

# BREAKFAST

Available Monday - Friday 7:00 AM - 11:00 AM  
Saturday 8:00 AM - 11:00 AM | Sunday - CLOSED

## Create a Bowl

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

### Steel Cut Oats ♥

Serving size 1 cup-no toppings Calories 150 Fat 3g Sat fat .5g Sodium 0mg Carbs 27g Fiber 4g Sugar 1g protein 5g

Allergens: wheat

35¢ per oz

### Yogurt Bar ♥

Greek Vanilla - Serving size 1 cup-no toppings Calories 150 Fat 3g Sat fat .5g Sodium 0mg Carbs 27g Fiber 4g Sugar 1g protein 5g. Allergens: milk

Low Fat Strawberry - Serving Size ¼ cup - no toppings. Calories 100 Fat .5g Sat Fat 0g Sodium 50mg Carbs 20g Fiber 0g Sugar 14g Protein 3g. Allergens: milk

35¢ per oz

### Toppings

(Not included in nutritional values listed above) *Subject to availability*

Strawberries

Blueberries

Pineapple

Granola

Sunflower Seeds

Grapes

Craisins

Pecans

Coconut

Flax Seeds

Chocolate Chips

Oreos

Chia Seeds

Pepitas

## Breakfast Favorites

Additional fillings 25-75¢ each

### Daily Breakfast Special

Scrambled eggs, hash browns and choice of reduced sodium bacon or pork sausage.

Calories 240 Fat 11g Sat Fat 3.5g Sodium 265mg Carbs 22g Fiber 2g Sugar 0g Protein 11.5g

Allergens: egg, milk. Contains pork

\$3.25

### 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 530 Fat 29g Sat Fat 9.5g Sodium 1010mg Carbs 35.5g Fiber 8.5g Sugar 13.5g Protein 28g.

Allergens: egg, milk. Contains pork

\$4.75

### French Toast ♥

Two slices of French toast made with Texas toast, topped with cinnamon. Option to top with strawberries or blueberries, add \$0.50

Calories 243 Fat 6.5g Sat Fat 1.5g Sodium 385mg Carbs 33g Fiber 2g Sugar 2g Protein 12g.

Allergens: egg, milk, wheat, soy

\$3.50

### Pancakes ♥

Two 4" pancakes made to order.

Calories 210 Fat 5g Sat Fat 1g Sodium 430mg Carbs 37g Fiber 1g Sugar 7g Protein 5g.

Allergens: egg, milk, wheat, soy

\$3.50

### Blueberry Pancakes

Two 4" pancakes made with blueberries.

Calories 267g Fat 5.5g Sat Fat 1g Sodium 430mg Carbs 51g Fiber 3g Sugar 17g Protein 5.5g.

Allergens: egg, milk, wheat, soy

\$4.00

## A La Carte

Available Monday-Saturday, Open - 11:00 AM, limited availability

Additional fillings or toppings 25-75¢ each

### Egg to Order ♥

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

Serving Size 1 egg Calories 70 Fat 5g Sat Fat 1.5g Sodium 65mg Carbs 0g Fiber 0g Sugar 0g Protein 6g.

Allergens: egg

50¢ per egg

### Two Scrambled Eggs ♥

Serving Size 1/2 cup Calories 140 Fat 9g Sat Fat 3g Sodium 150g Carbohydrates 3g Fiber 0g Sugar 2g Protein 12g.

Allergens: egg

\$1.00

### Hashbrowns ♥

Serving Size 1/2 cup Calories 100 Fat 0g Sat Fat 0g Sodium 60mg Carbs 22g Fiber 2g Sugar 0g Protein 1.5g.

Allergens: No major allergens

\$1.25

### Bacon - Reduced Sodium ♥

Serving Size 2 slices. Calories 70 Fat 6g Sat Fat 2g Sodium 140mg Carbs 0g Fiber 0g Sugar 0g Protein 4g.

No major allergens. Contains pork

\$1.25

### Turkey Sausage (upon request)

Serving Size 2 links. Calories 100 Fat 8g Sat Fat 2g Sodium 300mg Carbs 0g Fiber 0g Sugar 0g Protein 8g.

No major allergens

\$1.25

### Pork Sausage

Serving Size 2 links. Calories 220 Fat 22g Sat Fat 8g Sodium 350mg Carbs 0g Fiber 0g Sugar 0g Protein 5g.

No major allergens. Contains pork

\$1.25

### Toast

Serving size 1 slice. Choice of Cinnamon raisin, white or wheat.

Allergens: Allergens and Nutritional Information vary. May contain milk, wheat, soy

50¢ per slice

### English Muffin ♥

Serving size 1 muffin. Calories 130 Fat 1g Sat Fat 0g Sodium 250mg Carbs 25g Fiber 1g Sugar 1g Protein 4g.

Allergens: wheat, soy

75¢

## 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.

\*Allergens and Nutrition information vary. Based on tortilla, egg, cheese, salsa, and sour cream: Calories 510 Fat 25g Sat Fat 14g Sodium 825mg Carbs 46g Fiber 1g Sugar 7g Protein 21g. Allergens: egg, milk, wheat, soy

\$4.25

### 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.

\*Allergens and Nutrition information vary. Based on tortilla, egg, cheese, salsa, and sour cream: Calories 510 Fat 25g Sat Fat 14g Sodium 825mg Carbs 46g Fiber 1g Sugar 7g Protein 21g. Allergens: egg, milk, wheat, soy

\$4.25

### Hashbrown Skillet ♥

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

\*Allergens and Nutrition information vary. Based on hashbrowns, peppers, onions, and cheese: Calories 250 Fat 9g Sat Fat 6g Sodium 242mg Carbs 30g Fiber 3g Sugar 4g Protein 10g. Allergens: milk

\$3.75

### Fillings

(Not included in nutritional values listed above)

Subject to availability

Ham

Mushroom

Chorizo

Avocado

Pork Sausage

Tomato

Jalapeno

Feta Cheese

Bacon

Onion

Cilantro

Cheddar

Spinach

Bell Pepper

Black Beans

Country Gravy

## Sandwiches

Additional fillings or toppings 25¢ each

### Egg Muffin Sandwich

Fried egg and cheddar cheese on toasted English muffin bread. For reduced sodium ham or bacon, or a sausage patty - add \$1.00.

Serving Size 1 sandwich - plain Calories 380 Fat 13g Sat Fat 5g Sodium 590g Carbohydrates 51g Fiber 0g Sugar 2g Protein 19g

Allergens: egg, milk, wheat, soy

\$2.50

### Croissant Egg Sandwich

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

Calories 540 Fat 35g Sat Fat 16g Sodium 810g Carbohydrates 34g Fiber 0g Sugar 5g Protein 24g

Allergens: egg, milk, wheat, soy. Contains pork

\$3.75

## Omelets

Two egg omelets made to order daily | Additional fillings 25-75¢ each

### Build Your Own Omelet

Includes two eggs, cheese and up to three fillings.

\*Allergens and Nutrition information vary. Based on eggs, ham, and cheese. Calories 250 Fat 17g Sat Fat 8.5g Sodium 885mg Carbs 3g Fiber 0g Sugar 2g Protein 22g. Allergens: egg, milk

\$4.00

### Vegetable

Spinach, mushrooms, bell peppers, onions, tomatoes, and cheddar cheese.

Calories 255 Fat 14 Sat Fat 7.5g Sodium 267mg Carbs 13g Fiber 3g Sugar 4.5g Protein 17.5g.

Allergens: egg, milk

\$3.50

### Loaded Omelet

Ham & bacon, pork sausage, mushrooms, tomatoes, onions, spinach, bell peppers, and cheddar cheese

Calories 525 Fat 34.5g Sat Fat 15g Sodium 1655mg Carbs 12g Fiber 3g Sugar 4.5g Protein 40g.

Allergens: egg, milk. Contains pork

\$5.00

### Mexican

Chorizo, jalapenos, onions, black beans, tomatoes, avocado, and cheddar cheese. Topped with cilantro, served with salsa on the side.

Calories 335 Fat 19g Sat Fat 8.5g Sodium 934mg Carbs 20.5g Fiber 5g Sugar 6g Protein 18.5g.

Allergens: egg, milk. Contains pork

\$4.50

## Proudly Serving Ember and Bean Roasting Co.

Complimentary Coffee

## Take Out Containers Available

50¢



WESTERN WISCONSIN HEALTH