



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

BAGELS & BREADS

BAGELS

VALUES LISTED ARE FOR FULL-SIZED BAGELS. SKINNY BAGELS ARE APPROX. 2/3 OF AMOUNT LISTED BELOW.

BGL - Asiago Parmesan	4.3	310	3.0	0.5	0	5	600	61	4	7	12	F		X				X
LTO - Baked Apple Bagel (seasonal)	4.1	320	2	0	0	0	510	67	5	18	10	F						X
BGL - Bruegger Bites (3)	1.5	120	2.5	0.0	0	0	190	22	1	3	4	F						X
BGL - Blueberry	4.1	310	2.0	0.0	0	0	500	63	4	14	11	F						X
LTO - Cheddar Pesto	5.0	400	10.0	3.5	0	20	710	62	4	9	16	F		X				X
BGL - Chocolate Chip	4.1	330	3.5	2.0	0	0	470	65	3	18	10	X						X
BGL - Cinnamon Raisin	4.1	310	2	0	0	0	480	65	4	10	11	F						X
BGL - Cinnamon Sugar	4.1	320	2.0	0	0	0	420	63	4	13	14	F						X
LTO - Cranberry Apple (seasonal)	4.1	280	2.0	0.0	0	0	460	58	4	12	10	F						X
BGL - Cranberry Orange	4.1	310	2	0	0	0	480	64	4	16	10	F						X
BGL - Egg	4.1	310	2.5	0.0	0	0	530	63	4	10	11	X						X
BGL - Everything	4.1	310	2.5	0	0	0	710	62	4	7	12	F						X
BGL - Five Grain Everything (Selected Markets)	4.1	320	4.0	0	0	0	740	61	7	9	14	F						X
BGL - Fortified Multi-Grain	4.1	340	2.5	0	0	0	500	66	6	10	12	F						X
LTO - French Toast Bagel (seasonal)	4.6	370	4.0	1.0	0	25	650	72	4	20	13	X				X	X	
BGL - Garlic	4.1	300	2.0	0	0	0	520	61	4	7	12	F						X
BGL - Honey Grain	4.1	310	2.5	0	0	0	490	61	4	10	11	F						X
BGL - Jalapeno	4.1	330	3.0	0.0	0	0	480	67	9	7	13	F						X
BGL - Jalapeno Cheddar	5.5	440	9.0	3.5	0	20	650	75	10	7	19	F		X				X
BGL - Onion	4.1	300	2.0	0	0	0	530	61	4	8	12	F						X
BGL - Plain	4.1	300	2	0	0	0	530	60	4	7	12	F						X
BGL - Poppy	4.1	310	2.5	0	0	0	610	61	4	7	12	F						X
LTO - Pretzel Bagel (seasonal)	4.3	320	2	0	0	0	1610	64	4	8	12							X
BGL - Pumpkin	4.1	300	2.0	0	0	0	560	62	4	10	11	F						X
LTO - Pumpkin (Seasonal)	4.1	290	2.0	0.0	0	0	480	60	4	12	10	F						X
BGL - Rosemary Olive Oil	4.1	330	6.0	.5	0	0	510	59	4	8	11	F						X
BGL - Rye	4.1	330	2.0	0.0	0	0	560	59	5	8	11	F						X
BGL - Salt	4.2	300	2.0	0.0	0	0	1540	61	4	7	12	F						X
BGL - Sesame	4.1	310	3.0	0.0	0	0	610	60	4	7	12	F						X
LTO - Sesame Multigrain	4.3	360	7.0	0.0	0	0	560	63	7	9	14	F						X
BGL - Sourdough	4.1	290	2.0	0.0	0	0	540	56	4	7	11	F						X
BGL - Sundried Tomato	4.1	280	2.0	0	0	0	550	57	4	10	10	F						X
BGL - Whole Wheat	4.1	310	3.5	0.0	0	0	560	61	7	9	13	F						X

BREADS & WRAPS

BRD - Ciabatta	3.5	250	0.0	0.0	0	0	560	54	2	0	8							X
BRD - Wheat Bread	1.9	150	2.0	0.5	0	0	270	30	2	5	5						X	X
BRD - White Wrap	2.4	180	1.5	1.0	0	0	420	32	3	1	6					X	X	


SOFTWICHES

SFTWCH - Asiago Parmesan	5.0	370	4.0	1.0	0	5	770	69	4	11	14			X				X
SFTWCH - Everything	4.6	350	2.0	0	0	0	740	64	4	8	12						X	X
SFTWCH - Plain	4.7	330	2.5	0	0	0	640	67	4	11	12						X	X
SFTWCH - Sesame	4.8	370	3.5	0	0	0	690	70	4	11	14						X	X


BEVERAGES


COFFEE & BLENDED


BEV - COF - Brueggaccino (16 oz)	16.0	360	14.0	9.0	0	35	80	53	0	32	4			X				
BEV - COF - Brueggaccino (24 oz)	24.0	450	21.0	13.0	0	50	115	59	0	28	6			X				
BEV - COF - Brueggaccino - Mocha (16 oz)	16.0	390	14.0	9.0	0	35	135	58	1	33	5			X				
BEV - COF - Brueggaccino - Mocha (24 oz)	24.0	560	21.0	13.0	0	50	200	85	1	49	7			X				
BEV - COF - Café au Lait	12.0	150	8.0	4.5	0	25	8	11	0	11	8			X				

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 - COF - Café au Lait	16.0	200	10.6	6.0	0	33	11	15	0	15	11			X							
BEV - COF - Café au Lait	20.0	249	13.3	7.5	0	42	14	18	0	18	13			X							
BEV - COF - Café Latte	12.0	170	9.0	5.0	0	25	8	13	0	13	9			X							
BEV - COF - Café Latte	16.0	226	12.0	6.7	0	33	11	17	0	17	12			X							
BEV - COF - Café Latte	20.0	283	15.0	8.3	0	42	14	22	0	22	15			X							
BEV - COF - Café Mocha	12.0	210	9.0	5.0	0	25	8	23	0	21	9			X							
BEV - COF - Café Mocha	16.0	279	12.0	6.7	0	33	11	31	0	28	12			X							
BEV - COF - Café Mocha	20.0	349	15.0	8.3	0	42	14	38	0	35	15			X							
BEV - COF - Cappuccino	12.0	130	7.0	4.0	0	20	8	11	0	11	7			X							
BEV - COF - Cappuccino	16.0	173	9.3	5.3	0	27	11	15	0	15	9			X							
BEV - COF - Cappuccino	20.0	216	11.7	6.7	0	33	14	18	0	18	12			X							
BEV - COF - Espresso	2.0	5	0.0	0.0	0	0	10	1	0	1	0										
BEV - COF - Espresso	3.0	8	0.0	0.0	0	0	15	2	0	2	0										
BEV - COF - Espresso	4.0	10	0.0	0.0	0	0	20	2	0	2	0										
BEV - COF - Flavored Coffee	12.0	4	0.0	0.0	0	0	8	0	0	0	0										
BEV - COF - Flavored Coffee	16.0	5	0.0	0.0	0	0	11	0	0	0	0										
BEV - COF - Flavored Coffee	20.0	6	0.0	0.0	0	0	14	0	0	0	0										
BEV - COF - House Blend Coffee	12.0	4	0.0	0.0	0	0	8	0	0	0	0										
BEV - COF - House Blend Coffee	16.0	5	0.0	0.0	0	0	11	0	0	0	0										
BEV - COF - House Blend Coffee	20.0	6	0.0	0.0	0	0	14	0	0	0	0										
BEV - COF - House Decaf Coffee	12.0	4	0.0	0.0	0	0	8	0	0	0	0										
BEV - COF - House Decaf Coffee	16.0	5	0.0	0.0	0	0	11	0	0	0	0										
BEV - COF - House Decaf Coffee	20.0	6	0.0	0.0	0	0	14	0	0	0	0										
BEV - COF - Iced Coffee	12.0	4	0.0	0.0	0	0	8	0	0	0	0										
BEV - COF - Iced Coffee	16.0	5	0.0	0.0	0	0	11	0	0	0	0										
BEV - COF - Iced Coffee	20.0	6	0.0	0.0	0	0	14	0	0	0	0										
BEV - COF - Iced Coffee Cooler	16.0	210	10.0	7.0	0	25	50	26	0	11	3			X							
BEV - COF - Iced Coffee Cooler	24.0	320	16.0	10.0	0	40	75	39	0	16	5			X							
BEV - COF - Iced Coffee Cooler - Mocha	16.0	230	11.0	7.0	0	25	55	31	0	14	3			X							
BEV - COF - Iced Coffee Cooler - Mocha	24.0	370	17.0	11.0	0	40	85	48	0	21	5			X							
OTHER BEVERAGES												VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.									
BEV - BOT - Bottled Water	See label																				
BEV - BOT - Chocolate Milk	See label																				
BEV - BOT - Honest Tea	See label																				
BEV - BOT - Milk	See label																				
BEV - BOT - Naked Juice	See label																				
BEV - BOT - Tropicana Orange Juice	See label																				
BEV - BOT - Vitamin Water	See label																				
BEV - BOT - Nantucket Nectars	See label																				
BEV - TEA - Chai Tea, Bruegger's	12.0	240	5.0	5.0	0	0	85	45	0	39	2			X				X			
BEV - TEA - Chai Tea, Oregon	12.0	117	0.0	0.0	0	0	12	29	0	27	0										
BEV - TEA - Hot Tea, Regular	8.0	0	0.0	0.0	0	0	0	0	0	0	0										
BEV - TEA - Hot Tea, Herbal	8.0	0	0.0	0.0	0	0	0	0	0	0	0										
BEV - TEA - Hot Tea, Decaf	8.0	0	0.0	0.0	0	0	0	0	0	0	0										
BEV - TEA - Iced Tea, Brewed	12.0	0	0.0	0.0	0	0	0	0	0	0	0										
BEV - Hot Chocolate	8.0	140	1.5	1.5	0	5	190	31	1	26	2			X				X			
BEV - Poured Orange Juice	16.0	220	0.0	0.0	0	0	0	52	0	44	4										
BEV - Soft Drinks - Coke	16.0	140	0.0				45	39		39	0										
BEV - Soft Drinks - Coke	20.0	240	0.0				75	65		65	0										
BEV - Soft Drinks - Coke	32.0	280	0.0				90	78		78	0										
BEV - Soft Drinks - Diet Coke	16.0	0	0.0				60	0		0											
BEV - Soft Drinks - Diet Coke	20.0	0	0.0				70	0		0											

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE™													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	32.0	0	0.0			120	0			0															
BEV - Soft Drinks - Sprite	16.0	200	0.0			90	32			26	0														
BEV - Soft Drinks - Sprite	20.0	250	0.0			113	65			65	0														
BEV - Soft Drinks - Sprite	32.0	400	0.0			180	64			52	0														
SYRUP FLAVORS																									
VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.																									
BEV - SYRUP - Almond Flavored Syrup	1.0	90	0.0	0.0	0	0	0	23	0	23	0					X									
BEV - SYRUP - Caramel Flavored Syrup	1.0	100	0.0	0.0	0	0	0	24	0	24	0														
BEV - SYRUP - Chocolate Syrup	1.0	70	0.0	0.0	0	0	60	17	1	14	<1														
BEV - SYRUP - Hazelnut Flavored Syrup	1.0	90	0.0	0.0	0	0	7	22	0	21	0					X									
BEV - SYRUP - Vanilla Flavored Syrup	1.0	100	0.0	0.0	0	0	0	25	0	25	0														
CREAM CHEESE																									
CRM CH - Bacon Scallion	1.5	140	12	7	0	40	150	5	0	2	3			X		F									
LTO - Cucumber Dill (seasonal)	1.5	150	14.0	7.0	0	40	130	3	<1	1	3			X		F									
CRM CH - Garden Veggie	1.5	130	11	6	0	35	140	5	1	2	3			X		F									
CRM CH - Honey Walnut	1.5	150	12	6	0	35	125	8	<1	3	3			X		X									
CRM CH - Jalapeno	1.5	140	13	8	0	45	150	4	0	2	3			X		F									
CRM CH - Light Garden Veggie	1.5	90	6	4	0	25	105	3	0	2	6			X		F									
CRM CH - Light Herb Garlic	1.5	100	6	3.5	0	25	125	4	0	2	6			X		F									
CRM CH - Light Plain	1.5	100	6	3	0	25	130	4	<1	3	6			X		F									
CRM CH - Olive Pimiento	1.5	140	13	6	0	45	130	3	0	1	3			X		F									
CRM CH - Onion and Chive	1.5	140	13	8	0	35	105	3	0	2	3			X		F									
CRM CH - Plain	1.5	130	11	7	0	40	125	6	<1	2	3			X		F									
LTO - Pumpkin (seasonal)	1.5	120	11	7	0	45	135	4	0	3	3			X		F									
CRM CH - Smoked Salmon	1.5	150	13	6	0	40	150	3	<1	2	3		X	X		F									
CRM CH - Strawberry	1.5	140	13	7	0	30	100	4	0	2	3			X		F									
CRM CH - Vermont Maple (seasonal)	1.5	120	11	7	0	45	135	4	0	3	3			X		F									
SALADS & DRESSINGS																									
SALADS & DRESSINGS LISTED SEPARATELY																									
SAL - CAFÉ - Mixed Greens Base	3.0	20	0.0	0.0	0	0	0	1	1	2	1														
SAL - ENTRÉE - Mixed Greens Base	5.0	30	0.0	0.0	0	0	0	2	2	3	2														
SAL - CAFÉ - Chicken Caesar	6.0	190	7.0	2.0	0	35	590	11	1	2	17			X			X	X							
SAL - ENTRÉE - Chicken Caesar	9.2	260	11.0	4.0	0	55	840	12	2	3	26			X			X	X							
SAL - CAFÉ - Blue Apple	7.0	300	14.0	6.0	0	55	740	20	5	16	21			X		X	X	X							
SAL - ENTRÉE - Blue Apple	12.0	410	19.0	7.0	0	70	920	28	7	22	30			X		X	X	X							
SAL - CAFÉ - Chicken Almond	11.0	260	14.0	4.5	0	45	510	8	4	5	20			X		X	X	X							
SAL - ENTRÉE - Chicken Almond	13.0	400	23.0	7.0	0	65	800	10	5	6	34			X		X	X	X							
SAL - CAFÉ - Garden Salad	6.2	80	2.0	0.0	0	0	90	9	2	4	2						X	X							
SALAD DRESSINGS																									
CAFÉ SALADS HAVE 1oz DRESSING, ENTRÉE SALADS HAVE 2oz DRESSING																									
DRES - Aegean Greek Vinaigrette	1.0	160	18.0	2.5	0	0	220	1	0	1	0							X							
DRES - Balsamic Vinaigrette	1.0	60	6.0	1.0	0	0	230	3	0	2	0								X						
DRES - Caesar	1.0	80	7.0	1.5	0	10	310	2	0	1	1	X	X		X			X	X						
DRES - Champagne Vinaigrette	1.0	130	14.0	2.0	0	0	410	1	0	1	0							X							
DRES - Ranch	1.0	90	10.0	1.5	0	10	250	1	0	1	0	X		X					X						
SANDWICHES																									
BUILT WITH COMPONENTS INDICATED ON MENU BOARD																									
BREAKFAST SANDWICHES																									
BRK - Breakfast Bagel - Egg / Cheese	6.8	430	18.0	6.0	0	180	970	63	4	8	22	X		X				X	X						
BRK - Breakfast Bagel - Egg / Cheese / Bacon	7.3	500	24.0	8.0	0	195	1190	64	4	9	26	X		X				X	X						
BRK - Breakfast Bagel - Egg / Cheese / Ham	8.3	510	16.0	5.0	0	210	1280	65	4	10	28	X		X				X	X						
BRK - Breakfast Bagel - Egg / Cheese / Sausage	8.3	590	34.0	12.0	0	210	1250	63	4	8	28	X		X				X	X						
BRK - Breakfast Bagel - Egg White / Sundried Tomato Spread	7.2	470	13.0	5.0	0	30	870	67	4	8	22	X		X					X						
BRK - Breakfast Bagel - Egg White / Cheese	6.5	390	6.0	2.5	0	15	750	63	4	7	22	X		X					X						
BRK - Breakfast Bagel - Egg White / Cheese / Bacon	7.0	460	12.0	4.5	0	30	980	64	4	8	26	X		X					X						

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BRK - Breakfast Bagel - Egg White / Cheese / Ham	8.3	440	7.0	3.0	0	30	1300	65	4	9	29	X		X					X	
BRK - Breakfast Bagel - Egg White / Cheese / Sausage	8.1	550	22.0	9.0	0	45	1030	63	4	7	28	X		X					X	
BRK - Breakfast Bagel - Fresh Cracked Egg / Cheese	6.7	450	14.0	5.0	0	230	730	62	4	8	24	X		X					X	
BRK - Breakfast Bagel - Fresh Cracked Egg / Cheese / Bacon	7.2	520	20.0	7.0	0	245	950	63	4	9	28	X		X					X	
BRK - Breakfast Bagel - Fresh Cracked Egg / Cheese / Ham	8.5	500	15.0	5.0	0	250	1280	64	4	10	31	X		X					X	
BRK - Breakfast Bagel - Fresh Cracked Egg / Cheese / Sausage	8.2	610	30.0	11.0	0	260	1010	62	4	8	30	X		X					X	
BRK - Breakfast Bagel - Fresh Cracked Egg / Cheese / Turkey Sausage	8.2	530	19.0	7.0	0	270	1000	62	4	8	31	X		X					X	
BRK - Classic Wrap w/Bacon	9.2	760	50.0	18.0	0	435	1670	40	3	6	37	X		X				X	X	
BRK - Classic Wrap w/Ham	9.5	590	32.0	12.0	0	410	1550	39	3	5	32	X		X				X	X	
BRK - Classic Wrap w/Sausage	9.2	710	47.0	18.0	0	420	1280	37	3	3	31	X		X				X	X	
BRK - Classic Wrap - Fresh Cracked Egg w/Bacon	9.2	700	43.0	17.0	0	505	1480	37	3	5	42	X		X				X	X	
BRK - Classic Wrap - Fresh Cracked Egg w/Ham	9.4	530	26.0	11.0	0	480	1370	37	3	4	37	X		X				X	X	
BRK - Classic Wrap - Fresh Cracked Egg w/Sausage	9.2	640	41.0	17.0	0	490	1100	34	3	2	36	X		X				X	X	
BRK - Classic Wrap - Fresh Cracked Egg w/Turkey Sausage	9.2	560	30.0	13.0	0	500	1090	35	3	3	38	X		X				X	X	
BRK - Skinny Zesty Egg White Sandwich / Plain Bagel	7.0	410	13.0	5.0	0	55	880	47	3	6	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	X	
BRK - Spinach & Cheddar Omelet / Plain Bagel	7.2	490	16.0	6.0	0	210	990	63	4	7	24	X		X				X	X	
BRK - Spinach Cheddar Omelet / Bacon / Plain Bagel	7.7	560	22.0	8.0	0	225	1210	64	4	8	28	X		X				X	X	
BRK - Spinach Cheddar Omelet / Ham / Plain Bagel	9.0	540	17.0	6.0	0	230	1540	65	4	9	31	X		X				X	X	
BRK - Spinach, Cheddar Omelet / Sausage / Plain Bagel	8.7	660	31.0	12.0	0	240	1230	64	4	7	30	X		X				X	X	
BRK - Sriracha Egg Sandwich / Sausage / Plain Bagel	10.7	680	33.0	11.0	0	225	1670	72	4	16	28	X		X				X	X	
BRK - Sriracha Egg Sandwich - Fresh Cracked Egg / Sausage / Plain Bagel	10.7	650	30.0	11.0	0	260	1580	70	4	15	30	X		X				X	X	
BRK - Western / Plain Bagel	9.2	670	34.0	9.0	0	215	1210	67	4	11	25	X		X				X	X	
BRK - Western - Fresh Cracked Egg / Plain Bagel	8.3	560	25.0	7.0	0	235	850	64	4	9	24	X		X				X	X	
DELI SANDWICHES																				
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	9.1	410	7.0	3.0	0	30	1300	64	4	10	23			X				X	X	
SAN - DELI - Ham / Honey Wheat	14.0	500	13.0	6.0	0	65	2060	62	2	12	34			X				X	X	
SAN - DELI - Roast Beef / Plain Bagel	9.1	410	8.0	3.0	0	35	1000	63	4	9	27			X				X	X	
SAN - DELI - Roast Beef / Hearty White	15.0	580	22.0	11.0	0	105	1620	59	0	5	48			X				X	X	
SAN - DELI - Tuna Salad / Plain Bagel	8.8	550	21.0	2.5	0	40	870	65	4	9	22	X	X					X	X	
SAN - DELI - Tuna Salad / Hearty White	12.3	640	30.0	4.0	0	60	1130	61	0	5	26	X	X					X	X	
SAN - DELI - Turkey / Plain Bagel	9.2	430	8.0	3.5	0	35	1270	64	4	9	25			X				X	X	
SAN - DELI - Turkey / Honey Wheat	14.4	540	15.0	7.0	0	75	1990	61	2	10	39			X				X	X	
HOT PANINI																				
SAN - PAN - Four Cheese & Tomato / Ciabatta	8.3	570	26.0	15.0	0	80	1130	59	2	2	30			X				X	X	
SAN - PAN - Harvest Turkey / Ciabatta	12.2	690	24.0	8.0	0	85	2040	84	4	11	37	X		X				X	X	
SAN - PAN - Primo Pesto Chicken / Ciabatta	10.0	560	19.0	8.0	0	85	1730	58	2	1	42			X				X	X	
SAN - PAN - Roast Beef Cheddar Melt / Ciabatta	10.1	630	26.0	9.0	0	95	1710	72	2	5	40	X		X				X	X	
SAN - PAN - Turkey, Artichoke, Mozz / Ciabatta	10.6	520	14.0	5.0	0	60	1900	61	4	2	36			X				X	X	
SIGNATURE & CLASSIC SANDWICHES																				
SAN - SIG - Herby Turkey / Sesame Bagel	11.0	570	15.0	4.5	0	55	1580	75	4	11	34	X		X				X	X	
SAN - SIG - Leonardo da Veggie / Asiago Parmesan Bagel	10.1	490	14.0	7.0	0	45	940	70	4	12	22			X				X	X	
SAN - SIG - Tarragon Chicken Salad / Wheat Bread	10.2	530	30.0	4.5	0	50	800	44	4	17	19	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 / Wheat Bread	10.7	400	17.0	3.0	0	45	1370	36	2	9	24	X						X	X	

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													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					
SAN - SIG - Roma Roast Beef / Wheat Bread																			11.1	590	36.0	12.0	0	95	1370	39	2	10	40	X		X			X	X
SIDES & DESSERTS																																				
COOKIES																																				
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
SIDE1 - Cookies - Sugar																			3.0	370	15.0	9.0	0	60	210	52	1	26	4	X		X	F			X
DESSERT BARS																																				
SIDE - Bars - Chocolate Chunk Brownies																			2.7	340	17.0	8.0	0	75	110	42	2	32	5	X		X			X	X
SIDE - Bars - Marshmallow Chew																			2.7	290	7.0	3.0	0	0	290	54	0	22	3							X
SIDE - Bars - Meltaway Bar																			3.5	450	24.0	19.0	0	5	170	56	2	39	5	X		X		X	X	X
SIDE - Bars - Toffee Almond Bar																			2.7	350	17.0	8.0	0	60	280	44	1	31	4	X		X		X	X	X
MUFFINS																																				
SIDE - Muffins - Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT																			4.5	430	21.0	3.5	0	80	270	55	0	30	5	X		X	F	F	F	X
SIDE - Muffins - Blueberry (Main Street Gourmet)																			4.5	440	26.0	2.4	0	115	210	51	2	28	7	X		X	F	F	X	X
SIDE - Muffins - Cinnamon Coffee Cake (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT																			4.5	500	27.0	7.0	0	90	280	62	0	36	5	X		X	F	F	X	X
SIDE - Muffins - Cinnamon (Main Street Gourmet)																			4.5	440	23.0	3.5	0	60	390	49	2	30	7	X		X	F	F	X	X
SIDE - Muffins - Corn (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT																			4.5	480	23.0	3.5	0	90	280	64	0	30	7	X		X	F	F	F	X
SIDE - Muffins - Cranberry Nut (Main Street Gourmet)																			4.5	440	23.0	3.5	0	60	390	49	2	30	7	X		X	F	X	X	X
SIDE - Muffins - Cranberry Nut (Bake N Joy) SELECT BAKERIES																			4.5	430	23.0	3.5	0	85	300	53	1	29	5	X		X	F	X	F	X
SIDE - Muffins - Cranberry Nut (Karp's) BOSTON, SELECT CONNECTICUT																			4.5	390	16.0	2.5	0	35	370	57	2	30	8	X		X	F	X	X	X
OTHER SIDES																																				
VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.																																				
SIDE - Crackers																			See label																	
SIDE - Potato Chips																			See label																	
SIDE - Yogurt																			See label																	
SOUPS																																				
SOUP - Beef Chili																			8.0	190	8	3	0	25	880	18	6	3	10			X			X	X
SOUP - Black Bean																			8.0	130	2.0	0.0	0	0	720	23	6	5	5						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 - Creamy Tomato Basil																			8.0	230	16.0	10.0	0	55	820	16	1	5	5			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 - Garden Vegetable																			8.0	80	2.5	0.0	0	0	750	11	0	2	0						X	
SOUP - New England Clam Chowder																			8.0	230	14	6.0	0	55	640	14	1	0	11			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	
TOPPINGS																																				
VALUES LISTED BELOW ARE FOR A SINGLE BAGEL OR CAFÉ SALAD PORTION; FULL SIZE SANDWICHES AND ENTRÉE SALADS USE APPROX. TWICE THE AMOUNT LISTED BELOW																																				
CHEESE																																				
ADD - CHS - American Cheese																			0.8	20.0	7.0	4.0	0.0	5.0	270.0	0.0	0.0	0.0	5.0			X				
ADD - CHS - Asiago Cheese, Shredded																			0.5	15	3.0	5.0	5	2	3	0	0	1	2			X				
ADD - CHS - Blue Cheese																			1.0	100	8.0	5.0	0	25	380	1	1	0	6			X				
ADD - CHS - Cheddar Cheese																			0.7	70.0	6.0	3.5	0.0	20.0	120.0	1.0	0.0	0.0	5.0			X				
ADD - CHS - Mozzarella																			1.0	90.0	6.0	4.0	0.0	30.0	130.0	0.0	0.0	0.0	5.0			X				
ADD - CHS - Muenster Cheese																			1.0	100.0	8.0	5.0	0.0	30.0	190.0	1.0	0.0	0.0	6.0			X				

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ADD - CHS - Pepper Jack	0.8	80.0	6.0	4.0	0.0	25.0	130.0	0.0	0.0	0.0	5.0			X					
ADD - CHS - Provolone Cheese	0.5	50.0	4.0	2.5	0.0	10.0	120.0	0.0	0.0	0.0	3.0			X					
ADD - CHS - Swiss Cheese	0.5	50.0	4.0	2.5	0.0	15.0	30.0	1.0	0.0	0.0	4.0			X					
CONDIMENTS																			
COND - Artichoke Pesto	0.5	45	4.0	0.5	0	0	95	1	1	0	1			X					
COND - Basil Pesto	0.5	45	4.5	0.5	0	0	100	0	0	0	1			X					
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 - 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	2.0	120	6.0	1.0	0	0	125	10	0	0	5			F	F				
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 - Mayo	0.5	100	11.0	1.5	0	10	100	1	0	0	0	X							X
COND - Peanut Butter	1.5	250	21.0	4.0	0	0	200	9	3	4	9			X				X	
COND - Sriracha Sauce	1.0	30	0.0	0.0	0	0	570	6	0	6	0								
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	1.5	110	6.0	0.0	0	0	600	10	0	8	3			X		X	X	X	
EGG PATTIES & OMELETS																			
BRK - Eggs - Egg White Patty	2.0	40	0.0	0.0	0	0	190	2	0	0	6	X							X
BRK - Eggs - Spinach & Cheddar Omelet	2.5	120	8.0	2.5	0	190	340	2	0	0	8	X		X					X
BRK - Eggs - Whole Egg Patty	2.0	110	9.0	2.0	0	175	170	2	0	1	5	X							X
BRK - Eggs - Fresh Cracked Egg	2.0	80	6.0	1.5	0	210	80	1	0	1	7	X							
MEAT																			
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	1.8	45	1.0	0.0	0	20	550	2	0	2	7								
MEAT - Roast Beef	1.8	50	2.5	0.5	0	25	250	1	0	0	11								
MEAT - Salmon	1.8	80	2.5	1	0	25	737	0	0	0	13		X						
MEAT - Sausage	1.5	160	16.0	6.0	0	30	280	0	0	0	6								
MEAT - Tarragon Chicken Salad	2.5	230	18.0	2.5	0	35	340	8	1	6	9	X			X	X	X	X	
MEAT - Tuna Salad	2.5	230	19.0	2.5	0	40	330	3	0	0	11	X	X					X	X
MEAT - Turkey	1.8	45	0.0	0.0	0	15	430	2	0	1	9							X	
MEAT - Turkey Sausage	1.5	80	5.0	1.5	0	40	270	0	0	0	8								



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NUTS/OTHER																			
ADD - Almonds (Sliced)	0.2	25	2.5	0.0	0	0	0	1	0	0	1					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								
VEGETABLES & FRUIT																			
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								