

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

THREE-EGG Omelettes & Frittatas

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
Smothered Meat Lover's Omelette (No Side, No Bread)	760	540	61	23	0	825	1630	12	1	3	43	•		•			•		•	•	
Smothered Meat Lover's Omelette, Low-Cholesterol Eggs (No Side, No Bread)	650	430	48	19	0	250	1900	12	1	4	42	•		•			•		•	•	
Smothered Meat Lover's Omelette, Egg Whites (No Side, No Bread)	610	390	44	17	0	110	1720	12	1	3	42	•		•			•		•	•	
California Frittata (No Side, No Bread)	600	390	43	15	0	750	1100	25	6	4	32	•		•			•				
California Frittata, Egg Whites (No Side, No Bread)	460	240	26	9	0	40	1190	25	6	4	32	•		•			•				
California Frittata, Low Cholesterol Eggs (No Side, No Bread)	480	270	30	10	0	180	1370	25	6	5	31	•		•			•				
Bakers Omelette (No Side, No Bread)	380	260	29	11	0	520	670	7	1	3	26	•		•			•				
Bakers Omelette, Egg White (No Side, No Bread)	280	160	18	7	0	45	730	7	1	3	25	•		•			•				
Bakers Omelette, Low-Cholesterol Eggs (No Side, No Bread)	300	180	20	7	0	140	850	7	1	3	25	•		•			•				
Veggie Omelette (No Side, No Bread)	400	270	30	11	0	730	560	7	2	2	26	•		•			•				
Veggie Omelette, Egg Whites (No Side, No Bread)	260	120	13	5	0	20	640	7	2	2	26	•		•			•				
Veggie Omelette, Low-Cholesterol Eggs (No Side, No Bread)	290	150	17	6	0	160	830	7	2	3	26	•		•			•				
Create Your Own Omelette (No Side, No Bread)	300	210	24	7	0	710	220	2	0	0	20	•					•				
Create Your Own Omelette, Egg Whites (No Side, No Bread)	150	60	7	1.5	0	0	300	2	0	0	19	•					•				
Create Your Own Omelette, Low-Cholesterol Eggs (No Side, No Bread)	180	90	10	2.5	0	140	480	2	0	1	19	•					•				
OMELETTE ADD-ONS																					
Add-On Avocado, 1/4	80	70	7	1	0	0	0	4	3	0	1										
Add-On Bacon, 2 Strips	60	40	4.5	1.5	0	15	210	0	0	0	4										
Add-On Broccoli, 1 oz	10	0	0	0	0	0	10	1	1	0	1										
Add-On Cheese, American, 1 slice	70	50	6	3.5	0	15	240	0	0	0	4			•			•				
Add-On Cheese, Bleu, 1 oz.	100	70	8	5	0	25	380	1	1	0	6			•							
Add-On Cheese, Cheddar, 1 slice	80	60	7	4	0	25	135	0	0	0	5			•							
Add-On Cheese, Feta, 1 oz.	80	50	6	4	0	20	320	1	1	0	5			•							

Nutritional Menu

THREE-EGG Omelettes & Frittatas

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

Nutritional Menu

4-SQUARE® Breakfast

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

Nutritional Menu

4-SQUARE® Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
4-SQUARE® CHOICES CONT.																					
Grilled Breakfast Potatoes, 6 oz Prepared	290	160	18	1.5	0	10	800	28	3	1	3	•					•				
Low-Fat Vanilla Yogurt, 3 oz	80	5	0.5	0	0	5	35	16	0	12	3			•							
Oatmeal with Milk, Brown Sugar & Raisins	550	210	24	9	0	10	410	74	4	51	8			•			•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Cinnamon Apples, 3 oz	110	0	0	0	0	0	90	27	1	25	0			•							
Cornbread, 1 Each (with Butter)	270	120	13	5	0	80	380	33	1	11	5	•		•			•		•	•	
Honey Bran Muffin, 1 Each	490	200	22	3.5	0	50	580	65	8	28	7	•		•			•		•	•	
Banana Nut Muffin, 1 Each	500	220	25	3	0	40	450	59	2	29	8	•		•			•	•	•	•	
Blueberry Muffin, 1 Each	500	220	24	3.5	0	60	470	63	2	35	6	•		•			•		•	•	
Cinnamon Roll, 1 Each (with Icing and Butter)	700	350	38	17	0	45	900	79	2	37	9	•		•			•		•	•	
Cottage Cheese, 3 oz	90	35	3.5	2.5	0	15	330	3	0	2	10			•							
Applesauce, 4 oz	50	0	0	0	0	0	0	13	1	11	0										
Sliced Tomatoes, 1 oz	5	0	0	0	0	0	0	1	0	1	0										
4-SQUARE® SUPREME CHOICES																					
Small Chicken-Fried Steak (with Gravy)	300	160	18	5	0	35	930	21	1	0	12	•		•			•		•	•	
Smoked Ham Steak	120	30	3.5	1.5	0	50	1210	2	0	2	19										
Caramel Pecan Roll, 1 Each	810	370	41	13	0	45	810	105	3	60	10	•		•			•	•	•	•	

BRILLIANT Benedicts

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Pepper Jack Benedict (No Side)	1060	730	81	31	0	480	1760	41	3	6	40	•		•			•		•	•
Eggs Benedict (No Side)	820	530	59	28	0	480	2560	37	2	4	38	•		•			•		•	•

Nutritional Menu

BRILLIANT Benedicts CONT.

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

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

SIGNATURE Skillets & Scramblers

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

SIDE CHOICES

Toast, 2 Slices, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10			•			•		•	•
Toast, 2 Slices, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10			•			•		•	•
Toast, 2 Slices, White, Buttered	310	120	14	4	0	0	420	34	1	2	6			•			•		•	•
Buttermilk Pancakes, 2 each (with butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•		•	•
English Muffin (with butter)	230	80	9	2.5	0	0	430	30	2	1	6			•			•		•	•
Honey Bran Muffin, 1 Each	490	200	22	3.5	0	50	580	65	8	28	7	•		•			•		•	•
Banana Nut Muffin, 1 Each	500	220	25	3	0	40	450	59	2	29	8	•		•			•	•	•	•
Blueberry Muffin, 1 Each	500	220	24	3.5	0	60	470	63	2	35	6	•		•			•		•	•
Biscuit, 1 each (with Butter)	330	170	18	8	0	0	850	33	1	2	5			•			•		•	•
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1									

Nutritional Menu

SIZZLING Sweets

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

TOPPINGS

Fresh Strawberries with Strawberry Sauce & Whipped Cream	190	80	9	6	0	40	45	27	1	24	1			•						
Fresh Bananas & Strawberry Sauce & Whipped Cream	230	80	9	6	0	40	45	38	2	30	1			•						
Triple Berry Sauce & Whipped Cream	190	80	9	6	0	40	40	29	2	25	0			•						
Cinnamon Apples & Whipped Cream	210	80	9	6	0	40	100	31	1	28	0			•						

BREAKFAST MEAT CHOICES

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

SYRUP

Maple-Flavored Syrup, 1 fl. oz.	110	0	0	0	0	0	45	27	0	17	0									
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CLASSIC Breakfasts

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Ultimate Meat Lover's Breakfast (No Side, No Bread)	560	360	40	12	0	580	1970	4	0	3	46	•					•			
Ham Steak & Eggs (No Side, No Bread)	450	230	25	8	0	580	2560	6	0	5	52	•					•			
Chicken-Fried Steak & Eggs (No Side, No Bread)	780	460	52	14	0	540	1800	40	1	0	36	•		•			•		•	•
Corned Beef Hash (No Bread)	690	390	44	9	0.5	545	2050	37	4	4	37	•		•			•			
Eggs, 2 Each, Prepared (liquid)	220	160	18	5	0	475	150	1	0	0	13	•					•			

Nutritional Menu

CLASSIC Breakfasts CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
Eggs, 2 Each, Prepared (whole eggs)	190	140	15	4	0	325	125	1	0	0	11	•					•				
Eggs, 2 Each, Prepared (poached)	130	80	8	3	0	325	125	1	0	0	11	•					•				
Classic Breakfast, Bacon (No Side, No Bread)	340	240	27	8	0	500	580	2	0	0	22	•					•				
Classic Breakfast, Sausage Links (No Side, No Bread)	540	410	45	14	0	560	960	3	0	1	32	•					•				
Classic Breakfast, Sausage Patties (No Side, No Bread)	680	550	61	22	0	590	1280	4	0	1	29	•					•				
Classic Breakfast, Turkey Sausage (No Side, No Bread)	420	310	34	9	0	555	830	1	0	0	33	•					•				
Avocado Toast (No Side)	930	500	56	13	0	355	1770	78	15	18	33	•		•			•		•		•
SIDE CHOICES																					
Seasoned Hash Browns, Side	220	120	14	2.5	0	0	610	20	1	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
BREAD CHOICES																					
Toast, 2 Slices, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10			•			•		•		•
Toast, 2 Slices, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10			•			•		•		•
Toast, 2 Slices, White, Buttered	310	120	14	4	0	0	420	34	1	2	6			•			•		•		•
Buttermilk Pancakes, 2 each (with butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•		•		•
English Muffin (with butter)	230	80	9	2.5	0	0	430	30	2	1	6			•			•		•		•
Honey Bran Muffin, 1 Each	490	200	22	3.5	0	50	580	65	8	28	7	•		•			•		•		•
Banana Nut Muffin, 1 Each	500	220	25	3	0	40	450	59	2	29	8	•		•			•	•	•		•
Blueberry Muffin, 1 Each	500	220	24	3.5	0	60	470	63	2	35	6	•		•			•		•		•
Biscuit, 1 each (with Butter)	330	170	18	8	0	0	850	33	1	2	5			•			•		•		•

Nutritional Menu

Sandwiches & Pitas

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
Bacon Lover's BLT on White Bread (No Side)	500	260	29	4.5	0	50	1030	37	2	4	20	•					•		•	•	
Bacon Lover's BLT on Wheat Bread (No Side)	580	270	30	4.5	0	50	1170	53	5	8	24	•					•		•	•	
Bacon Lover's BLT on Marbled Rye Bread (No Side)	580	270	30	4.5	0	50	1070	53	5	4	24	•					•		•	•	
Classic French Dip (No Cheese, No Side)	590	120	13	3.5	0	90	3020	64	4	1	48			•			•		•	•	
Classic French Dip with Cheese (No Side)	660	190	21	9	0	115	3080	65	4	1	56			•			•		•	•	
Bakers Club on White Bread (No Side)	850	430	47	11	0	135	1950	55	2	6	47	•		•			•		•	•	
Bakers Club on Wheat Bread (No Side)	970	440	49	11	0	135	2160	79	7	12	53	•		•			•		•	•	
Bakers Club on Marbled Rye Bread (No Side)	970	440	49	11	0	135	2010	79	7	6	53	•		•			•		•	•	
Marbled Rye Reuben (No Side)	750	390	44	16	0	125	2020	59	4	7	46	•		•			•		•	•	
Stir-Fry Pita (No Side)	720	340	39	14	0	140	1970	60	4	12	56			•			•		•	•	
Stir-Fry Pita (No Chicken, No Side)	540	250	28	12	0	50	1480	66	6	15	28			•			•		•	•	
Honey Mustard Club Pita (No Side)	650	340	38	14	0	125	1680	49	3	7	49	•		•			•		•	•	
Fajita Pita (No Side)	770	410	46	16	0	140	1850	60	8	8	55			•			•		•	•	
SIDE CHOICES																					
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				

Burgers & Melts

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

Nutritional Menu

Burgers & Melts **CONT.**

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

Nutritional Menu

Burgers & Melts **CONT.**

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

HANDCRAFTED Fresh Salads

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

Nutritional Menu

HANDCRAFTED Fresh Salads CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
Honey Mustard Chicken Salad with Honey Mustard Dressing, Lunch (No Bread)	600	390	43	6	0	60	1210	34	3	14	18	•		•			•	•	•	•	
Apple Walnut Chicken Salad, Full (No Bread, No Dressing)	400	200	23	6	0	70	700	29	6	19	22	•		•			•	•			
Apple Walnut Chicken Salad, Lunch (No Bread, No Dressing)	200	100	11	3	0	35	350	15	3	10	11	•		•			•	•			
Apple Walnut Chicken Salad with Light Olive Oil Dressing, Full (No Bread)	580	370	41	9	0	70	1480	38	6	25	22	•		•			•	•			
Apple Walnut Chicken Salad with Light Olive Oil Dressing, Lunch (No Bread)	290	180	20	4.5	0	35	750	20	3	13	11	•		•			•	•			
Garden Salad (No Dressing)	40	10	1	0	0	0	50	6	2	2	1						•		•	•	
SALAD DRESSINGS																					
Blue Cheese Dressing, 1 oz (Artisan, Kids)	170	150	17	3.5	0	15	230	1	0	1	2	•		•			•				
Blue Cheese Dressing, 1.5 oz (Lunch)	250	230	25	5	0	20	340	1	0	1	3	•		•			•				
Blue Cheese Dressing, 3 oz (Full)	510	460	51	10	0	45	690	3	0	3	6	•		•			•				
Honey Mustard Dressing, 1 oz (Artisan, Kids)	170	150	17	2.5	0	20	200	4	0	4	0	•					•				
Honey Mustard Dressing, 1.5 oz (Lunch)	250	230	25	3.5	0	30	300	6	0	6	0	•					•				
Honey Mustard Dressing, 3 oz (Full)	510	460	51	7	0	60	600	12	0	12	0	•					•				
Lite Olive Oil Vinaigrette, 1 oz (Artisan, Kids)	60	50	6	1	0	0	260	3	0	2	0						•				
Lite Olive Oil Vinaigrette, 1.5 oz (Lunch)	90	80	9	1.5	0	0	390	4	0	3	0						•				
Lite Olive Oil Vinaigrette, 3 oz (Full)	180	160	18	3	0	0	780	9	0	6	0						•				
Ranch Dressing, 1 oz (Artisan, Kids)	120	110	12	0	0	10	160	1	0	1	1	•		•			•				
Ranch Dressing, 1.5 oz (Lunch)	180	160	18	0	0	15	250	1	0	1	1	•		•			•				
Ranch Dressing, 3 oz (Full)	350	330	36	0	0	35	490	2	0	2	2	•		•			•				
BREAD CHOICES																					
Garlic-Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•		•	•	
Cornbread, 1 Each (with Butter)	270	120	13	5	0	80	380	33	1	11	5	•		•			•		•	•	
Dinner Roll (with Butter)	210	90	10	3.5	0	5	260	19	1	3	3	•		•			•		•	•	

Nutritional Menu

CLASSIC Pie Shop Special

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
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CLASSIC 1/2 DELI SANDWICHES

Bacon Lover's BLT on White, Half	250	130	14	2.5	0	25	520	19	1	2	10	•					•		•	•
Bacon Lover's BLT on Wheat, Half	290	130	15	2.5	0	25	590	27	2	4	12	•					•		•	•
Bacon Lover's BLT on Marbled Rye, Half	290	130	15	2.5	0	25	540	27	2	2	12	•					•		•	•
Albacore Tuna Salad on White, Half	230	90	11	0	0	25	340	19	1	2	13	•	•				•		•	•
Albacore Tuna Salad on Wheat, Half	270	100	11	0	0	25	410	27	3	4	15	•	•				•		•	•
Albacore Tuna Salad on Marbled Rye, Half	270	100	11	0	0	25	360	27	3	2	15	•	•				•		•	•
Hand-Carved Turkey Breast Sandwich on White, Half	220	90	10	1	0	30	500	19	1	2	13	•					•		•	•
Hand-Carved Turkey Breast Sandwich on Wheat, Half	260	100	11	1	0	30	570	27	2	4	15	•					•		•	•
Hand-Carved Turkey Breast Sandwich on Marbled Rye, Half	260	100	11	1	0	30	520	27	2	2	15	•					•		•	•
Ham & Swiss Sandwich on White, Half	290	150	17	5	0	55	720	20	1	3	22	•		•			•		•	•
Ham & Swiss Sandwich on Wheat, Half	330	160	18	5	0	55	790	28	2	5	24	•		•			•		•	•
Ham & Swiss Sandwich on Marbled Rye, Half	330	160	18	5	0	55	740	28	2	3	24	•		•			•		•	•

SOUP OR GARDEN SALAD

See soup and salad sections

SLICE OF PIE

See pie section

PRIMO Pie Shop Special

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
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PRIMO 1/2 HOT SANDWICH

Supreme Grown-Up Grilled Cheese, Half	420	250	28	13	0	60	990	18	1	2	21			•			•		•	•
Marbled Rye Reuben, Half	380	200	22	8	0	60	1010	30	2	3	23	•		•			•		•	•
Albacore Tuna Melt on White Bread, Half	390	220	25	5	0	50	690	18	1	2	21	•	•	•			•		•	•

Nutritional Menu

PRIMO Pie Shop Special

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
PRIMO 1/2 HOT SANDWICH CONT.																					
Albacore Tuna Melt on Wheat Bread, Half	430	230	25	5	0	50	760	26	2	4	23	•	•	•			•		•	•	
Albacore Tuna Melt on Marbled Rye, Half	430	230	25	5	0	50	710	26	2	2	23	•	•	•			•		•	•	
Classic French Dip with Cheese, Half	370	90	11	4.5	0	60	1650	42	3	0	29			•			•		•	•	
SOUP OR GARDEN SALAD																					
See soup and salad sections																					
SLICE OF PIE																					
See pie section																					

ARTISAN Pie Shop Special®

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
ARTISAN SANDWICHES																					
Turkey Cranberry Salad Baguette	460	210	24	1	0	35	1020	44	3	4	15	•					•		•	•	
Horseradish Beef Baguette	470	180	20	9	0	80	1430	44	3	2	35			•			•		•	•	
Artichoke Melt	490	240	27	9	0	40	1090	43	5	2	15			•			•		•	•	
SEASONAL SALADS																					
Apple Cranberry Walnut Salad (No Dressing)	200	110	12	3	0	10	180	18	4	12	6			•				•			
Apple Cranberry Walnut Salad with Cranberry Vinaigrette	250	150	16	3.5	0	10	350	24	4	17	6			•			•	•			
Mediterranean Salad (No Dressing)	70	35	4	2	0	10	300	5	2	2	4			•							
Mediterranean Salad with Light Olive Oil Vinaigrette	130	90	10	3	0	10	560	8	2	4	4			•			•				
CUP OF SOUP																					
See soup section																					

Nutritional Menu

ARTISAN Pie Shop Special[®] CONT.

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

See pie section

HEARTY Soups

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
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Butternut Squash, Bowl (No Bread)	240	90	10	6	0	40	850	35	0	13	2			•			•			
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

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

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
Slow-Roasted Turkey, Full (No Side, No Bread)	590	200	23	8	0	80	2490	56	2	16	37			•			•		•	•	
Slow-Roasted Turkey, Just Right Portion (No Side, No Bread)	320	100	11	4	0	40	1240	34	1	13	19			•			•		•	•	
Chicken Tenders, Full (No Side, No Bread)	910	540	60	8	0	115	2450	48	0	8	40	•					•		•	•	
Chicken Tenders, Just Right Portion (No Side, No Bread)	680	450	50	7	0	85	1630	32	0	8	24	•					•		•	•	
Asian Chicken Stir-Fry, Full (No Bread)	820	250	28	7	0	90	3270	99	7	30	43	•		•			•		•	•	
Asian Chicken Stir-Fry, Just Right Portion (No Bread)	410	130	14	3.5	0	45	1630	49	3	15	21	•		•			•		•	•	
Veggie Asian Stir-Fry, Full (No Chicken, No Bread)	610	160	18	4.5	0	0	2760	99	7	30	13	•		•			•		•	•	
Veggie Asian Stir-Fry, Just Right Portion (No Chicken, No Bread)	310	80	9	2	0	0	1380	49	3	15	6	•		•			•		•	•	
Honey Mustard Chicken, Full (No Side, No Bread)	810	500	55	10	0	220	1420	17	2	13	64	•					•				
Honey Mustard Chicken, Just Right Portion (No Side, No Bread)	470	310	35	6	0	110	710	8	1	6	32	•					•				
Traditional Chicken Pot Pie with Salad (No Dressing, No Bread)	1240	750	83	42	1	225	2930	99	5	11	38	•		•			•		•	•	
10 oz. Chopped Steak (No Side, No Bread)	740	560	62	25	0	155	1640	10	1	3	33		•	•			•		•	•	
Savory Pot Roast, Full (No Side, No Bread)	670	320	36	12	0	95	1840	39	4	7	43			•			•		•	•	
Savory Pot Roast, Just Right Portion (No Side, No Bread)	370	190	21	7	0	45	920	19	2	3	21			•			•		•	•	
Teriyaki-Glazed Salmon (No Side, No Bread)	450	260	29	5	0	110	1070	11	0	7	36		•				•		•	•	
Seared Steak Tips (No Side, No Bread)	510	270	30	6	0	150	1170	4	1	1	50										
Fish & Chips, Full (No Side, No Bread)	1460	910	101	14	0	95	2760	97	14	5	31	•	•	•			•		•	•	
Fish & Chips, Just Right Portion (No Side, No Bread)	1140	730	81	12	0	70	1900	72	10	3	20	•	•	•			•		•	•	
BREAD CHOICES																					
Garlic-Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•		•	•	
Cornbread, 1 Each (with Butter)	270	120	13	5	0	80	380	33	1	11	5	•		•			•		•	•	
Dinner Roll (with Butter)	210	90	10	3.5	0	5	260	19	1	3	3	•		•			•		•	•	
SIDE CHOICES																					
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										

Nutritional Menu

HOMESTYLE Dinners

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

Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•		•	•
Green Beans, 2.5 oz	90	60	7	1.5	0	0	115	5	2	2	1						•			
Mashed Potatoes with Brown Gravy, 2 oz	180	50	6	3.5	0	0	760	29	3	1	3			•			•	•	•	•
Mashed Potatoes with Turkey Gravy, 2 oz	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•	•	•	•
Grilled Vegetables, 4.5 oz	90	60	7	1.5	0	0	135	5	2	2	2						•			
Fire-Roasted Potato Medley, 3 oz	190	100	11	1.5	0	0	390	19	2	3	2			•			•			

GLUTEN SENSITIVE Menu

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

Bakers Omelette (No Side)	380	260	29	11	0	520	670	7	1	3	26	•		•			•			
Bakers Omelette, Fresh Fruit	420	260	29	11	0	520	680	17	2	11	26	•		•			•			
Bakers Omelette, Hash Browns	600	380	43	13	0.5	520	1280	27	2	3	28	•		•			•			
Classic Breakfast, Bacon (No Side)	340	240	27	8	0	500	580	2	0	0	22	•					•			
Classic Breakfast, Bacon, Fresh Fruit	380	240	27	8	0	500	580	12	1	8	22	•					•			
Classic Breakfast, Bacon, Hash Browns	560	370	41	11	0.5	500	1190	22	1	0	24	•					•			
Classic Breakfast, Sausage Links (No Side)	540	410	45	14	0	560	960	3	0	1	32	•					•			
Classic Breakfast, Sausage Links, Fresh Fruit	580	410	46	14	0	560	970	13	1	9	32	•					•			
Classic Breakfast, Sausage Links, Hash Browns	760	530	59	16	1	560	1570	23	1	1	34	•					•			
Classic Breakfast, Sausage Patties (No Side)	700	560	63	23	0	590	1280	4	0	1	29	•					•			
Classic Breakfast, Sausage Patties, Fresh Fruit	740	570	63	23	0	590	1290	14	1	9	29	•					•			
Classic Breakfast, Sausage Patties, Hash Browns	920	690	77	25	0.5	590	1890	24	1	1	31	•					•			
Ham Steak & Eggs (No Side)	450	230	25	8	0	580	2560	6	0	5	52	•					•			

Nutritional Menu

GLUTEN SENSITIVE Menu

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

GLUTEN SENSITIVE Menu CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
GLUTEN-SENSITIVE SALADS																					
Cobb Salad, Full (No Dressing)	580	330	37	12	0	360	1230	13	7	4	51	•		•			•				
Cobb Salad, Lunch (No Dressing)	320	200	22	7	0	180	620	7	4	2	26	•		•			•				
Cobb Salad with Blue Cheese Dressing, Full	1090	790	88	23	0	405	1920	16	7	7	57	•		•			•				
Cobb Salad with Blue Cheese Dressing, Lunch	580	430	48	12	0	205	960	9	4	4	29	•		•			•				
Apple Walnut Chicken Salad, Full (No Dressing)	400	200	23	6	0	70	700	29	6	19	22	•		•			•	•			
Apple Walnut Chicken Salad, Lunch (No Dressing)	200	100	11	3	0	35	350	15	3	10	11	•		•			•	•			
GLUTEN-SENSITIVE SALAD DRESSINGS																					
Blue Cheese Dressing, 1.5 oz (Lunch)	250	230	25	5	0	20	340	1	0	1	3	•		•			•				
Blue Cheese Dressing, 3 oz (Full)	510	460	51	10	0	45	690	3	0	3	6	•		•			•				
Honey Mustard Dressing, 1.5 oz (Lunch)	250	230	25	3.5	0	30	300	6	0	6	0	•					•				
Honey Mustard Dressing, 3 oz (Full)	510	460	51	7	0	60	600	12	0	12	0	•					•				
Ranch Dressing, 1.5 oz (Lunch)	180	160	18	0	0	15	250	1	0	1	1	•		•			•				
Ranch Dressing, 3 oz (Full)	350	330	36	0	0	35	490	2	0	2	2	•		•			•				
GLUTEN-SENSITIVE SOUPS																					
Gluten Sensitive - Tomato Basil Soup, Bowl	350	270	29	18	0	90	1180	18	3	9	3			•			•				
GLUTEN-SENSITIVE KIDS																					
Junior Breakfast, Bacon, Fresh Fruit	180	100	12	3.5	0	245	190	11	1	8	9	•					•				
Junior Breakfast, Bacon, Hash Browns	360	230	25	6	0.5	245	790	21	1	0	11	•					•				
Junior Breakfast, Sausage Links, Fresh Fruit	230	140	16	4.5	0	260	280	11	1	8	12	•					•				
Junior Breakfast, Sausage Links, Hash Browns	410	270	30	7	0.5	260	890	21	1	0	14	•					•				
Kids Crush Burger (No Cheese, No Side)	230	160	18	8	0	60	240	2	1	1	12										
KIDS CRUSH CHEESEBURGER CHEESE																					
Add-On Cheese, American, 1 slice	70	50	6	3.5	0	15	240	0	0	0	4			•			•				

Nutritional Menu

Beverages

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
Coffee, 1 cup	5	0	0	0	0	0	0	1	0	0	0										
Coffee, 1 carafe	25	0	0	0	0	0	0	5	0	0	0										
Hot Tea	0	0	0	0	0	0	0	0	0	0	0										
Hot Chocolate	240	15	1.5	1	0	0	440	56	0	42	0			•				•			
Milk, Large	290	100	11	7	0	45	290	27	0	27	18			•							
Milk Small	170	60	7	4	0	25	170	16	0	16	11			•							
Chocolate Milk, Large	340	50	6	3.5	0	25	430	54	0	50	18			•							
Chocolate Milk, Small	200	30	3.5	2	0	15	250	32	0	29	11			•							
Iced Tea	0	0	0	0	0	0	0	0	0	0	0										
Iced Tea, To-Go	5	0	0	0	0	0	0	1	0	0	0										
Blackberry Rush Iced Tea	150	0	0	0	0	0	0	37	0	35	0										
Fruity Mango Iced Tea	150	0	0	0	0	0	0	38	0	36	0										
Pomegranate Iced Tea	140	0	0	0	0	0	0	32	0	32	0										
Blackberry Twist Lemonade	280	0	0	0	0	0	0	71	0	66	0										
Pomegranate Limeade	260	0	0	0	0	0	30	67	0	65	0										
Strawberry Lemonade	180	0	0	0	0	0	20	46	0	42	0										
PEPSI®	150	0	0	0	0	0	30	40	0	40	0										
PEPSI®, To-Go	280	0	0	0	0	0	55	74	0	74	0										
DIET PEPSI®	0	0	0	0	0	0	35	0	0	0	0										
DIET PEPSI®, To-Go	0	0	0	0	0	0	65	0	0	0	0										
MTN DEW®	170	0	0	0	0	0	60	46	0	46	0										
MTN DEW®, To-Go	300	0	0	0	0	0	110	84	0	84	0										
MIST TWST®	150	0	0	0	0	0	35	39	0	39	0										
MIST TWST®, To-Go	280	0	0	0	0	0	65	72	0	72	0										
DR PEPPER®	140	0	0	0	0	0	45	39	0	38	0										
DR PEPPER®, To-Go	260	0	0	0	0	0	80	72	0	70	0										

Nutritional Menu

Beverages CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
BRISK® Raspberry Iced Tea	70	0	0	0	0	0	80	19	0	19	0										
BRISK® Raspberry Iced Tea, To-Go	130	0	0	0	0	0	140	34	0	34	0										
Lemonade	150	0	0	0	0	0	0	39	0	36	0										
Lemonade, To-Go	280	0	0	0	0	0	0	72	0	66	0										
Apple Juice, Large	250	0	0	0	0	0	40	61	0	59	0										
Apple Juice, To-Go	200	0	0	0	0	0	30	49	0	47	0										
Apple Juice, Small	140	0	0	0	0	0	20	35	0	34	0										
Cranberry Juice, Large	310	0	0	0	0	0	5	77	0	74	0										
Cranberry Juice, To-Go	250	0	0	0	0	0	0	62	0	60	0										
Cranberry Juice, Small	180	0	0	0	0	0	0	45	0	43	0										
Orange Juice, Large	250	5	0	0	0	0	5	61	0	54	4										
Orange Juice, To-Go	200	0	0	0	0	0	0	49	0	44	3										
Orange Juice, Small	150	0	0	0	0	0	0	35	0	32	2										
Grapefruit Juice, Large	210	0	0	0	0	0	0	52	0	50	2										
Grapefruit Juice, To-Go	170	0	0	0	0	0	0	42	0	40	2										
Grapefruit Juice, Small	120	0	0	0	0	0	0	30	0	29	1										
Tomato Juice, Large	170	0	0	0	0	0	2250	33	7	23	7										
Tomato Juice, To-Go	130	0	0	0	0	0	1810	27	5	19	5										
Tomato Juice, Small	100	0	0	0	0	0	1310	19	4	14	4										

- 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

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Blueberry Pie, Slice	510	230	25	11	0	10	420	68	3	33	3	•		•			•		•	•
Blueberry Pie, Whole	3070	1360	151	66	0	65	2540	410	18	200	20	•		•			•		•	•
Cherry Pie, Slice	520	230	25	11	0	10	420	70	2	34	3	•		•			•		•	•
Cherry Pie, Whole	3130	1360	151	66	0	65	2540	422	12	206	20	•		•			•		•	•
Cherry Pie, No-Sugar-Added Pie, Slice	500	250	28	12	0	15	490	59	2	18	4	•		•			•		•	•
Cherry Pie, No-Sugar-Added Pie, Whole	3030	1530	170	73	0	95	2970	355	12	108	26	•		•			•		•	•
Country Apple Pie, Slice	540	240	26	11	0	10	440	74	4	38	3	•		•			•		•	•
Country Apple Pie, Whole	3260	1420	158	67	0	65	2660	446	24	230	20	•		•			•		•	•
Country Apple Pie, No-Sugar-Added, Slice	460	250	27	11	0	10	400	52	3	16	3	•		•			•		•	•
Country Apple Pie, No-Sugar-Added, Whole	2780	1470	164	67	0	65	2420	312	18	96	20	•		•			•		•	•
Caramel Apple a la Mode, Slice	720	300	33	14	0	35	550	101	4	61	6	•		•			•	•	•	•
French Apple Pie, Slice	420	160	18	8	0	0	330	64	3	39	2			•			•		•	•
French Apple Pie, Whole	2520	970	108	48	0	0	1980	384	18	234	12			•			•		•	•
French Apple Cream Cheese Pie, Slice	630	340	38	22	1	160	420	64	2	50	7	•		•			•		•	•
French Apple Cream Cheese Pie, Whole	3780	2050	228	132	6	960	2520	384	12	300	42	•		•			•		•	•
Peach Pie, Slice	470	230	25	11	0	10	380	59	2	27	4	•		•			•		•	•
Peach Pie, Whole	2830	1360	151	66	0	65	2300	356	12	164	26	•		•			•		•	•
Strawberry Rhubarb Pie, Slice	490	230	25	11	0	10	410	64	2	29	3	•		•			•		•	•
Strawberry Rhubarb Pie, Whole	2950	1360	151	66	0	65	2480	386	12	176	20	•		•			•		•	•
Triple Berry Pie, Slice	510	230	25	10	0	10	430	69	4	32	4	•		•			•		•	•
Triple Berry Pie, Whole	3070	1360	151	60	0	65	2600	416	24	194	26	•		•			•		•	•

Nutritional Menu

Custard & Cream Pies

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

French Silk Pies

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

Nutritional Menu

Pecan & Pumpkin Pies

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

Specialty Desserts

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

Feature & Seasonal Pies

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Chocolate Hazelnut Silk Pie, Slice	730	470	52	26	1	130	360	61	2	39	8	•		•			•	•	•	•
Chocolate Hazelnut Silk Pie, Whole	4370	2800	311	156	6	780	2150	365	12	233	48	•		•			•	•	•	•
Granny Smith Caramel Apple Crumble Pie, Slice	520	200	22	11	0	35	440	75	2	41	5	•		•			•		•	•
Granny Smith Caramel Apple Crumble Pie, Whole	3120	1190	132	66	0	210	2640	449	12	246	30	•		•			•		•	•
Pumpkin Pie, Slice	460	180	20	8	0	65	420	65	2	45	6	•		•			•		•	•
Pumpkin Pie, Whole	2760	1080	120	48	0	390	2520	390	12	270	36	•		•			•		•	•

Nutritional Menu

Feature & Seasonal Pies CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Pumpkin Pecan Pie, Slice	700	380	42	19	1	145	440	75	2	57	7	•		•			•	•	•	•
Pumpkin Pecan Pie, Whole	4190	2260	252	114	6	870	2640	449	12	341	42	•		•			•	•	•	•
Pumpkin Pie with Whipped Cream, Slice	620	310	34	17	0.5	120	450	73	2	53	8	•		•			•		•	•
Pumpkin Pie with Whipped Cream, Whole	3720	1840	204	102	3	720	2700	438	12	318	48	•		•			•		•	•

DESSERT & PIE Toppings

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

WHOLE DESSERT & PIE To-Go Toppings

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Topping, Cherry Topping, 10 oz	730	0	0	0	0	0	590	173	6	145	0			•						
Topping, Triple Berry Topping, 10 oz	560	0	0	0	0	0	170	140	11	118	0									
Topping, Whipped Cream, 10 oz	850	510	57	28	0	225	0	57	0	51	0			•						



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Nutritional Menu

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Nutritional Menu

Updated March, 2020

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Breakfast Features

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
Corned Beef Hash Scrambler (No Side)	970	630	71	25	0.5	630	2640	44	4	5	56	•		•			•		•	•	
Chicken Cordon Blue Skillet (No Side)	1420	880	98	34	0.5	555	3530	86	5	11	62	•	•	•	•	•	•	•	•	•	
Loaded Hash Browns Platter (No Bread)	800	550	62	19	0.5	565	1670	24	1	1	39	•		•			•				
BREAD CHOICES																					
Toast, 2 Slices, Marbled Rye, Buttered	390	130	15	4	0	0	460	50	4	2	10			•			•		•	•	
Toast, 2 Slices, Wheat, Buttered	390	130	15	4	0	0	560	50	4	6	10			•			•		•	•	
Toast, 2 Slices, White, Buttered	310	120	14	4	0	0	420	34	1	2	6			•			•		•	•	
Buttermilk Pancakes, 2 each (with butter)	290	130	14	4.5	0	60	590	32	1	8	6	•		•			•		•	•	
English Muffin (with butter)	230	80	9	2.5	0	0	430	30	2	1	6			•			•		•	•	
Honey Bran Muffin, 1 Each	490	200	22	3.5	0	50	580	65	8	28	7	•		•			•		•	•	
Banana Nut Muffin, 1 Each	500	220	25	3	0	40	450	59	2	29	8	•		•			•	•	•	•	
Blueberry Muffin, 1 Each	500	220	24	3.5	0	60	470	63	2	35	6	•		•			•		•	•	
Biscuit, 1 each (with Butter)	330	170	18	8	0	0	850	33	1	2	5			•			•		•	•	
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1										

Seasonal Sandwich

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



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Nutritional Menu

Seasonal Sandwich CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
SIDE CHOICES																					
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Fresh Fruit, Cup	40	0	0	0	0	0	5	10	1	8	1	•									
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				

Lunch and Dinner Specials

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

Seafood Favorites

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
Teriyaki-Glazed Salmon (No Side, No Bread)	450	260	29	5	0	110	1070	11	0	7	36		•				•		•	•	
BREAD CHOICES																					
Garlic Grilled Baguette	160	60	6	2	0	0	310	19	1	0	3			•			•		•	•	
Cornbread, 1 Each (with Butter)	270	120	13	5	0	80	380	33	1	11	5	•		•			•		•	•	
Dinner Roll (with Butter)	210	90	10	3.5	0	5	260	19	1	3	3	•		•			•		•	•	
SIDE CHOICES																					
Rice Pilaf, 4.5 oz	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•		•	•	
French Fries, Prepared, 4 oz	370	180	20	3	0	0	150	34	3	0	3						•				
Coleslaw, 3 oz	100	60	7	1	0	10	170	8	2	7	1	•					•				



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Nutritional Menu

Seafood Favorites

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

Salad Dressings

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

Slice of Pie

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
See pie section for pie nutritional																					



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Kids' Menu

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

Nutritional Menu

Kids' Menu CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
KIDS' SIDES																					
Kids - Fruit Cup	40	0	0	0	0	0	5	10	1	8	1										
Kids - French Fries	370	180	20	3	0	0	150	34	3	0	3						•				
Kids - Applesauce	50	0	0	0	0	0	0	13	1	11	0										
Kids - Salad (No Dressing)	40	10	1	0	0	0	50	6	2	2	1						•		•	•	
Kids - Cinnamon Apples	110	0	0	0	0	0	90	27	1	25	0			•							
Kids - Mashed Potatoes with Brown Gravy	180	50	6	3.5	0	0	760	29	3	1	3			•			•	•	•	•	
Kids - Mashed Potatoes with Turkey Gravy	150	35	3.5	2.5	0	0	830	29	3	2	3			•			•	•	•	•	
Kids - Rice Pilaf	150	40	4.5	1.5	0	0	470	24	1	0	3			•			•		•	•	
Kids - Simply Go-Gurt® Strawberry Yogurt	70	5	0.5	0	0	5	30	13	0	10	2			•							
Kids - Grilled Vegetables	90	60	7	1.5	0	0	135	5	2	2	2						•				
Kids - Chicken Noodle, Cup (No Crackers)	45	0	0	0	0	15	760	8	1	1	3	•							•	•	
Kids - Tomato Basil, Cup (No Crackers)	180	130	15	9	0	45	0	9	1	4	1			•			•				
Kids - Butternut Squash, Cup (No Crackers)	120	45	5	3	0	20	430	17	0	7	1			•			•				
Kids - Green Beans	90	60	7	1.5	0	0	115	5	2	2	1						•				
Kids - Pirate's Booty	130	45	5	1	0	0	140	19	0	0	2			•							
KIDS' SALAD DRESSINGS & DIPPING SAUCES																					
Kids - Blue Cheese Dressing, 1 oz	170	150	17	3.5	0	15	230	1	0	1	2	•		•			•				
Kids - Honey Mustard Dressing, 1 oz	170	150	17	2.5	0	20	200	4	0	4	0	•					•				
Kids - Lite Olive Oil Vinaigrette, 1 oz	60	50	6	1	0	0	260	3	0	2	0						•				
Kids - Orange Vinaigrette, 1 oz	60	45	5	1	0	0	210	5	0	4	0						•				
Kids - Ranch Dressing, 1 oz	120	110	12	0	0	10	160	1	0	1	1	•		•			•				
Kids - BBQ Dipping Sauce, 2 oz	120	0	0	0	0	0	780	30	0	28	0										
Kids - Honey Mustard Dipping Sauce, 2 oz	340	310	34	5	0	40	400	8	0	8	0	•					•				
Kids - Ranch Dipping Sauce, 2 oz	230	220	24	0	0	20	330	2	0	2	1	•		•			•				

Nutritional Menu

Kids' Menu CONT.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten	
KIDS' DESSERTS																					
Kids - Cherry Pie, Slice	520	230	25	11	0	10	420	70	2	34	3	•		•			•		•	•	
Kids - Country Apple Pie, Slice	540	240	26	11	0	10	440	74	4	38	3	•		•			•		•	•	
Kids - Cookie, Chocolate Chunk, 1 Each	300	120	13	7	0	20	270	45	2	28	3	•		•			•		•	•	
Kids - Cookie, Peanut Butter, 1 Each	320	150	17	7	0	20	340	38	2	23	5	•		•	•		•		•	•	
Kids - Cookie, Sugar, 1 Each	300	120	13	5	0	10	260	44	1	22	3	•		•			•		•	•	
Kids - Kids' Sundae, Caramel	230	80	9	6	0	45	135	35	0	30	2	•		•			•				
Kids - Kids' Sundae, Hot Fudge	270	130	14	11	0	45	85	33	0	27	2	•		•			•	•			
KIDS' BEVERAGES																					
Kids - PEPSI®, 12 oz cup	90	0	0	0	0	0	15	24	0	24	0										
Kids - DIET PEPSI®, 12 oz cup	0	0	0	0	0	0	20	0	0	0	0										
Kids - MIST TWST®, 12 oz cup	90	0	0	0	0	0	20	23	0	23	0										
Kids - MTN DEW®, 12 oz cup	100	0	0	0	0	0	35	27	0	27	0										
Kids - DR PEPPER®, 12 oz cup	80	0	0	0	0	0	25	23	0	22	0										
Kids - BRISK® Raspberry Iced Tea, 12 oz cup	40	0	0	0	0	0	45	11	0	11	0										
Kids - Apple Juice, 12 oz cup	120	0	0	0	0	0	20	30	0	29	0										
Kids - Cranberry Juice, 12 oz cup	150	0	0	0	0	0	0	38	0	37	0										
Kids - Grapefruit Juice, 12 oz cup	110	0	0	0	0	0	0	26	0	25	1										
Kids - Orange Juice, 12 oz cup	130	0	0	0	0	0	0	30	0	27	2										
Kids - Tomato Juice, 12 oz cup	80	0	0	0	0	0	1130	17	3	12	3										
Kids - Milk, 12 oz cup	150	50	6	3.5	0	25	150	14	0	14	9			•							
Kids - Chocolate Milk, 12 oz cup	170	25	3	1.5	0	10	210	27	0	25	9			•							
Kids - Lemonade, 12 oz cup	90	0	0	0	0	0	0	23	0	21	0										



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