

MENU ITEMS

NUTRITIONAL INFORMATION

ALLERGENS

OTHER

SERVING SIZE (g/oz)	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATE (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A (%)	VITAMIN C (%)	CALCIUM (%)	IRON (%)	PEANUTS	TREE NUTS	MILK	EGGS	FISH / SHELLFISH	SOY	WHEAT	SULPHITES	MUSTARD	GLUTEN FRIENDLY	VEGETARIAN	VEGAN
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COFFEE & TEA																											
ORIGINAL BLEND COFFEE	S	10	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	M	16	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	L	20	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DARK ROAST COFFEE	S	10	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	M	16	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	L	20	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DECAF COFFEE	S	10	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	M	16	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	L	20	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ORANGE PEKOE TEA	S	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	M	16	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	L	20	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
CONDIMENTS																											
18% CREAM (SINGLE)	S	25	2.5	1.5	0	10	5	1	0	0	0.4	2	0	2	0												
	M	40	4	2.5	0	15	10	1	0	0	1	4	0	2	0												
	L	50	4.5	3	0	15	10	1	0	0	1	4	0	2	0												
	XL	70	6	4	0	20	15	1	0	0	1	5	0	4	0												
2% MILK (SINGLE)	S	10	0.4	0.2	0	10	1	0	0	0	1	2	0	2	0												
	M	15	0.5	0.3	0	15	1	0	0	1	2	0	2	0													
	L	15	0.5	0.4	0	15	1	0	0	1	2	0	4	0													
	XL	20	0.5	0.4	0	5	20	2	0	0	1	2	0	4	0												
SUGAR (SINGLE)	S	30	0	0	0	0	8	0	8	0	0	0	0	0													
	M	40	0	0	0	0	11	0	11	0	0	0	0	0													
	L	50	0	0	0	0	14	0	14	0	0	0	0	0													
	XL	70	0	0	0	0	19	0	19	0	0	0	0	0													
HOT BEVERAGES																											
HOT CHOCOLATE	S	10	110	2	0.5	0	190	24	1	21	1	0	0	10	2												
	M	16	170	3	1	0	280	36	1	32	1	0	0	15	2												
	L	20	230	4	1.5	0	380	48	2	43	1	0	0	20	4												
	XL	24	290	5	2	0	470	60	2	53	2	0	0	25	4												
FRENCH VANILLA	S	10	110	3.5	3.5	0	5	20	0	14	1	0	0	2	0												
	M	16	170	5	5	0	5	30	0	21	1	0	0	4	0												
	L	20	220	7	7	0	5	40	0	28	2	0	0	4	0												
	XL	24	280	9	9	0	5	51	0	35	2	0	0	6	0												
ICED BEVERAGES																											
LEMONADE	S	12	110	0	0	0	15	27	0	27	0	0	140	2	0												
	M	16	150	0	0	0	20	36	0	36	0	0	180	4	0												
	L	20	180	0	0	0	25	45	0	44	0	0	230	4	0												
ICED TEA	S	12	110	0	0	0	5	27	0	27	0	0	4	0	0												
	M	16	150	0	0	0	10	36	0	36	0	0	4	0	0												
	L	20	180	0	0	0	10	45	0	45	0	0	6	0	0												
ICED COFFEE	S	12	110	4.5	4	0	100	18	0	14	0.4	0	0	6	0												
	M	16	150	6	6	0.1	135	24	0	19	1	0	0	6	0												
	L	20	180	7	7	0.1	170	30	0	24	1	0	0	8	2												
BLENDED BEVERAGES																											
ICED CAPPUCCINO	S	12	180	2	0	0	150	26	0	17	0.4	0	0	8	2												
	M	16	240	3	0	0	230	38	0	26	1	0	0	10	2												
	L	20	300	4	0	0	300	51	0	35	1	0	0	15	4												
MOCHA ICED CAPPUCCINO	S	12	240	2.5	0	0	155	32	0	22	0.4	0	0	8	2												
	M	16	320	3.5	0	0	240	50	0	36	1	0	0	10	2												
	L	20	380	5	0	0	310	67	0	50	1	0	0	15	4												
SMOOTHIES																											
MANGO	S	12	250	0	0	0	10	63	0	59	0	52	35	0	0												
	M	16	320	0	0	0	10	81	0	76	0	70	45	0	0												
	L	20	390	0	0	0	15	98	0	92	0	80	60	0	0												
STRAWBERRY	S	12	270	0	0	0	70	0	68	0	0	15	4	0	0												
	M	16	350	0	0	0	90	0	87	0	0	20	4	0	0												
	L	20	420	0	0	0	109	0	106	0	0	20	6	0	0												
STRAWBERRY BANANA	S	12	250	0	0	0	63	0	61	0	0	35	4	4													
	M	16	320	0	0	0	81	0	78	1	0	45	4	4													
	L	20	390	0	0	0	98	0	94	1	0	60	6	6													
PIÑA COLADA	S	12	290	6	5	0	45	60	0	56	0	0	0	0	0												
	M	16	390	8	7	0	60	81	0	76	1	0	0	0	0												
	L	20	480	10	8	0	70	98	0	92	1	0	0	0	0												
REGULAR DOUGHNUTS																											
DOUBLE CHOCOLATE	S	64	250	10	5	0.1	5	270	35	1	18	3	0	0	2	15											
	M	57	220	10	5	0.1	5	270	28	1	13	3	0	0	2	10											
	L	57	210	10	4	0.3	0	280	26	1	7	4	0	0	2	10											
	XL	64	230	10	4.5	0.3	0	280	33	1	13	4	0														

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BREAKFAST BAGELS ON PLAIN BAGEL																											
SAUSAGE & EGG	206	620	37	15	0.3	220	1140	49	2	3	23	15	0	20	30												
WESTERN	242	510	21	9	0.3	330	1250	53	2	4	28	25	45	30	30												
GARDEN OMELETTE	230	460	17	8	0.3	275	950	53	2	4	23	25	45	25	30												
BLT	165	370	13	5	0.2	25	810	50	3	4	12	20	20	6	25												
BREAKFAST SANDWICHES ON ENGLISH MUFFIN																											
BREAKFAST CLUB	122	230	8	2.5	0.1	10	660	26	1	2	13	6	0	4	10												
SUNRISER	122	270	12	5	0.2	20	620	27	1	2	13	10	0	15	10												
CLASSIC	150	300	12	5	0.2	190	940	27	1	3	19	10	0	15	15												
SAUSAGE & EGG	178	500	36	15	0.3	220	860	27	1	3	18	15	0	15	15												
WESTERN	214	400	19	9	0.3	300	960	31	1	4	24	25	45	25	15												
GARDEN OMELETTE	200	370	15	7	0.3	275	730	31	1	4	20	25	45	25	15												
BLT	137	250	12	5	0.2	25	520	28	2	4	8	20	20	4	10												
WRAPS ON WHITE																											
GARDEN WRAP	207	430	21	9	0.3	320	900	33	2	2	21	25	45	25	20												
WESTERN WRAP	236	460	24	9	0.3	340	1340	34	2	2	27	25	45	25	20												
WRAPS ON WHOLE WHEAT																											
GARDEN WRAP	207	450	22	9	0.3	320	900	32	4	2	21	25	45	25	20												
WESTERN WRAP	236	480	25	9	0.3	340	1340	33	4	2	27	25	45	25	20												
BAGELS																											
PLAIN	85	230	2.5	0.3	0.1	0	410	46	2	5	8	0	0	2	30												
WHOLE WHEAT & HONEY	85	220	1	0.3	0.1	0	390	45	5	5	8	0	0	2	35												
CHEDDAR & HERB	85	250	4	1.5	0.1	5	440	45	2	5	8	2	4	4	30												
SESAME	85	260	6	0.5	0.1	0	390	44	3	5	8	0	0	6	35												
EVERYTHING	85	240	4.5	0.5	0	0	960	43	3	5	8	0	6	6	20												
CINNAMON RAISIN	85	230	1	0.2	0.1	0	380	48	2	8	8	0	0	2	30												
JALAPEÑO & CHEDDAR	85	210	4	1.5	0.5	5	590	37	2	4	8	2	15	4	25												
EXTRAS																											
BECEL	10	70	8	1	0	0	70	0	0	0	0	0	0	0	0												
CREAM CHEESE	28	90	9	6	0.2	25	110	1	0	1	3	10	0	2	0												
LIGHT CREAM CHEESE	28	60	1.5	3	0.1	15	120	2	0	2	2	6	0	4	0												
HERB & GARLIC CREAM CHEESE	28	60	4.5	2.5	0.1	15	110	3	0	2	2	10	6	4	0												
CHEDDAR CHEESE	28	110	9	6	0.3	30	190	1	0	0	7	10	0	20	0												
PEANUT BUTTER	18	110	9	2	0.1	0	85	4	1	2	5	0	0	0	2												
STRAWBERRY JAM	18	60	0	0	0	0	4	14	0	13	0	0	0	0	0												
OTHER																											
HASHBROWN	64	130	8	2	0	0	250	14	3	1	0	0	4	0	2												
CIABATTA ON WHITE																											
ROAST BEEF & CHEDDAR	300	560	16	4.5	1.5	45	1600	69	6	2	31	15	60	10	35												
CLUBHOUSE	285	610	22	6	0.5	50	1640	69	5	3	31	25	60	10	35												
GRILLED CHICKEN	295	620	21	5	0.2	60	1350	69	5	3	32	15	80	10	35												
SPICY BUFFALO CHICKEN	335	750	27	6	2	50	2350	90	6	2	33	15	60	10	30												
CIABATTA ON WHOLE WHEAT																											
ROAST BEEF & CHEDDAR	300	560	16	4.5	1.5	45	1600	69	6	6	31	15	60	10	35												
CLUBHOUSE	285	610	22	6	0.5	50	1640	69	5	7	31	25	60	10	35												
GRILLED CHICKEN	295	620	21	5	0.2	60	1350	69	5	7	32	15	80	10	35												
SPICY BUFFALO CHICKEN	335	750	27	6	2	50	2350	90	6	7	33	15	60	10	30												
BAGUETTE																											
ROAST BEEF & CHEDDAR	485	840	27	9	2.5	80	2450	98	8	4	50	35	90	20	60												
CLUBHOUSE	470	950	39	11	1.5	85	2640	98	8	5	49	45	90	20	50												
GRILLED CHICKEN	475	1000	40	10	0.4	145	2140	97	8	4	60	30	90	20	45												
SPICY BUFFALO CHICKEN	505	1110	45	11	2.5	80	3260	125	9	5	47	30	90	20	45												
SLICED BREAD ON WHITE																											
EGG SALAD	210	320	11	2	0	240	530	41	3	6	16	15	20	6	30												
SMOKED TURKEY	205	360	14	3.5	0.1	25	1010	41	2	7	17	20	20	15	25												
ALBACORE TUNA SALAD	210	320	8	0.5	0	30	690	40	2	7	23	15	20	2	25												
SLICED BREAD ON WHOLE WHEAT																											
EGG SALAD	210	320	11	2	0	240	520	40	5	3	17	15	20	6	25												
SMOKED TURKEY	205	360	14	3.5	0.1	25	1000	41	5	4	18	20	20	15	15												
ALBACORE TUNA SALAD	210	320	8	0.5	0	30	680	40	5	3	24	15	20	2	15												
WRAP ON WHITE																											
CHICKEN CAESAR	230	370	15	4	0	80	1090	30	2	2	31	15	25	2	15												
CHICKEN FETA	255	460	24	7	0.1	90	1320	33	2	2	30	15	70	15	15												
ROAST BEEF & CHEDDAR	220	370	18	8	1	50	1180	32	2	1	23	20	20	25	20												
WRAP ON WHOLE WHEAT																											
CHICKEN CAESAR	230	390	16	4	0	80	1130	31	4	2	32	15	25	4	15												
CHICKEN FETA	255	480	25	7	0.1	90	1360	34	4	2	31	15	70	15	15												
ROAST BEEF & CHEDDAR	220	390	19	6	1	50	1220	33	4	1	24	20	20	25	20												
SALAD INCLUDING DRESSING																											
CHICKEN CAESAR	300	460	31	7	0	120	1310	12	3	3	36	45	60	25	10												
CHICKEN GREEK	375	450	34	7	0.2	80	1020	13	3	5	22	45	60	10	10												
COBB	400	550	40	11	0.2	305	1120	11	3	6	36	50	70	20	20												