



Nutrition information is based upon standard recipes. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.

<div>EST. 1983</div> <div>BRUEGGER'S BAGELS</div> <div>AUTHENTIC NEW YORK STYLE™</div>		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	INGREDIENT LIST	
BAGELS & BREADS																									
BAGELS		VALUES LISTED ARE FOR FULL-SIZED BAGELS. SKINNY BAGELS ARE APPROX. 2/3 OF AMOUNT LISTED BELOW.																							
Asiago Parmesan	4.3	122	320	3	1.5	0	5	720	59	2	4	2	14		X		X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)).
Blueberry	4.1	115	310	1	0	0	0	520	65	2	11	9	10				X								Blueberry Bagel Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thimin Mononitrate, Riboflavin, Folic Acid), Water, Brown Sugar, Malt Extract, Infused Wild Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Salt, Yeast, Natural Flavor, Wheat Gluten, Blueberries, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid.
Bruegger Bites (3) (Select Markets)	2.0	58	170	2.5	0.5	0	0	240	32	1	3	2	6				X								Rosemary Olive Oil Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Olive Oill, Malt Extract, Brown Sugar, Salt, Rosemary, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose).
Cheesy Hash Brown - Gourmet	4.5	127	390	11	4.5	0	10	650	59	3	5	4	13		X		X								Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Hash Browns (Potatoes, Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend 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), Anticake (Powdered Cellulose), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), 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, Coarse Kosher Salt Kosher Salt.
Cinnamon Raisin	4.1	115	310	1	0	0	0	490	65	3	14	6	11				X								Cinnamon Raisin Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Raisins, Brown Sugar, Malt Extract, Yeast, Wheat Gluten, Salt, Cinnamon, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).
Cinnamon Sugar	4.9	140	380	1.5	0	0	0	610	83	3	27	24	11				X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Cinnamon Sugar Topping, BRU Sugar, Brown Sugar, Cinnamon.
Egg (select markets)	4.1	115	300	1.5	0.5	0	25	610	61	2	8	6	11	X			X								BRU Egg Bagel Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Brown Sugar, Salt, Dried Whole Eggs, Yeast, Wheat Gluten, Dough Conditioner Blend (Malted Barley Flour, Wheat Flour, Dextrose), Turmeric (For Color), Ascorbic Acid.
Everything	4.4	124	330	3.0	0	0	0	790	64	3	5	2	12				X					X			Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt.
Everything Whole Wheat	4.4	124	330	3	0	0	0	800	64	6	10	7	13				X					X			Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt.
Five Cheese - Gourmet	4.4	126	360	10	4.5	0	20	660	51	2	5	4	16		X		X								Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Three Cheese Blend 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), Anticake (Powdered Cellulose), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)).
Garlic (Select Markets)	4.3	122	310	1	0	0	0	610	64	3	4	2	12				X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Minced Garlic, Minced Garlic.
Italian Asiago Parmesan (Select Markets)	4.3	122	320	3	1	0	5	710	60	2	4	2	13		X		X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Italian Seasoning (Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil).
Jalapeno (select markets)	4.1	115	330	3	0	0	0	480	67	2	7	2	13				X								Jalapeno Bagel Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt, Salt, Malt, Bakers Yeast), Jalapeno Peppers (Jalapeno Pepper, Water, Vinegar, Salt, Sugar, Spices, And Calcium Chloride), Ascorbic Acid.
Jalapeno Cheddar (select markets)	4.9	138	350	6	2.5	0	15	790	60	2	4	2	14		X		X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Sliced Jalapenos (Fresh Peppers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Natural Flavors, Sodium Metabisulfite (Preservative), Yellow 5).
Onion	4.2	120	310	1	0	0	0	610	63	2	6	2	11				X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Minced Onion, Minced Onion.
Plain	4.1	115	290	1	0	0	0	610	59	2	4	2	11				X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).
Poppy Seed	4.3	122	330	4	0	0	0	610	61	3	4	2	12				X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Poppy Seeds Poppy Seed.





		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	INGREDIENT LIST
Hot Chocolate	8.0	227	140	1.5	1.5	0	5	190	31	1	26	25	2	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	16.0	454	220	0	0	0	0	0	52	0	44	44	4											PASTEURIZED ORANGE JUICE.
Soft Drinks - Coke	16.0	454	140	0	0	0	0	45	39		39	39	0											CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Coke	20.0	567	240	0	0	0	0	75	65		65	65	0											CONTAINS 62.5 MG CAFFEINE PER 20 OZ SERVING
Soft Drinks - Coke	32.0	907	280	0	0	0	0	90	78		78	78	0											CONTAINS 100 MG CAFFEINE PER 32 OZ SERVING
Soft Drinks - Diet Coke	16.0	454	0	0	0	0	0	60	0		0	0	0											CONTAINS 62 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Diet Coke	20.0	567	0	0	0	0	0	70	0		0	0	0											CONTAINS 77.5 MG CAFFEINE PER 20 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Diet Coke	32.0	907	0	0	0	0	0	120	0		0	0	0											CONTAINS 124 MG CAFFEINE PER 32 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Sprite	16.0	454	200	0	0	0	0	90	32		0	0	0											CONTAINS 0 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Sprite	20.0	567	250	0	0	0	0	113	65		65	65	0											CONTAINS 0 MG CAFFEINE PER 20 OZ SERVING
Soft Drinks - Sprite	32.0	907	400	0	0	0	0	180	64		52	52	0											CONTAINS 0 MG CAFFEINE PER 32 OZ SERVING
SYRUP FLAVORS VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.																								
Almond Flavored Syrup	1.0	28	90	0	0	0	0	0	23	0	23	23	0				X							PURE CANE SUGAR, WATER, NATURAL ALMOND FLAVOR.
Caramel Flavored Syrup	1.0	28	100	0	0	0	0	0	24	0	24	24	0											PURE CANE SUGAR, WATER, NATURAL CARAMEL FLAVOR.
Chocolate Syrup	1.0	28	70	0	0	0	0	60	17	1	14	14	0											INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE).
Hazelnut Flavored Syrup	1.0	28	90	0	0	0	0	7	22	0	21	21	0				X							PURE CANE SUGAR, WATER, HAZELNUT FLAVOR, CONCENTRATED LEMON JUICE, SALT, CARAMEL (COLOR).
Vanilla Flavored Syrup	1.0	28	100	0	0	0	0	0	25	0	25	25	0											PURE CANE SUGAR, WATER, NATURAL VANILLA EXTRACT, NATURAL VANILLA FLAVOR.
CREAM CHEESE																								
Bacon Scallion	1.5	43	140	11	7	0	45	150	6	0	1	0	3	X										Pasteurized Cream, Non Fat Dry Milk, Scallions, Bacon, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness)
Garden Veggie	1.5	43	130	11	6	0	35	135	4	0	3	0	3	X										Pasteurized Cream, Non Fat Dry Milk, Carrots, Scallions, Natural Acids, Red Peppers, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).
Honey Walnut	1.5	43	160	13	9	0	35	150	6	0	3	0	4	X			X							Pasteurized Cream, Non Fat Dry Milk, Honey, Walnuts, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness)
Jalapeno	1.5	43	140	13	7	0	45	140	4	0	3	0	3	X										Pasteurized Cream, Non Fat Dry Milk, Jalapeno Peppers, Green Peppers, Natural Acids, Crushed Red Peppers, Salt, Stabilizer (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).
Light Garden Veggie	1.5	43	90	6	3.5	0	20	105	3	0	1	0	6	X										Pasteurized Milk, Cream and Skim Milk, Carrots, Whey Protein Concentrate, Scallions, Natural Acids, Red Peppers, Low Fat Vegetable Spice (Dehydrated Onion, Garlic Spice, Silicon Dioxide), Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).
Light Herb Garlic	1.5	43	100	6	3.5	0	20	120	4	0	3	0	6	X										Pasteurized Cream, Milk and Skim Milk,Whey Protein Concentrate, Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness).
Light Plain	1.5	43	100	6	4.5	0	20	135	7	0	6	0	4	X										Pasteurized Milk, Pasteurized Cream, Water, Non Fat Dry Milk, Salt, Whey Protein Concentrate, Stabilizers (Guar, Locust Bean, and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness).
Onion and Chive	1.5	43	140	13	9	0	35	105	3	0	1	0	3	X										Pasteurized Cream, Non Fat Dry Milk, Onions, Chives, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Zanthan Gums), Potassium Sorbate (Maintains Freshness).
Plain	1.5	43	140	13	9	0	50	160	6	0	3	0	3	X										Pastuerized Cream, Non Fat Dry Milk, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).
Smoked Salmon	1.5	43	130	10	6	0	30	190	4	0	3	0	3	X					X					Pasteurized Cream, Non Fat Dry Milk, Hot Smoked Salmon (Atlantic Salmon, Salt, Hardwood Smoke), Natural Acid, Salt, Stabilizers (Guar, Locust Bean, and Xanthan Gums), Potassium Sorbate (Maintains Freshness).
Strawberry	1.5	43	140	13	7	0	30	100	4	0	4	0	3	X										Pasteurized Cream, Strawberry Base (Sugar, Strawberries, Water, Modified Corn Starch, Natural Flavors, Fruit and Vegetable Juice Concentrate for Color, Citric Acid and Potassium Sorbate as Preservative), Non Fat Dry Milk, Natural Acid, Salt, Stabilizers (Guar, Locust Bean, and Xanthan Gums), Potassium Sorbate (Maintains Freshness).



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Whipped Plain (California Only)		1.5	43	120	10	7	0	30	90	3	0	1	0	3		X									Pasteurized Milk and Cream, Salt, Gums (Locust Bean, Guar and Xanthan Gums), Cheese Cultures, Potassium Sorbate (Maintains Freshness.
SALADS & DRESSINGS																									
Blue Apple	9.8	279	360	18	7	0	55	800	30	8	20		23		X	X	X								ROMAINE, DICED CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), APPLE, BLUE CHEESE CRUMBLES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING), SALT.
Chicken Caesar	7.7	220	200	8	3	0	40	630	14	3	2		17	X	X	X	X			X					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.
SALAD DRESSINGS																									
Balsamic Vinaigrette	1.0	28	60	6	1	0	0	230	3	0	2	0	0			X									WATER, RED WINE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.
Caesar	1.0	28	80	7	1.5	0	10	310	2	0	1	0	1	X	X	X				X					WATER, VINEGAR, SOYBEAN OIL, ROMANO CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD STARCH-MODIFIED, SALT, ANCHOVY PASTE, GARLIC, SPICES, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE 60, XANTHAN GUM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIC ACID, CARAMEL, NATURAL FLAVOR, ONION.
Champagne Vinaigrette	1.0	28	130	14	2	0	0	410	1	0	1	0	0			X									CHAMPAGNE VINAIGRETTE VEGETABLE OIL (SOYBEAN OIL AND/OR CANOLA OIL), WHITE WINE, WHITE WINE VINEGAR, WATER, SALT, SUGAR, SPICES, MONOSODIUM GLUTAMATE, DEHYDRATED GARLIC, DEHYDRATED ONION, NATURAL FLAVORS (SOY), XANTHAM GUM, DEHYDRATED CHIVE, CALCIUM DISODIUM.
Feta Olive Oil	1.0	28	160	18	2.5	0	0	220	1	0	1	0	0		X	X									SOYBEAN OIL, VINEGAR, WATER, EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF: SPICES, CLUCOND DELTA LACTONE, XANTHAN GUM, GREEN TEA EXTRACT, BETA CAROTENE.
Ranch	1.0	28	90	10	1.5	0	10	250	1	0	1	0	0	X	X	X									SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK SOLIDS, EGG YOLK, SALT, GARLIC, SUGAR, ONION, SPICES, NATURAL FLAVOR, XANTHAN GUM, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.
BREAKFAST SANDWICHES																									
Egg Sandwich, Cheese	6.2	175	430	11	4.5	0	200	840	60	2	4	2	21	X	X		X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), 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), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Bacon and Cheese	6.9	197	530	19	8	0	225	1200	62	2	6	2	28	X	X		X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), 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, Coarse Kosher Salt Kosher Salt.
Egg Sandwich, Ham and Cheese	7.7	218	470	13	5	0	215	1330	62	2	6	2	26	X	X		X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), 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), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Pork Sausage and Cheese	7.7	218	610	28	11	0	230	1120	60	2	4	2	27	X	X		X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), 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), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Turkey Sausage and Cheese	7.6	215	510	17	6	0	240	1100	61	1	5	2	27	X	X		X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Sausage, Turkey Dark Turkey Meat, Mechanically Separated Turkey, Contains 2% or Less of Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), 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), Coarse Kosher Salt Kosher Salt, Black Pepper.

<div> <div> <div>EST. 1983</div> <div>BRUEGGER'S BAGELS</div> <div>AUTHENTIC NEW YORK STYLE</div> </div> </div>		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	INGREDIENT LIST
Egg White Sandwich, Cheese	6.6	187	390	7	3	0	15	870	59	2	4	2	20	X	X	X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Egg Whites (Egg Whites, Triethyl Citrate Added as a Whipping Agent), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), 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), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg White Sandwich, Bacon and Cheese	7.4	209	490	14	6	0	35	1230	61	2	6	2	28	X	X	X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Egg Whites (Egg Whites, Triethyl Citrate Added as a Whipping Agent), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), 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, Coarse Kosher Salt Kosher Salt.
Egg White Sandwich, Ham and Cheese	8.1	230	430	8	4	0	30	1350	62	2	6	2	26	X	X	X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Egg Whites (Egg Whites, Triethyl Citrate Added as a Whipping Agent), Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), 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), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg White Sandwich, Pork Sausage and Cheese	8.1	230	570	24	9	0	45	1150	59	2	4	2	26	X	X	X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Egg Whites (Egg Whites, Triethyl Citrate Added as a Whipping Agent), Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), 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), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg White Sandwich, Turkey Sausage and Cheese	8.0	227	470	13	5	0	55	1120	60	2	4	2	27	X	X	X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Egg Whites (Egg Whites, Triethyl Citrate Added as a Whipping Agent), Sausage, Turkey Dark Turkey Meat, Mechanically Separated Turkey, Contains 2% or Less of Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), 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), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg White Sandwich, Zesty on Thin Everything	7.0	199	410	13	5	0	55	880	47	3	6		26	X	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 RIPPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER [CREAM, MILK, SALT], DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT).
Smoked Salmon on Plain	6.5	183	350	21	10	0	75	900	24	1	6	0	18		X	X		X						Norwegian Smoked Salmon (Farm Raised Atlantic Salmon, Salt, Brown Sugar, Beechwood Smoke), BRU Plain Cream Cheese Pastuerized Cream, Non Fat Dry Milk, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness), Tomato, Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Red Onion (Red Onion), Capers (Non-Pareil Capers, Water, Salt, and Vinegar), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Sriracha Honey Sunrise	8.1	231	660	28	12	0	245	1480	70	3	9	3	30	X	X	X					X			Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, BRU Honey Sriracha Cream Cheese Pasteurized Cream and Skim Milk, Honey, Sriracha Seasoning (Sugar, Maltodextrin, Dehydrated Garlic, Vinegar Powder, Salt, Spices, Red Bell Pepper, Yeast Extract, Oleoresin Paprika, Natural Flavors, Silicon Dioxide), Salt, Stabilizers (Locust Bean, Guar and Xanthan), Potassium Sorbate (Maintains Freshness), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, 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, Coarse Kosher Salt Kosher Salt.
Egg Sandwich, Western	10.5	297	770	41	11	0	235	1620	72	4	9	2	30	X	X	X					X			Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Red Bell Pepper Red Bell Pepper, Green bell peppers, Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Red Onion (Red Onion), 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, Coarse Kosher Salt Kosher Salt.

<div> <div> <div>EST. 1983</div> <div>BRUEGGER'S BAGELS</div> <div>AUTHENTIC NEW YORK STYLE</div> </div> </div>		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	INGREDIENT LIST
Egg Sandwich, Pastrami and Swiss	7.9	225	500	15	6	0	225	1280	63	3	7	5	29	X	X	X								Pumpernickel Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Brown Sugar, CaramelColor, Salt, Wheat Bran, Caraway Seeds, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, 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., Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), 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), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Farmhouse	9.5	270	730	35	16	0	265	1770	66	3	9	4	37	X	X	X								Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Shell Egg, Grade A, Large Cage Free Grade A Eggs, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Hash Browns (Potatoes, Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend 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), Anticake (Powdered Cellulose), Onion and Chive cream cheese Pasteurized Cream, Non Fat Dry Milk, Onions, Chives, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness), Plain Cream Cheese (Pasteurized Cream, Non Fat Milk, Milk Proteins, Less Than 2% Of Salt, Natural Acids, Xanthan, Locust Bean And Guar Gums; Potassium Sorbate (Maintains Freshness)),, Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), 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, Coarse Kosher Salt Kosher
Egg White Sandwich Thin, Bacon Avocado Tomato	8.9	253	540	25	8	0	35	1080	53	4	8	1	24	X	X	X					X			Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Egg Whites (Egg Whites, Triethyl Citrate Added as a Whipping Agent), Tomato, Wholly Avocado Slices and Pieces Hass Avocado, Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (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 Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, 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, Coarse Kosher Salt Kosher Salt.
Egg Sandwich, Smokehouse Brisket	8.9	253	650	29	13	0	260	1370	62	2	6	2	33	X	X	X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Seasoned Pulled Beef Brisket Beef Brisket, Water, Contains 2% or Less of Salt, Sodium Phosphate, Spices, Sugar Paprika, Carrageenan (Carrageenan, Xanthan Gum), Granulated Garlic, and Granulated Onion, Shell Egg, Grade A, Large Cage Free Grade A Eggs, BRU Jalapeno Cream Cheese Pasteurized Cream, Non Fat Dry Milk, Jalapeno Peppers, Green Peppers, Natural Acids, Crushed Red Peppers, Salt, Stabilizer (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness), Medium Cheddar Cheese
DELI SANDWICHES																								
Deli Sandwich, BLT	7.6	215	540	23	6	0	40	1140	64	3	7	2	22	X		X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Lettuce, Mayo Soybean Oil, Egg Yolk, Distilled Vinegar, High Fructose Corn Syrup, Contains Less Than 2% of Water, Salt, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor), Oleoresin Paprika (Color), Black Pepper, Coarse Kosher Salt Kosher Salt.
Deli Sandwich, Brisket	10.9	309	540	18	7	0	60	1450	63	3	6	2	28			X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Seasoned Pulled Beef Brisket Beef Brisket, Water, Contains 2% or Less of Salt, Sodium Phosphate, Spices, Sugar Paprika, Carrageenan (Carrageenan, Xanthan Gum), Granulated Garlic, and Granulated Onion, Tomato, Cucumber, Lettuce, Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric), Red Onion (Red Onion), Coarse Kosher Salt Kosher Salt, Black Pepper.
Deli Sandwich, Garden Veggie	12.3	349	360	2	0	0	0	550	72	5	13		12		X	X								PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST) , RED ONIONS, TOMATOES, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.
Deli Sandwich, Ham	9.1	257	400	7	3	0	30	1200	65	3	8	2	21		X	X								Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Cucumber, Lettuce, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coarse Kosher Salt Kosher Salt, Black Pepper.



<div> <div> <div>EST. 1983</div> <div>BRUEGGER'S BAGELS</div> <div>AUTHENTIC NEW YORK STYLE</div> </div> </div>		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	INGREDIENT LIST
Deli Sandwich, Turkey	10.1	285	440	7	3	0	45	1450	67	3	7	4	28		X		X							Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Sliced Turkey Breast Turkey Breast, Turkey Broth, Dextrose, Sodium Lactate, Salt, Modified Food Starch, Tapioca Starch, Carrgaeanan, Sodium Phosphate, Sodium Diacetate, Tomato, Cucumber, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coarse Kosher Salt Kosher Salt, Black Pepper.
Deli Sandwich, Pastrami	8.0	266	380	4	2	0	25	1220	63	3	6	2	19				X							Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, 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., Cucumber, Lettuce, Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric), Red Onion (Red Onion), Coarse Kosher Salt Kosher Salt, Black
SIGNATURE & BAGEL SANDWICHES																								
Lunch Sandwich, Herby Turkey on Sesame	11.0	313	570	15	4.5	0	55	1580	75	4	11	4	34	X	X		X						X	SESAME BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SESAME SEEDS, SALT, YEAST), SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), LETTUCE, RED ONIONS, LIGHT HERB GARLIC CREAM CHEESE (PASTEURIZED SKIM MILK AND CREAM, MILK PROTEINS, WHEY PROTEIN, LESS THAN 2% OF GARLIC, CHIVES, SPICES, SALT, NATURAL FLAVOR, NATURAL ACIDS, XANTHAN, LOCUST BEAN AND GUAR GUMS, VEGETABLE RENNET, POTASSIUM SORBATE [MAINTAINS FRESHNESS]), SUNDRIED TOMATO SPREAD (TOMATO SOLIDS, SUN DRIED 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 GRALIC, CITRIC ACID, LIME JUICE, SALT).
Lunch Sandwich, Leonardo da Veggie on Asiago Parmesan	9.6	273	520	16	9	0	45	870	67	3	9	2	26		X		X							Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, BRU Light Herb Garlic Cream Cheese Pasteurized Cream, Milk and Skim Milk,Whey Protein Concentrate, Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness), Red Bell Pepper Red Bell Pepper, Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Lettuce, Red Onion (Red Onion), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Coarse Kosher Salt Kosher Salt, Black Pepper.
lunch Sandwich, Western Brisket, on 5 Cheese	11.1	316	840	52	17	0	105	1680	57	3	8	4	36	X	X		X							Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Seasoned Pulled Beef Brisket Beef Brisket, Water, Contains 2% or Less of Salt, Sodium Phosphate, Spices, Sugar Paprika, Carrageenan (Carrageenan, Xanthan Gum), Granulated Garlic, and Granulated Onion, Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Red Bell Pepper Red Bell Pepper, Green bell peppers, Three Cheese Blend 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), Anticake (Powdered Cellulose), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Red Onion (Red Onion).
Lunch Sandwich, Hot Pastrami on Everything	10.4	296	580	18	8	0	70	2230	65	3	5	2	34		X		X						X	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), SodiumErythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric), Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Spices, Garlic, Turmeric, Polysorbate 80), Red Onion (Red Onion), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt.
Lunch Sandwich, Turkey Chipotle Club on Everything	11.1	316	710	32	7	0	65	2130	74	4	9	4	34	X			X						X	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Sliced Turkey Breast Turkey Breast, Turkey Broth, Dextrose, Sodium Lactate, Salt, Modified Food Starch, Tapioca Starch, Carrgaeanan, Sodium Phosphate, Sodium Diacetate, Tomato, Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Lettuce, Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Black Pepper, Coarse Kosher Salt Kosher Salt.
COOKIES																								
Heavenly Chocolate Chip	3.5	99	470	23	14	0.5	45	230	62	2	38	37	5	X	X	X	X							Chocolate Chip Cookie (Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Anhydrous Dextrose, Cocoa Butter, Soy Lecithin [Emulsifier], Vanilla Extract), Butter, Sugar, Brown Sugar, Whole Eggs, Soybean Oil, Fructose, Dextrose, Nonfat Dry Milk, Natural Vanilla Flavor, Salt, Baking Soda, Soy Lecithin (Emulsifier)).
MUFFINS																								
Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	430	21	4	0	80	270	55	0	30		5	X	X	X	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 Muffin	4.2	120	440	25	5	0	85	530	48	1	27	23	5	X	X	X	X							Blueberry Muffin (Sugar, Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Ascorbic Acid [Dough Conditioner], Thiamine, Mononitrate, Riboflavin, Folic Acid, Enzyme), Soybean Oil, Eggs, Blueberries, Cultured Nonfat Buttermilk (Nonfat Milk, Stabilizer [Modified Corn and Tapioca Starch, Sodium Phosphate, Guar Gum, Carrageenan, Carob Bean Gum, Mono and Diglycerides], Salt, Vitamin A Palmitate, Vitamin D3), Food Starch-Modified, Whey, Emulsifier Blend (Propylene Glycol Mono and Diesters of Fats and Fatty Acids, Mono- and Diglycerides, Soy Lecithin), Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodium Propionate (Preservative), Xanthan Gum.).



<div><div><div>EST. 1983</div><div>BRUEGGER'S BAGELS</div><div>AUTHENTIC NEW YORK STYLE</div></div></div>		INGREDIENT LIST																						
Blueberry (Main Street Gourmet)	5.0	142	490	28	5	0	130	230	54	3	31	30	8	X	X	X	X							Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodium Propionate (Preservative), Xanthan Gum), Streusel Topping (Untreated 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), Vanilla, Salt).
OTHER SIDES		VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS*.																						
Potato Chips*	See label																							See Label
Twice Baked Hash Brown	3.0	85	170	11.0	6.0	0	35	260	11	1	1	0	7		X									Twice Baked Hash Brown (Potatoes (Potatoes, Dextrose, Disodium Pyrophosphate [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], Anti Cake[Powedered Cellulose]) Three Cheese Blend (Parmesan, Asiago and Romano Cheese(Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes, Powedered Cellulose[Anti-Caking Agent] and Calcuim Propionate[Preservative]) Cheddar Cheese(Pasteurized Milk, Salt, Culture, Enzymes and Annatto), Contains 2% or Less of: Black Pepper, Green Onion, White Onion).
SOUPS																								
Chicken & Wild Rice	8.0	227	270	20	14	0	80	820	11	0	2	0	9		X	X	X							Chicken and Wild Rice Soup (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 an 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), Citric Acid, TBHQ (Antioxidant)], Soy Lecithin, Spices).
Chicken Spaetzle	8.0	227	110	3.5	0	0	35	700	11	2	2	0	9	X		X	X							Chicken Spaetzle Soup (Water, Mostly White Meat Chicken, Spaetzle [Water, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Eggs, Enriched Durum (Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Salt, 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, Rendered Chicken Fat, Olive Oil, Chicken Base [Roasted Chicken and Chicken Fat, Salt, Autolyzed Yeast Extract, Chicken Flavor (With Hydrolyed 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], Salt, Spices, Gellan Gum, Xanthan Gum, Sugar, Vegetable Color (Turmeric Extract)).
Vegetable	8.0	227	90	2.5	0	0	0	570	16	2	5	2	2			X								Vegetable Soup (Water, Carrots, Navy Beans (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 Folloing: Tomato Paste, Vegetable Concentrate [A Blend Of Vegetable 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, Hydrolyed Corn Protein, Contains 2% Or Less Of The Following: Maltodextrin, Canola Oil, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Modified Food Starch, Spice, Hydrolyzed Soy Protien, 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, Xanthan Gum, Spice Extractives], Jalapeno, Salt, Garlic (Garlic, Water), Spices, Cilantro.).
CHEESE																								
American Cheese	0.5	14	50	4.5	2.5	0	15	250	1	0	1	0	2		X	X								American Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Water, Cream, Sodium Citrate, Color Added, Salt, Sorbic Acid (Added as Preservative), Soy Lecithin (Non-Sticking Agent).
Asiago Cheese, Shredded	0.5	14	60	4	2.5	0	10	220	0	0	0	0	5		X									Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)).
Cheddar Cheese	0.5	14	60	5	2.5	0	15	95	0	0	0	0	3		X									Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added).
Swiss Cheese	0.5	14	60	4.5	2.5	0	15	25	0	0	0	0	4		X									Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes).
CONDIMENTS																								
Butter Blend	0.5	14	110	12.0	5.0	0	0	85	0	0	0	0	0		X									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).
Chipotle Mayo	0.5	14	90	10	1.5	0	5	115	1	0	0	0	0	X										Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor.
Mustard	0.5	14	15	0	0	0	0	140	0	0	0	0	0											Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric
Honey	1.0	28	90	0	0	0	0	0	23	0	22	22	0											Honey
Jelly/Jam - Grape	1.0	28	70	0	0	0	0	0	18	0	13	13	0											Spread, Concord Grape Jam (Concord Grapes, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid.)
Jelly/Jam - Strawberry	1.0	28	60	0	0	0	0	0	16	0	14	14	0											Strawberry Jam (Strawberries, Sugar, Fruit Pectin, Citric Acid)
Mayo	0.5	14	100	12	2	0	10	40	0	0	0	0	0	X										Soybean Oil, Egg Yolk, Distilled Vinegar, High Fructose Corn Syrup, Contains Less Than 2% of Water, Salt, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor), Oleoresin Paprika (Color).
Peanut Butter	1.5	43	240	21	4.5	0	0	105	10	4	5	3	9			X			X					Peanut Butter (Peanuts, Sugar, Palm Oil, Contains 2% or less of: Salt, Molasses).
Sriracha Sauce	1.0	14	5	0	0	0	0	210	3	0	0	0	0											Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as Preservative, Xanthan Gum..
Sundried Tomato Spread	1.0	28	140	11	3.5	0	10	80	9	0	2	0	2		X									Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid,
EGGS & EGG PATTIES																								
1 Egg White	2.0	58	40	1	0	0	0	160	0	0	0	0	6	X	X									Egg Whites (Egg Whites, Triethyl Citrate Added as a Whipping Agent), 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), Coarse Kosher Salt Kosher Salt, Black Pepper.
2 Egg White	4.1	116	80	1.5	0.5	0	0	330	0	0	0	0	12	X	X									Egg Whites (Egg Whites, Triethyl Citrate Added as a Whipping Agent), 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), Coarse Kosher Salt Kosher

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	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME									
1 Whole Egg	1.6	46	80	6	2	0	185	140	1	0	0	0	6	X	X								Shell Egg, Grade A, Large Cage Free Grade A Eggs, 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), Coarse Kosher Salt Kosher Salt, Black Pepper.								
2 Whole Eggs	3.6	102	160	11	4.0	0	370	280	2	0	1	0	13	X	X								Shell Egg, Grade A, Large Cage Free Grade A Eggs, 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), Coarse Kosher Salt Kosher Salt, Black Pepper.								
MEAT																															
Peppered Bacon	0.8	22	110	8	3	0	25	360	2	0	2	0	8										Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Black Pepper.								
Brisket	2.0	57	150	11	4.5	0	40	460	0	0	0	0	11										Seasoned Pulled Beef Brisket Beef Brisket, Water, Contains 2% or Less of Salt, Sodium Phosphate, Spices, Sugar Paprika, Carrageenan (Carrageenan, Xanthan Gum), Granulated Garlic, and Granulated Onion.								
Ham	1.5	43	45	1	0	0	15	480	2	0	2	0	6										Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite).								
Pastrami	1.3	43	50	3	1.5	0	25	460	0	0	0	0	7										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..								
Smoked Salmon	2.0	57	120	8	1	0	25	510	1	0	1	0	12					X					Norwegian Smoked Salmon (Farm Raised Atlantic Salmon, Salt, Brown Sugar, Beechwood Smoke								
Pork Sausage	1.5	43	180	17	6	0	30	280	0	0	0	0	6										Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid								
Turkey Sausage	1.5	40	80	6	1.5	0	40	260	0	0	0	0	7										Sausage, Turkey Dark Turkey Meat, Mechanically Separated Turkey, Contains 2% or Less of Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid.								
Sliced Turkey	3.0	85	90	1	0	0	35	740	5	0	2	2	14										Sliced Turkey Breast Turkey Breast, Turkey Broth, Dextrose, Sodium Lactate, Salt, Modified Food Starch, Tapioca Starch, Carrgaeenan, Sodium Phosphate, Sodium Diacetate.								
NUTS/OTHER																															
Croutons	0.5	14	15	0	0	0	0	35	2	0	0	0	0		X								Whole Grain Cheese Garlic Croutons, BRU White Whole Wheat Flour, Canola and /or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, Quinoa Flour, Salt, 2% or Less of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsley, Garlic Powder, Vinegar, Natural and Artificial Flavor, Parmesan Cheese and Enzyme Modified Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Cultured Nonfat Milk, Annatto (Color), Extractives of Turmeric and Paprika (Color) TBHQ (To Preserve Freshness).								
VEGETABLES & FRUIT																															
Capers	0.1	3	0	0	0	0	0	60	0	0	0	0	0										Capers (Non-Pareil Capers, Water, Salt, and Vinegar).								
Cucumbers	1	28	5	0	0	0	0	0	1	0	0	0	0										Cucumber								
Green Bell Peppers	1	28	5	0	0	0	0	0	0	1	0	0	1	0	0	0							Green Bell Peppers								
Lettuce	0.5	14	0	0	0	0	0	0	0	0	0	0	0										Lettuce, Whole Leaf								
Pickle Spear	1	28	0	0	0	0	0	260	0	0	0	0	0										Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Spices, Garlic, Turmeric, Polysorbate 80).								
Red Onions	0.3	9	5	0	0	0	0	0	1	0	0	0	0										Onion, Red								
Red Bell Peppers	1	28	10	0	0	0	0	0	2	1	1	0	0										Red Bell Peppers								
Tomatoes	1.5	43	10	0	0	0	0	10	2	0	1	0	0										Tomato, Coarse Kosher Salt, Black Pepper								