

# Beyond the Menu Nutrition Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location. Last revised: 9/30/26

| Menu Item                     | Calories | Total Fat (g) | Sat Fat (g) | Carbs (g) | Protein (g) | Sodium (mg) | Fiber (g) | Potassium (mg) |
|-------------------------------|----------|---------------|-------------|-----------|-------------|-------------|-----------|----------------|
| Egg & Chz Breakfast Burrito   | 384      | 19.3          | 9.2         | 38        | 17          | 607         | 1         | 264            |
| B.E.C Breakfast Burrito       | 430      | 22.6          | 10.3        | 39        | 21          | 936         | 2         | 322            |
| Tofu Breakfast Burrito        | 415      | 17.8          | 4.3         | 43        | 25          | 503         | 7         | 395            |
| Cheese Omelet                 | 288      | 21.5          | 9.2         | 2         | 21          | 331         | 0         | 175            |
| Mediterranean Omelet          | 256      | 17.8          | 8.4         | 6         | 18          | 679         | 1         | 320            |
| Mushroom Spinach & Chz Omelet | 298      | 21.0          | 10.4        | 3         | 23          | 454         | 1         | 340            |
| Breakfast Scramble Bowl       | 397      | 24.0          | 9.0         | 23        | 21          | 582         | 2         | 531            |
| Turkey Cobb Sld               | 373      | 21.9          | 9.0         | 8         | 38          | 920         | 2         | 937            |
| Chx Caesar Wrap               | 435      | 19.4          | 5.7         | 38        | 32          | 719         | 3         | 556            |
| BLT Sandwich with Pesto       | 540      | 27.1          | 7.4         | 47        | 26          | 1384        | 3         | 480            |
| Patty Melt                    | 545      | 29.8          | 10.9        | 31        | 36          | 388         | 2         | 431            |
| Southwest Beef Soft Taco      | 304      | 18.0          | 8.5         | 19        | 16          | 445         | 2         | 292            |
| Chicken Soft Taco             | 300      | 14.6          | 7.1         | 17        | 25          | 456         | 2         | 331            |
| Southwestern Veg Bowl         | 271      | 4.4           | 0.5         | 51        | 8           | 516         | 7         | 595            |
| Macaroni & Chx Bowl           | 602      | 29.0          | 10.2        | 43        | 42          | 962         | 2         | 553            |
| Grilled Mac & Chz Sandwich    | 463      | 18.9          | 8.1         | 54        | 19          | 818         | 3         | 209            |
| Loaded Baked Potato           | 283      | 6.4           | 3.2         | 50        | 7           | 113         | 3         | 931            |
| Chili Cheese Baked Potato     | 264      | 3.1           | 1.4         | 53        | 7           | 97          | 5         | 976            |
| Brocc/Chickpea Baked Potato   | 342      | 5.7           | 0.5         | 65        | 10          | 274         | 8         | 1175           |
| Cheese Pizza                  | 381      | 16.0          | 8.0         | 46        | 13          | 682         | 2         | 230            |
| Pepperoni Pizza               | 524      | 29.2          | 13.0        | 46        | 18          | 1130        | 2         | 308            |
| Veggie Pizza                  | 387      | 16.1          | 8.0         | 47        | 13          | 683         | 2         | 271            |
| Chx Tenders 3oz               | 211      | 11.1          | 2.0         | 12        | 16          | 523         | 0         | 0              |
| Tater Tots                    | 135      | 7.3           | 1.0         | 17        | 1           | 373         | 1         | 249            |