

BREAKFAST NUTRITIONAL INFORMATION

MARIE'S MAGNIFICENT SIX

	CALORIES	SAT. FAT	CARBS	SODIUM
<i>Marie's Magnificent Six</i>				
with Bacon	740	13g	90g	1160mg
with Sausage	900	18g	91g	1420mg

THREE EGG OMELETTES

with Breakfast Potatoes	CALORIES	SAT. FAT	CARBS	SODIUM
Spanish Omelette	1180	24g	99g	2350mg
Oven-Roasted Turkey & Broccoli Omelette	950	15g	83g	2250mg
Denver Omelette	1010	17g	81g	2390mg
Three Cheese Omelette	1020	19g	79g	2130mg
Three Cheese Omelette with Ham	1080	20g	81g	2800mg
"Oh My" Omelette	1210	25g	83g	3000mg
BTA Omelette	1220	20g	90g	2330mg
Fresh Vegetable Omelette	990	16g	88g	2020mg
Plus your choice of one of the following:				
Toast	380	0g	81g	630mg
Muffin	Varies	Varies	Varies	Varies

SCRAMBL-EGGS with hash browns

	CALORIES	SAT. FAT	CARBS	SODIUM
Tex-Mex Scramble	1150	24g	88g	2490mg
Veggie Scramble	820	11g	83g	1850mg

THE EGG EXCHANGE

with Breakfast Potatoes	CALORIES	SAT. FAT	CARBS	SODIUM
Two Eggs, Any Style	630	6g	78g	1730mg
Grilled Ham & Eggs	820	9g	78g	2910mg
Bacon & Eggs	710	8g	78g	2010mg
Sausage & Eggs	860	13g	78g	2270mg
Meatloaf & Eggs	870	12g	83g	2080mg
Freshly-Baked Buttermilk Biscuits & Gravy	1150	26g	125g	2910mg
Chorizo & Eggs	1520	18g	185g	3690mg
Country Fried Steak & Eggs	1310	17g	125g	3030mg
Plus your choice of one of the following:				
Toast	380	0g	81g	630mg
Muffin	Varies	Varies	Varies	Varies

BENEDICTS with hash browns

	CALORIES	SAT. FAT	CARBS	SODIUM
Traditional Eggs Benedict	1010	17g	110g	2570mg
California Eggs Benedict	1160	20g	118g	2310mg
Blackstone Eggs Benedict	1070	20g	109g	2590mg

SOUTH-OF-THE-BORDER SELECTS

	CALORIES	SAT. FAT	CARBS	SODIUM
<i>Chilaquiles with Scrambled Eggs</i>	980	14g	86g	1380mg
Baja Breakfast Burrito	1140	20g	109g	2310mg

GRIDDLE-GREAT COMBOS

	CALORIES	SAT. FAT	CARBS	SODIUM
<i>Pancake Combo</i>				
With Bacon	620	5g	92g	1040mg
With Sausage	890	14g	93g	1560mg
<i>French Toast Combo</i>				
with Bacon	640	5g	105g	1020mg
with Sausage	910	14g	106g	1540mg
<i>Belgian Waffle Combo</i>				
with Bacon	820	14g	101g	1360mg
with Sausage	1090	23g	102g	1880mg

GRIDDLE GREATS

	CALORIES	SAT. FAT	CARBS	SODIUM
Wild Berry French Toast	950	10g	168g	980mg
Big Apple Waffle	1040	13g	177g	1080mg
Fresh Strawberry Waffle (seasonal)	700	10g	121g	950mg
Buttermilk Pancake Stack	820	7g	147g	1490mg
Belgian Waffle	600	9g	99g	950mg
Old-Fashion French Toast	860	10g	130g	1120mg
Add Cinnamon-Apple Topping	140	0g	36g	70mg
Add Warm Blueberry	160	0g	40g	170mg

OUR FAMOUS QUICHE

with Fresh Fruit	CALORIES	SAT. FAT	CARBS	SODIUM
Vegetable Quiche	950	42g	43g	740mg
Ham Quiche	990	43g	40g	1230mg
Bacon Quiche	1010	44g	40g	990mg
Plus your choice of Muffin	Varies	Varies	Varies	Varies

FRESHLY BAKED MUFFINS & CEREALS

	CALORIES	SAT. FAT	CARBS	SODIUM
<i>Freshly Baked Muffin</i>				
Zesty Lemon	620	9g	61g	550mg
Apple Streusel	720	11g	82g	590mg
Blueberry Streusel	610	8g	60g	560mg
Banana Nut	540	6g	44g	420mg
Coconut Pineapple	560	10g	50g	500mg
Mandarin Orange Cream Cheese	600	9g	59g	550mg
Pumpkin Spice (seasonal)	560	8g	61g	490mg
Triple Chocolate	740	11g	79g	580mg
Bran	540	2g	93g	780mg
Hot Apple "Swirled" Oatmeal	790	2.5g	157g	330mg
Healthy Start	470	1.5g	97g	270mg
<i>Schooner of fresh fruit and oatmeal</i>	870	2.5g	177g	345mg
<i>Simply a schooner of fresh fruit</i>	80	0g	20g	15mg

MONDAY THROUGH FRIDAY SPECIAL

	CALORIES	SAT. FAT	CARBS	SODIUM
Monday-Friday Special	770	12g	78g	2070mg

MINI MENU for kids under 12 years of age

	CALORIES	SAT. FAT	CARBS	SODIUM
Buttermilk Pancakes	430	4.5g	72g	640mg
French Toast	530	7g	88g	510mg
One Egg with Bacon	350	4g	38g	1010mg
One Egg with Sausage	410	6g	46g	1250mg

BEVERAGES (small 8 oz., large 16 oz.)

	CALORIES	SAT. FAT	CARBS	SODIUM
Small Orange Juice	110	0g	26g	15mg
Large Orange Juice	210	0g	49g	30mg
Small Apple Juice	120	0g	30g	25mg
Large Apple Juice	220	0g	56g	45mg
Small Grapefruit Juice	100	0g	24g	35mg
Large Grapefruit Juice	190	0g	45g	65mg
Small Pineapple Juice	140	0g	35g	0mg
Large Pineapple Juice	260	0g	66g	0mg
Small Tomato Juice	40	0g	10g	700mg
Large Tomato Juice	80	0g	19g	1430mg
Small Ocean Spray Cranberry Juice Cocktail	140	0g	35g	35mg
Large Ocean Spray Cranberry Juice Cocktail	260	0g	66g	70mg
Small Milk (12 oz.)	210	5g	20g	200mg
Large Milk	270	11g	27g	270mg
COFFEE & HOT CHOCOLATE (8 oz.)				
Hot Chocolate	120	1.5g	24g	105mg
Coffee	0	0g	0g	0mg
Decaf Coffee	0	0g	0g	0mg

ON THE SIDE

	CALORIES	SAT. FAT	CARBS	SODIUM
Breakfast Potatoes	490	3g	76g	1600mg
Short Stack Pancakes	490	6g	88g	720mg
Club Sausage Links	360	11g	3g	800mg
Applewood Smoked Bacon	130	3g	2g	420mg
Toast & Homemade Jams	380	0g	81g	630mg
One Egg Any Style	70	1.5g	1g	65mg
Ham Steak	140	2g	2g	1180mg
Oatmeal	330	0g	72g	190mg
Schooner of Fresh Fruit	80	0g	20g	15mg
Hot-N-Hearty Hash Browns	1270	18g	50g	4150mg
<i>Freshly Baked Blueberry-Banana Loaf</i>	1090	15g	112g	960mg
<i>Side of Pancakes</i>	390	6g	59g	860mg

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Marie Callender's Restaurant & Bakery® nutritional information is based on representative values from manufacturers, USDA and other established data bases and lab testing. Nutritional analysis was performed by Guardian Food Group. Recipes are the property of Perkins and Marie Callender's Inc. Some menu items may not be available in all restaurants. While ingredient information is based on standard product formulations, variation may occur due to difference in suppliers, ingredient substitutions, changes in recipe, product assembly at the restaurant level, the region of the country and the season of the year. Serving sizes may vary from the quantity upon which the analysis was conducted.