										_				_			_									
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE		Seame Str.	SEAVING SIZE.	Bruege	ALONIES PROM	TRAM PRO	SATURAL FAT (% DV)	SAURATED FAT (G)	TANKON ON O	CHOLESTEROL (C)	Common (Common Common C	Son. Male)	CARBOHDORATES	Co) Salas (G)	PIBER (G)	Sucare	MINAMIN (G)	MAMIN ON	CACOUMCO	HOW (AS)			URED IN	FE MUS CO.	SOMOS	THAT PROCESSES THIS ALLERGEN
TM			7		47		7	Ġ.		47			25			47		Ζ,	47	7		47	^		4	INGREDIENT LIST
BAGELS & BREADS BAGELS	VALUE	e i leter	ARE EO	D FIII I	-SIZED E	RAGELS	SKINN	V BAG	FI C ADE	APPRO	7 2/2 OF	AMOUN	T LISTED	BELOW.												
Apple Cinnamon - Gourmet (seasonal)	5.2	148	450		9.0	11 2	2.0 10	0	0	0	550 2	4 83	30		30			2						х		Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Folic Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Fire Roasted Fuji Apples, Diced Apples, Brown Sugar, Sugar, Contains less than 2% of Caramel Color, Citric Acid, Cinnamon, Nutmeg, Modifed Food Starch, Salt, Cinnamon Crunch Topping Raw Washed Sugar, Refned Granulated Sugar, Cinnamon, Canola Oil, Streusel Topping Wheat Flour, Sugar, Zero Trans Fat Vegetable Shortening [Palm Oil, Soybean Oil], Zero Trans Fat Margarine [Soybean Oil, Palm Oil, Water, Salt, Mono And Digylcerides, Soybean Lecithin, Natural Flavor, Annato Color, Vitamin A Palmitate], Vanilla, Salt.
Asiago Parmesan	4.3	123	310	25	3.0	5 0	0.5 3	0	5	2	600 2	5 61	20 4	16	7	12 2	0	4	20	F	Н	X				PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA).
Blueberry	4.1	115	310	15	2.0	3 0	0.0 0	0	0	0	500 2	1 63	21 4	14	14	11 0	0	2	20	F						UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, LIGHT BROWN SUGAR, MALT, INFUSED WILD BLUEBERRIES (BLUEBERRY, SUGAR, GLYCEROL, SAFFLOWER OIL, CITRIC ACID, CALCIUM LACTATE, POTASSIUM SORBATE, NATURAL BLUEBERRY FLAVOR), SALT, BLUEBERRY FLAVOUR (PROPYLENE GLYCOL, WATER, FRUIT JUICE CONCENTRATE, NATURAL FLAVOURS, BENZYL ALCOHOL, ETHYL ALCOHOL), WHEAT GLUTEN, CULTIVATED BLUEBERRY, MALT, BAKERS YEAST.
Bruegger Bites (3)	1.5	43	120	20	2.5	4 0	0.0 0	0	0	0	190 8	3 22	7 1	4	3	4 0	0	0	8	F						ROSEMARY OLIVE OIL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST).
Cheesy Hash Brown - Gourmet		126											22 (5			6				x		х		Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Folic Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Hash Brown Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (to maintain color), Three Cheese Blend (Low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke favoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artfcial color), potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Parmesan/ Asiago Cheese Blend (Parmesan High Moist (Parmesan cheese (part-skim milk, cheese culture, salt and enzymes). Asiago(Pasteurized milk, cheese culture, salt and enzymes). Powdered Cellulose w/enzymes (added to prevent caking)), Buter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Buter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, salt, kosher, coarse.
Cinnamon Raisin	4.1	115	310	15	2	3	0 0	0	0	0	480 2	0 65	22 4	17	10	11 0	0	2	20	F						UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RAISINS, MALT SYRUP, LIGHT BROWN SUGAR, SUGAR, SALT, CINNAMON, HONEY, YEAST.
Cinnamon Sugar	4.1	116	320	15	2.0	3	0 0	0	0	0	420 1	7 63	21 4	17	13	14 0	0	4	20	F						UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, CINNAMON SUGAR TOPPING (SUGAR, CINNAMON), SALT, YEAST, WHEAT GLUTEN.
Egg (select markets)	4.1	115	300	20	2.0	3 0	0.0 0	0	0	1	590 2	4 60	20 3	14	11	11 0	0	2	20	Х					Х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
Everything	4.1	117	310	20	2.5	4	0 0	0	0	0	710 3	0 62	21 4	15	7	12 0	0	2	20	F					Х	HONEY, LIGHT BROWN SUGAR, EGG POWDER, SALT, MALT, BAKERS YEAST, CURCUMIN (TUMERIC COLOUR EXTRACT, MODIFIED STARCH). UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
Everything Whole Wheat	4.1	117	280	20	2.5	4 0	0.0 0	0	0	0	790 3	3 55	18 6	24	5	13 0	0	4	15	F	П				Х	MALT, SELAME SEEDS, ROCK SALT, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, BAKERS YEAST. WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), EVERYTHING TOPPING (SESAME SEEDS, PRETZEL ROCK SALT, POPPY SEEDS, GARLIC, ONION).
Five Cheese - Gourmet	4.1	125	350		9.0	12 3	3.5 18	0	15	5	700 3	0 53	19		5	15		10	80		П	Х		х		Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Folic Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Three Cheese Blend (Low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke favoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artfcial color), potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Parmesan/ Asiago Cheese Blend (Parmesan High Moist (Parmesan cheese (part-skim milk, cheese culture, salt and enzymes). Powdered Cellulose w/enzymes (added to prevent caking).
French Toast Bagel (seasonal)	4.6	130	370	35	4.0	6 1	L.O 5	0	25	9	650 2	7 72	24 4	15	20	13 0	5	6	20	Х				Х		UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, BROWN SUGAR, HONEY, CRUNCHY CINNAMON BITS (SUGAR, WHEAT FLOUR, CORN CEREAL, CINNAMON AND SOYBEAN OIL), BAKERS YEAST, EGG POWDER, SALT, MALT, CARAMEL COLOR, CURCUMIN.
Garlic	4.1	115	300	15	2.0	3	0 0	0	0	0	520 2	2 61	20 4	15	7	12 0	0	2	20	F						UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT. DEHYDRATED GARLIC. SALT. BAKERS YEAST.
Honey Grain	4.1	115	310	25	2.5	4	0 0	0	0	0	490 2	0 61	20 4	15	10	11 0	0	2	20	F					Х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, HONEY, MOLASSES, OATS, SESAME SEEDS, SALT, RYE, BAKERS YEAST.
Jalapeno (select markets)	4.1	115	330	30	3.0	5 0	0.0 1	0	0	0	480 2	0 67	22 9	37	7	13 10	160	4	25	F					Х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND CALCIUM CHLORIDE).
Jalapeno Cheddar (select markets)	5.5	155	440	80	9.0	14 3	3.5 18	0	20	7	650 2	7 75	25 1	40	7	19 15	180	15	30	F	П	Х				PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND CALCIUM CHLORIDE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Onion	4.1	115	300	20	2.0	3	0 0	0	0	0	530 2	2 61	20 4	15	8	12 0	2	2	20	F						UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, DEHYDRATED ONION, BAKERS YEAST.
Plain	4.1	115	300	20	2	3	0 0	0	0	0	530 2	2 60	20 4	14	7	12 0	0	2	20	F					Х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, BAKERS YEAST.
Рорру	4.1	116	310	20	2.5	4	0 0	0	0	0	610 2	6 61	20 4	15	7	12 0	0	2	20	F	П				Х	WATER, MALT STRUP, SALT, BARERS TEAST. UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, DOPPY SEEDS, YEAST.
Pretzel Bagel (seasonal)	4.2	118	300	20	2	3	0 0	0	0	0 1	L500 6	3 61	20 4	16	7	12 0	0	2	20			х		П	Х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID),
Pumpernickel	4.1	115	300	20	2.0	3	0 0	0	0	0	560 2	3 62	21 4	18	10	11 0	0	2	20	F					Х	WATER, MALT SYRUP, ROCK SALT, SALT, YEAST, SODIUM BICARBONATE (LESS THAN 1%). UNBLEACHED ERICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT MUJEAT BOAN CADAMAY SEESE CADAMEL COLOR SALT BAYEDS YEACT.
Pumpkin (seasonal)	4.1	115	290	15	2.0	3 0	0.0 0	0	0	0	480 2	0 60	20 4	16	12	10 20	2	0	20	F				н	Х	MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL COLOR, SALT, BAKERS YEAST. UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
Rosemary Olive Oil	4.1	115	330	60	6.0	10 .	.5 3	0	0	0	510 2	1 59	20 4	14	8	11 0	0	2	20	F					Х	PUMPKIN, LIGHT BROWN SUGAR, MALT, SALT, CINNAMON, BAKERS YEAST, GINGER, NUTMEG, ALLSPICE. UNBLEACHED ERRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WASTER MALT SCREED, UNIF COLUMN C
Salt (select markets)	4.2	118	300	20	2.0	3 0	0.0 0	0	0	0 1	L540 6	4 61	20 4	14	7	12 0	0	2	20	F					Х	WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST. UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
Sesame	4.1	116	310	30	3.0	5	0 0	0	0	0	610 2	5 60	20 4	15	7	12 0	0	2	40	F	Н				Х	MALTO, ROCK SALT, SALT, BAKERS YEAST. UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
															ш			_								MALT SYRUP, SESAME SEEDS, SALT, BAKERS YEAST.

	_		Brue	adder's Re		101/101	forma	-	_		-	-	_		_		_	5-10	MANUFACTU	RED IN A FAC	CILITY THAT PROCESSES THIS ALLERGEN
——— EST. 1983 ←———		8	(@)	Ø	×.	્ર હ		8	<u> </u>	S 3	ું કુ	· @	8 6	8	@ @	8	\$ 8		9 3 3		2 3 E
BRUEGGER'S		Septin.	O SILE O	CALOPHES.	O'NE FR	POTAL FAT (% OV)	SATURATED FAY (G)	ANS FAT	HOLESTEROL (MG)	Sooming So	CARBOHIA (8 DK)	A TES	8 A	SUGAD ON	S. A.	VITAMIN (% DL)	CALCIUM (80)	28 44		Ton San	
BAGELS	ś			i ş	N. P.	A 8		S. S	Ser Ser	SON THE PROPERTY OF THE PROPER	O S		4		a is	A NIN		&	\$		
AUTHENTIC NEW YORK STYLE	Ž.	Ę	7	200		O N	Ser.	Ž	3 3		S 80	Ser.			Z.	Z.	उ		7 / 8	E WEST	
TM				Q			ž /	,	3		3	4 A	47							E	
	445.0	100 01	20 40	4.5	47				2 222	20 1	10		24 5	40	2 2	-	-				INGREDIENT LIST
Sesame Whole Wheat (select markets)	115.0 1	120 30	00 40	4.5	1	0.0 0	0	0	0 620	26 8	06 19	6	24 5	13	0 0	2	20 F				X WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), SESAME SEEDS.
Sourdough (select markets)	4.1 1	115 29	90 15	2.0	3 (0.0	0	0	0 540	23 5	56 19	4	15 7	11	0 0	2	20 F				X UBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, WATER, SOURDOUGH CULTURE (WATER, FERMENTED WHEAT FLOUR), MALT, CRACKED WHEAT, SALT, BAKERS YEAST, WHEAT GLUTEN.
Whole Wheat	4.1 1	115 27	70 15	2.0	3 (0.0	0	0 (0 620	26 5	54 18	5	20 5	12	0 0	2	15 F				X FLOUR (WHOLE WHEAT, WATER) UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT GLUTEN, MALT, HONEY, SALT, YEAST
BREADS & WRAPS																					
Ciabatta Roll	4.2	90 23	30	2.5	3 (0.0 0	O	0	0 610	27 2	14 16	ш	1			2	15				X Clabata Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes.
BEVERAGES	_											-									
COFFEE & BLENDED Café au Lait	12.0 3	340 19	50 70	8.0	12 4	4.5 23	0	25 8	8 8	4 1	11 4	0	0 11	8	4 0	30	0		Х		WHOLE MILK, COFFEE. CONTAINS 50-84 MG CAFFEINE PER 4 OZ SERVING OF COFFEE*
Café au Lait									L1 11							_	0		X		CONTAINS 67-112 MG CAFFEINE PER 5.5 OZ SERVING* OF COFFEE
Café au Lait Café Latte		567 24 340 17			_				14 9 8						7 0 6 0	_	0		X		CONTAINS 83-140 MG CAFFEINE PER 7 OZ SERVING* OF COFFEE WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING OF ESPRESSO**
Café Latte					_			_	12 11			_	0 17			40	0		X		CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO
Café Latte		567 28			_										10 0	_	0		X		CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Café Mocha						5.0 27			9 8	5 2			0 21			30	2		X		WHOLE MILK, ESPRESSO, CHOCOLATE SAUCE (INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE [PRESERVATIVE]). CONTAINS 66-100 MG CAFFEINE PER 2 OZ OF ESPRESSO*
Café Mocha Café Mocha									L2 11 L5 14								3		X		CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Cappuccino		340 13				4.0 20									4 0	_	0		X		WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING OF ESPRESSO**
Cappuccino Cappuccino		153 17 567 23	-			5.3 27			9 <u>11</u> L2 <u>14</u>						5 0	_	0		X		CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Espresso		60	5 0			0.0 0			0 10	0			0 1			_	0		^		CONTAINS 152-400 Mg CAFFEINE PER 4 US SERVING* OF ESPRESSO CONTAINS 66-100 Mg CAFFEINE PER 2 US SERVING*
Espresso		90 8		0.0	_			_	0 15				0 2		0 0	0	0				CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING*
Espresso Flavored Coffee			0 0		_	0.0 0	0		0 20		0 0	_	0 2		0 0	0	0				CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING
Flavored Coffee		153	5 0			0.0 0	0		0 11		_		0 0		0 0	0	0				CONTAINS 200 - 333 MG CAFFEINE* PER 16 02 SERVING
Flavored Coffee		567		0.0	_					0				0	_	_	0				CONTAINS 250 - 313 MG CAFFEINE* PER 20 0Z SERVING
House Blend Coffee House Blend Coffee		356 4 453 5	4 0 5 0	0.0		0.0 0			0 8 0 11			_	0 0			_	0				CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING
House Blend Coffee				0.0	_				0 14			0			0 0	_	0				CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING
House Decaf Coffee		340 4 453 5	4 0 5 0		_	0.0	0	_	0 8 0 11		0 0	0	0 0	0	0 0	0	0				CONTAINS - 6 MG OF CAFFEINE PER 12 OZ SERVING*
House Decaf Coffee House Decaf Coffee		567	6 0			0.0 0	0		0 11		0 0	·	0 0	0	0 0	0	0				CONTAINS ~8 MG OF CAFFEINE PER 16 OZ SERVING* CONTAINS ~10 MG OF CAFFEINE PER 6 OZ SERVING*
Iced Coffee			4 0		_	0.0		_	0 8	_	_		0 0		0 0	_	0				CONTAINS 150 - 250 MG CAFFEINE* PER 12 0Z SERVING
Iced Coffee Iced Coffee		153 567	5 <u>0</u>			0.0 0				_	_		0 0		0 0	0	0				CONTAINS 200 - 333 MG CAFFEINE* PER 16 0Z SERVING CONTAINS 250 - 313 MG CAFFEINE* PER 20 0Z SERVING
OTHER BEVERAGES									R/MANUFA							Ů					OUTTAINO 200 020 IIIO ONI TEINE TEN 20 0E GENTINO
Bottled Water	See label															\Box					
Chocolate Milk Milk	See label			_	_							-				Н	_		_		
Naked Juice	See label																				
Tropicana Orange Juice Vitamin Water	See label				_							-				Н					
Nantucket Nectars	See label											_				Н					
Chai Tea, Bruegger's	12.0	340 24	40 45	5.0	8 !	5.0 25	0	0 (0 85	4 4	45 15	0	0 39	2	0 0	15	0		x	х	SUGAR, NON DAIR CREAMER (CONTAINS PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP OILS, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, SUGAR, MONO- AND DIGLYCERIEDS, SODIUM SILICOALUMINATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, ARTIFICAL
																					FLAVORS, AND ARTIFICAL COLOR (ANNATTO AND TUMERIC)), DAIRY PRODUCTS SOLIDS, NONFAT DRY MILK, MOLASSES (MOLASSES AND
					_							ш				ш					MALTODEXTRIN], BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATURAL AND ARTIFICAL FLAVOR, TRICALCIUM PHOSPHATE.
Chai Tea, Oregon	12.0 3	340 13	17 0	0.0	0 (0.0 0	0	0	0 12	0 2	29 9	0	0 27	0	0 0	0	0				WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).
Hot Tea, Regular	8.0 2	227	0 0	0.0	0 (0.0	0	0	0 0	0	0 0	0	0 0	0	0 0	0	0				CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK. CONTAINS ~ 47MG CAFFEINE PER 8 0Z SERVING **
Hot Tea, Herbal	8.0 2	227 (0 0	0.0	0 (0.0	0	0 (0 0	0	0 0	0	0 0	0	0 0	0	0				CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **
Hot Tea, Decaf Iced Tea, Brewed	8.0 2 12.0 3								0 0							_					CONTAINS ~ 2MG CAFFEINE PER 8 OZ SERVING ** CONTAINS ~ 70.5 MG CAFFEINE PER 12 OZ SERVING **
Hot Chocolate					_				1 190							_			x	х	WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE). MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY
																					LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).
Poured Orange Juice	16.0 4	154 22	20 0	0.0	0 (0.0	0	0	0 0	0 5	52 17	0	0 44	4	0 240	0	0				PASTEURIZED ORANGE JUICE.
Soft Drinks - Coke	16.0 4	53.6 14	40	0.0	0.0				45	2 3	39 13		39	0							CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING
Soft Drinks - Coke Soft Drinks - Coke	20.0 5 32.0 90			0.0	0.0					3 6				0		\vdash					CONTAINS 62.5 MG CAFFEINE PER 20 0Z SERVING CONTAINS 100 MG CAFFEINE PER 32 0Z SERVING
Soft Drinks - Coke Soft Drinks - Diet Coke	16.0 4	53.6	0		0.0					2			18	0							CONTAINS 100 MIG CAFFEINE PER 32 02 SERVING CONTAINS 62 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Diet Coke	20.0 5		0	0.0						3				0							CONTAINS 77.5 MG CAFFEINE PER 20 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Diet Coke Soft Drinks - Sprite	32.0 90 16.0 49			0.0						4 3		-	26	0		\vdash					CONTAINS 124 MG CAFFEINE PER 32 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN CONTAINS 0 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Sprite	20.0 5			0.0	0.0					5 6				0							CONTAINS 0 MG CAFFEINE PER 20 0Z SERVING CONTAINS 0 MG CAFFEINE PER 20 0Z SERVING
Soft Drinks - Sprite	32.0 90			0.0		NI DRAM	DED DIVE	IIDD II		8 6	_			0	DUOTO						CONTAINS 0 MG CAFFEINE PER 32 OZ SERVING
SYRUP FLAVORS Almond Flavored Syrup	1.0					ON PROVI			R/MANUFA						DUCTS.	N/A	N/A			Х	PURE CANE SUGAR, WATER, NATURAL ALMOND FLAVOR.
Caramel Flavored Syrup	1.0	28 10	00 0	0.0	0 (0.0	0	0 (0 0	0 2	24 8	0	0 24	0 N	I/A N/A	N/A	N/A				PURE CANE SUGAR, WATER, NATURAL CARAMEL FLAVOR.
Chocolate Syrup						0.0 0									0 0	ш					INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE).
Hazelnut Flavored Syrup Vanilla Flavored Syrup									0 7											X	PURE CANE SUGAR, WATER, HAZELNUT FLAVOR, CONCENTRATED LEMON JUICE, SALT, CARAMEL (COLOR). PURE CANE SUGAR, WATER, NATURAL VANILLA EXTRACT, NATURAL VANILLA FLAVOR.

				Dunada	orlo De	1777	107.12			_	-	_		-		_	_		_	_	_	E- MA	NUEACT	TIDED IN A	A FACILI	ITY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	5	Seame Str.	SERVING STE	(a) Caron	Montes 1904.	TA TANK	SATURE TAY SOL	SATURATED FAT (6)	TAT (% DV)	CHOLES ERRO (ME	(b) (8 0h)	S. Columnia,	CARBOHIDE & DV)	BOHDBATES (G)	Mars Page	PAER (%)	SUCARS (G)	VITAMIN, (©)	VII AMIN A (% OU)	CACOLINACE	(10%) NOMI	Eleco.	PAEL PSH	AMIN'S MIN'S ASSET	STONE COMONS	INGREDIENT LIST
CREAM CHEESE																										
Bacon Scallion	1.5	43	140	110	12	19	7 35	5 0	40	14 1	.50 6	5	2	0	0 2	2 3	10	0	6	0		П	X	F		PASTEURIZED CREAM, AND NON FAT MILK, SCALLIONS, BACON, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Cucumber Dill (seasonal)	1.5	43	140	110	13.0	20 €	6.0 30	0	35	12 1	.20 5	5 3	1	0	0	1 3	8	0	6	0			Х	F		PASTEURIZED CREAM, AND NON FAT MILK, CUCUMBERS, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), DILL, SALT, CITRIC, PHOSPHORIC, AND
																										ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Garden Veggie	1.5	43	130	100	11	18	6 31	LO	35	11 1	.40 €	5 5	2	1	4 2	2 3	10	8	6	0		Ш	X	F		PASTEURIZED CREAM, AND NON FAT MILK, CARROTS, SCALLIONS, RED PEPPERS, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Honey Walnut	1.5	43	150	110	12	18	6 32	2 0	35	11 1	.25 5	8	3	<1	2 :	3 3	10	0	6	0		П	Х	x		PASTEURIZED CREAM, AND NON FAT MILK, WALNUTS, HONEY, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Jalapeno	1.5	43	140	120	13	20	8 38	3 0	45	14 1	.50 6	5 4	1	0	0 2	2 3	8	0	6	0			Х	F		PASTEURIZED CREAM, JALAPENO PEPPERS, NONFAT MILK, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GREEN PEPPERS, CRUSHED RED PEPPERS, SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Light Garden Veggie	1.5	43	90	50	6	9	4 20	0	25	8 1	.05 4	3	1	0	0 2	2 6	10	4	6	8			Х	F		CULTURED SKIM MILK, PASTEURIZED CREAM, CARROTS, SCALLIONS, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, DRIED RED PEPPER, ONION POWDER, POTASSIUM SORBATE (MAINTAINS FRESHNESS), CELERY SEED, GARLIC POWDER, NATURAL FLAVOR.
Light Herb Garlic	1.5	43	100	60	6	9 3	3.5 18	3 0	25	8 1	.25 5	5 4	1	0	0 2	2 6	4	0	8	2			X	F		CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Light Plain	1.5	43	100	60	6	10	3 16	5 0	25	8 1	.30 5	5 4	1	<1	3 3	3 6	4	0	8	0		П	Х	F		CULTURED SKIM MILK, PASTEURIZED CREAM AND NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS). NATURAL FLAVOR.
Olive Pimiento	1.5	43	140	120	13	20	6 29	0	45	14 1	.30 5	3	1	0	0 :	1 3	10	0	6	0		П	х	F		PASTEURIZED CREAM, OLIVES (WITH PIMIENTOS), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Onion and Chive	1.5	43	140	110	13	20	8 40	0	35	12 1	.05 4	3	1	0	0 2	2 3	15	6	4	0			Х	F		PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Plain	1.5	43	130	100	11	17	7 35	5 0	40	13 1	.25 5	6	2	<1	2 2	2 3	10	0	6	0		П	Х	F		PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS). NATURAL FLAVOR.
Pumpkin (seasonal)	1.5	43	120	100	11	18	7 36	6 0	45	14 1	.35 6	5 4	1	0	0 :	3 3	15	0	6	0		-	X	F		PASTEURIZED CREAM, PUMPKIN BASE (PUMPKIN PUREE, CORN SYRUP, SUGAR, BROWN SUGAR, SPICES, CITRIC ACID, SALT, ANNATTO EXTRACT [FOR
																										COLOR], SODIUM BENZOATE AND POTASSIUM SORBATE [PRESERVATIVES]), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Smoked Salmon	1.5	43	150	120	13	21	6 32	2 0	40	13 1	.50 6	3	1	<1	2 2	2 3	10	0	6	0	Х	П	Х	F		PASTEURIZED CREAM, AND NON FAT MILK, SMOKED SALMON, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Strawberry									30														X	F		PASTEURIZED CREAM, STRAWBERRY PRESERVES (STRAWBERRIES, CANE SUGAR SYRUP, MODIFIED FOOD STARCH, STRAWBERRY FLAVOR WITH OTHER NATURAL FLAVORS, CITRIC ACID, POTASSIUM SORBATE, ARTIFICIAL COLOR [RED #40]), NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Whipped Plain (California Only)	1.5	43	150	50	14.0	18 1	0.0 50	0	40	13 1	.15 5	4	1	0	0 2	2 4	0	0	4	0			X	F		PASTEURIZED MILK AND CREAM, SALT, GUMS (LOCUST BEAN, GUAR AND XANTHAN GUMS), CHEESE CULTURES, POTASSIUM SORBATE (MAINTAINS FRESHNESS) CHEESE CULTURES.

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BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	ś	STE OMING STE	SERVING SIZE (G.)	CALON. CALONIES	MIS ROW FAY	PON AP CO.	SATURATES ON	Whom to Far (c)	ADS) THE PERSON OF THE PERSON	CHOLESTEROL (MG)	800m	SODIUM	CARBOHIDRATES	40 % SUM.	FIBER (%)	SUGARS	VITAMILLO (C)	MANNA (8 OU)	Calcium.	(10%) ON	40°	16 16 16 16 16 16 16 16 16 16 16 16 16 1	HEILITINE THE	THEE. PE.	MUSCON	School Asset Market Mar
SALADS & DRESSINGS SA	ALADS	& DRES	SINGS L	ISTED SE	PERATE	ENY.					4															INGREDIENT LIST
Mixed Greens Base	_	113 220	20 200		0.0 0					0 15 13 630								_	8			X			x	ROMAINE LETTUCE, ARUGULA. ROMAINE, CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), ASIAGO-PARMESAN BLEND (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), CROUTONS (ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]), LEMON.
Garden Salad with Chicken (Select Markets)		315	270	130 14	4.0	2.0	0	0	35	300		22	3		7 1	6 25	50	6	8			Х	Х	Х	х	X Romaine Lettuce, Chicken Breast, Fully Cooked [water, rice starch, seasoning (salt, evaporated cane syrup, black pepper), and salt], Balsamic with Olive Oil Vinaigrette PCP Water, Distilled Vinegar, Balsamic Vinegar, Olive Oil, Vegetable Oil (Soybean and/or Canola), Sugar, Salt, Contains Less than 2% of: Garlic, Spice, Rice Starch, Xanthan Gum, Red Bell Pepper, Onion., Tomato, Green bell peppers, Cucumber, Croutons, Red Onion.
SALAD DRESSINGS Balsamic Vinaigrette	1.0	28	60	50 6	6.0 9	1.0) 5	0	0	0 230	10	3	1 0	0	2 (0	2	0	0						Х	WATER, RED WINE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE,
		28							10	3 310	13	2	1 0	0	1 1	L O	0	0	0	x :	X	Х			Х	CALCIUM DISODIUM EDTA AS A PRESERVATIVE. X WATER, VINEGAR, SOYBEAN OIL, ROMANO CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD STARCH-MODIFIED, SALT, ANCHOVY PASTE, GARLIC, SPICES, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE 60, XANTHAN GUM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIC ACID, CARAMEL, NATURAL FLAVOR, ONION.
SANDWICHES BREAKFAST SANDWICHES	UILT W	ITH CON	IPONEN	TS INDICA	ATED ON	N MENL	U BOARE	•																		
	6.8	193	430	120 18	8.0 28	8 6.0	30	0	180	60 970	40	63	21 4	16	8 2	2 6	0	15	25	Х		Х			X	X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).
Breakfast Bagel - Egg / Cheese / Bacon	7.3	207	500	170 24	4.0 37	7 8.0	0 40	0	195	65 1190	50	64	21 4	16	9 2	6 6	0	15	25	х		х			Х	X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Egg / Cheese / Ham	8.3	235.6	510	140 16	6.0 25	5 5.0	25	0	210	70 1280	53	65	22 4	16	10 2	8 6	0	20	25	х		x			X	X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Breakfast Bagel - Egg / Cheese / Sausage	8.3	236	590	260 34	4.0 52	2 12.0	0 60	0	210	70 1250	52	63	21 4	16	8 2	8 6	0	15	25	х		x			Х	X WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES [USING VEGETABLE RENNET], CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).
Breakfast Bagel - Egg / Cheese / Turkey Sausage	8.3	235	510	160 23	3.0 35	5 8.0	0 40	0	220	73 1240	52	63	21 4	16	9 2	9 8	0	20	25	х		х			X	X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, BAKER'S YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), TURKEY, SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).
Breakfast Bagel - Egg White / Cheese	6.5	186	390	50 6	5.0 9	2.5	5 13	0	15	5 750	31	63	21 4	16	7 2	2 4	0	15	20	Х		x				X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL DATE OF THE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, N
Breakfast Bagel - Egg White / Cheese / Bacon	7.0	200	460	110 12	2.0 18	8 4.5	5 23	0	30	10 980	41	64	21 4	16	8 2	6 4	0	15	20	х		x				FLAVOR, GLYCERINJ, SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES). X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR IMHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVINJ, WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), BACON (SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Egg White / Cheese / Ham	8.3	236	440	60 7	7.0 11	1 3.0	15	0	30	10 1300	54	65	22 4	16	9 2	9 4	0	15	20	Х		Х				X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), SHAVED HAM (HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.
Sausage										15 1030												х				X EGG WHITE PATTY (EGG WHITES, CONTAINS LESS THAN 2% OF CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR, WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.
Turkey Sausage										18 1020												x				X EGG WHITE PATTY (EGG WHITES, CONTAINS LESS THAN 2% OF CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR SYRUP SOLIDS, LIEME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.
Breakfast Bagel - Fresh Cracked Egg / Cheese	0.7	190	400	120 12	4.0 22	2 5.0	25	0	230	130	30	02	21 4	10	0 2	+ 10	U	20	25	^		X				X PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).

			Bruegge	er's Ba	lut	riti	forma												Ξ	- MANUFA	CTURED I	N A FAC	HLITY	THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	Sepuno Str.	SERVING STE.	(a), (b), (b)	Sales Anon Es	AP AND ST	(a) : TAT INTO.	ATURATED FAT (6)	CHO! CHO!	CHOLESTEROL (MG)	Mos) Connection	Solum (Sm.)	CARBONDRA ES CO.	TOS (S. Dy)	FIBER (% DL)	Shehrs (C)	WANNA (G)	MOS MANACON	ACCUM (ACCUM)	Ma SI MO.	Se 138	MIKDAIN	THE NUIS COMUS	COCOMUS	INGREDIENT LIST
Breakfast Bagel - Fresh Cracked Egg / Cheese 7.2 / Bacon																				X			X	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Fresh Cracked Egg / Cheese 8.5 / Ham	240	500	130	15.0	23 5	.0 25	0	250 8	3 1280	53	64 2	1 4	16 1	.0 31	10	0 2	20 2	5 X		X		ı		PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Breakfast Bagel - Fresh Cracked Egg / Cheese 8.2 / Sausage																				х				PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Breakfast Bagel - Fresh Cracked Egg / Cheese 8.2 / Turkey Sausage	232	530	170	19.0	29 7.	.0 35	0	270 9	0 1000	42	62 2	1 4	16	3 31	10	0 2	20 3	0 X		x			Х	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
									1670											X				WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap w/Ham (Select Markets) 9.5	268	590	290	32.0	49 12	2.0 60	0	410 13	1550	65	39 1	.3 3	12	5 32	15	0 3	30 2	0 X		X		×		WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap w/Sausage (Select Markets) 9.2	261	710	430	47.0	72 18	3.0 90	0	420 14	1280	53	37 1	2 3	12	3 31	15	0 3	30 2	0 x		х		X		WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Markets)									13 1270											х				WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
(Select Markets)									68 1480											X				PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
(Select Markets)									30 1370											X		х		PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ENYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/Sausage 9.2 (Select Markets)	261	640	370	41.0	63 17	7.0 85	0	490 16	33 1100	46	34 1	1 3	12	2 36	20	0 3	30 2	5 X		X		X		PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/ Turkey 9.2 Sausage (Select Markets)	259	560	270	30.0	46 13	3.0 65	0	500 16	1090	45	35 1	2 3	12	3 38	20	0 3	35 2	5 X		x		Х		PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)).
Bagel									8 880											X				EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALT, SALT, BAKERS YEAST), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), SUNDRIED TOMATO SPREAD (SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOS, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER (CREAM, MILK, SALT), DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, BENZYMES], HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT).
Smoked Salmon / Plain Bagel 8.4	238	460	90	10.0	15 4	.5 23	0	45 1	5 1520	63	66 2	2 4	16	.0 26	10	10	4 2	0	x	X				PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKER'S YEAST), SALMON (SALMON, SALT, HARDWOOD SMOKE), FRESH TOMATO, PLAIN CREAM CHEESE (PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES [MILK PROTEINS], CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS], NATURAL FLAVOR), FRESH RED ONIONS, CAPERS (CAPERS, WATER, SALT, WINE VINEGAR).
Sriracha Egg Sandwich / Sausage / Plain 10.7 Bagel	305	680	300	33.0	51 11	1.0 55	0	225 7	5 1670	70	72 2	4 4	16 1	6 28	35	90 1	L5 2	5 X		X		Х	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED BELL PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).

				Brueg	ger's B	38	lutriti		orma														F= 1	ANUF/	ACTURI	D IN A	FACIL	TY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE TM		Senme Str.	SERVING SIZE	(g) (g) (g)	CALORIES FE	TO. TO.	ON PACETO	SATURATED T	WATED FAY.	Mans Fa	CHOLESTEROL (ME)	MOS JOS	SODIII.	CARBOHIDHAY DV	MORATES (G)	HARA	PREPARA DE	SUCAPS (G)	VITAMIN (C)	MAMMA (8 Ob)	CALCULA CA	(10° MOA)	Face	HSI	HEITTEN WILLIAM	TREE PEN	Store Coo.	INGREDIENT LIST
Sriracha Egg Sandwich - Fresh Cracked Egg / Sausage / Plain Bagel	10.7	304	650	270	30.0) 46	11.0	55	0	260	87 15	80 66	70	23	4 :	16 15	30	35	90	20	30	K		X				X PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR
Western / Plain Bagel	9.2	262	670	310	34.0	52	9.0	45	0	215	72 12	10 50	67	22	4 :	16 11	. 25	20	30	15	25	K		X			х	CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)). X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALTO, SALT, MALT, BAKERS YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH RED ONIONS, FRESH GREEN PEPPERS, ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID, STOMATO.
Western - Fresh Cracked Egg / Plain Bagel	9.1	258	670	300	34.0	52	10.0	50	0	255	85 11	90 50	66	22	4 :	16 11	. 30	15	40	20	25	C		х			Х	X UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FRESH CRACKED EGG PASTEURIZED EGGS, WATER, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH RED ONIONS, FRESH GREEN PEPPERS, Beil Pepper, 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 10	00 42	65	22	4 2	16 11	. 24	8	0	15	25	K		х			X	X PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).
Pastrami, Egg & Swiss - Fresh Cracked Egg / Pumpernickel Bagel																			0					X				X PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), FRESH CRACKED EGG (PASTEURIZED EGGS), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).
Skinny Bacon Avocado Tomato on skinny everything bagel	8.7	248	210		24.0	31	7.0	35		30	10 99	90 43	53	19	2	7 8	23			6	20	×		X				X Plain Bagel (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Ribofavin, Folic Acid), Water, Malt Syrup, Salt, Bakers Yeast, Ascorbic Acid), Egg Whites (Liquid egg whites, triethyl citrate added as whipping aid), Tomato, Avocado Hass Avocado, Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Buter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid, Pectn), Bacon (Coated with Black Pepper QUALIFYING PHRASE: Coated with Black Pepper. Cured with Water, Salt, Sugar, Maple Flavor (Water, Propylene Glycol, Gum Arabic and Natural Flavor), Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Everything Topping (Hulled Sesame, Poppy Seed, Chopped Onion, Minced Garlic, Salt), Buter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Buter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), salt, kosher, coarse, Black Pepper.
Supernova	10.8	307	560	180	20.0	31	6.0	30	0	30	10 13	00 54	70	23	7 2	28 10	26	20	15	15	35		х	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, Ascorbic Acid), Cold-Smoked Atlantic Salmon Atlantic Salmon, Salt, Sugar, Natural Hardwood Smoke, Tomato, Avocado Hass Avocado, Cucumber, Onion and Chive cream cheese (Pasteurized Cream, Onions, Non Fat Milk, Milk Proteins, less than 2% of Chives, Salt, Natural Acids, Xanthan, Locust Bean and Guar Gums; Potassium Sorbate (maintains freshness))., Red Onion, Sesame Seeds (Hulled Sesame Seeds), Capers (Non-Pareil Capers, Water, Salt, and Vinegar).
DELI SANDWICHES																												
BLT / Plain Bagel	7.6	216	530	210	23.0	35	5.0	25	0	35	12 10	00 42	64	21	4 1	16 10	19	8	15	2	20	K	l				х	X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), TOMATOES, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), MAYONNAISE (VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, VINEGAR, CORN SYRUP, WATER, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), LETTUCE.
Garden Veggie / Plain Bagel	12.3	349	360	20	2.0	3	0.0	0	0	0	0 55	50 23	72	24	5 2	20 13	12	10	100	6	20							X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), RED ONIONS, TOMATOES, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.
Garden Veggie / Plain Bagel (w/ Hummus)	13.5	384	480	70	8.0	12	1.0	5	0	0	0 67	70 28	83	28	5 2	20 13	17	10	100	5	40				П		х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALTOFERM, SALT, MALT, BAKERS YEAST), RED ONIONS, GREEN PEPPERS, HUMMUS (CHICK PEAS, TAHINI [ROASTED GROUND SESAME SEEDS], LEMON JUICE, WATER, LESS THAN 2% OF GARLIC, OLIVE OIL, PARSLEY, CUMIN, CHICK PEA POWDER, SORBIC ACID [MAINTAINS FRESHNESS]), TOMATO, LETTUCE, CUCUMBERS.
Ham / Plain Bagel	9.1	257	410	60	7.0	11	3.0	15	0	30	10 13	00 54	64	21	4 :	16 10	23	10	15	15	20			х				X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, LETTUCE, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Tuna Salad / Plain Bagel	8.8	250	550	190	21.0	32	2.5	13	0	40	13 87	70 36	65	22	4 :	16 9	22	8	15	2	20	X :	х				х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), TUNA SALAD (TUNA [LIGHT TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT], MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), BREAD CRUMBS (BREAD CRUMBS (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR,NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID] HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA], WATER, SALT. CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DISYLCERIDES, SODIUM AND/OR CALCIUM STEARCYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE [PRESERVATIVES], SESAME SEEDS) OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS)), FRESH TOMATO, LETTLICE

				Bruege	er's Ba	1	utritic	for	ma														-	MANU	FACTU	JRED I	N A FA	ACILITY '	PROCESSES THIS ALLERGEN	
BRUEGGER'S BAGELS		Sewing State	SERVING SITE,	(b),	MORIES FRO.	TRA WAY	(a) The land of th	SATURATED FAT.	(9) AV (8) AV (8) AV	CHOLEST (G)	CHOLESTERO, (MG)	Soom	South Ca.	CARBOHIDRATE	(a) S. AAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA	FIRER (G)	WER (% Dy)	Production (g)	VITAMIN (G)	WITHIN A CROW	CACOLOMO DA	(40%) (40%)	yo.	200 AF	SHELLFIG	MIKOAIM	TREE MUTE PEAMUTE	SCOCOMUS	INGREDIENT LIST	
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			Х		N BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUF FLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), TURKEY (TURKEY BREAST, W DISTARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SI JCE, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [A FIARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES).	HITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED DOWN PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO,
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		N BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUF FLAVIN, FOLIC ACID], WATER, MALT, SALT, YEAST), PASTRAMI (CURED WITH WATE ORING, SODIUM ENTHER SODIUM NITRITE, FLAVORING. SEASONING INGRE OR), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD S-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ARUGULA, SALT, PEPPER.	R, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, DIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE

				Bruegg	ar's Ra	VIII.	stritic	form	a						-		-	-		-		F= MAN	UFACTU	IRED IN	A FAC	CILITY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	á	Semme street	SERVING SITE CO.	G. CALOS.	ALORIES FROM	THE WAY	POTAL FAT (8)	WIDEATED FAT (G)	MAY SOU	CHOLESTERO (NE	OF TOP STORY	Son Miles	CARBOHIDRAY	MORATES (8)	Page (g)	SUGA ON	PROTEIN (G)	Wis (%)	Mo AMMA	MORNING ON	GO ST. NOT.	Se la	SHELLING	TO BOOK THE	PEF NUTS PEANUTS	Semono Contraction of the Contra
TM		4	<u> </u>				<u> </u>	7					3												<u> </u>	INGREDIENT LIST
SIGNATURE & BAGEL SANDWICHES Herby Turkey / Sesame Bagel										18 1												,	K		X	X SESAME BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SESAME SEEDS, SALT, YEAST), SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), LETTUCE, RED ONIONS, LIGHT HERB GARLIC CREAM CHEESE (PASTEURIZED SKIM MILK AND CREAM, MILK PROTEINS, WHEY PROTEIN, LESS THAN 2% OF GARLIC, CHIVES, SPICES, SALT, NATURAL FLAVOR, NATURAL ACIDS, XANTHAN, LOCUST BEAN AND GUAR GUMS, VEGETABLE RENNET, POTASSIUM SORBATE (MAINTAINS FRESHNESS)). SUNDRIED TOMATO SPREAD (TOMATO SOLIDS, SUN DRIED TOMATOSE, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER (CREAM, MILK, SALT), DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GRALIC, CITRIC ACID, LIME JUICE, SALT).
Leonardo da Veggie / Asiago Parmesan Bagel	10.1	286	490	130	14.0	22	7.0 3	5 0	45	15 8	660 3	6 70	23	5 2	0 12	21	35 40	30	0 20			,	K			X ASIAGO PARMESAN BAGEL (PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [T PREVENT CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA)), FRESH TOMATO, LETTUCE, FRESH RED ONIONS, MUENSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE COLORING]), LIGHT HERB GARLIC CREAM CHEESE (CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR), ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID).
Smoked Salmon with Egg Salad / Pumpernickel Bagel	9.7	274	570	190	21.0	32	5.0 2	5 0	255	85 1	410 5	9 64	21	4 10	6 11	33	15 6	8	3 30	х	х	,	K		х	X PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, YEAST, LIGHT BROWN SUGAR, CARAMEL COLOR, WHEAT BRAN, CARAWAY SEEDS), WILD SMOKED SALMON (SOCKEYE SALMON, SALT, SUGAR, HARDWOOD SMOKE), EGG SALAD, (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS)], MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]), FRESH CUCUMBERS, ARUGULA.
Turkey Chipotle Club / Everything Bagel	11.2	317	810	410	45.0	69 1	8.0 4	0 0	70	23 2	310 9	6 66	22	4 1	6 11	35	8 10) 4	25	s x		,	•		X	X EVERYTHING BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, SESAME SEEDS, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, YEAST), TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), CHIPOTLE SAUCE (VEGETABLE OIL (SOYBEAN, CANOLA), VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOF ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH TOMATO, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), ARUGULA, SALT, PEPPER.
Hot Pastrami / Everything Bagel		296	590	170	19.0	•	9.0	0	75	2	300	66		4	7	35	6 4	35	5 30			,	K			X Plain Bagel (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Mal Syrup, Salt, Bakers Yeast, Ascorbic Acid), Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring, Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., Deli Mustard (Vinegar, Mustard Seed, Salt, Spices, Turmeric), Swiss Cheese (cultured milk, salt, enzymes), Pickle (fresh cucumbers, water, salt, vinegar, lactic acid, garlic, less than 1/10 of 19 sodium benzoate as preservative, natural spices and flavorings, turmeric (color) and polysorbate 80), Red Onion, Everything Topping (Hulled Sesame, Poppy Seed, Chopped Onion, Minced Garlic, Salt).
Hot Tuna / Ciabatta		232	500	210	24.0		9.0	0	55	1	190	51		2	6	23	10 10	20	0 20	х	x	,	K		X	X Ciabatta Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes, Tomato, Tuna (Albacore tuna fish, water, vegetable broth, salt, pyrophosphate), BRU Garden Veggie Cream Cheese Pasteurized Cream, Carrots, Scallions, Non Fa Milk, Milk Proteins, Less Than 2% of Red Peppers, Salt, Natural Acids, Xanthan, Locust Bean and Guar Gums; Potassium Sorbate (Maintains Freshness). Honey Mustard (Soybean Oil, Vinegar, High Fructose Corn Syrup, Water, Honey, Sugar, Egg Yolk, Contains less than 2% of Salt, Mustard Seed, Mustard Flour, Xanthan Gum, Spice, White Wine, Citric Acid, Tartaric Acid, Oleoresin Paprika (color), Calcium Disodium EDTA (to protect flavor), Yellow 5, Corn Syrup, Natural Flavor), Swiss Cheese (cultured milk, salt, enzymes), Mayonnaise (soybean oil, egg yolk, vinegar, high fructose corn syrup, contains less than 2% of: water, salt, spice, calcium disodium edta to protect flavor, paprika), lemon juice, Red Onion, Salt, Kosher, coarse, Black Pepper.
Harvest Chicken Salad (Select Markets)		241	490	180	20.0		3.0	0	50	8	30	54		3	6	24	30 15	5 4	20	Х				X		X Clabatta Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes, Chicken Breast, Fully Cooked [water, rice starch, seasoning (salt, evaporated cane syrup, black pepper), and salt], Tomato, Mayonnaise (soybean oil, egg yolk, vinegar, high fructose corn syrup, contains less than 2% of: water, salt, spice, calcium disodium edta to protect flavor, paprika), Lettuce, Red Onion, Toasted Almonds (Almonds, dry roasted), Craisins (cranberries, sugar, citric acid, sunflower oil, elderberry juice concentrate [color]), Deli Mustard (Vinegar, Mustard Seed, Salt, Spices, Turmeric), Honey (honey), Black Pepper, Salt, Kosher, coarse.
SIDES & DESSERTS COOKIES																										
Chocolate Chip Cookie					21.0	32 1	12.0 6	0 0	55	18 3	40 1	4 63	21	2 8	3 37	5	8 0	4	20	Х)	K		X	X Chocolate Chip Cookie (Bleached Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Cocoa Butter, Milkfat, Soy Lecithin [emulsifier], Salt, and Vanillin [artificial flavoring]), Butter (contains milk), Sugar, Brown Sugar (Sugar, Invert Sugar, Molasses), Whole Eggs, Soybean Oil, Fructose, Dextrose, Nonfat Dry Milk, Natural Vanilla Flavo Salt, Baking Soda, and Soy Lecithin (emulsifier)).
Iced Sugar Cookie	3.0	85	364	140		7		0	23	2	278	50		1	20	4				X		,	K X	×	X	X Bleached Wheat Flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Sugar (sugar and corn starch), Margarine (vegetable oil [contains one or more of the following: canola oil, soybean oil, palm oil], water, salt, mono and diglycerides, soy lecithin [emulsifier],

				Brue	gger's i	Be	lutriti		orma													F	- MANUF	ACTUR	RED IN	A FAC	TY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	•	State OMINOS	Sepunosis.	(b) x	CALOPIES	TA MON AT	Drau Far (g)	SATURATED Y	(a) They Cathering	PROMO FAT	CHOLESTERO (ME)	MOS JOS	Sop., Marco	CARBONDRA!	OMDRAPES (G)	AG HARL	MOS) HIS	PROJEII.	W. MINA(S.	MO MINE	MOS MINOTON	(40 %) NOW	Segue	SHELLISH.	Adibo Arilla.	ME MUS PEMUS	INGREDIENT LIST
DESSERT BARS Marshmallow Chew	2.7	76	290	60	7.0	11	3.0	15	0	0	0 29	90 12	54	18	0 () 22	3	6	0 () 20)		х			X	MARSHMALLOWS (CORN SYRUP, SUGAR, MODIFIED FOOD STARCH (CORN), DEXTROSE, WATER, GELATIN, NATURAL AND ARTIFICIAL FLAVOR, TETRASOCIUM PYROPHOSPHATE), RICE CRISPS [RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT (CORN FLOUR, MALTED BARLEY), REDUC IRON, NIACINAMIDE, THIAMIN HYDROCHLORIDE (VITAMIN B1), CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID, AND BHT ADDED FOR FRESHNESS], MARGARINE [PALM OIL, WATER, SOYBEAN OIL, SALT, NATURAL FLAVOR (INCLUDES MILK), SOY LECITHIN, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED), CORN SYRUP, SUGAR, HIGH FRUCTOSE CORN SYRUP, GLYCERIN, SOY LECITHIN (AN EMULSIFIE
MUFFINS Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	430	180	21.0	0 32	3.5	18	0	80	27 2	70 11	. 55	18	0	30	5	0	0 4	1 4	Х		Х	F	F	F	SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, BLUEBERRIES WATER, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLAVOR, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.
Blueberry (Main Street Gourmet)	5.0	142	490	260	28.0	0 43	5.0	25	0	130	43 2	30 10	54	18	3 1	2 31	8	6	0 6	6 6	X		X	F	F	X	X SUGAR, EGGS, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, AMLTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, BLUEBERRIES, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF: MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, SORBITAN MONOSTEARATE, MONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GYLCERIDES, POLYSORBATE PROPYLENE GLYCOL, SODIUM PROPIONATE, SORBIC ACID, SOY LECITHIN), LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE), NATURAL & ARTIFICIAL FLAVORS, SALT, XANTHAM GUM.
Cinnamon Coffee Cake (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	500	250	27.0	0 42	7.0	35	0	90	30 2	80 12	62	21	0 (36	5	0	0 4	1 4	Х		X	F	F	х	SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, WATER, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITH MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, CINNAMON, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID. XANTHAM GUM. ENZYME.
Cinnamon (Main Street Gourmet) Corn (Bake N Joy) BOSTON, VERMONT,		142										70 11							0 6		5 X					X	SUGAR, SOYBEAN OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, SOY LECITHIN, NATURAL FLAVORS), WATER, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, MONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GLYCERIDES, SOC STEARCYL LACTYLATE, SODIUM PROPIONATE, CITIC ACID, SOY LECITHIN), SPICES, NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), XANTHAM GUM. K SUGAR, BLEACHED WHEAT FLOUR, EGGS. SOYBEAN OIL. WATER. CORN MEAL, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM
NORHTERN CONNECTICUT																											ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.
Cranberry Nut (Main Street Gourmet)	5.0	142	490	230	26.0	0 40	4.0	20	0	65	22 4	40 18	54	18	3 1	2 34	8	0	6 6	5 10) х		x	F	х	X	SUGAR, SOYBEAN OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, SOY LECITHIN, NATURAL FLAVORS), WATER, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF: MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, MONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GLYCERIDES, SOC STEAROYL LACTYLATE, SODIUM PROPIONATE, CITRIC ACID, SOY LECITHIN), SPICES, NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, XANTHAN GUM.
Cranberry Nut (Bake N Joy) SELECT BAKERIES	4.5	127	430	210	23.0	35	3.5	18	0	85	28 3	00 13	53	18	1	4 29	5	4	6 6	6 4	X		Х	F	X	F	SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, CRANBERRIES, WATER, WALNUTS, MODIFIED FOOD STARCH, ORANGE ICING FRUIT (CORN SYRUP, SUGAR, ORANGE PEEL, ORANGE JUICE CONCENTRATE, WATER, OIL OF ORANGE, CITRIC ACID, PECTIN, SODIUM BENZOATE, ARTIFICIAL COLOF FD&C YELLOW #5), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), EMULSIFIERS (MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, PROPYLENE CLYCOL MONOESTERS), BUTTERMILK SOLIDS, SALT, NATURAL AND ARTIFICIAL FLAVOI
Cranberry Nut (Karp's) BOSTON, SELECT CONNECTICUT	4.5	128	390	140	16.0	0 25	2.5	13	0	35	12 3	70 15	57	19	2	3 30	8	0	4 8	3 10	Х		Х	F	Х	X	K ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, CRANBERRIES, SOYBEAN OIL, WHOLE EGGS, WALNUTS, NONFAT MILK, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVORS, SALT.
	VALUES See lab		ARE LI	MITED	TO INF	FORMA	TION P	ROVIDE	D BY S	SUPPLIE	ER/MAN	UFACTUR	RER OF	PACKA	GED OR	DISPEN	ISED PR	RODUCTS	5.								
Potato Chips	See lab	el																									
Yogurt SOUPS	See lab	el																-									
Chicken & Wild Rice	8.0	227										20 34						60	0 0	0			X			X	K WATER, CREAM, COOKED DICED CHICKEN (WHITE MEAT), CARROTS, WILD RICE, CELERY, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVORING), CONTAINS LESS THAN 2% OF THE FOLLOWING: ONIONS, MODIFIED FOOD STARCH, CHICKEN BASE (CHICKEN MEAT INCLUDING CHICKE JUICES, SALT, HYDROLYZED SOY AND CORN PROTEIN, SUGAR, FLAVORING, POTATO FLOUR, AUTOLYZED YEAST EXTRACT, CARROT POWDER AND TURMERIC), SALT, FLOUR [WHEAT FLOUR, ENRICHED, BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID)], SUGAR, GARLIC (GARLIC, WATER), NATURAL CHICKEN FLAVOR (MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SALT, HYDROLYZED CORN SOY WHEAT PROTEIN, DEHYDRATED COOKED CHICKEN, NATURAL FLAVOR (WITH MILK), CHICKEN FAT, CHICKE SKIN, SILICON DIOXIDE (ANTI-CAKING AGENT), TBHQ (ANTIOXIDANT)], SOY LECITHIN, SPICES.
Chicken Spaetzle	8.0	227	140	30	3.5	5	0.0	0	0	45	15 6	60 28	14	5	0	0 1	11	60	4 (0	×					×	WATER, CHICKEN, SPAETZLE DUMPLING (ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINI MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, ENRICHED DURUM WHEAT FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES, NATURAL FLAVOR, OLEORESIN TUMERIC), CARROTS, ONION, CELERY, CONTAINS LESS THA 2% OF THE FOLLOWING: CHICKEN STOCK CONCENTRATE (CHICKEN STOCK, DEXTROSE, SALT, FOOD STARCH - MODIFIED, HYDROLYZED CORN PROTI AUTOLYZED YEAST EXTRACT, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ONION POWDER, NATURAL FLAVORING, POTASSIUM SORBATE (A PRESERVATIVE), FLAVOR], MODIFIED FOOD STARCH, CHICKEN BASE [ROASTED CHICKEN AND CHICKEN FAT, SALT, AUTOLYZED YEAST EXTRACT, CHICKEN FLAVOR (WITH HYDROLYZED CORN SOY WHEAT GLUTEN PROTEIN, MALTODEXTRIN, EGG YOLK, YEAST EXTRACT, DEHYDRATED COOKED CHICKEN, MODIFIED FOOD STARCH), FLAVOR (WITH TORULA YEAST), DISODIUM INOSINATE, DISODIUM GUANYLATE, POTATO STARCH, TURMERIC], RENDERED CHICKEN FAT, OLIVE OIL, SALT, SPICES, SUGAR, GELLAN GUM, XANTHAN GUM, VEGETABLE COLOR (TURMERIC EXTRACT).
Vegetable	8.0	227	90	20	2.5	4	0.0	0	0	0	0 6	10 25	16	5	2	3 5	2	110 2	25 4	1 4						х	WATER, CARROTS, NAVY BEANS (NAVY BEANS AND WATER), RED ONION, TOMATOES (TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE), SWEET POTATO, CORN, CELERY, ZUCCHINI, SQUASH, KALE, RED BELL PEPPERS, CONTAINS LESS THAN 2% OF THE FOLLOWING: TOMAT PASTE, VEGETABLE CONCENTRATE [A BLEND OF VEGETABLES PUREES (CARROT, CELERY, ONION, SAUTEED ONION, RED BELL PEPPER), DEHYDRAT TOMATO, CARROTS, GREEN BELL PEPPER, ONION JUICES (ONION, GARLIC, SHALLOT, CARROT), SUGAR, SALT, YEAST EXTRACT, HYDROLYZED CORN PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: MALTODEXTRIN, CANOLA OIL, NATURAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLA MODIFIED FOOD STARCH, SPICE, HYDROLYZED SOY PROTEIN, BURGUNDY WINE SOLIDS], MODIFIED FOOD STARCH, SUGAR, VIRGIN OLIVE OIL, WINI (SALT, SULFITES), MIREPOIX BASE [VEGETABLE PUREES (CARROT, CELERY, ONION), SALT, MALTODEXTRIN, ONION POWDER, CANOLA OIL, CORN STARCH, CARROT POWDER, CONTAINS 2% OR LESS OF THE FOLLOWING: EXTRACTIVE OF CARROT, XANTHAN GUM, SPICE EXTRACTIVES], JALAPENC SALT, GARLIC (GARLIC, WATER), SPICES, CILANTRO.
TOPPINGS CHEESE	VALUES	LISTED	BELOW	/ ARE	FOR A	SINGL	E BAGE	L OR C	AFÉ SA	LAD PO	RTION;	FULL SIZI	E SAND	WICHE	S AND E	NTRÉE	SALADS	USE AP	PROX.	TWIC	THE A	MOUNT L	ISTED BI	LOW			
American Cheese	0.8	21.0	20.0	20.0	7.0	11.0	0 4.0	20.0	0.0	5.0	2.0 27	0.0 11.0	0.0	0.0	0.0	.0 0.0	5.0	2.0 0	.0 15	5.0 0.0	0		X				MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASCORBIC ACID (AS A PRESERVATIVE), ENZYMES (USING VEGETABLE RENNI CHEESE CULTURE. WITH STARCH ADDED FOR SLICE SEPARATION.
Asiago Cheese, Shredded	0.5	20	15	2	3.0	1	5.0	0	5	2	65	3 1	0	0	0) 1	2	0	4 ()	г		х	П		Н	CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION. ASSAGO CHEESE (PASTUERIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES).
Blue Cheese												80 16											X				PASTUERIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING.
Cheddar Cheese Muenster Cheese										_		0.0 5.0 0.0 8.0											X				PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]. PASTUERIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (VEGETABLE COLORING).
Swiss Cheese												0.0 1.0											Х				PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.

				Bruegge	r's Ba	lutri	lti(forma													MANUFACT	TURED IN	N A FAC	LITY THAT	T PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	•	Stome Str.	Serumo Site (CALONES	S AND A FA	POPA ANTO	SATURATE OF	William Care	CHO, TRANS FAT.	CHOLESTEROL (MG)	A Solum	SODUM (%)	CARBOMDRATES (G)	TRES TO LY	PAGE (% DV)	Stocks (G)	MIAMINA (B)	Ca, CR OL	HOW (BOD)	MOSON ESON	No. Hell	HOW WHICH	TRE NUIS COMUTS	Source	INGREDIENT LIST
CONDIMENTS	0.5	44	400	100 1	10 1	7 70	200	0	20 4	0.00	_	0 0		0 (0	0 0		_		¥			ODE	AM (AUV) CALT
Butter Chipotle Sauce	0.5			100 1	1.0 1	L7 1.5	5 8	0	5	10 90 2 120	5	0 0	0	0 0	0	0	0 0	0	х		X		Х	VEG EGG	EAM (MILK), SALT. SETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, SYOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS RESERVATIVE.
Dijon Mustard Honey Mustard	0.5	14	45			0 0.0	0 0			0 180 0 45		9 3			0	_		0 0 L 1	_				х	SUG	TILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES. SAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TUMERIC, PRIKA.
Honey Horseradish Mayo	0.7 1.1	21 30		110 1		0 0.0 L9 2.0		•		0 <u>1</u> 3 280		17 6 6 2		0 1	7 0	0	2 0	0 0	Х				Х		RE HONEY. (BEAN OIL, CORN SYRUP, VINEGAR, HORSERADISH, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC
Hummus	1.5	43	90	60	5.0	6 1.5	5 8	0	0 (0 140	6	7 3	0	0 0	4	0	0 2	2 15	Н			F F	Х	CHIC	D, TARTARIC ACID, SPICES), EGG YOLK, CONTAINS 2% OR LESS OF: SALT, SUGAR, SPICE, XANTHAN GUM, ARTIFICIAL FLAVOR. CK PEAS, TAHINI (GROUND, ROASTED SESAME SEEDS), LEMON JUICE, OLIVE OIL, SOY SAUCE, GARLIC, CUMIN, SALT, SORBIC ACID (MAINTAINS
Jelly/Jam - Grape	0.7	20	50	0	0.0	0 00) 0	0	0 (0 5	0	13 /	0	0 1	2 0	0	0 0) 0	-				_		SHNESS), CAYENNE PEPPER. APE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PECTIN, CITRIC ACID, SODIUM CITRATE.
Jelly/Jam - Strawberry		20	50			0 0.0				0 0				0 (0 0	П					STR	NAMBERRIES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, PECTIN, CITRIC ACID, GRAPE JUICE CONCENTRATE ADDED FOR COLOR, TURAL FLAVOR.
Мауо	0.5	14	100	100 1	1.0 1	L7 1.5	5 8	0	10	3 100	4	1 0	0	0 (0	0	0 0	0	Х				Х		(BEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT VOR).
Peanut Butter	1.5	43	250	190 2	21.0 3	32 4.0	20	0	0 (0 200	8	9 3	3	12 4	9	0	0 0	6				Х	Х	ROA	ASTED PEANUTS, SUGAR, PARTIALLY HYDROGENATED VEGETABLE OILS (COTTONSEED, SOYBEAN AND RAPESEED) TO PREVENT SEPARATION, SALT.
Sriracha Sauce Sundried Tomato Mayo	0.7	28	140	140 1	15.0 2	24 2.5	5 12	0	15	0 570 5 130	5	1 0	0	0 0	2	8	2 0	0	х		x		х	MAY PRO OIL, FRU	LI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM. YONNAISE (SOVBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA [ADDED TO DTECT FLAVOR]), SUNDRIED TOMATO PASTE (SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE , BUTTER (CREAM, MILK, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RED RASPBERRIES, HIGH ICTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT.
Sundried Tomato Spread	0.6	16	79	54	6.0	9 2.0	10	0	6	2 46	2	5 2	0	1 1	. 1	6	9 1	L 2			х			DEH	NRIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER (CREAM, MILK, SALT), HYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE (MILK, SALT, ENZYMES), RED RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, DPPED 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	Х		-		Х		S WHITES, CONTAINS LESS THAN 2% OF CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR,
Liquid Egg White	2.0	58	30	0	0.0	0.0	0 0	0	0	0 95	4	0 0	0	0 0	6	0	0 0	0	Х						(CERIN], SALT. UID EGG WHITES, TRIETHYL CITRATE ADDED AS A WHIPPING AID
Whole Egg Patty (Austin, TX Only)	2.0	57	110	80	9.0 1	L4 2.0	10	0	175 5	170	7	2 1	. 0	0 1	. 5	4	0 2	2 4	Х				Х	WHO	OLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY.
Fresh Cracked Egg	2.0	57	80	50	6.0	9 1.5	5 8	0	210 7	0 80	3	1 0	0	0 1	. 7	6	0 4	6	Х					PAS	STEURIZED EGGS.
MEAT Bacon	0.5	14	70	50	6	9 2	11	0	15	5 220	9	1 0	0	0 1	. 4	0	0 0	0	П			т			RED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, DIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE.
Egg Salad	2.5	71	150	120 1	13.0 2	20 4.0	20	0	215 7	72 140	6	2 1	. 0	0 1	. 8	10	2 4	1 6	X		x		Х	PAS PRO [MAI	STEURIZED EGGS, ONION & CHIVE CREAM CHEESE (PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE [MILK DTIENS], CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE AUTHAINS FRESHNESS]), MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM (A [ADDED TO PROTECT FLAVOR]).
Ham	1.8	50	45	10	1.0	2 0.0	0	0	20	7 550	23	2 1	. 0	0 2	7	0	0 0	2						SOD	AVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, DIUM NITRITE).
Pastrami	1.3	38	25	10	1.5	2 0.0	0	0	10	3 230	10	0 0	0	0 (3	0	0 0	0							STRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING (SALT, FLAVORING), SODIUM ERYTHORBATE, SODIUM NITRITE, VORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).
Salmon Sausage	1.5			25 140 1						9 737 L0 280			0			0	0 0	0 2	Н	X			Н	POR	.MON, SALT, HARDWOOD SMOKE. 74, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR (CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR), 100 JUNE 1814, SPICE SCIENCE ACID. ACTO ACID.
Turkey Sausage	1.5									L3 270															IXEY, WATER, SALT, SPICES, SPICE EXTRACTIVES.
Tuna Salad	2.5	71	230	170 1	19.0 2	29 2.5	5 13	0	40 1	.3 330	14	3 1	. 0	0 0	11	0	0 0	2	X	X			x	SYR [WH SYR CON OAT STEA POT.	IA (LIGHT TUNA, WATER, VEGETABLE BROTH [CONTAINS SOY], SALT), MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN RUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), BREAD CRUMBS (ENRICHED FLOUR HEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], HIGH FRUCTOSE CORN RUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA], WATER, SALT, NTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, FERRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGYLCERIDES, SODIUM AND/OR CALCIUM PAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND TASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS] OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, S, SUNFLOWER SEEDS).
Turkey	1.8	50	45	0	0.0	0.0	0	0	15	5 430	18	2 1	. 0	0 1	. 9	0	0 0	2					Х		AVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON DE, 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				Х		ALM	MONDS.
Croutons	0.5	14	70	25	3.0	5 0.0	0	0	0 (0 170	7	8 3	0	0 (1	0	0 0	0			x		х	HYD PAR WHE	RICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY DROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, RIBESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, EAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]).
Sesame Seeds VEGETABLES & FRUIT	0.2	7	40	30	3.5	5 0.0	0	0	0	0 0	0	2 1	1	5 (1	0	0 0) 4						TOA	ISTED SESAME SEEDS.
Capers										0 65															PERS, WATER, SALT, WINE VINEGAR.
Cucumbers										0 0															SH CUCUMBER.
Green Peppers Lettuce										0 <u>1</u> 0 1													\vdash		EEN PEPPERS. ESH LETTUCE.
Pickles	1.0	28	0	0	0.0	0.0	0	0	0	0 330	14	1 0	0	0 (0	0	0 0	0						FRE:	SH CUCUMBERS, WATER, VINEGAR, SALT, SPICES, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVORS, GARLIC OIL, LYSORBATE 80, TUMERIC (COLOR).
Pickled Red Onions Red Onions										0 210 0 0													Н		SH RED ONION, WHITE VINEGAR, SUGAR, SALT.
Red Peppers	_		_						_	0 0	_								_						D PEPPERS.
Tomatoes	0.2	5	0	0	0	0 0	0	0	0 (0 0	0	2 1	. 0	0 1	. 0	6	8 0	0						FRE	SH TOMATO.
Cranberries (Dried)	0.7	21	60	0	0.0	0.0	0	0	0	0 0	0	15 5	2	6 1	3 0	0	0 0	0						CRA	ANBERRIES, SUGAR, SUNFLOWER OIL.