



Item	Serving Size	Cal	Cal from Fat	Total fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vegetarian (V)/ Vegan(Vg)	Allergens
Sandwiches														
The Harpur College	1 sandwich	730	350	39	16	0	110	1860	53	3	8	47		wheat, milk, soy, eggs
The Brooklyn Bomber	1 sandwich	530	230	25	8	0	70	1210	52	3	8	33		Wheat, milk, egg, mustard seed
The Triple City	1 sandwich	760	440	49	14	0	85	2000	48	3	7	31		wheat, milk
The Colonial	1 sandwich	430	120	13	6	0	60	1470	49	4	17	27		wheat, milk, mustard seed
The Broadway	1 sandwich	580	320	36	11	0	76	1680	32	2	3	31		wheat, egg, milk, mustard seed
The DiMaggio	1 sandwich	750	400	44	17	0	135	2620	42	2	2	46		Wheat, milk, egg, soy, mustard seed
The Upstater	1 sandwich	470	210	23	8	0	25	1430	50	6	6	17	V	wheat, milk, soy
The North Country*	1 sandwich	700	360	40	10	0	85	1840	54	3	1	32		Wheat, milk, egg, soy, mustard seed
The Rock St.	1 sandwich	830	410	46	13	0	95	2020	63	9	5	43		wheat, milk, soy, egg, mustard seed
The Bayside Corned Beef	1 sandwich	600	330	37	11	0	90	1550	34	2	8	31		Wheat, milk, egg, soy, mustard seed
Build-Your-Own	1 sandwich	250-1345												allergens may vary
low: white bread, eggplant, provolone, lettuce, vinegar high: flour wrap, pepperoni, mozzarella, all veggies, mayo														
Build-Your-Own Vegetarian	1 sandwich	340-1005											V	allergens may vary
low: white bread, provolone, avocado, vinegar high: flour wrap, eggplant, mozzarella, all veggies (excluding bacon), avocado, mayo														
*analyzed with white flour wrap														
Deli Meats														
Maple Honey Ham	3oz	90	15	1.5	0	0	30	870	5	0	5	15		
Cappy Ham	3oz	90	20	2	1	0	25	900	5	0	3	15		
Genoa Salami	3oz	290	210	23	8	0	75	1400	2	0	0	18		
Pepperoni	3oz	390	300	33	14	0	75	1460	3	0	3	18		
Cracked Pepper Mill Turkey	3oz	90	15	1.5	0	0	45	700	0	0	2	20		
Ovengold Turkey	3oz	90	15	1.5	0	0	30	540	0	0	0	20		
Buffalo Chicken	3oz	90	15	1.5	0	0	55	700	0	0	0	20		
Eggplant grilled with balsamic vinegar	4 wt oz	30	0	0	0	0	0	0	7	4	4	1	Vg	
Teriyaki Chicken	3oz	110	20	2	1	0	50	770	3	0	1	18		pork (gelatin)
Grilled Chicken	3oz	130	20	2.5	1	0	90	45	0	0	0	26		
London Broil Roast Beef	3oz	110	40	4.5	1.5	0	40	470	0	0	0	18		
Prosciutto	2oz	100	45	5	2	0	40	980	0	0	0	14		
Corned Beef	3oz	120	50	6	2	0	45	670	0	0	0	18		
Pastrami	3oz	120	45	5	1	0	45	870	2	0	0	18		
Cheeses														
White American	1oz	110	80	9	6	0	20	360	1	0	1	5	V	milk, soy
Provolone	1oz	100	60	7	4.5	0	20	140	1	0	0	7	V	milk
Vermont Cheddar	1oz	110	90	10	6	0	30	180	0	0	0	7	V	milk
Swiss	1oz	110	70	8	5	0	20	65	0	0	0	7	V	milk
Pepper Jack	1oz	100	80	9	5	0	25	180	1	0	0	6	V	milk
Mozzarella	3oz	210	130	14	11	0	45	75	3	0	0	15	V	milk
Veggies														



Lettuce	1 leaf	10	0	0	0	0	0	0	5	3	2	1	Vg	
Tomato	2 slices	10	0	0	0	0	0	0	3	0	2	0	Vg	
Onion	3 rings	10	0	0	0	0	0	0	2	0	1	0	Vg	
Arugula	1/2 cup	20	0	0	0	0	0	20	3	1	2	2	Vg	
Green Apple	5 slices	20	0	0	0	0	0	0	5	1	3	0	Vg	
Pickle Chips	3 chips	0	0	0	0	0	0	90	0	0	0	0	Vg	
Cole Slaw	2oz	45	40	4	0.5	0	0	90	3	0	3	0	V	egg, soy, mustard seed
Avocado	4 tbsp	120	100	11	1.5	0	0	5	6	5	0	2	Vg	
Pepperocini	3 items	5	0	0	0	0	0	330	1	0	0	0	Vg	
Roasted Red Pepper	2oz	15	0	0	0	0	0	110	7	2	2	1	Vg	
Bacon	2 strips	100	80	9	3	0	10	300	0	0	0	4		
Condiments														
Mayonnaise	2 tbsp	200	200	22	4	0	20	110	1	0	0	0	V	eggs, soy, mustard seed
Deli Mustard	2 tbsp	0	0	0	0	0	0	240	0	0	0	0	Vg	mustard seed
Honey Mustard	2 tbsp	60	0	0	0	0	0	150	12	0	6	0	V	mustard seed
Yellow Mustard	2 tbsp	10	0	0	0	0	0	50	0	0	0	0	Vg	mustard seed
Horseradish Sauce	2 tbsp	90	80	9	0	0	0	90	6	0	6	0	V	egg, mustard seed
Deli Dressing	2 tbsp	200	200	22	2	0	0	100	0	0	0	0	Vg	
Chipotle Gourmaise	2 tbsp	180	180	20	3	0	20	260	1	0	0	0	V	egg, mustard seed
Pepperhouse Gourmaise	2 tbsp	160	140	16	3	0	10	320	4	0	0	0	V	soy, egg, mustard seed
Cajun Gourmaise	2 tbsp	180	160	18	3	0	10	360	4	0	2	0	V	soy, egg, mustard seed
Basil Pesto Mayo	2 tbsp	180	170	19	3	0	15	150	1	0	0	0	V	milk, eggs
Hummus	2 tbsp	70	45	5	1	0	0	130	4	1	0	2	Vg	soy
Pesto	2 tbsp	120	120	13	1	0	Less than 5mg	290	3	1	0	2	V	milk
Balsamic Glaze	1 tbsp	20	0	0	0	0	0	0	4	0	2	0	V	milk
Tapenade	2 tbsp	90	90	10	1.5	0	0	640	1	0	0	0	Vg	
Balsamic Vinegar	1 tbsp	10	0	0	0	0	0	5	3	0	3	0	Vg	
Buffalo Sauce	2 tbsp	110	90	10	4	0	20	350	0	0	0	4	V	eggs, soy, mustard seed, milk
Breads														
Flour Tortilla	12	310	60	7	3	0	0	740	52	2	0	8	Vg	Wheat
Spinach Tortilla	1 tortilla	310	70	8	3	0	0	840	52	3	3	9	Vg	Wheat
Tomato Basil Tortilla	1 tortilla	310	70	8	3	0	0	820	51	3	6	9	Vg	Wheat
Hearty Grain Tortilla	1 tortilla	300	70	8	2.5	0	0	410	49	5	3	9	V	wheat
Udi's Gluten-free Bread	2 slices	140	35	4	0	0	0	300	22	1	2	4	V	Eggs
Foccacia Bread	4oz roll	240	45	5	0	0	0	520	44	2	4	8	V	eggs, soy, wheat
Weck Rolls	3oz roll	220	10	1	0	0	0	470	44	3	1	8	V	wheat, dairy
Wheat Hard Rolls	3oz roll	190	20	2	0	0	0	380	36	4	5	6	V	wheat, dairy
Ciabatta Rolls	3.5oz	180	0	0	0	0	0	410	37	2	2	7	Vg	wheat
Rye Bread	2 slices	160	10	1	0	0	0	340	30	2	4	4	V	wheat, dairy
Marble Wheat Bread	2 slices	140	10	1	0	0	0	286	28	2	4	4	V	wheat, dairy
Marble Rye Bread	2 slices	140	0	0	0	0	0	240	28	2	4	4	V	wheat, dairy



White Bread	2 slices	120	0	0	0	0	0	268	26	1	0	4	V	wheat, dairy
Sourdough Rolls	4oz roll	250	15	1.5	0	0	0	420	50	4	1	10	V	wheat, dairy, corn
Sides														
Cole Slaw	8oz	180	140	15	2.5	0	0	370	13	less than 1g	11	0		egg, soy, mustard seed
Potato Salad	8oz	650	500	55	11	0	415	990	24	1	3	16	V	eggs, wheat, mustard seed
Pasta Salad	8oz	390	250	28	6	0	10	1110	24	2	8	4	V	wheat, milk