

BRAISED PORK HASH



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	31	28	26	473	10.49
Large	45	30	38	650	11.99

Braised Pork w/Chile Poblano Sweet Potato Hash Topped w/Fried Egg. Served w/Roasted Salsa. Garnished w/Citrus Wedge

COUNTRY TURKEY SAUSAGE PROBOWL - L&G



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	34	6	5	196	7.99
Large	49	6	6	269	8.99
Extra	56	6	8	317	9.99

TURKEY SAUSAGE PROBOWL - L&G

COUNTRY SAUSAGE EGG & CHEESE BURRITO



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	43	52	24	607	8.49
Large	55	52	25	667	9.99
Extra	66	53	27	728	11.49

Country Turkey Sausage with Scrambled Eggs and Mixed Monterey Jack Wrapped in a Whole Wheat Tortilla

DENVER SCRAMBLE



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	33	20	18	379	8.49
Large	38	21	21	430	9.99
Extra	50	23	26	529	11.49

Diced ham, scrambled eggs mixed with peppers, onions, and red potatoes & garnished with cheddar jack cheese.

COUNTRY TURKEY SAUSAGE & POTATO PROBOWL



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	33	24	5	274	7.99
Large	48	24	6	347	8.99
Extra	56	25	8	395	11.49

Country turkey sausage & potato breakfast ProBowl with scrambled eggs

DENVER SCRAMBLE - L&G



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	32	8	18	327	8.49
Large	37	10	21	378	9.99
Extra	49	11	26	477	11.49

Diced ham, scrambled eggs mixed with peppers, onions & garnished with cheddar jack cheese. (L&G meals omit complex carbs or substitute them for vegetables)

EGG POWER PUFF



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	14	23	11	245	8.49
Large	30	24	24	438	9.99

Egg Wrapped in Turkey Bacon w/a Pinch of Spinach & Baked to Perfection. Served w/Red Roasted Potatoes. Garnished w/Cilantro.

FRENCH TOAST PLATTER



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	34	30	17	410	8.49
Large	39	31	22	477	9.99
Extra	51	32	29	592	11.49

Whole wheat bread dipped in a batter of almond milk, served with scrambled eggs, turkey sausage links & sugar free syrup

EGG POWER PUFF - L&G



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	14	19	11	214	8.49
Large	28	5	24	353	9.99

Egg Wrapped in Turkey Bacon w/a Pinch of Spinach & Baked to Perfection. Served Primavera Vegetables. Garnished w/Cilantro.

HAM EGG & CHEESE SPINACH WRAP



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	35	51	25	576	8.49
Large	43	53	29	651	9.99
Extra	51	54	33	727	11.49

Ham, Scrambled Egg, & Mixed Monterey Jack Cheese on a Bed of Spinach Wrapped in a Spinach Tortilla

FRENCH FRITTATA



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	26	7	19	313	8.49
Large	36	9	26	430	9.99

Eggs, Sautéed Onions, Garlic, Leeks, & Asparagus Baked to Perfection & Topped w/Ricotta Cheese. Served w/Roasted Garlic Cherry Tomatoes.

SUMMER TIME OATS



Size	P(g)	C(g)	F(g)	Cals	Price
Medium	17	44	6	289	8.49
Large	23	57	8	376	9.99

Pulled Oats, Almond Milk, Greek Yogurt, Blueberries, and Raspberries. Sprinkled w/Cinnamon