

BREAKFAST

Available Monday - Friday 7am - 10am

Weekends & Holidays 8am - 11am
Limited Offerings Available



WESTERN WISCONSIN HEALTH

CREATE A BOWL

Available Monday - Friday

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 -

Craisins

Blueberries

Walnuts

Pecans

Strawberries

Cinnamon Maple

Granola

Apples

Additional cereals available

 indicates this item meets cardiac heart healthy guideline recommendations.

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

 indicates this item meets cardiac heart healthy guideline recommendations.

OMELETS

Available Monday - Friday

Vegetable

Spinach, mushroom, mixed bell pepper, onion, tomato and cheddar cheese.

Serving Size 1 omelet

Calories 250 Fat 17gr Sodium 340g Carbohydrates 6g Sugar 3g

Protein 19g

Allergens: egg, milk

Ham & Cheese Omelet

Lower sodium ham and cheddar cheese.

Serving Size 1 omelet

Calories 260 Fat 16gr Sodium 850g Carbohydrates 5g Sugar 3g

Protein 25g

Allergens: egg, milk

Build Your Own

Two egg omelet with cheddar cheese and up to three fillings.

Plain Omelet: Calories 240 Fat 17gr Sodium 320g Carbohydrates 4g Sugar 2g Protein 18g

Allergens: egg, milk

TOPPINGS

(Not included in nutritional values listed above)

Ham
Sausage
Bacon

Spinach
Mushroom
Tomato

Onion
Bell Pepper

 indicates this item meets cardiac heart healthy guideline recommendations.

HOT OFF THE PRESS

Available Monday - Friday

Made to order daily

Egg Sandwich

Egg and cheddar cheese on toasted English muffin bread.

Serving Size 1 sandwich - plain

Calories 260 Fat 12gr Sodium 380g Carbohydrates 26g Sugar 1g Protein 15g

Allergens: egg, milk, wheat

Add 2 slices of lower sodium ham or bacon, additional charge. Will add to sodium content.

French Toast Melt

Lower sodium ham, Swiss cheese and strawberry preserves sandwiched between Cinnamon French toast.

Serving Size 1 sandwich

Calories 320 Fat 12gr Sodium 450g Carbohydrates 36g Sugar 16g Protein 17g

Allergens: egg, milk, wheat

Sausage Burrito

Eggs, pork sausage, mixed bell pepper and cheddar cheese in a Heart Healthy tortilla.

Serving Size 1 burrito

Calories 490 Fat 31gr Sodium 840g Carbohydrates 40g Sugar 4g Protein 21g

Allergens: egg, milk, wheat

Steak & Egg Burrito

Eggs, steak, breakfast potatoes and cheddar cheese in a Heart Healthy tortilla.

Serving Size 1 burrito

Calories 620 Fat 20gr Sodium 800g Carbohydrates 76g Sugar 3g Protein 28g

Allergens: egg, milk, wheat

GLUTEN FREE BREAD MAY BE SUBSTITUTED ON SELECT ITEMS BUT WE ARE NOT A GLUTEN FREE KITCHEN AND DO NOT HAVE SEPARATE COOKING EQUIPMENT TO PREPARE 100% GLUTEN FREE ITEMS.

 indicates this item meets cardiac heart healthy guideline recommendations.

ACCOMPANIMENTS

*Offered Monday - Friday, 7:00 - 10:00 am
Limited Availability*

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 patty

Calories 130 Fat 8gr Sodium 250g Carbohydrate 14g Sugar 0g
Protein 1g

Allergens: wheat

Lower Sodium Bacon

Serving Size 2 slices

Calories 70 Fat 6gr Sodium 140g Carbohydrates 0g Sugar 0g
Protein 4g

Pork Sausage

Serving Size 2 links

Calories 153.5 Fat 14gr Sodium 413.5g Carbohydrates 9g
Sugar .5g Protein 6g

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.



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BEVERAGES

Artisan Coffee

French Roast - 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.

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

