

**Snooze**<sup>\*</sup>  
BREAKFAST. BRUNCH. LUNCH.

**NUTRITIONAL  
INFORMATION**

**JANUARY 2026**

<b>BARISTA!</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Snooze House Blend Coffee</b>	0	0	0	0	0	0	0	0	0	0	0
<b>Decaf House Blend Coffee</b>	0	0	0	0	0	0	0	0	0	0	0
<b>Local Nitro Cold Brew Coffee</b>	0	0	0	0	0	0	10	0	0	0	0
<b>Americano</b>	5	0	0	0	0	0	20	1	0	0	0
<b>Espresso</b>	5	0	0	0	0	0	10	1	0	0	0
<b>Latte</b>											
Latte, with skim milk	110	5	0	0	0	5	135	16	0	15	10
Latte, with almond milk	80	35	4	0	0	0	200	11	0	9	1
Latte, with 2% milk	160	60	6	4	0	25	150	16	0	15	10
Latte, with whole milk	190	90	10	6	0	30	140	16	0	15	10
Latte, Iced, with skim milk	60	0	0	0	0	5	75	9	0	8	5
Latte, Iced, with coconut milk	45	25	2.5	2.5	0	0	75	4	0	2	0
Latte, Iced, with almond milk	45	20	2	0	0	0	100	6	0	4	1
Latte, Iced, with 2% milk	80	30	3	2	0	10	80	8	0	7	5
Latte, Iced, with whole milk	100	45	5	3	0	15	75	8	0	7	5
<b>Cappuccino</b>											
Cappuccino, with skim milk	90	5	0	0	0	5	110	13	0	12	8
Cappuccino, with almond milk	70	30	3	0	0	0	160	9	0	7	1
Cappuccino, with 2% milk	130	45	5	3	0	20	125	13	0	12	8
Cappuccino, with whole milk	150	70	8	4.5	0	25	115	13	0	12	8
Cappuccino, Iced, with skim milk	60	0	0	0	0	5	75	9	0	8	5
Cappuccino, Iced, with coconut milk	45	25	2.5	2.5	0	0	75	4	0	2	0
Cappuccino, Iced, with almond milk	45	20	2	0	0	0	100	6	0	4	1
Cappuccino, Iced, with 2% milk	80	30	3	2	0	10	80	9	0	7	5
Cappuccino, Iced, with whole milk	100	45	5	3	0	15	75	9	0	7	5
<b>Mocha</b>											
Mocha, with skim milk	240	50	6	4	0	25	140	40	0	38	10
Mocha, with almond milk	220	80	9	3.5	0	20	190	36	0	32	2
Mocha, with 2% milk	280	100	11	7	0	40	150	40	0	38	10
Mocha, with whole milk	320	130	15	9	0	45	140	40	0	38	9
Mocha, Iced, with skim milk	190	50	6	4	0	20	75	33	0	30	5
Mocha, Iced, with coconut milk	180	70	8	6	0	15	75	29	0	26	0
Mocha, Iced, with almond milk	180	70	7	3.5	0	20	95	31	0	28	1
Mocha, Iced, with 2% milk	210	70	8	5	0	30	80	32	0	30	5
Mocha, Iced, with whole milk	220	90	10	6	0	30	75	32	0	30	4
<b>Vanilla Almond Matcha Tea Latte</b>	100	25	2.5	0	0	0	135	19	0	16	1
<b>Honey Oat Milk Latte</b>	200	50	6	1	0	0	130	35	1	18	3
Honey Oat Milk Latte, Iced	160	35	4	.5	0	0	90	29	1	17	2
<b>Lavender Latte</b>	200	50	6	3.5	0	20	90	31	0	29	6
Lavender Latte, Iced	160	35	4	2.5	0	10	60	28	0	26	4

<b>BARISTA! CONT.</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Cortado</b>											
Cortado, with skim milk	25	0	0	0	0	0	35	4	0	3	2
Cortado, with almond milk	20	10	1	0	0	0	45	3	0	2	0
Cortado, with 2% milk	35	10	1.5	1	0	5	35	4	0	3	2
Cortado, with whole milk	45	20	2	1	0	5	35	4	0	3	2
<b>Organic Tea</b>	0	0	0	0	0	0	0	0	0	0	1
<b>Chai</b>											
Chai, with skim milk	140	0	0	0	0	5	85	30	1	29	5
Chai, with almond milk	130	15	2	0	0	0	115	28	1	26	1
Chai, with 2% milk	160	25	3	2	0	10	95	30	1	29	5
Chai, with whole milk	180	45	5	3	0	15	85	30	0	29	5
Chai, Iced, with skim milk	100	0	0	0	0	0	60	21	1	20	4
Chai, Iced, with almond milk	90	10	1.5	0	0	0	80	19	1	18	0
Chai, Iced, with 2% milk	120	20	2	1.5	0	10	65	21	1	20	4
Chai, Iced, with whole milk	130	30	3.5	2	0	10	60	21	1	20	3
<b>Snooze Hot Chocolate</b>	490	330	37	23	1	115	110	33	1	32	8
<b>Flavored Syrup</b>	45	0	0	0	0	0	5	11	0	9	0

<b>BLOODYS</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Straight Up Bloody</b>	110	5	0	0	0	0	1580	5	1	0	1
<b>Spicy Bloody</b>	110	5	0	0	0	0	1500	5	1	0	1
<b>Bacon makes everything better - especially your Bloody!</b>	90	60	7	2	0	10	250	1	0	0	9

<b>BUBBLES</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Strawberry Martini Mimosa</b>	200	0	0	0	0	0	0	20	1	17	0
<b>Mmm Mmm Mimosa</b>	200	5	0	0	0	0	0	21	0	18	1
<b>Palomimosa</b>	210	0	0	0	0	0	5	17	0	17	1
<b>Choice Mimosa</b>											
Apple	170	0	0	0	0	0	5	19	0	17	0
Cranberry	180	0	0	0	0	0	25	21	0	21	0
Grapefruit	160	0	0	0	0	0	5	17	0	17	1
Lemonade	170	0	0	0	0	0	10	20	0	19	0
Orange	170	5	0	0	0	0	0	18	0	14	1
Pineapple	190	0	0	0	0	0	0	22	0	17	1

<b>BUBBLES CONT.</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Sparklin' with a Splash</b>											
Apple	190	0	0	0	0	0	0	4	0	3	0
Cranberry	190	0	0	0	0	0	0	4	0	4	0
Grapefruit	190	0	0	0	0	0	0	4	0	3	0
Orange CP	190	0	0	0	0	0	0	4	0	4	1
Orange Juice	190	0	0	0	0	0	0	4	0	3	0
Pineapple	200	0	0	0	0	0	0	4	0	3	0

<b>BOOZE</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Morning Marg</b>	280	0	0	0	0	0	0	33	0	29	0
<b>Boozy Blackberry Mint Limeade</b>	190	0	0	0	0	0	30	24	0	22	0
<b>Boozy Strawberry Lavender Lemonade</b>	300	0	0	0	0	0	10	53	1	47	1
<b>Espresso Martini</b>	280	80	9	5	0	25	55	21	0	18	2

<b>FRESH JUICE</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Super Greens</b>	80	0	0	0	0	0	10	21	1	17	0
<b>Butterfly Lemonade</b>	140	0	0	0	0	0	5	37	0	32	0
<b>Rejuvenate</b>	180	0	0	0	0	0	230	47	0	39	0

<b>MOCKTAILS</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Blackberry Mint Limeade</b>	90	0	0	0	0	0	25	24	0	22	0
<b>Strawberry Lavender Lemonade</b>	200	0	0	0	0	0	10	53	1	47	1

<b>DRINKS</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Juices</b>											
Orange- small	140	5	.5	0	0	0	0	32	1	26	2
Orange- large	200	10	1	0	0	0	0	45	1	36	3
Apple- small	140	5	0	0	0	0	10	35	1	30	0
Apple- large	200	5	.5	0	0	0	15	49	1	42	0
Grapefruit- small	130	0	0	0	0	0	15	31	0	31	1
Grapefruit- large	180	0	0	0	0	0	20	44	0	44	2
Cranberry- small	150	0	0	0	0	0	45	38	0	38	0
Cranberry- large	210	0	0	0	0	0	60	53	0	53	0
Pineapple- small	170	5	0	0	0	0	5	40	1	31	1
Pineapple- large	230	5	.5	0	0	0	10	56	1	44	2
<b>Sodas</b>	90-100	0	0	0	0	0	35	40	0	40	0
Lemonade	120	0	0	0	0	0	0	0	0	29	0
Iced Tea	0	0	0	0	0	0	0	0	0	0	1
Iced Tea & Lemonade	45	0	0	0	0	0	0	0	0	0	0

<b>WEEKDAY EATS</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Two Egg Classic	760-860	420-460	47-51	12	0	390-400	1780-2120	50-64	1-2	0	37-38
Half Bravocado Toast	480	310	34	6	0	185	940	32	5	5	12
Half Ham Benedict III	660	400	45	17	1	305	1770	35	1	3	18
Juan's Two Taco Breakfast	870	324	36	14	0.5	535	1180	54	4	4	21

<b>FEEL-GOOD FUEL</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bravocado Toast	820	470	52	9	0	370	1880	65	7	11	22
Sweet Potato Veggie Smash Up	410	180	20	3.5	0	185	390	50	8	26	11
Protein & Veggie Egg White Scramble	390	180	20	2	0	80	1560	13	4	3	39
Almond Butter Coconut Porridge	540	160	18	6	0	0	630	86	9	30	12
Protein BLT Bowl	730	520	58	15	0	500	2110	17	8	4	42
Whipped Cottage Cheese Bowl	740	380	42	8	0	40	1700	67	4	8	28
Basil & The Bee Burrata Toast	770	440	49	13	0	45	760	66	4	26	16
Basil & The Bee Burrata Toast Half-order	380	220	25	6	0	20	380	33	2	13	8

<b>BENEDICTS</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Ham Benedict III</b>	1090	660	74	29	1.5	575	2470	73	2	4	34
<b>Smashed Avocado Benny</b>	1070	700	79	29	1.5	535	2560	41	5	4	27
<b>Habanero Pork Belly Benny</b>	1480	940	106	39	2	615	2770	81	2	8	62
<b>Benny Duo</b>	1120-2025	720-1233	80-137	30-54	1.6-3	560-970	2610-5885	60-122	3-6	3-5	31-79
<b>Bella! Bella! Benny</b>	1110	840	94	40	2	650	3350	123	1	7	45
<b>SIDE KICKS</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Snooze Signature Bacon</b>	270	380	42	15	0	70	1230	10	0	8	59
<b>Habanero Pork Belly</b>	360	100	11	4	0	15	220	0	0	0	16
<b>Ham</b>	110	15	2	.5	0	40	1300	5	0	5	18
<b>Polidori Sausage Links</b>	310	240	27	9	0	65	1150	1	0	0	15
<b>Patty</b>	130	110	12	0	0	30	490	1	0	0	6
<b>Chorizo</b>	220	170	19	6	0	45	910	1	0	0	11
<b>Braised Beef</b>	100	50	6	1.5	0	30	400	2	0	1	10
<b>Signature Chicken Sausage</b>	130	30	3.5	.5	0	80	640	2	0	0	20
<b>Abbot's™ Plant-Based Chorizo</b>	180	70	8	8	1.5	0	0	720	3	1	19
<b>Tofu</b>	180	80	9	1	0	0	500	4	2	1	20
<b>Single Pancake</b>											
<b>Blueberry Danish Pancake</b>	630	270	30	15	1	130	710	80	3	38	12
<b>Blueberry Pancake</b>	440	120	14	6	0	85	480	72	3	35	8
<b>Chocolate Chip Pancake</b>	550	190	21	10	0	85	480	87	3	49	10
<b>Cinnamon Roll Pancake</b>	690	270	30	15	0	115	560	99	2	58	10
<b>Pineapple Upside Down Pancake</b>	460	160	18	9	0	105	500	65	2	30	10
<b>Plain Pancake</b>	420	120	14	6	0	85	480	68	1	32	8
<b>Strawberry Shortcake Pancake</b>	440	180	20	10	.0	105	500	60	3	20	10
<b>Sweet Potato Pancake</b>	650	230	26	12	0.5	55	870	103	3	66	9
<b>Gluten Free Blueberry Danish Pancake</b>	640	280	32	16	1	135	700	81	2	37	10
<b>Gluten Free Blueberry Pancake</b>	240	70	7	3.5	0	35	160	43	1	31	2
<b>Gluten Free Chocolate Chip Pancake</b>	540	180	20	10	0	85	510	87	3	49	8
<b>Gluten Free Cinnamon Roll Pancake</b>	670	370	41	24	1	110	280	73	1	61	4
<b>Gluten Free Cinn-Full Pancake</b>	1070	570	63	30	1	205	1210	106	2	68	21
<b>Gluten Free Pineapple Upside Down Pancake</b>	390	250	28	17	1	95	150	33	1	24	3
<b>Gluten Free Plain Pancake</b>	220	70	7	3.5	0	35	160	39	0	28	1
<b>Gluten Free Strawberry Shortcake Pancake</b>	510	250	28	15	0	130	490	58	3	20	8
<b>Gluten Free Sweet Potato Pancake</b>	780	260	29	13	.5	120	690	125	4	79	9

<b>SIDE KICKS CONT.</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Toast</b>											
Sourdough	170	35	4	2.5	0	10	240	28	1	0	5
English Muffin	150	45	5	2.5	0	10	520	0	1	2	4
Gluten Free Toast	150	70	8	2.5	0	10	230	21	1	3	2
Multigrain	190	70	8	2.5	0	10	90	29	4	0	6
Hash Browns	240	100	11	1	0	0	890	33	1	0	3
Side Fruit	80	5	0.5	0	0	0	0	20	5	12	1

<b>TOP IT, FILL IT ENHANCEMENTS</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Veggies</b>											
spinach	7	1	0.2	0	0.1	0	22.4	1	0.2	0.7	0.9
mushrooms	25	15	2	0	0	0	140	2	0	1	1
tomato	6	.9	.2	0	.1	0	1.8	1.4	1	.5	.4
peppers	7	.6	.1	0	.1	0	1.1	1.6	.9	.6	.3
onions, range	14	.4	.1	0	.1	0	1.4	3.3	1.5	.6	.6
asparagus	10	0	0	0	0	0	0	2	1	1	1
jalapeños	5	0.6	0.1	0	0.1	0	0.6	1.1	0.7	.5	0.2
garlic	13	.5	0.1	0	0.1	0	1.5	3	0.1	0.2	.6
avocado	60	45	5	.5	0	0	0	3	2	0	1
<b>Savory Sauces</b>											
green chile	30	25	2.5	0	0	0	310	8	2	3	1
ranchero	50	25	2.5	0	0	0	410	5	1	2	1
sausage gravy	310	220	25	12	0.5	60	880	22	2	9	11
<b>Meats</b>											
bacon	280	200	22	6	0	30	790	2	0	0	28
sausage	310	240	27	9	0	65	1150	1	0	0	15
ham	60	10	1	0	0	25	740	3	0	3	10
chorizo	130	100	11	3.5	0	25	520	1	0	0	6
Braised Beef	70	35	4	1	0	20	280	2	0	0	7
<b>Cheeses</b>											
cheddar	110	79.1	9	0	6	25	180	1	0	0	7
jack	100	70.3	8	0	5	30	170	1	0	0	7
cotija	22	15.8	1.8	0	1	6	88	.2	.0	0	1.4
goat	129	92.9	10.6	0	7.3	28	147.1	0.1	0.1	0	7.6

<b>VIVA LA FRENCH TOAST</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
French Toast Neat	820	310	35	21	0	250	770	114	7	58	17
OMG! French Toast	950	440	49	30	1	290	970	112	5	57	20

<b>PANCAKE UTOPIA</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Pancake Flight</b>	850	340	38	20	1	150	950	119	4	64	14
<b>Gluten Free Pancake Flight</b>	930	370	42	21	1	185	850	130	5	71	12
<b>Sweet Potato Pancakes</b>	1230	390	44	20	1	90	1740	202	7	129	17
<b>Gluten Free Sweet Potato Pancakes</b>	1470	450	51	22	1	220	1370	244	9	153	18
<b>Pineapple Upside Down Pancakes</b>	830	270	30	14	0	185	1010	127	4	55	19
<b>Gluten Free Pineapple Upside Down Pancakes</b>	720	450	50	30	1.5	175	280	63	2	44	6
<b>Strawberry Shortcake Pancakes</b>	780	280	31	15	0	185	990	115	6	37	20
<b>Gluten Free Strawberry Shortcake Pancakes</b>	920	430	48	25	1	235	960	111	5	36	15
<b>Blueberry Pancakes</b>	730	180	20	7	0	150	970	128	5	55	16
<b>Gluten-Free Blueberry Pancakes</b>	240	70	7	3.5	0	35	160	43	1	31	2
<b>Chocolate Chip Pancakes</b>	970	310	35	16	0	150	970	158	7	84	19
<b>Vegan Banana Bliss Pancakes</b>	580	110	13	10	0	0	1190	111	4	54	7

<b>CLASSICS FROM THE HEN</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>The Snooze Classic</b>											
<b>Snooze Classic-3 egg-Highest Calorie option</b>	1220	690	77	20	0	665	2810	85	5	1	44
<b>Snooze Classic-3 egg-Lowest Calorie option</b>	790	440	49	9	0	650	1690	49	3	1	39
<b>Denver Omelet</b>	860	490	54	13	0	705	2420	50	2	5	43
<b>Protein Trio Omelet</b>	980	600	67	16	0	715	2470	45	1	3	52
<b>Garden Harvest Omelet</b>	700	530	59	15	0	695	1170	15	5	7	28
<b>Spuds Deluxe</b>											
<b>Snooze Spuds Deluxe-highest calorie</b>	1320	760	85	28	0	505	3210	71	2	1	73
<b>Snooze Spuds Deluxe-lowest calorie</b>	890	480	53	18	0	420	2370	70	2	2	32
<b>Corned Beef Hash</b>											
<b>highest calorie option</b>	810	400	45	12	0	430	1570	62	6	2	39
<b>lowest calorie option</b>	600	370	41	9	0	420	1100	26	4	2	34

<b>NIRVANA IN A TORTILLA</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Juan's Breakfast Tacos</b>											
with corn tortillas	1300	810	91	43	2	925	2240	89	6	4	37
with flour tortillas	1470	660	73	30	1	790	3050	97	3	4	38
<b>Snooze Breakfast Burrito</b>											
green chile	1230	560	62	23	0	715	3530	121	8	6	49

<b>BREAKFAST RIFFS</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Habanero Pork Belly Breakfast Fried Rice</b>	930	500	55	14	0	410	3960	66	3	17	52
<b>Shrimp &amp; Grits</b>	890	590	66	35	2	400	1540	35	1	8	27
<b>Shrimp &amp; Grits</b>	480	330	37	16	0.5	280	1450	21	1	5	17
<b>Bacon But Different</b>	350	210	23	7	0	35	820	15	0	13	30
<b>Sandwich I Am</b>	1280	820	92	33	2	270	2530	79	4	5	38
<b>Grilled 3-Cheese &amp; Roasted Tomato Soup</b>	1050	730	82	50	2	220	1770	45	5	2	33
<b>Grilled 3-Cheese &amp; Roasted Tomato Soup With Braised Beef</b>	1110	760	86	51	2	240	2050	47	5	3	39
<b>Grilled 3-Cheese</b>	750	470	53	34	1	145	870	36	2	0	30
<b>Fire Roasted Tomato Soup</b>	290	250	28	16	1	75	620	8	2	2	3

<b>KIDS</b>	Total calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Lil' Pardner Pancakes</b>											
Lil' Pardner Pancakes--lowest calorie	400	70	8	3.5	0	0	680	81	4	47	5
Lil' Pardner Pancakes--highest calorie	590	300	33	17	0.5	85	710	65	3	45	11
<b>French Toast Cabin at Maple Syrup Pond</b>	530	160	18	7	0	105	920	85	5	36	10
<b>Buenos Dias Quesadilla</b>	480	150	17	3.5	0	75	830	80	4	37	7
<b>Scramblin' Eggs &amp; Toast</b>											
Scramblin' Eggs and Toast--lowest calorie	460	210	23	7	0	750	530	42	5	13	26
Scramblin' Eggs and Toast--highest calorie	670	240	27	9	0	760	1000	78	7	13	30
<b>Grilled Cheese Sammy</b>	740	360	40	20	0	80	1480	75	4	11	23

Every effort has been taken to ensure the calories posted are accurate however due to seasonal variability of some items, preparation methods and choice of toppings/sides, calories may vary. All menu items presented above are reflective of the recipes and ingredients provided by Snooze for analysis as of 6/1/2019. Any changes in preparation method, ingredients, quantity or brand, make the above analysis void. Variations to menu items with toppings, various breads etc. may increase or decrease calories beyond what is listed. Clarification of values as needed noted in final column; when manufacturer data was unavailable, USDA and similar averages were used in the analysis. Menu items and recipes analyzed using provided manufacturer data in conjunction with USDA Nutrient Data Laboratory data through database analysis.

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