

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!

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	
Smothered Meat Lover's Omelette (No Side, No Bread)	760	540	61	23	0	825	1630	12	1	3	43	•		•			•		•	•	
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	•		•			•		•	•	
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	•		•			•				
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	•		•			•				
Veggie Omelette (No Side, No Bread)	400	270	30	11	0	730	560	7	2	2	26	•		•			•				
Veggie Omelette, Egg Whites (No Side, No Bread)	260	120	13	5	0	20	640	7	2	2	26	•		•			•				
Veggie Omelette, Low-Cholesterol Eggs (No Side, No Bread)	290	150	17	6	0	160	830	7	2	3	26	•		•			•				
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	•					•				
OMELETTE ADD-ONS																					
Add-On Avocado, 1/4	80	70	7	1	0	0	0	4	3	0	1										
Add-On Bacon, 2 Strips	60	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			•							

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	
OMELETTE ADD-ONS CONT.																					
Add-On Cheese, Mozzarella, 1 oz	80	50	6	3.5	0	15	170	1	0	0	8			•							
Add-On Cheese, Pepper Jack, 1 slice	60	45	5	3	0	15	15	1	0	1	3			•			•				
Add-On Cheese, Swiss, 1 slice	70	70	8	5	0	25	60	1	0	0	8			•							
Add-On Diced Ham, 2 oz.	70	25	3	1	0	30	690	3	0	2	9										
Add-On Green Peppers, 1 oz	5	0	0	0	0	0	0	1	0	1	0										
Add-On 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 Spinach, 1 oz	5	0	0	0	0	0	20	1	1	0	1										
Add-On Tomatoes, 1 oz	5	0	0	0	0	0	0	1	0	1	0										
Add-On Turkey, 2 oz	60	25	2.5	1	0	25	300	1	0	1	10										
SIDE CHOICES																					
Seasoned Hash Browns, Side	220	120	14	2.5	0	0	610	20	1	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
BREAD 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			•			•		•	•	

Nutritional Menu

4-SQUARE® Breakfast

	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	
4-SQUARE® CHOICES																					
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										
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	•		•			•		•	•	
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			•			•		•	•	
Seasoned Hash Browns, 4 oz, Prepared	220	120	14	2.5	0	0	610	20	1	0	3						•				

Nutritional Menu

4-SQUARE® Breakfast

	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	
4-SQUARE® CHOICES CONT.																					
Grilled Breakfast Potatoes, 6 oz. Prepared	290	160	18	1.5	0	10	800	28	3	1	3	•					•				
Low-Fat Vanilla Yogurt, 3 oz	80	5	0.5	0	0	5	35	16	0	12	3			•							
Oatmeal with Milk, Brown Sugar & Raisins	550	210	24	9	0	10	410	74	4	51	8			•			•				
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			•							
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	•		•			•		•	•	
Cottage Cheese, 3 oz	90	35	3.5	2.5	0	15	330	3	0	2	10			•							
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										
4-SQUARE® SUPREME CHOICES																					
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										
Caramel Pecan Roll, 1 Each	810	370	41	13	0	45	810	105	3	60	10	•		•			•	•	•	•	

BRILLIANT Benedicts

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Pepper Jack Benedict (No Side)	1060	730	81	31	0	480	1760	41	3	6	40	•		•			•		•	•
Eggs Benedict (No Side)	650	320	36	10	0	395	2700	43	2	4	33	•		•			•		•	•

Nutritional Menu

BRILLIANT Benedicts CONT.

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

Seasoned Hash Browns, Side	220	120	14	2.5	0	0	610	20	1	0	3						•			
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1									

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
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Ultimate Skillet (No Bread)	1000	660	73	20	0.5	600	2440	41	5	7	48	•		•			•			
Chicken-Fried Steak Skillet (No Bread)	1180	710	79	17	0.5	550	2810	73	4	2	41	•		•			•		•	•
Veggie Scrambler (No Bread)	720	470	53	16	0	535	1320	37	6	4	26	•		•			•			
Bakers Scrambler (No Bread)	800	520	58	18	0	575	1830	37	4	5	35	•		•			•			

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									

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	910	103	5	47	16	•		•			•		•	•	
French Toast Combo, 2 Eggs (No Meat)	840	430	48	13	0.5	775	820	66	1	16	34	•		•			•		•	•	
Buttermilk Pancake Combo, 2 Eggs (No Meat)	740	360	41	12	0	590	1270	65	1	16	24	•		•			•		•	•	
Belgian Waffle Combo, 2 Eggs (No Meat)	690	390	43	17	0	630	1030	53	1	1	21	•		•			•		•	•	
TOPPINGS																					
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			•							
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										

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	•					•			
Ham Steak & Eggs (No Side, No Bread)	680	500	56	17	0	610	2710	7	0	5	46	•					•			
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	•		•			•			
Eggs, 2 Each, Prepared (liquid)	220	160	18	5	0	475	150	1	0	0	13	•					•			

Nutritional Menu

CLASSIC Breakfasts CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
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	•					•				
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	•					•				
Avocado Toast (No Side)	930	500	56	13	0	355	1770	78	15	18	33	•		•			•		•		•
SIDE CHOICES																					
Seasoned Hash Browns, Side	220	120	14	2.5	0	0	610	20	1	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
BREAD 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			•			•		•		•

Nutritional Menu

Sandwiches & 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	
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	•		•			•		•	•	
Stir-Fry Pita (No Side)	720	340	39	14	0	140	1520	60	4	12	54			•			•		•	•	
Stir-Fry Pita (No Chicken, No Side)	540	250	28	12	0	50	1480	66	6	15	28			•			•		•	•	
Honey Mustard Club Pita (No Side)	650	340	38	14	0	125	1680	49	3	7	49	•		•			•		•	•	
Fajita Pita (No Side)	770	410	46	15	0	140	1400	60	8	8	53			•			•		•	•	
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	•					•				

Burgers & 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
The Works Burger (No Side)	1090	680	76	25	0	150	1900	53	3	13	44	•		•			•		•	•
All-American Crush Burger (No Cheese, No Side)	660	350	39	14	0	95	780	45	2	8	27						•		•	•
Crush Patty Melt (No Side)	880	510	57	21	0	125	1050	53	5	3	36			•			•		•	•
Chicken Avocado Melt on White Bread (No Side)	790	480	54	17	0.5	150	550	42	5	4	52			•			•		•	•

Nutritional Menu

Burgers & 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 Melt on Wheat Bread (No Side)	870	490	55	17	0.5	150	690	58	8	8	56			•			•		•	•	
Chicken Avocado Melt on Marbled Rye Bread (No Side)	870	490	55	17	0.5	150	590	58	8	4	56			•			•		•	•	
Chicken Cheddar Bacon Melt on White Bread (No Side)	700	350	39	13	0	155	880	36	1	3	49			•			•		•	•	
Chicken Cheddar Bacon Melt on Wheat Bread (No Side)	780	360	40	13	0	155	1020	52	4	7	53			•			•		•	•	
Chicken Cheddar Bacon Melt on Marbled Rye Bread (No Side)	780	360	40	13	0	155	920	52	4	3	53			•			•		•	•	
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	•	•	•			•		•	•	
Supreme Grown-Up Grilled Cheese (No Side)	830	510	57	27	0	120	1980	37	1	3	42			•			•		•	•	
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			•							
ADD-ON CHOICES																					
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 Red Chili, 2 oz	50	20	2	0.5	0	5	240	5	1	0	3						•		•	•	
Add-On Crush Burger Patty, 1 Each	330	240	27	12	0	95	190	0	0	0	18										

Nutritional Menu

Burgers & 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	
BURGER SUBSTITUTES																					
Grilled Chicken Breast, 1 Each	210	90	11	2	0	90	170	0	0	0	28						•				
All-American Crush Burger with Grilled Chicken Breast (No Cheese, No Side)	540	200	23	4	0	90	870	45	2	8	38						•		•	•	
The Works Burger with with Grilled Chicken Breast (No Cheese, No Side)	970	530	59	15	0	150	1990	53	3	13	54	•		•			•		•	•	
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	•					•				

HANDCRAFTED Fresh 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)	580	330	37	11	0	365	780	13	7	4	49	•		•			•			
Cobb Salad, Lunch (No Bread, No Dressing)	320	200	22	6	0	180	390	7	4	2	25	•		•			•			
Cobb Salad with Bleu Cheese Dressing, Full (No Bread)	1090	790	88	22	0	410	1470	16	7	7	55	•		•			•			
Cobb Salad with Bleu Cheese Dressing, Lunch (No Bread)	580	430	48	12	0	205	740	9	4	4	28	•		•			•			
Mediterranean Chicken Salad, Full (No Bread, No Dressing)	360	170	18	6	0	110	670	13	6	5	37			•			•			
Mediterranean Chicken Salad, Lunch (No Bread, No Dressing)	220	110	13	3.5	0	55	340	7	3	3	18			•			•			
Mediterranean Chicken Salad with Light Olive Oil Dressing, Full (No Bread)	540	330	36	9	0	110	1450	22	6	11	37			•			•			
Mediterranean Chicken Salad with Light Olive Oil Dressing, Lunch (No Bread)	310	190	22	5	0	55	730	11	3	6	18			•			•			
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	•		•			•	•	•	•

Nutritional Menu

HANDCRAFTED Fresh 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	
Honey Mustard Chicken Salad with Honey Mustard Dressing, Lunch (No Bread)	630	430	48	7	0	65	1010	34	4	14	16	•		•			•	•	•	•	
Apple Walnut Chicken Salad, Full (No Bread, No Dressing)	420	220	24	6	0	70	530	30	6	20	22	•		•			•	•			
Apple Walnut Chicken Salad, Lunch (No Bread, No Dressing)	210	110	12	3	0	35	270	16	3	10	11	•		•			•	•			
Apple Walnut Chicken Salad with Light Olive Oil Dressing, Full (No Bread)	600	380	42	9	0	70	1310	39	6	26	22	•		•			•	•			
Apple Walnut Chicken Salad with Light Olive Oil Dressing, Lunch (No Bread)	300	190	21	4.5	0	35	660	20	3	13	11	•		•			•	•			
Garden Salad (No Dressing)	40	10	1	0	0	0	50	6	2	2	1						•		•	•	
SALAD DRESSINGS																					
Blue Cheese Dressing, 1 oz. (Artisan, Kids)	170	150	17	3.5	0	15	230	1	0	1	2	•		•			•				
Blue Cheese Dressing, 1.5 oz. (Lunch)	250	230	25	5	0	20	340	1	0	1	3	•		•			•				
Blue Cheese Dressing, 3 oz. (Full)	510	460	51	10	0	45	690	3	0	3	6	•		•			•				
Honey Mustard Dressing, 1 oz. (Artisan, Kids)	170	150	17	2.5	0	20	200	4	0	4	0	•					•				
Honey Mustard Dressing, 1.5 oz. (Lunch)	250	230	25	3.5	0	30	300	6	0	6	0	•					•				
Honey Mustard Dressing, 3 oz. (Full)	510	460	51	7	0	60	600	12	0	12	0	•					•				
Lite Olive Oil Vinaigrette, 1 oz. (Artisan, Kids)	60	50	6	1	0	0	260	3	0	2	0						•				
Lite Olive Oil Vinaigrette, 1.5 oz. (Lunch)	90	80	9	1.5	0	0	390	4	0	3	0						•				
Lite Olive Oil Vinaigrette, 3 oz. (Full)	180	160	18	3	0	0	780	9	0	6	0						•				
Orange Vinaigrette, 1 oz. (Artisan, Kids)	60	45	5	1	0	0	210	5	0	4	0						•				
Orange Vinaigrette, 1.5 oz. (Lunch)	90	70	7	1	0	0	310	8	0	6	0						•				
Orange Vinaigrette, 3 oz. (Full)	180	130	14	2.5	0	0	620	15	0	12	1						•				
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	•		•			•				

Nutritional Menu

HANDCRAFTED Fresh 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
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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	•		•			•		•	•

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

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	
PRIMO 1/2 HOT SANDWICH																					
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			•			•		•	•	
SOUP OR GARDEN SALAD																					
See soup and salad sections																					
SLICE OF PIE																					
See pie section																					

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	
ARTISAN SANDWICHES																					
Turkey Cranberry Salad Baguette	460	210	24	1	0	35	1020	44	3	4	15	•					•		•	•	
Horseradish Beef Baguette	470	180	20	9	0	80	1430	44	3	2	35			•			•		•	•	
Artichoke Melt	490	240	27	9	0	40	1090	43	5	2	15			•			•		•	•	
SEASONAL SALADS																					
Apple Cranberry Walnut Salad (No Dressing)	200	110	12	3	0	10	180	18	4	12	6			•				•			
Apple Cranberry Walnut Salad with Cranberry Vinaigrette	250	150	16	3.5	0	10	350	24	4	17	6			•			•	•			
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			•			•				

Nutritional Menu

ARTISAN 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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CUP OF SOUP

See soup section

SLICE OF PIE

See pie section

HEARTY 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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Butternut Squash, Bowl (No Bread)

240	90	10	6	0	40	850	35	0	13	2				•			•			
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Butternut Squash, Cup (No Crackers)

120	45	5	3	0	20	430	17	0	7	1				•			•			
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Butternut Squash, Cup (No Bread)

170	50	6	3	0	20	590	27	0	7	1				•			•		•	•
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Chicken Noodle, Bowl (No Bread)

90	0	0	0	0	30	1510	15	3	2	6	•								•	•
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Chicken Noodle, Cup (No Crackers)

45	0	0	0	0	15	760	8	1	1	3	•								•	•
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Chicken Noodle, Cup with Crackers

100	10	1	0	0	15	920	18	1	1	3	•						•		•	•
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Red Chili, Bowl (No Bread)

310	120	13	4.5	0	40	1350	29	6	0	20				•			•		•	•
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Red Chili, Cup (No Crackers)

170	70	8	3	0	25	700	15	3	0	11				•			•		•	•
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Red Chili, Cup (No Bread)

220	80	9	3	0	25	860	25	3	0	11				•			•		•	•
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Tomato Basil, Bowl (No Bread)

350	270	29	18	0	90	1180	18	3	9	3				•			•			
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Tomato Basil, Cup (No Crackers)

180	130	15	9	0	45	590	9	1	4	1				•			•			
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Tomato Basil, Cup with Crackers

230	140	16	9	0	45	750	19	1	4	1				•			•		•	•
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SOUP & SALAD

See soup and salad sections

Nutritional Menu

HEARTY Soups 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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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 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
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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			•			•		•	•
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)	820	250	28	6	0	90	2820	99	7	30	41	•		•			•		•	•
Asian Chicken Stir-Fry, Just Right Portion (No Bread)	410	130	14	3	0	45	1410	49	3	15	20	•		•			•		•	•
Veggie Asian Stir-Fry, Full (No Chicken, No Bread)	610	160	18	4.5	0	0	2760	99	7	30	13	•		•			•		•	•
Veggie Asian Stir-Fry, Just Right Portion (No Chicken, No Bread)	310	80	9	2	0	0	1380	49	3	15	6	•		•			•		•	•
Honey Mustard Chicken, Full (No Side, No Bread)	810	500	55	9	0	220	520	17	2	13	60	•					•			
Honey Mustard Chicken, Just Right Portion (No Side, No Bread)	470	310	35	6	0	110	260	8	1	6	30	•					•			
Traditional Chicken Pot Pie with Salad (No Dressing, No Bread)	1240	750	83	42	1	225	2930	99	5	11	38	•		•			•		•	•
10 oz. Chopped Steak (No Side, No Bread)	740	560	62	25	0	155	1640	10	1	3	33		•	•			•		•	•
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			•			•		•	•
Teriyaki-Glazed Salmon (No Side, No Bread)	450	260	29	5	0	110	1070	11	0	7	36		•				•		•	•
Seared Steak Tips (No Side, No Bread)	510	270	30	6	0	150	1170	4	1	1	50									

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	
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	•	•	•			•		•	•	
Grilled Lemon Butter Tilapia (No Side, No Bread)	310	160	18	6	0	95	430	2	0	0	35		•	•			•				
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	•		•			•		•	•	
SIDE CHOICES																					
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										
Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•		•	•	
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			•			•				

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	
GLUTEN-SENSITIVE BREAKFAST																					
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	1280	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	1190	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	1570	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	1890	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	3320	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	2660	25	1	3	46	•					•				
GLUTEN-SENSITIVE BREAKFAST SIDES																					
Seasoned Hash Browns, 4 oz, Prepared	220	120	14	2.5	0	0	610	20	1	0	3									•	
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
GLUTEN-SENSITIVE LUNCH & DINNER																					
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)	810	500	55	9	0	220	520	17	2	13	60	•					•				
Honey Mustard Chicken, Just Right Portion (No Side)	470	310	35	6	0	110	260	8	1	6	30	•					•				

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	
ALL-AMERICAN CRUSH CHEESEBURGER CHEESE																					
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			•							
GLUTEN-SENSITIVE DINNER SIDES																					
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						•				
GLUTEN-SENSITIVE SALADS																					
Cobb Salad, Full (No Dressing)	580	330	37	11	0	365	780	13	7	4	49	•		•			•				
Cobb Salad, Lunch (No Dressing)	320	200	22	6	0	180	390	7	4	2	25	•		•			•				
Cobb Salad with Blue Cheese Dressing, Full	1090	790	88	22	0	410	1470	16	7	7	55	•		•			•				
Cobb Salad with Blue Cheese Dressing, Lunch	580	430	48	12	0	205	740	9	4	4	28	•		•			•				
Apple Walnut Chicken Salad, Full (No Dressing)	420	220	24	6	0	70	530	30	6	20	22	•		•			•	•			
Apple Walnut Chicken Salad, Lunch (No Dressing)	210	110	12	3	0	35	270	16	3	10	11	•		•			•	•			
GLUTEN-SENSITIVE SALAD DRESSINGS																					
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	•		•			•				

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	
GLUTEN-SENSITIVE SALAD DRESSINGS CONT.																					
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						•				
GLUTEN-SENSITIVE SOUPS																					
Gluten Sensitive - Tomato Basil Soup, Bowl	350	270	29	18	0	90	1180	18	3	9	3			•			•				
GLUTEN-SENSITIVE KIDS																					
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	790	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	890	21	1	0	14	•					•				
Kids Crush Burger (No Cheese, No Side)	230	160	18	8	0	60	240	2	1	1	12										
KIDS CRUSH CHEESEBURGER CHEESE																					
Add-On Cheese, American, 1 slice	70	50	6	3.5	0	15	240	0	0	0	4			•			•				

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
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			•						

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	
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										
Iced Tea, 32 oz To-Go	5	0	0	0	0	0	0	1	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										
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										

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	
Cranberry Juice, Small, 10.5 oz	180	0	0	0	0	0	0	45	0	43	0										
Orange Juice, Large, 18 oz	250	5	0	0	0	0	5	61	0	54	4										
Orange Juice, Small, 10.5 oz	150	0	0	0	0	0	0	35	0	32	2										
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										
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										

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	
KIDS' BREAKFAST																					
Kids - Grilled French Toast	490	110	12	2.5	0	150	410	86	0	43	11	•		•			•		•	•	
Kids - Chocolate Chip Pancakes	420	140	15	7	0	70	560	65	2	36	8	•		•			•		•	•	
Kids - Plain Pancakes with Syrup	510	130	14	4.5	0	60	680	86	1	43	6	•		•			•		•	•	
Kids - 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	•		•			•		•	•	

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	
KIDS' LUNCH & DINNER																					
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	330	90	10	2	0	90	830	30	0	28	28						•				
Kids - Slow-Roasted Turkey with Gravy	70	25	3	1	0	25	500	2	0	1	10			•			•		•	•	
Kids - Kids Crush Burger with American Cheese	570	300	33	12	0	70	750	43	1	7	23			•			•		•	•	
Kids - Kids Crush Burger (No Cheese)	540	270	30	10	0	60	630	43	1	7	21						•		•	•	
Kids - Kraft® Macaroni & Cheese	310	80	9	2.5	0	15	550	45	2	8	11			•					•	•	
KIDS' SIDES																					
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			•							
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 - Butternut Squash, Cup (No Crackers)	120	45	5	3	0	20	430	17	0	7	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			•							

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	
KIDS' SALAD DRESSINGS																					
Kids - Blue Cheese Dressing, 1 oz.	170	150	17	3.5	0	15	230	1	0	1	2	•		•			•				
Kids - Honey Mustard Dressing, 1 oz.	170	150	17	2.5	0	20	200	4	0	4	0	•					•				
Kids - Lite Olive Oil Vinaigrette, 1 oz.	60	50	6	1	0	0	260	3	0	2	0						•				
Kids - Orange Vinaigrette, 1 oz.	60	45	5	1	0	0	210	5	0	4	0						•				
Kids - Ranch Dressing, 1 oz.	120	110	12	0	0	10	160	1	0	1	1	•		•			•				
KIDS' DESSERTS																					
Kids - Cherry Pie, Slice	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	•		•			•	•			
KIDS' BEVERAGES																					
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										

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	
KIDS' BEVERAGES CONT.																					
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

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

BREAKFAST FEATURES 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.	110	0	0	0	0	0	45	27	0	17	0										

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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Turkey and Ham Monte Cristo (No Side)	990	390	44	17	0	280	2540	102	3	32	63	•		•			•		•	•	
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	•					•				

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	
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	•		•			•		•	•	
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	•		•			•		•	•	
SIDE CHOICES																					
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			•			•	•	•	•	
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			•			•				

Nutritional Menu

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