FORK FRIENDLY©

BLUE BAKER Craft Bakery & Pizzeria

www.forkfriendly.com

Blue Baker

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
SALADS						
Fruit Cup	80	0	5	21	2	1
Classic Caesar (side)	280	5	710	8	2	8
Tuna & Chicken Salad (side)	420	5	1180	16	4	18
Walnut Apple Chicken (side)	290	3	380	29	3	15
Greek (side)	240	4	950	9	3	3
PIZZA *Customize your pizza with added veggies*						
	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Cheese (10")	530	7	1390	73	4	25
SANDWICHES *No more than 5 grams saturated fat and 1,250 mg sodium*						
	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Blue Abyss	620	5	1030	51	6	22
Tejas Blue	490	3	1230	57	11	28
Blue Bird	500	4	910	50	3	28
SOUPS (cup) *No more than 4 grams saturated fat and 650 mg of sodium*						
	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Tomato Basil Bisque	120	4	650	13	2	2

Spring 2018