

## Menu Item Nutritional Analysis

### APPETIZER

|                            | Calories | Protein (gm) | Total Fat (gm) | Carbs (gm) | % Cal from Fat | Fiber (gm) | Sat. Fat (gm) | Chol (mg) | Sodium (mg) |
|----------------------------|----------|--------------|----------------|------------|----------------|------------|---------------|-----------|-------------|
| Wings                      | 1198     | 45           | 110            | 7          | 83             | 1          | 24            | 179       | 1025        |
| Calamari                   | 961      | 83           | 40             | 66         | 37             | 6          | 9             | 1143      | 2167        |
| Grilled Chicken Quesadilla | 1327     | 65           | 72             | 83         | 49             | 7          | 37            | 262       | 2647        |
| Crab Quesadilla            | 1148     | 64           | 62             | 83         | 49             | 7          | 34            | 233       | 2552        |
| Crab Dip                   | 1038     | 35           | 61             | 86         | 53             | 5          | 36            | 219       | 1605        |
| Mini Crab Cakes            | 192      | 21           | 11             | 2          | 53             | 0          | 1             | 114       | 415         |
| Bruschetta                 | 656      | 22           | 24             | 88         | 33             | 7          | 6             | 15        | 1083        |
| Smoked Salmon              | 207      | 8            | 18             | 5          | 75             | 2          | 3             | 9         | 1051        |
| Garlic Bread               | 620      | 14           | 28             | 79         | 40             | 5          | 16            | 61        | 1089        |
| Crab Cocktail              |          |              |                |            |                |            |               |           |             |
| Small Green Salad          | 41       | 1            | 2              | 4          | 52             | 1          | 0             | 0         | 165         |
| Small Caesar Salad         | 493      | 25           | 25             | 42         | 46             | 5          | 10            | 122       | 211         |

### SALADS

|                                     |     |    |    |    |    |    |    |     |      |
|-------------------------------------|-----|----|----|----|----|----|----|-----|------|
| Mixed Greens and Tomato             | 129 | 3  | 8  | 13 | 53 | 5  | 1  | 0   | 916  |
| Grilled Chicken and Roasted Almonds | 531 | 54 | 28 | 18 | 47 | 8  | 4  | 120 | 1348 |
| Nicoise                             | 568 | 61 | 16 | 45 | 26 | 11 | 3  | 261 | 1305 |
| Eggspectation Salad                 | 296 | 26 | 17 | 12 | 50 | 3  | 7  | 67  | 1489 |
| Caesar Salad                        | 986 | 49 | 50 | 83 | 46 | 10 | 19 | 244 | 4227 |
| Insalata Caprese                    | 356 | 10 | 31 | 11 | 76 | 3  | 7  | 20  | 1542 |
| Avocado and Grilled Chicken Salad   | 674 | 61 | 42 | 28 | 54 | 13 | 6  | 118 | 1527 |
| Tuscany Salad                       | 668 | 68 | 32 | 30 | 42 | 9  | 10 | 217 | 1733 |
| Tropical Chicken Salad              | 630 | 55 | 25 | 53 | 34 | 11 | 5  | 129 | 1114 |
| Crab Salad                          |     |    |    |    |    |    |    |     |      |
| Zomboni Salad                       | 395 | 25 | 27 | 14 | 61 | 5  | 13 | 73  | 1687 |

### SANDWICHES

|  |      |    |    |     |    |    |    |     |      |
|--|------|----|----|-----|----|----|----|-----|------|
| Steak  | 1430 | 68 | 60 | 150 | 38 | 11 | 19 | 146 | 1789 |
| Grilled Chicken  | 1627 | 65 | 77 | 167 | 43 | 13 | 16 | 128 | 2424 |
| Croque-Monsieur  | 1485 | 63 | 69 | 164 | 42 | 12 | 22 | 105 | 3027 |
| Croque-Madame  | 1523 | 64 | 68 | 162 | 41 | 12 | 21 | 134 | 2293 |
| Grilled Chicken Club                                     | 1137 | 43 | 51 | 125 | 41 | 13 | 11 | 80  | 2110 |
| Cobb Club  | 1288 | 50 | 64 | 130 | 44 | 16 | 15 | 102 | 2337 |
| Crab Cake Sandwich                                       | 1098 | 35 | 61 | 104 | 50 | 9  | 11 | 124 | 1806 |
| French Dip   | 1525 | 93 | 53 | 164 | 32 | 11 | 17 | 120 | 5423 |
| Turkey Club  | 1243 | 43 | 62 | 127 | 45 | 9  | 13 | 84  | 2689 |
| Reuben on Grilled Rye                                    | 1363 | 50 | 81 | 109 | 53 | 12 | 24 | 180 | 3512 |
| Grilled Cheese, Swiss and Cheddar (sandwich only)        | 227  | 11 | 14 | 26  | 46 | 1  | 7  | 28  | 500  |
| Grilled Cheese, Ham and 3 Cheese (sandwich only)         | 435  | 24 | 25 | 28  | 52 | 1  | 13 | 71  | 978  |
| Grilled Cheese, Tomato Bacon and Cheddar (sandwich only) | 459  | 24 | 28 | 28  | 55 | 2  | 11 | 66  | 1331 |

# Eggspectation

## Menu Item Nutritional Analysis

|                          | Calories                             | Protein (gm) | Total Fat (gm) | Carbs (gm) | % Cal from Fat | Fiber (gm) | Sat. Fat (gm) | Chol (mg) | Sodium (mg) |      |
|--------------------------|--------------------------------------|--------------|----------------|------------|----------------|------------|---------------|-----------|-------------|------|
| <b>SANDWICHES</b>        | Tuna Salad                           |              |                |            |                |            |               |           |             |      |
|                          | Egg Salad                            |              |                |            |                |            |               |           |             |      |
|                          | BLT                                  | 1218         | 54             | 55         | 125            | 41         | 13            | 12        | 114         | 2267 |
|                          | Ham and Swiss                        | 1090         | 37             | 57         | 108            | 47         | 9             | 16        | 79          | 2181 |
| <b>EXECUTIVE BURGERS</b> | Classic Burger                       | 1280         | 70             | 67         | 98             | 47         | 8             | 24        | 192         | 1979 |
|                          | Cheeseburger                         | 1429         | 79             | 79         | 99             | 50         | 8             | 32        | 230         | 2208 |
|                          | Bacon and Cheddar Burger             | 1486         | 82             | 84         | 99             | 51         | 8             | 33        | 239         | 2367 |
|                          | Sauteed Mushrooms and Swiss Burger   | 1426         | 61             | 77         | 101            | 49         | 8             | 30        | 226         | 2051 |
|                          | Mango Burger                         | 1395         | 71             | 68         | 127            | 43         | 10            | 24        | 192         | 2220 |
|                          | Parisienne Burger                    | 1474         | 65             | 81         | 99             | 50         | 8             | 31        | 434         | 2213 |
|                          | Grilled Honey Mustard Chicken Burger | 543          | 57             | 14         | 45             | 24         | 3             | 6         | 133         | 1495 |
|                          | Mexican Chicken Burger               | 1002         | 58             | 40         | 103            | 36         | 9             | 12        | 130         | 1629 |
|                          | Bacon Blue Cheese Burger             | 1438         | 79             | 80         | 99             |            | 8             | 31        | 221         | 2534 |
|                          | Beef Bocconcini Burger               | 1536         | 89             | 86         | 100            | 51         | 8             | 86        | 259         | 2512 |
| Beef Swiss Cheeseburger  | 1420                                 | 80           | 77             | 100        | 49             | 8          | 30            | 226       | 2050        |      |
| <b>ENTREES</b>           | Parmesan Crusted Chicken             | 1331         | 70             | 71         | 80             | 49         | 6             | 16        | 169         | 1772 |
|                          | Chicken Piccata                      | 1070         | 56             | 83         | 22             | 69         | 3             | 23        | 192         | 748  |
|                          | Grilled Chicken Breast               | 556          | 48             | 24         | 37             | 38         | 4             | 11        | 151         | 938  |
|                          | Parmigiana                           | 1374         | 71             | 95         | 54             | 62         | 3             | 24        | 187         | 1338 |
|                          | Cordon Bleu                          | 1240         | 73             | 82         | 47             | 60         | 2             | 23        | 197         | 2173 |
|                          | Grilled Salmon                       | 638          | 45             | 34         | 37             | 48         | 4             | 12        | 148         | 489  |
|                          | Crab Cake                            |              |                |            |                |            |               |           |             |      |
|                          | Steak and Fries                      | 1721         | 84             | 92         | 135            | 49         | 12            | 24        | 221         | 857  |
|                          | Filet Mignon                         |              |                |            |                |            |               |           |             |      |
|                          | Surf and Turf                        |              |                |            |                |            |               |           |             |      |
|                          | Chicken Chesapeake                   | 1378         | 114            | 67         | 73             | 45         | 4             | 31        | 684         | 1496 |
|                          | Center Cut Pork Chops                | 934          | 107            | 35         | 43             | 34         | 7             | 15        | 316         | 561  |
|                          | Chicken L'Orange                     | 547          | 48             | 24         | 37             | 39         | 6             | 11        | 150         | 1292 |
| Rib Eye                  | 1081                                 | 119          | 46             | 43         | 39             | 7          | 20            | 335       | 1444        |      |
| Steamed Rice             | 164                                  | 3            | 1              | 35         | 3              | 1          | 0             | 1         | 160         |      |
| Baked Potato (Plain)     | 145                                  | 3            | 0              | 34         | 1              | 2          | 0             | 0         | 8           |      |
| <b>PASTA</b>             | Prima Vera                           | 605          | 20             | 16         | 98             | 23         | 10            | 9         | 38          | 1493 |
|                          | Con Panna e Pollo                    | 776          | 23             | 37         | 88             | 43         | 5             | 22        | 106         | 966  |
|                          | Puttanesca                           | 483          | 18             | 4          | 95             | 7          | 8             | 1         | 7           | 2467 |
|                          | Cardinale                            | 1198         | 48             | 29         | 181            | 22         | 9             | 16        | 113         | 1300 |
|                          | Pomodoro                             | 1175         | 33             | 34         | 179            | 26         | 9             | 5         | 4           | 601  |

# Eggspectation

## Menu Item Nutritional Analysis

### SIGNATURE BREAKFAST

|                                 | Calories | Protein (gm) | Total Fat (gm) | Carbs (gm) | % Cal from Fat | Fiber (gm) | Sat. Fat (gm) | Chol (mg) | Sodium (mg) |
|---------------------------------|----------|--------------|----------------|------------|----------------|------------|---------------|-----------|-------------|
| Eggstreame                      | 687      | 38           | 35             | 56         | 46             | 5          | 17            | 498       | 1368        |
| Eggwhat?                        | 771      | 28           | 44             | 66         | 52             | 6          | 15            | 462       | 853         |
| Eggspectation                   | 1071     | 53           | 67             | 65         | 56             | 6          | 23            | 719       | 2164        |
| Yoke Around the Clock (Cheddar) | 1238     | 52           | 70             | 101        | 51             | 6          | 30            | 520       | 1424        |
| Yoke Around the Clock (Swiss)   | 1222     | 54           | 66             | 104        | 48             | 6          | 28            | 511       | 1424        |
| Eggsileration                   | 817      | 62           | 38             | 55         | 42             | 5          | 12            | 545       | 803         |
| Uneggspected                    | 1122     | 98           | 56             | 55         | 45             | 5          | 19            | 659       | 904         |
| Oy Vegg                         | 494      | 20           | 33             | 29         | 60             | 4          | 13            | 525       | 626         |
| Eggchilada                      | 1190     | 42           | 75             | 89         | 56             | 9          | 31            | 783       | 1317        |
| Eggcitement                     | 512      | 15           | 16             | 79         | 27             | 3          | 6             | 334       | 566         |
| Eggstravaganza                  | 992      | 39           | 56             | 83         | 51             | 6          | 19            | 769       | 1219        |
| Eggsuberant                     | 1390     | 53           | 95             | 80         | 62             | 7          | 33            | 560       | 2457        |

### SIGNATURE EGGSBENEDICT

|                        |      |    |    |     |    |   |    |     |      |
|------------------------|------|----|----|-----|----|---|----|-----|------|
| Classic Benedict       | 1125 | 35 | 73 | 84  | 58 | 6 | 33 | 786 | 1203 |
| Smoked Salmon Benedict | 1135 | 38 | 73 | 83  | 58 | 6 | 33 | 785 | 1244 |
| Florentine Benedict    | 1115 | 34 | 72 | 85  | 58 | 7 | 33 | 778 | 1067 |
| Boca Raton Benedict    | 1170 | 35 | 77 | 88  | 59 | 9 | 34 | 785 | 1289 |
| Waffle Benedict        | 1227 | 38 | 88 | 72  | 64 | 5 | 40 | 800 | 1227 |
| Breton Benedict        | 1249 | 45 | 81 | 88  | 58 | 7 | 37 | 882 | 1325 |
| Bagel Benedict         | 1235 | 43 | 73 | 103 | 53 | 7 | 33 | 785 | 1501 |
| California Benedict    | 1137 | 37 | 73 | 86  | 57 | 7 | 33 | 781 | 1231 |
| Chicken Benedict       | 1354 | 68 | 76 | 99  | 51 | 7 | 34 | 866 | 1595 |
| Chesapeake Benedict    | 1209 | 52 | 67 | 99  | 50 | 7 | 29 | 867 | 1788 |

### OMELETTES

|                                 |      |    |    |     |    |   |    |     |      |
|---------------------------------|------|----|----|-----|----|---|----|-----|------|
| Vegetarian                      | 886  | 32 | 46 | 88  | 46 | 8 | 14 | 643 | 812  |
| Bacon and Cheddar               | 1040 | 46 | 70 | 57  | 60 | 5 | 26 | 717 | 1415 |
| Bacon and Swiss                 | 1032 | 47 | 68 | 59  | 59 | 5 | 24 | 712 | 1257 |
| Spinach and Swiss               | 868  | 36 | 54 | 60  | 56 | 5 | 20 | 677 | 552  |
| Asparagus and Swiss             | 878  | 37 | 54 | 62  | 55 | 7 | 20 | 677 | 520  |
| Smoked Salmon, Onion and Capers | 759  | 30 | 45 | 58  | 54 | 5 | 14 | 649 | 797  |
| Mushroom, Cheddar and Shallot   | 887  | 36 | 56 | 61  | 57 | 6 | 21 | 681 | 682  |
| Chesapeake Crab                 | 906  | 51 | 46 | 75  | 45 | 8 | 14 | 744 | 1327 |
| Normande                        | 1077 | 25 | 63 | 107 | 52 | 6 | 28 | 704 | 624  |
| Plain                           | 718  | 25 | 44 | 57  | 55 | 5 | 14 | 643 | 447  |
| Bacon                           | 892  | 37 | 57 | 57  | 58 | 5 | 18 | 678 | 1186 |
| Fine Herbs                      | 718  | 25 | 44 | 57  | 55 | 5 | 14 | 643 | 447  |
| Western                         | 848  | 38 | 50 | 64  | 52 | 6 | 15 | 676 | 1262 |
| Cheese - Swiss                  | 858  | 35 | 54 | 59  | 57 | 5 | 20 | 677 | 518  |
| Cheese - Cheddar                | 867  | 34 | 56 | 57  | 58 | 5 | 21 | 681 | 676  |
| Roquefort                       | 869  | 34 | 56 | 58  | 58 | 5 | 21 | 675 | 1040 |
| Black Forest Ham and Mushrooms  | 908  | 47 | 54 | 60  | 53 | 5 | 17 | 703 | 1898 |
| Black Forest Ham and Swiss      | 1042 | 56 | 64 | 61  | 55 | 5 | 23 | 737 | 1967 |

# Eggspectation

## Menu Item Nutritional Analysis

### EGGCENTRICITIES

|                                | Calories | Protein (gm) | Total Fat (gm) | Carbs (gm) | % Cal from Fat | Fiber (gm) | Sat. Fat (gm) | Chol (mg) | Sodium (mg) |
|--------------------------------|----------|--------------|----------------|------------|----------------|------------|---------------|-----------|-------------|
| Muffin Eggspllosion            | 564      | 19           | 20             | 86         | 30             | 11         | 3             | 4         | 396         |
| California Scramble            | 988      | 32           | 57             | 90         | 51             | 6          | 26            | 609       | 851         |
| Western Breakfast Burger       | 845      | 30           | 42             | 89         | 44             | 6          | 15            | 448       | 733         |
| Bagel Eggspectation with Bacon | 584      | 24           | 25             | 67         | 38             | 5          | 9             | 38        | 1024        |
| Bagel Eggspectation with Ham   | 885      | 36           | 36             | 107        | 36             | 8          | 13            | 61        | 1694        |
| Brioche Beauty                 | 692      | 18           | 38             | 76         | 48             | 7          | 11            | 106       | 438         |

### CLASSICS

|                                    |      |    |    |    |    |   |    |     |      |
|------------------------------------|------|----|----|----|----|---|----|-----|------|
| The All American                   | 1029 | 49 | 61 | 71 | 54 | 7 | 22 | 523 | 219  |
| 2 Eggs - No Meat                   | 600  | 19 | 33 | 59 | 49 | 6 | 11 | 426 | 375  |
| 1 Egg - No Meat                    | 527  | 13 | 28 | 58 | 47 | 6 | 9  | 214 | 305  |
| 1 Egg Turkey Bacon                 | 604  | 19 | 35 | 56 | 51 | 5 | 11 | 238 | 850  |
| 1 Egg Bacon                        | 638  | 21 | 37 | 55 | 52 | 5 | 12 | 241 | 877  |
| 2 Eggs Ham                         | 767  | 37 | 39 | 70 | 45 | 7 | 13 | 467 | 1712 |
| 2 Eggs Sausage                     | 934  | 37 | 57 | 69 | 55 | 7 | 18 | 497 | 1327 |
| 1 Egg Canadian Bacon               | 597  | 23 | 32 | 56 | 48 | 5 | 10 | 241 | 1012 |
| 1 Egg Ham                          | 634  | 28 | 34 | 55 | 48 | 5 | 11 | 255 | 1323 |
| 2 Eggs Turkey Bacon                | 737  | 28 | 40 | 70 | 48 | 7 | 13 | 449 | 1238 |
| 1 Egg Sausage                      | 800  | 29 | 52 | 55 | 58 | 5 | 17 | 286 | 938  |
| 2 Eggs Bacon                       | 775  | 30 | 43 | 70 | 49 | 7 | 14 | 452 | 1244 |
| 2 Eggs Canadian Bacon              | 730  | 32 | 37 | 70 | 45 | 7 | 12 | 452 | 1401 |
| The "Cabane a Sucre" (Sugar Shack) | 932  | 39 | 43 | 99 | 41 | 9 | 15 | 531 | 1321 |

### GRIDDLE\*

|   |      |    |    |     |    |    |    |     |      |
|---|------|----|----|-----|----|----|----|-----|------|
| Bagel Dore                              | 591  | 24 | 12 | 100 | 18 | 8  | 5  | 327 | 556  |
| Page Special                            |      |    |    |     |    |    |    |     |      |
| Construction Pancakes                   | 1190 | 39 | 52 | 123 | 42 | 7  | 17 | 115 | 2466 |
| Waffles - Plain                         | 492  | 6  | 40 | 30  | 72 | 1  | 23 | 81  | 776  |
| Waffles - Strawberry                    | 533  | 6  | 40 | 40  | 66 | 4  | 23 | 81  | 778  |
| Waffles - Blueberry                     | 549  | 6  | 40 | 44  | 64 | 4  | 23 | 81  | 777  |
| Waffles - Banana                        | 600  | 7  | 40 | 58  | 58 | 4  | 23 | 81  | 778  |
| Waffles - Kiwi                          | 585  | 7  | 40 | 52  | 61 | 6  | 23 | 81  | 781  |
| Waffles - Yogurt and Almonds            | 867  | 9  | 41 | 124 | 41 | 1  | 24 | 85  | 869  |
| Waffles - Chocolate Chips               | 895  | 9  | 65 | 83  | 61 | 6  | 38 | 81  | 786  |
| Waffles - Cinnamon and Chocolate        | 702  | 7  | 40 | 79  | 51 | 3  | 24 | 81  | 830  |
| Waffles - Page Fruit with English Cream | 599  | 6  | 42 | 51  | 61 | 3  | 24 | 86  | 832  |
| Pancakes - Plain                        | 837  | 18 | 38 | 105 | 41 | 4  | 21 | 117 | 2022 |
| Pancakes - Strawberry                   | 873  | 18 | 38 | 114 | 39 | 6  | 21 | 117 | 2023 |
| Pancakes - Blueberry                    | 893  | 18 | 38 | 120 | 38 | 6  | 21 | 117 | 2023 |
| Pancakes - Banana                       | 971  | 19 | 38 | 140 | 35 | 8  | 21 | 117 | 2023 |
| Pancakes - Kiwi                         | 929  | 19 | 39 | 128 | 37 | 8  | 21 | 117 | 2026 |
| Pancakes - Yogurt and Almonds           | 1133 | 21 | 39 | 180 | 30 | 4  | 21 | 121 | 2068 |
| Pancakes - Chocolate Chips              | 1448 | 23 | 64 | 207 | 39 | 11 | 36 | 117 | 2031 |
| Pancakes - Cinnamon and Chocolate       | 1239 | 21 | 63 | 158 | 44 | 9  | 35 | 117 | 2076 |

# Eggspectation

## Menu Item Nutritional Analysis

|  | Calories   | Protein (gm) | Total Fat (gm) | Carbs (gm) | % Cal from Fat | Fiber (gm) | Sat. Fat (gm) | Chol (mg) | Sodium (mg) |      |
|--|--|--------------|----------------|------------|----------------|------------|---------------|-----------|-------------|------|
| <b>GRIDDLE*</b>                              | Pancakes - Chocolate                                 | 960          | 19             | 38         | 139            | 35         | 5             | 21        | 117         | 2076 |
|  | Pancakes - Page Fruit with English Cream             | 1012         | 22             | 41         | 144            | 36         | 8             | 22        | 121         | 2079 |
|  | French Toast - Plain                                 | 616          | 18             | 40         | 46             | 59         | 2             | 21        | 402         | 854  |
|  | French Toast - Strawberry                            | 652          | 18             | 41         | 54             | 56         | 4             | 21        | 402         | 855  |
|  | French Toast - Blueberry                             | 672          | 18             | 41         | 60             | 54         | 4             | 21        | 402         | 855  |
|  | French Toast - Banana                                | 724          | 19             | 41         | 73             | 50         | 5             | 21        | 402         | 855  |
|  | French Toast - Kiwi                                  | 709          | 19             | 41         | 68             | 52         | 7             | 21        | 402         | 858  |
|  | French Toast - Yogurt and Almonds                    | 824          | 27             | 57         | 55             |            | 5             | 23        | 405         | 990  |
|  | French Toast - Chocolate Chips                       | 1018         | 21             | 66         | 99             | 55         | 7             | 36        | 402         | 863  |
|  | French Toast - Cinnamon and Chocolate                | 825          | 19             | 41         | 94             | 45         | 4             | 22        | 402         | 908  |
| French Toast - Page Fruit with English Cream | 748  | 21           | 44             | 72         | 51             | 6          | 23            | 405       | 804         |      |
| <b>TROPICALE</b>                             | Bagel Lox  | 544          | 25             | 28         | 50             | 46         | 3             | 14        | 75          | 1900 |
|  | Bagel Potpourri                                      | 459          | 15             | 3          | 98             | 6          | 7             | 1         | 4           | 470  |
|  | Small Fruit Plate                                    |              |                |            |                |            |               |           |             |      |
|  | Large Fruit Plate                                    | 571          | 8              | 3          | 145            | 4          | 21            | 0         | 0           | 32   |
|  | Cottage Cheese and Fruit                             | 662          | 22             | 5          | 148            | 7          | 21            | 2         | 9           | 416  |
| <b>CREPES BRETONNES</b>                      | Grilled Chicken, Spinach, Mushrooms w/ Three Cheeses | 985          | 59             | 68         | 37             | 62         | 5             | 40        | 553         | 1061 |
|  | Ham, Asparagus, and Mushrooms w/ Three Cheeses       | 978          | 52             | 70         | 37             | 64         | 4             | 41        | 537         | 520  |
|  | Scrambled Eggs, Black Forest Ham w/ Three Cheeses    | 1065         | 60             | 75         | 40             | 63         | 2             | 42        | 592         | 2109 |
|  | "Tex Mex"  | 531          | 65             | 18         | 37             | 30         | 5             | 6         | 212         | 930  |
|  | Eggspectation Crepe                                  | 742          | 41             | 47         | 42             | 56         | 4             | 24        | 503         | 1648 |
|  | Vegetable Dream Crepe                                | 912          | 40             | 67         | 40             | 65         | 6             | 40        | 503         | 1029 |
|  | Apple and Spice                                      | 671          | 33             | 38         | 53             | 50         | 6             | 23        | 178         | 679  |
|  | Chesapeake   | 819          | 69             | 38         | 51             | 42         | 7             | 22        | 325         | 1711 |
| <b>JUICE BAR</b>                             | Page Special (Raisin)                                | 152          | 2              | 1          | 38             | 4          | 5             | 0         | 0           | 14   |
|  | Honey Blue   | 364          | 7              | 6          | 77             | 14         | 8             | 3         | 18          | 69   |
|  | Banango  | 320          | 4              | 1          | 82             | 3          | 8             | 0         | 0           | 7    |
|  | Black Beauty   | 259          | 7              | 6          | 49             | 18         | 8             | 3         | 18          | 70   |
|  | Tropical Teaser                                      | 230          | 3              | 1          | 59             | 3          | 5             | 0         | 0           | 5    |
|  | Go Bananas   | 371          | 8              | 6          | 80             | 13         | 8             | 3         | 18          | 70   |
|  | Pink Perfection                                      | 243          | 7              | 6          | 44             | 20         | 9             | 3         | 18          | 70   |
|  | Berry Berry  | 161          | 7              | 1          | 40             | 4          | 5             | 0         | 0           | 5    |
|  | Breakfast Blaster                                    | 807          | 15             | 28         | 138            | 29         | 16            | 5         | 0           | 14   |
|  | Kiwi Kiss  | 205          | 3              | 1          | 50             | 4          | 6             | 0         | 0           | 24   |

\*Does not include syrup

Some of these menu items are not available at all locations. Minor menu variations including dairy specials may exist. Nutritional analyses were prepared using the FoodWorks 8.0 data base with recipes from Eggspectation. As with all nutritional analyses, these are approximations. Nutritional information provided is for information purposes only and is published with the understanding that Eggspectation is not providing a medical, psychological, or nutritional counselling services on this site.