



**NUTRITIONAL
INFORMATION**

WINTER 2021

BARISTA!	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)
Snooze House Blend Coffee	5	0	0	0	0	0	0	0	0	0	0
Decaf House Blend Coffee	5	0	0	0	0	0	0	0	0	0	0
Local Nitro Cold Brew Coffee	5	0	0	0	0	0	5	0	0	0	0
Americano	5	0	0	0	0	0	0	0	0	0	0
Espresso	5	0	0	0	0	0	35	4	0	0	0
Latte											
Latte, with skim milk	110	0	0	0	0	5	135	16	0	15	10
Latte, with soy milk	120	50	6	0.5	0	0	115	6	3	3	11
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 soy milk	60	25	3	0	0	0	60	3	1	1	6
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
Cappuccino											
Cappuccino, with skim milk	90	0	0	0	0	5	110	13	0	12	8
Cappuccino, with soy milk	110	35	4	0.5	0	0	130	9	0	6	7
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 soy milk	70	25	2.5	0	0	0	85	6	0	4	4
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
Mocha											
Mocha, with skim milk	240	50	6	3.5	0	20	135	40	0	38	10
Mocha, with soy milk	250	100	11	4	0	15	115	31	2	27	11
Mocha, with almond milk	210	80	9	3.5	0	15	190	35	0	32	2
Mocha, with 2% milk	280	100	11	7	0	40	150	40	0	38	10
Mocha, with whole milk	310	130	14	9	0	45	140	40	0	37	9
Mocha, Iced, with skim milk	190	50	6	3.5	0	20	75	33	0	30	5
Mocha, Iced, with soy milk	190	70	8	4	0	15	65	28	1	25	5
Mocha, Iced, with coconut milk	180	70	8	6	0	15	75	29	0	26	0
Mocha, Iced, with almond milk	180	60	7	3.5	0	15	95	30	0	28	1
Mocha, Iced, with 2% milk	210	70	8	5	0	25	80	32	0	30	5
Mocha, Iced, with whole milk	220	90	10	6	0	30	75	32	0	30	4

BARISTA! CONT.	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)
Vanilla Almond Matcha Tea Latte	110	25	3	0	0	0	150	18	0	17	3
Cortado											
Cortado, with skim milk	25	0	0	0	0	0	35	4	0	3	2
Cortado, with soy milk	30	10	1	0	0	0	30	2	1	1	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
Organic Tea	0	0	0	0	0	0	5	1	0	0	0
Chai (Bhakti or 3RD ST.)											
Chai, with skim milk	170	0	0	0	0	5	105	36	2	35	6
Chai, with soy milk	170	30	3.5	0	0	0	90	30	3	27	7
Chai, with almond milk	150	20	2.5	0	0	0	140	33	2	31	1
Chai, with 2% milk	200	35	3.5	2.5	0	15	110	36	2	34	6
Chai, with whole milk	220	50	6	3.5	0	20	105	36	2	34	6
Chai, Iced, with skim milk	100	0	0	0	0	0	60	21	1	20	4
Chai, Iced, with soy milk	100	20	2	0	0	0	50	18	2	16	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
Snooze Hot Chocolate	310	140	16	10	0	50	160	33	0	32	10
Flavored Syrup	45	0	0	0	0	0	5	11	0	9	0

BLOODYS	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)
Bangkok Bloody	130	0	0	0	0	0	1720	9	1	3	2
Horse & Sidecar Bloody	310	0	0	0	0	0	2090	25	2	2	3
Straight Up Bloody	100	0	0	0	0	0	1290	4	1	0	1
Spicy Bloody	100	0	0	0	0	0	1290	4	1	0	1
Bloody Bloody	110	5	.5	0	0	0	1590	5	1	0	1
Bloody Maria	110	5	.5	0	0	0	1590	5	1	0	1
Bacon makes everything better - especially your Bloody!	90	60	7	2	0	10	250	1	0	0	9

BREWS & CAFÉ COCKTAILS	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)
Brewmosa	220	0	0	0	0	0	15	25	0	20	3
Michelada	170	0	0	0	0	0	840	18	1	1	3
Irish Coffee	170	45	5	3	0	15	35	9	0	7	1
Brew Me Up, Bourbon Cup	340	160	18	9	0	45	260	15	0	13	10

BUBBLES	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)
Abri-ca-lav-ra Mimosa	290	0.25	0	0	0	0	0	36	0	34	0
Cosmopolitan Mimosa	170	0	0	0	0	0	10	13	0	13	0
Rummosa	180	0	0	0	0	0	0	15	1	13	0
Mmm Mmm Mimosa	200	2.79	0	0	0	0	0	21	0	18	1
Palomimosa	200	0	0	0	0	0	5	17	0	17	1
Choice Mimosa											
apple	170	1.99	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	180	0	0	0	0	0	10	21	0	19	0
orange	170	3.07	0	0	0	0	0	18	0	14	1
pineapple	190	1.86	0	0	0	0	0	22	0	17	1
Sparklin' with a Splash											
Green CP	180	0	0	0	0	0	20	1	0	1	1
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
Watermelon CP	190	0	0	0	0	0	0	3	0	3	1

BOOZE	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)
Morning Marg	230	0	0	0	0	0	0	27	0	24	0
Mountain Mule	210	0	0	0	0	0	10	30	0	28	1
Orange Snoozius	260	70	8	5	0	25	10	16	0	14	1

COLD-PRESSED JUICE	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)
Evolution Fresh Cold-Pressed Juice											
Orange Defense Up	180	0	0	0	0	0	0	45	0	43	0
Essential Greens	60	0	0	0	0	0	190	14	0	13	1
Watermelon	45	0	0	0	0	0	200	9	0	8	3

DRINKS	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)
Juices											
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	0	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	0	0	0	0	0	5	40	1	31	1
pineapple- large	230	0	.5	0	0	0	10	56	1	44	2
Maine Root Sodas	170	0	0	0	0	0	35	40	0	40	0
Lemonade	150	0	0	0	0	0	20	38	0	35	0
Iced Tea	0	0	0	0	0	0	5	1	0	0	0
Topo Chico Mineral Water	0	0	0	0	0	0	15	0	0	0	0

PLANT POWER	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	840	420	47	8	0	370	1640	64	5	10	21
Sweet Potato Veggie Smash Up	430	180	20	3.5	0	185	290	54	8	30	11
Goldilocks' Porridge	330	100	11	1	0	0	350	52	8	22	9
Sweet Potato Hash	480	200	22	4	0	370	2810	52	9	20	19
Bountiful Buddha Bowl	350	220	25	3	0	0	1100	27	9	8	9
Garden Harvest Omelet	690	510	57	15	0	700	3040	12	5	5	33

BENEDICTS	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)
Ham Benedict III	1000	610	69	27	1.5	595	2810	37	2	6	35
Bella! Bella! Benny-CO/AZ	1420	730	82	33	1.5	635	3770	118	1	3	50
Bella! Bella! Benny-CA	1430	720	80	33	1.5	635	3710	124	5	2	49
Bella! Bella! Benny-NC	1080	710	79	33	1.5	635	2910	50	1	2	39

BENEDICTS CONT.	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)
Bella! Bella! Benny-TX-Houston	1240	740	83	34	1.5	640	3360	85	3	2	44
Smashed Avocado Benny	1070	700	79	29	1.5	570	2560	41	5	4	27
Chile Verde Benedict											
Pork	1110	630	71	25	0.5	555	2360	74	5	7	45
Beef	1120	640	71	26	0.5	565	2410	75	5	7	47
Lox-n-Latke Benny	1090	780	88	31	1.5	635	2370	46	3	5	33
Habanero Pork Belly Benny	1390	920	103	37	1.5	625	2910	44	2	9	60

SIDE KICKS	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)
Tender Belly Bacon	270	190	21	6	0	30	750	2	0	0	27
Tender Belly Ham	140	50	6	2.5	0	45	1380	5	0	5	18
Polidori Sausage Links	310	240	27	9	0	65	1150	1	0	0	15
Patty	230	190	21	0	0	50	860	1	0	0	10
Chorizo	220	170	19	6	0	45	910	1	0	0	11
Signature Chicken Sausage	100	25	2.5	0	0	65	490	2	0	0	15
Soyrizo	190	70	8	1	0	0	850	12	6	0	14
Tofu	200	80	9	1	0	0	440	6	1	1	22

SIDE KICKS CONT.

	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)
Single Pancake											
Blueberry Danish Pancake	630	270	30	15	1	130	710	80	3	38	12
Blueberry Pancake	410	100	11	4.5	0	80	510	72	3	35	8
Chocolate Chip Pancake	530	170	19	9	0	80	510	87	3	49	10
Cinn-Full Pancake	1060	560	62	30	1	200	1220	106	2	70	24
Cinnamon Roll Pancake	920	470	52	26	1	160	680	106	2	70	11
Peanut Butter Cup Pancake	720	320	36	17	0.5	115	600	92	1	52	14
Pineapple Upside Down Pancake	570	290	32	18	1	145	500	61	1	27	10
Plain Pancake	450	100	11	4.5	0	80	510	80	1	46	8
Sweet Potato Pancake	690	270	30	12	0.5	50	890	101	3	69	9
Gluten Free Blueberry Danish Pancake	640	280	32	16	1	135	700	81	2	37	10
Gluten Free Blueberry Pancake	420	110	12	5	0	85	510	72	2	35	6
Gluten Free Chocolate Chip Pancake	540	180	20	10	0	85	510	87	3	49	8
Gluten Free Cinnamon Roll Pancake	930	480	53	26	1	165	670	106	2	68	9
Gluten Free Cinn-Full Pancake	1070	570	63	30	1	205	1210	106	2	68	21
Gluten Free Peanut Butter Cup Pancake	730	340	37	17	0.5	115	600	93	3	53	11
Gluten Free Pineapple Upside Down Pancake	580	300	34	19	1	145	500	63	1	26	7
Gluten Free Plain Pancake	400	110	12	5	0	85	510	68	1	32	6
Gluten Free Smashin' Pumpkin Pancake	720	290	32	14	0.5	120	670	97	4	53	13
Gluten Free Sweet Potato Pancake	790	310	34	13	0.5	115	740	116	2	72	9
Eggs											
One Egg Poached/Hard Boiled	70	40.5	4.5	0	1.5	185	150	0	0	0	6
One Egg Scrambled	100	72	8	0	2.5	225	85	1	0	0	6
One Egg Fried	90	56	7	0	2	185	85	0	0	0	6
Two Eggs Poached/Hard Boiled	130	81	9	0	3	370	300	0	0	0	12
Two Eggs Scrambled	200	144	16	0	5	450	170	2	0	0	12
Two Eggs Fried	180	112	14	0	4	370	170	0	0	0	12
One Taco*	320	174.77	20	8	0	270	620	27	2	2	12
Toast											
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	110	50	6	2.5	0	10	130	12	0	2	2
Multigrain	240	70	8	3	0	10	300	36	3	3	8
Hash Browns	240	100	11	1.5	0	35	890	33	1	0	3
Side Fruit	80	5.13	0.5	0	0	0	0	20	5	12	1
Flat Bread	190	20	2	0	0	0	180	35	1	0	7

TOP IT, FILL IT ENHANCEMENTS	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)
Veggies											
spinach	000	0	0	0	0	0	20	1	1	0	1
mushrooms	000	10	1.5	0	0	0	90	2	0	1	1
tomato	000	0	0	0	0	0	0	1	0	1	0
peppers	000	0	0	0	0	0	0	1	1	1	0
Titlesup	10-45	000	00	00	00	00	00	00	00	00	00
pico de gallo	000	0	0	0	0	0	90	1	0	1	0
jalapeños	000	0	0	0	0	0	0	1	0	1	0
avocado	000	50	5	1	0	0	0	3	2	0	1
Savory Sauces											
green chile	50	25	3	0	0	0	360	7	1	3	1
ranchero	50	25	3	0	0	0	350	6	2	2	1
sausage gravy	360	220	25	12	0.5	60	880	22	2	9	11
From the Sea											
shrimp	20	0	0	0	0	35	160	0	0	0	4
lox	70	20	2.5	.5	0	15	1130	0	0	0	10
Meats											
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	20	2.5	1	0	20	590	2	0	2	8
chorizo	130	100	11	3.5	0	25	520	1	0	0	6
chicken sausage	80	20	2.5	0	0	55	420	2	0	0	13
pulled pork	150	90	10	3.5	0	55	38	0	0	0	14
barbacoa	170	000	00	00	00	00	00	00	00	00	00
Faux Meat											
tofu	200	80	9	1	0	0	440	6	1	1	22
soyrizo	190	70	8	1	0	0	850	12	6	0	14
Cheeses											
cheddar	110	80	9	5	0	30	190	1	0	0	6
jack	110	70	8	5	0	25	170	1	0	0	6
cotija	30	20	2.5	1.5	0	10	130	0	0	0	2
feta	70	50	6	4	0	25	260	1	0	1	4
VIVA LA FRENCH TOAST											
French Toast Neat- CO/AZ	730	200	22	13	0	80	470	147	3	101	12
French Toast Neat- CA	750	140	15	8	0	60	280	129	3	90	9
French Toast Neat- TX	760	160	18	10	0	50	790	165	2	98	15
French Toast Neat- NC	770	180	20	11	0	130	570	136	5	77	17
OMG! French Toast- CO/AZ	880	450	50	31	1	165	570	94	2	56	14

VIVA LA FRENCH TOAST CONT.	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)
OMG! French Toast- CA	880	430	48	29	1	170	580	102	2	45	14
OMG! French Toast- TX	920	410	46	29	1	130	890	112	1	53	16
OMG! French Toast- NC	920	440	48	29	1	210	670	105	2	54	18
Funky Monkey French Toast	1320	500	56	15	0.5	120	1100	195	7	140	18

PANCAKE UTOPIA	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)
Blueberry Danish Pancakes	1250	540	60	30	1.5	260	1420	158	5	74	24
Gluten Free Blueberry Danish Pancakes	1280	570	63	31	1.5	265	1410	160	4	71	20
Pineapple Upside Down Pancakes	1070	530	59	32	1.5	270	980	119	2	51	19
Gluten Free Pineapple Upside Down Pancakes	1100	550	62	34	1.5	280	980	122	1	49	15
Sweet Potato Pancakes	1320	490	55	20	1	85	1780	198	6	135	18
Gluten Free Sweet Potato Pancakes	1580	560	62	22	1	215	1480	245	5	158	18
More Pancakes!											
Blueberry	870	150	17	6	0	145	980	166	4	94	16
Chocolate Chip	1100	290	32	15	0	145	980	196	1	120	19
Gluten Free Blueberry	890	180	20	7	0	150	970	168	2	92	11
Gluten Free Chocolate Chip	1130	320	35	16	0	150	970	198	4	121	15
Gluten Free Cinnamon Roll	1670	810	90	48	2	310	1250	201	2	128	17
Gluten Free Cinn-Full	1810	900	100	52	2	350	1800	201	2	128	29
Gluten Free Smashin' Pumpkin	1010	350	40	16	0.5	185	1130	145	3	69	19
Gluten Free Plain	860	180	20	7	0	150	970	160	0	87	11
Gluten Free Buttermilk Batter	240	60	7	2	0	65	460	39	0	6	5
Vegan Bliss Pancakes	580	110	13	10	0	0	1190	111	4	54	7

CLASSICS FROM THE HEN	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)
The Snooze Classic											
Snooze Classic-3 egg-Highest Calorie option	1220	690	77	20	0	665	2810	85	5	1	44
Snooze Classic-3 egg-Lowest Calorie option	790	440	49	9	0	650	1690	49	3	1	39
3 Egg Omelet or Scramble											
Three Egg Omelet/Scramble-highest calorie option	1290	650	72	22	0	170	2790	88	5	4	77
Three Egg Omelet/Scramble-lowest calorie option	520	230	26	2.5	0	35	1210	51	4	5	22

CLASSICS FROM THE HEN CONT.	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)
Spuds Deluxe											
Snooze Spuds Deluxe-highest calorie	1320	770	85	29	0	560	3180	70	2	1	76
Snooze Spuds Deluxe-lowest calorie	890	480	53	19	0	475	2370	70	2	2	34
Corned Beef Hash											
highest calorie option	810	390	44	11	0	450	1660	62	6	2	42
lowest calorie option	600	360	40	9	0	440	1200	26	4	2	37

NIRVANA IN A TORTILLA	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)
Juan's Breakfast Tacos											
with corn tortillas	970	520	59	24	1	810	1870	81	6	5	35
with flour tortillas	1130	620	69	29	1	810	2680	89	3	5	38
Snooze Breakfast Burrito											
ranchero	1230	540	60	22	0	740	3420	124	18	12	55
green chile	1260	550	61	22	0	740	3600	129	18	15	56

BREAKFAST RIFFS	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)
Sweet Potato Bacon Smash Up	660	340	38	10	0	240	1110	53	7	29	29
Shrimp & Grits	820	570	64	35	2	400	1320	35	1	8	27
Breakfast Pot Pie	1000	600	67	22	0.5	275	1990	74	2	10	25
Protein & Veggie Egg White Scramble	420	210	24	4.5	0	90	350	12	4	2	39
Bacon But Different	340	190	21	6	0	30	750	18	0	16	27

SAMMIES	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)
Served with											
Titlesup	000	000	00	00	00	00	00	00	00	00	00
Hash Browns	240	100	11	1.5	0	35	890	33	1	0	3
Black Beans	170	35	4	1.5	0	10	650	24	9	1	10
Dressed Greens	100	80	9	1.5	0	0	160	3	1	2	3
Sandwich I Am- CO/AZ	1200	840	94	28	1.5	240	1710	56	0	3	33
Sandwich I Am- CA	1250	830	93	28	1.5	240	1820	67	2	1	34
Sandwich I Am- TX-Dallas	1210	880	98	28	1.5	240	1710	52	2	8	33
Sandwich I Am- TX-Houston	1260	880	98	31	1.5	250	1960	61	0	8	35
Sandwich I Am- NC	1240	860	96	29	2	240	1720	59	1	9	34

SAMMIES CONT.	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)
Everything Bacon Sensation	640	360	40	9	0	255	1510	48	4	2	22
BLT-RIFFIC	760	300	33	8	0	35	1630	84	2	14	39
Santa Fe Crunch	1140	530	59	17	0	260	1860	68	3	13	32

KIDS	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)
Lil' Pardner Pancakes											
Lil' Pardner Pancakes--lowest calorie	470	110	12	4.5	0	60	560	88	3	55	6
Lil' Pardner Pancakes--highest calorie	760	380	43	17	0.5	120	930	84	5	52	15
French Toast Cabin at Maple Syrup Pond	470	90	10	4	0	35	530	91	3	56	8
Buenos Dias Quesadilla	510	228.49	25	10	0	265	1080	53	3	13	19
Scramblin' Eggs & Toast											
Scramblin' Eggs and Toast--lowest calorie	350	141.31	16	4	0	455	430	41	5	13	17
Scramblin' Eggs and Toast--highest calorie	560	175.25	20	7	0	465	900	77	2	13	21

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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