

<b>GANDOLFO'S NUTRITIONAL MENU ANALYSIS AR, IN</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT GRAMS</b>	<b>TOTAL FAT % OF DV</b>	<b>SAT FAT GRAMS</b>	<b>SAT FAT % OF DV</b>	<b>TRANS FAT GRAMS</b>	<b>CHOLESTERO L MG</b>	<b>SODIUM MG</b>	<b>SODIUM % OF DV</b>	<b>TOTAL CARB GRAMS</b>	<b>TOTAL CARB % OF DV</b>	<b>DIETARY FIBER GRAMS</b>	<b>DIETARY FIBER % OF DV</b>	<b>TOTAL SUGAR GRAMS</b>	<b>TOTAL PROTEIN GRAMS</b>	<b>ALLERGENS</b>
<b>Bagels</b>																	
Bagel	300	10	1	2%	0	0%	0	0	460	19%	64	21%	2	8%	8	10	Wheat
Bagel & Cream Cheese	490	149	17	26%	8	41%	0	45	680	28%	79	26%	2	9%	7	15	Wheat, Milk
Lox N Bagel	520	153	17	26%	8	40%	0	55	670	28%	81	27%	3	12%	8	19	Fish, Wheat, Milk
<b>Breakfast Sandwiches</b>																	
Avocado, Egg White, Spinach	640	340	37	58%	9	48%	3.5	15	890	37%	56	19%	4	18%	0.5	22	Wheat, Gluten, Egg, Milk
Bacon, Egg, Cheese	840	470	52	80%	18	92%	3	460	1680	70%	58	19%	0	0%	3	33	Wheat, Gluten, Egg, Milk
Bacon, Sausage, Egg, Cheese	1050	680	76	116%	26	132%	3	510	2230	93%	53	18%	0	0%	3	39	Wheat, Gluten, Egg, Milk
Egg, Veggies, Cheese	780	430	48	74%	17	84%	3	450	1500	62%	58	19%	1	6%	6	30	Wheat, Gluten, Egg, Milk
Pastrami, Egg, Cheese	800	440	49	76%	17	86%	3	470	1920	157%	53	18%	0	0%	3	36	Wheat, Gluten, Egg, Milk
Sausage, Egg, Cheese	1010	650	72	111%	25	124%	3	500	2100	88%	53	18%	0	0%	3	36	Wheat, Gluten, Egg, Milk
Turkey, Egg, Avocado	830	460	51	79%	14	72%	3.5	450	1100	150%	59	20%	5	18%	4	36	Wheat, Gluten, Egg, Milk
<b>Other Breakfast options</b>																	
Buttermilk Pancakes	430	160	17	32%	7	41%	0	75	1390	152%	57	20%	3	13%	12	12	Wheat, Gluten, Egg, Milk
>Bacon (2)	88	64	7	11%	2	11%	0	15	270	11%	0	0%	0	0%	0	5	None
>Scrambled Eggs (2)	190	120	13	20%	4	21%	0	415	150	6%	3	1%	0	2%	3	15	Egg, Milk
French Toast	740	330	36	58%	14	71%	0.05	260	830	38%	84	28%	4	19%	28	20	Wheat, Gluten, Egg, Milk
>Bacon (2)	88	64	7	11%	2	11%	0	15	270	11%	0	0%	0	0%	0	5	None
>Scrambled Eggs (2)	190	120	13	20%	4	21%	0	415	150	6%	3	1%	0	2%	3	15	Egg, Milk
Mediterranean Scrambler	520	350	38	59%	9	47%	0	635	710	212%	13	4%	3	13%	7	29	Egg, Milk
California Scrambler	440	240	27	41%	8	39%	0	665	1070	45%	13	4%	2	10%	31	35	Egg, Milk
Veggie Scrambler	420	260	29	44%	9	48%	0	640	390	16%	11	4%	2	7%	8	27	Egg, Milk
Midtown Scrambler	462	298	33	51%	11	54%	0	575	430	18%	13	4%	5	20%	7	29	Egg, Milk
NOHO Scrambler	606	438	49	75%	17	88%	0	625	1030	43%	5	2%	0	0%	4	34	Egg, Milk
Oatmeal	1031	273	30	47%	3.5	18%	0	0	15	1%	172	57%	23	90%	46	27	Nuts
Tribeca Scrambler	722	530	59	91%	18	89%	0	605	1230	51%	12	4%	3	11%	7	33	Egg, Milk

<b>GANDOLFO'S NUTRITIONAL MENU ANALYSIS - AR &amp; IN Stores</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT GRAMS</b>	<b>TOTAL FAT % OF DV</b>	<b>SAT FAT GRAMS</b>	<b>SAT FAT % OF DV</b>	<b>TRANS FAT GRAMS</b>	<b>CHOLESTERO L MG</b>	<b>SODIUM MG</b>	<b>SODIUM % OF DV</b>	<b>TOTAL CARB GRAMS</b>	<b>TOTAL CARB % OF DV</b>	<b>DIETARY FIBER GRAMS</b>	<b>DIETARY FIBER % OF DV</b>	<b>TOTAL SUGAR GRAMS</b>	<b>TOTAL PROTEIN GRAMS</b>	<b>ALLERGENS</b>
<b>SANDWICHES (Serving Size: 1 sandwich)</b>																	
Big Apple, Half	570	310	34	53%	10	48%	0	60	1810	76%	42	14%	2	8%	8	25	Wheat, Gluten, Milk, Soy, Egg
Big Apple, Whole	1130	620	69	106%	20	101%	2	125	3610	150%	79	26%	3	12%	12	51	Wheat, Gluten, Milk, Soy, Egg
Bridge Hampton, Half	530	240	27	42%	9	44%	0	65	1210	51%	44	15%	5	19%	6	29	Wheat, Milk, Soy, Egg
Bridge Hampton, Whole	920	380	43	66%	14	70%	0	115	2230	93%	84	28%	7	29%	11	52	Wheat, Gluten, Milk, Soy, Egg
Canal Street, Half	480	300	34	52%	11	54%	0	55	1100	46%	29	10%	1	4%	2	18	Wheat, Gluten, Milk, Soy
Canal Street, Whole	780	450	50	77%	18	88%	0	100	2040	85%	52	17%	1	4%	3	32	Wheat, Gluten, Milk, Soy
Chicken Philly, Half	490	200	22	34%	7	37%	0	45	1890	79%	53	18%	2	6%	13	20	Wheat, Gluten, Milk, Soy, Egg
Chicken Philly, Whole	810	330	37	57%	11	0%	11	75	2610	109%	88	29%	2	6%	15	33	Wheat, Gluten, Milk, Soy, Egg
Coney Island Dog	770	310	35	54%	14	73%	1	70	4970	207%	73	24%	0	1%	3	26	Wheat, Gluten, Soy
Corned Beef on Rye, Half	300	80	8	13%	1.5	8%	0.5	55	1760	73%	24	8%	0	0%	0	25	Wheat, Gluten, Milk, Soy
Corned Beef on Rye, Whole	600	150	17	26%	4	17%	1	115	3470	145%	49	16%	0	0%	0	49	Wheat, Gluten, Milk, Soy
Corned Beef on Rye Swiss, Half	390	130	15	23%	6	28%	1	75	1800	75%	25	8%	0	0%	0	30	Wheat, Gluten, Milk, Soy
Corned Beef on Rye Swiss, Whole	750	250	28	43%	10	49%	2	145	3540	147%	49	16%	0	0%	0	59	Wheat, Gluten, Milk, Soy
Dagwood, Half	680	200	22	34%	9	44%	0	95	2500	104%	71	24%	1	6%	8	44	Wheat, Gluten, Milk, Soy, Egg
Dagwood, Whole	920	290	32	50%	13	63%	0	145	3610	150%	81	27%	3	12%	13	62	Wheat, Gluten, Milk, Soy, Egg
Ebbets Field, Half	730	440	49	75%	21	103%	0	80	1290	54%	39	13%	2	6%	6	30	Wheat, Gluten, Milk, Soy, Egg
Ebbets Field, Whole	1270	740	83	127%	33	164%	1	125	2230	93%	75	25%	3	13%	11	49	Wheat, Gluten, Milk, Soy, Egg
French Dip Half	460	180	20	31%	8	40%	0	70	58790	241%	35	12%	0	0%	3	34	Wheat, Gluten, Milk, Soy, Egg
French Dip Whole	850	310	34	53%	13	66%	0	135	11390	475%	69	23%	0	0%	5	64	Wheat, Gluten, Milk, Soy, Egg
Godfather, Half	380	150	17	26%	6	32%	0	50	1110	46%	36	12%	2	7%	5	21	Wheat, Gluten, Milk, Soy, Egg
Godfather, Whole	710	270	31	47%	11	55%	0	95	2120	88%	70	23%	3	14%	9	39	Wheat, Gluten, Milk, Soy, Egg
I love New York on Rye, Half	400	140	15	23%	6	28%	1	80	1930	80%	26	9%	0	0%	1	32	Wheat, Gluten, Milk, Soy, Egg
I love New York on Rye, Whole	740	250	28	43%	10	49%	2	145	3630	151%	51	17%	0	0%	2	59	Wheat, Gluten, Milk, Soy, Egg
Italian, Half	640	370	41	63%	12	62%	0	80	1620	68%	41	14%	1	4%	8	28	Wheat, Gluten, Milk, Soy, Egg
Italian, Whole	1160	680	76	116%	22	112%	0	130	2790	116%	77	26%	1	6%	12	47	Wheat, Gluten, Milk, Soy, Egg
Kids - Grilled Cheese	349	127	14	22%	7	34%	1	35	900	38%	44	15%	0	0%	2	13	Wheat, Gluten, Milk, Soy
Kids - Grilled Cheese	480	230	25	39%	14	70%	0	65	1660	69%	46	15%	0	0%	2	20	Wheat, Gluten, Milk, Soy
Kids - PB&J	850	460	51	78%	8	40%	0	0	710	30%	85	28%	5	21%	25	29	Wheat, Gluten, Milk, Soy, Peanut
King of Queens, Half	520	210	24	37%	7	36%	0	70	1550	65%	51	17%	2	10%	14	25	Wheat, Gluten, Milk, Soy, Egg
King of Queens, Whole	1070	450	50	76%	16	78%	0	145	3120	130%	102	34%	5	19%	27	52	Wheat, Gluten, Milk, Soy, Egg
Knuckle Sandwich, Half	750	510	57	88%	14	73%	4	70	1960	82%	34	11%	2	6%	7	28	Wheat, Gluten, Milk, Soy, Egg
Knuckle Sandwich, Whole	1420	980	109	168%	27	136%	7	135	3600	150%	64	21%	3	12%	12	53	Wheat, Gluten, Milk, Soy, Egg
Meatball Hero, Half	990	670	75	115%	21	108%	4	90	1810	76%	46	15%	4	18%	3	41	Wheat, Gluten, Milk, Soy, Egg
Meatball Hero, Whole	1690	1170	129	199%	36	181%	7	130	2910	44%	83	28%	6	26%	6	61	Wheat, Gluten, Milk, Soy, Egg
Med. Veggie, Half	560	360	40	61%	6	32%	0	10	880	37%	39	13%	6	24%	8	9	Wheat, Gluten, Milk, Soy, Egg
Med Veggie, Whole	930	550	62	95%	10	50%	0	15	1530	64%	75	25%	10	41%	15	17	Wheat, Gluten, Milk, Soy, Egg
MSG, Half	427	260	29	45%	5	22%	0	5	470	20%	36	12%	5	19%	7	9	Wheat, Gluten, Milk, Soy, Egg
MSG, Whole	853	520	58	89%	9	44%	0	10	940	39%	72	24%	9	37%	13	17	Wheat, Gluten, Milk, Soy, Egg
New Yorker, Half	540	280	32	49%	9	44%	0	55	1400	58%	39	13%	1	4%	5	26	Wheat, Gluten, Milk, Soy, Egg
New Yorker, Whole	1020	530	59	91%	16	81%	0	105	2690	112%	75	25%	2	8%	9	49	Wheat, Gluten, Milk, Soy, Egg
Pastrami Dog	720	350	39	61%	17	84%	1	100	2270	95%	47	16%	0	0%	3	34	Wheat, Gluten
Pastrami on Rye, Half	330	110	12	18%	3	12%	1	55	1890	79%	26	9%	0	0%	2	25	Wheat, Milk, Soy
Pastrami on Rye, Whole	660	210	24	37%	5	24%	2	115	3720	115%	53	18%	0	0%	4	49	Wheat, Milk, Soy

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<b>SANDWICHES (Serving Size: 1 sandwich)</b>																	
Pesto Chicken, Half	440	170	19	29%	5	22%	1	90	1090	45%	28	9%	1	5%	1	39	Wheat, Gluten, Milk, Soy, Egg
Pesto Chicken, Whole	810	330	37	57%	9	46%	1	150	1880	79%	53	18%	2	8%	2	63	Wheat, Gluten, Milk, Soy, Egg
Philly Cream Cheese Steak, Half	600	330	36	56%	12	60%	4	60	1390	58%	44	15%	1	5%	10	26	Wheat, Gluten, Milk, Soy
Philly Cream Cheese Steak, Whole	1200	660	74	113%	24	122%	7	120	2760	115%	89	30%	2	10%	20	51	Wheat, Gluten, Milk, Soy
Roast Beef & Cheddar, Half	520	270	30	46%	8	41%	0	50	1190	50%	39	13%	2	7%	5	24	Wheat, Gluten, Milk, Soy, Egg
Roast Beef & Cheddar, Whole	1020	520	58	90%	16	80%	0	105	2280	95%	75	25%	3	12%	9	48	Wheat, Gluten, Milk, Soy, Egg
Roasted Turkey & Bacon, Half	410	140	16	25%	6	31%	0	55	1290	54%	40	13%	1	4%	6	26	Wheat, Gluten, Milk, Soy, Egg
Roasted Turkey & Bacon, Whole	750	240	27	41%	10	53%	0	100	2410	100%	77	26%	1	6%	11	48	Wheat, Gluten, Milk, Soy, Egg
Rockefeller Reuben, Half	300	90	10	16%	4	19%	0	50	1450	60%	25	8%	0	0%	1	22	Wheat, Gluten, Milk, Soy
Rockefeller Reuben, Whole	580	170	18	28%	7	35%	1	100	2820	118%	50	17%	0	0%	2	43	Wheat, Gluten, Milk, Soy
Pastrami on Rye, Half	330	110	12	18%	3	12%	1	55	1890	79%	26	9%	0	0%	2	25	Wheat, Milk, Soy
Pastrami on Rye, Whole	660	210	24	37%	5	24%	2	115	3720	115%	53	18%	0	0%	4	49	Wheat, Milk, Soy
Second City Dog	690	310	34	52%	14	70%	1	70	2390	100%	59	20%	1	6%	13	24	Wheat, Gluten
Smoked Ham & Swiss, Half	520	270	30	47%	8	38%	0	55	1060	44%	41	14%	1	4%	8	22	Wheat, Gluten, Milk, Soy, Egg
Smoked Ham & Swiss, Whole	1010	530	59	91%	15	75%	0	110	2060	86%	79	27%	2	8%	14	43	Wheat, Gluten, Milk, Soy, Egg
SOHO Caprese, Half	280	120	14	21%	4	19%	0	20	600	25%	28	9%	1	5%	2	12	Wheat, Gluten, Milk, Soy
SOHO Caprese, Whole	490	210	23	36%	5	26%	0	25	1070	44%	54	18%	3	10%	4	18	Wheat, Gluten, Milk, Soy
Taxi Driver, Half	550	3600	33	51%	10	50%	3	75	2120	88%	28	9%	0	4%	4	30	Wheat, Gluten, Milk, Soy
Taxi Driver, Whole	1070	580	65	99%	19	93%	6	145	4130	172%	58	19%	2	9%	9	59	Wheat, Gluten, Milk, Soy
The Shorty - Ham	280	90	10	16%	3	13%	0	25	750	31%	37	12%	1	4%	6	12	Wheat, Gluten, Milk, Soy
The Shorty - Turkey	280	80	9	13%	2	11%	0	20	760	32%	37	12%	1	4%	5	13	Wheat, Gluten, Milk, Soy
Tuna Melt, Half	480	280	31	48%	8	40%	3	30	810	24%	28	9%	1	3%	3	22	Fish, Wheat, Milk, Soy, Egg
Tuna Melt, Whole	750	350	39	60%	10	50%	3	55	1350	56%	55	18%	1	6%	7	42	Fish, Wheat, Milk, Soy, Egg
Urban Cowboy, Half	540	240	26	41%	11	54%	0	75	1480	62%	51	17%	1	4%	6	25	Wheat, Gluten, Milk, Soy, Egg
Urban Cowboy, Whole	1030	440	49	75%	20	100%	0	145	2850	119%	99	33%	2	8%	10	49	Wheat, Gluten, Milk, Soy, Egg
Waldorf Chicken Salad, Half	345	125	15	23%	6	30%	0	80	560	24%	28	10%	1	5%	8	25	Wheat, Gluten, Milk, Soy, Egg
Waldorf Chicken Salad, Whole	690	250	29	45%	12	59%	0	160	1120	47%	56	19%	2	10%	16	50	Wheat, Gluten, Milk, Soy, Egg
Wall Street Club, Half	320	120	13	20%	4	19%	0	50	1140	47%	29	10%	0	1%	5	21	Wheat, Gluten, Milk, Soy, Egg
Wall Street Club, Whole	600	210	23	36%	7	35%	0	95	2110	88%	56	19%	1	3%	9	40	Wheat, Gluten, Milk, Soy, Egg

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<b>BREADS</b>																		
Bagel, Cinnamon Raisin		300	14	2	3%	0	0%	0	0	410	21%	61	20%	3	10%	8	10	Wheat
Bagel, Everything		300	27	3	5%	0	0%	0	0	700	35%	57	19%	3	10%	2	11	Wheat
Bagel, Plain		300	10	1	2%	0	0%	0	0	460	19%	64	21%	2	8%	8	10	Wheat
Wheat Bread, Whole Sandwich		218	27	3	5%	0	2%	0	0	427	21%	36	12%	4	12%	4	10	Wheat
Bread Wheatberry Thick 19 Sli		300	35	4	6%	1	5%	0	0	540	22%	60	20%	4	16%	10	10	Wheat, Gluten, Soy
Bread Marble Rye Panini Sli		280	25	3	4%	0	0%	0	0	670	28%	55	18%	0	0%	0	9	Wheat, Gluten, Soy
Bread Focaccia Tom & Basil 5		320	50	6	10%	0	0%	0	0	770	32%	57	19%	2	2%	2	10	Wheat, Soy
Bread Pan Sourdough 5/8 Slice		260	30	4	5%	1	5%	0	0	520	22%	50	17%	0	0%	0	9	Wheat
Croissant Butter Curved Sli		330	150	15	23%	9	45%	0	40	390	16%	41	14%	1	4%	6	7	Wheat, Milk, Egg, Soy
Roll, Hoagie, 12"		180	15	2	2%	0	0%	0	0	360	15%	35	12%	1	4%	2	6	Wheat, Gluten, Soy, Milk
Roll Hoagie Soft 8		310	45	5	8%	3	12%	0	0	570	24%	57	19%	0	0%	0	11	Wheat, Gluten, Soy, Milk
Bread Loaf Ciabatta Pane		260	0	0	0%	0	0%	0	0	570	24%	55	18%	0	0%	0	9	Wheat
Bread Roll Bbq Big - Kasier		280	25	3	4%	1	5%	0	0	480	20%	54	18%	0	0%	0	9	Wheat, Gluten
<b>Meats</b>																		
	<b>Size</b>																	
Bacon Layflat Tx Smk	2 slices	88	64	7	11%	2	11%	0	15	270	11%	0	0%	0	0%	0	5	None
Bacon Precooked Thick Slice	2 slices	45	32	3.5	5%	1.5	8%	0	10	125	5%	0	0%	0	0%	0	3	None
Beef Corned Btm Rnd Flt	2 oz.	70	18	2	3%	0.5	2%	0	30	620	26%	1	0%	0	0%	0	11	None
Beef Pastrami Btm Rnd	2 oz.	70	18	2	3%	0.5	2%	0	30	670	28%	2	1%	0	0%	1	11	None
Beef Roast Btm Rnd Flt	2 oz.	70	18	2	3%	0.5	2%	0	25	430	18%	1	0%	0	0%	0	11	None
Chicken Brst Cutlet Gldn Spice	3.7 oz.	220	135	15	23%	3.5	18%	0	50	570	24%	7	2%	0	0%	0	14	None
Chicken Brst W/Rib Meat	2 oz.	80	15	1.5	3%	0	2%	0	40	220	9%	1	0%	0	0%	0	15	None
Frank All-Beef 4x1 6"	1 frank	350	270	30	46%	12	60%	1	70	970	40%	3	1%	0	0%	2	15	None
Ham Capicola Butt Hot	2 oz.	120	72	8	12%	3	15%	0	35	960	40%	2	1%	0	0%	2	10	None
Ham Smkd Apple Cured W/A	2 oz.	70	23	2.5	4%	0.5	2%	0	30	440	18%	3	1%	0	0%	2	9	None
Meatball Italian Prck 2 Oz	2 meatballs	260	171	19	29%	6	30%	0	45	670	28%	7	2%	2	8%	0	18	Wheat, Milk, Soy, Egg
Pepperoni Sliced Sndw Sty	1 oz.	130	108	12	18%	4.5	22%	0	25	470	20%	0	0%	0	0%	0	6	None
Salami Genoa	2 oz.	210	162	18	28%	7	35%	0	55	980	41%	1	0%	0	0%	1	11	None
Salmon Smkd	2 oz.	90	36	4	6%	1	5%	0	5	680	28%	0	0%	0	0%	0	13	Fish
Sausage Pork Patty	1 patty	250	216	24	37%	8	40%	0	50	610	25%	1	0%	0	0%	0	7	None
Tuna White Chunk In Wtr	2 oz.	60	0	0	0%	0	0%	0	25	170	7%	0	0%	0	0%	0	14	Fish
Turkey Brst Oven Rst	2 oz.	60	0	0	0%	0	0%	0	25	450	19%	3	1%	0	0%	1	10	None
<b>CHEESES</b>																		
American Cheese (Serving Size: 1 slice)		50	41	5	8%	3	13%	0	13	255	13%	0	0%	0	0%	0	3	Milk
Cheddar Cheese (Serving Size: 1 slice)		83	61	7	11%	4	19%	0	23	135	7%	1	0%	0	0%	0	5	Milk
Cream Cheese (Serving Size: 2 slivers)		101	91	10	17%	6	30%	0	30	91	5%	1	0%	0	0%	1	2	Milk
Feta Cheese (Serving Size: 0.75 oz.)		53	27	3	5%	2	11%	0	11	258	13%	2	1%	0	0%	1	5	Milk
Mozzarella Cheese (Serving Size: 1 slice)		40	27	3	5%	2	9%	0	8	105	5%	0	0%	0	0%	0	4	Milk
Parmesan Cheese (Serving Size: 0.50 oz.)		61	37	4	7%	2	12%	0	12	217	11%	1	0%	0	0%	0	5	Milk
Pepper Jack Cheese (Serving Size: 1 slice)		55	41	5	8%	3	13%	0	15	85	4%	1	0%	0	0%	0	4	Milk
Provolone Cheese (Serving Size: 1 slice)		50	36	4	7%	2	11%	0	10	100	5%	0	0%	0	0%	0	4	Milk
Swiss Cheese (Serving Size: 1 slice)		55	36	4	7%	3	13%	0	15	30	2%	1	0%	0	0%	0	5	Milk

<b>GANDOLFO'S NUTRITIONAL MENU ANALYSIS Deli Salads, Soups, Sauces &amp; Beverages</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT GRAMS</b>	<b>TOTAL FAT % OF DV</b>	<b>SAT FAT GRAMS</b>	<b>SAT FAT % OF DV</b>	<b>TRANS FAT GRAMS</b>	<b>CHOLESTEROL MG</b>	<b>SODIUM MG</b>	<b>SODIUM % OF DV</b>	<b>TOTAL CARB GRAMS</b>	<b>TOTAL CARB % OF DV</b>	<b>DIETARY FIBER GRAMS</b>	<b>DIETARY FIBER % OF DV</b>	<b>TOTAL SUGAR GRAMS</b>	<b>TOTAL PROTEIN GRAMS</b>	<b>ALLERGENS</b>
<b>SIDE ITEMS (Serving Size: 8 oz.)</b>																	
Baked Beans	405	18	2	3%	0	0%	0	0	915	46%	89	30%	11	38%	57	10	Soy, Wheat
Baked Ziti	172	51	6	9%	2	10%	0	8	822	41%	26	9%	2	6%	5	6	Milk, Wheat
Broccoli Cheese Salad	520	450	48	74%	16	78%	0	65	1010	42%	5	2%	0	0%	2	16	Egg, Milk, MSG
Broccoli Salad	200	50	8	13%	2	7%	0	10	270	11%	30	10%	3	11%	20	3	Egg
Carrot Rasin Salad	200	50	7	11%	1	6%	0	5	280	12%	35	12%	4	15%	25	2	Egg
Chicken Salad	600	200	23	36%	5	23%	0	205	1220	51%	21	7%	1	5%	15	71	Egg
Cole Slaw	340	200	20	31%	3	16%	0	20	1500	62%	41	14%	4	14%	32	2	Egg
Cucumber and Tomato Salad	240	200	24	38%	2	9%	0	0	55	2%	4	1%	1	4%	3	1	Sulfites
Egg Salad	320	200	24	37%	5	28%	0	420	870	36%	10	3%	0	1%	7	14	Egg
Fruit Salad	170	5	1	0%	0	0%	0	0	10	0%	44	15%	6	22%	27	2	None
Marinated Cucumber Salad	210	0	0	0%	0	0%	0	0	520	22%	52	17%	1	4%	48	1	None
Marinated Mushrooms	250	200	25	38%	2	9%	1	0	340	14%	5	2%	2	6%	2	3	None
Mermaid Salad	393	275	31	51%	5	27%	0	28	1429	71%	25	8%	0	2%	5	6	Egg, Fish, Milk, Soy, Wheat
Metro Mustard Potato Salad	270	100	11	17%	4	17%	0	20	1380	58%	38	13%	4	15%	7	5	Egg, Milk
Pasta Salad	220	40	5	7%	0	2%	0	0	1230	51%	40	13%	3	11%	7	6	Milk
Sour Cream Potato Salad	320	100	12	19%	5	22%	0	25	560	23%	49	16%	5	20%	8	7	Egg, Milk
Times Square Tomato Salad	480	350	41	64%	12	59%	1	40	490	21%	10	3%	2	7%	5	17	Milk, Sulfites
Tuna Salad	200	45	5	8%	1	4%	0	35	590	25%	6	2%	0	0%	5	24	Fish, Egg
Turkey Bowtie	440	100	11	16%	2	8%	0	30	1900	79%	63	21%	3	10%	9	20	Egg, MSG, Wheat
Yankee Doodle Mararoni Salad	430	150	15	23%	6	33%	0	40	510	21%	55	18%	3	12%	4	17	Milk
<b>SOUPS (Serving Size: Cup, 6oz. Bowl 12oz.)</b>																	
Black Bean soup, Cup	205	25	4	6%	0	0%	0	0	1205	50%	36	12%	11	44%	4	10	None
Black Bean soup, Bowl	410	50	7	11%	0	0%	0	0	2410	100%	72	24%	22	88%	8	19	None
Broccoli & Cheese Soup, Cup	340	175	21	32%	6	28%	0	38	1515	63%	24	8%	5	18%	8	13	Milk, Soy
Broccoli & Cheese Soup, Bowl	680	350	41	64%	11	56%	0	75	3030	126%	47	16%	9	36%	15	25	Milk, Soy
Chicken Noodle Soup, Cup	225	50	6	10%	2	9%	0	53	1560	65%	31	11%	4	14%	9	12	Egg, Soy, Wheat
Chicken Noodle Soup, Bowl	450	100	12	19%	4	17%	0	105	3120	130%	62	21%	7	28%	17	24	Egg, Soy, Wheat
Chicken Tortilla Soup, Cup	210	25	4	5%	2	9%	0	30	1305	55%	31	10%	4	14%	2	12	Soy, Wheat
Chicken Tortilla Soup, Bowl	420	50	7	10%	4	17%	0	60	2610	109%	61	20%	7	27%	3	24	Soy, Wheat
Chili, Cup	270	100	12	18%	6	28%	0	38	895	37%	24	8%	7	29%	7	19	None
Chili, Bowl	540	200	23	35%	11	56%	0	75	1790	74%	47	16%	14	57%	14	37	None
Clam Chowder, Cup	260	150	18	27%	11	55%	0	70	750	32%	16	6%	1	3%	4	8	Fish, Milk, Shellfish, Soy, Wheat
Clam Chowder, Bowl	520	300	35	53%	22	109%	0	140	1500	63%	31	11%	1	6%	7	15	Fish, Milk, Shellfish, Soy, Wheat
Italian Wedding Soup, Cup	150	50	5	8%	2	11%	0	15	1040	44%	18	6%	2	6%	2	7	Eggs, Milk, Soy, Wheat
Italian Wedding Soup, Bowl	300	100	10	15%	4	21%	0	30	2080	87%	36	12%	3	11%	3	14	Eggs, Milk, Soy, Wheat
Loaded Potato Soup, Cup	275	150	18	28%	9	44%	0	43	650	27%	18	6%	2	6%	2	10	Milk, Soy, Wheat
Loaded Potato Soup, Bowl	550	300	36	55%	17	87%	1	85	1300	54%	36	12%	3	11%	3	20	Milk, Soy, Wheat
Minestrone Soup, Cup	110	13	2	2%	0	0%	0	0	1270	53%	21	7%	4	17%	3	4	Egg, Milk, Soy, Wheat
Minestrone Soup, Bowl	220	25	3	4%	0	0%	0	0	2540	106%	41	14%	8	33%	5	8	Egg, Milk, Soy, Wheat
Mushroom Brie Soup, Cup	165	100	11	16%	6	32%	2	35	655	27%	12	4%	2	6%	3	6	Milk, Wheat, Soy
Mushroom Brie Soup, Bowl	330	200	21	32%	12	63%	4	70	1310	54%	24	8%	3	12%	5	12	Milk, Wheat, Soy
Pasta Fagioli Soup, Cup	180	18	2	3%	1	4%	0	8	1325	56%	31	10%	4	17%	9	10	Egg, Soy, Wheat
Pasta Fagioli Soup, Bowl	360	35	4	6%	2	7%	0	15	2650	111%	61	20%	8	33%	17	19	Egg, Soy, Wheat
Red Pepper Gouda Bisque Soup, Cup	235	150	18	28%	9	46%	0	45	650	27%	16	6%	1	3%	9	4	Wheat, Milk, Tree Nuts

<b>GANDOLFO'S NUTRITIONAL MENU ANALYSIS Deli Salads, Soups, Sauces &amp; Beverages</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT GRAMS</b>	<b>TOTAL FAT % OF DV</b>	<b>SAT FAT GRAMS</b>	<b>SAT FAT % OF DV</b>	<b>TRANS FAT GRAMS</b>	<b>CHOLESTEROL MG</b>	<b>SODIUM MG</b>	<b>SODIUM % OF DV</b>	<b>TOTAL CARB GRAMS</b>	<b>TOTAL CARB % OF DV</b>	<b>DIETARY FIBER GRAMS</b>	<b>DIETARY FIBER % OF DV</b>	<b>TOTAL SUGAR GRAMS</b>	<b>TOTAL PROTEIN GRAMS</b>	<b>ALLERGENS</b>
Red Pepper Gouda Bisque Soup, Bowl	470	300	36	55%	18	91%	0	90	1300	54%	32	11%	2	6%	18	8	Wheat, Milk, Tree Nuts
Split Pea with Ham Soup, Cup	205	18	2	3%	1	4%	0	8	1395	58%	35	12%	10	39%	6	13	Soy, Wheat
Split Pea with Ham Soup, Bowl	410	35	4	6%	2	7%	0	15	2790	116%	69	23%	19	78%	11	25	Soy, Wheat
Vegetable Soup, Cup	85	0	0	0%	0	0%	0	0	555	23%	18	6%	3	11%	6	4	Gluten, Soy, Wheat
Vegetable Soup, Bowl	170	0	0	0%	0	0%	0	0	1110	46%	36	12%	5	22%	11	8	Gluten, Soy, Wheat
<b>CHIPS (Serving Size: 1 package)</b>																	
Chee-Tos, Crunchy	320	180	20	33%	4	18%	0	0	430	22%	31	10%	1	3%	2	3	Milk, MSG
Corn Chips	240	135	15	25%	2	11%	0	0	255	13%	23	8%	2	5%	0	3	None
Doritos, Baked Nacho Cheese	210	55	6	10%	1	4%	0	0	385	19%	37	12%	4	12%	2	4	Soy
Doritos, Black Pepper Jack	263	126	14	23%	2	9%	0	0	333	17%	32	11%	2	6%	2	4	Milk, MSG
Doritos, Cool Ranch	250	117	13	22%	2	10%	0	0	300	15%	32	11%	2	7%	1	4	Milk, MSG
Doritos, Nacho Cheese	250	117	13	22%	3	13%	0	0	310	16%	30	10%	2	7%	2	4	Milk, MSG, Wheat
Potato Chips, Baked Lays, Original	190	99	11	18%	3	15%	0	0	240	12%	22	7%	1	3%	0	2	Soy
Potato Chips, Baked Lays, Sour Cream & Onion	135	30	3	6%	0	0%	0	0	236	12%	24	8%	2	8%	3	2	Milk, Soy
Potato Chips, Lays, Classic	230	135	15	25%	5	23%	0	0	270	14%	23	8%	2	7%	0	3	None
Potato Chips, KC Masterpiece, Barbeque	230	135	15	25%	4	20%	0	0	300	15%	23	8%	1	3%	4	3	Milk, MSG
Potato Chips, Mesquite BBQ	193	99	11	18%	1	7%	0	0	289	14%	22	7%	0	0%	1	3	MSG
Potato Chips, Ms Vickis, Jalapeno	130	14	2	3%	0	0%	0	0	170	9%	26	9%	2	7%	2	2	Milk, MSG
Potato Chips, Regular, Kettle	206	99	11	18%	1	7%	0	0	151	8%	25	8%	1	5%	0	3	None
Potato Chips, Regular, Ridged	240	135	15	25%	2	8%	0	0	240	12%	21	7%	2	5%	0	3	None
Potato Chips, Salt and Vinegar	225	135	15	25%	2	8%	0	0	570	29%	23	8%	2	5%	2	3	Milk
Potato Chips, Sea Salt and Malt Vinegar	190	90	10	17%	3	15%	0	0	360	18%	24	8%	1	3%	1	2	Milk, Wheat
Potato Chips, Sour Cream and Onion	240	135	15	25%	2	8%	0	0	315	16%	23	8%	2	5%	2	3	Milk, MSG
Potato Chips, Sour Cream, Ridged	240	135	15	25%	2	8%	0	0	285	14%	21	7%	2	5%	2	3	Milk, MSG
Potato Chips, Sun Chips, Harvest Cheddar	210	81	9	15%	2	8%	0	0	240	12%	29	10%	3	10%	3	3	Milk, Wheat
Potato Chips, Sun Chips, Original	210	90	10	17%	2	8%	0	0	180	9%	27	9%	3	10%	3	4	Wheat
<b>DESSERTS (Serving Size: 1 piece)</b>																	
Chocolate Mousse Cake	415	182	21	35%	11	56%	1	67	448	23%	56	19%	2	5%	37	5	Egg, Milk
Chocolate Mousse Cheesecake	470	261	29	48%	12	60%	0	40	160	8%	53	18%	3	10%	35	6	Milk, Soy, Wheat
Banana Pudding	400	150	14	22%	8	42%	0	15	230	10%	63	21%	3	12%	39	5	Milk, Soy, Wheat
Strawberry Shortcake	780	300	36	55%	21	104%	0	75	600	25%	108	36%	4	14%	80	9	Egg, Milk
Brownie	970	200	24	37%	8	40%	0	0	970	41%	178	59%	0	0%	121	8	Egg, Milk, Soy, Wheat
Cookies, Fudge Chocolate Chip	175	63	7	12%	2	11%	1	13	150	8%	27	9%	1	3%	10	2	Egg, Milk, Soy, Wheat
Cookies, Oatmeal Raisin	165	50	6	9%	2	8%	1	13	215	11%	27	9%	2	5%	8	2	Egg, Wheat
Cookies, Peanut Butter	185	86	10	16%	3	13%	1	0	150	8%	23	8%	1	3%	12	4	Egg, Peanut, Wheat
<b>BEVERAGES</b>																	
Aquafina (Serving Size: 16.90 fl oz.)	0	0	0	0%	0	0%	0	0	0	0%	0	0%	0	0%	0	0	None
Diet Dr. Pepper (Serving Size: 22 fl oz.)	0	0	0	0%	0	0%	0	0	140	7%	0	0%	0	0%	0	0	None (Contains Caffeine)
Diet Dr. Pepper (Serving Size: 32 fl oz.)	0	0	0	0%	0	0%	0	0	96	5%	0	0%	0	0%	0	0	None (Contains Caffeine)
Diet Pepsi (Serving Size: 22 fl oz.)	0	0	0	0%	0	0%	0	0	100	5%	0	0%	0	0%	0	0	None (Contains Caffeine)
Diet Pepsi (Serving Size: 32 fl oz.)	0	0	0	0%	0	0%	0	0	69	3%	0	0%	0	0%	0	0	None (Contains Caffeine)
Dr. Pepper (Serving Size: 22 fl oz.)	400	0	0	0%	0	0%	0	0	140	7%	100	33%	0	0%	100	0	None (Contains Caffeine)
Dr. Pepper (Serving Size: 32 fl oz.)	275	0	0	0%	0	0%	0	0	96	5%	69	23%	0	0%	69	0	None (Contains Caffeine)
Gatorade, all flavors (Serving Size: 20 fl oz.)	125	0	0	0%	0	0%	0	0	275	14%	35	12%	0	0%	35	0	None
Iced Tea (Serving Size: 22 fl oz.)	280	0	0	0%	0	0%	0	0	200	10%	72	24%	0	0%	72	0	None (Contains Caffeine)

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Iced Tea (Serving Size: 32 fl oz.)	193	0	0	0%	0	0%	0	0	138	7%	50	17%	0	0%	50	0	None (Contains Caffeine)
Lipton Brisk Lemonade (Serving Size: 22 fl oz.)	320	0	0	0%	0	0%	0	0	200	10%	88	29%	0	0%	88	0	None
Lipton Brisk Lemonade (Serving Size: 32 fl oz.)	220	0	0	0%	0	0%	0	0	138	7%	61	20%	0	0%	61	0	None
Lipton Green Tea (Serving Size: 22 fl oz.)	344	0	0	0%	0	0%	0	0	452	23%	88	29%	0	0%	88	0	None (Contains Caffeine)
Lipton Green Tea (Serving Size: 32 fl oz.)	237	0	0	0%	0	0%	0	0	311	16%	61	20%	0	0%	61	0	None (Contains Caffeine)
Monster Energy Drink (Serving Size: 1 can)	100	0	0	0%	0	0%	0	0	180	9%	27	9%	0	0%	27	0	None (Contains Caffeine)
Mountain Dew (Serving Size: 22 fl oz.)	440	0	0	0%	0	0%	0	0	200	10%	124	41%	0	0%	124	0	None (Contains Caffeine)
Mountain Dew (Serving Size: 32 fl oz.)	303	0	0	0%	0	0%	0	0	138	7%	85	28%	0	0%	85	0	None (Contains Caffeine)
Mt Dew Live Wire (Serving Size: 22 fl oz.)	440	0	0	0%	0	0%	0	0	180	9%	124	41%	0	0%	124	0	None (Contains Caffeine)
Mt Dew Live Wire (Serving Size: 32 fl oz.)	303	0	0	0%	0	0%	0	0	124	6%	85	28%	0	0%	85	0	None (Contains Caffeine)
Pepsi (Serving Size: 22 fl oz.)	400	0	0	0%	0	0%	0	0	100	5%	108	36%	0	0%	108	0	None (Contains Caffeine)
Pepsi (Serving Size: 32 fl oz.)	275	0	0	0%	0	0%	0	0	69	3%	74	25%	0	0%	74	0	None (Contains Caffeine)
Red Bull (Serving Size: 1 can)	110	0	0	0%	0	0%	0	0	200	10%	28	9%	0	0%	27	0	None (Contains Caffeine)
Sierra Mist (Serving Size: 22 fl oz.)	400	0	0	0%	0	0%	0	0	100	5%	104	35%	0	0%	104	0	None
Sierra Mist (Serving Size: 32 fl oz.)	275	0	0	0%	0	0%	0	0	69	3%	72	24%	0	0%	72	0	None
Tropicana Fruit Punch (Serving Size: 22 fl oz.)	480	0	0	0%	0	0%	0	0	200	10%	128	43%	0	0%	120	0	None
Tropicana Fruit Punch (Serving Size: 32 fl oz.)	330	0	0	0%	0	0%	0	0	138	7%	88	29%	0	0%	83	0	None
<b>CONDIMENTS (Serving Size: 2 oz.)</b>																	
Barbecue Sauce	90	0	0	0%	0	0%	0	0	600	30%	22	7%	0	0%	20	0	Fish, Sulfites
Butter	400	396	44	73%	28	140%	0	120	380	19%	0	0%	0	0%	0	0	Milk
Mayonnaise	222	196	18	73%	6	30%	0	40	280	14%	4	1%	0	0%	0	0	Egg
Oil and Vinegar	162	160	19	31%	3	13%	0	0	43	2%	0	0%	0	0%	0	0	None
Russian Dressing	280	216	24	40%	4	20%	0	20	600	30%	12	4%	0	0%	10	0	Egg
Salsa	19	0	0	0%	0	0%	0	0	378	19%	4	1%	0	0%	4	0	None
Salsa Ranch	155	122	14	23%	4	19%	0	8	415	21%	6	2%	0	0%	3	0	Egg, Milk, MSG
Spicy Mustard	58	31	3	6%	0	2%	0	0	539	27%	4	1%	2	8%	0	3	None
Steak Sauce	50	0	0	0%	0	0%	0	0	720	36%	18	6%	0	0%	16	0	None
<b>SALAD DRESSINGS</b>																	
Bleu Cheese Dressing (Serving Size: 1.50 fl oz.)	220	207	23	38%	5	23%	0	25	470	24%	2	1%	0	0%	2	1	Egg, Milk
Creamy Caesar Dressing (Serving Size: 1.50 fl oz.)	240	225	25	42%	5	23%	0	30	510	26%	1	0%	0	0%	0	0	Egg, Fish, Milk
Creamy Italian Dressing (Serving Size: 1 package)	130	126	14	23%	3	13%	0	0	440	22%	2	1%	0	0%	2	0	Egg
Fat Free Italian (Serving Size: 1.50 fl oz.)	12	0	0	0%	0	0%	0	0	390	20%	3	1%	0	0%	1	0	None
Fat Free Ranch (Serving Size: 1.50 fl oz.)	25	0	0	0%	0	0%	0	0	370	19%	5	2%	0	0%	3	0	Milk
Italian Dressing (Serving Size: 1.50 fl oz.)	130	126	14	23%	3	13%	0	0	440	22%	2	1%	0	0%	2	0	None
Ranch Dressing (Serving Size: 1.50 oz.)	189	153	17	28%	5	24%	0	9	397	20%	6	2%	0	0%	2	0	Egg, Milk, MSG
Thousand Island (Serving Size: 1.50 fl oz.)	210	180	20	33%	4	18%	0	15	390	20%	7	2%	0	0%	6	0	Egg

<b>GANDOLFO'S NUTRITIONAL MENU ANALYSIS</b> <b>Salads &amp; Pasta</b> <b>AR, IN</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT GRAMS</b>	<b>TOTAL FAT % OF DV</b>	<b>SAT FAT GRAMS</b>	<b>SAT FAT % OF DV</b>	<b>TRANS FAT GRAMS</b>	<b>CHOLESTEROL MG</b>	<b>SODIUM MG</b>	<b>SODIUM % OF DV</b>	<b>TOTAL CARB GRAMS</b>	<b>TOTAL CARB % OF DV</b>	<b>DIETARY FIBER GRAMS</b>	<b>DIETARY FIBER % OF DV</b>	<b>TOTAL SUGAR GRAMS</b>	<b>TOTAL PROTEIN GRAMS</b>	<b>ALLERGENS</b>
Bridge Hampton Salad, Half	351	157	18	27%	6	27%	0	40	735	31%	31	11%	8	31%	6	18	Wheat, Milk, Eggs, Soy, Tree Nuts
Bridge Hampton Salad, Whole	701	314	35	54%	11	53%	0	80	1470	61%	62	21%	15	62%	12	36	Wheat, Milk, Eggs, Soy, Tree Nuts
Caesar, Half	252	174	20	30%	5	26%	0	28	700	29%	13	4%	4	16%	3	10	Wheat, Milk, Eggs, Soy, Tree Nuts
Caesar, Whole	503	347	39	59%	10	52%	0	55	1400	58%	25	8%	8	32%	6	19	Wheat, Milk, Eggs, Soy, Tree Nuts
Chef Salad, Half	306	133	15	23%	4	20%	0	190	1040	44%	19	6%	5	20%	8	25	Wheat, Milk, Eggs, Soy, Tree Nuts
Chef Salad, Whole	612	266	30	45%	8	39%	0	380	2080	87%	37	12%	10	39%	16	49	Wheat, Milk, Eggs, Soy, Tree Nuts
Chicken Cobb, Half	479	314	35	54%	11	52%	0	205	905	38%	18	6%	9	33%	6	26	Wheat, Milk, Eggs, Soy, Tree Nuts
Chicken Cobb, Whole	957	628	70	107%	21	104%	0	410	1810	75%	36	12%	17	66%	12	52	Wheat, Milk, Eggs, Soy, Tree Nuts
City Hall, Half	564	318	36	55%	8	38%	0	35	750	32%	52	18%	10	40%	32	18	Wheat, Milk, Eggs, Soy, Tree Nuts
City Hall, Whole	1127	636	71	109%	15	75%	0	70	1500	63%	104	35%	20	79%	64	35	Wheat, Milk, Eggs, Soy, Tree Nuts
Club Met Salad, Half	220	105	12	18%	4	19%	0	35	730	31%	15	5%	5	19%	6	15	Wheat, Milk, Eggs, Soy, Tree Nuts
Club Met Salad, Whole	439	209	23	36%	7	38%	0	70	1460	61%	30	10%	9	38%	12	30	Wheat, Milk, Eggs, Soy, Tree Nuts
Greek, Half	199	124	14	21%	2	10%	0	5	1560	65%	18	6%	6	24%	6	5	Wheat, Milk, Eggs, Soy, Tree Nuts
Greek, Whole	397	247	27	42%	4	20%	0	10	3120	130%	35	12%	12	47%	12	10	Wheat, Milk, Eggs, Soy, Tree Nuts
Hamptons Salad, Half	940	550	61	94%	18	88%	0	100	33	1180%	49	72%	14	55%	20	34	Wheat, Milk, Eggs, Soy, Tree Nuts
Hamptons Salad, Whole	1540	960	106	164%	26	131%	0	155	1960	82%	103	34%	26	106%	34	61	Wheat, Milk, Eggs, Soy, Tree Nuts
Little Italy Salad, Half	393	256	29	44%	10	49%	0	70	1325	55%	17	6%	5	20%	8	20	Wheat, Milk, Eggs, Soy, Tree Nuts
Little Italy Salad, Whole	785	512	57	88%	20	98%	0	140	2650	110%	34	11%	10	40%	16	40	Wheat, Milk, Eggs, Soy, Tree Nuts
MSG Salad, Half	187	100	11	17%	2	9%	0	5	275	12%	20	7%	8	31%	8	6	Wheat, Milk, Eggs, Soy, Tree Nuts
MSG Salad, Whole	373	199	22	34%	4	17%	0	10	550	23%	39	13%	15	62%	15	12	Wheat, Milk, Eggs, Soy, Tree Nuts
Strawberry Spinach Salad, Half	612	371	41	64%	10	49%	0	160	490	54%	51	17%	10	38%	32	21	Wheat, Milk, Eggs, Soy, Tree Nuts
Strawberry Spinach Salad, Whole	1223	741	82	127%	20	98%	0	320	980	107%	101	34%	19	76%	64	41	Wheat, Milk, Eggs, Soy, Tree Nuts
Stuffed Avocado Plate, Tuna Salad	1130	640	71	110%	14	71%	0	80	2430	101%	80	27%	15	62%	15	37	Wheat, Milk, Eggs, Soy, Tree Nuts, Fish
Stuffed Avocado Plate, Waldorf Chicken Salad	1180	690	77	118%	15	77%	0	130	2360	98%	83	28%	16	64%	16	44	Wheat, Milk, Eggs, Soy, Tree Nuts
Kids Penne & Meatball	650	200	23	35%	9	46%	0	60	1300	54%	77	26%	6	22%	8	32	Gluten, Milk, Soy
Kids Macaroni & Cheese	450	250	30	46%	18	90%	0	95	990	41%	25	8%	1	4%	3	20	Wheat, Egg, Milk
Pesto Pasta, with grilled chicken	1500	550	61	94%	21	103%	0	225	2250	94%	138	46%	7	28%	6	88	Gluten, Milk
Pesto Pasta	1250	500	56	87%	20	98%	0	100	1600	67%	136	45%	7	28%	6	43	Gluten, Milk, Soy
Penne & Meatball	1300	400	46	71%	18	91%	1	115	2600	108%	154	51%	11	44%	16	65	Gluten, Milk, Soy
Chicken Alfredo	1370	400	43	66%	20	100%	0	215	2490	104%	147	49%	6	24%	13	90	Gluten, Soy
Macaroni & Cheese	820	500	54	83%	32	159%	1	165	1870	78%	49	16%	2	8%	6	35	Wheat, Gluten, Egg, Milk



GANDOLFO'S NUTRITIONAL MENU ANALYSIS - AR, IN		CALORIES	Combos	
<b>SANDWICHES (Serving Size: 1 sandwich)</b>			<b>Combo 1</b>	
<b>New York Favorites</b>			1/2 NY & cup of soup or half salad	Calorie Range
I love New York on Rye, Half	400			
Knuckle Sandwich, Half	750	Lowest Calorie Sandwich		300
Rockefeller Reuben, Half	300	Highest Calorie Sandwich		750
Pastrami on Rye, Half	330	Lowest Calorie Soup		85
King of Queens, Half	520	Highest Calorie Soup		340
Wall Street Club, Half	320	Lowest Calorie Salad		199
Corned Beef on Rye, Half	300	Highest Calorie Salad		252
Waldorf Chicken Salad, Half	345	Lowest Range		385
<b>Specialty Sandwiches</b>			Highest Range	1090
<b>Pesto Chicken, Half</b>			<b>Combo 2</b>	
New Yorker, Half	540	1/2 CH & cup of soup or half salad		Calorie Range
Italian, Half	640			
Bridge Hampton, Half	530	Lowest Calorie Sandwich		410
Godfather, Half	380	Highest Calorie Sandwich		990
Canal Street, Half	480	Lowest Calorie Soup		85
Med. Veggie, Half	560	Highest Calorie Soup		340
SOHO Caprese, Half	280	Lowest Calorie Salad		199
<b>Classic Hoagies</b>			Highest Calorie Salad	252
Roast Beef & Cheddar, Half	520	Lowest Range		444
Roasted Turkey & Bacon, Half	410	Highest Range		1014
Smoked Ham & Swiss, Half	520	<b>Combo 3</b>		
Meatball Hero, Half	990	1/2 SP & cup of soup or half salad		Calorie Range
Urban Cowboy, Half	540			
French Dip Half	460	Lowest Calorie Sandwich		280
Philly Cream Cheese Steak, Half	600	Highest Calorie Sandwich		640
Chicken Philly, Half	490	Lowest Calorie Soup		85
<b>Salads</b>			Highest Calorie Soup	340
Bridge Hampton Salad, Half	351	Lowest Calorie Salad		199
Caesar, Half	252	Highest Calorie Salad		252
Chef Salad, Half	306	Lowest Range		282
Chicken Cobb, Half	479	Highest Range		843
City Hall, Half	564	<b>Combo 4</b>		
Club Met Salad, Half	220	Pasta & cup of soup or half salad		Calorie Range
Greek, Half	199			
Little Italy Salad, Half	393	Lowest Calorie Pasta		820
MSG Salad, Half	187	Highest Calorie Pasta		1500
Strawberry Spinach Salad, Half	612	Lowest Calorie Soup		85
<b>Pastas</b>			Highest Calorie Soup	340
Pesto Pasta, with grilled chicken	1500	Lowest Calorie Salad		199
Pesto Pasta	1250	Highest Calorie Salad		252
Penne & Meatball	1300	Lowest Range		905
Chicken Alfredo	1370	Highest Range		1840
Macaroni & Cheese	820	<b>Combo 5</b>		
<b>Soups</b>			cup of soup & half salad	Calorie Range
Black Bean soup, Cup	205			
Broccoli & Cheese Soup, Cup	340	Lowest Calorie Soup		85
Chicken Noodle Soup, Cup	225	Highest Calorie Soup		340
Chicken Tortilla Soup, Cup	210	Lowest Calorie Salad		199
Chili, Cup	270	Highest Calorie Salad		252
Clam Chowder, Cup	260	Lowest Range		284
Italian Wedding Soup, Cup	150	Highest Range		592
Loaded Potato Soup, Cup	275			
Minestrone Soup, Cup	110			
Mushroom Brie Soup, Cup	165			
Pasta Fagioli Soup, Cup	180			
Red Pepper Gouda Bisque Soup, Cup	235			
Split Pea with Ham Soup, Cup	205			
Vegetable Soup, Cup	85			

GANDOLFO'S NUTRITIONAL MENU ANALYSIS- Catering - AR, IN		CALORIE \$	Box Lunch Calorie Range	Trays Calorie Range		Sandwiches	
Box Lunches			600 - 1160	Trays	Low Range	High Range	
Wall Street Club, Whole	600			Mini Sandwich Tray	3000	5800	Sandwiches only
Roasted Turkey & Bacon, Whole	750			Working Lunch	2405	4760	Sandwiches only
Waldorf Chicken Salad, Whole	690			Deli Client Presentation	2405	4760	Sandwiches only
Bridge Hampton, Whole	920			Board Meeting	2405	4760	Sandwiches only
Smoked Ham & Swiss, Whole	1010			V.I.P Meeting	2405	4760	Sandwiches only
Med Veggie, Whole	930			Meat & Cheese Tray	210	per serving	2100 Per tray
Roast Beef & Cheddar, Whole	1020			Pickle Tray	15	per serving	180 Per tray
Italian, Whole	1160			Vegetable Tray	200	per serving	2000 Per tray
<b>CHIPS (Serving Size: 1 package)</b>				<b>Dessert</b>			
Chee-Tos, Crunchy	320			Chocolate Mousse Cake	415	per serving	4980 Per tray
Corn Chips	240			Lemon Italian Cream Cake	395	per serving	4740 Per tray
Doritos, Baked Nacho Cheese	210			Brownie	970	per serving	11640 Per tray
Doritos, Black Pepper Jack	263			Cookies, Fudge Chocolate Chip	175	per serving	2100 Per tray
Doritos, Cool Ranch	250			Cookies, Oatmeal Raisin	165	per serving	1980 Per tray
Doritos, Nacho Cheese	250			Cookies, Peanut Butter	185	per serving	2220 Per tray
Potato Chips, Baked Lays, Original	190			<b>Deli Salad</b>			
Potato Chips, Baked Lays, Sour Cream & Onion	135			Fruit Salad	170	per serving	
Potato Chips, Lays, Classic	230			Baked Ziti	172	per serving	
Potato Chips, KC Masterpiece, Barbeque	230			Broccoli Salad	200	per serving	
Potato Chips, Mesquite BBQ	193			Carrot Rasin Salad	200	per serving	
Potato Chips, Ms Vickis, Jalapeno	130			Tuna Salad	200	per serving	
Potato Chips, Regular, Kettle	206			Marinated Cucumber Salad	210	per serving	
Potato Chips, Regular, Ridged	240			Pasta Salad	220	per serving	
Potato Chips, Salt and Vinegar	225			Cucumber and Tomato Salad	240	per serving	
Potato Chips, Sea Salt and Malt Vinegar	190			Marinated Mushrooms	250	per serving	
Potato Chips, Sour Cream and Onion	240			Metro Mustard Potato Salad	270	per serving	
Potato Chips, Sour Cream, Ridged	240			Egg Salad	320	per serving	
Potato Chips, Sun Chips, Harvest Cheddar	210			Sour Cream Potato Salad	320	per serving	
Potato Chips, Sun Chips, Original	210			Cole Slaw	340	per serving	
<b>Cookies</b>				Mermaid Salad	393	per serving	
Cookies, Fudge Chocolate Chip	175			Baked Beans	405	per serving	
Cookies, Oatmeal Raisin	165			Yankee Doodle Mararoni Salad	430	per serving	
Cookies, Peanut Butter	185			Turkey Bowtie	440	per serving	
<b>Breakfast Items</b>				Times Square Tomato Salad	480	per serving	
<b>Bagels</b>				Broccoli Cheese Salad	520	per serving	
Bagel	495	per serving		Chicken Salad	600	per serving	
Bagel & Cream Cheese	490	per serving		<b>Fresh Tossed Salad</b>			
Lox N Bagel	562	per serving		Bridge Hampton Salad, Half	351	per serving	
<b>Breakfast Sandwiches</b>				Caesar, Half	252	per serving	
Avocado, Egg White, Spinach	640	per serving		Chef Salad, Half	306	per serving	
Bacon, Egg, Cheese	840	per serving		Chicken Cobb, Half	479	per serving	
Bacon, Sausage, Egg, Cheese	1050	per serving		City Hall, Half	564	per serving	
Egg, Veggies, Cheese	780	per serving		Club Met Salad, Half	220	per serving	
Pastrami, Egg, Cheese	800	per serving		Greek, Half	199	per serving	
Sausage, Egg, Cheese	1010	per serving		Little Italy Salad, Half	393	per serving	
Turkey, Egg, Avocado	830	per serving		MSG Salad, Half	187	per serving	
<b>Other Breakfast options</b>				Strawberry Spinach Salad, Half	612	per serving	
Buttermilk Pancakes	430	per serving		<b>Pasta</b>			
>Bacon (2)	88	per serving		Pesto Pasta, with grilled chicken	1500	per serving	
>Scrambled Eggs (2)	190	per serving		Pesto Pasta	1250	per serving	
French Toast	740	per serving		Penne & Meatball	1300	per serving	
>Bacon (2)	88	per serving		Chicken Alfredo	1370	per serving	
>Scrambled Eggs (2)	190	per serving		Macaroni & Cheese	820	per serving	
Mediterranean Scrambler	520	per serving					
California Scrambler	440	per serving					
Veggie Scrambler	420	per serving					
Midtown Scrambler	462	per serving					
NOHO Scrambler	606	per serving					
Oatmeal	1031	per serving					
Tribeca Scrambler	722	per serving					