

**Bagels**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info
Ancient Grain	1 bagel	105	280	5	0.5	0	0	540	48	8	7		12			X	X						
Asiago	1 bagel	112	300	4	2	0	10	640	54	2	5		13		X	X	X						
Blueberry	1 bagel	106	280	1	0	0	0	460	59	2	11		10			X	X						
Chocolate Chip	1 bagel	106	300	3.5	1.5	0	0	450	58	3	10		10			X	X						
Cinnamon Raisin	1 bagel	102	270	1	0	0	0	430	57	2	12		10			X	X						
Cinnamon Sugar	1 bagel	111	310	3.5	1	0	0	570	60	2	11		10		X	X	X						
Everything	1 bagel	105	280	2	0	0	0	680	54	2	5		10			X	X						X
French Toast	1 bagel	116	370	7	1.5	0	0	510	68	2	20		10			X	X						
Honey Whole Wheat	1 bagel	100	250	3	0	0	0	550	47	7	7		12			X	X						
Onion	1 bagel	100	260	1.5	0	0	0	500	51	2	4		10			X	X						
Plain	1 bagel	102	270	1	0	0	0	550	54	2	5		10			X	X						
Poppyseed	1 bagel	105	280	2.5	0	0	0	550	54	2	5		10			X	X						
Pretzel	1 bagel	99	280	4	0	0	0	920	52	2	5		9			X	X						
Pumpnickel	1 bagel	98	250	1	0	0	0	380	52	4	3		10			X	X						
Sesame Seed	1 bagel	105	280	2.5	0	0	0	550	54	2	5		11			X	X						X

**Gourmet Bagels and Specialty Bread**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Challah Roll, Braided	1 Roll	94	240	3.5	1.5	0	5	400	42	2	5		7	X	X	X	X							
Cheddar Jalapeno	1 bagel	126	340	9	3	0	15	760	52	2	5		13		X	X	X							
Jalapeno Bacon	1 bagel	134	360	9	3.5	0	20	760	52	2	6	4	15			X	X							
Potato Roll	1 Roll	99	280	4	0.0	0	0	520	52	2	5		9			X	X							
Protein Power Bagel	1 bagel	113	350	6	1	0	0	290	64	4	17		12			X	X		X					Walnuts
Six-Cheese	1 bagel	125	370	10	4	0	20	730	53	2	5		16		X	X	X							
Spinach Florentine	1 bagel	141	370	12	4.5	0	15	700	53	3	5		15		X	X	X							

**Regular Whipped Cream Cheese Shmear**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Onion and Chive	1.2 oz	35	120	10	7	0	30	100	4	0	2		2		X									
Plain	1.2 oz	35	120	12	8	0	35	115	2	0	2		2		X									
Smoked Salmon	1.2 oz	35	110	10	6	0	35	250	4	0	2		2		X						X			Salmon

**Reduced Fat Whipped Cream Cheese Shmear**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Garden Vegetable Reduced Fat	1.2 oz	35	110	9	6	0	25	180	5	0	2		2		X									
Honey Almond Reduced Fat	1.2 oz	35	120	8	6	0	25	75	11	0	7		2	X					X					Almonds
Jalapeno Salsa Reduced Fat	1.2 oz	35	110	8	6	0	25	190	6	0	2		2		X									
Plain Reduced Fat	1.2 oz	35	100	9	6	0	25	180	4	0	2		2		X									
Strawberry Reduced Fat	1.2 oz	35	120	9	6	0	30	90	9	0	7		1		X									

**Crafted Shmear**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Country Pepper	0.5 oz	14	40	4	3	0	10	50	2	0	1		1		X									

**Other Spreads**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Butter Blend	0.5 oz	14	100	12	5	0	0	85	0	0	0		0		X									
Honey	1.0 oz	28	90	0	0	0	0	0	23	0	22		0											
Natural Peanut Butter	1.5 oz	43	240	20	3.5	0	0	105	11	3	4		9							X				Peanut
Natural Strawberry Jelly	1.0 oz	28	70	0	0	0	0	0	18	0	16		0											

**Cheese**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Cheddar 1 Slice	0.5 oz	14	60	4.5	3	0	15	90	0	0	0		4		X									
Swiss 1 Slice	0.5 oz	14	50	4.5	3	0	15	65	0	0	0		4		X									

**Eggs**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Egg White 1	1 Egg	58	35	1	0	0	0	170	1	0	0		6	X	X									
Egg White 2	2 Egg	116	70	1.5	0.5	0	0	330	1	0	0		12	X	X									
Fresh Cracked Egg 1	1 Egg	46	80	6	2	0	185	140	1	0	0		6	X	X									
Fresh Cracked Egg 2	2 Egg	92	160	11	4	0	370	280	1	0	1		13	X	X									

**Meats**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Bacon 4 Pieces	0.4 oz	10	45	3.5	1.5	0	10	210	0	0	0		3											
Brisket 2.0	2.0 oz	57	150	11	4.5	0	40	460	0	0	0		11											
Ham 1.5	1.5 oz	43	45	1	0	0	25	540	1	0	1		8											
Ham 3.0	3.0 oz	85	90	2.5	1	0	50	1090	2	0	1		17											
Ham 4.5	4.5 oz	128	140	3.5	1	0	70	1630	2	0	2		25											
Pastrami 3.0	3.0 oz	85	180	76	9	0	60	640	2	0	0		17											
Pastrami 4.5	4.5 oz	128	270	114	14	0	90	960	2	0	0		25											
Turkey Sausage Patty	1 Patty	41	70	4	1.5	0	25	280	1	0	1		7											
Turkey 3.0	3.0 oz	85	90	1	0	0	35	1010	3	1	2		14											
Turkey 4.5	4.5 oz	128	130	1.5	0.5	0	50	1520	5	1	3		20											

**Sauces**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Roasted Tomato Salsa	1.0 oz	28	10	0	0	0	0	260	2	0	1		0											
Roasted Tomato Spread	1.0 oz	28	150	16	2.5	0	10	230	2	0	1		0	X	X	X								

**Veggies**

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Avocado	1.0 oz	28	60	5	1	0	0	0	2	2	0		1											

### Egg Sandwiches One Egg

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Bacon & Cheddar on Plain	6.1 oz	172	450	15	6	0	210	1000	55	2	6		23	X	X	X	X							
Bacon Avocado Tomato, on Plain Thin	7.7 oz	218	470	23	6	0	200	890	47	3	6		18	X	X	X	X							
Breakfast BLT on Challah	8.0 oz	228	520	27	8	0	215	870	45	1	8	0	20	X	X	X	X							
Cheddar on Plain	5.7 oz	162	400	11	5	0	200	780	55	2	5		20	X	X	X	X							
Chorizo Avocado Sunrise on Cheddar Jalapeno Gourmet	9.7 oz	275	740	43	17	0.5	260	1340	60	2	7	0	30	X	X	X	X							
Farmhouse 6 Cheese	9.0 oz	256	650	30	14	0.5	270	1790	57	2	7		38	X	X	X	X							
Garden Avocado on Everything	8.8 oz	250	490	20	4	0	190	880	62	3	8	0	18	X	X	X	X						X	
Ham & Swiss on Plain	7.2 oz	205	440	12	5	0	225	1300	56	2	6		29	X	X	X	X							
Santa Fe on Asiago	8.6 oz	245	570	23	11	1	250	1380	60	0	8	0	31	X	X	X	X							
Texas Brisket on Jalapeno Bacon	9.9 oz	280	820	51	16	0	270	1690	55	2	6	4	36	X	X		X							
Turkey Sausage & Cheddar on Plain	7.2 oz	203	470	15	7	0	225	1060	56	2	6		27	X	X	X	X							

### Egg Sandwich Two Eggs

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Bacon & Cheddar on Plain	7.7 oz	219	530	20	8	0.5	395	1140	56	2	6		29	X	X	X	X							
Bacon Avocado Tomato, on Plain Thin	9.3 oz	264	550	29	7	0	385	1030	48	3	7		24	X	X	X	X							
Breakfast BLT on Challah	8.7 oz	274	600	33	10	0.5	400	1010	46	1	8	0	26	X	X	X	X							
Cheddar on Plain	7.4 oz	209	480	17	7	0.5	385	920	56	2	6		26	X	X	X	X							
Chorizo Avocado Sunrise on Cheddar Jalapeno Gourmet	11.3 oz	322	820	48	19	1	445	1480	61	2	8	0	36	X	X	X	X							
Garden Avocado on Everything	10.5 oz	297	570	25	6	0.5	380	1020	63	3	8	0	24	X	X	X	X						X	
Farmhouse 6 Cheese	10.6 oz	302	730	36	16	1	455	1930	58	2	8		45	X	X	X	X							
Ham & Swiss on Plain	8.8 oz	251	520	18	7	0.5	410	1440	57	2	6		35	X	X	X	X							
Santa Fe on Asiago	10.3 oz	292	650	28	13	1	435	1520	61	0	8	0	37	X	X	X	X							
Texas Brisket on Jalapeno Bacon	11.5 oz	326	900	57	18	0.5	455	1830	56	2	7	4	42	X	X		X							
Turkey Sausage & Cheddar on Plain	8.8 oz	250	550	21	9	0.5	415	1200	57	2	6		33	X	X	X	X							

### Egg Sandwich Egg White

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Bacon & Cheddar on Plain	6.5 oz	184	400	10	5	0	25	1020	55	2	5		23	X	X	X	X							
Bacon Avocado Tomato, on Plain Thin	8.1 oz	230	420	19	4	0	15	910	47	3	6		18	X	X	X	X							
Breakfast BLT on Challah	8.4 oz	239	470	22	6	0	30	900	45	1	7	0	20	X	X	X	X							
Cheddar, Plain	6.1 oz	174	360	7	3.5	0	15	810	55	2	5		20	X	X	X	X							
Chorizo Avocado Sunrise on Cheddar Jalapeno Gourmet	9.6 oz	273	640	33	13	0	65	1280	60	2	7	0	28	X	X	X	X							
Farmhouse, 6 Cheese	9.4 oz	267	610	25	12	0	80	1810	57	2	7		38	X	X	X	X							
Garden Avocado on Everything	9.2 oz	262	450	15	2.5	0	5	900	62	3	7	0	18	X	X	X	X						X	
Ham and Swiss, Plain	7.6 oz	217	400	8	4	0	40	1330	56	2	5		29	X	X	X	X							
Santa Fe on Asiago	9.1 oz	257	520	18	9	0	65	1410	60	0	7	0	31	X	X	X	X							
Power Egg White 1 Egg	8.8 oz	251	370	14	3	0	25	830	40	7	7		23	X	X	X	X							
Power Egg White 2 Egg	10.9 oz	309	410	15	3.5	0	25	990	41	7	7		29	X	X	X	X							
Texas Brisket on Jalapeno Bacon	10.3 oz	292	780	47	14	0	85	1710	54	2	6	4	35	X	X		X							
Turkey Sausage & Cheddar on Plain	7.6 oz	215	430	11	5	0	40	1090	56	2	6		27	X	X	X	X							

### Breakfast Burrito

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Chorizo and Potato Breakfast Burrito	14.0 oz	398	1120	68	30	1	490	2430	77	4	6	0	49	X	X		X							

### Lunch Sandwiches - Deli

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Avocado Veg Out on Sesame	9.2 oz	260	410	12	4	0	15	670	64	3	8	0	13		X	X	X							
Ham Deli on Potato Roll	11.8 oz	335	620	24	6	0	95	2440	58	3	9		39	X	X	X	X							
Nova Lox on Plain	9.7 oz	276	490	17	9	0	50	1350	61	3	9		23		X	X	X				X		Salmon	
Pastrami Deli on Potato Roll	11.8 oz	335	750	135	19	0	115	1770	58	3	7		39	X	X	X	X							
Turkey Avocado Club on Potato Roll	12.3 oz	349	680	30	6	0	70	2490	64	5	11		34	X	X	X	X							
Turkey, Bacon, and Swiss on Challah	11.6 oz	330	620	29	9	0	95	2420	51	4	11		36	X	X	X	X							
Turkey Deli on Potato Roll	11.8 oz	335	600	22	6	0	75	2330	64	4	10		34	X	X	X	X							

### Lunch Sandwiches - Hot

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Bagel Dog, Asiago	7.3 oz	207	590	30	12	1	60	1510	57	2	5		24		X	X	X							
Bagel Dog, Original	6.8 oz	193	540	26	10	1	45	1380	57	2	5		20		X	X	X							
Hot Pastrami on Everything	11.3 oz	320	690	124	19	0	115	2100	59	1	6	0	43		X	X	X						X	
Pizza Bagel, Cheese	6.5 oz	184	440	14	8	0	40	1080	58	2	6		24	X	X	X	X							
Pizza Bagel, Pepperoni	7.1 oz	201	530	22	11	0	55	1390	59	2	7		27		X	X	X							

### Sides

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Twice Baked Hash Brown	3.0 oz	85	170	11	6	0	35	260	11	1	1	0	7		X									
NNYB Original Kettle Chips	1.2 oz	35	180	10	1	0	0	170	21	2	0		2											

### Sweets

Item	Serving Size	Weight (g) Unless otherwise specified	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanut s	Fish	Shellfish	Sesame	Additional Info	
Apple Pie, Pastry	3.0 oz	85	250	10	4	0	0	180	38	1	16	15	3			X	X							
Cinnamon Roll	6.5 oz	185																						



<sup>1</sup> Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

<sup>2</sup> Cold smoked salmon is raw, consuming raw or undercooked seafood may result in food borne illness.

<sup>3</sup> Phenylketonurics: contains phenylalanine.

Nutrition information is based upon standard recipes, and rounded per federal requirements. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.

restaurant, there is possibility of food touching, allergens like wheat becoming airborne or common equipment being utilized to handle foods containing any of the major allergens. If you have an allergen concern of any type,