



## Wholly Bagels and Pizza - Nutritional Information

| Product               | Av Serving Size |         | Energy   |         | Protein |        | Fat, total |        | Fat, saturated |        | Carbohydrate |        | Carbohydrate, sugars |        | Sodium   |         |
|-----------------------|-----------------|---------|----------|---------|---------|--------|------------|--------|----------------|--------|--------------|--------|----------------------|--------|----------|---------|
|                       | portion         | gram    | KJ/serve | KJ/100g | g/serve | g/100g | g/serve    | g/100g | g/serve        | g/100g | g/serve      | g/100g | g/serve              | g/100g | mg/serve | mg/100g |
| PIZZA                 | Slice           | 127.5   | 1230     | 964     | 20.6    | 16.1   | 7.8        | 6.1    | 4              | 3.1    | 40.1         | 31.4   | 7.5                  | 5.9    | 617      | 484     |
|                       | Large           | 510     | 4920     | 964     | 82.4    | 16.1   | 31.3       | 6.1    | 16             | 3.1    | 160          | 31.4   | 30.1                 | 5.9    | 2470     | 484     |
|                       | Jumbo           | 1020    | 9830     | 964     | 165     | 16.1   | 62.6       | 6.1    | 32             | 3.1    | 321          | 31.4   | 60.3                 | 5.9    | 4930     | 484     |
| BIG PINEAPPLE         | Slice           | 87.6    | 1060     | 1210    | 11.6    | 13.3   | 10.3       | 11.7   | 4.4            | 5      | 27.7         | 31.6   | 3.6                  | 4.2    | 562      | 642     |
|                       | Large           | 480.6   | 5820     | 1210    | 63.4    | 13.2   | 56.9       | 11.8   | 24.1           | 5      | 150          | 31.3   | 19.8                 | 4.1    | 3130     | 651     |
|                       | Jumbo           | 952.3   | 11500    | 1210    | 127     | 13.3   | 112        | 11.7   | 48             | 5      | 301          | 31.6   | 39.7                 | 4.2    | 6110     | 642     |
| BROOKLYN BURNER       | Slice           | 173.55  | 1380     | 794     | 14.6    | 8.4    | 11.6       | 6.7    | 4.5            | 2.6    | 39.1         | 22.6   | 6.3                  | 3.6    | 732      | 422     |
|                       | Large           | 694.2   | 5510     | 794     | 58.4    | 8.4    | 46.6       | 6.7    | 18.1           | 2.6    | 156          | 22.6   | 25.3                 | 3.6    | 2930     | 422     |
|                       | Jumbo           | 1388    | 11000    | 794     | 117     | 8.4    | 93.1       | 6.7    | 36.1           | 2.6    | 313          | 22.6   | 50.6                 | 3.6    | 5850     | 422     |
| CENTRAL PARK          | Slice           | 127.82  | 1250     | 980     | 16.2    | 12.6   | 8.7        | 6.8    | 4.4            | 3.4    | 36.9         | 28.9   | 5.2                  | 4.1    | 461      | 361     |
|                       | Large           | 511.75  | 5010     | 980     | 64.7    | 12.6   | 35         | 6.8    | 17.5           | 3.4    | 148          | 28.9   | 20.8                 | 4.1    | 1840     | 360     |
|                       | Jumbo           | 1022.61 | 10000    | 980     | 129     | 12.6   | 69.8       | 6.8    | 34.9           | 3.4    | 296          | 28.9   | 41.5                 | 4.1    | 3690     | 361     |
| DONALD TRUMP          | Slice           | 95.63   | 1130     | 1180    | 12.3    | 12.9   | 7.4        | 7.7    | 3.9            | 4      | 36.7         | 38.4   | 4.9                  | 5.1    | 453      | 474     |
|                       | Large           | 382.5   | 4520     | 1180    | 49.3    | 12.9   | 29.4       | 7.7    | 15.5           | 4      | 147          | 38.4   | 19.5                 | 5.1    | 1810     | 474     |
|                       | Jumbo           | 765     | 9050     | 1180    | 98.6    | 12.9   | 58.9       | 7.7    | 31             | 4      | 294          | 38.4   | 38.9                 | 5.1    | 3620     | 474     |
| HARLEM HUSTLE         | Slice           | 105.18  | 1020     | 972     | 13.4    | 12.8   | 3.7        | 3.5    | 1              | 1      | 37.1         | 35.3   | 5.3                  | 5      | 387      | 368     |
|                       | Large           | 420.75  | 4090     | 972     | 53.8    | 12.8   | 14.8       | 3.5    | 4              | 1      | 148          | 35.3   | 21.1                 | 5      | 1550     | 368     |
|                       | Jumbo           | 841.5   | 8180     | 972     | 108     | 12.8   | 29.7       | 3.5    | 8              | 1      | 297          | 35.3   | 42.2                 | 5      | 3100     | 368     |
| JERSEY GIRL           | Slice           | 119.03  | 1270     | 1070    | 19.2    | 16.1   | 11         | 9.2    | 4.4            | 3.7    | 37.3         | 31.3   | 5.4                  | 4.5    | 540      | 454     |
|                       | Large           | 476     | 5090     | 1070    | 76.7    | 16.1   | 43.9       | 9.2    | 17.5           | 3.7    | 149          | 31.3   | 21.6                 | 4.5    | 2160     | 454     |
|                       | Jumbo           | 952.3   | 10200    | 1070    | 153     | 16.1   | 87.9       | 9.2    | 34.9           | 3.7    | 298          | 31.3   | 43.2                 | 4.5    | 4320     | 454     |
| LONG ISLAND           | Slice           | 106.25  | 1280     | 1200    | 14.4    | 13.6   | 10.3       | 9.7    | 5.8            | 5.4    | 37.2         | 35     | 4.9                  | 4.6    | 596      | 561     |
|                       | Large           | 425     | 5100     | 1200    | 57.8    | 13.6   | 41.1       | 9.7    | 23             | 5.4    | 149          | 35     | 19.5                 | 4.6    | 2380     | 561     |
|                       | Jumbo           | 850     | 10200    | 1200    | 116     | 13.6   | 82.3       | 9.7    | 46.1           | 5.4    | 298          | 35     | 38.9                 | 4.6    | 4760     | 561     |
| MANHATTAN PIE         | Slice           | 120.1   | 1630     | 1360    | 19      | 15.8   | 17.8       | 14.9   | 7.8            | 6.5    | 37           | 30.8   | 5                    | 4.2    | 881      | 734     |
|                       | Large           | 480.25  | 6540     | 1360    | 75.9    | 15.8   | 71.4       | 14.9   | 31             | 6.5    | 148          | 30.8   | 20                   | 4.2    | 3520     | 734     |
|                       | Jumbo           | 960.5   | 13100    | 1360    | 152     | 15.8   | 143        | 14.9   | 62.1           | 6.5    | 296          | 30.8   | 40.1                 | 4.2    | 7040     | 734     |
| NEW YORKER            | Slice           | 130.7   | 1740     | 1330    | 22.1    | 16.9   | 19.2       | 14.7   | 8.3            | 6.3    | 37           | 28.3   | 5                    | 3.8    | 888      | 680     |
|                       | Large           | 522.75  | 6960     | 1330    | 88.5    | 16.9   | 76.8       | 14.7   | 33             | 6.3    | 148          | 28.3   | 20.1                 | 3.8    | 3550     | 680     |
|                       | Jumbo           | 1045.5  | 13900    | 1330    | 177     | 16.9   | 154        | 14.7   | 66.1           | 6.3    | 296          | 28.3   | 40.2                 | 3.8    | 7110     | 680     |
| SAL'S                 | Slice           | 123.25  | 1290     | 1050    | 24.2    | 19.6   | 9.2        | 7.5    | 4.2            | 3.4    | 36.9         | 30     | 4.9                  | 4      | 536      | 434     |
|                       | Large           | 493     | 5160     | 1050    | 96.8    | 19.6   | 36.9       | 7.5    | 16.9           | 3.4    | 148          | 30     | 19.7                 | 4      | 2140     | 434     |
|                       | Jumbo           | 986     | 10300    | 1050    | 194     | 19.6   | 73.8       | 7.5    | 33.7           | 3.4    | 295          | 30     | 39.4                 | 4      | 4280     | 434     |
| THE BRONX             | Slice           | 388     | 3400     | 876     | 37.6    | 9.7    | 20.3       | 5.2    | 6.8            | 1.8    | 115          | 29.7   | 14.6                 | 3.8    | 1330     | 342     |
|                       | Large           | 418     | 3630     | 869     | 42.8    | 10.2   | 24.8       | 10.2   | 24             | 5.8    | 116          | 27.7   | 14.7                 | 3.5    | 1640     | 392     |
|                       | Jumbo           | 328     | 2410     | 735     | 24.5    | 7.5    | 6.6        | 2      | 0.9            | 0.3    | 96.5         | 29.4   | 12.8                 | 3.9    | 1390     | 423     |
| GOURMET BAGELS        | Slice           | 348     | 3180     | 914     | 41.7    | 12     | 26.4       | 7.6    | 10.6           | 3      | 85.3         | 24.5   | 13.9                 | 4      | 1970     | 567     |
|                       | Large           | 270     | 2510     | 930     | 28.4    | 10.5   | 16.7       | 6.2    | 6.1            | 2.3    | 79.9         | 29.6   | 11.3                 | 4.2    | 1860     | 688     |
|                       | Jumbo           | 245     | 2880     | 1180    | 28.5    | 11.6   | 26.8       | 10.9   | 11.7           | 4.8    | 80.5         | 32.9   | 12.2                 | 5      | 1460     | 594     |
| CLASSIC BAGELS        | Slice           | 318     | 2660     | 836     | 27.9    | 8.8    | 11.6       | 3.6    | 3.2            | 1      | 101          | 31.8   | 28.6                 | 9      | 3310     | 1040    |
|                       | Large           | 285     | 2460     | 864     | 34.9    | 12.2   | 10.8       | 3.8    | 4.8            | 1.7    | 82.6         | 29     | 11.4                 | 4      | 1420     | 498     |
|                       | Jumbo           | 278     | 2270     | 817     | 24.3    | 8.7    | 11.4       | 4.1    | 3.1            | 1.1    | 80.9         | 29.1   | 11.6                 | 4.2    | 1380     | 497     |
| WHOLLY GUACAMOLE      | Slice           | 274     | 2440     | 890     | 24.2    | 8.8    | 16.3       | 6      | 3.8            | 1.4    | 80.6         | 29.4   | 11.7                 | 4.2    | 1390     | 509     |
|                       | Large           | 301     | 2510     | 834     | 35.9    | 11.9   | 12.8       | 4.3    | 2.1            | 0.7    | 80.5         | 26.7   | 11.9                 | 4      | 916      | 304     |
|                       | Jumbo           | 284     | 2360     | 832     | 22.3    | 7.8    | 14.8       | 5.2    | 3.2            | 1.1    | 81.2         | 28.6   | 12.8                 | 4.5    | 1080     | 379     |
| MINI BAGELS           | Slice           | 279     | 2270     | 815     | 22.5    | 8.1    | 11.2       | 4      | 1.7            | 0.6    | 83.6         | 30     | 12                   | 4.3    | 1530     | 550     |
|                       | Large           | 279     | 2270     | 815     | 24.1    | 8.6    | 11.9       | 4.2    | 2.1            | 0.8    | 80.7         | 28.9   | 12.1                 | 4.4    | 1500     | 539     |
|                       | Jumbo           | 279     | 2330     | 836     | 24.9    | 8.9    | 12.3       | 4.4    | 2.4            | 0.9    | 81.3         | 29.1   | 12.5                 | 4.5    | 1430     | 512     |
| CREAM CHEESE          | Slice           | 279     | 2280     | 817     | 26.3    | 9.4    | 10.6       | 3.8    | 1.8            | 0.7    | 82           | 29.4   | 12.3                 | 4.4    | 1270     | 455     |
|                       | Large           | 283     | 2320     | 821     | 19.4    | 6.8    | 15         | 5.3    | 8.4            | 3      | 81.1         | 28.7   | 12.8                 | 4.5    | 900      | 318     |
|                       | Jumbo           | 283     | 2320     | 821     | 19.4    | 6.8    | 15         | 5.3    | 8.4            | 3      | 81.1         | 28.7   | 12.8                 | 4.5    | 900      | 318     |
| HONEY, WALNUT, RAISIN | Slice           | 65      | 778      | 1200    | 9.3     | 14.3   | 5.8        | 8.8    | 2.9            | 4.5    | 23.3         | 35.8   | 2.9                  | 4.4    | 438      | 674     |
|                       | Large           | 100     | 950      | 950     | 12.6    | 12.6   | 8.2        | 8.2    | 3.8            | 3.8    | 24.8         | 24.8   | 4.1                  | 4.1    | 559      | 559     |
|                       | Jumbo           | 72      | 629      | 873     | 7.1     | 9.8    | 2.5        | 3.5    | 0.8            | 1.1    | 23.6         | 32.8   | 3.2                  | 4.4    | 381      | 529     |
| STRAWBERRY AND CHOC   | Slice           | 75      | 764      | 1020    | 9.8     | 13.1   | 4.4        | 5.9    | 2.4            | 3.2    | 24.8         | 33     | 3.1                  | 4.1    | 582      | 776     |
|                       | Large           | 82      | 1020     | 1240    | 10.8    | 13.1   | 11.3       | 13.8   | 4.8            | 5.8    | 23.8         | 29.1   | 3.6                  | 4.4    | 537      | 655     |
|                       | Jumbo           | 82      | 648      | 790     | 7.9     | 9.6    | 1.6        | 2      | 0.3            | 0.4    | 25.7         | 31.4   | 3.5                  | 4.3    | 543      | 662     |
| PLAIN                 | Slice           | 60      | 874      | 1460    | 4.8     | 8      | 18.7       | 31.2   | 10.5           | 17.6   | 5.6          | 9.3    | 5.5                  | 9.2    | 173      | 289     |
|                       | Large           | 60      | 794      | 1320    | 4.3     | 7.1    | 16.8       | 28     | 10.7           | 17.9   | 5.6          | 9.4    | 5.2                  | 8.6    | 169      | 282     |
|                       | Jumbo           | 60      | 267      | 445     | 9.2     | 15.3   | 1.4        | 2.4    | 0.9            | 1.5    | 3.4          | 5.7    | 3.4                  | 5.7    | 118      | 196     |
| LOW FAT PESTO         | Slice           | 60      | 808      | 1350    | 5.1     | 8.5    | 17.6       | 29.4   | 11.1           | 18.6   | 3.3          | 5.5    | 3.2                  | 5.4    | 187      | 312     |
|                       | Large           | 60      | 546      | 909     | 5.5     | 9.1    | 10.8       | 18.1   | 5.7            | 9.4    | 2.8          | 4.6    | 2.6                  | 4.4    | 207      | 346     |
|                       | Jumbo           | 60      | 496      | 827     | 5.6     | 9.3    | 8.4        | 14     | 5.2            | 8.8    | 4.4          | 7.4    | 4.4                  | 7.3    | 193      | 322     |
| LOW FAT SUNDRIED TOM  | Slice           | 60      | 874      | 1460    | 4.8     | 8      | 18.7       | 31.2   | 10.5           | 17.6   | 5.6          | 9.3    | 5.5                  | 9.2    | 173      | 289     |
|                       | Large           | 60      | 794      | 1320    | 4.3     | 7.1    | 16.8       | 28     | 10.7           | 17.9   | 5.6          | 9.4    | 5.2                  | 8.6    | 169      | 282     |
|                       | Jumbo           | 60      | 267      | 445     | 9.2     | 15.3   | 1.4        | 2.4    | 0.9            | 1.5    | 3.4          | 5.7    | 3.4                  | 5.7    | 118      | 196     |
| SUNDRIED TOMATO       | Slice           | 60      | 808      | 1350    | 5.1     | 8.5    | 17.6       | 29.4   | 11.1           | 18.6   | 3.3          | 5.5    | 3.2                  | 5.4    | 187      | 312     |
|                       | Large           | 60      | 546      | 909     | 5.5     | 9.1    | 10.8       | 18.1   | 5.7            | 9.4    | 2.8          | 4.6    | 2.6                  | 4.4    | 207      | 346     |
|                       | Jumbo           | 60      | 496      | 827     | 5.6     | 9.3    | 8.4        | 14     | 5.2            | 8.8    | 4.4          | 7.4    | 4.4                  | 7.3    | 193      | 322     |

| Product             | Av Serving Size |      | Energy   |         | Protein |        | Fat, total |        | Fat, saturated |        | Carbohydrate |        | Carbohydrate, sugars |        | Sodium   |         |
|---------------------|-----------------|------|----------|---------|---------|--------|------------|--------|----------------|--------|--------------|--------|----------------------|--------|----------|---------|
|                     | Servings        | gram | KJ/serve | KJ/100g | g/serve | g/100g | g/serve    | g/100g | g/serve        | g/100g | g/serve      | g/100g | g/serve              | g/100g | mg/serve | mg/100g |
| BIG SCHNITZ         | 1               | 388  | 3400     | 876     | 37.6    | 9.7    | 20.3       | 5.2    | 6.8            | 1.8    | 115          | 29.7   | 14.6                 | 3.8    | 1330     | 342     |
| BIG SCHNITZ w BACON | 1               | 418  | 3630     | 869     | 42.8    | 10.2   | 24.8       | 10.2   | 24             | 5.8    | 116          | 27.7   | 14.7                 | 3.5    | 1640     | 392     |
| PEACEMAKER (v)      | 1               | 328  | 2410     | 735     | 24.5    | 7.5    | 6.6        | 2      | 0.9            | 0.3    | 96.5         | 29.4   | 12.8                 | 3.9    | 1390     | 423     |
| PILGRIM             | 1               | 348  | 3180     | 914     | 41.7    | 12     | 26.4       | 7.6    | 10.6           | 3      | 85.3         | 24.5   | 13.9                 | 4      | 1970     | 567     |
|                     |                 |      |          |         |         |        |            |        |                |        |              |        |                      |        |          |         |