



SOUTHPAW'S

ORGANIC GRILL

BREAKFAST MENU

NUTRITIONAL INFORMATION

| | CALORIES | PROTEIN | CARBS | | CALORIES | PROTEIN | CARBS |
|-------------------------------|----------|---------|-------|-------------------------|----------|---------|-------|
| Smoothies | | | | Feldman | 311 | 20 | 2 |
| Persian Thunder 16oz | 248 | 2 | 47 | Fruit-wich | 343 | 29 | 46 |
| Chocolate Monkey 16oz | 251 | 2 | 48 | Fruit & Granola 9oz | 359 | 7 | 78 |
| Nutty-Monkey 16oz | 348 | 6 | 51 | Protein Pancakes | 308 | 17 | 53 |
| Berry Lagoon 16oz | 265 | 4 | 64 | Granola Cereal | 300 | 6 | 60 |
| Fruit Twist 16oz | 170 | 1 | 47 | Oatmeal Cup | 143 | 6 | 24 |
| Sixx 16oz | 359 | 6 | 64 | Oatmeal Bowl | 214 | 9 | 37 |
| Brianna 16oz | 332 | 13 | 72 | Original Grilled Cheese | 95 | 14 | 1 |
| | | | | Tomatoe Toastie | 101 | 14 | 2 |
| Sandwiches & Wraps | | | | Toastie Nut | 300 | 16 | 3. |
| Major Malcolm wrap | 367 | 59 | 2 | Original PB&J | 350 | 12 | 27 |
| Moose Wrap | 324 | 27 | 5 | Cruncher | 397 | 12 | 39 |
| Robyn Wrap | 228 | 31 | 4 | Elvis | 433 | 13 | 40 |
| Goldini | 261 | 29 | 3 | Soopaman | 451 | 13 | 44 |
| PB/Banana/Bacon | 288 | 11 | 22 | | | | |
| Big Steve' O | 254 | 19 | 7 | | | | |

*All **nutritional information** comprises data obtained from suppliers and a **third-party** consultant based on product availability.

| | CALORIES | PROTEIN | CARBS | | CALORIES | PROTEIN | CARBS |
|-------------------|----------|---------|-------|-------------------|----------|---------|-------|
| Breads | | | | Add Banana | 52.5 | 0.65 | 26.9 |
| Whole Wheat Bread | 200 | 8 | 40 | Add Cranberry | 46 | 0 | 12.05 |
| Whole Grain Bread | 200 | 10 | 40 | Add Granola | 18.75 | 0.375 | 3.75 |
| Marble Rye Bread | 320 | 12 | 68 | Add Almond | 35 | 1.5 | 1 |
| Sourdough Bread | 280 | 10 | 56 | Add Pecans | 49 | 0.65 | 0.975 |
| Wheat Wrap | 100 | 6 | 12 | Add Fat free Milk | 22.5 | 2 | 3.25 |
| Spinach Wrap | 180 | 5 | 10 | Add Soy Milk | 25 | 1.5 | 2.75 |
| | | | | Add Almond milk | 10 | 0.25 | 0.5 |
| Add On's | | | | Add Rice Milk | 32.5 | 0.25 | 6.75 |
| Add Grapes | 10.2 | 0.12 | 2.67 | | | | |
| Add Strawberries | 2 | 0 | 0.5 | | | | |

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