



Nutrition Facts

DV : Recommended Daily Value
g: gram mg: milligram

	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Breakfast menu																				
Breakfast Pizzas (with fruits)																				
The lumberjack	437g	910	52	80	20	0.5	102	445	1780	74	71	24	3	12	11	40	35	35	30	40
Western	422g	770	39	60	15	0.5	78	415	1390	58	72	24	4	16	12	33	35	80	30	40
Bacon and eggs	362g	730	38	58	15	0.5	78	410	1110	46	67	22	3	12	10	30	35	35	30	40
Apples and cheese	343g	590	12	18	5	0.2	26	20	780	33	103	34	5	20	39	18	15	100	20	30
Vegetarian	445g	720	35	54	13	0.5	68	400	1050	44	74	25	5	20	13	29	40	100	30	40
Breakfast Classics (with 2 white toasts, home-fried potatoes and fruits)																				
1 egg any style with bacon	306g	680	35	54	8	0.2	41	205	1060	44	68	23	5	20	8	25	20	35	10	30
1 egg any style with ham	314g	580	24	37	4	0.1	21	190	1060	44	69	23	5	20	9	22	20	35	10	30
1 egg any style with sausages	323g	700	37	57	9	0.2	46	205	1020	43	71	24	5	20	8	22	20	35	10	30
2 eggs any style with bacon	359g	790	43	66	10	0.2	51	385	1200	50	70	23	5	20	9	30	25	35	15	35
2 eggs any style with ham	367g	680	32	49	6	0.2	31	370	1200	50	71	24	5	20	10	27	25	35	15	35
2 eggs any style with sausages	376g	800	45	69	11	0.2	56	385	1160	48	72	24	5	20	9	28	25	35	15	35
The international with bacon	444g	920	45	69	11	0.2	56	385	1640	68	92	31	11	44	18	36	25	40	20	45
The international with ham	452g	820	34	52	7	0.2	36	370	1650	69	93	31	11	44	19	33	25	40	20	45
The international with sausages	483g	1010	54	83	14	0.2	71	395	1790	75	96	32	11	44	18	36	25	40	20	45
Brunch platter	742g	1460	57	88	14	0.3	72	520	2450	102	187	62	13	52	66	55	30	40	35	70
Breakfast Gondola (with fruits)																				
Savoyard	401g	760	40	62	15	0.5	78	405	1090	45	73	24	4	16	14	29	45	45	35	45
Countryside	435g	790	37	57	14	0.5	73	415	1230	51	74	25	4	16	14	34	40	60	35	40
Breakfast Sandwiches (with home-fried potatoes and fruits)																				
Breakfast focaccia	391g	660	23	35	6	0.2	31	205	1430	60	85	28	6	24	12	28	20	50	20	35
The American	414g	800	43	66	11	0.3	57	390	1350	56	72	24	6	24	12	32	35	45	20	35
The Norwegian	380g	680	24	37	9	0.3	47	50	1240	52	83	28	7	28	13	33	20	35	10	30
Bagel surprise (without cereals)	374g	570	21	32	6	0.3	32	205	1330	55	69	23	5	20	21	24	35	100	15	35

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Countryside Platters (with 2 white toasts and baked beans)																				
Three-meat - 1 egg	429g	990	51	78	16	0.4	82	245	2230	93	88	29	10	40	14	44	15	4	40	40
Three-meat - 2 eggs	482g	1090	59	91	18	0.5	93	425	2370	99	89	30	10	40	15	50	25	4	45	45
Vegetable - 1 egg	451g	930	48	74	15	0.5	78	220	1610	67	90	30	11	44	15	33	25	45	40	40
Vegetable - 2 eggs	503g	1030	57	88	17	0.5	88	400	1750	73	91	30	11	44	15	39	30	45	45	45
Hollandaise - 1 egg	461g	1020	58	89	20	0.5	102	240	1660	69	90	30	12	48	14	36	30	70	45	40
Hollandaise - 2 eggs	513g	1130	67	103	22	0.5	113	420	1800	75	91	30	12	48	15	42	35	70	50	45
Home-style - 1 egg	451g	1070	51	78	16	0.4	82	245	2250	94	107	36	10	40	29	44	15	2	40	40
Home-style - 2 eggs	503g	1170	59	91	18	0.5	93	425	2390	100	108	36	10	40	30	49	25	4	45	45
Omelettes (with 2 white toasts, home-fried potatoes and fruits)																				
Western omelette	473g	900	49	75	14	0.4	72	570	1550	65	74	25	6	24	12	40	40	60	35	40
Ham and cheese omelette	444g	850	45	69	12	0.4	62	570	1560	65	71	24	5	20	11	39	45	35	35	40
Casalunga omelette	507g	1060	64	98	19	0.4	97	600	2060	86	74	25	6	24	12	47	40	50	35	45
Vegetable omelette	445g	800	42	65	10	0.3	52	550	1040	43	74	25	7	28	12	32	45	90	30	40
Cheese omelette	430g	870	48	74	14	0.5	73	565	1250	52	71	24	6	24	10	38	45	40	45	40
Benedict (with home-fried potatoes and fruits)																				
Egg benedict (1 egg)	311g	630	42	65	14	0.4	72	260	730	30	47	16	4	16	7	17	20	35	10	15
Eggs benedict (2 eggs)	448g	940	63	97	22	0.5	113	505	1310	55	61	20	4	16	8	31	35	35	20	30
Egg benedict with smoked salmon (1 egg)	328g	630	41	63	13	0.4	67	255	790	33	47	16	4	16	7	19	20	35	6	15
Eggs benedict with smoked salmon (2 eggs)	475g	930	61	94	21	0.5	108	495	1250	52	62	21	5	20	9	34	30	35	10	30
Egg benedict with asparagus and capicollo (1 egg)	313g	620	40	62	13	0.3	67	255	630	26	47	16	4	16	7	15	20	45	6	15
Eggs benedict with asparagus and capicollo (2 eggs)	452g	910	59	91	20	0.5	102	490	1100	46	62	21	5	20	8	26	35	50	10	30
Sweet Tooth (with fruits)																				
American-style pancake stack & fruit coulis	461g	770	12	18	6	0	30	240	410	17	166	55	3	12	99	18	15	60	20	25
American-style pancake stack & English cream	461g	760	13	20	7	0	35	245	390	16	159	53	3	12	93	19	20	40	25	25
French toast & fruit coulis	422g	710	8	12	3	0	15	115	770	32	141	47	4	16	71	18	10	60	25	35
French toast & English cream	422g	700	10	15	4	0	20	120	750	31	134	45	4	16	65	19	15	35	25	35
Fruit waffle & fruit coulis	444g	810	23	35	6	0	30	65	1250	52	143	48	5	20	68	11	20	100	20	35
Fruit waffle & English cream	444g	810	24	37	7	0	35	70	1230	51	136	45	5	20	62	12	20	100	25	35
Banana and hazelnut-chocolate waffle & fruit coulis	481g	1150	44	68	10	0	50	65	1290	54	184	61	9	36	92	14	8	70	25	35
Banana and hazelnut-chocolate waffle & English cream	481g	1140	45	69	11	0	55	70	1270	53	177	59	9	36	86	15	10	50	30	35

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Breakfast menu																					
Thin crepes & fruit coulis	303g	550	12	18	4	0	20	140	360	15	101	34	2	8	67	10	15	60	6	15	
Thin crepes & English cream	303g	540	13	20	5	0	25	145	340	14	94	31	2	8	61	11	15	35	10	15	
Thin crepes stuffed with bananas and hazelnut-chocolate & fruit coulis	417g	840	29	45	9	0	45	85	310	13	143	48	6	24	99	9	15	70	8	15	
Thin crepes stuffed with bananas and hazelnut-chocolate & English cream	417g	840	31	48	10	0	50	90	280	12	136	45	6	24	93	10	15	50	10	15	
Thin crepes stuffed with apples and cheese & fruit coulis	431g	840	31	48	17	0.5	88	140	940	39	113	38	3	12	82	26	25	100	60	15	
Thin crepes stuffed with apples and cheese & English cream	431g	830	33	51	18	0.5	93	145	920	38	105	35	3	12	76	27	30	100	60	10	
Healthy (with fruits)																					
Healthy choice	406g	500	14	22	3	0.1	16	220	1060	44	69	23	8	32	21	27	30	100	20	35	
Granola parfait	358g	390	6	9	1.5	0.1	8	5	260	11	71	24	7	28	36	13	25	100	15	15	
Coco fruit (1 egg)	355g	320	7	11	2	0.1	11	220	780	33	45	15	3	12	20	22	25	100	20	20	
Coco fruit (2 eggs)	456g	510	13	20	4	0.1	21	435	1140	48	66	22	4	16	21	33	35	100	25	35	
Outrageous oat bread	217g	190	19	29	2	0	10	35	300	13	69	23	4	16	40	8	8	35	10	15	
Feast for kids																					
The Tony's Special (Frosted Flakes)	162g	190	2	3	1	0.1	6	5	170	7	40	13	2	8	21	5	4	8	10	25	
Young traditionalist with bacon	237g	610	31	48	7	0.1	36	195	910	38	62	21	5	20	4	22	15	0	10	30	
Young traditionalist with ham	254g	550	24	37	4	0.1	21	190	1060	44	63	21	5	20	5	21	15	0	10	30	
Young traditionalist with sausages	241g	600	30	46	6	0.1	31	190	820	34	63	21	5	20	4	19	15	0	10	30	
Miki's® pancakes	272g	530	11	17	3	0.1	16	180	270	11	108	36	2	8	58	13	8	10	15	20	
Mika's® French toast	237g	490	10	15	2.5	0.1	13	80	490	20	89	30	2	8	41	12	4	6	15	25	
A la carte																					
Hot Chocolate	280ml	120	3	5	3	0	15	0	130	5	23	8	1	4	19	1	0	0	2	0	
Orange juice (small)	227ml	110	0	0	0	0	0	0	20	1	26	9	0	0	23	0	0	90	2	2	
Orange juice (large)	340ml	160	0	0	0	0	0	0	25	1	39	13	0	0	34	0	0	140	2	2	
Grapefruit juice (small)	227ml	90	0	0	0	0	0	0	25	1	22	7	0	0	20	1	0	130	4	2	
Grapefruit juice (large)	340ml	140	0	0	0	0	0	0	35	1	33	11	0	0	30	1	0	190	6	2	
Apple juice (small)	227ml	90	0	0	0	0	0	0	15	1	24	8	0	0	22	0	0	90	0	2	
Apple juice (large)	340ml	140	0	0	0	0	0	0	20	1	35	12	0	0	33	0	0	140	0	2	
Grape juice (small)	227ml	150	0	0	0	0	0	0	25	1	34	11	0	0	34	0	0	90	2	2	
Grape juice (large)	340ml	220	0	0	0	0	0	0	35	1	50	17	0	0	50	0	0	140	2	2	
2% milk (small)	227ml	110	4.5	7	2.5	0.2	14	20	95	4	11	4	0	0	11	7	10	0	25	0	
2% milk (large)	340ml	170	7	11	4	0.3	22	25	140	6	16	5	0	0	17	11	20	2	35	0	

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1% chocolate milk (small)	227ml	140	2.5	4	1.5	0	8	15	190	8	25	8	0	0	23	6	15	0	25	10
1% chocolate milk (large)	336ml	200	3.5	5	2	0	10	20	280	12	36	12	0	0	34	9	20	0	35	15
Smoothie "Tropical Smoothness"	300ml	140	0	0	0	0	0	0	10	1	35	12	1	4	33	1	20	100	0	0
Smoothie "Exquisite Berries"	300ml	160	0	0	0	0	0	0	10	1	38	13	2	8	36	1	0	100	0	4
Corn Flakes & milk	120g	170	1.5	2	1	0.1	6	5	290	12	34	11	1	7	7	5	4	0	10	35
Frosted Flakes & milk	112g	150	1.5	2	1	0.1	6	5	170	7	28	9	1	4	15	5	4	0	10	25
Frosts Loops & milk	112g	140	2	3	1.5	0.1	8	5	140	6	28	9	1	4	16	4	4	0	10	25
Vector & milk	112g	150	3	5	1.5	0.1	8	5	210	9	26	9	1	4	10	6	10	15	10	15
Bagel (1)	96g	280	6	9	1	0.1	6	0	460	19	48	16	3	12	3	9	6	0	4	25
English muffin	71g	170	6	9	1	0.1	6	0	280	25	8	1	1	4	1	5	6	0	4	10
White toasts (2) & margarine	82g	230	7	11	1	0.1	6	0	410	17	36	12	2	8	2	8	6	0	8	20
Whole wheat toasts (2) & margarine	82g	230	7	11	1	0.1	6	0	370	15	34	11	5	20	2	7	6	0	4	20
Multigrain toasts (2) & margarine	81g	240	7	11	1	0.1	6	0	400	17	36	12	5	20	2	8	6	0	6	20
White toasts (2) with 2 slices of cheese	118g	340	14	22	6	0.3	32	25	990	41	39	13	2	8	5	16	15	0	20	20
Bagel & cream cheese	132g	360	12	18	7	0.3	37	35	600	25	51	17	3	12	5	12	10	0	8	25
Egg (1)	52g	100	8	12	2	0	10	180	140	6	1	1	0	0	1	6	8	0	4	4
Bacon (3 slices)	27g	140	12	18	4.5	0	23	25	420	18	0	0	0	0	0	8	0	0	0	2
Jambon (1 slice)	35g	35	1	2	0.2	0	1	15	430	18	1	1	0	0	1	5	0	0	0	2
Sausages (2)	44g	150	14	22	5	0.1	26	25	380	16	2	1	0	0	0	6	0	0	0	2
Home-fried potatoes	85g	180	8	12	0.5	0	3	0	80	3	25	8	3	12	1	3	0	0	0	4
Baked beans	85g	130	2	3	0.5	0	3	0	440	18	22	7	5	20	9	5	0	2	6	10
2% cottage cheese	125g	100	1	2	0.5	0.1	3	10	590	25	8	3	1	4	6	15	2	0	15	2
Cream cheese	42g	120	11	17	7	0.3	37	35	180	8	3	1	0	0	2	3	10	0	4	0
Processed cheese (1 slice)	18g	60	4	6	2.5	0.1	13	10	290	12	1	1	0	0	1	4	4	0	6	0
Fruit salad bowl	112g	45	0.2	1	0	0	0	0	10	1	12	4	1	4	10	1	10	60	0	2
Yogourt (plain)	112g	70	2.5	4	1.5	0.1	8	10	65	3	8	3	0	0	6	4	2	0	15	0
Yogourt (fruits)	112g	100	1.5	2	1	0.1	6	5	55	2	17	6	0	0	15	4	2	0	10	0
Thin crepe (1) & syrup	75g	170	2	3	0.3	0	2	30	90	4	37	12	0	0	26	2	2	0	2	4
French toast (1) & syrup	130	270	2.5	4	1	0	5	40	260	11	54	18	1	4	29	6	2	0	8	10
Cretons	28g	45	2	3	0.5	0	3	10	115	5	2	1	0	0	0	5	0	0	0	2
Raspberry jam	10g	35	0	0	0	0	0	0	0	0	9	3	0	0	9	0.1	0	2	0	0

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Strawberry jam	10g	35	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	4	0	0
Blackberry jam	16g	60	0	0	0	0	0	0	0	0	14	5	0	0	14	0.1	0	4	0	0
Orange marmalade	10g	35	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	4	0	0
Peanut butter	18g	110	10	15	2	0	15	0	95	4	4	1	1	4	1	4	0	0	2	4

Notes:

- Nutrition facts are based on laboratory analysis, supplier's information and databases.
- Percent daily values (%DV) are based on a 2 000 cal diet. Your daily values may vary depending on your calorie needs.
- Fresh fruits could change from season to season
- Beverages are not included
- Toast: nutrition facts are calculated with white bread and margarine