

# 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)
Bakers Scrambler (No Bread)	650	390	43	15	0	415	1770	36	4	5	29
Chicken-Fried Steak Skillet (No Bread)	1110	630	70	17	0	410	3150	77	5	3	39
Ultimate Skillet (No Bread)	900	580	65	20	0	445	2350	40	5	7	40
Veggie Scrambler (No Bread)	600	360	41	14	0	385	1210	37	6	4	22
<b>SIDE OPTIONS</b>											
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 Blend)	370	170	18	8	0	0	850	42	1	10	5
Buttermilk Pancakes, 2 Each (with .5 oz. Butter Blend)	450	220	25	8	0	75	920	44	1	12	8
English Muffin (with Butter Blend)	240	80	9	2.5	0	0	400	31	1	3	7
Toast, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10
Toast, White, Buttered	370	120	14	4	0	0	580	48	1	1	10
Toast, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	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)
Chicken-Fried Steak & Eggs (No Side, No Bread)	1180	660	74	18	0	450	3250	71	2	2	52
Chicken-Fried Steak & Eggs, Fresh Fruit (No Bread)	1220	660	74	18	0	450	3260	83	3	13	53
Chicken-Fried Steak & Eggs, Hash Browns (No Bread)	1330	730	81	20	0	450	3630	91	3	2	55
Classic Breakfast, Bacon, Fresh Fruit (No Bread)	350	240	27	8	0	355	800	14	1	12	18
Classic Breakfast, Bacon, Hash Browns (No Bread)	460	300	34	9	0	355	1170	21	1	1	20
Classic Breakfast, Sausage Links, Fresh Fruit (No Bread)	520	360	41	13	0	395	920	16	1	13	23
Classic Breakfast, Sausage Links, Hash Browns (No Bread)	620	420	47	14	0	395	1290	23	1	2	24
Classic Breakfast, Sausage Patties, Fresh Fruit (No Bread)	590	450	50	17	0	405	920	16	1	13	22
Classic Breakfast, Sausage Patties, Hash Browns (No Bread)	690	510	56	19	0	405	1290	23	1	2	24
Classic Breakfast, Turkey Sausage, Fresh Fruit (No Bread)	440	280	31	7.5	0	415	960	13	1	12	31
Classic Breakfast, Turkey Sausage, Hash Browns (No Bread)	540	340	38	9	0	415	1330	22	1	1	34
Ham Steak & Eggs (No Side, No Bread)	640	470	53	16	0	470	2830	7	0	6	43

# 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)
Ham Steak & Eggs, Fresh Fruit (No Bread)	690	480	53	16	0	470	2850	19	1	17	44
Ham Steak & Eggs, Hash Browns (No Bread)	800	540	60	17	0	470	3220	27	1	6	46
Rise & Shine, Hash Browns (No Bread)	340	200	22	5	0	335	650	21	1	1	14
Rise & Shine, Fresh Fruit (No Bread)	230	140	15	4	0	335	280	14	1	12	12
Ultimate Meat Lover's Breakfast (No Side, No Bread)	620	470	53	16	0	445	2130	5	0	4	36
Ultimate Meat Lover's Breakfast, Fresh Fruit (No Bread)	660	470	53	16	0	445	2140	17	1	15	36
Ultimate Meat Lover's Breakfast, Hash Browns (No Bread)	770	530	60	18	0	445	2510	25	1	4	38
<b>SIDE OPTIONS</b>											
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	1
Hash Browns, 4 oz, Prepared	160	60	7	1.5	0	0	390	20	1	0	3
<b>BREAD OPTIONS</b>											
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 Blend)	370	170	18	8	0	0	850	42	1	10	5
Buttermilk Pancakes, 2 Each (with .5 oz. Butter Blend)	450	220	25	8	0	75	920	44	1	12	8
English Muffin (with Butter Blend)	240	80	9	2.5	0	0	400	31	1	3	7
Toast, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10
Toast, White, Buttered	370	120	14	4	0	0	580	48	1	1	10
Toast, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10

## 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)
Belgian Waffle Combo (No Meat)	650	350	39	16	0	460	1180	53	1	3	18
Belgian Waffle Combo, Bacon	710	400	45	18	0	470	1440	53	1	3	21
Belgian Waffle Combo, Sausage Links	790	460	52	20	0	490	1500	54	1	3	24
Belgian Waffle Combo, Sausage Patty	830	500	56	23	0	495	1500	54	1	3	23
Buttermilk Pancake Combo (No Meat)	930	440	49	14	0	490	1980	90	2	26	28
Buttermilk Pancake Combo, Bacon	990	490	55	16	0	500	2240	90	2	26	31
Buttermilk Pancake Combo, Sausage Links	1070	550	61	19	0	520	2300	90	2	26	33
Buttermilk Pancake Combo, Sausage Patty	1110	590	66	21	0	525	2300	90	2	26	33
French Toast Combo (No Meat)	610	300	34	9	0	495	840	49	0	12	26
French Toast Combo, Bacon	670	360	40	11	0	505	1100	49	0	12	29
French Toast Combo, Sausage Links	750	420	47	13	0	525	1160	50	0	13	31

# Nutritional Menu

## SIZZLING Sweets 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)
French Toast Combo, Sausage Patty	790	460	51	16	0	530	1160	50	0	13	31
Strawberry Crepes (No Meat)	800	330	37	16	0	185	710	102	5	47	15
Strawberry Crepes, Bacon	860	380	43	18	0	195	970	102	5	47	18
Strawberry Crepes, Sausage Links	940	440	50	21	0	215	1030	102	5	47	21
Strawberry Crepes, Sausage Patty	980	490	54	23	0	220	1030	102	5	47	20
<b>TOPPING OPTIONS</b>											
Cinnamon Apples	140	20	2	1.5	0	10	90	28	1	26	0
Fresh Strawberries with Strawberry Sauce	120	20	2	1.5	0	10	40	24	1	22	0
Triple Berry Sauce	130	20	2	1.5	0	10	30	27	2	23	0
Fresh Bananas & Strawberry Sauce	130	0	0	0	0	0	35	34	2	26	1
Whipped Cream, .5 fl. oz.	50	40	4.5	3	0	20	0	2	0	2	0

## 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)
Bakers Omelette (No Side, No Bread)	350	220	25	8	0	535	840	7	1	4	25
Bakers Omelette, Egg Whites (No Side, No Bread)	310	120	13	4.5	0	30	750	20	2	14	29
Bakers Omelette, Fresh Fruit (No Bread)	400	230	25	8	0	535	850	20	2	15	26
Bakers Omelette, Hash Browns (No Bread)	510	290	32	9	0	535	1220	27	2	4	28
Bakers Omelette made with Low Cholesterol Eggs (No Side, No Bread)	290	150	17	5	0	170	920	7	1	4	28
California Frittata (No Muffin or Side)	600	350	39	13	0	545	1300	38	7	16	30
California Frittata, Fresh Fruit (No Bread)	600	350	39	13	0	545	1300	38	7	16	30
California Frittata, Hash Browns (No Bread)	700	410	45	14	0	545	1670	45	8	5	31
California Frittata made with Low Cholesterol Eggs (No Side, No Bread)	480	270	30	10	0	180	1370	25	6	5	31
Smothered Meat Lover's Omelette, Fresh Fruit (No Bread)	710	470	53	20	0	595	1790	26	2	16	37
Smothered Meat Lover's Omelette, Hash Browns (No Bread)	820	530	59	21	0	595	2160	33	2	5	38
Smothered Meat Lover's Omelette made with Low Cholesterol Eggs (No Side, No Bread)	600	390	44	17	0	225	1860	13	1	5	38
Veggie Omelette (No Side, No Bread)	350	230	25	9	0	525	790	8	2	3	23
Veggie Omelette, Egg Whites (No Side, No Bread)	260	120	13	5	0	20	690	8	2	2	26
Veggie Omelette, Fresh Fruit (No Bread)	400	230	25	9	0	525	800	20	3	14	24
Veggie Omelette, Hash Browns (No Bread)	510	290	32	10	0	525	1180	28	4	3	26
Veggie Omelette made with Low Cholesterol Eggs (No Side, No Bread)	290	150	17	6	0	160	870	8	2	3	26

# 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)
<b>CREATE YOUR OWN OMELETTE</b>											
Create Your Own Omelette (No Side, No Bread)	250	170	19	5	0	505	400	2	0	2	16
Create Your Own Omelette, Egg Whites (No Side, No Bread)	150	60	7	1.5	0	0	300	2	0	0	19
<b>OMELETTE ADD-ONS</b>											
Add-On Avocado	80	70	7	1	0	0	0	4	3	0	1
Add-On Bacon	60	50	60	2	0	10	260	0	0	0	3
Add-On Broccoli	10	0	0	0	0	0	10	1	1	0	1
Add-On Cheese, American	140	110	12	7	0	30	480	0	0	0	8
Add-On Cheese, Bleu	100	70	8	5	0	25	380	1	1	0	6
Add-On Cheese, Cheddar	110	80	9	5	0	30	180	1	0	0	7
Add-On Cheese, Feta	80	50	6	4	0	20	320	1	1	0	5
Add-On Cheese, Mozzarella	80	50	6	3.5	0	15	170	1	0	0	8
Add-On Cheese, Pepper Jack	120	90	10	6	0	30	30	2	0	1	6
Add-On Cheese, Swiss	140	140	16	10	0	50	120	2	0	0	16
Add-On Diced Ham	70	25	3	1	0	30	690	3	0	2	9
Add-On Green Peppers	5	0	0	0	0	0	0	1	0	1	0
Add-On Hollandaise Sauce	25	10	1	1	0	0	390	4	0	1	1
Add-On Mushrooms	5	0	0	0	0	0	0	1	0	1	1
Add-On Onions	10	0	0	0	0	0	0	3	0	1	0
Add-On Sausage	140	110	13	4.5	0	30	320	1	0	0	5
Add-On Sour Cream	120	110	12	7	0	40	120	4	0	2	2
Add-On Spinach	5	0	0	0	0	0	20	1	1	0	1
Add-On Tomatoes	5	0	0	0	0	0	0	1	0	1	0
Add-On Turkey	80	30	3.5	1	0	30	280	0	0	0	11
<b>SIDE OPTIONS</b>											
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	1
Hash Browns, 4 oz, Prepared	160	60	7	1.5	0	0	390	20	1	0	3
<b>BREAD OPTIONS</b>											
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 Blend)	370	170	18	8	0	0	850	42	1	10	5
Buttermilk Pancakes, 2 Each (with .5 oz. Butter Blend)	450	220	25	8	0	75	920	44	1	12	8
English Muffin (with Butter Blend)	240	80	9	2.5	0	0	400	31	1	3	7
Toast, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10
Toast, White, Buttered	370	120	14	4	0	0	580	48	1	1	10
Toast, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10

# Nutritional Menu

## 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 Benedict (No Side)	920	650	72	32	0	490	2590	37	4	4	34
Eggs Benedict, Fresh Fruit	970	650	72	32	0	490	2600	49	5	15	35
Eggs Benedict, Hash Browns	1070	710	79	33	0	490	2970	57	5	4	37
Pepper Jack Benedict (No Side)	1050	740	82	30	1	460	1420	41	2	8	36
Pepper Jack Benedict, Fresh Fruit	1100	740	83	30	1	460	1440	53	3	19	36
Pepper Jack Benedict, Hash Browns	1200	800	89	31	1	460	1810	61	3	8	38

## 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)
<b>4-SQUARE OPTIONS</b>											
2-Egg Cheese Omelette	300	210	24	9	0	365	450	2	0	1	18
2-Egg Low-Chol Omelette with Part-Skim Cheese	220	140	15	5	0	110	490	2	0	1	21
2-Egg White Omelette with Part-Skim Cheese	200	120	13	5	0	15	370	2	0	0	21
Applesauce, 1 Portion	50	0	0	0	0	0	0	13	1	11	0
Bacon, 2 Strips	60	50	6	2	0	10	260	0	0	0	3
Banana Nut Muffin, 1 Each	500	220	25	3	0	40	450	59	2	29	8
Biscuit with Gravy	440	200	22	10	0	5	1450	50	1	11	7
Blueberry Muffin, 1 Each	500	220	24	3.5	0	60	470	63	2	35	6
Burger Patty, 1/4 lb.	210	160	18	8	0	55	45	0	0	0	10
Buttermilk Pancakes, 2 Each (No Butter)	340	120	14	4	0	75	830	44	1	12	8
Buttermilk Pancakes, 2 Each (with Butter)	450	220	25	8	0	75	920	44	1	12	8
Chocolate Chip Pancakes (with Syrup and Whipped Cream)	520	180	20	8	0	90	840	76	2	42	9
Cinnamon Apples, 1 Portion	110	0	0	0	0	0	90	27	1	25	0
Cinnamon Roll, 1 Each (with Icing and Butter)	600	270	29	16	0	35	570	82	3	34	8
Cornbread, Prepared, 1/6 Slice (with Butter)	270	120	13	5	0	80	380	33	1	11	5
Cottage Cheese, 1 Portion	90	35	3.5	2.5	0	15	330	3	0	2	10
Egg Whites, 2 Each, Prepared	120	60	7	1.5	0	0	200	1	0	0	13
Eggs, 2 Each, 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
Eggs, 2 Each, Scrambled	190	130	15	3.5	0	335	270	1	0	1	11
English Muffin (with Butter Blend)	240	80	9	2.5	0	0	400	31	1	3	7
French Toast, 2 Pieces	240	80	8	2	0	105	350	31	0	7	10
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	1
Granola, 1 Portion	220	30	3.5	0.5	0	0	140	46	3	16	7
Hash Browns, 4 oz. Prepared	160	60	7	1.5	0	0	390	20	1	0	3

# Nutritional Menu

## 4-SQUARE Combos 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)
Honey Bran Muffin	490	200	22	3.5	0	50	580	65	8	28	7
Low-Fat Vanilla Yogurt, 1 Serving	80	5	0.5	0	0	5	35	16	0	12	3
Oatmeal with Milk, Brown Sugar & Raisins	290	90	10	3.5	0	5	270	45	3	27	6
Sausage Links, 2 Each	140	110	13	4.5	0	30	320	1	0	0	5
Sausage Patty, 1 Each	180	160	17	7	0	35	320	1	0	0	5
Tomatoes, Sliced	20	0	0	0	0	0	5	5	1	3	1
Strawberry Crepe, 1 Each	320	140	16	8	0	100	160	38	1	22	6
Toast, Marbled Rye, 2 Slices with Jelly	320	35	4	0	0	0	380	59	4	10	10
Toast, Wheat, 2 Slices with Jelly	320	35	4	0	0	0	480	59	4	14	10
Toast, White, 2 Slices with Jelly	240	25	3	0	0	0	340	43	1	10	6
Turkey Sausage Links, 2 Each	100	70	8	2	0	40	340	0	0	0	10
Waffle, 1/2 Each	200	80	9	5	0	60	430	26	1	1	4
Yukon Gold Potatoes	300	150	17	3	0	10	720	32	4	0	4
<b>4-SQUARE SUPREME OPTIONS</b>											
Caramel Pecan Roll	710	290	32	12	0	35	480	108	4	57	9
Cinnamon Roll French Toast, 2 Slices	530	270	31	14	0	55	530	64	3	17	9
Ham & Cheese Crepe	360	190	21	11	0	130	1100	24	0	8	26
Ham Steak, Half	230	170	19	6	0	65	1280	3	0	3	16
Peanut Butter Banana French Toast	330	130	14	5	0	75	260	45	2	22	8
Small Chicken-Fried Steak with Gravy	310	160	18	5	0	35	1120	23	1	1	12
Waffle, 1/2 Each (with Strawberry Sauce)	260	100	11	6	0	70	450	37	1	11	4
Yogurt with Fruit & Granola	160	15	1.5	0	0	0	75	35	2	23	4

## 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)
Corned Beef Hash (No Bread)	600	310	35	8	0.5	410	2000	37	4	4	35
Steak Tip Hash (No Bread)	810	480	53	11	0.5	420	1670	40	6	6	41
Salmon Hash (No Bread)	850	570	64	20	0	450	1430	34	5	3	33
Poached Salmon Benedict, Fresh Fruit	750	420	47	17	0	430	1030	46	5	13	36
Poached Salmon Benedict, Hash Browns	850	480	53	18	0	430	1400	53	5	2	38
Pumpkin Supreme Pancakes (No Meat)	830	370	41	15	0	125	1190	99	4	54	13
Pumpkin Supreme Pancakes, Bacon	890	420	47	17	0	135	1450	99	4	54	16
Pumpkin Supreme Pancakes, Sausage Links	970	480	53	19	0	155	1500	100	4	55	19
Pumpkin Supreme Pancakes, Sausage Patty	1000	520	58	22	0	160	1500	100	4	55	18
Pumpkin Supreme Pancakes, 2-Stack	410	180	20	7	0	60	590	50	2	27	7

# 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)
Apple Walnut Chicken Salad, Full (No Bread)	560	380	43	11	0	70	1490	31	6	20	21
Apple Walnut Chicken Salad, Lunch (No Bread)	280	190	21	5	0	35	750	16	3	10	11
Citrus Quinoa Salad, Full (No Bread, Add Chicken)	740	380	42	10	0	95	1470	59	8	29	40
Citrus Quinoa Salad, Lunch (No Bread, Add Chicken)	420	230	25	6	0	50	740	33	5	15	21
Citrus Quinoa Salad, Full (No Bread)	550	290	32	8	0	20	1040	59	8	29	16
Citrus Quinoa Salad, Lunch (No Bread)	300	150	17	4	0	10	530	33	5	15	9
Cobb Salad, Full (No Bread)	900	670	75	18	0	305	1600	15	7	6	44
Cobb Salad, Lunch (No Bread)	480	370	41	10	0	150	800	8	4	3	22
Garden Salad with Bleu Cheese Dressing (No Bread)	250	200	22	4.5	0	15	320	10	2	3	4
Garden Salad with Lite Olive Oil Vinaigrette (No Bread)	130	80	9	2	0	0	370	12	2	4	3
Garden Salad (No Dressing)	70	25	3	1	0	0	110	9	2	2	3
Honey Mustard Chicken Salad, Full (No Bread)	1480	1030	115	16	0	115	2870	78	6	27	30
Honey Mustard Chicken Salad, Lunch (No Bread)	810	560	62	9	0	70	1610	44	3	14	19
Mediterranean Chicken Salad, Full (No Bread)	530	330	37	9	0	95	1920	22	4	10	33
Mediterranean Chicken Salad, Lunch (No Bread)	300	200	22	5	0	50	960	11	2	5	17
<b>BREAD OPTIONS</b>											
Cornbread, Prepared, 1/6 Slice (with Butter Blend)	270	120	13	5	0	80	380	33	1	11	5
Dinner Roll (with Butter Blend)	180	90	10	3.5	0	5	260	19	1	3	3
Garlic Grilled Baguette	270	60	7	2	0	0	570	44	3	0	8
<b>SALAD DRESSING</b>											
Bleu Cheese Dressing, 1 oz. (Artisan & Kids)	180	170	19	3.5	0	15	210	1	0	1	1
Bleu Cheese Dressing, 1.5 oz. (Lunch)	270	260	28	5	0	20	310	1	0	1	1
Bleu Cheese Dressing, 3 oz. (Full)	540	510	57	10	0	45	630	3	0	3	3
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	7	0	5	0
Orange Vinaigrette, 3 oz. (Full)	170	130	14	2.5	0	0	630	14	0	11	0
Ranch Dressing, 1 oz. (Artisan & Kids)	120	110	12	2	0	10	160	1	0	1	1
Ranch Dressing, 1.5 oz. (Lunch)	180	160	18	3	0	15	250	1	0	1	1
Ranch Dressing, 3 oz. (Full)	350	330	36	6	0	35	490	2	0	2	2

# Nutritional Menu

## 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)
<b>CHEF'S CHOICE SOUPS</b>											
Butternut Squash Bisque, Bowl (No Bread)	240	90	10	6	0	40	850	35	0	13	2
Butternut Squash Bisque, Cup (No Crackers)	120	45	5	3	0	20	430	17	0	6	1
Butternut Squash Bisque, Cup with Crackers	170	50	6	3	0	20	590	27	0	6	1
Chicken Noodle Soup, Bowl (No Bread)	120	15	1.5	0	0	35	1650	19	1	1	8
Chicken Noodle Soup, Cup (No Crackers)	60	5	0.5	0	0	15	820	9	1	1	4
Chicken Noodle Soup, Cup with Crackers	160	35	3.5	0	0	15	940	23	2	1	6
Cream of Tomato Basil Soup, Bowl (No Bread)	580	490	54	34	2	180	1070	17	3	11	4
Cream of Tomato Basil Soup, Cup (No Crackers)	290	240	27	17	1	90	530	9	2	6	2
Cream of Tomato Basil Soup, Cup with Crackers	390	270	30	17	1	90	650	23	3	6	4
<b>RED CHILI</b>											
Red Chili, Bowl (No Bread)	310	120	13	4.5	0	40	45	29	6	0	20
Red Chili, Cup (No Crackers)	170	70	8	3	0	25	45	15	3	0	11
Red Chili, Cup with Crackers	220	80	9	3	0	25	210	25	3	0	11
<b>BREAD CHOICES</b>											
Cornbread, Prepared, 1/6 Slice (with Butter Blend)	270	120	13	5	0	80	380	33	1	11	5
Dinner Roll (with Butter Blend)	180	90	10	3.5	0	5	260	19	1	3	3
Garlic Grilled Baguette	270	60	7	2	0	0	570	44	3	0	8

## BREAD Choices

	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)
Baguette, One 3" Piece	170	0	0	0	0	0	360	35	1	0	6
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 Blend)	370	170	18	8	0	0	850	42	1	10	5
Buttermilk Pancakes, 2 Each (with .5 oz. Butter Blend)	450	220	25	8	0	75	920	44	1	12	8
Buttermilk Pancakes, 4 Each (with .5 oz. Butter Blend)	790	350	38	12	0	155	1750	88	2	25	17
Caramel Pecan Roll	710	290	32	12	0	35	480	108	4	57	9
Cinnamon Roll, 1 Each (with Icing and Butter Blend)	600	270	29	16	0	35	570	82	3	34	8
Cornbread, Prepared, 1/6 Slice (with Butter Blend)	270	120	13	5	0	80	380	33	1	11	5
Dinner Roll (with Butter Blend)	180	90	10	3.5	0	5	260	19	1	3	3
English Muffin (with Butter Blend)	240	80	9	2.5	0	0	400	31	1	3	7
Garlic Grilled Baguette	270	60	7	2	0	0	570	44	3	0	8
Honey Bran Muffin, Prepared 1 Each	490	200	22	3.5	0	50	580	65	8	28	7



# Nutritional Menu

## BREAD Choices 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)
Toast 2 Slices, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10
Toast 2 Slices, White, Buttered	370	120	14	4	0	0	580	48	1	1	10
Toast 2 Slices, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10

## ARTISAN Pie Shop Special<sup>®</sup>

	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)
<b>ARTISAN SANDWICHES</b>											
Artichoke Melt	500	240	27	9	0	40	1130	48	4	1	16
Horseradish Beef Baguette	480	180	20	9	0	80	1470	50	4	2	35
Turkey Cranberry Salad Baguette	570	300	34	6	0	40	1100	48	4	3	18
<b>SEASONAL SALADS</b>											
Mediterranean Salad	140	90	10	3	0	10	610	8	2	4	4
Apple Cranberry Walnut Salad	250	150	16	3.5	0	10	350	25	4	18	6
<b>SOUPS</b>											
Butternut Squash Bisque, Cup (No Crackers)	120	45	5	3	0	20	430	17	0	6	1
Butternut Squash Bisque, Cup with Crackers	170	50	6	3	0	20	590	27	0	6	1
Chicken Noodle Soup, Cup (No Crackers)	60	5	0.5	0	0	15	820	9	1	1	4
Chicken Noodle Soup, Cup with Crackers	160	35	3.5	0	0	15	940	23	2	1	6
Cream of Tomato Basil Soup, Cup (No Crackers)	290	240	27	17	1	90	530	9	2	6	2
Cream of Tomato Basil Soup, Cup with Crackers	390	270	30	17	1	90	650	23	3	6	4
<b>PIE</b> (See Pie List Starting on Page 21)											

## 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)
<b>HOT PRIMO SANDWICHES</b>											
Albacore Tuna Melt on Rye, Half	460	260	29	7	0	50	750	26	2	2	23
Albacore Tuna Melt on Wheat, Half	460	260	29	7	0	50	800	26	2	4	23
Albacore Tuna Melt on White, Half	420	250	28	7	0	50	730	18	1	2	21
Classic French Dip, Half	300	60	7	2	0	45	1540	36	2	0	24
Marbled Rye Reuben, Half	400	230	26	8	0	60	980	30	2	3	23
Supreme Grown-Up Grilled Cheese, Half	460	270	30	14	0	60	1130	29	2	3	23

# 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)
<b>SOUP OR GARDEN SALAD</b>											
Butternut Squash Bisque, Cup (No Crackers)	120	45	5	3	0	20	430	17	0	6	1
Butternut Squash Bisque, Cup with Crackers	170	50	6	3	0	20	590	27	0	6	1
Chicken Noodle Soup, Cup (No Crackers)	60	5	0.5	0	0	15	820	9	1	1	4
Chicken Noodle Soup, Cup with Crackers	160	35	3.5	0	0	15	940	23	2	1	6
Cream of Tomato Basil Soup, Cup (No Crackers)	290	240	27	17	1	90	530	9	2	6	2
Cream of Tomato Basil Soup, Cup with Crackers	390	270	30	17	1	90	650	23	3	6	4
Garden Salad (No Dressing)	70	25	3	1	0	0	110	9	2	2	3
<b>PIE</b> (See Pie List Starting on Page 21)											

## 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)
<b>DELI SANDWICHES</b>											
Albacore Tuna Salad on Rye, Half	270	100	11	1.5	0	25	410	27	3	2	15
Albacore Tuna Salad on Wheat, Half	270	100	11	1.5	0	25	460	27	3	4	15
Albacore Tuna Salad on White, Half	230	90	11	1.5	0	25	390	19	1	2	13
Bacon Lover's BLT on Rye, Half	290	150	17	4	0	20	600	26	2	2	10
Bacon Lover's BLT on Wheat, Half	290	150	17	4	0	20	650	26	2	4	10
Bacon Lover's BLT on White, Half	250	150	17	4	0	20	580	18	1	2	8
Ham & Swiss Sandwich on Rye, Half	330	160	18	7	0	60	940	29	2	4	22
Ham & Swiss Sandwich on Wheat, Half	330	160	18	7	0	60	990	29	2	6	22
Ham & Swiss Sandwich on White, Half	290	150	17	7	0	60	920	21	1	4	20
Hand-Carved Turkey Breast Sandwich on Rye, Half	250	80	9	1	0	30	560	28	2	3	14
Hand-Carved Turkey Breast Sandwich on Wheat, Half	250	80	9	1	0	30	610	28	2	5	14
Hand-Carved Turkey Breast Sandwich on White, Half	210	80	9	1	0	30	540	20	1	3	12
<b>SOUP OR GARDEN SALAD</b>											
Butternut Squash Bisque, Cup (No Crackers)	120	45	5	3	0	20	430	17	0	6	1
Butternut Squash Bisque, Cup with Crackers	170	50	6	3	0	20	590	27	0	6	1
Chicken Noodle Soup, Cup (No Crackers)	60	5	0.5	0	0	15	820	9	1	1	4
Chicken Noodle Soup, Cup with Crackers	160	35	3.5	0	0	15	940	23	2	1	6
Cream of Tomato Basil Soup, Cup (No Crackers)	290	240	27	17	1	90	530	9	2	6	2
Cream of Tomato Basil Soup, Cup with Crackers	390	270	30	17	1	90	650	23	3	6	4
Garden Salad (No Dressing)	70	25	3	1	0	0	110	9	2	2	3
<b>PIE</b> (See Pie List Starting on Page 21)											

# 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)
Fajita Pita (No Side)	760	410	46	15	0	125	1780	60	9	8	49
Honey Mustard Club Pita (No Side)	660	360	41	15	0	130	1910	49	3	7	47
Stir-Fry Pita (No Chicken, No Side)	510	250	28	12	0	50	1190	59	4	13	26
Stir-Fry Pita (No Side)	700	340	38	14	0	125	1620	59	4	13	50
<b>SIDE OPTIONS</b>											
Coleslaw, 1 Portion	100	60	7	1	0	10	170	8	2	6	1
French Fries, Prepared, 4 oz.	370	180	20	3	0	0	150	34	3	0	3
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	1

## CRUSH BURGERS & BYO Burger

	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)
<b>CRUSH BURGERS</b>											
All-American Crush Burger (No Cheese, No Side)	580	270	30	9	1	90	790	40	2	4	36
The Works Burger (No Side)	1010	620	69	23	1.5	145	1950	48	3	9	50
<b>ADD-ON CHEESE OPTIONS</b>											
Add-On Cheese, American	140	110	12	7	0	30	480	0	0	0	8
Add-On Cheese, Bleu	100	70	8	5	0	25	380	1	1	0	6
Add-On Cheese, Cheddar	110	80	9	5	0	30	180	1	0	0	7
Add-On Cheese, Feta	80	50	6	4	0	20	320	1	1	0	5
Add-On Cheese, Mozzarella	80	50	6	3.5	0	15	170	1	0	0	8
Add-On Cheese, Pepper Jack	120	90	10	6	0	30	30	2	0	1	6
Add-On Cheese, Swiss	140	140	16	10	0	50	120	2	0	0	16
<b>ADD-ON OPTIONS</b>											
Add-On Bacon	60	50	6	2	0	10	260	0	0	0	3
Add-On Crush Burger Patty	290	170	19	7	1	90	210	0	0	0	27
Add-On Fried Egg	90	70	8	2	0	165	60	0	0	0	6
Add-On Garlic-Grilled Mushrooms	70	60	7	2	0	0	85	2	1	1	2
Add-On Grilled Onions	70	60	7	2	0	0	80	3	1	1	0
Add-On Red Chili	40	20	2	1	0	5	170	3	1	1	2
Add-On Avocado	80	70	7	1	0	0	0	4	3	0	1

# Nutritional Menu

## CRUSH BURGERS & BYO Burger 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)
<b>BURGER SUBSTITUTES</b>											
Boca Burger Patty Only	200	70	8	1.5	0	0	740	12	8	1	27
All-American Crush Burger with Boca Burger Patty (No Cheese, No Side)	500	170	19	3	0	0	1320	51	10	5	36
Grilled Chicken Breast Only	190	90	10	2	0	75	430	0	0	0	24
All-American Crush Burger with Grilled Chicken Breast (No Cheese, No Side)	490	190	21	3.5	0	75	1010	40	2	4	33
<b>SIDE OPTIONS</b>											
Coleslaw, 1 Portion	100	60	7	1	0	10	170	8	2	6	1
French Fries, Prepared, 4 oz.	370	180	20	3	0	0	150	34	3	0	3
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	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)
Bacon Lover's BLT on Rye Bread (No Side)	580	310	34	8	0	40	1210	52	5	4	20
Bacon Lover's BLT on Wheat Bread (No Side)	580	310	34	8	0	40	1310	52	5	8	20
Bacon Lover's BLT on White Bread (No Side)	500	300	33	8	0	40	1170	36	2	4	16
Bakers Club on Rye Bread (No Side)	980	470	52	16	0	140	2250	79	7	7	50
Bakers Club on Wheat Bread (No Side)	980	470	52	16	0	140	2400	79	7	13	50
Bakers Club on White Bread (No Side)	860	460	51	16	0	140	2190	55	2	7	44
Classic French Dip (No Cheese, No Side)	610	120	14	3.5	0	90	3080	71	5	1	49
Classic French Dip with Swiss Cheese (No Side)	680	190	22	9	0	115	3140	72	5	1	57
Marbled Rye Reuben (No Side)	740	390	44	15	0	125	1960	59	4	7	46
<b>SIDE OPTIONS</b>											
Coleslaw, 1 Portion	100	60	7	1	0	10	170	8	2	6	1
French Fries, Prepared, 4 oz.	370	180	20	3	0	0	150	34	3	0	3
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	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)
Albacore Tuna Melt on Rye Bread (No Side)	850	450	50	12	0	105	1510	52	5	3	47
Albacore Tuna Melt on Wheat Bread (No Side)	850	450	50	12	0	105	1610	52	5	7	47
Albacore Tuna Melt on White Bread (No Side)	770	440	49	12	0	105	1470	36	2	3	43
Chicken Avocado Melt on Rye Bread (No Side)	810	440	50	16	0	135	960	58	8	3	52
Chicken Avocado Melt on Wheat Bread (No Side)	810	440	50	16	0	135	1060	58	8	7	52
Chicken Avocado Melt on White Bread (No Side)	730	430	49	16	0	135	920	42	5	3	48
Chicken Cheddar Bacon Melt on Rye Bread (No Side)	760	370	41	13	0	135	1340	52	4	3	47
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 White Bread (No Side)	680	360	40	13	0	135	1300	36	1	3	43
Crush Patty Melt (No Side)	1020	610	68	27	0	160	1080	53	5	3	43
Supreme Grown-Up Grilled Cheese (No Side)	930	540	60	27	0	120	2270	57	5	5	45
<b>SIDE OPTIONS</b>											
Coleslaw, 1 Portion	100	60	7	1	0	10	170	8	2	6	1
French Fries, Prepared, 4 oz.	370	180	20	3	0	0	150	34	3	0	3
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	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)
Chopped Steak Dinner (No Side, No Bread)	980	740	82	33	0	215	1740	10	1	2	44
Deluxe Chicken-Bacon Mac & Cheese, Full (No Bread)	1490	860	96	48	1	310	2850	93	5	10	88
Deluxe Chicken-Bacon Mac & Cheese, JRP (No Bread)	780	460	51	25	0.5	155	1420	46	2	5	44
Savory Pot Roast (No Side, No Bread)	670	300	34	13	0	90	2000	41	3	6	44
Savory Pot Roast, JRP (No Side or Bread)	350	160	18	7	0	45	1000	20	2	3	22
Slow-Roasted Turkey, Full (No Side, No Bread)	670	240	27	8	0	90	2090	62	3	34	38
Slow-Roasted Turkey, JRP (No Side, No Bread)	410	120	13	4	0	45	1050	48	2	32	19
Traditional Chicken Pot Pie (No Salad)	1230	810	90	44	1	210	3380	79	4	10	24
<b>BREAD OPTIONS</b>											
Cornbread, Prepared, 1/6 Slice (with Butter Blend)	270	120	13	5	0	80	380	33	1	11	5
Dinner Roll (with Butter Blend)	180	90	10	3.5	0	5	260	19	1	3	3
Garlic Grilled Baguette	270	60	7	2	0	0	570	44	3	0	8

# 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)
Asian Chicken Stir-Fry, Full (No bread)	920	250	28	6	0	75	3150	124	6	32	38
Asian Chicken Stir-Fry, JRP (No bread)	460	120	14	3	0	40	1580	62	3	16	19
Asian Stir-Fry, Full (No Bread, No Chicken)	720	160	18	4.5	0	0	2720	124	6	32	14
Asian Stir-Fry, JRP (No Bread, No Chicken)	360	80	9	2	0	0	1360	62	3	16	7
Chicken Tenders, Full (No Side, No Bread)	1210	780	87	13	0	155	2530	61	2	8	46
Chicken Tenders, JRP (No Side, No Bread)	780	540	60	9	0	95	1460	34	1	8	23
Honey Mustard Chicken, Full (No Side, No Bread)	770	490	54	9	0	190	1270	17	2	13	52
Honey Mustard Chicken, JRP (No Side, No Bread)	420	270	31	5	0	95	630	9	1	6	26
Lemon Artichoke Chicken, Full (No Side, No Bread)	560	310	35	9	0.5	155	1420	9	2	2	50
Lemon Artichoke Chicken, JRP (No Side, No Bread)	370	220	25	7	0	80	930	8	2	2	26
<b>BREAD OPTIONS</b>											
Cornbread, Prepared, 1/6 Slice (with Butter Blend)	270	120	13	5	0	80	380	33	1	11	5
Dinner Roll (with Butter Blend)	180	90	10	3.5	0	5	260	19	1	3	3
Garlic Grilled Baguette	270	60	7	2	0	0	570	44	3	0	8

## 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)
Fish & Chips, Full (No Side, No Bread)	1460	910	101	14	0	95	2760	97	14	5	31
Fish & Chips, JRP (No Side, No Bread)	1140	730	81	12	0	70	1900	72	10	3	20
Lemon Butter Tilapia (No Side, No Bread)	530	220	26	10	0	120	1140	39	1	1	38
Salmon Teriyaki (No Side, No Bread)	450	260	29	5	0	110	790	10	0	8	35
<b>BREAD OPTIONS</b>											
Cornbread, Prepared, 1/6 Slice (with Butter Blend)	270	120	13	5	0	80	380	33	1	11	5
Dinner Roll (with Butter Blend)	180	90	10	3.5	0	5	260	19	1	3	3
Garlic Grilled Baguette	270	60	7	2	0	0	570	44	3	0	8

## DINNER Sides

	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)
Coleslaw, 1 Portion	100	60	7	1	0	10	170	8	2	6	1
French Fries, Prepared, 4 oz.	370	180	20	3	0	0	150	34	3	0	3
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	1

# Nutritional Menu

## DINNER Sides CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Fire-Roasted Potato Medley, 1 Portion	380	200	22	3.5	0	0	560	37	3	5	3
Green Beans, 1 Portion	70	45	5	1	0	0	115	5	2	2	1
Grilled Vegetables, 4 oz. Portion	90	60	7	2	0	0	220	7	2	3	2
Mashed Potatoes, 1 Portion with Gravy	130	25	3	2.5	0	0	470	26	2	1	2
Rice Pilaf, 1 Portion	210	40	4.5	1.5	0	0	720	37	1	1	3
Quinoa Vegetable Sauté	160	80	9	2.5	0	0	210	16	3	3	4

## 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)
Seared Steak Tips (No Side, No Bread)	510	270	30	6	0	150	1170	4	1	1	50
<b>BREAD OPTIONS</b>											
Cornbread, Prepared, 1/6 Slice (with Butter Blend)	270	120	13	5	0	80	380	33	1	11	5
Dinner Roll (with Butter Blend)	180	90	10	3.5	0	5	260	19	1	3	3
Garlic Grilled Baguette	270	60	7	2	0	0	570	44	3	0	8

## 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)
<b>COFFEE</b>											
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
<b>HOT TEA</b>											
Hot Tea	0	0	0	0	0	0	0	0	0	0	0
<b>HOT CHOCOLATE</b>											
Hot Chocolate	140	10	1	0.5	0	0	260	33	0	25	0
<b>MILK &amp; CHOCOLATE MILK</b>											
Milk, Large	290	100	11	7	0	45	290	27	0	27	18
Milk, Small	180	60	7	4	0	30	180	17	0	17	11
Chocolate Milk, Large	420	100	11	7	0	45	420	62	0	58	18
Chocolate Milk, Small	260	60	7	4	0	25	260	38	0	35	11

# 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)
<b>ICED TEA</b>											
Iced Tea	0	0	0	0	0	0	0	0	0	0	0
<b>FLAVORED ICED TEA</b>											
Blackberry Rush Iced Tea	150	0	0	0	0	0	0	37	0	35	0
Fruity Mango Iced Tea	150	0	0	0	0	0	0	38	0	36	0
Fuze Raspberry Iced Tea	90	0	0	0	0	0	10	24	0	24	0
Pomegranate Iced Tea	140	0	0	0	0	0	0	32	0	32	0
<b>FLAVORED LEMONADES &amp; LIMEADES</b>											
Blackberry Twist Lemonade	280	0	0	0	0	0	0	71	0	66	0
Pomegranate Limeade	270	0	0	0	0	0	30	68	0	63	0
Strawberry Lemonade	180	0	0	0	0	0	20	46	0	42	0
<b>SOFT DRINKS</b>											
Coca-Cola	150	0	0	0	0	0	45	39	0	39	0
Diet Coke	0	0	0	0	0	0	45	0	0	0	0
Lemonade	150	0	0	0	0	0	0	39	0	36	0
Sprite	160	0	0	0	0	0	35	40	0	36	0
<b>JUICE</b>											
Apple Juice, Large	270	0	0	0	0	0	55	70	0	59	0
Apple Juice, Small	150	0	0	0	0	0	30	39	0	33	0
Cranberry Juice, Large	270	0	0	0	0	0	80	68	0	68	0
Cranberry Juice, Small	150	0	0	0	0	0	45	38	0	38	0
Grapefruit Juice, Large	210	0	0	0	0	0	0	52	0	50	2
Grapefruit Juice, Small	120	0	0	0	0	0	0	29	0	28	1
Orange Guava Passionfruit Juice, Large	250	0	0	0	0	0	5	66	0	64	0
Orange Guava Passionfruit Juice, Small	140	0	0	0	0	0	0	37	0	35	0
Orange Juice, Large	250	5	0	0	0	0	5	61	0	54	4
Orange Juice, Small	140	0	0	0	0	0	0	34	0	30	2
Tomato Juice, Large	170	0	0	0	0	0	2250	33	7	23	7
Tomato Juice, Small	90	0	0	0	0	0	1250	18	4	13	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)
<b>BREAKFAST</b>											
Bakers Omelette (No Side, No Bread)	350	230	26	9	0	380	790	7	1	4	23
Bakers Omelette, Fresh Fruit	390	230	26	9	0	380	810	19	2	15	24
Bakers Omelette, Hash Browns	500	290	33	11	0	380	1180	27	2	4	26
Bakers Omelette made with Low Cholesterol Eggs (No Side)	300	180	20	7	0	140	850	7	1	3	25
Classic Breakfast, Bacon, Fresh Fruit	350	240	27	8	0	355	800	14	1	12	18
Classic Breakfast, Bacon, Hash Browns	460	300	34	9	0	355	1170	21	1	1	20
Classic Breakfast, Sausage Links, Fresh Fruit	520	360	41	13	0	395	920	16	1	13	23
Classic Breakfast, Sausage Links, Hash Browns	620	420	47	14	0	395	1290	23	1	2	24
Classic Breakfast, Sausage Patties, Fresh Fruit	590	450	50	17	0	405	920	16	1	13	22
Classic Breakfast, Sausage Patties, Hash Browns	690	510	56	19	0	405	1290	23	1	2	24
Ham Steak & Eggs (No Side, No Bread)	640	470	53	16	0	470	2830	7	0	6	43
Ham Steak & Eggs, Fresh Fruit	690	480	53	16	0	470	2850	19	1	17	44
Ham Steak & Eggs, Hash Browns	800	540	60	17	0	470	3220	27	1	6	46
Ultimate Meat Lover's Breakfast (No Side, No Bread)	620	470	53	16	0	445	2130	5	0	4	36
Ultimate Meat Lover's Breakfast, Fresh Fruit	660	470	53	16	0	445	2140	17	1	15	36
Ultimate Meat Lover's Breakfast, Hash Browns	770	530	60	18	0	445	2510	25	1	4	38
<b>LUNCH &amp; DINNER</b>											
All-American Crush Burger (No Cheese, No Side)	310	170	19	7	1	90	410	4	1	2	28
Honey Mustard Chicken (No Side)	770	490	54	9	0	190	1270	17	2	13	52
Lemon Butter Tilapia (No Side)	310	160	18	6	0	95	430	2	0	0	35
<b>ALL-AMERICAN CRUSH CHEESEBURGER CHEESE OPTIONS</b>											
Add-On Cheese, American	140	110	12	7	0	30	480	0	0	0	8
Add-On Cheese, Bleu	100	70	80	5	0	25	380	1	1	0	6
Add-On Cheese, Cheddar	110	80	9	5	0	30	180	1	0	0	7
Add-On Cheese, Feta	80	50	6	4	0	20	320	1	1	0	5
Add-On Cheese, Mozzarella	80	50	6	3.5	0	15	170	1	0	0	8
Add-On Cheese, Pepper Jack	120	90	10	6	0	30	30	2	0	1	6
Add-On Cheese, Swiss	140	140	16	10	0	50	120	2	0	0	16
<b>SOUPS</b>											
Cream of Tomato Basil Soup, Bowl	580	490	54	34	2	180	1070	17	3	11	4
<b>SALADS</b>											
Apple Walnut Chicken Salad, Full (No Dressing)	380	220	25	8	0	70	710	22	6	14	21
Apple Walnut Chicken Salad, Lunch (No Dressing)	190	110	12	4	0	35	360	12	3	7	11
Cobb Salad, Full (No Dressing)	540	330	37	11	0	275	1180	13	7	4	42
Cobb Salad, Lunch (No Dressing)	300	200	22	6	0	135	590	7	4	2	21

# 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)
Citrus Quinoa Salad, Full	550	290	32	8	0	20	1040	59	8	29	16
Citrus Quinoa Salad, Lunch	300	150	17	4	0	10	530	33	5	15	9
<b>SALAD DRESSING</b>											
Bleu Cheese Dressing, 1.5 oz. (Lunch)	270	260	28	5	0	20	310	1	0	1	1
Bleu Cheese Dressing, 3 oz. (Full)	540	510	57	10	0	45	630	3	0	3	3
Honey Mustard Dressing, 1.5 oz. (Lunch)	250	230	25	3.5	0	30	300	6	0	60	0
Honey Mustard Dressing, 3 oz. (Full)	510	460	51	7	0	60	600	12	0	12	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, 1.5 oz. (Lunch)	90	70	7	1	0	0	310	7	0	5	0
Orange Vinaigrette, 3 oz. (Full)	170	130	14	2.5	0	0	630	14	0	11	0
Ranch Dressing, 1.5 oz. (Lunch)	180	160	18	3	0	15	250	1	0	1	1
Ranch Dressing, 3 oz. (Full)	350	330	36	6	0	35	490	2	0	2	2
<b>SIDE OPTIONS</b>											
Coleslaw, 1 Portion	100	60	7	1	0	10	170	8	2	6	1
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	1
Green Beans, 1 Portion	70	45	5	1	0	0	115	5	2	2	1
Grilled Vegetables, 4 oz. Portion	90	60	7	2	0	0	220	7	2	3	2
Quinoa Vegetable Sauté	160	80	9	2.5	0	0	210	16	3	3	4
<b>KIDS' MEAL</b>											
Junior Breakfast, Bacon, Fresh Fruit	170	100	11	3	0	175	280	13	1	11	8
Junior Breakfast, Bacon, Hash Browns	280	160	17	4	0	175	650	21	1	1	10
Junior Breakfast, Sausage Links, Fresh Fruit	210	130	14	4	0	185	310	14	1	12	9
Junior Breakfast, Sausage Links, Hash Browns	320	190	21	5	0	185	680	21	1	1	11
Kids' Crush Burger (No Cheese, No Side)	330	190	21	8	1	100	300	3	1	2	31
Kids Crushburger with American Cheese (No Side)	360	210	24	10	1	110	420	3	1	2	33
<b>KIDS' CRUSH CHEESEBURGER CHEESE OPTIONS</b>											
Add-On Cheese, American	140	110	12	7	0	30	480	0	0	0	8
Add-On Cheese, Bleu	100	70	80	5	0	25	380	1	1	0	6
Add-On Cheese, Cheddar	110	80	9	5	0	30	180	1	0	0	7
Add-On Cheese, Feta	80	50	6	4	0	20	320	1	1	0	5
Add-On Cheese, Mozzarella	80	50	6	3.5	0	15	170	1	0	0	8
Add-On Cheese, Pepper Jack	120	90	10	6	0	30	30	2	0	1	6
Add-On Cheese, Swiss	140	140	16	10	0	50	120	2	0	0	16

# Nutritional Menu

## 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)
<b>KIDS' BREAKFAST</b>											
Chocolate Chip Pancakes	540	200	22	10	0	100	840	78	1	43	9
Funny Face Breakfast, Bacon	490	280	31	10	0	240	1110	37	1	11	15
Funny Face Breakfast, Sausage Links	570	340	38	12	0	260	1170	37	1	11	18
Funny Face Breakfast, Sausage Patty	610	380	42	14	0	265	1170	37	1	11	17
Grilled French Toast	480	100	11	2	0	105	440	86	0	43	10
Junior Breakfast, Bacon, Wheat Toast	320	160	18	4.5	0	175	540	26	2	4	12
Junior Breakfast, Bacon, White Toast	280	150	17	4.5	0	175	470	18	1	2	10
Junior Breakfast, Sausage, Wheat Toast	360	190	21	6	0	185	570	26	2	4	13
Junior Breakfast, Sausage, White Toast	320	180	21	6	0	185	500	18	1	2	11
Plain Pancakes with Syrup	400	180	20	6	0	75	880	44	1	12	8
<b>KIDS' LUNCH &amp; DINNER</b>											
Chicken Strips, Crispy with BBQ Sauce (No Side)	560	240	26	4	0	55	1840	56	1	28	23
Chicken Strips, Grilled with BBQ Sauce (No Side)	310	90	10	2	0	75	1210	30	0	28	24
Grilled Cheese Sandwich on White Bread (No Side)	410	200	22	8	0	30	830	37	1	5	14
Grilled Cheese Sandwich on Wheat Bread (No Side)	490	210	23	8	0	30	970	53	4	9	18
Kids Crushburger (No Cheese, No Side)	600	280	32	10	1.5	100	670	38	1	3	38
Kids Crushburger with American Cheese (No Side)	640	310	35	11	1.5	110	790	38	1	3	40
Kraft® Macaroni & Cheese (No Side)	310	80	9	2.5	0	15	550	45	2	8	11
Slow-Roasted Turkey (No Side)	90	35	4	1	0	30	480	2	0	0	11
<b>KIDS' SIDES</b>											
Applesauce	50	0	0	0	0	0	0	13	1	11	1
Cinnamon Apples	110	0	0	0	0	0	90	27	1	25	0
French Fries	370	180	20	3	0	0	150	34	3	0	3
Fresh Fruit, Cup	50	0	0	0	0	0	15	12	1	11	1
Garden Salad (No Dressing)	70	25	3	1	0	0	110	9	2	2	3
Green Beans	70	45	5	1	0	0	115	5	2	2	1
Grilled Seasonal Vegetables, 4 oz.	90	60	7	2	0	0	220	7	2	3	2
Mashed Potatoes & Gravy	130	25	3	2.5	0	0	470	26	2	1	2
Pirate's Booty	130	45	5	1	0	0	140	19	0	0	2
Rice Pilaf	210	40	4.5	1.5	0	0	720	37	1	1	3
Simply Go-Gurt® Strawberry Yogurt	70	5	0.5	0	0	5	30	13	0	10	2
<b>KIDS' DESSERT</b>											
Cherry Pie, Slice	490	220	24	10	2	10	420	62	2	28	4
Cookie, Chocolate Chunk, 1 Each	300	120	13	7	0	20	270	45	2	28	3

# Nutritional Menu

## KIDS' 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)
Cookie, Peanut Butter, 1 Each	320	150	17	7	0	20	340	37	2	21	6
Cookie, Sugar, 1 Each	300	120	13	5	0	10	260	43	1	21	3
Country Apple Pie, Slice	510	220	24	10	0	15	430	70	3	36	3
Kids' Sundae, Caramel	280	90	10	7	0	50	130	42	0	33	2
Kids' Sundae, Hot Fudge	270	120	14	10	0	45	85	35	0	28	2
<b>KIDS' DRINKS</b>											
Milk	130	45	5	3	0	20	130	12	0	12	8
Chocolate Milk	190	45	5	3	0	20	190	28	0	26	8
Coca-Cola	60	0	0	0	0	0	20	16	0	16	0
Diet Coke	0	0	0	0	0	0	20	0	0	0	0
Lemonade	60	0	0	0	0	0	0	16	0	15	0
Sprite	60	0	0	0	0	0	30	16	0	16	0
Apple Juice	120	0	0	0	0	0	25	31	0	26	0
Cranberry Juice	120	0	0	0	0	0	35	30	0	30	0
Grapefruit Juice	100	0	0	0	0	0	0	23	0	22	1
Orange Guava Passionfruit Juice	110	0	0	0	0	0	0	29	0	28	0
Orange Juice	110	0	0	0	0	0	0	27	0	24	2
Tomato Juice	70	0	0	0	0	0	1000	15	3	10	3
Honest Kids Organic Super Fruit Punch	40	0	0	0	0	0	10	0	0	9	0

## BAKERY ITEMS & Specialty Desserts

	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)
<b>BREADS</b>											
Cornbread, Loaf	1260	380	42	15	0	480	1980	198	6	66	30
Homemade Croutons, 16 oz. Bag	2500	1310	145	40	0	0	4460	225	33	23	65
Dinner Rolls, 1 Dozen	1370	370	41	12	0	60	2530	228	12	36	36
Dinner Rolls, 1/2 Dozen	680	180	20	6	0	30	1270	114	6	18	18
French Baguette, Loaf	1040	0	0	0	0	0	2160	209	7	0	37
Marbled Rye Bread, Loaf	2650	340	28	0	0	0	3590	472	38	19	94
Wheat Bread, Loaf	2930	380	42	0	0	0	5030	524	42	63	105
White Bread, Loaf	2920	390	44	0	0	0	4970	497	15	29	88
<b>MUFFINS</b>											
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
Bran Muffin, 1 Each	490	200	22	3.5	0	50	580	65	8	28	7

# Nutritional Menu

## BAKERY ITEMS & Specialty Desserts

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)
<b>COOKIES</b>											
Cookie, Chocolate Chunk, 1 Each	300	120	13	7	0	20	270	45	2	28	3
Cookie, Peanut Butter, 1 Each	320	150	17	7	0	20	340	37	2	21	6
Cookie, Sugar, 1 Each	300	120	13	5	0	10	260	43	1	21	3
<b>SWEET ROLLS</b>											
Caramel Pecan Roll	710	290	32	12	0	35	480	108	4	57	9
Cinnamon Roll, Prepared	480	190	21	12	0	35	490	73	3	26	8
<b>SPECIALTY DESSERTS</b>											
6" Apple Crumb Pie, Whole	1280	580	64	28	0	40	1160	168	4	108	8
6" Baked Cherry Lattice Pie, Whole	920	430	48	20	0	0	1040	120	4	60	8
Caramel Apple á la Mode	750	290	32	14	0	40	550	109	3	65	6
Carrot Cake, Slice	1270	550	61	22	1	160	700	166	5	132	15
Carrot Cake, Whole	10160	4390	488	176	8	1280	5600	1328	40	1056	120
Cheesecake, Slice	500	320	35	20	1.5	145	520	39	1	30	8
Cheesecake, Whole	6010	3780	420	240	18	1740	6250	469	12	360	96
Hot Fudge Brownie á la Mode	770	350	39	15	0	65	330	92	4	68	8

## WHOLE PIES & Pie Slices

	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)
<b>PIE SLICES</b>											
Apple Pie, No-Sugar-Added, Slice	430	240	27	12	0	10	410	53	2	19	3
Banana Cream Pie, Slice	560	300	33	17	1	95	350	53	2	30	7
Blueberry Pie, Slice	490	220	24	10	0	10	420	65	4	31	3
Brownie Pie, Slice	540	250	28	7	0	40	250	61	3	44	6
Caramel Apple á la Mode	750	290	32	14	0	40	550	109	3	65	6
Caramel Pecan Silk Supreme Pie, Slice	780	500	55	30	1.5	175	370	63	1	42	7
Cherry Pie, Slice	490	220	24	10	0	10	420	62	2	28	4
Cherry Pie, No-Sugar-Added, Slice	510	280	31	13	0	15	560	56	2	17	4
Chocolate Peanut Butter Cup Pie, Slice	830	500	56	29	1	170	450	75	3	63	10
Coconut Cream Pie, Slice	570	320	36	22	1	105	380	54	1	31	7
Country Apple Pie, Slice	510	220	24	10	0	15	430	70	3	36	3
Custard Pie, Slice	420	180	20	9	0	125	470	51	1	35	9
French Apple Cream Cheese Pie, Slice	650	360	40	22	1.5	150	350	63	2	51	7

# Nutritional Menu

## WHOLE PIES & Pie Slices 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)
French Silk Pie, Slice	650	410	46	25	1	170	320	51	1	37	6
French Apple Pie, Slice	430	160	18	8	0	0	280	65	2	41	2
Hot Fudge Brownie à la Mode	770	350	39	15	0	65	330	92	4	68	8
Lemon Meringue Pie, Slice	420	120	13	6	0	15	300	73	1	52	2
Lemon Supreme Pie, Slice	670	390	43	23	1	115	360	66	1	47	5
OREO® Cookie Crunch Pie, Slice	650	390	43	23	1	140	350	63	1	48	4
Peach Pie, Slice	450	210	23	10	0	10	380	56	2	24	4
Pecan Pie, Slice	640	300	33	10	0	115	450	81	2	65	6
Strawberry Rhubarb Pie, Slice	460	210	23	10	0	10	420	60	2	27	4
Triple Berry Pie, Slice	480	220	24	10	0	10	420	65	4	30	4
<b>FEATURED/SEASONAL PIE SLICE</b>											
Apple Raspberry Almond Streusel, Slice	560	250	28	12	0	15	530	73	2	38	5
Blackberry Bavarian Pie, Slice	520	300	33	19	0	80	450	53	1	27	4
Candy Cane Pie®, Slice	700	440	49	24	1	110	300	63	1	50	4
Cherry Supreme Pie, Slice	580	360	40	21	1	95	410	59	2	38	4
Chocolate Chip Cookie Dough Pie, Slice	710	430	48	26	1	160	390	67	2	43	7
Chocolate Hazelnut Silk Pie, Slice	730	470	52	26	1	135	350	60	2	38	7
European Truffle Pie, Slice	740	420	47	27	1	165	320	70	2	53	7
Fresh Raspberry Pie, Slice	490	290	32	16	0.5	65	270	47	5	27	4
Fresh Strawberry Cream Cheese Pie, Slice	600	340	38	22	1.5	150	310	57	2	45	7
Fresh Strawberry Pie, Slice	410	220	24	12	0.5	45	230	46	4	25	3
Granny Smith Caramel Apple Crumble, Slice	500	200	22	11	0	30	550	72	2	39	5
Hawaiian Strawberry Pie, Slice	630	410	45	22	1	95	300	51	3	32	5
Holiday French Silk Pie, Slice	670	430	48	27	1	180	350	55	1	40	6
Key Lime Pie, Slice	560	260	29	17	1	90	200	69	1	57	8
Lemon Blueberry Pie, Slice	530	300	33	17	0.5	90	430	53	2	31	5
Mince Pie, Slice	640	310	34	11	0	0	520	69	2	27	4
Mint Brownie Blast Pie, Slice	760	440	49	25	1	135	480	74	2	49	6
Peach Supreme Pie, Slice	550	340	38	21	1	95	350	49	1	30	5
Peanut Butter Banana Supreme Pie, Slice	700	450	50	23	1	90	420	59	3	32	9
Pumpkin Pie, Slice	480	180	20	8	0	60	420	69	2	49	7
Pumpkin Supreme Pie, Slice	640	380	42	21	1	110	400	61	2	41	7
Pumpkin with Whipped Cream Pie, Slice	600	310	34	17	0.5	125	450	78	2	57	8
Red, White & Blueberry Pie, Slice	470	220	24	10	0	0	360	61	2	28	3
Sour Cream Raisin Pie, Slice	600	340	38	21	0.5	100	400	61	2	42	5
White Chocolate Key Lime Pie, Slice	500	250	28	16	0.5	105	220	57	1	42	7

# Nutritional Menu

## WHOLE PIES & Pie Slices 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)
<b>WHOLE PIES</b>											
Apple Pie, No-Sugar-Added, Whole	2600	1470	163	72	0	45	2440	318	12	114	20
Banana Cream Pie, Whole	3360	1780	198	102	6	570	2100	318	12	180	42
Blueberry Pie, Whole	2950	1310	145	60	0	45	2500	392	24	188	20
Brownie Pie, Whole	3240	1510	168	42	0	240	1500	366	18	264	36
Caramel Pecan Silk Supreme Pie, Whole	4680	2970	330	180	9	1050	2220	378	6	252	42
Cherry Pie, No-Sugar-Added, Whole	3080	1680	187	78	0	75	3340	336	12	102	26
Chocolate Peanut Butter Cup Pie, Whole	4980	3020	336	174	6	1020	2700	450	18	378	60
Coconut Cream Pie, Whole	3420	1940	216	132	6	630	2280	324	6	186	42
Country Apple Pie, Whole	3070	1310	145	60	0	75	2560	422	18	218	20
Cherry Pie, Whole	2950	1310	145	60	0	45	2500	374	12	170	26
Custard Pie, Whole	2520	1080	120	54	0	750	2820	306	6	210	54
French Apple Cream Cheese Pie, Whole	3900	2460	240	132	9	900	2100	378	12	306	42
French Apple Pie, Whole	2580	970	108	48	0	0	1680	390	12	246	12
French Silk Pie, Whole	3900	2480	276	150	6	1020	1920	306	6	222	36
Lemon Meringue Pie, Whole	2520	700	78	36	0	90	1800	438	6	312	12
Lemon Supreme Pie, Whole	4020	2320	258	138	6	690	2160	396	6	282	30
OREO® Cookie Crunch Pie, Whole	3900	2320	258	138	6	840	2100	378	6	288	24
Peach Pie, Whole	2710	1250	139	60	0	45	2260	338	12	146	26
Pecan Pie, Whole	3840	1780	198	60	0	690	2700	486	12	390	36
Peanut Butter Banana Supreme Pie, Whole	4200	2700	300	138	6	540	2520	354	18	192	54
Sour Cream Raisin Pie, Whole	3600	2050	228	126	3	600	2400	366	12	252	30
Strawberry Rhubarb Pie, Whole	2770	1250	139	60	0	45	2500	362	12	164	26
Triple Berry Pie, Whole	2890	1310	145	60	0	45	2500	392	24	182	26
<b>FEATURED/SEASONAL PIE WHOLE</b>											
Apple Raspberry Almond Streusel Pie, Whole	3360	1510	168	72	0	90	3180	438	12	228	30
Blackberry Bavarian Pie, Whole	3120	1780	198	114	0	480	2700	318	6	162	24
Candy Cane Pie®, Whole	4200	2650	294	144	6	660	1800	378	6	300	24
Cherry Supreme Pie, Whole	3480	2160	240	126	6	570	2460	354	12	228	24
Chocolate Chip Cookie Dough Pie, Whole	4260	2590	288	156	6	960	2340	402	12	258	42
Chocolate Hazelnut Silk Pie, Whole	4380	2810	312	156	6	810	2100	360	12	228	42
European Truffle Pie, Whole	4440	2540	282	162	6	990	1920	420	12	318	42
Fresh Raspberry Pie, Whole	2940	1730	192	96	3	390	1620	282	30	162	24
Fresh Strawberry Cream Cheese Pie, Whole	3600	2050	228	132	9	900	1860	342	12	270	42
Fresh Strawberry Pie, Whole	2460	1300	144	72	3	270	1380	276	24	150	18
Granny Smith Caramel Apple Crumble Pie, Whole	3000	1190	132	66	0	180	3300	432	12	234	30
Hawaiian Strawberry Pie, Whole	3780	2430	270	132	6	570	1800	306	18	192	30
Holiday French Silk Pie, Whole	4020	2590	288	162	6	1080	2100	330	6	240	36

# Nutritional Menu

## WHOLE PIES & Pie Slices 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)
Key Lime Pie, Whole	3360	1570	174	102	6	540	1200	414	6	342	48
Mince Pie, Whole	3840	1840	204	66	0	0	3120	414	12	162	24
Mint Brownie Blast Pie, Whole	4560	2650	294	150	6	810	2880	444	12	294	36
Lemon Blueberry Pie, Whole	3180	1780	198	102	3	540	2580	318	12	186	30
Peach Supreme Pie, Whole	3300	2050	228	126	6	570	2100	294	6	180	30
Pumpkin Pie, Whole	2880	1080	120	48	0	360	2520	414	12	294	42
Pumpkin with Whipped Cream Pie, Whole	3600	1840	204	102	3	750	2700	468	12	342	48
Pumpkin Supreme Pie, Whole	3840	2270	252	126	6	660	2400	366	12	246	42
Red, White & Blueberry Pie, Whole	2820	1300	144	60	0	0	2160	366	12	168	18
White Chocolate Key Lime Pie, Whole	3010	1510	168	96	3	630	1320	339	7	252	42

## DESSERT & PIE Toppings

	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)
<b>TOPPINGS</b>											
Topping, Caramel, 1 fl. oz.	130	10	1	0.5	0	5	100	30	0	21	1
Topping, Hot Fudge, 1 fl. oz.	130	40	4.5	4.5	0	0	55	22	0	16	1
Topping, Ice Cream, 1 Scoop	90	45	5	3	0	25	25	9	0	8	2
Topping, Triple Berry Sauce, 1 fl. oz.	50	0	0	0	0	0	15	13	1	11	0
Topping, Whipped Cream, .5 fl. oz.	50	40	4.5	3	0	20	0	2	0	2	0

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.