



BAGELS | NEW YORKERS | EXTRAS | DESSERTS |

	Plain	105	1185	0	1.1	392	0	56	0	3	9.5
	Parmesan	105	1203	0	1.5	393	0	57	0	3	10
	Sesame	105	1220	0	1.7	392	0	56	0	3	10
	Wholemeal	105	1245	0	1.1	392	0	58	0	3	13
DOWNTOWN											
Totals with bagel of your choice, these figures include all 3 fillings, deduct whichever you don't have	Cream Cheese	20	70	62	7	60	23.8	0.6	0	0	1.6
	Peanut Butter	20	123.6	0	10.3	115.4	0	2.6	0	1.7	4.7
	Raspberry Jam	20	53.3	0.0	0.0	0.0	0.0	13.3	0.0	12.0	0.0
	TOTAL FILLING	60	247	62	17	175	24	17	0	14	6
	Plain Bagel	165	1308.3	62.0	8.1	452.0	23.8	69.9	0.0	15.0	11.1
	Parmesan Bagel	165	1326.3	62.0	8.5	453.0	23.8	70.9	0.0	15.0	11.6
	Sesame Bagel	165	1343.3	62.0	8.7	452.0	23.8	69.9	0.0	15.0	11.6
	Blueberry	160	1358.0	62.0	18.3	539.4	23.8	70.6	0.0	17.2	15.3
	Cinnamon Raisin	160	1382.0	62.0	18.8	539.4	23.8	68.6	0.0	17.2	16.3
Chocolate Chip	160	1392.0	62.0	19.1	541.4	23.8	70.6	0.0	17.2	17.3	
Wholemeal	165	1368.3	62.0	8.1	452.0	23.8	74.6	0.0	15.0	14.6	
WALL ST											
Totals with bagel of your choice	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
	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
Totals with bagel of your choice	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	
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
Totals with bagel of your choice	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	21.1	0.3	0.2	0.3	0.2
	Avocado	25	40.0	0.0	4.0	0.0	127.0	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
Totals with bagel of your choice	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	229.2	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	205.0.2	212.0
	Sesame Bagel	165	1422.02	202.02	203.72	594.02	202.02	258.02	202.02	205.02	212.02
	Wholemeal	165	1447.0	202.0	203.1	594.0	202.0	260.0	202.0	205.0	215.0
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	0.0	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
Totals with bagel of your choice	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
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
Totals with bagel of your choice	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
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	5.88	0.73	5.5	0.03
Totals with bagel of your choice	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											
	Eggs	50	71.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Tomato Relish (Dairy free)	20	21.6	0.0	0.8	99.2	0.0	4.9	0.0	4.0	0.2
	Mesculun	20	92.0	0.0	1.6	316.0	22.3	14.5	8.8	0.0	11.4
	Streaky Bacon	30	64.6	9.1	3.2	0.2	0.0	1.5	0.0	0.0	7.0
Totals with bagel of your choice	Aioli	10	10.0	60.4	56.3	6.3	7.8	0.0	0.7	0.04	0.04
	Tomato	30	5.1	0.0	0.0	4.1	68.9	1.0	0.2	0.6	0.2
	Hollandaise	20	94.5	0.0	16.9	62.0	11.3	0.0	0.0	0.1	1.1
	TOTAL FILLING	180	359	69	79	488	110	22	10	5	20
	Plain Bagel	285	328.0	1.2	16.9	520.2	22.3	20.6	8.8	4.3	11.8
	Parmesan Bagel	285	328.7	0.0	1.6	455.2	22.3	29.9	8.8	14.1	11.7
	Sesame Bagel	285	185.0	0.0	1.6	449.2	22.3	23.0	8.8	7.1	11.7
	Wholemeal	285	372.0	0.0	4.5	602.2	22.3	57.2	8.8	38.5	12.9
PULLED PORK-CHEESE											
	Mozzarella	30	30.0	19.7	2.2	62.7	0.0	0.2	0.0	0.1	2.2
	Cheddar cheese (slice)	15	15.0	0.0	1.2	69.3	3.4	0.2	0.0	0.1	0.9
	Pork (roast)	55	55.0	22.9	2.5	15.1	111.6	0.0	0.0	0.0	7.5
Totals with bagel of your choice	TOTAL FILLING	100	100	43	6	147	115	0	0	0	11
	Plain Bagel	205	1285.0	42.5	7.0	539.1	115.0	56.3	0.0	3.2	20.1
	Parmesan Bagel	205	1303.0	42.5	7.4	540.1	115.0	57.3	0.0	3.2	20.6
	Sesame Bagel	205	1320.0	42.5	7.6	539.1	115.0	56.3	0.0	3.2	20.6
	Wholemeal	205	1345.0	42.5	7.0	539.1	115.0	58.3	0.0	3.2	23.6
TUNA MELT											
	Tuna (flaked)	55	55.0	0.0	0.3	140.0	135.0	0.2	0.0	0.2	12.8
	Mayonnaise (whole egg free range)	20	19.7	0.0	2.2	14.2	0.0	0.0	0.0	0.0	0.1
	Tomato pesto	20	20.0	0.0	1.9	12.8	0.0	0.6	0.0	0.5	0.3
	Pickles (gherkins)	5	5.0	0.5	0.1	362.8	38.3	1.1	0.5	0.6	0.3
Totals with bagel of your choice	Onion	5	4.6	0.0	0.0	0.5	19.4	1.1	0.3	0.9	0.1
	Tomato	20	20.0	0.0	0.0	16.0	272.0	4.0	0.8	2.4	0.8
	Cheddar Cheese (slice)	15	15.0	0.0	1.2	69.2	3.4	0.2	0.0	0.1	0.9
	American mustard	5	5.0	0.0	0.1	59.2	0.0	0.7	0.0	0.4	0.2
	TOTAL FILLING	145	144	0.5	6	675	468	8	2	5	15
	plain bagel	250	1329.7	0.5	6.9	1066.8	468.1	63.8	1.6	8.1	24.8
	parmesan bagel	25									