



Members receive 10% off Wellness Club entrees.
Non-members may purchase these entrees at full price. Menu items are listed at full price.

Eggsclusive Cafe'

265 W. Peace Rd., Sycamore

Apple Cinnamon Oatmeal.....\$4.75

228 kcal, 42 g carb, 4 g fat, 0g saturated fat

Irish Oatmeal.....\$4.75

267 kcal, 51 g carb, 4 g fat, 0g saturated fat

Classic Oatmeal.....\$3.65

200 kcal, 34 g carb, 4 g fat, 0g saturated fat

Peaches and Cream Oatmeal ..\$4.75

256 kcal, 46 g carb, 5 g fat, .5 g saturated fat

Berry Eggsclusive Oatmeal\$4.95

410 kcal, 66 g carb, 11 g fat, 1 g saturated fat

Honey Yogurt Fruit Salad\$8.45

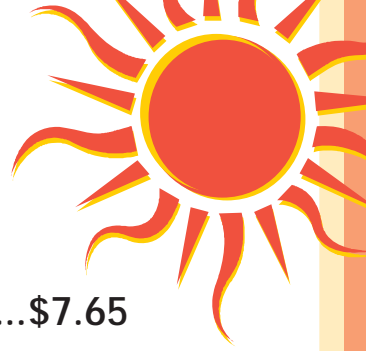
231 kcal, 57 g carb, 0 g fat, 0 g saturated fat

Rainbow Fruit Salad.....\$8.45

194 kcal, 49 g carb, 0g fat, 0g saturated fat

Green Fruit Salad.....\$8.45

456 kcal, 105 g carb, 14 g fat, 1 g saturated fat



Garden Delight Omelet\$7.65

570 kcal, 66 g carb, 7g fat, 0g saturated fat

(Skip the cheese, choose fruit instead of potatoes, and have dry whole wheat toast with jelly)

Veggie Benedict\$7.65

538 kcal, 93 g carb, 10 g fat, 3 g saturated fat

(Skip the hollandaise sauce, and choose fruit instead of potatoes)

Garden Fresh Frittata.....\$8.45

570 kcal, 66 g carb, 7g fat, 0g saturated fat

(Skip the cheese, choose fruit instead of potatoes, and have dry whole wheat toast with jelly)

Belgium Waffle.....\$5.95

418 kcal, 54 g carb, 10 g fat, 2 g saturated fat.

(Order with fresh fruit as a topping)

Multi-Grain Short Stack\$5.55

447 kcal, 60 g carb, 6 g fat, 1 g saturated fat

(Order with fresh fruit as a topping)

Salmon Salad.....\$11.95

380 kcal, 15 g carb, 14 g fat, 2 g saturated fat

(Order with fat free dressing)

Tuna Steak Salad.....\$10.95

338 kcal, 12 g carb, 2 g fat, .5g saturated fat

(Order with fat free dressing)

Grilled Veggie Wrap\$7.75

376 kcal, 56 g carb, 12 g fat, 1 g saturated fat

10% discount applies only to entrées on this list and may not be combined with any other discount or special pricing. Prices subject to change. This discount cannot be applied to regular menu entrées, beverages or gratuity. Nutritional values listed are estimated based upon recipe amounts. Actual values may vary according to preparation.