## BREAKFAST

### Breakfast Sandwich
- egg and cheese with your choice of protein and bread
- **Varies Cal | $3.99**
- **Variation:** 3 Egg Omelet
  - your choice of 3 toppings and cheese served with wheat or white toast
- **Varies Cal | $3.99**

### Heifer Breakfast Burrito
- scrambled eggs mixed with sautéed peppers, cheddar cheese and your choice of protein
- **Varies Cal | $3.79**

### Buttermilk Biscuit
- **184 Cal | $1.00**

### Sausage (2)
- **180 Cal | $1.99**

### Bacon (3)
- **208 Cal | $1.99**

### Eggs
- **78 Cal | $1.49**

### 3 Egg Omelet
- your choice of 3 toppings and cheese served with wheat or white toast
- **Varies Cal | $4.99**

### Southern Biscuits & Gravy
- 2 flaky buttermilk biscuits topped with country gravy
- **312 Cal | $3.99**

### Heifer Griddle Cakes
- 2 fluffy griddle pancakes
- **106 Cal | $3.75**

### BREAD

<table>
<thead>
<tr>
<th>Bread</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sourdough</td>
<td>192 Cal</td>
</tr>
<tr>
<td>White</td>
<td>128 Cal</td>
</tr>
<tr>
<td>Wheatberry</td>
<td>302 Cal</td>
</tr>
<tr>
<td>Croissant</td>
<td>365 Cal</td>
</tr>
</tbody>
</table>

### PROTEIN

<table>
<thead>
<tr>
<th>Protein</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon (2 slices)</td>
<td>52 Cal</td>
</tr>
<tr>
<td>Pork Sausage (1)</td>
<td>90 Cal</td>
</tr>
<tr>
<td>Ham</td>
<td>106 Cal</td>
</tr>
</tbody>
</table>

### CHEESE

<table>
<thead>
<tr>
<th>Cheese</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>American</td>
<td>49 Cal</td>
</tr>
<tr>
<td>Cheddar</td>
<td>57 Cal</td>
</tr>
<tr>
<td>Swiss</td>
<td>53 Cal</td>
</tr>
<tr>
<td>Pepper Jack</td>
<td>51 Cal</td>
</tr>
<tr>
<td>Provolone</td>
<td>45 Cal</td>
</tr>
</tbody>
</table>

### A LA CARTE

#### Buttermilk Biscuit
- **184 Cal | $1.00**

#### Sausage (2)
- **180 Cal | $1.99**

#### Bacon (3)
- **208 Cal | $1.99**

#### Eggs
- **78 Cal | $1.49**

#### Toast (1)
- **Varies Cal | $0.50**

#### Extra Toppings
- **Varies Cal | $0.75**

#### Extra Protein
- **Varies Cal | $1.99**

Additional nutrition information available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.