. Allergens: milk, egg.*

## Loaded

Lower sodium ham, mushroom, pork sausage, tomato, bacon, onion, spinach, and mixed bell pepper.

*Calories 320 Fat 24gr Sat Fat 10g Sodium 680g Carbohydrates 8g Fiber 1g Sugar 4g Protein 25g. Allergens: milk, egg. Contains pork*

## Mexican

Chorizo, jalapeno, onion, black beans, tomato, avocado, and cheddar cheese. Topped with cilantro, served with salsa on the side.

*Calories 300 Fat 22gr Sat Fat 9g Sodium 550g Carbohydrates 8g Fiber 1g Sugar 4g Protein 22g. Allergens: milk, egg. Contains pork.*

# A La Carte

Available daily open - 11am, limited availability

## Egg to Order ♥

Choose from over easy, over medium, over well, over hard or basted.

*Serving Size 1 egg. Calories 70 Fat 5g Sat Fat 1.5g Sodium 70g Carbohydrates 0g Fiber 0g Sugar 0g Protein 6g. Allergens: egg*

## Two Scrambled Eggs ♥

Egg substitute available

*Serving Size ½ cup. Calories 140 Fat 9g Sat Fat 3g Sodium 150g Carbohydrates 3g Fiber 0g Sugar 2g Protein 12g. Allergens: egg*

## Breakfast Hashbrowns ♥

*Serving Size ½ cup. Calories 70 Fat 0g Sat Fat 0g Sodium 170g Carbohydrate 15g Fiber 1g Sugar 0g Protein 1g. No major allergens*

## Lower Sodium Bacon ♥

*Serving Size 2 slices. Calories 70 Fat 6g Sat Fat 2g Sodium 140g Carbohydrates 0g Fiber 0g Sugar 0g Protein 4g. No major allergens, contains pork*

## Turkey Sausage (upon request) ♥

*Serving Size 2 links. Calories 100 Fat 8g Sat Fat 2g Sodium 300g Carbohydrates 0g Fiber 0g Sugar 0g Protein 8g. No major allergens*

## Pork Sausage

*Serving Size 2 links. Calories 185 Fat 14g Sat Fat 4.5g Sodium 413.5g Carbohydrates 0g Fiber 0g Sugar 0g Protein 6g. No major allergens, contains pork.*

## Toast ♥

*Serving Size 1 slice. Choice of English muffin, raisin, cinnamon or wheat. Nutritional's vary. Allergen milk, wheat, soy.*

# Eatery Specials

*Additional Fillings 25¢ each*

## Daily Special

Scrambled Eggs, Hashbrowns, and choice of bacon or pork sausage.

*Calories 280 Fat 11gr Sat Fat 5g Sodium 460g Carbohydrates 18g Fiber 1g Sugar 2g Protein 17g. Allergens: milk, egg. Contains pork.*

## Eatery Delight

English muffin toast, guacamole, red onion, bacon, egg to order, hollandaise and micro-greens. Served open faced.

*Calories 510 Fat 33g Sat Fat 12g Sodium 690g Carb 34g Fiber 3g Sugar 3g Protein 20g. Allergens: milk, egg, wheat. Contains pork.*

## Quinoa Bowl with Chorizo

Quinoa, roasted corn, black beans, chorizo sausage, cilantro, and avocado. Topped with salsa, egg cooked to order and cotija cheese.

*Calories 370 Fat 19gr Sat Fat 6g Sodium 640g Carbohydrates 29g Fiber 6g Sugar 4g Protein 19g. Allergens: milk, egg. Contains pork.*

## Cinnamon French Toast

Two slices of French toast made with a sweet flavorful cinnamon bread. Option to top with strawberries, cinnamon maple apples or blueberries, add \$0.50.

*Calories 470 Fat 21gr Sat Fat 5g Sodium 440g Carbohydrates 59g Fiber 0g Sugar 20g Protein 19g. Allergens: wheat, milk, egg.*

## Pancakes

Two 4" pancakes made to order, sprinkled with powdered sugar.

*Calories 130 Fat 2.5gr Sat Fat .5g Sodium 290g Carbohydrates 24g Fiber 1g Sugar 5g Protein 3g. Allergens: milk, wheat, soy, egg.*

## Pineapple Pecan Pancakes

Two 4" pancakes made with pineapple, topped with pecans, caramel drizzle, and powdered sugar.

*Calories 280 Fat 12gr Sat Fat 3.5g Sodium 300g Carbohydrates 40g Fiber 3g Sugar 18g Protein 4g. Allergens: wheat, milk, soy, egg, tree nut.*

## Blueberry Pancakes

Two 4" pancakes made with blueberries and sprinkled with powdered sugar.

*Calories 160 Fat 3gr Sat Fat .5g Sodium 290g Carbohydrates 30g Fiber 2g Sugar 9g Protein 3g. Allergens: wheat, milk, soy, egg*

# Sandwiches

*Additional Fillings or toppings 25¢ each*

## Egg Sandwich

Egg and cheddar cheese on toasted English muffin bread. For lower sodium ham or bacon, add \$0.75

*Calories 380 Fat 13gr Sat Fat 5g Sodium 590g Carbohydrates 51g Fiber 0g Sugar 2g Protein 19g Allergens: egg, milk, wheat*

## French Toast Melt

Lower sodium ham, Swiss cheese and strawberry preserves sandwiched between Cinnamon French toast.

*Calories 280 Fat 10g Sat Fat 4g Sodium 440g Carbohydrates 34g Fiber 0g Sugar 13g Protein 15g. Allergens: egg, milk, wheat*

## Croissant Egg Sandwich

Fried egg, sliced cheddar cheese, and low sodium bacon on a toasted croissant roll.

*Calories 280 Fat 10g Sat Fat 4g Sodium 440g Carbohydrates 34g Fiber 0g Sugar 13g Protein 15g. Allergens: egg, milk, wheat*

**All items on our breakfast menu meet CDC recommendations as a healthful item.**

**A  indicates the item meets Cardiac Heart Healthy guideline recommendations.**