								~							উ														
BAGELS & BREADS BAGELS	VALUE	s listed		)B EIII I	I-SIZED		15 5	KINNY	BAGE	SARE		OX 2/3	3 OF A	MOUN	LIST	ED REI	OW	_		_									
Apple Cinnamon - Gourmet	5.2		450		_			10		_	0			83				30	10			2	80		I		x	x	Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, M Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrol Fuji Apples, Diced Apples, Brown Sugar, Sugar, Contains less than 2% Cinnamon Crunch Topping Raw Washed Sugar, Refned Granulated S Vegetable Shortening (Palm Oil, Soybean Oil), Zero Trans Fat Margari Natural Flavor, Annato Color, Vitamin A Palmitatel, 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				PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MAL RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO F & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTU CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYL
Blueberry	4.1	115			2.0				0			500									0								UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FI LIGHT BROWN SUGAR, MALT, INFUSED WILD BLUEBERRIES (BLUEBE POTASSIUM SORBATE, NATURAL BLUEBERRY FLAVOR), SALT, BLUEB NATURAL FLAVOURS, BENZYL ALCOHOL, ETHYL ALCOHOL), WHEAT G
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				х	ROSEMARY OLIVE OIL BAGEL (UNBLEACHED ENRICHED FLOUR [WHE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, OLI
Cheesy Hash Brown - Gourmet	1.5	126	390		11.0	9 14	4.0	20	0	10	3	710	31	60	22	0	0	5	13			6	80		×		x	X	Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, M Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrol Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (to maintai pasteurized part-skim milk, salt, enzymes], provolone cheese [culture cheese [cultured pasteurized milk, salt, enzymes, artfcial color), pota mold inhibitor]), Parmesan/ Asiago Cheese Blend (Parmesan High M Asiago(Pasteurized milk, cheese culture, salt and enzymes). Powdere (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Buter (Cream, S Carotene (Color), Salt), Black Pepper, salt, kosher, coarse.
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 FI WATER, RAISINS, MALT SYRUP, LIGHT BROWN SUGAR, SUGAR, SALT
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 FI
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	MALT, CINNAMON SUGAR TOPPING (SUGAR, CINNAMON), SALT, YEA: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FI HONEY, LIGHT BROWN SUGAR, EGG POWDER, SALT, MALT, BAKERS
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 FI MALT, SALT, SESAME SEEDS, ROCK SALT, POPPY SEEDS, DEHYDRAT
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] UNBLEACH IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GL PRETZEL ROCK SALT, POPPY SEEDS, GARLIC, ONION).
Five Cheese - Gourmet	4.1	125	350		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, M Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrol Blend (Low moisture part-skim mozzarella cheese [cultured pasteuriz enzymes, with smoke favoring added], mild cheddar cheese [cultured cellulose added to prevent caking, natamycin [a natural mold inhibito skim milk, cheese culture, salt and enzymes). Asiago(Pasteurized mi 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	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FI BROWN SUGAR, HONEY, CRUNCHY CINNAMON BITS (SUGAR, WHEAT 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				х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FI 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 FI HONEY, MOLASSES, OATS, SESAME SEEDS, SALT, RYE, BAKERS YEAS
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, MAL RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPEN 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, MAL RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPEN CALCIUM CHLORIDE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEES
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 FI 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 FI WATER, MALT SYRUP, SALT, BAKERS YEAST.
Рорру	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 FI 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 FI WATER, MALT SYRUP, ROCK SALT, SALT, YEAST, SODIUM BICARBON
Pumpernickel	4.1	115	300	20	2.0	3	0	0	0	0	0	560	23	62	21	4	18	10	11	0	0	2	20	F				x	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FI MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL COLOR, SALT, BAI
Pumpkin (seasonal)	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 FI PUMPKIN, LIGHT BROWN SUGAR, MALT, SALT, CINNAMON, BAKERS
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 FI WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY,
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 FI 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	MALTO, ROCK SALT, SALT, BAKERS TEAST. UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FI 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	0	620	26	56	19	6	24	5	13	0	0	2	20	F				x	WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHI IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GL
L				-										_		-		_				-		_			_		

# INGREDIENT LIST

r, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Folic drolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Fire Roasted n 2% of Caramel Color, Citric Acid, Cinnamon, Nutmeg, Modifed Food Starch, Salt, ed Sugar, Cinnamon, Canola Oil, Streusel Topping Wheat Flour, Sugar, Zero Trans Fat garine [Soybean Oil, Palm Oil, Water, Salt, Mono And Digylcerides, Soybean Lecithin,

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, GO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ILTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT HYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA). EY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, IEBERRY, SUGAR, GLYCEROL, SAFFLOWER OIL, CITRIC ACID, CALCIUM LACTATE,

UEBERRY FLAVOUR (PROPYLENE GLYCOL, WATER, FRUIT JUICE CONCENTRATE, AT GLUTEN, CULTIVATED BLUEBERRY, MALT, BAKERS YEAST.

WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN . OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST).

rr, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Folic drolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Hash Brown ntain color), Three Cheese Blend (Low moisture part-skim mozzarella cheese [cultured ltured pasteurized milk, salt, enzymes, with smoke favoring added], mild cheddar botato starch and powdered cellulose added to prevent caking, natamycin [a natural th Moist (Parmesan cheese (part-skim milk, cheese culture, salt and enzymes). dered Cellulose w/enzymes (added to prevent caking)), Buter Blend (Vegetable Oil Blenc m, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta

Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), GALT, CINNAMON, HONEY, YEAST.

Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, YEAST, WHEAT GLUTEN.

Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, ERS YEAST, CURCUMIN (TUMERIC COLOUR EXTRACT, MODIFIED STARCH). Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, RATED GARLIC, DEHYDRATED ONION, BAKERS YEAST.

ACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED T GLUTEN, MALT, HONEY, SALT, YEAST), EVERYTHING TOPPING (SESAME SEEDS,

r, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Folic drolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Three Cheese urized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, ured pasteurized milk, salt, enzymes, artfcial color), potato starch and powdered bibtor]), Parmesan/ Asiago Cheese Blend (Parmesan High Moist (Parmesan cheese (parti milk, cheese culture, salt and enzymes). Powdered Cellulose w/enzymes (added to

Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, IEAT FLOUR, CORN CEREAL, CINNAMON AND SOYBEAN OIL), BAKERS YEAST, EGG

Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,

Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, YEAST.

VALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, PENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, PENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND HEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).

Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,

EY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID),

EY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID),

Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID),

30NATE (LESS THAN 1%). :Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, BAKERS YEAST.

Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, IRS YEAST, GINGER, NUTMEG, ALLSPICE. Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN. FOLIC ACID).

ARY, YEAST. Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,

Y FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,

ACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED T GLUTEN, MALT, HONEY, SALT, YEAST), SESAME SEEDS.

				Brueg	ger's B	8	lutritic	1	orma																			D IN A	FACIL	ILITY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS		SERVING SIZE	SERVING SIZE	Car.	CALORIES FRO	Pola.	(a) they have	Service The Ob	(a) the Callego	Hogher Ch	CHOLESTEROL C	- CS/CHO (MC)	Solute No	South and Are)	Area Hora W CA DI	Moledize (G)	AD & DI	FIBER C	Sucar (* Oh	PROV.	HITAMIN (C)	(10%)	Cal Cillian	(10%) MOAI	Eleco	E. Floy	MILAC	Et PEas	- Michood	Survey.
ТМ																												<i>E</i>		
Sourdough (select markets)	4.1	115	290	15	2.0		0.0	0	0	0			23		19	_	15	_		0	0	_		F			_		_	X UBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARL SOURDOUGH CULTURE (WATER, FERMENTED WHEAT FLOUR),
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 FLO MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT GLUTEN, MA
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			x	X ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACINE, IRON, THI WHEAT GLUTEN, MONO AND DIGLYCERIDES OF FATTY ACIDS, I
BEVERAGES COFFEE & BLENDED																														
Café au Lait	12.0		150	70	_	12		_		25	8	8		11	4	_	0	_		_			0			X				WHOLE MILK, COFFEE. CONTAINS 50-84 MG CAFFEINE PER 4
Café au Lait	16.0	452	200	93	10.6		6.0	31	0	_	11	11	5	15	5	_		_	11	5		40	0	_		X			- 1	CONTAINS 67-112 MG CAFFEINE PER 5.5 OZ SERVING* OF CO
Café au Lait	20.0	567 340	249 170					38	0	42 25	13 9	14 8	7	18	7 4	_		_	13 9	_		50	0	_		X			- 1	CONTAINS 83-140 MG CAFFEINE PER 7 OZ SERVING* OF COFF
Café Latte Café Latte	12.0 16.0		226		9.0	14 19		26 35	0	_	12	8 11	5	13 17	4 5	_			-	6 8	0		0	-	_	X	-	_	-	WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PE CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPF
Café Latte	20.0	567	283	133			8.3	43		-	15	14	8	22	7	-		_		10	-	50	0	-	-	x		_	-	CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* OF ESF
Café Mocha	12.0	340	210	80	9.0		5.0	27		25	9	8	5	23	8	0		_	_	6		_	2			X				WHOLE MILK, ESPRESSO, CHOCOLATE SAUCE (INVERT SUGAR CITRIC ACID, POTASSIUM SORBATE [PRESERVATIVE]). CONTAI
Café Mocha	16.0	453	279	107	12.0	19	6.7	36	0	33	12	11	7	31	11	0	0	28	12	8	0	40	3			Х				CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPF
Café Mocha	20.0	567	349	133			8.3	45	0	_	15	14	8	_	13	_		_	15	10		50	3			X				CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESF
Cappuccino	12.0		130		7.0		4.0	20		20	7	8	4	11	4	0		11	7	4	-	25	0			X			_	WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PE
Cappuccino	16.0 20.0		173 216		9.3	15		27 33		27 33	9 12	11	5	15	5	0		_	9	5		33 42	0			X				CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPF CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESF
Cappuccino Espresso	20.0	567 60	216 5	100	11.7 0.0		6.7 0.0	33	0	33	12 0	14 10	7	18 1	7		0	_	12 0	7	0	42	0			X				CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* OF ESF CONTAINS 66-100 MG CAFFEINE PER 2 0Z SERVING*
Espresso	3.0	90	8	0	0.0	0	0.0	0	0	0	0	15	0	2	0	0	0	2	0	0	0	0	0							CONTAINS 60-100 MG CAFFEINE PER 2 02 SERVING*
Espresso	4.0		10	0	0.0		0.0	0	0	0	0	20	0	2	0		0	_	0	0	0		0							CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING*
Flavored Coffee	12.0	340	4	0	0.0	0	0.0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0							CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING
Flavored Coffee	16.0	453	5	0	0.0		0.0	0	0	0	0	11	0	0	0	0	0	-	0	0	0	0	0				_		_	CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING
Flavored Coffee	20.0	567	6	0	0.0		0.0	0	0	0	0	14	0	0	0	_	0	_	0	0	0	0	0	_			_		_	CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING
House Blend Coffee	12.0 16.0	356 453	4	0	0.0	0	0.0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	_					- 1	CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING
House Blend Coffee House Blend Coffee	20.0	453 567	5	0	0.0	0	0.0	0	0	0	0	11 14	0	0	0	0	0	0	0	0	0		0						- 1	CONTAINS 200 - 333 MG CAFFEINE* PER 16 0Z SERVING CONTAINS 250 - 313 MG CAFFEINE* PER 20 0Z SERVING
House Decaf Coffee	12.0		4	0	0.0		0.0	0	0	0	0	8	0	0	0	0	0	-	0	0	0	0	0	_	-		-		-	CONTAINS ~6 MG OF CAFFEINE PER 12 OZ SERVING*
House Decaf Coffee	16.0	453	5	0	0.0	0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0							CONTAINS ~8 MG OF CAFFEINE PER 16 OZ SERVING*
House Decaf Coffee	20.0	567	6	0	0.0	0	0.0	0	0	0	0	14	0	0	0	0	0	0	0	0	0	0	0							CONTAINS ~10 MG OF CAFFEINE PER 6 OZ SERVING*
Iced Coffee	12.0		4	0	0.0		0.0	0	0	0	0	8	0	0	0	0	0	-	0	0	0	0	0				_		- 1	CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING
Iced Coffee	16.0		5	0	0.0	0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0	_	_				_	CONTAINS 200 - 333 MG CAFFEINE* PER 16 0Z SERVING
Iced Coffee OTHER BEVERAGES	20.0	567 S LISTEI	6	0 MITED	0.0		0.0		0 D BV S	_		14 NUEAC	0	0							0	0	0						- 1	CONTAINS 250 - 313 MG CAFFEINE* PER 20 0Z SERVING
Bottled Water	See lat					ORIVIER		NOVIDI		OFFE		NOFAC	TONE		AONAG			ENGE	D FR	0000	13.									
Chocolate Milk	See lat							_		_		_								_										
Milk	See lat	bel																												
Naked Juice	See lat					_				_						_		_		_		_		_	_		_		_	
Tropicana Orange Juice	See lat					-		_		-		_				- 1		-		-		- 1		_			_		- 1	
Vitamin Water Nantucket Nectars	See lat See lat					-		-		-		-				- 1		- 1		- 1	_	- 1		_					- 1	
Chai Tea, Bruegger's	12.0	340	240	45	5.0	8	5.0	25	0	0	0	85	4	45	15	0	0	39	2	0	0	15	0			x			X	SUGAR, NON DAIR CREAMER (CONTAINS PARTIALLY HYDROGI DIPOTASSIUM PHOSPHATE, SUGAR, MONO- AND DIGLYCERIED FLAVORS, AND ARTIFICAL COLOR [ANNATTO AND TUMERIC]), I MALTODEXTRIN], BLACK TEA, GROUND CINNAMON, CELLULOS
Chai Tea, Oregon	12.0	340	117	0	0.0	0	0.0	0	0	0	0	12	0	29	9	0	0	27	0	0	0	0	0							WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGAN FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PRO CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL
Hot Tea, Regular		227	0	0			0.0	_		0		0		_	0	_		_		_		_								CONTAINS ~ 47MG CAFFEINE PER 8 OZ SERVING **
Hot Tea, Herbal	8.0		0		0.0		0.0	_		_	0	0	0	_		_		0		0			0							CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **
Hot Tea, Decaf	8.0		0	0	0.0		0.0	0	0	0	0	0	0	0	0	_		_		_	0	_	0							CONTAINS ~ 2MG CAFFEINE PER 8 OZ SERVING **
Iced Tea, Brewed Hot Chocolate	<u>12.0</u> 8.0	340 227	0 140	0 15	0.0 1.5		0.0 1.5	0 7	0	5	0 1	0 190	8	0 31	0 10					-	0		6			x			x	CONTAINS ~ 70.5 MG CAFFEINE PER 12 OZ SERVING** WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CRE CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESS DIOXIDE (AN ANTICAKING AGENT).
Poured Orange Juice	16.0	454	220	0	0.0	0	0.0	0	0	0	0	0	0	52	17	0	0	44	4	0	240	0	0							PASTEURIZED ORANGE JUICE.
Soft Drinks - Coke		453.6			_	0.0						_		39				39												CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Coke		567				0.0				_			3					65												CONTAINS 62.5 MG CAFFEINE PER 20 OZ SERVING
Soft Drinks - Coke		907.2			_	0.0		_		_			4	-		_		78		-		_							_	CONTAINS 100 MG CAFFEINE PER 32 OZ SERVING
Soft Drinks - Diet Coke Soft Drinks - Diet Coke		453.6 567	0			0.0		-		- 1		60 70	2	0	0			_	0	-		-								CONTAINS 62 MG CAFFEINE PER 16 0Z SERVING; CONTAINS A CONTAINS 77.5 MG CAFFEINE PER 20 0Z SERVING; CONTAINS
Soft Drinks - Diet Coke		907.2				0.0		-		- 1		_	4	_	0			_	0	- 1		- 1								CONTAINS 124 MG CAFFEINE PER 20 02 SERVING; CONTAINS CONTAINS 124 MG CAFFEINE PER 32 0Z SERVING; CONTAINS
Soft Drinks - Sprite		453.6				0.0		-		- 1		90						26				- 1								CONTAINS 0 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Sprite	20.0				_	0.0							5					65		- 1										CONTAINS 0 MG CAFFEINE PER 20 OZ SERVING
Soft Drinks - Sprite		907.2	400		0.0	0.0						180	8	64	36			52	0											CONTAINS 0 MG CAFFEINE PER 32 0Z SERVING
SYRUP FLAVORS		S LISTEI	_		_			_			_																			
Almond Flavored Syrup	1.0		90	0	_		0.0	_		0		_			8								_	_	-		_	X	-	PURE CANE SUGAR, WATER, NATURAL ALMOND FLAVOR.
Caramel Flavored Syrup Chocolate Syrup	<u>1.0</u> 1.0	28 28	100 70	0	0.0		0.0	0	0	0	0	0 60	0 3	24 17			0 4	24 14			<u>N/A</u> 0	<u>N/A</u> 0	1N/A 2							PURE CANE SUGAR, WATER, NATURAL CARAMEL FLAVOR. INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PRO
Hazelnut Flavored Syrup	1.0	28	90	0	0.0	0	0.0	0	0	0	0	7	0	22	7	0	0	21	0	N/A	N/A	N/A	N/A					x		(PRESERVATIVE). PURE CANE SUGAR, WATER, HAZELNUT FLAVOR, CONCENTRA
Vanilla Flavored Syrup		28	100		0.0							_			8															PURE CANE SUGAR, WATER, NATURAL VANILLA EXTRACT, NAT
Vanilla Flavored Syrup CREAM CHEESE	1.0	28	100	0	0.0	0	0.0	0	0	0	0	0	0	25	8	0	0	25	0	N/A	N/A	N/A	N/A						-	PURE CANE SUGAR, WATER, NATURAL VANILLA EXTRACT, NA

INGREDIENT LIST Y FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, WATER,
IALT, CRACKED WHEAT, SALT, BAKERS YEAST, WHEAT GLUTEN. IR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN
T, HONEY, SALT, YEAST
MINE MONONITRATE, RIBOFLAVINE, FOLIC ACID), WATER, SUGAR, YEAST, CANOLA OIL, ETA-CAROTENE, ASCORBIC ACID, AMYLASE, XYLANASE, HEMICELLULASE, CELLULASE.
Z SERVING OF COFFEE*
FEE
2 0Z SERVING OF ESPRESSO**
ISSO IESSO WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, S C 400 NO ADJETUNE FED A DZ OF FEDERACION
S 66-100 MG CAFFEINE PER 2 0Z OF ESPRESSO* SSO
RESSO R 2 OZ SERVING OF ESPRESSO**
ISSO
RESSO
NATED COCONUT OIL, CORN SYRUP OILS, SODIUM CASEINATE [A MILK DERIVATIVE], , SODIUM SILICOALUMINATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, ARTIFICAL AIRY PRODUCTS SOLIDS, NONFAT DRY MILK, MOLASSES [MOLASSES AND GUM, NATURAL AND ARTIFICAL FLAVOR, TRICALCIUM PHOSPHATE.
C* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL ESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990). VFORMATION DOES NOT INCLUDE MILK.
MER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM IPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY D WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON
PARTAME AND SACCHARIN
ASPARTAME AND SACCHARIN
SPARTAME AND SACCHARIN
ESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE
ED LEMON JUICE, SALT, CARAMEL (COLOR).

# EST. 1983 BRUEGGER'S BAGELS MUTHENTIC NEW YORK STYLE

ТМ					5			3			ſ	5*			5	<b>,</b>											Æ	
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, SOI AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, PO
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		×	:	F	PASTEURIZED CREAM, AND NON FAT MILK, CUCUMBERS, SODIUM A ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASS
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, F PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND G
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	PASTEURIZED CREAM, AND NON FAT MILK, WALNUTS, HONEY, SOD ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASS
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 PEPPERS, SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHA 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, SCALLION CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORI PEPPER, ONION POWDER, POTASSIUM SORBATE (MAINTAINS FRESI
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		х		F	CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONF/ PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDI ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASS
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, W SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST 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		×		F	PASTEURIZED CREAM, OLIVES (WITH PIMIENTOS), NON FAT MILK, M 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 ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, P
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		×		F	PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM ( XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (
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 SYF COLOR], SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVA XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (
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	1	F	PASTEURIZED CREAM, AND NON FAT MILK, SMOKED SALMON, SODI ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASS
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		х		F	PASTEURIZED CREAM, STRAWBERRY PRESERVES (STRAWBERRIES OTHER NATURAL FLAVORS, CITRIC ACID, POTASSIUM SORBATE, AR PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, SALT, 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		×		F	PASTEURIZED MILK AND CREAM, SALT, GUMS (LOCUST BEAN, GUAF FRESHNESS) CHEESE CULTURES.

# INGREDIENT LIST

F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN

SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.

M AND CALCIUM CASEINATES (MILK PROTEINS), DILL, SALT, CITRIC, PHOSPHORIC, AND ASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR. IS, RED PEPPERS, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, D GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.

SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR. IUM AND CALCIUM CASEINATES (MILK PROTEINS), GREEN PEPPERS, CRUSHED RED

IUM AND CALCIUM CASEINATES (MILK PROTEINS), GREEN PEPPERS, CRUSHED RE THAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS

ONS, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND DRIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, DRIED RED RESHNESS), CELERY SEED, GARLIC POWDER, NATURAL FLAVOR.

INFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK NDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.

, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), JST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL

I, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN,

ND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC S, POTASSIUM SORBATE (MAINTAINS FRESHNESS).

IM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, TE (MAINTAINS FRESHNESS), NATURAL FLAVOR.

SYRUP, SUGAR, BROWN SUGAR, SPICES, CITRIC ACID, SALT, ANNATTO EXTRACT [FOR RVATIVES]), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, TE (MAINTAINS FRESHNESS).

ODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.

IES, CANE SUGAR SYRUP, MODIFIED FOOD STARCH, STRAWBERRY FLAVOR WITH ARTIFICIAL COLOR [RED #40]), NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK ALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS

UAR AND XANTHAN GUMS), CHEESE CULTURES, POTASSIUM SORBATE (MAINTAINS

1.461								3							3														~		
SALADS & DRESSINGS		S & DRI						0	0	0	0	45	4	4	4	0	0	0	0	470	40	6	6	-							
Mixed Greens Base Blue Apple	<u>4.0</u> 9.8	<u>113</u> 279	20 360		0.0					_	18			30		_		_	223		-			1	I	x		x	X	x	ROMAINE LETTUCE, ARUGULA. MIXED GREENS (ROMAINE, ARUGULA), DICED CHICKEN BREAST (C FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED S CITRIC ACID], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM I EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITH BLUE CHEESE CRUMBLES (PASTEURIZED MILK, CHEESE CULTURE, ARUGULA, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLO'
Chicken Caesar	7.7	220	200		8.0			13			13		26		5		12									x					MIXED GREENS (ROMAINE, ARUGULA), CHICKEN BREAST (CHICKEN (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUC ACID]), SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSP ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JU BLEND (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, S ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLC ACI SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHE ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUT 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 Balsamic with Olive Oil Vinaigrette PCP Water, Distilled Vinegar, Ba Vinegar, Olive Oil, Vegetable Oil (Soybean and/or Canola), Sugar, S Contains Less than 2% of: Garlic, Spice, Rice Starch, Xanthan Gum Bell Pepper, Onion., Tomato, Green bell peppers, Cucumber, Crouto Arugula Arugula, Red Onion.
SALAD DRESSINGS 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, S
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	x	CALCIUM DISODIUM EDTA AS A PRESERVATIVE. WATER, VINEGAR, SOYBEAN OIL, ROMANO CHEESE (PASTEURIZEI STARCH-MODIFIED, SALT, ANCHOVY PASTE, GARLIC, SPICES, POTA 60, XANTHAN GUM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIO
SANDWICHES	BUILT	with co	MPONE	NTS IN	DICATE	D ON N	MENU E	BOARD	)																						
BREAKFAST SANDWICHES 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	I	x			X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, M/ FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PAT LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USIN 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	x	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MA FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PAT LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USIN SEPARATION), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLUL 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	x	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, M/ FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PAT LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBAT CULTURE, SALT, ENZYMES).
Breakfast Bagel - Egg / Cheese / Sausage	8.3	236			34.0																0		25			x			x	x	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAIL STARCH, SALT, WHEY), PLAIN BAGEL (UNBLEACHED ENRICHED FL MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEASI LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAI (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPI 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	x	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, M/ FOLIC ACID], WATER, MALT, SALT, BAKER'S YEAST), WHOLE EGG P ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, W AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SA VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FO
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		х				x	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, M/ RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), EGG WHITE P/ FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED
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, MA RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PA FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORM XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SOD
Breakfast Bagel - Egg White / Cheese / Ham	n 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, M/ RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), EGG WHITE P/ FLAVOR, GLYCERIN], SALT), SHAVED HAM (HONEY, SALT, POTASSI ERYTHORBATE, SODIUM NITRITE), WATER, SWISS CHEESE (PASTER

## INGREDIENT LIST

F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN

F (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN D SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, M PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, ITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), APPLE, RE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING), LOWER OIL), ALMONDS, SALT.

KEN BREAST, WATER, VEGETABLE OIL, SEASONING (SALT, ROAST CHICKEN FLAVOR IUCE [WATER, SOYBEANS, WHEAT, AND SALTJ, AND TAPIOCA DEXTRIN, SUGAR, CITRIC SPHATE AND LEMON JUICE CONCENTRATE], FLAVORING (VEGETABLE OIL, EXTRACTS OF JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), ASIAGO-PARMESAN E, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & NT CAKING]), CROUTONS (ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, (HEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, JUITERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR

nd salt], , Balsamic r, Salt, um, Red putons,

R, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE,

ZED CULTURED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD DTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE CTIC ACID, CARAMEL, NATURAL FLAVOR, ONION.

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, EY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM SING VEGETABLE RENNET). CHEESE CULTURE. WITH STARCH ADDED FOR SLICE

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, YY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM SING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE PLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, JLIOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, PATTY (WHOLE EGGS, WATER, SOYBEAN OLL, CONTAINS LESS THAN 2% OF CITRIC ACID, EY), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, BATE, SODIUM NITRITE), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE

TAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN AST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, RAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), AMERICAN CHEESE SPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES [USING VEGETABLE RENNET],

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, G PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC I, WHEY), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING FOR SLICE SEPARATION).

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, E PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL ZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, E PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL ZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), BACON (SALT, SUGAR, MAPLE JRN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, SODIUM NITRITE).

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL SSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM TEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.

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Breakfast Bagel - Egg White / Cheese / Sausage	8.1	229	550	200	22.0	34	9.0	45	0	45	15	1030	43	63	21	4	16	7	28	4	0	15	20	x		x				X EGG WHITE PATTY (EGG WHITES, CONTAINS LESS THAN 2% OF CAR FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHEI MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YASU LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYME
Breakfast Bagel - Egg White / Cheese / Turkey Sausage	8.0	228	470	100	11.0	17	4.0	20	0	55	18	1020	43	63	21	4	16	8	29	4	0	15	20	x		x			1	X EGG WHITE PATTY (EGG WHITES, CONTAINS LESS THAN 2% OF CAF FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHEL MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYME
Breakfast Bagel - Fresh Cracked Egg / Cheese	6.7	190	450	120	14.0	22	5.0	25	0	230	77	730	30	62	21	4	16	8	24	10	0	20	25	x	1	x	1		I	<ul> <li>PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOU MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST (ANNATTO VEGETABLE COLORING - IF COLORED)).</li> </ul>
Breakfast Bagel - Fresh Cracked Egg / Cheese / Bacon	7.2	205	520	180	20.0	31	7.0	35	0	245	82	950	40	63	21	4	16	9	28	10	0	20	25	x		x				X PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOU MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST [ANNATTO VEGETABLE COLORING - IF COLORED]), BACON (CURED FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, S BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Fresh Cracked Egg / Cheese / Ham	8.5	240	500	130	15.0	23	5.0	25	0	250	83	1280	53	64	21	4	16	10	31	10	0	20	25	x		x				X PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOU MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBA' SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED).
Breakfast Bagel - Fresh Cracked Egg / Cheese / Sausage	8.2	233	610	270	30.0	46	11.0	55	0	260	87	1010	42	62	21	4	16	8	30	10	0	20	25	x		X				<ul> <li>A PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOU MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST LIME FLAVOR (CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTC</li> </ul>
Breakfast Bagel - Fresh Cracked Egg / Cheese / Turkey Sausage	8.2	232																								x				X PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOU MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [/
Classic Wrap w/Bacon	9.2	261	760	450	50.0	77	18.0	90	0	435	145	1670	70	40	13	3	12	6	37	15	0	30	20	x		x		2	x	X WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAIL STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (F WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, STARCH), YEAST, CULTURED WHEAT STARCH), BACON (CURED WIT GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM C SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PAS COLORING - IF COLORED]).
Classic Wrap w/Ham	9.5	268	590	290	32.0	49	12.0	60	0	410	137	1550	65	39	13	3	12	5	32	15	0	30	20	X		x		1	x	X WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAIL STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (F WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, STARCH), YEAST, CULTURED WHEAT STARCH), SHAVED HAM (CURI SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CH VEGETABLE COLORING - IF COLORED]).
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		1	x	X WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAIL STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR [F WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, STARCH), YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, W SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORIN CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORII
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		2	x	X WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAIL STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (F WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, STARCH), YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE ( (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTC)
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		3	x	X PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLC WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, STARCH], YEAST, CULTURED WHEAT STARCH), BACON (CURED WIT GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM C SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PAS 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		3	x	X PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR (FLC WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, STARCH), YEAST, CULTURED WHEAT STARCH), SHAVED HAM (CURI SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CH 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		3	x	X PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR (FLC WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, W SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORIN CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORII
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		3	x	X PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR (FLC WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, STARCH), YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE ( (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTC)
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 PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MA FOLIC ACID], MALT, SALT, BAKERS YEAST), TURKEY SAUSAGE (TUR CHEESE CULTURE, SALT, ENZYMES), SUNDRIED TOMATO SPREAD ( EXTRA VIRGIN CLIVE OLI, BUTTER [CREAM, MILK, SALT], DEHYDRA FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID,

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## INGREDIENT LIST

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CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION HED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN AST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, RAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), SWISS CHEESE MES.

CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION HED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN AST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, RAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), SWISS CHEESE

LOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN AST), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES

LOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN AST), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES ED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, ), SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM

LOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN AST), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, BATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, D)).

LOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN AST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, RAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE TTO VEGETABLE COLORING - IF COLORED]).

LOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN AST), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR ES [ANNATTO VEGETABLE COLORING - IF COLORED]).

TAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD R (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORM WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, M CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE

TAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD R (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN URED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO

TAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD R [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], LT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN I, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN RING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, RING - IF COLORED]).

TAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD R (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN SE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE TTO VEGETABLE COLORING - IF COLORED).

FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], LT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, M CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE

FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], LT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN URED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, , CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO

FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], LT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN K, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN RING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, RING - IF COLORED]).

FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], LT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN & (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE TTO VEGETABLE COLORING - IF COLORED]).

NOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, TURKEY, WATER, SALT, SPICES), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, AD (SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, RATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], HIGH ID, LIME JUICE, SALT).

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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	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, M. RIBOFLAVIN], WATER, MALT, SALT, BAKER'S YEAST), SALMON (SAI (PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUI LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE [MAINTAII SALT, WINE VINEGAR).
Sriracha Egg Sandwich / Sausage / Plain Bagel		305																								х			x	x	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAI STARCH, SALT, WHEY), PLAIN BAGEL (UNBLEACHED ENRICHED FL MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, BÅ AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUI RED BELL PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLI GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE,
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	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOI MONONITRATE, RIBOFLAVINJ, WATER, MALT, SALT, BAKERS YEAS' LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURA SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEG CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [
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	х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, M RIBOFLAVIN), WATER, MALTO, SALT, MALT, BAKERS YEAST), WHO CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)), CHIPO SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUG FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DIS MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATI CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, FRESH GREEN PEPPERS, ROASTED RED PEPPERS (RED PEPPERS
Western - Fresh Cracked Egg / Plain Bagel	9.1			300	34.0	52	10.0	50	0	255	85	1190	50	66	22	4	16	11	30	15	40	20	25	X		×					UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FRESH CRACKED EGG PASTEURIZED EGGS, WATER, BACON (CURE FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, S BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR VEGETABLE COLORING - IF COLORED]), CHIPOTLE SAUCE (VEGETAI VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS J Maltoferm 10000 L, Salt, Maltorose 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 RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CAI CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRAM MILK, CHEESE CULTURE, SALT, ENZYMES), PASTRAMI (CURED WIT SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONIN
Pastrami, Egg & Swiss - Fresh Cracked Egg / Pumpernickel Bagel DELI SANDWICHES	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 RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CAI (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMI SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM SUGAR, SMOKE FLAVOR).
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		I	Γ	l	x	x	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, M FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), TOMATOES, BAC TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLO GUM, SODIUM BENZOATE), SODIUM ENTHORBATE, SODIUM NITRI SYRUP, WATER, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROT
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 BARLI WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISI FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBOY PROPIONATE), BACON (CURED WITH WATER, SALT, SUGAR, MAPL CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLUL ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, LETTUCE, MAY SALT, SPICE, CALCIUM DISODIUM EDTA IADDED TO PROTECT FLAV
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, VEGETABL EXTRACT, DECOLORIZED SOY SAUCE, [WATER, SOYBEANS, WHEAT LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CON DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER (CORN SYF (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, YEAST), TOMATOES, HONEY MUSTARD (SUGAR, VINEGAR, MUSTAR 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	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, M FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST) , RED ONIONS, T
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, M. RIBOFLAVIN], WATER, MALTOFERM, SALT, MALT, BAKERS YEAST), SESAME SEEDS], LEMON JUICE, WATER, LESS THAN 2% OF GARLIG 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 BARLI WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISI FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBON PROPIONATE), FRESH RED ONIONS, FRESH TOMATO, FRESH GREE

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MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, SALMON, SALT, HARDWOOD SMOKE), FRESH TOMATO, PLAIN CREAM CHEESE SIUM CASEINATES [MILK PROTEINS], CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, AINS FRESHNESS], NATURAL FLAVOR), FRESH RED ONIONS, CAPERS (CAPERS, WATER,

TAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN RE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]). LOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN AST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, RAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED PEPPER, IEGGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR ES (ANNATTO VEGETABLE COLORING - IF COLORED]).

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, HOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF H, SALT, WHEY), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, IIPOTLE SAUCE (VEGETABLE OIL (SOYBEAN, CANOLA), VINEGAR, CHIPOTLE PEPPER, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC DISODIUM EDTA AS A PRESERVATIVE), BACON (CURED WITH WATER, SALT, SUGAR, ATIN, CORN SYRUP, CARAMEL COLOR, CTRIC ACID, SODIUM

IM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH RED ONIONS, RS, PIMENTO, WATER, SALT, CITRIC ACID), FRESH TOMATO.

LEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), JRED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, D, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM AR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO TABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, :GG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, S A PRESERVATIVE), FRESH RED ONIONS, FRESH GREEN PEPPERS, BEIL POPPER,

AT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, CARAMEL, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, RACT, MODIFIED FOOD STARCH, SALT, WHEY), SWISS CHEESE (PASTEURIZED PART-SKIM VITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], ING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).

AT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, CARAMEL, SALT, YEAST), FRESH CRACKED EGG (PASTEURIZED EGGS), SWISS CHEESE YMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, UM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR,

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, SACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED D)OR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN TRITE), MAYONNAISE (VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, VINEGAR, CORN ROTECT FLAVOR), LETTUCE.

RLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACIDJ, SE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, ISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE JYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, SONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM IPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, LULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM AYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, IAVOR)

BLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID}), SALT, RICE STARCH, CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND BYRUP SOLIDS, LEMON JUICE SOLIDS), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR N, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YARD, WATER, HONEY, VEGETABLE OIL [SOYBEAN, CANOLA], SALT, MOLASSES, SPICES,

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, 5, TOMATOES, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.

MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, IT), RED ONIONS, GREEN PEPPERS, HUMMUS (CHICK PEAS, TAHINI (ROASTED GROUND RLIC, OLIVE OIL, PARSLEY, CUMIN, CHICK PEA POWDER, SORBIC ACID (MAINTAINS

RLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], ISE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, ISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE IYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, SONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM REEN PEPPERS, LETTUCE, FRESH CUCUMBERS.

EST. 1983
BRUEGGER'S
BAGELS
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AUTHENTIC NEW YORK STYLE

AUTHENTIC NEW YORK STYLE					3			S - 35			ст. С	5 <del>4</del>			en en	0.81											TREE		
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				×	¢	WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARL WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAIS FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBOI PROPIONATE), RED ONIONS, TOMATO, FRESH GREEN PEPPERS, L
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			X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, M RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), SHAVE PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODI WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE
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	×	¢	X SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LA SODIUM NITRITE), FRESH TOMATO, LETTUCE, WHEAT BREAD (ENR THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULG HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SC DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ET SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE
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, M FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), TUNA SALAD (TI (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN S EDTA TO PROTECT FLAVOR), BREAD CRUMBS (BEAD CRUMBS (E THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID] HIGH FRUCTOS AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA], WATER, GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, MCONTIONERS [MONO- AND DIGYLCERIDES, SODIUM AND/OR CA NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLA
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		×	K	X TUNA SALAD (TUNA [LIGHT TUNA, WATER, VEGETABLE BROTH (COI WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR,NIACI FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATI CANOLA), WATER, SALT, CONTAINS 2% OR LESS OF: YEAST, HONE' RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, P AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SESAI NATURAL FLAVOR, EGG, SUNFLOWER SEEDS), FRESH TOMATO, LE NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FO SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CAL AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT
Turkey / Plain Bagel	9.2	261	430	70	8.0	12	3.5	18	0	35	12	1270	53	64	21	4	16	9	25	10	15	15	20			x	X	¢	X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, M RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), TURKE FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUIC LETTUCE, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTUI MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT,
Turkey / Wheat Bread	13.5	382	490	90	10.0	15	4.5	23	0	55	18	1890	79	66	22	4	16	14	32	20	30	15	10			X	X	C	X TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETAT MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONO HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHI SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONT STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PE AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), CHEDDAR CHE 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	X	¢	X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, M FOLIC ACID], WATER, MALT, SALT, YEAST), PASTRAMI (CURED WIT SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONIN TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTA CHEESE CULTURE, SALT, ENZYMES), ARUGULA, SALT, PEPPER.
Pastrami / Wheat Bread	13.5	384	460	13	17.0	5	25.0	0	50	17	###	88	64	23	0	0	13	27	0	0	15	6				x	X	¢	X PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPH, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL C MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONO HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHI SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONT STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PE AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, S ENZYMES), ARUGULA, PEPPER.

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F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN

RLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID]. SSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, ISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE JYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, BONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM , LETTUCE, CUCUMBERS.

R, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, AVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM ODIUM NITRITE), FRESH TOMATO, LETTUCE, DIJON MUSTARD (DISTILLED VINEGAR & ESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).

LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, NRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, LGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, DR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND , ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDEJ, CALCIUM SULFATE, FE), DJION MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SEC CULTURE, SALT, REXYMES).

R, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, D (TUNA, (LIGHT TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALTJ, MAYONNAISE IN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM S (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR,NIACIN, FERROUS SULFATE, TOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN TER, SALT. CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT IR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATEJ, VINEGAR, ATE AND POTASSIUM SORBATE [PRESERVATIVES], SESAME SEEDS) OAT FLOUR, SALT, FLAVOR, EGG, SUNFLOWER SEEDS)), FRESH TOMATO, LETTUCE.

(CONTAINS SOY), SALT], MAYONNAISE [VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR], BREAD CRUMBS IACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) HIGH NATED VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR ONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, IR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGYLCERIDES, SODIUM SILUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM ESAME SEEDS] OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, D, LETTUCE, WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, I, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN EAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE ORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-CALCIUM IODATE, DATEM, ETHOXYLATED

EAT FLOUR, ENZYMES, CALCIUM PROPIONATE). 2, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO, LTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), DIJON LT, TUMERIC, SPICES).

TH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON TATE), FRESH TOMATO, LETTUCE, WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, DNONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DNTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM A PEROXIDE, CALCIUM IDDATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, EAT FLOUR, ENZYMES, CALCIUM PROPIONATE), DIJON MUSTARD (DISTILLED VINEGAR & CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE

R, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING (SALT, FLAVORING), NING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), FRESH STARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK,

SPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, EL COLOR, SUGAR, SMOKE FLAVOR), WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, DNONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DNTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM A PEROXIDE, CALCIUM IDDATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, EAT FLOUR, ENZYMES, CALCIUM PROPIONATE), FRESH TOMATO, DIJON MUSTARD IC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT,

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	Servine of	Server.	(B) Stip Smir.	C. S.	Sim offer show	TOTAL MA	POTAL FAF(G)	(10 %) The south of the office of the south	URATED FAT (G)	NO BUILT OF	CHOLESTER.	HOLESTEROL (ME)	Soome Soome	C. Soolue	Capito Children 18 OL	-OHDRATES (C)	CAR DI	FIBER (G)	SUGAL ON	(a) Strong (a)	City City (C)	ALLANIN (* DV)	Cation ( & Ot)	HOW CALL	(10 %)	29. 1911	SHELLATSH	Addition of the second	Scimes Coo	SUMOS	102 Mility
SIGNATURE & BAGEL SANDWICHES Herby Turkey / Sesame Bagel 11.0	31:	3 5	570	130	15.0	23	4.5	23	0	55	18	1580	66	75	25	4	16	11	34	10	25	10	45	x		X			x		SESAME BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, N RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SESAME SEEDS, S DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEG, DIACETATE), LETTUCE, RED ONIONS, LIGHT HERB GARLIC CREAM CI LESS THAN 2% OF GARLIC, CHIVES, SPICES, SALT, NATURAL FLAVO POTASSIUM SORBATE [MAINTAINS FRESHNESS]). SUNDRIED TOMAT OLIVE OIL, BUTTER [CREAM, MILK, SALT], DEHYDRATED ONION, DEH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GRALIC, CITRIC ACID, L
Leonardo da Veggie / Asiago Parmesan 10.1 Bagel	. 286	6 4	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 MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS ' CULTURE, SALT, & ENZYMES), PARMESAN CHEESE [PART-SKIM MILL PREVENT CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SJ TOMATO, LETTUCE, FRESH RED ONIONS, MUENSTER CHEESE (PASTI COLORING]), LIGHT HERB GARLIC CREAM CHEESE (CULTURED SKIM CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEII MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND AA (MAINTAINS FRESHNESS), NATURAL FLAVOR), ROASTED RED PEPPI
Smoked Salmon with Egg Salad / 9.7 Pumpernickel Bagel	274	4 5	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 F RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, YEAST, LIGHT BROV SALMON (SOCKEYE SALMON, SALT, SUGAR, HARDWOOD SMOKE), E CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASI SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SOR YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISO
Turkey Chipotle Club / Everything Bagel 11.2	31	7 8	310	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 FLOU RIBOFLAVIN], WATER, MALT, SALT, SESAME SEEDS, POPPY SEEDS, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD SODIUM PHOSPHATES, SODIUM DIACETATE), CHIPOTLE SAUCE (VEG VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGA Y GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, S PEPPER.
Hot Pastrami / Everything Bagel	290	6 5	590	170	19.0		9.0		0	75		2300		66		4		7	35	6	4	35	30			x				x	Plain Bagel (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Syrup, Salt, Bakers Yeast, Ascorb 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, S Spices, Turmeric), Swiss Cheese (cultured milk, salt, enzymes), Pickl (fresh cucumbers, water, salt, vinegar, lactic acid, garlic, less than 1, 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	23:	2 5	500	210	24.0		9.0		0	55		1190		51		2		6	23	10	10	20	20	x	x	×			x		Clabatta Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrat Riboflavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Asco Acid, Enzymes, Tomato, Tuna (Albacore tuna fish, water, vegetable b salt, pyrophosphate), BRU Garden Veggie Cream Cheese Pasteurized Cream, Carrots, Scallions, Non Fat Milk, Milk Proteins, Less Than 2% Red Peppers, Salt, Natural Acids, Xanthan, Locust Bean and Guar Gu Potassium Sorbate (Maintains Freshness)., Honey Mustard (Soybean 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 Syr Natural Flavor), Swiss Cheese (cultured milk, salt, enzymes), Mayonr (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 Red Onion, Salt, Kosher, coarse, Black Pepper.
Harvest Chicken Salad (only some markets) SIDES & DESSERTS	24:	1 4	490	180	20.0		3.0		0	50		830		54		3		6	24	30	15	4	20	x				x		x	Red Union, Sait, Nosher, coarse, Black Pepper. Ciabatta Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitratu Riboflavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Asco Acid, Enzymes, Chicken Breast, Fully Cooked [water, rice starch, seasoning (salt, evaporated cane syrup, black pepper), and salt], Tor 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 Onion, Toasted Almonds (Almonds, dry roasted), Craisins (cranberrie sugar, citric acid, sunflower oil, elderberry juice concentrate [color]), Mustard (Vinegar, Mustard Seed, Salt, Spices, Turmeric), Honey (hon Black Pepper, Salt, Kosher, coarse.

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# INGREDIENT LIST

OUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, EEDS, SALT, YEAST), SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM IEAM CHEESE (PASTEURIZED SKIM MILK AND CREAM, MILK PROTEINS, WHEY PROTEIN, FLAVOR, NATURAL ACIDS, XANTHAN, LOCUST BEAN AND GUAR GUMS, VEGETABLE RENNET, TOMATO SPREAD (TOMATO SOLIDS, SUN DRIED TOMATOES, CANOLA OIL, EXTRA VIRGIN DN, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RASPBERRIES, HIGH ACID, LIME JUICE, SALT).

RICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN XKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE IIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO GAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA)), FRESH E (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE ED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE D PEPPERS (RED PEPPER, PIMENTO, WATER, SALT, CITRIC ACID).

HEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, T BROWN SUGAR, CARAMEL COLOR, WHEAT BRAN, CARAWAY SEEDS), WILD SMOKED IOKE), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED IM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, JM SORBATE (MAINTAINS FRESHNESS)], MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG M DISODIUM EDTA (ADDED TO PROTECT FLAVOR])), FRESH CUCUMBERS, ARUGULA.

AT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, YEAST), TURKEY (TURKEY BREAST, D FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, CC (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, S, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, 'A AS A PRESERVATIVE), FRESH TOMATO, BACON (CURED WITH WATER, SALT, SUGAR, IELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), ARUGULA, SALT,

ite, Ascorbic			
: Spices,			
Seed, Salt, i), Pickle than 1/10 of prings, opping Salt).			
onitrate, Canola Oil, ur, Ascorbic table broth, teurized han 2% of Suar Gums; oybean Oil, Yolk, (anthan Paprika Jorn Syrup, Mayonnaise ains less lemon juice,			
onitrate, Canola Oil, ur, Ascorbic ch, alt], Tomato, n syrup, Lettuce, Red			
nberries, color]), Deli ey (honey),	 		

				Brueg	ger's l	36	lutriti		forma																		F= M	ANUFA	CTUR	RED I	N A F/	CILIT	Y THAT P	ROCES	SES TH	IIS ALLE	RGEN				
EST. 1983 BRUEGGER'S BAGEELS AUTHENTIC NEW YORK STYLE		Septime of the	Servine Size	(6) x 3	CALORIES E.	The MON	Draw AP	Carried Provide Coly	TURATED F.	(10 State.	CHOLESTER FAT(G)	CHOLESTERN: (MG)	(10 %) h.	AND	CAPBO UNIN (S. )	Careon Draffe	DRATES (C)	Place	FIBER (C)	Sucar	(e) street (e)	VITAMIN CIV(G)	ALL ANIN SCOP	Cation Cation	AOB MOI	GO 3UMO.	EGGS	PICH.	MILLELLER	Aller Aller	There Alone Control	Strikooopin.	408 81	MHEGT.							
Chocolate Chunk	4.0	113	500	200	22.0	34	13.0	65	0	70	23	220	ç	) 69	9 2	3	3 1	12	38	7					X			X	,		X	×		сносо	LATE C	HUNKS (	SUGAR	, CHOCO	HEAT FLO DLATE LIO NG SOD	QUOR, C	COCOA E
Oatmeal Raisin Pecan	4.0	113	460	190	21.0	) 32	9.0	45	0	50	17	220	g	6	5 2	2	4 1	16	37	7					x			x		X		X	INGRE	DIENTS:	OATS,	BROWN	SUGAR	R, BUTTE		), ENRIC	CHED BL

INGREDIENT LIST TED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC COA BUTTER, MILK FAT, SOY LECITHIN (AN EMULSIFIER), SALT AND VANILLA), BUTTER OA BUTTER, MILLERAT, SUT LECTHIN (AN EMULSIFIER), SALTAND VANILLA), BUTTE TURAL FLAVORS. D BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN,

D), SUGAR, RAISINS, PECANS (NUT), WATER, EGGS, SALT, BAKING SODA.

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EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE		Strumo Str	(TO) Samuel	Car.	Calories Fac	POLAT VALAT	Digg Kar	Sarring 1 ar ( & Oly	(a) 14 years	Produce -	CHOLESTER.	Cholesterol (MG)	Soon Soon	Sooline (MG)	CAPEOHDO M (\$ DV)	(a) Standard	(10 gelss)	FIBER (G)	SUR.	(S) Same	VITAMIN (C)	With the CE DIS	Cat Citter	(10%) MD	(10.8)M	EGGS	Str. FISH	HOLYTHAN	Ashoo Ash	Stow Stow 331	COOMPACT COOMPACT	Refer to
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			x		MARSHMALLOWS (CORN SYRUP, SUGAR, MODIFIED FOOD STARCH TETRASOCIUM PYROPHOSPHATE), RICE CRISPS [RICE, SUGAR, SALT IRON, NIACINAMIDE, THIAMIN HYDROCHLORIDE (VITAMIN B1), CALO BHT ADDED FOR FRESHNESS], MARGARINE [PALM OLL, WATER, SOY CAROTENE (COLOR), VITAMIN A PALMITATE ADDED), CORN SYRUP, S
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	SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, BLUEBERR ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLA ENZYME.
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	ENCINE. SUGAR, EGGS, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLI RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, BLUEBERRIES, BUTTERMIL (PROPYLENE GLYCOL, SORBITAN MONOSTEARATE, MONO- AND DI-B PROPYLENE GLYCOL, SORBITAN MONOSTEARATE, SORBIC ACID, SOY LEC ALUMINUM PHOSPHATE), NATURAL & ARTIFICIAL FLAVORS, SALT, X
Cinnamon Coffee Cake (Bake N Joy) BOSTON VERMONT, NORTHERN CONNECTICUT	l, 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	SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, WATER, CI MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUI BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.
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	SUGAR, SOYBEAN OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUF CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, SOY LECITHIN, N. MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, MON STEAROYL LACTYLATE, SODIUM PROPIONATE, CITRIC ACID, SOY LEC
Corn (Bake N Joy) BOSTON, VERMONT, NORHTERN 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	ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), XANTHA SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, WATER, CC ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, RICE STARCH.
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	SUGAR, SOYBEAN OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, SOY LECITHIN, N/ MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, MON STEAROYL LACTYLATE, SODIUM PROPIONATE, CITRIC ACID, SOY LEC ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), XANTHA
Cranberry Nut (Bake N Joy) SELECT BAKERIES	S 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	SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, CRANBERF SYRUP, SUGAR, ORANGE PEEL, ORANGE JUICE CONCENTRATE, WAT FD&C YELLOW #5), LEAVENING (BAKING SODA, SODIUM ALLIMINUM DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, PROPYLENE CLYCO
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	ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIA SOYBEAN OIL, WHOLE EGGS, WALNUTS, NONFAT MILK, LEAVENING PHOSPHATE), NATURAL FLAVORS, SALT.
OTHER SIDES Crackers	VALUE See la	E <mark>S LISTE</mark> bel	O ARE LI	MITED '	to info	ORMAT	TION P	ROVIDI	ED BY	SUPPL	IER/M	IANUFA	CTURE	R OF I	PACKA	GED (	or dis	SPENS	ED PR	ODUC	TS.											
Potato Chips	See lal See lal	bel														_				_		_		_								
Yogurt 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	WATER, CREAM, COOKED DICED CHICKEN (WHITE MEAT), CARROTS, FLAVORING), CONTAINS LESS THAN 2% OF THE FOLLOWING: ONION: JUICES, SALT, HYDROLYZED SOY AND CORN PROTEIN, SUGAR, FLAV TURMERIC), SALT, FLOUR [WHEAT FLOUR, ENRICHED, BLEACHED (W MONONITRATE, RIBOFLAVIN AND FOLIC ACID)], SUGAR, GARLIC (GA EXTRACT, SALT, HYDROLYZED CORN SOY WHEAT PROTEIN, DEHYDR SKIN, SILICON DIOXIDE (ANTI-CAKING AGENT). TBHO (ANTIOXIDANT)
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	SINI, SLICOVIC (ANTH-DANING AGENT), IBNQ (ANTIOLADAT) WATER, CHICKEN, SPAETZLE DUMPLING (ENRICHED WHEAT FLOUR MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, ENRICHED DURUM MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES, NATURAL F 2% OF THE FOLLOWING: CHICKEN STOCK CONCENTRATE (CHICKEN AUTOLYZED YEAST EXTRACT, DISODIUM INOSINATE AND DISODIUM PRESERVATIVE), FLAVOR], MODIFIED FOOD STARCH, CHICKEN BASE CHICKEN FLAVOR (WITH HYDROLYZED CORN SOY WHEAT GLUTEN P CHICKEN, MODIFIED FOOD STARCH), FLAVOR (WITH TORULA YEAST) RENDERED CHICKEN FAT, OLIVE OIL, SALT, SPICES, SUGAR, GELLAN
Vegetable	8.0	227	90		2.5						0																			x		WATER, CARROTS, NAVY BEANS (NAVY BEANS AND WATER), RED O CHLORIDE), SWEET POTATO, CORN, CELERY, ZUCCHINI, SQUASH, KA PASTE, VEGETABLE CONCENTRATE [A BLEND OF VEGETABLES PURE TOMATO, CARROTS, GREEN BELL PEPPER, ONION JUICES (ONION, G PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: MALTODEXTH MODIFIED FOOD STARCH, SPICE, HYDROLYZED SOY PROTEIN, BURG (SALT, SULFITES), MIREPOIX BASE [VEGETABLE PUREES (CARROT, C STARCH, CARROT POWDER, CONTAINS 2% OR LESS OF THE FOLLOW SALT, GARLIC (GARLIC, WATER), SPICES, CILANTRO.
TOPPINGS CHEESE	VALUE	S LISTEI	D BELOW	V ARE F	OR A S	INGLE	BAGE	L OR C	AFÉ S	ALAD F	ORTIC	DN; FULI	L SIZE	SAND	WICH	S ANI	D ENTI	RÉE S/	LADS	USE /	PPRC	OX. TW	ICE TI	HE AM	IOUNT	LISTE	D BEL	.ow				
American Cheese	0.8	21.0										270.0								_		_	0.0				X					MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHA CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION.
Asiago Cheese, Shredded	0.5	20	15		3.0				5		65			0				1		_	4						x					ASIAGO CHEESE (PASTUERIZED MILK, CHEESE CULTURE, SALT, & EM ENZYMES).
Blue Cheese Cheddar Cheese		28 19.0										380 120.0															X X					PASTUERIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NAT PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO V
Muenster Cheese Swiss Cheese		28.0 14.0										190.0 30.0														_	X X					PASTUERIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNAT PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.
CONDIMENTS	0.5	14.0	50.0	35.0	4.0	0.0	2.3	13.0	0.0	10.0	3.0	30.0	1.0	1.0	0.0	0.0	0.0	0.0	4.0	<b>-</b> +.∪	3.0	10.0	0.0				~					I ASTLUNIZED FART-SNIW WILL, CREESE CULTURE, SALL, ENZYMES.

# INGREDIENT LIST

RCH (CORN), DEXTROSE, WATER, GELATIN, NATURAL AND ARTIFICIAL FLAVOR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT (CORN FLOUR, MALTED BARLEY), REDUCED SALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID, AND SOYBEAN OIL, SALT, NATURAL FLAVOR (INCLUDES MILK), SOY LECITHIN, ME BETA UP, SUGAR, HIGH FRUCTOSE CORN SYRUP, GLYCERIN, SOY LECITHIN (AN EMULSIFIER).

ERRIES WATER, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM FLAVOR, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM,

FLOUR, AMLTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, MILK (MILK), CONTAINS LESS THAN 2% OF: MODIFIED FOOD STARCH, EMULSIFIERS DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GYLCERIDES, POLYSORBATE 60, LECITHIN), LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM T, XANTHAM GUM.

CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN), LUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, CINNAMON, RICE STARCH, AE.

DUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, I, NATURAL FLAVORS), WATER, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF IONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GLYCERIDES, SODIUM LECITHIN), SPICES, NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ITAM GUM.

, CORN MEAL, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM RCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.

DUR, NIACIN, IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, I, NATURAL FLAVORS), WATER, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF: IONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GLYCERIDES, SODIUM LECITHIN), SPICES, NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM IHAN GUM.

ERRIES, WATER, WALNUTS, MODIFIED FOOD STARCH, ORANGE ICING FRUIT (CORN VATER, OIL OF ORANGE, CITRIC ACID, PECTIN, SODIUM BENZOATE, ARTIFICIAL COLOR IUM PHOSPHATE, MONOCALCIUM PHOSPHATE), EMULSIFIERS (MONO AND COL MONOESTERS), BUTTERMILK SOLIDS, SALT, NATURAL AND ARTIFICIAL FLAVOR.

THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, CRANBERRIES, ING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM

DTS, WILD RICE, CELERY, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL ONS, MODIFIED FOOD STARCH, CHICKEN BASE (CHICKEN MEAT INCLUDING CHICKEN LAVORING, POTATO FLOUR, AUTOLYZED YEAST EXTRACT, CARROT POWDER AND D (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE (GARLIC, WATER), NATURAL CHICKEN FLAVOR (MALTODEXTRIN, AUTOLYZED YEAST YORATED COOKED CHICKEN, NATURAL FLAVOR (WITH MILK), CHICKEN FAT, CHICKEN NT)], SOY LECITHIN, SPICES.

UR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE RUM WHEAT FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE AL FLAVOR, OLEORESIN TUMERIC), CARROTS, ONION, CELERY, CONTAINS LESS THAN EN STOCK, DEXTROSE, SALT, FOOD STARCH - MODIFIED, HYDROLYZED CORN PROTEIN, UM GUANYLATE, ONION POWDER, NATURAL FLAVORING, POTASSIUM SORBATE (A ASE [ROASTED CHICKEN AND CHICKEN FAT, SALT, AUTOLYZED VEAST EXTRACT, IN PROTEIN, MALTODEXTRIN, EGG YOLK, YEAST EXTRACT, DEHYDRATED COOKED AST), DISODIUM INOSINATE, DISODIUM GUANYLATE, POTATO STARCH, TURMERIC], LAN GUM, XANTHAN GUM, VEGETABLE COLOR (TURMERIC EXTRACT).

D ONION, TOMATOES (TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM , KALE, RED BELL PEPPERS, CONTAINS LESS THAN 2% OF THE FOLLOWING: TOMATO JREES (CARROT, CELERY, ONION, SAUTEED ONION, RED BELL PEPPER), DEHYDRATED N, GARLIC, SHALLOT, CARROT), SUGAR, SALT, YEAST EXTRACT, HYDROLYZED CORN EXTRIN, CANOLA OIL, NATURAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, JRGUNDY WINE SOLIDS], MODIFIED FOOD STARCH, SUGAR, VIRGIN OLIVE OIL, WINE T, CELERY, ONION), SALT, MALTODEXTRIN, ONION POWDER, CANOLA OIL, CARRO LOWING: EXTRACTIVE OF CARROT, XANTHAN GUM, SPICE EXTRACTIVES), JALAPENO,

HATE, ASCORBIC ACID (AS A PRESERVATIVE), ENZYMES (USING VEGETABLE RENNET),

k ENZYMES), PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, AND

NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING. FO VEGETABLE COLORING - IF COLORED]. NATTO (VEGETABLE COLORING).

IES.

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AUTHENTIC NEW YORK STYLE	•	SEAL	SER		Calon		Į,	SATUR	A Past	r e	and the second	-moles	Ĩ	8	Car Carbook	Clifogue					AL	ATTA .	ক্ত						TREENUT		
Butter Chipotle Sauce	0.5 0.5	<u>14</u> 14	100 100		<u>11.0</u> 11.0			36 8	0	30 5	<u>10</u> 2	90 120	4 5		0	0	0	0	0	8	0	0	0	x			x		x		CREAM (MILK), SALT. VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLI A PRESERVATIVE.
Dijon Mustard Honey Mustard	0.5 0.5	14 14	0 45	0	0.0 0.0		0.0	_	0	0 0	0	180 45	8 2		0 3		0		0	0 0	0 1	_	0 1	-		1			x		DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SP SUGAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF
Honey Horseradish Mayo	0.7 1.1	21 30	64 140	0	0.0	_	0.0	0 9	0	0 10	0	1 280	0	17 6	6 2	0	0	17 5	0	0	0	0	0	x		-			x		PAPRIKA. PURE HONEY. SOYBEAN OIL, CORN SYRUP, VINEGAR, HORSERADISH, DIJON MUST
Hummus	1.5	43	90	60	5.0	6	1.5	8	0	0	0	140	6	7	3	0	0	0	4	0	0	2	15			1	_	F	= x	_	ACID, TARTARIC ACID, SPICES), EGG YOLK, CONTAINS 2% OR LESS ( CHICK PEAS, TAHINI (GROUND, ROASTED SESAME SEEDS), LEMON J
Jelly/Jam - Grape Jelly/Jam - Strawberry	0.7 0.7	20 20	50 50	0	0.0	0	0.0	0	0	0	0	5 0	0	13 13	4	0	0	12 0	0	0	0	0	0	-							FRESHNESS), CAYENNE PEPPER. GRAPE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PECTIN STRAWBERRIES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUG
Мауо	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	0	x		1			x		NATURAL FLAVOR. SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIE
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	0	6					x	x		ROASTED PEANUTS, SUGAR, PARTIALLY HYDROGENATED VEGETAB
Sriracha Sauce Sundried Tomato Mayo	<u>1.0</u> 0.7	28 21	30 140	0 140	0.0 15.0		0.0 2.5	0 12	0	0 15	0	570 130	24 5		2	0	0	6 0	0 2		0 2	0	0	x		1	x		x		CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SOR MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DIS' PROTECT FLAVOR]),SUNDRIED TOMATO PASTE (SUN RIPENED ROM/ OIL, BUTTER [CREAM, MILK, SALT], DEHYDRATED ONION, DEHYDRA' FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, L
Sundried Tomato Spread	0.6	16	79	54	6.0	9	2.0	10	0	6	2	46	2	5	2	0	1	1	1	6	9	1	2				x				SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOE: DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE (MIL 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	0	6	0	0	0	0	x					x		EGG WHITES, CONTAINS LESS THAN 2% OF CARRAGEENAN, MODIFI SALT.
Liquid Egg White	2.0		30	0	0.0	_	0.0	_	0	0	0	95	4		0	_	0	_	-		0		0			_		_			LIQUID EGG WHITES, TRIETHYL CITRATE ADDED AS A WHIPPING AID
Whole Egg Patty (Austin, TX Only)	2.0 2.0	57 57	110 80	80 50	9.0 6.0	_	2.0 1.5	_		175 210	58	170 80	7	2	1	0	0	1	5 7	4	0	2	4			-		-	X		WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF PASTEURIZED EGGS.
Fresh Cracked Egg MEAT	2.0	57	80	50	6.0	9	1.5	8	0	210	70	80	3	1	0	0	0	1	- /	6	0	4	6	X		- 1		- 1		-	PASTEURIZED EGGS.
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 SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHA
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 (PASTEURIZEI PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVE [MAINTAINS FRESHNESS]), MAYO (SOYBEAN OIL, WATER, CORN SYF EDTA (ADDED TO PROTECT FLAVOR)).
Ham	1.8	50	45	10			0.0		0		7	550		2		0	0		7			0									SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LAC SODIUM NITRITE).
Pastrami Salmon	1.3	38	25 80	10 25			0.0	0	0	10 25	3	230		0	0	0	0		3		0		0		x	_					PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHAT FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL CO SALMON, SALT, HARDWOOD SMOKE.
Sausage	1.5	43	160		16.0			30	0	30	10	280	12		0	0	0	0	6	0	0	0	2		^						PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAS
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			- 1	_	- 1			FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID. 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	0	11	0	0	0	2	x	X						TUNA (LIGHT TUNA, WATER, VEGETABLE BROTH [CONTAINS SOY], SA SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALC [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFAT CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL [SOYBEJ CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WH OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOL STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], VINE POTASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS] OAT FLOU 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, DI 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						(		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 HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHI PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, EI WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR T
Sesame Seeds VEGETABLES & FRUIT	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.
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	2	0	0								FRESH CUCUMBER.
Green Peppers Lettuce	1.0 0.1	28 4	6	0	0.0			_	0	0	0		0		0	_	0	_	0		38 1	_	1			-					GREEN PEPPERS. FRESH LETTUCE.
Pickles	0.1 1.0	4 28	0	0	0.0		0.0	_	0	0	0			1		_		_			0	_									FRESH CUCUMBERS, WATER, VINEGAR, SALT, SPICES, CALCIUM CHI POLYSORBATE 80, TUMERIC (COLOR).
Pickled Red Onions	1.0	28	40	0	0.0		0.0	_				210											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					_					FRESH RED ONION.
Red Peppers Tomatoes	1.0 0.2	28 5	6	0	0.0		0.0	_		_	0				_	0		_				_	1			- 1			-		RED PEPPERS. FRESH TOMATO.
Cranberries (Dried)	0.2		60	0	0.0		0.0		0	0	0	0				2															CRANBERRIES, SUGAR, SUNFLOWER OIL.

## INGREDIENT LIST

F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN

ER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, RLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS

SPICES. OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TUMERIC,

USTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC SS OF: SALT, SUGAR, SPICE, XANTHAN GUM, ARTIFICIAL FLAVOR. IN JUICE, OLIVE OIL, SOY SAUCE, GARLIC, CUMIN, SALT, SORBIC ACID (MAINTAINS

IN JUICE, ULIVE UIL, SUT SAUCE, GARLIC, CUMIN, SALT, SURBIC ACID (MAINTAINS

UGAR, PECTIN, CITRIC ACID, GRAPE JUICE CONCENTRATE ADDED FOR COLOR,

CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR).

ABLE OILS (COTTONSEED, SOYBEAN AND RAPESEED) TO PREVENT SEPARATION, SALT.

ORBATE, SODIUM BISULFITE AND XANTHAN GUM.

DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA [ADDED TO JMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE RATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RED RASPBERRIES, HIGH D, LIME JUICE, SALT.

OES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER (CREAM, MILK, SALT), MILK, SALT, ENZYMES), RED RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES,

DIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN]

AID.. OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY.

XED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, HAN GUM, SODIUM BENZOATE), SODIUM ENYTHORBATE, SODIUM NITRITE. IZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE [MILK HIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM

ACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE,

HATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, . COLOR, SUGAR, SMOKE FLAVOR).

EAST, LIME FLAVOR (CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR),

, SALT), MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN ALCIUM DISODIUM EDTA TO PROTECT FLAVOR), BREAD CRUMBS (ENRICHED FLOUR FATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], HIGH FRUCTOSE CORN SYRUP, BEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA], WATER, SALT, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, SOUGH CONDITIONERS [MONO- AND DIGYLCERIDES, SODIUM AND/OR CALCIUM NEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND LOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR,

, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON TE).

CED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, ; ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, R TBHQ [PRESERVATIVE]).

CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVORS, GARLIC OIL,