

Nutrition

* Nutrient values shown do not include side choices

2000 calories a day is used as a general nutrition guideline for adults, but nutritional needs may vary. Any substitutions and variations will increase or decrease stated nutritional values. Items listed may not be available in all locations.

Two-Meat Classic Combo *

Choice of Meats:	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon (2)	130	11	4	0	30	530	0	0	0	9
Sausage Patty(2)	350	26	9	0	100	1020	0	0	0	26
Turkey Sausage (2)	170	14	4.5	0	100	520	0	0	0	15
Ham Steak (3oz)	110	11	4	0	30	530	0	0	0	9
Corned Beef Hash (3.5oz)	170	26	9	0	100	1020	0	0	0	26
Choice of Eggs:										
Two Eggs Cracked to Order	170	14	4.5	0	420	140	0	0	0	12
Egg Whites	350	3.5	0.5	0	0	160	<1	0	<1	11

Traditional Breakfast *

Choice of Meats:	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon (2)	130	11	4	0	30	530	0	0	0	9
Sausage Patty(2)	350	26	9	0	100	1020	0	0	0	26
Turkey Sausage (2)	170	14	4.5	0	100	520	0	0	0	15
Ham Steak (3oz)	110	11	4	0	30	530	0	0	0	9
Corned Beef Hash (3.5oz)	170	26	9	0	100	1020	0	0	0	26
Choice of Eggs:										
Two Eggs Cracked to Order	170	14	4.5	0	420	140	0	0	0	12
Egg Whites	350	3.5	0.5	0	0	160	<1	0	<1	11

Three Egg Omelettes *

Omelette:	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Meat Lovers Omelette	130	11	4	0	30	530	0	0	0	9
Popeye's Revenge Omelette	350	26	9	0	100	1020	0	0	0	26
Biscuit & Gravy Omelette	170	14	4.5	0	100	520	0	0	0	15
Very Veggie Omelette	110	11	4	0	30	530	0	0	0	9
Conquistador Omelette	170	26	9	0	100	1020	0	0	0	26
Baja Omelette	170	14	4.5	0	420	140	0	0	0	12
Chicken & Broccoli Egg White Omelette	350	3.5	0.5	0	0	160	<1	0	<1	11
Craft Your Own Omelette**	350	3.5	0.5	0	0	160	<1	0	<1	11