

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	Tree Nuts	Wheat	Gluten	
Ultimate Skillet (No Bread)	1000	660	73	20	0.5	600	2440	41	5	7	48	•		•			•				
Bakers Scrambler (No Bread)	800	520	58	18	0	575	1830	37	4	5	35	•		•			•				
Chicken-Fried Steak Skillet (No Bread)	1180	710	79	17	0.5	550	2810	73	4	2	41	•		•			•		•	•	
Veggie Scrambler (No Bread)	730	470	53	16	0	535	1420	38	6	4	27	•		•			•				
Veggie Scrambler (No Bread) (Lansing, IL, Schererville, IN and Milwaukee, WI only)	720	470	53	16	0	535	1320	37	6	4	26	•		•			•				
<b>SIDE CHOICES</b>																					
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			•			•		•	•	
Buttermilk Pancakes, 2 each (with butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•		•	•	
English Muffin (with butter)	230	80	9	2.5	0	0	430	30	2	1	6			•			•		•	•	
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			•			•		•	•	
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										

# Nutritional Menu

## 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	Tree Nuts	Wheat	Gluten	
Ultimate Meat Lover's Breakfast (No Side, No Bread)	670	500	55	17	0	595	2050	5	0	3	43	•					•				
Eggs, 2 Each, Prepared (liquid)	220	160	18	5	0	475	150	1	0	0	13	•					•				
Eggs, 2 Each, Prepared (whole eggs)	190	140	15	4	0	325	125	1	0	0	11	•					•				
Eggs, 2 Each, Prepared (poached)	130	80	8	3	0	325	125	1	0	0	11	•									
Chicken-Fried Steak & Eggs (No Side, No Bread)	780	460	52	14	0	540	1800	40	1	0	36	•		•			•		•	•	
Corned Beef Hash (No Bread)	690	390	44	9	0.5	545	2050	37	4	4	37	•		•			•				
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	240	27	8	0	500	580	2	0	0	22	•					•				
Classic Breakfast, Sausage Links (No Side, No Bread)	540	410	45	14	0	560	960	3	0	1	32	•					•				
Classic Breakfast, Sausage Patties (No Side, No Bread)	680	550	61	22	0	590	1280	4	0	1	29	•					•				
Classic Breakfast, Turkey Sausage (No Side, No Bread)	420	310	34	9	0	555	830	1	0	0	33	•					•				
<b>SIDE CHOICES</b>																					
Hash Browns, Side	220	120	14	2.5	0	0	390	20	1	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
<b>BREAD CHOICES</b>																					
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			•			•		•	•	
Buttermilk Pancakes, 2 each (with butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•		•	•	
English Muffin (with butter)	230	80	9	2.5	0	0	430	30	2	1	6			•			•		•	•	
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			•			•		•	•	

# 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	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	•		•			•		•	•	
<b>TOPPINGS</b>																					
Fresh Strawberries with Strawberry Sauce & Whipped Cream	190	80	9	6	0	40	45	27	1	24	1			•							
Fresh Bananas & Strawberry Sauce & Whipped Cream	230	80	9	6	0	40	45	38	2	30	1			•							
Triple Berry Sauce & Whipped Cream	190	80	9	6	0	40	40	29	2	25	0			•							
Cinnamon Apples & Whipped Cream	210	80	9	6	0	40	100	31	1	28	0			•							
<b>BREAKFAST MEAT CHOICES</b>																					
Bacon, 2 strips	60	40	4.5	1.5	0	15	210	0	0	0	4										
Sausage Links, 2 Each	160	120	14	4.5	0	45	410	1	0	1	9										
Sausage Patty, 1 Each	230	190	21	9	0	55	570	1	0	1	8										
Turkey Sausage Links, 2 Each	100	70	8	2	0	40	340	0	0	0	10										
<b>SYRUP</b>																					
Maple-Flavored Syrup, 1 fl. oz.	110	0	0	0	0	0	45	27	0	17	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)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	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 Lover's Omelette (No Side, No Bread)	760	540	61	23	0	825	1630	12	1	3	43	•		•			•		•	•

# 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	Tree Nuts	Wheat	Gluten	
Smothered Meat Lover's Omelette , Low-Cholesterol Eggs (No Side, No Bread)	650	430	48	19	0	250	1900	12	1	4	42	•		•			•		•	•	
Smothered Meat Lover's Omelette, Egg Whites (No Side, No Bread)	610	390	44	17	0	110	1720	12	1	3	42	•		•			•		•	•	
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	•		•			•				
Veggie Omelette (No Side, No Bread) (Lansing, IL, Schererville, IN and Milwaukee, WI only)	400	270	30	11	0	730	560	7	2	2	26	•		•			•				
Veggie Omelette, Egg Whites (No Side, No Bread) (Lansing, IL, Schererville, IN and Milwaukee, WI only)	260	120	13	5	0	20	640	7	2	2	26	•		•			•				
Veggie Omelette, Low-Cholesterol Eggs (No Side, No Bread) (Lansing, IL, Schererville, IN and Milwaukee, WI only)	290	150	17	6	0	160	830	7	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	•		•			•				
<b>OMELETTE ADD-ONS</b>																					
Add-On Avocado, 1/4	80	70	7	1	0	0	0	4	3	0	1										
Add-On Bacon, 2 Strips	60	40	4.5	1.5	0	15	210	0	0	0	4										
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			•							

# 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	Tree Nuts	Wheat	Gluten	
<b>OMELETTE ADD-ONS CONT.</b>																					
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	160	120	14	4.5	0	45	410	1	0	1	9										
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										
<b>SIDE CHOICES</b>																					
Hash Browns, Side	220	120	14	2.5	0	0	390	20	1	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
<b>BREAD CHOICES</b>																					
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			•			•		•	•	
Buttermilk Pancakes, 2 Each (with Butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•		•	•	
English Muffin (with Butter)	230	80	9	2.5	0	0	430	30	2	1	6			•			•		•	•	
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			•			•		•	•	

# 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	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Eggs Benedict (No Side)	650	320	36	10	0	395	2700	43	2	4	33	•		•			•		•	•
Pepper Jack Benedict (No Side)	1060	730	81	31	0	480	1760	41	3	6	40	•		•			•		•	•
Hash Browns, Side	220	120	14	2.5	0	0	390	20	1	0	3						•			
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1									

## SIDE CHOICES

## 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	Tree Nuts	Wheat	Gluten
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	•					•			
Low-Cholesterol Egg Substitute, 4 oz., Prepared	140	80	9	2	0	95	320	1	0	1	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 Egg Substitute Omelette with Part-Skim Cheese	220	140	15	5	0	110	490	2	0	1	21	•		•			•			
Bacon, 2 Strips	60	40	4.5	1.5	0	15	210	0	0	0	4									
Sausage Links, 2 Each	160	120	14	4.5	0	45	410	1	0	1	9									
Turkey Sausage Links, 2 Each	100	70	8	2	0	40	340	0	0	0	10									
Sausage Patty, 1 Each	230	190	21	9	0	55	570	1	0	1	8									
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	•					•			

## 4-SQUARE CHOICES

# 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	Tree Nuts	Wheat	Gluten	
<b>4-SQUARE CHOICES CONT.</b>																					
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			•							
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			•							
Applesauce, 4 oz	50	0	0	0	0	0	0	13	1	11	0										
Sliced Tomatoes, 1 oz	5	0	0	0	0	0	0	1	0	1	0										
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)	230	80	9	2.5	0	0	430	30	2	1	6			•			•		•	•	
Biscuit, 1 Each (with Gravy)	400	200	22	10	0	5	1170	38	1	2	7			•			•		•	•	
Cornbread, 1 Each (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 (with Butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•		•	•	
Chocolate Chip Pancakes, 2 each (with Chocolate Syrup and Whipped Cream)	530	170	19	8	0	100	830	81	3	40	10	•		•			•		•	•	
French Toast, 2 Pieces	340	160	18	5	0	150	360	32	0	8	11	•		•			•		•	•	

# 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)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
<b>4-SQUARE SUPREME CHOICES</b>																					
Peanut Butter Banana French Toast	320	120	14	4	0	85	240	44	2	21	8	•		•	•		•		•	•	
Small Chicken-Fried Steak (with Gravy)	300	160	18	5	0	35	930	21	1	0	12	•		•			•		•	•	
Ham Steak, 1/2	230	170	19	6	0	65	1280	3	0	3	16										
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	Tree Nuts	Wheat	Gluten
Cobb Salad, Full (No Bread, No Dressing)	560	330	37	11	0	350	1150	13	7	4	45	•		•			•			
Cobb Salad, Lunch (No Bread, No Dressing)	310	200	22	6	0	175	580	7	4	2	23	•		•			•			
Cobb Salad with Bleu Cheese Dressing, Full (No Bread)	1070	790	88	22	0	395	1840	16	7	7	51	•		•			•			
Cobb Salad with Bleu Cheese Dressing, Lunch (No Bread)	570	420	47	12	0	195	930	9	4	4	26	•		•			•			
Honey Mustard Chicken Salad, Full (No Bread, No Dressing)	620	340	37	5	0	50	1100	46	6	16	25	•		•			•	•	•	•
Honey Mustard Chicken Salad, Lunch (No Bread, No Dressing)	370	200	23	3	0	35	710	28	4	8	16	•		•			•	•	•	•
Honey Mustard Chicken Salad with Honey Mustard Dressing, Full (No Bread)	1130	800	88	13	0	110	1700	58	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			•			•			



# 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	Tree Nuts	Wheat	Gluten
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	10	30	16			•				•		
Citrus Quinoa Salad, Lunch (No Bread, No Dressing, No Chicken)	250	90	9	3	0	10	220	33	5	15	9			•				•		
Citrus Quinoa Salad with Orange Vinaigrette, Full (No Bread, No Chicken)	630	290	32	8	0	20	1040	76	10	42	16			•			•	•		
Citrus Quinoa Salad with Orange Vinaigrette, Lunch (No Bread, No Chicken)	340	150	17	4	0	10	530	41	5	21	9			•			•	•		
Citrus Quinoa Salad with Chicken and Orange Vinaigrette, Full (No Bread)	820	380	42	10	0	95	1470	76	10	42	40			•			•	•		
Citrus Quinoa Salad with Chicken and Orange Vinaigrette, Lunch (No Bread)	460	230	25	6	0	50	740	41	5	21	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 Salad (No Dressing)	40	10	1	0	0	0	50	6	2	2	1						•		•	•
<b>SALAD DRESSINGS</b>																				
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						•			

# 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	Tree Nuts	Wheat	Gluten
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### SALAD DRESSINGS CONT.

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						•			
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 CHOICES

Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•		•	•
Cornbread, 1 Each (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	•		•			•		•	•

## 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	Tree Nuts	Wheat	Gluten
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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

### BREAD CHOICES

Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•		•	•
Cornbread, 1 Each (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	•		•			•		•	•

# 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	Tree Nuts	Wheat	Gluten	
<b>ARTISAN SANDWICHES</b>																					
Turkey Bacon Avocado	480	190	22	3	0	60	1230	43	4	1	27	•		•			•		•	•	
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			•			•		•	•	
<b>SEASONAL SALADS</b>																					
Strawberry Bleu Cheese Salad (No Dressing)	120	80	9	3	0	15	200	5	2	2	4			•				•			
Strawberry Bleu Cheese Salad	170	120	13	3.5	0	15	400	10	2	6	5			•			•	•			
Mediterranean Salad (No Dressing)	70	35	4	2	0	10	300	5	2	2	4			•							
Mediterranean Salad with Light Olive Oil Vinaigrette	130	90	10	3	0	10	560	8	2	4	4			•			•				
<b>CUP OF SOUP</b>																					
See soup section																					
<b>SLICE OF PIE</b>																					
See pie section																					

## 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	Tree Nuts	Wheat	Gluten	
<b>PRIMO 1/2 HOT SANDWICH</b>																					
Supreme Grown-Up Grilled Cheese, Half	420	250	28	13	0	60	990	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, Half	430	220	25	4	0	50	680	26	2	2	23	•	•	•			•		•	•	
Classic French Dip with Cheese, Half	370	90	11	4.5	0	60	1650	42	3	0	29			•			•		•	•	

# 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	Tree Nuts	Wheat	Gluten
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### SOUP OR GARDEN SALAD

See soup and salad sections

### SLICE OF PIE

See pie section

## 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	Tree Nuts	Wheat	Gluten
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### CLASSIC 1/2 DELI SANDWICHES

Bacon Lover's BLT on White, Half	250	130	14	2.5	0	25	520	19	1	2	10	•				•		•	•
Bacon Lover's BLT on Wheat, Half	290	130	15	2.5	0	25	590	27	2	4	12	•				•		•	•
Bacon Lover's BLT on Rye, Half	290	130	15	2.5	0	25	540	27	2	2	12	•				•		•	•
Albacore Tuna Salad on White, Half	230	90	11	0	0	25	340	19	1	2	13	•	•			•		•	•
Albacore Tuna Salad on Wheat, Half	270	100	11	0	0	25	410	27	3	4	15	•	•			•		•	•
Albacore Tuna Salad on Rye, Half	270	100	11	0	0	25	360	27	3	2	15	•	•			•		•	•
Hand-Carved Turkey Breast Sandwich on White, Half	220	90	10	1	0	30	500	19	1	2	13	•				•		•	•
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 Rye, Half	260	100	11	1	0	30	520	27	2	2	15	•				•		•	•
Ham & Swiss Sandwich on White, Half	290	150	17	5	0	55	720	20	1	3	22	•		•		•		•	•
Ham & Swiss Sandwich on Wheat, Half	330	160	18	5	0	55	790	28	2	5	24	•		•		•		•	•
Ham & Swiss Sandwich on Rye, Half	330	160	18	5	0	55	740	28	2	3	24	•		•		•		•	•

### SOUP OR GARDEN SALAD

See soup and salad sections

### SLICE OF PIE

See pie section

# 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	Tree Nuts	Wheat	Gluten
Honey Mustard Club Pita (No Side)	650	340	38	14	0	125	1680	49	3	7	49	•		•			•		•	•
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 CHOICES

French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•			
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1									
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	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	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	680	76	25	0	150	1900	53	3	13	44	•		•			•		•	•

## ADD-ON CHEESE CHOICES

Add-On Cheese, American, 2 slice	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 slice	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			•						

# 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	Tree Nuts	Wheat	Gluten	
<b>ADD-ON CHOICES</b>																					
Add-On Bacon, 2 Strips	60	40	4.5	1.5	0	15	210	0	0	0	4										
Add-On Fried Egg	90	70	8	2	0	165	60	0	0	0	6	•					•				
Add-On Avocado, 1/4	80	70	7	1	0	0	0	4	3	0	1										
Add-On Garlic-Grilled Onions, 1 oz	80	60	6	2	0	0	85	3	0	1	0			•			•				
Add-On Garlic-Grilled Mushrooms, 2 oz	80	60	7	2	0	0	85	2	1	1	2			•			•				
Add-On Crush Burger Patty, 1 Each	330	240	27	12	0	95	190	0	0	0	18										
<b>BURGER SUBSTITUTES</b>																					
Grilled Chicken Breast, 1 Each	190	90	10	2	0	75	540	0	0	0	24						•				
Boca Burger Patty, 1 Each	200	70	8	1.5	0	0	740	12	8	1	27						•		•	•	
All-American Crush Burger with Grilled Chicken Breast (No Cheese, No Side)	520	200	22	4	0	75	1240	45	2	8	34						•		•	•	
All-American Crush Burger with Boca Burger Patty (No Cheese, No Side)	530	180	20	3.5	0	0	1440	57	10	9	37						•		•	•	
The Works Burger with Grilled Chicken Breast (No Cheese, No Side)	950	530	59	15	0	135	2370	53	3	13	50	•		•			•		•	•	
The Works Burger with Boca Burger Patty (No Cheese, No Side)	960	510	57	15	0	60	2560	64	11	14	53	•		•			•		•	•	
<b>SIDE CHOICES</b>																					
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				

# Nutritional Menu

## 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	Tree Nuts	Wheat	Gluten
Bacon Lover's BLT on White Bread (No Side)	500	260	29	4.5	0	50	1030	37	2	4	20	•					•		•	•
Bacon Lover's BLT on Wheat Bread (No Side)	580	270	30	4.5	0	50	1170	53	5	8	24	•					•		•	•
Bacon Lover's BLT on Marbled Rye Bread (No Side)	580	270	30	4.5	0	50	1070	53	5	4	24	•					•		•	•
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	430	47	11	0	135	1950	55	2	6	47	•		•			•		•	•
Bakers Club on Wheat Bread (No Side)	970	440	49	11	0	135	2160	79	7	12	53	•		•			•		•	•
Bakers Club on Marbled Rye Bread (No Side)	970	440	49	11	0	135	2010	79	7	6	53	•		•			•		•	•
Marbled Rye Reuben (No Side)	740	390	44	15	0	125	1960	59	4	7	46	•		•			•		•	•

## SIDE CHOICES

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

## 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	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	510	57	27	0	120	1980	37	1	3	42			•			•		•	•
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	340	39	13	0	140	1260	36	1	3	45			•			•		•	•
Chicken Cheddar Bacon Melt on Wheat Bread (No Side)	760	350	40	13	0	140	1400	52	4	7	49			•			•		•	•
Chicken Cheddar Bacon Melt on Marbled Rye Bread (No Side)	760	350	40	13	0	140	1300	52	4	3	49			•			•		•	•

# Nutritional Menu

## TOASTY Melts 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	Tree Nuts	Wheat	Gluten
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 CHOICES

French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•			
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1									
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	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	Tree Nuts	Wheat	Gluten
Traditional Chicken Pot Pie with Salad (No Dressing, No Bread)	1240	750	83	42	1	225	2930	99	5	11	38	•		•			•		•	•
Chopped Steak Dinner (No Side, 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			•			•		•	•
Slow-Roasted Turkey, Full (No Side, No Bread)	590	200	23	8	0	80	2490	56	2	16	37			•			•		•	•
Slow-Roasted Turkey, Just Right Portion (No Side, No Bread)	320	100	11	4	0	40	1240	34	1	13	19			•			•		•	•
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 Side, No Bread)	510	270	30	6	0	150	1170	4	1	1	50									

## BREAD CHOICES

Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•		•	•
Cornbread, 1 Each (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	•		•			•		•	•



# 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	Tree Nuts	Wheat	Gluten	
<b>SIDE CHOICES</b>																					
Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•		•	•	
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				
Green Beans, 2.5 oz	90	60	7	1.5	0	0	115	5	2	2	1						•				
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	170	50	5	3.5	0	5	680	29	2	1	4			•			•	•	•	•	•
Mashed Potatoes with Turkey Gravy, 2 oz	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•	•	•	•	•
Grilled Vegetables, 4.5 oz	90	60	7	1.5	0	0	135	5	2	2	2						•				
Fire-Roasted Potato Medley, 3 oz	190	100	11	1.5	0	0	390	19	2	3	2			•			•				
Quinoa Vegetable Saute, 5.5 oz	170	80	9	2.5	0	0	220	16	3	3	4			•			•				

## 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	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)	990	660	74	11	0	125	1950	46	1	8	34	•		•			•		•	•	•
Chicken Tenders, Just Right Portion (No Side, No Bread)	730	520	58	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	•		•			•		•	•	•

# Nutritional Menu

**TENDER & TASTY**  
**Chicken** 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	Tree Nuts	Wheat	Gluten	
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	•		•			•		•	•	
<b>BREAD CHOICES</b>																					
Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•		•	•	
Cornbread, 1 Each (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	•		•			•		•	•	
<b>SIDE CHOICES</b>																					
Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•		•	•	
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				
Green Beans, 2.5 oz	90	60	7	1.5	0	0	115	5	2	2	1						•				
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	170	50	5	3.5	0	5	680	29	2	1	4			•			•	•	•	•	
Mashed Potatoes with Turkey Gravy, 2 oz	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•	•	•	•	
Grilled Vegetables, 4.5 oz	90	60	7	1.5	0	0	135	5	2	2	2						•				
Fire-Roasted Potato Medley, 3 oz	190	100	11	1.5	0	0	390	19	2	3	2			•			•				
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	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	•	•	•			•		•	•	
<b>BREAD CHOICES</b>																					
Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•		•	•	
Cornbread, 1 Each (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	•		•			•		•	•	
<b>SIDE CHOICES</b>																					
Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•		•	•	
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				
Green Beans, 2.5 oz	90	60	7	1.5	0	0	115	5	2	2	1						•				
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	170	50	5	3.5	0	5	680	29	2	1	4			•			•	•	•	•	
Mashed Potatoes with Turkey Gravy, 2 oz	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•	•	•	•	
Grilled Vegetables, 4.5 oz	90	60	7	1.5	0	0	135	5	2	2	2						•				
Fire-Roasted Potato Medley, 3 oz	190	100	11	1.5	0	0	390	19	2	3	2			•			•				
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	Tree Nuts	Wheat	Gluten	
<b>GLUTEN-SENSITIVE BREAKFAST</b>																					
Bakers Omelette (No Side)	380	260	29	11	0	520	670	7	1	3	26	•		•			•				
Bakers Omelette, Fresh Fruit	420	260	29	11	0	520	680	17	2	11	26	•		•			•				
Bakers Omelette, Hash Browns	600	380	43	13	0.5	520	1060	27	2	3	28	•		•			•				
Classic Breakfast, Bacon (No Side)	340	240	27	8	0	500	580	2	0	0	22	•					•				
Classic Breakfast, Bacon, Fresh Fruit	380	240	27	8	0	500	580	12	1	8	22	•					•				
Classic Breakfast, Bacon, Hash Browns	560	370	41	11	0.5	500	960	22	1	0	24	•					•				
Classic Breakfast, Sausage Links (No Side)	540	410	45	14	0	560	960	3	0	1	32	•					•				
Classic Breakfast, Sausage Links, Fresh Fruit	580	410	46	14	0	560	970	13	1	9	32	•					•				
Classic Breakfast, Sausage Links, Hash Browns	760	530	59	16	1	560	1340	23	1	1	34	•					•				
Classic Breakfast, Sausage Patties (No Side)	700	560	63	23	0	590	1280	4	0	1	29	•					•				
Classic Breakfast, Sausage Patties, Fresh Fruit	740	570	63	23	0	590	1290	14	1	9	29	•					•				
Classic Breakfast, Sausage Patties, Hash Browns	920	690	77	25	0.5	590	1670	24	1	1	31	•					•				
Ham Steak & Eggs (No Side)	680	500	56	17	0	610	2710	7	0	5	46	•					•				
Ham Steak & Eggs, Fresh Fruit	720	500	56	17	0	610	2720	17	1	13	46	•					•				
Ham Steak & Eggs, Hash Browns	900	630	70	20	0.5	610	3100	27	1	5	48	•					•				
Ultimate Meat Lover's Breakfast (No Side)	670	500	55	17	0	595	2050	5	0	3	43	•					•				
Ultimate Meat Lover's Breakfast, Fresh Fruit	710	500	55	17	0	595	2060	15	1	11	44	•					•				
Ultimate Meat Lover's Breakfast, Hash Browns	890	620	69	20	0.5	595	2440	25	1	3	46	•					•				
<b>GLUTEN-SENSITIVE BREAKFAST SIDES</b>																					
Hash Browns, 4 oz, Prepared	220	120	14	2.5	0	0	390	20	1	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										

# 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	Tree Nuts	Wheat	Gluten	
<b>GLUTEN-SENSITIVE LUNCH &amp; DINNER</b>																					
All-American Crush Cheeseburger (No Cheese, No Side)	350	250	27	12	0	95	390	4	1	2	19										
Honey Mustard Chicken, Full (No Side)	770	490	54	9	0	190	1270	17	2	13	52	•					•				
Honey Mustard Chicken, Just Right Portion (No Side)	450	310	34	6	0	95	630	8	1	6	26	•					•				
Lemon Butter Tilapia (No Side)	310	160	18	6	0	95	430	2	0	0	35		•	•			•				
<b>ALL-AMERICAN CRUSH CHEESEBURGER CHEESE</b>																					
Add-On Cheese, American, 2 slice	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 slice	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			•							
<b>GLUTEN-SENSITIVE DINNER SIDES</b>																					
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										
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			•			•				
<b>GLUTEN-SENSITIVE SALADS</b>																					
Cobb Salad, Full (No Dressing)	560	330	37	11	0	350	1150	13	7	4	45	•		•			•				
Cobb Salad, Lunch (No Dressing)	310	200	22	6	0	175	580	7	4	2	23	•		•			•				
Cobb Salad with Blue Cheese Dressing, Full	1070	790	88	22	0	395	1840	16	7	7	51	•		•			•				
Cobb Salad with Blue Cheese Dressing, Lunch	570	420	47	12	0	195	930	9	4	4	26	•		•			•				
Apple Walnut Chicken Salad, Full (No Dressing)	410	220	24	6	0	65	690	30	6	868	20	•		•			•	•			
Apple Walnut Chicken Salad, Lunch (No Dressing)	210	110	12	3	0	35	350	16	3	434	10	•		•			•	•			

# 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	Tree Nuts	Wheat	Gluten	
<b>GLUTEN-SENSITIVE SALADS CONT.</b>																					
Citrus Quinoa Salad, Full (No Dressing)	450	160	18	5	0	20	420	60	10	30	16			•				•			
Citrus Quinoa Salad, Lunch (No Dressing)	250	90	9	3	0	10	220	33	5	15	9			•				•			
Citrus Quinoa Salad with Orange Vinaigrette, Full (No Dressing)	630	290	32	8	0	20	1040	76	10	42	16			•			•	•			
Citrus Quinoa Salad with Orange Vinaigrette, Lunch (No Dressing)	340	150	17	4	0	10	530	41	5	21	9			•			•	•			
Citrus Quinoa Salad with Chicken and Orange Vinaigrette, Full (No Bread)	820	380	42	10	0	95	1470	76	10	42	40			•			•	•			
Citrus Quinoa Salad with Chicken and Orange Vinaigrette, Lunch (No Bread)	460	230	25	6	0	50	740	41	5	21	21			•			•	•			
<b>GLUTEN-SENSITIVE SALAD DRESSINGS</b>																					
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, 1.5 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	•						•			
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	•		•				•			
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							•			
<b>GLUTEN-SENSITIVE SOUPS</b>																					
Gluten Sensitive - Tomato Basil Soup, Bowl	350	270	29	18	0	90	1180	18	3	9	3			•				•			
<b>GLUTEN-SENSITIVE KIDS</b>																					
Junior Breakfast, Bacon, Fresh Fruit	180	100	12	3.5	0	245	190	11	1	8	9	•						•			
Junior Breakfast, Bacon, Hash Browns	360	230	25	6	0.5	245	570	21	1	0	11	•						•			
Junior Breakfast, Sausage Links, Fresh Fruit	230	140	16	4.5	0	260	280	11	1	8	12	•						•			
Junior Breakfast, Sausage Links, Hash Browns	410	270	30	7	0.5	260	660	21	1	0	14	•						•			
Kids Crush Burger (No Cheese, No Side)	320	230	26	11	0	90	260	2	1	1	17										

# 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	Tree Nuts	Wheat	Gluten
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### KIDS CRUSH CHEESEBURGER CHEESE

Add-On Cheese, American, 1 slice

	70	50	6	3.5	0	15	240	0	0	0	4			•			•				
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## 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	Tree Nuts	Wheat	Gluten
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Coffee, 1 cup	5	0	0	0	0	0	0	1	0	0	0										
Coffee, 1 carafe	25	0	0	0	0	0	0	5	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			•				•			
Milk, Large, 18 oz	290	100	11	7	0	45	290	27	0	27	18			•							
Milk Small, 10.5 oz	170	60	7	4	0	25	170	16	0	16	11			•							
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			•							
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										
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										
PEPSI®, 12 oz	150	0	0	0	0	0	30	40	0	40	0										
PEPSI®, 32 oz. To-Go	280	0	0	0	0	0	55	74	0	74	0										
DIET PEPSI®, 12 oz	0	0	0	0	0	0	35	0	0	0	0										
DIET PEPSI®, 32 oz To-Go	0	0	0	0	0	0	65	0	0	0	0										

# 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	Tree Nuts	Wheat	Gluten	
MTN DEW®, 12 oz	170	0	0	0	0	0	60	46	0	46	0										
MTN DEW®, 32 oz To-Go	300	0	0	0	0	0	110	84	0	84	0										
MIST TWST®, 12 oz	150	0	0	0	0	0	35	39	0	39	0										
MIST TWST®, 32 oz To-Go	280	0	0	0	0	0	65	72	0	72	0										
DR PEPPER®, 12 oz	140	0	0	0	0	0	45	39	0	38	0										
DR PEPPER®, 32 oz To-Go	260	0	0	0	0	0	80	72	0	70	0										
BRISK® Raspberry Iced Tea, 12 oz	70	0	0	0	0	0	80	19	0	19	0										
BRISK® Raspberry Iced Tea, 32 oz To-Go	130	0	0	0	0	0	140	34	0	34	0										
Lemonade, 12 oz	150	0	0	0	0	0	0	39	0	36	0										
Lemonade, 32 oz To-Go	280	0	0	0	0	0	0	72	0	66	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 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	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										



# 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)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
<b>KIDS' BREAKFAST</b>																					
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 - Funny Face Breakfast, Bacon	740	270	30	10	0	325	1100	96	1	45	18	•		•			•		•	•	
Kids - Funny Face Breakfast, Sausage Links	840	350	39	12	0	355	1300	96	1	46	23	•		•			•		•	•	
Kids - Funny Face Breakfast, Sausage Patty	920	430	48	17	0	370	1460	97	1	46	22	•		•			•		•	•	
Kids - Junior Breakfast, Bacon, Wheat Toast	330	170	19	5	0	245	460	26	2	3	14	•		•			•		•	•	
Kids - Junior Breakfast, Bacon, White Toast	290	160	18	5	0	245	390	18	1	1	12	•		•			•		•	•	
Kids - Junior Breakfast, Sausage Link, Wheat Toast	380	210	23	7	0	260	560	26	2	3	16	•		•			•		•	•	
Kids - Junior Breakfast, Sausage Link, White Toast	340	200	23	7	0	260	490	18	1	1	14	•		•			•		•	•	
<b>KIDS' LUNCH &amp; DINNER</b>																					
Kids - Grilled Cheese Sandwich on Wheat Bread	480	210	23	8	0	30	960	50	4	6	18			•			•		•	•	
Kids - Grilled Cheese Sandwich on White Bread	400	200	22	8	0	30	820	34	1	2	14			•			•		•	•	
Kids - Chicken Strips, Crispy with BBQ Sauce	510	210	24	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 with American Cheese	660	360	41	15	0	95	770	43	1	7	28			•			•		•	•	
Kids - Kids Crush Burger (No Cheese)	630	340	38	13	0	90	650	43	1	7	26						•		•	•	
Kids - Kraft® Macaroni & Cheese	310	80	9	2.5	0	15	550	45	2	8	11			•					•	•	
<b>KIDS' SIDES</b>																					
Kids - Fruit Cup	40	0	0	0	0	0	5	10	1	8	1										
Kids - French Fries	370	180	20	3	0	0	150	34	3	0	3						•				
Kids - Applesauce	50	0	0	0	0	0	0	13	1	11	0										
Kids - Salad (No Dressing)	40	10	1	0	0	0	50	6	2	2	1						•		•	•	
Kids - Cinnamon Apples	110	0	0	0	0	0	90	27	1	25	0			•							

# 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)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
<b>KIDS' SIDES CONT.</b>																					
Kids - Mashed Potatoes with Brown Gravy	180	50	6	3.5	0	0	760	29	3	1	3			•			•	•	•	•	
Kids - Mashed Potatoes with Country Gravy	170	50	5	3.5	0	5	680	29	2	1	4			•			•	•	•	•	
Kids - Mashed Potatoes with Turkey Gravy	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•	•	•	•	
Kids - Rice Pilaf	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	90	60	7	1.5	0	0	135	5	2	2	2						•				
Kids - Chicken Noodle, Cup (No Crackers)	45	0	0	0	0	15	760	8	1	1	3	•							•	•	
Kids - Tomato Basil, Cup (No Crackers)	180	130	15	9	0	45	590	9	1	4	1			•			•				
Kids - Green Beans	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			•							
<b>KIDS' SALAD DRESSINGS</b>																					
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	•		•			•				
<b>KIDS' DESSERTS</b>																					
Kids - Cherry Pie, Slice	520	230	25	11	0	10	420	70	2	34	3	•		•			•		•	•	
Kids - Country Apple Pie, Slice	540	240	26	11	0	10	440	74	4	38	3	•		•			•		•	•	
Kids - Cookie, Chocolate Chunk, 1 Each	300	120	13	7	0	20	270	45	2	28	3	•		•			•		•	•	
Kids - Cookie, Peanut Butter, 1 Each	320	150	17	7	0	20	340	38	2	23	5	•		•	•		•		•	•	
Kids - Cookie, Sugar, 1 Each	300	120	13	5	0	10	260	44	1	22	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	•		•			•	•			

# 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)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
<b>KIDS' BEVERAGES</b>																					
Kids - PEPSI®, 7 oz	90	0	0	0	0	0	15	24	0	24	0										
Kids - DIET PEPSI®, 7 oz	0	0	0	0	0	0	20	0	0	0	0										
Kids - MIST TWST®, 7 oz	90	0	0	0	0	0	20	23	0	23	0										
Kids - MTN DEW®, 7 oz	100	0	0	0	0	0	35	27	0	27	0										
Kids - DR PEPPER®, 7 oz	80	0	0	0	0	0	25	23	0	22	0										
Kids - BRISK® Raspberry Iced Tea, 7 oz	40	0	0	0	0	0	45	11	0	11	0										
Kids - Apple Juice, 9 oz	120	0	0	0	0	0	20	30	0	29	0										
Kids - Cranberry Juice, 9 oz	150	0	0	0	0	0	0	38	0	37	0										
Kids - Grapefruit Juice, 9 oz	110	0	0	0	0	0	0	26	0	25	1										
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	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.

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## BREAKFAST FEATURES Stuffed Hash Browns

	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	Tree Nuts	Wheat	Gluten
Bacon Pepper Jack Stuffed Hash Browns (No Side)	830	570	63	24	0.5	560	1680	27	2	1	37	•		•			•		•	•
Chicken-Fried Steak Stuffed Hash Browns (No Side)	890	570	63	17	1	525	1860	45	2	1	36	•		•			•		•	•
Veggie Stuffed Hash Browns (No Side)	630	430	48	18	0.5	525	1590	32	3	2	34	•		•			•		•	•

## SIDE CHOICES

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			•			•		•	•
Buttermilk Pancakes, 2 each (with butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•		•	•
English Muffin (with butter)	230	80	9	2.5	0	0	430	30	2	1	6			•			•		•	•
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			•			•		•	•
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1									

## BREAKFAST FEATURES Pumpkin Supreme Pancakes

	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	Tree Nuts	Wheat	Gluten
Pumpkin Supreme Pancakes, stack of 4 (no meat)	730	330	37	18	0	145	870	89	4	53	11	•		•				•	•	•
Pumpkin Supreme Pancakes, side of 2 (no meat)	370	170	19	9	0	75	430	44	2	26	5	•		•				•	•	•

# Nutritional Menu

## BREAKFAST FEATURES

### Pumpkin Supreme Pancakes 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	Tree Nuts	Wheat	Gluten
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## BREAKFAST MEAT CHOICES

Bacon, 2 strips	60	40	4.5	1.5	0	15	210	0	0	0	4										
Sausage Links, 2 Each	160	120	14	4.5	0	45	410	1	0	1	9										
Sausage Patty, 1 Each	230	190	21	9	0	55	570	1	0	1	8										
Turkey Sausage Links, 2 Each	100	70	8	2	0	40	340	0	0	0	10										

## SYRUP

Maple-Flavored Syrup, 1 fl. oz.

Maple-Flavored Syrup, 1 fl. oz.	110	0	0	0	0	0	45	27	0	17	0										
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## SANDWICH 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	Tree Nuts	Wheat	Gluten
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Horseradish Roast Beef Sandwich (No Side)

Horseradish Roast Beef Sandwich (No Side)	1130	710	80	20	0	135	2550	64	4	7	52	•		•			•		•	•
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Chicken, Bacon & Avocado Sandwich (No Side)

Chicken, Bacon & Avocado Sandwich (No Side)	1430	970	107	19	0	120	1970	68	5	7	42	•		•			•		•	•
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Marbled Rye Rubeen Sandwich (No Side)

Marbled Rye Rubeen Sandwich (No Side)	750	390	44	16	0	125	2020	59	4	7	46	•		•			•		•	•
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## SIDE CHOICES

French Fries, Prepared, 4 oz

French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•			
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Fresh Fruit, Cup

Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
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Coleslaw, 3 oz

Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				
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## BREAKFAST FEATURES Mug Cakes™

	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	Tree Nuts	Wheat	Gluten
Bananas Foster Mug Cake™ (No Side)	1200	530	59	29	0	200	1020	153	6	94	16	•		•			•	•	•	•
French Silk Mug Cake™ (No Side)	1050	450	50	27	0	245	1110	140	2	86	15	•		•			•	•	•	•
Pumpkin Supreme Mug Cake™ (No Side)	1020	590	65	37	0	235	730	96	3	69	12	•		•				•	•	•

## BREAKFAST FEATURES Pumpkin Supreme Pancakes

	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	Tree Nuts	Wheat	Gluten
Pumpkin Supreme Pancakes, side of 2 (no meat)	370	170	19	9	0	75	430	44	2	26	5	•		•				•	•	•

## BREAKFAST MEAT CHOICES

Bacon, 2 strips	60	40	4.5	1.5	0	15	210	0	0	0	4									
Sausage Links, 2 Each	160	120	14	4.5	0	45	410	1	0	1	9									
Sausage Patty, 1 Each	230	190	21	9	0	55	570	1	0	1	8									
Turkey Sausage Links, 2 Each	100	70	8	2	0	40	340	0	0	0	10									

## SYRUP

Maple-Flavored Syrup, 1 fl. oz.	110	0	0	0	0	0	45	27	0	17	0									
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## SANDWICH 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	Tree Nuts	Wheat	Gluten
Turkey and Ham Monte Cristo (No Side)	990	390	44	17	0	280	2540	102	3	32	63	•		•			•		•	•

# Nutritional Menu

## SANDWICH Features 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	Tree Nuts	Wheat	Gluten	
<b>SIDE CHOICES</b>																					
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1	•									
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				

## DINNER Favorites

	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	Tree Nuts	Wheat	Gluten	
Slow-Roasted Turkey, Full (No Side, No Bread)	590	200	23	8	0	80	2490	56	2	16	37			•			•		•	•	
Slow-Roasted Turkey, Just Right Portion (No Side, No Bread)	320	100	11	4	0	40	1240	34	1	13	19			•			•		•	•	
Savory Pot Roast, Full (No Side, No Bread)	670	310	35	9	0	140	1950	40	4	7	49			•			•		•	•	
Savory Pot Roast, Just Right Portion (No Side, No Bread)	360	190	21	5	0	70	980	20	2	3	24			•			•		•	•	
Traditional Chicken Pot Pie with Salad (No Dressing, No Bread)	1240	750	83	42	1	225	2930	99	5	11	38	•		•			•		•	•	
<b>BREAD CHOICES</b>																					
Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•		•	•	
Cornbread, 1 Each (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	•		•			•		•	•	
<b>SIDE CHOICES</b>																					
Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•		•	•	
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										
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			•			•	•	•	•	



BakersSquare.com

# Nutritional Menu

## DINNER Favorites

	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	Tree Nuts	Wheat	Gluten	
<b>SIDE CHOICES CONT.</b>																					
Mashed Potatoes with Country Gravy, 2 oz	170	50	5	3.5	0	5	680	29	2	1	4			•			•	•	•	•	
Mashed Potatoes with Turkey Gravy, 2 oz	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•	•	•	•	
Fire-Roasted Potato Medley, 3 oz	190	100	11	1.5	0	0	390	19	2	3	2			•			•				

- 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.