



# NUTRITION AND ALLERGEN INFORMATION

Nutrition information is based on standard recipes. Variations may occur due to differences in suppliers and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products.

*Last item update: 05/01/17*



We prepare products 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 the possibility of food touching, allergens like wheat becoming airborne or common equipment being utilized to handle foods containing any of the major allergens.

Item Name	Quantity	Measure	Cals (kcal)	Fat-Cals (kcal)	Fat (g)	Sat-Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Allergens
<b>BAGELS &amp; TWISTS - BIG APPLE BAGELS LOCATIONS EXCEPT HENDERSON, NV AND FREMONT, CA</b>														
Bagel, 8-Grain	1	Serving	320	15	2	0.5	0	0	510	65	2	4	11	Contains Wheat
Bagel, Asiago Melt	1	Serving	370	60	6	3.5	0	15	650	65	2	4	15	Contains Milk, Wheat
Bagel, Banana Nut	1	Serving	330	30	3.5	0.5	0	0	460	65	3	7	11	Contains Walnuts, Wheat
Bagel, Blueberry	1	Serving	320	15	2	0.5	0	0	490	65	2	6	11	Contains Wheat
Bagel, Cheddar Herb	1	Serving	340	60	7	3.5	0	15	610	57	2	3	14	Contains Milk, Wheat
Bagel, Cheddar Melt	1	Serving	370	60	6	3	0	15	590	65	2	4	15	Contains Milk, Wheat
Bagel, Chocolate Chip	1	Serving	340	30	3.5	1.5	0	0	480	65	3	7	11	Contains Soy, Wheat
Bagel, Cinnamon Raisin	1	Serving	330	15	1.5	0.5	0	0	470	68	3	10	11	Contains Wheat
Bagel, Cinnamon Bun	1	Serving	350	40	4	2	0	0	480	66	2	9	11	Contains Milk, Soy, Wheat
Bagel, Cinnamon Danish	1	Serving	340	35	3.5	0.5	0	0	460	68	3	10	11	Contains Walnuts, Wheat
Bagel, Cinnamon Laced Apple Pie	1	Serving	330	35	3.5	2	0	0	470	63	2	8	10	Contains Milk, Soy, Wheat
Bagel, Cinnamon Sugar	1	Serving	370	15	2	0.5	0	0	500	78	3	16	11	Contains Wheat
Bagel, Egg	1	Serving	320	15	2	0.5	0	5	500	63	2	3	11	Contains Egg, Wheat
Bagel, Everything	1	Serving	340	30	3	0.5	0	0	1070	66	3	5	12	Contains Wheat
Bagel, French Toast	1	Serving	340	35	4	2	0	5	480	65	2	7	11	Contains Egg, Milk, Soy, Wheat
Bagel, Garlic	1	Serving	340	20	2.5	0.5	0	0	500	64	2	4	11	Contains Wheat
Bagel, Garlic Parmesan	1	Serving	330	30	3	1	0	<5	580	64	3	4	13	Contains Milk, Wheat
Bagel, Honey Oat	1	Serving	340	15	2	0.5	0	0	460	70	2	12	11	Contains Wheat
Bagel, Jalapeno	1	Serving	340	60	7	3.5	0	15	650	57	2	3	14	Contains Milk, Wheat
Bagel, Onion	1	Serving	340	15	2	0.5	0	0	500	70	3	7	12	Contains Wheat
Bagel, Plain	1	Serving	320	15	2	0.5	0	0	500	64	2	4	11	Contains Wheat
Bagel, Poppy Seed	1	Serving	350	40	4.5	1	0	0	500	66	3	4	13	Contains Wheat
Bagel, Pumpernickel	1	Serving	340	45	5	0.5	0	0	410	65	12	3	14	Contains Wheat
Bagel, Salt	1	Serving	320	15	2	0.5	0	0	3330	64	2	4	11	Contains Wheat
Bagel, Sesame Seed	1	Serving	360	50	5	1	0	0	500	66	3	4	13	Contains Wheat
Bagel, Strawberry	1	Serving	330	15	1.5	0.5	0	0	480	68	2	12	11	Contains Wheat
Bagel, Swiss Melt	1	Serving	370	50	6	3.5	0	10	530	64	2	4	15	Contains Milk, Wheat
Bagel, Tomato Basil	1	Serving	310	15	1.5	0.5	0	0	500	63	3	4	11	Contains Wheat
Bagel, Whole Wheat	1	Serving	320	15	2	0.5	0	0	480	65	2	4	11	Contains Wheat
Twist, Cheddar Herb	1	Serving	630	170	19	10	0.5	50	1100	87	4	5	27	Contains Milk, Wheat
Twist/Pizzaah Bread Base, Everything	1	Serving	500	35	4	1	0	0	1320	99	4	7	18	Contains Wheat
Twist/Pizzaah Bread Base, Plain	1	Serving	480	25	2.5	1	0	0	750	97	3	6	17	Contains Wheat
Twist/Pizzaah Bread Base, Poppy Seed	1	Serving	520	50	6	1	0	0	760	99	5	7	18	Contains Wheat
Twist/Pizzaah Bread Base, Sesame Seed	1	Serving	520	60	6	1.5	0	0	750	99	4	6	18	Contains Wheat

Item Name	Quantity	Measure	Cals (kcal)	Fat-Cals (kcal)	Fat (g)	Sat-Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Allergens
<b>BAGELS &amp; TWISTS - MY FAVORITE MUFFIN LOCATIONS - CENTENNIAL, LITTLETON, DENVER, CASTLE ROCK &amp; GRAND JUNCTION, CO; RENO &amp; SPARKS, NV; BEAVERTON, OR</b>														
MFM Bagel Cinnamon Raisin	1	Serving	320	10	1.5	0	0	0	520	69	3	13	11	Contains Wheat
MFM Bagel Cinnamon Sugar	1	Serving	350	10	1.5	0	0	0	560	74	3	16	11	Contains Wheat
MFM Bagel French Toast	1	Serving	340	30	3.5	1.5	0	5	530	68	2	13	11	Contains Egg, Milk, Soy, Wheat
MFM Bagel Honey Wheat	1	Serving	330	15	1.5	0	0	0	480	71	4	11	12	Contains Wheat
MFM Bagel Jalapeno	1	Serving	300	10	1.5	0	0	0	640	62	2	9	10	Contains Wheat
MFM Bagel Wheat Everything	1	Serving	360	25	3	0	0	0	1050	73	5	12	12	Contains Wheat.
MFM Bagel, Blueberry	1	Serving	330	15	1.5	0	0	0	550	69	2	12	11	Contains Wheat
MFM Bagel, Cheddar	1	Serving	380	50	6	3	0	15	640	68	2	10	14	Contains Milk, Wheat.
MFM Bagel, Egg	1	Serving	320	15	1.5	0	0	5	560	67	2	10	11	Contains Egg, Wheat.
MFM Bagel, Everything	1	Serving	350	25	3	0	0	0	1120	69	3	10	12	Contains Wheat
MFM Bagel, Jalapeno Cheddar	1	Serving	360	50	6	3	0	15	730	63	2	9	14	Contains Milk, Wheat
MFM Bagel, Onion	1	Serving	350	15	1.5	0	0	0	560	73	3	12	12	Contains Wheat
MFM Bagel, Parmesan	1	Serving	370	45	5	2.5	0	10	750	68	2	10	16	Contains Milk, Wheat.
MFM Bagel, Parmesan Garlic	1	Serving	350	20	2.5	0.5	0	0	610	70	2	10	13	Contains Milk, Wheat.
MFM Bagel, Pepper Jack	1	Serving	350	45	5	2.5	0	10	730	63	2	9	13	Contains Milk, Wheat
MFM Bagel, Plain	1	Serving	320	10	1.5	0	0	0	560	67	2	10	11	Contains Wheat
MFM Bagel, Poppy	1	Serving	360	40	4.5	0.5	0	0	560	69	3	10	12	Contains Wheat.
MFM Bagel, Sesame	1	Serving	360	45	5	0.5	0	0	560	69	3	10	12	Contains Wheat.
MFM Bagel, Spinach	1	Serving	320	10	1.5	0	0	0	550	66	2	9	11	Contains Wheat.
MFM Bagel, Spinach & Swiss	1	Serving	360	50	6	3	0	10	570	65	2	9	14	Contains Milk, Wheat
MFM Bagel, Swiss	1	Serving	380	50	6	3	0	10	590	67	2	10	15	Contains Milk, Wheat
MFM Bagel, Wheat	1	Serving	320	15	1.5	0	0	0	560	67	4	10	11	Contains Wheat
MFM Twist, Cheddar	1	Serving	630	170	19	10	0.5	50	1100	87	4	5	27	Contains Milk, Wheat
<b>BAGELS - MY FAVORITE MUFFIN LOCATIONS - CORPUS CHRISTI, TX; FAIRFAX, VA; MIDLAND, GA; VALLEY FORGE, PA; WARWICK RI; CENTERVILLE, OH. BIG APPLE BAGELS LOCATIONS - HENDERSON, NV, FREMONT, CA</b>														
MFM Bagel, Chocolate Chip	1	Serving	320	25	2.5	1.5	0	0	470	64	4	12	11	Contains, Soy, Wheat
MFM Bagel, Cinnamon Raisin	1	Serving	320	10	1	0	0	0	480	67	5	13	11	Contains Wheat
MFM Bagel, Egg	1	Serving	320	15	1.5	0.5	0	35	530	65	4	9	12	Contains Eggs, Wheat
MFM Bagel, Honey Wheat	1	Serving	310	10	1	0	0	0	500	64	6	10	11	Contains Wheat
MFM Bagel, Plain	1	Serving	320	10	1	0	0	0	520	66	4	9	11	Contains Wheat
MFM Bagel, Pumpernickel	1	Serving	310	10	1	0	0	0	500	65	4	10	10	Contains Wheat
MFM Bagel, Sourdough	1	Serving	310	10	1	0	0	0	500	64	4	9	11	Contains Wheat
MFM Bagel, Spinach	1	Serving	320	10	1.5	0	0	0	510	64	2	8	12	Contains Wheat
MFM Bagel, Blueberry	1	Serving	320	10	1	0	0	0	490	67	4	12	11	Contains Wheat
MFM Bagel, Cinnamon Sugar	1	Serving	350	10	1	0	0	0	520	73	5	15	11	Contains Wheat
MFM Bagel, Everything	1	Serving	330	10	1	0	0	0	510	69	4	12	11	Contains Wheat
MFM Bagel, Onion	1	Serving	380	10	1	0	0	0	320	77	4	7	14	Contains Wheat
MFM Bagel, Poppy	1	Serving	330	15	1.5	0	0	0	510	68	3	11	11	Contains Wheat
MFM Bagel, Sesame	1	Serving	320	15	1.5	0	0	0	510	66	4	9	11	Contains Wheat
MFM Bagel, Swiss	1	Serving	380	50	6	3	0	10	540	66	4	10	15	Contains Milk, Wheat

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<b>BAGELS - MY FAVORITE MUFFIN LOCATIONS - SICKLERVILLE, NJ</b>														
MFM Bagel, Blueberry	1	Serving	330	10	1	0	0	0	520	70	4	14	11	Contains Wheat
MFM Bagel, Cinnamon Raisin	1	Serving	320	10	1	0	0	0	500	68	4	13	11	Contains Wheat
MFM Bagel, Everything	1	Serving	330	10	1	0	0	0	530	69	4	12	11	Contains Wheat
MFM Bagel, Honey Wheat	1	Serving	320	10	1	0	0	0	510	68	6	15	12	Contains Wheat
MFM Bagel, Onion	1	Serving	380	10	1	0	0	0	340	77	4	7	14	Contains Wheat
MFM Bagel, Plain	1	Serving	320	10	1	0	0	0	540	66	4	9	11	Contains Wheat
MFM Bagel, Poppy	1	Serving	330	15	1.5	0	0	0	530	68	4	11	11	Contains Wheat
MFM Bagel, Pumpernickel	1	Serving	320	10	1	0	0	0	530	68	4	10	11	Contains Wheat
MFM Bagel, Sesame	1	Serving	320	15	1.5	0	0	0	530	66	4	9	11	Contains Wheat
<b>MUFFINS* (SEE NOTE BELOW)</b>														
Mini Banana Nut Muffin	1	Serving	110	60	7	1	0	10	65	12	1	6	2	Contains Egg, Milk, Soy, Walnuts, Wheat
Mini Blueberry Cheesecake Muffin	1	Serving	80	40	4.5	2	0	15	55	8	0	5	1	Contains Egg, Milk, Soy, Wheat
Mini Blueberry Muffin	1	Serving	90	40	4.5	1	0	10	70	12	0	7	1	Contains Egg, Milk, Soy, Wheat
Mini Chocolate Cheesecake	1	Serving	80	45	5	2	0	5	65	8	0	5	1	Contains Egg, Milk, Soy, Wheat
Mini Chocolate Chip Muffin	1	Serving	120	60	6	2	0	10	75	16	1	10	2	Contains Egg, Milk, Soy, Wheat
Mini Cinnamon Crumb Cake Muffin	1	Serving	120	50	6	2	0	15	75	16	0	10	1	Contains Egg, Milk, Soy, Wheat
Mini Cinnamon Swirl Cheesecake Muffin	1	Serving	90	50	5	2	0	15	55	9	0	6	1	Contains Egg, Milk, Soy, Wheat
Mini Deep Dish Apple Pie Muffin	1	Serving	90	30	3.5	1.5	0	10	40	14	0	9	1	Contains Egg, Milk, Soy, Wheat
Mini Double Chocolate Muffin	1	Serving	130	60	6	2	0	0	105	17	1	10	2	Contains Egg, Milk, Soy, Wheat
Mini Lemon Poppy Seed Muffin	1	Serving	90	40	4.5	1	0	10	70	12	0	7	1	Contains Egg, Milk, Soy, Wheat
Mini Orange Cranberry Muffin	1	Serving	100	45	5	1	0	15	80	13	0	7	1	Contains Egg, Milk, Soy, Wheat
Mini Pimpkin Spice Muffin	1	Serving	90	40	4.5	1	0	10	70	12	0	6	1	Contains Egg, Milk, Soy, Wheat
Banana Nut Chocolate Chip Muffin Large	1	Serving	740	340	38	9	0	75	460	92	4	53	10	Contains Egg, Milk, Soy, Walnuts, Wheat
Banana Nut Muffin Large	1	Serving	650	340	38	6	0	65	400	71	3	39	9	Contains Egg, Milk, Soy, Walnuts, Wheat
Blueberry Cheesecake Muffin Large	1	Serving	590	320	36	13	0	95	430	60	1	38	7	Contains Egg, Milk, Soy, Wheat
Blueberry Muffin Large	1	Serving	590	250	28	5	0	75	460	78	2	44	7	Contains Egg, Milk, Soy, Wheat
Boston Cream Pie Muffin	1	Serving	740	290	33	7	1	75	550	105	1	69	7	Contains Egg, Milk, Soy, Wheat
Carrot Cake Muffin Large	1	Serving	850	370	42	13	0	95	490	112	3	77	9	Contains Egg, Milk, Soy, Walnuts, Wheat
Cherry Cheesecake Muffin Large	1	Serving	620	310	35	13	0	95	450	69	1	46	7	Contains Egg, Milk, Soy, Wheat
Chocolate Cheesecake Muffin Large	1	Serving	650	340	38	14	0	45	540	70	4	42	8	Contains Egg, Milk, Soy, Wheat
Chocolate Chip Muffin Large	1	Serving	790	350	39	11	0	80	510	100	4	60	10	Contains Egg, Milk, Soy, Wheat
Cinnamon Crumb Cake Muffin Large	1	Serving	820	360	40	12	0	85	510	107	1	68	8	Contains Egg, Milk, Soy, Wheat
Cinnamon Swirl Cheesecake Muffin Large	1	Serving	690	370	42	16	0	100	450	70	1	47	8	Contains Egg, Milk, Soy, Wheat
Corn Bread Muffin Large	1	Serving	730	320	36	7	0	80	510	94	2	45	9	Contains Egg, Milk, Soy, Wheat
Deep Dish Apple Pie Muffin Large	1	Serving	560	200	22	6	0	45	350	85	1	57	5	Contains Egg, Milk, Soy, Wheat
Double Berry Crumb Muffin Large	1	Serving	560	240	27	5	0	70	430	73	2	41	7	Contains Egg, Milk, Soy, Wheat

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Double Chocolate Muffin Large	1	Serving	760	330	37	9	0	0	700	100	6	57	9	Contains Egg, Milk, Soy, Wheat
Georgia Peach Muffin Large	1	Serving	600	240	27	6	0	70	390	82	2	48	7	Contains Egg, Milk, Soy, Wheat
Lemon Poppy Seed Muffin Large	1	Serving	670	280	32	6	0	75	500	90	2	54	8	Contains Egg, Milk, Soy, Wheat
New York Almond Cheesecake Muffin Large	1	Serving	690	370	41	16	0.5	105	400	74	1	49	8	Contains Egg, Milk, Soy, Almonds, Wheat
Orange Cranberry Muffin Large	1	Serving	690	290	33	6	0	85	540	91	1	53	8	Contains Egg, Milk, Soy, Wheat
Pumpkin Cheesecake Muffin Large	1	Serving	590	320	36	13	0	100	430	61	1	37	7	Contains Egg, Milk, Soy, Wheat
Pumpkin Spice Muffin Large	1	Serving	600	230	26	6	0	70	380	86	2	51	7	Contains Egg, Milk, Soy, Wheat
Raspberry Amaretto Muffin Large	1	Serving	640	250	28	5	0	70	470	91	1	57	7	Contains Egg, Milk, Soy, Almonds (from almond extract), Wheat
Strawberry Cheesecake Muffin Large	1	Serving	580	280	31	12	0	85	400	67	1	46	7	Contains Egg, Milk, Soy, Wheat

\*Some of our restaurants make their muffins with egg white rather than whole egg, which reduces the cholesterol level by approximately 94% on average.

### CREAM CHEESE SPREADS - HOUSE MADE

Cranberry-Walnut Cream Cheese, SS 1.5 oz	1	Serving	140	110	12	7	0	30	110	6	0	4	2	Contains Milk, Walnuts
Apple Cinnamon Cream Cheese, SS 1.5 oz	1	Serving	130	100	11	7	0	30	120	6	0	3	2	Contains Milk
Blueberry Cream Cheese, SS 1.5 oz	1	Serving	130	100	11	7	0	30	120	6	0	4	2	Contains Milk
Cheddar & Bacon Cream Cheese, SS 1.5 oz	1	Serving	140	120	13	9	0	35	150	2	0	1	3	Contains Milk
Chocolate Chip Cream Cheese, SS 1.5 oz	1	Serving	140	100	12	8	0	30	115	7	0	5	2	Contains Milk, Soy
Cucumber Cream Cheese, SS 1.5 oz	1	Serving	100	90	10	7	0	25	100	2	0	0	2	Contains Milk
Dill Garlic, SS 1.5 oz	1	Serving	140	120	14	9	0	35	140	2	0	0	2	Contains Milk
Honey-Cinnamon Cream Cheese, SS 1.5 oz	1	Serving	150	110	13	9	0	35	130	6	0	4	2	Contains Milk
Jalapeno Cream Cheese, SS 1.5 oz	1	Serving	120	100	11	8	0	30	260	2	0	0	2	Contains Milk
Lite Plain Cream Cheese, SS 1.5 oz	1	Serving	100	80	9	6	0	25	140	2	0	1	4	Contains Milk
Lite Vegetable Cream Cheese, SS 1.5 oz	1	Serving	90	70	7	4.5	0	20	120	2	0	1	3	Contains Milk
Lox Cream Cheese, SS 1.5 oz	1	Serving	140	110	13	8	0	35	130	2	0	0	3	Contains Salmon, Milk.
Maple Walnut Cream Cheese, SS 1.5 oz	1	Serving	160	120	14	8	0	30	115	6	0	4	2	Contains Milk, Walnuts
Plain Cream Cheese, SS 1.5 oz	1	Serving	140	120	13	9	0	35	140	2	0	0	2	Contains Milk
Salsa Cream Cheese, SS 1.5 oz	1	Serving	130	110	12	9	0	35	170	2	0	0	2	Contains Milk
Scallion Cream Cheese, SS 1.5 oz	1	Serving	130	110	12	8	0	30	125	2	0	0	2	Contains Milk
Strawberry Cream Cheese, SS 1.5 oz	1	Serving	130	100	11	7	0	30	120	5	0	4	2	Contains Milk
Tomato-Basil Cream Cheese, SS 1.5 oz	1	Serving	140	120	13	9	0	35	135	3	0	1	2	Contains Milk
Vegetable Cream Cheese, SS 1.5 oz	1	Serving	120	100	11	8	0	30	120	2	0	1	2	Contains Milk
Walnut Raisin Cream Cheese, SS 1.5 oz	1	Serving	140	110	12	8	0	30	115	5	0	3	2	Contains Milk, Walnuts

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<b>CREAM CHEESE SPREADS - PREPACK TUBS - COMPLETE INFO ON TUB</b>														
Classic Plain, SS in store on bagel 1.5 oz	1	Serving	120	105	12	8	0	30	150	2	0	0	2	Contains Milk
Garden Veggie, SS in store on bagel 1.5 oz	1	Serving	120	105	11	7	0	30	210	3	0	0	2	Contains Milk
Jalapeno Salsa, SS in store on bagel 1.5 oz	1	Serving	120	105	11	7	0	35	180	3	0	0	2	Contains Milk
Onion & Chive, SS in store on bagel 1.5 oz	1	Serving	120	105	12	8	0	30	195	3	0	0	2	Contains Milk
Reduced Fat Classic Plain, SS in store on bagel 1.5 oz	1	Serving	90	70	7	5	0	25	140	2	0	0	3	Contains Milk
Very Strawberry, SS in store on bagel 1.5 oz	1	Serving	120	90	11	6	0	30	130	6	0	5	2	Contains Milk
<b>BREAKFAST SANDWICH FILLINGS</b>														
Breakfast BLT, Plain Cream Cheese	1	Serving	150	110	12	7	0	35	210	4	1	2	5	Contains Milk
Breakfast Morning Classic	1	Serving	130	90	10	4	0	255	310	1	0	1	9	Contains Egg, Milk, Soy
Breakfast Northern Omelette	1	Serving	370	290	32	12	0	295	680	3	0	2	17	Contains Egg, Milk, Soy
Breakfast Ranchero	1	Serving	200	140	15	6	0	260	610	3	1	1	13	Contains Egg, Milk
Breakfast Southern Tradition, Bacon	1	Serving	170	110	12	5	0	260	410	1	0	1	12	Contains Egg, Milk, Soy
Breakfast Southern Tradition, Ham	1	Serving	170	100	11	4.5	0	265	720	3	0	2	14	Contains Egg, Milk, Soy
Breakfast Southern Tradition, Pork Sausage	1	Serving	370	290	32	12	0	295	680	2	0	1	17	Contains Egg, Milk, Soy
French Toast sandwich with Egg, BAB Bagel included	1	Serving	1020	490	55	26	1	345	1210	107	2	28	26	Contains Egg, Milk, Soy, Wheat
French Toast sandwich with Egg, MFM Bagel included	1	Serving	1060	490	55	26	1	350	1320	117	2	35	27	Contains Egg, Milk, Soy, Wheat
Just Veggie	1	Serving	90	50	6	2	0	240	75	3	1	1	7	Contains Egg
Lox and Cream Cheese, Plain CC	1	Serving	300	210	23	14	0	80	220	6	1	2	15	Contains Salmon, Milk
Start Fresh	1	Serving	180	90	10	4	0	50	490	4	1	2	18	Contains Egg, Milk
<b>LUNCH SANDWICH FILLINGS</b>														
Toasted, Café Chicken Melt, SS 1 order	1	Serving	450	260	29	11	0.5	110	1470	13	1	11	32	Contains Egg, Milk
Tuna Salad, SS 1 order	1	Serving	280	200	22	3.5	0	30	900	12	2	9	9	Contains Egg, Tuna, Soy
Big Apple Club, SS 1 order	1	Serving	270	180	20	6	0	55	1410	6	1	5	18	Contains Egg, Milk, Soy
Chicken Caesar Sandwich	1	Serving	270	150	16	5	0	70	1220	8	2	4	20	Contains Egg, Milk, Soy
Classic Turkey, SS 1 order	1	Serving	200	120	13	3	0	40	940	4	1	3	14	Contains Egg
Grilled Chicken, SS 1 order	1	Serving	230	140	15	3	0	55	920	6	1	4	15	Contains Egg
Ham & Cheddar, SS 1 order	1	Serving	270	180	20	6	0	55	1340	7	1	5	16	Contains Egg, Milk
Holey Guacamole, SS 1 order	1	Serving	130	40	4.5	1.5	0	35	900	6	2	3	14	None
Kick'n Roast Beef, SS 1 order	1	Serving	220	140	15	3.5	0	45	1080	7	1	6	14	Contains Egg
Lunch BLT, SS 1 order	1	Serving	170	130	15	3	0	20	540	3	1	2	5	Contains Egg
Med Veg-Out, with Hummus sub for CC, SS 1 order	1	Serving	170	45	6	0	0	0	210	8	4	0	4	Contains Sesame
Mediterranean Veg-Out, SS 1 order	1	Serving	230	170	19	13	0	50	490	7	2	3	4	Contains Milk

Item Name	Quantity	Measure	Cals (kcal)	Fat-Cals (kcal)	Fat (g)	Sat-Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Allergens
Roma Italian, SS 1 order	1	Serving	330	200	22	8	0	70	1820	9	1	6	21	Contains Milk, Soy
Toasted, Deli Style Turkey, SS 1 order	1	Serving	320	180	20	10	0	80	1040	7	1	5	26	Contains Egg, Milk
Toasted, Roast Beef Grinder, SS 1 order	1	Serving	210	110	12	6	0	60	1080	4	1	2	21	Contains Milk
Toaster, Spicy Italian, SS 1 order	1	Serving	400	230	26	10	0.5	80	2280	15	2	8	25	Contains Milk, Soy
Triple Decker, California Club, SS 1 order	1	Serving	370	220	25	9	0.5	80	1640	8	2	4	27	Contains Egg, Milk.
Triple Decker, Classic Club, SS 1 order	1	Serving	640	490	54	12	1	95	1900	6	1	4	29	Contains Egg, Milk
Turkey and Havarti, SS 1 order	1	Serving	320	200	22	14	0	90	1150	6	1	3	22	Contains Milk
Turkey Club, SS 1 order	1	Serving	280	180	20	6	0	60	1280	5	1	3	19	Contains Egg, Milk, Soy

#### SALADS

Add chicken breast, SS 1 order	1	Serving	110	40	4.5	1.5	0	50	530	3	0	2	14	None
Caesar Salad - Cafe, Creamy Caesar Dressing, SS 1 order	1	Serving	230	150	17	4.5	0	25	590	10	2	2	8	Contains Egg, Milk, Soy, Wheat
Caesar Salad, Creamy Caesar Dressing, SS 1 order	1	Serving	450	310	34	9	0.5	50	1180	19	4	4	15	Contains Egg, Milk, Soy, Wheat
Calypso Grilled Chicken Salad, Balsamic Vinaigrette Dressing, SS 1 order	1	Serving	620	390	44	6	0	50	1160	38	7	25	24	Contains Walnuts
Chicken Club Salad, Ranch Dressing, SS 1 order	1	Serving	760	530	59	17	0.5	110	2040	18	4	10	35	Contains Egg, Milk, Soy
Garden Mix Salad - Cafe, Lite Italian Dressing, SS 1 order	1	Serving	60	15	1.5	0	0	0	670	10	2	6	2	Contains Soy
Garden Mix Salad, Lite Italian Dressing, SS 1 order	1	Serving	110	25	3	0	0	0	1350	20	5	13	4	Contains Soy
Mediterranean Bread Salad, Balsamic Vinaigrette Dressing, SS 1 order	1	Serving	740	370	41	15	1	70	2530	63	6	22	31	Contains Milk, Wheat

#### BREADS

Rotella Open Top Dinner Loaf White 2 slices	1	Serving	220	50	6	1	0	0	340	33	1	2	7	Contains Wheat
Rotella Open Top Wheat Berry 2 slices	1	Serving	220	30	3	0	0	0	440	44	2	4	8	Contains Wheat
Rotella Rye Reuben 2 slices	1	Serving	220	30	3	0	0	0	440	38	4	2	8	Contains Wheat

#### PIZZAAH FILLINGS

Bruschetta Pizzaah	1	Serving	340	205	23	13	0	55	840	16	7	5	22	Contains Milk, Wheat
Cheese Pizzaah	1	Serving	120	65	7	4	0	20	490	4	1	2	10	Contains Milk, Wheat
Chicken Bruschetta Pizzaah	1	Serving	450	240	27	15	0	105	1370	19	7	7	36	Contains Milk, Wheat
Pepperoni Pizzaah	1	Serving	390	230	26	12	1	65	1390	16	6	5	27	Contains Milk, Wheat
Sausage Pizzaah	1	Serving	500	340	38	17	1	80	1360	16	6	6	28	Contains Milk, Wheat

#### BEVERAGES

Black Forest Coffee, Large, (20 fl oz)	1	Serving	430	40	4.5	2.5	0	10	50	96	0	93	2	Contains Milk
Black Forest Coffee, Medium, (16 fl oz)	1	Serving	340	35	4	2.5	0	10	40	76	0	73	2	Contains Milk
Cafe Caramella, Large, (20 fl oz)	1	Serving	420	170	19	12	0.5	60	190	58	0	48	4	Contains Milk, Soy

Item Name	Quantity	Measure	Cals (kcal)	Fat-Cals (kcal)	Fat (g)	Sat-Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Allergens
Cafe Caramella, Medium, (16 fl oz)	1	Serving	330	140	16	10	0.5	50	150	44	0	37	4	Contains Milk, Soy
Cafe Mocha, Large, (20 fl oz)	1	Serving	350	120	13	8	0	40	90	56	0	52	5	Contains Milk
Cafe Mocha, Medium, (16 fl oz)	1	Serving	280	100	12	7	0	35	75	43	0	40	4	Contains Milk
Cafe White Mocha, Large, (20 fl oz)	1	Serving	350	120	13	8	0	40	210	54	0	52	6	Contains Milk, Soy
Cafe White Mocha, Medium, (16 fl oz)	1	Serving	280	100	11	7	0	35	170	41	0	39	5	Contains Milk, Soy
Cappuccino, Large (20 fl oz)	1	Serving	240	80	9	6	0	35	230	23	0	22	15	Contains Milk
Cappuccino, Medium (16 fl oz)	1	Serving	190	70	7	4.5	0	30	180	19	0	18	12	Contains Milk
Caramel Decadence Icespresso (16 fl oz)	1	Serving	370	140	15	13	0	15	160	58	0	37	2	Contains Milk, Soy
Chai Latte, Large (20 fl oz)	1	Serving	350	50	6	3.5	0	25	210	66	0	59	10	Contains Milk
Chai Latte, Medium (16 fl oz)	1	Serving	280	40	4.5	3	0	20	170	52	0	46	8	Contains Milk
Cinnamon Toast Latte, Large (20 fl oz)	1	Serving	380	80	9	5	0	35	220	61	0	59	14	Contains Milk
Cinnamon Toast Latte, Medium (16 fl oz)	1	Serving	300	60	7	4.5	0	30	180	47	0	46	12	Contains Milk
Coffee, Large (20 oz.)	1	Serving	5	0	0	0	0	0	10	0	0	0	1	None
Coffee, Medium (16 oz.)	1	Serving	5	0	0	0	0	0	10	0	0	0	1	None
Coffee, Small (12 oz.)	1	Serving	5	0	0	0	0	0	5	0	0	0	0	None
Creme Caramel Latte, Large (20 fl oz)	1	Serving	470	140	15	9	0	55	280	69	0	63	15	Contains Milk, Soy
Creme Caramel Latte, Medium (16 fl oz)	1	Serving	380	110	13	8	0	45	220	54	0	49	12	Contains Milk, Soy
Espresso, double shot	1	Serving	5	0	0	0	0	0	10	1	0	0	0	None
Espresso, single shot	1	Serving	5	0	0	0	0	0	0	0	0	0	0	None
Hot Chocolate, Large (20 oz.)	1	Serving	550	130	15	9	0	50	280	88	0	85	19	Contains Milk
Hot Chocolate, Medium (16 oz.)	1	Serving	440	110	12	8	0	40	220	71	0	68	15	Contains Milk
Hot Tea (16 oz.)	1	Serving	0	0	0	0	0	0	0	0	0	0	0	None
Icespresso (16 fl oz)	1	Serving	410	160	18	17	0	10	200	60	0	37	2	Contains Milk, Soy
Java Chip Icespresso (16 fl oz)	1	Serving	320	140	16	13	0	10	105	41	2	28	2	Contains Milk, Soy
Latte, Large (20 oz.)	1	Serving	250	90	10	6	0	40	240	25	0	23	16	Contains Milk
Latte, Medium (16 oz.)	1	Serving	200	70	8	5	0	30	190	20	0	19	13	Contains Milk
Mocha Icespresso (16 fl oz)	1	Serving	370	140	16	14	0	10	115	54	1	39	3	Contains Milk, Soy
Mocha, Large (20 fl oz)	1	Serving	470	90	10	6	0	35	240	84	0	79	15	Contains Milk
Mocha, Medium (16 fl oz)	1	Serving	380	70	8	5	0	25	200	67	0	64	13	Contains Milk
Turtle Mocha, Large (20 fl oz)	1	Serving	910	170	19	12	0.5	60	360	175	0	159	14	Contains Milk, Soy
Turtle Mocha, Medium (16 fl oz)	1	Serving	760	140	16	10	0	50	290	146	0	133	11	Contains Milk, Soy
Vanilla Creme Latte, Large (20 fl oz)	1	Serving	390	80	9	5	0	35	220	64	0	62	14	Contains Milk
Vanilla Creme Latte, Medium (16 fl oz)	1	Serving	310	60	7	4.5	0	30	180	50	0	48	12	Contains Milk
White Chocolate Mocha, Large (20 fl oz)	1	Serving	480	90	10	6	0	35	400	81	0	79	17	Contains Milk, Soy
White Chocolate Mocha, Medium (16 fl oz)	1	Serving	380	70	8	5	0	30	320	65	0	63	13	Contains Milk, Soy



Item Name	Quantity	Measure	Cals (kcal)	Fat-Cals (kcal)	Fat (g)	Sat-Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Allergens
<b>SMOOTHIES</b>														
Island Oasis Banana Bash (16 fl oz)	1	Serving	360	0	0	0	0	0	60	87	2	72	2	Contains Milk
Island Oasis Banana Berry Freeze (16 fl oz)	1	Serving	360	0	0	0	0	0	0	88	4	73	0	None
Island Oasis Berry Passionate (16 fl oz)	1	Serving	350	0	0	0	0	0	60	85	3	71	2	Contains Milk
Island Oasis Berry Refresher (16 fl oz)	1	Serving	350	0	0	0	0	0	60	85	3	72	2	Contains Milk
Island Oasis Hawaiian Cooler (16 fl oz)	1	Serving	360	0	0	0	0	0	0	90	9	72	0	None
Island Oasis Island Berry (16 fl oz)	1	Serving	370	0	0	0	0	0	0	90	11	72	0	None
Island Oasis Strawberry Banana (16 fl oz)	1	Serving	360	0	0	0	0	0	60	86	3	72	2	Contains Milk
Island Oasis Tropical Bling (16 fl oz)	1	Serving	370	15	1.5	1.5	0	0	10	88	3	74	0	None
Island Oasis Tropical Passion (16 fl oz)	1	Serving	360	0	0	0	0	0	0	89	8	72	0	None
SweetDuet/Brewster's Banana Crunch (16 fl oz)	1	Serving	580	45	8	3	0	40	85	121	6	66	11	Contains Egg, Milk, Tree Nuts, Wheat
SweetDuet/Brewster's Banana Strawberry Duet (16 fl oz)	1	Serving	230	10	0	0	0	0	115	55	4	39	3	Contains Milk
SweetDuet/Brewster's Berry Trio (16 fl oz)	1	Serving	220	10	0	0	0	0	115	49	5	36	3	Contains Milk
SweetDuet/Brewster's Chocolate Avalanche (16 fl oz)	1	Serving	540	175	20	13	0	20	165	90	5	75	10	Contains Milk, Soy
SweetDuet/Brewster's Choose One Banana (16 fl oz)	1	Serving	280	45	4	3	0	40	30	57	3	39	7	Contains Egg, Milk
SweetDuet/Brewster's Choose One Blackberry (16 fl oz)	1	Serving	250	45	4	3	0	40	30	49	6	37	7	Contains Egg, Milk
SweetDuet/Brewster's Choose One Blueberry (16 fl oz)	1	Serving	240	45	5	3	0	40	30	45	3	34	6	Contains Egg, Milk
SweetDuet/Brewster's Choose One Raspberry (16 fl oz)	1	Serving	240	45	5	3	0	40	30	45	7	30	7	Contains Egg, Milk
SweetDuet/Brewster's Choose One Strawberry (16 fl oz)	1	Serving	220	40	0	3	0	40	30	41	2	31	6	Contains Egg, Milk
SweetDuet/Brewster's Cookies & Cream (16 fl oz)	1	Serving	410	95	10	6	0	45	210	71	0	59	8	Contains Egg, Milk, Soy, Wheat
SweetDuet/Brewster's Peanut Butter Crunch (16 fl oz)	1	Serving	780	315	40	10	0	40	380	87	8	31	26	Contains Egg, Milk, Peanuts, Tree Nuts, Wheat
SweetDuet/Brewster's Peanut Butter Cup (16 fl oz)	1	Serving	820	395	46	15	0	15	430	91	9	69	25	Contains Milk, Peanuts
Torani Berry Berserk Smoothie, 2% (16 fl oz)	1	Serving	450	20	2.5	1.5	0	10	75	105	0	103	4	Contains Milk
Torani Berry Berserk Smoothie, skim (16 fl oz)	1	Serving	440	0	0	0	0	0	70	106	0	104	4	Contains Milk
Torani Mango-Licious Smoothie, 2% (16 fl oz)	1	Serving	450	25	2.5	1.5	0	10	70	108	1	106	4	Contains Milk
Torani Mango-Licious Smoothie, skim (16 fl oz)	1	Serving	430	0	0	0	0	0	65	108	1	106	4	Contains Milk
Torani Razzle Dazzle Smoothie, 2% (16 fl oz)	1	Serving	440	20	2.5	1.5	0	10	80	99	0	98	4	Contains Milk
Torani Razzle Dazzle Smoothie, skim (16 fl oz)	1	Serving	420	0	0	0	0	0	75	100	0	98	4	Contains Milk

Item Name	Quantity	Measure	Cals (kcal)	Fat-Cals (kcal)	Fat (g)	Sat-Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Allergens
Torani Syrup Cherry, 1 oz	1	Serving	60	0	0	0	0	0	0	15	0	15	0	None
Torani Syrup Cinnamon, 1 oz	1	Serving	60	0	0	0	0	0	0	15	0	15	0	None
Torani Syrup French Vanilla, 1 oz	1	Serving	60	0	0	0	0	0	0	15	0	15	0	None
Torani Syrup Irish Cream, 1 oz	1	Serving	70	0	0	0	0	0	0	17	0	17	0	None
Torani Syrup Orgeat (Almond), 1 oz	1	Serving	60	0	0	0	0	0	0	15	0	15	0	None
Torani Syrup Vanilla, 1 oz	1	Serving	60	0	0	0	0	0	0	15	0	15	0	None
<b>MISCELLANEOUS ITEMS</b>														
Bagel Chips, Basic Recipe, 2 oz	1	Serving	260	90	10	2.5	0	30	600	36	2	4	7	Contains Milk, Wheat