

# BAKER BROS



## THE BAKER BROTHERS STORY

Long before there was a Baker Bros. American Deli, there was a Baker family. Born and bred in the great Midwest, brothers Tom and Ken Baker were raised to appreciate the value of an honest day's work and a good meal in return. And in the Baker home, hearty, honest foods were always served in generous portions and made true to original family recipes handed down through the generations.

Today, those same Baker Brothers bring the authentic taste of the heartland to your neighborhood. As you'd expect, they insist on serving just-baked breads, the freshest produce and only premium quality meats and cheeses. As their guest, you'll find a variety that satisfies both appetite and curiosity.

Visit us often. Enjoy yourselves always.

# Nutritional Menu

*A Fresh Way Of Looking At Deli.*



# Nutritional Information



## Specialty Sandwiches

	Serv Size	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kentucky Club	1 Sand	776	36	11	0	2738	74	4	4	44
Half	1 Sand	388	18	5	0	1369	37	2	2	22
Texas Star	1 Sand	868	28	12	0	3243	104	4	29	49
Half	1 Sand	434	14	6	0	1621	52	2	14	24
L.A. Prime Time	1 Sand	682	31	8	0	1382	80	11	9	24
Half	1 Sand	341	16	4	0	691	40	6	5	12
Sonoma Chicken	1 Sand	724	30	10	0	1673	68	9	3	47
Half	1 Sand	362	15	5	0	836	34	4	2	23
K.C. Old Fashioned	1 Sand	664	23	8	0	2065	75	4	6	39
Half	1 Sand	332	11	4	0	1033	38	2	3	20
North Beach	1 Sand	765	33	10	0	1303	72	4	3	47
Half	1 Sand	383	16	5	0	652	36	2	1	24
South Beach	1 Sand	720	30	6	0	2846	77	4	3	42
Half	1 Sand	360	15	3	0	1423	39	2	1	21
Broadway Reuben	1 Sand	662	23	9	0	2620	74	8	4	38
Half	1 Sand	331	12	5	0	1310	37	4	2	19
New Orleans Muffaletta	1 Sand	908	48	18	0	2920	77	4	8	38
Half	1 Sand	454	24	9	0	1460	39	2	4	19
Siciliano	1 Sand	719	31	12	0	2344	72	4	4	39
Half	1 Sand	359	15	6	0	1172	36	2	2	19
Philly Cheese Steak	1 Sand	655	23	10	0	1974	75	4	4	40
Half	1 Sand	328	11	5	0	987	37	2	2	20
Napa Valley	1 Sand	744	35	9	0	2401	78	5	5	37
Half	1 Sand	372	17	5	0	1200	39	2	2	19

## Deli Sandwiches



	Serv Size	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Turkey	1 Sand	553	19	3	0	1898	72	9	4	30
Half	1 Sand	276	9	1	0	949	36	4	2	15
Roast Beef	1 Sand	527	12	4	0	1729	73	4	3	32
Half	1 Sand	263	6	2	0	864	36	2	2	16
Comed Beef	1 Sand	494	10	3	0	2106	70	6	2	31
Half	1 Sand	247	5	2	0	1053	35	3	1	16
Tuna Salad	1 Sand	780	40	6	0	1119	70	10	5	36
Half	1 Sand	390	20	3	0	560	35	5	3	18
Ham	1 Sand	502	11	2	0	2335	73	5	5	29
Half	1 Sand	251	5	1	0	1168	37	3	3	14
Pastrami	1 Sand	494	10	3	0	2526	72	6	4	31
Half	1 Sand	247	5	2	0	1263	36	3	2	16
Chicken Breast	1 Sand	612	21	4	0	1389	68	9	4	40
Half	1 Sand	306	10	2	0	694	34	4	2	20
Chicken Salad	1 Sand	907	55	8	0	1613	70	9	6	35
Half	1 Sand	454	27	4	0	806	35	5	3	17



# Nutritional Information

## Salads



	Serv Size	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Texas Cobb	1 Salad	600	34	13	0	1929	39	7	7	39
Half	1 Salad	326	19	7	0	981	21	4	5	20
Taos	1 Salad	410	13	7	0	959	47	14	12	35
Half	1 Salad	205	7	4	0	479	23	7	6	17
Scottsdale	1 Salad	551	27	13	0	2230	35	6	5	43
Half	1 Salad	276	13	7	0	1115	17	3	2	22
Santa Barbara	1 Salad	445	26	13	0	1623	24	9	11	34
Half	1 Salad	222	13	6	0	811	12	4	5	17
Santa Fe	1 Salad	335	18	8	0	773	17	7	8	28
Half	1 Salad	168	9	4	0	387	9	3	4	14
Kowloon	1 Salad	300	9	2	0	601	35	8	15	24
Half Salad	1 Salad	150	4	1	0	301	17	4	8	12
Chicken Caesar	1 Salad	283	7	2	0	686	30	7	3	26
Half	1 Salad	142	3	1	0	343	15	4	2	13
Chicago Chop	1 Salad	437	24	11	0	1476	18	8	9	39
Half	1 Salad	219	12	6	0	738	9	4	4	19

Note: Numbers for the salads do not include dressing

## Baker's Bakers



	Serv Size	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chili Cheese Fritos	1 Order	1799	101	42	3	3311	168	25	17	69
Big Tex	1 Order	933	22	11	0	2460	150	13	45	51
Pueblo Chicken	1 Order	897	23	15	0	1491	138	17	22	53
All American	1 Order	1279	81	52	0	1244	119	13	15	40

## Pizza



	Serv Size	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Italian Sausage	1 Pizza	547	45	15	0	1619	93	6	4	40
Chicken Pesto	1 Pizza	848	67	18	0	1641	93	5	3	64
Glorious Cheese	1 Pizza	479	37	13	0	1313	96	6	7	39
Pepperoni	1 Pizza	680	60	20	0	2170	93	7	4	40
Veggie Pesto	1 Pizza	809	69	18	0	1170	101	7	7	44
BBQ Chicken	1 Pizza	785	49	23	0	2182	122	4	28	58



# Nutritional Information



## Soups

	Serv Size	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Black Bean Cup	8 oz.	134	4	1	0	841	19	5	4	7
Bowl	12 oz.	202	5	2	0	1261	29	7	5	11
Baked Potato Cup	8 oz.	201	12	5	1	616	18	1	7	6
Bowl	12 oz.	303	18	8	2	924	26	2	11	9
Beer Cheese Cup	8 oz.	172	12	5	1	784	13	1	5	4
Bowl	12 oz.	258	18	8	2	1176	19	1	7	5
Texas Chili Cup	8 oz.	545	41	17	2	1067	18	4	2	20
Bowl	12 oz.	815	62	26	2	1597	27	6	3	30

## Desserts



	Serv Size	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chip Cookie	1 Cookie	320	14	6	0	130	43	2	30	4
Cinnamon Sugar Cookie	1 Cookie	300	12	4	0	210	46	0	24	4
Fudge Nut Brownie	1 Brownie	617	37	18	0	33	75	5	58	7



## Kids Menu

	Serv Size	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese Pizza	1 Pizza	474	40	16	0	1232	91	5	4	36
Hot Dawg	1 Dawg	534	35	15	0	1535	38	3	6	18
Turkey Sandwich	1 Sand	205	4	1	0	909	33	2	1	13
Ham Sandwich	1 Sand	220	5	1	0	999	32	2	2	13
Cheese Sandwich	1 Sand	269	12	6	0	541	30	2	1	12
Roast Beef Sandwich	1 Sand	230	5	2	0	809	32	2	1	15
Kids Baker Potato	1 Baker	632	40	24	0	805	57	6	6	23

Nutrition information provided from calculated results. All calculations represent the items as they are presented on the menu. Baker Bros has no control over modifications made to any entree. Nutrition facts can be affected by changes in products by suppliers and fluctuations in size of hand made items from the bakery. Test products, specials or seasonal items will not be reflected in the results. Some of our items may contain allergens not listed on the menu. If there is a question about specific ingredients, please feel free to ask any of our associates for further information.

[www.bakerbroswdeli.com](http://www.bakerbroswdeli.com)



## Salad Dressing Nutritional Information

Dressing	Serving Size *	Calories	Fat (g)	Sat Fat (g)	TransFat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ranch	1 portion cup	150	17	2	0	435	2	0	2	0
Lite Ranch	1 portion cup	150	15	2	0	435	2	0	2	2
Balsamic Vinaigrette	1 portion cup	90	8	1	0	285	6	0	5	0
Blue Cheese	1 portion cup	220	23	3	0	435	2	0	2	2
Caesar	1 portion cup	180	20	3	0	495	2	0	0	2
Fat Free Raspberry	1 portion cup	53	0	0	0	120	12	0	11	0
Honey Mustard	1 portion cup	240	24	4	0	210	8	0	8	0
Russian	1 portion cup	210	20	3	0	450	8	0	6	0
Oriental	1 portion cup	135	7	1	0	480	18	0	14	0
BBQ Ranch	1 portion cup	141	22	2	0	461	2	0	3	0
SW Honey Mustard	1 portion cup	128	12	2	0	367	5	0	5	0

\* 1 Portion cup = approximately 3 Tablespoons dressing.