

LePeep Nutritional Facts

Menu Item	Serve Size	Calories	Protein	Carbs	Fat	Sat fat	Chol	Fiber	Sodium
Aspen Crepes	13 Oz	1407	15	25	141	27	99	2	431
Breakfast Banana Split	11 Oz	366	11	70	7	2	6	6	86
Dutch Apple Oatmeal With Bagel	19 Oz	865	27	158	16	7	33	11	728
Dutch Apple Oatmeal With Gooley Bun	21 Oz	980	25	144	37	11	43	13	707
Gooley Buns	7 Oz	537	12	53	33	11	41	5	451
Egg Sandwich- English Muffin	8 Oz	468	23	49	19	7	235	3	1417
Granola Cranberry Oatmeal With Bagel	21 Oz	1188	32	213	27	8	33	15	858
Granola Cranberry Oatmeal W/ Gooley Bun	23 Oz	1345	31	209	49	13	43	18	726
Le Petit French Toast	9 Oz	545	27	55	23	8	463	2	1111
Just Oatmeal	14 Oz	420	14	85	4	1	2	8	255
Pancake Sandwich	7 Oz	484	21	35	29	11	350	1	1299
Almond Cranberry Pancakes	17 Oz	1436	34	184	70	21	376	11	1898
Banana Walnut Pancakes	18 Oz	1405	36	130	88	24	376	9	1886
Cookie Cakes Pancakes	19 Oz	1782	39	232	86	44	377	14	1944
Fruit Cakes Pancakes	19 Oz	1114	33	142	49	20	376	9	1889
Granola Blues	21 Oz	1491	37	199	64	22	376	10	1926
Blueberry Pankcakes	17 Oz	1027	26	132	46	20	376	4	1893
Granola Cakes	15 Oz	1336	36	162	62	22	376	7	1914
Wheat Germ Pancakes	13 Oz	1033	33	118	49	20	376	7	1888
French Toast	20 Oz	1027	46	125	38	12	1001	5	1285
Lumberjack Breakfast- Ham	21 Oz	1306	50	130	66	25	823	5	3368
Stuffed French Toast	23 Oz	1207	54	118	57	23	1176	5	1383
Eggs Benedict	18 Oz	717	41	65	34	13	497	5	2583
Harvest Benedict	21 Oz	820	28	70	50	22	506	8	1594
Salmon Eggs Benedict	21 Oz	1366	128	62	69	27	770	5	1632
Hen Pen- Bacon	10 Oz	551	27	55	25	7	430	5	1619
Hen Pen With Corned Beef Hash	13 Oz	657	31	65	31	10	457	6	1601
Hen Pen- Ham	13 Oz	588	39	56	23	7	474	5	2333
Hen Pen- Meatless	10 Oz	474	21	55	19	5	420	5	1120
Bumper Crop	18 Oz	907	31	68	58	25	583	7	1843
Dawnbreaker	16 Oz	843	45	60	46	17	565	5	2314
Green Fields Forever	17 Oz	884	45	63	50	20	600	5	1781
Oke Doke Artiechokee	18 Oz	743	51	66	31	10	565	7	1672
Drifter	18 Oz	849	39	84	40	18	475	9	1996
Gypsy	20 Oz	865	50	82	38	17	508	8	2768
Hobo Banquet	16 Oz	786	37	79	36	17	477	7	2072
Nomad	21 Oz	1090	49	92	61	18	502	11	2265
Wanderer	19 Oz	1058	58	81	56	23	510	7	3741
Breakfast Burrito- Ham	27 Oz	1138	51	109	55	22	494	8	3005
Breakfast Burrito- Bacon	27 Oz	1288	58	108	68	26	496	8	3736
Breakfast Burrito- Chicken	27 Oz	1172	56	108	56	22	506	8	2516
Huevos Ranchero	22 Oz	1275	45	149	55	20	472	10	2599
Mini Veggie Omelette	14 Oz	491	30	53	18	10	41	5	1193
Spinnaker	18 Oz	802	54	60	38	19	85	6	2470
White Lightening Omelette	21 Oz	780	56	64	33	17	105	7	1908
Colorado Omelette	18 Oz	727	60	55	29	12	78	6	2896
Mini Denver Omelette	13 Oz	658	38	52	32	14	462	5	1731
Sir Benedict Omelette	22 Oz	1162	52	69	76	32	762	7	2046
Spanish Omelette	23 Oz	947	45	68	54	25	682	6	2368
Spinach Bacon Omelette	19 Oz	1081	44	67	72	29	700	6	2756
Chicken Ship	17 Oz	650	24	64	35	6	46	8	1142
Cobb Salad	23 Oz	937	91	36	47	17	415	8	2286
Strawberry Patch Salad	18 Oz	945	82	42	52	15	188	8	2504
Garden Salad	16 Oz	215	7	34	7	1	0	9	181
Garden Salad With Chicken	22 Oz	499	61	34	13	3	146	9	308
Garden Salad With Salmon	23 Oz	575	45	37	28	5	107	10	285

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Side Salad Le Peep	6 Oz	67	3	13	1	0	0	3	86
Triple Decker Sandwich	20 Oz	769	55	66	33	10	95	13	3030
Chicken Salad Wrap	20 Oz	1019	35	105	52	14	77	9	2162
De Le Press- Cajun	20 Oz	915	77	81	31	11	172	6	2003
De Le Press- Slick Chick	17 Oz	666	58	74	15	3	124	6	2525
Chicken Crepes Benedict	18 Oz	1513	30	43	139	27	104	4	1405
Monte Cristo Crepes	21 Oz	1933	72	73	151	35	175	3	3806
Spinach Crepes Benedict	18 Oz	1432	14	45	138	26	56	5	1408
Funny Face Pancake	6 Oz	387	9	40	22	10	147	1	665
Granny's French Toast	13 Oz	714	33	83	27	9	726	3	932
Grilled Cheese	9 Oz	623	21	77	26	11	41	5	967
Kids Chocolate Chip Pancake	8 Oz	734	15	82	39	19	191	5	953
Kid's Combo	7 Oz	341	18	34	15	5	225	3	916
Kid's Pancake Sandwich	8 Oz	699	36	34	46	16	398	1	2032
Belgium Combo	15 Oz	1034	45	79	58	22	613	4	2946
Belgim Waffle	6 Oz	385	8	49	16	9	130	1	760
Belgium Waffle Add Fruit- Strawberries	8 Oz	403	9	53	17	9	130	2	760
Belgium Waffle Add Nuts- Almonds	7 Oz	550	14	55	31	10	130	4	768
Crabby Patty Benedict	19 Oz	822	25	66	54	18	464	3	1942
Chicken Fried Steak & Eggs	19 Oz	1126	38	97	65	21	484	6	2523
Sausage Hen Pen	15 Oz	855	47	67	45	15	528	5	2223
Steak-n-eggs	17 Oz	1011	94	55	44	14	645	5	1294
Homestead Breakfast	18 Oz	938	27	88	53	17	440	5	2652
Biscuits And Gravy	10 Oz	596	11	59	35	12	20	2	1775
Desperado	23 Oz	940	46	89	44	20	513	8	2895
Omni Omelette	22 Oz	1140	65	68	67	30	750	6	2942
Le Chef Salad	24 Oz	634	52	38	32	14	321	9	1650
Garden Salad With Steak	24 Oz	849	67	35	49	17	220	9	299
Garden Salad With Crab Cakes	24 Oz	583	16	68	33	8	20	11	1002
California Turkey	20 Oz	908	64	76	39	12	96	7	4092
Philly Cheese Steak	19 Oz	636	50	61	20	8	91	6	2885
Ultimate Blt	20 Oz	1118	62	62	69	24	115	5	4692
Da Cheezy Beef	20 Oz	740	53	65	29	14	118	5	2397
De Le Press- Club	18 Oz	812	52	74	35	13	104	5	3099
De Le Press- Pikes Peak	20 Oz	802	71	78	23	7	148	7	2049
De Le Press- Turkey Spinach	19 Oz	759	55	75	27	10	90	6	2520
Say Cheese	11 Oz	785	42	58	41	15	121	3	1505
Colorado Omelette- Balanced Cuisine	18 Oz	653	54	63	20	9	66	6	2185
De Le Press- Turkey Spinach- Bal Cuis	18 Oz	591	44	72	15	2	51	6	2435
Drifter, Balanced Cuisine	18 Oz	645	26	86	22	6	420	9	1693
Granola Cranberry Oatmeal W/Bagel- Bal Cuis	20 Oz	1091	31	212	18	2	2	15	767
Oke Doke Artiechokee- Balanced Cuisine	16 Oz	533	46	59	13	5	63	6	1476
Hen Pen- Ham- Balanced Cuisine	22 Oz	767	61	95	15	4	88	7	3868
Le Chef Salad- Balanced Cuisine	22 Oz	416	37	36	15	3	267	9	1432
Spinnaker- Balanced Cuisine	17 Oz	570	40	64	16	5	18	6	2254
White Lightening Omelette- Balanced Cuisine	18 Oz	507	39	63	10	2	36	7	1498
Mt Evans Crepes	21 Oz	1586	58	46	133	23	139	6	1716
Eighteen Wheeler- Bacon	16 Oz	887	43	85	41	13	884	5	1988
Eigtheen Wheeler- Ham	17 Oz	860	46	85	37	11	896	5	2014
Plain Cakes	12 Oz	1029	25	100	60	21	376	2	1884
Good Ol' Burger	12 Oz	868	45	72	43	13	124	4	1357
Bacon Cheesburger	14 Oz	1060	59	73	58	21	161	4	2379
Mountain Swiss Burger	14 Oz	982	54	74	51	18	150	4	1412