

<b>GANDOLFO'S NUTRITIONAL MENU ANALYSIS ALL STORES - EXCEPT - AR. IN. NE</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>Bagels</b>																	
Bagel	300	10	1	2%	0	0%	0	0	460	19%	64	21%	2	8%	8	10	Wheat
Callie	495	149	17	26%	8	41%	0	45	680	28%	80	27%	2	10%	8	15	Wheat, Milk
Carter	490	149	17	26%	8	41%	0	45	680	28%	79	26%	2	9%	7	15	Wheat, Milk
Chaz	562	109	12	19%	4.5	22%	0	60	1230	51%	85	28%	4	17%	8	34	Wheat, Milk
CJ	680	193	21	33%	11	55%	0	60	730	31%	116	39%	2	9%	41	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
Montauk	414	75	8	13%	3.5	18%	0	45	1190	50%	65	22%	2	8%	11	20	Wheat, Milk
Queens	498	78	9	13%	2	10%	0	200	1380	58%	83	28%	2	9%	10	27	Egg, Wheat
Skyline	543	150	17	26%	8	41%	0	65	1030	43%	83	28%	3	11%	9	23	Wheat, Milk
<b>Breakfast Sandwiches</b>																	
Double Play	770	470	53	81%	21	104%	0	510	1910	80%	35	12%	0.005	3%	5	37	Wheat, Gluten, Soy, Egg, Milk
Eastport	744	377	42	64%	12	62%	3.5	410	1590	66%	58	19%	0	0%	3	33	Wheat, Gluten, Soy, Egg, Milk
Harlem	744	377	42	64%	12	62%	3.5	405	1400	59%	58	19%	0	0%	2	33	Wheat, Gluten, Soy, Egg, Milk
Huevos Locos	1005	608	68	104%	22	112%	3	440	2230	93%	65	22%	1	6%	4	37	Wheat, Gluten, Soy, Egg, Milk
Italian Stallion	780	470	52	80%	16	80%	3.5	655	1400	58%	40	13%	1	6%	6	37	Wheat, Gluten, Soy, Egg, Milk
Manorville	736	363	40	62%	12	61%	3.5	405	1420	59%	59	20%	0	0%	3	32	Wheat, Gluten, Soy, Egg, Milk
Penn Station	464	140	15	24%	4.5	24%	0	15	700	29%	60	20%	4	16%	1	21	Wheat, Gluten, Soy, Egg, Milk
Polo Grounds	546	196	22	34%	9	44%	0	395	1000	42%	57	19%	0	0%	2	28	Wheat, Gluten, Soy, Egg, Milk
Radio City	744	380	42	65%	12	62%	3.5	410	1410	59%	59	20%	0	0%	4	32	Wheat, Gluten, Soy, Egg, Milk
Riverhead	690	363	40	62%	12	61%	3.5	385	1080	45%	57	19%	0	0%	2	25	Wheat, Gluten, Soy, Egg, Milk
The Crew	1136	711	79	122%	27	134%	3.5	640	2140	89%	63	21%	0	0%	4	45	Wheat, Gluten, Soy, Egg, Milk
Upstate	751	381	42	65%	15	77%	0	435	1480	62%	58	19%	0	0%	2	32	Wheat, Gluten, Soy, Egg, Milk

<b>GANDOLFO'S NUTRITIONAL MENU ANALYSIS - ALL STORES - EXCEPT - AR, IN, NE</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 PROTIEIN GRAMS</b>	<b>ALLERGENS</b>
<b>SANDWICHES (Serving Size: 1 sandwich)</b>																	
42nd Street, Half	660	310	35	53%	22	60%	0	95	1300	54%	59	20%	3	12%	12	25	Wheat, Gluten, Milk, Soy, Egg
42nd Street, Whole	1270	580	65	99%	22	110%	0	173	2500	104%	118	39%	6	23%	24	50	Wheat, Gluten, Milk, Soy, Egg
5th Avenue, Half	470	280	31	48%	7	39%	0	65	950	40%	28	9%	2	9%	10	21	Wheat, Gluten, Milk, Soy, Egg
5th Avenue, Whole	1190	560	62	95%	14	70%	0.5	120	2030	84%	107	36%	7	30%	21	53	Wheat, Gluten, Milk, Soy, Egg
All American, Half	610	400	45	69%	14	72%	3	80	1890	1890%	33	11%	0	2%	8	23	Wheat, Gluten, Milk, Soy, Egg
All American	1160	760	84	129%	84	130%	6	150	3480	145%	65	22%	1	5%	15	44	Wheat, Gluten, Milk, Soy, Egg
Big Apple, Half	650	330	36	56%	10	48%	0	65	1830	76%	52	17%	3	13%	8	28	Wheat, Gluten, Milk, Soy, Egg
Big Apple, Whole	1240	620	69	106%	18	88%	0	125	3550	148%	101	34%	6	25%	16	54	Wheat, Gluten, Milk, Soy, Egg
Big Tuna, Half	506	162	18	30%	4	18%	0	31	1469	73%	60	20%	4	25%	16	54	Fish, Wheat, Milk, Soy, Egg
Big Tuna, Whole	1013	323	36	60%	7	36%	0	61	2939	147%	119	40%	8	26%	24	48	Fish, Wheat, Milk, Soy, Egg
Bridge Hampton, Half	450	230	25	39%	8	38%	0	65	1080	45%	31	10%	5	20%	70	26	Wheat, Milk, Soy, Egg
Bridge Hampton, Whole	770	350	39	60%	11	57%	0	115	1970	8%	57	19%	8	32%	13	46	Wheat, Gluten, Milk, Soy, Egg
Broadway, Half	590	230	24	39%	8	38%	0	75	1330	56%	61	20%	3	11%	15	25	Wheat, Gluten, Milk, Soy, Egg
Broadway, Whole	1150	430	48	74%	14	68%	0	145	2620	109%	122	41%	6	23%	29	48	Wheat, Gluten, Milk, Soy, Egg
Bronx Barbecue, Half	660	350	39	60%	11	53%	3	45	1340	56%	59	20%	3	13%	7	21	Wheat, Gluten, Milk, Soy, Egg
Bronx Barbecue, Whole	1360	690	77	118%	20	100%	6	110	3130	130%	118	39%	6	25%	13	53	Wheat, Gluten, Milk, Soy, Egg
Brooklyn Bridge, Half	500	160	18	26%	5	6%	31	60	1330	55%	52	17%	3	12%	8	29	Wheat, Gluten, Milk, Soy, Egg
Brooklyn Bridge, Whole	900	260	29	44%	9	46%	0	105	2410	100%	102	34%	6	23%	16	53	Wheat, Gluten, Milk, Soy, Egg
Buffalo Bill, Half	538	208	23	39%	6	29%	0	51	1499	75%	58	19%	3	11%	6	20	Wheat, Gluten, Milk, Soy, Egg
Buffalo Bill, Whole	962	414	46	77%	12	59%	0	101	2755	138%	93	31%	6	20%	11	38	Wheat, Gluten, Milk, Soy, Egg
Burning Bridge, Half	427	79	9	15%	2	11%	0	35	1844	92%	60	20%	4	12%	11	24	Wheat, Gluten, Milk, Soy, Egg
Burning Bridge, Whole	855	158	18	29%	5	23%	0	71	3687	184%	120	40%	7	25%	21	47	Wheat, Gluten, Milk, Soy, Egg
Castle Gandolfo, Half	480	87	11	16%	2	9%	0	45	1243	50%	33	11%	5	17%	8	21	Wheat, Gluten, Milk, Soy, Egg
Castle Gandolfo, Whole	750	164	20	31%	4	16%	0	91	2094	92%	54	18%	9	30%	13	38	Wheat, Gluten, Milk, Soy, Egg
Carnegie Hall, Half	600	310	34	52%	9	45%	2	90	1950	81%	41	14%	0	2%	9	31	Wheat,Gluten, Milk, Soy, Egg
Carnegie Hall, Whole	1160	590	66	101%	16	82%	4	165	3760	157%	81	27%	1	4%	19	58	Wheat,Gluten, Milk, Soy, Egg
Central Park, Half	370	100	12	18%	5	24%	0	75	1870	78%	30	10%	1	5%	4	31	Wheat,Gluten, Milk, Soy
Central Park, Whole	710	190	21	33%	8	42%	0	145	3670	153%	59	20%	2	8%	8	60	Wheat,Gluten, Milk, Soy
Chicken Philly, Half	480	240	27	41%	7	36%	0	70	1550	65%	37	12%	2	7%	10	22	Wheat, Gluten, Milk, Soy, Egg
Chicken Philly, Whole	790	380	42	65%	11	55%	0	105	2680	112%	67	22%	3	13%	18	35	Wheat, Gluten, Milk, Soy, Egg
Club Met, Half	590	160	17	27%	5	26%	0	70	1470	24%	52	17%	3	11%	9	32	Wheat, Gluten, Milk, Soy, Egg
Club Met, Whole	950	280	31	46%	9	45%	0	135	2820	117%	103	34%	6	23%	17	63	Wheat, Gluten, Milk, Soy, Egg
Coney Island Dog	530	280	31	47%	12	60%	1	70	4550	190%	31	10%	0	3%	3	18	Wheat, Gluten, Soy
Coney Island Gyro, Half	660	360	40	62%	11	56%	2	65	1300	54%	48	16%	3	12%	5	31	Wheat, Gluten, Milk, Soy, Egg
Coney Island Gyro, Whole	1270	670	74	115%	19	94%	4	105	2300	36%	94	32%	6	25%	9	56	Wheat, Gluten, Milk, Soy, Egg
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	590	180	20	30%	6	31%	0	95	2190	91%	54	18%	3	12%	9	39	Wheat, Gluten, Milk, Soy, Egg
Dagwood, Whole	1030	290	32	50%	10	51%	0	145	3550	148%	104	35%	6	25%	17	64	Wheat, Gluten, Milk, Soy, Egg

<b>GANDOLFO'S NUTRITIONAL MENU ANALYSIS - ALL STORES - EXCEPT - AR, IN, NE</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 PROTIEIN GRAMS</b>	<b>ALLERGENS</b>
<b>SANDWICHES (Serving Size: 1 sandwich)</b>																	
Eastside Egg Salad, Half	488	233	26	43%	4	22%	0	230	937	47%	49	16%	3	11%	5	13	Wheat, Gluten, Milk, Egg
Eastside Egg Salad, Whole	862	464	52	86%	9	44%	0	460	1631	82%	75	25%	6	21%	9	24	Wheat, Gluten, Milk, Egg
Ebbets Field, Half	790	440	49	75%	19	97%	0	80	1260	52%	50	17%	3	13%	8	31	Wheat, Gluten, Milk, Soy, Egg
Ebbets Field, Whole	1380	740	83	127%	30	151%	1	125	2170	90%	98	33%	7	26%	15	51	Wheat, Gluten, Milk, Soy, Egg
Empire State, Half	580	260	29	45%	11	57%	0	80	1190	50%	54	18%	3	11%	9	26	Wheat, Gluten, Milk, Soy, Egg
Empire State, Whole	1050	440	49	76%	19	93%	0	140	2210	92%	101	34%	5	19%	13	48	Wheat, Gluten, Milk, Soy, Egg
French Dip Half	380	160	18	28%	7	34%	0	70	5660	236%	21	7%	0	2%	4	31	Wheat, Gluten, Milk, Soy, Egg
French Dip Whole	690	270	31	47%	11	54%	0	135	11140	464%	41	14%	0	3%	7	58	Wheat, Gluten, Milk, Soy, Egg
Gandolfo, Half	600	270	30	46%	8	39%	0	60	1160	48%	53	18%	3	14%	9	27	Wheat, Gluten, Milk, Soy, Egg
Gandolfo, Whole	1140	500	56	86%	14	69%	0	110	2210	92%	104	35%	7	26%	17	52	Wheat, Gluten, Milk, Soy, Egg
Godfather, Half	350	160	17	27%	6	32%	0	50	1030	43%	28	9%	2	9%	6	20	Wheat, Gluten, Milk, Soy, Egg
Godfather, Whole	650	290	32	49%	11	55%	0	95	1970	82%	54	18%	4	17%	11	37	Wheat, Gluten, Milk, Soy, Egg
Godzilla, Half	390	160	18	28%	6	30%	0	55	1810	76%	37	12%	2	8%	9	20	Wheat, Gluten, Milk, Soy, Egg
Godzilla, Whole	720	290	32	49%	10	52%	0	105	3500	145%	72	24%	4	16%	17	38	Wheat, Gluten, Milk, Soy, Egg
Greenwich Village, Half	470	270	31	47%	8	39%	0	65	1060	44%	27	9%	2	8%	8	22	Wheat, Gluten, Milk, Soy
Greenwich Village, Whole	890	510	57	88%	14	69%	1	120	2050	86%	52	17%	4	15%	15	42	Wheat, Gluten, Milk, Soy
Hampton, Half	460	230	26	40%	7	33%	0	55	960	40%	33	11%	7	28%	7	23	Wheat, Gluten, Milk, Soy, Egg
Hampton, Whole	720	320	35	54%	10	50%	0	105	1850	77%	57	19%	8	32%	13	43	Wheat, Gluten, Milk, Soy, Egg
Holland Tunnel, Half	460	220	24	37%	7	36%	2	55	1680	70%	38	13%	2	9%	8	22	Wheat, Gluten, Milk, Soy, Egg
Holland Tunnel, Whole	950	400	45	69%	13	64%	3	105	3830	159%	95	32%	4	18%	15	43	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
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	470	220	24	37%	7	36%	0	75	1440	60%	38	13%	3	12%	14	24	Wheat, Gluten, Milk, Soy, Egg
King of Queens, Whole	910	410	46	71%	13	65%	0	145	2860	119%	75	25%	6	22%	28	46	Wheat, Gluten, Milk, Soy, Egg
Knickerbocker, Half	460	260	29	45%	7	37%	0	50	1080	45%	25	8%	1	6%	6	23	Wheat, Gluten, Milk, Soy, Egg
Knickerbocker, Whole	860	490	55	84%	13	67%	0	95	2040	85%	47	16%	3	11%	11	44	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
Little Italy, Half	640	420	47	72%	14	71%	0	100	1830	76%	28	9%	1	6%	9	29	Wheat, Gluten, Milk, Soy, Egg
Little Italy, Whole	1170	780	87	133%	26	129%	0	170	3210	134%	50	17%	2	9%	14	49	Wheat, Gluten, Milk, Soy, Egg
Long Island Chicken Salad, Half	391	88	10	17%	2	8%	0	43	1149	57%	48	16%	3	11%	5	20	Wheat, Gluten, Milk, Soy, Egg
Long Island Chicken Salad, Whole	782	176	20	33%	3	17%	0	85	2055	103%	73	24%	6	20%	10	36	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
Mama Leone, Half	750	540	60	92%	20	100%	3	110	2230	93%	28	9%	3	11%	9	32	Wheat, Gluten, Milk, Soy
Mama Leone, Whole	1370	970	107	165%	35	174%	6	185	4070	170%	55	18%	5	21%	17	56	Wheat, Gluten, Milk, Soy
Manhattan Transfer, Half	780	550	61	94%	23	117%	3	115	2480	103%	22	7%	2	7%	5	32	Wheat, Gluten, Milk, Soy, Egg
Manhattan Transfer, Whole	1560	1110	123	190%	47	236%	6	235	4860	203%	43	14%	3	13%	10	65	Wheat, Gluten, Milk, Soy, Egg
Meatball Hero, Half	940	680	75	116%	22	109%	4	100	1730	72%	32	11%	5	19%	4	39	Wheat, Gluten, Milk, Soy, Egg

<b>GANDOLFO'S NUTRITIONAL MENU ANALYSIS - ALL STORES - EXCEPT - AR, IN, NE</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>SANDWICHES (Serving Size: 1 sandwich)</b>																	
Meatball Hero, Whole	1530	1130	126	194%	34	168%	7	130	2650	110%	56	19%	7	29%	8	56	Wheat, Gluten, Milk, Soy, Egg
New York Giant Half	360	80	9	14%	2	10%	0	115	3370	140%	24	8%	2	6%	5	45	Wheat, Gluten, Milk, Soy
New York Giant Whole	720	160	18	28%	4	20%	0	230	6730	281%	48	16%	3	12%	10	91	Wheat, Gluten, Milk, Soy
New York Jet, Half	670	470	53	81%	13	66%	3	60	1240	52%	27	9%	2	10%	8	24	Wheat, Gluten, Milk, Soy, Egg
New York Jet, Whole	1280	910	101	156%	24	122%	6	110	2370	99%	52	17%	4	18%	14	47	Wheat, Gluten, Milk, Soy, Egg
New York Liberty, Half	510	270	30	47%	8	39%	0	65	1530	64%	29	10%	3	10%	9	25	Wheat, Gluten, Milk, Soy, Egg
New York Liberty, Whole	960	510	57	87%	14	69%	1	120	2920	122%	55	18%	4	18%	17	47	Wheat, Gluten, Milk, Soy, Egg
New York Ranger, Half	610	380	42	65%	12	58%	3	65	1490	62%	39	13%	2	10%	8	22	Wheat, Gluten, Milk, Soy, Egg
New York Ranger, Whole	1220	700	78	120%	21	105%	6	110	3350	140%	94	32%	4	18%	14	40	Wheat, Gluten, Milk, Soy, Egg
New York Yankee, Half	340	150	17	26%	5	27%	0	65	950	39%	27	9%	2	7%	9	21	Wheat, Gluten, Milk, Soy, Egg
New York Yankee, Whole	610	260	29	45%	9	47%	0	120	1820	76%	49	16%	2	10%	14	39	Wheat, Gluten, Milk, Soy, Egg
New Yorker, Half	460	270	30	46%	8	38%	2	55	1270	53%	25	8%	1	6%	6	23	Wheat, Gluten, Milk, Soy, Egg
New Yorker, Whole	870	500	55	85%	14	69%	0	105	2430	101%	48	16%	3	11%	11	43	Wheat, Gluten, Milk, Soy, Egg
NYPD Bleu, Half	370	160	18	27%	5	24%	0	55	1240	52%	28	9%	2	7%	8	19	Wheat, Gluten, Milk, Soy, Egg
NYPD Bleu, Whole	690	290	32	49%	9	43%	0	100	2310	96%	54	18%	3	13%	14	36	Wheat, Gluten, Milk, Soy, Egg
Pastami Dog	570	330	36	56%	15	74%	1	100	2000	83%	19	6%	0	2%	3	28	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
Philly Cream Cheese Steak, Half	520	310	34	53%	11	53%	4	60	1260	53%	31	10%	2	7%	11	23	Wheat, Gluten, Milk, Soy
Philly Cream Cheese Steak, Whole	1040	630	70	108%	22	110%	7	120	2500	104%	61	20%	3	13%	22	45	Wheat, Gluten, Milk, Soy
Real Subway, Half	480	250	28	43%	6	31%	0	50	1320	55%	27	9%	2	9%	7	24	Wheat, Gluten, Milk, Soy, Egg
Real Subway, Whole	910	470	53	81%	11	57%	0	95	2480	103%	51	17%	4	16%	13	46	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
Rocky Balboa, Half	550	350	39	60%	10	51%	0	65	1330	55%	29	10%	2	8%	7	22	Wheat, Gluten, Milk, Soy, Egg
Rocky Balboa, Whole	1060	670	74	114%	19	95%	0	125	2540	106%	57	19%	4	15%	14	42	Wheat, Gluten, Milk, Soy, Egg
Second City Dog	530	280	31	48%	12	60%	1	70	2120	88%	31	10%	2	7%	14	18	Wheat, Gluten
Shea Stadium, Half	506	89	11	16%	3	15%	0	66	2555	99%	63	21%	4	13%	13	23	Wheat, Gluten, Milk, Soy
Shea Stadium, Whole	650	90	16	17%	3	16%	0	101	3145	99%	81	27%	6	22%	17	29	Wheat, Gluten, Milk, Soy
Sicilian, Half	500	290	33	50%	9	45%	4	50	1430	60%	26	9%	3	11%	7	26	Wheat, Gluten, Milk, Soy
Sicilian, Whole	970	570	64	98%	17	86%	7	100	2810	117%	52	17%	5	20%	13	51	Wheat, Gluten, Milk, Soy
South Hampton, Half	465	107	12	20%	2	12%	0	30	1758	88%	64	21%	7	22%	12	23	Wheat, Gluten, Milk, Soy, Egg
South Hampton, Whole	899	191	21	35%	4	22%	0	61	3516	176%	126	42%	12	39%	23	46	Wheat, Gluten, Milk, Soy, Egg
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	200	80	8	13%	2	6%	0	25	620	26%	23	8%	1	5%	7	9	Wheat, Gluten, Milk, Soy
The Shorty - Turkey	200	60	7	11%	1	5%	0	20	630	26%	23	8%	1	5%	6	10	Wheat, Gluten, Milk, Soy
Throgs Neck Bridge, Half	700	480	54	83%	12	61%	0	70	1360	57%	32	11%	5	19%	7	22	Wheat, Gluten, Milk, Soy, Egg
Throgs Neck Bridge, Whole	1360	950	105	162%	23	115%	0	130	2680	112%	63	21%	9	38%	13	42	Wheat, Gluten, Milk, Soy, Egg
Traffic Jam Dog	840	570	53	97%	26	130%	3	135	2260	94%	27	9%	1	4%	9	26	Wheat, Milk, Soy
Tri-Borough Bridge, Half	410	180	20	31%	8	38%	0	75	1450	60%	27	9%	2	7%	9	23	Wheat, Gluten, Milk, Soy, Egg

<b>GANDOLFO'S NUTRITIONAL MENU ANALYSIS - ALL STORES - EXCEPT - AR, IN, NE</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>SANDWICHES (Serving Size: 1 sandwich)</b>																	
Tri-Borough Bridge, Whole	760	330	37	57%	13	68%	0	145	2740	114%	51	17%	3	13%	16	45	Wheat, Gluten, Milk, Soy, Egg
Urban Cowboy, Half	460	220	25	38%	9	48%	0	75	1350	56%	37	12%	1	6%	7	22	Wheat, Gluten, Milk, Soy, Egg
Urban Cowboy, Whole	870	410	45	70%	17	87%	0	145	2600	108%	72	24%	3	11%	12	43	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
Westside, Half	350	110	12	19%	6	30%	0	60	1240	52%	36	12%	2	8%	6	23	Wheat, Gluten, Milk, Soy, Egg
Westside, Whole	640	190	21	33%	10	52%	0	115	2370	99%	65	22%	4	15%	11	44	Wheat, Gluten, Milk, Soy, Egg
Wheat Hampton, Half	440	200	22	34%	6	31%	0	55	960	40%	38	13%	4	16%	7	25	Wheat, Gluten, Milk, Soy, Egg
Wheat Hampton, Whole	860	370	41	63%	11	54%	0	105	1900	79%	80	27%	8	32%	13	50	Wheat, Gluten, Milk, Soy, Egg
Whitestone Bridge, Half	420	230	26	40%	8	42%	0	60	1030	43%	27	9%	2	6%	6	21	Wheat, Gluten, Milk, Soy, Egg
Whitestone Bridge, Whole	780	410	46	71%	14	72%	0	115	1880	78%	53	18%	3	13%	11	39	Wheat, Gluten, Milk, Soy, Egg
Yankee in the Rye, Half	350	150	17	26%	5	27%	0	65	1000	42%	30	10%	1	5%	8	21	Wheat, Gluten, Milk, Soy, Egg
Yankee in the Rye, Whole	670	280	32	49%	10	48%	0	120	2000	83%	59	20%	2	10%	15	40	Wheat, Gluten, Milk, Soy, Egg
Yankee, Half	438	81	9	15%	2	11%	0	30	1993	100%	61	20%	4	12%	14	24	Wheat, Gluten, Milk, Soy, Egg
Yankee, Whole	808	159	18	29%	5	25%	0	61	3372	169%	120	40%	7	25%	23	36	Wheat, Gluten, Milk, Soy, Egg
Yonkers, Half	650	450	50	77%	12	59%	4	55	1160	48%	29	10%	2	8%	8	22	Wheat, Gluten, Milk, Soy, Egg
Yonkers, Whole	1240	860	95	147%	22	110%	7	105	2260	94%	54	18%	3	14%	14	42	Wheat, Gluten, Milk, Soy, Egg

GANDOLFO'S NUTRITIONAL MENU ANALYSIS Bread, Meat & Cheese		CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	TOTAL FAT % OF DV	SAT FAT GRAMS	SAT FAT % OF DV	TRANS FAT GRAMS	CHOLESTEROL MG	SODIUM MG	SODIUM % OF DV	TOTAL CARB GRAMS	TOTAL CARB % OF DV	DIETARY FIBER GRAMS	DIETARY FIBER % OF DV	TOTAL SUGAR GRAMS	TOTAL PROTEIN GRAMS	ALLERGENS
<b>BREADS</b>																		
Bagel, Cinnamon Raisin		300	14	2	3%	0	0%	0	0	410	21%	61	20%	3	10%	8	10	Egg, Wheat, Gluten, Soy, Milk
Bagel, Everything		300	27	3	5%	0	0%	0	0	700	35%	57	19%	3	10%	2	11	Egg, Wheat, Gluten, Soy, Milk
Bagel, Plain		300	10	1	2%	0	0%	0	0	460	19%	64	21%	2	8%	8	10	Egg, Wheat, Gluten, Soy, Milk
Wheat Bread, Whole Sandwich		218	27	3	5%	0	2%	0	0	427	21%	36	12%	4	12%	4	10	Egg, Wheat, Gluten, Soy, Milk
Bread Wheatberry Thick 19 Sli		300	35	4	6%	1	5%	0	0	540	22%	60	20%	4	16%	10	10	Egg, Wheat, Gluten, Soy, Milk
Bread Marble Rye Panini Sli		280	25	3	4%	0	0%	0	0	670	28%	55	18%	0	0%	0	9	Egg, Wheat, Gluten, Soy, Milk
Bread Pan Sourdough 5/8 Slice		260	30	4	5%	1	5%	0	0	520	22%	50	17%	0	0%	0	9	Egg, Wheat, Gluten, Soy, Milk
Croissant Butter Curved Sli		330	150	15	23%	9	45%	0	40	390	16%	41	14%	1	4%	6	7	Egg, Wheat, Gluten, Soy, Milk
Dough, Kaiser		180	15	2	2%	0	0%	0	0	360	15%	35	12%	1	4%	2	6	Egg, Wheat, Gluten, Soy, Milk
Roll, Hoagie, 12"		180	15	2	2%	0	0%	0	0	360	15%	35	12%	1	4%	2	6	Egg, Wheat, Gluten, Soy, Milk
<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</b> <i>Deli Salads, Soups, Sauces &amp; Beverages</i>	<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)

<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>
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> <i>Salads</i>	<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 PROTIEIN 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

GANDOLFO'S NUTRITIONAL MENU ANALYSIS- Catering - OG store ALL STORES - EXCEPT - AR IN NF		CALORIES	Box Lunch Calorie Range	Trays Calorie Range	Sandwiches		Breakfast Items			
<b>Box Lunches</b>			<b>516 - 1002</b>	<b>Trays</b>	<b>Low Range</b>	<b>High Range</b>	<b>Bagels</b>			
<b>Turkey</b>		Mini Sandwich Tray		1232	5590	Sandwiches only		Callie	495	per serving
Bridge Hampton, Half	450	Working Lunch		1232	5590	Sandwiches only		Carter	490	per serving
Broadway, Half	590	Deli Client Presentation		1232	5590	Sandwiches only		Chaz	562	per serving
Brooklyn Bridge, Half	500	Board Meeting		1232	5590	Sandwiches only		CJ	680	per serving
Hampton, Half	460	V.I.P Meeting		1232	5590	Sandwiches only		Queens	498	per serving
<b>Ham</b>		Meat & Cheese Tray		210	per serving	2100	Per tray	Montauk	414	per serving
Greenwich Village, Half	470	Pickle Tray		15	per serving	180	Per tray	Skyline	543	per serving
New York Yankee, Half	340	Vegetable Tray		200	per serving	2000	Per tray	Lox N Bagel	520	per serving
Yankee in the Rye, Half	350	<b>Dessert</b>						<b>Breakfast Sandwiches</b>		
<b>Roast Beef</b>		Chocolate Mousse Cake		415	per serving	4980	Per tray	Radio City	744	per serving
Knickerbocker, Half	460	Banana Pudding		400	per serving	4800	Per tray	Polo Grounds	546	per serving
<b>New York Favorites</b>		Strawberry Shortcake		780	per serving	9360	Per tray	Penn Station	464	per serving
Big Apple, Half	650	Brownie		970	per serving	11640	Per tray	Manorville	736	per serving
Big Tuna, Half	506	Cookies, Fudge Chocolate Chip		175	per serving	2100	Per tray	Huevos Locos	1005	per serving
Club Met, Half	590	Cookies, Oatmeal Raisin		165	per serving	1980	Per tray	Harlem	744	per serving
Dagwood, Half	590	Cookies, Peanut Butter		185	per serving	2220	Per tray	Double Play	770	per serving
Eastside Egg Salad, Half	488	<b>Deli Salad</b>						Italian Stallion	780	per serving
Little Italy, Half	640	Fruit Salad		170	per serving			Eastport	744	per serving
Long Island Chicken Salad, Half	391	Baked Ziti		172	per serving			Upstate	751	per serving
<b>Vegetarian</b>		Broccoli Salad		200	per serving			Riverhead	690	per serving
Ebbets Field, Half	790	Carrot Rasin Salad		200	per serving			The Crew	1136	per serving
MSG, Half	427	Tuna Salad		200	per serving					
<b>CHIPS (Serving Size: 1 package)</b>		Marinated Cucumber Salad		210	per serving					
Chee-Tos, Crunchy	320	Pasta Salad		220	per serving					
Corn Chips	240	Cucumber and Tomato Salad		240	per serving					
Doritos, Baked Nacho Cheese	210	Marinated Mushrooms		250	per serving					
Doritos, Black Pepper Jack	263	Metro Mustard Potato Salad		270	per serving					
Doritos, Cool Ranch	250	Egg Salad		320	per serving					
Doritos, Nacho Cheese	250	Sour Cream Potato Salad		320	per serving					
Potato Chips, Baked Lays, Original	190	Cole Slaw		340	per serving					
Potato Chips, Baked Lays, Sour Cream & Onion	135	Mermaid Salad		393	per serving					
Potato Chips, Lays, Classic	230	Baked Beans		405	per serving					
Potato Chips, KC Masterpiece, Barbeque	230	Yankee Doodle Mararoni Salad		430	per serving					
Potato Chips, Mesquite BBQ	193	Turkey Bowtie		440	per serving					
Potato Chips, Ms Vickis, Jalapeno	130	Times Square Tomato Salad		480	per serving					
Potato Chips, Regular, Kettle	206	Broccoli Cheese Salad		520	per serving					
Potato Chips, Regular, Ridged	240	Chicken Salad		600	per serving					
Potato Chips, Salt and Vinegar	225	<b>Fresh Tossed Salad</b>								
Potato Chips, Sea Salt and Malt Vinegar	190	Bridge Hampton Salad, Half		351	per serving					
Potato Chips, Sour Cream and Onion	240	Caesar, Half		252	per serving					
Potato Chips, Sour Cream, Ridged	240	Chef Salad, Half	306	per serving						
Potato Chips, Sun Chips, Harvest Cheddar	210	Chicken Cobb, Half	479	per serving						
Potato Chips, Sun Chips, Original	210	City Hall, Half	564	per serving						
<b>Cookies</b>		Club Met Salad, Half	220	per serving						
Cookies, Fudge Chocolate Chip	175	Greek, Half	199	per serving						
Cookies, Oatmeal Raisin	165	Little Italy Salad, Half	393	per serving						
Cookies, Peanut Butter	185	MSG Salad, Half	187	per serving						
		Strawberry Spinach Salad, Half	612	per serving						