



Serving Size (oz)	Bruegger's Bagels Nutrition Facts																	F-- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN										INGREDIENT LIST		
	Values listed are for full-sized bagels. Skinny bagels are approx. 2/3 of amount listed below.																													
Apple Cinnamon - Gourmet	5.2	148	450	9.0	11	2.0	10	0	0	0	0	550	24	83	30		30	10				2	80					X	X	Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Fire Roasted Fuji Apples, Diced Apples, Brown Sugar, Sugar, Contains less than 2% of Caramel Color, Citric Acid, Cinnamon, Nutmeg, Modified Food Starch, Salt, Cinnamon Crunch Topping Raw Washed Sugar, Refined Granulated Sugar, Cinnamon, Canola Oil, Streusel Topping Wheat Flour, Sugar, Zero Trans Fat Vegetable Shortening [Palm Oil, Soybean Oil], Zero Trans Fat Margarine [Soybean Oil, Palm Oil, Water, Salt, Mono And Diglycerides, Soybean Lecithin, Natural Flavor, Annatto Color, Vitamin A Palmitate], Vanilla, Salt.
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		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		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		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).
Cheesy Hash Brown - Gourmet	1.5	126	390	11.0	14	4.0	20	0	10	3	710	31	60	22	0	0	5	13				6	80			X	X	X	Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Hash Brown Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (to maintain color), Three Cheese Blend (Low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke favoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Parmesan/ Asiago Cheese Blend (Parmesan High Moist (Parmesan cheese (part-skim milk, cheese culture, salt and enzymes), Asiago (pasteurized milk, cheese culture, salt and enzymes), Powdered Cellulose w/enzymes (added to prevent caking)), Buter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, salt, kosher, coarse.	
Cinnamon Raisin	4.1	115	310	15	2	3	0	0	0	0	480	20	65	22	4	17	10	11	0	0	2	20	F			X		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	420	17	63	21	4	17	13	14	0	0	4	20	F			X		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.	
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		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 (TUMERIC COLOUR EXTRACT, MODIFIED STARCH).
Everything	4.1	117	310	20	2.5	4	0	0	0	0	710	30	62	21	4	15	7	12	0	0	2	20	F			X		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	790	33	55	18	6	24	5	13	0	0	4	15	F			X		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).	
Five Cheese - Gourmet	4.1	125	390	9.0	12	3.5	18	0	15	5	700	30	53	19			5	15				10	80			X	X	X	Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Three Cheese Blend (Low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke favoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Parmesan/ Asiago Cheese Blend (Parmesan High Moist (Parmesan cheese (part-skim milk, cheese culture, salt and enzymes), Asiago (pasteurized milk, cheese culture, salt and enzymes), Powdered Cellulose w/enzymes (added to prevent caking)).	
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		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	520	22	61	20	4	15	7	12	0	0	2	20	F			X		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	490	20	61	20	4	15	10	11	0	0	2	20	F			X		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	480	20	67	22	9	37	7	13	10	160	4	25	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).	
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		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	530	22	61	20	4	15	8	12	0	2	2	20	F			X		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	530	22	60	20	4	14	7	12	0	0	2	20	F			X		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	610	26	61	20	4	15	7	12	0	0	2	20	F			X		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	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%).	
Pumpnickel	4.1	115	300	20	2.0	3	0	0	0	0	560	23	62	21	4	18	10	11	0	0	2	20	F			X		X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL COLOR, SALT, BAKERS YEAST.	
Pumpkin (seasonal)	4.1	115	290	15	2.0	3	0.0	0	0	0	480	20	60	20	4	16	12	10	20	2	0	20	F			X		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	510	21	59	20	4	14	8	11	0	0	2	20	F			X		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	1540	64	61	20	4	14	7	12	0	0	2	20	F			X		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	610	25	60	20	4	15	7	12	0	0	2	40	F			X		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)	115.0	120	300	40	4.5	7	0.0	0	0	0	620	26	56	19	6	24	5	13	0	0	2	20	F			X		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.	

EST 1983		Bruegger's Bagels Nutrition Facts												F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																				
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
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				X		F					PASTEURIZED CREAM, AND NON FAT MILK, SCALLIONS, BACON, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Cucumber Dill (seasonal)	1.5	43	140	110	13.0	20	6.0	30	0	35	12	120	5	3	1	0	0	1	3	8	0	6	0				X		F					PASTEURIZED CREAM, AND NON FAT MILK, CUCUMBERS, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), DILL, SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Garden Veggie	1.5	43	130	100	11	18	6	31	0	35	11	140	6	5	2	1	4	2	3	10	8	6	0				X		F					PASTEURIZED CREAM, AND NON FAT MILK, CARROTS, SCALLIONS, RED PEPPERS, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Honey Walnut	1.5	43	150	110	12	18	6	32	0	35	11	125	5	8	3	<1	2	3	3	10	0	6	0				X		X					PASTEURIZED CREAM, AND NON FAT MILK, WALNUTS, HONEY, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Jalapeno	1.5	43	140	120	13	20	8	38	0	45	14	150	6	4	1	0	0	2	3	8	0	6	0				X		F					PASTEURIZED CREAM, JALAPENO PEPPERS, NONFAT MILK, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GREEN PEPPERS, CRUSHED RED PEPPER, SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Light Garden Veggie	1.5	43	90	50	6	9	4	20	0	25	8	105	4	3	1	0	0	2	6	10	4	6	8				X		F					CULTURED SKIM MILK, PASTEURIZED CREAM, CARROTS, SCALLIONS, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, DRIED RED PEPPER, ONION POWDER, POTASSIUM SORBATE (MAINTAINS FRESHNESS), CELERY SEED, GARLIC POWDER, NATURAL FLAVOR.
Light Herb Garlic	1.5	43	100	60	6	9	3.5	18	0	25	8	125	5	4	1	0	0	2	6	4	0	8	2				X		F					CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Light Plain	1.5	43	100	60	6	10	3	16	0	25	8	130	5	4	1	<1	3	3	6	4	0	8	0				X		F					CULTURED SKIM MILK, PASTEURIZED CREAM AND NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Olive Pimiento	1.5	43	140	120	13	20	6	29	0	45	14	130	5	3	1	0	0	1	3	10	0	6	0				X		F					PASTEURIZED CREAM, OLIVES (WITH PIMIENTOS), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Onion and Chive	1.5	43	140	110	13	20	8	40	0	35	12	105	4	3	1	0	0	2	3	15	6	4	0				X		F					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).
Plain	1.5	43	130	100	11	17	7	35	0	40	13	125	5	6	2	<1	2	2	3	10	0	6	0				X		F					PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Pumpkin (seasonal)	1.5	43	120	100	11	18	7	36	0	45	14	135	6	4	1	0	0	3	3	15	0	6	0				X		F					PASTEURIZED CREAM, PUMPKIN BASE (PUMPKIN PUREE, CORN SYRUP, SUGAR, BROWN SUGAR, SPICES, CITRIC ACID, SALT, ANNATTO EXTRACT (FOR COLOR), SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES)), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Smoked Salmon	1.5	43	150	120	13	21	6	32	0	40	13	150	6	3	1	<1	2	2	3	10	0	6	0		X	X			F					PASTEURIZED CREAM, AND NON FAT MILK, SMOKED SALMON, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Strawberry	1.5	43	140	110	13	20	7	35	0	30	9	100	4	4	1	0	0	2	3	15	2	2	0				X		F					PASTEURIZED CREAM, STRAWBERRY PRESERVES (STRAWBERRIES, CANE SUGAR SYRUP, MODIFIED FOOD STARCH, STRAWBERRY FLAVOR WITH OTHER NATURAL FLAVORS, CITRIC ACID, POTASSIUM SORBATE, ARTIFICIAL COLOR (RED #40)), NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTEINS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Whipped Plain (California Only)	1.5	43	150	50	14.0	18	10.0	50	0	40	13	115	5	4	1	0	0	2	4	0	0	4	0				X		F					PASTEURIZED MILK AND CREAM, SALT, GUMS (LOCUST BEAN, GUAR AND XANTHAN GUMS), CHEESE CULTURES, POTASSIUM SORBATE (MAINTAINS FRESHNESS) CHEESE CULTURES.

		Bruegger's Bagels Nutrition Information																							F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN											
		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			
SALADS & DRESSINGS		SALADS & DRESSINGS LISTED SEPERATELY																																		
Mixed Greens Base	4.0	113	20	5	0.0	0	0.0	0	0	0	15	1	4	1	2	8	2	2	170	10	6	6										ROMAINE LETTUCE, ARUGULA.				
Blue Apple	9.8	279	360	160	18.0	28	7.0	35	0	55	18	800	33	30	10	8	32	20	23	180	15	25	10			X	X	X	X		MIXED GREENS (ROMAINE, ARUGULA), DICED 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]), APPLE, BLUE CHEESE CRUMBLES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING), ARUGULA, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), ALMONDS, SALT.					
Chicken Caesar	7.7	220	200	70	8.0	12	2.5	13	0	40	13	630	26	14	5	3	12	2	17	170	20	15	8			X		X	X		MIXED GREENS (ROMAINE, ARUGULA), 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]), ASIAGO-PARMESAN BLEND (ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES]), POWDERED CELLULOSE WITH ENZYMES (TO PREVENT CAKING), CROUTONS (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]), LEMON.					
Garden Salad with Chicken		315	270	130	14.0		2.0		0	35		300		22		3		7	16	25	50	6	8			X	X	X	X	X	Romaine Lettuce, Chicken Breast, Fully Cooked [water, rice starch, seasoning (salt, evaporated cane syrup, black pepper), and salt], Balsamic with Olive Oil Vinaigrette PCP Water, Distilled Vinegar, Balsamic Vinegar, Olive Oil, Vegetable Oil (Soybean and/or Canola), Sugar, Salt, Contains Less than 2% of: Garlic, Spice, Rice Starch, Xanthan Gum, Red Bell Pepper, Onion, Tomato, Green bell peppers, Cucumber, Croutons, Arugula Arugula, Red Onion.					
SALAD DRESSINGS		BUILT WITH COMPONENTS INDICATED ON MENU BOARD																																		
Balsamic Vinaigrette	1.0	28	60	50	6.0	9	1.0	5	0	0	0	230	10	3	1	0	0	2	0	0	2	0	0							X	WATER, RED WINE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.					
Caesar	1.0	28	80	60	7.0	11	1.5	8	0	10	3	310	13	2	1	0	0	1	1	0	0	0	0	X	X			X	X		WATER, VINEGAR, SOYBEAN OIL, ROMANO CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD STARCH-MODIFIED, SALT, ANCHOVY PASTE, GARLIC, SPICES, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE 60, XANTHAN GUM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIC ACID, CARAMEL, NATURAL FLAVOR, ONION.					
BREAKFAST SANDWICHES		BUILT WITH COMPONENTS INDICATED ON MENU BOARD																																		
Breakfast Bagel - Egg / Cheese	6.8	193	430	120	18.0	28	6.0	30	0	180	60	970	40	63	21	4	16	8	22	6	0	15	25	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, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET)), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).					
Breakfast Bagel - Egg / Cheese / Bacon	7.3	207	500	170	24.0	37	8.0	40	0	195	65	1190	50	64	21	4	16	9	26	6	0	15	25	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, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET)), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION), 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).					
Breakfast Bagel - Egg / Cheese / Ham	8.3	235.6	510	140	16.0	25	5.0	25	0	210	70	1280	53	65	22	4	16	10	28	6	0	20	25	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, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).					
Breakfast Bagel - Egg / Cheese / Sausage	8.3	236	590	260	34.0	52	12.0	60	0	210	70	1250	52	63	21	4	16	8	28	6	0	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], 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), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET)), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).					
Breakfast Bagel - Egg / Cheese / Turkey Sausage	8.3	235	510	160	23.0	35	8.0	40	0	220	73	1240	52	63	21	4	16	9	29	8	0	20	25	X			X	X			PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, BAKER'S YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET)), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).					
Breakfast Bagel - Egg White / Cheese	6.5	186	390	50	6.0	9	2.5	13	0	15	5	750	31	63	21	4	16	7	22	4	0	15	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), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).					
Breakfast Bagel - Egg White / Cheese / Bacon	7.0	200	460	110	12.0	18	4.5	23	0	30	10	980	41	64	21	4	16	8	26	4	0	15	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), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), BACON (SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).					
Breakfast Bagel - Egg White / Cheese / Ham	8.3	236	440	60	7.0	11	3.0	15	0	30	10	1300	54	65	22	4	16	9	29	4	0	15	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), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), SHAVED HAM (HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).					

		F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																															
		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																																	
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, BAKER'S 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				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, BAKER'S 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				X	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKER'S 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				X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKER'S 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 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				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, Maltolform 10000 L, Salt, Maltolose 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				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				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).
DELI SANDWICHES																																	
BLT / Plain Bagel	7.6	216	530	210	23.0	35	5.0	25	0	35	12	1000	42	64	21	4	16	10	19	8	15	2	20	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, YEAST), TOMATOES, 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), MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, VINEGAR, CORN SYRUP, WATER, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), LETTUCE.
BLT / Wheat Bread	9.0	255	610	390	44.0	68	10.0	50	0	70	23	1200	50	38	13	2	8	11	18	15	30	0	4	X				X				X	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 IODATE, CALCIUM PROPIONATE], DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), 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, LETTUCE, MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA [ADDED TO PROTECT FLAVOR]).
Chicken Breast / Plain Bagel	11.3	321	550	50	6.0	9	1.5	8	0	60	20	1330	55	81	27	4	16	27	37	8	25	2	25	X				X				X	GRILLED 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), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), TOMATOES, HONEY MUSTARD (SUGAR, VINEGAR, MUSTARD, WATER, HONEY, VEGETABLE OIL [SOYBEAN, CANOLA], SALT, MOLASSES, SPICES, PAPRIKA, TURMERIC), LETTUCE.
Garden Veggie / Plain Bagel	12.3	349	360	20	2.0	3	0.0	0	0	0	0	550	23	72	24	5	20	13	12	10	100	6	20				X					X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), RED ONIONS, TOMATOES, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.
Garden Veggie / Plain Bagel (w/ Hummus)	13.5	384	480	70	8.0	12	1.0	5	0	0	0	670	28	83	28	5	20	13	17	10	100	5	40				X					X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALTOFERM, SALT, MALT, BAKER'S YEAST), RED ONIONS, GREEN PEPPERS, HUMMUS (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]), TOMATO, LETTUCE, CUCUMBERS.
Garden Veggie / Wheat Bread	13.6	385	370	35	4.0	6	1.0	5	0	0	0	560	23	73	24	5	20	17	10	20	120	4	8				X					X	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 RED ONIONS, FRESH TOMATO, FRESH GREEN PEPPERS, LETTUCE, FRESH CUCUMBERS.


EST 1983		Bruegger's Bagels										F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN										INGREDIENT LIST											
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	SOY	WHEAT		
Garden Veggie / Wheat Bread (w/ Hummus)	15.5	441	490	90	10.0	15	2.0	10	0	0	0	690	29	83	28	5	20	17	15	20	120	6	30									X	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), RED ONIONS, TOMATO, FRESH GREEN PEPPERS, LETTUCE, CUCUMBERS.
Ham / Plain Bagel	9.1	257	410	60	7.0	11	3.0	15	0	30	10	1300	54	64	21	4	16	10	23	10	15	15	20									X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, LETTUCE, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TURMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Ham / Wheat Bread	13.3	377	470	90	10.0	15	4.0	20	0	50	17	2050	85	67	22	4	16	16	28	20	30	15	10									X	SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), 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, TURMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Tuna Salad / Plain Bagel	8.8	250	550	190	21.0	32	2.5	13	0	40	13	870	36	65	22	4	16	9	22	8	15	2	20	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, YEAST), 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 (BREAD CRUMBS (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, 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.	
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	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, REDUCED IRON, 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).	
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	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, TURMERIC, 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	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, TURMERIC, 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									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, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TURMERIC, 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	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, TURMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ARUGULA, PEPPER.

EST 1983		Bruegger's Bagels														F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																		
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	
SIGNATURE & BAGEL SANDWICHES																																		
Herby Turkey / Sesame Bagel	11.0	313	570	130	15.0	23	4.5	23	0	55	18	1580	66	75	25	4	16	11	34	10	25	10	45	X										Sesame Bagel (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SESAME SEEDS, SALT, YEAST), SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), LETTUCE, RED ONIONS, LIGHT HERB GARLIC CREAM CHEESE (PASTEURIZED SKIM MILK AND CREAM, MILK PROTEINS, WHEY PROTEIN, LESS THAN 2% OF GARLIC, CHIVES, SPICES, SALT, NATURAL FLAVOR, NATURAL ACIDS, XANTHAN, LOCUST BEAN AND GUAR GUMS, VEGETABLE RENNIN, POTASSIUM SORBATE [MAINTAINS FRESHNESS]), SUNDRIED TOMATO SPREAD (TOMATO SOLIDS, SUN DRIED TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER [CREAM, MILK, SALT], DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT).
Leonardo da Veggie / Asiago Parmesan Bagel	10.1	286	490	130	14.0	22	7.0	35	0	45	15	860	36	70	23	5	20	12	21	35	40	30	20				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)), FRESH TOMATO, LETTUCE, FRESH RED ONIONS, MUISTEN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE COLORING]), LIGHT HERB GARLIC CREAM CHEESE (CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS], NATURAL FLAVOR), ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID).
Smoked Salmon with Egg Salad / Pumpernickel Bagel	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							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 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 CUCUMBERS, ARUGULA.
Turkey Chipotle Club / Everything Bagel	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						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 BREAST, 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.
Hot Pastrami / Everything Bagel		296	590	170	19.0		9.0		0	75		2300		66		4		7	35	6	4	35	30			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, Ascorbic Acid), Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring, Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., Deli Mustard (Vinegar, Mustard Seed, Salt, Spices, Turmeric), Swiss Cheese (cultured milk, salt, enzymes), Pickle (fresh cucumbers, water, salt, vinegar, lactic acid, garlic, less than 1/10 of 1% sodium benzoate as preservative, natural spices and flavorings, turmeric (color) and polysorbate 80), Red Onion, Everything Topping (Hulled Sesame, Poppy Seed, Chopped Onion, Minced Garlic, Salt).
Hot Tuna / Ciabatta		232	500	210	24.0		9.0		0	55		1190		51		2		6	23	10	10	20	20	X	X		X		X					Ciabatta Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes, Tomato, Tuna (Albacore tuna fish, water, vegetable broth, salt, pyrophosphate), BRU Garden Veggie Cream Cheese Pasteurized Cream, Carrots, Scallions, Non Fat Milk, Milk Proteins, Less Than 2% of Red Peppers, Salt, Natural Acids, Xanthan, Locust Bean and Guar Gums; Potassium Sorbate (Maintains Freshness), Honey Mustard (Soybean Oil, Vinegar, High Fructose Corn Syrup, Water, Honey, Sugar, Egg Yolk, Contains less than 2% of Salt, Mustard Seed, Mustard Flour, Xanthan Gum, Spice, White Wine, Citric Acid, Tartaric Acid, Oleoresin Paprika (color), Calcium Disodium EDTA (to protect flavor), Yellow 5, Corn Syrup, Natural Flavor), Swiss Cheese (cultured milk, salt, enzymes), Mayonnaise (soybean oil, egg yolk, vinegar, high fructose corn syrup, contains less than 2% of water, salt, spice, calcium disodium edta to protect flavor, paprika), lemon juice, Red Onion, Salt, Kosher, coarse, Black Pepper.
Harvest Chicken Salad (only some markets)		241	490	180	20.0		3.0		0	50		830		54		3		6	24	30	15	4	20	X				X						Ciabatta Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes, Chicken Breast, Fully Cooked [water, rice starch, seasoning (salt, evaporated cane syrup, black pepper), and salt], Tomato, Mayonnaise (soybean oil, egg yolk, vinegar, high fructose corn syrup, contains less than 2% of water, salt, spice, calcium disodium edta to protect flavor, paprika), Lettuce, Red Onion, Toasted Almonds (Almonds, dry roasted), Craisins (cranberries, sugar, citric acid, sunflower oil, elderberry juice concentrate [color]), Deli Mustard (Vinegar, Mustard Seed, Salt, Spices, Turmeric), Honey (honey), Black Pepper, Salt, Kosher, coarse.

SIDES & DESSERTS
COOKIES

EST 1983		Bruegger's Bagels Nutrition Facts														F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																		
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	
Chocolate Chunk	4.0	113	500	200	22.0	34	13.0	65	0	70	23	220	9	69	23	3	12	38	7					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.
Oatmeal Raisin Pecan	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					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.

BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE		F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																															
		SERVING SIZE (OZ)	SERVING SIZE (G)	Bruegger's Bagels Nutritionals					Formals										F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN					INGREDIENT LIST									
				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
DESSERT BARS																																	
Marshmallow Chew	2.7	76	290	60	7.0	11	3.0	15	0	0	0	290	12	54	18	0	0	22	3	6	0	0	20				X						<p>MARSHMALLOWS (CORN SYRUP, SUGAR, MODIFIED FOOD STARCH (CORN), DEXTROSE, WATER, GELATIN, NATURAL AND ARTIFICIAL FLAVOR, TETRASODIUM PYROPHOSPHATE), RICE CRISPS (RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT (CORN FLOUR, MALTED BARLEY), REDUCED IRON, NIACINAMIDE, THIAMIN HYDROCHLORIDE (VITAMIN B1), CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID, AND BHT ADDED FOR FRESHNESS), MARGARINE (PALM OIL, WATER, SOYBEAN OIL, SALT, NATURAL FLAVOR (INCLUDES MILK), SOY LECITHIN, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED), CORN SYRUP, SUGAR, HIGH FRUCTOSE CORN SYRUP, GLYCERIN, SOY LECITHIN (AN EMULSIFIER).</p>
MUFFINS																																	
Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	430	180	21.0	32	3.5	18	0	80	27	270	11	55	18	0	0	30	5	0	0	4	4	X		X	F	F	F	X			<p>SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, BLUEBERRIES WATER, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLAVOR, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.</p>
Blueberry (Main Street Gourmet)	5.0	142	490	260	28.0	43	5.0	25	0	130	43	230	10	54	18	3	12	31	8	6	0	6	6	X		X	F	F	X	X			<p>SUGAR, EGGS, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, AMLTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, BLUEBERRIES, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF: MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, SORBITAN MONOSTEARATE, MONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GLYCERIDES, POLYSORBATE 60, PROPYLENE GLYCOL, SODIUM PROPIONATE, SORBIC ACID, SOY LECITHIN), LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE), NATURAL & ARTIFICIAL FLAVORS, SALT, XANTHAM GUM.</p>
Cinnamon Coffee Cake (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	500	250	27.0	42	7.0	35	0	90	30	280	12	62	21	0	0	36	5	0	0	4	4	X		X	F	F	X	X			<p>SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, WATER, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN), MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, CINNAMON, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.</p>
Cinnamon (Main Street Gourmet)	5.0	142	570	280	31.0	48	5.0	25	0	105	35	270	11	62	21	3	12	41	5	6	0	6	15	X		X	F	F	X	X			<p>SUGAR, SOYBEAN OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, SOY LECITHIN, NATURAL FLAVORS), WATER, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, MONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GLYCERIDES, SODIUM STEAROYL LACTYLATE, SODIUM PROPIONATE, CITRIC ACID, SOY LECITHIN), SPICES, NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), XANTHAM GUM.</p>
Corn (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	480	210	23.0	35	3.5	18	0	90	30	280	12	64	21	0	0	30	7	4	0	4	4	X		X	F	F	F	X			<p>SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, WATER, CORN MEAL, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.</p>
Cranberry Nut (Main Street Gourmet)	5.0	142	490	230	26.0	40	4.0	20	0	65	22	440	18	54	18	3	12	34	8	0	6	6	10	X		X	F	X	X	X			<p>SUGAR, SOYBEAN OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, SOY LECITHIN, NATURAL FLAVORS), WATER, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF: MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, MONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GLYCERIDES, SODIUM STEAROYL LACTYLATE, SODIUM PROPIONATE, CITRIC ACID, SOY LECITHIN), SPICES, NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), XANTHAM GUM.</p>
Cranberry Nut (Bake N Joy) SELECT BAKERIES	4.5	127	430	210	23.0	35	3.5	18	0	85	28	300	13	53	18	1	4	29	5	4	6	6	4	X		X	F	X	F	X			<p>SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, CRANBERRIES, WATER, WALNUTS, MODIFIED FOOD STARCH, ORANGE ICING FRUIT (CORN SYRUP, SUGAR, ORANGE PEEL, ORANGE JUICE CONCENTRATE, WATER, OIL OF ORANGE, CITRIC ACID, PECTIN, SODIUM BENZOATE, ARTIFICIAL COLOR FD&C YELLOW #5), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), EMULSIFIERS (MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, PROPYLENE GLYCOL MONOESTERS), BUTTERMILK SOLIDS, SALT, NATURAL AND ARTIFICIAL FLAVOR.</p>
Cranberry Nut (Karp's) BOSTON, SELECT CONNECTICUT	4.5	128	390	140	16.0	25	2.5	13	0	35	12	370	15	57	19	2	8	30	8	0	4	8	10	X		X	F	X	X	X			<p>ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, CRANBERRIES, SOYBEAN OIL, WHOLE EGGS, WALNUTS, NONFAT MILK, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVORS, SALT.</p>
OTHER SIDES		VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.																															
Crackers	See label																																
Potato Chips	See label																																
Yogurt	See label																																
SOUPS																																	
Chicken & Wild Rice	8.0	227	230	140	16.0	25	10.0	50	0	70	23	820	34	14	5	0	0	1	7	60	0	0	0				X		X	X			<p>WATER, CREAM, COOKED DICED CHICKEN (WHITE MEAT), CARROTS, WILD RICE, CELERY, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVORING), CONTAINS LESS THAN 2% OF THE FOLLOWING: ONIONS, MODIFIED FOOD STARCH, CHICKEN BASE (CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, HYDROLYZED SOY AND CORN PROTEIN, SUGAR, FLAVORING, POTATO FLOUR, AUTOLYZED YEAST EXTRACT, CARROT POWDER AND TURMERIC), SALT, FLOUR (WHEAT FLOUR, ENRICHED, BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID)), SUGAR, GARLIC (GARLIC, WATER), NATURAL CHICKEN FLAVOR (MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SALT, HYDROLYZED CORN SOY WHEAT PROTEIN, DEHYDRATED COOKED CHICKEN, NATURAL FLAVOR (WITH MILK), CHICKEN FAT, CHICKEN SKIN, SILICON DIOXIDE (ANTI-CAKING AGENT), TBHQ (ANTIOXIDANT)), SOY LECITHIN, SPICES.</p>
Chicken Spaetzle	8.0	227	140	30	3.5	5	0.0	0	0	45	15	660	28	14	5	0	0	1	11	60	4	0	0	X		X	X	X					<p>WATER, CHICKEN, SPAETZLE DUMPLING (ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, ENRICHED DURUM WHEAT FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES, NATURAL FLAVOR, OLEORESIN TUMERIC), CARROTS, ONION, CELERY, CONTAINS LESS THAN 2% OF THE FOLLOWING: CHICKEN STOCK CONCENTRATE (CHICKEN STOCK, DEXTROSE, SALT, FOOD STARCH - MODIFIED, HYDROLYZED CORN PROTEIN, AUTOLYZED YEAST EXTRACT, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ONION POWDER, NATURAL FLAVORING, POTASSIUM SORBATE (A PRESERVATIVE), FLAVOR), MODIFIED FOOD STARCH, CHICKEN BASE [ROASTED CHICKEN AND CHICKEN FAT, SALT, AUTOLYZED YEAST EXTRACT, CHICKEN FLAVOR (WITH HYDROLYZED CORN SOY WHEAT GLUTEN PROTEIN, MALTODEXTRIN, EGG YOLK, YEAST EXTRACT, DEHYDRATED COOKED CHICKEN, MODIFIED FOOD STARCH)], FLAVOR (WITH TORULA YEAST), DISODIUM INOSINATE, DISODIUM GUANYLATE, POTATO STARCH, TURMERIC], RENDERED CHICKEN FAT, OLIVE OIL, SALT, SPICES, SUGAR, GELLAN GUM, XANTHAM GUM, VEGETABLE COLOR (TURMERIC EXTRACT).</p>
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				<p>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 VEGETABLES 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, XANTHAM GUM, SPICE EXTRACTIVES), JALAPENO, SALT, GARLIC (GARLIC, WATER), SPICES, CILANTRO.</p>
TOPPINGS		VALUES LISTED BELOW ARE FOR A SINGLE BAGEL OR CAFÉ SALAD PORTION; FULL SIZE SANDWICHES AND ENTRÉE SALADS USE APPROX. TWICE THE AMOUNT LISTED BELOW																															
CHEESE																																	
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	5.0	2.0	0.0	15.0	0.0				X					<p>MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASCORBIC ACID (AS A PRESERVATIVE), ENZYMES (USING VEGETABLE RENNIN), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION.</p>	
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						<p>ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES).</p>	
Blue Cheese	1.0	28	100	70	8.0	12	5.0	25	0	25	8	380	16	1	0	1	4	0	6	6	0	15	0				X					<p>PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING.</p>	
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					<p>PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED].</p>	
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					<p>PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (VEGETABLE COLORING).</p>	
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					<p>PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.</p>	
CONDIMENTS																																	

 EST 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE™		Bruegger's Bagels Nutrition Facts																			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				
Butter	0.5	14	100	100	11.0	17	7.0	36	0	30	10	90	4	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	X									X			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.		
Dijon Mustard	0.5	14	0	0	0.0	0	0.0	0	0	0	0	180	8	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	0	45	2	9	3	0	0	9	0	1	1	1										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												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	1.5	43	90	60	5.0	6	1.5	8	0	0	0	140	6	7	3	0	0	4	0	0	2	15					F	F			X			CHICK PEAS, TAHINI (GROUND, ROASTED SESAME SEEDS), LEMON JUICE, OLIVE OIL, SOY SAUCE, GARLIC, CUMIN, SALT, SORBIC ACID (MAINTAINS FRESHNESS), CAYENNE PEPPER.			
Jelly/Jam - Grape	0.7	20	50	0	0.0	0	0.0	0	0	0	0	5	0	13	4	0	0	12	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	0	13	4	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	0	200	8	9	3	3	12	4	9	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	0	570	24	6	2	0	0	6	0	0	0	0										X		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	2	8	2	0	0	X								X		X	MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)), SUNDRIED TOMATO PASTE (SUN RIPPENED 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	6	9	1	2					X							SUN RIPPENED 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.			
EGGS & EGG PATTIES																																					
Egg White Patty (Austin, TX Only)	2.0	57	40	0	0.0	0	0.0	0	0	0	0	190	8	2	1	0	0	6	0	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	6	0	0	0	0	X												LIQUID EGG WHITES, TRIETHYL CITRATE ADDED AS A WHIPPING AID..		
Whole Egg Patty (Austin, TX Only)	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.		
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													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.		
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	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	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	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	8	2	0	2	2												TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES.			
Tuna Salad	2.5	71	230	170	19.0	29	2.5	13	0	40	13	330	14	3	1	0	0	11	0	0	0	2	X	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	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	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	1	0	0	0	0					X					X	X	ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMIN 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.		
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												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	2	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	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												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													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													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	15	5	2	6	13	0	0	0	0	0													CRANBERRIES, SUGAR, SUNFLOWER OIL.		