

## Maple Street Biscuit Company Nutrition Information

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

The nutritional information seen here was prepared by a third party and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data is based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion, or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.



### Allergen and Gluten-Free Information

For our customers with food allergies and/or sensitivities, please inform your ambassador prior to ordering. Our gluten-free items are often prepared with shared equipment and cross contact is very likely. We cannot guarantee that cross contact with foods containing allergens will not occur but will make a reasonable effort to avoid it.

Cals = Calories | FatCals = Calories from Fat | Fat = Total Fat | Sat = Saturated Fat | Trans = Trans Fat | Chol = Cholesterol | Sod = Sodium | Carbs = Carbohydrates

(g) = grams | (mg) = milligrams

	Cals	FatCals	Fat(g)	Sat(g)	Trans(g)	Chol(mg)	Sod(mg)	Carbs(g)	Fiber(g)	Sug(g)	Prot(g)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	Sesame
<b>Fork &amp; Knife</b>																				
The Five and Dime - Chicken																				
with Sausage Gravy	1578	970	108	38	2.9	424	2390	85	3	11	56	x		x			x			x
with Shiitake Mushroom Gravy	1562	945	105.3	41.3	2.9	389	2342	89	4	12	52	x		x			x			x
The Five and Dime - Steak																				
with Sausage Gravy	1415	895.5	99.5	40.7	2.7	477	1963	71	2	11	55	x		x			x			x
with Shiitake Mushroom Gravy	1399	870.5	96.8	44	2.7	442	1915	75	3	12	51	x		x			x			x
Sticky Maple	994	376	41.8	8.3	2.8	78	1673	113	2	54	39			x			x			x
Iron Goat	616	254	28.3	13.5	0	234	754	69	2	31	21	x		x			x			x
The Farmer	969	442	49.1	12.2	2.8	102	1804	86	4	25	44			x			x			x
The Squawking Goat	969	400	44.4	14.1	0.2	110	1480	98	3	31	41			x			x			x
The Firebird	1095	651	72.3	18.2	0.2	97	3123	70	4	7	41			x			x			x
Sausage, Egg & Cheese	610	357	39.7	16.6	0	263	981	37	1	4	25	x		x			x			x
Bacon, Egg, & Cheese	572	319.5	35.5	12.8	2.6	249	1070	38	1	4	25	x		x			x			x
Retro - Chicken	721	318	35.3	8.3	0.2	62	1316	63	2	4	34	x		x			x			x

<b>Biscuits To-Go</b>																				
Iced Cinnamon Biscuits																				
single	510	164	18.2	8.4	0	2	524	78	1	44	8			x			x			x
1/2 dozen	3061	980	108.9	50.5	0	13	3141	469	7	263	50			x			x			x
dozen	6464	2147	238.6	111.6	0	26	6200	992	21	567	100			x			x			x
Biscuits																				
single with jam	514	147	16.3	7.2	0	1	507	85	2	49	8			x			x			x
1/2 dozen	1990	881	97.9	43.2	0	6	3027	224	7	23	45			x			x			x
dozen	3981	1762	195.8	86.4	0	12	6053	449	13	45	89			x			x			x

<b>Bowls</b>																				
Bluegrass Grits Bowl	760	461	51.2	22.2	3.5	333	1202	37	2	1	36			x			x			
Keto Bowl	591	461	51.2	10.9	3.5	448	870	25	13	15	31	x		x						x
Hash Bowl	620	369.9	41.1	7.2	4.6	248	1496	39	5	4	25	x		x						x

<b>Waffles</b>																				
Sweet Grace	646	311	34.5	10.4	0.4	105	614	105	3	78	10	x		x			x			x
Chix & Waffles	1412	648	72	15.3	0.9	182	2273	140	3	68	48	x		x			x			x

<b>Plates</b>																				
The Retro Plate																				
Biscuit and Jam	1101	529.2	58.8	12	3.8	437	1545	109	7	50	32	x		x			x			x
Biscuit and Gravy	1533	1009.2	112.1	36	3.8	552	2051	84	6	12	44	x		x			x			x

<b>Biscuits &amp; Gravy</b>																				
Biscuits & Gravy																				
with Sausage Gravy	1279	773	85.9	38.4	0	117	1517	96	3	14	27			x			x			x
with Shiitake Mushroom Gravy	1262	749	83.2	41.7	0	82	1469	100	3	16	23			x			x			x
Eggs-Treme Biscuits & Gravy																				
with Sausage Gravy	1435	873.8	97.1	41.8	0	531	1734	96	3	14	41			x			x			x
with Shiitake Mushroom Gravy	1418	849.8	94.4	45.1	0	496	1625	100	3	16	37			x			x			x



## Adult Beverages

Classic Mimosa	371	0	0	0	0	0	14	55	19	40	3								
Berry Fields Mimosa	628	0	0	0	0	0	20	125	7	114	1								
The Sunrise Mimosa	309	0	0	0	0	0	18	41	10	32	1								
Maple Bourbon Iced Coffee	273	6.2	3.3	0	0	23	44	30	1	27	2								
Bloody Mary	184	6	1	0	0	0	407	10	1	7	2								

## Tacos

Bacon Taco	417	189	21	6	2	257	1075	36	1	1	20	x		x					
Sausage Taco	422	198	22	7.6	0	261	970	35	1	1	20	x		x					x
Five and Dime Taco	653	360	40	12	1	297	1209	42	1	2	30	x		x					x
Squawking Goat Taco	506	203	22.5	5	0	259	925	51	1	14	24	x		x					x
Cremini + Spinach Taco	364	171	19	6	0	239	595	32	1	6	16	x		x					x
Steak Taco	504	301	33	9	0	254	758	27	0	2	23	x		x					x
Chocolate Chunk Cookie	390	162	18	11	0.5	50	340	52	3	32	5	x		x				x	x