

BREAKFAST THURSDAY, APR 24

Breakfast available at ICON & CUE only													
	SERVING SIZE	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	DIETARY PREFERENCES	CONTAINS	
Thursday													
Scrambled Eggs	1/2 cup	181	15	3.3	327	414	0.8	0.1	0.7	11.1	VEG	E	S = soy
Salsa Roja	1 oz	10	0	0	0	170	2	0	1	0	VEG, V		G = gluten
Salsa Verde	1 oz	10	0	0	0	240	2	0	1	0	VEG, V		D = dairy
Cheddar Cheese	1 oz	110	10	6	30	200	0	0	0	7	VEG	D	E = eggs
Orange Buttermilk Pancakes	1 pancake	111	3.4	2	18	169	17	1	5	3	VEG	D, G, E	TN = tree nuts
Whipped Cream	1 Tbsp	22	1.9	1.2	7	2	1.5	0	1.3	0.1	VEG	D	PN = peanuts
Powdered Sugar	1 tsp	10	0	0	0	0	2.5	0	2.5	0	VEG, V		SF = shellfish
Maple Syrup	2 Tbsp	100	0	0	0	5	26	0	26	0	VEG, V		PK = pork
Breakfast Potato	1/2 cup	146	8.5	0.8	0	482	16.6	2.6	2.1	1.9	VEG, V		F = fish
Impossible Sausage Patties	1 patty	110	7	2.5	0	310	4	1	0	6	VEG, V	S	SE = sesame
Bacon	1 slice	80	7	2	15	250	0	0	0	5		PK	VEG = vegetarian
Vegan Egg Omelete with Mushroom, Peppers, Vegan Cheddar with Tom	1 omelette	160	13	0.8	0	560	4.6	1.5	2	6.5	VEG, V		V = vegan
Oatmeal	1 cup	155	2.7	0.5	0	157	27.7	4.1	0.4	5.4	VEG, V		
Daily													
Strawberry Yogurt	3/4 cup	200	3.5	2.5	20	135	32	0	31	9	VEG	D	🔥 = spicy
Vanilla Yogurt	3/4 cup	200	3.5	2.5	20	135	32	0	31	9	VEG	D	
Coconut Yogurt	3/4 cup	90	6	5	0	35	9	2	1	0	VEG, V		
Plain Greek Yogurt	2/3 cup	130	8	5	25	120	7	0	7	8	VEG	D	
Chia Seed Pudding	1/2 cup	237	16.8	8.9	0	40	16.8	5.4	7.3	3.8	VEG, V		
Oatmeal	1/2 cup	83	1.8	0.4	0	5	14	2	0.3	3	VEG, V		
Honey	1 Tbsp	60	0	0	0	0	17	0	17	0	VEG		
Almond Butter	2 Tbsp	190	17	1.5	0	65	7	3	2	7	VEG, V	TN	
Cream Cheese	1 oz	80	7	4.5	20	110	2	0	0	2	VEG	D	
Strawberry Jam	1 Tbsp	50	0	0	0	0	13	0	12	0			
Almonds	2 Tbsp	90	7.5	0.5	0	0	2.5	2	0.5	3	VEG, V	TN	
Granola	1/4 cup	87	3	0.3	0	63	13	1	5	1		S, G	
Banana	1 banana	105	0	0	0	1	28	3	15	1	VEG, V		
Hard Boiled Eggs	1 egg	78	5	1.6	187	62	1	0	1	6	VEG	E	
Apple Danish	1 danish	430	22	13	65	380	51	1	26	5		S, D, G, E	
Berry Danish	1 danish	400	21	12	55	310	47	1	24	5		S, D, G, E	
Cheese Danish	1 danish	470	28	17	80	370	45	0	22	6		S, D, G, E	
Cherry Danish	1 danish	440	22	13	65	340	52	1	28	6		S, D, G, E	
Chocolate Croissant Mini	1 mini croissant	290	17	10	45	260	30	1	14	4		S, D, G, E	
Regular Croissant	1 croissant	370	24	14	75	440	31	1	5	6		S, D, G, E	
Cranberry Orange Scone	1 mini scone	230	11	6	10	230	30	0	16	3		S, D, G, E	
Blueberry Muffin	1 muffin	430	11	2.5	45	200	30	0	15	3		S, D, G, E	
Banana Nut Muffin	1 muffin	440	16	3	50	230	31	0	18	4		S, D, G, E, TN	
Chocolate Chip Muffin	1 muffin	420	14	3.5	50	220	30	0	20	3		S, D, G, E	
Cranberry Orange Mini Muffin	1 mini muffin	220	10	2	40	190	29	0	15	3		S, D, G, E	
English Muffin	1 muffin	140	1	0	0	240	27	1	0	5		S, D, G	
Bagel - Plain	1 bagel	240	0.5	0	0	420	48	2	2	9		G	
Bagel - 8 Grain	1 bagel	250	3.5	0	0	340	46	5	3	9		G	
Bagel - Sesame Seed	1 bagel	240	2.5	0	0	390	44	2	1	8		G	
Bagel - Everything	1 bagel	260	5	0.5	0	360	43	3	1	8		G	
Bagel - Cinnamon Raisin	1 bagel	230	1	0	0	370	48	2	7	7		G	