

																			INGREDIEN
BAGELS & BREADS BAGELS	VALUES L	.ISTED	ARE F	or ful	.L-SIZE	ED BAC	Gels. S	SKINNY	BAGEL	S ARE	APPR	OX. 2	/3 OF	AMOL	JNT LI	STED	BELOV	V.	
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid) Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Sal (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 Mon- Wild Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Salt, Yeast, Natural F 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, Nia Olive Oill, Malt Extract, Brown Sugar, Salt, Rosemary, Yeast, Wheat Gluten, Malt
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, Nia Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malter Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), T Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Past Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Parmesan/ Asiago Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skir Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse H
Chocolate Chip (Select Markets)	4.1	115	320	3.5	1.5	0	0	550	62	3	9	8	11			x	x		Chocolate Chip Bagel "Enriched Unbleached Wheat Flour (Wheat Flour, Malted E Acid), Water, Semi-Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butt Yeast, Cocoa Powder Processed With Alkali, Wheat Gluten, Malt Powder (Malter
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, Niaci Raisins, Brown Sugar, Malt Extract, Yeast, Wheat Gluten, Salt, Cinnamon, Malte
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid)
Cranberry (Select Markets)	4.1	115	320	1	0	0	0	510	65	2	10	7	10				x		Cranberry Bagel "Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Acid), Water, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), B Powder (Malted Barley Flour, Wheat Flour, Dextrose).".
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, Reduce Sugar, Salt, Dried Whole Eggs, Yeast, Wheat Gluten, Dough Conditioner Blend (M Acid.
Everything	4.4	124	330	3.0	0	0	0	790	64	3	5	2	12				x		Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Salt.
Everything Whole Wheat	4.4	124	330	3	0	0	0	800	64	6	10	7	13				x		Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Ba X Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flour 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, Nia Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malter Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced Fat Milk, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Add (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid)
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid) Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Sal (Natural Mold Inhibitor)), Italian Seasoning (Marjoram, Thyme, Rosemary, Savor
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, N Malt, Salt, Malt, Bakers Yeast), Jalapeno Peppers (Jalapeno Pepper, Water, Vine
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid) Color Added), Sliced Jalapenos (Fresh Peppers, Water, Vinegar, Salt, Calcium Ch 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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid)
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 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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid)

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INGREDIENT LIST

ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin

pnonitrate, Riboflavin, Folic Acid), Water, Brown Sugar, Malt Extract, Infused I Flavor, Wheat Gluten, Blueberries, Malted Barley Flour, Wheat Flour,

Nacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, alted Barley Flour, Wheat Flour, Dextrose).

Jiacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Ited Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Hash Browns (Potatoes,), Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured asteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, go Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, e (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), kim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, se Kosher Salt Kosher Salt.

d Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic utter, Soy Lecithin, Vanilla Extract), Malted Barley Extract, Brown Sugar, Salt, ted Barley Flour, Wheat Flour, Dextrose), Ascorbic Acid."

acin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Ited Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Cinnamon Sugar Topping, BRU Sugar, Brown Sugar, Cinnamon.

ley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic), Brown Sugar, Malted Barley Extract, Salt, Yeast, Wheat Gluten, Malt

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Brown I (Malted Barley Flour, Wheat Flour, Dextrose), Turmeric (For Color), Ascorbic

ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, vic Acid), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and

Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Iour, Wheat Flour, Dextrose, Ascorbic Acid), Everything Topping Natural

Viacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, ted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Three Cheese Blend Low-Ik, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, uded), Anticake (Powdered Cellulose), Parmesan/ Asiago Cheese Blend e (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch,

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Minced Garlic, Minced Garlic.

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin vory, Sage, Oregano, Basil).

Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, negar, Salt, Sugar, Spices, And Calcium Chloride), Ascorbic Acid.

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Chloride, Sodium Benzoate (Preservative), Natural Flavors, Sodium

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Minced Onion, Minced Onion.

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id).

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Poppy Seeds Poppy Seed.

Bottled Water See lai Chocolate Milk See lai Milk See lai	1 2 5 1 2 0 0 0 0 0 0 0 0 0 0 0	1115 120 129 129 115 90 340 452 567 340 453 567	249	9 5 9 1 9 9 9 9.0 1.0 2.5 8 10.6 13.3 9 9 12 15	0.0 0 4.9 6 6 3 7.9 5 6.7	- () - () 0 () 5 () 5 () 5 () 5 () 7 ()	0	0 0 0 0 25 33	580 480 20020 620 630 620 610	62 63 59 61 61 59 59 44	3 2 2 4 7 5 2	7 6 4 9 9 9	5 4 2 2 7 7 7 0	11 11 11 14 15 12 8				x x x x x x x x x x x x x x x x x x x		x	Brown Sugar, Malted Barley Extract, Wheat Gluten, Yeast, Salt, Cinnamon, Gim Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flour Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour), Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour), Wheat Flour, Wheat Flour, Wheat Flour, Malted Barley Flour, Wheat Flour, Wheat Flour, Malted Barley Flour, Wheat Flour, Wheat Flour, Malted Barley Flour, Wheat Flour, Salt, Yeast, Malted Barley Flour, Wheat Flour, Wheat Flour, Wheat Flour, Malted Barley Flour, Wheat Flour, Wheat Flour, Wheat Flour, Malted Barley Flour, Wheat Flour, Wheat Flour, Wheat Flour, Malted Barley Flour, Wheat Flour, Wheat Flour, Wheat Flour, Wheat Flour, Malted Barley Flour), Wheat Flour, Wheat Flour, Wheat Flour, Malted Barley Flour, Wheat Flour, Malted Barley Flour), Wheat Flour, Wheat Flour, Wheat Flour, Wheat Flour, Malted Barley Flour), Wheat Flour, Wheat Flour, Malted Flour, Wheat Flour, Wheat Flour, Wheat Flour, Malted Flour), Wheat Flour, Wheat Flour, Wheat Flour, Wheat Flour), Wheat Flour, Wheat Flour, Wheat Flour), Wheat Flour, Wheat Flour), Wheat Flour, Wheat Flour), Wheat Flour, Wheat Flour), Wheat Flour)
Salt (select markets) 4.2 Sesame 4.5 Sesame Whole Wheat (select markets) 4.5 Whole Wheat 4.1 BREADS & WRAPS 3.2 Ciabatta Roll 3.2 COFFEE & BLENDED 20 Café au Lait 12.0 Café au Lait 16.0 Café au Lait 20.0 Café Latte 20.0 Café Mocha 12.0 Café Mocha 12.0 Café Mocha 12.0 Café Mocha 20.0 Cappuccino 12.0 Flavored Coffee 12.0 Flavored Coffee 12.0 Flavored Coffee 12.0 House Blend Coffee 12.0<	2 5 5 1 2 2 0 0 0 0 0 0 0 0 0 0	120 129 129 115 90 340 452 567 340 453 567	290 380 380 290 230 230 230 230 249 170 249 170 226 283	1 9 9.0 1.0 2.5 8 8 10.6 13.3 9 12 15	00 11 0.0 00 4.3 5 5 5 6. ⁻ 5) (() () () () () () () () () (0 0 0 0 0 0 25 33	20020 620 630 620 610) 59 61 61 59	2 4 7 5	4 4 9 9	2 2 7 7	11 14 15 12				x x		x x	Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flo Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Note: Salt Salt Salt Salt Salt Salt Salt Salt
Sesame 4.5 Sesame Whole Wheat (select markets) 4.5 Whole Wheat 4.1 BREADS & WRAPS 2 Ciabatta Roll 3.2 COFFEE & BLENDED 2 Café au Lait 12.0 Café au Lait 12.0 Café au Lait 12.0 Café au Lait 12.0 Café Latte 12.0 Café Latte 12.0 Café Mocha 20.0 Cappuccino 12.0 Café Mocha 20.0 Cappuccino 20.0 Espresso 3.0 Espresso 3.0 Espresso 4.0 Flavored Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 Hous	5 5 1 2 0 0 0 0 0 0 0 0 0 0	129 129 115 90 340 452 567 340 453 567	380 380 290 230 230 230 249 170 226 283	9 9.0 1.0 2.5 8 10.6 13.3 9 9 12 15	1.0.0.0 0.0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	- () 0 () 0 () 0 () 5 () 5 () 5 () 5 () 6 ()	0 0 0 0 0 0 0 0 0	0 0 0 0 25 33	620 630 620 610 8	61 61 59	4 7 5	4 9 9	2 7 7	14 15 12				x x		x x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flo Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour)
Sesame Whole Wheat (select markets) 4.5 Whole Wheat 4.1 BREADS & WRAPS 3.2 Ciabatta Roll 3.2 Café au Lait 12.0 Café au Lait 12.0 Café au Lait 12.0 Café au Lait 10.0 Café Latte 12.0 Café Latte 12.0 Café Latte 12.0 Café Mocha 16.0 Café Mocha 16.0 Café Mocha 16.0 Café Mocha 12.0 Café Mocha 12.0 Café Mocha 12.0 Café Mocha 12.0 Cappuccino 12.0 Cappuccino 20.0 Cappuccino 20.0 Espresso 3.0 Espresso 3.0 Espresso 4.0 Flavored Coffee 16.4 House Blend Coffee 12.4 House Blend Coffee 12.4 House Blend Coffee 12.4 House Blend Coffee 12.4 House Decaf Coffee 12.4	5 1 2 0 0 0 0 0 0 0 0 0 0 0 0	129 115 90 340 452 567 340 453 567	380 290 230 230 150 200 249 170 226 283	9.0 1.0 2.5 8 10.6 13.3 9 12 15	1.0 0.0 0 4.3 5 6.5 6.5			0 0 0 <u>25</u> 33	630 620 610 8	61 59	7	9	7 7	15 12				x		x x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flo Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted E Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flo
Whole Wheat 4.1 BREADS & WRAPS Ciabatta Roll 3.2 Café au Lait 12.0 Café au Lait 12.0 Café au Lait 12.0 Café au Lait 12.0 Café Latte 12.0 Café Latte 12.0 Café Latte 12.0 Café Mocha 16.0 Café Mocha 16.0 Café Mocha 16.0 Café Mocha 16.0 Cappuccino 12.0 Café Mocha 20.0 Cappuccino 12.0 Cappuccino 12.0 Espresso 2.0.0 Espresso 2.0.0 Espresso 2.0.0 Flavored Coffee 12.0 Flavored Coffee 12.0 House Blend Coffee 12.0 House De	1 2 0 0 0 0 0 0 0 0	115 90 340 452 567 340 453 567	290 230 150 200 249 170 226 283	1.0 2.5 8 10.6 13.3 9 12 15	0.0 0 4.9 6 6 3 7.9 5 6.7	0 () 5 () 5 () 5 () 7 ()	0 0 0 0 0	0 0 25 33	620 610 8	59	5	9	7	12					H	x	Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flo Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted E
BREADS & WRAPS Ciabatta Roll 3.2 COFFEE & BLENDED Café au Lait 12.0 Café au Lait 16.0 Café au Lait 16.0 Café Latte 12.0 Café Latte 12.0 Café Latte 12.0 Café Mocha 12.0 Café Mocha 12.0 Café Mocha 12.0 Café Mocha 16.0 Café Mocha 20.0 Café Mocha 16.0 Capuccino 12.0 Cappuccino 16.1 Cappuccino 16.1 Cappuccino 16.1 Cappuccino 12.0 Espresso 2.00 Espresso 2.0 Espresso 3.0 Espresso 2.0 Flavored Coffee 16.4 12.0 Flavored Coffee 12.0 House Blend Coffee 16.4 12.0 Flavored Coffee 12.0 House Blend Coffee 12.0 12.0 Flavored Coffee 12.0 House Blend Coffee 12.0 12.0 12.0 12.0 12.0 House Blend Coffee 16.6 12.0 12.0 12.0 12	2 .0 .0 .0 .0 .0 .0	90 340 452 567 340 453 567	230 150 200 249 170 226 283	2.5 8 10.6 13.3 9 12 15	0 4.! 6 6 7.! 5 6.	5 () 5 () 5 () 5 () 7 ()	0 0 0 0	0 25 33	610									x			
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COFFEE & BLENDED Café au Lait 12.0 Café au Lait 12.0 Café au Lait 20.0 Café Latte 12.0 Café Latte 12.0 Café Latte 12.0 Café Latte 12.0 Café Mocha 12.1 Café Mocha 12.0 Café Mocha 16.0 Café Mocha 20.0 Café Mocha 20.0 Cappuccino 12.0 Cappuccino 12.0 Cappuccino 16.0 Cappuccino 20.0 Espresso 2.0 Espresso 2.0 Espresso 2.0 Flavored Coffee 12.0 Flavored Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Decaf Coffee 12.0 House Decaf Coffee 12.0 House Decaf Coffee 12.0 Iced Coffee 12.0 Ice	.0 .0 .0 .0 .0 .0	340 452 567 340 453 567	150 200 249 170 226 283	8 10.6 13.3 9 12 15	4.9 6 6 7.9 5 6.7	5 () 5 () 5 () 5 () 7 ()	0 0 0	25 33	8	44	2	1	0	8						_	
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Café au Lait 16.0 Café au Lait 20.0 Café Latte 12.0 Café Latte 12.0 Café Latte 20.1 Café Latte 20.1 Café Latte 20.1 Café Latte 20.1 Café Mocha 12.1 Café Mocha 16.1 Café Mocha 20.0 Café Mocha 20.0 Cappuccino 12.1 Cappuccino 16.1 Cappuccino 20.0 Espresso 2.0 Espresso 2.0 Espresso 2.0 Flavored Coffee 12.1 Flavored Coffee 12.1 Flavored Coffee 12.2 House Blend Coffee 12.2 House Decaf Coffee 12.2 House Decaf Coffee 12.2 House Decaf Coffee	.0 .0 .0 .0 .0	452 567 340 453 567	200 249 170 226 283	10.6 13.3 9 12 15	6 6 7.5 5	5 (5 (7 (0	33													
Café au Lait 20.0 Café Latte 12.0 Café Latte 16.0 Café Latte 16.0 Café Mocha 12.0 Café Mocha 20.0 Capuccino 12.0 Cappuccino 20.0 Espresso 2.0 Espresso 2.0 Espresso 3.0 Espresso 3.0 Espresso 4.0 Flavored Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 20.0 House Blend Coffee 12.0 House Decaf Coffee 12.0 House Decaf Coffee 12.0 House Decaf Coffee 12.0 Iced Coffee 12.0 Iced Coffee 12.0 Iced Coffee 12.0 Iced Coffee 12.0	.0 .0 .0 .0	567 340 453 567	249 170 226 283	13.3 9 12 15	5 7.9 5 6.1	5 (5 (7 (0	_		11	0	11		8		X					WHOLE MILK, COFFEE. CONTAINS 50-84 MG CAFFEINE PER 4 OZ SERVING OF
Café Latte12.0Café Latte16.0Café Latte20.0Café Mocha12.0Café Mocha12.0Café Mocha20.0Café Mocha20.0Cappuccino12.0Cappuccino16.0Cappuccino20.0Espresso2.0Espresso2.0Espresso2.0Flavored Coffee12.0Flavored Coffee12.0House Blend Coffee12.0House Blend Coffee12.0House Blend Coffee12.0House Blend Coffee12.0House Decaf Coffee12.0House Decaf Coffee12.0House Decaf Coffee12.0House Decaf Coffee20.0Iced Coffee20.0Iced Coffee20.0Iced Coffee20.0Coffee12.0Iced Coffee20.0Iced Coffee20.0Iced Coffee20.0Iced Coffee20.0Iced Coffee20.0OTHER BEVERAGESVALUEBottled WaterSee IalMilkSee IalMilkSee IalMilkSee Ial	.0 .0 .0	340 453 567	170 226 283	9 12 15	5 6.	5 (7 (11	15	0	15		11		Х					CONTAINS 67-112 MG CAFFEINE PER 5.5 OZ SERVING* OF COFFEE
Café Latte16.0Café Latte20.0Café Mocha12.0Café Mocha12.0Café Mocha12.0Café Mocha20.0Café Mocha20.0Cappuccino12.0Cappuccino12.0Cappuccino20.0Espresso2.0Espresso3.0Espresso4.0Flavored Coffee12.0Flavored Coffee12.0House Blend Coffee12.0House Blend Coffee12.0House Decaf Coffee12.0House Decaf Coffee12.0House Decaf Coffee12.0House Decaf Coffee12.0House Decaf Coffee16.0House Decaf Coffee16.0House Decaf Coffee16.0House Decaf Coffee16.0House Decaf Coffee20.0Iced Coffee20.0Coffee20.0OTHER BEVERAGESVALUEBottled WaterSee IalMilkSee IalMilkSee Ial	.0 .0	453 567	226 283	12 15	6.	7 (0	42	14	18		18	_	13		X		_			CONTAINS 83-140 MG CAFFEINE PER 7 OZ SERVING* OF COFFEE
Café Latte20.0Café Mocha12.0Café Mocha12.0Café Mocha20.0Café Mocha20.0Cappuccino12.0Cappuccino12.0Cappuccino20.0Espresso2.0Espresso2.0Espresso3.0Espresso4.0Flavored Coffee12.0House Blend Coffee12.0House Blend Coffee12.0House Blend Coffee12.0House Decaf Coffee16.0House Decaf Coffee16.0Iced Coffee20.0OTHER BEVERAGESVALUEBottled WaterSee IalChocolate MilkSee IalMilkSee Ial	.0	567	283	15		_		25	8	13	_			9		X		_		_	WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVINO
Café Mocha 12.0 Café Mocha 16.0 Café Mocha 20.0 Cappuccino 12.0 Cappuccino 12.0 Cappuccino 16.0 Cappuccino 12.0 Cappuccino 20.0 Espresso 2.0 Espresso 2.0 Espresso 3.0 Espresso 3.0 Flavored Coffee 16.0 Flavored Coffee 16.0 Flavored Coffee 16.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 Iced Coffee 16.0 Iced Coffee 16.0 Iced Coffee 16.0 Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See Ial Chocolate Milk See Ial	_	_		_	8.	2 1	_	33	11	17	0	17		12		X		-		_	CONTAINS 99-150 MG CAFFEINE PER 3 0Z SERVING* OF ESPRESSO
Café Mocha 16.0 Café Mocha 20.0 Cappuccino 12.0 Cappuccino 16.0 Cappuccino 20.0 Espresso 2.0 Espresso 2.0 Espresso 3.0 Espresso 3.0 Espresso 3.0 Flavored Coffee 12.1 Flavored Coffee 16.0 Flavored Coffee 16.1 House Blend Coffee 12.1 House Blend Coffee 12.1 House Blend Coffee 12.1 House Blend Coffee 12.1 House Decaf Coffee 16.1 House Decaf Coffee 16.2 House Decaf Coffee 16.2 Locd Coffee 16.3 Iced Coffee 16.4 Locd Coffee 12.2 Iced Coffee 16.2 Iced Coffee 16.2 Iced Coffee 12.2 Bottled Water See Ial Chocolate Milk See Ial	.0	340	210		E			42	14	22	0	22		15		X	-	-		_	CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Café Mocha20.0Cappuccino12.1Cappuccino16.0Cappuccino20.0Espresso2.0Espresso2.0Espresso3.0Espresso3.0Flavored Coffee12.0Flavored Coffee12.0Flavored Coffee12.0House Blend Coffee12.0House Blend Coffee12.0House Blend Coffee12.0House Blend Coffee12.0House Decaf Coffee12.0House Decaf Coffee12.0House Decaf Coffee12.0Iced Coffee12.0Iced Coffee12.0Iced Coffee20.0OTHER BEVERAGESVALUEBottled WaterSee laiChocolate MilkSee laiMilkSee lai	~	453	270	12	5	7 (25 33	8	23 31	0			9 12		X X			_		WHOLE MILK, ESPRESSO, CHOCOLATE SAUCE (INVERT SUGAR, WATER, SUGAR CITRIC ACID, POTASSIUM SORBATE [PRESERVATIVE]). CONTAINS 66-100 MG (CONTAINS 99-150 MG CAFFEINE PER 3 0Z SERVING* OF ESPRESSO
Cappuccino 12.0 Cappuccino 16.0 Cappuccino 20.0 Espresso 2.0 Espresso 3.0 Espresso 4.0 Flavored Coffee 12.0 Flavored Coffee 12.0 Flavored Coffee 12.0 Flavored Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Decaf Coffee 12.0 Iced Coffee 12.0 Iced Coffee 20.0 Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See Iai Chocolate Milk See Iai Milk See Iai	_		349					42	14	38	_	35		15		x		_			CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Cappuccino 16.0. Cappuccino 20.0. Espresso 2.0. Espresso 3.0. Espresso 3.0. Espresso 4.0. Flavored Coffee 12.0. Flavored Coffee 16.0. Flavored Coffee 16.0. Flavored Coffee 16.0. House Blend Coffee 16.0. House Blend Coffee 16.0. House Blend Coffee 12.0. House Decaf Coffee 16.0. Iced Coffee 12.0. OTHER BEVERAGES VALUE Bottled Water See Ial Chocolate Milk See Ial Milk See Ial	-		130		4			20	8	11		11		7		X		_			WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVINO
Cappuccino 20.0 Espresso 2.0 Espresso 3.0 Espresso 4.0 Flavored Coffee 12.0 Flavored Coffee 16.0 Flavored Coffee 16.0 Flavored Coffee 16.0 Flavored Coffee 16.0 House Blend Coffee 16.0 House Blend Coffee 12.0 House Blend Coffee 16.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 Coded Coffee 20.0 Ced Coffee 16.0 Coded Coffee 20.0 DTHER BEVERAGES VALUE Sottled Water See lai Kink See lai Vilk See lai	-		173			_		27	11	15		15		9		X					CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO
Espresso 3.0 Espresso 4.0 Flavored Coffee 12.0 Flavored Coffee 16.0 Flavored Coffee 16.0 Flavored Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 16.0 House Blend Coffee 16.0 House Blend Coffee 12.0 House Decaf Coffee 12.0 House Decaf Coffee 12.0 Loed Coffee 12.0 Iced Coffee 12.0 Iced Coffee 12.0 Bottled Water See Ial Chocolate Milk See Ial	.0	567	216	11.7	6.	7 (0	33	14	18	0	18		12		Х					CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* OF ESPRESSO
Espresso 4.0 Flavored Coffee 12.0 Flavored Coffee 16.0 Flavored Coffee 20.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 16.0 House Blend Coffee 20.0 House Decaf Coffee 12.0 House Decaf Coffee 12.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 Iced Coffee 20.0 Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See Ial Chocolate Milk See Ial Milk See Ial	<u>ر</u>	60	5	0	0) (0	0	10	1	0	1		0							CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING*
Flavored Coffee 12.0 Flavored Coffee 12.0 Flavored Coffee 16.0 Flavored Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Blend Coffee 12.0 House Decaf Coffee 12.0 House Decaf Coffee 12.0 House Decaf Coffee 12.0 Iced Coffee 12.0 Iced Coffee 16.0 Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See Ial Chocolate Milk See Ial)	90	8	0	0	_	0	0	15	2	0	2		0		_					CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING*
Flavored Coffee 16.0 Flavored Coffee 20.0 House Blend Coffee 12.0 House Blend Coffee 16.0 House Blend Coffee 20.0 House Blend Coffee 16.0 House Decaf Coffee 12.0 House Decaf Coffee 12.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 Loed Coffee 16.0 Iced Coffee 16.0 Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See Ial Chocolate Milk See Ial Milk See Ial	-	120		_	0	_	0	0	20	2	_			0		_					CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING*
Flavored Coffee 20.0 House Blend Coffee 12.0 House Blend Coffee 16.0 House Blend Coffee 16.0 House Decaf Coffee 12.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 Iced Coffee 16.0 Iced Coffee 16.0 Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See Ial Chocolate Milk See Ial	_	340		0	0	_	0	0	8	0	0	0		0		_		_			CONTAINS 150 - 250 MG CAFFEINE* PER 12 0Z SERVING
House Blend Coffee 12.0 House Blend Coffee 16.0 House Blend Coffee 20.0 House Decaf Coffee 12.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 House Decaf Coffee 20.0 Iced Coffee 12.0 Iced Coffee 12.0 Iced Coffee 10.0 OTHER BEVERAGES VALUE Bottled Water See lai Chocolate Milk See lai	_	453			0	_	0	0	11	0	0	0		0		_		-			CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING
House Blend Coffee 16.0 House Blend Coffee 20.0 House Decaf Coffee 12.0 House Decaf Coffee 16.0 House Decaf Coffee 16.0 Iced Coffee 12.0 Iced Coffee 16.0 Iced Coffee 16.0 BeverAges VALUE Bottled Water See Ial Chocolate Milk See Ial	_	567		_	0	_	0	0	14	0			_	0		-		-			CONTAINS 250 - 313 MG CAFFEINE* PER 20 0Z SERVING
House Blend Coffee 20.0 House Decaf Coffee 12.0 House Decaf Coffee 16.0 House Decaf Coffee 20.0 Iced Coffee 12.0 Iced Coffee 16.0 Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See Ial Chocolate Milk See Ial	-	356		-	0	_	0	0	8	0	0			0		-	_	_			CONTAINS 150 - 250 MG CAFFEINE* PER 12 0Z SERVING
House Decaf Coffee 12.0 House Decaf Coffee 16.0 House Decaf Coffee 20.0 Iced Coffee 12.0 Iced Coffee 16.0 Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See lal Chocolate Milk See lal	-	453 567		0	0		0	0	<u>11</u> 14		0			0		-	-	-		_	CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING
House Decaf Coffee 16.0 House Decaf Coffee 20.0 Ced Coffee 12.0 Ced Coffee 16.0 Ced Coffee 20.0 DTHER BEVERAGES VALUE Sottled Water See lai Chocolate Milk See lai Vilk See lai	_		4			_		0	8	0			_	0		-		-			CONTAINS 250 - 515 Mid CATTEINE PER 20 02 SERVING*
House Decaf Coffee 20.0 Iced Coffee 12.0 Iced Coffee 16.0 Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See lai Chocolate Milk See lai Milk See lai	_	453			0	_	0	0	11	0				0		-		_			CONTAINS ~8 MG OF CAFFEINE PER 16 OZ SERVING*
Iced Coffee 16.0 Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See lal Chocolate Milk See lal Milk See lal	_		6		0	_		0	14	0				0		_					CONTAINS ~10 MG OF CAFFEINE PER 6 OZ SERVING*
Iced Coffee 20.0 OTHER BEVERAGES VALUE Bottled Water See lal Chocolate Milk See lal Milk See lal	0	340	4		0) (0	0	8	0	0	0		0							CONTAINS 150 - 250 MG CAFFEINE* PER 12 0Z SERVING
OTHER BEVERAGES VALUE Bottled Water See lal Chocolate Milk See lal Milk See lal	.0	453	5	0	0) (0	0	11	0	0	0		0							CONTAINS 200 - 333 MG CAFFEINE* PER 16 0Z SERVING
Bottled Water See lai Chocolate Milk See lai Milk See lai			_	0	_		_	0	14		0			0							CONTAINS 250 - 313 MG CAFFEINE* PER 20 0Z SERVING
Chocolate MilkSee lalMilkSee lal	IS LIS	ISTED .	ARE L	IMITED	D TO	INFO	RMA	TION F	PROVID	DED BY	SUP	PLIER/	MANU	FACTU	JRER O	F PAC	(AGED (DR DIS	PENSED PRODUCTS	s.	
Milk See lal	_		_					_		_						_					
	_		-		-	-		_		-		-		-		_		_			
Nelved Julee Coale	_		-		-	_	_	-		-	_	_		-		-	_	_			
Naked Juice See lal Tropicana Orange Juice See lal	_		-	_	-	-	_	-		-	_	-		-		-	-	-		_	
Vitamin Water See lal	_		-	_	-	-		-		-	_	-		-		-		-		_	
Nantucket Nectars See Ial	_				-					-		-									
Chai Tea, Bruegger's 12.0		340	240	5	5	5 (0	0	85	45	0	39	35	2		x					SUGAR, NON DAIR CREAMER (CONTAINS PARTIALLY HYDROGENATED COCONU DIPOTASSIUM PHOSPHATE, SUGAR, MONO- AND DIGLYCERIEDS, SODIUM SILIG FLAVORS, AND ARTIFICAL COLOR [ANNATTO AND TUMERIC]), DAIRY PRODUCT MALTODEXTRINI, BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATURA
Chai Tea, Oregon 12.0			117		0		0	0	12	29	0					x					WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORC FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACC CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION D
Hot Tea, Regular 8.0		227		0			0	0	0	0	0					_					CONTAINS ~ 47MG CAFFEINE PER 8 OZ SERVING **
Hot Tea, Herbal 8.0	0			0	0	_	0	0	0	0	0	0	0	0		_					CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **
Hot Tea, Decaf8.0Iced Tea, Brewed12.0	0	227 227	0	0	0	_	0	0	0	0	0		0	0		_					CONTAINS ~ 2MG CAFFEINE PER 8 OZ SERVING ** CONTAINS ~ 70.5 MG CAFFEINE PER 12 OZ SERVING**

IENT LIST

n, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt t, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).

educed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pumpkin, inger, Cloves, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid). ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt,

cid), Salt Salt

ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, cid), Sesame Seeds.

d Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Flour, Wheat Flour, Dextrose, Ascorbic Acid), Sesame Seeds.

d Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Flour, Wheat Flour, Dextrose, Ascorbic Acid).

liacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), ley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes

F COFFEE*

NG OF ESPRESSO**

AR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, G CAFFEINE PER 2 OZ OF ESPRESSO*

NG OF ESPRESSO**

DNUT OIL, CORN SYRUP OILS, SODIUM CASEINATE [A MILK DERIVATIVE], ILICOALUMINATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, ARTIFICAL ICTS SOLIDS, NONFAT DRY MILK, MOLASSES [MOLASSES AND RAL AND ARTIFICAL FLAVOR, TRICALCIUM PHOSPHATE. DRGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL CCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990). N DOES NOT INCLUDE MILK.

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	á	AN CONTRACTOR	Serving of	Call (a)	POINT CONCE	SATURATED FOR	Preduce.	HOLESTEROL	Soolithe .	(SHU) (HIC)	Dieracy C.	Sile	ADDED SUC	PRO-	(S) Million	fices	MILE	SOL	Miller	Stun Star	Sin	STIELLINGY Seame
					_	_					_	_			_		_					INGREDIEI WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER (PARTIAL
Hot Chocolate	8.0	227	140	1.5	1.5	0	5	190	31	1	26	25	2		x							CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM F LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKAL
Poured Orange Juice	16.0	454	220	0	0	0	0	0	52	0	44	44	4		-		-				- 1	DIOXIDE (AN ANTICAKING AGENT). 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
Soft Drinks - Diet Coke	20.0	567		0	0	0	0	70	0		0	0	0									CONTAINS 77.5 MG CAFFEINE PER 20 OZ SERVING; CONTAINS ASPARTAME AN
Soft Drinks - Diet Coke	32.0	907		0	0	0	0	120	0		0	0	0									CONTAINS 124 MG CAFFEINE PER 32 OZ SERVING; CONTAINS ASPARTAME AN
Soft Drinks - Sprite	16.0		200		0	0	0	90	32		0	0	0								_	CONTAINS 0 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Sprite	20.0		250	0	0	0	0	113	65		65	65	0						_		_	CONTAINS 0 MG CAFFEINE PER 20 OZ SERVING
Soft Drinks - Sprite	32.0	907			0	0	0	180	64		52		0									CONTAINS 0 MG CAFFEINE PER 32 OZ SERVING
SYRUP FLAVORS	VALUES L													JRER (OF PAG	CKAGI	D OR			PRODU	ICIS.	
Almond Flavored Syrup	1.0	28		0	0	0	0	0	23	0	23				_		_	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 AI
Hazelnut Flavored Syrup	1.0	28	90	0	0	0	0	7	22	0	21	21	0		-		-	x			-	(PRESERVATIVE). PURE CANE SUGAR, WATER, HAZELNUT FLAVOR, CONCENTRATED LEMON JUIC
/anilla Flavored Syrup	1.0		100		0	0	0	0	25	0	25	25			-		-	^	-		-	PURE CANE SUGAR, WATER, NATURAL VANILLA EXTRACT, NATURAL VANILLA F
	2.0	10	200	Ū	ů		ů			Ū		10	Ū								- 1	FORE GARE OGGAR, MATER, NATORAE FAITEER EXTRACT, NATORAE FAITEER
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, Sta (Maintains Freshness)
Garden Veggie	1.5	43	130	11	6	0	35	135	4	0	3	0	3		х							Pasteurized Cream, Non Fat Dry Milk, Carrots, Scallions, Natural Acids, Red Per Sorbate (Maintains Freshness).
Honey Walnut	1.5	43	160	13	9	0	35	150	6	0	3	0	4		х			x				Pasteurized Cream, Non Fat Dry Milk, Honey, Walnuts, Natural Acids, Salt, Stab (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, Natura 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, St Onion, Garlic Spice, Silicon Dioxide), Salt, Stabilizers (Guar, Locust Bean and Xa
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, Chiv Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintair
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 Prote 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, Stabil (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, Loc
Strawberry	1.5	43	140	13	7	0	30	100	4	0	4	0	3		x							Pasteurized Cream, Strawberry Base (Sugar, Strawberries, Water, Modified Cor Citric Acid and Potassium Sorbate as Preservative), Non Fat Dry Milk, Natural A Sorbate (Maintains Freshness).

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ALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM I PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY ALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON

ND SACCHARIN AND SACCHARIN ND SACCHARIN

ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE

ICE, SALT, CARAMEL (COLOR). FLAVOR.

Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate

Peppers, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium

abilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate

ural Acids, Crushed Red Peppers, Salt, Stabilizer (Guar, Locust Bean and

Scallions, Natural Acids, Red Peppers, Low Fat Vegetable Spice (Dehydrated Xanthan Gums), Potassium Sorbate (Maintains Freshness).

ives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, ains Freshness).

otein Concentrate, Stabilizers (Guar, Locust Bean, and Xanthan Gums),

bilizers (Guar, Locust Bean and Zanthan Gums), Potassium Sorbate

ocust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).

Corn Starch, Natural Flavors, Fruit and Vegetable Juice Concentrate for Color, Acid, Salt, Stabilizers (Guar, Locust Bean, and Xanthan Gums), Potassium



Egg White Sandwich, Cheese

6.6

MURATE FAT CHOLESTEROL 6 INGREDIENT LIST 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 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 279 360 18 7 55 800 30 8 20 23 x X Blue Apple 9.8 0 AND DIGLYCERIDES AND LECITHINI, 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, 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 LECITHINI, LEMON JUICE POWDER ICORN SYRUP SOLIDS, LEMON JUICE SOLIDSI), ASIAGO-PARMESAN BLEND (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED 220 200 8 3 0 40 630 14 3 2 17 Х х х Chicken Caesar 7.7 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 WATER, RED WINE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE. Balsamic Vinaigrette 1.0 28 60 6 1 0 0 230 3 0 2 0 0 Х CALCIUM DISODIUM EDTA AS A PRESERVATIVE. WATER, VINEGAR, SOYBEAN OIL, ROMANO CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD х 28 80 7 1.5 0 10 310 2 0 0 х X х aesar 1.0 1 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 VEGETABLE OIL (SOYBEAN OIL AND/OR CANOLA OIL) WHITE WINE WHITE WINE VINEGAR WATER SALT SUGAR SPICES 28 130 14 2 0 1.0 0 410 1 0 1 0 0 Champagne Vinaigrette MONOSODIUM GLUTAMATE, DEHYDRATED GARLIC, DEHYDRATED ONION, NATURAL FLAVORS (SOY), XANTHAM GUM, DEHYDRATED CHIVE, CALCIUM DISODIUM. SOYBEAN OIL, VINEGAR, WATER, EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF: SPICES, CLUCOND DELTA LACTONE, XANTHAN GUM, 28 160 18 2.5 0 0 220 1 0 1 0 Х Х Feta Olive Oil 1.0 0 GREEN TEA EXTRACT, BETA CAROTENE. SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK SOLIDS, EGG YOLK, SALT, GARLIC, SUGAR, ONION, SPICES, NATURAL FLAVOR, XANTHAN GUM, CALCIUM 90 10 1.5 0 10 250 1 0 0 Х Х anch 1.0 28 1 0 Х DISODIUM EDTA AS A PRESERVATIVE. REAKEAST SANDWICHES 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, 175 430 11 4.5 0 200 840 60 2 х 4 2 21 х Egg Sandwich. Cheese 6.2 X 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. 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, 197 530 19 8 0 225 1200 62 2 6 2 28 X X Egg Sandwich. Bacon and Cheese 6.9 х 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, 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 Egg Sandwich, Ham and Cheese 218 470 13 5 0 215 1330 62 2 6 2 26 x х х 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, 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, 218 610 28 11 0 230 1120 60 2 4 2 27 Egg Sandwich, Pork Sausage and Cheese 7.7 х х х 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 Penner 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 Darl Turkey Meat, Mechanically Separated Turkey, Contains 2% or Less of Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime 215 510 17 6 0 240 1100 61 1 5 2 27 7.6 X х х Egg Sandwich. Turkey Sausage and Cheese 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, Sovbean 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. Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt

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187 380 7 3 0 15 870 60 2 4 2 20

Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, 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 & Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black



7.4 209 490 14 6 0 35 1230 62 2 6 2 28 Х Х Х Egg White Sandwich, Bacon and Cheese Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt. 8.1 230 430 8 3.5 0 30 1350 62 2 6 2 26 x х х Egg White Sandwich. Ham and Cheese Kosher Salt Kosher Salt, Black Pepper. Egg White Sandwich, Pork Sausage and 230 560 24 9 0 45 1150 60 2 4 2 26 X X 8.1 х Cheese Coarse Kosher Salt Kosher Salt, Black Penno Egg White Sandwich, Turkey Sausage and 227 470 13 4.5 0 55 1130 60 2 5 2 27 X х 80 х litamin & Palmitate Added Reta Carotene (Color) Salt) Coarse Kosher Salt Kosher Salt Black Penne Egg White Sandwich, Zesty on Thin Everything 7.5 214 510 24 8 0 65 1000 48 2 5 1 26 x X X 183 350 21 10 0 75 900 24 1 Smoked Salmon on Plain 6.5 6 0 18 Х Х Х Salt Kosher Salt, Black Pepper. 231 660 28 12 0 245 1480 70 3 9 3 Egg Sandwich, Sriracha Honey Sunrise 30 X X X 8.1 Egg Sandwich, Western 297 770 41 11 0 235 1620 72 4 9 2 30 x х 105 х Kosher Salt Kosher Salt. 225 500 15 6 0 225 1280 63 3 7 5 29 х х 7.9 X Egg Sandwich, Pastrami and Swiss

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Hause Far (c) Cholesterol (mc)

TOTAL FAT(G)

INGREDIENT LIST

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), Certified Cage Free Egg Whites Egg Whites, 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, Sovbean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor,

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), Certified Cage Free Egg Whites Egg Whites, 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

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), Certified Cage Free Egg Whites Egg Whites, Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHO, 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),

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), Certified Cage Free Egg Whites Egg Whites, Sausage, Turkey Dark Turke 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, TBHO, 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,

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), Certified Cage Free Egg Whites Egg Whites, Sausage, Turkey Dark Turke 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, 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), Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), 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), Coarse Kosher Salt Kosher Salt, Black 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

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, Sillicon 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,

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), Fee Yolk Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapen X 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

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.

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	ŝ	and the second	SEALINGS	(G)	Dray - Opto	Allegien Ar(G)	Parks ()	tholesterol as	Solution	SHU	DieTarpy En	Sun (c)	ADDED SUC.	Pho. (c)	(D) Marine	ElGes	MILF	40s	MARCA 2	THE MIC	S. S. S.	2	SHELL	Contract of the second se
Egg Sandwich, Farmhouse	9.5	270	730	35	16	0		1770		3	9	4	37	x	x		x						S P S F A S M C	INGREDIEN Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niac Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted arge Cage Free Grade A Eggs, Ham Ham, Water (Cured with Water, Dextrose, S Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Bacon Cur Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzyr Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend Lo Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enz Added), Anticake (Powdered Cellulose), Onion and Chive cream cheese Pasteuri Stabilizers (Guar, Locust Bean and Zanthan Gums), Potassium Sorbate (Maintai Nilk Proteins, Less Than 2% Of Salt, Natural Acids, Xanthan, Locust Bean And G Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), As Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Butter Blend (
Egg White Sandwich Thin, Bacon Avocado Tomato	8.9	253	540	25	8	0	35	1080	54	4	8	1	24	x	x		x			I			Y S X S N ((Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced I (east, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid) Slices and Pieces Hass Avocado, Roasted Tomato Spread (Sun Ripened Roma T Dil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Rec Salt, Corn Meal, Citric Acid, Pectin), Bacon Cured With: (Water, Salt, Sugar, Sodii Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Butter Blend (Vegetable Oi Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Ad
Egg Sandwich, Smokehouse Brisket	8.9	253	650	29	13	0	260	1370	62	2	6	2	33	x	x		x						P Y o A	salt Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced I (east, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid) of Salt, Sodium Phosphate, Spices, Sugar Paprika, Carrageenan (Carrageenan, J A, Large Cage Free Grade A Eggs, BRU Jalapeno Cream Cheese Pasteurized Cre Crushed Red Peppers, Salt, Stabilizer (Guar, Locust Bean and Xanthan Gums), P
DELI SANDWICHES Deli Sandwich, BLT	7.6	215	540	23	6	0	40	1140	64	3	7	2	22	x			x			I	I	I	Y S	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced l 'east, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid) odium Erythorbate, Sodium Nitrite), Lettuce, Mayo Soybean Oil, Egg Yolk, Distil Salt, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor), Oleoresin Papri
Deli Sandwich, Brisket	10.9	309	540	18	7	0	60	1450	63	3	6	2	28				x						Y o C K	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced I Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid) of Salt, Sodium Phosphate, Spices, Sugar Paprika, Carrageenan (Carrageenan, X Cucumber, Lettuce, Spicy Brown Mustard (Organic Vinegar, Water, Mustard See Kosher Salt Kosher Salt, Black Pepper.
Deli Sandwich, Garden Veggie	12.3	349	360	2	0	0	0	550	72	5	13		12		x		х							PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLE FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST) , RED ONIONS, TOMATOES, GF
Deli Sandwich, Ham	9.1	257	400	7	3	0	30	1200	65	3	8	2	21		x		x			I			S N	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Aodified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodiu Aedium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added

ENT LIST

iacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, ted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Shell Egg, Grade A, , Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, zymes, Color Added), Hash Browns (Potatoes, Disodium Dihydrogen Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced nzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color urized Cream, Non Fat Dry Milk, Onions, Chives, Natural Acids, Salt, tains Freshness), Plain Cream Cheese (Pasteurized Cream, Non Fat Milk, d Guar Gums; Potassium Sorbate (Maintains Freshness))., Parmesan/ Asiago Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato d (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, d Iron. Thiamin Mononitrate. Riboflavin. Folic Acid). Water. Malt Extract. Salt. id), Certified Cage Free Egg Whites Egg Whites, Tomato, Wholly Avocado a Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water,

odium Phosphate, sodium Erythorbate, Sodium Nitrite), Everything Topping 9 Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Seasoned Pulled Beef Brisket Beef Brisket, Water, Contains 2% or Less n, Xanthan Gum), Granulated Garlic, and Granulated Onion, Shell Egg, Grade cream, Non Fat Dry Milk, Jalapeno Peppers, Green Peppers, Natural Acids,), Potassium Sorbate (Maintains Freshness), Medium Cheddar Cheese

ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, cid), Tomato, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, istilled Vinegar, High Fructose Corn Syrup, Contains Less Than 2% of Water, uprika (Color), Black Pepper, Coarse Kosher Salt Kosher Salt.

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Seasoned Pulled Beef Brisket Beef Brisket, Water, Contains 2% or Less n, Xanthan Gum), Granulated Garlic, and Granulated Onion, Tomato, eed, Salt, Less than 2% of: Spices Turmeric), Red Onion (Red Onion), Coarse

RLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.

ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, bic Acid), Tomato, Ham Ham, Water (Cured with Water, Dextrose, Salt, dium Erythorbate, Sodium Diacetate, Sodium Nitrite), Cucumber, Lettuce, ded), Coarse Kosher Salt Kosher Salt, Black Pepper.

											DIETARY FIC.									INGREE Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduc Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic A
Deli Sandwich, Turkey	10.1	285	440	7	3	0	45	1450	67	3	7	4	28		X		X			Lactate, Salt, Modified Food Starch, Tapioca Starch, Carrgaeenan, Sodium F (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coarse Kosher Salt
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, Reduc Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic A Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Salt, Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spic
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	I	x	SESAME BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SESAME SEEDS, SALT, YE/ DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SAL DIACETATE), LETTUCE, RED ONIONS, LIGHT HERB GARLIC CREAM CHEESE (I LESS THAN 2% OF GARLIC, CHIVES, SPICES, SALT, NATURAL FLAVOR, NATU POTASSIUM SORBATE [MAINTAINS FRESHNESS]). SUNDRIED TOMATO SPRI OLIVE OIL, BUTTER [CREAM, MILK, SALT], DEHYDRATED ONION, DEHYDRATI FRUCTOSE CORN SYRUP, SPICES, CHOPPED GRALIC, CITRIC ACID, LIME JUI
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, Redu Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Asco Milk and Skim Milk, Whey Protein Concentrate, Garlic, Chives, Natural Acids Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness), Red Bell Enzymes), Lettuce, Red Onion (Red Onion), Parmesan/ Asiago Cheese Blenc Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, 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			Noster Sait, Black Febuer. Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Flour, Malted Barley Flour, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, M Brisket Beef Brisket, Water, Contains 2% or Less of Salt, Sodium Phosphate Granulated Garlic, and Granulated Onion, Chipotle Mayonnaise Soybean Oil Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calc bell peppers, Three Cheese Blend Low-Moisture Part-Skim Mozzarella Chees (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Paste Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color A Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk (Natural Mold Inbibitor)). Bed Onion (Ped 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, Redu Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Seasoning (Salt, Flavoring), SodiumErythorbate, Sodium Nitrite, Flavoring. Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less tha Enzymes), Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Cf 80), Red Onion (Red Onion), Everything Topping Natural Sesame Seed, Onio
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, Redu Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Lactate, Salt, Modified Food Starch, Tapioca Starch, Carrgaeenan, Sodium I Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Sal of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gu Calcium Disodium EDTA to protect flavor, Bacon Cured With: (Water, Salt, Bl Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Bl
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, Malt Folic Acid), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Butter, Sugar, Brown Sugar, Whole Eggs, Soybean Oil, Fructose, Dextrose, N (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 WA ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLAVOR, R ENZYME.
Slueberry 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, Red Riboflavin, Folic Acid, Enzyme), Soybean Oil, Eggs, Blueberries, Cultured No Sodium Phosphate, Guar Gum, Carrageenan, Carob Bean Gum, Mono and I Whey, Emulsifier Blend (Propylene Glycol Mono and Diesters of Fats and Fa Phosphate, Sodium Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodiu
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 (Prese Trans Fat Vegetable Shortening (Palm Oil, Soybean Oil), Zero Trans Fat Mar Lecithin, Natural Flavor, Annatto Color), Vanilla, Salt).

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d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Sliced Turkey Breast Turkey Breast, Turkey Broth, Dextrose, Sodium Iosphate, Sodium Diacetate, Tomato, Cucumber, Medium Cheddar Cheese Kosher Salt, Black Pepper.

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Tomato, Pastrami Beef, Cured With Water, Salt, Sugar, Sodium

aramel Color, Sugar, Smoke Flavor., Cucumber, Lettuce, Spicy Brown : Turmeric), Red Onion (Red Onion), Coarse Kosher Salt Kosher Salt, Black

ARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, ST), SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM ASTEURIZED SKIM MILK AND CREAM, MILK PROTEINS, WHEY PROTEIN, AL ACIDS, XANTHAN, LOCUST BEAN AND GUAR GUMS, VEGETABLE RENNET, AD (TOMATO SOLIDS, SUN DRIED TOMATOES, CANOLA OIL, EXTRA VIRGIN D GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RASPBERRIES, HIGH E, SALT).

ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, bic Acid), Tomato, BRU Light Herb Garlic Cream Cheese Pasteurized Cream, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locust Bean and Xanthan epper Red Bell Pepper, Swiss Cheese (Cultured Pasteurized Milk, Salt, (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Coarse Kosher Salt

iacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, ted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Seasoned Pulled Beef Spices, Sugar Paprika, Carrageenan (Carrageenan, Xanthan Gum), /inegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, : Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, m Disodium EDTA to protect flavor, Red Bell Pepper Red Bell Pepper, Green (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheeses rized Milk, Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), ded), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, easoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., 2% of: Spices Turmeric), Swiss Cheese (Cultured Pasteurized Milk, Salt, ride, Sodium Benzoate (Preservative), Spices, Garlic, Turmeric, Polysorbate , Garlic, Poppy and Salt.

d Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, id), Sliced Turkey Breast Turkey Breast, Turkey Broth, Dextrose, Sodium Iosphate, Sodium Diacetate, Tomato, Chipotle Mayonnaise Soybean Oil, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% I, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, gar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Lettuce, k Pepper, Coarse Kosher Salt.

Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and nhydrous Dextrose, Cocoa Butter, Soy Lecithin [Emulsifier], Vanilla Extract), nfat Dry Milk, Natural Vanilla Flavor, Salt, Baking Soda, Soy Lecithin

ER, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM E STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM,

ed Iron, Ascorbic Acid [Dough Conditioner], Thiamine, Mononitrate, at Buttermilk (Nonfat Milk, Stabilizer [Modified Corn and Tapioca Starch, glycerides], Salt, Vitamin A Palmitate, Vitamin D3), Food Starch-Modified, y Acids, Mono- and Diglycerides, Soy Lecithin), Leavening (Sodium Aluminum Propionate (Preservative), Xanthan Gum.).

ative), Xanthan Gum), Streusel Topping (Untreated Wheat Flour, Sugar, Zero arine (Soybean Oil, Palm Oil, Water, Salt, Mono And Digylcerides, Soybean

EST 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	4	All and a second	Servine .	Call Call	Ioran -	Calification (c)	TRANS CO.	the state of the	Solution .	ARBOHIDAS	DIETARY EN (G)	SILC (G)	ADDED SIL	Phone Phone (G)	(D) MEL	Signal Street	MILE	SOF Milegy Milegy	All and a second	INGREDIEN
Potato Chips*	See label	1																	See La	bel
Twice Baked Hash Brown	3.0	85	170	11.0	6.0	0	35	260	11	1	1	0	7		x				Freshn Mozza Cheese Cheese	Baked Hash Brown (Potatoes (Potatoes, Dextrose, Disodium Pyrophospha ess]), Cream Cheese(Pasteurized Milk and Cream, Salt, Cheese Cultures, C rella Cheese[Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes]), Prov e(Cultured Pasteurized Milk, Salt, Enzymes, [Color Added], Anti Cake[Powe e(Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes, Powedered Cellu e(Pasteurized Milk, Salt, Culture, Enzymes and Annatto), Contains 2% or Lo
SOUPS																				
Chicken & Wild Rice	8.0	227	270	20	14	0	80	820	11	0	2	0	9		x	x	x		Flavori Soy an (Whea Flavor	n and Wild Rice Soup (Water, Cream, Cooked Diced Chicken (White Meat) ng), Contains Less Than 2% Of The Following: Onions, Modified Food Stard d Corn Protein, Sugar, Flavoring, Potato Flour, Autolyzed Yeast Extract, Ca t Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, [Maltodextrin, Autolyzed yeast Extract, Salt, Hydrolyzed Corn Soy Wheat P licken Skin, Silicon Dioxide (Anti-Caking Agent), Citric Acid, TBHQ (Antioxic
Chicken Spaetzle	8.0	227	110	3.5	0	0	35	700	11	2	2	0	9	x		x	x		Sulfate Ribofla [Chicke Onion [Roast Yeast]	en Spaetzle Soup (Water, Mostly White Meat Chicken, Spaetzle [Water, En e, Thiamine Mononitrate, Riboflavin, Folic Acid), Eggs, Enriched Durum (Du avin, Folic Acid), Wheat Gluten, Salt, Oleoresin Tumeric], Carrots, Onion, Ce en Stock, Dextrose, Salt, Food Starch-Modified, Hydrolyzed Corn Protein, A Powder, Natural Flavoring, Potassium Sorbate (A Preservative), Flavor], M ed Chicken and Chicken Fat, Salt, Autolyzed Yeast Extract, Chicken Flavor Extract, Dehydrated Cooked Chicken, Modified Food Starch), Flavor (with T ric], Salt, Spices, Gellan Gum, Xanthan Gum, Sugar, Vegetable Color (Turm
Vegetable	8.0	227	90	2.5	0	0	0	570	16	2	5	2	2			x			Sweet Blend Garlic, Disodi Virgin	ble Soup (Water, Carrots, Navy Beans (Beans and Water), Red Onion, Tom Potato, Corn, Celery, Zucchini, Squash, Kale, Red Bell Peppers, Contains L Of Vegetable Purees (Carrot, Celery, Onion, Sauteed Onion, Red Bell Pepp Shallot, Carrot), Sugar, Salt, Yeast Extract, Hydrolyed Corn Protein, Contai um Inosinate, Disodium Guanylate, Modified Food Starch, Spice, Hydrolyzo Dive Oil, Wine (Salt, Sulfites), Mirepoix Base [Vegetable Purees (Carrot, Ce Powder, Contains 2% Or Less Of The Following: Extractive of Carrot, Xanth O.)
																			onanti	0.j.
CHEESE	^ -						4.5	0.50		•									Amerio	can Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Colo
American Cheese Asiago Cheese, Shredded	0.5	14 14	50 60	4.5 4	2.5 2.5	0	15 10	250 220	1	0	1	0	2 5		x x	X			Parme	vative), Soy Lecithin (Non-Sticking Agent). san/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk
Cheddar Cheese	0.5	14	60	5	2.5	0	15	95	0	0	0	0	3		x					es), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mo m Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Addec
Swiss Cheese	0.5	14	60	4.5	2.5	0	15	25	0	0	0	0	4		Х				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				Vitami	Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skin n 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					Corn S	le Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno yrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natu r, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor.
Mustard	0.5	14		0	0	0	0	140	0	0	0	0							Spicy E	Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2%
Honey Jelly/Jam - Grape	<u>1.0</u> 1.0	28 28	90 70	0	0	0	0	0	23 18	0	22 13	22 13							Honey	I, Concord Grape Jam (Concord Grapes, High Fructose Corn Syrup, Corn Sy
Jelly/Jam - Strawberry	1.0	28		0	0	0	0	0	16	0		14								perry Jam (Strawberries, Sugar, Fruit Pectin, Citric Acid)
Мауо	0.5	14	100	12	2	0	10	40	0	0	0	0	0	x						an Oil, Egg Yolk, Distilled Vinegar, High Fructose Corn Syrup, Contains Less t Flavor), Oleoresin Paprika (Color).
Peanut Butter	1.5		240		4.5		0	105	10	4	5	3	9			X		X	Peanu	t 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					_		ugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulf
Sundried Tomato Spread	1.0	28	140	11	3.5	0	10	80	9	0	2	0	2		X					ed Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma To Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Cl
EGGS & EGG PATTIES																				
1 Egg White	2.0	58	35	1	0	0	0	160	0	0	0	0	6	x	X				Contai	ed Cage Free Egg Whites Egg Whites, Butter Blend (Vegetable Oil Blend (F ns Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Caro ed Cage Free Egg Whites Egg Whites, Butter Blend (Vegetable Oil Blend (P
2 Egg White	4.1	116	70	2	0.5	0	0	330	1	0	1	0	12	X	X				Contai	ns Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Caro
1 Whole Egg	1.6	46	80	6	2	0	185	140	1	0	0	0	6	x	x					gg, Grade A, Large Cage Free Grade A Eggs, Butter Blend (Vegetable Oil B Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta
2 Whole Eggs	3.6	102	160	11	4.0	0	370	280	2	0	1	0	13	x	x					igg, Grade A, Large Cage Free Grade A Eggs, Butter Blend (Vegetable Oil B Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta
MEAT																			"	
Peppered Bacon	0.8	22	110	8	3	0	25	360	2	0	2	0	8							Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate,
Brisket	2.0	57	150	11	4.5	0	40	460	0	0	0	0	11							ned Pulled Beef Brisket Beef Brisket, Water, Contains 2% or Less of Salt, S an Gum), Granulated Garlic, and Granulated Onion.

NT LIST

hate [Added to Maintain Color], Potassium Sorbate[Added to Maintain 6, Carob Bean Gum[Stabilizer]), Pizza Blend Cheese(Low Moisture Part-Skim ovolone Cheese(Cultured Pasteurized Milk, Salt, Enzymes), Cheddar wedered Cellulose]) Three Cheese Blend (Parmesan, Asiago and Romano Ilulose[Anti-Caking Agent] and Calcuim Propionate[Preservative]) Cheddar Less of: Black Pepper, Green Onion, White Onion).

at), Carrots, Wild Rice, Celery, Unsalted Butter (Pasteurized Cream, Natural arch, Chicken Base (Chicken Meat Including Chicken Juices, Salt, Hydrolyzed Carrot Powder and Turmeric), Salt, Flour [Wheat Flour, Enriched Bleached e, Riboflavin an Folic Acid)], Sugar, Garlic (Garlic, Water), Natural Chicken t Protein, Dehydrated Cooked Chicken, Natural Flavor (With Milk), Chicken xidant)], Soy Lecithin, Spices).

Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous, Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Celery, Contains less Than 2% Of The Following: Chicken Stock Concentrate , Autolyzed Yeast Extract, Disodium Inosinate and Disodium Guanylate, Modified Food Starch, Rendered Chicken Fat, Olive Oil, Chicken Base or (With Hydrolyed Corn Soy Wheat Gluten Protein, Maltodextrin, Egg Yolk, h Torula Yeast), Disodium Inosinate, Disodium Guanylate, Potato Starch, Irmeric Extract)).

omatoes (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), s Less Than 2% Of The Follwoing: Tomato Paste, Vegetable Concentrate [A pper), Dehydrated Tomato, Carrots, Green Bell Pepper, Onion Juices (Onion, tains 2% Or Less Of The Following: Maltodextrin, Canola Oil, Natural Flavor, lyzed Soy Protien, Burgundy Wine Solids], Modified Food Starch, Sugar, Celery, Onion), Salt, Maltodextrin, Onion Powder, Canola Oil, Corn Starch, nthan Gum, Spice Extractives], Jalapeno, Salt, Garlic (Garlic, Water), Spices,

lor, Water, Cream, Sodium Citrate, Color Added, Salt, Sorbic Acid (Added as

ilk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Mold Inhibitor)). led).

kim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor,

eno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose tural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell

% of: Spices Turmeric

Syrup, Fruit Pectin, Citric Acid.)

ess Than 2% of Water, Salt, Mustard Seed, Calcium Disodium EDTA (to

ulfite as Preservative, Xanthan Gum..

Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (Cream, Milk, Salt), Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid,

I (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), arotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper. (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), arotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper. I Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, eta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.

I Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, eta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.

e, Sodium Nitrite), Black Pepper.

, Sodium Phosphate, Spices, Sugar Paprika, Carrageenan (Carrageenan,

EST 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	ġ	AND	Servine c.	Carles	Iorau -	aller rare	TRANSFE (C)	HOLESTEROI (1)	Souther of	(MC) (MC)	DIETARY AN	SUC (C)	ADDED SUC	PD- (G)	(E) Millow	EGGS	MILY	40s	A MARCEL	PERMITS.	Sis	Str. Fish	INGREDIEN
Ham	1.5	43	45	1	0	0	15	480	2	0	2	0	6		<u> </u>								Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup
Pastrami	1.3	43	50	3	1.5	0	25	460	0	0	0	0	7										Diacetate, Sodium Nitrite). Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, 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,
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, Li TBHO, 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 Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Aci
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, Sa Phosphate. Sodium Diacetate.
NUTS/OTHER																							
Croutons	0.5	14	15	0	0	0	0	35	2	0	0	0	0		x		x						Whole Grain Cheese Garlic Croutons, BRU White Whole Wheat Flour, Canola an Quinoa Flour, Salt, 2% or Less of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsle and Enzyme Modified Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes Paprika (Color) TBHO (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	1	0	1	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
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

NT LIST

ıp, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium

g (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning

. Beechwood Smoke ime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring,

2% or Less of Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn cid, Lactic Acid.

Salt, Modified Food Starch, Tapioca Starch, Carrgaeenan, Sodium

nd /or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, sley, Garlic Powder, Vinegar, Natural and Artificial Flavor, Parmesan Cheese es), Cultured Nonfat Milk, Annatto (Color), Extractives of Turmeric and

n Benzoate (Preservative), Spices, Garlic, Turmeric, Polysorbate 80).