

BREAKFAST

Breakfast Sandwich

egg and cheese with your choice of protein and bread

Varies Cal | \$3.99



3 Egg Omelet

your choice of 3 toppings and cheese served with wheat or white toast

Varies Cal | \$4.99

Heifer Breakfast Burrito

scrambled eggs mixed with sautéed peppers, cheddar cheese and your choice of protein

Varies Cal | \$3.79

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

Sourdough	192 Cal
White	128 Cal
Wheatberry	302 Cal
Croissant	365 Cal

PROTEIN

Bacon (2 slices)	52 Cal
Pork Sausage (1)	90 Cal
Ham	106 Cal

CHEESE

American	49 Cal
Cheddar	57 Cal
Swiss	53 Cal
Pepper Jack	51 Cal
Provolone	45 Cal

A LA CARTE

Buttermilk Biscuit	184 Cal \$1.00	Toast (1)	Varies Cal \$0.50
Sausage (2)	180 Cal \$1.99	Extra Toppings	Varies Cal \$0.75
Bacon (3)	208 Cal \$1.99	Extra Protein	Varies Cal \$1.99
Eggs	78 Cal \$1.49		

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