



Sandwiches	Serving	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:
The Harpur College	1 sandwich	720	330	37	12	0	70	1270	47	3	6	43		milk, egg, wheat, soy, gluten
Cransational Chicken Salad	1 sandwich	620	240	27	4	0	35	600	73	4	24	13		egg, wheat, soy, gluten
The DiMaggio	1 sandwich	690	340	38	13	0	85	1910	46	2	6	32		milk, egg, wheat, soy, gluten
The Rock St.	1 sandwich	830	460	51	7	0	85	1690	48	11	3	47		milk, egg, wheat, soy, gluten
Italian Beef	1 sandwich	760	440	49	17	0	115	1800	41	2	3	42		milk, egg, wheat, soy, gluten
The Calabrian	1 sandwich	1010	600	67	31	0	90	2300	37	2	0	59		milk, egg, wheat, soy, gluten
Avocado Caprese	1 sandwich	820	480	53	21	0	80	800	49	6	2	33 V		milk, egg, wheat, soy, gluten
The Buffalo	1 sandwich	830	440	49	17	0	130	2460	48	2	0	37		milk, egg, wheat, soy, gluten
Build-Your-Own	1 sandwich	360-1350cal												Allergens will vary
Build-Your-Own Vegetarian	1 sandwich	240-910cal											V	Allergens will vary
Deli Meats	4oz total	60-120												
London Broil	4 oz	140	50	6	2	0	50	620	0	0	0	24		
Cracked Pepper Mill Turkey	4oz	120	20	2	0	0	60	920	1	0	1	26		
Buffalo Chicken	4oz	120	20	2	0	0	70	920	0	0	0	22		
Firesmith Chicken	4oz	120	20	2	0	0	70	680	2	0	1	22		
Roasted Turkey Breast	4oz	120	20	2	0	0	50	760	0	0	0	24		
Prosciutto	1oz	30	15	1.5	0	0	10	375	0	0	0	4		
Italian Roasted Ham	1oz	60	40	4	1.5	0	15	160	0	0	0	6		
Mortadella	1oz	80	60	7	2.5	0	15	280	0	0	0	5		milk
Cheeses	1-1.5oz total	70-200												
Asiago	1.5 oz	200	150	17	11	0	45	470	0	0	0	11 V		milk
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	1oz	80	50	5	3.5	0	20	90	1	0	0	6 v		milk
Feta	1oz	70	40	4	3	0	15	340	2	0	1	6 v		milk
Crumbled Blue Cheese	1oz	90	70	8	5	0	30	280	0	0	0	6 v		milk
Asiago	1.5oz	200	150	17	11	0	45	470	0	0	0	11 v		milk
Toppings		0-120												
Lettuce	1 leaf	5	0	0	0	0	0	0	0	0	0	0 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	5	0	0	0	0	0	0	0	0	0	0 Vg		
Pickle Chips	3 chips	0	0	0	0	0	0	90	0	0	0	0 Vg		
Avocado	4 tbsp	120	100	11	1.5	0	0	5	6	5	0	2 Vg		
Roasted Red Pepper	2oz	15	0	0	0	0	0	110	7	2	2	1 Vg		
Bacon	1oz	140	0	10	3	0	0	190	0	0	0	5		
Cucumber	5 slices	5	0	0	0	0	0	0	1	0	0	0 Vg		
Fried Onions	2 tbsp	45	0	3.5	1.5	0	0	60	3	0	0	0 Vg		
Spring Mix	1/2 cup	10	0	0	0	0	0	15	1.5	1	0	less than 1g Vg		
Condiments		0-220												
Mayonnaise	2 tbsp	220	200	22	4	0	20	160	0	0	0	0 V		eggs, soy
Deli Mustard	2 tbsp	0	0	0	0	0	0	240	0	0	0	0 Vg		
Honey Mustard	2 tbsp	60	0	0	0	0	0	150	12	0	6	0 V		
Yellow Mustard	2 tbsp	10	0	0	0	0	0	50	0	0	0	0 Vg		
Calabrian Pepper Aioli	2 tbsp	160	140	16	3	0	15	250	0	0	0	0 v		egg, soy
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
Pepperhouse Gourmaise	2 tbsp	160	140	16	3	0	10	320	4	0	0	0 V		egg, soy
Basil Pesto Mayo	2 tbsp	180	170	19	3	0	15	150	1	0	0	0 V		milk, eggs, soy
Pesto	2 tbsp	120	120	13	1	0	Less than 5mg	290	3	1	0	2 V		milk, eggs

Balsamic Glaze	1 tbsp	20	0	0	0	0	0	0	4	0	2	0	V	
Jalapeno Pepper Hot Sauce	1 tsp	0	0	0	0	0	0	0	0	0	0	0	vg	
Breads 130-400														
Flour Tortilla	1 tortilla	310	60	7	3	0	0	740	52	2	0	8	Vg	Wheat, gluten
Spinach Tortilla	1 tortilla	310	70	8	3	0	0	840	52	3	3	9	Vg	Wheat, gluten
Tomato Basil Tortilla	1 tortilla	310	70	8	3	0	0	820	51	3	6	9	Vg	Wheat, gluten
Wheat Wrap	1 tortilla	290	60	7	2.5	0	0	620	49	6	0	9	Vg	Wheat, gluten
Gluten-free White Bread	2 slices	180	40	4	0.5	0	0	270	36	4	4	1	PB	
Ciabatta Rolls	3.5oz	180	0	0	0	0	0	410	37	2	2	7	V	wheat, gluten
Seeded Rye	2 slices	160	0	0	0	0	0	250	36	2	0	6	vg	wheat, gluten
White Bread	2 slices	160	0	0	0	0	0	250	36	2	0	6	vg	wheat, gluten
21 Grain	2 slice	200	20	2	0	0	0	270	40	2	0	6	vg	wheat, gluten
whole wheat	2 slices	160	10	1	0	0	0	280	34	6	0	8	vg	wheat, gluten
BYO Salads														
Caprese and Orzo	1 serving	860	330	37	16	0	60	640	90	11	6	37	V	milk, wheat, gluten
Caesar	1 serving w/o prot	230	100	11	8	0	30	640	5	2	1	11	V	milk, wheat, gluten
Cransational Chicken Salad	1 serving	520	240	27	4	0	35	220	50	1	30	6		egg, soy
Golden Roasted Turkey and Hum	1 serving	700	300	33	9	0	75	1520	59	8	6	34		milk, sesame
Greek	1 serving w/o prot	340	150	17	7	0	0	1180	28	8	4	20	V	milk
Pepermill Cobb Salad	1 serving w/o prot	400	290	32	8	0	240	580	14	8	2	17		milk, egg
Build Your Own														
With Protein		190-800												
Without Protein		70-680												
Greens														
Spring Mix	3oz	20	0	0	0	0	0	50	3	2	0	2	Vg	
Power Mix	3oz	25	0	0	0	0	0	70	3	2	0	3	Vg	
Romaine	3oz	15	0	0	0	0	0	40	3	2	0	2	Vg	
Arugula	3oz	15	0	0	0	0	0	10	3	2	1	1	Vg	
Proteins														
Cracked Pepper Mill Turkey	4oz	120	20	2	0	0	60	920	1	0	1	26		
Firesmith Chicken	4oz	120	20	2	0	0	70	680	2	0	1	22		
Roasted Turkey Breast	4oz	120	20	2	0	0	50	760	0	0	0	24		
Toppings														
Onion	3 rings	10	0	0	0	0	0	0	2	0	1	0	Vg	
Avocado	4 tbsp	120	100	11	1.5	0	0	5	6	5	0	2	Vg	
Roasted Red Pepper	2oz	15	0	0	0	0	0	110	7	2	2	1	Vg	
Cucumber	5 slices	5	0	0	0	0	0	0	1	0	0	0	Vg	
Grape Tomatoes	5 tomatoes	15	0	0	0	0	0	5	3	1	2	less than 1g	Vg	
Quinoa	1/4 cup	60	0	0	0	0	0	5	11	1	0	2	Vg	
Chopped Egg	1/4 cup	80	50	5	1.5	0	190	60	less than 1g	0	0	6	V	egg
Bacon	1oz	140	90	10	3	0	0	190	0	0	0	5		
Feta	1oz	70	40	4	3	0	15	340	2	0	1	6	V	milk
Pecorino Romano	1oz	110	70	8	5	0	25	490	0	0	0	9	V	milk
Crumbled Blue Cheese	1oz	90	70	8	5	0	30	280	0	0	0	6	V	milk
Mozzarella Pearls	1oz	70	50	5	3.5	0	15	65	1	0	0	5	V	milk
Hummus	2 tbsp	80	60	7	1	0	0	100	3	1	0	2	Vg	sesame
Kalamata Olives	2 tbsp	100	100	11	1	0	0	480	2	0	0	0	Vg	
Fried Onions	2 tbsp	45	30	3.5	1.5	0	0	60	3	0	0	0	Vg	wheat, gluten
Croutons	2 tbsp	60	30	3.5	0	0	0	90	6	0	0	1	V	milk, wheat, gluten
Cranberry	2tbsp	40	0	0	0	0	0	0	8	1	8	0	PB, V	
Chickpeas	1/4 cup	80	20	1.5	0	0	0	150	14	4	2	4	Vg	
Dressings														
Oil & Red Wine Vinegar	2 tbsp	150	140	15	2.5	0	0	360	3	0	3	0	Vg	
Light Caesar	2 tbsp	100	100	11	1.5	0	0	280	1	0	1	0		milk, fish
Greek	2 tbsp	70	60	7	1	0	5	600	3	0	2	1		milk, fish
Honey mustard dressing	2 tbsp	280	130	14	2.5	0	15	140	4	0	4	0	V	egg
Fat Free Italian	1 packet	25	0	0	0	0	0	380	4	0	3	0	V	milk
Garden Ranch	1 packet	200	200	22	3.5	0	10	400	2	0	1	less than 1g	V	milk, egg
Balsamic Vinaigrette	1 packet	170	150	17	2.5	0	0	340	4	0	3	0	PB, V	

Sides												
Potato Salad	7oz	460		23	3	0	110	300	39	3	2	10 V egg, soy
Mac Salad	7oz	490		26	3	0	100	220	47	3	3	12 V egg, wheat, soy, gluten
Quinoa Salad	7oz	310		15	2	0	0	500	39	5	6	7 Vg soy
Mediterrear Tomato Cucumber	7oz	200	130	14	5	0	25	890	14	2	8	5 V milk
Cransational Chicken Salad	7oz	470		28	5	0	80	390	22	2	19	21 egg, soy
Black and White Cookies	2oz cookie	290	70	8	4.5	0	20	130	53	0	42	2 V milk, egg, wheat, soy, gluten