

ILC Breakfast Grill: Nutrition Facts*

Item	Allergens**	Calories	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Egg Sandwich (V) Egg, selected bread	Egg, Wheat	200	6	1.5	185	340	24	4	4	12
Egg and Cheese Sandwich (V) Egg, selected cheese, selected bread	Dairy, Egg, Wheat	320	16	7	245	520	25	4	4	19
Egg and Ham Sandwich Egg, ham, selected bread	Egg, Wheat	320	15	2.5	240	750	25	4	4	22
Egg and Turkey Sandwich Egg, turkey, selected bread	Egg, Wheat	340	15	2.5	240	800	26	4	4	23
Egg and Cheese Sandwich with Bacon Egg, selected cheese, bacon, selected bread	Dairy, Egg, Wheat	410	23	10	260	890	26	4	4	25
Egg and Cheese Sandwich with Ham Egg, selected cheese, ham, selected bread	Dairy, Egg, Wheat	440	24	8	270	940	26	4	5	28
Egg and Cheese Sandwich with Sausage Egg, selected cheese, sausage, selected bread	Dairy, Egg, Wheat	500	33	12	265	750	26	4	4	23
Egg and Cheese Sandwich with Turkey Egg, selected cheese, bacon, selected bread	Dairy, Egg, Wheat	390	18	8	270	370	26	4	4	30
Breakfast Grilled Cheese Sandwich (V) Selected bread, American cheese, margarine	Dairy, Soy, Wheat	450	29	14	50	1190	29	4	9	18

V= Vegetarian VE= Vegan GF=Gluten Free

Nutrition facts derived using 1) "egg"=poached egg 2) "selected bread"=whole wheat bread 3) "selected cheese"=cheddar cheese.

Disclaimers

*Customer modification or selection of alternative ingredients may increase or decrease the nutrient values listed. These values are estimates derived using ESHA software with both manufacturers' nutrition information and data from the USDA Nutrient database. Actual nutrient values may vary based on product freshness, preparation, origin, manufacturers' formulations, etc., and are by nature based on statistical averages. Although we provide nutritional information for our recipes, the information provided is for informational purposes only. No information offered by or through us shall be construed as or understood to be medical advice or care. None of the information provided by our Company shall be used to diagnose or treat any health problem or disease. Please discuss any concerns with your physician or registered dietitian.

**I.L. Creations makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. We label items with possible allergen-containing ingredients that are known to us as disclosed to us by our vendors, suppliers and manufacturers. However, there is always a risk of contamination and there is also a possibility that manufacturers of the foods and ingredients we use could change the formulation at any time, without notice. Customers concerned with food allergies need to be aware of this risk. I.L. Creations will not assume any liability for adverse reactions to food consumed, or items one may come in contact with, while eating at any of our dining establishments. Customers with food allergies are encouraged to contact I.L. Creations' Nutrition Department (301-468-3902) for additional information and/or support. The information provided is for informational purposes only. No information offered by or through us shall be construed as or understood to be medical advice or care. None of the information provided by our Company shall be used to diagnose or treat any health problem or disease. Please discuss any concerns with your physician or registered dietitian.