

# BREAKFAST

Available Monday - Friday 7am - 10am  
Weekends & Holidays 8am - 10am



**WESTERN WISCONSIN HEALTH**

## CREATE A BOWL

Create your own oatmeal or yogurt parfait by simply adding the toppings of your choice.

### Steel Cut Oats

price varies by weight

McCann's steel cut oats from Ireland is outstanding oatmeal rich in flavor. The minimal processing helps the steel cut oats retain their distinctive taste and nutritional value.

Serving Size 1 cup - no toppings

Calories 150 Fat 2.5gr Sodium 0g Carbohydrates 27g Sugar 1g Protein 4g

Allergens: gluten (no data)

### Honey Vanilla Yogurt

price varies by weight

Create your own yogurt parfait starting with delicious honey vanilla Greek yogurt and add on the fresh toppings of your choice.

Serving Size 1/2 cup - no toppings

Calories 100 Fat 0gr Sodium 75g Carbohydrates 16g Sugar 12g Protein 8.5g

Allergens: milk

#### TOPPINGS

(Not included in nutritional values listed above)

- Subject to availability -

Peaches	Blueberries	Walnuts
Craisins	Strawberries	Golden Raisins
Brown Sugar	Granola	Maple Syrup
Pecans	Peanut Butter	Cinnamon Maple Apples

Additional cereals available

## FRESH BAKED BREADS

Proudly serving Spring Valley Bakery

We do not have separate cooking equipment to prepare 100% gluten free items.

### English Muffin

Serving Size 1 slice

Calories 120 Fat 1gr Sodium 200g Carbohydrates 25g Sugar 1g Protein 4g

Allergens: milk, soy, wheat

### Cinnamon

Serving Size 1 slice

Calories 100 Fat 1.5gr Sodium 125g Carbohydrates 19g Sugar 8g Protein 3g

Allergens: wheat

### Raisin

Serving Size 1 slice

Calories 100 Fat 1.5gr Sodium 125g Carbohydrates 19g Sugar 8g Protein 3g

Allergens: wheat

### Wheat

Serving Size 1 slice

Calories 130 Fat 1gr Sodium 250g Carbohydrates 25g Sugar 4g Protein 5g

Allergens: wheat, soy

## ACCOMPANIMENTS

*Offered daily, limited availability*

*Specials Available Daily 8-10*

### Scrambled Egg

One egg scrambled. Egg substitute available

Serving Size 1 egg

Calories 140 Fat 9gr Sodium 150g Carbohydrates 3g Sugar 2g

Protein 12g

Allergens: egg, milk

### Breakfast Potatoes

Serving Size 1/2 cup

Calories 150 Fat 3.6gr Sodium 321g Carbohydrates 26g Sugar 0g

Protein 2g

### Lower Sodium Bacon

Serving Size 2 slices

Calories 70 Fat 6gr Sodium 140g Carbohydrates 0g Sugar 0g

Protein 4g

### Turkey Sausage

Serving Size 2 links

Calories 100 Fat 7gr Sodium 300g Carbohydrates 0g Sugar 0g

Protein 8g

### Pork Sausage

Serving Size 2 links

Calories 306 Fat 28gr Sodium 826g Carbohydrates 18g Sugar 1g

Protein 12g

*Additional sides available in Grab & Go cooler*

CONSUMER ADVISORY

WHEN EATING AT HOME OR DINING OUT CONSUMING FULLY COOKED MEATS, EGGS OR FISH REDUCES THE CHANCE OF FOODBORNE ILLNESS.

## BEVERAGES

### Artisan Coffee

*French Roast* - a traditional, smoky, dark, bittersweet chocolate blend.

*French Roast Decaf* - a traditional, smoky, dark, bittersweet chocolate blend.

*Trattoria Blend* - A balanced blend of coffees from both Central and South America, the Trattoria Blend is a medium roast with deeper notes of chocolate, roasted nuts and sweet caramel.

*Breakfast Blend* - a mild roast, smooth, refreshing, with notes of green apple, this is a quintessential morning cup of coffee.

### Specialty Coffee

Espresso, Cappuccino & Latte on demand

### Iced Tea

Pacific Raspberry™ - Black tea is blended with hibiscus, rose hips, blackberry leaves, orange peel and other natural flavors.

### Black Iced Tea

Classic black tea infusion, clean and brisk, a refreshing tea product

### Cedar Lake Tea

Cedar Lake Teas is a small independent brand located in New Richmond, WI. Their team hand-blends premium whole-leaf 100% Organic teas and herbs in small batches for the freshest taste. Many are enjoyed hot and cold. Varieties based on availability.

*Additional beverages available in Grab & Go cooler*