

9to5strength - TGI Fridays (USA) Nutrition Tables

TGI Fridays - Appetizers & Snacks (Fridays Combo)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Loaded Potato Skins with Ranch Sour Cream	840	26	84	5	49	18	12.0	5.9
Wings (Boneless) Garlic Parmesan (no dressing)	830	36	42	1	58	11	2.0	3.3
Wings (Boneless) Jack Daniel's® (no dressing)	710	35	83	47	27	6	2.0	2.0
Wings (Traditional) Garlic Parmesan (no dressing)	700	45	10	1	55	12	0.0	2.4
Wings (Boneless) BBQ (no dressing)	620	35	61	24	27	6	3.0	7.6
Wings (Boneless) Buffalo (no dressing)	590	34	35	1	35	7	2.0	5.1
Wings (Traditional) Jack Daniel's® (no dressing)	580	44	50	47	24	7	1.0	3.8
Mozzarella Sticks with Marinara Sauce	560	27	37	2	33	16	6.0	4.2
Add on Warm Pretzels	540	18	61	4	26	10	3.0	0.8
Wings (Traditional) BBQ (no dressing)	500	44	29	24	24	7	1.0	0.8
Add on Warm Pretzels (Hearth-Baked)*	480	17	62	4	19	9	3.0	2.2
Add on Pan-Seared Pot Stickers with Szechwan Sauce	390	12	48	15	17	6	1.0	2.0
Wings (Traditional) Buffalo (no dressing)	380	43	2	0	24	7	0.0	3.6

TGI Fridays - Appetizers & Snacks (Traditional Wings)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Garlic Parmesan (no dressing)	960	73	11	1	71	17	0.0	4.1
Jack Daniel's® (no dressing)	830	72	51	47	40	11	1.0	3.3
BBQ (no dressing)	770	73	34	26	40	11	2.0	4.0
Buffalo (no dressing)	640	71	3	0	39	11	0.0	6.7

TGI Fridays - Appetizers & Snacks (Boneless Wings)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Jack Daniel's® Sampler (Hand-Breaded)*	1810	71	224	148	72	21	7.0	10.6
Jack Daniel's® Sampler	1780	69	233	147	66	20	9.0	12.0
Loaded Potato Skins with Ranch Sour Cream	1620	51	167	9	91	33	24.0	4.8
Bucket of Bones	1570	92	120	71	82	23	6.0	7.6
Chicken Quesadilla	1250	59	58	6	87	37	6.0	7.2
Chicken Quesadilla (No guacamole)*	1210	58	55	6	84	36	4.0	7.0
Giant Onion Rings	1190	15	155	33	55	10	10.0	4.1
Warm Pretzels	1190	40	125	10	60	25	7.0	8.0
Loaded Chicken Nachos	1170	44	105	8	76	29	11.0	12.3
Sesame Jack™ Chicken Strips	1080	39	158	99	35	10	5.0	6.8
Warm Pretzels (Hearth-Baked)*	1080	39	127	9	47	23	5.0	7.3
Sesame Jack™ Chicken Strips (Hand-Breaded)*	970	40	126	101	34	7	2.0	4.0
Garlic Parmesan (no dressing)	960	44	51	1	65	13	3.0	5.9
Green Bean Fries	900	9	69	7	65	21	8.0	4.3
Jack Daniel's® (no dressing)	830	43	91	47	34	7	3.0	5.0
Mozzarella Sticks with Marinara	820	39	54	2	50	23	8.0	3.0
Spinach & Queso Dip	770	22	66	5	54	21	8.0	5.9
BBQ (no dressing)	750	44	70	24	33	7	3.0	4.5
Spinach & Queso Dip (No guacamole)*	730	21	64	4	51	21	6.0	5.7
Crispy Brussels Sprouts	670	14	38	8	54	9	12.0	3.5
BBQ Chicken Flatbread	650	26	66	18	32	14	3.0	2.9
Buffalo (no dressing)	640	42	43	0	33	7	3.0	8.4
BBQ Chicken Flatbread (Hearth-Baked)*	630	26	66	18	29	13	3.0	2.9
Pan-Seared Pot Stickers with Szechwan Sauce	590	18	72	22	25	9	2.0	5.4
Spinach Florentine Flatbread	550	18	51	4	30	15	3.0	2.9
Spinach Florentine Flatbread (Hearth-Baked)*	530	18	51	4	28	15	3.0	2.8
Chips & Salsa	290	7	51	3	13	2	5.0	3.3

TGI Fridays - Endless Appetizers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Loaded Potato Skins with Ranch & Sour Cream	840	26	84	5	49	18	12.0	2.2
Garlic Parmesan Wings (no dressing)	830	36	42	1	58	11	2.0	5.1
Jack Daniel's® Wings (no dressing)	710	35	83	47	27	6	2.0	4.2
BBQ Wings (no dressing)	620	35	61	24	27	6	3.0	3.8
Buffalo Wings (no dressing)	590	34	35	1	35	7	2.0	7.6
Mozzarella Sticks with Marinara	560	27	37	2	33	16	6.0	2.0
Pan-Seared Pot Stickers with Szechwan Sauce	390	12	48	15	17	6	1.0	3.6
Side Blue Cheese	200	2	1	1	21	4	0.0	0.8
Side Ranch	130	1	1	1	14	3	0.0	0.8

TGI Fridays - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pecan-Crusted Chicken, Balsamic Vinaigrette	1220	40	82	52	84	19	10.0	4.4
Million Dollar Cobb, Salmon & Green Goddess Dressing	930	61	34	8	63	22	9.0	5.2
BBQ Chicken & BBQ Ranch Dressing	920	55	73	24	48	13	12.0	6.1
Caesar, Salmon & Caesar Dressing	910	41	32	3	70	14	4.0	4.6
Million Dollar Cobb, Chicken & Green Goddess Dressing	840	66	30	8	52	20	10.0	5.4
Caesar, Chicken & Caesar Dressing	810	46	28	3	59	12	5.0	4.8
\$1m Cobb, 6 oz. Center-Cut Sirloin & dressing	800	51	29	7	56	21	8.0	4.4
Caesar, 6 oz. Center-Cut Sirloin* & Caesar Dressing	800	38	27	2	61	13	3.0	4.8
Pecan-Crusted Chicken (Lunch), Balsamic Vinaigrette	670	20	41	26	49	11	5.0	2.4
BBQ Chicken (Lunch), BBQ Ranch Dressing	530	29	42	12	29	8	6.0	3.3
\$1m Cobb, Chicken (Lunch) & dressing	480	35	16	4	32	11	6.0	3.0
Chicken Caesar, Chicken (Lunch) & Caesar Dressing	410	24	15	2	29	6	3.0	2.4

TGI Fridays - Salad Dressings (1.25oz)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Blue Cheese	200	2	1	1	21	4	0.0	0.8
Honey Mustard	200	0	8	7	18	3	0.0	0.7
Balsamic Vinaigrette	190	0	4	4	19	3	0.0	0.6
Caesar	190	1	1	0	20	4	0.0	0.8
Lemon Soy Vinaigrette	130	1	1	0	13	2	0.0	1.6
Ranch	130	1	1	1	14	3	0.0	0.8
BBQ Ranch	110	1	5	4	9	1.5	0.0	0.7
Green Goddess	110	1	2	1	11	2	1.0	0.6
Low Fat Balsamic Vinaigrette	50	0	9	5	2	0	0.0	0.5

TGI Fridays - Soup & Side Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Soup of the Day - New England Clam Chowder*	500	14	45	3	30	18	2.0	3.9
Caesar Salad, Breadstick with Caesar Dressing	440	9	33	4	31	7	3.0	1.8
French Onion Soup	310	11	25	8	17	9	1.0	5.6
Caesar Salad no Breadstick with Caesar Dressing	310	6	14	1	27	5	2.0	1.4
Soup of the Day - Tomato Basil*	300	5	20	10	24	14	4.0	4.8
White Cheddar Broccoli Cheese	280	11	18	5	20	11	2.0	3.8
Soup of the Day - Tortilla	230	12	23	6	8	3	4.0	1.7
House Salad with Breadstick (no dressing)	220	8	29	5	8	4	3.0	0.8
Soup of the Day - Chicken Noodle	150	11	18	1	4	0	1.0	2.3
House Salad no Breadstick (no dressing)*	90	5	9	2	4	1.5	3.0	0.4

TGI Fridays - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Jack Daniel's® Burger (add side)	1110	46	110	76	55	25	3.0	8.8
Philly Cheesesteak Burger (add side)	1000	47	58	11	65	26	3.0	7.6
Buffalo Wingman's Burger (add side)	920	51	45	11	60	24	4.0	8.6
The Beyond Meat Cheeseburger (add side)	890	45	55	14	57	24	7.0	8.4
Bacon Cheesesburger (add side)	840	42	47	15	54	23	3.0	7.4
Really Good Cheeseburger (add side)	820	40	46	14	53	24	3.0	6.9
Turkey Burger (add side)	520	31	48	13	22	9	3.0	4.2

TGI Fridays - Burgers (Green Style)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Jack Daniel's® Burger (add side)	840	39	74	68	44	19	2.0	7.8
Philly Cheesesteak Burger (add side)	740	40	24	4	55	20	3.0	6.5
Buffalo Wingman's Burger (add side)	660	45	10	3	50	18	3.0	7.5
The Beyond Meat Cheeseburger (add side)	630	38	19	6	46	18	7.0	7.4
Bacon Cheesesburger (add side)	580	35	12	7	43	17	2.0	6.4
Really Good Cheeseburger (add side)	550	33	11	6	42	18	2.0	5.9
Turkey Burger (add side)	250	25	12	5	11	3	2.0	3.2

TGI Fridays - Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Jack Daniel's® Chicken Sandwich (add side)	1110	53	100	56	57	21	3.0	7.3
French Dip (add side)	950	48	74	5	49	15	3.0	8.9
Southern Fried Buffalo Chicken Sandwich (add side)	930	42	68	12	57	17	5.0	10.0
Southern Fried Chicken Sandwich (add side)	930	42	67	12	57	17	5.0	5.4
Turkey + Avocado BLT (add side)	770	47	51	3	42	12	3.0	5.9
Mediterranean Shrimp Naan (add side)	470	31	54	6	15	4	4.0	3.2

TGI Fridays - Sandwich & Burger Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sweet Potato Fries	390	3	50	15	20	9	6.0	0.6
Seasoned Fries	320	5	40	0	16	3	5.0	2.0
Side Salad (add choice of dressing)	45	2	5	1	2	1	1.0	0.2

TGI Fridays - Ribs (+ coleslaw & seasoned fries)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Jack Daniel's® Ribs, Full-Rack	1520	44	177	127	74	23	7.0	9.2
BBQ Ribs, Full-Rack	1190	43	93	42	73	23	7.0	6.4
Jack Daniel's® Ribs, Half-Rack	1030	25	126	79	49	14	6.0	6.3
BBQ Ribs, Half-Rack	830	24	77	30	49	14	6.0	4.7

TGI Fridays - Steaks (+ mashed potatoes, broccoli)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
New York Strip* - JD Glaze	1105	78	91	58	46	17.5	8.0	10.5
Center-Cut Sirloin* & Shrimp (Breaded) - JD Glaze	1070	50	103	46	50	15	9.0	8.1
Center-Cut Sirloin* & Shrimp (Breaded) - Parmesan butter	1000	50	61	5	60	19.5	9.0	7.3
New York Strip* - Parmesan butter	985	77	37	5	56	22	8.0	9.4
Center-Cut Sirloin* & Shrimp - JD Glaze	910	47	98	45	38	14	10.0	8.8
Center-Cut Sirloin* & Shrimp - Parmesan Butter	840	47	56	4	48	18	10.0	8.0
Center-Cut Sirloin* - JD Glaze	710	34	76	45	31	12	8.0	6.5
Center-Cut Sirloin* - Parmesan butter	640	34	34	4	41	16	8.0	5.7

TGI Fridays - Pasta

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Cajun Shrimp & Chicken Pasta	1310	67	87	9	72	39	6.0	5.9
Bruschetta Chicken Pasta	860	42	93	14	35	7	7.0	2.1
Cajun Shrimp & Chicken Pasta (Half Portion)	570	34	43	4	27	16	3.0	3.0
Bruschetta Chicken Pasta (Half Portion)	490	21	47	7	25	5	3.0	1.2

TGI Fridays - Chicken & Seafood

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sizzling Chicken & Shrimp (peppers & mash)	1270	65	56	9	83	29	8.0	6.1
Sizzling Chicken & Cheese (peppers & mash)	1160	63	50	6	75	30	7.0	6.2
Crispy Chicken Fingers (fries & Honey Mustard)	1030	38	87	8	59	18	7.0	6.4
Jack Daniel's® Chicken (mash & broccoli)	960	77	91	58	32	12	13.0	8.7
Bacon-Wrapped Shrimp (rice & super veggies)	930	44	80	4	48	12	3.0	3.9
Crispy Chicken Fingers (Breaded) (fries & Honey Mustard)*	930	23	78	9	58	11	6.0	4.5
Fish & Chips (fries, coleslaw & tartar sauce)	880	23	73	23	55	10	5.0	4.7
Dragon-Glaze Salmon (rice & super veggies)	810	40	103	18	27	3	4.0	4.0
Fried Shrimp (Breaded) (fries & cocktail sauce)*	810	34	74	7	40	7	6.0	5.1
Grilled Salmon (rice & super veggies)	795	38	85	3	35	7	4.0	2.2
Fried Shrimp (fries & cocktail sauce)	750	31	91	6	29	6	9.0	7.8
Bacon-Wrapped Shrimp (mash & super veggies)	730	41	29	4	48	14.5	1.0	4.1
Dragon-Glaze Chicken (rice & super veggies)	720	45	99	18	17	1	6.0	4.2
Parmesan-Crusted Chicken (mash & broccoli)	700	47	42	5	38	15	10.0	6.6
Dragon-Glaze Salmon (mash & super veggies)	610	37	51	19	27	8	7.0	4.2
Grilled Salmon (mash & super veggies)	595	35	33	4	35	12	6.0	2.4
Dragon-Glaze Chicken (mash & super veggies)	510	43	47	19	16	6	8.0	4.4

TGI Fridays - Add-ons

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Cheddar Mac and Cheese	630	26	52	6	35	19	0.0	4.2
Jack Daniel's® Ribs, Half-Rack	620	19	81	76	25	9	1.0	3.7
Giant Onion Rings	510	6	61	15	26	4.5	4.0	1.9
Bacon-Wrapped Shrimp	480	34	1	0	37	12	0.0	2.6
Caesar Salad with Breadstick	440	9	33	4	31	7	3.0	1.8
BBQ Ribs, Half-Rack	420	19	32	27	25	9	1.0	2.2
Jasmine Rice	420	7	72	1	11	3	5.0	1.2
Sweet Potato Fries	390	3	50	15	20	9	6.0	0.6
Crispy Shrimp (Hand-Breaded)*	360	16	27	1	19	4	1.0	1.6
Crispy Brussels Sprouts	350	8	20	4	28	5	6.0	1.9
Seasoned Fries	320	5	40	0	16	3	5.0	2.0
Caesar Salad w/out Breadstick	310	6	14	1	27	5	2.0	1.4
House Salad with Breadstick (no dressing)	220	8	29	5	8	3.5	3.0	0.8
Mashed Potatoes	220	4	21	1	11	5	3.0	1.4
Crispy Shrimp	200	13	22	0	7	2	2.0	2.3
Lemon-Butter Broccoli	150	4	11	2	11	4.5	5.0	2.1
Coleslaw	100	1	5	3	8	2	0.0	0.6
House Salad w/out Breadstick (no dressing)	90	5	9	2	4	2	3.0	0.4
Super Veggies	35	3	7	3	0	0	3.0	0.1

TGI Fridays - Fridays Lunch

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Quesadilla (with guacamole)	1250	59	58	6	87	37	6.0	7.2
Jack™ Sliders with Seasoned Fries	860	28	81	19	49	15	5.0	7.2
1/2 Turkey + Avocado BLT w/ Seasoned Fries	630	27	56	2	33	8	5.0	4.5
Cheddar Mac & Cheese	630	26	52	6	35	19	0.0	4.2
Mozzarella Sticks with Marinara	560	27	37	2	33	16	6.0	2.0
BBQ Chicken Salad with BBQ Ranch	530	29	42	12	29	8	6.0	3.3
Caesar Salad with Breadstick	440	9	33	4	31	7	3.0	1.8
Caesar Salad with Grilled Chicken	410	24	15	2	29	6	3.0	2.4
House Salad with Breadstick (no dressing)	220	8	29	5	8	3.5	3.0	0.8

TGI Fridays - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Red Velvet Sparkler Cake	1690	9.3	199	146	92	43	1.0	2.4
Extreme Shake - Toasted S'mores	1550	15	222	190	54	33	3.0	1.1
Extreme Shake - Red Velvet	1300	52	159	133	60	30	2.0	1.3
Brownie Obsession®	1200	12	153	119	60	32	4.0	1.2
Tennessee Whiskey Cake	1110	12	151	118	52	26	4.0	1.6
Vanilla Bean Cheesecake	920	10	88	76	57	39	2.0	1.0
Brownie Obsession® (Half)*	720	8	89	69	37	20	2.0	0.7
Tennessee Whiskey Cake (Half)*	670	8	88	68	32	18	2.0	0.9
Oreo® Madness	500	6	76	49	21	10	3.0	0.8

TGI Fridays - Non-Alcoholic Beverages

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Green with Passion Smoothie	330	1	74	66	2	2	3.0	0.1
Soda: Fanta	230	0	65	63	0	0	0.0	0.2
Triple Berry Smoothie	210	1	47	40	2.5	2	4.0	0.0
Soda: Coca-Cola®/Mr. Pibb Xtra	200	0	56	56	0	0	0.0	0.2
Soda: Mountain Dew	170	0	49	44	0	0	0.0	0.2
Minute Maid®	170	0	44	42	0	0	0.0	0.1
Soda: Sprite®	160	0	40	36	0	0	0.0	0.1
Paradise Punch	160	2	39	31	0	0	1.0	0.0
Soda: Dr Pepper®	150	0	40	38	0	0	0.0	0.2
Soda: Mug Root Beer/Pepsi	150	0	41	41	0	0	0.0	0.2
Soda: Sierra Mist®	140	0	39	39	0	0	0.0	0.1
Tropical Raspberry Tea	130	0	31	24	0	0	4.0	0.0
Strawberry Passion Tea	120	0	31	26	0	0	1.0	0.0
Red Bull®	110	1	28	27	0	0	0.0	0.3
Tickled Pink	100	0	24	21	0	0	2.0	0.1
Zico Coconut Water®	90	0	20	17	0	0	0.0	0.3
vitaminwater XXX®	70	0	20	20	0	0	0.0	0.0
Soda: Fuze	60	0	15	15	0	0	0.0	0.0
Coffee (Black)	5	0	0	0	0	0	0.0	0.0
Soda: Diet Pepsi®	0	0	0	0	0	0	0.0	0.1
Freshly Brewed Gold Peak® Iced Tea	0	0	0	0	0	0	0.0	0.1

TGI Fridays - Signature Slushes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Blue Raspberry	310	0	75	69	0	0	0.0	0.1
Cherry Limeade	240	0	58	52	0	0	0.0	0.0
Red Bull® Passion (Regular/Tropical)	210	1	54	48	0	0	3.0	0.3
Mango Peach Lemonade	170	0	44	41	0	0	0.0	0.0
Strawberry Lemonade	150	1	38	35	0	0	1.0	0.0
Red Bull® Passion (Sugarfree)	120	1	27	21	0	0	3.0	0.5

TGI Fridays - Coffee

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Latte - Chocolate	270	6	41	40	9	6	0.0	0.3
Latte - Salted Caramel	270	6	42	35	9	6	0.0	0.3
Iced Latte - Chocolate	260	5	40	39	9	6	0.0	0.3
Iced Latte - Salted Caramel	260	5	41	33	8	5	0.0	0.2
Latte - Vanilla	250	6	38	37	9	6	0.0	0.2
Frappé - Chocolate	240	4	38	38	8	5	0.0	0.2
Frappé - Salted Caramel	240	4	39	32	8	5	0.0	0.2
Iced Latte - Vanilla	240	5	36	35	8	5	0.0	0.2
Frappé - Vanilla	160	3	31	30	2.5	1.5	0.0	0.1
Latte	150	6	13	12	9	6	0.0	0.2
Iced Latte	130	5	10	10	8	5	0.0	0.2
Frappé	120	4	10	9	8	4.5	0.0	0.2
Espresso	5	0	1	0	0	0	0.0	0.0

TGI Fridays - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Breakfast Tacos (sausage)	1430	50	78	4	102	36	6.0	7.9
Chicken and Waffles (Hand-Breaded)	1380	41	200	62	46	10	6.0	8.0
Egg BLT Sandwich (potatoes)	1180	41	73	7	80	25	6.0	6.8
Breakfast Potato Skins	1130	49	88	7	67	23	13.0	6.3
Breakfast Tacos (Bacon)	1120	43	77	4	70	23	6.0	7.6
Chicken and Waffles*	1030	36	131	50	41	12	4.0	4.7
Brunch Burger	1010	50	47	15	69	28	3.0	9.1
Bacon Cheddar Omelet (potatoes & toast)	1000	42	49	5	71	20.5	7.0	5.4
French Toast	990	18	116	42	49	18	3.0	2.8
Chicken and Waffles	940	34	138	58	30	12	4.0	5.6
Florentine Omelet (potatoes & toast)	880	32	53	5	58	15.5	10.0	4.4
Strawberry Waffle	430	8	78	29	9	2	3.0	2.5
Oatmeal	390	6	60	38	15	5	5.0	0.8
Steak & Eggs (Steak Only)	380	27	3	1	26	8	1.0	2.1
Side Seasoned Fries	320	5	40	0	16	3	5.0	2.0
Side Breakfast Potatoes	260	3	23	0	17	3.5	3.0	1.6
Side Sausage (3)	210	4	0	0	21	6	0.0	0.9
Choice Egg - Scrambled (2)	200	12	1	0	16	4.5	0.0	0.7
Side Multi-grain Toast	170	5	22	2	8	1.5	3.0	0.6
Side Bacon (3)	120	10	1	1	9	4.5	0.0	0.9
Side Fresh Fruit	45	1	12	10	0	0	1.0	0.0