



BAGELS | NEW YORKERS | EXTRAS | DESSERTS | BEVERAGES

SANDWICH	BAGEL / INGREDIENTS	SERVE SIZE (gms)	CALORIES	CALORIES FROM FAT	FAT	SODIUM (mg)	POTASSIUM (mg)	CARBOHYDRATE (gms)	DIETARY FIBRE (gms)	SUGARS (gms)	PROTEIN (gms)	
	Plain		1185	0	1.1	392	0	56	0	3	9.5	
	Parmesan		1203	0	1.5	393	0	57	0	3	10	
	Sesame		1220	0	1.7	392	0	56	0	3	10	
	Wholemeal		1245	0	1.1	392	0	58	0	3	13	
DOWNTOWN												
	Cream cheese	20	70	62	0	6.0	23.8	0.6	0	0	1.6	
	Raspberry jam	20	53.3	0.0	0.0	0.0	0.0	13.3	0.0	12.0	0.0	
<i>Totals with bagel of your choice</i>	TOTAL FILLING	40	123	62	7	60	24	14	0	12	2	
	Plain Bagel	145	1308.3	62.0	8.1	452.0	23.8	69.9	0.0	15.0	11.1	
	Parmesan Bagel	145	1326.3	62.0	8.5	453.0	23.8	70.9	0.0	15.0	11.6	
	Sesame Bagel	145	1343.3	62.0	8.7	452.0	23.8	69.9	0.0	15.0	11.6	
	Wholemeal	145	1368.3	62.0	8.1	452.0	23.8	71.9	0.0	15.0	14.6	
WALL ST												
	Streaky Bacon	60	129.2	18.1	6.4	0.5	0.0	3.0	0.0	0.0	14.0	
	Cream cheese	20	70.0	62.0	7.0	60.0	23.8	0.6	0.0	0.0	1.6	
	Tomato relish Dairy free)	20	21.6	0.0	0.1	99.2	0.0	4.9	0.0	4.0	0.2	
<i>Totals with bagel of your choice</i>	TOTAL FILLING	100	221	80	13	160	24	8	0	4	16	
	Plain Bagel	205	1405.8	80.1	14.5	551.7	23.8	64.5	0.0	7.0	25.2	
	Parmesan Bagel	205	1423.8	80.1	14.9	552.7	23.8	65.5	0.0	7.0	25.7	
	Sesame Bagel	205	1440.8	80.1	15.1	551.7	23.8	64.5	0.0	7.0	25.7	
	Wholemeal	205	1465.8	80.1	14.5	551.7	23.8	66.5	0.0	7.0	28.7	
EAST SIDE												
	Ham	35	50.8	0.0	2.1	421.1	100.5	0.5	0.0	0.0	7.4	
	Grated Cheddar cheese	14	49.4	0.0	3.9	228.2	11.2	0.5	0.0	0.3	2.8	
	Tomato	35	5.9	0.0	0.0	4.7	80.4	1.2	0.2	0.7	0.2	
	Cream cheese	20	70.0	62.0	7.0	60.0	23.8	0.6	0.0	0.0	1.6	
	TOTAL FILLING	109	189.7	62.0	13.6	833.6	233.1	2.8	0.2	0.9	14.1	
	Plain Bagel	214	1374.7	62.0	14.7	1225.6	233.1	58.8	0.2	3.9	23.6	
	Parmesan Bagel	214	1392.7	62.0	15.1	1226.6	233.1	59.8	0.2	3.9	24.1	
	Sesame Bagel	214	1409.7	62.0	15.3	1225.6	233.1	58.8	0.2	3.9	24.1	
	Wholemeal	214	1434.8	62.0	14.7	1225.6	233.1	60.8	0.2	3.9	27.1	
<i>Totals with bagel of your choice</i>	Plain Bagel	170	1302.9	77.6	9.9	913.2	95.8	56.8	0.2	3.0	18.5	
	Parmesan Bagel	170	1320.9	77.6	10.3	914.2	95.8	57.8	0.2	3.0	19.0	
	Sesame Bagel	170	1337.9	77.6	10.5	913.2	95.8	56.8	0.2	3.0	19.0	
	Wholemeal	170	1362.9	77.6	9.9	913.2	95.8	58.8	0.2	3.0	22.0	
5TH AVENUE												
	Salmon (smoked)	40	46.8	15.6	1.7	313.5	70.0	0.0	0.0	0.0	7.3	
	Cream cheese	20	70.0	62.0	7.0	60.0	23.8	0.6	0.0	0.0	1.6	
	Capers	5	1.2	0.0	0.4	147.7	2.0	0.2	0.2	0.0	0.1	
<i>Totals with bagel of your choice</i>	TOTAL FILLING	65	117.9	77.6	8.8	521.2	95.8	0.8	0.2	0.0	9.0	
	Plain Bagel	170	1302.9	77.6	9.9	913.2	95.8	56.8	0.2	3.0	18.5	
	Parmesan Bagel	170	1320.9	77.6	10.3	914.2	95.8	57.8	0.2	3.0	19.0	
	Sesame Bagel	170	1337.9	77.6	10.5	913.2	95.8	56.8	0.2	3.0	19.0	
	Wholemeal	170	1362.9	77.6	9.9	913.2	95.8	58.8	0.2	3.0	22.0	
MIDTOWN BLAT												
	Streaky Bacon	40	86.1	12.1	4.2	0.3	0.0	2.0	0.0	0.0	9.3	
	Iceberg lettuce	15	1.7	0.0	0.0	1.7	11.1	0.3	0.2	0.3	0.2	
	Avocado	25	40.0	0.0	4.0	0.0	217.0	2.0	1.5	0.0	0.5	
	Tomato	15	4.2	0.0	0.0	3.4	57.3	0.8	0.2	0.5	0.2	
	Cream cheese	20	70.0	62.0	7.0	60.0	23.8	0.6	0.0	0.0	1.6	
	TOTAL FILLING	115	202.0	74.1	15.2	65.4	239.2	5.8	1.8	0.8	11.8	
	Plain Bagel	165	1387.0	202.0	203.1	594.0	202.0	258.0	202.0	205.0	211.5	
Parmesan Bagel	165	1405.0	202.0	203.5	595.0	202.0	259.0	202.0	205.0	212.0		
Sesame Bagel	165	1422.0	202.0	203.7	594.0	202.0	260.0	202.0	205.0	212.0		
Wholemeal	165	1447.0	202.0	203.1	594.0	202.0	260.0	202.0	205.0	215.0		
<i>Totals with bagel of your choice</i>	Plain Bagel	215	1368.1	83.8	44.5	539.1	281.5	80.3	6.5	5.7	14.6	
	Parmesan Bagel	215	1368.1	83.8	44.9	540.1	281.5	81.3	6.5	5.7	15.1	
	Sesame Bagel	215	1403.1	83.8	45.1	539.1	281.5	80.3	6.5	5.7	15.1	
	Wholemeal	215	1428.1	83.8	44.5	539.1	281.5	82.3	6.5	5.7	18.1	
VEGE												
	Avocado	30	48.0	0.0	4.8	0.0	152.4	2.4	1.8	0.0	0.6	
	Tomato	30	5.1	0.0	4.0	4.1	68.9	1.0	0.2	0.6	0.2	
	Sundried Tomato pesto	10	10.0	48.8	0.0	4.4	30.2	0.0	1.4	0.0	1.2	
	Cream cheese	10	10.0	35.0	31.0	3.5	30.0	11.9	0.3	0.0	0.0	
	Mesculun	10	31.2	0.0	0.0	35.6	0.0	6.4	0.04	0.040	0.4	
	Aoli (free range)	10	68.0	0.0	7.6	50.0	0.0	0.2	0.0	0.1	0.2	
	Tomato relish Dairy free)	10	10.8	0.0	0.4	49.6	0.0	2.4	0.0	2.0	0.1	
	TOTAL FILLING	110	183	84	44	147	282	24	4	3	3	
	Plain Bagel	215	1368.1	83.8	44.5	539.1	281.5	80.3	6.5	5.7	14.6	
Parmesan Bagel	215	1368.1	83.8	44.9	540.1	281.5	81.3	6.5	5.7	15.1		
Sesame Bagel	215	1403.1	83.8	45.1	539.1	281.5	80.3	6.5	5.7	15.1		
Wholemeal	215	1428.1	83.8	44.5	539.1	281.5	82.3	6.5	5.7	18.1		
<i>Totals with bagel of your choice</i>	Plain Bagel	255	1459.8	9.1	17.3	515.6	327.1	67.0	4.7	3.4	32.8	
	Parmesan Bagel	255	1477.8	9.1	17.7	516.6	327.1	68.0	4.7	3.4	33.3	
	Sesame Bagel	255	1494.8	9.1	17.9	515.6	327.1	67.0	4.7	3.4	33.3	
	Wholemeal	255	1519.8	9.1	17.3	515.6	327.1	69.0	4.7	3.4	36.3	
THE CAB												
	Chicken	55	60.5	0.0	0.7	35.8	140.3	0.0	0.0	0.0	12.7	
	Avocado	30	48	0	4.8	0	152.4	2.4	1.8	0	0.6	
	Streaky Bacon	30	64.6	9.1	3.2	0.2	0.0	1.5	0.0	0.0	7.0	
	Tomato	15	2.5	0.0	0.0	2.0	34.4	0.5	0.1	0.3	0.1	
	Mesculun	10	31.2	0.0	0.0	35.6	0.0	6.4	2.8	0.0	2.8	
	Aoli (free ranhge egg)	10	68.0	0.0	7.6	50.0	0.0	0.2	0.0	0.1	0.2	
	TOTAL FILLING	150	275	9	16	124	327	11	5	0	23	
	Plain Bagel	255	1459.8	9.1	17.3	515.6	327.1	67.0	4.7	3.4	32.8	
	Parmesan Bagel	255	1477.8	9.1	17.7	516.6	327.1	68.0	4.7	3.4	33.3	
Sesame Bagel	255	1494.8	9.1	17.9	515.6	327.1	67.0	4.7	3.4	33.3		
Wholemeal	255	1519.8	9.1	17.3	515.6	327.1	69.0	4.7	3.4	36.3		
<i>Totals with bagel of your choice</i>	Plain Bagel	220	1355.8	19.8	6.4	924.4	248.9	77.4	1.6	19.0	18.9	
	Parmesan Bagel	220	1373.8	19.8	6.8	925.4	248.9	78.4	1.6	19.0	19.4	
	Sesame Bagel	220	1390.8	19.8	7.0	924.4	248.9	77.4	1.6	19.0	19.4	
	Wholemeal	220	1415.8	19.8	6.4	924.4	248.9	79.4	1.6	19.0	22.4	
THE WILBUR												
	Pork (pulled-bbq sauce)	70	117.6	0.0	3.1	466.2	213.5	13.3	0.8	10.5	9.1	
	Coleslaw	20	29.4	19.8	2.2	53.4	35.4	2.6	0.0	0.0	0.3	
	Apple sc (unsweetened)	25	23.75	0.05	0.05	12.75	0	5.58	0.73	5.5	0.03	
<i>Totals with bagel of your choice</i>	TOTAL FILLING	115	170.8	19.8	5.3	532.4	248.9	21.4	1.6	16.0	9.4	
	Plain Bagel	220	1355.8	19.8	6.4	924.4	248.9	77.4	1.6	19.0	18.9	
	Parmesan Bagel	220	1373.8	19.8	6.8	925.4	248.9	78.4	1.6	19.0	19.4	
	Sesame Bagel	220	1390.8	19.8	7.0	924.4	248.9	77.4	1.6	19.0	19.4	
	Wholemeal	220	1415.8	19.8	6.4	924.4	248.9	79.4	1.6	19.0	22.4	
THE BREKKIE												