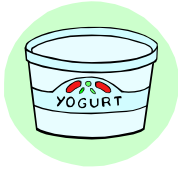


Healthy Breakfast Choices



@ Ed's Cafe



Food

Dannon Light and Fit Yogurt	80 calories/0g fat
English Muffin	165 calories/g fat
w/Fat Free cream cheese	
add turkey	225 calories/3g fat
or ham	225 calories/3g fat
or roast beef	215 calories/2g fat
Apple	85 calories/0g fat
Banana	105 calories/0g fat

Beverages

Skinny Latte (12 oz)	90 calories/0g fat
(SF Vanilla, SF Hazelnut, SF Raspberry, SF Caramel)	
Iced Skinny Latte (12 oz)	60 calories/0g fat
(SF Vanilla, SF Hazelnut, SF Raspberry, SF Caramel)	
Nonfat Cappuccino (12 oz)	60 calories/0g fat
(SF Vanilla, SF Hazelnut, SF Raspberry, SF Caramel)	
Tropical Smoothie (16 oz)	205 calories/0g fat
Berry Blast Smoothie (16 oz)	200 calories/0g fat
Banana Split Smoothie (16 oz)	205 calories/0g fat
Orange Juice (16 oz)	215 calories/0g fat