

Omelet

With choice of cheddar, Swiss cheese, tomatoes, red and green peppers and onions. Served with roasted breakfast potatoes.



Allergens: Milk, eggs

Omelet (with Cheddar Cheese, Veg, Potatoes)	
Nutrition Facts	
Serving size	14.4 oz (408 g)
Amount per serving	
Calories	660
% Daily Value*	
Total Fat 47g	60%
Saturated Fat 14g	69%
Trans Fat 0g	
Cholesterol 875mg	292%
Sodium 880mg	38%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	13%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 2mcg	15%
Calcium 285mg	20%
Iron 4mg	25%
Potassium 870mg	19%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
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