

Nutritional Menu

Bakers Square Restaurant has provided this nutritional guide to help you make better informed decisions when dining at Bakers Square. Please note that we often make changes to our menu to better serve you so be sure to check back to the website for the most updated information. Thank you!

SIGNATURE Skillets & Scramblers

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Bakers Scrambler (No Bread)	800	520	58	18	0	575	1830	37	4	5	35	•		•			•					
Chicken-Fried Steak Skillet (No Bread)	1190	710	79	18	0.5	550	3190	78	4	4	41	•		•			•		•	•	•	
Ultimate Skillet (No Bread)	980	660	74	20	0.5	585	2400	41	5	7	43	•		•			•					
Veggie Scrambler (No Bread)	730	470	53	16	0	535	1420	38	6	4	27	•		•			•					

SIDE OPTIONS

Honey Bran Muffin, 1 Each	490	200	22	3.5	0	50	580	65	8	28	7	•		•			•			•	•	
Banana Nut Muffin, 1 Each	500	220	25	3	0	40	450	59	2	29	8	•		•			•		•	•	•	
Blueberry Muffin, 1 Each	500	220	24	3.5	0	60	470	63	2	35	6	•		•			•			•	•	
Biscuit, 1 each (with Butter)	330	170	18	8	0	0	850	33	1	2	5			•			•			•	•	
Buttermilk Pancakes, 2 each (with butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•			•	•	
English Muffin (with butter)	240	80	9	2.5	0	0	400	31	1	3	7			•			•			•	•	
Toast, 2 Slices, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10			•			•			•	•	
Toast, 2 Slices, White, Buttered	310	120	14	4	0	0	420	34	1	2	6			•			•			•	•	
Toast, 2 Slices, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10			•			•			•	•	
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1											

CLASSIC Breakfasts

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Ultimate Meat Lover's Breakfast (No Side, No Bread)	650	500	56	18	0	580	2010	5	0	3	38	•					•					
Rise & Shine (No Side, No Bread)	220	160	18	5	0	475	150	1	0	0	13	•					•					
Rise & Shine, Hashbrowns (No Bread)	440	290	32	8	0.5	475	530	21	1	0	16	•					•					
Rise & Shine, Fresh Fruit (No Bread)	260	160	18	5	0	475	150	11	1	8	14	•					•					

Nutritional Menu

CLASSIC Breakfasts CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Chicken-Fried Steak & Eggs (No Side, No Bread)	790	460	52	14	0	535	1990	43	1	1	36	•		•			•		•	•	•
Ham Steak & Eggs (No Side, No Bread)	680	500	56	17	0	610	2710	7	0	5	46	•					•				
Classic Breakfast, Bacon (No Side, No Bread)	340	270	30	9	0	495	670	1	0	0	19	•					•				
Classic Breakfast, Sausage Links (No Side, No Bread)	500	390	44	14	0	535	780	3	0	1	24	•					•				
Classic Breakfast, Sausage Patties (No Side, No Bread)	560	460	51	18	0	540	780	3	0	1	23	•					•				
Classic Breakfast, Turkey Sausage (No Side, No Bread)	420	310	34	9	0	555	830	1	0	0	33	•					•				
Corned Beef Hash (No Bread)	690	390	44	9	0.5	545	2050	37	4	4	37	•		•			•				
SIDE OPTIONS																					
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Hash Browns, 4 oz, Prepared	220	120	14	2.5	0	0	390	20	1	0	3						•				
BREAD OPTIONS																					
Honey Bran Muffin, 1 Each	490	200	22	3.5	0	50	580	65	8	28	7	•		•			•			•	•
Banana Nut Muffin, 1 Each	500	220	25	3	0	40	450	59	2	29	8	•		•			•		•	•	•
Blueberry Muffin, 1 Each	500	220	24	3.5	0	60	470	63	2	35	6	•		•			•			•	•
Biscuit, 1 each (with Butter)	330	170	18	8	0	0	850	33	1	2	5			•			•			•	•
Buttermilk Pancakes, 2 each (with butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•			•	•
English Muffin (with butter)	240	80	9	2.5	0	0	400	31	1	3	7			•			•			•	•
Toast, 2 Slices, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10			•			•			•	•
Toast, 2 Slices, White, Buttered	310	120	14	4	0	0	420	34	1	2	6			•			•			•	•
Toast, 2 Slices, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10			•			•			•	•

Nutritional Menu

SIZZLING Sweets

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Strawberry Crepes, Hashbrowns (No Meat)	880	400	45	18	0.5	235	680	103	5	47	16	•		•			•			•	•
French Toast Combo, 2 Eggs (No Meat)	840	430	48	13	0.5	775	820	66	1	16	34	•		•			•			•	•
Buttermilk Pancake Combo, 2 Eggs (No Meat)	740	360	41	12	0	590	1270	65	1	16	24	•		•			•			•	•
Belgian Waffle Combo, 2 Eggs (No Meat)	690	390	43	17	0	630	1030	53	1	1	21	•		•			•			•	•
TOPPINGS																					
Cinnamon Apples, 3 oz; Whipped Cream, .25 oz	135	20	2	1.5	0	10	90	28	1	26	0			•							
Fresh Strawberries with Strawberry Sauce, 2 oz; Whipped Cream, .25 oz	115	20	2	1.5	0	10	35	24	1	21	1			•							
Triple Berry Sauce, 2 oz.; Whipped Cream, .25 oz	125	20	2	1.5	0	10	30	26	2	22	0			•							
Fresh Bananas & Strawberry Sauce, 2 oz; Whipped Cream, .25 oz	155	20	2	1.5	0	10	35	35	0	27	1			•							
MEAT OPTIONS																					
Bacon, 2 Strips	60	50	6	2	0	10	260	0	0	0	3										
Sausage Links, 2 Each	140	110	13	4.5	0	30	320	1	0	0	5										
Sausage Patty, 1 Each	170	150	17	7	0	35	320	1	0	0	5										
Turkey Sausage Links, 2 Each	100	70	8	2	0	40	340	0	0	0	10										

THREE-EGG Omelettes & Frittatas

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Bakers Omelette (No Side, No Bread)	380	260	29	11	0	520	670	7	1	3	26	•		•			•				
Bakers Omelette, Egg White (No Side, No Bread)	280	160	18	7	0	45	730	7	1	3	25	•		•			•				
Bakers Omelette, Low Cholesterol Eggs (No Side, No Bread)	300	180	20	7	0	140	850	7	1	3	25	•		•			•				
Smothered Meat Lovers Omelette (No Side, No Bread)	700	510	56	21	0	800	1590	13	1	4	39	•		•			•		•	•	•
Smothered Meat Lovers Omelette, Egg Whites (No Side, No Bread)	560	360	40	16	0	90	1680	13	1	4	39	•		•			•		•	•	•
Smothered Meat Lover's Omelette, Low Cholesterol Eggs (No Side, No Bread)	600	390	44	17	0	225	1860	13	1	5	38	•		•			•		•	•	•

Nutritional Menu

THREE-EGG Omelettes & Frittatas CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Create Your Own Omelette (No Side, No Bread)	300	210	24	7	0	710	220	2	0	0	20	•					•					
Create Your Own Omelette, Egg Whites (No Side, No Bread)	150	60	7	1.5	0	0	300	2	0	0	19	•					•					
Create Your Own Omelette, Low Cholesterol Eggs (No Side, No Bread)	180	90	10	2.5	0	140	480	2	0	1	19	•					•					
Veggie Omelette (No Side, No Bread)	400	270	30	11	0	730	610	8	2	2	27	•		•			•					
Veggie Omelette, Egg Whites (No Side, No Bread)	260	120	13	5	0	20	690	8	2	2	26	•		•			•					
Veggie Omelette, Low Cholesterol Eggs (No Side, No Bread)	290	150	17	6	0	160	870	8	2	3	26	•		•			•					
California Frittata (No Side, No Bread)	600	390	43	15	0	750	1100	25	6	4	32	•		•			•					
California Frittata, Egg Whites (No Side, No Bread)	460	240	26	9	0	40	1190	25	6	4	32	•		•			•					
California Frittata, Low Cholesterol Eggs (No Side, No Bread)	480	270	30	10	0	180	1370	25	6	5	31	•		•			•					
OMELETTE ADD-ONS																						
Add-On Avocado, 1/4	80	70	7	1	0	0	0	4	3	0	1											
Add-On Bacon, 2 Strips	60	50	6	2	0	10	260	0	0	0	3											
Add-On Broccoli, 1 oz	10	0	0	0	0	0	10	1	1	0	1											
Add-On Cheese, American, 1 slice	70	50	6	3.5	0	15	240	0	0	0	4			•			•					
Add-On Cheese, Bleu, 1 oz.	100	70	8	5	0	25	380	1	1	0	6			•								
Add-On Cheese, Cheddar, 1 slice	80	60	7	4	0	25	135	0	0	0	5			•								
Add-On Cheese, Feta, 1 oz.	80	50	6	4	0	20	320	1	1	0	5			•								
Add-On Cheese, Mozzarella, 1 oz	80	50	6	3.5	0	15	170	1	0	0	8			•								
Add-On Cheese, Pepper Jack, 1 slice	60	45	5	3	0	15	15	1	0	1	3			•			•					
Add-On Cheese, Swiss, 1 slice	70	70	8	5	0	25	60	1	0	0	8			•								
Add-On Diced Ham, 2 oz.	70	25	3	1	0	30	690	3	0	2	9											
Add-On Green Peppers, 1 oz	5	0	0	0	0	0	0	1	0	1	0											
Add-On Hollandaise Sauce, 2 fl oz	35	0	0	0	0	0	460	5	0	0	0			•			•			•	•	
Add-On Mushrooms, 1 oz	5	0	0	0	0	0	0	1	0	1	1											
Add-On Onions, 1 oz	10	0	0	0	0	0	0	3	0	1	0											
Add-On Sausage Links, 2 Each	140	110	13	4.5	0	30	320	1	0	0	5											

Nutritional Menu

THREE-EGG Omelettes & Frittatas

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

OMELETTE ADD-ONS CONT.

Add-On Sour Cream, 2 oz	120	110	12	7	0	40	120	4	0	4	2			•								
Add-On Spinach, 1 oz	5	0	0	0	0	0	20	1	1	0	1											
Add-On Tomatoes, 1 oz	5	0	0	0	0	0	0	1	0	1	0											
Add-On Turkey, 2 oz	60	25	2.5	1	0	25	300	1	0	1	10											

SIDE CHOICES

Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1											
Hash Browns, 4 oz, Prepared	220	120	14	2.5	0	0	390	20	1	0	3						•					

BREAD OPTIONS

Honey Bran Muffin, 1 Each	490	200	22	3.5	0	50	580	65	8	28	7	•		•			•			•	•
Banana Nut Muffin, 1 Each	500	220	25	3	0	40	450	59	2	29	8	•		•			•		•	•	•
Blueberry Muffin, 1 Each	500	220	24	3.5	0	60	470	63	2	35	6	•		•			•			•	•
Biscuit, 1 each (with Butter)	330	170	18	8	0	0	850	33	1	2	5			•			•			•	•
Buttermilk Pancakes, 2 each (with butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•			•	•
English Muffin (with butter)	240	80	9	2.5	0	0	400	31	1	3	7			•			•			•	•
Toast, 2 Slices, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10			•			•			•	•
Toast, 2 Slices, White, Buttered	310	120	14	4	0	0	420	34	1	2	6			•			•			•	•
Toast, 2 Slices, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10			•			•			•	•

BRILLIANT Benedicts

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

Eggs Benedict (No Side)	660	330	36	10	0	395	2670	44	1	6	34	•		•			•			•	•
Pepper Jack Benedict (No Side)	950	640	71	26	0	435	1230	41	2	7	35	•		•			•			•	•

Nutritional Menu

BRILLIANT Benedicts CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

SIDE CHOICES

Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1											
Hash Browns, 4 oz, Prepared	220	120	14	2.5	0	0	390	20	1	0	3						•					

4-SQUARE Combos

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

4-SQUARE OPTIONS

Eggs, 2 Each, Prepared (liquid)	220	160	18	5	0	475	150	1	0	0	13	•					•					
Eggs, 2 Each, Prepared (Poached)	130	80	8	3	0	325	125	1	0	0	11	•					•					
Eggs, 2 Each, Prepared (whole eggs)	190	140	15	4	0	325	125	1	0	0	11	•					•					
Egg Whites, 2 Each, Prepared	120	60	7	1.5	0	0	200	1	0	0	13	•					•					
2-Egg Cheese Omelette	330	240	27	10	0	505	330	2	0	0	20	•		•			•					
2-Egg White Omelette with Part-Skim Cheese	200	120	13	5	0	15	370	2	0	0	21	•		•			•					
2-Egg Low-Cholesterol Substitute Omelette with Part-Skim Cheese	220	140	15	5	0	110	490	2	0	1	21	•		•			•					
Bacon, 2 Strips	60	50	6	2	0	10	260	0	0	0	3											
Sausage Links, 2 Each	140	110	13	4.5	0	30	320	1	0	0	5											
Turkey Sausage Links, 2 Each	100	70	8	2	0	40	340	0	0	0	10											
Sausage Patty, 1 Each	170	150	17	7	0	35	320	1	0	0	5											
Burger Patty, 1/4-lb.	190	110	13	5	0.5	60	180	0	0	0	18											
Hash Browns, 4 oz, Prepared	220	120	14	2.5	0	0	390	20	1	0	3						•					
Grilled Breakfast Potatoes, 6 oz. Prepared	290	160	18	1.5	0	10	800	28	3	1	3	•					•					
Oatmeal with Milk, Brown Sugar & Raisins	550	210	24	9	0	10	410	74	4	51	8			•			•					•
Granola, 2 oz	250	80	9	1	0	0	130	39	3	16	5						•					•
Low-Fat Vanilla Yogurt, 3 oz	80	5	0.5	0	0	5	35	16	0	12	3			•								

Nutritional Menu

4-SQUARE Combos

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
4-SQUARE OPTIONS CONT.																					
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Cinnamon Apples, 3 oz	110	0	0	0	0	0	90	27	1	25	0			•							
Apple Sauce, 4 oz	50	0	0	0	0	0	0	13	1	11	0										
Tomatoes, 6 Slices	20	0	0	0	0	0	5	5	1	3	1										
Cottage Cheese, 3 oz	90	35	3.5	2.5	0	15	330	3	0	2	10			•							
Toast, 2 Slices, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10			•			•			•	•
Toast, 2 Slices, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10			•			•			•	•
Toast, 2 Slices, White, Buttered	310	120	14	4	0	0	420	34	1	2	6			•			•			•	•
English Muffin (with butter)	240	80	9	2.5	0	0	400	31	1	3	7			•			•			•	•
Biscuit, 1 Each (with gravy)	410	200	22	10	0	5	1450	41	1	3	7			•			•		•	•	•
Cornbread, Prepared, 1/6 (with butter)	270	120	13	5	0	80	380	33	1	11	5	•		•			•			•	•
Honey Bran Muffin, 1 Each	490	200	22	3.5	0	50	580	65	8	28	7	•		•			•			•	•
Banana Nut Muffin, 1 Each	500	220	25	3	0	40	450	59	2	29	8	•		•			•		•	•	•
Blueberry Muffin, 1 Each	500	220	24	3.5	0	60	470	63	2	35	6	•		•			•			•	•
Cinnamon Roll, 1 Each (with icing and butter)	700	350	38	17	0	45	900	79	2	37	9	•		•			•			•	•
Waffle, 1/2 Each (with butter)	270	140	16	7	0	80	470	26	1	1	4	•		•			•			•	•
Strawberry Crepe	340	150	17	8	0	120	150	40	1	23	7	•		•			•			•	•
Buttermilk Pancakes, 2 each (no butter)	230	70	8	2.5	0	60	540	32	1	8	6	•		•						•	•
Buttermilk Pancakes, 2 each (with butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•			•	•
Chocolate Chip Pancakes, 2 each (with syrup and whipped cream)	530	170	19	8	0	100	830	81	3	40	10	•		•			•			•	•
French Toast, 2 Pieces (with butter)	340	160	18	5	0	150	360	32	0	8	11	•		•			•			•	•
4-SQUARE SUPREME OPTIONS																					
Peanut Butter Banana French Toast	320	120	14	4	0	85	240	44		21	8	•		•	•		•			•	•
Small Chicken-Fried Steak (with gravy)	310	160	18	5	0	35	1120	23	1	1	12	•		•			•		•	•	•
Ham Steak, 1/2	230	170	19	6	0	65	1280	3	0	3	16										

Nutritional Menu

4-SQUARE Combos

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
4-SQUARE SUPREME OPTIONS CONT.																						
Yogurt with Fruit & Granola	160	25	3	0.5	0	0	65	32	2	21	4			•			•					•
Waffle, 1/2 Each (with Strawberry sauce)	270	100	11	6	0	85	440	37	1	11	4	•		•							•	•
Cinnamon Roll French Toast, 2 Pieces	660	350	39	15	0	195	840	67	2	26	14	•		•			•				•	•
Caramel Pecan Roll, 1 Each	810	370	41	13	0	45	810	105	3	60	10	•		•			•		•		•	•

HANDCRAFTED Salads

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Cobb Salad, Full (No Bread, No Dressing)	560	340	38	12	0	345	1200	13	7	4	44	•		•			•					
Cobb Salad, Lunch (No Bread, No Dressing)	310	200	23	7	0	175	600	7	4	2	22	•		•			•					
Cobb Salad with Bleu Cheese Dressing, Full (No Bread)	1070	800	89	22	0	390	1890	16	7	7	50	•		•			•					
Cobb Salad with Bleu Cheese Dressing, Lunch (No Bread)	570	430	48	12	0	195	950	9	4	4	25	•		•			•					
Honey Mustard Chicken Salad, Full (No Bread, No Dressing)	610	330	37	5	0	50	1100	47	6	16	25	•		•			•		•	•	•	•
Honey Mustard Chicken Salad, Lunch (No Bread, No Dressing)	370	200	22	3	0	35	710	28	4	8	16	•		•			•		•	•	•	•
Honey Mustard Chicken Salad with Honey Mustard Dressing, Full (No Bread)	1120	790	88	13	0	110	1700	59	6	28	25	•		•			•		•	•	•	•
Honey Mustard Chicken Salad with Honey Mustard Dressing, Lunch (No Bread)	630	430	48	7	0	65	1010	34	4	14	16	•		•			•		•	•	•	•
Mediterranean Chicken Salad, Full (No Bread, No Dressing)	340	160	18	6	0	95	1050	13	6	5	33			•			•					
Mediterranean Chicken Salad, Lunch (No Bread, No Dressing)	210	110	13	3.5	0	50	530	7	3	3	16			•			•					
Mediterranean Chicken Salad with Light Olive Oil Dressing, Full (No Bread)	520	320	36	9	0	95	1830	22	6	11	33			•			•					
Mediterranean Chicken Salad with Light Olive Oil Dressing, Lunch (No Bread)	300	190	22	5	0	50	920	11	3	6	16			•			•					
Citrus Quinoa Salad, Full (No Bread, No Dressing, No Chicken)	450	160	18	5	0	20	420	60	9	1727	16			•					•			
Citrus Quinoa Salad, Lunch (No Bread, No Dressing, No Chicken)	250	90	9	3	0	10	220	33	5	864	9			•					•			

Nutritional Menu

HANDCRAFTED Salads CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Citrus Quinoa Salad with Orange Vinaigrette, Full (No Bread, No Chicken)	630	290	32	8	0	20	1040	76	9	1739	16			•			•		•		
Citrus Quinoa Salad with Orange Vinaigrette, Lunch (No Bread, No Chicken)	340	150	17	4	0	10	530	41	5	870	9			•			•		•		
Citrus Quinoa Salad with Chicken and Orange Vinaigrette, Full (No Bread)	820	380	42	10	0	95	1470	76	9	1739	40			•			•		•		
Citrus Quinoa Salad with Chicken and Orange Vinaigrette, Lunch (No Bread)	460	230	25	6	0	50	740	41	5	870	21			•			•		•		
Apple Walnut Chicken Salad, Full (No Bread, No Dressing)	410	220	24	6	0	65	690	30	6	868	20	•		•			•		•		
Apple Walnut Chicken Salad, Lunch (No Bread, No Dressing)	210	110	12	3	0	35	350	16	3	434	10	•		•			•		•		
Apple Walnut Chicken Salad with Light Olive Oil Dressing, Full (No Bread)	590	380	42	9	0	65	1470	39	6	874	20	•		•			•		•		
Apple Walnut Chicken Salad with Light Olive Oil Dressing, Lunch (No Bread)	300	190	21	4.5	0	35	740	20	3	437	10	•		•			•		•		
Garden Side Salad (No Dressing)	80	25	3	0.5	0	0	115	11	2	3	3						•			•	•
SALAD DRESSING OPTIONS																					
Blue Cheese Dressing, 1 oz. (Artisan, Kids)	170	150	17	3.5	0	15	230	1	0	1	2	•		•			•				
Blue Cheese Dressing, 1.5 oz. (Lunch)	250	230	25	5	0	20	340	1	0	1	3	•		•			•				
Blue Cheese Dressing, 3 oz. (Full)	510	460	51	10	0	45	690	3	0	3	6	•		•			•				
Honey Mustard Dressing, 1 oz. (Artisan, Kids)	170	150	17	2.5	0	20	200	4	0	4	0	•					•				
Honey Mustard Dressing, 1.5 oz. (Lunch)	250	230	25	3.5	0	30	300	6	0	6	0	•					•				
Honey Mustard Dressing, 3 oz. (Full)	510	460	51	7	0	60	600	12	0	12	0	•					•				
Lite Olive Oil Vinaigrette, 1 oz. (Artisan, Kids)	60	50	6	1	0	0	260	3	0	2	0						•				
Lite Olive Oil Vinaigrette, 1.5 oz. (Lunch)	90	80	9	1.5	0	0	390	4	0	3	0						•				
Lite Olive Oil Vinaigrette, 3 oz. (Full)	180	160	18	3	0	0	780	9	0	6	0						•				
Orange Vinaigrette, 1 oz. (Artisan, Kids)	60	45	5	1	0	0	210	5	0	4	0						•				
Orange Vinaigrette, 1.5 oz. (Lunch)	90	70	7	1	0	0	310	8	0	6	0						•				
Orange Vinaigrette, 3 oz. (Full)	180	130	14	2.5	0	0	620	15	0	12	1						•				

Nutritional Menu

HANDCRAFTED Salads

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

SALAD DRESSING OPTIONS CONT.

Ranch Dressing, 1 oz. (Artisan, Kids)	120	110	12	0	0	10	160	1	0	1	1	•		•			•					
Ranch Dressing, 1.5 oz. (Lunch)	180	160	18	0	0	15	250	1	0	1	1	•		•			•					
Ranch Dressing, 3 oz. (Full)	350	330	36	0	0	35	490	2	0	2	2	•		•			•					

BREAD OPTIONS

Cornbread, Prepared, 1/6 Slice (with Butter)	270	120	13	5	0	80	380	33	1	11	5	•		•			•			•	•
Dinner Roll (with Butter)	210	90	10	3.5	0	5	260	19	1	3	3	•		•			•			•	•
Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•			•	•

HOMESTYLE Soups

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

Chicken Noodle, Bowl (No Bread)	90	0	0	0	0	30	1510	15	3	2	6	•								•	•
Chicken Noodle, Cup (No Crackers)	45	0	0	0	0	15	760	8	1	1	3	•								•	•
Chicken Noodle, Cup with crackers	100	10	1	0	0	15	920	18	1	1	3	•					•			•	•
Tomato Basil, Bowl (No Bread)	350	270	29	18	0	90	1180	18	3	9	3			•			•				
Tomato Basil, Cup (No Crackers)	180	130	15	9	0	45	590	9	1	4	1			•			•				
Tomato Basil, Cup with crackers	230	140	16	9	0	45	750	19	1	4	1			•			•			•	•

SOUP & SALAD

Soup & Salad - Low Calorie Option	230																					
Soup & Salad - High Calorie Option	600																					

BREAD OPTIONS

Cornbread, Prepared, 1/6 Slice (with Butter)	270	120	13	5	0	80	380	33	1	11	5	•		•			•			•	•
Dinner Roll (with Butter)	210	90	10	3.5	0	5	260	19	1	3	3	•		•			•			•	•
Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•			•	•

Nutritional Menu

ARTISAN Pie Shop Special®

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

ARTISAN SANDWICHES

Turkey Bacon Avocado	700	370	41	12	0	105	1890	43	4	2	36	•		•			•				•	•
Horseradish Beef Baguette	470	180	20	9	0	80	1430	44	3	2	35			•			•				•	•
Artichoke Melt	490	240	27	9	0	40	1090	43	5	2	15			•			•				•	•

SEASONAL SALADS

Mediterranean Salad with Light Olive Oil Vinaigrette	130	90	10	3	0	10	560	8	2	4	4			•			•					
Mediterranean Salad (No Dressing)	70	35	4	2	0	10	300	5	2	2	4			•								

SOUPS

See Soup List on Page 10

PIES

See Pie Nutritional Menu

PRIMO Pie Shop Special

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

PRIMO 1/2 HOT SANDWICH

Supreme Grown-Up Grilled Cheese, Half	420	260	29	14	0	60	1010	18	1	2	21			•			•				•	•
Marbled Rye Reuben, Half	400	230	26	8	0	60	980	30	2	3	23	•		•			•				•	•
Albacore Tuna Melt on White Bread, Half	390	220	25	4	0	50	660	18	1	2	21	•	•	•			•				•	•
Albacore Tuna Melt on Wheat Bread, Half	430	220	25	4	0	50	730	26	2	4	23	•	•	•			•				•	•
Albacore Tuna Melt on Marbled Rye Bread, Half	430	220	25	4	0	50	680	26	2	2	23	•	•	•			•				•	•
Classic French Dip, Half	340	60	7	2	0	45	1620	41	3	0	25			•			•				•	•

SEASONAL SALADS

Mediterranean Salad with Light Olive Oil Vinaigrette	130	90	10	3	0	10	560	8	2	4	4			•			•					
Mediterranean Salad (No Dressing)	70	35	4	2	0	10	300	5	2	2	4			•								

Nutritional Menu

PRIMO Pie Shop Special CONT.

Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

SOUPS

See Soup List on Page 10

PIES

See Pie Nutritional Menu

CLASSIC Pie Shop Special

Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

CLASSIC 1/2 DELI SANDWICHES

Albacore Tuna Salad on Rye, Half	270	100	11	0	0	25	360	27	3	2	15	•	•			•			•	•
Albacore Tuna Salad on Wheat, Half	270	100	11	0	0	25	410	27	3	4	15	•	•			•			•	•
Albacore Tuna Salad on White, Half	230	90	11	0	0	25	340	19	1	2	13	•	•			•			•	•
Bacon Lover's BLT on Rye, Half	290	150	17	3	0	20	600	26	2	2	10	•				•			•	•
Bacon Lover's BLT on Wheat, Half	290	150	17	3	0	20	650	26	2	4	10	•				•			•	•
Bacon Lover's BLT on White, Half	250	150	17	3	0	20	580	18	1	2	8	•				•			•	•
Ham & Swiss Sandwich on Rye, Half	330	160	18	6	0	60	940	29	2	4	22	•	•			•			•	•
Ham & Swiss Sandwich on Wheat, Half	330	160	18	6	0	60	990	29	2	6	22	•	•			•			•	•
Ham & Swiss Sandwich on White, Half	290	150	17	6	0	60	920	21	1	4	20	•	•			•			•	•
Hand-Carved Turkey Breast Sandwich on Rye, Half	260	100	11	1	0	30	520	27	2	2	15	•				•			•	•
Hand-Carved Turkey Breast Sandwich on Wheat, Half	260	100	11	1	0	30	570	27	2	4	15	•				•			•	•
Hand-Carved Turkey Breast Sandwich on White, Half	220	90	10	1	0	30	500	19	1	2	13	•				•			•	•

SEASONAL SALADS

Mediterranean Salad with Light Olive Oil Vinaigrette	130	90	10	3	0	10	560	8	2	4	4		•			•				
Mediterranean Salad (No Dressing)	70	35	4	2	0	10	300	5	2	2	4		•							

Nutritional Menu

CLASSIC Pie Shop Special CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

SOUPS

See Soup List on Page 10

PIES

See Pie Nutritional Menu

PERFECT Pitas

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

Honey Mustard Club Pita (No Side)

650	350	40	15	0	125	1930	50	3	8	46	•		•				•			•	•
-----	-----	----	----	---	-----	------	----	---	---	----	---	--	---	--	--	--	---	--	--	---	---

Fajita Pita (No Side)

750	400	45	15	0	125	1780	60	8	8	49			•				•			•	•
-----	-----	----	----	---	-----	------	----	---	---	----	--	--	---	--	--	--	---	--	--	---	---

Stir-Fry Pita (No Side)

700	340	38	14	0	125	1890	60	4	12	50			•				•			•	•
-----	-----	----	----	---	-----	------	----	---	----	----	--	--	---	--	--	--	---	--	--	---	---

Stir-Fry Pita (No Chicken, No Side)

540	250	28	12	0	50	1480	66	6	15	28			•				•			•	•
-----	-----	----	----	---	----	------	----	---	----	----	--	--	---	--	--	--	---	--	--	---	---

SIDE OPTIONS

French Fries, Prepared, 4 oz

370	180	20	3	0	0	150	34	3	0	3							•				
-----	-----	----	---	---	---	-----	----	---	---	---	--	--	--	--	--	--	---	--	--	--	--

Coleslaw, 3 oz

100	60	7	1	0	10	170	8	2	7	1	•						•				
-----	----	---	---	---	----	-----	---	---	---	---	---	--	--	--	--	--	---	--	--	--	--

Fresh Fruit, Cup

40	0	0	0	0	0	5	10	1	8	1											
----	---	---	---	---	---	---	----	---	---	---	--	--	--	--	--	--	--	--	--	--	--

CRUSH Burgers

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

All-American Crush Burger (No Cheese, No Side)

660	350	39	14	0	95	780	45	2	8	27							•			•	•
-----	-----	----	----	---	----	-----	----	---	---	----	--	--	--	--	--	--	---	--	--	---	---

The Works Burger (No Side)

1090	700	78	26	0	150	1970	53	3	13	42	•		•				•			•	•
------	-----	----	----	---	-----	------	----	---	----	----	---	--	---	--	--	--	---	--	--	---	---

Nutritional Menu

CRUSH Burgers CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
ADD-ON CHEESE OPTIONS																					
Add-On Cheese, American, 2 Slices	140	110	12	7	0	30	480	0	0	0	8			•			•				
Add-On Cheese, Bleu, 1 oz	100	70	8	5	0	25	380	1	1	0	6			•							
Add-On Cheese, Cheddar, 2 Slices	160	130	14	8	0	50	270	0	0	0	10			•							
Add-On Cheese, Feta, 1 oz	80	50	6	4	0	20	320	1	1	0	5			•							
Add-On Cheese, Mozzarella, 1 oz	80	50	6	3.5	0	15	170	1	0	0	8			•							
Add-On Cheese, Pepper Jack, 2 Slices	120	90	10	6	0	30	30	2	0	1	6			•			•				
Add-On Cheese, Swiss, 2 Slices	140	140	16	10	0	50	120	2	0	0	16			•							
ADD-ON OPTIONS																					
Add-On Bacon, 2 Strips	60	50	6	2	0	10	260	0	0	0	3										
Add-On Crush Burger Patty, 1 Each	330	240	27	12	0	95	190	0	0	0	18										
Add-On Fried Egg	90	70	8	2	0	165	60	0	0	0	6	•					•				
Add-On Garlic-Grilled Mushrooms, 2 oz	80	60	7	2	0	0	85	2	1	1	2			•			•				
Add-On Garlic-Grilled Onions, 1 oz	80	60	6	2	0	0	85	3	0	1	0			•			•				
Add-On Red Chili (Seasonal), 2 oz	50	20	2	0.5	0	5		5	1	0	3						•			•	•
Add-On Avocado, 1/4	80	70	7	1	0	0	0	4	3	0	1										
BURGER SUBSTITUTES																					
Boca Burger Patty, 1 Each	200	70	8	1.5	0	0	740	12	8	1	27						•			•	•
Grilled Chicken Breast, 1 Each	190	90	10	2	0	75	540	0	0	0	24						•				
All-American Crush Burger with Boca Burger Patty (No Cheese, No Side)	530	180	20	3.5	0	0	1440	57	10	9	37						•			•	•
All-American Crush Burger with Grilled Chicken Breast (No Cheese, No Side)	520	200	22	4	0	75	1240	45	2	8	34						•			•	•
The Works Burger with Boca Burger Patty (No Cheese, No Side)	960	530	59	15	0	55	2630	64	11	14	51	•		•			•			•	•
The Works Burger with with Grilled Chicken Breast (No Cheese, No Side)	950	550	61	16	0	130	2430	53	3	13	48	•		•			•			•	•

Nutritional Menu

CRUSH Burgers CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

SIDE OPTIONS

French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•					
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•					
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1											

SAVORY Sandwiches

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
--	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------------	-------------	------	------	------	---------	-----------	-----	-------------	-----------	-------	--------

Bacon Lover's BLT on White Bread (No Side)	500	300	33	6	0	40	1170	36	2	4	16	•					•			•	•
Bacon Lover's BLT on Wheat Bread (No Side)	580	310	34	6	0	40	1310	52	5	8	20	•					•			•	•
Bacon Lover's BLT on Marbled Rye Bread (No Side)	580	310	34	6	0	40	1210	52	5	4	20	•					•			•	•
Classic French Dip (No Cheese, No Side)	590	120	13	3.5	0	90	3020	64	4	1	48			•			•			•	•
Classic French Dip with Cheese (No Side)	660	190	21	9	0	115	3080	65	4	1	56			•			•			•	•
Bakers Club on White Bread (No Side)	850	450	50	12	0	135	2210	56	2	7	43	•		•			•			•	•
Bakers Club on Wheat Bread (No Side)	970	460	51	12	0	135	2420	80	7	13	49	•		•			•			•	•
Bakers Club on Marbled Rye Bread (No Side)	970	460	51	12	0	135	2270	80	7	7	49	•		•			•			•	•
Marbled Rye Reuben (No Side)	740	390	44	15	0	125	1960	59	4	7	46	•		•			•			•	•

SIDE OPTIONS

French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•					
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•					
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1											

Nutritional Menu

TOASTY Melts

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Crush Patty Melt (No Side)	880	510	57	21	0	125	1050	53	5	3	36			•			•			•	•
Supreme Grown-Up Grilled Cheese (No Side)	830	520	58	27	0	120	2030	37	1	3	41			•			•			•	•
Albacore Tuna Melt on White Bread (No Side)	770	440	49	8	0	105	1320	37	2	3	43	•	•	•			•			•	•
Albacore Tuna Melt on Wheat Bread (No Side)	850	450	50	8	0	105	1460	53	5	7	47	•	•	•			•			•	•
Albacore Tuna Melt on Marbled Rye Bread (No Side)	850	450	50	8	0	105	1360	53	5	3	47	•	•	•			•			•	•
Chicken Cheddar Bacon Melt on White Bread (No Side)	680	360	40	13	0	135	1300	36	1	3	43			•			•			•	•
Chicken Cheddar Bacon Melt on Wheat Bread (No Side)	760	370	41	13	0	135	1440	52	4	7	47			•			•			•	•
Chicken Cheddar Bacon Melt on Marbled Rye Bread (No Side)	760	370	41	13	0	135	1340	52	4	3	47			•			•			•	•
Chicken Avocado Bacon Melt on White Bread (No Side)	770	470	53	17	0.5	135	920	42	5	4	48			•			•			•	•
Chicken Avocado Bacon Melt on Wheat Bread (No Side)	850	480	54	17	0.5	135	1060	58	8	8	52			•			•			•	•
Chicken Avocado Bacon Melt on Marbled Rye Bread (No Side)	850	480	54	17	0.5	135	960	58	8	4	52			•			•			•	•

SIDE OPTIONS

French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										

HOMESTYLE Dinners

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Slow-Roasted Turkey, Full (No Sides, No Bread)	590	200	23	8	0	80	2490	56	2	16	37			•			•			•	•
Slow-Roasted Turkey, Just Right Portion (No Sides, No Bread)	320	100	11	4	0	40	1240	34	1	13	19			•			•			•	•
Chopped Steak Dinner (No Sides, No Bread)	740	560	62	25	0	155	1640	10	1	3	33		•	•			•			•	•
Savory Pot Roast, Full (No Side, No Bread)	670	320	36	12	0	95	1840	39	4	7	43			•			•			•	•
Savory Pot Roast, Just Right Portion (No Side, No Bread)	370	190	21	7	0	45	920	19	2	3	21			•			•			•	•
Traditional Chicken Pot Pie with Salad (No Dressing, No Bread)	1240	750	83	42	1	225	2930	99	5	11	38	•		•			•			•	•

Nutritional Menu

HOMESTYLE Dinners CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Deluxe Chicken & Bacon Mac 'n Cheese, Full (No Bread)	1890	1090	122	59	0.5	375	4080	110	4	14	97			•			•		•	•	•
Deluxe Chicken & Bacon Mac 'n Cheese, Just Right Portion (No Bread)	980	580	64	30	0	185	2040	55	2	7	48			•			•		•	•	•
Seared Steak Tips (No Sides, No Bread)	510	270	30	6	0	150	1170	4		1	50										
BREAD OPTIONS																					
Cornbread, Prepared, 1/6 Slice (with Butter)	270	120	13	5	0	80	380	33	1	11	5	•		•			•			•	•
Dinner Roll (with Butter)	210	90	10	3.5	0	5	260	19	1	3	3	•		•			•			•	•
Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•			•	•
SIDE OPTIONS																					
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Fire-Roasted Potato Medley, 3 oz	190	100	11	1.5	0	0	390	19	2	3	2			•			•				
Green Beans, 2.5 oz	90	60	7	1.5	0	0	115	5	2	2	1						•				
Grilled Vegetables, 4.5 oz	90	60	7	1.5	0	0	135	5	2	2	2						•				
Mashed Potatoes with Brown Gravy, 2 oz	180	50	6	3.5	0	0	760	29	3	1	3			•			•		•	•	•
Mashed Potatoes with Country Gravy, 2 oz	180	50	5	3.5	0	5	850	31	3	2	3			•			•		•	•	•
Mashed Potatoes with Turkey Gravy, 2 oz	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•		•	•	•
Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•			•	•
Quinoa Vegetable Saute, 5.5 oz	170	80	9	2.5	0	0	220	16	3	3	4			•			•				

Nutritional Menu

TENDER & TASTY Chicken

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Lemon Artichoke Chicken, Full (No Side, No Bread)	560	310	35	9	0.5	155	1420	8	3	3	51			•			•					
Lemon Artichoke Chicken, Just Right Portion (No Side, No Bread)	370	220	25	7	0	80	930	8	3	3	27			•			•					
Honey Mustard Chicken, Full (No Side, No Bread)	770	490	54	9	0	190	1270	17	2	13	52	•					•					
Honey Mustard Chicken, Just Right Portion (No Side, No Bread)	450	310	34	6	0	95	630	8	1	6	26	•					•					
Chicken Tenders, Full (No Side, No Bread)	980	650	73	11	0	125	1960	47	1	8	34	•		•			•			•	•	
Chicken Tenders, Just Right Portion (No Side, No Bread)	720	510	57	8	0	90	1330	31	1	8	20	•		•			•			•	•	
Asian Chicken Stir-Fry, Full (No Bread)	800	250	28	6	0	75	3190	99	7	30	37	•		•			•			•	•	
Asian Chicken Stir-Fry, Just Right Portion (No Bread)	400	120	14	3	0	40	1600	49	3	15	18	•		•			•			•	•	
Asian Stir-Fry, Full (No Chicken, No Bread)	610	160	18	4.5	0	0	2760	99	7	30	13	•		•			•			•	•	
Asian Stir-Fry, Just Right Portion (No Chicken, No Bread)	310	80	9	2	0	0	1380	49	3	15	6	•		•			•			•	•	
BREAD OPTIONS																						
Cornbread, Prepared, 1/6 Slice (with Butter)	270	120	13	5	0	80	380	33	1	11	5	•		•			•			•	•	
Dinner Roll (with Butter)	210	90	10	3.5	0	5	260	19	1	3	3	•		•			•			•	•	
Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•			•	•	
SIDE OPTIONS																						
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•					
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•					
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1											
Fire-Roasted Potato Medley, 3 oz	190	100	11	1.5	0	0	390	19	2	3	2			•			•					
Green Beans, 2.5 oz	90	60	7	1.5	0	0	115	5	2	2	1						•					
Grilled Vegetables, 4.5 oz	90	60	7	1.5	0	0	135	5	2	2	2						•					
Mashed Potatoes with Brown Gravy, 2 oz	180	50	6	3.5	0	0	760	29	3	1	3			•			•		•	•	•	
Mashed Potatoes with Country Gravy, 2 oz	180	50	5	3.5	0	5	850	31	3	2	3			•			•		•	•	•	
Mashed Potatoes with Turkey Gravy, 2 oz	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•		•	•	•	
Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•			•	•	
Quinoa Vegetable Saute, 5.5 oz	170	80	9	2.5	0	0	220	16	3	3	4			•			•					

Nutritional Menu

SELECTIONS From the Sea

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Salmon Teriyaki (No Side, No Bread)	450	260	29	5	0	110	1070	11	0	7	36		•				•			•	•
Lemon Butter Tilapia (No Side, No Bread)	310	160	18	6	0	95	430	2	0	0	35		•	•			•				
Fish & Chips, Full (No Side, No Bread)	1460	910	101	14	0	95	2760	97	14	5	31	•	•	•			•			•	•
Fish & Chips, Just Right Portion (No Side, No Bread)	1140	730	81	12	0	70	1900	72	10	3	20	•	•	•			•			•	•
BREAD OPTIONS																					
Cornbread, Prepared, 1/6 Slice (with Butter)	270	120	13	5	0	80	380	33	1	11	5	•		•			•			•	•
Dinner Roll (with Butter)	210	90	10	3.5	0	5	260	19	1	3	3	•		•			•			•	•
Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•			•	•
SIDE OPTIONS																					
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Fire-Roasted Potato Medley, 3 oz	190	100	11	1.5	0	0	390	19	2	3	2			•			•				
Green Beans, 2.5 oz	90	60	7	1.5	0	0	115	5	2	2	1						•				
Grilled Vegetables, 4.5 oz	90	60	7	1.5	0	0	135	5	2	2	2						•				
Mashed Potatoes with Brown Gravy, 2 oz	180	50	6	3.5	0	0	760	29	3	1	3			•			•		•	•	•
Mashed Potatoes with Country Gravy, 2 oz	180	50	5	3.5	0	5	850	31	3	2	3			•			•		•	•	•
Mashed Potatoes with Turkey Gravy, 2 oz	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•		•	•	•
Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•			•	•
Quinoa Vegetable Saute, 5.5 oz	170	80	9	2.5	0	0	220	16	3	3	4			•			•				

Nutritional Menu

GLUTEN SENSITIVE Menu

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
GLUTEN SENSITIVE BREAKFAST																					
Gluten Sensitive - Ham Steak & Eggs (No Side)	680	500	56	17	0	610	2710	7	0	5	46	•					•				
Gluten Sensitive - Ham Steak & Eggs, Fresh Fruit	720	500	56	17	0	610	2720	17	1	13	46	•					•				
Gluten Sensitive - Ham Steak & Eggs, Hash Browns	900	630	70	20	0.5	610	3100	27	1	5	48	•					•				
Gluten Sensitive - Ultimate Meat Lover's Breakfast (No Side)	650	500	56	18	0	580	2010	5	0	3	38	•					•				
Gluten Sensitive - Ultimate Meat Lover's Breakfast, Fresh Fruit	690	500	56	18	0	580	2010	15	1	11	38	•					•				
Gluten Sensitive - Ultimate Meat Lover's Breakfast, Hash Browns	870	620	70	20	0.5	580	2390	25	1	3	40	•					•				
Gluten Sensitive - Classic Breakfast, Bacon (No Side)	340	270	30	9	0	495	670	1	0	0	19	•					•				
Gluten Sensitive - Classic Breakfast, Bacon, Fresh Fruit	380	270	30	9	0	495	670	11	1	8	20	•					•				
Gluten Sensitive - Classic Breakfast, Bacon, Hash Browns	560	390	44	12	0.5	495	1050	21	1	0	22	•					•				
Gluten Sensitive - Classic Breakfast, Sausage Links (No Side)	500	390	44	14	0	535	780	3	0	1	24	•					•				
Gluten Sensitive - Classic Breakfast, Sausage Links, Fresh Fruit	540	390	44	14	0	535	790	13	1	9	25	•					•				
Gluten Sensitive - Classic Breakfast, Sausage Links, Hash Browns	720	520	58	17	0.5	535	1170	23	1	1	27	•					•				
Gluten Sensitive - Classic Breakfast, Sausage Patties (No Side)	570	470	53	19	0	540	780	3	0	1	23	•					•				
Gluten Sensitive - Classic Breakfast, Sausage Patties, Fresh Fruit	610	470	53	19	0	540	790	13	1	9	24	•					•				
Gluten Sensitive - Classic Breakfast, Sausage Patties, Hash Browns	790	600	67	21	0.5	540	1170	23	1	1	26	•					•				
Gluten Sensitive - Bakers Omelette (No Side)	380	260	29	11	0	520	670	7	1	3	26	•		•			•				
Gluten Sensitive - Bakers Omelette, Fresh Fruit	420	260	29	11	0	520	680	17	2	11	26	•		•			•				
Gluten Sensitive - Bakers Omelette, Hash Browns	600	380	43	13	0.5	520	1060	27	2	3	28	•		•			•				
Gluten Sensitive - Bakers Omelette with Low Cholesterol Eggs (No Side)	300	180	20	7	0	140	850	7	1	3	25	•		•			•				
Gluten Sensitive - Bakers Omelette with Egg Whites (No Side)	280	160	18	7	0	45	730	7	1	3	25	•		•			•				
GLUTEN SENSITIVE LUNCH & DINNER																					
Gluten Sensitive - All-American Crush Cheeseburger (No Cheese, No Side)	350	250	27	12	0	95	390	4	1	2	19										
Gluten Sensitive - Honey Mustard Chicken, Full (No Side)	770	490	54	9	0	190	1270	17	2	13	52	•					•				
Gluten Sensitive - Honey Mustard Chicken, Just Right Portion (No Side)	450	310	34	6	0	95	630	8	1	6	26	•					•				
Gluten Sensitive - Lemon Butter Tilapia (No Side)	310	160	18	6	0	95	430	2	0	0	35		•	•			•				

Nutritional Menu

GLUTEN SENSITIVE Menu CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
GLUTEN SENSITIVE SOUPS																					
Gluten Sensitive - Tomato Basil Soup, Bowl	350	270	29	18	0	90	1180	18	3	9	3			•			•				
GLUTEN SENSITIVE SALADS																					
Gluten Sensitive - Apple Walnut Chicken Salad, Full (No Dressing)	410	220	24	6	0	65	690	30	6	868	20	•		•			•		•		
Gluten Sensitive - Apple Walnut Chicken Salad, Lunch (No Dressing)	210	110	12	3	0	35	350	16	3	434	10	•		•			•		•		
Gluten Sensitive - Citrus Quinoa Salad, Full (No Dressing)	450	160	18	5	0	20	420	60	9	1727	16			•					•		
Gluten Sensitive - Citrus Quinoa Salad, Lunch (No Dressing)	250	90	9	3	0	10	220	33	5	864	9			•					•		
Gluten Sensitive - Cobb Salad, Full (No Dressing)	560	340	38	12	0	345	1200	13	7	4	44	•		•			•				
Gluten Sensitive - Cobb Salad, Lunch (No Dressing)	310	200	23	7	0	175	600	7	4	2	22	•		•			•				
GLUTEN SENSITIVE SALAD DRESSING OPTIONS																					
Gluten Sensitive - Blue Cheese Dressing, 1.5 oz. (Lunch)	250	230	25	5	0	20	340	1	0	1	3	•		•			•				
Gluten Sensitive - Blue Cheese Dressing, 3 oz. (Full)	510	460	51	10	0	45	690	3	0	3	6	•		•			•				
Gluten Sensitive - Honey Mustard Dressing, 1.5 oz. (Lunch)	250	230	25	3.5	0	30	300	6	0	6	0	•					•				
Gluten Sensitive - Honey Mustard Dressing, 3 oz. (Full)	510	460	51	7	0	60	600	12	0	12	0	•					•				
Gluten Sensitive - Orange Vinaigrette, 1.5 oz. (Lunch)	90	70	7	1	0	0	310	8	0	6	0						•				
Gluten Sensitive - Orange Vinaigrette, 3 oz. (Full)	180	130	14	2.5	0	0	620	15	0	12	1						•				
Gluten Sensitive - Ranch Dressing, 1.5 oz. (Lunch)	180	160	18	0	0	15	250	1	0	1	1	•		•			•				
Gluten Sensitive - Ranch Dressing, 3 oz. (Full)	350	330	36	0	0	35	490	2	0	2	2	•		•			•				
SIDE OPTIONS																					
Gluten Sensitive - Coleslaw, 3 oz.	100	60	7	1	0	10	170	8	2	7	1	•					•				
Gluten Sensitive - Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Gluten Sensitive - Green Beans, 2.5 oz	90	60	7	1.5	0	0	115	5	2	2	1						•				
Grilled Vegetables, 4.5 oz	90	60	7	1.5	0	0	135	5	2	2	2						•				
Quinoa Vegetable Saute, 5.5 oz	170	80	9	2.5	0	0	220	16	3	3	4			•			•				

Nutritional Menu

GLUTEN SENSITIVE Menu CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
KIDS' MEAL																					
Gluten Sensitive - Junior Breakfast, Bacon, Fresh Fruit	180	110	12	3.5	0	240	210	11	1	8	9	•					•				
Gluten Sensitive - Junior Breakfast, Bacon, Hash Browns	360	230	26	6	0.5	240	590	21	1	0	11	•					•				
Gluten Sensitive - Junior Breakfast, Sausage Links, Fresh Fruit	220	140	16	5	0	250	240	11	1	8	10	•					•				
Gluten Sensitive - Junior Breakfast, Sausage Links, Hash Browns	400	260	29	7	0.5	250	620	21	1	0	12	•					•				
Gluten Sensitive - Kids' Crush Burger (No Cheese, No Side)	320	230	26	11	0	90	260	2	1	1	17										
ALL-AMERICAN CRUSH CHEESEBURGER CHEESE OPTIONS																					
Add-On Cheese, American, 2 Slices	140	110	12	7	0	30	480	0	0	0	8			•			•				
Add-On Cheese, Bleu, 1 oz	100	70	8	5	0	25	380	1	1	0	6			•							
Add-On Cheese, Cheddar, 2 Slices	160	130	14	8	0	50	270	0	0	0	10			•							
Add-On Cheese, Feta, 1 oz	80	50	6	4	0	20	320	1	1	0	5			•							
Add-On Cheese, Mozzarella, 1 oz	80	50	6	3.5	0	15	170	1	0	0	8			•							
Add-On Cheese, Pepper Jack, 2 Slices	120	90	10	6	0	30	30	2	0	1	6			•			•				
Add-On Cheese, Swiss, 2 Slices	140	140	16	10	0	50	120	2	0	0	16			•							

Beverages

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Coffee, 1 carafe	25	0	0	0	0	0	0	5	0	0	0										
Coffee, 1 cup	5	0	0	0	0	0	0	1	0	0	0										
Hot Tea	0	0	0	0	0	0	0	0	0	0	0										
Hot Chocolate, 13.5 oz.	240	15	1.5	1	0	0	440	56	0	42	0			•					•		
Chocolate Milk, Large, 18 oz	340	50	6	3.5	0	25	430	54	0	50	18			•							
Chocolate Milk, Small, 10.5 oz	200	30	3.5	2	0	15	250	32	0	29	11			•							
Milk, Large, 18 oz	290	100	11	7	0	45	290	27	0	27	18			•							

Nutritional Menu

Beverages CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten	
Milk Small, 10.5 oz	170	60	7	4	0	25	170	16	0	16	11			•								
Iced Tea, 12 oz	0	0	0	0	0	0	0	0	0	0	0											
Blackberry Rush Iced Tea, 12 oz	150	0	0	0	0	0	0	37	0	35	0											
Fruity Mango Iced Tea, 12 oz	150	0	0	0	0	0	0	38	0	36	0											
Fuze Raspberry Iced Tea, 12 oz	90	0	0	0	0	0	10	24	0	24	0											
Pomegranate Iced Tea, 12 oz	140	0	0	0	0	0	0	32	0	32	0											
Blackberry Twist Lemonade, 12 oz	280	0	0	0	0	0	0	71	0	66	0											
Pomegranate Limeade, 12 oz	260	0	0	0	0	0	30	67	0	65	0											
Strawberry Lemonade, 12 oz	180	0	0	0	0	0	20	46	0	42	0											
Coca-Cola, 12 oz	140	0	0	0	0	0	45	39	0	39	0											
Diet Coke, 12 oz	0	0	0	0	0	0	40	0	0	0	0											
Lemonade, 12 oz	150	0	0	0	0	0	0	39	0	36	0											
Sprite, 12 oz	140	0	0	0	0	0	65	38	0	38	0											
Apple Juice, Large, 18 oz	250	0	0	0	0	0	40	61	0	59	0											
Apple Juice, Small, 10.5 oz	140	0	0	0	0	0	20	35	0	34	0											
Cranberry Juice, Large, 18 oz	310	0	0	0	0	0	5	77	0	74	0											
Cranberry Juice, Small, 10.5 oz	180	0	0	0	0	0	0	45	0	43	0											
Grapefruit Juice, Large, 18 oz	210	0	0	0	0	0	0	52	0	50	2											
Grapefruit Juice, Small, 10.5 oz	120	0	0	0	0	0	0	30	0	29	1											
Orange Guava Passionfruit Juice, Large, 18 oz	250	0	0	0	0	0	0	68	0	63	0											
Orange Guava Passionfruit Juice, Small, 10.5 oz	140	0	0	0	0	0	0	39	0	37	0											
Orange Juice, Large, 18 oz	250	5	0	0	0	0	5	61	0	54	4											
Orange Juice, Small, 10.5 oz	150	0	0	0	0	0	0	35	0	32	2											
Tomato Juice, Large, 18 oz	170	0	0	0	0	0	2250	33	7	23	7											
Tomato Juice, Small, 10.5 oz	100	0	0	0	0	0	1310	19	4	14	4											

Kids' Menu

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
KIDS' BREAKFAST																					
Kids - Grilled French Toast	490	110	12	2.5	0	150	410	86	0	43	11	•		•			•			•	•
Kids - Chocolate Chip Pancakes	420	140	15	7	0	70	560	65	2	36	8	•		•			•			•	•
Kids - Plain Pancakes with Syrup	510	130	14	4.5	0	60	680	86	1	43	6	•		•			•			•	•
Kids - Junior Breakfast, Bacon, Wheat Toast	330	170	19	5	0	240	480	26	2	3	13	•		•			•			•	•
Kids - Junior Breakfast, Bacon, White Toast	290	170	19	5	0	240	410	18	1	1	11	•		•			•			•	•
Kids - Junior Breakfast, Sausage Link, Wheat Toast	370	200	23	7	0	250	510	26	2	3	14	•		•			•			•	•
Kids - Junior Breakfast, Sausage Link, White Toast	330	200	22	7	0	250	440	18	1	1	12	•		•			•			•	•
Kids - Funny Face Breakfast, Bacon	740	290	32	10	0	320	1150	95	1	45	17	•		•			•			•	•
Kids - Funny Face Breakfast, Sausage Links	820	350	39	13	0	340	1210	96	1	46	19	•		•			•			•	•
Kids - Funny Face Breakfast, Sausage Patty	850	390	43	15	0	345	1210	96	1	46	19	•		•			•			•	•
KIDS' LUNCH & DINNER																					
Kids - Grilled Cheese Sandwich on White Bread	400	200	22	8	0	30	820	34	1	2	14			•			•			•	•
Kids - Grilled Cheese Sandwich on Wheat Bread	480	210	23	8	0	30	960	50	4	6	18			•			•			•	•
Kids - Chicken Strips, Crispy with BBQ Sauce	500	210	23	3.5	0	50	1710	53	1	28	20	•		•			•			•	•
Kids - Chicken Strips, Grilled with BBQ Sauce	310	90	10	2	0	75	1210	30	0	28	24						•				
Kids - Slow-Roasted Turkey with Gravy	70	25	3	1	0	25	500	2	0	1	10			•			•			•	•
Kids - Kids' Crush Burger (No Cheese)	630	340	38	13	0	90	650	43	1	7	26						•			•	•
Kids - Kids' Crush Burger with American Cheese	660	360	41	15	0	95	770	43	1	7	28			•			•			•	•
Kids - Kraft® Macaroni & Cheese	310	80	9	2.5	0	15	550	45	2	8	11			•						•	•
KIDS' SIDES																					
Kids - Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Kids - French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Kids - Apple Sauce, 4 oz	50	0	0	0	0	0	0	13	1	11	0										
Kids - Kids' Salad (No Dressing)	40	10	1	0	0	0	50	6	2	2	1						•			•	•
Kids - Cinnamon Apples, 3 oz	110	0	0	0	0	0	90	27	1	25	0			•							

Kids' Menu

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
KIDS' SIDES CONT.																					
Kids - Mashed Potatoes with Brown Gravy, 2 oz	180	50	6	3.5	0	0	760	29	3	1	3			•			•		•	•	•
Kids - Mashed Potatoes with Country Gravy, 2 oz	180	50	5	3.5	0	5	850	31	3	2	3			•			•		•	•	•
Kids - Mashed Potatoes with Turkey Gravy, 2 oz	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•		•	•	•
Kids - Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•			•	•
Kids - Simply Go-Gurt® Strawberry Yogurt	70	5	0.5	0	0	5	30	13	0	10	2			•							
Kids - Grilled Vegetables, 4.5 oz	90	60	7	1.5	0	0	135	5	2	2	2						•				
Kids - Green Beans, 2.5 oz	90	60	7	1.5	0	0	115	5	2	2	1						•				
Kids - Pirate's Booty	130	45	5	1	0	0	140	19	0	0	2			•							
Kids - Blue Cheese Dressing, 1 oz.	170	150	17	3.5	0	15	230	1	0	1	2	•		•			•				
Kids - Honey Mustard Dressing, 1 oz.	170	150	17	2.5	0	20	200	4	0	4	0	•					•				
Kids - Lite Olive Oil Vinaigrette, 1 oz.	60	50	6	1	0	0	260	3	0	2	0						•				
Kids - Orange Vinaigrette, 1 oz.	60	45	5	1	0	0	210	5	0	4	0						•				
Kids - Ranch Dressing, 1 oz.	120	110	12	0	0	10	160	1	0	1	1	•		•			•				
KIDS' DESSERTS																					
Kids - Cherry Pie, Slice	490	210	23	10	0	0	420	66	2	30	4	•		•			•			•	•
Kids - Country Apple Pie, Slice	500	210	24	10	0	0	420	68	4	33	4	•		•			•			•	•
Kids - Cookie, Chocolate Chunk, 1 Each	270	110	12	6	0	20	250	41	2	25	3	•		•	•		•		•	•	
Kids - Cookie, Peanut Butter, 1 Each	290	140	16	7	0	20	310	34	1	21	4	•		•	•		•		•	•	
Kids - Cookie, Sugar, 1 Each	270	100	12	4.5	0	10	230	39	1	19	3	•		•	•		•		•	•	
Kids - Kids' Sundae, Caramel	230	80	9	6	0	45	135	35	0	30	2	•		•			•				
Kids - Kids' Sundae, Hot Fudge	270	130	14	11	0	45	85	33	0	27	2	•		•			•		•		
KIDS' BEVERAGES																					
Kids - Coca-Cola, 7 oz	80	0	0	0	0	0	25	23	0	23	0										
Kids - Diet Coke, 7 oz	0	0	0	0	0	0	25	0	0	0	0										
Kids - Sprite, 7 oz	80	0	0	0	0	0	40	22	0	22	0										

Kids' Menu

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
KIDS' BEVERAGES CONT.																					
Kids - Apple Juice, 9 oz	120	0	0	0	0	0	20	30	0	29	0										
Kids - Cranberry Juice, 7 oz	120	0	0	0	0	0	0	30	0	29	0										
Kids - Grapefruit Juice, 9 oz	110	0	0	0	0	0	0	26	0	25	1										
Kids - Orange Guava Passionfruit Juice, 9 oz	120	0	0	0	0	0	0	34	0	32	0										
Kids - Orange Juice, 9 oz	130	0	0	0	0	0	0	30	0	27	2										
Kids - Tomato Juice, 9 oz	80	0	0	0	0	0	1130	17	3	12	3										
Kids - Milk, 9 oz	150	50	6	3.5	0	25	150	14	0	14	9			•							
Kids - Chocolate Milk, 9 oz	170	25	3	1.5	0	10	210	27	0	25	9			•							
Kids - Lemonade, 7 oz	90	0	0	0	0	0	0	23	0	21	0										
Kids - Honest Kids Organic Super Fruit Punch, 1 box	40	0	0	0	0		10	10	0	9	0										

- Contains indicated allergen

Nutritional information and ingredient statements are based on current formulations and standard recipes, using data provided by our suppliers and distributors, and are meant to provide a general estimate of nutritional values associated with our menu items. Variations can be expected due to seasonal influences, differences in product preparation per restaurant, substitution of ingredients, customized ordering and other factors. Some menu items, including test products and regional items, may not be available in all restaurants.

If you have food allergies, you should know that we use milk, eggs, tree nuts, peanuts, seafood, soy, wheat, sesame products, crustacean shellfish, fish, sulfites and other allergens in our kitchens. Unless otherwise noted, items are prepared in common areas and food prepared at our restaurants may come in contact with or contain traces of these products and other potential allergens or ingredients.

Nutritional Menu

Bakers Square Restaurant has provided this nutritional guide to help you make better informed decisions when dining at Bakers Square. Please note that we often make changes to our menu to better serve you so be sure to check back to the website for the most updated information. Thank you!

BREAKFAST Features

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Avocado Toast	930	510	57	13	0	355	1790	78	15	18	32	•		•			•			•	•
Smoked Ham & Queso Toast	1180	670	74	30	0	655	2580	73	6	20	61	•		•			•			•	•
Cheese Steak Toast	1050	510	57	22	0	595	1680	78	7	19	57	•		•			•			•	•
Shaved Sausage Benedict (No Side)	790	460	51	17	0.5	390	2130	45	5	8	32	•		•			•			•	•
Shaved Sausage Quiche (No Side)	860	560	63	32	0	275	1260	57	1	10	24	•		•			•			•	•
Shaved Sausage Scrambler (No Side)	1040	690	77	29	0	600	2200	45	6	8	40	•		•			•			•	•
Steak Tip Hash (No Bread)	900	560	62	11	1	560	1720	41	6	6	44	•					•				
Hawaiian Strawberry Pancakes (No Meat)	1120	580	64	36	0	280	1200	115	6	59	18	•		•					•	•	•
Hawaiian Strawberry Pancakes with Bacon	1180	630	70	38	0	290	1460	115	6	59	21	•		•					•	•	•
Hawaiian Strawberry Pancakes with Sausage Links	1260	690	77	40	0	310	1520	116	6	60	23	•		•					•	•	•
Hawaiian Strawberry Pancakes with Sausage Patty	1290	730	81	43	0	310	1520	116	6	60	23	•		•					•	•	•

4-SQUARE Features

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Hawaiian Strawberry Pancakes, 2 Each	530	260	29	16	0	120	620	58	4	29	9	•		•					•	•	•
Shaved Sausage, Side	250	190	21	9	0	50	1120	1	0	1	13			•							

Nutritional Menu

LUNCH & DINNER Features

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Strawberry Bleu Grilled Chicken Salad with strawberry vinaigrette, Full (No Bread)	610	370	41	10	0	100	1550	29	6	18	34			•			•		•		
Strawberry Bleu Grilled Chicken Salad with strawberry vinaigrette, Lunch (No Bread)	340	220	24	6	0	50	780	16	3	10	17			•			•		•		
Chicken & Fresh Fruit Salad with poppy seed dressing, Full (No Bread)	690	350	39	7	0	75	1320	53	6	41	30			•			•		•		
Chicken & Fresh Fruit Salad with poppy seed dressing, Lunch (No Bread)	380	200	23	4	0	40	660	27	3	21	15			•			•		•		
Kickin' Pepper Jack & Bacon Burger (No Side)	1080	710	80	25	0	165	1330	51	2	10	40	•		•			•			•	•
Reuben Burger (No Side)	1040	660	74	27	0	185	2070	57	3	14	54	•		•			•			•	•
Bacon Black 'n Bleu Burger (No Side)	1000	630	70	25	0	145	1740	49	3	10	39	•		•			•			•	•

ARTISAN PIE SHOP SPECIAL Features

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Soybean Oil	Tree Nuts	Wheat	Gluten
Strawberry Bleu Cheese Salad	170	120	13	3.5	0	15	400	10	2	6	5			•			•		•		
Turkey Bacon Avocado	480	210	23	3.5	0	55	1270	43	4	1	26	•		•			•			•	•

- Contains indicated allergen

Nutritional information and ingredient statements are based on current formulations and standard recipes, using data provided by our suppliers and distributors, and are meant to provide a general estimate of nutritional values associated with our menu items. Variations can be expected due to seasonal influences, differences in product preparation per restaurant, substitution of ingredients, customized ordering and other factors. Some menu items, including test products and regional items, may not be available in all restaurants.

If you have food allergies, you should know that we use milk, eggs, tree nuts, peanuts, seafood, soy, wheat, sesame products, crustacean shellfish, fish, sulfites and other allergens in our kitchens. Unless otherwise noted, items are prepared in common areas and food prepared at our restaurants may come in contact with or contain traces of these products and other potential allergens or ingredients.