

# Speedway Nutrition and Ingredients

## Breakfast



	<i>Calories</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrate (g)</i>	<i>Dietary Fiber (g)</i>	<i>Sugars (g)</i>	<i>Added Sugars (g)</i>	<i>Protein (g)</i>	<i>Vitamin D %</i>	<i>Calcium %</i>	<i>Iron %</i>	<i>Potassium %</i>
<b>Breakfast Sandwiches</b>															
Bacon, Egg & Cheese Croissant	310	17	8	0	125	670	27		4	3	13	2	10	10	2
Sausage, Bacon, Scrambled Egg & Cheese Croissant	490	35	14	0	160	900	27		4	3	17	2	10	10	2
Chicken & Cheese Biscuit	470	27	13	0	25	1380	40	2	1	1	15	0	10	15	2
Sausage, Egg & Cheese Muffin	420	27	10	0	155	810	27		2		15	2	15	10	3
Sausage, Egg & Cheese Biscuit	550	40	17	0	155	1370	33		2	1	14	2	15	15	3
Sausage, Egg and Queso Burrito	460	27	10	0	245	1360	37	2	2		17		30	20	

\* 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. Additional information available upon request. Item or flavor selection may vary by store.

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### Bacon, Egg & Cheese Croissant

Croissant (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Ascorbic Acid (Added as a Dough Conditioner), Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid], Water, Margarine [Palm Oil, Water, Salt, Emulsifiers (Soy Lecithin, Distilled Monoglycerides), Artificial Flavor, Citric Acid (Preservative), Mixed Tocopherols (Preservative), Vitamin A Palmitate, Beta Carotene (Color)], Enriched Bleached Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Bread Improver Blend [Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Syrup Solids, Oat Fiber, Sodium Stearoyl Lactylate, Monoglycerides, Sodium Alginate, Yeast, Xanthan Gum, Enzymes], Salt With Yellow Prussiate of Soda, Instant Yeast [Dried Yeast, Sorbitan Monostearate, Ascorbic Acid (Added as a Dough Conditioner), Calcium Propionate (Preservative), Eggs]), Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Added as a Preservative], azymes, Soy Lecithin [Non-Sticking Agent]), Applewood Smoked Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). **CONTAINS: Egg, Milk, Soy, Wheat**

### Sausage, Bacon, Scrambled Egg & Cheese Croissant

Croissant (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Ascorbic Acid (Added As A Dough Conditioner), Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid], Water, Margarine [Palm Oil, Water, Salt, Emulsifiers (Soy Lecithin, Distilled Monoglycerides), Artificial Flavor, Citric Acid (Preservative), Mixed Tocopherols (Preservative), Vitamin A Palmitate, Beta Carotene (Color)], Enriched Bleached Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Bread Improver Blend [Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Syrup Solids, Oat Fiber, Sodium Stearoyl Lactylate, Monoglycerides, Sodium Alginate, Yeast, Xanthan Gum, Enzymes], Salt With Yellow Prussiate Of Soda, Instant Yeast [Dried Yeast, Sorbitan Monostearate, Ascorbic Acid (Added As A Dough Conditioner), Calcium Propionate (Preservative), Eggs]), Sausage Patty (Pork, Water, Contains 2% Or Less Of The Following: Salt, Potassium Chloride, Dextrose, Spices, Monosodium Glutamate, Sodium Phosphates, Bht, Citric Acid, Caramel Color), Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Added As A Preservative], Enzymes, Soy Lecithin [Non-Sticking Agent]), Applewood Smoked Bacon (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite). **CONTAINS: Egg, Milk, Wheat**

### Chicken & Cheese Biscuit

Biscuit (Enriched Bleached Flour [Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Cultured Buttermilk [Skim Milk, Nonfat Dry Milk, Cultures Added], Water, Palm Oil, Contains 2% or Less of the Following: Baking Soda, Salt, Soybean Oil, Modified Food Starch, Sodium Acid Pyrophosphate, Sugar, Wheat Starch, Sodium Aluminum Phosphate, Monocalcium Phosphate, Soy Lecithin, Beta Carotene, Natural and Artificial Flavors), Breaded Chicken Breast Patty (Chicken Breast With Rib Meat, Bleached Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Wheat Flour, Salt, Spice, Cornstarch, Dextrose, Leavening [Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate], Yellow Corn Flour, Buttermilk Solids, Sodium Phosphates, Flavoring, Guar Gum, Methylcellulose, Oleoresin of Turmeric). **CONTAINS: Milk, Soy, Wheat**

### Sausage, Egg & Cheese Muffin

Plain English Muffin (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Yeast, Cornmeal, Dextrose, Contains 2% Or Less Of The Following: Wheat Gluten, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Potato Flour, Salt, Calcium Propionate, Distilled Vinegar, Fumaric Acid, Hydrogenated Soybean Oil, Monoglycerides, Propionic Acid, Phosphoric Acid, Non-Gmo Soybean Oil, Potassium Sorbate, Mineral Oil [Processing Aid], Nonfat Dry Milk), Sausage Patty (Pork, Water, Contains 2% Or Less Of The Following: Salt, Potassium Chloride, Dextrose, Spices, Monosodium Glutamate, Sodium Phosphates, Bht, Citric Acid, Caramel Color), Grilled Egg Patty (Whole Eggs, Water, Whole Milk Powder, Soybean Oil, Salt, Xanthan Gum, Citric Acid), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Added As A Preservative], Enzymes, Soy Lecithin [Non-Sticking Agent]). **CONTAINS: Egg, Milk, Soy, Wheat**

### Sausage, Egg & Cheese Biscuit

Biscuit (Enriched Bleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Buttermilk, [Cultured Low Fat Milk, Nonfat Dry Milk, Food Starch, Salt, Carrageenan, Pectin], Partially Hydrogenated Soybean Oil, Biscuit Concentrate [Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate), Salt, Sugar, Dextrose, Bleached Enriched Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate, Calcium Sulfate, Soybean And/Or Cottonseed Oil, Guar Gum], Shortening [Partially Hydrogenated Soybean Oil, Partially Hydrogenated Cottonseed Oil With Lecithin, Artificial Flavor, Artificial Color, Citric Acid], Artificial Flavor), Sausage Patty (Pork, Seasoning [Salt, Spices, Dextrose, Natural Pork Flavor (Pork Flavor, Corn Syrup Solids), Bha, Bht], Water, Caramel Color), Egg Patty (Whole Eggs, Nonfat Milk, Contains Less Than 2% Of The Following: Modified Corn Starch, Salt, Xanthan Gum, Citric Acid, Pepper), American Cheese (Cultured Milk, Skim Milk, Cream, Sodium Citrate, Salt, Color Added, Sodium Phosphate, Sorbic Acid [Preservative], Enzymes, Soy Lecithin). **CONTAINS: Egg, Milk, Soy, Wheat**

### Sausage, Egg and Queso Burrito

Filling: Scrambled Egg: Whole Eggs, Skim Milk, Soybean Oil, Corn Starch, Salt, Xanthan Gum, Citric Acid. Pork Sausage Crumbles: Pork, Water, Salt, Spices, Corn Syrup Solids, Dextrose, Bha, Propyl Gallate, Citric Acid. Jalapeno Cheese Sauce: Cheese Whey, Water, Modified Food Starch, Palm Oil, Contains Less Than 2% Of Maltodextrin, Salt, Jalapenos, Sodium Phosphate, Cheddar Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Sodium Citrate, Sodium Stearoyl Lactylate, Skim Milk, Vinegar, Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Mono And Diglycerides, Sodium Hexametaphosphate, Acetic Acid, Cream, Butterfat, Annatto Extract (Color), Disodium Inosinate, Natural Flavors, Yellow 6. Pasteurized Processed American Cheese Product: Pasteurized Processed American Cheese (American Cheese [Cultured Milk, Salt, Enzymes], Water, Cream, Sodium Phosphates, Salt, Sorbic Acid, Artificial Color), Powdered Cellulose (To Prevent Caking), Potassium Sorbate and Natamycin (Preservatives). Diced Green Chiles: Green Chile Peppers, Citric Acid. Tomatoes. Tequila Lime Flavored Seasoning: Spices, Salt, Hydrolyzed Corn Protein, Garlic Powder, Lime Juice Powder (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Natural Flavors (Including Grill), Citric Acid, And Silicon Dioxide Added To Prevent Caking. Corn Starch. Starch: Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum. Salt. Flour Tortilla: Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil), Contains 2% Or Less Of The Following: Salt, Mono- And Diglycerides, Dextrose, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Aluminum Sulfate), Fumaric Acid, Yeast, Preservatives (Calcium Propionate, Potassium Sorbate), Corn Starch, Carboxymethyl Gum, Wheat Starch, Xanthan Gum, Enzymes (Wheat Starch, Microcrystalline Cellulose), Dough Conditioner (Sodium Metabisulfite). **CONTAINS: Egg, Milk, Wheat**