



Nutritional Information Elon University Update: August 2016	Calories	Fat Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Trans Fat
	Bacon & Cheese Biscuit	450	200	22	10	30	1140	31	1	3	13	8	0	25	10
Bacon & Fried Egg Biscuit	430	180	20	8	205	840	29	1	2	15	4	0	12	14	0
Bacon & Scrambled Egg Biscuit	450	200	22	8	195	835	29	1	2	15	8	0	12	14	0
Bacon Biscuit	395	165	18	7	15	900	29	1	2	11	0	0	10	10	0
Bacon, Fried Egg & Cheese Biscuit	520	240	26	12	225	1220	31	1	3	19	12	0	27	14	0
Bacon, Scrambled Egg & Cheese Biscuit	540	250	29	12	215	1215	31	1	3	19	16	0	27	14	0
BBQ Bruiser Sandwich	630	290	32	11	95	1370	49	6	14	37					0
Biscuit - no Butter	290	90	10	4	0	480	29	1	2	5	0	0	10	10	0
Biscuit - with Butter	390	120	13	4	0	600	36	2	2	6	4	0	15	10	0
BLT Biscuit	366	140	15	6	10	763	30	1	2	9	4	8	10	10	0
BLT English Muffin	196	60	6	2	10	503	24	3	6	23	16	8	6	8	0
Butter (add)		100	100	11	2	0	105	0							0
Buttermilk Ranch Dipping Sauce	100	100	11	2	5	100	1	0	1	1					0
Cackalacky® Chop	700	320	35	7	35	1250	70	5	27	26					0
Carolina Cole Slaw	240	190	21	3.5	15	410	11	3	6	2					0

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Cheese (add)	90	60	7	5	20	380	2								0
Cheese Biscuit	380	150	17	8	20	860	31	1	3	9	8	0	25	10	0
Egg (add)	70	40	5	2	195	80	0								0
Egg (fried) Biscuit	360	130	14	6	195	560	29	1	2	11	4	0	12	14	0
Egg (scrambled)	380	150	17	6	185	555	29	1	2	11	8	0	12	14	0
Fried Chicken & Cheese Biscuit	630	270	31	10	75	1580	44	1	3	27	8	0	25	16	0
Fried Chicken & Fried Egg Biscuit	610	250	28	8	250	1280	42	1	2	29	4	0	12	20	0
Fried Chicken & Scrambled Egg Biscuit	630	270	31	8	240	1275	42	1	2	29	8	0	12	20	0
Fried Chicken Biscuit	540	210	24	6	55	1200	42	1	2	23	0	0	10	16	0
Fried Chicken Club Biscuit	671	295	34	12	80	1807	45	1	3	29	12	8	25	16	0
Fried Chicken, Fried Egg & Cheese Biscuit	790	370	42	16	290	2040	46	1	4	37	20	0	42	20	0
Fried Chicken, Scrambled Egg & Cheese Biscuit	720	330	38	12	260	1655	44	1	3	33	16	0	27	20	0
Grilled Chicken Bacon Ranch Sandwich	530	210	23	6	95	870	40	4	9	42					0
Grilled Chicken Biscuit	400	115	13	4	65	1270	29	1	2	25	0	0	10	10	0
Grilled Chicken Club	531	200	23	10	90	1877	32	1	3	31	12	8	25	10	0
Ham & Cheese Biscuit	440	175	19	10	45	1430	31	1	3	17	8	0	25	10	0
Ham & Fried Egg Biscuit	420	155	16	6	220	1130	29	1	2	19	4	0	12	14	0

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	Ham & Scrambled Egg Biscuit	440	175	19	7	210	1125	29	1	2	19	8	0	12	14
Ham Biscuit	350	115	12	5	25	1050	29	1	2	13	0	0	10	10	0
Ham, Fried Egg & Cheese Biscuit	510	215	24	12	240	1510	31	1	3	23	12	0	27	14	0
Ham, Scrambled Egg & Cheese Biscuit	530	235	26	12	230	1505	31	1	3	23	16	0	27	14	0
Hashbrown	160	90	10	1	0	410	17								0
Homestyle Chicken Breast Tenders	600	280	31	3.5	80	1270	48	1	0	31					0
Pork Chop Biscuit	550	220	25	6	40	950	42	1	2	25	0	0	10	12	0
Sausage & Cheese Biscuit	530	260	30	12	55	1150	31	1	3	17	8	0	25	14	0
Sausage & Fried Egg Biscuit	510	240	28	10	230	850	29	1	2	19	4	0	12	18	0
Sausage & Scrambled Egg Biscuit	530	260	30	10	220	845	29	1	2	19	8	0	12	18	0
Sausage Biscuit	440	200	23	8	35	770	29	1	2	13	0	0	10	14	0
Sausage, Fried Egg & Cheese Biscuit	600	300	34	14	250	1230	31	1	3	23	12	0	27	18	0
Sausage, Scrambled Egg & Cheese Biscuit	620	320	37	14	240	1225	31	1	3	23	16	0	27	18	0
Southern Fried Catfish Sandwich	720	370	41	6	40	1090	73	4	12	16					0
Steak & Cheese Biscuit	680	350	40	14	50	1500	45	1	3	19	8	0	25	20	0
Steak & Fried Egg Biscuit	660	330	38	10	225	1200	43	1	2	21	4	0	12	24	0
Steak & Scrambled Egg Biscuit	680	350	40	11	215	1195	43	1	2	21	8	0	12	24	0

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Steak Biscuit	590	290	33	9	30	1120	43	1	2	15	0	0	10	20	0
Steak, Fried Egg & Cheese Biscuit	750	390	44	16	245	1580	45	1	3	25	12	0	27	24	0
Steak, Scrambled Egg & Cheese Biscuit	770	410	47	16	235	1575	45	1	3	25	16	0	27	24	0
Ultimate Bacon Biscuit with Fried Egg	680	350	38	18	255	1880	33	1	4	27	20	0	42	14	0
Ultimate Bacon Biscuit with Scrambled Egg	700	370	41	19	245	1875	33	1	4	27	24	0	42	14	0
Ultimate Ham Biscuit with Fried Egg	660	300	34	16	285	2460	33	1	4	35	20	0	42	14	0
Ultimate Ham Biscuit with Scrambled Egg	680	320	36	17	275	2455	33	1	4	35	24	0	42	14	0
Ultimate Sausage Biscuit with Fried Egg	840	470	54	24	305	1900	33	1	4	35	20	0	42	22	0
Ultimate Sausage Biscuit with Scrambled Egg	860	490	57	24	295	1895	33	1	4	35	24	0	42	22	0