				uegger'	'S BE	NUTT	1111	rorma	_	2 2		_		2 2			<u> </u>		0 (A FACILII	í í	HAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE		Septime Street	CANNOSIZE (G)	CALOPI.	THE FROM FAI	O'A KAY	STATE OF THE STATE	MIUMATED FAT	MOS) . WOOD	CHOTESTON (ME)	A DOS	SOULA CAGO	BOHY SALES	AG SHAG.	FIBER (G)	SUGARS	PROTEIN (G)	VITAMINA (% OL)	CACOLINA ROLL	MON (A D)	Fiess	HG. TIBHG	THE PART OF	STANDS COMOS		
TM		45					6	3		57			3			57							~			INGREDIENT LIST
BAGELS & BREADS BAGELS	VALUE	S LISTED /	DE EOD I	EIII I -CI	ZED BA	GELS	SKINNA	V BAGEI	S ADE A	PPPOY	2/3 OF /	MOUNT	LISTED	RELOW												
Apple Cinnamon - Gourmet (seasonal)			450	_		_	0 10		_			83			30 :	10		2	80		I	Γ		хх	A F C V	Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Folic scid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Fire Roasted uji 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 egetable Shortening (Palm Oil, Soybean Oil], Zero Trans Fat Margarine (Soybean Oil, Palm Oil, Water, Salt, Mono And Digylcerides, Soybean Lecithin,
Asiago Parmesan	4.3	123	310	25 3	3.0 5	5 0.5	5 3	0	5	2 60	00 25	61	20	1 16	7 :	12 2	2 0	4	20 F		Х	•		х	X P	Latural Flavor, Annato Color, Vitamin A Palmitate), Vanilla, Salt. PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR) [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA).
Blueberry	4.1	115	310	15 2	2.0 3	3 0.0	0 0	0	0	0 50	00 21	63	21	1 14	14 :	11 (0	2	20 F					х	L P	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, IGHT 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, IATURAL FLAVOURS, BENZYL ALCOHOL, ETHYL ALCOHOL), WHEAT GLUTEN, CULTIVATED BLUEBERRY, MALT, BAKERS YEAST.
Bruegger Bites (3)	1.5	43	120	20 2	2.5 4	1 0.0	0 0	0	0	0 19	8 06	22	7	L 4	3	4 (0	0	8 F					Х		ROSEMARY OLIVE OIL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACIDI, WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST).
Cheesy Hash Brown - Gourmet	1.5	126	390	1:	1.0 14	4 4.0	0 20	0	10	3 71	10 31	60	22 (0	5 :	13		6	80		х			х	A P p c n A (F	Votato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Folic Loid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Hash Brown Votatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (to maintain color), Three Cheese Blend (Low moisture part-skim mozzarella cheese [cultured asteurized part-skim milk, salt, enzymes, provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke favoring added], mild cheddar heese [cultured pasteurized milk, salt, enzymes, artfcial color), potato starch and powdered cellulose added to prevent caking, natamycin [a natural nold inhibitor]), Parmesan/ Asiago Cheese Blend (Parmesan High Moist (Parmesan cheese (part-skim milk, cheese culture, salt and enzymes). Siago(Pasteurized milk, cheese culture, salt and enzymes). Powdered Cellulose w/enzymes (added to prevent caking)), Buter Blend (Vegetable Oil Blend Palm Kernel Oil, Soybean Oil), Skim Milk, Buter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta larotene (Color), Salt), Black Pepper, salt, kosher, coarse.
Cinnamon Raisin	4.1	115	310	15	2 3	3 0	0	0	0	0 48	30 20	65	22	1 17	10 :	11 (0	2	20 F					х	X U	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VATER, RAISINS, MALT SYRUP, LIGHT BROWN SUGAR, SUGAR, SALT, CINNAMON, HONEY, YEAST.
Cinnamon Sugar	4.1	116	320 :	15 2	2.0 3	3 0	0	0	0	0 42	20 17	63	21	1 17	13 :	14 0	0	4	20 F					х		INBLEACHED 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	2.0 3	3 0.0	0 0	0	0	1 59	90 24	60	20	3 14	11 :	11 0	0	2	20 X					х	X U	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, IONEY, LIGHT BROWN SUGAR, EGG POWDER, SALT, MALT, BAKERS YEAST, CURCUMIN (TUMERIC COLOUR EXTRACT, MODIFIED STARCH).
Everything	4.1	117	310	20 2	2.5 4	1 0	0	0	0	0 71	10 30	62	21 4	1 15	7 :	12 (0	2	20 F					х	X U	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, AALT, SALT, SESAME SEEDS, ROCK SALT, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, BAKERS YEAST.
Everything Whole Wheat	4.1	117	280	20 2	2.5 4	4 0.0	0 0	0	0	0 79	90 33	55	18	5 24	5 :	13 (0	4	15 F					х	X V	MALT, SESAME SEEDS, ROCK SALT, POPTY SEEDS, DETITIONALED GARLIC, DETITIONALED UNION, BARCES TEAST. WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED RON, 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	g	9.0 12	2 3.5	5 18	0	15	5 70	00 30	53	19		5	15		10	80		X			x x	A B e c	Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Ribofavin, Folic Locid), 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, artfcial color), potato starch and powdered ellulose added to prevent caking, natamycin [a natural mold inhibitor]), Parmesan/ Asiago Cheese Blend (Parmesan High Moist (Parmesan cheese (part-kim milk, cheese culture, salt and enzymes). Asiago(Pasteurized milk, cheese culture, salt and enzymes). Powdered Cellulose w/enzymes (added to revent caking).
French Toast Bagel (seasonal)		130					0 5							1 15										х	В	INBLEACHED 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	2.0 3	3 0	0	0	0	0 52	20 22	61	20	1 15	7 :	12 (0	2	20 F					Х		INBLEACHED 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	2.5 4	1 0	0	0	0	0 49	90 20	61	20	1 15	10 :	11 (0	2	20 F					Х	-	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, IONEY, MOLASSES, OATS, SESAME SEEDS, SALT, RYE, BAKERS YEAST.
Jalapeno (select markets)																			25 F						R	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 PALCIUM CHLORIDE).
Jalapeno Cheddar (select markets)	5.5	155	440 8	80 9	9.0 14	4 3.5	5 18	0	20	7 65	50 27	75	25 1	0 40	7 :	19 1	5 180	15	30 F		Х			X	R	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 PACKED (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Onion	4.1	115	300	20 2	2.0 3	3 0	0	0	0	0 53	30 22	61	20	1 15	8 :	12 0	2	2	20 F					х		INBLEACHED 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	3 0	0	0	0	0 53	30 22	60	20	14	7 :	12 0	0	2	20 F					х	X U	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VATER. MALT SYRUP, SALT, BAKERS YEAST.
Рорру	4.1	116	310	20 2	2.5 4	1 0	0	0	0	0 61	10 26	61	20	1 15	7 :	12 0	0	2	20 F					х	X U	NATER, MALT SYRUP, SALT, POPPY SEEDS, YEAST. VATER, MALT SYRUP, SALT, POPPY SEEDS, YEAST.
Pretzel Bagel (seasonal)	4.2	118	300	20	2 3	3 0	0	0	0	0 15	00 63	61	20	1 16	7 :	12 (0	2	20		Х			Х	X U	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VATER, MALT SYRUP, ROCK SALT, SALT, YEAST, SODIUM BICARBONATE (LESS THAN 1%).
Pumpernickel	4.1	115	300	20 2	2.0 3	3 0	0	0	0	0 56	60 23	62	21 4	1 18	10 :	11 (0	2	20 F					х	X U	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL COLOR, SALT, BAKERS YEAST.
Pumpkin (seasonal)	4.1	115	290	15 2	2.0 3	3 0.0	0 0	0	0	0 48	30 20	60	20	1 16	12 :	10 2	0 2	0	20 F					х	X U	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BABLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, PUMPKIN, LIGHT BROWN SUGAR, MALT, SALT, CINNAMON, BAKERS YEAST, GINGER, NUTMEG, ALLSPICE.
Rosemary Olive Oil	4.1	115	330	60 6	6.0 10	0 .5	3	0	0	0 51	10 21	59	20	1 14	8 :	11 0	0	2	20 F					х	X U	TIME LACKED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST.
Salt (select markets)	4.2	118	300	20 2	2.0 3	3 0.0	0 0	0	0	0 15	40 64	61	20	1 14	7 :	12 (0	2	20 F					х	X U	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, AALTO. ROCK SALT, SALT, BAKERS YEAST.
Sesame	4.1	116	310	30 3	3.0 5	5 0	0	0	0	0 61	10 25	60	20	1 15	7 :	12 (0	2	40 F					х	X U	INBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, ALT SYRUP, SESAME SEEDS, SALT, BAKERS YEAST.
Sesame Whole Wheat (select markets)	115.0	120	300	40 4	4.5 7	7 0.0	0 0	0	0	0 62	20 26	56	19	5 24	5 :	13 0	0	2	20 F					X	x v	VHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED RON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), SESAME SEEDS.

				Bruegg	er's Ba	lu.	triti	forma	a'			-				_			-	F= M/	ANUFACTU	JRED IN A F	FACIL	ITY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS	Ä	S S S S S S S S S S S S S S S S S S S	SERVING SIZE CO.	S. Sub	MORIES FROM C	TAN PRIOR	SATURE TAY (& DIL	SATURATED FAT (6)	TAT & DA	HOLESTEROL (MG)	(40 %) Pour	SODIUM (S.	PROMORATES (G)	THES ON	FIBER (% DL	Sucartis (9)	VITAMINA (G)	Manin Cas	HOW WINDLESS	(10 %)	HSI LAIGH	MIKTONIK SEMIL PENNIK	Sin do of the state of the stat	
TM			Ζ.,					8	7			/ 7	3				47			47		K		INGREDIENT LIST
Sourdough (select markets)	4.1	115	290	15	2.0	3 (0.0	0	0	0 54	0 23	56 1	9 4	15	7 11	. 0	0	2 2	0 F				-1	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	115	270	15	2.0	3 (0.0 0	0	0	0 62	0 26	54 1	.8 5	20	5 12	! 0	0	2 1	.5 F					X FLOUR (WHOLE WHEAT, WATER) UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT GLUTEN, MALT, HONEY, SALT, YEAST
BREADS & WRAPS Ciabatta Roll	4.2	118	320	25	3.0	5 1	1.0 5	6 0	0	0 60	0 25	64 2	1 2	8	8 10	0	10	0 3	0 X		Х	,	х	X ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACINE, IRON, THIAMINE MONONITRATE, RIBOFLAVINE, FOLIC ACID), WATER, SUGAR, YEAST, CANOLA OIL, WHEAT GLUTEN, MONO AND DIGLYCERIDES OF FATTY ACIDS, BETA-CAROTENE, ASCORBIC ACID, AMYLASE, XYLANASE, HEMICELLULASE, CELLULASE.
BEVERAGES																							d	
COFFEE & BLENDED Café au Lait	12.0	340	150	70	8.0	12 /	1.5 21	3 0	25	8 8	1	11	1 0	0 1	1 2	4	0 3	30 (1		Y			WHOLE MILK, COFFEE. CONTAINS 50-84 MG CAFFEINE PER 4 OZ SERVING OF COFFEE*
Café au Lait														0 1				40 ()		x			CONTAINS 67-112 MG CAFFEINE PER 5.5 0Z SERVING'S OF COFFEE
Café au Lait									42					0 1			0 5)		Х			CONTAINS 83-140 MG CAFFEINE PER 7 0Z SERVING* OF COFFEE
Café Latte			_	_		_			25			13		0 1	_			30 (X			WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 0Z SERVING OF ESPRESSO**
Café Latte Café Latte		453 567	283						33 42					0 1	.7 12 2 15		0 4	40 (50 (X		-	CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Café Mocha		340			9.0	_			_	9 8			3 0		1 9	6		30 2	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									33			31 1			8 12			40 3	3		Х			CONTAINS 99-150 MG CAFFEINE PER 3 0Z SERVING* OF ESPRESSO
Café Mocha		567	349						42					0 3				50 3	3		X		_	CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* OF ESPRESSO WHOLE MILK. ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 0Z SERVING OF ESPRESSO**
Cappuccino Cappuccino						_			20 27			15		0 1			0 2)		X			CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO
Cappuccino		567							33					0 1				42 ()		X			CONTAINS 132-400 Mg CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Espresso	2.0	60	5	0	0.0	0 (0.0	0	0	0 10	0	1	0	0	1 0	0	0	0 ()					CONTAINS 66-100 MG CAFFEINE PER 2 0Z SERVING*
Espresso		90	8	0	0.0		0.0					2			2 0			0 ()					CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING*
Espresso	4.0 12.0	-	_	_			0.0	_				0		0 :	_			0 ()					CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* CONTAINS 150 - 250 MG CAFFEINE* PER 12 0Z SERVING
Flavored Coffee Flavored Coffee		340 453	5	_			0.0 0			0 8		_			0 0			0 ()					CONTAINS 150 - 250 MG CAFFEINE* PER 12 0Z SERVING CONTAINS 200 - 333 MG CAFFEINE* PER 16 0Z SERVING
Flavored Coffee		567		0			0.0	_		0 14	_	0			0 0			0 ()					CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING
House Blend Coffee	12.0	356	4	0	0.0	0 (0.0	0	0	0 8	0	0	0	0	0 0	0	0	0 ()					CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING
House Blend Coffee		453	_	_	0.0	_	0.0			0 11				0				0 ()					CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING
House Blend Coffee		567			0.0					0 14					0 0			0 ()					CONTAINS 250 - 313 Mg CAFFEINE* PER 20 OZ SERVING
House Decaf Coffee House Decaf Coffee		340 453	5	0		_	0.0 0		_	0 8		0	0 0		0 0	_		0 ()					CONTAINS ~6 MG OF CAFFEINE PER 12 OZ SERVING* CONTAINS ~8 MG OF CAFFEINE PER 16 OZ SERVING*
House Decar Coffee		567			0.0			0				_		0	_			0 ()				-	CONTAINS - 10 Mg OF CAFFEINE FER 30 OZ SERVING*
Iced Coffee		340	_	_	0.0				0			_		0	_		0						_	CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING
Iced Coffee	16.0	453	5	0	0.0	0 (0.0	0	0	0 11	. 0	0	0	0	0 0	0	0	0 ()					CONTAINS 200 - 333 MG CAFFEINE* PER 16 0Z SERVING
Iced Coffee		567	6				0.0					0		0			0	0 ()				_	CONTAINS 250 - 313 Mg CAFFEINE* PER 20 0Z SERVING
OTHER BEVERAGES Bottled Water	VALUES See label		ARE LIM	ITED T	O INFOR	RMATIO	N PROV	IDED BY	SUPPLIE	R/MANU	FACTURE	R OF PA	CKAGED	OR DISP	ENSED I	PRODUC	TS.							
Chocolate Milk	See label		_						_										_					
Milk	See label																							
Naked Juice	See label																							
Tropicana Orange Juice	See label		_						_							_								
Vitamin Water Nantucket Nectars	See label		_						-	_		_				_			_				_	
Chai Tea, Bruegger's			240	45	5.0	8 5	5.0 25	5 0	0	0 85	5 4	45 1	5 0	0 3	9 2	0	0 1	15 ()		х	,	x	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
Chai Tea, Oregon														0 2										MALTODEXTRIN], BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATURAL AND ARTIFICAL FLAVOR, TRICALCIUM PHOSPHATE. WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* LORGANIC WANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990). CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.
Hot Tea, Regular Hot Tea, Herbal			_	_		_								0										CONTAINS ~ 47MG CAFFEINE PER 8 OZ SERVING ** CONTAINS 30-50 MG CAFFEINE PER 8 OZ SERVING **
Hot Tea, Decaf									0					0										CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING ** CONTAINS ~ 2MG CAFFEINE PER 8 0Z SERVING **
Iced Tea, Brewed														0										CONTAINS ~ 70.5 MG CAFFEINE PER 12 OZ SERVING**
Hot Chocolate	8.0	227	140	15	1.5	2 1	1.5 7	0	5	1 19	0 8	31 1	0 1	3 2	6 2	0	0	8 (6		х)	x	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				0			0.0	0	0					0 4			240	0 ()					PASTEURIZED ORANGE JUICE.
Soft Drinks - Coke	16.0				0.0				_		2				9 0				-					CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Coke Soft Drinks - Coke	20.0 32.0				0.0				_		3			7	5 0				-					CONTAINS 62.5 MG CAFFEINE PER 20 OZ SERVING CONTAINS 1.00 MG CAFFEINE PER 32 OZ SERVING
Soft Drinks - Coke Soft Drinks - Diet Coke	16.0				0.0				_) 4				8 0				_					CONTAINS 62 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Diet Coke	20.0				0.0						3				0									CONTAINS 77.5 MG CAFFEINE PER 20 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Diet Coke	32.0				0.0	_					0 4				0									CONTAINS 124 MG CAFFEINE PER 32 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Sprite	16.0				0.0						4				6 0									CONTAINS 0 MG CAFFEINE PER 16 0Z SERVING
Soft Drinks - Sprite Soft Drinks - Sprite	20.0 32.0				0.0				_		3 5 0 8				5 0									CONTAINS 0 MG CAFFEINE PER 20 OZ SERVING CONTAINS 0 MG CAFFEINE PER 32 OZ SERVING
SYRUP FLAVORS	VALUES I						N PROV	IDED BY	Y SUPPLIE								TS.							CONTINUE OF THE CONTINUE OF THE PROPERTY OF TH
Almond Flavored Syrup														0 2				I/A N	/A			Х		PURE CANE SUGAR, WATER, NATURAL ALMOND FLAVOR.
Caramel Flavored Syrup									_					0 2				_						PURE CANE SUGAR, WATER, NATURAL CARAMEL FLAVOR.
Chocolate Syrup	1.0	28	70	0	0.0	0 (0.0	0	0	0 60	3	17	5 1	4 1	.4 <1	. 0	0	0 2	2					INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE).
Hazelnut Flavored Syrup Vanilla Flavored Syrup														0 2								X	Ŧ	PURE CANE SUGAR, WATER, HAZELNUT FLAVOR, CONCENTRATED LEMON JUICE, SALT, CARAMEL (COLOR). PURE CANE SUGAR, WATER, NATURAL VANILLA EXTRACT, NATURAL VANILLA FLAVOR.
CREAM CHEESE	-				-						-					7.1	-	,						

				Bruegg	ger's Ba	1	utritic	forr	na													F= MA	NUFACT	TURED I	N A FACIL	ITY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE TM		SERVING SIZE	Serving Str.	(a) Caro	CALOPHES FROM	POPALE.	ODALAT.	SATURATED FAT.	MOS LANDS.	CHOLESTER (9)	THE STEROL (% E.	Solum mo.	CARBONNO SON	TOONDRATES (9)	Mox Merc	FIBER (% DIO	SUGAPS (9)	WINAMIN (6)	Misamus (8 Ou)	Calcion	HOW ADV	FORS	SHELLE	HSLLYTHW	TREE NUTS COO.	INGREDIENT LIST
Bacon Scallion	1.5	43	140	110	12	19	7	35 (40	14	150	6 5	2	0	0	2 3	10	0	6	0			х	F		PASTEURIZED CREAM, AND NON FAT MILK, SCALLIONS, BACON, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Cucumber Dill (seasonal)	1.5	43	140	110	13.0	20	6.0	30 0	35	12	120	5 3	1	0	0	1 3	8	0	6	0			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 (35	11	140	6 5	2	1	4	2 3	10	8	6	0			Х	F	П	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 (35	11	125	5 8	3	<1	2	3 3	10	0	6	0			x	х		PASTEURIZED CREAM, AND NON FAT MILK, WALNUTS, HONEY, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Jalapeno	1.5	43	140	120	13	20	8	38 0) 45	14	150	6 4	1	0	0	2 3	8	0	6	0			Х	F	П	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	105	4 3	1	0	0	2 6	10	4	6	8			Х	F	П	CULTURED SKIM MILK, PASTEURIZED CREAM, CARROTS, SCALLIONS, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, DRIED RED PEPPER, ONION POWDER, POTASSIUM SORBATE (MAINTAINS FRESHNESS), CELERY SEED, GARLIC POWDER, NATURAL FLAVOR.
Light Herb Garlic	1.5	43	100	60	6	9	3.5	18 (25	8	125	5 4	1	0	0	2 6	4	0	8	2			х	F	П	CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Light Plain	1.5	43	100	60	6	10	3	16 0) 25	8	130	5 4	1	<1	3	3 6	4	0	8	0		П	х	F	П	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 () 45	14	130	5 3	1	0	0	1 3	10	0	6	0			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	105	4 3	1	0	0	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 FRESH
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			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 0) 45	14	135	6 4	1	0	0	3 3	15	0	6	0			Х	F	П	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 (40	13	150	6 3	1	<1	2	2 3	10	0	6	0	Х		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	1.5	43						35 (2 3		2					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	10.0	50 0	40	13	115	5 4	1	0	0	2 4	0	0	4	0			Х	F		PASTEURIZED MILK AND CREAM, SALT, GUMS (LOCUST BEAN, GUAR AND XANTHAN GUMS), CHEESE CULTURES, POTASSIUM SORBATE (MAINTAINS FRESHNESS) CHEESE CULTURES.

				Bruegge	er's Ba	lutrit	ti	forma													F= M/	ANUFACT	URED I	IN A FA	CILID	THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS				હ	CONIES FROM FAY	TOTAL FAT (G)	SATURATES OF	TURATED FAT (G)	(40 %) MANUS PAY (6)	CHOLESTEROL (MG)	Mos. Manage	CARBOLL (S.D.)	WAROMORATES (G)	MO SO	FIBER (% DA	(b) SHAPPS (d)	(S) MISON (S)	Mishin Cab	AOS MOIONS	MON MON	Sept	PISH PISH	HOLANIM STREET	MEE NOTS PENNOTS	COCOMON	INGREDIENT LIST
SALADS & DRESSINGS Mixed Greens Base					O.O (0	0	0 0	15	1	4 1	2	8	2 2	170	10	6	6							ROMAINE LETTUCE, ARUGULA.
Chicken Caesar (Select Markets)	7.7								40 13						2 17			_				x		X	х	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], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]), LEMON.
Garden Salad with Chicken (Select Markets)		315	270	130	14.0	2.0		0	35	300	:	22	3		7 16	25	50	6	8			X X	(X	X	х	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	6.0	9 1.0	5	0	0 0	230	10	3 1	0	0	2 0	0	2	0	0	-				Х		WATER, RED WINE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE.
Caesar	1.0	28	80	60	7.0 1	1 1.5	8	0	10 3	310	13	2 1	0	0	1 1	0	0	0	0)	K X	Н	х		х	х	CALCIUM DISODIUM EDTA AS A PRESERVATIVE. 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
SANDWICHES	BUILT \	WITH CO	MPONEN	TS INDI	CATED O	N MENU	BOARD											-								60, XANTHAN GUM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIC ACID, CARAMEL, NATURAL FLAVOR, ONION.
BREAKFAST SANDWICHES Propleted Royal Feet Change	6.0	102	420	120	10.0	0 00	20	0	190 -00	070	40	63 64		16	0 00			15 1	25	,		v		v	v	DI AIN PACEL / LINDI EACHER ENDICHER ELOUID (MUEAT ELOUID MALTER DADI EV ELOUID MIACIN DERLICER IDON THIAMIN MONOMERATE DEDCE ANN
Breakfast Bagel - Egg / Cheese	ზ.8	193	430	120	18.0 2	6.0	30	J	180 60	970	40	03 21	4	16	o 22	6	U	15 2	25			^		X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).
Breakfast Bagel - Egg / Cheese / Bacon	7.3	207	500	170	24.0 3	7 8.0	40	0	195 65	1190	50	64 21	4	16	9 26	6	0	15 2	25)	X		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, EXYMES (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	16.0 2	5 5.0	25	0	210 70	1280	53	65 22	2 4	16	10 28	6	0	20 2	25	K		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), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Breakfast Bagel - Egg / Cheese / Sausage	8.3	236	590	260	34.0 5	2 12.0	0 60	0	210 70	1250	52	63 21	4	16	8 28	6	0	15 2	25)	X		х		X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES [USING VEGETABLE RENNET], CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).
Breakfast Bagel - Egg / Cheese / Turkey Sausage									220 73													х		х		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 PAITY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), TURKEY SAUSAGE (TIKKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SOUIM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).
Breakfast Bagel - Egg White / Cheese	6.5	186	390	50	6.0	9 2.5	13	0	15 5	750	31	63 21	4	16	7 22	4	0	15 2	20)	×		X			Х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Breakfast Bagel - Egg White / Cheese / Bacon	7.0	200	460	110	12.0 1	8 4.5	23	0	30 10	980	41	64 21	4	16	8 26	4	0	15 2	20	X		x			х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), BACON (SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Egg White / Cheese / Ham	8.3	236	440	60	7.0 1	1 3.0	15	0	30 10	1300	54	65 22	2 4	16	9 29	4	0	15 2	20	K		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.
Breakfast Bagel - Egg White / Cheese / Sausage									45 15													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 [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.
Breakfast Bagel - Egg White / Cheese / Turkey Sausage									55 18													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, NICIN, 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.
Breakfast Bagel - Fresh Cracked Egg / Cheese	6.7	190	450	120	14.0 2	2 5.0	25	0	230 77	730	30	62 21	4	16	8 24	10	0	20 2	25	K		Х			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	r's Ba	lut	critic	forma													F= M/	NUFAC	TURED I	N A FACI	ILITY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	Sepune Str.	SEWING SIZE OF	CALORE CALORE	CONTES FROM E.	TAN MON	SATURATE OF SATURAL OF DAY	SATURATED FAT (6)	Man Fr.	CHOLESTEROL (Mg)	(10 %) 10 % 3.	Sophing Sophin	CARBOHIO RAISE	(a) STANG.	FIBER (G)	MOR): Supply	PROTEIN (G)	MANN ASON	Colcina Coloma	(10%) MONIA	er e	HOTA SHEL	WILK DAID	TRE NUIS CO.	INGREDIENT LIST
Breakfast Bagel - Fresh Cracked Egg / Cheese 7.2 / Bacon	205	520	180	20.0	31 7	7.0 35	0	245	82 95	50 40	63	21	4 16	9	28 10	0 0	20	25	Х		х			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	i.0 25	0	250	83 12	80 53	64	21	4 16	10	31 10	0 0	20	25	Х		Х			X 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	233	610	270 :	30.0	46 1:	1.0 55	0	260	87 10	10 42	62	21	4 16	8	30 1	0 0	20	25	Х		Х			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), 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	90 10	00 42	62	21	4 16	8	31 1	0 0	20	30	Х		Х			X 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]).
	261																30	20	х		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), 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	6 268	590	290	32.0	49 1	2.0 60	0	410	137 15	50 65	39	13	3 12	5	32 1	5 0	30	20	х		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 1	8.0 90	0	420	140 12	80 53	37	12	3 12	3	31 1	5 0	30	20	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), 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 [ANNAITO VEGETABLE COLORING - IF COLORED]).
Markets)	260																30	20	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, FLOUR, 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)	260														42 20		30	20	х		X			X PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM 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)	267																				X			X PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/Sausage 9.2 (Select Markets)	261	640	370	41.0	63 1	7.0 85	0	490	163 11	00 46	34	11	3 12	2	36 20	0 0	30	25	X		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, 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 1:	3.0 65	0	500	167 10	90 45	35	12	3 12	3	38 20	0 0	35	25	х		X		Х	X PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Bagel	199																				X			X EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALT, SALT, BAKERS YEAST), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), SUNDRIED TOMATO SPREAD (SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER [CREAM, MILK, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT).
Smoked Salmon / Plain Bagel 8.4	238	460	90	10.0	15 4	.5 23	0	45	15 15	20 63	66	22	4 16	10	26 10	0 10	4	20	,	X	X			X PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKER'S YEAST), SALMON (SALMON, SALT, HARDWOOD SMOKE), FRESH TOMATO, PLAIN CREAM CHEESE (PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES [MILK PROTEINS], CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS], NATURAL FLAVOR), FRESH RED ONIONS, CAPERS (CAPERS, WATER, SALT, WINE VINEGAR).
Sriracha Egg Sandwich / Sausage / Plain 10.7 Bagel	7 305	680	300	33.0	51 1:	1.0 55	0	225	75 16	70 70	72	24	4 16	16	28 3	5 90	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, 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]).

			Br	uegger	's Ba	lutrit	il.	forma														F= MA	NUFAC	TURED II	N A FA	CILIT	Y THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	Seam.	Stan. Street	O) Albo	CALOR. CALORIES	THES FROM FAY	POTAL FAT (G)	SATURATES ON	TOWARD CAY	MANNS FA	CHOLES TRAD (M.	May Towal C	Sop.	CARBOHDORAS	MORATES (C)	Albeit Co.	SILE ON	PROTE (C)	MIZAMIN A CO.	MOS.) MININGS	CACOLIM (%O)	MON MON	FOR	HSH SHELL	HOLY THIN	TREE NUTS PEANUTS	Cocomos	
Sriracha Egg Sandwich - Fresh Cracked Egg /	10.7 3	04 6	50 2	70 3	0.0 46	6 11 () 55	0	260	87 1	580 66	70	23	4 1	6 15	30	35	90	20 :	30 X	4		X			x	INGREDIENT LIST PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN
Sausage / Plain Bagel	20.7		.55		0.0				200	0, 1			20		10 10	30				30 X		П	^			^	MONONITRATE, RIBOFLAVINJ, WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR (CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR), FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED)).
Western / Plain Bagel	9.2 2	62 6	70 3	10 3	4.0 52	9.0	45	0	215	72 1	210 50	67	22	4 1	L6 11	25	20	30	15 2	25 X			х		Х	Х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE,
Western - Fresh Cracked Egg / Plain Bagel	9.1 2	50.00	70 2	000	4.0	2 10 6	. 50		055	05. 4	100 50		20		10. 44	20	45	10	00 (25. 4							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), CHITC ACID), FRESH TOMATO. UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID).
Western - Fresh Clacked Egg/ Fiam Bager	9.1 2	36 6	10 3	00 3	4.0 52	2 10.0	J 50	U	255	92 I	190 50	, 66	22	4	10 11	30	15	40	20 .	25 A			X		 ^	^	FRESH CRACKED EGG PASTEURIZED EGGS. WATER, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDS, ACID),
																											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 PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH RED ONIONS, FRESH GREEN PEPPERS, Bell Pepper, Maltoferm 10000 L, Salt, Maltorose 60, Bakers Yeast.
Pastrami, Egg & Swiss / Pumpernickel Bagel	7.9 2	25 4	90 1	.50 1	5.0 19	7.0	35	0	230	77 1	320 57	63	23	5 1	18 7	29	8	0	15	30 X		ΙĪ	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	7.9 2	24 4	60 1	20 1	3.0 20	0 4.5	23	0	230	77 3	10 38	64	21	4 1	16 11	26	8	0	20 2	25 X			X			X	PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), FRESH CRACKED EGG (PASTEURIZED EGGS), SWISS CHEESE
i umperinckei dager																											(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 2	48 2	10	2	4.0 31	1 7.0	35		30	10 9	90 43	3 53	19	2	7 8	23			6 2	20 X			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 a 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, Pectr), 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 3	07 5	660 1	80 2	0.0 31	1 6.0	30	0	30	10 1	300 54	70	23	7 2	28 10	26	20	15	15 3	35	Х	П	X			х	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	76 2	16 5	30 2	10 2	30 35	5 50	25	0	35	12 1	000 42	64	21	4 1	6 10	19	8	15	2 '	20 ¥					Y	У	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN,
																									n		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 3	49 3	60 2	20 2	2.0 3	0.0	0	0	0	0 5	50 23	72	24	5 2	20 13	12	10 1	100	6	20		Ш				Х	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	84 4	80 7	70 8	3.0 12	2 1.0	5	0	0	0 6	70 28	83	28	5 2	20 13	17	10 1	100	5 4	40					Х	Х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE,
																						Ш					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 2	57 4	10	60 7	7.0 11	1 3.0	15	0	30	10 1	300 54	64	21	4 1	10	23	10	15	15 2	20			X			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 2	50 5	550 1	90 2	1.0 32	2 2.5	13	0	40	13 8	70 36	65	22	4 1	L6 9	22	8	15	2 2	20 X	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), TUNA SALAD (TUNA [LIGHT TUNA, WATER, YEGTABLE 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 DIGYLCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE [PRESERVATIVES], SESAME SEEDS) OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS)), FRESH TOMATO, LETTUCE.

				Brueg	ger's B	8	lutritic	7	orma															- MANI	JFACT	TURED	IN A	FACIL	THAT PROCESSES THIS	S ALLERGEN												
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE		Sepuno Str.	Sepund Str.	(b),	CALONIS FRE	TRY MODIFICATION	ONA CAPTO	SATURATED F.	SAMED AT (G)	CHO. TRANSFAT.	CHOLESTEROL (MC)	MOS) JOHN	SON MINOS	CARBOHODE & DV	COMDRATES (8)	MERCO	FIBER (% OV)	(a) Salabas (a)	MITAMIN (6)	MINIMA (8 O.)	CACALON.	HOW A	MOX.	899 ₃	SHELLE	WILL DALL	TREE A. PEAN.	Was coo.	Pop.				ı	INGREDIE	IENT LIST	ST						
Turkey / Plain Bagel	9.2	261	430	70	8.0	12	3.5	18	0	35 1	12 12	70 5	3 64	21	4 1	6 9	25	10	15	15	20)	•			X	PLAIN BAGEL (UNBLEAC RIBOFLAVIN), WATER, M FOOD STARCH, POTASSI LETTUCE, CHEDDAR CHE MUSTARD (DISTILLED VI	MALT, SALT, M SIUM LACTATI IEESE (PASTE	MALT, BAP E, VINEGA EURIZED N	KERS YEAST AR, SALT, LE MILK, CHEES	T), TURKEY (EMON JUICE SE CULTURE	(TURKEY I E, CARRAG E, SALT, EI	BREAST GEENAN ENZYMES	ST, WHITE IN, SODIU ES [ANNA	E TURKEY	MEAT, TUP PHATES, SO	RKEY BROT	TH, DEXTR CETATE), F	OSE, MOD	мато,
Pastrami / Plain Bagel	8.0	266	410	80	9.0	14	3.5	18	0	30 1	10 13	350 5	6 63	21	4 1	6 9	22	10	8	15	20)	<			Х	PLAIN BAGEL (UNBLEAC FOLIC ACID], WATER, MA SODIUM ERYTHORBATE, TOMATO, DIJON MUSTAF CHEESE CULTURE, SALT	MALT, SALT, YI E, SODIUM NIT ARD (DISTILLE	EAST), PA TRITE, FLA ED VINEGA	STRAMI (CL AVORING. S AR & WATER	JRED WITH EASONING I R, MUSTARI	WATER, S	SALT, SU IENTS: SF	SUGAR, S SPICES, S	SODIUM P SALT, CAF	PHOSPHATE RAMEL COL	S, SEASON OR, SUGAR	NING [SAL R, SMOKE	T, FLAVOR FLAVOR),	RING], FRESH

				Bruegg	ter's Ba		utritic	form	181				-	-					-		_		F= MANU	FACTU	JRED II	IN A FA	LITY THAT PRO	OCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	ś	Spinostra	STR SMINISTE	Ca. Caron	MORIES FIRO	TOTAL FA	San Artico	SATURATED FAT (6)	TAN SON	CHOLESTERS (G)	TOLESTERO (%	Soon Marie Control	CARDOUN (K.	CARBOHOP OF CO.	May Salv	TIBER (G)	SUPPLIES OF	PROTEIN (S)	VIZA (8 DL)	CAL CR DIN	HOO! HOO!	(AOS)	Sol II	SHELLISH	HO HIM	THE MUJE PENNOTE	Stolk And	INGREDIENT LIST
SIGNATURE & BAGEL SANDWICHES Herby Turkey / Sesame Bagel	11.0	313	570	130	15.0	23	4.5	23 0	55	18	1580	66	75 2	5 4	16	11	34 1	10 25	5 10	45	х		Х			х	RIBOFLA DEXTROS DIACETA LESS THA POTASSI OLIVE OII	BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, IVIN, FOLIC ACID], WATER, MALT SYRUP, SESAME SEEDS, SALT, YEAST), SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, SE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM TE), LETTUCE, RED ONIONS, LIGHT HERB GARLIC CREAM CHEESE (PASTEURIZED SKIM MILK AND CREAM, MILK PROTEINS, WHEY PROTEIN, AN 2% OF GARLIC, CHIVES, SPICES, SALT, NATURAL FLAVOR, NATURAL ACIDS, XANTHAN, LOCUST BEAN AND GUAR GUMS, VEGETABLE RENNET, UM SORBATE [MAINTAINS FRESHNESS]). SUNDRIED TOMATO SPREAD (TOMATO SOLIDS, SUN DRIED TOMATOES, CANOLA OIL, EXTRA VIRGIN L, BUTTER [CREAM, MILK, SALT], DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RASPBERRIES, HIGH SE CORN SYRUP, SPICES, CHOPPED GRALIC, CITRIC ACID, LIME JUICE, SALT).
Leonardo da Veggle / Asiago Parmesan d Bagel	10.1	286	490	130	14.0	22	7.0	35 0	45	15	860	36	70 2	3 5	20	12	21 3	85 40	30	20			×				MONONICULTURE PREVENT TOMATO, COLORIN CONCENT MARJOR	PARMESAN BAGEL (PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN TRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE E, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CLITURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO I CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA)), FRESH, LETTUCE, FRESH RED ONIONS, MUENSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE IG]), LIGHT HERB GARLIC CREAM CHEESE (CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN TRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, AM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE INS FRESHNESS), NATURAL FLAVOR), ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID).
Smoked Salmon with Egg Salad / Pumpernickel Bagel	9.7	274	570	190	21.0	32	5.0	25 0	255	85	1410	59	64 2	1 4	16	11	33 1	.5 6	8	30	х	х	х			х	RIBOFLA SALMON CREAM, I SALT, XA	NICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, VIN, FOLIC ACID], WATER, MALT, SALT, YEAST, LIGHT BROWN SUGAR, CARAMEL COLOR, WHEAT BRAN, CARAWAY SEEDS), WILD SMOKED (SOCKEYE SALMON, SALT, SUGAR, HARDWOOD SMOKE), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, ANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS)], MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG STILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]), FRESH CUCUMBERS, ARUGULA.
Turkey Chipotle Club / Everything Bagel 1	11.2	317	810	410	45.0	69	8.0	40 0	70	23	2310	96	66 2	2 4	16	11	35	8 10	4	25	х		х			х	RIBOFLA WHITE TU SODIUM VINEGAR GARLIC, MAPLE F	IING BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, VIN], WATER, MALT, SALT, SESAME SEEDS, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, YEAST), TURKEY (TURKEY BREAST, URKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, PHOSPHATES, SODIUM DIACETATE), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, R., ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH TOMATO, BACON (CURED WITH WATER, SALT, SUGAR, LAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM YMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), ARUGULA, SALT,
Hot Pastrami / Everything Bagel		296	590	170	19.0		9.0	0	75		2300		66	4		7	35	6 4	35	30			х				X Plain Bag Syrup, Sa Erythorba Salt, Spic sodium b	gel (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Maltalt, Bakers Yeast, Ascorbic Acid), Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), Sodium ate, Sodium Nitrite, Flavoring, Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., Deli Mustard (Vinegar, Mustard Seed, ces, Turmeric), Swiss Cheese (cultured milk, salt, enzymes), Pickle (fresh cucumbers, water, salt, vinegar, lactic acid, garlic, less than 1/10 of 1% personate as preservative, natural spices and flavorings, turmeric (color) and polysorbate 80), Red Onion, Everything Topping (Hulled Sesame, seed, Chopped Onion, Minced Garlic, Salt).
Hot Tuna / Ciabatta		232	500	210	24.0		9.0	0	55		1190		51	2		6	23 1	10 10	20	20	х	x	×			х	Folic Acid Tuna (Alk Milk, Mill Honey M Flour, Xa Syrup, Na	Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, d), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes, Tomato, oacore tuna fish, water, vegetable broth, salt, pyrophosphate), BRU Garden Veggie Cream Cheese Pasteurized Cream, Carrots, Scallions, Non Fat k Proteins, Less Than 2% of Red Peppers, Salt, Natural Acids, Xanthan, Locust Bean and Guar Gums; Potassium Sorbate (Maintains Freshness)., ustard (Soybean Oil, Vinegar, High Fructose Corn Syrup, Water, Honey, Sugar, Egg Yolk, Contains less than 2% of Salt, Mustard Seed, Mustard nthan Gum, Spice, White Wine, Citric Acid, Tartaric Acid, Oleoresin Paprika (color), Calcium Disodium EDTA (to protect flavor), Yellow 5, Corn atural Flavor), Swiss Cheese (cultured milk, salt, enzymes), Mayonnaise (soybean oil, egg yolk, vinegar, high fructose corn syrup, contains less 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		830	!	54	3		6	24 3	30 15	5 4	20	Х				х		Folic Acid Breast, F vinegar, I Toasted	Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, d), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes, Chicken 'ully Cooked [water, rice starch, seasoning (salt, evaporated cane syrup, black pepper), and salt], Tomato, Mayonnaise (soybean oil, egg yolk, high fructose corn syrup, contains less than 2% of: water, salt, spice, calcium disodium edta to protect flavor, paprika), Lettuce, Red Onion, Almonds (Almonds, dry roasted), Craisins (cranberries, sugar, citric acid, sunflower oil, elderberry juice concentrate [color]), Deli Mustard Mustard Seed, Salt, Spices, Turmeric), Honey (honey), Black Pepper, Salt, Kosher, coarse.
SIDES & DESSERTS																												
TWICE BAKED HASH BROWN Twice Baked Hash Brown COOKIES		91	170	60	11.0	14	6.0	30 0	35	12	260	11	12	1 1	4	1	7		15	0			Х				Cheese(F Cheese[O Pasteuriz Cheese(F	h Brown Potatoes (Potatoes, Dextrose, Disodium Phosphate[Added to Maintain Color], Potassium Sorbate[Added to Maintain Freshness]), Cream Pasteurized Milk and Cream, Salt, Cheese Cultures, Carob Bean Gum[Stabilizer]), Pizza Blend Cheese(Low Moisture Part-Skim Mozzarella Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese(Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese(Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese(Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese(Cultured Pasteurized Milk, Salt, Enzymes, IColor Added), Ant Cake(Powedered Cellulose)) Three Cheese Blend (Parmesan, Asiago and Romano Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes, Powedered Cellulose[Ant-Caking Agent] and Calcuim Propionate[Preservatve]) Cheese(Pasteurized Milk, Cultures, Salt, Less than 1% Enzymes and AnnatolColori White Onion, Green Onion, Black Penner.
	3.5	99	440	190	21.0	32 1	12.0	60 0	55	18	340	14	63 2	1 2	8	37	5	8 0	4	20	х		Х			х	Chocolat milk), Su	e Chip Cookie (Bleached Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Semi-Sweet e Chunks (Sugar, Unsweetened Chocolate, Cocoa Butter, Milkfat, Soy Lecithin [emulsifier], Salt, and Vanillin [artificial flavoring]), Butter (contains gar, Brown Sugar (Sugar, Invert Sugar, Molasses), Whole Eggs, Soybean Oil, Fructose, Dextrose, Nonfat Dry Milk, Natural Vanilla Flavor, Salt, ioda, and Soy Lecithin (emulsifier)).
Iced Sugar Cookie	3.0	85	364	140		7		0	23		278		50	1		20	4				Х		Х	Х	Х	Х		Wheat Flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Sugar (sugar and corn starch), Margarine le oil [contains one or more of the following: canola oil, soybean oil, palm oil], water, salt, mono and diglycerides, soy lecithin [emulsifier],

			Bru	legger's	Вε	lutriti		forma													F= MAN	UFACT	TURED I	N A FA	ACILITY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	á	Solution of	(b) 37/5 Muse (c)	CALORIES	TAY MONEY	DAUE APTO	SATION FAT IS DI	ON THE PAY OF THE PAY	CHOLES AND CHOCKER (G)	CHOLESTERO, (MG)	MOS) E	Sopium Cap.	CARBONIO (% DV)	Ma & Salvaa.	PIBER (G)	MOS) BOOM	PROPEIN (S)	MAN (SOW	CACIII.	HOW S WON	(AOR)	SHELL!	MILKOON	TREE MUSE PERMUSE	INGREDIENT LIST
	2.7	76	290 6	60 7.0	0 11	3.0	15	0	0 0	290	12	54	18	0 0	22	3	6 0	0	20			Х		х	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), REDUCED IRON, NIACINAMIDE, THIAMIN HYDROCHLORIDE (VITAMIN B1), CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID, AND BHT ADDED FOR FRESHNESS], MARGARINE [PALM OIL, WATER, SOYBEAN OIL, SALT, NATURAL FLAVOR (INCLUDES MILK), SOY LECITHIN, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED), CORN SYRUP, SUGAR, HIGH FRUCTOSE CORN SYRUP, GLYCERIN, SOY LECITHIN (AN EMULSIFIER).
MUFFINS Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	430 18	80 21.	.0 32	3.5	18	0	80 27	270	11	55	18	0 0	30	5	0 0	4	4	Х	П	X	FF	F	X 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, ENTREME
Blueberry (Main Street Gourmet)	5.0	142	490 26	60 28.	.0 43	5.0	25	0 1	130 43	230	10	54	18	3 12	31	8	6 0	6	6	х		X	FF	Х	ENZYME. 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 60, 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 25	50 27.	.0 42	7.0	35	0	90 30	280	12	62	21	0 0	36	5	0 0	4	4	Х		X	FF	Х	X SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, WATER, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN), MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, CINNAMON, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.
Cinnamon (Main Street Gourmet)	5.0	142	570 28	80 31.	.0 48	5.0	25	0 1	105 35	3 270	11	62	21	3 12	41	5	6 0	6	15	Х		X	F F	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, SODIUM STEAROYL LACTYLATE, SODIUM PROPIONATE, CITRIC ACID, SOY LECITHIN), SPICES, NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), XANTHAM GUM.
Corn (Bake N Joy) BOSTON, VERMONT, NORHTERN CONNECTICUT	4.5	127	480 21	10 23.	.0 35	3.5	18	0	90 30	280	12	64	21	0	30	7	4 0	4	4	х		Х	F F	F	
Cranberry Nut (Main Street Gourmet)	5.0	142	490 23	30 26.	.0 40	4.0	20	0	65 22	! 440	18	54	18	3 12	34	8	0 6	6	10	Х		Х	F X	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, SODIUM STEAROYL LACTYLATE, SODIUM PROPIONATE, CITRIC ACID, SOY LECITHIN), SPICES, NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ALLUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), XANTHAN GUM.
Cranberry Nut (Bake N Joy) SELECT BAKERIES	4.5	127	430 21	10 23.	.0 35	3.5	18	0	85 28	300	13	53	18	1 4	29	5	4 6		4	Х			F X		SYRUP, SUGAR, ORANGE PEEL, ORANGE JUICE CONCENTRATE, WATER, OIL OF ORANGE, CITRIC ACID, PECTIN, SODIUM BENZOATE, ARTIFICIAL COLOR FD&C YELLOW #5), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), EMULSIFIERS (MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, PROPYLENE CLYCOL MONOESTERS), BUTTERMILK SOLIDS, SALT, NATURAL AND ARTIFICIAL FLAVOR.
CONNECTICUT			390 14														0 4	8	10	Х		Х	F X	X	X 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.
	ALUES ee labe		ARE LIMITE	ED TO IN	IFORMA	ATION P	PROVIDE	ED BY SI	UPPLIER,	/MANUF	ACTURE	R OF PA	ACKAGI	D OR D	SPENSE	ED PRO	DUCTS.			-	_		-		_
Yogurt Se	ee labe ee labe																								
SOUPS Chicken & Wild Rice	8.0	227	230 14	40 16.	.0 25	10.0	50	0	70 23	820	34	14	5	0 0	1	7	60 0	0	0		П	x		х	X WATER, CREAM, COOKED DICED CHICKEN (WHITE MEAT), CARROTS, WILD RICE, CELERY, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVORING), CONTAINS LESS THAN 2% OF THE FOLLOWING: ONIONS, MODIFIED FOOD STARCH, CHICKEN BASE (CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, HYDROLYZED SOY AND CORN PROTEIN, SUGAR, FLAVORING, POTATO FLOUR, AUTOLYZED YEAST EXTRACT, CARROT POWDER AND TURMERIC), SALT, FLOUR [WHEAT FLOUR, ENRICHED, BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID)], SUGAR, GARLIC (GARLIC, WATER), NATURAL CHICKEN FLAVOR [MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SALT, HYDROLYZED CORN SOY WHEAT PROTEIN, DEHYDRATED COOKED CHICKEN, NATURAL FLAVOR (WITH MILK), CHICKEN FAT, CHICKEN SKIN, SILICON DIOXIDE (ANTI-CAKING AGENT), TBHQ (ANTIOXIDANTI), SOY LECITHIN, SPICES.
Chicken Spaetzle	8.0	227	140 3	3.8	5 5	0.0	0	0	45 15	660	28	14	5	0 0	1	11 (60 4	0	0	х				х	X WATER, CHICKEN, SPAETZLE DUMPLING (ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, ENRICHED DURUM WHEAT FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES, NATURAL FLAVOR, OLEORESIN TUMERIC), CARROTS, ONION, CELERY, CONTAINS LESS THAN 2% OF THE FOLLOWING: CHICKEN STOCK CONCENTRATE (CHICKEN STOCK, DESTROSE, SALT, FOOD STARCH - MODIFIED, HYDROLYZED CORN PROTEIN, AUTOLYZED YEAST EXTRACT, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ONION POWDER, NATURAL FLAVORING, POTASSIUM SORBATE (A PRESERVATIVE), FLAVOR), MODIFIED FOOD STARCH, CHICKEN BASE (ROASTED CHICKEN AND CHICKEN FAT, SALT, AUTOLYZED YEAST EXTRACT, CHICKEN FLAVOR (WITH HYDROLYZED CORN SOY WHEAT GLUTEN PROTEIN, MALTODEXTRIN, EGG YOLK, YEAST EXTRACT, DEHYDRATED COOKED CHICKEN, MODIFIED FOOD STARCH), FLAVOR (WITH TORULA YEAST), DISODIUM INOSINATE, DISODIUM GUANYLATE, POTATO STARCH, TURMERIC), RENDERED CHICKEN FAT, OLIVE OIL, SALT, SPICES, SUGAR, GELLAN GUM, XANTHAN GUM, VEGETABLE COLOR (TURMERIC EXTRACT).
Vegetable 8	8.0	227	90 2	20 2.5	5 4	0.0	0	0	0 0	610	25	16	5	2 8	5	2 1	10 28	5 4	4					X	WATER, CARROTS, NAVY BEANS (NAVY BEANS AND WATER), RED ONION, TOMATOES (TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE), SWEET POTATO, CORN, CELERY, ZUCCHINI, SQUASH, KALE, RED BELL PEPPERS, CONTAINS LESS THAN 2% OF THE FOLLOWING: TOMATO PASTE, VEGETABLE CONCENTRATE [A BLEND OF VEGETABLES PUREES (CARROT, CELERY, ONION, SAUTEED ONION, RED BELL PEPPER), DEHYDRATED TOMATO, CARROTS, GREEN BELL PEPPER, ONION JUICES (ONION, GARLIC, SHALLOT, CARROT), SUGAR, SALT, YEAST EXTRACT, HYDROLYZED CORN PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: MALTODEXTRIN, CANOLA OIL, NATURAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED FOOD STARCH, SUGAR, VIRGIN OLIVE OIL, WINE (SALT, SULFITES), MIREPOIX BASE [VEGETABLE PUREES (CARROT, CELERY, ONION), SALT, MALTODEXTRIN, ONION POWDER, CANOLA OIL, CORN STARCH, CARROT POWDER, CONTAINS 2% OR LESS OF THE FOLLOWING: EXTRACTIVE OF CARROT, XANTHAN GUM, SPICE EXTRACTIVES], JALAPENO, SALT, GARLIC (GARLIC, WATER), SPICES, CILANTRO.
TOPPINGS VA	ALUES	LISTED	BELOW AR	E FOR A	SINGL	E BAGE	EL OR C	AFÉ SAL	AD PORT	ION; FUI	LL SIZE	SANDW	ICHES	AND EN	RÉE SA	LADS U	SE APF	ROX. T	WICE T	HE AMO	UNT LISTED	BELO	W		
	0.8	21.0	20.0 20	0.0 7.0	0 11.0	0 4.0	20.0	0.0	5.0 2.0	270.0	0 11.0	0.0	0.0	.0 0.0	0.0	5.0 2	2.0 0.	0 15.0	0.0			X			MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASCORBIC ACID (AS A PRESERVATIVE), ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION.
			15 2									0										X			ASIAGO CHEESE (PASTUERIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES).
			100 7 70.0 50																			X			PASTUERIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING. PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED).
			100.0 70 50.0 35												_					_		X			PASTUERIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (VEGETABLE COLORING). PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.

				Bruegg	er's Ba	U	itriti	form	18												F	- MANUF	ACTURE	D IN A	FACILI	TY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	á	STRING SIZE CO.	PANING SITE	Caron Caron	TORIES FROM	TRIE PROD	SATUR SATUR	SATURATED FAT (6)	AN A	CHOLESTEROL (C)	TESTEROL (% DV.	SOLUM (MG)	CARBOHDRA OF DY	OMDRATES (9)	Men (a)	MOS HAM	(S) SAMON (S)	WINNA (B.)	Manny Con	HOSPIN SOL	MO SUMO.	See 181	MULTIPLE	TREE PEAL	SUM COCOMINA	INGREDIENT LIST
Butter Chipotle Sauce		14 14				_	7.0 36 1.5 8				90 120	4 0 5 0					_					х			х	CREAM (MILK), SALT. 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
Dijon Mustard	0.5	14	0	0	0.0	0 (0.0	0	0	0	180	8 0	0	0	0 0	0	0	0	0 0				_			A PRESERVATIVE. DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES.
Honey Mustard	0.5	14	45	0	0.0	0 (0.0	0	0	0	45	2 9	3	0	0 9	0	0	1	1 1						Х	SUGAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TUMERIC,
Honey	0.7	21	64	0	0.0	0 (0.0 0	0	0	0	1	0 17	6	0	0 17	0	0	0	0 0				_			PAPRIKA. PURE HONEY.
Horseradish Mayo	1.1	30				_	2.0 9			3		12 6								Х			П		Х	SOYBEAN OIL, CORN SYRUP, VINEGAR, HORSERADISH, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), EGG YOLK, CONTAINS 2% OR LESS OF: SALT, SUGAR, SPICE, XANTHAN GUM, ARTIFICIAL FLAVOR.
Hummus	1.5	43					1.5 8				140								2 1				F	F	Х	CHICK PEAS, TAHINI (GROUND, ROASTED SESAME SEEDS), LEMON JUICE, OLIVE OIL, SOY SAUCE, GARLIC, CUMIN, SALT, SORBIC ACID (MAINTAINS FRESHNESS), CAYENNE PEPPER.
Jelly/Jam - Grape Jelly/Jam - Strawberry	0.7	20	50 50			0 (0	0 13 0 13			0 12				0 0				-			GRAPE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PECTIN, CITRIC ACID, SODIUM CITRATE. STRAWBERRIES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, PECTIN, CITRIC ACID, GRAPE JUICE CONCENTRATE ADDED FOR COLOR,
												0 10	-				Ů		0							NATURAL FLAVOR.
Mayo	0.5	14	100	100	11.0	17 :	1.5 8	0	10	3	100	4 1	0	0	0 0	0	0	0	0 0	X			ш		X	SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR).
Peanut Butter	1.5	43	250	190	21.0	32	4.0 20	0 0	0	0	200	8 9	3	3 1	.2 4	9	0	0	0 6				Х		X	ROASTED PEANUTS, SUGAR, PARTIALLY HYDROGENATED VEGETABLE OILS (COTTONSEED, SOYBEAN AND RAPESEED) TO PREVENT SEPARATION, SALT.
Sriracha Sauce		28									570 2															CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM.
Sundried Tomato Mayo	0.7	21	140	140	15.0	24 :	2.5 12	2 0	15	5	130	5 1	0	0	0 0	2	8	2	0 0	X		X			X	MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA [ADDED TO PROTECT FLAVOR]), SUNDRIED TOMATO PASTE (SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER (CREAM, MILK, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RED RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT.
Sundried Tomato Spread	0.6	16	79	54	6.0	9 2	2.0 10	0 0	6	2	46	2 5	2	0	1 1	1	6	9	1 2			х				SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER (CREAM, MILK, SALT), DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE (MILK, SALT, ENZYMES), RED RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT.
EGGS & EGG PATTIES	2.0	57	40	0	0.0	0 (0.0	0	0	0	100	9 2	1	0	0 0	6	0	0	0 0	v					v	ECC WHITES CONTAINS LESS THAN 2% OF CARRACEENAN MODISIER FOOD STARCH NATURAL ECC SLAVOR INATURAL DEACTION SLAVOR CLYCEDINI
Egg White Patty (Austin, TX Only)	2.0						0.0 0				190	4 0	1			6			0 0	^ X			ш		X	EGG WHITES, CONTAINS LESS THAN 2% OF CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT.
Liquid Egg White Whole Egg Patty (Austin, TX Only)		58 57					0.0 0 2.0 10					7 2							_	X			_		Х	LIQUID EGG WHITES, TRIETHYL CITRATE ADDED AS A WHIPPING AID WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY.
Fresh Cracked Egg	2.0	57	80	50	6.0	9 :	1.5 8	0	210	70	80	3 1	0	0	0 1	7	6	0	4 6	Х						PASTEURIZED EGGS.
MEAT Bacon	0.5	14	70	50	6	9	2 11	1 0	15	5	220	9 1	0	0	0 1	4	0	0	0 0							CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID,
Egg Salad	2.5	71	150	120	13.0	20	4.0 20	0 0	215	72	140	6 2	1	0	0 1	8	10	2	4 6	X		х	П		X	SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE. PASTEURIZED 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
Ham	1.8	50	45	10	1.0	2 (0.0 0	0	20	7	550 2	23 2	1	0	0 2	7	0	0	0 2	:			Н			EDTA [ADDED TO PROTECT FLAVOR]). SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE,
Pastrami	1.3	38	25	10	1.5	2 (0.0 0	0	10	3	230 :	10 0	0	0	0 0	3	0	0	0 0				Н			SODIUM NITRITE). PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, ELANORING, SEASONING INCREDIENTS, SEIGES, SALT, CARAMEL COLOR, SUCAR, SMOKE ELANOR).
Salmon Sausage	1.8	50 43									737 3 280 3										Х		Н			FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR). SALMON, SALT, HARDWOOD SMOKE. PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR (CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR),
														_									ш			FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID.
Turkey Sausage Tuna Salad	_					_					270 : 330 :						_				X		_		хх	TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES. TUNA (LIGHT TUNA, WATER, VEGETABLE BROTH [CONTAINS SOY], SALT), MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN
																										SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), BREAD CRUMBS (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR,NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACIDJ, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL [SOYBEAN AND/OR COTTONSED 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 DIGYLCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS) OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS).
Turkey	1.8	50	45	0	0.0	0 (0.0 0	0	15	5	430 :	18 2	1	0	0 1	9	0	0	0 2				Ш		Х	SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE).
NUTS/OTHER Almonds (Sliced)	0.2	4.5	25	20	2.5	4 (0.0 0	0	0	0	0	0 1	0	0	0 0	1	0	0	0 2					X		ALMONDS.
Croutons	0.5	14	70	25	3.0	5 (0.0 0	0	0	0	170	7 8	3	0	0 0	1	0	0	0 0			х	П		х	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 FRUCTOSEC CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]).
Sesame Seeds	0.2	7	40	30	3.5	5 (0.0	0	0	0	0	0 2	1	1	5 0	1	0	0	0 4							TOASTED SESAME SEEDS.
VEGETABLES & FRUIT Capers	0.1	3	0	0	0	0	0 0	0	0	0	65	3 0	0	0	0 0	0	0	0	0 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	_	28 4				_					1						_						\vdash			GREEN PEPPERS. FRESH LETTUCE.
Pickles	1.0	28	0			0 (0			330 :						_		0 0				П			FRESH CUCUMBERS, WATER, VINEGAR, SALT, SPICES, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVORS, GARLIC OIL, POLYSORBATE 80. TUMERIC (COLOR).
Pickled Red Onions	1.0	28	40	0	0.0	0 (0.0	0	0	0	210	9 11	4	0	0 1	0	0	2	0 0	1						FRESH RED ONION, WHITE VINEGAR, SUGAR, SALT.
Red Onions	0.1	3									0												ш			FRESH RED ONION. RED PEPPERS.
Red Peppers Tomatoes	_					_					0						_						Н			FRESH TOMATO.
Cranberries (Dried)											0															CRANBERRIES, SUGAR, SUNFLOWER OIL.