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Nutritional Guide

<u>BREAKFAST</u>	<u>calories</u>	<u>fat</u>	<u>cholesterol</u>	<u>sodium</u>	<u>carbs</u>	<u>fiber</u>	<u>protein</u>
Bacon Breakfast Bowl – 12 oz	501	32.25	791.25	1102.5	19.2	1.5	32.7
Bacon Breakfast Bowl - 8oz	334	21.5	527.5	735	12.8	1	21.8
Sausage Breakfast Bowl – 12 oz	630	39	301.5	1270.5	39	1.5	27
Sausage Breakfast Bowl - 8oz	420	26	201	847	26	1	18
Sausage, Egg , Cheese Biscuit	650	39.8	249	1491	53	1	19
Bacon, Egg , Cheese Biscuit	400	25	150	980	15	1	12
Fried Bologna Biscuit	451	32	170	1199	27	1	13
Sausage Biscuit	461	30.2	133	1020	38	1	12
Chicken Biscuit	400	15	20	1100	48	1	16
Breakfast Burrito	470	23.7	260	1179	41.9	4.5	16.5
Pancakes & Sausage	243	13	30	585	21.4	0.7	10.8
French Toast & Sausage	352	16	100	625	34.8	1	15.5
English Muffin- Ham, Egg & Cheese	293	12.8	135	843	30.3	1	14.3
English Muffin- Sausage, Egg & Cheese	412	24	155	985	30.8	1	18.5

<u>WEDGE</u>	<u>calories</u>	<u>fat</u>	<u>cholesterol</u>	<u>sodium</u>	<u>carbs</u>	<u>fiber</u>	<u>protein</u>
Pepi Club on White +Lettuce &Tomato	360	14	75	2100	26	2	32
Bologna & Cheese on White	385	21	50	990	32	1	18
Turkey & Swiss on Wheat	343	12.4	59	411	30	3	28
Chcken Salad on Wheat	287	9.9	64	567	32	2	24
Tuna Salad on Wheat	377	19.5	28	727	30	3	20
PB & J on White	360	17.5	0	605	40	4	13
PB & Honey with White	353	17.5	0	591	39.5	4	13
Ham & Swiss on Wheat	292	9.3	48	950	31	2	20
Ham & Cheese on White	266	6.8	43	844	31	2	20
Pimento Cheese on White	290	15.5	35	950	27	2	11
Roast Beef & Cheddar on White	358	13	56	908	32	4	26

<u>BURGERS, BUNS & DOGS</u>	<u>calories</u>	<u>fat</u>	<u>cholesterol</u>	<u>sodium</u>	<u>carbs</u>	<u>fiber</u>	<u>protein</u>
Pimento Cheese Cheeseburger	415	26	17.5	611.2	37	1	36
Mushroom Onion Swiss Burger	445	26.5	20	906	40	2	25
Jalapeno Ranch Burger	542	23.8	70.8	1040	37.5	1	27
All Beef Hamburger	330	19	17	356	34	1	20
Pepi Patty Melt	537	33.2	77	1027	34	4	25
Cowboy Burger	500	27.5	25	1021	49	1	27.8
Double Hotdogs	540	34	64	998	48	2	20
Chili Dogs	660	42	32	1090	44	4	28
Jumbo Sausage Dogs	582	35.9	85	1452	39	2	26
Chicken Cordon Bleu	592	30.5	130	969	54	3	45
Fried Chicken Filet on Bun	379	20	32	503	36	2	29
Pepi Smokehouse BBQ Sandwich	384	25.5	47	238	24	3	15

<u>SUBS & SPECIALTY</u>	<u>calories</u>	<u>fat</u>	<u>cholesterol</u>	<u>sodium</u>	<u>carbs</u>	<u>fiber</u>	<u>protein</u>
Chicken Bacon Ranch Sub	431	18	73	1111	30	2	29
Chicken Salad Croissant	495	35	106	540	26	2	20
Philly CheeseSteak	486	16	60	1031	58	3	29
Italian Hoagie	540	26	107	2050	38	2	34.5
Beef Brisket on Ciabatta	565	18.1	71	1339	59	4	31
Hot Wings & Roll	708	52	85	965	29	2	28
Ham & Cheese Sticks	240	18	70	920	1	0.5	21
Stuffed Pepperoni Sticks	561	20	25	1140	68	2	25
<u>WRAPS</u>	<u>calories</u>	<u>fat</u>	<u>cholesterol</u>	<u>sodium</u>	<u>carbs</u>	<u>fiber</u>	<u>protein</u>
Honey Mustard Chicken Wrap	633	21	114	879	60	6	47
Club Wrap +Lettuce &Tomato	563	24.6	55	1160	57	6	29
Grilled Chicken Caesar Wrap	384	17.7	62.2	1078	28	2	28.8
Southern Pulled Pork Burrito	557	30	122	1131	36	2.3	31.4
<u>SALADS & SOUPS</u>	<u>calories</u>	<u>fat</u>	<u>cholesterol</u>	<u>sodium</u>	<u>carbs</u>	<u>fiber</u>	<u>protein</u>
Chicken Salad Cup + Crackers	380	28	126	779	53	2	50
Grilled Chicken Caesar Salad	303	20.6	64	582	8	1	22
California Pulled Pork Salad	590	33	66	564	20	6	46
BBQ Chicken Ranch Salad	234	10.6	62	583	9.7	2	25
Mandarin Chicken Salad	211	7.6	57	620	11	1.2	25
Pepi Chef Salad	434	30.6	192	818	14	3	27
Pepi Taco Salad	399	21.3	62.5	353	26.8	4.2	22.7
Brunswick Stew	250	12.5	60	1462	18	2.4	16
Homemade Chili	274	14.7	68	534	12	3	12
Taco Soup + Fritos	328	14.7	67.3	1035	23.9	3.4	25
<u>PLATTERS</u>	<u>calories</u>	<u>fat</u>	<u>cholesterol</u>	<u>sodium</u>	<u>carbs</u>	<u>fiber</u>	<u>protein</u>
BBQ Chicken Platter +Potato Salad	658	35	32.5	627.5	37.3	2	47.3
Meatloaf Platter + Mac&Cheese	601	16	101	2749	76	9	33
Pepi Smokehouse BBQ Platter	574	30	135	867	44	2	35
Southwestern Steak Bowl	350	5.8	45	1015	51.5	4	22
<u>NEW ENERGY</u>	<u>calories</u>	<u>fat</u>	<u>cholesterol</u>	<u>sodium</u>	<u>carbs</u>	<u>fiber</u>	<u>protein</u>
The ENERGY BOX	468	31	60	570	21	4	29.3
Grapes &Cheese	310	20.1	60	391	18	1	15
Hummus +Popped Wheat Thins	260	13	0	540	31	6	6
<u>PARFAITS</u>	<u>calories</u>	<u>fat</u>	<u>cholesterol</u>	<u>sodium</u>	<u>carbs</u>	<u>fiber</u>	<u>protein</u>
Fruit Yogurt Parfait – 10oz	210	3	7	90	30	1	5
Fruit Yogurt Parfait – 6oz	126	1.8	4.2	54	18	0.6	3
Jello Fruit Salad	101	0.1	0	81	25	1	2
Sugar Free Jello Fruit Salad	70	2	0	22	15	1	1
Small Nutter Butter Parfait	409	23.2	7	425	48	1	5
Small Chocolate Oreo Parfait	252	11.2	1	205	35	1	3
Small Banana Pudding Parfait	235	10.2	1	146	34	1	3
Small Strawberry Shortcake Parfait	279	19	31	240	57	1	3
Small Blueberry VanillaWafer Parfait	313	12.7	1	179	47	3	3
Apples +Caramel Dipping Sauce	170	4	0	60	31	3	1
Smores	219	5.6	2.2	180.3	41	1.2	3.2