



# NUTRITIONAL INFORMATION



SANDWICHES	Serving Size (oz)	Calories (kcal)	Calories From Fat (kcal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)	SANDWICHES
Chicken Parmigiana	13.3	741	203	22	10	0	83	2070	81	4.5	10	52	Chicken Parmigiana
Chicken Caesar	13.5	884	285	42	12	0	100	2679	75	4	8	47	Chicken Caesar
BLT	7.3	552	158	17	5	0	46	1275	72	3.5	6	28	BLT
Turkey	7.5	437	45	5	0.7	0	33	1237	72	3	5	28	Turkey
Ham	7.5	461	77	9	2	0	46	1431	71	3	5	28	Ham
Veggie	9.5	396	37	4	0.5	0	0	639	79	5	9	14	Veggie
Chicken Breast	8.5	504	89	10	2.5	0	62	1233	75	3	7	28	Chicken Breast
Roast Beef	7.5	465	76	8.5	1	0	45	625	71	3	5	28	Roast Beef
Tuna Salad	8.5	666	254	28	4	0	29	1204	81	4	11	25	Tuna Salad
Chicken Salad	8.5	627	204	23	4	0	40	1110	83	4	13	25	Chicken Salad
Bagel Dog	8	750	319	36	13	2	75	1510	87	3	6	23	Bagel Dog
Bagel Dog with Cheese and Bacon	9.25	875	409	45	18	2	106	1785	87	3	6	31	Bagel Dog with Cheese and Bacon
Salmon & Plain Cream Cheese	8	661	216	24	13	0	63	1050	87	3	8	26	Salmon & Plain Cream Cheese
Egg & Sausage Sandwich	8.5	689	301	33	10	0	219	1119	74	3	7	25	Egg & Sausage Sandwich
Egg & Bacon Sandwich	7.1	567	180	20	5	0	202	1079	73	3	6	25	Egg & Bacon Sandwich
Egg & Ham Sandwich	7.5	510	133	15	3	0	194	1018	73	3	6	23	Egg & Ham Sandwich
Jalapeno Breakfast Sandwich	8.3	601	224	25	9	0	229	1265	65	3	5	29	Jalapeno Breakfast Sandwich
Bagel with Egg	6.5	476	119	13	3	0	179	724	73	3	6	18	Bagel with Egg
Asiago Omelet	9.8	722	266	29	13	0	235	1700	80	3	7	47	Asiago Melt

GRAB N' GO SANDWICHES (all w/lettuce & tomato)	Serving Size (oz)	Calories (kcal)	Calories From Fat (kcal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)	GRAB N' GO SANDWICHES (all w/lettuce & tomato)
Chicken Caesar on Asiago Bagel w/Parmesan Cheese	12.9	710	220	24	11	0.5	105	1860	79	4	11	45	Chicken Caesar on Asiago Bagel w/Parmesan Cheese
Ham & Cheddar Cheese on Everything Bagel	11.3	610	160	18	8	0	70	2000	78	4	8	36	Ham & Cheddar Cheese on Everything Bagel
Tuna Salad on Whole Wheat Baguette	10.6	620	300	34	5	0	40	1220	67	8	5	24	Tuna Salad on Whole Wheat Baguette
Turkey & American Cheese on Plain Bagel	10.8	520	110	12	5	0	60	1530	75	4	8	32	Turkey & American Cheese on Plain Bagel
Turkey & Swiss Cheese on Tomazzo® Bagel	14.3	710	200	22	11	0.5	85	1800	82	4	13	47	Turkey & Swiss Cheese on Tomazzo® Bagel
Turkey & Swiss Cheese on Regular Baguette	10.5	480	110	13	6	0	65	1380	61	3	6	33	Turkey & Swiss Cheese on Sourdough Baguette
Turkey & Swiss Cheese on Whole Wheat Baguette	10.5	470	110	13	6	0	65	1390	61	7	6	32	Turkey & Swiss Cheese on Whole Wheat Baguette

PANINI SANDWICHES (all served on regular baguette)	Serving Size (oz)	Calories (kcal)	Calories From Fat (kcal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)	PANINI SANDWICHES (all served on regular baguette)
Turkey Club Panini with bacon, tomato, cheese, provolone	11.1	679	247	28.8	10	0	101	1965	67	4	8	44	Turkey Club Panini with bacon, tomato, cheese, provolone
Chicken Pesto Panini with roasted red pepper, pesto sauce, Swiss cheese	12	771	319	34.5	14	0	113	1770	70	4	8	48	Chicken Pesto Panini with roasted red pepper, pesto sauce, Swiss cheese
Philly Beef Panini with roast beef, green pepper, onion, provolone cheese, butter	10.5	921	353	39.5	20	0	144	1364	92	6	15	52	Philly Beef Panini with roast beef, green pepper, onion, provolone cheese, butter
Ham & Swiss Cheese Panini	9	600	233	25.5	13	0	100	1640	58	2	2	42	Ham & Swiss Cheese Panini

BAGELS	Serving Size (oz)	Calories (kcal)	Calories From Fat (kcal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)	BAGELS
Asiago Cheese	6	520	140	16	8	0	35	1040	72	3	6	23	Asiago Cheese
Cheddar Cheese Twist	9.4	800	240	27	13	0.5	65	1230	107	4	9	35	Cheddar Cheese Twist
Cheddar Herb	4.5	390	70	8	3	0	10	570	66	3	5	15	Cheddar Herb
Cinnamon Crunch	5.2	540	140	15	7	0	20	420	89	3	21	13	Cinnamon Crunch
Cinnamon Raisin	4.5	380	30	3.5	0.5	0	0	410	76	3	15	12	Cinnamon Raisin
Everything	4.7	380	40	4.5	0.5	0	0	910	73	3	5	13	Everything
French Toast	4.5	430	70	8	2	2	15	480	77	3	18	12	French Toast
Hot Tomazzo®	8.2	565	120	13	6	0	20	1000	77	4	9	25	Hot Tomazzo®
Jalapeno Cheddar	4.5	370	60	7	2.5	0	10	660	63	3	4	14	Jalapeno Cheddar
Multigrain	4.7	390	35	4	0.5	0	0	530	80	6	11	13	Multigrain
Pepperoni Tomazzo®	9	656	214	24	11	0	45	1290	78	4	9	33	Pepperoni Tomazzo®
Plain	4.5	360	35	4	0.5	0	0	550	71	3	5	13	Plain
Sesame	4.7	390	60	6	1	0	0	550	72	3	5	14	Sesame
Tomazzo®	7.8	520	120	13	6	0	20	920	77	4	9	25	Tomazzo®
Spinach Tomazzo®	8.7	640	180	20	10	0	40	1030	86	4	12	30	Spinach Tomazzo®
Swiss Everything	6	471	95	10	5	0	25	1190	77	3	7	19	Swiss Everything
Vegging Tomazzo®	11.3	617	168	19	8	0	30	1090	83	5	11	30	Vegging Tomazzo®
Baguette	4	300	35	3.5	12	0	0	510	56	2	2	11	Baguette
Cheddar Baguette	4	413	117	12.7	6.3	0	27	688	56.59	2	2	18	Cheddar Baguette
Whole Wheat Baguette	4	290	35	4	1	0	0	520	56	6	2	11	Whole Wheat Baguette
Wild Blueberry Crunch	5.2	540	100	11	5	0	30	350	96	3	17	14	Wild Blueberry Crunch

SOUPS	Serving Size (oz)	Calories (kcal)	Calories From Fat (kcal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)	SOUPS
Chicken Gumbo	8	220	81	9	2	0	40	2220	26	4	2	8	Chicken Gumbo
Broccoli Cheddar	8	220	140	16	9	0	45	920	13	1	4	8	Broccoli Cheddar
Chicken Noodle	8	106	24	3	0	0	13	1013	16	1	1	7	Chicken Noodle
Vegetable Beef Barley	8	90	27	3	1	0	10	1040	11	2	1	5	Vegetable Beef Barley
Potato Cream Cheese	8	186	96	10	0.7	0	7	920	21	1	1	5	Potato Cream Cheese
Clam Chowder	8	225	99	11	4	0	27	1133	23	1	6	9	Clam Chowder
Cream of Chicken with Wild Rice	8	180	110	12	6	0	35	920	19	<1	2	5	Cream of Chicken with Wild Rice
Whitey's Chili with Beans	8	320	160	18	6	0	50	480	20	6	4	20	Whitey's Chili with Beans

SALADS	Serving Size (oz)	Calories (kcal)	Calories From Fat (kcal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)	SALADS
Chicken Caesar Salad	13.8	310	120	13	6	0.5	80	1200	19	4	9	31	Chicken Caesar Salad
Garden Salad	13.8	80	15	2	0	0	0	170	17	5	8	4	Garden Salad
Fruit Salad	4.23	60	1.26	0.14	0.02	0	13	183	16	1	0	0.6	Fruit Salad
Yogurt Parfait	1 ea	327	38	4	2	0	17	216	61	2	49	13	Yogurt Parfait

CONDIMENTS	Serving Size (oz)	Calories (kcal)	Calories From Fat (kcal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)	CONDIMENTS
American Cheese	1	70	45	5	3.5	0	15	300	2	0	0	3	American Cheese
Butter	0.5	100	99	11	8	0	30	90	0	0	0	0	Butter
Cucumber	1	8	0.5	0.06	0	0	0	1	1	0	0	0	Cucumber
Cheddar Cheese	1	113	82	9	5	0	27	178	0	0	0	7	Cheddar Cheese
Dijon Mustard	0.17	5	0	0	0	0	0	50	0	0	0	0	Dijon Mustard
Jelly	1	36	0	0	0	0	0	1	9	0	8	0	Jelly
Leaf Lettuce	0.2	5	0	0	0	0	0	10	1	0	0	0	Leaf Lettuce
Mayonaise	0.5	100	99	11	2	0	10	75	0	0	0	0	Mayonaise
Plain Cream Cheese	1	100	90	10	6	0	30	90	1	0	1	2	Plain Cream Cheese
Red Onion	0.2	67	1	0	0	0	0	4	16	2	6	1	Red Onion
Roasted Red Peppers	1	25	1	0	0	0	0	238	5	1	3	1	Roasted Red Peppers
Shredded Carrots	0.2	27	1	0	0	0	0	45	6	2	2	0.5	Shredded Carrots
Strawberry Cream Cheese	1	90	70	8	4.5	0	30	120	5	0	4	1	Strawberry Cream Cheese
Swiss Cheese	1	100	72	8	5	0	25	60	1	0	0	8	Swiss Cheese
Tomatoes	1.5	32	3	0.3	0	0	0	9	7	2	4	1	Tomatoes
Vegetable Cream Cheese	1	90	70	8	5	0	35	160	2	0	2	1	Vegetable Cream Cheese

PASTRIES	Serving Size (oz)	Calories (kcal)	Calories From Fat (kcal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)	PASTRIES
Blueberry Muffin	4.25	430	144	16	4.5	0	35	380	64	2	41	7	Blueberry Muffin
Banana Nut Muffin	4.25	430	162	18	3	0	60	270	61	2	44	7	Banana Nut Muffin
Chocolate Brownie	1.98	230	99	11	2.5	0	30	130	32	0	25	2	Chocolate Brownie
Cinnamon Scone	3.5	480	225	25	14	0	110	420	59	6	18	7	Cinnamon Scone
Blueberry Scone	3.5	470	225	25	14	0	110	420	56	2	20	7	Blueberry Scone
Chocolate Chip Scone	3.5	420	198	22	11	0	99	550	52	2	22	7	Chocolate Chip Scone
Fruit Danish	2.5	260	108	12	3.5	0	5	260	35	2	18	3	Fruit Danish
Chocolate Chunk Cookie	4	110	31	3.5	1.5	0	5	90	19	0	11	1	Chocolate Chunk Cookie
Oatmeal Raisin Cookie	4	120	45	5	2.5	0	10	100	18	0	11	2	Oatmeal Raisin Cookie

HOT BEVERAGES	Serving Size (oz)	Calories (kcal)	Calories From Fat (kcal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (milligrams)	Sodium (milligrams)	Carbohydrates (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)	HOT BEVERAGES
Brewed Coffee	6	0	0	0	0	0	0	0	0	0	0	0	Brewed Coffee
French Vanilla Cappuccino	6	140	40	4	2	0	0	120	23	0	18	2	French Vanilla Cappuccino
Hot Chocolate	8	160	35	4	2	0	10	230	30	0	30	1	Hot Chocolate
Chai Tea	8	110	20	2	2	0	0	40	22	0	20	3	Chai Tea
Espresso Coffee	1	5	0	0	0	0	0	0	0	0	0	0	Espresso Coffee

\*Nutritional information of sandwiches calculated on Plain Bagel unless otherwise noted.

\*Nutritional information of pastries may vary depending on location.

\*Condiments not included in nutritional information of sandwiches excluding Grab N' Go Sandwiches

\*Salad dressing not included in nutritional information of salads.

\*The Dietary Guidelines for America recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily caloric consumption.