

Bruegger's Bagels Nutritional Information		F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																																
EST 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST	
BAGELS & BREADS																																		
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VALUES LISTED ARE FOR FULL-SIZED BAGELS. SKINNY BAGELS ARE APPROX. 2/3 OF AMOUNT LISTED BELOW.																																		
Asiago Parmesan	4.3	123	310	25	3.0	5	0.5	3	0	5	2	600	25	61	20	4	16	7	12	2	0	4	20	F									X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA).
Blueberry	4.1	115	310	15	2.0	3	0.0	0	0	0	0	500	21	63	21	4	14	14	11	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, LIGHT BROWN SUGAR, MALT, INFUSED WILD BLUEBERRIES (BLUEBERRY, SUGAR, GLYCEROL, SAFFLOWER OIL, CITRIC ACID, CALCIUM LACTATE, POTASSIUM SORBATE, NATURAL BLUEBERRY FLAVOR), SALT, BLUEBERRY FLAVOUR (PROPYLENE GLYCOL, WATER, FRUIT JUICE CONCENTRATE, NATURAL FLAVOURS, BENZYL ALCOHOL, ETHYL ALCOHOL), WHEAT GLUTEN, CULTIVATED BLUEBERRY, MALT, BAKERS YEAST.
Bruegger Bites (3)	1.5	43	120	20	2.5	4	0.0	0	0	0	0	190	8	22	7	1	4	3	4	0	0	0	8	F									X	ROSEMARY OLIVE OIL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST).
Cinnamon Raisin	4.1	115	310	15	2	3	0	0	0	0	0	480	20	65	22	4	17	10	11	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RAISINS, MALT SYRUP, LIGHT BROWN SUGAR, SUGAR, SALT, CINNAMON, HONEY, YEAST.
Cinnamon Sugar	4.1	116	320	15	2.0	3	0	0	0	0	0	420	17	63	21	4	17	13	14	0	0	4	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, CINNAMON SUGAR TOPPING (SUGAR, CINNAMON), SALT, YEAST, WHEAT GLUTEN.
Cranberry Orange (seasonal)	4.1	115	310	15	2	3	0	0	0	0	0	480	20	64	21	4	15	16	10	0	8	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, LIGHT BROWN SUGAR, MALT, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL, SALT), ORANGE PEEL, BAKERS YEAST.
Egg (select markets)	4.1	115	300	20	2.0	3	0.0	0	0	0	1	590	24	60	20	3	14	11	11	0	0	2	20	X									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, HONEY, LIGHT BROWN SUGAR, EGG POWDER, SALT, MALT, BAKERS YEAST, CURCUMIN (TURMERIC COLOUR EXTRACT, MODIFIED STARCH).
Everything	4.1	117	310	20	2.5	4	0	0	0	0	0	710	30	62	21	4	15	7	12	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, SESAME SEEDS, ROCK SALT, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, BAKERS YEAST.
Everything Whole Wheat	4.1	117	280	20	2.5	4	0.0	0	0	0	0	790	33	55	18	6	24	5	13	0	0	4	15	F									X	WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), EVERYTHING TOPPING (SESAME SEEDS, PRETZEL ROCK SALT, POPPY SEEDS, GARLIC, ONION).
French Toast Bagel (seasonal)	4.6	130	370	35	4.0	6	1.0	5	0	25	9	650	27	72	24	4	15	20	13	0	5	6	20	X				X					X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, BROWN SUGAR, HONEY, CRUNCHY CINNAMON BITS (SUGAR, WHEAT FLOUR, CORN CEREAL, CINNAMON AND SOYBEAN OIL), BAKERS YEAST, EGG POWDER, SALT, MALT, CARAMEL COLOR, CURCUMIN.
Garlic	4.1	115	300	15	2.0	3	0	0	0	0	0	520	22	61	20	4	15	7	12	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, DEHYDRATED GARLIC, SALT, BAKERS YEAST.
Honey Grain	4.1	115	310	25	2.5	4	0	0	0	0	0	490	20	61	20	4	15	10	11	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, HONEY, MOLASSES, OATS, SESAME SEEDS, SALT, RYE, BAKERS YEAST.
Jalapeno (select markets)	4.1	115	330	30	3.0	5	0.0	1	0	0	0	480	20	67	22	9	37	7	13	10	160	4	25	F									X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND CALCIUM CHLORIDE).
Jalapeno Cheddar (select markets)	5.5	155	440	80	9.0	14	3.5	18	0	20	7	650	27	75	25	10	40	7	19	15	180	15	30	F		X							X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND CALCIUM CHLORIDE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Onion	4.1	115	300	20	2.0	3	0	0	0	0	0	530	22	61	20	4	15	8	12	0	2	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, DEHYDRATED ONION, BAKERS YEAST.
Plain	4.1	115	300	20	2	3	0	0	0	0	0	530	22	60	20	4	14	7	12	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, BAKERS YEAST.
Poppy	4.1	116	310	20	2.5	4	0	0	0	0	0	610	26	61	20	4	15	7	12	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, POPPY SEEDS, YEAST.
Pretzel Bagel (seasonal)	4.2	118	300	20	2	3	0	0	0	0	0	1500	63	61	20	4	16	7	12	0	0	2	20			X						X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, ROCK SALT, SALT, YEAST, SODIUM BICARBONATE (LESS THAN 1%).	
Pumpkin	4.1	115	290	15	2.0	3	0.0	0	0	0	0	480	20	60	20	4	16	12	10	20	2	0	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, PUMPKIN, LIGHT BROWN SUGAR, MALT, SALT, CINNAMON, BAKERS YEAST, GINGER, NUTMEG, ALLSPICE.
Rosemary Olive Oil	4.1	115	330	60	6.0	10	.5	3	0	0	0	510	21	59	20	4	14	8	11	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST.
Salt (select markets)	4.2	118	300	20	2.0	3	0.0	0	0	0	0	1540	64	61	20	4	14	7	12	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALTO, ROCK SALT, SALT, BAKERS YEAST.
Sesame	4.1	116	310	30	3.0	5	0	0	0	0	0	610	25	60	20	4	15	7	12	0	0	2	40	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT SYRUP, SESAME SEEDS, SALT, BAKERS YEAST.
Sesame Whole Wheat (select markets)	4.2	120	300	40	4.5	7	0.0	0	0	0	0	620	26	56	19	6	24	5	13	0	0	2	20	F									X	WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), SESAME SEEDS.
Sourdough (select markets)	4.1	115	290	15	2.0	3	0.0	0	0	0	0	540	23	56	19	4	15	7	11	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, SOURDOUGH CULTURE (WATER, FERMENTED WHEAT FLOUR), MALT, CRACKED WHEAT, SALT, BAKERS YEAST, WHEAT GLUTEN.
12 Grain (select markets)	4.1	115	300	20	4.5	7	0.0	0	0	0	0	410	17	55	18	6	24	6	13	0	20	4	20									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, 12 GRAIN BLEND (BROWN FLAX, BARLEY FLAKES, CORN MEAL, YELLOW FLAX MEAL, RYE FLAKES, TRITICALE FLAKES, OAT FLAKES, BUCKWHEAT GRITS, HULLED MILLET, BROWN RICE MEAL, BROWN SESAME SEED AND SUNFLOWER SEED), WHEAT GLUTEN, CHIA SEEDS, ASCORBIC ACID, SALT, MALT, HONEY, MOLASSES, YEAST.	
Whole Wheat	4.1	115	270	15	2.0	3	0.0	0	0	0	0	620	26	54	18	5	20	5	12	0	0	2	15	F									X	FLOUR (WHOLE WHEAT, WATER) UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT GLUTEN, MALT, HONEY, SALT, YEAST
BREADS & WRAPS																																		
Ciabatta Roll	4.2	118	320	25	3.0	5	1.0	5	0	0	0	600	25	64	21	2	8	8	10	0	10	0	30	X									X	ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, 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.
Wheat Bread		54	150	20	2.0	3	0.5	3	0	0	0	270	11	30	10	2	8	5	5	0	0	0	4									X	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.	
White Wrap	2.4	67	180	14	1.5	2	1.0	5	0	0	0	420	18	32	11	3	12	1	6	0	0	0	10									X	ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH.	

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	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST			
Classic Wrap w/Sausage	9.2	261	710	430	47.0	72	18.0	90	0	420	140	1280	53	37	12	3	12	3	31	15	0	30	20	X									X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap w/ Turkey Sausage	9.2	260	620	330	36.0	55	13.0	65	0	430	143	1270	53	38	13	3	12	3	33	145	0	30	20	X									X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/Bacon	9.2	260	700	390	43.0	66	17.0	85	0	505	168	1480	62	37	12	3	12	5	42	20	0	30	20	X									X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/Ham	9.4	267	530	230	26.0	40	11.0	55	0	480	160	1370	57	37	12	3	12	4	37	20	0	35	25	X									X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/Sausage	9.2	261	640	370	41.0	63	17.0	85	0	490	163	1100	46	34	11	3	12	2	36	20	0	30	25	X									X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/ Turkey Sausage	9.2	259	560	270	30.0	46	13.0	65	0	500	167	1090	45	35	12	3	12	3	38	20	0	35	25	X									X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Skinny Zesty Egg White Sandwich / Plain Bagel	7.0	199	410	120	13.0	20	5.0	25	0	55	18	880	37	47	16	3	12	6	26	8	4	15	15	X									X	X	EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALT, SALT, BAKERS YEAST), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), SUNDRIED TOMATO SPREAD (SUN RIPENED 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], HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT).
Smoked Salmon / Plain Bagel	8.4	238	460	90	10.0	15	4.5	23	0	45	15	1520	63	66	22	4	16	10	26	10	10	4	20	X									X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SALMON (SALMON, SALT, HARDWOOD SMOKE), FRESH TOMATO, PLAIN CREAM CHEESE (PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES [MILK PROTEINS], CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS], NATURAL FLAVOR), FRESH RED ONIONS, CAPERS (CAPERS, WATER, SALT, WINE VINEGAR).
Sriracha Egg Sandwich / Sausage / Plain Bagel	10.7	305	680	300	33.0	51	11.0	55	0	225	75	1670	70	72	24	4	16	16	28	35	90	15	25	X									X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED BELL PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Sriracha Egg Sandwich - Fresh Cracked Egg / Sausage / Plain Bagel	10.7	304	650	270	30.0	46	11.0	55	0	260	87	1580	66	70	23	4	16	15	30	35	90	20	30	X									X	X	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Western / Plain Bagel	9.2	262	670	310	34.0	52	9.0	45	0	215	72	1210	50	67	22	4	16	11	25	20	30	15	25	X									X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH RED ONIONS, FRESH GREEN PEPPERS, ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID), FRESH TOMATO.
Western - Fresh Cracked Egg / Plain Bagel	9.1	258	670	300	34.0	52	10.0	50	0	255	85	1190	50	66	22	4	16	11	30	15	40	20	25	X									X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FRESH CRACKED EGG PASTEURIZED EGGS, WATER, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH RED ONIONS, FRESH GREEN PEPPERS, Bell Pepper, Maltodextrin 10000 L, Salt, Maltodextrin 60, Bakers Yeast.
Pastrami, Egg & Swiss / Pumpernickel Bagel	7.9	224	490	150	16.0	25	5.0	25	0	195	65	1000	42	65	22	4	16	11	24	8	0	15	25	X									X	X	PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), 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).
Pastrami, Egg & Swiss - Fresh Cracked Egg / Pumpernickel Bagel	7.9	224	460	120	13.0	20	4.5	23	0	230	77	310	38	64	21	4	16	11	26	8	0	20	25	X									X	X	PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), FRESH CRACKED EGG (PASTEURIZED EGGS), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), 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).

Bruegger's Bagels Nutritional Information														F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																				
EST 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES		CALORIES FROM FAT		TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (G)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (MG)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST
	280	31.0	48	23	0	55	18	1020	43	67	22	4	16	13	25	15	30	2	10	X	X													
Tuna Salad / Wheat Bread	11.8	335	650	280	31.0	48	23	0	55	18	1020	43	67	22	4	16	13	25	15	30	2	10	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, 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), 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).
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											PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, 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, LETTUCE, 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											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]).
Pastrami / Plain Bagel	8.0	266	410	80	9.0	14	3.5	18	0	30	10	1350	56	63	21	4	16	9	22	10	8	15	20											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, CARAMEL 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												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), 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, 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										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 PROTIENS), 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										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, ONION & CHIVE CREAM CHEESE PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)), ARUGULA.
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										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 PROTIENS), 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, CARAMEL 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											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.

Bruegger's Bagels Nutritional Information														F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																			
EST 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST	
	9.7	274	570	190	21.0	32	5.0	25	0	255	85	1410	59	64	21	4	16	11	33	15	6	8	30	X	X				X	X			PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, YEAST, LIGHT BROWN SUGAR, CARAMEL COLOR, WHEAT BRAN, CARAWAY SEEDS), WILD SMOKED SALMON (SOCKEYE SALMON, SALT, SUGAR, HARDWOOD SMOKE), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), 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 CUCUMBERS, ARUGULA.
	11.2	317	810	410	45.0	69	8.0	40	0	70	23	2310	96	66	22	4	16	11	35	8	10	4	25	X		X			X	X			EVERYTHING BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, SESAME SEEDS, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, YEAST), TURKEY (TURKEY BREAD, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH TOMATO, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), ARUGULA, SALT, PEPPER.
BURGERS																																	
	12.5	353	850	400	44.0	68	15.0	75	1	110	37	1470	61	79	26	4	16	13	33	10	15	15	30	X		X			X	X			BEEF STEAKBURGER (BEEF, SALT, SODIUM PHOSPHATES, SPICE), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, BAKERS YEAST), FRESH TOMATO, LETTUCE, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), PICKLED RED ONIONS (FRESH RED ONIONS, WHITE VINEGAR, SUGAR, SALT), BRUE-B-Q SAUCE (MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)], SWEET RELISH [RELISH STOCK [CUCUMBERS, CABBAGE, WATER, SALT, CALCIUM CHLORIDE], HIGH FRUCTOSE CORN SYRUP, DISTILLED WHITE VINEGAR, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES, GUAR GUM, ALUM, XANTHAN GUM, DEHYDRATED RED BELL PEPPERS, EXTRACTIVES OF TURMERIC, FD&C YELLOW #5 AND BLUE #1, NATURAL FLAVORINGS, POLYSORBATE 80], HICKORY BROWN SUGAR BBQ SAUCE [HIGH FRUCTOSE CORN SYRUP, VINEGAR, TOMATO PASTE, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: SALT, NATURAL HICKORY SMOKE FLAVOR, PINEAPPLE JUICE CONCENTRATE, SPICES, CARAMEL COLOR, SODIUM BENZOATE AS A PRESERVATIVE, MOLASSES, CORN SYRUP, GARLIC, SUGAR, TAMARIND, NATURAL FLAVOR], SRIRACHA SAUCE [CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM]).
	11.7	333	920	480	54.0	83	19.0	95	1	335	112	1560	65	68	23	4	16	12	45	10	0	20	35	X		X		X	X			ASIAGO-PARMESAN BAGEL (PLAIN BAGEL [UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST], ASIAGO PARMESAN SHRED [ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES), POWDERED CELLULOSE WITH ENZYMES (TO PREVENT CAKING)], ITALIAN SPICE [CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA]), BEEF STEAKBURGER (BEEF, SALT, SODIUM PHOSPHATES, SPICE), FRESH CRACKED EGG (PASTEURIZED EGGS), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), BRUE-B-Q SAUCE (MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]), SWEET RELISH [RELISH STOCK [CUCUMBERS, CABBAGE, WATER, SALT, CALCIUM CHLORIDE], HIGH FRUCTOSE CORN SYRUP, DISTILLED WHITE VINEGAR, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES, GUAR GUM, ALUM, XANTHAN GUM, DEHYDRATED RED BELL PEPPERS, EXTRACTIVES OF TURMERIC, FD&C YELLOW #5 AND BLUE #1, NATURAL FLAVORINGS, POLYSORBATE 80], HICKORY BROWN SUGAR BBQ SAUCE [HIGH FRUCTOSE CORN SYRUP, VINEGAR, TOMATO PASTE, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: SALT, NATURAL HICKORY SMOKE FLAVOR, PINEAPPLE JUICE CONCENTRATE, SPICES, CARAMEL COLOR, SODIUM BENZOATE AS A PRESERVATIVE, MOLASSES, CORN SYRUP, GARLIC, SUGAR, TAMARIND, NATURAL FLAVOR], SRIRACHA SAUCE [CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM]), PEPPER.	
	9.7	274	570	190	21.0	32	5.0	25	0	255	85	1410	59	64	21	4	16	11	33	15	6	8	30	X	X			X	X			PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, YEAST, LIGHT BROWN SUGAR, CARAMEL COLOR, WHEAT BRAN, CARAWAY SEEDS), WILD SMOKED SALMON (SOCKEYE SALMON, SALT, SUGAR, HARDWOOD SMOKE), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), 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 CUCUMBERS, ARUGULA.	
SIDES & DESSERTS																																	
COOKIES																																	
	4.0	113	500	200	22.0	34	13.0	65	0	70	23	220	9	69	23	3	12	38	7					X		X			X	X			ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, MILK FAT, SOY LECITHIN (AN EMULSIFIER), SALT AND VANILLA), BUTTER (MILK), BROWN SUGAR, SUGAR, EGGS, BAKING SODA, SALT, NATURAL FLAVORS.
	4.0	113	460	190	21.0	32	9.0	45	0	50	17	220	9	65	22	4	16	37	7					X		X	X		X	X			INGREDIENTS: OATS, BROWN SUGAR, BUTTER (MILK), ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, RAISINS, PECANS (NUT), WATER, EGGS, SALT, BAKING SODA.
DESSERT BARS																																	
	3.3	94	440	200	22.0	34	11.0	55	0	100	33	150	6	55	18	3	12	42	7					X		X		X	X			SUGAR, CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, MILK FAT, SOY LECITHIN, SALT AND VANILLA), EGGS, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO- & DI-GLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), NATURAL AND ARTIFICIAL FLAVOR, CALCIUM DISODIUM EDTA, VITAMIN A PALMITATE ADDED, BETA CAROTENE, CITRIC ACID), BUTTER (MILK), MILK CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, WHOLE MILK, SOY LECITHIN, SALT, AND VANILLA), COCOA (PROCESSED WITH ALKALI), CONTAINS LESS THAN 2% OF: NATURAL FLAVORS, CORNSTARCH, LEAVENER (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE).	
	3.1	91	340	160	18.0	28	7.0	35	0	30	10	350	15	43	14	2	8	30	6	4	0	6	15	X		X		X	X			BROWN SUGAR, CREAM CHEESE (pasteurized cream and milk, milk proteins, natural acids, cheese culture, salt, xanthan, carob bean and guar gums), WHEAT FLOUR, SUGAR, EGG WHITES, SOYBEAN OIL, WATER, COCOA (processed with alkali), CHOCOLATE CHIPS [sugar, unsweetened chocolate, cocoa butter, soy lecithin (an emulsifier), natural vanilla extract], BUTTER (milk), EGGS, DRY BUTTERMILK (milk), Contains less than 2% of each of the following: NATURAL FLAVORS, SALT, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), CORNSTARCH.	

Bruegger's Bagels Nutritional Information																	F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN											INGREDIENT LIST						
	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY		PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT		
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.	
MEAT																																		
Bacon	0.5	14	70	50	6	9	2	11	0	15	5	220	9	1	0	0	0	1	4	0	0	0	0										CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, 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	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					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, 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]).	
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	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	0	13	0	0	0	0	X									SALMON, SALT, HARDWOOD SMOKE.	
Sausage	1.5	43	160	140	16.0	25	6.0	30	0	30	10	280	12	0	0	0	0	0	6	0	0	0	2										PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR (CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR), FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID.	
Turkey Sausage	1.5	42	80	45	5.0	8	1.5	8	0	40	13	270	11	0	0	0	0	0	8	2	0	2	2										TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES.	
Tarragon Chicken Salad	2.5	71	230	170	18.0	28	2.5	13	0	35	12	340	14	8	3	1	4	6	9	0	0	2	2	X			X	X	X				CHICKEN BREAST (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)), MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), ALMONDS, LEMON JUICE, DRIED TARRAGON.	
Tuna Salad	2.5	71	230	170	19.0	29	2.5	13	0	40	13	330	14	3	1	0	0	0	11	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, MOLLASSES, 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	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).	
NUTS/OTHER																																		
Almonds (Sliced)	0.2	4.5	25	20	2.5	4	0.0	0	0	0	0	0	0	1	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	0	170	7	8	3	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	0	2	1	1	5	0	1	0	0	0	4										TOASTED SESAME SEEDS.	
VEGETABLES & FRUIT																																		
Capers	0.1	3	0	0	0	0	0	0	0	0	0	65	3	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	0	0										FRESH CUCUMBER.	
Green Peppers	1.0	28	6	0	0.0	0	0.0	0	0	0	0	1	0	1	0	0	0	1	0	2	38	0	1											GREEN PEPPERS.
Lettuce	0.1	4	1	0	0	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	0	0	330	14	1	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, TURMERIC (COLOR).	
Pickled Red Onions	1.0	28	40	0	0.0	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	0	0										FRESH RED ONION.	
Red Peppers	1.0	28	6	0	0.0	0	0.0	0	0	0	0	1	0	1	0	0	0	1	0	2	38	0	1											RED PEPPERS.
Tomatoes	0.2	5	0	0	0	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	0	0	0	15	5	2	6	13	0	0	0	0	0										CRANBERRIES, SUGAR, SUNFLOWER OIL.	