

EGG•SELLENT *Sandwiches*

| | Calories |
|--|----------|
| Bagel Sandwich 🌱 🍳 | 627 |
| Bagel W/ Cream Cheese & Butter 🍷 🍳 | 493 |
| Croissant Breakfast Sandwich - Gb Mega 🌱 | 654 |
| Croissant Breakfast Sandwich - Sausage Egg & Cheese | 515 |
| Croissant Breakfast Sandwich - Bacon Egg & Cheese 🍷 🌱 | 485 |
| Croissant Breakfast Sandwich - Egg & Cheese 🍷 | 345 |
| Mini Maple Pancake Breakfast Sandwich - Sausage Egg & Cheese 🍷 🍷 | 369 |
| Mini Maple Pancake Breakfast Sandwich - Bacon Egg & Cheese 🍷 🌱 🍷 | 340 |
| Mini Maple Pancake Breakfast Sandwich - Egg & Cheese 🍷 🍷 | 200 |
| Santa Fe Burrito 🍷 🌱 🍳 | 454 |

BAKERY *While they last*

| | Calories |
|--|----------|
| Assorted Pastries 🍷 ❤️ | 89 |
| Assorted Muffins 🍷 ❤️ | 78 |
| Assorted Cookies 🍷 🍷 ❤️ | 58 |
| Croissant - Raspberry Cream Cheese Filled 🍷 ❤️ | 250 |
| Croissant w/ Jam & Butter 🍷 | 434 |
| Hershey Bites 🍷 ❤️ 🍳 | 271 |

GRAB-N-GO

| | Calories |
|---------------------------------|----------|
| Chicken Salad Salad 🍷 🌱 🍳 | 406 |
| Chicken Salad Croissant 🍷 🌱 | 360 |
| Yogurt And Fruit Parfait 🍷 ❤️ 🍳 | 492 |

ICE CREAM *Sundaes*

| | Calories |
|--------------------|----------|
| Banana Split 🌱 🍳 🍷 | 1418 |
| Hot Fudge 🍷 | 643 |
| M&M Monster 🍷 | 564 |
| Caramel 🍷 | 635 |
| Strawberry 🍷 | 534 |

ICE CREAM *Sandwiches*

| | Calories |
|---|----------|
| Ice Cream - Cookie Sandwich 🍷 | 737 |
| Ice Cream - Cookie Sandwich w/ Toppings 🍳 🍷 | 791 |

SMOOTHIES *Refresh*

| | Calories |
|---------------------------|----------|
| Strawberry Banana 🍷 🍷 🍷 🍳 | 270 |
| Caribbean Vibes 🍷 🍷 🍷 🍳 | 256 |
| Tropical Paradise 🍷 🍷 🍷 🍳 | 264 |
| Fiesta Mezclada 🍷 🍷 🍷 | 264 |





NUTRITIONAL BENEFITS GUIDE



HIGH IN CALCIUM



LOW CHOLESTEROL



HIGH IN VITAMIN A&C



HIGH IN PROTEIN



HIGH IN FIBER



LOW FAT



HIGH IN IRON



UNDER 500 CALORIES



FULL MENU
Caloric Counts

**INNOVATIVE
ON TREND
HEALTHY
MENU ITEMS**

**NAVSTA
Guantanamo Bay**