Golden Corral Breakfast Hours and Menu 2026

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Breakfast Buffet Prices

Item	Price	Calories
Adult	$12.99–$14.49	Includes buffet food, drinks usually extra
Senior (60+)	$11.99–$13.49	Discounted buffet price for seniors
Kids 9–12	$9.49–$9.99	Smaller portion buffet price
Kids 4–8	$8.49–$8.99	Youth buffet price
Kids 3 and under	Free	With paying adult, max 2 per adult

Breakfast Protein Items

Item	Price	Calories
Bacon (2 slices)	$3.99	80
Turkey Bacon (2 slices)	$3.99	60
Sausage Links (2)	$3.99	240
Turkey Sausage (2)	$3.99	160
Carved Glazed Ham (per piece)	$4.99	200
Chorizo and Eggs (1/2 cup)	$7.99	200
Breakfast Chicken Chilaquiles	$8.99	260

Egg and Omelet Dishes

Item	Price	Calories
Scrambled Eggs (1/2 cup)	$3.99	180
Vegetable Omelet Plate	$8.99	310
Eggs in a Basket	$5.99	190
Egg and Cheese Plate	$7.99	310
Bacon, Egg, and Cheese Plate	$8.99	570
Sausage, Egg, and Cheese Plate	$8.99	600
Chicken, Egg and Cheese Plate	$8.99	480

Breakfast Carbs & Breads

Item	Price	Calories
Buttermilk Biscuit	$2.99	230
Biscuits and Sausage Gravy	$8.99	approx. 500
Pancakes (3)	$3.99	240
Blueberry Pancakes (per pancake)	$3.99	80
Chocolate Chip Pancakes (per pancake)	$3.99	150
French Toast (1 slice)	$3.99	210
Banana Nut French Toast	$4.99	280
Cinnamon Roll	$3.99	160

Breakfast Bowls and Meals

Item	Price	Calories
Bacon, Egg, Hash Brown & Cheese Bowl	$8.99	660
Sausage, Egg, Hash Brown & Cheese Bowl	$8.99	630
Chicken, Potato Tot, Egg & Cheese Bowl	$8.99	640
Southwest Breakfast Bowl with Tots	$7.99	520
Bacon Breakfast Meal with Hashbrowns	$10.99	1,220
Sausage Breakfast Meal with Hashbrowns	$10.99	1,090
Chicken Fried Steak Breakfast Meal	$11.99	1,220

Cold Breakfast & Cereals

Item	Price	Calories
Frosted Flakes, Corn Pops, Fruit Loops	$2.99	80-100
Raisin Bran	$2.99	110
Cocoa Krispies	$2.99	120
Rice Krispies	$2.99	130
Blueberry Muffin	$3.99	330
Chocolate Chip Muffin	$3.99	430
Mini Muffins (Blueberry or Chocolate Chip)	$2.49	120-150
Banana Nut Bread	$3.99	190

Beverages

Item	Price	Calories
Fountain Drink (16 oz)	$3.49	150-200
Fountain Drink (32 oz)	$3.99	300-400
Coffee	$2.49	5
Orange Juice	$3.99	110
Milk	$3.99	130
Water	Free	0

Kids Breakfast Options

Item	Price	Calories
Sweet Tooth Plate (Pancakes, fruit, sausage)	$7.99	450
Classic Breakfast Plate (Eggs, bacon, hash browns, biscuit)	$7.99	650
French Toast with Fruit	$6.99	400
Cinnamon Pull Apart Roll	$3.99	200

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.