

**Buffets Inc. Nutrition Information**  
**Breakfast**

Subject to change without notice.  
Items vary daily.

Menu Item	Serving Size, grams	Calories	Calories from Fat	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	30	3.5	1	0	10	3	0	0	0	180
Brown Sugar	9 (1 Tbsp)	35	0	0	0	0	0	0	9	9	0	5
Buttermilk Pancakes	60 (1 pancake)	120	20	2	0.5	0	5	3	19	4	0	380
Cinnamon Granola Cereal	55 (3/4 cup)	220	40	4.5	0.5	0	0	5	43	15	3	30
Crisp Rice Cereal	33 (1-1/4 cup)	130	0	0	0	0	0	2	29	3	0	300
Diced Bacon	46 (1 tong)	240	170	19	6	0	50	17	0	0	0	1060
Diced Ham	28 (1 tong)	35	10	1	0.5	0	15	5	0	0	0	330
French Toast	85 (1 slice)	220	80	9	2	0	105	8	29	12	1	270
Frosted Fruit Flavored Cereal	32 (1 cup)	130	10	1	0	0	0	2	28	15	1	150
Grits	121 (4 fl oz ladle)	60	0	0	0	0	0	1	13	0	0	125
Hashbrown Patties	50 (1 piece)	110	60	7	1.5	0	0	1	13	0	2	220
Maple Flavored Syrup	68 (2 fl oz ladle)	180	0	0	0	0	0	0	47	46	0	40
Margarine, melted	56 (2 fl oz ladle)	410	410	45	9	12	0	0	0	0	0	440
Oatmeal	117 (4 fl oz ladle)	60	10	1.5	0	0	0	2	12	0	2	110
Omelet-plain	88 (1 omelet)	140	100	11	3	0	360	10	2	0	0	150
Peach Topping	42 (2 fl oz ladle)	45	0	0	0	0	0	0	11	4	0	15
Poached Eggs	50 (1 item)	70	50	5	1.5	0	210	6	0	0	0	150
Potatoes O' Brien	110 (1 spoon)	150	50	6	1	0	0	2	25	2	2	270
Sausage Gravy	55 (2 fl oz)	40	20	2	0.5	0	0	0	5	0	0	250
Sausage Links	21 (1 link)	100	90	10	3.5	0	25	3	0	0	0	190
Sautéed Onions	28 (1 spoon)	15	5	0.5	0	0	0	0	3	1	0	15
Sautéed Bell Peppers	28 (1 spoon)	15	10	1	0	0	0	0	2	1	0	15
Scrambled Eggs	62 (1 spoon)	120	10	10	2.5	0	240	7	0	0	0	100
Sliced Ham	43 (1 slice)	80	40	4.5	2.5	0	25	7	<1	<1	0	660
Strawberry Topping	42 (2 fl oz ladle)	60	0	0	0	0	0	0	16	15	<1	10
Toasted Oat Cereal	30 (1 cup)	120	20	2	0	0	0	4	22	1	3	280
Waffles	41 (1 waffle)	120	50	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.