

Create Your Own - Use the information below to "create" a menu item based on your dietary needs.

Menu Item	Serving Size	Calories	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vita A % DV	Vita C % DV	Calcium % DV	Iron % DV
Breakfast Sausage Wrap	1 ea	550	279	31	14	55	1160	51	6		19	4%	0%	40%	17%
Breakfast Bacon Wrap	1 ea	410	176	20	6	32	305	44	0		18	4%	0%	15%	0%
Breakfast Double Egg Wrap	1 ea	370	144	16	4	25	140	44	0		15	4%	0%	15%	0%
Breakfast Grand Cental Biscuit	1 ea	340	207	23	10	40	1030	22	1		14	4%	0%	17%	6%
Breakfast Grand Central	1 ea	445	59	7	2	25	1264	73	4		20	0%	20%	2%	24%
Classic Sandwiches															
Classic Corned Beef-No Cheese	1 ea	259	43	5	2	50	1560	33	4		21	11%	22%	1%	19%
Classic Corned Beef-Swiss	1 ea	409	151	17	10	90	1550	35	4		33	19%	22%	41%	19%
Classic Ham-No Cheese	1 ea	385	72	7	3	50	2070	52	3		28	9%	20%	1%	21%
Classic Ham-Swiss	1 ea	535	169	19	11	90	2078	54	3		38	17%	20%	41%	21%
Classic Pastrami-No Cheese	1 ea	260	55	7	2	60	1720	33	4		19	11%	22%	1%	19%
Classic Pastrami-Cheddar	1 ea	409	169	19	10	100	1730	35	4		31	19%	22%	31%	19%
Roast Beef-No Cheese	1 ea	381	69	5	3	50	822	50	3		32	11%	22%	1%	34%
Roast Beef-Cheddar	1 ea	529	178	20	11	90	830	51	3		42	19%	22%	31%	34%
Salami-No Cheese	1 ea	679	25	3	1	110	2460	47	3		32	11%	62%	1%	26%
Salami-Provolone	1 ea	839	133	15	7	140	2820	49	3		42	19%	62%	31%	26%
Tuna-No Cheese	1 ea	299	30	3	1	30	630	47	5		14	11%	22%	1%	22%
Tuna-Cheddar	1 ea	459	156	17	9	80	910	49	5		24	19%	22%	31%	22%
Turkey-No Cheese	1 ea	349	25	3	1	30	1470	51	3		28	11%	22%	1%	22%
Turkey-Swiss	1 ea	509	133	15	9	70	1570	53	3		40	19%	22%	41%	22%
Melts															
Chicken Club	1 ea	719	394	44	15	130	2040	46	7		38	19%	26%	33%	17%
Empire Roast Beef	1 ea	500	156	17	10	90	964	48	3		40	19%	28%	32%	30%
Midtown	1 ea	639	147	16	7	110	2760	46	3		36	19%	42%	31%	19%
Times Square Trio	1 ea	649	214	24	10	112	2283	51	2		35	27%	32%	31%	19%
Tuna	1 ea	573	275	31	10	91	1300	50	2		30	17%	18%	31%	16%
Specialty Sandwiches															
Bronx-Hoagie Wheat	1 ea	550	225	25	12	98	1740	47	4		28	8%	0%	40%	23%
Brooklyn-Hoagie Wheat	1 ea	480	216	24	11	98	790	35	3		36	8%	0%	30%	24%
Central Park-Hoagie Wheat	1 ea	530	186	21	9	75	1673	51	5		35	24%	90%	41%	14%
Farmer's Market-Wheat	1 ea	283	35	4	1	0	473	50	5		12	17%	67%	3%	20%
Little Italy-Wheat	1 ea	755	213	24	9	110	3418	58	8		31	26%	44%	41%	42%
Reuben-Wheat	1 ea	581	217	24	12	88	1055	51	5		35	8%	14%	42%	36%
Turkey Avocado-Wheat	1 ea	562	178	20	10	70	1483	58	8		32	26%	29%	42%	24%
Wall Street Club-Wheat	1 ea	745	372	41	16	113	2227	61	5		30	20%	22%	32%	23%
Wraps															
Chicken Caesar-Wheat	1 ea	795	371	41	11	95	3125	65	10		32	42%	46%	31%	25%
Roast Beef & Cheese-Wheat	1 ea	546	219	24	9	80	615	53	2		43	19%	25%	29%	19%
Soho Club-Spinach	1 ea	532	223	25	8	70	1165	51	2		37	45%	41%	29%	8%
Tuna-Wheat	1 ea	369	70	8	4	30	1010	54	7		23	11%	22%	26%	22%
Wall Street-Wheat	1 ea	711	288	32	17	113	1776	67	14		42	31%	28%	63%	25%

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Paninis															
Chicken Pesto	1 ea	688	317	35	12	112	1876	55	8		31	9	4	32	19
Chicken Chipotle	1 ea	648	268	30	12	137	1653	56	10		32	9	5	33	21
Turkey	1 ea	599	222	25	10	85	1924	60	4		28	21	14	30	20
Roast Beef & Cheese	1 ea	505	176	20	11	90	730	48	4		32	8	2	30	31

Other Sandwiches															
Angus Burger	1 ea	630	318	35	14	112	556	43	2		33	0	0	1	29
Angus Burger-With Swiss	1 ea	710	372	41	18	132	606	44	2		39	4	0	21	29
Chipotle Chicken	1 ea	779	353	39	11	124	1956	67	11		33	21	26	35	23
Pesto Chicken	1 ea	566	204	23	4	91	1498	62	12		23	20	86	5	23
Philly Cheese	1 ea	575	220	22	8	71	468	51	6		23	7	71	26	25

Other Items-Breakfast															
Bagel-Plain	1 ea	275	14	2	0	0	534	53	2		10	0	0	2	20
Bagel-Butter	1 ea	478	221	25	15	62	768	53	2		11	17	0	2	20
Bagel-Cream Cheese	1 ea	473	192	21	13	62	702	55	2		15	16	0	6	24

Proteins															
Chicken	4 oz	160	54	6	1	80	827	4	6		21	0	5	3	5
Corned Beef	4 oz	100	36	4	2	50	1140	0	0		16	0	0	0	8
Ham	4 oz	120	36	4	2	50	1400	6	0		16	0	0	0	4
Pastrami	4 oz	100	36	4	2	50	1140	0	0		16	0	0	0	8
Roast Beef	4 oz	120	27	3	2	40	80	2	0		22	0	0	0	16
Tuna (no mayo)	4 oz	60	4	0	0	30	250	0	0		13	0	0	0	4
Tuna (with mayo)	4 oz	114	46	5	1	34	348	3	0		13	1	0	0	4
Turkey	4 oz	100	0	0	0	30	1000	4	0		18	0	0	0	4

Cheese															
Cheese-American	2 slices	160	110	13	8	50	240	2	0		10	8	0	30	0
Cheese-Cheddar	2 slices	160	126	14	8	50	280	2	0		10	8	0	30	0
Cheese-Pepper Jack	2 slices	160	108	12	8	50	260	2	0		10	8	0	30	0
Cheese-Swiss	2 slices	160	108	12	8	40	100	2	0		12	8	0	40	0

Dressings															
Dressing-1000 Island	1 oz	70	58	6	1	8	130	2	0		0	0	0	0	0
Dressing-Balsamicc Vinaigrette	1 oz	60	45	5	0	0	190	4	0		0	0	0	0	0

Dressing-Bleu Cheese	1 oz	140	135	15	2	10	290	1	0	0	0	0	0	0
Dressing-Creamy Ceasar	1 oz	110	81	9	2	5	490	2	0	1	0	0	2	0
Dressing-Dijon	1 oz	120	108	12	2	10	230	3	0	0	0	0	0	0
Dressing-French	1 oz	110	99	11	2	0	250	5	0	0	20	0	0	0
Dressing-Honey Mustard	1 oz	110	72	8	1	5	270	9	0	0	8	0	0	0
Dressing-Italian Lite	1 oz	40	32	4	0	0	270	2	0	0	0	0	0	0
Dressing-Mayonaise	1 oz	108	83	9	1	7	196	7	0	0	1	0	0	0
Dressing-Mustard	1 oz	10	0	0	0	0	110	0	0	0	0	0	0	0
Dressing-Ranch	1 oz	100	79	8	2	10	270	2	0	0	0	0	0	0
Dressing-Raspberry Vinaigrette Lite	1 oz	30	0	0	0	0	290	7	0	0	0	0	0	0
Dressing-Sesame Oriental	1 oz	90	40	4	0	0	320	12	0	0	0	0	0	0

Veggies

Cucumbers	1 oz	2	0	0	0	0	0	0	0	0	1	1	0	0
Lettuce-Green Leaf	1 oz	4	1	0	0	0	1	1	0	0	5	4	1	0
Lettuce-Iceberg Shredded	1 oz	1	0	0	0	0	1	0	0	0	1	1	0	0
Lettuce-Romaine	1 oz	1	0	0	0	0	1	0	0	0	4	3	0	0
Olives-Black Sliced	1 oz	81	62	7	1	0	898	6	2	1	7	2	9	18
Onion-Red	1 oz	11	0	0	0	0	1	2	0	0	0	3	1	0
Peppers-Banana	1 Oz	0	0	0	0	0	460	0	0	0	0	0	0	0
Tomato	1.5 oz	9	1	0	0	0	4	2	0	0	5	14	0	1