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**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smothered Meat Lover’s Omelette (No Side, No Bread)</td>
<td>760</td>
<td>540</td>
<td>61</td>
<td>23</td>
<td>0</td>
<td>825</td>
<td>1630</td>
<td>12</td>
<td>1</td>
<td>3</td>
<td>43</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smothered Meat Lover’s Omelette, Low-Cholesterol Eggs (No Side, No Bread)</td>
<td>650</td>
<td>430</td>
<td>48</td>
<td>19</td>
<td>0</td>
<td>250</td>
<td>1900</td>
<td>12</td>
<td>1</td>
<td>4</td>
<td>42</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smothered Meat Lover’s Omelette, Egg Whites (No Side, No Bread)</td>
<td>610</td>
<td>390</td>
<td>44</td>
<td>17</td>
<td>0</td>
<td>110</td>
<td>1720</td>
<td>12</td>
<td>1</td>
<td>3</td>
<td>42</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>California Frittata (No Side, No Bread)</td>
<td>600</td>
<td>390</td>
<td>43</td>
<td>15</td>
<td>0</td>
<td>750</td>
<td>1100</td>
<td>25</td>
<td>6</td>
<td>4</td>
<td>32</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>California Frittata, Egg Whites (No Side, No Bread)</td>
<td>460</td>
<td>240</td>
<td>26</td>
<td>9</td>
<td>0</td>
<td>40</td>
<td>1190</td>
<td>25</td>
<td>6</td>
<td>4</td>
<td>32</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>California Frittata, Low Cholesterol Eggs (No Side, No Bread)</td>
<td>480</td>
<td>270</td>
<td>30</td>
<td>10</td>
<td>0</td>
<td>180</td>
<td>1370</td>
<td>25</td>
<td>6</td>
<td>5</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bakers Omelette (No Side, No Bread)</td>
<td>380</td>
<td>260</td>
<td>29</td>
<td>11</td>
<td>0</td>
<td>520</td>
<td>670</td>
<td>7</td>
<td>1</td>
<td>3</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bakers Omelette, Egg White (No Side, No Bread)</td>
<td>280</td>
<td>160</td>
<td>18</td>
<td>7</td>
<td>0</td>
<td>45</td>
<td>730</td>
<td>7</td>
<td>1</td>
<td>3</td>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bakers Omelette, Low-Cholesterol Eggs (No Side, No Bread)</td>
<td>300</td>
<td>180</td>
<td>20</td>
<td>7</td>
<td>0</td>
<td>140</td>
<td>850</td>
<td>7</td>
<td>1</td>
<td>3</td>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie Omelette (No Side, No Bread)</td>
<td>400</td>
<td>270</td>
<td>30</td>
<td>11</td>
<td>0</td>
<td>730</td>
<td>560</td>
<td>7</td>
<td>2</td>
<td>2</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie Omelette, Egg Whites (No Side, No Bread)</td>
<td>260</td>
<td>120</td>
<td>13</td>
<td>5</td>
<td>0</td>
<td>20</td>
<td>640</td>
<td>7</td>
<td>2</td>
<td>2</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie Omelette, Low-Cholesterol Eggs (No Side, No Bread)</td>
<td>290</td>
<td>150</td>
<td>17</td>
<td>6</td>
<td>0</td>
<td>160</td>
<td>830</td>
<td>7</td>
<td>2</td>
<td>3</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Create Your Own Omelette (No Side, No Bread)</td>
<td>300</td>
<td>210</td>
<td>24</td>
<td>7</td>
<td>0</td>
<td>710</td>
<td>220</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Create Your Own Omelette, Egg Whites (No Side, No Bread)</td>
<td>150</td>
<td>60</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>300</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Create Your Own Omelette, Low-Cholesterol Eggs (No Side, No Bread)</td>
<td>180</td>
<td>90</td>
<td>10</td>
<td>2.5</td>
<td>0</td>
<td>140</td>
<td>480</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**OMELETTE ADD-ONS**

<table>
<thead>
<tr>
<th>Add-On</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add-On Avocado, 1/4</td>
<td>80</td>
<td>70</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add-On Bacon, 2 Strips</td>
<td>60</td>
<td>40</td>
<td>4.5</td>
<td>1.5</td>
<td>0</td>
<td>15</td>
<td>210</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add-On Broccoli, 1 oz</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add-On Cheese, American, 1 slice</td>
<td>70</td>
<td>50</td>
<td>6</td>
<td>3.5</td>
<td>0</td>
<td>15</td>
<td>240</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add-On Cheese, Bleu, 1 oz</td>
<td>100</td>
<td>70</td>
<td>8</td>
<td>5</td>
<td>0</td>
<td>25</td>
<td>380</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add-On Cheese, Cheddar, 1 slice</td>
<td>80</td>
<td>60</td>
<td>7</td>
<td>4</td>
<td>0</td>
<td>25</td>
<td>135</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add-On Cheese, Feta, 1 oz</td>
<td>80</td>
<td>50</td>
<td>6</td>
<td>4</td>
<td>0</td>
<td>20</td>
<td>320</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Nutritional Menu

### THREE-EGG Omelettes & Frittatas

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OMELETTE ADD-ONS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add-On Cheese, Mozzarella, 1 oz</td>
<td>80</td>
<td>50</td>
<td>6</td>
<td>3.5</td>
<td>0</td>
<td>15</td>
<td>170</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Add-On Cheese, Pepper Jack, 1 slice</td>
<td>60</td>
<td>45</td>
<td>5</td>
<td>3</td>
<td>0</td>
<td>15</td>
<td>15</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Add-On Cheese, Swiss, 1 slice</td>
<td>70</td>
<td>70</td>
<td>8</td>
<td>5</td>
<td>0</td>
<td>25</td>
<td>60</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Add-On Diced Ham, 2 oz.</td>
<td>70</td>
<td>25</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>30</td>
<td>690</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Add-On Green Peppers, 1 oz</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Add-On Mushrooms, 1 oz</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Add-On Onions, 1 oz</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Add-On Sausage Links, 2 Each</td>
<td>160</td>
<td>120</td>
<td>14</td>
<td>4.5</td>
<td>0</td>
<td>45</td>
<td>410</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Add-On Spinach, 1 oz</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Add-On Tomatoes, 1 oz</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Add-On Turkey, 2 oz</td>
<td>60</td>
<td>25</td>
<td>2.5</td>
<td>1</td>
<td>0</td>
<td>25</td>
<td>300</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td><strong>SIDE CHOICES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seasoned Hash Browns, Side</td>
<td>220</td>
<td>120</td>
<td>14</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>610</td>
<td>20</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td><strong>BREAD CHOICES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, Marbled Rye, Buttered</td>
<td>390</td>
<td>130</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>460</td>
<td>50</td>
<td>4</td>
<td>2</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Toast, 2 Slices, Wheat, Buttered</td>
<td>390</td>
<td>130</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>560</td>
<td>50</td>
<td>4</td>
<td>6</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Toast, 2 Slices, White, Buttered</td>
<td>310</td>
<td>120</td>
<td>14</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>420</td>
<td>34</td>
<td>1</td>
<td>2</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttermilk Pancakes, 2 Each (with Butter)</td>
<td>290</td>
<td>130</td>
<td>14</td>
<td>4.5</td>
<td>0</td>
<td>60</td>
<td>590</td>
<td>32</td>
<td>1</td>
<td>8</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>English Muffin (with Butter)</td>
<td>230</td>
<td>80</td>
<td>9</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>430</td>
<td>30</td>
<td>2</td>
<td>1</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Honey Bran Muffin, 1 Each</td>
<td>490</td>
<td>200</td>
<td>22</td>
<td>3.5</td>
<td>0</td>
<td>50</td>
<td>580</td>
<td>65</td>
<td>8</td>
<td>28</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana Nut Muffin, 1 Each</td>
<td>500</td>
<td>220</td>
<td>25</td>
<td>3</td>
<td>0</td>
<td>40</td>
<td>450</td>
<td>59</td>
<td>2</td>
<td>29</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberry Muffin, 1 Each</td>
<td>500</td>
<td>220</td>
<td>24</td>
<td>3.5</td>
<td>0</td>
<td>60</td>
<td>470</td>
<td>63</td>
<td>2</td>
<td>35</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biscuit, 1 Each (with Butter)</td>
<td>330</td>
<td>170</td>
<td>18</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>850</td>
<td>33</td>
<td>1</td>
<td>2</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Nutritional Menu

## 4-SQUARE®

**Breakfast**

<table>
<thead>
<tr>
<th>4-SQUARE® CHOICES</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, 2 Each, Prepared (Liquid)</td>
<td>220</td>
<td>160</td>
<td>18</td>
<td>5</td>
<td>0</td>
<td>475</td>
<td>150</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>13</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs, 2 Each, Prepared (Poached)</td>
<td>130</td>
<td>80</td>
<td>8</td>
<td>3</td>
<td>0</td>
<td>325</td>
<td>125</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs, 2 Each, Prepared (Whole Eggs)</td>
<td>190</td>
<td>140</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>325</td>
<td>125</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg Whites, 2 Each, Prepared</td>
<td>120</td>
<td>60</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>200</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>13</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low-Cholesterol Egg Substitute, 4 oz, Prepared</td>
<td>140</td>
<td>80</td>
<td>9</td>
<td>2</td>
<td>0</td>
<td>95</td>
<td>320</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>13</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2-Egg Cheese Omelette</td>
<td>330</td>
<td>240</td>
<td>27</td>
<td>10</td>
<td>0</td>
<td>505</td>
<td>330</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2-Egg White Omelette with Part-Skim Cheese</td>
<td>200</td>
<td>120</td>
<td>13</td>
<td>5</td>
<td>0</td>
<td>15</td>
<td>370</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>21</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2-Egg Low-Cholesterol Egg Substitute Omelette with Part-Skim Cheese</td>
<td>220</td>
<td>140</td>
<td>15</td>
<td>5</td>
<td>0</td>
<td>110</td>
<td>490</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>21</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon, 2 Strips</td>
<td>60</td>
<td>40</td>
<td>4.5</td>
<td>1.5</td>
<td>0</td>
<td>15</td>
<td>210</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage Links, 2 Each</td>
<td>160</td>
<td>120</td>
<td>14</td>
<td>4.5</td>
<td>0</td>
<td>45</td>
<td>410</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>9</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turkey Sausage Links, 2 Each</td>
<td>100</td>
<td>70</td>
<td>8</td>
<td>2</td>
<td>0</td>
<td>40</td>
<td>340</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage Patty, 1 Each</td>
<td>230</td>
<td>190</td>
<td>21</td>
<td>9</td>
<td>0</td>
<td>55</td>
<td>570</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>8</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Burger Patty, 1/4-lb.</td>
<td>190</td>
<td>110</td>
<td>13</td>
<td>5</td>
<td>0.5</td>
<td>60</td>
<td>180</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>18</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waffle, 1/2 Each (with Butter)</td>
<td>270</td>
<td>140</td>
<td>16</td>
<td>7</td>
<td>0</td>
<td>80</td>
<td>470</td>
<td>26</td>
<td>1</td>
<td>1</td>
<td>4</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry Crepe</td>
<td>340</td>
<td>150</td>
<td>17</td>
<td>8</td>
<td>0</td>
<td>120</td>
<td>150</td>
<td>40</td>
<td>1</td>
<td>23</td>
<td>7</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttermilk Pancakes, 2 each (with Butter)</td>
<td>290</td>
<td>130</td>
<td>14</td>
<td>4.5</td>
<td>0</td>
<td>60</td>
<td>590</td>
<td>32</td>
<td>1</td>
<td>8</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Chip Pancakes, 2 each (with Chocolate Syrup and Whipped Cream)</td>
<td>530</td>
<td>170</td>
<td>19</td>
<td>8</td>
<td>0</td>
<td>100</td>
<td>830</td>
<td>81</td>
<td>3</td>
<td>40</td>
<td>10</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Toast, 2 Pieces</td>
<td>340</td>
<td>160</td>
<td>18</td>
<td>5</td>
<td>0</td>
<td>150</td>
<td>360</td>
<td>32</td>
<td>0</td>
<td>8</td>
<td>11</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, Marbled Rye (Buttered)</td>
<td>390</td>
<td>130</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>460</td>
<td>50</td>
<td>4</td>
<td>2</td>
<td>10</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, Wheat (Buttered)</td>
<td>390</td>
<td>130</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>560</td>
<td>50</td>
<td>4</td>
<td>6</td>
<td>10</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, White (Buttered)</td>
<td>310</td>
<td>120</td>
<td>14</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>420</td>
<td>34</td>
<td>1</td>
<td>2</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>English Muffin (with Butter)</td>
<td>230</td>
<td>80</td>
<td>9</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>430</td>
<td>30</td>
<td>2</td>
<td>1</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biscuit, 1 Each (with Gravy)</td>
<td>400</td>
<td>200</td>
<td>22</td>
<td>10</td>
<td>0</td>
<td>5</td>
<td>1170</td>
<td>38</td>
<td>1</td>
<td>2</td>
<td>7</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seasoned Hash Browns, 4 oz, Prepared</td>
<td>220</td>
<td>120</td>
<td>14</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>610</td>
<td>20</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### 4-SQUARE®

#### Breakfast

<table>
<thead>
<tr>
<th>4-SQUARE® CHOICES CONT.</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Breakfast Potatoes, 6 oz Prepared</td>
<td>290</td>
<td>160</td>
<td>18</td>
<td>1.5</td>
<td>0</td>
<td>10</td>
<td>800</td>
<td>28</td>
<td>3</td>
<td>1</td>
<td>3</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low-Fat Vanilla Yogurt, 3 oz</td>
<td>80</td>
<td>5</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>35</td>
<td>16</td>
<td>0</td>
<td>12</td>
<td>3</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oatmeal with Milk, Brown Sugar &amp; Raisins</td>
<td>550</td>
<td>210</td>
<td>24</td>
<td>9</td>
<td>0</td>
<td>10</td>
<td>410</td>
<td>74</td>
<td>4</td>
<td>51</td>
<td>8</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinnamon Apples, 3 oz</td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>90</td>
<td>27</td>
<td>1</td>
<td>25</td>
<td>0</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornbread, 1 Each (with Butter)</td>
<td>270</td>
<td>120</td>
<td>13</td>
<td>5</td>
<td>0</td>
<td>80</td>
<td>380</td>
<td>33</td>
<td>1</td>
<td>11</td>
<td>5</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Bran Muffin, 1 Each</td>
<td>490</td>
<td>200</td>
<td>22</td>
<td>3.5</td>
<td>0</td>
<td>50</td>
<td>580</td>
<td>65</td>
<td>8</td>
<td>28</td>
<td>7</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana Nut Muffin, 1 Each</td>
<td>500</td>
<td>220</td>
<td>25</td>
<td>3</td>
<td>0</td>
<td>40</td>
<td>450</td>
<td>59</td>
<td>2</td>
<td>29</td>
<td>8</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberry Muffin, 1 Each</td>
<td>500</td>
<td>220</td>
<td>24</td>
<td>3.5</td>
<td>0</td>
<td>60</td>
<td>470</td>
<td>63</td>
<td>2</td>
<td>35</td>
<td>6</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinnamon Roll, 1 Each (with Icing and Butter)</td>
<td>700</td>
<td>350</td>
<td>38</td>
<td>17</td>
<td>0</td>
<td>45</td>
<td>900</td>
<td>79</td>
<td>2</td>
<td>37</td>
<td>9</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cottage Cheese, 3 oz</td>
<td>90</td>
<td>35</td>
<td>3.5</td>
<td>2.5</td>
<td>0</td>
<td>15</td>
<td>330</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>10</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applesauce, 4 oz</td>
<td>50</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>13</td>
<td>1</td>
<td>1</td>
<td>11</td>
<td>0</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sliced Tomatoes, 1 oz</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 4-SQUARE® SUPREME CHOICES

<table>
<thead>
<tr>
<th>4-SQUARE® SUPREME CHOICES</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Chicken-Fried Steak (with Gravy)</td>
<td>300</td>
<td>160</td>
<td>18</td>
<td>5</td>
<td>0</td>
<td>35</td>
<td>930</td>
<td>21</td>
<td>1</td>
<td>0</td>
<td>12</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoked Ham Steak</td>
<td>120</td>
<td>30</td>
<td>3.5</td>
<td>1.5</td>
<td>0</td>
<td>50</td>
<td>1210</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>19</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caramel Pecan Roll, 1 Each</td>
<td>810</td>
<td>370</td>
<td>41</td>
<td>13</td>
<td>0</td>
<td>45</td>
<td>810</td>
<td>105</td>
<td>3</td>
<td>60</td>
<td>10</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### BRILLIANT

#### Benedicts

<table>
<thead>
<tr>
<th>BRILLIANT Benedicts</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pepper Jack Benedict (No Side)</td>
<td>1060</td>
<td>730</td>
<td>81</td>
<td>31</td>
<td>0</td>
<td>480</td>
<td>1760</td>
<td>41</td>
<td>3</td>
<td>6</td>
<td>40</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs Benedict (No Side)</td>
<td>820</td>
<td>530</td>
<td>59</td>
<td>28</td>
<td>0</td>
<td>480</td>
<td>2560</td>
<td>37</td>
<td>2</td>
<td>4</td>
<td>38</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## BRILLIANT Benedicts CONT.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasoned Hash Browns, Side</td>
<td>220</td>
<td>120</td>
<td>14</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>610</td>
<td>20</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## SIGNATURE Skillets & Scramblers

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultimate Skillet (No Bread)</td>
<td>1000</td>
<td>660</td>
<td>73</td>
<td>20</td>
<td>0.5</td>
<td>600</td>
<td>2440</td>
<td>41</td>
<td>5</td>
<td>7</td>
<td>48</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken-Fried Steak Skillet (No Bread)</td>
<td>1180</td>
<td>710</td>
<td>79</td>
<td>17</td>
<td>0.5</td>
<td>550</td>
<td>2810</td>
<td>73</td>
<td>4</td>
<td>2</td>
<td>41</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie Scrambler (No Bread)</td>
<td>720</td>
<td>470</td>
<td>53</td>
<td>16</td>
<td>0</td>
<td>535</td>
<td>1320</td>
<td>37</td>
<td>6</td>
<td>4</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bakers Scrambler (No Bread)</td>
<td>800</td>
<td>520</td>
<td>58</td>
<td>18</td>
<td>0</td>
<td>575</td>
<td>1830</td>
<td>37</td>
<td>4</td>
<td>5</td>
<td>35</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## SIDE CHOICES

### SIDE CHOICES

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toast, 2 Slices, Marbled Rye, Buttered</td>
<td>390</td>
<td>130</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>460</td>
<td>50</td>
<td>4</td>
<td>2</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, Wheat, Buttered</td>
<td>390</td>
<td>130</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>560</td>
<td>50</td>
<td>4</td>
<td>6</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, White, Buttered</td>
<td>310</td>
<td>120</td>
<td>14</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>420</td>
<td>34</td>
<td>1</td>
<td>2</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttermilk Pancakes, 2 each (with butter)</td>
<td>290</td>
<td>130</td>
<td>14</td>
<td>4.5</td>
<td>0</td>
<td>60</td>
<td>590</td>
<td>32</td>
<td>1</td>
<td>8</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>English Muffin (with butter)</td>
<td>230</td>
<td>80</td>
<td>9</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>430</td>
<td>30</td>
<td>2</td>
<td>1</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Bran Muffin, 1 Each</td>
<td>490</td>
<td>200</td>
<td>22</td>
<td>3.5</td>
<td>0</td>
<td>50</td>
<td>580</td>
<td>65</td>
<td>8</td>
<td>28</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana Nut Muffin, 1 Each</td>
<td>500</td>
<td>220</td>
<td>25</td>
<td>3</td>
<td>0</td>
<td>40</td>
<td>450</td>
<td>59</td>
<td>2</td>
<td>29</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberry Muffin, 1 Each</td>
<td>500</td>
<td>220</td>
<td>24</td>
<td>3.5</td>
<td>0</td>
<td>60</td>
<td>470</td>
<td>63</td>
<td>2</td>
<td>35</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biscuit, 1 each (with Butter)</td>
<td>330</td>
<td>170</td>
<td>18</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>850</td>
<td>33</td>
<td>1</td>
<td>2</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Nutritional Menu

#### SIZZLING Sweets

<table>
<thead>
<tr>
<th>Menu Description</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry Crepes, Hashbrowns (No Meat)</td>
<td>880</td>
<td>400</td>
<td>45</td>
<td>18</td>
<td>0.5</td>
<td>235</td>
<td>910</td>
<td>103</td>
<td>5</td>
<td>47</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Toast Combo, 2 Eggs (No Meat)</td>
<td>840</td>
<td>430</td>
<td>48</td>
<td>13</td>
<td>0.5</td>
<td>775</td>
<td>820</td>
<td>66</td>
<td>1</td>
<td>16</td>
<td>34</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttermilk Pancake Combo, 2 Eggs (No Meat)</td>
<td>740</td>
<td>360</td>
<td>41</td>
<td>12</td>
<td>0</td>
<td>590</td>
<td>1270</td>
<td>65</td>
<td>1</td>
<td>16</td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Belgian Waffle Combo, 2 Eggs (No Meat)</td>
<td>690</td>
<td>390</td>
<td>43</td>
<td>17</td>
<td>0</td>
<td>630</td>
<td>1030</td>
<td>53</td>
<td>1</td>
<td>1</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### TOPPINGS

<table>
<thead>
<tr>
<th>Toppings Description</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Strawberries with Strawberry Sauce &amp; Whipped Cream</td>
<td>190</td>
<td>80</td>
<td>9</td>
<td>6</td>
<td>0</td>
<td>40</td>
<td>45</td>
<td>27</td>
<td>1</td>
<td>24</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Bananas &amp; Strawberry Sauce &amp; Whipped Cream</td>
<td>230</td>
<td>80</td>
<td>9</td>
<td>6</td>
<td>0</td>
<td>40</td>
<td>45</td>
<td>38</td>
<td>2</td>
<td>30</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Triple Berry Sauce &amp; Whipped Cream</td>
<td>190</td>
<td>80</td>
<td>9</td>
<td>6</td>
<td>0</td>
<td>40</td>
<td>40</td>
<td>29</td>
<td>2</td>
<td>25</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinnamon Apples &amp; Whipped Cream</td>
<td>210</td>
<td>80</td>
<td>9</td>
<td>6</td>
<td>0</td>
<td>40</td>
<td>100</td>
<td>31</td>
<td>1</td>
<td>28</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### BREAKFAST MEAT CHOICES

<table>
<thead>
<tr>
<th>Meat Choice Description</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon, 2 strips</td>
<td>60</td>
<td>40</td>
<td>4.5</td>
<td>1.5</td>
<td>0</td>
<td>15</td>
<td>210</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage Links, 2 Each</td>
<td>160</td>
<td>120</td>
<td>14</td>
<td>4.5</td>
<td>0</td>
<td>45</td>
<td>410</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage Patty, 1 Each</td>
<td>230</td>
<td>190</td>
<td>21</td>
<td>9</td>
<td>0</td>
<td>55</td>
<td>570</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turkey Sausage Links, 2 Each</td>
<td>100</td>
<td>70</td>
<td>8</td>
<td>2</td>
<td>0</td>
<td>40</td>
<td>340</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### SYRUP

<table>
<thead>
<tr>
<th>Syrup Description</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maple-Flavored Syrup, 1 fl. oz.</td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>45</td>
<td>27</td>
<td>0</td>
<td>17</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### CLASSIC Breakfasts

<table>
<thead>
<tr>
<th>Breakfast Description</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ultimate Meat Lover’s Breakfast (No Side, No Bread)</td>
<td>560</td>
<td>360</td>
<td>40</td>
<td>12</td>
<td>0</td>
<td>580</td>
<td>1970</td>
<td>4</td>
<td>0</td>
<td>3</td>
<td>46</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham Steak &amp; Eggs (No Side, No Bread)</td>
<td>450</td>
<td>230</td>
<td>25</td>
<td>8</td>
<td>0</td>
<td>580</td>
<td>2560</td>
<td>6</td>
<td>0</td>
<td>5</td>
<td>52</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken-Fried Steak &amp; Eggs (No Side, No Bread)</td>
<td>780</td>
<td>460</td>
<td>52</td>
<td>14</td>
<td>0</td>
<td>540</td>
<td>1800</td>
<td>40</td>
<td>1</td>
<td>0</td>
<td>36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corned Beef Hash (No Bread)</td>
<td>690</td>
<td>390</td>
<td>44</td>
<td>9</td>
<td>0.5</td>
<td>545</td>
<td>2050</td>
<td>37</td>
<td>4</td>
<td>4</td>
<td>37</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs, 2 Each, Prepared (liquid)</td>
<td>220</td>
<td>160</td>
<td>18</td>
<td>5</td>
<td>0</td>
<td>475</td>
<td>150</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CLASSIC Breakfasts CONT.</td>
<td>Calories</td>
<td>Calories from Fat</td>
<td>Total Fat (g)</td>
<td>Saturated Fat (g)</td>
<td>Trans Fat (g)</td>
<td>Cholesterol (mg)</td>
<td>Sodium (mg)</td>
<td>Carbohydrates (g)</td>
<td>Protein (g)</td>
<td>Dietary Fiber (g)</td>
<td>Total Sugar (g)</td>
<td>Eggs</td>
<td>Fish</td>
<td>Milk</td>
<td>Peanuts</td>
<td>Shellfish</td>
<td>Soy</td>
<td>Tree Nuts</td>
<td>Wheat</td>
<td>Gluten</td>
</tr>
<tr>
<td>--------------------------</td>
<td>----------</td>
<td>-------------------</td>
<td>---------------</td>
<td>------------------</td>
<td>---------------</td>
<td>------------------</td>
<td>-------------</td>
<td>-------------------</td>
<td>----------</td>
<td>------------------</td>
<td>----------------</td>
<td>------</td>
<td>------</td>
<td>------</td>
<td>--------</td>
<td>-----------</td>
<td>-----</td>
<td>----------</td>
<td>-------</td>
<td>--------</td>
</tr>
<tr>
<td>Eggs, 2 Each, Prepared (whole eggs)</td>
<td>190</td>
<td>140</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>325</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs, 2 Each, Prepared (poached)</td>
<td>130</td>
<td>80</td>
<td>8</td>
<td>3</td>
<td>0</td>
<td>325</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classic Breakfast, Bacon (No Side, No Bread)</td>
<td>340</td>
<td>240</td>
<td>27</td>
<td>8</td>
<td>0</td>
<td>500</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>22</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classic Breakfast, Sausage Links (No Side, No Bread)</td>
<td>540</td>
<td>410</td>
<td>45</td>
<td>14</td>
<td>0</td>
<td>560</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>32</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classic Breakfast, Sausage Patties (No Side, No Bread)</td>
<td>680</td>
<td>550</td>
<td>61</td>
<td>22</td>
<td>0</td>
<td>590</td>
<td>4</td>
<td>0</td>
<td>1</td>
<td>29</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classic Breakfast, Turkey Sausage (No Side, No Bread)</td>
<td>420</td>
<td>310</td>
<td>34</td>
<td>9</td>
<td>0</td>
<td>555</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>33</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avocado Toast (No Side)</td>
<td>930</td>
<td>500</td>
<td>56</td>
<td>13</td>
<td>0</td>
<td>355</td>
<td>78</td>
<td>15</td>
<td>18</td>
<td>33</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SIDE CHOICES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seasoned Hash Browns, Side</td>
<td>220</td>
<td>120</td>
<td>14</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>610</td>
<td>20</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>•</td>
<td></td>
<td></td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td>•</td>
<td></td>
<td></td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BREAD CHOICES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, Marbled Rye, Buttered</td>
<td>390</td>
<td>130</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>460</td>
<td>50</td>
<td>4</td>
<td>2</td>
<td>10</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, Wheat, Buttered</td>
<td>390</td>
<td>130</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>560</td>
<td>50</td>
<td>4</td>
<td>6</td>
<td>10</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, White, Buttered</td>
<td>310</td>
<td>120</td>
<td>14</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>420</td>
<td>34</td>
<td>1</td>
<td>2</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttermilk Pancakes, 2 each (with butter)</td>
<td>290</td>
<td>130</td>
<td>14</td>
<td>4.5</td>
<td>0</td>
<td>0</td>
<td>590</td>
<td>32</td>
<td>1</td>
<td>8</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>English Muffin (with butter)</td>
<td>230</td>
<td>80</td>
<td>9</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>430</td>
<td>30</td>
<td>2</td>
<td>1</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Bran Muffin, 1 Each</td>
<td>490</td>
<td>200</td>
<td>22</td>
<td>3.5</td>
<td>0</td>
<td>50</td>
<td>580</td>
<td>65</td>
<td>8</td>
<td>28</td>
<td>7</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana Nut Muffin, 1 Each</td>
<td>500</td>
<td>220</td>
<td>25</td>
<td>3</td>
<td>0</td>
<td>40</td>
<td>450</td>
<td>59</td>
<td>2</td>
<td>29</td>
<td>8</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberry Muffin, 1 Each</td>
<td>500</td>
<td>220</td>
<td>24</td>
<td>3.5</td>
<td>0</td>
<td>60</td>
<td>470</td>
<td>63</td>
<td>2</td>
<td>35</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biscuit, 1 each (with Butter)</td>
<td>330</td>
<td>170</td>
<td>18</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>850</td>
<td>33</td>
<td>1</td>
<td>2</td>
<td>5</td>
<td>•</td>
<td>•</td>
<td></td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Sandwiches & Pitas

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon Lover’s BLT on White Bread (No Side)</td>
<td>500</td>
<td>260</td>
<td>29</td>
<td>4.5</td>
<td>0</td>
<td>50</td>
<td>1030</td>
<td>37</td>
<td>2</td>
<td>4</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon Lover’s BLT on Wheat Bread (No Side)</td>
<td>580</td>
<td>270</td>
<td>30</td>
<td>4.5</td>
<td>0</td>
<td>50</td>
<td>1170</td>
<td>53</td>
<td>5</td>
<td>8</td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon Lover’s BLT on Marbled Rye Bread (No Side)</td>
<td>580</td>
<td>270</td>
<td>30</td>
<td>4.5</td>
<td>0</td>
<td>50</td>
<td>1070</td>
<td>53</td>
<td>5</td>
<td>4</td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classic French Dip (No Cheese, No Side)</td>
<td>590</td>
<td>120</td>
<td>13</td>
<td>3.5</td>
<td>0</td>
<td>90</td>
<td>3020</td>
<td>64</td>
<td>4</td>
<td>1</td>
<td>48</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classic French Dip with Cheese (No Side)</td>
<td>660</td>
<td>190</td>
<td>21</td>
<td>9</td>
<td>0</td>
<td>115</td>
<td>3080</td>
<td>65</td>
<td>4</td>
<td>1</td>
<td>56</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bakers Club on White Bread (No Side)</td>
<td>850</td>
<td>430</td>
<td>47</td>
<td>11</td>
<td>0</td>
<td>135</td>
<td>1950</td>
<td>55</td>
<td>2</td>
<td>6</td>
<td>47</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bakers Club on Wheat Bread (No Side)</td>
<td>970</td>
<td>440</td>
<td>49</td>
<td>11</td>
<td>0</td>
<td>135</td>
<td>2160</td>
<td>79</td>
<td>7</td>
<td>12</td>
<td>53</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bakers Club on Marbled Rye Bread (No Side)</td>
<td>970</td>
<td>440</td>
<td>49</td>
<td>11</td>
<td>0</td>
<td>135</td>
<td>2010</td>
<td>79</td>
<td>7</td>
<td>6</td>
<td>53</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marbled Rye Reuben (No Side)</td>
<td>750</td>
<td>390</td>
<td>44</td>
<td>16</td>
<td>0</td>
<td>125</td>
<td>2020</td>
<td>59</td>
<td>4</td>
<td>7</td>
<td>46</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stir-Fry Pita (No Side)</td>
<td>720</td>
<td>340</td>
<td>39</td>
<td>14</td>
<td>0</td>
<td>140</td>
<td>1970</td>
<td>60</td>
<td>4</td>
<td>12</td>
<td>56</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stir-Fry Pita (No Chicken, No Side)</td>
<td>540</td>
<td>250</td>
<td>28</td>
<td>12</td>
<td>0</td>
<td>50</td>
<td>1480</td>
<td>66</td>
<td>6</td>
<td>15</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Club Pita (No Side)</td>
<td>650</td>
<td>340</td>
<td>38</td>
<td>14</td>
<td>0</td>
<td>125</td>
<td>1680</td>
<td>49</td>
<td>3</td>
<td>7</td>
<td>49</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fajita Pita (No Side)</td>
<td>770</td>
<td>410</td>
<td>46</td>
<td>16</td>
<td>0</td>
<td>140</td>
<td>1850</td>
<td>60</td>
<td>8</td>
<td>8</td>
<td>55</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SIDE CHOICES**

<table>
<thead>
<tr>
<th>Side Choice</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Fries, Prepared, 4 oz</td>
<td>370</td>
<td>180</td>
<td>20</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>150</td>
<td>34</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coleslaw, 3 oz</td>
<td>100</td>
<td>60</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>170</td>
<td>8</td>
<td>2</td>
<td>7</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Burgers & Melts

<table>
<thead>
<tr>
<th>Burger</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Works Burger (No Side)</td>
<td>1100</td>
<td>680</td>
<td>76</td>
<td>26</td>
<td>0</td>
<td>150</td>
<td>1950</td>
<td>53</td>
<td>3</td>
<td>13</td>
<td>44</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All-American Crush Burger (No Cheese, No Side)</td>
<td>660</td>
<td>350</td>
<td>39</td>
<td>15</td>
<td>0</td>
<td>95</td>
<td>830</td>
<td>45</td>
<td>2</td>
<td>8</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crush Patty Melt (No Side)</td>
<td>890</td>
<td>510</td>
<td>57</td>
<td>22</td>
<td>0</td>
<td>125</td>
<td>1220</td>
<td>53</td>
<td>5</td>
<td>3</td>
<td>36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Avocado Melt on White Bread (No Side)</td>
<td>800</td>
<td>480</td>
<td>54</td>
<td>19</td>
<td>0</td>
<td>150</td>
<td>1280</td>
<td>42</td>
<td>5</td>
<td>4</td>
<td>54</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Nutritional Menu

### Burgers & Melts CONT.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Avocado Melt on Wheat Bread (No Side)</td>
<td>880</td>
<td>490</td>
<td>55</td>
<td>19</td>
<td>0</td>
<td>150</td>
<td>1420</td>
<td>58</td>
<td>8</td>
<td>8</td>
<td>58</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Chicken Avocado Melt on Marbled Rye Bread (No Side)</td>
<td>880</td>
<td>490</td>
<td>55</td>
<td>19</td>
<td>0</td>
<td>150</td>
<td>1320</td>
<td>58</td>
<td>8</td>
<td>4</td>
<td>58</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Chicken Cheddar Bacon Melt on White Bread (No Side)</td>
<td>710</td>
<td>350</td>
<td>39</td>
<td>15</td>
<td>0</td>
<td>150</td>
<td>1610</td>
<td>36</td>
<td>2</td>
<td>3</td>
<td>51</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Chicken Cheddar Bacon Melt on Wheat Bread (No Side)</td>
<td>790</td>
<td>360</td>
<td>40</td>
<td>15</td>
<td>0</td>
<td>150</td>
<td>1750</td>
<td>52</td>
<td>5</td>
<td>7</td>
<td>55</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Chicken Cheddar Bacon Melt on Marbled Rye Bread (No Side)</td>
<td>790</td>
<td>360</td>
<td>40</td>
<td>15</td>
<td>0</td>
<td>150</td>
<td>1650</td>
<td>52</td>
<td>5</td>
<td>3</td>
<td>55</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Albacore Tuna Melt on White Bread (No Side)</td>
<td>780</td>
<td>440</td>
<td>49</td>
<td>10</td>
<td>0</td>
<td>105</td>
<td>1370</td>
<td>37</td>
<td>2</td>
<td>3</td>
<td>43</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Albacore Tuna Melt on Wheat Bread (No Side)</td>
<td>860</td>
<td>450</td>
<td>50</td>
<td>10</td>
<td>0</td>
<td>105</td>
<td>1510</td>
<td>53</td>
<td>5</td>
<td>7</td>
<td>47</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Albacore Tuna Melt on Marbled Rye Bread (No Side)</td>
<td>860</td>
<td>450</td>
<td>50</td>
<td>10</td>
<td>0</td>
<td>105</td>
<td>1410</td>
<td>53</td>
<td>5</td>
<td>3</td>
<td>47</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Supreme Grown-Up Grilled Cheese (No Side)</td>
<td>830</td>
<td>510</td>
<td>57</td>
<td>27</td>
<td>0</td>
<td>120</td>
<td>1980</td>
<td>37</td>
<td>1</td>
<td>3</td>
<td>42</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

### ADD-ON CHEESE CHOICES

| Add-On Cheese, American, 2 slices | 140 | 110 | 12 | 7 | 0 | 30 | 480 | 0 | 0 | 0 | 8 | • | • |
| Add-On Cheese, Bleu, 1 oz | 100 | 70 | 8 | 5 | 0 | 25 | 380 | 1 | 1 | 0 | 6 | • | • |
| Add-On Cheese, Cheddar, 2 slices | 160 | 130 | 14 | 8 | 0 | 50 | 270 | 0 | 0 | 0 | 10 | • | • |
| Add-On Cheese, Feta, 1 oz | 80 | 50 | 6 | 4 | 0 | 20 | 320 | 1 | 1 | 0 | 5 | • | • |
| Add-On Cheese, Mozzarella, 1 oz | 80 | 50 | 6 | 3.5 | 0 | 15 | 170 | 1 | 0 | 0 | 8 | • | • |
| Add-On Cheese, Pepper Jack, 2 slices | 120 | 90 | 10 | 6 | 0 | 30 | 30 | 2 | 0 | 1 | 6 | • | • |
| Add-On Cheese, Swiss, 2 slices | 140 | 140 | 16 | 10 | 0 | 50 | 120 | 2 | 0 | 0 | 16 | • | • |

### ADD-ON 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 | • | • |
### Burgers & Melts CONT.

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken Breast, 1 Each</td>
<td>210</td>
<td>90</td>
<td>10</td>
<td>2.5</td>
<td>0</td>
<td>90</td>
<td>620</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All-American Crush Burger with Grilled Chicken Breast (No Cheese, No Side)</td>
<td>660</td>
<td>350</td>
<td>39</td>
<td>15</td>
<td>0</td>
<td>95</td>
<td>830</td>
<td>45</td>
<td>2</td>
<td>8</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Works Burger with Grilled Chicken Breast (No Cheese, No Side)</td>
<td>1100</td>
<td>680</td>
<td>76</td>
<td>26</td>
<td>0</td>
<td>150</td>
<td>1950</td>
<td>53</td>
<td>3</td>
<td>13</td>
<td>44</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SIDE CHOICES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Fries, Prepared, 4 oz</td>
<td>370</td>
<td>180</td>
<td>20</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>150</td>
<td>34</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coleslaw, 3 oz</td>
<td>100</td>
<td>60</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>10</td>
<td>170</td>
<td>8</td>
<td>2</td>
<td>7</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### HANDCRAFTED

#### Fresh Salads

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cobb Salad, Full (No Bread, No Dressing)</td>
<td>580</td>
<td>330</td>
<td>37</td>
<td>12</td>
<td>0</td>
<td>360</td>
<td>1230</td>
<td>13</td>
<td>7</td>
<td>4</td>
<td>51</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cobb Salad, Lunch (No Bread, No Dressing)</td>
<td>320</td>
<td>200</td>
<td>22</td>
<td>7</td>
<td>0</td>
<td>180</td>
<td>620</td>
<td>7</td>
<td>4</td>
<td>2</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cobb Salad with Bleu Cheese Dressing, Full (No Bread)</td>
<td>1090</td>
<td>790</td>
<td>88</td>
<td>22</td>
<td>0</td>
<td>410</td>
<td>1470</td>
<td>16</td>
<td>7</td>
<td>7</td>
<td>55</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cobb Salad with Bleu Cheese Dressing, Lunch (No Bread)</td>
<td>580</td>
<td>430</td>
<td>48</td>
<td>12</td>
<td>0</td>
<td>205</td>
<td>740</td>
<td>9</td>
<td>4</td>
<td>4</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mediterranean Chicken Salad, Full (No Bread, No Dressing)</td>
<td>360</td>
<td>160</td>
<td>18</td>
<td>7</td>
<td>0</td>
<td>110</td>
<td>1120</td>
<td>13</td>
<td>6</td>
<td>5</td>
<td>39</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mediterranean Chicken Salad, Lunch (No Bread, No Dressing)</td>
<td>220</td>
<td>110</td>
<td>13</td>
<td>4</td>
<td>0</td>
<td>55</td>
<td>570</td>
<td>7</td>
<td>3</td>
<td>3</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mediterranean Chicken Salad with Light Olive Oil Dressing, Full (No Bread)</td>
<td>540</td>
<td>330</td>
<td>36</td>
<td>10</td>
<td>0</td>
<td>110</td>
<td>1900</td>
<td>22</td>
<td>6</td>
<td>11</td>
<td>39</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mediterranean Chicken Salad with Light Olive Oil Dressing, Lunch (No Bread)</td>
<td>310</td>
<td>190</td>
<td>22</td>
<td>6</td>
<td>0</td>
<td>55</td>
<td>960</td>
<td>11</td>
<td>3</td>
<td>6</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Chicken Salad, Full (No Bread, No Dressing)</td>
<td>570</td>
<td>270</td>
<td>30</td>
<td>4</td>
<td>0</td>
<td>45</td>
<td>1390</td>
<td>47</td>
<td>6</td>
<td>16</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Chicken Salad, Lunch (No Bread, No Dressing)</td>
<td>340</td>
<td>160</td>
<td>17</td>
<td>2.5</td>
<td>0</td>
<td>30</td>
<td>910</td>
<td>28</td>
<td>3</td>
<td>8</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Chicken Salad with Honey Mustard Dressing, Full (No Bread)</td>
<td>1080</td>
<td>730</td>
<td>81</td>
<td>11</td>
<td>0</td>
<td>105</td>
<td>1990</td>
<td>59</td>
<td>6</td>
<td>28</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Handcrafted Fresh Salads

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Honey Mustard Chicken Salad with Honey Mustard Dressing, Lunch (No Bread)</strong></td>
<td>600</td>
<td>390</td>
<td>43</td>
<td>6</td>
<td>0</td>
<td>60</td>
<td>1210</td>
<td>34</td>
<td>3</td>
<td>14</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Apple Walnut Chicken Salad, Full (No Bread, No Dressing)</strong></td>
<td>400</td>
<td>200</td>
<td>23</td>
<td>6</td>
<td>0</td>
<td>70</td>
<td>700</td>
<td>29</td>
<td>6</td>
<td>19</td>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Apple Walnut Chicken Salad, Lunch (No Bread, No Dressing)</strong></td>
<td>200</td>
<td>100</td>
<td>11</td>
<td>3</td>
<td>0</td>
<td>35</td>
<td>350</td>
<td>15</td>
<td>3</td>
<td>10</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Apple Walnut Chicken Salad with Light Olive Oil Dressing, Full (No Bread)</strong></td>
<td>580</td>
<td>370</td>
<td>41</td>
<td>9</td>
<td>0</td>
<td>70</td>
<td>1480</td>
<td>38</td>
<td>6</td>
<td>25</td>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Apple Walnut Chicken Salad with Light Olive Oil Dressing, Lunch (No Bread)</strong></td>
<td>290</td>
<td>180</td>
<td>20</td>
<td>4.5</td>
<td>0</td>
<td>35</td>
<td>750</td>
<td>20</td>
<td>3</td>
<td>13</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Garden Salad (No Dressing)</strong></td>
<td>40</td>
<td>10</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>50</td>
<td>6</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Salad Dressings

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blue Cheese Dressing, 1 oz (Artisan, Kids)</strong></td>
<td>170</td>
<td>150</td>
<td>17</td>
<td>3.5</td>
<td>0</td>
<td>15</td>
<td>230</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Blue Cheese Dressing, 1.5 oz (Lunch)</strong></td>
<td>250</td>
<td>230</td>
<td>25</td>
<td>5</td>
<td>0</td>
<td>20</td>
<td>340</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Blue Cheese Dressing, 3 oz (Full)</strong></td>
<td>510</td>
<td>460</td>
<td>51</td>
<td>10</td>
<td>0</td>
<td>45</td>
<td>690</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Honey Mustard Dressing, 1 oz (Artisan, Kids)</strong></td>
<td>170</td>
<td>150</td>
<td>17</td>
<td>2.5</td>
<td>0</td>
<td>20</td>
<td>200</td>
<td>4</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Honey Mustard Dressing, 1.5 oz (Lunch)</strong></td>
<td>250</td>
<td>230</td>
<td>25</td>
<td>3.5</td>
<td>0</td>
<td>30</td>
<td>300</td>
<td>6</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Honey Mustard Dressing, 3 oz (Full)</strong></td>
<td>510</td>
<td>460</td>
<td>51</td>
<td>7</td>
<td>0</td>
<td>60</td>
<td>600</td>
<td>12</td>
<td>0</td>
<td>12</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lite Olive Oil Vinaigrette, 1 oz (Artisan, Kids)</strong></td>
<td>60</td>
<td>50</td>
<td>6</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>260</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lite Olive Oil Vinaigrette, 1.5 oz (Lunch)</strong></td>
<td>90</td>
<td>80</td>
<td>9</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>390</td>
<td>4</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lite Olive Oil Vinaigrette, 3 oz (Full)</strong></td>
<td>180</td>
<td>160</td>
<td>18</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>780</td>
<td>9</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ranch Dressing, 1 oz (Artisan, Kids)</strong></td>
<td>120</td>
<td>110</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>160</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ranch Dressing, 1.5 oz (Lunch)</strong></td>
<td>180</td>
<td>160</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>250</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Ranch Dressing, 3 oz (Full)</strong></td>
<td>350</td>
<td>330</td>
<td>36</td>
<td>0</td>
<td>0</td>
<td>35</td>
<td>490</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Bread Choices

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Garlic-Grilled Baguette</strong></td>
<td>160</td>
<td>60</td>
<td>6</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>310</td>
<td>19</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cornbread, 1 Each (with Butter)</strong></td>
<td>270</td>
<td>120</td>
<td>13</td>
<td>5</td>
<td>0</td>
<td>80</td>
<td>380</td>
<td>33</td>
<td>1</td>
<td>11</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dinner Roll (with Butter)</strong></td>
<td>210</td>
<td>90</td>
<td>10</td>
<td>3.5</td>
<td>0</td>
<td>5</td>
<td>260</td>
<td>19</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### CLASSIC Pie Shop Special

#### CLASSIC 1/2 DELI SANDWICHES

<table>
<thead>
<tr>
<th>Sandwich Description</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon Lover’s BLT on White, Half</td>
<td>250</td>
<td>130</td>
<td>14</td>
<td>2.5</td>
<td>0</td>
<td>25</td>
<td>520</td>
<td>1</td>
<td>2</td>
<td>10</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Bacon Lover’s BLT on Wheat, Half</td>
<td>290</td>
<td>130</td>
<td>15</td>
<td>2.5</td>
<td>0</td>
<td>25</td>
<td>590</td>
<td>2</td>
<td>4</td>
<td>12</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Bacon Lover’s BLT on Marbled Rye, Half</td>
<td>290</td>
<td>130</td>
<td>15</td>
<td>2.5</td>
<td>0</td>
<td>25</td>
<td>540</td>
<td>2</td>
<td>2</td>
<td>12</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Albacore Tuna Salad on White, Half</td>
<td>230</td>
<td>90</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>340</td>
<td>1</td>
<td>2</td>
<td>13</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Albacore Tuna Salad on Wheat, Half</td>
<td>270</td>
<td>100</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>410</td>
<td>3</td>
<td>4</td>
<td>15</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Albacore Tuna Salad on Marbled Rye, Half</td>
<td>270</td>
<td>100</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>360</td>
<td>3</td>
<td>2</td>
<td>15</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Hand-Carved Turkey Breast Sandwich on White, Half</td>
<td>220</td>
<td>90</td>
<td>10</td>
<td>1</td>
<td>0</td>
<td>30</td>
<td>500</td>
<td>1</td>
<td>2</td>
<td>13</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Hand-Carved Turkey Breast Sandwich on Wheat, Half</td>
<td>260</td>
<td>100</td>
<td>11</td>
<td>1</td>
<td>0</td>
<td>30</td>
<td>570</td>
<td>2</td>
<td>4</td>
<td>15</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Hand-Carved Turkey Breast Sandwich on Marbled Rye, Half</td>
<td>260</td>
<td>100</td>
<td>11</td>
<td>1</td>
<td>0</td>
<td>30</td>
<td>520</td>
<td>2</td>
<td>2</td>
<td>15</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Ham &amp; Swiss Sandwich on White, Half</td>
<td>290</td>
<td>150</td>
<td>17</td>
<td>5</td>
<td>0</td>
<td>55</td>
<td>720</td>
<td>1</td>
<td>3</td>
<td>22</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Ham &amp; Swiss Sandwich on Wheat, Half</td>
<td>330</td>
<td>160</td>
<td>18</td>
<td>5</td>
<td>0</td>
<td>55</td>
<td>790</td>
<td>2</td>
<td>5</td>
<td>24</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Ham &amp; Swiss Sandwich on Marbled Rye, Half</td>
<td>330</td>
<td>160</td>
<td>18</td>
<td>5</td>
<td>0</td>
<td>55</td>
<td>740</td>
<td>2</td>
<td>3</td>
<td>24</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

#### SOUP OR GARDEN SALAD

See soup and salad sections

#### SLICE OF PIE

See pie section

### PRIMO Pie Shop Special

#### PRIMO 1/2 HOT SANDWICH

<table>
<thead>
<tr>
<th>Sandwich Description</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supreme Grown-Up Grilled Cheese, Half</td>
<td>420</td>
<td>250</td>
<td>28</td>
<td>13</td>
<td>0</td>
<td>60</td>
<td>990</td>
<td>18</td>
<td>2</td>
<td>21</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Marbled Rye Reuben, Half</td>
<td>380</td>
<td>200</td>
<td>22</td>
<td>8</td>
<td>0</td>
<td>60</td>
<td>1010</td>
<td>30</td>
<td>2</td>
<td>3</td>
<td>23</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Albacore Tuna Melt on White Bread, Half</td>
<td>390</td>
<td>220</td>
<td>25</td>
<td>5</td>
<td>0</td>
<td>50</td>
<td>690</td>
<td>18</td>
<td>2</td>
<td>21</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>
### Nutritional Menu

#### PRIMO
**Pie Shop Special**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRIMO 1/2 HOT SANDWICH CONT.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Albacore Tuna Melt on Wheat Bread, Half</td>
<td>430</td>
<td>230</td>
<td>25</td>
<td>5</td>
<td>0</td>
<td>50</td>
<td>760</td>
<td>2</td>
<td>4</td>
<td>23</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Albacore Tuna Melt on Marbled Rye, Half</td>
<td>430</td>
<td>230</td>
<td>25</td>
<td>5</td>
<td>0</td>
<td>50</td>
<td>710</td>
<td>2</td>
<td>2</td>
<td>23</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Classic French Dip with Cheese, Half</td>
<td>370</td>
<td>90</td>
<td>11</td>
<td>4.5</td>
<td>0</td>
<td>60</td>
<td>1650</td>
<td>3</td>
<td>0</td>
<td>29</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

#### SOUP OR GARDEN SALAD

See soup and salad sections

#### SLICE OF PIE

See pie section

#### ARTISAN
**Pie Shop Special®**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ARTISAN SANDWICHES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turkey Cranberry Salad Baguette</td>
<td>460</td>
<td>210</td>
<td>24</td>
<td>1</td>
<td>0</td>
<td>35</td>
<td>1020</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td>15</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Horseradish Beef Baguette</td>
<td>470</td>
<td>180</td>
<td>20</td>
<td>9</td>
<td>0</td>
<td>80</td>
<td>1430</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>35</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Artichoke Melt</td>
<td>490</td>
<td>240</td>
<td>27</td>
<td>9</td>
<td>0</td>
<td>40</td>
<td>1090</td>
<td>43</td>
<td>5</td>
<td>2</td>
<td>15</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

#### SEASONAL SALADS

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Cranberry Walnut Salad (No Dressing)</td>
<td>200</td>
<td>110</td>
<td>12</td>
<td>3</td>
<td>0</td>
<td>10</td>
<td>180</td>
<td>18</td>
<td>4</td>
<td>12</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Apple Cranberry Walnut Salad with Cranberry Vinaigrette</td>
<td>250</td>
<td>150</td>
<td>16</td>
<td>3.5</td>
<td>0</td>
<td>10</td>
<td>350</td>
<td>24</td>
<td>4</td>
<td>17</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Mediterranean Salad (No Dressing)</td>
<td>70</td>
<td>35</td>
<td>4</td>
<td>2</td>
<td>0</td>
<td>10</td>
<td>300</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>4</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Mediterranean Salad with Light Olive Oil Vinaigrette</td>
<td>130</td>
<td>90</td>
<td>10</td>
<td>3</td>
<td>0</td>
<td>10</td>
<td>560</td>
<td>8</td>
<td>2</td>
<td>4</td>
<td>4</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

#### CUP OF SOUP

See soup section
Nutritional Menu

**ARTISAN Pie Shop Special® CONT.**

**SLICE OF PIE**

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

See pie section

**HEARTY Soups**

| Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Protein (g) | Dietary Fiber (g) | Total Sugar (g) | Eggs | Fish | Milk | Peanuts | Shellfish | Soy | Tree Nuts | Wheat | Gluten |
|----------|------------------|---------------|------------------|----------------|----------------|--------------|--------------|---------------|-------------|-----------------|----------------|------|------|------|---------|-----------|-----|-----------|-------|--------|
| Butternut Squash, Bowl (No Bread) | 240 | 90 | 10 | 6 | 0 | 40 | 850 | 35 | 0 | 13 | 2 | • | • |
| Butternut Squash, Cup (No Crackers) | 120 | 45 | 5 | 3 | 0 | 20 | 430 | 17 | 0 | 7 | 1 | • | • |
| Butternut Squash, Cup (No Bread) | 170 | 50 | 6 | 3 | 0 | 20 | 590 | 27 | 0 | 7 | 1 | • | • |
| 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 | • | • |
| Red Chili, Bowl (No Bread) | 310 | 120 | 13 | 4.5 | 0 | 40 | 1350 | 29 | 6 | 0 | 20 | • | • |
| Red Chili, Cup (No Crackers) | 170 | 70 | 8 | 3 | 0 | 25 | 700 | 15 | 3 | 0 | 11 | • | • |
| Red Chili, Cup (No Bread) | 220 | 80 | 9 | 3 | 0 | 25 | 860 | 25 | 3 | 0 | 11 | • | • |
| 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**

See soup and salad sections

**BREAD CHOICES**

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

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slow-Roasted Turkey, Full (No Side, No Bread)</td>
<td>590</td>
<td>200</td>
<td>23</td>
<td>8</td>
<td>0</td>
<td>80</td>
<td>2490</td>
<td>56</td>
<td>2</td>
<td>16</td>
<td>37</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slow-Roasted Turkey, Just Right Portion (No Side, No Bread)</td>
<td>320</td>
<td>100</td>
<td>11</td>
<td>4</td>
<td>0</td>
<td>40</td>
<td>1240</td>
<td>34</td>
<td>1</td>
<td>13</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Tenders, Full (No Side, No Bread)</td>
<td>910</td>
<td>540</td>
<td>60</td>
<td>8</td>
<td>0</td>
<td>115</td>
<td>2450</td>
<td>48</td>
<td>0</td>
<td>8</td>
<td>40</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Tenders, Just Right Portion (No Side, No Bread)</td>
<td>680</td>
<td>450</td>
<td>50</td>
<td>7</td>
<td>0</td>
<td>85</td>
<td>1630</td>
<td>32</td>
<td>0</td>
<td>8</td>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asian Chicken Stir-Fry, Full (No Bread)</td>
<td>820</td>
<td>250</td>
<td>28</td>
<td>7</td>
<td>0</td>
<td>90</td>
<td>3270</td>
<td>99</td>
<td>7</td>
<td>30</td>
<td>43</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asian Chicken Stir-Fry, Just Right Portion (No Bread)</td>
<td>410</td>
<td>130</td>
<td>14</td>
<td>3.5</td>
<td>0</td>
<td>45</td>
<td>1630</td>
<td>49</td>
<td>3</td>
<td>15</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie Asian Stir-Fry, Full (No Chicken, No Bread)</td>
<td>610</td>
<td>160</td>
<td>18</td>
<td>4.5</td>
<td>0</td>
<td>0</td>
<td>2760</td>
<td>99</td>
<td>7</td>
<td>30</td>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie Asian Stir-Fry, Just Right Portion (No Chicken, No Bread)</td>
<td>310</td>
<td>80</td>
<td>9</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>1380</td>
<td>49</td>
<td>3</td>
<td>15</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Chicken, Full (No Side, No Bread)</td>
<td>810</td>
<td>500</td>
<td>55</td>
<td>10</td>
<td>0</td>
<td>220</td>
<td>1420</td>
<td>17</td>
<td>2</td>
<td>13</td>
<td>64</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Chicken, Just Right Portion (No Side, No Bread)</td>
<td>470</td>
<td>310</td>
<td>35</td>
<td>6</td>
<td>0</td>
<td>110</td>
<td>710</td>
<td>8</td>
<td>1</td>
<td>6</td>
<td>32</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Traditional Chicken Pot Pie with Salad (No Dressing, No Bread)</td>
<td>1240</td>
<td>750</td>
<td>83</td>
<td>42</td>
<td>1</td>
<td>225</td>
<td>2930</td>
<td>99</td>
<td>5</td>
<td>11</td>
<td>38</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 oz. Chopped Steak (No Side, No Bread)</td>
<td>740</td>
<td>560</td>
<td>62</td>
<td>25</td>
<td>0</td>
<td>155</td>
<td>1640</td>
<td>10</td>
<td>1</td>
<td>3</td>
<td>33</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Savory Pot Roast, Full (No Side, No Bread)</td>
<td>670</td>
<td>320</td>
<td>36</td>
<td>12</td>
<td>0</td>
<td>95</td>
<td>1840</td>
<td>39</td>
<td>4</td>
<td>7</td>
<td>43</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Savory Pot Roast, Just Right Portion (No Side, No Bread)</td>
<td>370</td>
<td>190</td>
<td>21</td>
<td>7</td>
<td>0</td>
<td>45</td>
<td>920</td>
<td>19</td>
<td>2</td>
<td>3</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teriyaki-Glazed Salmon (No Side, No Bread)</td>
<td>450</td>
<td>260</td>
<td>29</td>
<td>5</td>
<td>0</td>
<td>110</td>
<td>1070</td>
<td>11</td>
<td>0</td>
<td>7</td>
<td>36</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seared Steak Tips (No Side, No Bread)</td>
<td>510</td>
<td>270</td>
<td>30</td>
<td>6</td>
<td>0</td>
<td>150</td>
<td>1170</td>
<td>4</td>
<td>1</td>
<td>1</td>
<td>50</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish &amp; Chips, Full (No Side, No Bread)</td>
<td>1460</td>
<td>910</td>
<td>101</td>
<td>14</td>
<td>0</td>
<td>95</td>
<td>2760</td>
<td>97</td>
<td>14</td>
<td>5</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish &amp; Chips, Just Right Portion (No Side, No Bread)</td>
<td>1140</td>
<td>730</td>
<td>81</td>
<td>12</td>
<td>0</td>
<td>70</td>
<td>1900</td>
<td>72</td>
<td>10</td>
<td>3</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Bread Choices

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garlic-Grilled Baguette</td>
<td>160</td>
<td>60</td>
<td>6</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>310</td>
<td>19</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornbread, 1 Each (with Butter)</td>
<td>270</td>
<td>120</td>
<td>13</td>
<td>5</td>
<td>0</td>
<td>80</td>
<td>380</td>
<td>33</td>
<td>1</td>
<td>11</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner Roll (with Butter)</td>
<td>210</td>
<td>90</td>
<td>10</td>
<td>3.5</td>
<td>0</td>
<td>5</td>
<td>260</td>
<td>19</td>
<td>1</td>
<td>3</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Side Choices

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Fries, Prepared, 4 oz</td>
<td>370</td>
<td>180</td>
<td>20</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>150</td>
<td>34</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coleslaw, 3 oz</td>
<td>100</td>
<td>60</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>10</td>
<td>170</td>
<td>8</td>
<td>2</td>
<td>7</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Homestyle Dinners

<table>
<thead>
<tr>
<th>Side Choice</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice Pilaf, 4.5 oz</td>
<td>150</td>
<td>4</td>
<td>4.5</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>470</td>
<td>24</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td></td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Green Beans, 2.5 oz</td>
<td>90</td>
<td>6</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>115</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td></td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Mashed Potatoes with Brown Gravy, 2 oz</td>
<td>180</td>
<td>5</td>
<td>6</td>
<td>3.5</td>
<td>0</td>
<td>0</td>
<td>760</td>
<td>29</td>
<td>3</td>
<td>1</td>
<td>3</td>
<td></td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Mashed Potatoes with Turkey Gravy, 2 oz</td>
<td>150</td>
<td>3</td>
<td>3.5</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>830</td>
<td>29</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td></td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Grilled Vegetables, 4.5 oz</td>
<td>90</td>
<td>6</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>135</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td></td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Fire-Roasted Potato Medley, 3 oz</td>
<td>190</td>
<td>10</td>
<td>11</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>390</td>
<td>19</td>
<td>2</td>
<td>3</td>
<td>2</td>
<td></td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

### Gluten Sensitive Menu

#### Gluten-Sensitive Breakfast

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bakers Omelette (No Side)</td>
<td>380</td>
<td>260</td>
<td>29</td>
<td>11</td>
<td>0</td>
<td>520</td>
<td>670</td>
<td>7</td>
<td>1</td>
<td>3</td>
<td>26</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Bakers Omelette, Fresh Fruit</td>
<td>420</td>
<td>260</td>
<td>29</td>
<td>11</td>
<td>0</td>
<td>520</td>
<td>680</td>
<td>17</td>
<td>2</td>
<td>11</td>
<td>26</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Bakers Omelette, Hash Browns</td>
<td>600</td>
<td>380</td>
<td>43</td>
<td>13</td>
<td>0.5</td>
<td>520</td>
<td>1280</td>
<td>27</td>
<td>2</td>
<td>3</td>
<td>28</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Classic Breakfast, Bacon (No Side)</td>
<td>340</td>
<td>240</td>
<td>27</td>
<td>8</td>
<td>0</td>
<td>500</td>
<td>580</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>22</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Classic Breakfast, Bacon, Fresh Fruit</td>
<td>380</td>
<td>240</td>
<td>27</td>
<td>8</td>
<td>0</td>
<td>500</td>
<td>580</td>
<td>12</td>
<td>1</td>
<td>8</td>
<td>22</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Classic Breakfast, Bacon, Hash Browns</td>
<td>560</td>
<td>370</td>
<td>41</td>
<td>11</td>
<td>0.5</td>
<td>500</td>
<td>1190</td>
<td>22</td>
<td>1</td>
<td>0</td>
<td>24</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Classic Breakfast, Sausage Links (No Side)</td>
<td>540</td>
<td>410</td>
<td>45</td>
<td>14</td>
<td>0</td>
<td>560</td>
<td>960</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>32</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Classic Breakfast, Sausage Links, Fresh Fruit</td>
<td>580</td>
<td>410</td>
<td>46</td>
<td>14</td>
<td>0</td>
<td>560</td>
<td>970</td>
<td>13</td>
<td>1</td>
<td>9</td>
<td>32</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Classic Breakfast, Sausage Links, Hash Browns</td>
<td>760</td>
<td>530</td>
<td>59</td>
<td>16</td>
<td>1</td>
<td>560</td>
<td>1570</td>
<td>23</td>
<td>1</td>
<td>1</td>
<td>34</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Classic Breakfast, Sausage Patties (No Side)</td>
<td>700</td>
<td>560</td>
<td>63</td>
<td>23</td>
<td>0</td>
<td>590</td>
<td>1280</td>
<td>4</td>
<td>0</td>
<td>1</td>
<td>29</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Classic Breakfast, Sausage Patties, Fresh Fruit</td>
<td>740</td>
<td>570</td>
<td>63</td>
<td>23</td>
<td>0</td>
<td>590</td>
<td>1290</td>
<td>14</td>
<td>1</td>
<td>9</td>
<td>29</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Classic Breakfast, Sausage Patties, Hash Browns</td>
<td>920</td>
<td>690</td>
<td>77</td>
<td>25</td>
<td>0.5</td>
<td>590</td>
<td>1890</td>
<td>24</td>
<td>1</td>
<td>1</td>
<td>31</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Ham Steak &amp; Eggs (No Side)</td>
<td>450</td>
<td>230</td>
<td>25</td>
<td>8</td>
<td>0</td>
<td>580</td>
<td>2560</td>
<td>6</td>
<td>0</td>
<td>5</td>
<td>52</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>
# Nutritional Menu

**GLUTEN SENSITIVE Menu**

<table>
<thead>
<tr>
<th>GLUTEN-SENSITIVE BREAKFAST CONT.</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham Steak &amp; Eggs, Fresh Fruit</td>
<td>490</td>
<td>230</td>
<td>25</td>
<td>8</td>
<td>0</td>
<td>580</td>
<td>2570</td>
<td>16</td>
<td>1</td>
<td>13</td>
<td>52</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td>•</td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Ham Steak &amp; Eggs, Hash Browns</td>
<td>670</td>
<td>350</td>
<td>39</td>
<td>10</td>
<td>0.5</td>
<td>580</td>
<td>3170</td>
<td>26</td>
<td>1</td>
<td>5</td>
<td>54</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td>•</td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Ultimate Meat Lover’s Breakfast (No Side)</td>
<td>560</td>
<td>360</td>
<td>40</td>
<td>12</td>
<td>0</td>
<td>580</td>
<td>1970</td>
<td>4</td>
<td>0</td>
<td>3</td>
<td>46</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td>•</td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Ultimate Meat Lover’s Breakfast, Fresh Fruit</td>
<td>600</td>
<td>360</td>
<td>40</td>
<td>12</td>
<td>0</td>
<td>580</td>
<td>1980</td>
<td>15</td>
<td>1</td>
<td>11</td>
<td>47</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td>•</td>
<td></td>
<td>•</td>
</tr>
<tr>
<td>Ultimate Meat Lover’s Breakfast, Hash Browns</td>
<td>780</td>
<td>480</td>
<td>54</td>
<td>15</td>
<td>0.5</td>
<td>580</td>
<td>2590</td>
<td>25</td>
<td>1</td>
<td>3</td>
<td>49</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td>•</td>
<td></td>
<td>•</td>
</tr>
</tbody>
</table>

**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 | 10 | 0 | 220 | 1420 | 17 | 2 | 13 | 64 | • |
| Honey Mustard Chicken, Just Right Portion (No Side) | 470 | 310 | 35 | 6 | 0 | 110 | 710 | 8 | 1 | 6 | 32 | • |

**ALL-AMERICAN CRUSH CHEESEBURGER CHEESE**

| Add-On Cheese, American, 2 slices | 140 | 110 | 12 | 7 | 0 | 30 | 480 | 0 | 0 | 0 | 8 | • | • |
| Add-On Cheese, Bleu, 1 oz | 100 | 70 | 8 | 5 | 0 | 25 | 380 | 1 | 1 | 0 | 6 | • |
| Add-On Cheese, Cheddar, 2 slices | 160 | 130 | 14 | 8 | 0 | 50 | 270 | 0 | 0 | 0 | 10 | • |
| Add-On Cheese, Feta, 1 oz | 80 | 50 | 6 | 4 | 0 | 20 | 320 | 1 | 1 | 0 | 5 | • |
| Add-On Cheese, Mozzarella, 1 oz | 80 | 50 | 6 | 3.5 | 0 | 15 | 170 | 1 | 0 | 0 | 8 | • |
| Add-On Cheese, Pepper Jack, 2 slices | 120 | 90 | 10 | 6 | 0 | 30 | 30 | 2 | 0 | 1 | 6 | • | • |
| Add-On Cheese, Swiss, 2 slices | 140 | 140 | 16 | 10 | 0 | 50 | 120 | 2 | 0 | 0 | 16 | • |

**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 | • |
## Nutritional Menu

### Glutensensitive Menu CONT.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gluten-sensitive salads</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cobb Salad, Full (No Dressing)</td>
<td>580</td>
<td>330</td>
<td>37</td>
<td>12</td>
<td>0</td>
<td>360</td>
<td>1230</td>
<td>13</td>
<td>7</td>
<td>4</td>
<td>51</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cobb Salad, Lunch (No Dressing)</td>
<td>320</td>
<td>200</td>
<td>22</td>
<td>7</td>
<td>0</td>
<td>180</td>
<td>620</td>
<td>7</td>
<td>4</td>
<td>2</td>
<td>26</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cobb Salad with Blue Cheese Dressing, Full</td>
<td>1090</td>
<td>790</td>
<td>88</td>
<td>23</td>
<td>0</td>
<td>405</td>
<td>1920</td>
<td>16</td>
<td>7</td>
<td>7</td>
<td>57</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cobb Salad with Blue Cheese Dressing, Lunch</td>
<td>580</td>
<td>430</td>
<td>48</td>
<td>12</td>
<td>0</td>
<td>205</td>
<td>960</td>
<td>9</td>
<td>4</td>
<td>4</td>
<td>29</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Walnut Chicken Salad, Full (No Dressing)</td>
<td>400</td>
<td>200</td>
<td>23</td>
<td>6</td>
<td>0</td>
<td>70</td>
<td>700</td>
<td>29</td>
<td>6</td>
<td>19</td>
<td>22</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Walnut Chicken Salad, Lunch (No Dressing)</td>
<td>200</td>
<td>100</td>
<td>11</td>
<td>3</td>
<td>0</td>
<td>35</td>
<td>350</td>
<td>15</td>
<td>3</td>
<td>10</td>
<td>11</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gluten-sensitive salad dressings</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue Cheese Dressing, 1.5 oz (Lunch)</td>
<td>250</td>
<td>230</td>
<td>57</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>340</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue Cheese Dressing, 3 oz (Full)</td>
<td>510</td>
<td>460</td>
<td>51</td>
<td>10</td>
<td>0</td>
<td>45</td>
<td>690</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Dressing, 1.5 oz (Lunch)</td>
<td>250</td>
<td>230</td>
<td>25</td>
<td>3.5</td>
<td>0</td>
<td>30</td>
<td>300</td>
<td>6</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Dressing, 3 oz (Full)</td>
<td>510</td>
<td>460</td>
<td>51</td>
<td>7</td>
<td>0</td>
<td>60</td>
<td>600</td>
<td>12</td>
<td>0</td>
<td>12</td>
<td>0</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ranch Dressing, 1.5 oz (Lunch)</td>
<td>180</td>
<td>160</td>
<td>18</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>250</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ranch Dressing, 3 oz (Full)</td>
<td>350</td>
<td>330</td>
<td>36</td>
<td>0</td>
<td>0</td>
<td>35</td>
<td>490</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>2</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gluten-sensitive soups</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gluten Sensitive - Tomato Basil Soup, Bowl</td>
<td>350</td>
<td>270</td>
<td>29</td>
<td>18</td>
<td>0</td>
<td>90</td>
<td>1180</td>
<td>18</td>
<td>9</td>
<td>3</td>
<td>3</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gluten-sensitive Kids</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior Breakfast, Bacon, Fresh Fruit</td>
<td>180</td>
<td>100</td>
<td>12</td>
<td>3.5</td>
<td>0</td>
<td>245</td>
<td>190</td>
<td>11</td>
<td>1</td>
<td>8</td>
<td>9</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior Breakfast, Bacon, Hash Browns</td>
<td>360</td>
<td>230</td>
<td>25</td>
<td>6</td>
<td>0.5</td>
<td>245</td>
<td>790</td>
<td>21</td>
<td>1</td>
<td>0</td>
<td>11</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior Breakfast, Sausage Links, Fresh Fruit</td>
<td>230</td>
<td>140</td>
<td>16</td>
<td>4.5</td>
<td>0</td>
<td>260</td>
<td>280</td>
<td>11</td>
<td>1</td>
<td>8</td>
<td>12</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior Breakfast, Sausage Links, Hash Browns</td>
<td>410</td>
<td>270</td>
<td>30</td>
<td>7</td>
<td>0.5</td>
<td>260</td>
<td>890</td>
<td>21</td>
<td>1</td>
<td>0</td>
<td>14</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids Crush Burger (No Cheese, No Side)</td>
<td>230</td>
<td>160</td>
<td>18</td>
<td>8</td>
<td>0</td>
<td>60</td>
<td>240</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>12</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kids Crush Cheeseburger Cheese</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add-On Cheese, American, 1 slice</td>
<td>70</td>
<td>50</td>
<td>6</td>
<td>3.5</td>
<td>0</td>
<td>15</td>
<td>240</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>4</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Nutritional Menu

## Beverages

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee, 1 cup</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee, 1 carafe</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Tea</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>240</td>
<td>15</td>
<td>1.5</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>450</td>
<td>56</td>
<td>0</td>
<td>42</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk, Large</td>
<td>290</td>
<td>110</td>
<td>7</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>290</td>
<td>27</td>
<td>0</td>
<td>27</td>
<td>18</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk Small</td>
<td>170</td>
<td>60</td>
<td>7</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>170</td>
<td>16</td>
<td>0</td>
<td>16</td>
<td>11</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Milk, Large</td>
<td>340</td>
<td>50</td>
<td>6</td>
<td>3.5</td>
<td>0</td>
<td>0</td>
<td>430</td>
<td>54</td>
<td>0</td>
<td>50</td>
<td>18</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Milk, Small</td>
<td>200</td>
<td>30</td>
<td>3.5</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>250</td>
<td>32</td>
<td>0</td>
<td>29</td>
<td>11</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iced Tea</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iced Tea, To-Go</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackberry Rush Iced Tea</td>
<td>150</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>370</td>
<td>37</td>
<td>0</td>
<td>35</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruity Mango Iced Tea</td>
<td>150</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>380</td>
<td>38</td>
<td>0</td>
<td>36</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pomegranate Iced Tea</td>
<td>140</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>320</td>
<td>32</td>
<td>0</td>
<td>32</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackberry Twist Lemonade</td>
<td>280</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>710</td>
<td>66</td>
<td>0</td>
<td>66</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pomegranate Limeade</td>
<td>260</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>670</td>
<td>65</td>
<td>0</td>
<td>65</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry Lemonade</td>
<td>180</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>460</td>
<td>42</td>
<td>0</td>
<td>42</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEPSI®</td>
<td>150</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>400</td>
<td>40</td>
<td>0</td>
<td>40</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEPSI®, To-Go</td>
<td>280</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>740</td>
<td>74</td>
<td>0</td>
<td>74</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DIET PEPSI®</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>350</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DIET PEPSI®, To-Go</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>650</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MTN DEW®</td>
<td>170</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>460</td>
<td>46</td>
<td>0</td>
<td>46</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MTN DEW®, To-Go</td>
<td>300</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>840</td>
<td>84</td>
<td>0</td>
<td>84</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MIST TWST®</td>
<td>150</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>390</td>
<td>39</td>
<td>0</td>
<td>39</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MIST TWST®, To-Go</td>
<td>280</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>720</td>
<td>72</td>
<td>0</td>
<td>72</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DR PEPPER®</td>
<td>140</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>380</td>
<td>38</td>
<td>0</td>
<td>38</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DR PEPPER®, To-Go</td>
<td>260</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>700</td>
<td>70</td>
<td>0</td>
<td>70</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Nutritional Menu

Beverages CONT.

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>BRISK® Raspberry Iced Tea</td>
<td>70</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>80</td>
<td>19</td>
<td>0</td>
<td>19</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BRISK® Raspberry Iced Tea, To-Go</td>
<td>130</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>140</td>
<td>34</td>
<td>0</td>
<td>34</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemonade</td>
<td>150</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>39</td>
<td>0</td>
<td>36</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemonade, To-Go</td>
<td>280</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>72</td>
<td>0</td>
<td>66</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Juice, Large</td>
<td>250</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>61</td>
<td>0</td>
<td>59</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Juice, To-Go</td>
<td>200</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>49</td>
<td>0</td>
<td>47</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Juice, Small</td>
<td>140</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35</td>
<td>0</td>
<td>34</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cranberry Juice, Large</td>
<td>310</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>77</td>
<td>0</td>
<td>74</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cranberry Juice, To-Go</td>
<td>250</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>62</td>
<td>0</td>
<td>60</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cranberry Juice, Small</td>
<td>180</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>45</td>
<td>0</td>
<td>43</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Juice, Large</td>
<td>250</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>61</td>
<td>0</td>
<td>54</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Juice, To-Go</td>
<td>200</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>49</td>
<td>0</td>
<td>44</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Juice, Small</td>
<td>150</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35</td>
<td>0</td>
<td>32</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapefruit Juice, Large</td>
<td>210</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>52</td>
<td>0</td>
<td>50</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapefruit Juice, To-Go</td>
<td>170</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>42</td>
<td>0</td>
<td>40</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapefruit Juice, Small</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>30</td>
<td>0</td>
<td>29</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato Juice, Large</td>
<td>170</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2250</td>
<td>33</td>
<td>7</td>
<td>23</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato Juice, To-Go</td>
<td>130</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1810</td>
<td>27</td>
<td>5</td>
<td>19</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato Juice, Small</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1310</td>
<td>19</td>
<td>4</td>
<td>14</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* 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.
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!

### Fruit & Berry Pies

<table>
<thead>
<tr>
<th>Fruit &amp; Berry Pie</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberry Pie, Slice</td>
<td>510</td>
<td>230</td>
<td>25</td>
<td>11</td>
<td>0</td>
<td>10</td>
<td>420</td>
<td>68</td>
<td>3</td>
<td>33</td>
<td>3</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Blueberry Pie, Whole</td>
<td>3070</td>
<td>1360</td>
<td>151</td>
<td>66</td>
<td>0</td>
<td>65</td>
<td>2540</td>
<td>410</td>
<td>18</td>
<td>200</td>
<td>20</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Cherry Pie, Slice</td>
<td>520</td>
<td>230</td>
<td>25</td>
<td>11</td>
<td>0</td>
<td>10</td>
<td>420</td>
<td>70</td>
<td>2</td>
<td>34</td>
<td>3</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Cherry Pie, Whole</td>
<td>3130</td>
<td>1360</td>
<td>151</td>
<td>66</td>
<td>0</td>
<td>65</td>
<td>2540</td>
<td>422</td>
<td>12</td>
<td>206</td>
<td>20</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Cherry Pie, No-Sugar-Added Pie, Slice</td>
<td>500</td>
<td>250</td>
<td>28</td>
<td>12</td>
<td>0</td>
<td>15</td>
<td>490</td>
<td>59</td>
<td>2</td>
<td>18</td>
<td>4</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Cherry Pie, No-Sugar-Added Pie, Whole</td>
<td>3030</td>
<td>1530</td>
<td>170</td>
<td>73</td>
<td>0</td>
<td>95</td>
<td>2970</td>
<td>355</td>
<td>12</td>
<td>108</td>
<td>26</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Country Apple Pie, Slice</td>
<td>540</td>
<td>240</td>
<td>26</td>
<td>11</td>
<td>0</td>
<td>10</td>
<td>440</td>
<td>74</td>
<td>4</td>
<td>38</td>
<td>3</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Country Apple Pie, Whole</td>
<td>3830</td>
<td>1420</td>
<td>158</td>
<td>67</td>
<td>0</td>
<td>65</td>
<td>2660</td>
<td>446</td>
<td>24</td>
<td>230</td>
<td>20</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Country Apple Pie, No-Sugar-Added, Slice</td>
<td>460</td>
<td>250</td>
<td>27</td>
<td>11</td>
<td>0</td>
<td>10</td>
<td>400</td>
<td>52</td>
<td>3</td>
<td>16</td>
<td>3</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Country Apple Pie, No-Sugar-Added, Whole</td>
<td>2780</td>
<td>1470</td>
<td>164</td>
<td>67</td>
<td>0</td>
<td>65</td>
<td>2420</td>
<td>312</td>
<td>18</td>
<td>96</td>
<td>20</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Caramel Apple a la Mode, Slice</td>
<td>720</td>
<td>300</td>
<td>33</td>
<td>14</td>
<td>0</td>
<td>35</td>
<td>550</td>
<td>101</td>
<td>4</td>
<td>61</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>French Apple Pie, Slice</td>
<td>420</td>
<td>160</td>
<td>18</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>330</td>
<td>64</td>
<td>3</td>
<td>39</td>
<td>2</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>French Apple Pie, Whole</td>
<td>2520</td>
<td>970</td>
<td>108</td>
<td>48</td>
<td>0</td>
<td>0</td>
<td>1980</td>
<td>384</td>
<td>18</td>
<td>234</td>
<td>12</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>French Apple Cream Cheese Pie, Slice</td>
<td>630</td>
<td>340</td>
<td>38</td>
<td>22</td>
<td>1</td>
<td>160</td>
<td>420</td>
<td>64</td>
<td>2</td>
<td>50</td>
<td>7</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>French Apple Cream Cheese Pie, Whole</td>
<td>3780</td>
<td>2050</td>
<td>228</td>
<td>132</td>
<td>6</td>
<td>960</td>
<td>2520</td>
<td>384</td>
<td>12</td>
<td>300</td>
<td>42</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Peach Pie, Slice</td>
<td>470</td>
<td>230</td>
<td>25</td>
<td>11</td>
<td>0</td>
<td>10</td>
<td>380</td>
<td>59</td>
<td>2</td>
<td>27</td>
<td>4</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Peach Pie, Whole</td>
<td>2830</td>
<td>1360</td>
<td>151</td>
<td>66</td>
<td>0</td>
<td>65</td>
<td>2300</td>
<td>356</td>
<td>12</td>
<td>164</td>
<td>26</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Strawberry Rhubarb Pie, Slice</td>
<td>490</td>
<td>230</td>
<td>25</td>
<td>11</td>
<td>0</td>
<td>10</td>
<td>410</td>
<td>64</td>
<td>2</td>
<td>29</td>
<td>3</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Strawberry Rhubarb Pie, Whole</td>
<td>2950</td>
<td>1360</td>
<td>151</td>
<td>66</td>
<td>0</td>
<td>65</td>
<td>2480</td>
<td>386</td>
<td>12</td>
<td>176</td>
<td>20</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Triple Berry Pie, Slice</td>
<td>510</td>
<td>230</td>
<td>25</td>
<td>10</td>
<td>0</td>
<td>10</td>
<td>430</td>
<td>69</td>
<td>4</td>
<td>32</td>
<td>4</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Triple Berry Pie, Whole</td>
<td>3070</td>
<td>1360</td>
<td>151</td>
<td>60</td>
<td>0</td>
<td>65</td>
<td>2600</td>
<td>416</td>
<td>24</td>
<td>194</td>
<td>26</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>
## Nutritional Menu

### Custard & Cream Pies

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Cream Pie, Slice</td>
<td>530</td>
<td>310</td>
<td>34</td>
<td>17</td>
<td>0</td>
<td>100</td>
<td>380</td>
<td>52</td>
<td>2</td>
<td>29</td>
<td>7</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Banana Cream Pie, Whole</td>
<td>3170</td>
<td>1830</td>
<td>204</td>
<td>102</td>
<td>3</td>
<td>600</td>
<td>2280</td>
<td>311</td>
<td>12</td>
<td>174</td>
<td>42</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Chocolate Peanut Butter Cup Pie, Slice</td>
<td>830</td>
<td>500</td>
<td>56</td>
<td>29</td>
<td>1</td>
<td>165</td>
<td>420</td>
<td>75</td>
<td>3</td>
<td>63</td>
<td>10</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Chocolate Peanut Butter Cup Pie, Whole</td>
<td>4990</td>
<td>3030</td>
<td>336</td>
<td>174</td>
<td>6</td>
<td>990</td>
<td>2520</td>
<td>451</td>
<td>18</td>
<td>379</td>
<td>60</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Coconut Cream Pie, Slice</td>
<td>570</td>
<td>330</td>
<td>37</td>
<td>22</td>
<td>1</td>
<td>110</td>
<td>410</td>
<td>54</td>
<td>1</td>
<td>33</td>
<td>7</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Coconut Cream Pie, Whole</td>
<td>3420</td>
<td>2000</td>
<td>222</td>
<td>132</td>
<td>6</td>
<td>660</td>
<td>2460</td>
<td>324</td>
<td>6</td>
<td>198</td>
<td>42</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Custard Pie, Slice</td>
<td>420</td>
<td>180</td>
<td>20</td>
<td>9</td>
<td>0</td>
<td>140</td>
<td>480</td>
<td>52</td>
<td>0</td>
<td>35</td>
<td>9</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Custard Pie, Whole</td>
<td>2510</td>
<td>1080</td>
<td>120</td>
<td>54</td>
<td>0</td>
<td>840</td>
<td>2870</td>
<td>311</td>
<td>0</td>
<td>209</td>
<td>54</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Lemon Meringue Pie, Slice</td>
<td>420</td>
<td>120</td>
<td>13</td>
<td>6</td>
<td>0</td>
<td>20</td>
<td>310</td>
<td>73</td>
<td>1</td>
<td>53</td>
<td>2</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Lemon Meringue Pie, Whole</td>
<td>2520</td>
<td>700</td>
<td>78</td>
<td>36</td>
<td>0</td>
<td>120</td>
<td>1860</td>
<td>439</td>
<td>6</td>
<td>318</td>
<td>12</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Lemon Supreme Pie, Slice</td>
<td>660</td>
<td>370</td>
<td>41</td>
<td>23</td>
<td>1</td>
<td>115</td>
<td>400</td>
<td>66</td>
<td>1</td>
<td>47</td>
<td>5</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Lemon Supreme Pie, Whole</td>
<td>3950</td>
<td>2210</td>
<td>246</td>
<td>138</td>
<td>6</td>
<td>690</td>
<td>2400</td>
<td>395</td>
<td>6</td>
<td>281</td>
<td>30</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>OREO® Cookie Crunch Pie, Slice</td>
<td>650</td>
<td>390</td>
<td>43</td>
<td>23</td>
<td>1</td>
<td>135</td>
<td>350</td>
<td>63</td>
<td>1</td>
<td>48</td>
<td>4</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>OREO® Cookie Crunch Pie, Whole</td>
<td>3910</td>
<td>2330</td>
<td>258</td>
<td>138</td>
<td>6</td>
<td>810</td>
<td>2100</td>
<td>378</td>
<td>6</td>
<td>288</td>
<td>24</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Sour Cream Raisin Pie, Slice</td>
<td>400</td>
<td>190</td>
<td>21</td>
<td>11</td>
<td>0</td>
<td>35</td>
<td>430</td>
<td>50</td>
<td>1</td>
<td>31</td>
<td>4</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Sour Cream Raisin Pie, Whole</td>
<td>2400</td>
<td>1130</td>
<td>126</td>
<td>66</td>
<td>0</td>
<td>210</td>
<td>2580</td>
<td>300</td>
<td>6</td>
<td>186</td>
<td>24</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

### French Silk Pies

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caramel Pecan Silk Supreme Pie, Slice</td>
<td>780</td>
<td>500</td>
<td>56</td>
<td>31</td>
<td>1.5</td>
<td>165</td>
<td>390</td>
<td>64</td>
<td>1</td>
<td>44</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Caramel Pecan Silk Supreme Pie, Whole</td>
<td>4670</td>
<td>3020</td>
<td>336</td>
<td>186</td>
<td>9</td>
<td>990</td>
<td>2340</td>
<td>383</td>
<td>6</td>
<td>264</td>
<td>36</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>French Silk Pie, Slice</td>
<td>630</td>
<td>410</td>
<td>46</td>
<td>25</td>
<td>1</td>
<td>155</td>
<td>320</td>
<td>51</td>
<td>2</td>
<td>36</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>French Silk Pie, Whole</td>
<td>3780</td>
<td>2490</td>
<td>276</td>
<td>150</td>
<td>6</td>
<td>930</td>
<td>1920</td>
<td>306</td>
<td>12</td>
<td>216</td>
<td>36</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>
## Pecan & Pumpkin Pies

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southern Pecan Pie, Slice</td>
<td>630</td>
<td>300</td>
<td>33</td>
<td>11</td>
<td>0</td>
<td>130</td>
<td>460</td>
<td>81</td>
<td>2</td>
<td>65</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
</tr>
<tr>
<td>Southern Pecan Pie, Whole</td>
<td>3770</td>
<td>1780</td>
<td>198</td>
<td>66</td>
<td>0</td>
<td>780</td>
<td>2750</td>
<td>485</td>
<td>12</td>
<td>389</td>
<td>36</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
</tr>
<tr>
<td>Harvest Pumpkin Pie, Slice</td>
<td>460</td>
<td>180</td>
<td>20</td>
<td>8</td>
<td>0</td>
<td>65</td>
<td>430</td>
<td>64</td>
<td>2</td>
<td>45</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
</tr>
<tr>
<td>Harvest Pumpkin Pie, Whole</td>
<td>2760</td>
<td>1080</td>
<td>120</td>
<td>48</td>
<td>0</td>
<td>390</td>
<td>2580</td>
<td>384</td>
<td>12</td>
<td>270</td>
<td>36</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
</tr>
</tbody>
</table>

## Specialty Desserts

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brownie Pie, Slice</td>
<td>510</td>
<td>250</td>
<td>28</td>
<td>7</td>
<td>0</td>
<td>40</td>
<td>250</td>
<td>61</td>
<td>3</td>
<td>44</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brownie Pie, Whole</td>
<td>3060</td>
<td>1510</td>
<td>168</td>
<td>42</td>
<td>0</td>
<td>240</td>
<td>1500</td>
<td>366</td>
<td>18</td>
<td>264</td>
<td>36</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Fudge Brownie a la Mode</td>
<td>740</td>
<td>360</td>
<td>40</td>
<td>15</td>
<td>0</td>
<td>65</td>
<td>330</td>
<td>92</td>
<td>3</td>
<td>68</td>
<td>9</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrot Cake, Slice</td>
<td>530</td>
<td>280</td>
<td>31</td>
<td>11</td>
<td>0.5</td>
<td>35</td>
<td>350</td>
<td>60</td>
<td>2</td>
<td>46</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrot Cake, Whole</td>
<td>7410</td>
<td>3900</td>
<td>433</td>
<td>154</td>
<td>7</td>
<td>490</td>
<td>4890</td>
<td>839</td>
<td>28</td>
<td>643</td>
<td>84</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheesecake, Slice</td>
<td>530</td>
<td>330</td>
<td>37</td>
<td>20</td>
<td>0</td>
<td>105</td>
<td>430</td>
<td>46</td>
<td>1</td>
<td>31</td>
<td>8</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheesecake, Whole</td>
<td>6410</td>
<td>4030</td>
<td>448</td>
<td>242</td>
<td>0</td>
<td>1270</td>
<td>5200</td>
<td>556</td>
<td>12</td>
<td>375</td>
<td>97</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Feature & Seasonal Pies

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate Hazelnut Silk Pie, Slice</td>
<td>730</td>
<td>470</td>
<td>52</td>
<td>26</td>
<td>1</td>
<td>130</td>
<td>360</td>
<td>61</td>
<td>2</td>
<td>39</td>
<td>8</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate Hazelnut Silk Pie, Whole</td>
<td>4370</td>
<td>2800</td>
<td>311</td>
<td>156</td>
<td>6</td>
<td>780</td>
<td>2150</td>
<td>365</td>
<td>12</td>
<td>233</td>
<td>48</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granny Smith Caramel Apple Crumble Pie, Slice</td>
<td>520</td>
<td>200</td>
<td>22</td>
<td>11</td>
<td>0</td>
<td>35</td>
<td>440</td>
<td>95</td>
<td>2</td>
<td>41</td>
<td>5</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granny Smith Caramel Apple Crumble Pie, Whole</td>
<td>3120</td>
<td>1190</td>
<td>132</td>
<td>66</td>
<td>0</td>
<td>210</td>
<td>2640</td>
<td>449</td>
<td>12</td>
<td>246</td>
<td>30</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkin Pie, Slice</td>
<td>460</td>
<td>180</td>
<td>20</td>
<td>8</td>
<td>0</td>
<td>65</td>
<td>420</td>
<td>65</td>
<td>2</td>
<td>45</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkin Pie, Whole</td>
<td>2760</td>
<td>1080</td>
<td>120</td>
<td>48</td>
<td>0</td>
<td>390</td>
<td>2520</td>
<td>390</td>
<td>12</td>
<td>270</td>
<td>36</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
</tr>
</tbody>
</table>
### Feature & Seasonal Pies CONT.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pumpkin Pecan Pie, Slice</td>
<td>700</td>
<td>380</td>
<td>42</td>
<td>19</td>
<td>1</td>
<td>145</td>
<td>75</td>
<td>2</td>
<td>57</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkin Pecan Pie, Whole</td>
<td>4190</td>
<td>2260</td>
<td>252</td>
<td>114</td>
<td>6</td>
<td>870</td>
<td>2640</td>
<td>12</td>
<td>341</td>
<td>42</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkin Pie with Whipped Cream, Slice</td>
<td>620</td>
<td>310</td>
<td>34</td>
<td>17</td>
<td>0.5</td>
<td>120</td>
<td>450</td>
<td>73</td>
<td>2</td>
<td>53</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkin Pie with Whipped Cream, Whole</td>
<td>3720</td>
<td>1840</td>
<td>204</td>
<td>102</td>
<td>3</td>
<td>720</td>
<td>2700</td>
<td>438</td>
<td>318</td>
<td>48</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### DESSERT & PIE Toppings

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topping, Caramel, 1 oz</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>110</td>
<td>25</td>
<td>0</td>
<td>20</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Topping, Hot Fudge, 1 oz</td>
<td>130</td>
<td>45</td>
<td>5</td>
<td>5</td>
<td>0</td>
<td>60</td>
<td>23</td>
<td>0</td>
<td>17</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Topping, Triple Berry Sauce, 1 oz</td>
<td>50</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>13</td>
<td>1</td>
<td>11</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Topping, Ice Cream, 1 Scoop</td>
<td>90</td>
<td>45</td>
<td>5</td>
<td>3</td>
<td>0</td>
<td>25</td>
<td>25</td>
<td>9</td>
<td>0</td>
<td>8</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Topping, Whipped Cream, .5 oz</td>
<td>45</td>
<td>25</td>
<td>3</td>
<td>1.5</td>
<td>0</td>
<td>10</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### WHOLE DESSERT & PIE To-Go Toppings

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topping, Cherry Topping, 10 oz</td>
<td>730</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>590</td>
<td>173</td>
<td>6</td>
<td>145</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Topping, Triple Berry Topping, 10 oz</td>
<td>560</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>170</td>
<td>140</td>
<td>11</td>
<td>118</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Topping, Whipped Cream, 10 oz</td>
<td>850</td>
<td>510</td>
<td>57</td>
<td>28</td>
<td>0</td>
<td>225</td>
<td>0</td>
<td>57</td>
<td>0</td>
<td>51</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Nutritional Menu

• 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.
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

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corned Beef Hash Scrambler (No Side)</td>
<td>970</td>
<td>630</td>
<td>71</td>
<td>25</td>
<td>0.5</td>
<td>630</td>
<td>2640</td>
<td>44</td>
<td>5</td>
<td>5</td>
<td>56</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Cordon Blue Skillet (No Side)</td>
<td>1420</td>
<td>880</td>
<td>98</td>
<td>34</td>
<td>0.5</td>
<td>555</td>
<td>3530</td>
<td>86</td>
<td>5</td>
<td>11</td>
<td>62</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loaded Hash Browns Platter (No Bread)</td>
<td>800</td>
<td>550</td>
<td>62</td>
<td>19</td>
<td>0.5</td>
<td>565</td>
<td>1670</td>
<td>24</td>
<td>1</td>
<td>1</td>
<td>39</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### BREAD CHOICES

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toast, 2 Slices, Marbled Rye, Buttered</td>
<td>390</td>
<td>130</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>460</td>
<td>50</td>
<td>2</td>
<td>10</td>
<td>•</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, Wheat, Buttered</td>
<td>390</td>
<td>130</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>560</td>
<td>50</td>
<td>4</td>
<td>6</td>
<td>10</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toast, 2 Slices, White, Buttered</td>
<td>310</td>
<td>120</td>
<td>14</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>420</td>
<td>34</td>
<td>1</td>
<td>2</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttermilk Pancakes, 2 each (with butter)</td>
<td>290</td>
<td>130</td>
<td>14</td>
<td>4.5</td>
<td>0</td>
<td>0</td>
<td>60</td>
<td>590</td>
<td>32</td>
<td>1</td>
<td>8</td>
<td>6</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>English Muffin (with butter)</td>
<td>230</td>
<td>80</td>
<td>9</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>430</td>
<td>30</td>
<td>2</td>
<td>1</td>
<td>6</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Bran Muffin, 1 Each</td>
<td>490</td>
<td>200</td>
<td>22</td>
<td>3.5</td>
<td>0</td>
<td>0</td>
<td>50</td>
<td>580</td>
<td>65</td>
<td>8</td>
<td>28</td>
<td>7</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana Nut Muffin, 1 Each</td>
<td>500</td>
<td>220</td>
<td>25</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>40</td>
<td>450</td>
<td>59</td>
<td>2</td>
<td>29</td>
<td>8</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberry Muffin, 1 Each</td>
<td>500</td>
<td>220</td>
<td>24</td>
<td>3.5</td>
<td>0</td>
<td>0</td>
<td>60</td>
<td>470</td>
<td>63</td>
<td>2</td>
<td>35</td>
<td>6</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biscuit, 1 each (with Butter)</td>
<td>330</td>
<td>170</td>
<td>18</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>850</td>
<td>33</td>
<td>1</td>
<td>2</td>
<td>5</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td></td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Seasonal Sandwich

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albacore Tuna Melt on White Bread (No Side)</td>
<td>780</td>
<td>440</td>
<td>49</td>
<td>10</td>
<td>0</td>
<td>105</td>
<td>1370</td>
<td>37</td>
<td>2</td>
<td>3</td>
<td>43</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Albacore Tuna Melt on Wheat Bread (No Side)</td>
<td>860</td>
<td>450</td>
<td>50</td>
<td>10</td>
<td>0</td>
<td>105</td>
<td>1510</td>
<td>53</td>
<td>5</td>
<td>7</td>
<td>47</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Albacore Tuna Melt on Marbled Rye Bread (No Side)</td>
<td>860</td>
<td>450</td>
<td>50</td>
<td>10</td>
<td>0</td>
<td>105</td>
<td>1410</td>
<td>53</td>
<td>5</td>
<td>3</td>
<td>47</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Seasonal Sandwich CONT.

### SIDE CHOICES

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Fries, Prepared, 4 oz</td>
<td>370</td>
<td>180</td>
<td>20</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>150</td>
<td>34</td>
<td>0</td>
<td>3</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coleslaw, 3 oz</td>
<td>100</td>
<td>60</td>
<td>7</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>10</td>
<td>10</td>
<td>2</td>
<td>7</td>
<td>1</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Lunch and Dinner Specials

<table>
<thead>
<tr>
<th>Lunch and Dinner Specials</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Petite Chicken Pot Pie &amp; Salad (no dressing)</td>
<td>910</td>
<td>590</td>
<td>66</td>
<td>33</td>
<td>0.5</td>
<td>125</td>
<td>1980</td>
<td>64</td>
<td>2</td>
<td>5</td>
<td>13</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All You Can Eat Friday Fish Fry, First Order &amp; Fries</td>
<td>1460</td>
<td>910</td>
<td>101</td>
<td>14</td>
<td>0</td>
<td>95</td>
<td>2880</td>
<td>97</td>
<td>14</td>
<td>5</td>
<td>31</td>
<td>•</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All You Can Eat Friday Fish Fry, Re-Order</td>
<td>330</td>
<td>180</td>
<td>20</td>
<td>2.5</td>
<td>0</td>
<td>25</td>
<td>940</td>
<td>24</td>
<td>4</td>
<td>2</td>
<td>11</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Seafood Favorites

<table>
<thead>
<tr>
<th>Seafood Favorites</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teriyaki-Glazed Salmon (No Side, No Bread)</td>
<td>450</td>
<td>260</td>
<td>29</td>
<td>5</td>
<td>0</td>
<td>110</td>
<td>1070</td>
<td>11</td>
<td>0</td>
<td>7</td>
<td>36</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### BREAD CHOICES

<table>
<thead>
<tr>
<th>BREAD CHOICES</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garlic Grilled Baguette</td>
<td>160</td>
<td>60</td>
<td>6</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>310</td>
<td>19</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornbread, 1 Each (with Butter)</td>
<td>270</td>
<td>120</td>
<td>13</td>
<td>5</td>
<td>0</td>
<td>80</td>
<td>380</td>
<td>33</td>
<td>1</td>
<td>11</td>
<td>5</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner Roll (with Butter)</td>
<td>210</td>
<td>90</td>
<td>10</td>
<td>3.5</td>
<td>0</td>
<td>5</td>
<td>260</td>
<td>19</td>
<td>1</td>
<td>3</td>
<td>3</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SIDE CHOICES

<table>
<thead>
<tr>
<th>SIDE CHOICES</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Protein (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice Pilaf, 4.5 oz</td>
<td>150</td>
<td>40</td>
<td>4.5</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>470</td>
<td>24</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Fries, Prepared, 4 oz</td>
<td>370</td>
<td>180</td>
<td>20</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>150</td>
<td>34</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coleslaw, 3 oz</td>
<td>100</td>
<td>60</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>10</td>
<td>170</td>
<td>8</td>
<td>2</td>
<td>7</td>
<td>1</td>
<td>•</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Nutritional Menu

## Seafood Favorites

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruit, Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Beans, 2.5 oz</td>
<td>90</td>
<td>60</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>115</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grilled Vegetables, 4.5 oz</td>
<td>90</td>
<td>60</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>135</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mashed Potatoes with Brown Gravy, 2 oz</td>
<td>180</td>
<td>50</td>
<td>6</td>
<td>3.5</td>
<td>0</td>
<td>0</td>
<td>760</td>
<td>29</td>
<td>3</td>
<td>1</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mashed Potatoes with Turkey Gravy, 2 oz</td>
<td>150</td>
<td>35</td>
<td>3.5</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>830</td>
<td>29</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fire-Roasted Potato Medley, 3 oz</td>
<td>190</td>
<td>100</td>
<td>11</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>390</td>
<td>19</td>
<td>2</td>
<td>3</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Side Choices Cont.

### Salad Dressings

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Cheese Dressing, 1 oz (Artisan, Kids)</td>
<td>170</td>
<td>150</td>
<td>17</td>
<td>3.5</td>
<td>0</td>
<td>15</td>
<td>230</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Mustard Dressing, 1 oz (Artisan, Kids)</td>
<td>170</td>
<td>150</td>
<td>17</td>
<td>2.5</td>
<td>0</td>
<td>20</td>
<td>200</td>
<td>4</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lite Olive Oil Vinaigrette, 1 oz (Artisan, Kids)</td>
<td>60</td>
<td>50</td>
<td>6</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>260</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Vinaigrette, 1 oz (Artisan, Kids)</td>
<td>60</td>
<td>45</td>
<td>5</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>210</td>
<td>5</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ranch Dressing, 1 oz (Artisan, Kids)</td>
<td>120</td>
<td>110</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>160</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Slice of Pie

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
</table>

See pie section for pie nutritionals
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.
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!

**Kids' Menu**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KIDS' BREAKFAST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Grilled French Toast</td>
<td>490</td>
<td>110</td>
<td>12</td>
<td>2.5</td>
<td>0</td>
<td>150</td>
<td>410</td>
<td>86</td>
<td>0</td>
<td>43</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Chocolate Chip Pancakes</td>
<td>420</td>
<td>140</td>
<td>15</td>
<td>7</td>
<td>0</td>
<td>70</td>
<td>560</td>
<td>65</td>
<td>2</td>
<td>36</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Plain Pancakes with Syrup</td>
<td>510</td>
<td>130</td>
<td>14</td>
<td>4.5</td>
<td>0</td>
<td>60</td>
<td>680</td>
<td>86</td>
<td>1</td>
<td>43</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Funny Face Breakfast, Bacon</td>
<td>740</td>
<td>270</td>
<td>30</td>
<td>10</td>
<td>0</td>
<td>325</td>
<td>1100</td>
<td>96</td>
<td>1</td>
<td>45</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Funny Face Breakfast, Sausage Links</td>
<td>840</td>
<td>350</td>
<td>39</td>
<td>12</td>
<td>0</td>
<td>355</td>
<td>1300</td>
<td>96</td>
<td>1</td>
<td>46</td>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Funny Face Breakfast, Sausage Patty</td>
<td>920</td>
<td>430</td>
<td>48</td>
<td>17</td>
<td>0</td>
<td>370</td>
<td>1460</td>
<td>97</td>
<td>1</td>
<td>46</td>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Junior Breakfast, Bacon, Wheat Toast</td>
<td>330</td>
<td>170</td>
<td>19</td>
<td>5</td>
<td>0</td>
<td>245</td>
<td>460</td>
<td>26</td>
<td>2</td>
<td>3</td>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Junior Breakfast, Bacon, White Toast</td>
<td>290</td>
<td>160</td>
<td>18</td>
<td>5</td>
<td>0</td>
<td>245</td>
<td>390</td>
<td>18</td>
<td>1</td>
<td>1</td>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Junior Breakfast, Sausage Link, Wheat Toast</td>
<td>380</td>
<td>210</td>
<td>23</td>
<td>7</td>
<td>0</td>
<td>260</td>
<td>560</td>
<td>26</td>
<td>2</td>
<td>3</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Junior Breakfast, Sausage Link, White Toast</td>
<td>340</td>
<td>200</td>
<td>23</td>
<td>7</td>
<td>0</td>
<td>260</td>
<td>490</td>
<td>18</td>
<td>1</td>
<td>1</td>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>KIDS' LUNCH &amp; DINNER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Grilled Cheese Sandwich on Wheat Bread</td>
<td>490</td>
<td>210</td>
<td>23</td>
<td>9</td>
<td>0</td>
<td>30</td>
<td>1010</td>
<td>50</td>
<td>4</td>
<td>6</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Grilled Cheese Sandwich on White Bread</td>
<td>410</td>
<td>200</td>
<td>22</td>
<td>9</td>
<td>0</td>
<td>30</td>
<td>870</td>
<td>34</td>
<td>1</td>
<td>2</td>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Chicken Strips, Crispy (No Sauce)</td>
<td>390</td>
<td>210</td>
<td>24</td>
<td>3.5</td>
<td>0</td>
<td>50</td>
<td>930</td>
<td>23</td>
<td>1</td>
<td>0</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Chicken Strips, Crispy with BBQ Sauce</td>
<td>510</td>
<td>210</td>
<td>24</td>
<td>3.5</td>
<td>0</td>
<td>50</td>
<td>1710</td>
<td>53</td>
<td>1</td>
<td>28</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Chicken Strips, Grilled (No Sauce)</td>
<td>210</td>
<td>90</td>
<td>10</td>
<td>2</td>
<td>0</td>
<td>90</td>
<td>55</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Chicken Strips, Grilled with BBQ Sauce</td>
<td>330</td>
<td>90</td>
<td>10</td>
<td>2</td>
<td>0</td>
<td>90</td>
<td>830</td>
<td>30</td>
<td>0</td>
<td>28</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Slow-Roasted Turkey with Gravy</td>
<td>70</td>
<td>25</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>25</td>
<td>500</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Kids Crush Burger with American Cheese</td>
<td>580</td>
<td>300</td>
<td>33</td>
<td>13</td>
<td>0</td>
<td>70</td>
<td>800</td>
<td>43</td>
<td>1</td>
<td>7</td>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Kids Crush Burger (No Cheese)</td>
<td>540</td>
<td>270</td>
<td>30</td>
<td>11</td>
<td>0</td>
<td>60</td>
<td>680</td>
<td>43</td>
<td>1</td>
<td>7</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Kraft® Macaroni &amp; Cheese</td>
<td>310</td>
<td>80</td>
<td>9</td>
<td>2.5</td>
<td>0</td>
<td>15</td>
<td>550</td>
<td>45</td>
<td>2</td>
<td>8</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Kids' Menu CONT.

<table>
<thead>
<tr>
<th>KIDS’ SIDES</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids - Fruit Cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>1</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - French Fries</td>
<td>370</td>
<td>180</td>
<td>20</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>150</td>
<td>34</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Applesauce</td>
<td>50</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>13</td>
<td>1</td>
<td>11</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Salad (No Dressing)</td>
<td>40</td>
<td>10</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>50</td>
<td>6</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Cinnamon Apples</td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>90</td>
<td>27</td>
<td>1</td>
<td>25</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Mashed Potatoes with Brown Gravy</td>
<td>180</td>
<td>50</td>
<td>6</td>
<td>3.5</td>
<td>0</td>
<td>0</td>
<td>760</td>
<td>29</td>
<td>3</td>
<td>1</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Mashed Potatoes with Turkey Gravy</td>
<td>150</td>
<td>35</td>
<td>3.5</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>830</td>
<td>29</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Rice Pilaf</td>
<td>150</td>
<td>40</td>
<td>4.5</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>470</td>
<td>24</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Simply Go-Gurt® Strawberry Yogurt</td>
<td>70</td>
<td>5</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>30</td>
<td>13</td>
<td>0</td>
<td>10</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Grilled Vegetables</td>
<td>90</td>
<td>60</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>135</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Chicken Noodle, Cup (No Crackers)</td>
<td>45</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>760</td>
<td>8</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Tomato Basil, Cup (No Crackers)</td>
<td>180</td>
<td>130</td>
<td>15</td>
<td>9</td>
<td>0</td>
<td>45</td>
<td>0</td>
<td>9</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Butternut Squash, Cup (No Crackers)</td>
<td>120</td>
<td>45</td>
<td>5</td>
<td>3</td>
<td>0</td>
<td>20</td>
<td>430</td>
<td>17</td>
<td>0</td>
<td>7</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Green Beans</td>
<td>90</td>
<td>60</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>115</td>
<td>5</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Pirate’s Booty</td>
<td>130</td>
<td>45</td>
<td>5</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>140</td>
<td>19</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Kids’ Salad Dressings & Dipping Sauces

<table>
<thead>
<tr>
<th>KIDS’ SALAD DRESSINGS &amp; DIPPING SAUCES</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids - Blue Cheese Dressing, 1 oz</td>
<td>170</td>
<td>150</td>
<td>17</td>
<td>3.5</td>
<td>0</td>
<td>15</td>
<td>230</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Honey Mustard Dressing, 1 oz</td>
<td>170</td>
<td>150</td>
<td>17</td>
<td>2.5</td>
<td>0</td>
<td>20</td>
<td>200</td>
<td>4</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Lite Olive Oil Vinaigrette, 1 oz</td>
<td>60</td>
<td>50</td>
<td>6</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>260</td>
<td>3</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Orange Vinaigrette, 1 oz</td>
<td>60</td>
<td>45</td>
<td>5</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>210</td>
<td>5</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Ranch Dressing, 1 oz</td>
<td>120</td>
<td>110</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>160</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - BBQ Dipping Sauce, 2 oz</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>780</td>
<td>30</td>
<td>0</td>
<td>28</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Honey Mustard Dipping Sauce, 2 oz</td>
<td>340</td>
<td>310</td>
<td>34</td>
<td>5</td>
<td>0</td>
<td>40</td>
<td>400</td>
<td>8</td>
<td>0</td>
<td>8</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Ranch Dipping Sauce, 2 oz</td>
<td>230</td>
<td>220</td>
<td>24</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>330</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Kids' Menu CONT.

#### KIDS’ DESSERTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids - Cherry Pie, Slice</td>
<td>520</td>
<td>230</td>
<td>25</td>
<td>11</td>
<td>0</td>
<td>10</td>
<td>420</td>
<td>70</td>
<td>2</td>
<td>34</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Country Apple Pie, Slice</td>
<td>540</td>
<td>240</td>
<td>26</td>
<td>11</td>
<td>0</td>
<td>10</td>
<td>440</td>
<td>74</td>
<td>4</td>
<td>38</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Cookie, Chocolate Chunk, 1 Each</td>
<td>300</td>
<td>120</td>
<td>13</td>
<td>7</td>
<td>0</td>
<td>20</td>
<td>270</td>
<td>45</td>
<td>2</td>
<td>28</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Cookie, Peanut Butter, 1 Each</td>
<td>320</td>
<td>150</td>
<td>17</td>
<td>7</td>
<td>0</td>
<td>20</td>
<td>340</td>
<td>38</td>
<td>2</td>
<td>23</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Cookie, Sugar, 1 Each</td>
<td>300</td>
<td>120</td>
<td>13</td>
<td>5</td>
<td>0</td>
<td>10</td>
<td>260</td>
<td>44</td>
<td>1</td>
<td>22</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Kids' Sundae, Caramel</td>
<td>230</td>
<td>80</td>
<td>9</td>
<td>6</td>
<td>0</td>
<td>45</td>
<td>135</td>
<td>35</td>
<td>0</td>
<td>30</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Kids' Sundae, Hot Fudge</td>
<td>270</td>
<td>130</td>
<td>14</td>
<td>11</td>
<td>0</td>
<td>45</td>
<td>85</td>
<td>33</td>
<td>0</td>
<td>27</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### KIDS’ BEVERAGES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
<th>Eggs</th>
<th>Fish</th>
<th>Milk</th>
<th>Peanuts</th>
<th>Shellfish</th>
<th>Soy</th>
<th>Tree Nuts</th>
<th>Wheat</th>
<th>Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids - PEPSI®, 12 oz cup</td>
<td>90</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>24</td>
<td>0</td>
<td>24</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - DIET PEPSI®, 12 oz cup</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - MIST TWST®, 12 oz cup</td>
<td>90</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>0</td>
<td>23</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - MTN DEW®, 12 oz cup</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35</td>
<td>27</td>
<td>0</td>
<td>27</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - DR PEPPER®, 12 oz cup</td>
<td>80</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>23</td>
<td>0</td>
<td>22</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - BRISK® Raspberry Iced Tea, 12 oz cup</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>45</td>
<td>11</td>
<td>0</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Apple Juice, 12 oz cup</td>
<td>120</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>30</td>
<td>0</td>
<td>29</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Cranberry Juice, 12 oz cup</td>
<td>150</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>38</td>
<td>37</td>
<td>0</td>
<td>37</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Grapefruit Juice, 12 oz cup</td>
<td>110</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>26</td>
<td>0</td>
<td>25</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Orange Juice, 12 oz cup</td>
<td>130</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>30</td>
<td>0</td>
<td>27</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Tomato Juice, 12 oz cup</td>
<td>80</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>110</td>
<td>17</td>
<td>3</td>
<td>12</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Milk, 12 oz cup</td>
<td>150</td>
<td>50</td>
<td>6</td>
<td>3.5</td>
<td>0</td>
<td>25</td>
<td>150</td>
<td>14</td>
<td>0</td>
<td>14</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Chocolate Milk, 12 oz cup</td>
<td>170</td>
<td>25</td>
<td>3</td>
<td>1.5</td>
<td>0</td>
<td>10</td>
<td>210</td>
<td>27</td>
<td>0</td>
<td>25</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids - Lemonade, 12 oz cup</td>
<td>90</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>23</td>
<td>0</td>
<td>21</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.