

Egg Harbor Café Nutritional Information

Updated January 2012

Note: Nutritional Values include sides. Nutritional values for sides also listed separately.

This information is meant to serve as a guide for personal use. The actual nutritional values may vary from the values listed here due to variations in portion size(s), product preparation, and/or substitution of ingredients. If you have any questions or concerns about this nutritional information, or if you are sensitive to specific ingredients, please take all precautions and contact your physician. Guests who have special food sensitivities or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item. Egg Harbor Café is not responsible for errors in labeling or changes in the chemical or consistent composition of ingredients or prepared products used in this company's recipes and menu items as such information was supplied by the suppliers, distributors, and purveyors of said ingredients and products.

| | Calories | Fat(g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|---------------------------------|----------|--------|-------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Traditional Breakfast | | | | | | | | | | |
| Traditional Breakfast | 486 | 22.3 | 7.5 | 0 | 430 | 768 | 53.3 | 2.6 | 1.3 | 19.6 |
| Traditional w/Bacon | 670 | 37.3 | 12.5 | 0.2 | 463 | 1288 | 54 | 2.6 | 1.3 | 31.3 |
| Traditional w/Sausage Links | 846 | 58.3 | 7.5 | 0 | 510 | 1408 | 53.3 | 2.6 | 1.3 | 31.6 |
| Traditional w/Sausage Patties | 884 | 60.6 | 20.8 | 0 | 507 | 1433 | 54.6 | 2.9 | 2 | 31.6 |
| Traditional w/Turkey Bacon | 666 | 30.3 | 9.5 | 0 | 530 | 1808 | 57.3 | 2.6 | 5.3 | 43.6 |
| Traditional w/Turkey Sausage | 626 | 28.3 | 7.5 | 0 | 490 | 1408 | 53.3 | 2.6 | 1.3 | 35.6 |
| Traditional w/Corned Beef Hash | 705 | 31.7 | 10.1 | 0.7 | 482 | 1856 | 68.8 | 4.6 | 3.1 | 37.5 |
| Included Sides | | | | | | | | | | |
| Harbor Potatoes | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 286 | 27 | 0 | 1 | 5 |
| Benedicts | | | | | | | | | | |
| Barrington Benedict | 684 | 33.2 | 11.9 | 0.7 | 490 | 1868 | 62.2 | 2.6 | 6.4 | 34.3 |
| Fried Green Tomato Benedict | 823 | 47.2 | 20.8 | 0.8 | 521 | 1641 | 60.9 | 1.9 | 10.6 | 36.6 |
| Corned Beef Hash Benny | 849 | 46.3 | 17.7 | 1.9 | 519 | 1976 | 76.2 | 4.1 | 9.1 | 33.4 |
| Bavarian Benedict | 773 | 49.3 | 18.5 | 0.2 | 541 | 1420 | 49.3 | 12.1 | 15.1 | 33.2 |
| Farmer's Market Benedict | 608 | 28 | 10 | 0.7 | 456 | 1017 | 68.5 | 6.9 | 8.5 | 23.5 |
| Lobster Cake Benedict | 814 | 46.7 | 13.5 | 0.7 | 522 | 1474 | 73 | 3.2 | 9 | 27.3 |
| The Mexicali | 1075 | 75.3 | 21.3 | 0.6 | 610 | 1769 | 64.9 | 2.6 | 26.3 | 33.2 |
| Included Sides | | | | | | | | | | |
| Harbor Potatoes | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| White Cheddar Cheese Grits | 244 | 14.18 | 2.3 | 0 | 39 | 472 | 17.9 | 0.5 | 0.6 | 8.2 |
| English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 286 | 27 | 0 | 1 | 5 |
| Egg-cetera | | | | | | | | | | |
| Georgia Cheese Grits and Eggs | 968 | 55.9 | 26.7 | 0.2 | 534 | 1770 | 68.4 | 2.1 | 4.3 | 43.1 |
| Healthy Breakfast Burrito | 774 | 29.5 | 8.9 | 0.4 | 84 | 1995 | 75.4 | 8.9 | 20.2 | 51.5 |
| Todd's Breakfast Tacos | 1149 | 63.2 | 23.4 | 0 | 466 | 1970 | 100.7 | 8.4 | 19.1 | 44.9 |
| The Big Texan | 1225 | 87.6 | 33.1 | 0 | 601 | 1982 | 52.2 | 3.8 | 3 | 47 |
| The Down Home | 1004 | 57.9 | 16.3 | 0 | 479 | 2657 | 94 | 2.6 | 4.3 | 29.4 |
| Chilaquiles | 1364 | 76.2 | 19.4 | 0.6 | 577 | 2557 | 131.9 | 27 | 22.3 | 75.4 |
| The Geneva Rösti | 988 | 58.9 | 25.4 | 0.2 | 813 | 1377 | 63.2 | 3.8 | 14.8 | 52.5 |
| The Skinny Rösti | 538 | 12.7 | 7 | 0.4 | 41 | 1192 | 64 | 8.5 | 19.5 | 41.2 |
| Included Sides | | | | | | | | | | |
| Eggs (Two Eggs) | 140 | 9 | 3 | 0 | 430 | 130 | 2 | 0 | 0 | 12 |
| English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 286 | 27 | 0 | 1 | 5 |
| Wheat English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 280 | 24 | 2 | 1 | 5 |
| Wheat English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 326 | 24 | 2 | 1 | 5 |
| Salsa (2 Ounces) | 12 | 0 | 0 | 0 | 0 | 90 | 2.2 | 0.6 | 1.5 | 0.4 |
| Fresh Fruit | 48 | 0.2 | 0 | 0 | 0 | 9 | 12.3 | 1.4 | 10.8 | 0.7 |
| Harbor Potatoes | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| Breakfast Sandwiches | | | | | | | | | | |
| Bacamato Grill | 1099 | 60.2 | 25.2 | 0.1 | 564 | 1629 | 95.9 | 8.7 | 18.6 | 48 |
| Bagel Stack | 853 | 37.9 | 15.7 | 0 | 508 | 1419 | 84.7 | 9 | 17.3 | 43.3 |
| Included Sides | | | | | | | | | | |
| Harbor Potatoes | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| Fresh Fruit | 48 | 0.2 | 0 | 0 | 0 | 9 | 12.3 | 1.4 | 10.8 | 0.7 |
| Scramblers | | | | | | | | | | |
| Chicken Pesto Scrambler | 780 | 31.7 | 11.9 | 0.3 | 84 | 1978 | 71.9 | 10.3 | 6.8 | 57.2 |
| Sicilian Egg White Scrambler | 497 | 17.7 | 9.5 | 0.4 | 54 | 1299 | 45.1 | 5.9 | 17.8 | 43.5 |
| Harbor Scrambler | 973 | 59.9 | 23.6 | 0.2 | 795 | 1639 | 56.8 | 3.3 | 2.8 | 52.9 |
| Joe's Healthy Scrambler | 490 | 14.6 | 6.9 | 0.4 | 62 | 1322 | 44.9 | 5.5 | 15.1 | 42.4 |
| Included Side | | | | | | | | | | |
| Harbor Potatoes | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| Fresh Fruit | 48 | 0.2 | 0 | 0 | 0 | 9 | 12.3 | 1.4 | 10.8 | 0.7 |
| Wheat English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 280 | 24 | 2 | 1 | 5 |
| Wheat English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 326 | 24 | 2 | 1 | 5 |
| English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 286 | 27 | 0 | 1 | 5 |
| Eggeptional Skillets | | | | | | | | | | |
| San Antonio Skillet | 1039 | 62.6 | 24.6 | 0.2 | 534 | 1896 | 74.7 | 5.5 | 5.3 | 48.6 |
| Roasted Veggie Skillet | 692 | 28 | 12.1 | 0.4 | 41 | 1685 | 74.1 | 9.2 | 7.8 | 35.3 |
| Matt's Meaty Skillet | 1218 | 80.2 | 24.9 | 0.2 | 585 | 2680 | 67.4 | 3.9 | 1.5 | 60.6 |
| Ultimate Skillet | 833 | 44.9 | 18.8 | 0 | 500 | 1611 | 69.8 | 4.9 | 3.6 | 40.1 |
| Included Side | | | | | | | | | | |
| Wheat English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 280 | 24 | 2 | 1 | 5 |
| Wheat English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 326 | 24 | 2 | 1 | 5 |
| English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 286 | 27 | 0 | 1 | 5 |
| Omelettes | | | | | | | | | | |
| Garden Delight Omelette | 898 | 53.4 | 22.2 | 0.6 | 787 | 1275 | 62 | 4.9 | 4.8 | 45.1 |
| Rocky Mountain High Omelette | 895 | 51 | 20.6 | 0 | 799 | 1856 | 57.7 | 3.6 | 3.8 | 52.8 |
| Athens Omelette | 936 | 55.3 | 18.8 | 0 | 744 | 2342 | 70.2 | 9.2 | 4.4 | 42.9 |

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| | Calories | Fat(g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|------------------------------------|--|--------|-------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Butcher Shop Omelette | 995 | 63.3 | 18.6 | 0.5 | 807 | 1966 | 54.8 | 2.8 | 1.3 | 53.6 |
| Bacado Omelette | 1174 | 79.5 | 28.1 | 0.8 | 851 | 1841 | 67 | 5.8 | 3.9 | 63.6 |
| Five Alarm Omelette | 876 | 52.3 | 19.4 | 0.3 | 773 | 1388 | 62.1 | 3.9 | 5.5 | 41.5 |
| Dynamite Veggie White Omelette | 454 | 12.5 | 6.9 | 0.4 | 41 | 1165 | 45.6 | 6.5 | 17.5 | 39.6 |
| Cheese Omelette | 1035 | 65.5 | 29.6 | 0 | 824 | 1578 | 55.1 | 2.6 | 1.4 | 56.6 |
| Gregg's Chili & Eggs | 793 | 34.5 | 15.5 | 0 | 72 | 1824 | 69.7 | 9 | 8.3 | 49.5 |
| Included Sides | | | | | | | | | | |
| Harbor Potatoes | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| Salsa (2 Ounces) | 12 | 0 | 0 | 0 | 0 | 90 | 2.2 | 0.6 | 1.5 | 0.4 |
| Fresh Fruit | 48 | 0.2 | 0 | 0 | 0 | 9 | 12.3 | 1.4 | 10.8 | 0.7 |
| English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 286 | 27 | 0 | 1 | 5 |
| Wheat English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 280 | 24 | 2 | 1 | 5 |
| Wheat English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 326 | 24 | 2 | 1 | 5 |
| Midwestern Frittatas | | | | | | | | | | |
| Sir Dugan Frittata | 1031 | 65.4 | 26.8 | 0.2 | 813 | 1696 | 59.1 | 3.8 | 3.7 | 53.4 |
| Chili Cheese Frittata | 972 | 55.2 | 21.2 | 0 | 797 | 1546 | 69.7 | 6.9 | 6.9 | 47.6 |
| Cancun Frittata | 1019 | 64.2 | 20.2 | 0 | 789 | 1932 | 92.2 | 21.3 | 13.2 | 48.3 |
| Farmhouse Frittata | 1020 | 59.8 | 24.6 | 0 | 817 | 2080 | 68.6 | 4.2 | 2.6 | 53.6 |
| Included Side | | | | | | | | | | |
| Harbor Potatoes | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 286 | 27 | 0 | 1 | 5 |
| 10" Flour Tortilla | 194 | 5.1 | 1 | 0 | 0 | 387 | 31.6 | 2 | 1 | 5.1 |
| Add-Ins | | | | | | | | | | |
| | Note: Portion sizes below are 2 ounces each for any Omelette, Scrambler, or Skillet | | | | | | | | | |
| Bacon | 290 | 23.7 | 7.9 | 0.3 | 52 | 818 | 1.1 | 0 | 0 | 18.5 |
| Ham | 61 | 3 | 1 | 0 | 30 | 628 | 0 | 0 | 0 | 9.1 |
| Sausage | 226 | 22.5 | 0 | 0 | 50 | 400 | 0 | 0 | 0 | 7.5 |
| Canadian Bacon | 105 | 4.8 | 1.6 | 0 | 33 | 877 | 0.8 | 0 | 0 | 13.7 |
| Turkey Sausage | 99 | 4.3 | 0 | 0 | 43 | 454 | 0 | 0 | 0 | 11.3 |
| Turkey Bacon | 90 | 4 | 1 | 0 | 50 | 520 | 2 | 0 | 2 | 12 |
| Chorizo | 202 | 17.8 | 4.8 | 0 | 36 | 404 | 3.2 | 0 | 0.8 | 7.2 |
| Salami | 210 | 17 | 7 | 0 | 44 | 900 | 2 | 0 | 2 | 11 |
| Tomato | 10 | 0.1 | 0 | 0 | 0 | 3 | 2.2 | 0.7 | 1.5 | 0.5 |
| Mushroom | 12 | 0.2 | 0 | 0 | 0 | 2 | 1.9 | 0.7 | 1 | 1.8 |
| Spinach | 14 | 0 | 0 | 0 | 0 | 64 | 1.9 | 1.8 | 0 | 1.9 |
| Broccoli | 18 | 0 | 0 | 0 | 0 | 22 | 3 | 2 | 1.1 | 1.9 |
| Green Bell Pepper | 12 | 0.1 | 0 | 0 | 0 | 0 | 2.6 | 0.8 | 1.4 | 0.5 |
| Red Bell Pepper | 16 | 0.2 | 0 | 0 | 0 | 0 | 3.4 | 1.2 | 2.4 | 0.6 |
| Onion | 20 | 0 | 0 | 0 | 0 | 0 | 4.6 | 1 | 3.6 | 0.5 |
| Sun-Dried Tomatoes | 116 | 0.8 | 0 | 0 | 0 | 660 | 32 | 8 | 16 | 8 |
| Roasted Red Peppers | 13 | 0 | 0 | 0 | 0 | 135 | 2.2 | 0.4 | 1.7 | 0.4 |
| Avocado | 94 | 11.3 | 0.9 | 0 | 0 | 0 | 3.8 | 1.9 | 0 | 1.9 |
| Artichoke | 30 | 0.2 | 0 | 0.1 | 0 | 34 | 6.8 | 4.9 | 0.6 | 1.6 |
| Jalapeño | 16 | 0.4 | 0.1 | 0 | 0 | 0 | 3.4 | 1.6 | 2 | 0.8 |
| Cheddar and Jack | 217 | 17.6 | 10 | 0 | 55 | 351 | 1.1 | 0 | 0 | 13.5 |
| Mozzarella | 160 | 11.2 | 6.9 | 0.4 | 41 | 474 | 2.2 | 0.8 | 1 | 12.7 |
| Cream Cheese | 162 | 16.2 | 9.5 | 0 | 54 | 243 | 2.7 | 0 | 1.9 | 2.7 |
| Feta | 162 | 14.2 | 9.1 | 0 | 30 | 709 | 0 | 0 | 0 | 10.1 |
| Bleu Cheese | 200 | 16 | 10 | 0 | 44 | 756 | 2 | 2 | 2 | 12 |
| White Cheddar | 240 | 20 | 12 | 0 | 60 | 380 | 0 | 0 | 0 | 12 |
| Pepper Jack | 200 | 16 | 10 | 0 | 60 | 340 | 2 | 0 | 0 | 14 |
| Provolone | 152 | 12.2 | 7.6 | 0 | 46 | 258 | 1.5 | 0 | 0 | 10.6 |
| Hollandaise | 125 | 11.7 | 5.8 | 0.7 | 27 | 264 | 4.1 | 0 | 1.3 | 0.8 |
| Chipotle Hollandaise | 110 | 9.8 | 4.8 | 0.6 | 22 | 278 | 4.5 | 0.3 | 1.5 | 0.9 |
| Salsa | 12 | 0 | 0 | 0 | 0 | 90 | 2.2 | 0.6 | 1.5 | 0.4 |
| Pesto | 260 | 24.1 | 4.7 | 0 | 8 | 524 | 5.6 | 0.8 | 0.9 | 3.7 |
| Sour Cream | 110 | 10.8 | 6.4 | 0 | 37 | 91 | 3.7 | 0 | 1.8 | 0 |
| Homestyle Oatmeal | | | | | | | | | | |
| Berry-Ola Oatmeal | 857 | 13.9 | 1.7 | 0 | 1 | 516 | 172.5 | 12.7 | 83.4 | 19.5 |
| Berry-Ola Oatmeal - Steel Cut | 841 | 12.6 | 1.5 | 0 | 1 | 651 | 170.9 | 13.4 | 84.4 | 18.9 |
| Autumn Oatmeal | 713 | 9.9 | 3.7 | 0 | 0 | 330 | 149.5 | 8.4 | 83.3 | 11.7 |
| Autumn Oatmeal - Steel Cut | 697 | 8.6 | 3.5 | 0 | 0 | 465 | 147.9 | 9.1 | 84.3 | 11 |
| Old Fashioned Oatmeal | 551 | 4.3 | 0.7 | 0 | 1 | 292 | 119.4 | 5.3 | 58.9 | 13.6 |
| Old Fashioned Oatmeal - Steel Cut | 535 | 3 | 0.5 | 0 | 1 | 427 | 117.9 | 6 | 59.9 | 13 |
| Included Sides | | | | | | | | | | |
| Skim Milk (2 Fluid Ounces) | 22 | 0 | 0 | 0 | 1 | 30 | 2.7 | 0 | 2.7 | 2 |
| Brown Sugar (2 Ounces) | 213 | 0 | 0 | 0 | 0 | 22 | 55.2 | 0 | 55.2 | 0 |
| English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 286 | 27 | 0 | 1 | 5 |
| Aimee's Gourmet Griddle | | | | | | | | | | |
| Harbor Signature Pancakes | 1050 | 66.7 | 32.8 | 2.8 | 329 | 2491 | 85.9 | 4.3 | 29 | 19.9 |
| Original Raisin Bread French Toast | 832 | 41.5 | 22.5 | 0 | 601 | 760 | 81.5 | 3.2 | 39.2 | 25.9 |
| Texas French Toast | 817 | 42.7 | 21.9 | 0 | 601 | 981 | 76.3 | 3.1 | 13.6 | 28.4 |
| Banana Bread French Toast | 741 | 37 | 7.7 | 0 | 394 | 477 | 84.7 | 5.6 | 24.7 | 16.8 |
| Red Velvet French Toast | 823 | 40.8 | 19.9 | 0 | 556 | 587 | 92.8 | 3 | 69.1 | 18.2 |
| Original Belgian Waffle | 619 | 38.9 | 24.2 | 0 | 165 | 993 | 50.2 | 1.1 | 1.4 | 8.5 |

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|---|----------|--------|-------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Apple Pie Waffle | 962 | 46 | 24.3 | 0 | 110 | 1212 | 125.6 | 4.4 | 66.4 | 9.1 |
| Blueberry Pancakes | 1155 | 66.6 | 32.7 | 2.8 | 327 | 2531 | 111.8 | 7.2 | 48.6 | 19.7 |
| Cinnamon Apple Pancakes | 1131 | 52.7 | 21.3 | 3 | 279 | 2457 | 142.2 | 5.9 | 71.5 | 21.6 |
| Sam's Swedish Pancakes | 697 | 40.2 | 24.3 | 0.1 | 454 | 911 | 58.1 | 1.1 | 34.1 | 18.2 |
| Cinnamon Roll French Toast | 904 | 60.9 | 32.7 | 0.4 | 374 | 971 | 65.9 | 1.5 | 33.7 | 15.7 |
| Winter in Italy French Toast | 1463 | 61.9 | 26.3 | 1.2 | 502 | 1346 | 185.1 | 8.2 | 99.6 | 33.1 |
| The Sampler w/Bacon | 689 | 43.5 | 23.1 | 0.1 | 564 | 792 | 42.2 | 1.6 | 19.7 | 24.8 |
| The Sampler w/Sausage Links | 777 | 54.3 | 20.6 | 0 | 587 | 852 | 41.9 | 1.6 | 19.7 | 24.9 |
| Shawna's Sun Up | 1033 | 39.9 | 7.3 | 0 | 6 | 614 | 155 | 13.8 | 82.3 | 24 |
| Included Sides | | | | | | | | | | |
| Strawberry Compote (2 Fluid Ounces) | 62 | 0 | 0 | 0 | 0 | 7 | 15.4 | 0.6 | 15.3 | 0.3 |
| Lingonberries (2 Ounces) | 89 | 0 | 0 | 0 | 0 | 0 | 22.7 | 0 | 21.1 | 0 |
| Lingonberry Butter (1 Ounce) | 191 | 18.4 | 13.1 | 0 | 52 | 144 | 1.9 | 0 | 1.8 | 0 |
| Pancake Syrup (2 Fluid Ounces) | 210 | 0 | 0 | 0 | 0 | 25 | 51 | 0 | 35 | 0 |
| Pancake Syrup - Sugar Free (2 Fluid Ounces) | 25 | 0 | 0 | 0 | 0 | 85 | 8 | 0 | 0 | 0 |
| Butter (1 Ounce) | 220 | 22.1 | 15.8 | 0 | 63 | 173 | 0 | 0 | 0 | 0 |
| Eggs (1 Egg) | 70 | 4.5 | 1.5 | 0 | 215 | 65 | 1 | 0 | 0 | 6 |
| Bacon (2 Strips) | 92 | 7.5 | 2.5 | 0.1 | 17 | 260 | 0.4 | 0 | 0 | 5.9 |
| Sausage Links (2 Links) | 180 | 18 | 0 | 0 | 40 | 320 | 0 | 0 | 0 | 6 |
| Our Crêpes | | | | | | | | | | |
| Caramel Apple Crêpes | 785 | 44.9 | 11.1 | 0 | 94 | 445 | 87.8 | 6.2 | 55.1 | 12.3 |
| Cassie's Crêpes | 1245 | 83.7 | 25.6 | 0 | 591 | 1508 | 88.2 | 5.3 | 19.7 | 43.6 |
| Popeye Crêpes | 1238 | 82.7 | 28.1 | 0.1 | 616 | 1819 | 86.2 | 3.5 | 21.1 | 39.7 |
| Canyon Ranch Crêpes | 678 | 25.5 | 11.1 | 0.4 | 126 | 1705 | 58.4 | 5.6 | 19.8 | 52.8 |
| Included Sides | | | | | | | | | | |
| Poppyseed (2 Fluid Ounces) | 257 | 21.8 | 3.4 | 0 | 2 | 168 | 14.2 | 0.1 | 14 | 0.1 |
| Harbor Potatoes | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 286 | 27 | 0 | 1 | 5 |
| Wheat English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 280 | 24 | 2 | 1 | 5 |
| Wheat English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 326 | 24 | 2 | 1 | 5 |
| Fresh Fruit | 48 | 0.2 | 0 | 0 | 0 | 9 | 12.3 | 1.4 | 10.8 | 0.7 |
| Harbor Soups and Chilis | | | | | | | | | | |
| Black Bean Chicken Chili | 453 | 16.5 | 3.6 | 0 | 74 | 1156 | 56.1 | 7.8 | 19.3 | 19.6 |
| Mom's Original Chili Bowl | 493 | 27.7 | 8.4 | 0 | 99 | 865 | 39.4 | 4.3 | 16.1 | 19.3 |
| Cream of Chicken with Wild Rice | 405 | 15.7 | 3 | 0 | 46 | 1643 | 27.7 | 6.1 | 6.1 | 21.3 |
| Roasted Tomato Bisque | 376 | 28.4 | 10.3 | 0 | 48 | 956 | 26 | 2.2 | 4.8 | 10 |
| Vegetarian Vegetable | 86 | 0.9 | 0.1 | 0 | 0 | 709 | 17.3 | 1.9 | 2.2 | 2.6 |
| Included Side | | | | | | | | | | |
| Cornbread (2 Ounce Slice) | 208 | 10.4 | 1.9 | 0 | 43 | 274 | 25.5 | 0.9 | 11.3 | 2.8 |
| Sandwich Board and Grill | | | | | | | | | | |
| Lobster Cake Grill | 1243 | 76 | 11.5 | 0 | 83 | 3256 | 120.1 | 9 | 22.5 | 24.6 |
| California Club | 1422 | 88.5 | 19.8 | 0.2 | 140 | 2474 | 112.7 | 11.6 | 25.2 | 52.1 |
| Door County Melt | 1522 | 94.8 | 32.2 | 0.1 | 184 | 1655 | 124 | 17.6 | 40.3 | 49.3 |
| Malibu Chicken | 1506 | 101.5 | 34.2 | 0.9 | 242 | 2195 | 88.6 | 6.9 | 22.3 | 65.7 |
| Classic Burger | 1546 | 86.1 | 27.2 | 2.8 | 229 | 1394 | 105.1 | 7.1 | 25.6 | 76 |
| San Diego Turkey Burger | 1523 | 103 | 19.8 | 0.1 | 129 | 1881 | 112.6 | 9 | 26.6 | 36 |
| Harvest Turkey Grill | 1611 | 76.8 | 26.4 | 0 | 170 | 4705 | 173.7 | 17.7 | 78.6 | 50.6 |
| Chicken Salad Italiano | 1260 | 68 | 22.5 | 0 | 98 | 3152 | 105.8 | 7.7 | 18.9 | 57.5 |
| Tuna Salad Italiano | 1349 | 81.1 | 24.7 | 0 | 94 | 3275 | 106.3 | 7.6 | 18.7 | 51.5 |
| Pot Roast Sandwich | 1108 | 64.6 | 19.6 | 0.6 | 127 | 3424 | 88.6 | 6.7 | 19.8 | 45.3 |
| Egg Salad Melt | 1493 | 101.2 | 30.6 | 0 | 427 | 3533 | 112.3 | 8.9 | 19 | 43.7 |
| Muffaletta Sandwich | 1629 | 96.4 | 28.7 | 0 | 174 | 5239 | 121.7 | 6.7 | 16.9 | 63.9 |
| Lobster Salad Melt | 1240 | 75.5 | 19.9 | 0 | 103 | 3249 | 114.8 | 8.9 | 21 | 34.5 |
| Ultimate Grilled Cheese | 1424 | 92.6 | 36.6 | 0.2 | 161 | 2053 | 105 | 9.7 | 23.4 | 50.9 |
| Included Sides | | | | | | | | | | |
| Side Salad (w/2oz Poppyseed Dressing) | 311 | 24.6 | 3.2 | 0 | 2 | 198 | 21.1 | 2.4 | 15.6 | 2.6 |
| Harbor Potatoes | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| Potato Pancakes (4 Each) | 180 | 9 | 2 | 0 | 25 | 430 | 21 | 7 | 2 | 3 |
| Sour Cream (2 Ounces) | 110 | 11 | 6.4 | 0 | 37 | 91 | 3.7 | 0 | 1.8 | 0 |
| Applesauce (4 Ounces) | 56 | 0 | 0 | 0 | 0 | 14 | 14 | 2 | 8.9 | 0.2 |
| Tangy Mustard BBQ Sauce (2 Ounces) | 131 | 0.8 | 0 | 0 | 0 | 778 | 29.1 | 1.2 | 25.4 | 1.8 |
| Cholula Mayonnaise (2 Ounces) | 356 | 39.1 | 7.1 | 0 | 36 | 356 | 3.6 | 0 | 0 | 0 |
| Roll-Ups | | | | | | | | | | |
| Orchard Valley Roll-Up | 1385 | 82.6 | 21.5 | 1.8 | 110 | 2447 | 116.3 | 10.7 | 37.2 | 46.4 |
| Black Bean Burger Roll-Up | 984 | 50.6 | 11.3 | 0 | 17 | 2106 | 105.5 | 15.3 | 22 | 33.5 |
| Santa Fe Roll-Up | 1407 | 90.4 | 23.6 | 0 | 152 | 1628 | 101 | 8.4 | 34.7 | 49.2 |
| Turkey Club Roll-Up | 1703 | 115.5 | 29.8 | 0.1 | 195 | 3317 | 108.2 | 11.1 | 22.5 | 62.7 |
| Buffalo Jack Chicken Wrap | 1567 | 105.6 | 30.5 | 0.1 | 219 | 3655 | 86.5 | 7.7 | 20.2 | 75.5 |
| BBQ Chicken Tostada | 1385 | 78 | 20.9 | 0.2 | 177 | 3815 | 105.2 | 7.5 | 59.4 | 69 |
| Mom's Chili Burrito | 1117 | 68.2 | 21.3 | 0 | 103 | 1707 | 93.3 | 10 | 22.5 | 33.1 |
| Included Sides | | | | | | | | | | |
| Side Salad (w/2oz Poppyseed Dressing) | 311 | 24.6 | 3.2 | 0 | 2 | 198 | 21.1 | 2.4 | 15.6 | 2.6 |
| Honey Dijon (2 Fluid Ounces) | 192 | 14.9 | 2.2 | 0.2 | 5.5 | 194.5 | 14.2 | 0.2 | 12.5 | 1.3 |
| Jalapeño Poppyseed (2 Fluid Ounces) | 242 | 20.5 | 3.3 | 0 | 3 | 158 | 13.4 | 0.2 | 13.1 | 0.1 |
| Bistro Sauce (2 Fluid Ounce) | 320 | 34 | 5 | 0 | 30 | 520 | 2 | 0 | 0 | 0 |
| Ranch Dressing (2 Fluid Ounces) | 264 | 29.8 | 5 | 0 | 8 | 430 | 1.7 | 0 | 1.7 | 0 |
| Harbor Potatoes | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| Our Garden Salads | | | | | | | | | | |

Egg Harbor Café Nutritional Information

Updated January 2012

Note: Nutritional Values include sides. Nutritional values for sides also listed separately.

| | Calories | Fat(g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|---|----------|--------|-------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| Sedona BBQ Chopped Salad | 1338 | 84.5 | 18.1 | 0.3 | 110 | 2305 | 109.3 | 14.7 | 28.6 | 39.8 |
| Door County Chicken Salad | 1332 | 85.1 | 13.3 | 0 | 94 | 654 | 99.9 | 11.8 | 61 | 51.5 |
| Antipasto Salad | 1639 | 81.9 | 26.5 | 0 | 102 | 3875 | 176.8 | 14.6 | 18 | 57.2 |
| Hot Chicken Pasta Salad | 1445 | 62.6 | 15.9 | 0.3 | 125 | 2159 | 154.2 | 11.2 | 14.7 | 69.4 |
| The Harvest Salad | 1169 | 84.7 | 17.4 | 0.7 | 62 | 2073 | 83.3 | 10.1 | 45.3 | 34.3 |
| Chicken Pecan Dijon Salad | 1524 | 110.7 | 24.6 | 0.7 | 131 | 2222 | 89.1 | 9.2 | 47.3 | 55.5 |
| Included Sides | | | | | | | | | | |
| Herbed Ranch Dressing (4 Fluid Ounces) | 417 | 43.3 | 8.4 | 0 | 43 | 587 | 7.4 | 0.2 | 2.6 | 2.3 |
| Poppyseed Dressing (2 Fluid Ounces) | 257 | 21.8 | 3.4 | 0 | 2 | 168 | 14.2 | 0.1 | 14 | 0.1 |
| Caesar Dressing (2 Fluid Ounces) | 230 | 25.1 | 3.8 | 0.3 | 17 | 548 | 1.1 | 0.2 | 0.1 | 0.7 |
| Mango Chardonnay Vinaigrette (4 Fluid Ounces) | 461 | 42.2 | 6.5 | 0.4 | 0 | 819 | 20.9 | 0.4 | 19.7 | 0.4 |
| Honey Dijon Dressing (4 Fluid Ounces) | 384 | 29.8 | 4.3 | 0.3 | 11 | 389 | 28.5 | 0.3 | 25 | 1.3 |
| English Muffin (Dry) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| English Muffin (w/Butter) | 181 | 6.6 | 3 | 0 | 0 | 286 | 27 | 0 | 1 | 5 |
| Sides | | | | | | | | | | |
| Eggs | | | | | | | | | | |
| Eggs (One Egg) | 70 | 4.5 | 1.5 | 0 | 215 | 65 | 1 | 0 | 0 | 6 |
| Egg Substitute (One Egg) | 85 | 5.7 | 1.7 | 0 | 238 | 79.5 | 0.6 | 0 | 0 | 7.4 |
| Egg Whites (One Egg) | 28.3 | 0 | 0 | 0 | 0 | 96.3 | 0.6 | 0 | 0.6 | 6.2 |
| Meats | | | | | | | | | | |
| Bacon (One Strip) | 46 | 4 | 1 | 0 | 8 | 130 | 0 | 0 | 0 | 3 |
| Pork Sausage Link (One Link) | 90 | 9 | 0 | 0 | 20 | 160 | 0 | 0 | 0 | 3 |
| Pork Sausage Patty (One Patty) | 199 | 19.1 | 6.7 | 0 | 38.5 | 332.5 | 0.7 | 0.2 | 0.4 | 6 |
| Turkey Bacon (One Strip) | 45 | 2 | 0.5 | 0 | 25 | 260 | 1 | 0 | 1 | 6 |
| Turkey Sausage (One Link) | 35 | 1.5 | 0 | 0 | 15 | 160 | 0 | 0 | 0 | 4 |
| Ham (4 ounces) | 120 | 6.1 | 2 | 0 | 60 | 1256 | 0 | 0 | 0 | 18.2 |
| Canadian Bacon (2 Ounces) | 105 | 4.8 | 1.6 | 0 | 33 | 877 | 0.8 | 0 | 0 | 13.7 |
| Corned Beef Hash (6 Ounces) | 219 | 9.4 | 2.6 | 0.7 | 52 | 1088 | 15.6 | 2 | 1.8 | 18 |
| Breads | | | | | | | | | | |
| English Muffin (Unbuttered) | 130 | 1 | 0 | 0 | 0 | 240 | 27 | 0 | 1 | 5 |
| Wheat English Muffin (Unbuttered) | 130 | 1 | 0 | 0 | 0 | 280 | 24 | 2 | 1 | 5 |
| Wheat Toast (One Slice, Unbuttered) | 140 | 2 | 0 | 0 | 0 | 180 | 27 | 2 | 3 | 4 |
| White Toast (One Slice, Unbuttered) | 140 | 0 | 0 | 0 | 0 | 720 | 56 | 2 | 8 | 8 |
| Rye Toast (One Slice, Unbuttered) | 110 | 2 | 0 | 0 | 0 | 270 | 22 | 2 | 1 | 4 |
| Raisin Toast (One Slice, Unbuttered) | 73 | 0.8 | 0.1 | 0 | 0 | 96.6 | 14.5 | 0.7 | 4.2 | 2.4 |
| Sourdough Toast (One Slice, Unbuttered) | 138.5 | 0 | 0 | 0 | 0 | 971 | 27.7 | 0.6 | 0.6 | 5.4 |
| Biscuit (One) | 209.5 | 9 | 4 | 0 | 0 | 779 | 32 | 0 | 2 | 4 |
| Croissant (One) | 356 | 21.3 | 13.4 | 0.8 | 56 | 300 | 35.5 | 1.2 | 4.9 | 6.1 |
| Bagel (Plain) | 290 | 1 | 0 | 0 | 0 | 550 | 64 | 3 | 6 | 10 |
| 12" Honey Wheat Tortilla | 306 | 8.2 | 1.5 | 0 | 0 | 571 | 49.9 | 4.1 | 4.1 | 8.2 |
| 10" Flour Tortilla | 194 | 5.1 | 1 | 0 | 0 | 387 | 31.6 | 2 | 1 | 5.1 |
| Cornbread (2 Ounce Slice) | 208 | 10.4 | 1.9 | 0 | 43 | 274 | 25.5 | 0.9 | 11.3 | 2.8 |
| Potatoes | | | | | | | | | | |
| Harbor Potatoes (4 Ounces) | 165 | 6.7 | 1.5 | 0 | 0 | 352 | 24.3 | 2.6 | 0.3 | 2.6 |
| Potato Pancakes (4 Each) | 180 | 9 | 2 | 0 | 25 | 430 | 21 | 7 | 2 | 3 |
| Dressings, Dips and Sauces | | | | | | | | | | |
| Poppyseed (2 Fluid Ounces) | 257 | 21.8 | 3.4 | 0 | 2 | 168 | 14.2 | 0.1 | 14 | 0.1 |
| Jalapeño Poppyseed (2 Fluid Ounces) | 242 | 20.5 | 3.3 | 0 | 3 | 158 | 13.4 | 0.2 | 13.1 | 0.1 |
| Honey Dijon (2 Fluid Ounces) | 192 | 14.9 | 2.2 | 0.2 | 5.5 | 194.5 | 14.2 | 0.2 | 12.5 | 1.3 |
| Ranch Dressing (2 Fluid Ounces) | 264 | 29.8 | 5 | 0 | 8 | 430 | 1.7 | 0 | 1.7 | 0 |
| Herbed Ranch (2 Fluid Ounces) | 208 | 21.7 | 4.2 | 0 | 22 | 294 | 3.7 | 0 | 1.3 | 1.1 |
| Caesar (2 Fluid Ounces) | 230 | 25.1 | 3.8 | 0.3 | 17 | 548 | 1.1 | 0.2 | 0.1 | 0.7 |
| Mango Chardonnay Vinaigrette (2 Fluid Ounces) | 230.5 | 21.1 | 3.2 | 0.2 | 0 | 409.5 | 10.4 | 0.2 | 9.8 | 0.2 |
| Bistro Sauce (1 Fluid Ounce) | 162 | 17.2 | 2.5 | 0 | 15 | 263 | 1 | 0 | 0 | 0 |
| Mayonnaise (1 Ounce) | 200 | 22 | 4 | 0 | 20 | 140 | 2 | 0 | 0 | 0 |
| Cholula Mayonnaise (2 Ounces) | 356 | 39.1 | 7.1 | 0 | 36 | 356 | 3.6 | 0 | 0 | 0 |
| BBQ Sauce (2 Fluid Ounces) | 131 | 0.8 | 0 | 0 | 0 | 778 | 29.1 | 1.2 | 25.4 | 1.8 |
| Salsa (2 Ounces) | 12 | 0 | 0 | 0 | 0 | 90 | 2.2 | 0.6 | 1.5 | 0.4 |
| Sour Cream (2 Ounces) | 110 | 11 | 6.4 | 0 | 37 | 91 | 3.7 | 0 | 1.8 | 0 |
| Hollandaise (2 Ounces) | 118 | 11 | 5.4 | 0.7 | 26 | 249 | 3.8 | 0 | 1.2 | 0.7 |
| Blueberry Compote (2 Fluid Ounces) | 57 | 0 | 0 | 0 | 0 | 46 | 14 | 0.9 | 11.8 | 0 |
| Strawberry Compote (2 Fluid Ounces) | 62 | 0 | 0 | 0 | 0 | 7 | 15.4 | 0.6 | 15.3 | 0.3 |
| Lingonberries (2 Ounces) | 89 | 0 | 0 | 0 | 0 | 0 | 22.7 | 0 | 21.1 | 0 |
| Lingonberry Butter (1 Ounce) | 191 | 18.4 | 13.1 | 0 | 52 | 144 | 1.9 | 0 | 1.8 | 0 |
| Pancake Syrup (2 Fluid Ounces) | 210 | 0 | 0 | 0 | 0 | 25 | 51 | 0 | 35 | 0 |
| Pancake Syrup - Sugar Free (2 Fluid Ounces) | 25 | 0 | 0 | 0 | 0 | 85 | 8 | 0 | 0 | 0 |
| Butter (1 Ounce) | 220 | 22.1 | 15.8 | 0 | 63 | 173 | 0 | 0 | 0 | 0 |
| Other | | | | | | | | | | |
| Side Salad (w/Zoz Poppyseed Dressing) | 311 | 24.6 | 3.2 | 0 | 2 | 198 | 21.1 | 2.4 | 15.6 | 2.6 |
| Fresh Fruit | 48 | 0.2 | 0 | 0 | 0 | 9 | 12.3 | 1.4 | 10.8 | 0.7 |
| Mandarin Oranges (1 Ounce) | 18 | 0 | 0 | 0 | 0 | 2 | 4.1 | 0 | 3.9 | 0.2 |
| Strawberry Yogurt (4 Ounces) | 54.7 | 0 | 0 | 0 | 0 | 54.7 | 10.5 | 0 | 7.5 | 3.5 |
| Vanilla Yogurt (4 Ounces) | 100 | 1.5 | 1 | 0 | 8 | 74.7 | 17 | 0 | 16.5 | 5 |
| Applesauce (4 Ounces) | 56 | 0 | 0 | 0 | 0 | 14 | 14 | 2 | 8.9 | 0.2 |
| Cottage Cheese (4 Ounces) | 86 | 1 | 1 | 0 | 9 | 487 | 5 | 1 | 4 | 14 |
| Cinnamon Roll (Including Icing) | 555 | 30.8 | 13.9 | 0.4 | 42 | 701 | 61.6 | 1.5 | 30 | 7.7 |

This information is meant to serve as a guide for personal use. The actual nutritional values may vary from the values listed here due to variations in portion size(s), product preparation, and/or substitution of ingredients. If

Egg Harbor Café Nutritional Information

Updated January 2012

Note: Nutritional Values include sides. Nutritional values for sides also listed separately.

| | Calories | Fat(g) | Sat Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugar (g) | Protein (g) |
|---|----------|--------|-------------|---------------|------------------|-------------|-----------|-----------|-----------|-------------|
| If you have any questions or concerns about this nutritional information, or if you are sensitive to specific ingredients, please take all precautions and contact your physician. Guests who have special food sensitivities or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item. Egg Harbor Café is not responsible for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in this company's recipes and menu items as such information was supplied by the suppliers, distributors, and purveyors of said ingredients and products. | | | | | | | | | | |