





Bruegger's Bagels Nutritional Information														* MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																			
SPRINKLE SIZE (OZ)	SPRINKLE SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (% DV)	TOTAL FAT (g)	SATURATED FAT (% DV)	SATURATED FAT (g)	TRANS FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (% DV)	CHOLESTEROL (mg)	SODIUM (% DV)	SODIUM (mg)	CARBOHYDRATE (% DV)	CARBOHYDRATE (g)	FIBER (% DV)	FIBER (g)	SUGARS (% DV)	SUGARS (g)	PROTEIN (% DV)	PROTEIN (g)	VITAMIN C (% DV)	VITAMIN C (mg)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PLANTS	TREE NUTS/PEANUTS	SOY	WHEAT

**INGREDIENT LIST**

Espresso	4.0	120	10	0	0.0	0.0	0	0	0	0	0	20	0	2	0	0	2	0	0	0	0	0	0	0	0										CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING*
Flavored Coffee	12.0	340	4	0	0.0	0.0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING
Flavored Coffee	16.0	453	5	0	0.0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING
Flavored Coffee	20.0	567	6	0	0.0	0.0	0	0	0	0	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING
House Blend Coffee	12.0	356	4	0	0.0	0.0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING
House Blend Coffee	16.0	453	5	0	0.0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING
House Blend Coffee	20.0	567	6	0	0.0	0.0	0	0	0	0	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING
House Decaf Coffee	12.0	340	4	0	0.0	0.0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS -6 MG OF CAFFEINE PER 12 OZ SERVING*
House Decaf Coffee	16.0	453	5	0	0.0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS -8 MG OF CAFFEINE PER 16 OZ SERVING*
House Decaf Coffee	20.0	567	6	0	0.0	0.0	0	0	0	0	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS -10 MG OF CAFFEINE PER 6 OZ SERVING*
Iced Coffee	12.0	340	4	0	0.0	0.0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING
Iced Coffee	16.0	453	5	0	0.0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING
Iced Coffee	20.0	567	6	0	0.0	0.0	0	0	0	0	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING

**OTHER BEVERAGES** VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.

Bottled Water	See label																																		
Chocolate Milk	See label																																		
Honest Tea	See label																																		
Milk	See label																																		
Naked Juice	See label																																		
Tropicana Orange Juice	See label																																		
Vitamin Water	See label																																		
Nantucket Nectars	See label																																		
Chai Tea, Bruegger's	12.0	340	240	45	5.0	8	5.0	25	0	0	85	4	45	15	0	0	39	2	0	0	15	0	0	0		X								SUGAR, NON DAIR CREAMER (CONTAINS PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOSSASSIUM PHOSPHATE, SUGAR, MONO- AND DIGLYCERIDES, SODIUM SILICOALUMINATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, ARTIFICIAL FLAVORS, AND ARTIFICIAL COLOR (ANNATTO AND TURMERIC), DAIRY PRODUCTS SOLIDS, NONFAT DRY MILK, MOLASSES (MOLASSES AND MALTODEXTRIN), BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVOR, TRICALCIUM PHOSPHATE, WATER, ORGANIC* FERMENTED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (* ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).	
Chai Tea, Oregon	12.0	340	117	0	0.0	0	0	0	0	0	12	0	29	9	0	0	27	0	0	0	0	0	0	0	0										
Hot Tea, Regular	8.0	227	0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0										
Hot Tea, Herbal	8.0	227	0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS 100 MG CAFFEINE PER 32 OZ SERVING **
Hot Tea, Decaf	8.0	227	0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS -2MG CAFFEINE PER 8 OZ SERVING **
Iced Tea, Brewed	12.0	340	0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0										CONTAINS -70.5 MG CAFFEINE PER 12 OZ SERVING**
Hot Chocolate	8.0	227	140	15	1.5	2	1.5	7	0	5	1	190	8	31	10	1	3	26	2	0	0	8	6	0	0		X								WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIR CREAMER (PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOSSASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR), COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).

Poured Orange Juice	16.0	454	220	0	0.0	0	0	0	0	0	0	0	52	17	0	0	44	4	0	240	0	0	0	0	0										
Soft Drinks - Coke	16.0	453.6	140	0	0.0	0	0	0	0	0	45	2	39	13	0	0	39	0	0	0	0	0	0	0	0										
Soft Drinks - Coke	20.0	567	240	0	0.0	0	0	0	0	0	75	3	65	22	0	0	65	0	0	0	0	0	0	0	0										
Soft Drinks - Coke	32.0	907.2	280	0	0.0	0	0	0	0	0	90	4	78	26	0	0	78	0	0	0	0	0	0	0	0										
Soft Drinks - Diet Coke	16.0	453.6	0	0	0.0	0	0	0	0	0	60	2	0	0	0	0	0	0	0	0	0	0	0	0	0										
Soft Drinks - Diet Coke	20.0	567	0	0	0.0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0	0	0	0	0										
Soft Drinks - Diet Coke	32.0	907.2	0	0	0.0	0	0	0	0	0	120	4	0	0	0	0	0	0	0	0	0	0	0	0	0										
Soft Drinks - Sprite	16.0	453.6	200	0	0.0	0	0	0	0	0	90	4	32	18	0	0	26	0	0	0	0	0	0	0	0										
Soft Drinks - Sprite	20.0	567	250	0	0.0	0	0	0	0	0	113	5	65	23	0	0	65	0	0	0	0	0	0	0	0										
Soft Drinks - Sprite	32.0	907.2	400	0	0.0	0	0	0	0	0	180	8	64	36	0	0	92	0	0	0	0	0	0	0	0										

**SYRUP FLAVORS** VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.

Almond Flavored Syrup	1.0	28	90	0	0.0	0	0	0	0	0	0	0	23	8	0	0	23	0	N/A	N/A	N/A	N/A	0	0	0											
Caramel Flavored Syrup	1.0	28	100	0	0.0	0	0	0	0	0	0	0	24	8	0	0	24	0	N/A	N/A	N/A	N/A	0	0	0											
Chocolate Syrup	1.0	28	70	0	0.0	0	0	0	0	0	60	3	17	6	1	4	14	<1	0	0	0	2	0	0	0											
Hazelnut Flavored Syrup	1.0	28	90	0	0.0	0	0	0	0	0	7	0	22	7	0	0	21	0	N/A	N/A	N/A	N/A	0	0	0											
Vanilla Flavored Syrup	1.0	28	100	0	0.0	0	0	0	0	0	0	0	25	8	0	0	25	0	N/A	N/A	N/A	N/A	0	0	0											

**CREAM CHEESE**

Bacon Scallion	1.5	43	140	110	12	19	7	35	0	40	14	150	6	5	2	0	0	2	3	10	0	6	0	0
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Bruegger's Bagels Nutritional Information														P= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN													
SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (% DV)	TOTAL FAT (% DV)	SATURATED FAT (% DV)	TRANS FAT (% DV)	CHOLESTEROL (% DV)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	DIETARY FIBER (% DV)	DIETARY FIBER (% DV)	FIBER (G)	FIBER (% DV)	SUGARS (G)	PROTEIN (G)	VITAMIN A (% DV)	VITAMIN C (% DV)	IRON (% DV)	IRON (% DV)	EGGS	FISH	CRUSTACEAN	MILK/DAIRY	SOY	WHEAT

INGREDIENT LIST													
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Tuna Salad / Wheat Bread	11.8	335	650	280	31.0	48	4.5	23	0	55	18	1020	43	67	22	4	16	13	25	15	30	2	10	X	X	X	X	X	TUNA SALAD (TUNA [LIGHT TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT, MAYONNAISE (VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR], BREAD CRUMBS (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA), WATER, SALT, CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, WHEAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS (MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE), VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS) OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS), FRESH TOMATO, LETTUCE, WHEAT BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE)
Turkey / Plain Bagel	9.2	261	430	70	8.0	12	3.5	18	0	35	12	1270	53	64	21	4	16	9	25	10	15	15	20	X	X	X	X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT, SALT, BAKERS YEAST, TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES)
Turkey / Wheat Bread	13.5	382	490	90	10.0	15	4.5	23	0	55	18	1890	79	66	22	4	16	14	32	20	30	15	10	X	X	X	X	X	TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO, LETTUCE, WHEAT BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES)
Pastrami / Plain Bagel	8.0	266	410	80	9.0	14	3.5	18	0	30	10	1360	56	63	21	4	16	9	22	10	8	15	20	X	X	X	X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT, SALT, YEAST, PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING (SALT, FLAVORING), SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING, SEASONING INGREDIENTS: SPICES, SALT, CARMEL COLOR, SUGAR, SMOKE FLAVOR), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ARUGULA, SALT, PEPPER
Pastrami / Wheat Bread	13.5	384	460	13	17.0	5	25.0	0	50	17	###	88	64	23	0	0	13	27	0	0	15	6	X	X	X	X	X	X	PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING (SALT, FLAVORING), SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING, SEASONING INGREDIENTS: SPICES, SALT, CARMEL COLOR, SUGAR, SMOKE FLAVOR), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ARUGULA, SALT, PEPPER
Egg Salad / Plain Bagel	8.7	246	540	200	22.0	34	8.0	40	0	245	82	800	33	64	21	4	16	10	24	20	10	20	25	X	X	X	X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, BAKERS YEAST), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE (PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTEINS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS)), MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR))), FRESH TOMATO, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)), ARUGULA
Egg Salad / Wheat Bread	12.4	352	700	260	38.0	49	13.0	65	0	470	157	960	42	67	24	0	0	15	31	0	0	20	15	X	X	X	X	X	FRESH CRACKED EGG PASTEURIZED EGGS, WHEAT BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ARUGULA, SALT, PEPPER

**DELI CLASSICS**

B.E.L.T. / Ciabatta	11.8	335	760	360	40.0	62	13.0	65	0	475	158	1310	55	71	24	2	8	13	33	30	25	8	40	X	X	X	X	X	CIABATTA (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACINE, IRON, THIAMINE MONONITRATE, RIBOFLAVINE, FOLIC ACID), WATER, SUGAR, YEAST, CANOLA OIL, WHEAT GLUTEN, MONO AND DIGLYCERIDES OF FATTY ACIDS, BETA-CAROTENE, ASCORBIC ACID, AMYLASE, XYLANASE, HEMICELLULOSE, CELLULOSE), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE (PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTEINS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS)), MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR))), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, ARUGULA, SALT, PEPPER
Cheese & Tomato Melt / Rye Bread	9.6	273	690	310	35.0	54	17.0	85	0	100	33	1410	59	63	21	4	16	2	31	25	20	90	20	X	X	X	X	X	RYE BREAD (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RYE FLOUR, YEAST, WHEAT FLOUR, SALT, FUMARIC ACID, MALTED BARLEY FLOUR, MALT POWDER (DRIED CORN SYRUP, BARLEY MALT EXTRACT), AND 2% OR LESS OF EACH OF THE FOLLOWING: ACETIC ACID, LACTIC ACID, FULLY REFINED SOYBEAN OIL, WHEAT GLUTEN, WHOLE CARAWAY SEED, GRANULATED SUGAR, CALCIUM PROPIONATE (TO RETAIN FRESHNESS), DOUGH IMPROVER (MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID), CALCIUM SULFATE, ENZYMES), MÜNSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (VEGETABLE COLORING)), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), BUTTER SUBSTITUTE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL WITH SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES), ARTIFICIAL COLOR, DIMETHYLPOLYSILOXANE ADDED AS AN ANTI-FOAMING AGENT), SALT, PEPPER
Harvest Turkey / Ciabatta	12.3	348	700	210	24.0	37	9.0	45	0	85	28	2040	85	83	28	4	16	11	37	8	6	35	20	X	X	X	X	X	CIABATTA (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACINE, IRON, THIAMINE MONONITRATE, RIBOFLAVINE, FOLIC ACID), WATER, SUGAR, YEAST, CANOLA OIL, WHEAT GLUTEN, MONO AND DIGLYCERIDES OF FATTY ACIDS, BETA-CAROTENE, ASCORBIC ACID, AMYLASE, XYLANASE, HEMICELLULOSE, CELLULOSE), TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)), PICKLED RED ONIONS (FRESH RED ONIONS, WHITE VINEGAR, SUGAR, SALT, FRESH APPLE SLICES, CRANBERRY MAYONNAISE (MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR))), DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), WHOLE BERRY CRANBERRY SAUCE (CRANBERRIES, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER)
Pastrami & Swiss Melt / Rye Bread	10.2	290	530	180	20.0	31	7.0	35	0	45	15	1260	53	62	21	5	20	3	25	6	40	45	20	X	X	X	X	X	RYE BREAD (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RYE FLOUR, YEAST, WHEAT FLOUR, SALT, FUMARIC ACID, MALTED BARLEY FLOUR, MALT POWDER (DRIED CORN SYRUP, BARLEY MALT EXTRACT), AND 2% OR LESS OF EACH OF THE FOLLOWING: ACETIC ACID, LACTIC ACID, FULLY REFINED SOYBEAN OIL, WHEAT GLUTEN, WHOLE CARAWAY SEED, GRANULATED SUGAR, CALCIUM PROPIONATE (TO RETAIN FRESHNESS), DOUGH IMPROVER (MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID), CALCIUM SULFATE, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING (SALT, FLAVORING), SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING, SEASONING INGREDIENTS: SPICES, SALT, CARMEL COLOR, SUGAR, SMOKE FLAVOR), APPLE CIDER SLAW (GREEN CABBAGE, RED CABBAGE, CARROT, APPLE CIDER VINAIGRETTE (SOYBEAN OIL, WATER, HIGH FRUCTOSE CORN SYRUP, VINEGAR (BALSAMIC, CIDER), APPLE JUICE CONCENTRATE, EGG YOLK, CONTAINS LESS THAN 2% OF: SUGAR, SALT, NATURAL FLAVOR, XANTHAN GUM, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES), SPICES, ONION, PROPYLENE GLYCOL ALGINATE, GARLIC, CITRIC ACID), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), BUTTER SUBSTITUTE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL WITH SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES), ARTIFICIAL COLOR, DIMETHYLPOLYSILOXANE ADDED AS AN ANTI-FOAMING AGENT)
Tarragon Chicken Salad / Wheatberry Bread	10.2	288	530	270	30.0	46	4.5	23	0	50	17	800	33	44	15	4	16	17	19	15	30	2	6	X	X	X	X	X	WHEATBERRY BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE)





Bruegger's Bagels Nutritional Information														P= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN													
SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (% DV)	TOTAL FAT (G)	SATURATED FAT (% DV)	SATURATED FAT (G)	TRANS FAT (% DV)	TRANS FAT (G)	CHOLESTEROL (% DV)	CHOLESTEROL (MG)	SODIUM (% DV)	SODIUM (MG)	DIETARY FIBER (% DV)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SOY	WHEAT			

**INGREDIENT LIST**

New England Clam Chowder	8.0	227	250	160	18.0	28	14.0	7.0	0	80	27	730	30	16	5	0	0	0	0	0	1	7	4	20	0	4	X	X	X	X	WATER, CREAM, CLAMS [SEA CLAMS, SEA CLAM JUICE, SALT, SODIUM TRIPHOSPHATE (TO RETAIN NATURAL JUICES), CALCIUM DISODIUM EDTA (TO PRESERVE COLOR)], CONCENTRATED SEA CLAM JUICE (SEA CLAM JUICE, AND SALT), POTATOES (CONTAINS SODIUM ACID PYROPHOSPHATE), ONIONS, CONTAINS LESS THAN 2% OF THE FOLLOWING: BUTTER (PASTEURIZED CREAM, SALT), MODIFIED FOOD STARCH, CLAM BASE (COOKED CLAMS AND CLAM JUICE, SALT, CLARIFIED BUTTER OIL, SUGAR, HYDROLYZED WHEAT GLUTEN, HYDROLYZED SOY WHEAT GLUTEN PROTEIN, AUTOLYZED YEAST EXTRACT, DEHYDRATED POTATO FLAKES, DRIED CLAM EXTRACT, NATURAL AND ARTIFICIAL CLAM FLAVOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, XANTHAN GUM, MONO AND DIGLYCERIDES (AS EMULSIFIERS)), SUGAR, NATURAL SEA SALT, GARLIC (GARLIC, WATER), SPICES.
Tomato Feta Bisque	8.0	227	90	20	2.5	4	2.5	13	0	10	3	1090	45	14	5	2	8	7	6	10	25	10	4				X				TOMATO JUICE (TOMATOES, SALT), WATER, TOMATOES (VINE-RIPENED FRESH UNPEELED TOMATOES, EXTRA HEAVY TOMATO PUREE AND SALT), TOMATOES (TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE), CRUMBLLED FETA CHEESE [PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES, POTATO STARCH (TO PREVENT CAKING)], CONTAINS LESS THAN 2% OF THE FOLLOWING: BROWN SUGAR (SUGAR, CANE SYRUP), MODIFIED FOOD STARCH, GARLIC, SALT, SPICES.
Vegetable	8.0	227	90	20	2.5	4	0.0	0	0	0	0	610	25	16	5	2	8	5	2	110	25	4	4				X				WATER, CARROTS, NAVY BEANS (NAVY BEANS AND WATER), RED ONION, TOMATOES (TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE), SWEET POTATO, CORN, CELERY, ZUCCHINI, SQUASH, KALE, RED BELL PEPPERS, CONTAINS LESS THAN 2% OF THE FOLLOWING: TOMATO PASTE, VEGETABLE CONCENTRATE [A BLEND OF VEGETABLE PUREES (CARROT, CELERY, ONION, SAUTEED ONION, RED BELL PEPPER), DEHYDRATED TOMATO, CARROTS, GREEN BELL PEPPER, ONION JUICES (ONION, GARLIC, SHALLOT, CARROT), SUGAR, SALT, YEAST EXTRACT, HYDROLYZED CORN PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: MALTODEXTRIN, CANOLA OIL, NATURAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED FOOD STARCH, SPICE, HYDROLYZED SOY PROTEIN, BURGUNDY WINE SOLIDS], MODIFIED FOOD STARCH, SUGAR, VIRGIN OLIVE OIL, WINE (SALT, SULFITES), MIREPOIX BASE (VEGETABLE PUREES (CARROT, CELERY, ONION), SALT, MALTODEXTRIN, ONION POWDER, CANOLA OIL, CORN STARCH, CARROT POWDER, CONTAINS 2% OR LESS OF THE FOLLOWING: EXTRACTIVE OF CARROT, XANTHAN GUM, SPICE EXTRACTIVES), JALAPENO, SALT, GARLIC (GARLIC, WATER), SPICES, CILANTRO.

**TOPPINGS** VALUES LISTED BELOW ARE FOR A SINGLE BAGEL OR CAFE SALAD PORTION; FULL SIZE SANDWICHES AND ENTRÉE SALADS USE APPROX. TWICE THE AMOUNT LISTED BELOW

TOPPING	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (% DV)	TOTAL FAT (G)	SATURATED FAT (% DV)	SATURATED FAT (G)	TRANS FAT (% DV)	TRANS FAT (G)	CHOLESTEROL (% DV)	CHOLESTEROL (MG)	SODIUM (% DV)	SODIUM (MG)	DIETARY FIBER (% DV)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SOY	WHEAT							
<b>CHEESE</b>																																
American Cheese	0.8	21.0	20.0	20.0	7.0	11.0	4.0	20.0	0.0	5.0	2.0	270.0	11.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0	2.0	0.0	15.0	0.0				X			MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASCORBIC ACID (AS A PRESERVATIVE), ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION.	
Asiago Cheese, Shredded	0.5	20	15	2	3.0	1	5.0	0	5	2	65	3	1	0	0	0	0	1	2	0	4	0						X			ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES).	
Blue Cheese	1.0	28	100	70	8.0	12	5.0	25	0	25	8	280	16	1	0	1	4	0	6	6	0	15	0					X			PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING.	
Cheddar Cheese	0.7	19.0	70.0	50.0	6.0	9.0	3.5	18.0	0.0	20.0	7.0	120.0	5.0	1.0	0.0	0.0	0.0	0.0	5.0	4.0	0.0	15.0	0.0					X			PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED].	
Muenster Cheese	1.0	28.0	100.0	70.0	8.0	12.0	5.0	25.0	0.0	30.0	10.0	190.0	8.0	1.0	0.0	0.0	0.0	0.0	6.0	6.0	0.0	20.0	0.0					X			PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (VEGETABLE COLORING).	
Provolone Cheese	0.5	14.0	50.0	35.0	4.0	6.0	2.5	13.0	0.0	10.0	3.0	120.0	5.0	0.0	0.0	0.0	0.0	0.0	3.0	2.0	0.0	10.0	0.0					X			PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES.	
Swiss Cheese	0.5	14.0	50.0	35.0	4.0	6.0	2.5	13.0	0.0	15.0	5.0	30.0	1.0	1.0	0.0	0.0	0.0	0.0	4.0	4.0	0.0	15.0	0.0					X			PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.	
<b>CONDIMENTS</b>																																
Butter	0.5	14	100	100	11.0	17	7.0	36	0	30	10	90	4	0	0	0	0	0	0	8	0	0	0					X			CREAM (MILK), SALT.	
Chipotle Sauce	0.5	14	100	100	11.0	17	1.5	8	0	5	2	120	5	0	0	0	0	0	0	0	0	0	0				X				VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, EGG YOLK, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.	
Dijon Mustard	0.5	14	0	0	0.0	0.0	0	0	0	0	180	8	0	0	0	0	0	0	0	0	0	0	0								DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TURMERIC, SPICES.	
Honey Mustard	0.5	14	45	0	0.0	0.0	0	0	0	0	45	2	9	3	0	0	9	0	1	1	1	0						X			SUGAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TURMERIC, PAPRIKA.	
Honey	0.7	21	64	0	0.0	0.0	0	0	0	0	0	1	0	17	6	0	0	17	0	0	0	0	0								PURE HONEY.	
Horseradish Mayo	1.1	30	140	110	13.0	19	2.0	9	0	10	3	280	12	6	2	0	0	5	0	2	0	0	X					X			SOYBEAN OIL, CORN SYRUP, VINEGAR, HORSERADISH, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), EGG YOLK, CONTAINS 2% OR LESS OF: SALT, SUGAR, SPICE, XANTHAN GUM, ARTIFICIAL FLAVOR.	
Hummus	2.0	57	120	60	6.0	9	1.0	5	0	0	125	5	10	3	0	0	5	0	0	0	2	20						F	F		CHICK PEAS, TAHINI (ROASTED GROUND SESAME SEEDS), LEMON JUICE, WATER, LESS THAN 2% OF: GARLIC, OLIVE OIL, PARSLEY, CUMIN, CHICK PEA POWDER, SORBIC ACID (MAINTAINS FRESHNESS).	
Jelly/Jam - Grape	0.7	20	50	0	0.0	0.0	0	0	0	0	5	0	13	4	0	0	12	0	0	0	0	0									GRAPE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PECTIN, CITRIC ACID, SODIUM CITRATE.	
Jelly/Jam - Strawberry	0.7	20	50	0	0.0	0.0	0	0	0	0	0	0	13	4	0	0	0	0	0	0	0	0									STRAWBERRIES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, PECTIN, CITRIC ACID, GRAPE JUICE CONCENTRATE ADDED FOR COLOR, NATURAL FLAVOR.	
Mayo	0.5	14	100	100	11.0	17	1.5	8	0	10	3	100	4	1	0	0	0	0	0	0	0	0	X					X			SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR).	
Peanut Butter	1.5	43	250	190	21.0	32	4.0	20	0	0	200	8	9	3	12	4	9	0	0	0	6			X	X						ROASTED PEANUTS, SUGAR, PARTIALLY HYDROGENATED VEGETABLE OILS (COTTONSEED, SOYBEAN AND RAPESEED) TO PREVENT SEPARATION, SALT.	
Sriracha Sauce	1.0	28	30	0	0.0	0.0	0	0	0	0	570	24	6	2	0	0	6	0	0	0	0										CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM.	
Sundried Tomato Mayo	0.7	21	140	140	15.0	24	2.5	12	0	15	5	130	5	1	0	0	0	0	2	8	2	0	0	X				X			MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA [ADDED TO PROTECT FLAVOR]), SUN-DRIED ROMA TOMATO SOLIDS, SUN-DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER (CREAM, MILK, SALT), DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE (MILK, SALT, ENZYMES), RED RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT.	
Sundried Tomato Spread	0.6	16	79	54	6.0	9	2.0	10	0	6	2	46	2	5	2	0	1	1	1	6	9	1	2					X			SUN RIFENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER (CREAM, MILK, SALT), DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE (MILK, SALT, ENZYMES), RED RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT.	
<b>EGGS &amp; EGG PATTIES</b>																																
Egg White Patty	2.0	57	40	0	0.0	0.0	0	0	0	0	0	190	8	2	1	0	0	0	6	0	0	0	X					X			EGG WHITES, CONTAINS LESS THAN 2% OF: CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR (NATURAL REACTION FLAVOR, GLYCERIN), SALT.	
Liquid Egg White	2.0	58	30	0	0.0	0.0	0	0	0	0	0	95	4	0	0	0	0	0	6	0	0	0	X								LIQUID EGG WHITES, TRIETHYL CITRATE ADDED AS A WHIPPING AID.	
Whole Egg Patty	2.0	57	110	80	9.0	14	2.0	10	0	175	58	170	7	2	1	0	0	1	5	4	0	2	4	X				X			WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF: CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY.	
Fresh Cracked Egg	2.0	57	80	50	6.0	9	1.5	8	0	210	70	80	3	1	0	0	0	1	7	6	0	4	6	X							PASTEURIZED EGGS.	
<b>MEAT</b>																																
Bacon	0.5	14	70	50	6	9	2	11	0	15	5	220	9	1	0	0	0	1	4	0	0	0									CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBONATE, SODIUM BENZOATE, SODIUM BIPHOSPHATE, SODIUM NITRITE).	
Chicken Breast	4.0	113	140	35	4	6	1.5	7	0	60	20	700	29	1	0	0	0	0	25	0	0	0	2	X				X				CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING (SALT, ROAST CHICKEN FLAVOR [CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE (WATER, SOYBEANS, WHEAT, AND SALT)], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID), SALT, RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS).
Egg Salad	2.5	71	150	120	13.0	20	4.0	20	0	215	72	140	6	2	1	0	0	1	8	10	2	4	6	X				X				PASTEURIZED EGGS, ONION & CHIVE CREAM CHEESE (PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE [MILK PROTEINS], CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN GUM, LOCAL BEAN AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS]), MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA [ADDED TO PROTECT FLAVOR]).
Ham	1.8	50	45	10	1.0	2	0.0	0	0	20	7	550	23	2	1	0	0	2	7	0	0	0	2								SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE).	
Pastrami	1.3	38	25	10	1.5	2	0.0	0	0	10	3	230	10	0	0	0	0	0	3	0	0	0									PASTRAMI CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING (SALT, FLAVORING), SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING, SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).	
Salmon	1.8	50	80	25	2.5	4	1	4	0	25	9	737	31	0	0	0	0	13	0	0	0	0		X							SALMON, SALT, HARDWOOD SMOKE.	
Sausage	1.5	43	160																													



**Bruegger's Bagels Nutritional Information**

**P= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN**

	SERVING SIZE (OZ)	SERVING SIZE (g)	CALORIES	CALORIES FROM FAT	TOTAL FAT (% DV)	SATURATED FAT (% DV)	TRANS FAT (% DV)	CHOLESTEROL (MG)	SODIUM (MG)	SODIUM (% DV)	DIETARY FIBER (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VTAMIN A (% DV)	VTAMIN C (% DV)	CALCIUM (mg)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/SEEDS	SOY	WHEAT		
<b>INGREDIENT LIST</b>																													
Tuna Salad	2.5	71	230	170	19.0	29	2.5	13	0	40	13	330	14	3	1	0	0	0	0	0	0	0	2	X	X		X	X	TUNA (LIGHT TUNA, WATER, VEGETABLE BROTH [CONTAINS SOY], SALT), MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), BREAD CRUMBS (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA], WATER, SALT, CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS) OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS).
Turkey	1.8	50	45	0	0.0	0	0.0	0	0	15	5	430	18	2	1	0	0	0	1	9	0	0	0	2				X	SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE).
<b>NUTS/OTHER</b>																													
Almonds (Sliced)	0.2	4.5	25	20	2.5	4	0.0	0	0	0	0	0	1	0	0	0	0	0	1	0	0	0	2				X		ALMONDS.
Croutons	0.5	14	70	25	3.0	5	0.0	0	0	0	170	7	8	3	0	0	0	0	1	0	0	0	0			X	X	X	ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ (PRESERVATIVE)].
Sesame Seeds	0.2	7	40	30	3.5	5	0.0	0	0	0	0	0	2	1	1	5	0	1	0	0	0	4							TOASTED SESAME SEEDS.
<b>VEGETABLES &amp; FRUIT</b>																													
Capers	0.1	3	0	0	0	0	0	0	0	0	65	3	0	0	0	0	0	0	0	0	0	0	0						CAPERS, WATER, SALT, WINE VINEGAR.
Cucumbers	0.7	21	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0						FRESH CUCUMBER.
Green Peppers	1.0	28	6	0	0.0	0.0	0	0	0	1	0	1	0	0	0	1	0	2	38	0	1								GREEN PEPPERS.
Jalapenos	1.1	30	5	0	0.0	0.0	0	0	0	290	12	1	0	1	4	0	0	4	4	1	2								JALAPENO PEPPERS, WATER, VINEGAR, SALT, SUGAR, SPICES, CALCIUM CHLORIDE.
Lettuce	0.1	4	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0	7	1	0	0								FRESH LETTUCE.
Pickles	1.0	28	0	0	0.0	0.0	0	0	0	330	14	1	0	0	0	0	0	0	0	0	0	0							FRESH CUCUMBERS, WATER, VINEGAR, SALT, SPICES, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVORS, GARLIC OIL, POLYSORBATE 80, TUMERIC (COLOR).
Pickled Red Onions	1.0	28	40	0	0.0	0.0	0	0	0	210	9	11	4	0	0	1	0	0	2	0	0								FRESH RED ONION, WHITE VINEGAR, SUGAR, SALT.
Red Onions	0.1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0								FRESH RED ONION.
Red Peppers	1.0	28	6	0	0.0	0.0	0	0	0	1	0	1	0	0	0	1	0	2	38	0	1								RED PEPPERS.
Sprouts	0.1	3	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0								FRESH SPROUTS.
Tomatoes	0.2	5	0	0	0	0	0	0	0	0	2	1	0	0	1	0	6	8	0	0									FRESH TOMATO.
Cranberries (Dried)	0.7	21	60	0	0.0	0.0	0	0	0	0	15	5	2	6	13	0	0	0	0	0									CRANBERRIES, SUGAR, SUNFLOWER OIL.