

Buffets Inc. Nutrition Information
Breakfast

Subject to change without notice.
Items vary daily.

| Menu Item | Serving Size, grams | Calories | Fat, grams | Saturated Fat, grams | Trans Fat, grams | Cholesterol, milligrams | Protein, grams | Carbohydrate, grams | Total Sugars, grams | Fiber, grams | Sodium, milligrams |
|----------------------|---------------------|----------|------------|----------------------|------------------|-------------------------|----------------|---------------------|---------------------|--------------|--------------------|
| Bacon | 8 (1 slice) | 40 | 3.5 | 1 | 0 | 10 | 3 | 0 | 0 | 0 | 180 |
| Brown Sugar | 9 (1 Tbsp) | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 9 | 0 | 5 |
| Buttermilk Pancakes | 60 (1 pancake) | 120 | 2 | 0.5 | 0 | 5 | 3 | 19 | 4 | 0 | 380 |
| Diced Bacon | 46 (1 tong) | 240 | 19 | 6 | 0 | 50 | 17 | 0 | 0 | 0 | 1060 |
| Diced Ham | 28 (1 tong) | 35 | 1 | 0.5 | 0 | 15 | 5 | 0 | 0 | 0 | 330 |
| French Toast | 85 (1 slice) | 220 | 9 | 2 | 0 | 105 | 8 | 29 | 12 | 1 | 270 |
| Grits | 121 (4 fl oz ladle) | 60 | 0 | 0 | 0 | 0 | 1 | 13 | 0 | 0 | 125 |
| Hashbrown Patties | 50 (1 piece) | 110 | 7 | 1.5 | 0 | 0 | 1 | 13 | 0 | 2 | 220 |
| Maple Flavored Syrup | 68 (2 fl oz ladle) | 180 | 0 | 0 | 0 | 0 | 0 | 47 | 46 | 0 | 40 |
| Margarine, melted | 56 (2 fl oz ladle) | 410 | 45 | 9 | 12 | 0 | 0 | 0 | 0 | 0 | 440 |
| Oatmeal | 117 (4 fl oz ladle) | 60 | 1.5 | 0 | 0 | 0 | 2 | 12 | 0 | 2 | 110 |
| Omelet-plain | 88 (1 omelet) | 140 | 11 | 3 | 0 | 360 | 10 | 2 | 0 | 0 | 150 |
| Peach Topping | 42 (2 fl oz ladle) | 45 | 0 | 0 | 0 | 0 | 0 | 11 | 4 | 0 | 15 |
| Poached Eggs | 50 (1 item) | 70 | 5 | 1.5 | 0 | 210 | 6 | 0 | 0 | 0 | 150 |
| Potatoes O' Brien | 110 (1 spoon) | 150 | 6 | 1 | 0 | 0 | 2 | 25 | 2 | 2 | 270 |
| Sausage Gravy | 55 (2 fl oz) | 40 | 2 | 0.5 | 0 | 0 | 0 | 5 | 0 | 0 | 250 |
| Sausage Links | 21 (1 link) | 100 | 10 | 3.5 | 0 | 25 | 3 | 0 | 0 | 0 | 190 |
| Sautéed Onions | 28 (1 spoon) | 15 | 0.5 | 0 | 0 | 0 | 0 | 3 | 1 | 0 | 15 |
| Sautéed Bell Peppers | 28 (1 spoon) | 15 | 1 | 0 | 0 | 0 | 0 | 2 | 1 | 0 | 15 |
| Scrambled Eggs | 62 (1 spoon) | 120 | 10 | 2.5 | 0 | 240 | 7 | 0 | 0 | 0 | 100 |
| Sliced Ham | 43 (1 slice) | 80 | 4.5 | 2.5 | 0 | 25 | 7 | <1 | <1 | 0 | 660 |
| Strawberry Topping | 42 (2 fl oz ladle) | 60 | 0 | 0 | 0 | 0 | 0 | 16 | 15 | <1 | 10 |
| Waffles | 41 (1 waffle) | 120 | 6 | 3 | 0 | 50 | 2 | 15 | 1 | <1 | 180 |



Nutritional information does not apply to restaurants compliant with trans fat legislation in their city or county: #756 Philadelphia, PA; #271 Gaithersburg, MD; #223 Levittown, NY; #197 Bellevue, WA; #310 Federal Way, WA; #814 Kent, WA; #172 Catonsville, MD. For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,400 milligrams of sodium. Nutritional data calculated using standardized recipes and a combination of laboratory analysis and nutrition software analysis and is rounded according to FDA labeling guidelines. Nutrition information presented is based on the individual piece or serving utensil measure for each menu item. There may be variations in nutrient content across servings, due to preparation, variable serving sizes, ingredients, or custom orders. Any changes in amount or type of ingredients or preparation that deviates from the standardized recipe invalidates the nutrient content as listed. Please be advised that not all foods on this list are offered every day, nor are all foods offered at all locations.