



Einstein Bros.® Bagels

## Nutrition and Allergen Information

Einstein Noah Restaurant Group, Inc.



Nutrition information is based upon standard recipes. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.

Last item update: 12/29/2011

Einstein Bros. Nutrition Information																	
	Serving Size	Weight (g.); unless otherwise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>Bagel Thin Singles</b>																	
Plain	1 bagel	57	140	10	1	0	0	0	240	29	1	3	5	0	0	2	10
Honey Whole Wheat	1 bagel	57	140	15	1.5	0	0	0	120	28	4	5	6	0	0	2	4
Everything	1 bagel	57	160	20	2	0	0	0	400	29	1	3	6	0	0	0	10
Oatmeal	1 bagel	57	150	10	1	0	0	0	0	32	2	9	4	0	4	2	8
<b>Classic Bagels</b>																	
Plain	1 bagel	101	260	10	1	0	0	0	460	56	2	5	9	0	0	2	20
Honey Whole Wheat	1 bagel	103	250	10	1	0	0	0	440	56	3	8	9	0	0	2	15
Everything	1 bagel	105	270	20	2	0	0	0	620	56	2	5	9	0	0	2	20
Pumpnickel	1 bagel	101	240	10	1.5	0	0	0	490	53	3	4	9	0	8	4	15
<b>Signature Bagels</b>																	
Asiago Cheese	1 bagel	115	310	50	5	3	0	15	630	56	2	5	14	0	0	20	20
Blueberry	1 bagel	108	300	10	1	0	0	0	480	65	3	11	10	0	0	2	20
Chocolate Chip	1 bagel	108	290	25	2.5	1	0	0	430	58	3	10	9	0	0	2	20
Cinnamon Raisin	1 bagel	108	290	10	1	0	0	0	450	63	3	13	10	0	0	4	20
Cinnamon Sugar	1 bagel	110	290	20	2.5	0.5	0.5	0	480	63	2	12	9	2	0	4	20
Cranberry	1 bagel	108	270	10	1	0	0	0	420	60	2	12	9	0	0	2	15
Garlic	1 bagel	105	270	20	2.5	0	0	0	460	56	2	5	9	0	0	2	20
Good Grains	1 bagel	106	270	20	2.5	0	0	0	440	57	3	8	10	0	0	2	20
Onion	1 bagel	105	270	10	1	0	0	0	460	59	2	5	9	0	0	2	20
Poppy	1 bagel	105	280	25	3	0	0	0	460	56	2	5	9	0	0	2	20
Potato	1 bagel	100	270	35	4	0.5	0	0	500	52	2	5	8	0	0	2	15
Sesame	1 bagel	105	280	25	3	0	0	0	460	56	2	5	10	0	0	2	20
Maple and Brown Sugar Oatmeal	1 bagel	114	310	20	2.5	0	0	0	400	65	3	16	9	0	0	2	20
<b>Gourmet Bagels</b>																	
Dutch Apple	1 bagel	134	340	50	6	1.5	0	0	530	67	2	17	8	0	2	2	15
Green Chile	1 bagel	155	350	70	8	4.5	0	25	680	58	2	6	15	8	20	20	20
Power Bagel	1 bagel	113	310	45	5	0.5	0	0	280	61	4	16	11	0	0	4	20
Six-Cheese	1 bagel	122	330	60	6	3.5	0	15	650	56	2	5	15	2	0	20	20
Spinach Florentine	1 bagel	134	320	60	6	3.5	0	15	570	56	2	5	13	30	6	20	20
Apple & Cinnamon Oatmeal	1 bagel	140	370	35	4	1	0	0	410	76	4	2	9	0	2	2	20
<b>Whipped Reduced Fat Cream Cheese Schmear</b>																	
Onion and Chive	1.25 oz	35	120	100	11	7	0	35	105	5	0	2	2	0	0	0	0
Plain	1.25 oz	35	120	110	12	8	0	35	115	2	0	2	2	8	0	0	0
Smoked Salmon	1.25 oz	35	110	100	11	6	0	35	210	4	0	2	2	4	0	0	0
<b>Whipped Reduced Fat Cream Cheese Schmear</b>																	
Blueberry	1.25 oz	35	120	80	9	6	0	25	90	11	0	9	2	4	0	0	0
Garden Vegetable	1.25 oz	35	110	80	9	6	0	25	180	5	0	2	2	15	4	4	0
Garlic Herb	1.25 oz	35	110	90	9	6	0	25	180	5	0	2	2	8	0	0	0
Honey Almond	1.25 oz	35	120	80	9	5	0	25	80	11	0	7	2	8	0	4	0
Jalapeno Salsa	1.25 oz	35	110	80	9	6	0	25	190	5	0	2	2	8	0	0	0
Plain	1.25oz	35	110	80	9	6	0	25	180	4	0	2	2	8	0	0	0
Strawberry	1.25 oz	35	120	80	9	6	0	25	90	9	0	7	2	4	0	0	0
Sundried Tomato Basil	1.25 oz	35	110	80	9	6	0	0	180	4	0	2	2	4	0	0	0
<b>Whipped Light Cream Cheese Schmear</b>																	
Plain	1.25 oz	35	80	50	6	3.5	0	20	200	4	2	3	3	6	0	6	0
<b>Coffee</b>																	
Coffee (R, M, L)				0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee Decaf. (R, M, L)				0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Coffee, Specialty (with 2% milk)</b>																	
Espresso Single	2 oz	59 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Espresso Double	4 oz	118 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Regular	12 fl oz	355 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Medium	16 fl oz	473 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Large	20 fl oz	591 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cafe Latte, Regular	12 fl oz	355 ml	110	45	5	3	0	20	115	11	0	11	8	10	4	30	0
Café Latte, Medium	16 fl oz	473 ml	140	60	6	3.5	0	25	150	14	0	14	10	10	6	35	2
Cafe Latte, Large	20 fl oz	591ml	160	60	7	4	0	25	160	16	0	16	11	15	6	40	2
Cappuccino, Regular	12 fl oz	355 ml	90	30	4	2.5	0	15	95	9	0	9	6	8	4	25	0
Cappuccino Medium	16 fl oz	473 ml	120	50	6	3	0	20	125	12	0	12	8	10	4	30	2
Cappuccino, Large	20 fl oz	591 ml	150	60	7	4	0	25	160	15	0	15	10	15	6	40	2
Dark Chocolate Mocha, Regular	12 fl oz	355 ml	330	100	11	6	0	40	115	50	2	43	9	10	4	25	25
Dark Chocolate Mocha, Medium	16 fl oz	473 ml	410	120	13	7	0	45	150	65	2	57	11	15	4	35	30
Dark Chocolate Mocha, Large	20 fl oz	591 ml	490	130	14	8	0	50	170	80	3	69	13	15	6	40	40
White Chocolate Mocha, Regular	12 fl oz	355 ml	330	90	10	6	0	40	210	50	2	43	10	10	6	35	0
White Chocolate Mocha, Medium	16 fl oz	473 ml	410	110	12	6	0	45	280	65	2	57	13	15	8	40	0
White Chocolate Mocha, Large	20 fl oz	591 ml	490	120	13	7	0	50	330	80	3	69	15	15	10	50	0
Caramel, Macchiato, Regular	12 fl oz	355 ml	240	50	6	3.5	0	20	110	42	1	36	8	8	4	30	0
Caramel, Macchiato, Medium	16 fl oz	473 ml	300	70	7	4	0	25	140	51	2	44	11	10	4	40	0
Caramel, Macchiato, Large	20 fl oz	591 ml	350	80	8	5	0	25	160	59	2	51	12	15	6	45	0
Sugar Free Vanilla Latte, Regular	12 fl oz	355 ml	110	45	5	3	0	20	125	11	0	11	8	10	4	30	0
Sugar Free Vanilla Latte, Medium	16 fl oz	473 ml	140	50	6	3.5	0	25	150	14	0	14	9	10	6	35	2
Sugar Free Vanilla Latte, Large	20 fl oz	591 ml	170	60	7	4.5	0	30	180	17	0	17	11	15	6	40	2
Vanilla Latte, Regular	12 fl oz	355 ml	170	45	5	3	0	20	115	25	0	25	8	10	4	30	0
Vanilla Latte, Medium	16 fl oz	473 ml	200	5	0	0	0	5	170	39	0	39	12	15	6	40	2

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Vanilla Latte, Large	20 fl oz	591 ml	260	60	7	4.5	0	30	170	39	0	39	11	15	6	40	2
Vanilla Hazelnut Latte, Regular	12 fl oz	355 ml	190	40	5	3	0	20	115	31	0	31	7	8	4	25	0
Vanilla Hazelnut Latte, Medium	16 fl oz	473 ml	280	50	6	3.5	0	25	150	50	0	50	9	10	6	35	2
Vanilla Hazelnut Latte, Large	20 fl oz	591 ml	320	60	7	4	0	25	170	56	0	56	11	15	6	40	2
<b>Other Hot Beverages (with 2% milk)</b>																	
Chai Tea Latte, Regular	12 fl oz	355ml	170	40	4.5	3	0	20	115	51	0	24	8	10	4	30	0
Chai Tea Latte, Medium	16 fl oz	473 ml	210	50	6	3.5	0	25	140	66	0	31	9	10	6	35	0
Chai Tea Latte, Large	20 fl oz	591 ml	260	60	7	5	0	30	180	83	0	39	12	15	8	45	0
Hot Dark Chocolate, Regular	12 fl oz	355 ml	330	100	11	7	0	40	120	51	2	44	9	15	4	30	25
Hot Dark Chocolate, Medium	16 fl oz	473 ml	410	120	13	7	0	55	250	65	2	57	11	15	4	35	30
Hot Dark Chocolate, Large	20 fl oz	591ml	490	130	14	8	0	50	290	80	3	69	13	15	6	40	40
White Hot Chocolate, Regular	12 fl oz	355 ml	330	100	11	6	0	40	220	51	2	44	11	15	6	35	0
White Hot Chocolate, Medium	16 fl oz	473 ml	420	110	12	7	0	45	280	66	2	57	14	15	8	45	0
White Hot Chocolate, Large	20 fl oz	591ml	500	120	13	7	0	50	340	81	3	70	16	15	10	50	0
Soy Latte, Regular	12 fl oz	355 ml	70	25	3	0	0	0	220	8	0	6	5	0	0	2	4
Soy Latte, Medium	16 fl oz	473 ml	90	35	4	0	0	0	270	11	0	7	6	0	0	2	6
Soy Latte, Large	20 fl oz	591 ml	110	40	4.5	0	0	0	320	12	0	8	7	0	0	2	6
<b>Iced Specialty Coffee (with 2% milk)</b>																	
Iced Americano (Medium and Large)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee (Medium and Large)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Caramel Macchiato, Medium	16 fl oz	473 ml	390	150	17	10	0	60	130	53	2	43	9	15	4	35	0
Iced Caramel Macchiato, Large	24 fl oz	709 ml	490	170	19	11	0	70	180	70	2	58	12	20	6	50	0
Iced Latte, Medium	16 fl oz	473 ml	140	50	6	3.5	0	25	140	14	0	14	9	10	6	35	2
Iced Latte, Large	24 fl oz	709 ml	180	70	8	4.5	0	30	190	18	0	18	12	15	6	45	2
Iced Dark Chocolate Mocha, Medium	16 fl oz	473 ml	500	200	22	13	0	95	230	66	2	56	9	20	4	25	30
Iced Dark Chocolate Mocha, Large	24 fl oz	709 ml	700	270	30	17	0	125	330	98	3	82	13	25	6	40	45
Iced White Chocolate Mocha, Medium	16 fl oz	709 ml	440	140	16	9	0	60	250	65	2	55	11	15	8	35	0
Iced White Chocolate Mocha, Large	24 fl oz	473 ml	590	160	18	10	0	70	370	94	3	80	16	20	10	50	0
Iced Vanilla Latte	16 fl oz	709 ml	330	50	6	3.5	0	25	140	61	0	61	9	10	6	35	2
Iced Vanilla Latte	24 fl oz	473 ml	470	70	8	4.5	0	30	190	90	0	89	12	15	6	45	2
Iced Vanilla Hazelnut Latte, Medium	16 fl oz	709 ml	230	35	2.5	2.5	0	15	100	45	0	45	6	8	4	20	2
Iced Vanilla Hazelnut Latte, Large	24 fl oz	473 ml	320	50	6	3.5	0	20	150	61	0	61	9	10	6	35	2
<b>Frozen Blended Drinks</b>																	
Café Caramel	18 fl oz	532 ml	640	170	19	7	0	90	150	104	2	59	10	6	0	35	0
Café Caramel	24 fl oz	710 ml	750	190	21	7	0	95	170	127	2	73	12	6	0	45	0
Café Mocha	18 fl oz	532 ml	650	170	19	7	0	95	230	109	2	68	10	6	0	25	30
Café Mocha	24 fl oz	710 ml	840	190	22	8	0	110	310	148	3	95	13	6	0	35	45
Strawberry	18 fl oz	532 ml	570	140	16	6	0	55	50	61	4	48	2	10	180	6	4
Strawberry	24 fl oz	710 ml	710	150	17	6	0	60	60	80	5	64	2	10	250	8	4
Wildberry Yogurt	18 fl oz	532 ml	300	5	0	0	0	5	90	69	5	53	13	8	190	20	4
Wildberry Yogurt	24 fl oz	710 ml	420	5	0	0	0	5	115	96	4	81	13	10	140	25	4
<b>Poured Beverages</b>																	
Lemonade	16 fl oz	473ml	140	0	0	0	0	0	10	39	0	36	0	0	30	0	0
Lemonade	24 fl oz	709 ml	210	0	0	0	0	0	15	58	0	54	0	0	45	2	0
Blackberry Lemonade	16 fl oz	473ml	260	0	0	0	0	0	10	68	0	65	0	0	30	0	0
Blackberry Lemonade	24 fl oz	709 ml	400	0	0	0	0	0	15	102	0	97	0	0	40	2	0
Orange Juice	16 fl oz	473 ml	230	15	1.5	0	0	0	0	54	0	48	4	50	32	4	10
Orange Juice	24 fl oz	709 ml	340	0	2	0	0	0	5	81	0	72	5	80	480	6	15
Green Tea	16 fl oz	473ml	35	0	0	0	0	0	10	9	0	9	0	0	0	0	0
Green Tea	24 fl oz	709 ml	50	0	0	0	0	0	15	13	0	13	0	0	0	0	0
Black Tea	16 fl oz	473ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Black Tea	24 fl oz	709 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Sides</b>																	
Fruit and Yogurt Parfait	8 oz	227	170	10	1	0	0	5	115	34	3	20	7	15	45	20	10
Fruit Cup	16 oz	312	160	0	0	0	0	0	15	41	5	33	2	80	250	4	4
Potato Salad	3 oz	85	160	110	12	2.5	0	10	360	13	1	1	1	2	4	0	2
<b>Egg Sandwiches</b>																	
Bacon & Cheddar	9 oz	234	510	170	19	8	0	395	840	58	2	7	28	15	0	25	25
Turkey Sausage & Cheddar	10 oz	266	540	180	20	8	0	415	890	59	2	8	33	15	0	25	30
Ham & Swiss	10 oz	264	490	140	16	6	0	400	1180	59	2	8	32	10	0	25	30
Spinach, Mushroom & Swiss	10 oz	283	500	170	19	7	0	385	820	60	3	8	27	60	15	25	30
Cheese Only	8 oz	228	480	150	16	7	0	390	710	59	2	7	26	15	0	25	25
Maple Oatmeal Egg Sandwich	9 oz	242	540	180	20	7	0	395	700	68	3	19	25	15	0	10	30
Nova Lox & Bagel	9 oz	267	480	160	18	9	0	45	930	62	3	10	23	15	10	4	20
Egg Mixture	4 oz	106	140	180	9	3	0	365	130	2	0	2	12	10	0	8	8
Egg White	2 oz	56	30	0	0	0	0	0	90	1	0	0	6	0	0	0	0
Egg White	4 oz	113	60	0	0	0	0	0	180	1	0	0	11	0	0	0	0
<b>Egg Paninis</b>																	
Spinach & Bacon	11 oz	298	650	340	37	11	0	410	1330	49	5	3	31	60	15	35	30
Southwest Turkey Sausage	11 oz	302	530	190	21	8	0	415	1150	48	4	4	34	15	15	30	30
<b>Breakfast Wraps</b>																	
Santa Fe	12 oz	326	660	290	33	12	0	430	1280	59	6	8	33	20	4	45	30
Spicy Elmo	10 oz	294	630	300	34	14	0	415	820	56	6	6	28	20	15	50	25
<b>Signature Sandwiches</b>																	
Tasty Turkey on Asiago Bagel	12 oz	335	540	160	18	10	0	90	1440	65	3	9	36	35	15	25	20

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Club Mex on Challah	10 oz	305	540	200	23	6	0	85	1760	53	2	9	34	30	30	15	15
Veg Out on Sesame Seed Bagel	10 oz	289	400	100	11	5	0	20	610	66	5	9	14	40	25	8	25
Nova Lox & Bagel	9 oz	267	480	160	18	9	0	45	930	62	3	10	23	15	10	4	20
<b>Lunch Paninis</b>																	
Italian Chicken	13 oz	326	700	320	36	10	0.5	110	2200	49	8	2	43	45	45	25	25
Turkey Club	12 oz	340	640	300	34	8	0.5	85	1980	50	7	3	37	40	20	25	20
<b>Deli Sandwiches</b>																	
Oatmeal Turkey	11 oz	320	520	110	13.0	3.5	0	55	1620	74	4	19	32	30	20	15	25
Turkey Breast	11 oz	304	470	120	13	3	0	55	1530	55	6	12	32	30	20	10	25
Ham	11 oz	307	510	150	16	6	0	70	1960	62	6	13	30	35	20	15	25
Albacore Tuna Salad	10 oz	274	390	80	9	1	0	30	730	57	6	12	23	30	15	2	20
Chicken Salad	9 oz	246	410	90	10	1.5	0	40	630	60	7	15	23	30	20	4	20
<b>Grab and Go</b>																	
Deli Ham Sandwich	8 oz	231	370	100	11	4.5	0	60	1190	44	3	8	26	30	15	20	10
Roasted Turkey Sandwich	8 oz	236	370	100	11	4.5	0	55	950	41	3	6	31	35	15	20	8
Chicken Salad Wrap	9 oz	251	440	130	15	2	0	40	690	58	8	7	21	15	10	35	20
Club Mex Wrap	12 oz	343	590	240	27	7	0	70	1810	58	7	6	33	40	15	40	20
Veg Out on Sesame Seed Bagel	10 oz	289	400	100	11	5	0	20	610	66	5	9	14	40	25	8	25
Deluxe Chef Salad	15 oz	413	530	350	39	9	0.5	80	1890	18	3	8	26	60	25	25	10
Garden Salad	12 oz	326	390	290	32	5	0	20	930	18	4	7	6	160	30	10	10
<b>Wraps</b>																	
Chipotle Turkey Wrap	13 oz	374	670	270	30	11	0	80	1680	70	8	11	34	30	20	45	20
California Chicken Wrap	14 oz	385	700	320	35	10	0	110	1130	64	9	7	35	45	15	35	20
<b>Bagel Dogs</b>																	
Original Hebrew National	7 oz	190	540	240	27	11	1	50	1320	56	2	5	20	0	0	2	50
Asiago Hebrew National	7 oz	194	550	250	28	12	1	55	1360	56	2	5	21	0	0	6	50
<b>Open Face Deli Melts</b>																	
Turkey & Cheddar	9 oz	266	490	130	15	8	0	75	1400	58	3	6	37	15	10	30	20
Ham & Swiss	9 oz	257	450	110	12	7	0	75	1720	60	3	8	32	15	10	30	20
Chicken & Mozzarella	10 oz	300	530	130	15	8	0	100	1230	62	7	8	41	8	6	20	25
<b>Pizza Bagels</b>																	
Pepperoni	6 oz	181	450	140	15	9	0	45	1090	59	3	7	23	6	4	35	20
Cheese Only	6 oz	172	400	100	11	7	0	35	950	59	3	7	22	6	4	35	20
<b>Chopped Salads</b>																	
Chipotle Chicken Chopped Salad	12 oz	354	250	90	10	1.5	0	40	700	23	5	13	17	140	70	6	10
Harvest Grilled Chicken Chopped Salad	12 oz	326	390	160	17	2	0	40	360	42	6	33	19	120	90	8	10
<b>Salad Dressings</b>																	
All Natural Light Chipotle Vinaigrette	2 oz	57	100	60	7	1	0	0	340	9	0	7	0	4	6	0	0
All Natural Light Raspberry Vinaigrette	2 oz	57	140	70	8	1	0	0	120	15	0	15	0	0	0	0	0
<b>Soups</b>																	
Chicken Noodle (Cup)	8.75oz	248	120	30	3.5	0	0	15	950	13	2	1	9	50	4	2	4
Chicken Noodle Bowl	14 oz	397	180	50	6	1.5	0	45	1210	21	2	2	8	80	6	4	6
Turkey Chili (Cup)	8.75 oz	248	170	45	5	0	0	25	890	17	5	5	15	15	25	10	15
Turkey Chili (Bowl)	14 oz	397	280	70	8	0	0	40	1430	28	8	8	24	25	40	15	25
Broccoli Cheese (Cup)	8.75 oz	248	290	190	21	12	0	55	1190	15	2	5	13	30	60	35	4
Broccoli Cheese (Bowl)	14 oz	397	470	300	33	19	1	85	1910	24	3	9	21	50	100	60	6
Hearty Vegetable (Cup)	8.75 oz	248	110	30	3.5	0	0	0	700	16	2	5	5	30	15	4	8
Hearty Vegetable (Bowl)	14 oz	397	180	50	6	0	0	0	1120	26	3	8	8	50	25	6	15
<b>The Lighter Side- Breakfast</b>																	
Fruit and Yogurt Parfait	8 oz	227	170	10	1	0	0	5	115	34	3	20	7	15	45	20	10
Asparagus, Mushroom & Swiss Bagel Thin Sandwich	6 oz	163	270	100	11	3.5	0	20	420	30	5	5	16	6	2	15	8
Bacon & Cheese Bagel Thin Panini	6 oz	168	370	150	17	9	0	50	740	32	3	4	22	10	0	25	10
Turkey Sausage with Salsa Bagel Thin Sandwich	6 oz	170	240	50	6	1.5	0	30	560	31	4	6	20	0	0	2	8
Fruit Salad	11 oz	312	160	0	0	0	0	0	15	41	5	33	2	80	250	4	4
<b>The Lighter Side- Lunch</b>																	
BLT with Avocado Bagel Thin Sandwich	7 oz	173	370	210	23	4	0	25	540	35	6	7	10	30	15	2	8
Turkey Bagel Thin Sandwich	8 oz	217	270	60	6	2.5	0	50	1020	34	2	5	25	35	15	4	10
Tuna Bagel Thin Sandwich	7 oz	206	260	60	7	1	0	30	560	33	5	7	19	30	15	2	6
Harvest Chicken Salad Bagel Thin Sandwich	6 oz	172	340	100	11	3.5	0	50	360	43	4	16	18	25	10	6	15
<b>Poppers</b>																	
Cinnamon Sugar	5 oz	153	400	80	9	2	0	0	560	77	4	29	8	6	2	6	20
Asiago Cheese	5 oz	134	390	140	15	8	0	35	760	53	2	6	16	4	0	20	15
Iced Oatmeal	5 oz	154	460	35	4	1	0	0	410	98	4	45	10	0	0	2	20
<b>Sweets</b>																	
Apple Cinnamon Coffee Cake	7 oz	188	700	260	28	10	0	5	280	108	1	57	5	6	2	8	10
Chocolate Chip Coffee Cake	6.4 oz	181	800	320	36	14	0	5	270	114	3	62	6	6	2	8	25
Mixed Berry Coffee Cake	7 oz	195	710	260	29	10	0	5	270	110	2	59	5	6	2	8	10
Chocolate Mudslide Cookie	2.8 oz	78	320	150	17	9	0	60	75	46	1	38	4	4	0	2	10
Chocolate Chip Cookie	2.75 oz	78	390	170	19	10	0	15	320	52	2	31	4	15	0	2	15
Iced Sugar Cookie	3.7 oz	106	540	160	18	8	0	30	300	88	1	51	5	20	0	2	10
Oatmeal Raisin Cookie	3 oz	78	320	90	11	5	0	25	310	54	2	31	5	0	0	2	10
Marshmallow Crispy Treat	4 oz	111	410	60	7	2	0	0	125	86	0	37	5	20	15	0	70
Banana Nut Muffin	5 oz	131	450	210	24	3	0	80	400	54	2	32	8	2	0	6	8

**Einstein Bros. Nutrition Information**

	Serving Size	Weight (g.); unless otherwise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Blueberry Muffin	5 oz	142	480	210	23	2.5	0	100	500	64	1	35	7	4	0	6	6
Oatmeal Chocolate Chip Muffin	5 oz	145	510	190	21	4.5	0	55	490	71	4	37	9	2	0	10	15
Cinnamon Twist	4 oz	114	370	160	18	7	0	0	10	20	2	19	5	15	0	4	10
Cinnamon Walnut Strudel	6 oz	174	640	320	35	15	0	70	440	72	4	26	10	25	20	10	15



Einstein Bros. Allergen Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Vanilla Hazelnut Latte		X			X						Hazelnuts
<b>Other Hot Beverages (with 2% milk)</b>											
Chai Tea Latte		X									
Dark Hot Chocolate		X									
White Hot Chocolate		X									
Soy Latte			X								
<b>Iced Specialty Coffee (with 2% milk)</b>											
Iced Americano											
Iced Coffee											
Iced Caramel Macchiato		X									
Iced Latte		X									
Iced Dark Chocolate Mocha		X									
Iced White Chocolate Mocha		X									
Iced Vanilla Latte		X									
Iced Vanilla Hazelnut Latte		X			X						Hazelnuts
<b>Frozen Blended Drinks</b>											
Café Caramel		X									
Café Mocha		X									
Strawberry		X									
Wild Berry <sup>3</sup>		X									Aspartame
<b>Poured Beverages</b>											
Lemonade											
Lemonade Blackberry											
Orange Juice											
Green Tea											
Black Tea											
<b>Sides</b>											
Fruit and Yogurt Parfait <sup>3</sup>		X		X	X						Almonds, Aspartame
Fruit Cup/Fruit Salad											
Potato Salad	X		X <sup>1</sup>								
<b>Egg Sandwiches</b>											
Bacon & Cheddar	X	X	X	X							
Turkey Sausage & Cheddar	X	X	X	X							
Ham & Swiss	X	X	X	X							
Spinach, Mushroom & Swiss	X	X	X	X							
Cheese Only	X	X	X	X							
Maple Oatmeal Egg Sandwich	X	X	X	X							
Nova Lox & Bagel <sup>2</sup>		X	X <sup>1</sup>	X			X				Salmon
Egg Mixture	X	X	X								
Egg White	X		X								
<b>Egg Paninis</b>											
Spinach and Bacon	X	X	X	X							
Southwest Turkey Sausage	X	X	X	X							
<b>Breakfast Wraps</b>											
Santa Fe	X	X	X	X							
Spicy Elmo	X	X	X	X							
<b>Signature Sandwiches</b>											
Tasty Turkey on Asiago Bagel		X	X <sup>1</sup>	X							
Club Mex on Challah	X	X	X	X							
Veg Out on Sesame Seed Bagel		X	X <sup>1</sup>	X							
Nova Lox & Bagel <sup>2</sup>		X	X	X			X				Salmon
<b>Lunch Paninis</b>											
Italian Chicken		X	X	X							
Turkey Club	X	X	X	X							
<b>Deli Sandwiches</b>											
Oatmeal Turkey	X	X	X	X							
Turkey Breast	X	X	X	X							
Ham	X	X	X	X							

Einstein Bros. Allergen Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Albacore Tuna Salad	X		X	X			X				Tuna
Chicken Salad	X		X	X	X						Almonds
<b>Grab and Go</b>											
Deli Ham Sandwich		X	X	X							
Roasted Turkey Sandwich		X	X	X							
Chicken Salad Wrap	X		X <sup>1</sup>	X	X						Almonds
Veg Out on Sesame Seed Bagel		X	X <sup>1</sup>	X							
Club Mex Wrap	X	X	X <sup>1</sup>	X							
Deluxe Chef Salad	X	X	X	X					X		
Garden Salad	X	X	X	X					X		
<b>Wraps</b>											
Chipotle Turkey Wrap		X	X <sup>1</sup>	X							
California Chicken Wrap	X	X	X <sup>1</sup>	X							
<b>Bagel Dogs</b>											
Original Bagel Dog <i>Hebrew National</i>			X	X							
Asiago Bagel Dog <i>Hebrew National</i>		X	X	X							
<b>Open Face Deli Melts</b>											
Turkey & Cheddar		X	X	X							
Ham & Swiss		X	X	X							
Chicken & Mozzarella		X	X	X							
<b>Pizza Bagels</b>											
Pepperoni		X	X <sup>1</sup>	X							
Cheese Only		X	X <sup>1</sup>	X							
<b>Salads (and Half Salads)</b>											
Chipotle Chicken Chopped Salad			X <sup>1</sup>								
Harvest Grilled Chicken Chopped Salad			X <sup>1</sup>		X						Almonds
<b>Salad Dressings</b>											
All Natural Light Chipotle Vinaigrette			X <sup>1</sup>								
All Natural Light Raspberry Vinaigrette			X <sup>1</sup>								
<b>Soups</b>											
Chicken Noodle Soup	X		X <sup>1</sup>	X							
Turkey Chili			X <sup>1</sup>								
Broccoli Cheese Soup		X	X	X							
Hearty Vegetable				X							
<b>The Lighter Side Breakfast</b>											
Fruit and Yogurt Parfait <sup>3</sup>		X		X	X						Almonds, Aspartame
Asparagus, Mushroom, & Swiss Bagel Thin Sandwich	X	X	X	X							
Bacon and Cheese Bagel Thin Panini	X	X	X	X							
Turkey Sausage with Salsa Bagel Thin Sandwich	X		X	X							
Fruit Salad											
<b>The Lighter Side Lunch</b>											
BLT with Avacado Bagel Thin Sandwich	X		X <sup>1</sup>	X							
Turkey Bagel Thin Sandwich		X	X <sup>1</sup>	X							
Tuna Bagel Thin Sandwich	X		X	X			X				Tuna
Harvest Chicken Salad Bagel Thin Sandwich	X	X	X	X	X						Almonds
Turkey Chili Bowl			X <sup>1</sup>								
<b>Poppers</b>											
Cinnamon Sugar		X	X	X							
Asiago Cheese		X	X	X							

Einstein Bros. Allergen Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Iced Oatmeal			X	X							
<b>Sweets</b>											
Apple Cinnamon Coffee Cake	X	X	X	X							
Chocolate Chip Coffee Cake	X	X	X	X							
Mixed Berry Coffee Cake	X	X	X	X							
Chocolate Chip Coffee Cake	X	X	X	X							
Chocolate Mudslide Cookie	X	X	X	X							
Chocolate Chip Cookie	X	X	X	X							
Iced Sugar Cookie (including Holiday versions)	X	X	X	X							
Oatmeal Raisin Cookie	X	X	X	X							
Marshmallow Crispy Treat		X	X								
Banana Nut Muffin	X	X	X	X	X						Walnuts
Blueberry Muffin	X	X	X	X							
Oatmeal Chocolate Chip Muffin	X	X	X	X							
Cinnamon Walnut Strudel	X	X	X	X	X						Walnuts
Cinnamon Twist			X	X							

<sup>1</sup> Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

<sup>2</sup> Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness.

<sup>3</sup> Phenylketonurics: contains phenylalanine