Manhattan Bagels Nutritional Information														Allergen Information										
Menu Item	Serving Size	Weight (g.); unless other-wise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Classic Bagels																								
Plain	1 bagel	115	310	10	1	0	0	0	630	64	4	3	12				X							
Honey Whole Wheat	1 bagel	102	260	25	3	0	0	0	430	49	7	7	12			X [1]	X							
Signature Flavors of Bagels																								
Blueberry	1 bagel	108	300	10	1	0	0	0	470	61	2	10	10			X [1]	X							
Chocolate Chip	1 bagel	78	300	25	3	1.5	0	0	460	59	2	10	10	X	X	X	X							
Cheddar	1 bagel	115	320	15	1.5	0	0	0	650	67	3	3	11				X							
Cinnamon Raisin	1 bagel	115	330	10	1	0	0	0	600	70	3	10	11				X							
Egg	1 bagel	115	320	20	2	0	0	0	820	67	3	3	11	X		X	X							
Everything	1 bagel	118	320	20	2	0	0	0	980	64	4	3	12				X							
Garlic	1 bagel	120	330	10	1	0	0	0	630	68	4	3	12				X							
Honey Whole Wheat Everything	1 bagel	108	280	25	2.5	0	0	0	990	59	3	8	10			X [1]	X							
Jalapeno Cheddar	1 bagel	115	320	15	1.5	0	0	0	640	67	3	3	11				X							
Thin Plain	1 bagel	50	120	10	1	0	0	0	240	25	1	2	4		X	X [1]	X							
Multigrain	1 bagel	122	350	20	2	0	0	0	690	70	5	12	12				X							
Onion	1 bagel	120	330	10	1	0	0	0	630	68	4	3	12				X							
Poppy	1 bagel	118	330	25	3	0	0	0	630	64	4	3	12				X							
Pumpernickel	1 bagel	103	270	10	1.5	0	0	0	520	55	3	4	10			X	X							
Rye	1 bagel	115	310	15	1.5	0	0	0	630	66	3	3	11				X							
Salt	1 bagel	122	310	10	1	0	0	0	3410	64	4	3	12				X							
Sesame Seed	1 bagel	105	330	70	8	0	0	0	530	52	2	5	11				X							
Gourmet Bagels																								
Asiago	1 bagel	125	340	35	4	1.5	0	10	720	64	4	3	15		X		X							
Blueberry Glaze	1 bagel	129	370	10	1	0	0	0	500	79	2	25	11			X [1]	X							
California Power Bagel	1 bagel	113	350	50	6	1	0	0	290	64	4	17	12				X	X						Walnuts
Super Cinnamon	1 bagel	129	360	10	1	0	0	0	630	77	5	16	12				X							
Super Cinnamon Raisin	1 bagel	129	380	10	1	0	0	0	600	83	4	23	11				X							
Rolls/Breads																								
Cheddar Roll	1 bagel	112	340	80	9	3	0	15	610	52	2	5	13		X	X	X							
Asiago Roll	1 bagel	112	330	70	8	2.5	0	15	660	52	2	5	13		X	X	X							
Sesame Roll	1 bagel	129	400	80	9	0	0	0	640	65	4	3	16				X							
Croissant	4 oz	113	390	190	22	9	0	0	570	43	2	5	8		X		X							

Menu Item	Serving Size	Weight (g.); unless other-wise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Steak Roll	2 oz	74	190	10	1	0	0	0	480	41	2	2	7				X							
Focaccia	4 oz	113	300	70	8	1	0	0	570	50	4	2	8				X							
Bialy	1 bagel	149	380	30	4	0	0	0	700	77	4	5	11				X							
Bagels in California																								
Plain	1 bagel	101	260	10	1	0	0	0	460	56	2	5	9			X [1]	X							
Honey Whole Wheat	1 bagel	103	250	10	1	0	0	0	440	56	3	8	9			X [1]	X							
Blueberry	1 bagel	108	300	10	1	0	0	0	480	65	3	11	10			X [1]	X							
Chocolate Chip	1 bagel	108	290	25	2.5	1	0	0	430	58	3	10	9			X [1]	X							
Cinnamon Raisin	1 bagel	108	290	10	1	0	0	0	450	63	3	13	10			X [1]	X							
Cinnamon Sugar	1 bagel	110	290	20	2.5	1	0	0	480	63	2	12	9		X	X [1]	X							
Egg	1 bagel	101	300	45	5	1.5	0	120	490	54	2	6	12	X		X [1]	X							
Everything	1 bagel	105	270	20	2	0	0	0	620	56	2	5	9			X [1]	X							
Garlic	1 bagel	105	270	20	2.5	0	0	0	460	56	2	5	9			X [1]	X							
Onion	1 bagel	105	270	10	1	0	0	0	460	59	2	5	9			X [1]	X							
Poppy	1 bagel	105	280	25	3	0	0	0	460	56	2	5	9			X [1]	X							
Power Bagel	1 bagel	113	310	45	5	0.5	0	0	280	61	4	16	11			X [1]	X	X						Walnuts
Potato	1 bagel	100	270	35	4	0.5	0	0	500	52	2	5	8			X [1]	X							
Pumpernickel	1 bagel	101	240	10	1.5	0	0	0	490	53	3	4	9			X [1]	X						X	
Bagel Sticks																								
Everything	1 bagel	122	350	22	2.5	0	0	0	1230	70	3	3	12			X [1]	X							
Garlic	1 bagel	122	330	10	1	0	0	0	630	70	4	3	12			X [1]	X							
Onion	1 bagel	122	330	10	1	0	0	0	630	70	4	3	12			X [1]	X							
Poppy Seed	1 bagel	122	350	45	5	0	0	0	630	65	4	3	13			X [1]	X							
Salt	1 bagel	122	310	10	1	0	0	0	3410	64	4	3	12			X [1]	X							
Sesame Seed	1 bagel	119	330	30	3	0	0	0	630	64	4	3	13			X [1]	X							
Cream Cheese and Hummus																								
Scallion Cream Cheese	1.5 oz	42	140	110	12	8	0	35	120	5	0	2	2		X									
Plain (block) Cream Cheese	1.25 oz	35	130	100	11	8	0	40	135	3	0	1	3		X									
Plain Cream Cheese	1.25 oz	35	120	110	12	8	0	35	115	2	0	2	2		X									
Lox Cream Cheese	1.25 oz	35	110	100	11	6	0	35	210	4	0	2	2		X					X				Salmon
Veggie Whipped Reduced Fat Cream Cheese	1.5 oz	43	130	90	10	7	0	30	210	6	0	2	3		X									
Honey Almond Whipped Reduced Fat Cream Cheese	1.5 oz	43	150	90	10	7	0	25	90	13	0	9	2		X			X						Almonds
Plain Reduced Fat Whipped Reduced Fat Cream Cheese	1.5 oz	43	130	90	10	7	0	30	210	5	0	2	3		X									

Menu Item	Serving Size	Weight (g.); unless other-wise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Garlic Herb Whipped Reduced Fat Cream Cheese	1.5 oz	43	130	90	10	7	0	30	210	6	1	2	3		X									
Jalapeno Salsa Whipped Reduced Fat Cream Cheese	1.5 oz	43	130	90	10	7	0	30	220	7	1	2	2		X									
Strawberry Whipped Reduced Fat Cream Cheese	1.5 oz	43	140	90	10	7	0	30	105	11	0	8	2		X									
Hummus	2oz	57	100	80	9	5	0	0	270	12	3	2	5		X	X	X							
Coffee																								
Coffee	R, L, XL		5	0	0	0	0	0	0	0	0	0	0											
Coffee Decaf. (R, L, XL)	R, L, XL		5	0	0	0	0	0	0	0	0	0	0											
Coffee, Specialty (with 2% Milk)																								
Espresso Single	2 oz	59 ml	5	0	0	0	0	0	0	0	0	0	0											
Espresso Double	4 oz	118 ml	5	0	0	0	0	0	0	0	0	0	0											
Americano, 12 oz	12 fl oz	355 ml	0	0	0	0	0	0	5	0	0	0	0											
Americano, 16 oz	16 fl oz	473 ml		0	0	0	0	0	5	0	0	0	0											
Americano, 20 oz	20 fl oz	591 ml		0	0	0	0	0	10	0	0	0	0											
Cafe Latte, 12 oz	12 fl oz	355 ml	110	35	4	2.5	0	15	0	11	0	10	7		X									
Cafe Latte, 16 oz	16 fl oz	473 ml	140	50	5	3.5	0	20	0	13	0	13	9											
Cafe Latte, 20 oz	20 fl oz	591ml	170	60	7	4	0	25	0	17	0	16	12											
Cafe Latte, 24 oz	24 fl oz	710 ml	200	70	8	5	0	30	0	20	0	19	14											
Cappuccino, 12 oz	12 fl oz	355 ml	90	3.5	2	2.0	0	15	0	9	0	9	6		X									
Cappuccino, 16 oz	16 fl oz	473 ml	120	45	5	3	0	20	0	12	0	12	9											
Cappuccino, 20 oz	20 fl oz	591 ml	160	50	6	3.5	0	25	0	15	0	15	11											
Dark Chocolate Mocha, 12 oz	12 fl oz	355 ml	290	80	9	6	0	35	40	43	0	42	9		X	X	X							
Dark Chocolate Mocha, 16 oz	16 fl oz	473 ml	350	90	10	6	0	40	55	55	0	54	11											
Dark Chocolate Mocha, 20 oz	20 fl oz	591 ml	410	100	11	7	0	40	65	67	0	66	13											
Dark Chocolate Mocha, 24 oz	24 fl oz	710 ml	490	110	13	8	0	50	80	81	0	81	16											
White Chocolate Mocha, 12 oz	12 fl oz	355 ml	300	80	9	6	0	35	45	48	0	47	9		X									
White Chocolate Mocha, 16 oz	16 fl oz	473 ml	430	90	10	6	0	40	85	73	0	71	12											
White Chocolate Mocha, 20 oz	20 fl oz	591 ml	460	100	11	7	0	45	70	79	0	78	14											
White Chocolate Mocha, 24 oz	24 fl oz	710 ml	560	110	13	8	0	50	85	96	0	95	17											
Caramel, Macchiato, 12 oz	12 fl oz	355 ml	250	70	7	4.5	0	25	50	39	2	35	9		X	X								
Caramel, Macchiato, 16 oz	16 fl oz	473 ml	330	80	9	6	0	30	75	54	3	47	12											
Caramel, Macchiato, 20 oz	20 fl oz	591 ml	400	90	10	6	0	35	95	68	3	59	14											
Caramel, Macchiato, 24 oz	24 fl oz	710 ml	440	150	17	10	0	60	85	62	3	55	14											
Hazelnut Mocha, 12 oz	12 fl oz	355 ml	280	60	7	4	0	25	25	47	0	46	9		X			X						Hazelnuts

Menu Item	Serving Size	Weight (g.); unless other-wise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Hazelnut Mocha, 16 oz	16 fl oz	473 ml	330	70	8	5	0	30	25	55	0	54	11											
Hazelnut Mocha, 20 oz	20 fl oz	591 ml	430	80	9	6	0	35	45	76	1	75	13											
Soy Latte, 12 oz	12 fl oz	355 ml	80	25	3	0	0	0	220	8	0	6	5			x								
Soy Latte, 16 oz	16 fl oz	473 ml	100	35	3.5	0	0	0	270	11	0	7	6											
Soy Latte, 20 oz	20 fl oz	591 ml	110	40	4	0	0	0	320	12	0	8	7											
Soy Latte, 24 oz	24 fl oz	710 ml	140	50	5	0	0	0	400	16	0	11	9											
Other Hot Beverages (with 2% milk)																								
Chai Tea Latte, 12 oz	12 fl oz	355ml	160	35	4	3	0	15	0	50	0	23	7		x									
Chai Tea Latte, 16 oz	16 fl oz	473 ml	210	45	5.0	3.0	0	20	0	66	0	30	9											
Chai Tea Latte, 20 oz	20 fl oz	591 ml	260	50	6	4	0	25	0	82	0	37	11											
Chai Tea Latte, 24 oz	24 fl oz	710 ml	310	70	7.0	5	0	30	0	99	0	44	13											
Hot Chocolate, 12 oz	12 fl oz	355 ml	280	80	9	6	0	35	35	41	0	39	9		x									
Hot Chocolate, 16 oz	16 fl oz	473 ml	350	90	10	6	0	40	55	55	0	54	11											
Hot Chocolate, 20 oz	20 fl oz	591ml	410	100	11	7	0	40	65	67	0	66	13											
Hot Chocolate, 24 oz	24 fl oz	710 ml	490	110	12	8	0	50	80	81	0	81	16											
Iced Specialty Coffee (with 2% milk)																								
Iced Americano (Regular and Large)	16 fl oz-24 fl oz	473 ml-709 ml	5	0	0	0	0	0	0	0	0	0	0											
Iced Coffee (Regular and Large)	16 fl oz-24 fl oz	473 ml-709 ml	5	0	0	0	0	0	0	0	0	0	0											
Iced Caramel Macchiato, 16 oz	16 fl oz	473 ml	350	130	15	9	0	55	70	46	2	40	10		x	x								
Iced Caramel Macchiato, 24 oz	24 fl oz	709 ml	440	150	17	10	0	60	95	62	3	55	14											
Iced Latte, 16 oz	16 fl oz	473 ml	130	45	5	3	0	20	0	13	0	12	9		x									
Iced Latte, 24 oz	24 fl oz	709 ml	170	60	7	4	0	25	5	17	0	16	12											
Iced Hazelnut Mocha, 16 oz	16 fl oz	709 ml	290	80	9	5	0	35	20	46	0	45	8		x			x						Hazelnuts
Iced Hazelnut Mocha, 24 oz	24 fl oz	473 ml	400	90	10	6	0	40	30	67	0	66	10											
Iced Dark Chocolate Mocha, 16 oz	16 fl oz	473 ml	370	120	14	8	0	50	65	53	0	53	9		x									
Iced Dark Chocolate Mocha, 24 oz	24 fl oz	709 ml	490	140	15	9	0	60	90	78	0	77	13											
Chillerz Frozen Blended Drinks																								
Caffe Latte, 18 oz	18 fl oz	532 ml	230	60	7	2.5	0	30	80	37	0	17	5		x									
Caffe Latte, 24 oz	24 fl oz	710 ml	310	80	8	2.5	0	40	110	51	0	25	7											
Caffé Caramel, 18 oz	18 fl oz	532 ml	390	100	11	7	0	35	135	72	3	65	5		x	x								
Caffé Caramel, 24 oz	24 fl oz	710 ml	650	150	16	10	0	50	230	124	4	113	8											

Menu Item	Serving Size	Weight (g.); unless other-wise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Caffé Mocha, 18 oz	18 fl oz	532 ml	420	90	10	6	0	35	125	79	0	78	4		X									
Caffé Mocha, 24 oz	24 fl oz	710 ml	690	140	15	9	0	50	210	135	0	134	7											
Strawberry Lemonade, 18 oz	18 fl oz	532 ml	370	0	0	0	0	0	15	95	0	89	1											
Strawberry Lemonade, 24 oz	24 fl oz	710 ml	500	0	0	0	0	0	5	127	0	119	2											
Wildberry, 18 oz	18 fl oz	532 ml	310	5	0	0	0	5	80	73	1	66	5											
Wildberry, 24 oz	24 fl oz	710 ml	430	5	0	0	0	5	105	102	1	92	7											
Lemonade, 16 oz	16 fl oz	473ml	140	0	0	0	0	0	10	39	0	36	0											
Poured Beverages																								
Blackberry Lemonade, 16 oz	16 fl oz	473ml	260	0	0	0	0	0	10	68	0	65	0											
Strawberry Lemonade, 16 oz	16 fl oz	473ml	220	0	0	0	0	0	10	57	0	54	0											
Orange Juice, 16 oz	16 fl oz	473 ml	230	15	1.5	0	0	0	0	54	0	48	4											
Apple Slices	4.0 oz	113	95	0	0	0	0	0	2	25	4.5	19	1											
Sides																								
Coleslaw	3.0 oz	85	120	60	7	1	0	5	190	15	2	13	1	X		X [1]								
Hash Browns	2.2 oz	63	140	70	8	1	0	0	130	15	2	0	1			X [1]								
Macaroni Salad	3.0 oz	85	190	120	13	3	0	10	470	16	1	5	3	X		X [1]								
Potato Salad, Homestyle	3.0 oz	85	110	35	4	0.5	0	5	350	18	2	5	2	X		X [1]								
Potato Salad, Red skin	3.0 oz	85	160	110	12	2.5	0	10	360	13	1	1	1	X		X [1]								
Nova Lox and cream cheese bagel	8.4 oz	228	560	170	19	10	0	60	1570	74	3	6	25		X		X			X				Salmon
Breakfast																								
Egg and Cheese on a plain bagel	7.3 oz	207	530	170	19	10	0.5	225	1540	64	4	4	26	X	X	X	X							
Egg, Bacon, & Cheese on plain bagel	7.6 oz	217	580	210	23	11	0.5	240	1730	64	4	4	31	X	X	X	X							
Egg, Ham, & Cheese on plain bagel	8.7 oz	249	580	190	21	11	0.5	250	2030	65	4	5	33	X	X	X	X							
Egg, Pork Roll, & Cheese on plain bagel	10.3 oz	292	770	330	37	17	1	290	2330	66	4	6	42	X	X	X	X							
Egg, Pork Sausage, & Cheese on plain bagel	9.2 oz	263	770	380	42	18	0.5	270	1910	65	4	4	33	X	X	X	X							
Egg, Turkey Sausage, & Cheese/ plain bagel	8.7 oz	247	600	210	23	11	0.5	255	1720	65	4	5	34	X	X	X	X							
Egg, Turkey Bacon, & Cheese on plain bagel lite	6.7 oz	192	360	110	12	5	0	35	860	38	5	6	27	X	X	X	X							
Omelet Wrap- Egg, Cheese, Pork Bacon	11 oz	314	660	310	34	14	0	550	2080	54	6	2	35	X	X	X	X							
Omelet Wrap- Egg, Cheese, Turkey Bacon	11oz	313	640	280	31	13	0	535	2070	54	6	2	36	X	X	X	X							
Omelet Wrap- Egg, Cheese, Ham	12.5 oz	355	650	270	30	13	0	550	2460	55	6	3	41	X	X	X	X							
Omelet Wrap- Egg, Cheese, Pork Roll	13.5 oz	384	820	410	45	19	0.5	585	2590	55	6	3	47	X	X	X	X							
Omelet Wrap- Egg, Cheese, Pork Sausage	10.5 oz	298	590	250	28	12	0	520	1790	53	6	1	31	X	X	X	X							
Omelet Wrap- Egg, Cheese, Turkey Sausage	11.9 oz	338	660	280	32	13	0	550	1970	54	6	2	39	X	X	X	X							

Menu Item	Serving Size	Weight (g.); unless other-wise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Omelet Wrap- Egg, Cheese, Steak	12.5 oz	355	670	280	31	14	0	555	1960	53	6	1	42	X	X	X	X							
Ranchero Wrap	13.2 oz	375	800	400	45	22	0.5	575	2280	61	7	4	38	X	X	X	X							
Croissant Classic	10.5 oz	298	880	570	63	28	0.5	335	1630	46	2	6	32	X	X	X	X							
Egg, Scrambled Patty	2.0 oz	57	90	50	6	1.5	0	240	80	1	0	1	7	X										
Egg White	3.0 oz	85	45	0	0	0	0	0	135	1	0	0	9	X										
Deli Sandwiches																								
Chicken Salad Criossant	8.9 oz	255	680	390	44	15	0.5	15	870	60	4	8	13	X		X [1]	X							
Turkey & Cheddar	10.3 oz	294	390	280	31	8	0.5	75	850	5	1	3	23	X	X	X	X							
Roast Beef on cheddar roll	10.5 oz	299	510	110	12	5	0	50	1060	68	4	11	31		X	X	X							
BLT on multigrain bread	7.2 oz	206	350	300	33	7	0	45	580	4	1	2	11			X	X							
Ham & Swiss on Sesame Bagel	11.3 oz	323	600	190	21	7	0	75	2080	69	3	10	35		X	X [1]	X							
White Albacore Tuna Wrap	8.6 oz	246	540	250	28	6	0	30	1000	53	7	2	23	X		X	X			X				Tuna
Signature Lunch																								
Manhattan Cheesesteak	11.1 oz	317	660	270	30	12	0	105	2050	59	5	10	39		X	X	X							
Village Veggie Wrap	10.7 oz	305	580	290	33	11	0.5	40	1230	62	8	6	13	X	X	X [1]	X							
Empire State Club	10.2 oz	269	360	230	25	5	0	90	1340	54	6	10	33	X		X	X							
Thintastic Turkey	8.3 oz	238	330	60	7	3.0	0	50	1030	42	6	8	28		X	X	X							
Thintastic Avocado BLT	6.7 oz	192	440	210	23	4	0	20	670	48	5	9	10	X		X [1]	X							
Chelsea Chicken	11.5 oz	327	750	330	37	12	0.5	120	1850	59	3	9	46	X	X	X [1]	X							
SoHo Chicken Caesar Wrap	13.1 oz	373	580	190	21	7	0	105	1710	59	8	4	42	X	X	X [1]	X			X				Anchovies
Ellis Island Hot Pastrami	9.3 oz	266	550	150	17	9	0	75	2040	73	3	3	33		X	X	X							
White Fish Salad	9 oz	257	590	200	22	3	0	55	1200	74	5	7	22	X	X	X	X			X				
Egg Salad	9 oz	257	500	150	16	3.5	0	270	800	67	5	5	22	X	X	X	X							
East Side Reuben on marble rye	10.8 oz	309	580	250	27	11	0	85	2670	54	6	5	34	X	X	X	X							
Bronx Bomber	7.1 oz	202	580	250	27	11	0	85	2670	54	6	5	34		X	X	X							
Pizza Bagel																								
Pizza Bagel	9.1 oz	259	520	120	13	8	0	40	1690	78	6	8	26		X	X	X							
Soups																								
Chicken Noodle	18.3 oz	518	250	70	7	2	0	125	1880	30	2	2	15	X		X	X							
Timberline Chili	18.7 oz	530	240	80	8	3	1	35	940	27	8	5	16		X	X	X							
Cream of Broccoli	16.0 oz	454	320	160	18	9	0	50	1800	27	2	15	15		X	X	X							
Lumberjack Vegetable	18.7 oz	530	250	90	10	4	0	10	2780	35	10	8	6			X	X							
Boston Clam Chowder	16.0 oz	454	360	150	17	6	1	45	1700	40	1	12	16		X	X	X			X	X			

Menu Item	Serving Size	Weight (g.); unless other-wise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Italian Wedding	16.0 oz	454	190	60	7	3	0	15	1350	23	2	2	9	X	X	X	X							
Salads																								
Grilled Chicken Caesar (without dressing)	10.5 oz	298	300	100	11	4.5	0	85	820	19	4	3	34	X	X	X [1]	X			X				Anchovies
NY Deli Chef Salad (without dressing)	13.2 oz	375	410	200	22	10	0	240	1300	21	4	5	35	X	X	X [1]	X							
Garden Market Salad (without dressing)	9.3 oz	265	140	45	5	1	0	0	250	21	5	5	5		X	X [1]	X							
Garden Market Salad with Chicken salad (without dressing)	12.3 oz	350	380	220	25	4.5	0	50	580	23	5	5	18	X	X	X [1]	X							
Garden Market Salad with Tuna Salad (without dressing)	12.3 oz	350	340	180	20	3.5	0	30	490	22	5	5	20	X	X	X	X			X				Tuna
Country Club with Grilled Chicken (without dressing)	11.3 oz	323	310	130	14	4	0	210	720	20	4	4	27		X	X		X						
Fresh Fruit Salad Cup	4 oz	113	60	0	0	0	0	0	10	16	2	14	1											
Salad Dressings																								
Asian Dressing	3.0 oz	85	370	290	32	5	0	0	1170	16	0	16	0			X	X							
Caesar Dressing	3.0 oz	85	410	400	44	7	0	25	960	3	0	3	3	X	X	X [1]	X			X				Anchovies
Lighter Side Breakfast																								
Thintastic Asparagus & Mushroom Egg White	7.9 oz	225	390	150	17	4.5	0	20	860	40	6	7	23	X	X	X [1]	X							
Thintastic Classic Egg White	6.8 oz	194	360	100	11	5	0	35	860	44	2	7	25	X	X	X	X							
Fruit and Yogurt Parfait Light and Fit	7.3 oz	206	180	15	1.5	0	0	0	110	37	3	20	6		X		X	X						Almonds, Aspartame
Sweets																								
Cheese Danish	4.0 oz	113	450	230	25	8	0	35	390	49	4	18	7	X	X	X	X							
Chocolate Chip Cookie	3.0 oz	85	280	160	18	9	0	15	250	51	2	27	5	X	X	X	X							
Snickerdoodle Cookie	3.1 oz	89	370	140	15	7	0	20	240	56	1	29	4	X	X	X	X	X						
Iced Sugar Cookie	3.7 oz	106	550	190	22	10	0	15	170	84	1	50	5	X	X	X	X							
Double Chocolate Brownie	2.7 oz	76	310	140	16	5	0	25	180	42	2	27	4	X	X	X	X							
Lemon Loaf Pound Cake	3.5 oz	99	390	170	19	4	0	75	356	51	0	32	4	X	X	X	X							
Marble Pound Cake	4.0 oz	113	430	200	22	10	0	130	440	52	1	31	6											
Banana Nut Muffin	6.2 oz	177	640	310	34	6	1	95	540	75	2	39	8	X	X	X [1]	X	X						Almonds, Walnuts
Blueberry Muffin	6.2 oz	177	590	270	30	6	0	90	550	75	1	37	7	X	X	X [1]	X							
Cinnamon Chip Muffin	5.6 oz	159	630	290	32	9	0	100	530	80	1	46	7	X	X	X [1]	X							
Cranberry Orange Muffin	5.6 oz	159	600	280	31	6	0	100	620	73	1	38	7	X	X	X [1]	X							
Corn Muffin	5.6 oz	159	690	320	35	6	0	110	680	86	1	35	9	X	X	X	X							
Original Crumb Cake	6.0 oz	170	740	350	39	11	1	50	570	89	2	45	7	X	X	X	X							
Raspberry Crumb Cake	6.0 oz	170	700	300	34	9	0	45	520	93	1	51	6	X	X	X	X							
Double Chocolate Muffin	6.2 oz	177	630	320	35	8	1	90	630	74	3	44	8	X	X	X	X							

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Cinnamon Bun	5.0 oz	142	420	70	8	2	1	0	610	80	2	36	8	x	x	x	x							
Cinnamon Twist	4.0 oz	114	370	160	18	7	0	0	10	20	2	19	5			x	x							
Apple Cinnamon Coffee Cake	4.2 oz	118	480	200	22	10	0	90	320	66	0	32	6			x	x							
Coffee Streusel	4.2 oz	118	480	200	22	10	0	90	320	66	2	32	6			x	x							
Crumb Cake	4.2 oz	118	540	220	24	12	0	90	320	76	0	36	6			x	x							

Effective Jan, 2015

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

2 Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness.

3 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 for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.

Guest satisfaction and safety is our most valued priority. We prepare and use food ingredients containing all 8 major allergens in our restaurant kitchens. Although measures are taken to prevent cross contact, as a bakery/ 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, please openly discuss your needs with your server to fully understand all the facts you need to decide on a safe dining choice that fits your unique allergen needs. - Thank you.