

Piccadilly Breakfast Items

rev. October 2018

| Name | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Portion Size |
|---|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--------------|
| Cinnamon Rolls | 350 | 70 | 8 | 2 | 1 | 5 | 260 | 63 | 2 | 27 | 6 | 113 g |
| Eggs, Scrambled with Ham, Onions and Peppers, Breakfast | 250 | 170 | 19 | 6 | 1.5 | 380 | 290 | 5 | 0 | 3 | 14 | 178 g |
| Hash Browns | 290 | 170 | 19 | 2 | 0 | 0 | 270 | 30 | 3 | 0 | 3 | 113 g |
| Bacon | 230 | 200 | 22 | 7 | 0 | 35 | 370 | 1 | 0 | 1 | 7 | 56 g |
| Breakfast Casserole | 300 | 180 | 21 | 7 | 0 | 150 | 730 | 13 | 2 | 2 | 17 | 161 g |
| Buttermilk Pancakes | 120 | 35 | 4 | 0 | 0 | 10 | 350 | 19 | 0 | 4 | 3 | 61 g |
| Grapefruit Halves | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 1 | 0 | 1 | 99 g |
| Cheese Grits | 190 | 100 | 11 | 5 | 1 | 20 | 350 | 16 | 1 | 0 | 6 | 170 g |
| Everything Omelet | 450 | 350 | 39 | 8 | 5 | 375 | 990 | 5 | 1 | 2 | 20 | 204 g |
| French Toast | 340 | 50 | 5 | 0 | 0 | 145 | 540 | 58 | 2 | 32 | 12 | 189 g |
| Fried Egg | 150 | 130 | 15 | 3 | 2.5 | 140 | 55 | 0 | 0 | 0 | 5 | 52 g |
| Grits | 130 | 50 | 6 | 1 | 1 | 0 | 260 | 17 | 1 | 0 | 2 | 170 g |
| Ham Steak | 100 | 45 | 5 | 1.5 | 0 | 5 | 730 | 1 | 0 | 2 | 11 | 73 g |
| Hash Brown Casserole | 200 | 110 | 12 | 4 | 0.5 | 20 | 240 | 13 | 1 | 1 | 7 | 113 g |
| O'Brien Potatoes | 100 | 30 | 3.5 | 0.5 | 0 | 0 | 95 | 14 | 2 | 1 | 2 | 113 g |
| Poached Egg | 50 | 30 | 3.5 | 1 | 0 | 140 | 55 | 0 | 0 | 0 | 5 | 39 g |
| Sausage Link | 150 | 100 | 11 | 3 | 0 | 55 | 310 | 0 | 0 | 0 | 11 | 57 g |
| Sausage Gravy | 80 | 15 | 2 | 0.5 | 1 | 10 | 510 | 8 | 0 | 2 | 2 | 99 g |
| Sausage Patty | 150 | 100 | 11 | 3 | 0 | 55 | 310 | 0 | 0 | 0 | 11 | 57 g |
| Scrambled Eggs | 210 | 130 | 15 | 5 | 0.5 | 380 | 290 | 4 | 0 | 3 | 14 | 155 g |
| Sticky Cinnamon Buns | 350 | 120 | 13 | 2.5 | 1 | 5 | 260 | 53 | 2 | 17 | 7 | 105 g |
| Toast | 110 | 5 | 1 | 0 | 0 | 0 | 200 | 24 | 1 | 2 | 4 | 50 g |
| Turkey Sausage | 130 | 80 | 9 | 2.5 | 0 | 10 | 390 | 1 | 0 | 1 | 11 | 57 g |
| Waffle | 230 | 60 | 7 | 1 | 0 | 20 | 650 | 35 | 0 | 7 | 5 | 113 g |