







F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN

	SERVING SIZE (OZ)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT
BEV - Soft Drinks - Diet Coke	16.0	1				20	0												
BEV - Soft Drinks - Diet Coke	20.0	2				25	0												
BEV - Soft Drinks - Diet Coke	32.0	2				40	0												
BEV - Soft Drinks - Sprite	16.0	194				44	52												
BEV - Soft Drinks - Sprite	20.0	243				55	65												
BEV - Soft Drinks - Sprite	32.0	388				88	104												
<b>SYRUP FLAVORS</b>																			
BEV - SYRUP - Almond Flavored Syrup	1.0	90	0.0	0.0	0	0	23	0	23	0						X			
BEV - SYRUP - Caramel Flavored Syrup	1.0	100	0.0	0.0	0	0	24	0	24	0									
BEV - SYRUP - Chocolate Syrup	1.0	88	0.7	0.5	0	12	20	<1	15	<1									
BEV - SYRUP - Hazelnut Flavored Syrup	1.0	90	0.0	0.0	0	7	22	0	21	0						X			
BEV - SYRUP - Vanilla Flavored Syrup	1.0	100	0.0	0.0	0	0	25	0	25	0									
<b>CREAM CHEESE</b>																			
CRM CH - Bacon Scallion	1.5	140	12	7	0	40	150	5	0	2	3			X	F	F			
LTO - Cucumber Dill (seasonal)	1.5	150	14.0	7.0	0	40	130	3	<1	1	3			X	F	F			
CRM CH - Garden Veggie	1.5	130	11	6	0	35	140	5	1	2	3			X	F	F			
CRM CH - Honey Walnut	1.5	150	12	6	0	35	125	8	<1	3	3			X	F	X			
CRM CH - Jalapeno	1.5	140	13	8	0	45	150	4	0	2	3			X	F	F			
CRM CH - Light Garden Veggie	1.5	90	6	4	0	25	105	3	0	2	6			X	F	F			
CRM CH - Light Herb Garlic	1.5	100	6	3.5	0	25	125	4	0	2	6			X	F	F			
CRM CH - Light Plain	1.5	100	6	3	0	25	130	4	<1	3	6			X	F	F			
CRM CH - Olive Pimiento	1.5	140	13	6	0	45	130	3	0	1	3			X	F	F			
CRM CH - Onion and Chive	1.5	140	13	8	0	35	105	3	0	2	3			X	F	F			
CRM CH - Plain	1.5	130	11	7	0	40	125	6	<1	2	3			X	F	F			
LTO - Pumpkin (seasonal)	1.5	120	11	7	0	45	135	4	0	3	3			X	F	F			
CRM CH - Smoked Salmon	1.5	150	13	6	0	40	150	3	<1	2	3		X		F	F			
CRM CH - Strawberry	1.5	140	13	7	0	30	100	4	0	2	3			X	F	F			
CRM CH - Vermont Maple	1.5	120	11	7	0	45	135	4	0	3	3			X	F	F			
<b>KIDS &amp; PREPARED</b>																			
PRE - Kids' Grilled Cheese Sandwich	3.4	300	14.0	7.0	0	40	500	27	1	3	16			X			X	X	
PRE - Plain Bagel w/Hummus	6.0	410	8.0	1.0	0	0	650	70	4	7	17								X
PRE - Plain Bagel /Light Plain Cream Cheese	5.6	400	8.0	3.0	0	25	660	64	4	10	18			X					X
PRE - Plain Bagel w/Peanut Butter	5.6	550	23.0	4.0	0	0	730	70	6	11	21				X				X
PRE - Plain Bagel w/Peanut Butter & Jelly	7.0	650	23.0	4.0	0	0	740	69	6	35	21				X				X
PRE - Plain Bagel w/Plain Cream Cheese	5.6	430	13.0	7.0	0	40	660	66	4	9	15			X					X
<b>SALADS &amp; DRESSINGS</b>																			
SAL - Build Your Own Base	5.0	30	.5	0	0	0	5	5	2	3	2								
SAL - Caesar / No Dressing	6.2	160	8	2.5	0	15	220	14	2	3	7	X	X		X				X
SAL - Caesar / Caesar Dressing	8.3	270	17.0	4.5	0	40	900	22	2	5	9	X	X		X		X	X	
SAL - Caesar w/Chicken / Caesar Dressing	11.3	380	20.0	6.0	0	85	1420	23	2	5	28	X	X		X		X	X	
SAL - Mandarin Medley / No Dressing	8.1	220	8	4.5	0	20	300	29	4	21	8			X		X			
SAL - Mandarin Medley / Balsamic Vinaigrette	10.1	340	17.0	5.0	0	20	660	36	4	27	8			X		X	X		
SAL - Mandarin Medley w/Chicken / Balsamic Vinaigrette	13.1	450	21.0	6.0	0	65	1180	37	4	27	26			X		X	X		



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SAL - Sesame Salad / No Dressing	5.5	120	4.5	0	0	0	75	12	2	3	4					X	X	X	
SAL - Sesame Salad / Asian Sesame Dressing	7.5	380	26.0	2.5	0	0	270	29	2	18	23					X	X	X	
SAL - Sesame Salad w/Chicken / Asian Sesame Dressing	10.5	490	29.0	3.5	0	45	790	30	2	18	42					X	X	X	
<b>SALAD DRESSINGS</b>																			
DRES - Asian Sesame Ginger	2.0	260	21	2	0	0	190	17	0	15	0							X	X
DRES - Balsamic Vinaigrette	2.0	110	9	1	0	0	360	8	0	6	0							X	
DRES - Caesar	2.0	110	9	2	0	30	680	8	0	2	2	X	X					X	X
DRES - Ranch	2.0	190	21.0	3.0	0	20	510	2	0	2	0	X		X				X	
<b>SANDWICHES BUILT WITH COMPONENTS INDICATED ON MENU BOARD</b>																			
<b>BREAKFAST SANDWICHES</b>																			
BRK - Breakfast Bagel - Egg / Cheese	6.7	470	14.0	5.0	0	195	840	63	4	8	22	X						X	X
BRK - Breakfast Bagel - Egg / Cheese / Bacon	7.3	480	21.0	8.0	0	195	1210	63	4	9	27	X		X				X	X
BRK - Breakfast Bagel - Egg / Cheese / Ham	8.0	440	9.0	0.0	0	195	1320	65	4	10	26	X		X				X	X
BRK - Breakfast Bagel - Egg / Cheese / Sausage	7.6	560	23.0	8.0	0	205	970	63	4	8	24	X		X				X	X
BRK - Classic Wrap w/Bacon	9.2	730	44.0	17.0	0	435	1710	39	3	6	40	X		X				X	X
BRK - Classic Wrap w/Ham	9.6	570	27.0	11.0	0	410	1640	38	3	5	36	X		X				X	X
BRK - Classic Wrap w/Sausage	9.2	690	41.0	17.0	0	420	1280	37	3	3	34	X		X				X	X
BRK - Rio Grande w/Bacon / Wrap	8.9	640	38.0	10.0	0	420	1570	41	3	7	32	X		X				X	X
BRK - Rio Grande w/Ham / Wrap	9.3	480	21.0	4.5	0	395	1500	41	3	6	27	X		X				X	X
BRK - Rio Grande w/Sausage / Wrap	8.9	600	35.0	10.0	0	405	1140	39	3	4	26	X		X				X	X
BRK - Smoked Salmon / Plain Bagel	8.4	460	10.0	4.5	0	45	1520	66	4	10	26		X	X					X
BRK - Spinach & Cheddar Omelet / Plain Bagel	7.2	500	16.0	6.0	0	210	990	64	4	8	24		X	X				X	X
BRK - Spinach Cheddar Omelet / Bacon / Plain Bagel	7.7	570	22.0	8.0	0	225	1210	64	4	9	29		X	X				X	X
BRK - Spinach Cheddar Omelet / Ham / Plain Bagel	9.1	550	17.0	7.0	0	230	1590	66	4	10	32		X	X				X	X
BRK - Spinach, Cheddar & Sausage Omelet / Plain Bagel	8.7	670	31.0	13.0	0	240	1230	64	4	8	31		X	X				X	X
BRK - Western / Plain Bagel	7.4	760	56.0	12.0	0	225	1580	66	4	10	27		X	X				X	X
<b>DELI SANDWICHES</b>																			
SAN - DELI - BLT / Plain Bagel	7.6	530	23.0	5.0	0	35	1000	64	4	10	19	X						X	X
SAN - DELI - BLT / Hearty White	11.1	720	42.0	10.0	0	70	1550	62	0	8	23	X						X	X
SAN - DELI - Chicken Breast / Plain Bagel	11.3	550	6.0	1.5	0	60	1330	81	4	27	37	X						X	X
SAN - DELI - Chicken Breast / Hearty White	14.5	610	4.0	1.5	0	60	1520	94	0	41	35	X						X	X
SAN - DELI - Garden Veggie / Plain Bagel	12.3	360	2.0	0.0	0	0	550	72	5	13	12								X
SAN - DELI - Garden Veggie / Wheat Bread	14.5	360	3.0	0.0	0	0	540	67	4	13	13							X	X
SAN - DELI - Ham / Plain Bagel	9.4	430	8.0	3.0	0	35	1490	64	4	11	25							X	X
SAN - DELI - Ham / Honey Wheat	14.6	540	16.0	6.0	0	70	2430	64	2	12	38			X				X	X
SAN - DELI - Roast Beef / Plain Bagel	10.0	450	11.0	3.5	0	50	1250	63	4	9	33							X	X
SAN - DELI - Roast Beef / Hearty White	15.8	560	18.0	7.0	0	95	2050	59	0	5	53			X				X	X
SAN - DELI - Tuna Salad / Plain Bagel	8.6	570	25.0	3.0	0	40	920	63	4	10	22	X	X					X	X
SAN - DELI - Tuna Salad / Hearty White	13.5	810	46.0	6.0	0	80	1390	58	1	8	31	X	X					X	X



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SAN - DELI - Turkey / Plain Bagel	9.4	440	8.0	3.5	0	40	1300	64	4	9	26					X	X		
SAN - DELI - Turkey / Honey Wheat	14.6	560	15.0	7.0	0	75	2060	60	2	10	41		X			X	X		
<b>HOT PANINI</b>																			
SAN - PAN - Four Cheese & Tomato / Hearty White	9.5	700	34.0	18.0	0	85	1420	56	0	4	42			X			X	X	
SAN - PAN - Ham & Swiss / Honey Wheat	10.1	600	17.0	7.0	0	85	1870	72	2	24	40	X		X			X	X	
SAN - PAN - Primo Pesto Chicken / Hearty White	11.0	700	32.0	10.0	0	100	1870	56	2	3	49	X		X		X	X	X	
SAN - PAN - Tuna & Cheddar Melt / Honey Wheat	11.9	970	61.0	13.0	0	120	1520	57	3	11	43	X	X	X			X	X	
SAN - PAN - Turkey Toscana / Hearty White	11.5	650	28.0	10.0	0	60	1840	58	1	4	40	X		X			X	X	
<b>SIGNATURE &amp; CLASSIC SANDWICHES</b>																			
SAN - SIG - Herby Turkey / Sesame Bagel	9.5	530	14.0	4.5	0	40	1190	73	4	11	26	X		X			X	X	
SAN - SIG - Leonardo da Veggie / Plain Softwich	12.2	560	15.0	8.0	0	45	1170	76	4	17	25	X		X			X	X	
SAN - SIG - Tarragon Chicken Salad / Hearty White	13.5	750	37.0	5.0	0	70	1380	75	2	16	61	X		X			X	X	
SAN - SIG - Thai Peanut Chicken / Plain Bagel	10.5	580	11.0	3.5	0	25	1190	91	7	17	28			X	X		X	X	
SAN - SIG - Turkey Chipotle Club / Honey Wheat	11.8	800	51.0	7.0	0	60	1840	57	3	8	31	X		X			X	X	
SAN - SIGN - Roma Roast Beef / Hearty White	12.9	770	44.0	12.0	0	100	1740	62	3	6	46	X		X			X	X	
<b>SIDES &amp; DESSERTS</b>																			
<b>COOKIES</b>																			
SIDE - Cookies - Chocolate Chip	3.0	390	17.0	8.0	0	30	150	52	2	32	5	X		X	F	F	X	X	
SIDE - Cookies - Double Chocolate	3.0	390	19.0	9.0	0	30	160	51	3	33	5	X		X	F	F	X	X	
SIDE - Cookies - Everything	3.0	380	18.0	9.0	0	20	260	49	2	29	5	X		X	F	X	X	X	
<b>DESSERT BARS</b>																			
SIDE - Bars - Chocolate Chunk Brownies	2.5	310	18.0	9.0	0	65	25	38	2	26	4	X		X			X	X	
SIDE - Bars - Marshmallow Chew	2.4	280	6.0	3.0	0	10	330	55	0	29	2			X	F	F	X		
SIDE - Bars - Seven Layer Bar	4.7	650	43.0	23.0	0	10	280	58	5	42	10	X		X		X	X	X	
SIDE - Bars - Toffee Almond Bar	3.1	400	19.0	8.0	0	50	340	53	1	34	4	X		X		X	X	X	
<b>MUFFINS</b>																			
SIDE - Muffins - Banana Nut (Main Street Gourmet) CONNECTICUT, IOWA, OHIO, MINNESOTA, NEBRASKA, PENNSYLVANIA, WISCONSIN	4.6	450	26	4	0	47	379	50	2	24	5	X		X	F	X	X	X	
SIDE - Muffins - Blueberry (Bake N Joy) BOSTON, VERMONT	4.5	430	22.0	3.5	0	90	310	53	1	30	5	X		X	F	F	F	X	
SIDE - Muffins - Blueberry (Main Street Gourmet) CONNECTICUT, IOWA, OHIO, MINNESOTA, NEBRASKA, PENNSYLVANIA, WISCONSIN	4.6	355	9.5	2.4	0	71	474	59	2	31	7	X		X	F	F	X	X	
SIDE - Muffins - Cappuccino (Bake N Joy) BOSTON, VERMONT	4.5	490	26.0	5.0	0	100	340	60	1	34	6	X		X	F	F	X	X	



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SIDE - Muffins - Cinnamon Coffee Cake (Bake N Joy) BOSTON, VERMONT	4.5	510	27.0	7.0	0	95	320	61	1	37	5	X		X	F	F	X	X		
SIDE - Muffins - Corn (Bake N Joy) BOSTON, VERMONT	4.5	490	23.0	4.0	0	95	320	63	1	30	6	X		X	F	F	F	F	X	
SIDE - Muffins - Cranberry (Main Street Gourmet) CONNECTICUT, IOWA, OHIO, MINNESOTA, NEBRASKA, PENNSYLVANIA, WISCONSIN	4.6	355	9.5	2.4	0	71	474	59	2	31	7	X		X	F	F	X	X		
SIDE - Muffins - Cranberry Nut (Bake N Joy) BOSTON, VERMONT	4.5	430	23.0	3.5	0	85	300	53	1	29	5	X		X	F	X	F	F	X	
<b>OTHER SIDES</b>																				
SIDE - Crackers	See label																			
SIDE - Potato Chips	See label																			
SIDE - Yogurt	See label																			
<b>SOUPS</b>																				
SOUP - Beef Chili	8.0	190	8	3	0	25	880	18	6	3	10			X				X	X	
SOUP - Butternut Squash	8.0	240	17.0	9.0	0	40	650	21	1	2	4			X				X		
SOUP - Chicken Spaetzle	8.0	140	5.0	2.5	0	35	1200	15	1	3	8	X		X				X	X	
SOUP - Chicken Wild Rice	8.0	280	22.0	10.0	0	45	840	12	1	2	8			X				X	X	
SOUP - Fire Roasted Tomato	8.0	130	6	3	0	<5	920	17	2	10	2			X		X		X		
SOUP - Four Cheese Broccoli	8.0	260	20	10	0	45	1240	12	1	2	9	X	X	X				X	X	
SOUP - New England Clam Chowder	8.0	230	14	4.5	0	50	600	16	<1	12	23		X	X				X	X	
SOUP - Spinach & Lentil	8.0	110	3.5	1	0	0	570	16	7	2	7			X				X	X	
SOUP - White Chicken Chili	8.0	240	9.0	0	0	10	630	26	7	2	14			X				X		
<b>VALUES LISTED ARE FOR FULL-SIZED SANDWICHES AND SALADS. HALF SANDWICHES, BAGEL SANDWICHES, AND SIDE SALADS USE APPROX. 50% OF AMOUNT LISTED BELOW.</b>																				
<b>TOPPINGS</b>																				
<b>CHEESE</b>																				
ADD - CHS - American Cheese	1.5	160.0	14.0	8.0	0.0	40.0	530.0	0.0	0.0	0.0	10.0			X						
ADD - CHS - Asiago Cheese, Shredded	0.5	50	4.0	2.5	0	15	135	0	0	0	4			X						
ADD - CHS - Blue Cheese	0.8	80	5.0	4.0	0	20	290	0	0	0	5			X						
ADD - CHS - Cheddar Cheese	1.3	160.0	12.0	7.0	0.0	40.0	240.0	0.0	0.0	0.0	10.0			X						
ADD - CHS - Muenster Cheese	1.5	120.0	9.0	6.0	0.0	30.0	230.0	0.0	0.0	0.0	8.0			X						
ADD - CHS - Provolone Cheese	1.0	100.0	8.0	4.0	0.0	20.0	250.0	0.0	0.0	0.0	8.0			X						
ADD - CHS - Swiss Cheese	1.0	100.0	8.0	4.0	0.0	30.0	60.0	0.0	0.0	0.0	8.0			X						
<b>CONDIMENTS</b>																				
COND - Butter	0.5	100	11.0	7.0	0	30	90	0	0	0	0			X						
COND - Chipotle Sauce	0.5	100	11.0	1.5	0	5	120	0	0	0	0	X							X	
COND - Cranberry Horseradish Relish	0.7	35	0.5	0.0	0	0	20	8	0	5	0	X							X	
COND - Cranberry Sauce	2.5	110	0	0.0	0	0	10	27	1	22	0									
COND - Dijon Mustard	0.5	0	0.0	0.0	0	0	180	0	0	0	0									
COND - Honey Mustard	0.5	45	0.0	0.0	0	0	45	9	0	9	0								X	
COND - Honey	0.7	64	0.0	0.0	0	0	1	17	0	17	0									
COND - Horseradish Mayo	1.1	140	13.0	2.0	0	10	280	6	0	5	0	X							X	
COND - Hummus	1.9	110	6.0	1.0	0	0	120	10	0	0	5				F	F				



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COND - Jelly/Jam - Grape	0.7	50	0.0	0.0	0	0	5	13	0	12	0								
COND - Jelly/Jam - Strawberry	0.7	50	0.0	0.0	0	0	0	13	0	0	0								
COND - Ketchup	0.0																		
COND - Mayo	0.5	100	11.0	1.5	0	10	100	1	0	0	0	X						X	
COND - Peanut Butter	1.1	190	16.0	3.0	0	0	150	7	2	3	7			X					
COND - Pesto	0.5	100	10.0	2.0	0	5	70	0	0	-	1					X			
COND - Sundried Tomato Mayo	0.7	140	15.0	2.5	0	15	130	1	0	0	2	X		X				X	
COND - Sundried Tomato Spread	0.6	79	6.0	2.0	0	6	46	5	0	1	1			X					
COND - Thai Peanut Sauce	0.6	45	2.5	0.0	0	0	240	4	0	3	1				X		X	X	
<b>EGG PATTIES &amp; OMELETS</b>																			
BRK - Eggs - Egg White Patty	2.0	30	0.0	0.0	0	5	180	1	0	0	5	X						X	
BRK - Eggs - Spinach & Cheddar Omelet	2.5	120	8.0	3.0	0	190	340	3	0	1	8	X		X				X	
BRK - Eggs - Whole Egg Patty	2.0	90	6.0	1.5	0	175	190	2	0	1	6	X		X				X	
<b>MEAT</b>																			
MEAT - Bacon	0.5	70	6	2	0	15	220	1	0	1	4								
MEAT - Chicken Breast	4.0	140	4	1.5	0	60	700	1	0	0	25	X						X	X
MEAT - Ham	3.9	100	2.0	0.5	0	40	1220	5	0	4	16								
MEAT - Roast Beef	3.9	110	5.0	1.5	0	55	560	2	0	0	25								
MEAT - Salmon	1.8	80	2.5	1	0	25	737	0	0	0	13		X						
MEAT - Sausage	2.0	220	20.0	8	0	40	310	1	0	0	8			X					
MEAT - Tarragon Chicken Salad	5.0	460	37.0	5.0	0	70	750	19	2	12	51	X				X	X	X	
MEAT - Tuna Salad	5.0	520	46.0	6.0	0	80	760	2	1	3	21	X	X					X	X
MEAT - Turkey	3.9	100	0.5	0.0	0	35	950	3	0	1	19			X				X	
<b>NUTS/OTHER</b>																			
ADD - Almonds (Sliced)	0.2	25	2.5	0.0	0	0	0	1	0	0	20					X			
ADD - Chow Mein Noodles	0.3	40	1.5	0.0	0	0	70	6	0	0	1								X
ADD - Croutons	0.5	70	3.0	0.0	0	0	170	8	0	0	1			X				X	X
ADD - Sesame Seeds	0.2	40	3.5	0.0	0	0	0	2	1	0	1								
<b>VEGETABLES &amp; FRUIT</b>																			
ADD - VEG - Capers	0.1	0	0	0	0	0	65	0	0	0	0								
ADD - VEG - Cucumbers	0.7	5	0	0	0	0	0	0	0	0	0								
ADD - VEG - Green Peppers	1.0	6	0.0	0.0	0	0	1	1	0	1	0								
ADD - VEG - Jalapenos	1.1	5	0.0	0.0	0	0	290	1	1	0	0								
ADD - VEG - Lettuce	0.1	1	0	0	0	0	1	0	0	0	0								
ADD - VEG - Pickles	1.0	0	0.0	0.0	0	0	330	1	0	0	0								
ADD - VEG - Red Onions	0.1	0	0	0	0	0	0	0	0	0	0								
ADD - VEG - Roasted Red Peppers	1.9	15	0	0	0	0	200	3	0	2	1								
ADD - VEG - Sprouts	0.1	1	0.0	0.0	0	0	0	0	0	0	0								
ADD - VEG - Tomatoes	0.2	0	0	0	0	0	0	2	0	1	0								
ADD - Cranberries (Dried)	0.7	60	0.0	0.0	0	0	0	15	2	13	0								
ADD - Mandarin Oranges	1.4	20	0.0	0.0	0	0	0	5	1	4	0								