



		F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																				INGREDIENT LIST														
		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST			
BAGELS & BREADS																																				
BAGELS																																				
VALUES LISTED ARE FOR FULL-SIZED BAGELS. SKINNY BAGELS ARE APPROX. 2/3 OF AMOUNT LISTED BELOW.																																				
Apple Cinnamon - Gourmet (seasonal)	5.2	148	450	9.0	11	2.0	10	0	0	0	0	550	24	83	30		30	10																X	X	Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Fire Roasted Fuji Apples, Diced Apples, Brown Sugar, Sugar, Contains less than 2% of Caramel Color, Citric Acid, Cinnamon, Nutmeg, Modified Food Starch, Salt, Cinnamon Crunch Topping Raw Washed Sugar, Refined Granulated Sugar, Cinnamon, Canola Oil, Streusel Topping Wheat Flour, Sugar, Zero Trans Fat Vegetable Shortening (Palm Oil, Soybean Oil), Zero Trans Fat Margarine (Soybean Oil, Palm Oil, Water, Salt, Mono And Diglycerides, Soybean Lecithin, Natural Flavor, Annatto Color, Vitamin A Palmitate), Vanilla, Salt.
Asiago Parmesan	4.3	123	310	25	3.0	5	0.5	3	0	5	2	600	25	61	20	4	16	7	12	2	0	4	20	F			X							X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES (TO PREVENT CAKING)), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA).
Blueberry	4.1	115	310	15	2.0	3	0.0	0	0	0	0	500	21	63	21	4	14	14	11	0	0	2	20	F										X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, LIGHT BROWN SUGAR, MALT, INFUSED WILD BLUEBERRIES (BLUEBERRY, SUGAR, GLYCEROL, SAFFLOWER OIL, CITRIC ACID, CALCIUM LACTATE, POTASSIUM SORBATE, NATURAL BLUEBERRY FLAVOR), SALT, BLUEBERRY FLAVOUR (PROPYLENE GLYCOL, WATER, FRUIT JUICE CONCENTRATE, NATURAL FLAVOURS, BENZYL ALCOHOL, ETHYL ALCOHOL), WHEAT GLUTEN, CULTIVATED BLUEBERRY, MALT, BAKERS YEAST.
Bruegger Bites (3)	1.5	43	120	20	2.5	4	0.0	0	0	0	0	190	8	22	7	1	4	3	4	0	0	0	8	F										X	X	ROSEMARY OLIVE OIL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST).
Cheesy Hash Brown - Gourmet	1.5	126	390	11.0	14	4.0	20	0	10	3	710	31	60	22	0	0	5	13			6	80				X		X	X				X	X	Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Hash Brown Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate (to maintain color), Three Cheese Blend (Low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke favoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Parmesan/ Asiago Cheese Blend (Parmesan High Moist (Parmesan cheese (part-skim milk, cheese culture, salt and enzymes), Asiago (Pasteurized milk, cheese culture, salt and enzymes). Powdered Cellulose w/enzymes (added to prevent caking)), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, salt, kosher, coarse.	
Cinnamon Raisin	4.1	115	310	15	2	3	0	0	0	0	0	480	20	65	22	4	17	10	11	0	0	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RAISINS, MALT SYRUP, LIGHT BROWN SUGAR, SUGAR, SALT, CINNAMON, HONEY, YEAST.
Cinnamon Sugar	4.1	116	320	15	2.0	3	0	0	0	0	0	420	17	63	21	4	17	13	14	0	0	4	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, CINNAMON SUGAR TOPPING (SUGAR, CINNAMON), SALT, YEAST, WHEAT GLUTEN.
Egg (select markets)	4.1	115	300	20	2.0	3	0.0	0	0	0	1	590	24	60	20	3	14	11	11	0	0	2	20	X			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, HONEY, LIGHT BROWN SUGAR, EGG POWDER, SALT, MALT, BAKERS YEAST, CURCUMIN (TUMERIC COLOUR EXTRACT, MODIFIED STARCH).
Everything	4.1	117	310	20	2.5	4	0	0	0	0	0	710	30	62	21	4	15	7	12	0	0	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, SESAME SEEDS, ROCK SALT, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, BAKERS YEAST.
Everything Whole Wheat	4.1	117	280	20	2.5	4	0.0	0	0	0	0	790	33	55	18	6	24	5	13	0	0	4	15	F			X							X	X	WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), EVERYTHING TOPPING (SESAME SEEDS, PRETZEL ROCK SALT, POPPY SEEDS, GARLIC, ONION).
Five Cheese - Gourmet	4.1	125	390	9.0	12	3.5	18	0	15	5	700	30	53	19			5	15			10	80				X		X	X				X	X	Potato Dough Ball Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Dehydrated Potatoes, Soybean Oil, Yeast, Hydrolyzed Wheat Gluten, Salt, Malted Barley Flour, Ascorbic Acid, Enzymes, Three Cheese Blend (Low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke favoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Parmesan/ Asiago Cheese Blend (Parmesan High Moist (Parmesan cheese (part-skim milk, cheese culture, salt and enzymes), Asiago (Pasteurized milk, cheese culture, salt and enzymes). Powdered Cellulose w/enzymes (added to prevent caking)).	
French Toast Bagel (seasonal)	4.6	130	370	35	4.0	6	1.0	5	0	25	9	650	27	72	24	4	15	20	13	0	5	6	20	X			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, BROWN SUGAR, HONEY, CRUNCHY CINNAMON BITS (SUGAR, WHEAT FLOUR, CORN CEREAL, CINNAMON AND SOYBEAN OIL), BAKERS YEAST, EGG POWDER, SALT, MALT, CARAMEL COLOR, CURCUMIN.
Garlic	4.1	115	300	15	2.0	3	0	0	0	0	0	520	22	61	20	4	15	7	12	0	0	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, DEHYDRATED GARLIC, SALT, BAKERS YEAST.
Honey Grain	4.1	115	310	25	2.5	4	0	0	0	0	0	490	20	61	20	4	15	10	11	0	0	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, HONEY, MOLASSES, OATS, SESAME SEEDS, SALT, RYE, BAKERS YEAST.
Jalapeno (select markets)	4.1	115	330	30	3.0	5	0.0	1	0	0	0	480	20	67	22	9	37	7	13	10	160	4	25	F			X							X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND CALCIUM CHLORIDE).
Jalapeno Cheddar (select markets)	5.5	155	440	80	9.0	14	3.5	18	0	20	7	650	27	75	25	10	40	7	19	15	180	15	30	F		X		X						X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND CALCIUM CHLORIDE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Onion	4.1	115	300	20	2.0	3	0	0	0	0	0	530	22	61	20	4	15	8	12	0	2	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, DEHYDRATED ONION, BAKERS YEAST.
Plain	4.1	115	300	20	2	3	0	0	0	0	0	530	22	60	20	4	14	7	12	0	0	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, BAKERS YEAST.
Poppy	4.1	116	310	20	2.5	4	0	0	0	0	0	610	26	61	20	4	15	7	12	0	0	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, POPPY SEEDS, YEAST.
Pretzel Bagel (seasonal)	4.2	118	300	20	2	3	0	0	0	0	0	1500	63	61	20	4	16	7	12	0	0	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, ROCK SALT, SALT, YEAST, SODIUM BICARBONATE (LESS THAN 1%).
Pumpnickel	4.1	115	300	20	2.0	3	0	0	0	0	0	560	23	62	21	4	18	10	11	0	0	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL COLOR, SALT, BAKERS YEAST.
Pumpkin (seasonal)	4.1	115	290	15	2.0	3	0.0	0	0	0	0	480	20	60	20	4	16	12	10	20	2	0	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, PUMPKIN, LIGHT BROWN SUGAR, MALT, SALT, CINNAMON, BAKERS YEAST, GINGER, NUTMEG, ALLSPICE.
Rosemary Olive Oil	4.1	115	330	60	6.0	10	.5	3	0	0	0	510	21	59	20	4	14	8	11	0	0	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST.
Salt (select markets)	4.2	118	300	20	2.0	3	0.0	0	0	0	0	1540	64	61	20	4	14	7	12	0	0	2	20	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALTO, ROCK SALT, SALT, BAKERS YEAST.
Sesame	4.1	116	310	30	3.0	5	0	0	0	0	0	610	25	60	20	4	15	7	12	0	0	2	40	F			X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT SYRUP, SESAME SEEDS, SALT, BAKERS YEAST.
Sesame Whole Wheat (select markets)	115.0	120	300	40	4.5	7	0.0	0	0	0	0	620	26	56	19	6	24	5	13	0	0	2	20	F			X							X	X	WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), SESAME SEEDS.

EST 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	Bruegger's Bagels Nutrition Facts																			F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN															
	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (G)	CARBOHYDRATES (% DV)	FIBER (G)	FIBER (% DV)	SUGARS (G)	PROTEIN (G)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST			
Bacon Scallion	1.5	43	140	110	12	19	7	35	0	40	14	150	6	5	2	0	0	2	3	10	0	6	0									X	F	PASTEURIZED CREAM, AND NON FAT MILK, SCALLIONS, BACON, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.	
Cucumber Dill (seasonal)	1.5	43	140	110	13.0	20	6.0	30	0	35	12	120	5	3	1	0	0	1	3	8	0	6	0									X	F	PASTEURIZED CREAM, AND NON FAT MILK, CUCUMBERS, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), DILL, SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.	
Garden Veggie	1.5	43	130	100	11	18	6	31	0	35	11	140	6	5	2	1	4	2	3	10	8	6	0									X	F	PASTEURIZED CREAM, AND NON FAT MILK, CARROTS, SCALLIONS, RED PEPPERS, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.	
Honey Walnut	1.5	43	150	110	12	18	6	32	0	35	11	125	5	8	3	<1	2	3	3	10	0	6	0									X	X	PASTEURIZED CREAM, AND NON FAT MILK, WALNUTS, HONEY, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.	
Jalapeno	1.5	43	140	120	13	20	8	38	0	45	14	150	6	4	1	0	0	2	3	8	0	6	0									X	F	PASTEURIZED CREAM, JALAPENO PEPPERS, NONFAT MILK, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GREEN PEPPERS, CRUSHED RED PEPPER, SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.	
Light Garden Veggie	1.5	43	90	50	6	9	4	20	0	25	8	105	4	3	1	0	0	2	6	10	4	6	8									X	F	CULTURED SKIM MILK, PASTEURIZED CREAM, CARROTS, SCALLIONS, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, DRIED RED PEPPER, ONION POWDER, POTASSIUM SORBATE (MAINTAINS FRESHNESS), CELERY SEED, GARLIC POWDER, NATURAL FLAVOR.	
Light Herb Garlic	1.5	43	100	60	6	9	3.5	18	0	25	8	125	5	4	1	0	0	2	6	4	0	8	2									X	F	CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.	
Light Plain	1.5	43	100	60	6	10	3	16	0	25	8	130	5	4	1	<1	3	3	6	4	0	8	0									X	F	CULTURED SKIM MILK, PASTEURIZED CREAM AND NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.	
Olive Pimiento	1.5	43	140	120	13	20	6	29	0	45	14	130	5	3	1	0	0	1	3	10	0	6	0									X	F	PASTEURIZED CREAM, OLIVES (WITH PIMIENTOS), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).	
Onion and Chive	1.5	43	140	110	13	20	8	40	0	35	12	105	4	3	1	0	0	2	3	15	6	4	0									X	F	PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTEINS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).	
Plain	1.5	43	130	100	11	17	7	35	0	40	13	125	5	6	2	<1	2	2	3	10	0	6	0									X	F	PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.	
Pumpkin (seasonal)	1.5	43	120	100	11	18	7	36	0	45	14	135	6	4	1	0	0	3	3	15	0	6	0									X	F	PASTEURIZED CREAM, PUMPKIN BASE (PUMPKIN PUREE, CORN SYRUP, SUGAR, BROWN SUGAR, SPICES, CITRIC ACID, SALT, ANNATTO EXTRACT [FOR COLOR], SODIUM BENZOATE AND POTASSIUM SORBATE [PRESERVATIVES]), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).	
Smoked Salmon	1.5	43	150	120	13	21	6	32	0	40	13	150	6	3	1	<1	2	2	3	10	0	6	0	X									X	F	PASTEURIZED CREAM, AND NON FAT MILK, SMOKED SALMON, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Strawberry	1.5	43	140	110	13	20	7	35	0	30	9	100	4	4	1	0	0	2	3	15	2	2	0									X	F	PASTEURIZED CREAM, STRAWBERRY PRESERVES (STRAWBERRIES, CANE SUGAR SYRUP, MODIFIED FOOD STARCH, STRAWBERRY FLAVOR WITH OTHER NATURAL FLAVORS, CITRIC ACID, POTASSIUM SORBATE, ARTIFICIAL COLOR [RED #40]), NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTEINS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).	
Whipped Plain (California Only)	1.5	43	150	50	14.0	18	10.0	50	0	40	13	115	5	4	1	0	0	2	4	0	4	0										X	F	PASTEURIZED MILK AND CREAM, SALT, GUMS (LOCUST BEAN, GUAR AND XANTHAN GUMS), CHEESE CULTURES, POTASSIUM SORBATE (MAINTAINS FRESHNESS) CHEESE CULTURES.	

	F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																				INGREDIENT LIST																
	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)		VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT					
SALADS & DRESSINGS																																					
SALADS & DRESSINGS LISTED SEPERATELY																																					
Mixed Greens Base	4.0	113	20	5	0.0	0	0.0	0	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	220	200	70	8.0	12	2.5	13	0	40	13	630	26	14	5	3	12	2	17	170	20	15	8														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	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	6.0	9	1.0	5	0	0	0	230	10	3	1	0	0	2	0	0	2	0	0													WATER, RED WINE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.	
Caesar	1.0	28	80	60	7.0	11	1.5	8	0	10	3	310	13	2	1	0	0	1	1	0	0	0	0	X	X										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																																					
BUILT WITH COMPONENTS INDICATED ON MENU BOARD																																					
BREAKFAST SANDWICHES																																					
Breakfast Bagel - Egg / Cheese	6.8	193	430	120	18.0	28	6.0	30	0	180	60	970	40	63	21	4	16	8	22	6	0	15	25	X												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 RENNIN), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).	
Breakfast Bagel - Egg / Cheese / Bacon	7.3	207	500	170	24.0	37	8.0	40	0	195	65	1190	50	64	21	4	16	9	26	6	0	15	25	X												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 RENNIN), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).	
Breakfast Bagel - Egg / Cheese / Ham	8.3	235.6	510	140	16.0	25	5.0	25	0	210	70	1280	53	65	22	4	16	10	28	6	0	20	25	X												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 RENNIN), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION), BACON (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).	
Breakfast Bagel - Egg / Cheese / Sausage	8.3	236	590	260	34.0	52	12.0	60	0	210	70	1250	52	63	21	4	16	8	28	6	0	15	25	X												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 RENNIN), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).	
Breakfast Bagel - Egg / Cheese / Turkey Sausage	8.3	235	510	160	23.0	35	8.0	40	0	220	73	1240	52	63	21	4	16	9	29	8	0	20	25	X												PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, BAKERS YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), 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 RENNIN), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).	
Breakfast Bagel - Egg White / Cheese	6.5	186	390	50	6.0	9	2.5	13	0	15	5	750	31	63	21	4	16	7	22	4	0	15	20	X												PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).	
Breakfast Bagel - Egg White / Cheese / Bacon	7.0	200	460	110	12.0	18	4.5	23	0	30	10	980	41	64	21	4	16	8	26	4	0	15	20	X												PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), BACON (SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).	
Breakfast Bagel - Egg White / Cheese / Ham	8.3	236	440	60	7.0	11	3.0	15	0	30	10	1300	54	65	22	4	16	9	29	4	0	15	20	X												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	8.1	229	550	200	22.0	34	9.0	45	0	45	15	1030	43	63	21	4	16	7	28	4	0	15	20	X												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	8.0	228	470	100	11.0	17	4.0	20	0	55	18	1020	43	63	21	4	16	8	29	4	0	15	20	X												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 - Fresh Cracked Egg / Cheese	6.7	190	450	120	14.0	22	5.0	25	0	230	77	730	30	62	21	4	16	8	24	10	0	20	25	X												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]).	

		F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																															
Product	Serving Size (OZ)	Nutritional Information										Allergen Information																					
		Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Total Fat (% DV)	Saturated Fat (g)	Saturated Fat (% DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (% DV)	Sodium (mg)	Sodium (% DV)	Carbohydrates (g)	Carbohydrates (% DV)	Fiber (g)	Fiber (% DV)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Eggs	Fish	Shellfish	Milk/Dairy	Peanuts	Tree Nuts/Coconuts	Soy	Wheat	Ingredient List	
Breakfast Bagel - Fresh Cracked Egg / Cheese / Bacon	7.2	205	520	180	20.0	31	7.0	35	0	245	82	950	40	63	21	4	16	9	28	10	0	20	25	X								X	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 CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Fresh Cracked Egg / Cheese / Ham	8.5	240	500	130	15.0	23	5.0	25	0	250	83	1280	53	64	21	4	16	10	31	10	0	20	25	X							X	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 / Sausage	8.2	233	610	270	30.0	46	11.0	55	0	260	87	1010	42	62	21	4	16	8	30	10	0	20	25	X						X	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 / Turkey Sausage	8.2	232	530	170	19.0	29	7.0	35	0	270	90	1000	42	62	21	4	16	8	31	10	0	20	30	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), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).		
Classic Wrap w/Bacon (Select Markets)	9.2	261	760	450	50.0	77	18.0	90	0	435	145	1670	70	40	13	3	12	6	37	15	0	30	20	X			X			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 CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).	
Classic Wrap w/Ham (Select Markets)	9.5	268	590	290	32.0	49	12.0	60	0	410	137	1550	65	39	13	3	12	5	32	15	0	30	20	X			X			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	18.0	90	0	420	140	1280	53	37	12	3	12	3	31	15	0	30	20	X			X			X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).	
Classic Wrap w/ Turkey Sausage (Select Markets)	9.2	260	620	330	36.0	55	13.0	65	0	430	143	1270	53	38	13	3	12	3	33	145	0	30	20	X			X			X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).	
Classic Wrap - Fresh Cracked Egg w/Bacon (Select Markets)	9.2	260	700	390	43.0	66	17.0	85	0	505	168	1480	62	37	12	3	12	5	42	20	0	30	20	X			X			X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).	
Classic Wrap - Fresh Cracked Egg w/Ham (Select Markets)	9.4	267	530	230	26.0	40	11.0	55	0	480	160	1370	57	37	12	3	12	4	37	20	0	35	25	X			X			X	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 (Select Markets)	9.2	261	640	370	41.0	63	17.0	85	0	490	163	1100	46	34	11	3	12	2	36	20	0	30	25	X			X			X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).	
Classic Wrap - Fresh Cracked Egg w/ Turkey Sausage (Select Markets)	9.2	259	560	270	30.0	46	13.0	65	0	500	167	1090	45	35	12	3	12	3	38	20	0	35	25	X			X			X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).	
Skinny Zesty Egg White Sandwich / Plain Bagel	7.0	199	410	120	13.0	20	5.0	25	0	55	18	880	37	47	16	3	12	6	26	8	4	15	15	X						X	X	EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALT, SALT, BAKERS YEAST), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), SUNDRIED TOMATO SPREAD (SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER [CREAM, MILK, SALT], DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT).	
Smoked Salmon / Plain Bagel	8.4	238	460	90	10.0	15	4.5	23	0	45	15	1520	63	66	22	4	16	10	26	10	10	4	20	X						X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SALMON (SALMON, SALT, HARDWOOD SMOKE), FRESH TOMATO, PLAIN CREAM CHEESE (PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES [MILK PROTEINS], CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS], NATURAL FLAVOR), FRESH RED ONIONS, CAPERS (CAPERS, WATER, SALT, WINE VINEGAR).	
Sriracha Egg Sandwich / Sausage / Plain Bagel	10.7	305	680	300	33.0	51	11.0	55	0	225	75	1670	70	72	24	4	16	16	28	35	90	15	25	X			X			X	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]).	

EST 1983		Bruegger's Bagels										F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																						
AUTHENTIC NEW YORK STYLE		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST	
Sriracha Egg Sandwich - Fresh Cracked Egg / Sausage / Plain Bagel		10.7	304	650	270	30.0	46	11.0	55	0	260	87	1580	66	70	23	4	16	15	30	35	90	20	30	X								X	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Western / Plain Bagel		9.2	262	670	310	34.0	52	9.0	45	0	215	72	1210	50	67	22	4	16	11	25	20	30	15	25	X				X				X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, 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 CARBOXYMETHYLCELLULOSE GUM, SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH RED ONIONS, CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH RED ONIONS, FRESH GREEN PEPPERS, ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID), FRESH TOMATO.
Western - Fresh Cracked Egg / Plain Bagel		9.1	258	670	300	34.0	52	10.0	50	0	255	85	1190	50	66	22	4	16	11	30	15	40	20	25	X				X				X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FRESH CRACKED EGG PASTEURIZED EGGS, WATER, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH RED ONIONS, FRESH GREEN PEPPERS, Bell Pepper, Maltoferm 10000 L, Salt, Maltorose 60, Bakers Yeast.
Pastrami, Egg & Swiss / Pumpernickel Bagel		7.9	225	490	150	15.0	19	7.0	35	0	230	77	1320	57	63	23	5	18	7	29	8	0	15	30	X				X				X	PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).
Pastrami, Egg & Swiss - Fresh Cracked Egg / Pumpernickel Bagel		7.9	224	460	120	13.0	20	4.5	23	0	230	77	310	38	64	21	4	16	11	26	8	0	20	25	X				X				X	PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), FRESH CRACKED EGG (PASTEURIZED EGGS), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).
Skinny Bacon Avocado Tomato on skinny everything bagel		8.7	248	210		24.0	31	7.0	35		30	10	990	43	53	19	2	7	8	23		6	20	X				X					X	Plain Bagel (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Syrup, Salt, 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, Pectin), 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	1300	54	70	23	7	28	10	26	20	15	15	35		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	1000	42	64	21	4	16	10	19	8	15	2	20	X								X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), TOMATOES, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), MAYONNAISE (VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, VINEGAR, CORN SYRUP, WATER, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), LETTUCE.
Garden Veggie / Plain Bagel		12.3	349	360	20	2.0	3	0.0	0	0	0	0	550	23	72	24	5	20	13	12	10	100	6	20									X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), RED ONIONS, TOMATOES, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.
Garden Veggie / Plain Bagel (w/ Hummus)		13.5	384	480	70	8.0	12	1.0	5	0	0	0	670	28	83	28	5	20	13	17	10	100	5	40									X	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	1300	54	64	21	4	16	10	23	10	15	15	20									X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, LETTUCE, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TURMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Tuna Salad / Plain Bagel		8.8	250	550	190	21.0	32	2.5	13	0	40	13	870	36	65	22	4	16	9	22	8	15	2	20	X	X							X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), TUNA SALAD (TUNA [LIGHT TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT], MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), BREAD CRUMBS (BREAD CRUMBS (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID] HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA], WATER, SALT. CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE]), VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS) OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS)), FRESH TOMATO, LETTUCE.

EST 1983		Bruegger's Bagels Nutrition Formula													F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																				
		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	PROTEIN (% DV)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	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												PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO, LETTUCE, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TURMERIC, SPICES).
Pastrami / Plain Bagel	8.0	266	410	80	9.0	14	3.5	18	0	30	10	1350	56	63	21	4	16	9	22	10	8	15	20				X								PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, YEAST), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TURMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ARUGULA, SALT, PEPPER.

EST 1983		Bruegger's Bagels														F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																			
AUTHENTIC NEW YORK STYLE		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST		
SIGNATURE & BAGEL SANDWICHES																																			
Herby Turkey / Sesame Bagel	11.0	313	570	130	15.0	23	4.5	23	0	55	18	1580	66	75	25	4	16	11	34	10	25	10	45	X										SESAME BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SESAME SEEDS, SALT, YEAST), SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), LETTUCE, RED ONIONS, LIGHT HERB GARLIC CREAM CHEESE (PASTEURIZED SKIM MILK AND CREAM, MILK PROTEINS, WHEY PROTEIN, LESS THAN 2% OF GARLIC, CHIVES, SPICES, SALT, NATURAL FLAVOR, NATURAL ACIDS, XANTHAN, LOCUST BEAN AND GUAR GUMS, VEGETABLE RENNIN, POTASSIUM SORBATE [MAINTAINS FRESHNESS]), SUNDRIED TOMATO SPREAD (TOMATO SOLIDS, SUN DRIED TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER [CREAM, MILK, SALT], DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT).	
Leonardo da Veggie / Asiago Parmesan Bagel	10.1	286	490	130	14.0	22	7.0	35	0	45	15	860	36	70	23	5	20	12	21	35	40	30	20				X							ASIAGO PARMESAN BAGEL (PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA)), FRESH TOMATO, LETTUCE, FRESH RED ONIONS, MÜNSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE COLORING]), LIGHT HERB GARLIC CREAM CHEESE (CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS], NATURAL FLAVOR), ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID).	
Smoked Salmon with Egg Salad / Pumpernickel Bagel	9.7	274	570	190	21.0	32	5.0	25	0	255	85	1410	59	64	21	4	16	11	33	15	6	8	30	X	X		X							PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, YEAST, LIGHT BROWN SUGAR, CARAMEL COLOR, WHEAT BRAN, CARAWAY SEEDS), WILD SMOKED SALMON (SOCKEYE SALMON, SALT, SUGAR, HARDWOOD SMOKE), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTEINS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS]], MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]), FRESH CUCUMBERS, ARUGULA.	
Turkey Chipotle Club / Everything Bagel	11.2	317	810	410	45.0	69	8.0	40	0	70	23	2310	96	66	22	4	16	11	35	8	10	4	25	X			X							EVERYTHING BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, SESAME SEEDS, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, YEAST), TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH TOMATO, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), ARUGULA, SALT, PEPPER.	
Hot Pastrami / Everything Bagel		296	590	170	19.0		9.0		0	75		2300		66		4		7	35	6	4	35	30				X							Plain Bagel (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Syrup, Salt, Bakers Yeast, Ascorbic Acid), Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring, Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., Deli Mustard (Vinegar, Mustard Seed, Salt, Spices, Turmeric), Swiss Cheese (cultured milk, salt, enzymes), Pickle (fresh cucumbers, water, salt, vinegar, lactic acid, garlic, less than 1/10 of 1% sodium benzoate as preservative, natural spices and flavorings, turmeric (color) and polysorbate 80), Red Onion, Everything Topping (Hulled Sesame, Poppy Seed, Chopped Onion, Minced Garlic, Salt).	
Hot Tuna / Ciabatta		232	500	210	24.0		9.0		0	55		1190		51		2		6	23	10	10	20	20	X	X		X							Ciabatta Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes, Tomato, Tuna (Albacore tuna fish, water, vegetable broth, salt, pyrophosphate), BRU Garden Veggie Cream Cheese Pasteurized Cream, Carrots, Scallions, Non Fat Milk, Milk Proteins, Less Than 2% of Red Peppers, Salt, Natural Acids, Xanthan, Locust Bean and Guar Gums; Potassium Sorbate (Maintains Freshness), Honey Mustard (Soybean Oil, Vinegar, High Fructose Corn Syrup, Water, Honey, Sugar, Egg Yolk, Contains less than 2% of Salt, Mustard Seed, Mustard Flour, Xanthan Gum, Spice, White Wine, Citric Acid, Tartaric Acid, Oleoresin Paprika (color), Calcium Disodium EDTA (to protect flavor), Yellow 5, Corn Syrup, Natural Flavor), Swiss Cheese (cultured milk, salt, enzymes), Mayonnaise (soybean oil, egg yolk, vinegar, high fructose corn syrup, contains less than 2% of water, salt, spice, calcium disodium edta to protect flavor, paprika), lemon juice, Red Onion, Salt, Kosher, coarse, Black Pepper.	
Harvest Chicken Salad (Select Markets)		241	490	180	20.0		3.0		0	50		830		54		3		6	24	30	15	4	20	X										Ciabatta Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes, Chicken Breast, Fully Cooked [water, rice starch, seasoning (salt, evaporated cane syrup, black pepper), and salt], Tomato, Mayonnaise (soybean oil, egg yolk, vinegar, high fructose corn syrup, contains less than 2% of water, salt, spice, calcium disodium edta to protect flavor, paprika), Lettuce, Red Onion, Toasted Almonds (Almonds, dry roasted), Craisins (cranberries, sugar, citric acid, sunflower oil, elderberry juice concentrate [color]), Deli Mustard (Vinegar, Mustard Seed, Salt, Spices, Turmeric), Honey (honey), Black Pepper, Salt, Kosher, coarse.	
SIDES & DESSERTS																																			
TWICE BAKED HASH BROWN																																			
Twice Baked Hash Brown		91	170	60	11.0	14	6.0	30	0	35	12	260	11	12	4	1	4	1	7																RTD Hash Brown Potatoes (Potatoes, Dextrose, Disodium Phosphate[Added to Maintain Color], Potassium Sorbate[Added to Maintain Freshness]), Cream Cheese(Pasteurized Milk and Cream, Salt, Cheese Cultures, Carob Bean Gum[Stabilizer]), Pizza Blend Cheese(Low Moisture Part-Skim Mozzarella Cheese[Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes]), Provolone Cheese(Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese(Cultured Pasteurized Milk, Salt, Enzymes, [Color Added], Ant Cake[Powdered Cellulose]) Three Cheese Blend (Parmesan, Asiago and Romano Cheese[Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose[Ant-Caking Agent] and Calcium Propionate[Preservative]) Cheddar Cheese(Pasteurized Milk, Cultures, Salt, Less than 1% Enzymes and Annatto[Color]) White Onion, Green Onion, Black Pepper.
COOKIES																																			
Chocolate Chip Cookie	3.5	99	440	190	21.0	32	12.0	60	0	55	18	340	14	63	21	2	8	37	5	8	0	4	20	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 Flavor, Salt, Baking Soda, and Soy Lecithin (emulsifier).	
Iced Sugar Cookie	3.0	85	364	140		7		0	23			278		50		1		20	4					X		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],

EST 1983		Bruegger's Bagels														F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																				
AUTHENTIC NEW YORK STYLE		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST			
DESSERT BARS																																				
Marshmallow Chew	2.7	76	290	60	7.0	11	3.0	15	0	0	0	290	12	54	18	0	0	22	3	6	0	0	20											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	180	21.0	32	3.5	18	0	80	27	270	11	55	18	0	0	30	5	0	0	4	4	X		X	F	F	F	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, ENZYME.			
Blueberry (Main Street Gourmet)	5.0	142	490	260	28.0	43	5.0	25	0	130	43	230	10	54	18	3	12	31	8	6	0	6	6	X		X	F	F	X	X		SUGAR, EGGS, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, BLUEBERRIES, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF: MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, SORBITAN MONOSTEARATE, MONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GLYCERIDES, POLYSORBATE 60, PROPYLENE GLYCOL, SODIUM PROPIONATE, SORBIC ACID, SOY LECITHIN), LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE), NATURAL & ARTIFICIAL FLAVORS, SALT, XANTHAM GUM.				
Cinnamon Coffee Cake (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	500	250	27.0	42	7.0	35	0	90	30	280	12	62	21	0	0	36	5	0	0	4	4	X		X	F	F	X	X		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	280	31.0	48	5.0	25	0	105	35	270	11	62	21	3	12	41	5	6	0	6	15	X		X	F	F	X	X		SUGAR, SOYBEAN OIL, ENRICHED BLEACHED FLOUR (WHEAT 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, NORTHERN CONNECTICUT	4.5	127	480	210	23.0	35	3.5	18	0	90	30	280	12	64	21	0	0	30	7	4	0	4	4	X		X	F	F	F	X		SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, WATER, CORN MEAL, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.				
Cranberry Nut (Main Street Gourmet)	5.0	142	490	230	26.0	40	4.0	20	0	65	22	440	18	54	18	3	12	34	8	0	6	6	10	X		X	F	X	X	X		SUGAR, SOYBEAN OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, 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.				
Cranberry Nut (Bake N Joy) SELECT BAKERIES	4.5	127	430	210	23.0	35	3.5	18	0	85	28	300	13	53	18	1	4	29	5	4	6	6	4	X		X	F	X	F	X		SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, CRANBERRIES, WATER, WALNUTS, MODIFIED FOOD STARCH, ORANGE ICING FRUIT (CORN SYRUP, SUGAR, ORANGE PEEL, ORANGE JUICE CONCENTRATE, WATER, OIL OF ORANGE, CITRIC ACID, PECTIN, SODIUM BENZOATE, ARTIFICIAL COLOR FD&C YELLOW #5), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), EMULSIFIERS (MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, PROPYLENE GLYCOL MONOESTERS), BUTTERMILK SOLIDS, SALT, NATURAL AND ARTIFICIAL FLAVOR.				
Cranberry Nut (Karp's) BOSTON, SELECT CONNECTICUT	4.5	128	390	140	16.0	25	2.5	13	0	35	12	370	15	57	19	2	8	30	8	0	4	8	10	X		X	F	X	X	X		ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, 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.				
OTHER SIDES																																				
VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.																																				
Crackers	See label																																			
Potato Chips	See label																																			
Yogurt	See label																																			
SOUPS																																				
Chicken & Wild Rice	8.0	227	230	140	16.0	25	10.0	50	0	70	23	820	34	14	5	0	0	1	7	60	0	0	0										X	X	X	WATER, CREAM, COOKED DICED CHICKEN (WHITE MEAT), CARROTS, WILD RICE, CELERY, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVORING), CONTAINS LESS THAN 2% OF THE FOLLOWING: ONIONS, MODIFIED FOOD STARCH, CHICKEN BASE (CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, HYDROLYZED SOY AND CORN PROTEIN, SUGAR, FLAVORING, POTATO FLOUR, AUTOLYZED YEAST EXTRACT, CARROT POWDER AND TURMERIC), SALT, FLOUR (WHEAT FLOUR, ENRICHED, BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID)), SUGAR, GARLIC (GARLIC, WATER), NATURAL CHICKEN FLAVOR (MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SALT, HYDROLYZED CORN SOY WHEAT PROTEIN, DEHYDRATED COOKED CHICKEN, NATURAL FLAVOR (WITH MILK), CHICKEN FAT, CHICKEN SKIN, SILICON DIOXIDE (ANTI-CAKING AGENT), TBHQ (ANTIOXIDANT)), SOY LECITHIN, SPICES.
Chicken Spaetzle	8.0	227	140	30	3.5	5	0.0	0	0	45	15	660	28	14	5	0	0	1	11	60	4	0	0	X									X	X	WATER, CHICKEN, SPAETZLE DUMPLING (ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, ENRICHED DURUM WHEAT FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES, NATURAL FLAVOR, OLEORESIN TUMERIC), CARROTS, ONION, CELERY, CONTAINS LESS THAN 2% OF THE FOLLOWING: CHICKEN STOCK CONCENTRATE (CHICKEN STOCK, DEXTROSE, SALT, FOOD STARCH - MODIFIED, HYDROLYZED CORN PROTEIN, AUTOLYZED YEAST EXTRACT, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ONION POWDER, NATURAL FLAVORING, POTASSIUM SORBATE (A PRESERVATIVE), FLAVOR), MODIFIED FOOD STARCH, CHICKEN BASE (ROASTED CHICKEN AND CHICKEN FAT, SALT, AUTOLYZED YEAST EXTRACT, CHICKEN FLAVOR (WITH HYDROLYZED CORN SOY WHEAT GLUTEN PROTEIN, MALTODEXTRIN, EGG YOLK, YEAST EXTRACT, DEHYDRATED COOKED CHICKEN, MODIFIED FOOD STARCH), FLAVOR (WITH TORULA YEAST), DISODIUM INOSINATE, DISODIUM GUANYLATE, POTATO STARCH, TURMERIC), RENDERED CHICKEN FAT, OLIVE OIL, SALT, SPICES, SUGAR, GELLAN GUM, XANTHAM GUM, VEGETABLE COLOR (TURMERIC EXTRACT).	
Vegetable	8.0	227	90	20	2.5	4	0.0	0	0	0	0	610	25	16	5	2	8	5	2	110	25	4	4										X	WATER, CARROTS, NAVY BEANS (NAVY BEANS AND WATER), RED ONION, TOMATOES (TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE), SWEET POTATO, CORN, CELERY, ZUCCHINI, SQUASH, KALE, RED BELL PEPPERS, CONTAINS LESS THAN 2% OF THE FOLLOWING: TOMATO PASTE, VEGETABLE CONCENTRATE (A BLEND OF VEGETABLES PUREES (CARROT, CELERY, ONION, SAUTEED ONION, RED BELL PEPPER), DEHYDRATED TOMATO, CARROTS, GREEN BELL PEPPER, ONION JUICES (ONION, GARLIC, SHALLOT, CARROT), SUGAR, SALT, YEAST EXTRACT, HYDROLYZED CORN PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: MALTODEXTRIN, CANOLA OIL, NATURAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED FOOD STARCH, SPICE, HYDROLYZED SOY PROTEIN, BURGUNDY WINE SOLIDS), MODIFIED FOOD STARCH, SUGAR, VIRGIN OLIVE OIL, WINE (SALT, SULFITES), MIREPOIX BASE (VEGETABLE PUREES (CARROT, CELERY, ONION), SALT, MALTODEXTRIN, ONION POWDER, CANOLA OIL, CORN STARCH, CARROT POWDER, CONTAINS 2% OR LESS OF THE FOLLOWING: EXTRACTIVE OF CARROT, XANTHAM GUM, SPICE EXTRACTIVES), JALAPENO, SALT, GARLIC (GARLIC, WATER), SPICES, CILANTRO.		
TOPPINGS																																				
VALUES LISTED BELOW ARE FOR A SINGLE BAGEL OR CAFÉ SALAD PORTION; FULL SIZE SANDWICHES AND ENTRÉE SALADS USE APPROX. TWICE THE AMOUNT LISTED BELOW																																				
CHEESE																																				
American Cheese	0.8	21.0	20.0	20.0	7.0	11.0	4.0	20.0	0.0	5.0	2.0	270.0	11.0	0.0	0.0	0.0	0.0	0.0	5.0	2.0	0.0	15.0	0.0										X	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.		
Asiago Cheese, Shredded	0.5	20	15	2	3.0	1	5.0	0	5	2	65	3	1	0	0	0	0	1	2	0	4	0											X	ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES).		
Blue Cheese	1.0	28	100	70	8.0	12	5.0	25	0	25	8	380	16	1	0	1	4	0	6	6	0	15	0										X	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING.		
Cheddar Cheese	0.7	19.0	70.0	50.0	6.0	9.0	3.5	18.0	0.0	20.0	7.0	120.0	5.0	1.0	0.0	0.0	0.0	0.0	5.0	4.0	0.0	15.0	0.0										X	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED].		
Muenster Cheese	1.0	28.0	100.0	70.0	8.0	12.0	5.0	25.0	0.0	30.0	10.0	190.0	8.0	1.0	0.0	0.0	0.0	0.0	6.0	6.0	0.0	20.0	0.0										X	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (VEGETABLE COLORING).		
Swiss Cheese	0.5	14.0	50.0	35.0	4.0	6.0	2.5	13.0	0.0	15.0	5.0	30.0	1.0	1.0	0.0	0.0	0.0	0.0	4.0	4.0	0.0	15.0	0.0										X	PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.		
CONDIMENTS																																				

