

Bagels	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cinnamon Bagel	240	5	0.5	0		0	0		270	150	52	3	2	7
Garlic Bagel	250	5	0.5	0		0	0		270	170	52	2	3	7
Onion Bagel	240	5	0.5	0		0	0		270	160	51	2	3	7
Parmesan Bagel	240	10	1.0	0		0	0		290	140	50	2	2	7
Plain Bagel	240	5	0.5	0		0	0		270	140	50	2	2	7
Poppy Seed Bagel	250	15	1.5	0		1.0	0		270	150	51	2	3	7
Sesame Seed Bagel	250	15	2.0	0		0.5	0.5		270	150	51	2	2	7
Wheat Bagels	220	10	1.5	0		0	0		360	200	45	5	3	8

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Bread (Serving Size=1 Roll)

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
French Hoagie	200	5	0.5	0		0	0		430	65	42	2	3	6
Italian Hoagie	200	5	0.5	0		0	0		430	65	42	2	3	6

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Bread (Serving Size=2 Halves)

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Ciabatta	280	70	8	1.0		3.0	2.0		350	70	46	2	3	6

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Bread (Serving Size=2 Slices)		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Gluten Free Bread		270	110	12	1.5	0	4.0	6	55	410	130	38	3	6	5
Lite Rye		230	10	1.0	0		0	0		580	110	47	3	3	7
Pumpernickel		220	10	1.0	0		0	0		530	105	46	3		7
Sourdough		220	5	0.5	0		0	0		550	75	47	2	4	6
Wheat		210	10	1.0	0		0	0		670	95	44	3	6	7

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Breakfast	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Heidi's Breakfast Burrito (Bacon)	610	220	25	9		1.0	2.0	230	2130	250	67	4	2	26
Heidi's Breakfast Burrito (Ham)	570	170	19	7		1.0	2.0	240	2190	250	72	4	6	25
Heidi's Breakfast Burrito (Sausage)	840	440	49	18		1.0	2.0	275	1970	250	67	4	2	28
Veggie Breakfast Sandwich with Plain Bagel	550	250	28	8		2.0	8	35	440	720	66	8	9	12
World Famous Breakfast Sandwich (Bacon) with Plain Bagel And	520	190	22	9		1.0	2.0	245	1230	210	51	2	3	27
World Famous Breakfast Sandwich (Ham) with Plain Bagel And C	490	140	16	7		1.0	2.0	260	1490	210	57	2	7	27
World Famous Breakfast Sandwich (Sausage) with Plain Bagel a	750	400	46	18		1.0	2.0	290	1060	210	51	2	3	29

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Clean Cold Sandwiches (No Bread Or Optional Spread)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
BLT with Avocado	290	230	26	7		1.0	5.0	15	360	470	10	5	3	5
Bay Ridge Bomber	570	390	44	10		1.5	6	245	1370	540	12	5	4	31
Cajun Turkey with Avocado with Cajun Sauce	320	170	20	2.5		1.0	5.0	75	670	490	11	5	4	33
Chicken Salad Sandwich	280	180	20	4.5		0		40	610	240	11	2	8	15
Country Dijon Egg Salad Sandwich	340	260	29	5		1.0	3.0	315	380	330	7	2	4	10
Fresh Mozzarella with Pesto Sauce	420	290	33	14				60	450	170	8		5	19
Genoa Salami And Provolone Ham & Cheese	480	330	38	16		0		105	1200	230	8	2	3	29
Heidi's Club (Ham, Turkey And Roast Beef)	350	150	17	8		0		100	1350	230	10	2	7	35
Heidi's Club (Turkey And Bacon)	210	50	6	2.0		0		80	780	230	7	2	4	33
Italian Submarine	270	130	14	4.0		0		80	830	230	6	2	3	34
Lox (Nova Scotia Salmon) with Cream Cheese	800	610	69	19		15	12	95	1280	250	8	2	5	31
Pastrami	300	170	19	10		0	2.0	70	610	290	8	2	5	24
Roast Beef	260	120	14	5				90	1400					27
Roast Turkey	190	45	5.0	2.0		0		75	330	230	6	2	3	30
Transplanted New Yorker with Cajun Sauce	150	20	2.0			0		70	600	230	6	2	3	32
Tuna Salad Sandwich	540	360	41	14		1.0	5.0	90	1260	490	14	5	6	30
Veggie Sandwich with Cream Cheese	270	150	17	2.5		0		45	540	440	11	2	7	17
	220	140	16	7		1.5	7	25	135	590	15	6	6	5

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Clean Hot Sandwiches (No Bread Or Optional Spread)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
American Chicken	220	35	4.0	3.5		0	0	55	1570	300	20	3	4	26
American Chicken: Add Cheddar	130	90	10	6				40	210					9
American Chicken: Add Havarti	130	80	9	6				35	190					8
American Chicken: Add Pepper Jack	130	90	10	6				35	190		1			8
American Chicken: Add Provolone	110	80	9	6				25	280					8
American Chicken: Add Swiss	170	110	12	8				45	90		2			12
Brooklyn Hot Dog with Mustard	390	200	22	7	1.0	1.0	6		1180	60	31		5	17
Cajun Crab Cake with Cajun Sauce	560	390	44	6		1.0	5.0	65	1230	490	32	5	10	22
Chicken Parmesan with Marinara Sauce	410	150	18	11	0	0	0	90	2460	65	23	3	7	38
Coney Island Reuben (Corned Beef) with 1000	520	320	36	14				135	2020	105	9		7	38
Coney Island Reuben (Pastrami) with 1000 Isl	520	320	36	14				135	1860	105	9		7	36
Eggplant Parmesan with Marinara Sauce	520	330	37	12	0	8	6	35	1250	200	29	5	9	17
French Dip with Au Jus	190	40	4.5	2.0				75	1860	0	5			28
Hot Corned Beef with Cole Slaw	370	190	22	7		0		80	1480	230	17	3	13	28
Italian Sausage & Peppers with Marinara Sauce	540	400	45	10		10	8	55	1370	190	16	3	9	16
Meatball with Marinara Sauce	490	310	35	15				80	1600		16	2	7	27
Pastrami	450	210	24	9				160	2360					49
Roasted Italian Peppers with Marinara Sauce	270	170	20	5.0		4.5	3.5	15	940	220	16	3	9	7
Salmon Melt with Cajun Sauce	550	370	42	15		1.0	5.0	95	730	490	13	5	4	34

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Clean Salads (No Dressing)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Awesome Salad	270	180	20	7		1.0	5.0	25	140	700	13	7	4	11
Caesar Salad	160	70	8	4.5	0	0	0	20	500	290	11	3	2	11
Chef Salad	490	210	24	11		1.0	2.5	330	1380	490	18	3	7	48
Greek Salad	270	140	16	4.5		0	0	20	1630	540	23	5	5	8
Green Salad	60	5	0.5	0		0			15	570	12	4	6	3
Green Salad with Chicken	210	40	4.5	4.0		0		70	690	570	12	4	6	31
Green Salad with Salmon	300	130	15	6		0		60	530	570	12	4	6	31

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Clean Wraps (On Tomato Basil Tortilla)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brooklyn Veggie Wrap	650	300	34	15		1.0	7	50	1140	600	73	8	8	16
Caribbean Ham & Cheese	660	270	31	8		1.0	5.0	55	1660	530	65	7	6	30
Chicken Salad Wrap	590	240	27	7		0		40	1330	240	63	4	8	23
Country Dijon Egg Salad Wrap	650	320	36	8		1.0	3.0	315	1100	330	59	4	4	18
Tuna Salad Wrap	580	210	24	5		0		45	1260	440	63	4	7	25
Turkey Wrap	440	80	9	3.0		0		55	1170	380	59	5	4	33

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Desserts		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brownies		570	150	16	4.5		2.0	1.5		510	0	94	4	68	7
Chocolate Chip Cookies		190	90	10	6		0	2.0	25	75	30	25	1	17	2

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Dressings

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette Dressing	120	100	11	1.5		4.0	4.5		430		5		4	
Creamy Caesar Dressing	180	160	18	3.5				20	470		3		1	1

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Side	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cole Slaw	130	90	10	2.0					200		11	2	10	1
Pickle Spear									470					
Potato Salad	240	150	17	2.5				15	530		18	2		2

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Smoothies	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Black Sunshine with Spirulina	230	10	1.0	0		0	0		35	330	56	7	45	4
Blueberry Monster	310	10	1.0	0		0	0		15	540	79	7	57	3
Caribbean Spice	320	5	0.5	0		0	0		15	670	82	7	61	3
Fruit Basket	330	10	1.0	0		0	0		15	740	81	8	60	4
Ocean Breeze	210	0	0			0			10	170	53	3	35	1
Power Punch	300	10	1.0	0		0	0	10	40	660	70	6	50	6
Summer Splash	280	5	1.0	0		0	0		15	690	71	6	53	3
Triple Berry	330	10	1.5	0		0.5	0		15	690	81	10	56	4
Tropical Tumbler	290	0	0	0		0			15	510	72	5	54	2

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Spreads	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
1000 Island Dressing	130	110	12	2.0				10	280		6		5	
Cajun Sauce	190	180	20	2.5		0		5	135	35	2		1	0
Cream Cheese	90	80	9	5		0	2.0	25	125	60	2		2	2
Marinara Sauce	20	0	0						140		3		2	0
Mayonnaise	200	200	22	3.0				10	150					
Mustard									350					
Spicy Mustard	30								280					

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