

# Nutritional Information - Cold Breakfast



Menu Item	Serving Size	Nutritional Information											Allergens										Additional info					
		Calories	Cals from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Contains Egg	Contains Dairy	Contains Soy	Contains Tree Nuts	Contains Peanuts	Contains Fish	Contains Shellfish		Contains Sesame				
WASHINGTON SQUARE BREAKFAST	18.82 oz	828	225	28	9	0	82	661	150	9	54	21	X				X	X	X									
EXECUTIVE BREAKFAST	6.49 oz	617	211	23	8	0	71	747	90	3	24	13	X				X	X	X	X								
BOARDROOM BREAKFAST	6.48 oz	611	195	22	4	0	63	631	95	3	19	13	X				X	X	X									
LITE CONTINENTAL BREAKFAST	16.20 oz	965	309	46	8	0	82	513	230	13	90	25	X				X	X	X									
BASKET OF BAGELS	7.85 oz	759	329	36	16	0	67	948	89	4	24	22	X					X				X				X		
A LA CARTE SMOKED SALMON PLATTER	2.90 oz	48	12	1	0	0	7	277	4	1	2	6			X								X					
AVOCADO TOAST BAR	10.64 oz	487	347	29	10	0	213	969	44	9	5	18	X				X	X	X									

X1

Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

## DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health