## jumpstart

## HOURS

7:30AM- 10:45 AM



Breakfast Combos		Price	A la Cate	Price	Calories
Grits (65), eggs (78), meat (180-200)  Biscuit (64)  Combo 2 \$6.10  Cheese eggs (187) or cheese grits (428)  Meat (180-200), biscuit (64)  Combo 3 \$6.95  (2) Pancakes, grits (64), or eggs (64)		\$5.95	Bacon (3) Chicken Sausage	\$2.35 \$2.65 \$1.85	200 180 180
		\$6.10 (428)	Turkey Sausage Pancakes (2) Biscuit	\$2.15 \$1.25	210 64
		\$6.95 )	Biscuit w/ cheese French Toast (3) Toast (1)	\$1.75 \$3.15 \$0.85	164 305 64
Meat (180) <b>Combo 4</b> (2) Pancakes (420), chee	• ,	•	Grits Grits and cheese Egg (1)	\$1.25 \$1.85 \$1.40	65 428 78
Or cheese eggs (187) me <b>Combo 5</b> French toast (305), meat	(180-200)	\$6.50	Egg and cheese Oatmeal and	\$1.85 \$2.00	178 182-220
Cheese eggs (187), hashbrown (169)			Toppings Oatmeal Plain	\$1.50	145
Hot Beverages Hot Chocolate Coffee Hot Tea	<b>Price</b> \$1.95 \$1.95 \$1.10	Calories 194 1 2	Hashbrowns Boiled Egg	\$1.75 \$1.50	169 78

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



## HOURS

7:30AM- 10:45 AM



Breakfast Sandwiches		Price	A la Cate	Price	Calories
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Bacon Egg (278)		\$3.75	Bacon (3)	\$2.35	200
Pork Sausage Egg (245)		\$3.75	Chicken Sausage	\$2.65	180
Turkey Patty Egg (258)		\$3.40	Turkey Sausage	\$1.85	180
Chicken Sausage Egg (285)		\$4.05	Pancakes (2)	\$2.15	210
+ Cheese (80)		\$0.75	Biscuit	\$1.25	64
•			Biscuit w/ cheese	\$1.75	164
*Drinks sold separately			French Toast (3)	\$3.15	305
*Bottled Beverages not included			Toast (1)	\$0.85	64
J			Grits	\$1.25	65
			Grits and cheese	\$1.85	428
	- •		Egg (1)	\$1.40	<i>7</i> 8
Hot Beverages	Price	Calories	Egg and cheese	\$1.85	178
Hot Chocolate	\$1.95	194	Oatmeal and	\$2.00	182-220
Coffee	\$1.95	1	Toppings		
Hot Tea	\$1.10	2	Oatmeal Plain	\$1.50	145
	,		Hashbrowns	\$1.75	169
			Boiled Egg	\$1.50	78

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.