








jumpstart

 = BeWell Healthy Option  = Not made with gluten  = Vegetarian  = Vegan

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|---|---|
| EGG & CHEESE BREAKFAST SANDWICH <i>310+ cal</i> | \$4.05 |
| Choice of English Muffin, Bagel, or Toast | |
| EGG, CHEESE & MEAT BREAKFAST SANDWICH <i>400+ cal</i> | \$5.95 |
| <i>(BACON, HAM OR SAUSAGE)</i> Choice of English Muffin, Bagel, or Toast | |
| BREAKFAST BURRITO <i>400+ cal</i> | \$5.95 |
| Scrambled Eggs, Choice of Meats, Veggies & Cheese | |
| FULL BREAKFAST MEAL <i>400+ cal</i> | \$7.50 |
| 2 Eggs Any Style, Choice of Meats, Served with Hash Browns and Toast | |
| VEGGIE OR MEAT OMELET <i>250+ cal</i> | \$6.45 |
| Choice of Meats, Veggies & Cheese | |
| CHEESE OMELET <i>250+ cal</i> | \$5.35  |
| Choice of Cheese | |
| SINGLE EGG <i>65 cal</i> | \$1.10  |
| Any Style | |
| HASH BROWNS <i>250+ cal</i> | \$2.10  |
| SIDE BACON/SAUSAGE <i>150+ cal</i> | \$1.90 |
| FRENCH TOAST/PANCAKES <i>350+ cal</i> | \$4.60 |

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.