

jump**start**



= BeWell Healthy Option



= Not made with gluten



= Vegetarian



= Vegan

EGG & CHEESE BREAKFAST SANDWICH *310+ cal* **\$4.05**

Choice of English Muffin, Bagel, or Toast

EGG, CHEESE & MEAT BREAKFAST SANDWICH *400+ cal* **\$5.95**

(BACON, HAM OR SAUSAGE)

Choice of English Muffin, Bagel, or Toast

BREAKFAST BURRITO *400+ cal* **\$5.95**

Scrambled Eggs, Choice of Meats, Veggies & Cheese

FULL BREAKFAST MEAL *400+ cal* **\$7.50**

2 Eggs Any Style, Choice of Meats, Served with Hash Browns and Toast

VEGGIE OR MEAT OMELET *250+ cal* **\$6.45**

Choice of Meats, Veggies & Cheese

CHEESE OMELET *250+ cal* **\$5.35** 

Choice of Cheese

SINGLE EGG *65 cal* **\$1.10** 

Any Style

HASH BROWNS *250+ cal* **\$2.10** 

SIDE BACON/SAUSAGE *150+ cal* **\$1.90**

FRENCH TOAST/PANCAKES *350+ cal* **\$4.60**

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