

• TRY OUR NEW BREAKFAST MENU •

LIVING WELL
FAVORITES
BREAKFAST MENU
A GOOD START TO YOUR DAY



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LIVING WELL BURRITO
BREAKFAST FLATBREAD
LIVING WELL BREAKFAST PLATE
SPINACH & HERB FRITTATA
HOMEMADE GRANOLA BAR
YOGURT BAR
YOGURT PARFAIT
STEEL CUT OATMEAL BAR
.....

MARKET STREET
United



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• NUTRITIONAL INFORMATION •

Item	Serving Size	Calories	Total Fat, g	Sat Fat, g	Trans Fat, g	Cholest, mg	Sodium, mg	Carbs, g	Fiber, g	Sugar, g	Protein, g
LW BURRITO	1 burrito	210	9	2	0	45	660	13	7	1	24
Seasoned Egg Beaters®	2 oz	30	0	0	0	0	135	1	0	0	6
Turkey Sausage	2 links	130	7	2	0	45	380	1	0	1	13
Tortilla	1 tortilla	50	2	0	0	0	120	10	7	0	5
LW BREAKFAST PLATE	1 plate										
	(egg, meat, fruit)	205	7	2	0	45	505	14	1	10	20
Seasoned Egg Beaters®	2 oz	30	0	0	0	0	135	1	0	0	6
Turkey Sausage	2 links	130	7	2	0	45	380	1	0	1	13
Mixed Fruit	1/2 cup	45	0	0	0	0	10	12	1	9	1
SPINACH & HERB FRITTATA	1/12 pan (0.38 lb)	200	9	3.5	0	15	450	13	2	4	19
HOMEMADE BREAKFAST BARS	1 bar	200	9	1	0	0	95	23	4	10	6
MULTI-GRAIN											
BREAKFAST FLATBREAD	1 flatbread	200	10	5	0	30	580	13	6	1	19
MIXED FRUIT	1/2 cup	45	0	0	0	0	10	12	1	9	1
TURKEY SAUSAGE	2 links	130	7	2	0	45	380	1	0	1	13
TURKEY BACON	2 slices	70	6	2	0	20	280	0	0	0	4
STEEL CUT OATMEAL	1/2 cup cooked	140	2.5	0.5	0	0	0	27	4	0	6
WALNUTS	1 oz (14 halves)	186	19	2	0	0	0	4	2	1	4
ALMONDS	1 oz (22 almonds)	163	14	1	0	0	0	6	3.5	1	6
PECANS	1 oz (20 halves)	196	20	2	0	0	0	4	3	1	3
DRIED APRICOTS	1.5 oz (6)	100	0	0	0	0	25	25	3	17	1
DRIED CHERRIES	1/4 cup	140	0	0	0	0	10	34	2	28	0
BROWN SUGAR	1 tsp	16	0	0	0	0	0	4	0	4	0
HONEY	1 tsp	20	0	0	0	0	0	5	0	5	0
FRESH BLUEBERRIES	1/2 cup	42	0	0	0	0	0	11	2	7	0.5
DANNON® LIGHT & FIT™											
LOW-FAT VANILLA YOGURT	6 oz	80	0	0	0	<5	75	15	0	11	5
FAGE® 0% GREEK YOGURT	6 oz	90	0	0	0	0	65	7	0	7	15
FAGE® 2% GREEK YOGURT	6 oz	130	4	3	0	10	65	8	0	8	17
GREEK GODDESS											
NON-FAT GREEK YOGURT	6 oz	60	0	0	0	5	105	10	2	7	6
GREEK GODDESS											
TRADITIONAL GREEK YOGURT	6 oz	130	11	7	0	30	70	5	0	5	4
HONEY GONE NUTS GRANOLA	1/2 cup	240	10	1	0	0	0	33	4	6	7
LOW-FAT STRAWBERRY GRANOLA	1/2 cup	220	2.5	0	0	0	15	44	4	11	6
HARD BOILED EGGS	1 egg	75	5	1.5	0	210	139	0	0	0	6
WHOLE ORANGES	1 medium	60	0	0	0	0	0	15	3	12	0
WHOLE BANANAS	1 medium	105	0	0	0	0	0	27	3	14	1
YOGURT PARFAIT	1 container	280	8	1	0	0	75	46	5	19	11