

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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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	230	150	17	4.0		1.0	5.0	15	760	470	10	5	3	11
Bay Ridge Bomber	610	480	54	13		1.5	6	230	1180	540	14	7	4	23
Cajun Turkey with Avocado with Cajun Sauce	360	220	25	4.5		3.0	8	75	500	490	11	5	4	24
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	570	430	49	19	0	0		125	2060	230	6	2	3	27
Heidi's Club (Ham, Turkey And Roast Beef)	310	160	18	10		0		85	1870	230	15	2	10	22
Heidi's Club (Ham, Turkey And Roast Beef)	190	50	6	2.0		1.0	1.5	65	1100	230	9	2	5	23
Heidi's Club (Turkey And Bacon)	260	120	13	4.0		2.0	3.0	80	930	230	6	2	3	29
Italian Submarine	730	580	65	16	0	15	12	80	1470	250	11	2	6	24
Liverwurst	300	220	24	8		3.0	11	155	1000	400	8	2	3	13
Lox (Nova Scotia Salmon) with Cream Cheese	310	180	21	10		0	2.5	75	580	270	7	2	4	24
Pastrami	310	220	25	9				80	1180		2	2		18
Roast Beef	160	30	3.0	1.0		0	1.0	60	870	230	6	2	3	23
Roast Turkey	180	60	7	2.0		2.0	3.0	70	430	230	6	2	3	23
Transplanted New Yorker with Cajun Sauce	490	340	39	11	0	1.0	5.0	75	1490	490	16	5	7	23
Tuna Salad Sandwich	270	150	17	2.5		0		45	540	440	11	2	7	17
Veggie Sandwich with Cream Cheese	210	150	17	7		1.5	7	30	100	530	12	5	4	5

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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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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 Havarti	140	110	12	8				40	240					6
American Chicken: Add Pepper Jack	130	90	10	7				30	190		1		1	8
American Chicken: Add Provolone	80	50	6	3.0	0			15	150					6
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	7		1.0	5.0	65	1230	490	32	5	11	22
Chicken Parmesan with Marinara Sauce	380	130	15	9	0	0	1.5	80	2380	80	23	3	7	37
Coney Island Reuben (Corned Beef) with 1000 Island Dressing	470	290	33	12			4.0	115	2080	105	9		7	30
Coney Island Reuben (Pastrami) with 1000 Island Dressing	570	410	46	17				125	1670	105	11	2	7	28
Eggplant Parmesan with Marinara Sauce	490	310	35	9	0	8	8	25	1170	210	29	5	9	16
French Dip with Au Jus	160	25	3.0	1.0			1.0	60	2400	0	5			22
Hot Corned Beef	180	80	9	3.0		0	4.0	60	1340	230	6	2	3	19
Hot Corned Beef with Cole Slaw	320	170	19	5.0		0	4.0	60	1550	230	17	3	13	20
Italian Sausage & Peppers with Marinara Sauce	780	600	68	19	0	11	9	120	2110	190	16	3	9	30
Meatball with Marinara Sauce	450	290	32	12	0			75	1470		16	2	7	25
Pastrami	530	390	44	16				140	1980		4	4		32
Philly Steak with Provolone Cheese	340	170	19	6	0	3.5	4.0	75	1370	220	9	2	4	29
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	16		1.0	5.0	85	730	490	13	5	6	34

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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	170	80	9	5		0	2.5	20	590	320	11	3	2	13
Chef Salad	480	220	25	12		2.0	4.0	320	1540	490	21	3	8	38
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
Salmon Caesar Salad	270	110	12	5		0	0	50	500	540	16	4	5	25

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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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Wraps (On Plain 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	660	320	36	15		1.5	8	60	1090	560	70	8	6	16
Caribbean Ham & Cheese	620	250	29	7		1.0	5.0	40	2030	530	69	7	8	21
Chicken Salad Wrap	590	240	27	7		0		40	1350	240	63	4	8	23
Country Dijon Egg Salad Wrap	650	320	36	8		1.0	3.0	315	1120	330	59	4	4	18
Tuna Salad Wrap	580	210	24	5		0		45	1280	440	63	4	7	25
Turkey Wrap	460	110	13	4.5		1.5	2.5	50	1060	380	59	5	4	27

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