

Nutritional Facts Updated: 4/30/2018		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Starters/ Small Plates															
Beer Battered Onion Rings w/ Remoulade sauce		1490	1050	119	19				25	2180	30	95		19	10
Cheese Blintzes (2) - plain		890	550	62	25	0.5	16	9	290	750	250	62		39	19
Cheese Blintzes (2) w/ blueberry topping		1040	550	62	25	0.5	16	9	290	930	310	68	1	69	19
Cheese Blintzes (2) w/ cherry topping		1010	550	62	25	0.5	16	9	290	780	250	90	1	59	19
Chopped Chicken Liver		390	170	19	5	0	4.0	7	365	940	390	32	3	8	20
Fried Dill Pickles		670	390	45	11				40	2260		55	2	4	8
Loaded Latkes (8 mini)		1410	760	86	48		0.5	1.0	355	2560	1220	88	7	10	57
Marinated Artichoke Salad		110	20	2.5			0			1310	110	17	7	6	4
Mini Potato Pancakes (8 Each)		490	90	10	6		0.5	1.0	115	860	1080	86	7	15	11
Nova Latkes		670	130	14	7		2	2.5	170	1840	1770	112	10	10	23
Roasted Brussels Sprouts Medley		490	360	41	6		4.5	28	5	230	820	28	8	11	9
Stuffed Cabbage		500	140	16	4.5	1.0	0.5	5	110	1810	320	62	6	19	29
Tomato Cucumber Salad		80	10	1.5	0		0	0		1040	590	18	4	10	3
TooJay's Famous Knish (1 Each) - Potato		360	120	13	4.5		0	0	75	570	15	50	3	2	9
TooJay's Famous Knish (1 Each) - Spinach		350	120	13	4.5		0	0	85	640	15	47	4	2	10
Soups															
Calorie counts do not include add-ons such as crackers, tortilla strips or cheese unless otherwise noted															
Beef Cabbage - bowl		160	60	7	2.5	0	0	2.5	25	430	200	14	2	10	13
Beef Cabbage - cup		140	50	6	2.5	0	0	2.0	20	380	170	12	2	8	11
Chicken Noodle - bowl		100	15	1.5	0		0	0	30	160	200	12	1	2	10
Chicken Noodle - cup		70	10	1.0	0		0	0	20	100	125	9		2	6
Crock of French Onion (Includes French bread & cheeses)		220	130	15	7	1.5	0	1.5	25	480	110	11	1	3	11
Matzo Ball - bowl		880	580	65	10		34	17	280	1220	260	48	3	4	19
Matzo Ball - cup		450	290	33	5		17	9	145	640	170	25	2	2	11
Murphy's Chowder - bowl		380	160	18	10		1	4.5	90	1250	490	32	3	7	22
Murphy's Chowder - cup		340	140	16	9		1	4	80	1110	440	28	2	7	20
Mushroom Barley - bowl		100	40	4.5	2.0	0	0	1.5	10	160	290	13	3	3	3
Mushroom Barley - cup		90	35	4.0	2.0	0	0	1.0	10	150	260	11	2	3	2
Split Pea - bowl		230	110	12	5	1.5	0.5	4.0	15	540	450	23	7	9	7
Split Pea - cup		200	100	11	5.0	1.5	0.5	3.5	15	480	400	20	6	8	6
Tomato Dill - bowl		120	60	7	4.5		0	2.0	25	390	90	12	2	5	3
Tomato Dill - cup		100	60	6	4.0		0	2.0	20	350	80	11	2	4	3
Vegetarian Vegetable - bowl		60	15	1.5	0		0			210	170	11	3	3	2
Vegetarian Vegetable - cup		60	15	1.5	0		0			180	150	10	3	3	2
Hand Tossed Salads															
Entrée Salads															
Calorie counts do not include dressing															
	Add: Avocado	160	130	15	2.0		2.0	10		5	490	9	7		2
Chicken Caesar Salad		480	120	13	3.0		1.5	1.5	120	1200	980	40	5	7	54
Crispy Chicken Salad		660	340	39	4.5		0		70	1930	680	48	8	10	36
Greek Salad w/ Pita Bread		420	80	9	3.5		0		15	2280	480	66	9	9	17
	Add Chicken	250	40	5.0	1.5		1.0	1.5	115	560	420	6		4	42
Mandarin Chicken Salad		570	210	23	3.0		1.0	1.0	80	710	840	55	10	40	35
Strawberry Citrus Salad		360	130	15	7		0	0	30	470	670	48	11	33	14
	Add Chicken	250	40	5.0	1.5		1.0	1.5	115	560	420	6		4	42
TooJay's Chopped Salad		450	220	25	11		1.0	2.0	295	1840	620	23	9	11	29
TooJay's Cobb Salad		620	280	32	13		1.5	3.0	375	1220	820	21	7	11	51
Salad Dressings Entrée Portion (4 fl oz.)															
Balsamic Vinaigrette		480	420	48	8					920		8		8	
Blue Cheese Dressing		560	530	60	8				40	1160		4		4	4
Caesar Dressing		440	390	44	8				40	1280		8		4	4
Greek Dressing		320	320	36	6				20	1080		8		4	
Honey Mustard Dressing		640	500	56	8				40	540		32		28	
Lite Italian Dressing		60	35	4.0						1720		12		8	
Light Olive Oil Vinaigrette		240	210	24	4.0					920		12		8	
Oil And Vinegar		490	480	54	7		6	39		0	0				
Ranch Dressing		640	600	68	10				20	600		8		4	4
Raspberry Vinaigrette		520	420	48	8					360		20		20	
Russian Dressing		480	390	44	6				20	1160		20		16	
Deli Salads															
Includes salad, veggies and a slice of Rye bread															
Chopped Chicken Liver		660	320	37	10	0	8	13	730	1510	720	44	4	14	36
Dill Chicken Salad		660	340	39	6		1.0	1.5	135	1310	780	30	4	6	44

Nutritional Facts Updated: 4/30/2018	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Egg Salad	590	360	41	8		2.5	6	665	1130	600	30	4	7
Mediterranean Health Trio	600	200	23	1.5		0	0		1850	840	87	12	22	18
Shrimp Salad	510	220	25	3.5		1.0	0	290	1380	690	33	5	6	35
Smoked Whitefish Salad	640	340	38	8		0.5	0	100	2440	1080	31	5	5	41
Stuffed Tomato - Dill Chicken Salad	700	350	39	6		1.5	1.5	135	1330	1190	36	6	11	46
Stuffed Tomato - Egg Salad	630	370	42	8		2.5	6	680	1150	1010	37	6	12	26
Stuffed Tomato - Traditional Chicken Salad	780	440	49	7		1.5	1.5	145	1250	1150	35	6	10	46
Stuffed Tomato - Tuna Salad	650	300	34	4.5		0	0	70	1340	820	46	7	20	40
T.J.'s Trio Base - No Salads (Includes one slice of Rye bread)	120	10	1.0			0			270	150	24	3	2	4
Add: Dill Chicken Salad	250	160	18	3.0		0	1.0	70	360	200	1			20
Add: Egg Salad	220	170	19	4.0		1.0	3.0	330	270	115	1			10
Add: Shrimp Salad	170	100	11	1.5		0	0	145	390	150	1			15
Add: Traditional Chicken Salad	300	200	23	3.5		0	1.0	75	320	190	0			20
Add: Tuna Salad	230	140	16	2.0			0	35	370	25	6		5	17
Add: Whitefish Salad	240	160	18	4.0		0	0	50	920	340	1			18
Traditional Chicken Salad Platter	750	430	49	7		1.0	1.5	145	1240	740	28	4	6	44
Tuna Salad	620	300	34	4.5		0	0	70	1330	450	41	6	15	39
Choose Too														
Sandwiches are half orders & calorie counts assume Rye bread														
Beef Brisket Sandwich	360	110	13	3.0				50	1920	115	30	4	12	27
Caesar Salad (No dressing)	140	45	5	1.5		0		5	350	420	19	4	2	8
Chopped Liver Sandwich	480	220	25	6	0	3.5	7	370	1690	290	38	5	16	19
Corned Beef Sandwich	340	130	15	3.5			3.0	50	2230	115	30	4	12	17
Dill Chicken Sandwich	480	230	26	4.0		0.5	1.0	75	1600	320	31	5	13	24
Egg Salad Sandwich	440	240	27	5		1.0	3.0	335	1500	230	31	4	13	13
House Salad (No dressing)	35	0	0			0			15	270	8	3	4	2
Liverwurst Sandwich	480	270	31	9				170	2250	620	32	4	12	17
Pastrami Sandwich	420	210	23	7				55	1660	115	30	4	12	17
Roast Beef Sandwich	350	100	11	3.0				80	1460	115	30	4	12	27
Shrimp Salad Sandwich	400	170	20	3.0		0	0	150	1630	260	32	4	12	19
Tongue Sandwich	380	180	20	6				75	1750	115	30	4	12	14
Traditional Chicken Salad Sandwich	520	280	31	4.5		0.5	1.0	75	1560	300	31	5	12	24
Triple J Sandwich	560	260	30	8			1.0	80	2460	230	44	6	24	25
Tuna Salad Sandwich	460	210	24	3.5			0	40	1600	135	36	5	17	21
Turkey Avocado Sandwich	450	210	24	3.0		0.5	2.5	50	2270	360	36	7	14	19
Turkey Sandwich	320	100	11	1.5				40	2160	115	32	4	12	17
Whitefish Salad Sandwich	460	230	26	5		0	0	55	2150	450	31	4	12	22
Choose Too Deli Salads														
Includes one scoop of salad, veggies and a slice of Rye bread														
Chopped Chicken Liver Salad	390	170	19	5	0	4.0	7	365	940	390	32	3	8	20
Dill Chicken Salad	390	180	20	3.0		0.5	1.0	70	840	420	25	3	4	24
Egg Salad	350	190	21	4.0		1.0	3.0	330	740	330	25	3	5	14
Mandarin Chicken Salad	330	90	10	1.0		0	0.5	40	640	420	39	4	16	19
Shrimp Salad	310	120	13	1.5		0	0	145	870	360	26	3	4	19
Traditional Chicken Salad	430	220	25	3.5		0.5	1.0	75	800	400	24	3	4	24
Tuna Salad	370	160	18	2.0		0	0	35	840	240	30	4	9	21
Whitefish Salad	380	170	20	4.0		0	0	50	1400	560	25	3	4	22
Deli Sandwiches														
Includes cole slaw and a pickle														
Beef Brisket on Rye bread	600	160	18	4.5				95	2850	115	49	6	14	52
Classic Nova on a bagel (plain bagel)	730	210	23	9		5.0	4.0	90	1070	980	98	6	16	37
Hot Corned Beef on Rye bread	570	200	22	6			6	95	3480	115	49	6	14	34
Hot Pastrami on Rye bread	720	350	39	13				110	2340	115	49	6	14	32
Liverwurst on Rye bread	860	480	55	16				340	3520	1160	55	6	15	34
Roast Beef on Rye bread	570	130	15	4.5				155	1940	115	49	6	14	52
Tongue on Rye bread	630	290	33	10				140	2520	115	49	6	14	28
Turkey Avocado on Wheat bread	740	350	40	4.5		1.0	5	95	3470	600	59	11	17	39
Turkey Breast on Rye bread	510	130	15	1.5				80	3340	115	52	6	14	34
Turkey, Bacon, Lettuce & Tomato on Wheat bread	540	170	19	3.0		0		90	3430	280	52	7	15	41
Add: American cheese	110	80	9	6				25	300		1			6
Add: Cheddar cheese	110	80	9	6				30	180					7
Add: Muenster cheese	170	120	14	9				45	270					11
Add: Provolone cheese	100	70	8	4.5				20	190		1			7
Add: Swiss cheese	110	80	9	6				30	55					7
Add: Schmeaar of chopped liver	130	80	8	2.5	0	2.0	3.5	180	230	85	4		2	8
Salad Sandwiches														

Nutritional Facts Updated: 4/30/2018		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chopped Chicken Liver on Rye bread		850	380	43	12	0	7	13	735	2410	650	69	7	24	38
Dill Chicken Salad on Rye bread		850	400	45	7		1.0	1.5	140	2220	690	54	7	16	47
Egg Salad on Rye bread		780	420	47	9		2.0	6	670	2030	530	56	8	17	27
Add: Bacon		50	35	4.0	1.5				10	170					3
Shrimp Salad on Rye bread		690	280	32	4.5		0.5	0	295	2280	590	57	8	16	37
Traditional Chicken Salad on Rye bread		930	490	55	8		1.0	1.5	150	2130	650	53	7	16	47
Tuna Salad on Rye bread		800	360	40	6		0	0	75	2220	320	63	8	25	41
Whitefish Salad Sandwich On Rye bread		830	390	45	10		0.5	0	105	3330	1000	57	8	16	44
Deli Wraps															
Calorie counts include serving of Cole slaw and pickle															
Buffalo Chicken on sundried tomato tortilla		1220	700	79	15	0.5	16	6	60	4170	650	96	7	21	34
Buffalo Chicken on whole wheat tortilla		1220	700	79	15	0.5	16	6	60	4120	650	95	8	21	34
Chicken Caesar on sundried tomato tortilla		730	200	22	7		1.5	1.5	120	1550	1140	80	6	24	53
Chicken Caesar on whole wheat tortilla		730	200	22	7		1.5	1.5	120	1500	1140	79	7	24	53
Healthy Hummus Wrap		900	430	48	8		0		4	3640	390	98	19	23	19
Roasted Vegetable on sundried tomato tortilla		750	390	44	13		1.5	8	20	2370	620	74	9	19	15
Roasted Vegetable on whole wheat tortilla		750	390	44	13		1.5	8	20	2370	620	74	9	19	15
Turkey Avocado on sundried tomato tortilla		990	510	57	10		1.5	5	105	3030	1000	83	9	21	39
Turkey Avocado on whole wheat tortilla		990	510	57	10		1.5	5	105	2980	1000	82	10	21	39
Hot Handhelds															
Calorie counts assume french fries, cole slaw and a pickle unless noted below															
BLT on Challah bread		980	500	57	11		4.5	2.0	70	1700	370	91	7	17	19
BLT w/ Avocado & Lemon Garlic Aioli on Challah bread		1230	720	82	15		5	7	85	1910	650	97	11	18	21
Chicken Tenders - Original (no dipping sauces)		1410	820	93	12				110	3350	115	91	5	11	52
Add: BBQ sauce		80								740		18	4	12	
Add: Honey Mustard dressing		420	320	36	5				25	350		21		18	
Add: Ranch dressing		420	390	44	6				15	390		5		3	3
Chicken Tenders (Buffalo Style w/ Blue Cheese dressing)		2030	1410	160	23	0.5	15	6	135	6060	115	94	5	13	54
Deli Dogs (2 each)		1080	750	85	15	2.0			90	2820		94	8	6	32
Topped with pastrami, Cole slaw & Russian Dressing		1320	930	105	19	2			115	2920	70	102	6	17	37
Topped with bacon & cheddar cheese		1340	950	107	26	2.0			150	2180		93	4	6	49
Served with sauerkraut		1090	750	85	15	2			90	3460		94	9	7	32
Fish & Chips - Lunch (2 Fillets)		1490	960	109	16				115	2440	140	91	8	25	35
Grilled Cheese - Bacon and Tomato on Challah bread		1230	680	77	26		4.5	2.0	130	2320	310	93	7	17	32
Grilled Cheese on Challah bread		1170	650	73	25		4.5	2.0	120	2140	180	91	6	15	29
Open Faced Tuna Melt on Rye bread		1440	840	95	21		0	0	125	2550	290	87	8	27	53
Open Faced Turkey Melt on Rye bread		1210	650	73	18		0		140	3840	250	79	7	18	49
Chicken Sandwiches															
Includes french fries, cole slaw and a pickle															
Add: Caramelized Onions		60	40	4.5	1.0	0	2.5	1.0		35	75	5		2	1
Chicken A' la TooJay's on a Brioche bun		1350	640	73	20	0	4.5	3.0	170	2440	800	94	7	18	69
Tuscan Chicken Sandwich		1460	750	85	20		1.0	1.5	155	2320	740	98	13	21	68
Deli Classics															
From the Deli															
Calorie counts include cole slaw and a pickle															
Combo Deli Platter Base (No Meat)		610	230	26	4.0		0		15	2960	490	75	11	20	10
Add: Corned Beef		80	40	4.5	1.5			2.0	30	670					9
Add: Pastrami		130	90	10	4.0				35	290					9
Add: Roast Beef		80	20	2.0	1.0				50	150					15
Add: Turkey		60	20	2.0					25	620		1			9
TooJay's Classic on Rye bread		640	270	31	10			3.0	100	2910	115	49	6	14	33
Triple J on Rye bread		890	390	45	13			2.0	150	3590	230	66	7	27	48
From the Grill															
Calorie counts include cole slaw and a pickle															
Beef Brisket Dip on French bread		1370	520	59	14	0.5	0	1.0	115	3560	220	134	8	16	69
Rachel on Rye bread		1680	1040	117	31	0.5	15	6	145	3800	115	95	11	18	43
Reuben on Rye bread		1520	890	101	24	0.5	15	12	130	4940	115	95	11	18	45
Turkey Reuben on Rye bread		1470	830	93	19	0.5	15	6	115	4790	115	99	11	18	45
Classic Burgers															
All burgers come with lettuce and tomato on a brioche bun															
Includes french fries, cole slaw and a pickle															
Burger A' la TooJay's on a Brioche bun		1510	830	94	29	2.0	4.5	13	200	2800	940	89	7	14	66
Chipotle Bacon Burger on a Brioche bun		1630	950	107	29	2.0	5	13	205	2740	960	93	8	16	63
Pastrami Burger		1940	1200	135	35	2.0	7	16	245	2230	1010	105	12	19	69
Patty Melt On Rye bread (No Protein)		1530	1020	115	24	0.5	17	7	70	2110	170	93	9	16	19
Add: Beef patty		410	230	26	10	2.0	1.0	12	140	920	550	1			40

Nutritional Facts Updated: 4/30/2018	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Add: Black Bean patty	190	60	7	1.0		3.5	1.5		540	390	22	8	2
Add: Turkey patty	460	300	34	10				115	1760		1			30
Build Your Own Burger														
Black Bean: patty, bun, & sides	1040	490	56	9	0	6	2.5	4	1950	505	106	14	14	28
Beef: patty, bun, & sides	1260	660	75	18	2	3.5	13	144	2330	665	86	6	12	51
Chicken: (chicken breast & bun)	490	130	14	3.5	0	3.5	2.5	115	1290	340	36	1	1	47
Turkey: patty, bun, & sides	1310	730	83	18	0	2.5	1	119	3170	115	86	6	12	42
Add: American cheese	110	80	9	6				25	300		1			6
Add: Cheddar cheese	110	80	9	6				30	180					7
Add: Feta cheese	80	50	6	4.0				20	320		1	1		5
Add: Gorgonzola cheese	100	70	8	6				25	380		1			6
Add: Muenster cheese	170	120	14	9				45	270					11
Add: Provolone cheese	100	70	8	4.5				20	190		1			7
Add: Swiss cheese	110	80	9	6				30	55					7
Add: BBQ sauce	80								740		18	4	12	
Add: Chipotle Mayo	330	310	35	6				35	300	10	2			1
Add: Horseradish sauce	100	60	7	4.5				25	120		5		1	1
Add: Lemon Garlic Aioli	340	310	36	5.0				30	430	40	3		1	0
Add: Remoulade	280	270	30	5				30	700		4		2	2
Add: Salsa	20								460	160	6	2	4	
Add: Avocado	160	130	15	2.0		2.0	10		5	490	9	7		2
Add: Bacon	50	35	4.0	1.5				10	170					3
Add: Caramelized Onions	60	40	4.5	1.0	0	2.5	1.0		35	75	5		2	1
Add: Fried Egg	140	110	12	3.0	0	4.5	3.5	210	125	65	0			6
Add: Grilled Green Peppers	80	70	7	1.5	0	4.0	1.5		60	85	2		1	0
Add: Onion Ring	60	40	4.5	1.0					90		4			0
Add: Sautéed Mushrooms	35	25	3.0	0.5	0	1.5	0.5		25	170	2		1	2
Classic Comforts														
Calorie Counts do not include bread, Salad, Soup, or Vegetables														
Beef Brisket Platter (Includes 2 potato pancakes)	840	260	29	14	1.0	1.0	4.0	220	2410	1120	85	7	15	57
Grilled Chopped Sirloin (Includes mashed potatoes)	1000	600	68	32	4.0	3.0	20	260	1460	910	35	3	5	58
Liver and Onions (Includes mashed potatoes)	1030	620	70	26	2.5	20	11	685	1580	860	46	3	6	52
Old Fashioned Pot Roast (Includes mashed potatoes)	750	400	45	22	1.5	0	3.0	225	2670	90	34	2	6	56
Stuffed Cabbage	1070	340	39	13	2.5	1.5	13	235	3740	650	125	12	38	59
TooJay's Shepherd's Pie	550	320	36	21	1.0	0.5	5	130	990	410	24	3	4	31
Traditional Turkey Dinner (Includes mashed potatoes)	1130	490	56	22	6	1.0	8	165	5290	190	109	4	21	40
Chicken														
Chicken Capri (Includes roasted red potatoes)	1420	830	94	39	1.5	20	28	295	1930	1950	63	7	5	72
Roasted Stuffed Chicken Breast (Includes mashed potatoes)	1080	620	70	37	3.5	2.5	15	240	2980	160	65	4	11	47
Fish														
Baked Atlantic Salmon w/ Dill Sauce w/ rice pilaf	1320	910	103	23	4.0	10	18	210	2210	1000	44	3	3	51
Broiled Cod	650	310	35	14	5	2	11	130	1330	480	41	2	2	42
Crab Stuffed Cod w/ rice pilaf (no vegetable)	760	370	41	23	1.0	2.0	11	295	1830	500	45	2	2	52
Fish & Chips - (3 fillets) (Includes french fries, cole slaw and a pickle)	1770	1120	127	18				155	2790	140	104	9	27	50
Sides														
Basket of Fries - 11 oz.	730	430	49	7					50		61	3		6
Caesar Salad (No dressing)	140	45	5	1.5		0		5	350	420	19	4	2	8
Candied Yams	140	10	1.5	1.0		0	0	3	35	30	32	1	18	2
Carrot & Broccoli Medley (prepared w/ Garlic butter)	70	35	4.0	1.5	0	0	1.0	5	120	290	9	4	3	2
Carrot & Green Bean Medley (prepared w/ Garlic butter)	70	35	4.0	1.5	0	0	1.0	5	105	240	10	4	3	1
Cole Slaw - 3.25 oz.	120	70	8	1.5				4	340	115	11	2	10	1
Garlic bread	300	130	15	6	2.0	0.5	4.5	20	600	20	36	1	1	5
Glazed Carrots	150	80	9	5		0	2.5	25	470	230	18	3	14	1
Gravy - 2 oz.	15	15	1.5	1.0		0	0	4	50	40	1			0
Green Beans Almondine	260	190	21	3.0	0	2.0	1.5	3	210	115	12	5	2	7
House Salad (No dressing)	35	0	0			0			15	270	8	3	4	2
Mashed Potatoes - 8 oz.	310	170	19	12	0			50	980		29	2	3	4
Pickle	5								640			1	1	
Potato Salad - 4 oz.	220	140	15	2.5				10	490		17	2		2
Rice Pilaf - 6 oz.	190	25	2.5	1.5		0	0.5	5	740	0	36		2	4
Roasted Brussels Sprouts	330	250	29	4.5		3.0	19	3	125	570	18	5	6	6
Roasted Red Potatoes - 8 oz.	280	90	10	1.5		1.0	7		310	1190	44	4	3	5
Side of French Fries - 7 oz.	460	270	31	4.5					30		39	2		4
Side of Sweet Potato Fries - 7 oz.	540	350	40	8					350		43	4	16	2

Nutritional Facts Updated: 4/30/2018		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Steamed Asparagus (prepared w/ Garlic Butter)		60	35	4.0	1.5	0	0	1.0	5	75	260	5	2	2	3
Steamed Broccoli (prepared w/ Garlic Butter)		70	35	4.0	1.5	0	0	1.0	5	105	340	8	4	2	3
Steamed Green Beans (prepared w/ Garlic Butter)		70	35	4.0	1.5	0	0	1.0	5	60	170	9	4	2	2
Substitute French Fries - 4 oz.		260	160	18	2.5					15		22	1		2
Substitute Sweet Potato Fries - 7 oz.		540	350	40	8					350		43	4	16	2
Tomato Cucumber Salad (substitute for cole slaw)		30	5	0.5			0			510	240	7	1	4	1
Tomato Cucumber Salad (substitute for dinner salad)		40	5	0.5	0		0			520	290	9	2	5	2
Seasonal Limited Time Offers															
Corned Beef and Cabbage (Includes boiled potatoes)		730	290	33	9	1.0	2.0	17	100	2560	2060	72	11	12	37
Irish Cream Cheesecake		580	350	40	22	0	0.5	3.5	225	570	280	48	0	36	10
Murphy's Chowder - bowl		380	160	18	10		1	4.5	90	1250	490	32	3	7	22
Murphy's Chowder - cup		340	140	16	9		1	4	80	1110	440	28	2	7	20
Desserts															
Signature Cakes															
Calorie counts are per slice; suggested serving size is 2 servings per slice															
Banana Dream		1220	720	81	35	4.5	2.5	17	175	520	440	123	7	89	13
Carrot Cake		990	550	62	17	0	18	10	140	480	200	100	3	74	9
Cheesecake w/ strawberries		690	390	44	25		0.5	2.0	240	600	320	66	2	50	11
Chocolate Layer Cake		1120	420	47	16	5	3.5	7	45	470	95	173	6	144	8
Coconut Cake		930	490	56	32	4	6	8	15	480	230	103	8	75	8
Key Lime Pie		570	230	26	15		1.0	7	110	300	370	80	1	65	9
Killer Cake		1240	450	51	28	1.0	1.5	9	200	380	280	191	8	192	14
Plain Cheesecake		620	390	44	25		0	2.0	240	590	240	46		33	10
All Time Favorite Desserts															
Brownie		570	300	34	13	1.0	0.5	4.0	70	270	25	65	2	51	5
Macaroons (3 each)		400	230	26	21		0	3	20	125	200	42	5	26	4
Chocolate Iced		620	350	40	30		1	7	25	130	420	72	8	50	7
Mini Black & White Cookies (1 mini)		60	20	2.5	0.5	0	0.5	0	5	20	5	9		40	1
Mini Éclair (1 each)		160	100	11	5	0	1.5	3.0	45	70	75	14		10	2
Mini Napoleon (1 each)		260	110	12	5	2.0	0	1.5	15	105	15	38		243	1
Rice Pudding		150	25	3.0	1.5				15	160		27		17	4
Tollhouse Square		580	360	41	17		1.0	8	115	300	170	54	3	40	8
Breads and Pastries															
Bagel															
Cinnamon Raisin Bagel		380	15	1.5	0		0			760	180	78	4	9	14
Everything Bagel		400	40	4.5	1.0		1.5	1.0		1610	180	77	4	6	15
Garlic Bagel		380	15	1.5	0		0			760	110	80	5	3	15
Multigrain Bagel		370	20	2.5	0		1.0	0		680	240	75	7	3	15
Onion Bagel		370	15	1.5	0		0			780	190	77	3	5	14
Plain Bagel		380	15	1.5	0		1.0			830	115	78	3	3	15
Poppy Bagel		410	50	6	0		0			760	250	74	5	3	16
Pumpnickel Bagel		380	20	2.0	0		0			650	120	77	4	4	14
Sesame Bagel		420	60	7	1.5		3.5	2.5		760	160	74	4	3	15
Add: Butter		80	80	9	6		0	2.5	25	95	0				0
Add: Cream Cheese		110	100	11	6				35	160	65	2			2
Danish															
Apple Danish		550	270	31	13	0	3.5	8	60	390	35	61	2	28	9
Blueberry Danish		550	270	31	13	0	3.5	8	60	410	30	54	2	30	9
Cheese Danish		790	420	47	23	0	4.0	8	95	610	170	81	3	40	13
Cherry Danish		540	270	31	13	0	3.5	8	60	360	15	60	2	27	9
Cinnamon Danish		520	230	26	13	0	3.5	8	45	360	30	66	2	37	7
Prune Danish		570	260	30	15	0	4.0	8	45	480	10	68	3	32	8
Muffins															
Blueberry Muffin		560	250	29	5.0	0.5	13	7	120	430	65	67	2	38	7
Bran Muffin		600	240	27	4.0		15	7	85	660	400	84	9	45	9
Chocolate Muffin		700	340	38	9	0.5	15	9	135	500	440	85	6	47	11
Cranberry Muffin		630	330	37	6	0.5	13	6	115	430	65	66	3	35	9
Sandwich Breads															
Brioche bun - 1 bun		220	45	5	1.0					360		34	1	1	6
Challah bread - 2 slices		260	70	8	1.5		4.5	2.0	40	250	65	38	1	5	6
French bread - 1 roll		320	10	1.0						710		69	2	2	10

Nutritional Facts Updated: 4/30/2018	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Garlic bread - 1 piece	300	130	15	6	2.0	0.5	4.5	20	600	20	36	1	1
Pita bread - 1 pita	220								430		48	2	2	9
Rye bread - 2 slices	210	15	1.5						500		38	3	3	6
Seedless Rye bread - 2 slices	180	15	1.5						530		35	3	3	6
Wheat bread - 2 slices	180	15	1.5						410		35	3	3	9
Toast														
Challah toast	260	70	8	1.5		4.5	2.0	40	250	65	38	1	5	6
Rye toast	210	15	1.5						500		38	3	3	6
Wheat toast	180	15	1.5						410		35	3	3	9
Add: Butter	80	80	9	6		0	2.5	25	95	0				0
Add: Apple Jelly	35										9		8	
Add: Grape Jelly	35										9		8	
Add: Orange Marmalade	35										9		8	
Add: Strawberry Jam	35										9		9	
Rugalach														
Almond Rugalach (3 each)	430	270	31	10	3	1	7	35	400	40	36	2	12	5
Apricot Rugalach (3 Each)	410	250	29	10	2.5	1.0	6	25	380	30	35	2	13	4
Chocolate Rugalach (3 Each)	430	260	29	11	2.5	1.5	7	25	370	110	40	2	18	4
Cinnamon Rugalach (3 Each)	450	280	32	11	3.5	1.0	8	30	440	45	38	2	15	4
No Sugar Added Rugalach (3 Each)	460	310	35	12	3.0	1.0	8	30	450	90	32	2	6	5
Raisin Rugalach (3 Each)	440	260	30	10	3.0	1.0	7	30	410	90	40	2	18	4
Raspberry Rugalach (3 Each)	410	240	27	9	2.5	1.0	6	25	380	30	38	1	17	4
Beverages														
2% Milk	340	120	13	8	0.5	1.0	7	55	320	940	32		34	22
Arnold Palmer	100								105	80	26		25	
Cran-grape Juice	220								150	40	58		54	
Cranberry Juice	220								55		45		41	
Diet Pepsi									45	65				
Diet Root Beer	0								50		0			
Dr. Brown's Black Cherry Soda	180								25		45		45	
Dr. Brown's Cel-Ray Soda	140								10		34		34	
Dr. Brown's Cream Soda	180								25		44		44	
Dr. Brown's Diet Black Cherry Soda									55					
Dr. Brown's Diet Cream Soda									25					
Dr. Brown's Ginger Ale	130								20		31		31	
Dr. Brown's Root Beer	170										42		42	
Dr. Pepper	190								75		49		48	
Florida Orange Juice	210	10	1.0	0		0	0		0	930	48		39	3
Fresh Brewed Coffee	0								0	115				0
Grapefruit Juice	190								70		46		46	
Hot Tea	0								5	90	1			
Lemonade	210								190	10	56		54	
Martinelli's Apple Juice	390									330	96		85	3
Mountain Dew	210								65	10	54		54	
Peach Tea - sweetened (gallon)	2020			0		0			230	1340	513		501	
Peach Tea - sweetened (regular)	150								20	100	39		38	
Peach Tea - unsweetened (gallon)	640			0		0			230	1340	155		144	
Peach Tea - unsweetened (regular)	50								20	100	13		12	
Pepsi	190								40		53		53	
Root Beer	190								30	20	49		49	
Sierra Mist	190								40	85	51		51	
Sobe Lifewater Yumberry Pomegranate									55	65				
Strawberry lemonade (gallon)	1990								1630		523		523	
Strawberry lemonade (regular)	200								150		52		52	
Sweet Tea	170								15	160	45		44	
Toojay's Water									15	0				
Unsweet Tea	0								15	160	1			
Whole Milk	410	190	22	13		1.5	5	65	290	890	32		35	21
Omelettes and Eggs														
Calorie counts do not include toast, bagel or sides unless noted														
Omelettes														
Create Your Own Omelette Base - regular eggs (no cheese or fillings)	340	250	29	7	0	10	9	635	320	200	1		1	19
Create Your Own Omelette Base - Egg Beaters (no cheese or filling)	220	120	14	3.0	0	8	3.0		450		3		3	18

Nutritional Facts Updated: 4/30/2018		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Create Your Own Omelette Base - egg whites (no cheese or filling)		220	130	14	3.0	0	8	3.0		410	300	1		1	20
Add: American cheese		110	80	9	6				25	300		1			6
Add: Bacon		50	35	4.0	1.5				10	170					3
Add: Cheddar cheese		110	80	9	6				30	180					7
Add: Corned Beef		80	40	4.5	1.5			2.0	30	670					9
Add: Ham		80	30	3.5	1.0				30	370		4		3	9
Add: Muenster cheese		170	120	14	9				45	270					11
Add: Mushrooms		10	0	0			0			0	180	2		1	2
Add: Nova		120	60	7	1.5		2.5	2.5	35	35	220				13
Add: Onions		25	0	0						0	85	5		2	1
Add: Peppers		10	0	0						0	100	3		1	0
Add: Provolone cheese		100	70	8	4.5				20	190		1			7
Add: Sausage Links		270	240	28	10	0	4.0	12	35	270	90	1			6
Add: Swiss cheese		110	80	9	6				30	55					7
Add: Tomato		10	0	0						0	135	2		1	0
Nova, Eggs and Onion Omelette w/ home fries		620	350	39	10	0	13	12	755	1880	1070	28	3	5	37
Roasted Veggie Omelette w/ home fries - no salsa		710	440	50	16	0	12	14	750	3010	1170	32	5	6	37
T.J.'s Ultimate Omelette w/ home fries- no cheese		730	420	48	13	0	13	16	750	2290	1230	41	4	8	34
Eggs															
Corned Beef Hash and Eggs w/ home fries		810	350	39	11	0	10	7	485	2570	720	37	3	4	33
Substitute Egg Beaters - 1 egg serving		30								115		1			6
Substitute Egg Whites -1 egg serving		30	0	0						100	100	0			7
Three Eggs and Bacon		310	200	23	8	0	2.0	6	655	550	200	1		1	25
Three Eggs and Ham		370	190	22	7	0	2.0	6	695	960	200	9		6	38
Three Eggs and Sausage		480	370	42	14	0	6	18	670	480	290	2		1	25
Two Eggs and Bacon		240	160	18	6		1.5	4.0	445	480	135	1			19
Two Eggs and Ham		300	150	17	5		1.5	4.0	485	890	135	9		6	31
Two Eggs and Sausage		410	330	37	13	0	5	16	460	410	220	1			18
Signature Benedicts															
Deli Benedict with corned beef		930	620	70	23	1	17	14	530	2370	310	28	3	5	43
With pastrami		1030	720	81	28	1	17	10	545	1610	310	28	3	5	42
Nova Salmon Benedict		890	590	66	18	1	21	14	500	1260	700	32	3	7	37
TooJay's Benedict		790	520	59	17	1	17	10	475	1460	350	34	3	9	27
Skillets															
Roasted Veggie Skillet		790	560	63	12	0	12	23	425	400	1370	37	7	7	20
Add bacon		50	35	4	1.5				10	170					3
Western Skillet		860	570	65	22	0.5	18	13	800	1150	690	29	3	6	42
Breakfast Wraps															
Calorie Counts include serving of Fresh Fruit															
TooJay's Scramble (Bacon, no cheese)		900	400	46	14	0	11	10	730	2700	1070	86	7	15	35
TooJay's Scramble (Ham, no cheese)		900	390	44	14	0	11	10	740	2760	1070	88	7	17	38
TooJay's Scramble (Sausage, no cheese)		1030	530	60	19	0	14	18	745	2710	1130	86	7	15	36
Veggie Scramble		720	290	33	13	0	8	3.0	30	1810	1010	73	8	19	35
Add: American cheese		110	80	9	6				25	300		1			6
Add: Cheddar cheese		110	80	9	6				30	180					7
Add: Muenster cheese		170	120	14	9				45	270					11
Add: Provolone cheese		100	70	8	4.5				20	190		1			7
Add: Swiss cheese		110	80	9	6				30	55					7
Breakfast Sandwiches															
Calorie Counts do not include Bagel, Brioche bun or Ciabatta															
Avocado Breakfast BLT															
Egg, Avocado, Spinach & Swiss Sandwich w/ home fries		600	380	43	13	0	11	13	455	1830	1130	31	7	4	24
Egg Sandwich with bacon served w/ home fries - no cheese		440	260	29	8	0	10	7	435	1920	720	25	3	4	18
Egg Sandwich with ham served w/ home fries - no cheese		470	250	29	7	0	10	7	455	2120	720	29	3	6	25
Egg Sandwich with sausage served w/ home fries - no cheese		660	450	51	15	0	10	7	470	2270	720	26	3	4	22
Egg Sandwich w/ home fries - no cheese		390	230	25	6	0	10	7	425	1750	720	25	3	4	15
Add: American cheese		110	80	9	6				25	300		1			6
Add: Cheddar cheese		110	80	9	6				30	180					7
Add: Muenster cheese		170	120	14	9				45	270					11
Add: Provolone cheese		100	70	8	4.5				20	190		1			7
Add: Swiss cheese		110	80	9	6				30	55					7
Morning Specials															
Belgian Waffle		730	230	26	15		1.0	7	155	940	320	118	2	56	8

Nutritional Facts Updated: 4/30/2018	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Add: blueberry topping	150	0	0						170	50	6		29
Add: strawberries and whipped cream	80	30	3.5	3.0		0		15	0	170	12	2	9	1
Breakfast Combo Platter (No Toast or Bagel)	1230	570	64	23	0	13	20	585	2930	810	132	4	49	29
California Fruit Salad (Includes Fruit and Vanilla Yogurt)	390	50	6	0.5		0		4	150	1450	77	8	64	11
Chicken & Waffles	1230	590	67	21	0	9	11	205	2640	35	127	1	45	31
French Toast	1230	600	68	20	0.5	24	19	770	980	440	119	2	57	32
Add: cinnamon and almonds	180	100	11	1.0					0	10	18	2	13	4
Plain Oatmeal - Bowl	170	30	3.0	0.5		1.0	1.0		10	160	31	4		6
Add: brown sugar	60								0	25	17		16	
Add: fresh strawberries	20	0	0			0			0	95	5	1	3	0
Add: raisins	80								0	190	19	1	17	1
Add: toasted almonds	80	60	7	0.5							3	1		3
Waffle Sliders with bacon	830	430	48	19	0	11	10	580	2630	750	68	3	23	30
With sausage	1050	620	70	26	0	11	10	615	2980	750	69	3	23	34
Fish Platters														
Nova on a Bagel (plain bagel) (includes fruit)	730	210	23	9		5.0	4.0	90	1070	980	98	6	16	37
Nova Salmon Platter (Includes cream cheese & plain bagel)	810	250	29	10		6	5	110	1420	1230	98	8	10	45
Smoked Fish Combo Platter (Includes cream cheese & plain bagel)	850	200	23	9		4.0	3.0	120	2830	1610	98	8	10	66
Smoked Whitefish Platter (Includes cream cheese & plain bagel)	820	150	17	8		2.0	0.5	110	3660	1750	98	8	10	73
Whitefish Salad on a Bagel (plain bagel) (includes fruit)	930	330	37	9		1.5	0	100	2690	1260	97	6	16	53
Breakfast À La Carte														
Bacon (4 strips)	100	70	8	3.0				20	340					6
Blintzes (1 each) - plain	450	280	31	13	0	8	4.5	145	380	125	31		20	9
Blintzes (1 each) w/ blueberry topping	520	280	31	13	0	8	4.5	145	460	150	34		35	9
Blintzes (1 each) w/ cherry topping	500	280	31	13	0	8	4.5	145	390	125	45		29	9
Fresh strawberries	35	0	0			0			0	170	9	2	6	1
Fruit Salad - 4 oz.	45	0	0			0			15	270	11	1	10	1
Grits - Bowl (w/ 2 butter cups)	300	90	10	6		1.0	3.0	25	730	105	46	3		4
Home Fries - 5 oz.	120	15	1.5	0		1.0	0		1500	580	24	3	3	3
Mini Potato Pancakes (3)	260	80	9	6		0	0	65	340	400	39	3	12	5
Sausage (2 patties)	540	460	52	18				90	1040		2			14
Sausage (3 links)	270	240	27	10	0	4.0	12	35	270	85	1			6
Kids' Menu														
Bacon - 2 Slices	50	35	4.0	1.5				10	170					3
Belgian Waffle (1/2 Waffle) w/ butter and syrup	340	110	13	7		0.5	3.5	75	460	20	53		23	4
Cheeseburger - American cheese	580	200	23	10	1.0	1.0	5	85	1050	240	57	2	2	34
Chicken Salad Chop Chop	530	320	36	4.5		0		45	980	430	35	4	14	18
Dippin' Chickn'	690	430	48	6				60	2100		44	2	16	25
French Toast	610	300	34	10	0	12	9	385	490	220	60		28	16
Grilled Cheese	670	440	49	16	0.5	20	9	80	910	65	40	1	5	15
Hamburger	470	120	14	4.5	1.0	1.0	5	60	750	240	56	2	2	28
Jr. Tuna Melt	350	190	21	3.0		0	0	40	610	90	22	1	8	19
Mac N' Cheese	350	110	13	5				25	1370		42		11	16
Sausage (2 links)	180	160	18	6	0	2.5	8	25	180	60	0			4
Scrambled Egg	140	110	12	3.0	0	4.5	3.5	210	125	65	0			6
Kids' Menu Sides														
Applesauce	50										12		11	
Chocolate Pudding	140	20	2.0	1.5				10	150		26	1	20	3
Crispy Carrot Stix w/ Ranch Dressing	230	190	21	3.0		0		5	240	270	11	2	5	2
French Fries	330	200	22	3.5					20		28	1		3
Mandarin Oranges	35								10		8		7	0
Mini Black & White Cookie	60	20	2.5	0.5	0	0.5	0	5	20	5	9		40	1
Red Grapes	40	0	0						0	110	10		9	0