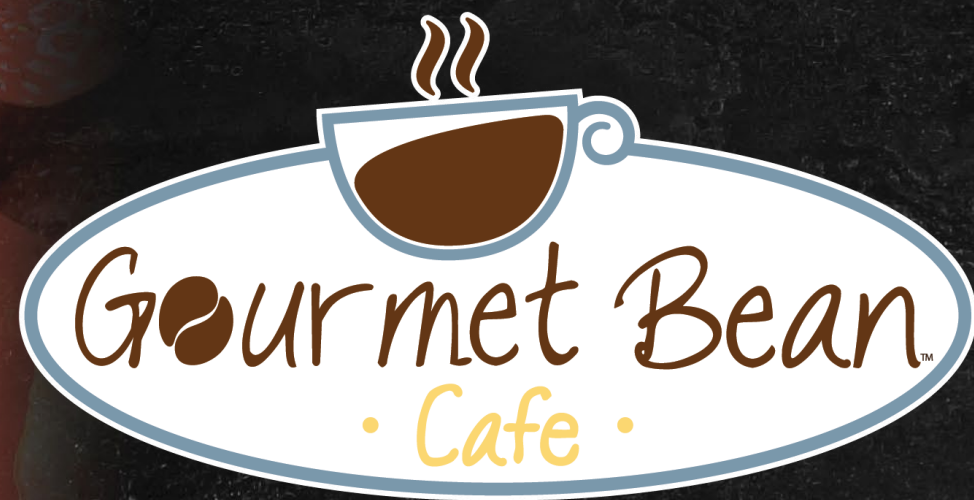


WARRIOR EATERY



BANGOR PLAZA

NUTRITION INFORMATION

ITEM	FUEL ICON	SERVING SIZE	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	SAT FAT (G)	FIBER (G)	SUGAR (G)	SODIUM (MG)
Santa Fe Burrito		1 ea	690	26	38	28	10	4	3	1150
GB Bagel Sandwich		1 ea	610	28	48	32	12	4	5	1250
Croissant Sandwich (Bacon)		1 ea	450	18	28	30	12	1	5	800
Croissant Sandwich (Sausage)		1 ea	550	20	28	40	15	1	5	900
Croissant Sandwich (No Meat)		1 ea	360	12	30	20	8	1	4	650
Maple Pancake Sandwich (Bacon)		1 ea	500	17	40	28	11	1	12	750
Maple Pancake Sandwich (Sausage)		1 ea	600	19	40	38	14	1	12	900
Maple Pancake Sandwich (No Meat)		1 ea	400	12	40	16	6	1	10	620
Breakfast Stuffed Bites		3 ea	420	16	30	26	10	1	3	850
Healthy Sunrise		1 ea	280	18	30	8	2	5	4	450
Greek Yogurt Parfait		1 ea	300	12	45	8	3	3	26	90
Fresh Fruit Cup		1 ea	80	1	20	0	0	3	16	5
Whole Fruit		1 ea	90	0	23	0	0	4	17	2
Chips		1 ea	150	2	15	10	2	1	1	170
Vegetable Cup + Hummus		1 ea	140	4	14	8	1	4	4	220
Vegetable Cup + Ranch		1 ea	180	2	10	15	2	3	5	300
Side of Guacamole		2 oz	120	2	6	11	2	5	1	150
Cinnobabies®		4 ea	420	5	60	18	8	2	26	300
Cookie		1 ea	351-390	2	26	10	5	1	15	160
Muffin (avg.)		1 ea	380	6	52	18	4	2	28	340
Assorted Pastry (avg.)		1 ea	350-500	5	42	18	8	1	18	260
Bagel + Cream Cheese		1 ea	280-340	10	52	9	5	2	7	430
Croissant + Butter/Jam		1 ea	350-450	5	28	14	8	1	6	240

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Whole Grain Tortilla		1 ea	150	4	26	4	1	3	1	330
Everything Bagel		1 ea	270	10	53	2	1	3	5	430
Plain Bagel		1 ea	250	9	53	2	1	3	5	425
Croissant		1 ea	200	5	26	11	6	1	5	240
Mini Maple Pancake		2 ea	220	6	34	6	2	1	9	300
Multigrain Bread		2 ea	160	8	28	3	1	5	4	220
Bacon		2 Slice	80	5	0	7	2	0	0	300
Sausage		1.5 oz	170	7	1	15	5	0	0	450
Chorizo		3 oz	180	9	2	15	5	0	1	500
Whole Egg Patty		1 ea	90	7	1	7	2	0	1	140
Egg White Patty		1 ea	35	7	1	0	0	0	0	160
American Cheese		1 ea	60	4	1	5	3	0	0	280
Cheddar Cheese		1 ea	110	7	1	9	6	0	0	180
Pepper Jack Cheese		1 ea	80	5	1	7	4	0	0	180
Lemon Aioli		1 tbsp	45	0	0	5	1	0	0	60
Guacamole Smear		1 tbsp	60	1	3	6	1	3	1	75
Roja Salsa		1 tbsp	20	0	4	0	0	1	2	120
Butter/Jam		1 tbsp	60	0	4	5	3	0	4	35
Spinach		1 serving	5	1	1	0	0	1	0	20
Tomato		2 slices	5	0	1	0	0	1	1	5
Roasted Vegetables		1 serving	30	1	6	0	0	2	4	60
Roasted Onions & Peppers		1 serving	30	1	7	0	0	2	4	40
Jalapeños		1 serving	5	0	1	0	0	1	0	40