BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	ADDED SUGARS (G)	PROTEIN (G)	O CAFFEINE (mg)	EGGS	MILK	WHEAT	TREE NUTS	PEANUTS	HSH	SHELLFISH	SESAME	Ingredient List
BAGELS & BREADS																					
BAGELS Asiago Parmesan	4.3	ISTED ARI		1.5			п		2 4	П	Ė			X	LOW.						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 Milik, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (vatural Mold Inhibitor)).
Blueberry	4.1	115 31	.0 1	0	0	0 5	520	65	2 1	1 9	10	0			×	١					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, Destross, Ascorbic Acid.
Bruegger Bites (3) (Select Markets)	2.0	58 17	0 2.5	0.5	0	0 2	240	32	1 3	2	6	0		П	×						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 39	10 11	4.5	0 :	10 6	650	59	3 5	i 4	13	0		x	x						Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced fron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Peast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Hash Browns (Potatoes, Disodium Dillydroigen Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend Low-Moisture Parts-Sixim Mozzarella Cheese (Cultured Pasteurized Mille, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Mille, Salt, Enzymes), Color Added), Anticake (Powdered Cellulose), Parmesan/ Asiago Cheese (Bend (Parmesan Cheese, (Cultured Pasteurized Mills, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Mills, Salt, Enzymes), Asiago
Chocolate Chip (Select Markets)	4.1	115 32	10 3.5	1.5	0	0 5	550	62	3 9	8	11	0		×	х	1					Chocolate Chip Bagel "Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Semi-Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract), Malted Barley Extract, Brown Sugar, Salt, Yeast, Cocoa Powder Processed With Alkali, Wheat Gluten, Malt Powder (Malted Barley Flour, Wheat Flour, Dextrose), Ascorbic Acid."
Cinnamon Raisin	4.1	115 31	.0 1	0	0	0 4	490	65	3 1	4 6	11	0			х						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 38	0 1.5	0	0	0 6	610	83	3 2	7 24	11	0			×	4					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.
Cranberry (Select Markets)	4.1	115 32	20 1	0	0	0 5	510	65	2 1	7	10	0		ı	×						Cranberry Bagel "Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Brown Sugar, Malted Barley Extract, Salt, Yeast, Wheat Gluten, Malt Powder (Malted Barley Flour, Wheat Flour, Dextrose).*
Egg (select markets)	4.1	115 30	0 1.5	0.5	0 :	25	610	61	2 8	6	11	0	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 33	3.0	0	0	0	790	64	3 5	2	12	0			×	4				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 33	10 3	0	0	0 8	800	64	6 1	7	13	0			×					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 Sesamo Seed, Onlon, Garlic, Poppy and Salt.
Five Cheese - Gourmet	4.4	126 36	60 10	4.5	0 :	20 €	660	51	2 5	i 4	16	0		x	x	1					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, Sait, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Accorbic Acid, Three Cheese Blend Low-Moisture Part-Skim Mozzarealic Cheese (Cultured Pasteurized Milk, Sait, Enzymes), Throulone Cheese (Cultured Pasteurized Milk, Sait, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Sait, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Sait, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Sait, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Sait, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamyein (Natural Moid Inhibitori).
Garlic (Select Markets)	4.3	122 31	.0 1	0	0	0 6	610	64	3 4	2	12	0			х						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
Italian Asiago Parmesan (Select Markets)	4.3	122 32	90 3	1	0	5	710	60	2 4	2	13	0		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, Rosemany, Savory, Sage, Oregano, Basil).
Jalapeno (select markets)	4.1	115 33	0 3	0	0	0 4	480	67	2 7	2	13	0			X	1					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 35	60 6	2.5	0 :	15	790	60	2 4	2	14	0		х	x	1					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 Milik, Salt, Enzymes, Color Added), Siliced Jalapenos (Fresh Peppers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Natural Flavors, Sodium Metabisulfite (Preservative), Yellow 5).
Onion	4.2	120 31	.0 1	0	0	0 6	610	63	2 6	2	11	0			х	1					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 29	0 1	0	0	0 6	610	59	2 4	2	11	0			X	1					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 33	10 4	0	0	0 6	610	61	3 4	2	12	0			Х	1					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.
Pumpernickel	4.1	115 30	10 1	0	0	0 5	580	62	3 7	5	11	0			X						Pumpernickel Bagel (Enriched Flour, Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Brown Sugar, Caramel Color, Salt, Wheat Bran, Caraway Seeds, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).
Rosemary Olive Oil	4.1	115 34	0 5	1	0	0 4	480	63	2 6	4	11	0			х						Pumpkin Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pumpkin, Brown Sugar, Malted Barley Extract, Wheat Gluten, Yeast, Salt, Cinnamon, Ginger, Cloves, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).
Salt (select markets)	4.2	120 29	0 1	0	0	0 #	****	59	2 4	2	11	0			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), Salt Salt
Sesame	4.5	129 38	9	1	0	0 6	620	61	4 4	2	14	0			Х	4				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), Sesame Seeds.

1 2/29/2024

BRUEGGER'S	ZE (0Z)	IZE (G)	8	(g) I	FAT (G)	ίΤ (G)	OL (MG)	(MG)	ATES (G)	BER (G)	(G)	(9)	ie (mg)			.	2	ž.		至	W	
BAGELS	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (@)	TRANS FAT (G)	CHOLESTEROL (MG	SODIUM (MG)	CARBOHYDRATES (G	DIETARY FIBER (G)	SUGARS (G) ADDED SUGARS (G)	PROTEIN (G)	OO CAFFEINE (ME	EGG		WHEAT	TREE NUTS	PEANUTS	E	SHELLFISH	SESAN	Ingredient List
Sesame Whole Wheat (select markets)	4.5	129	380	9.0	1.0	0	0	630	61	7	9 7	15	0			х					x	Acid js, water, mail extract, noney, wheat didten, Sait, Teast, Mailed Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid js, Sesame Seeds.
Whole Wheat	4.1	115	290	1.0	0.0	0	0	620	59	5	9 7	12	0			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).
BREADS & WRAPS																						
Ciabatta Roll	3.2	90	230	2.5	0	0	0	610	44	2	1 (8	0			X						Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes
BEVERAGES																						
COFFEE & BLENDED																						
Café au Lait		340													X							WHOLE MILK, COFFEE. CONTAINS 50-84 MG CAFFEINE PER 4 OZ SERVING OF COFFEE*
Café au Lait Café au Lait	20.0	452 567	200	10.6	7.5	0	42	11	15	0	18 (111	112		X			-		-		CONTAINS 67-112 MG CAFFEINE PER 5.5 OZ SERVING* OF COFFEE CONTAINS 83-140 MG CAFFEINE PER 7 OZ SERVING* OF COFFEE
Café Latte		340													x							WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING OF ESPRESSO**
Café Latte	16.0	453	226	12	6.7	0	33	11	17	0	17 (12	150		Х							CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO
Café Latte	20.0	567	283	15	8.3	0	42	14	22	0 :	22 (15	400		Х					_		CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* OF ESPRESSO
Café Mocha	12.0	340	210	9	5	0	25	8	23	0 :	21 5	9	150		х							WHOLE MILK, ESPRESSO, CHOCOLATE SAUCE (INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE [PRESERVATIVE]). CONTAINS 66:100 MG CAFFEINE PER 2 OZ OF ESPRESSO*
Café Mocha	16.0	453	279	12	6.7	0	33	11	31	0	28 7	12	400		х							CONTAINS 99-150 MG CAFFEINE PER 3 0Z SERVING* OF ESPRESSO
Café Mocha	20.0	567	349	15	8.3	0	42	14	38	0	35 9	15	400		Х							CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Cappuccino	12.0	340	130	7	4	0	20	8	11	0	11 (7	100		Х							WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING OF ESPRESSO**
Cappuccino		453													X					-		CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Cappuccino Espresso	2.0	567 60	5	0	0.7	0	0	10	18	0	1 (0	100		^	_		-		-		CONTAINS 132-400 MG CAFFEINE PER 4 02 SERVING* OF ESPRESSO CONTAINS 66-100 MG CAFFEINE PER 2 02 SERVING*
Espresso	3.0							15														CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING*
Espresso		120																				CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING*
Flavored Coffee	12.0			0			0	8					143		_							CONTAINS ~143 MG CAFFEINE* PER 12 0Z SERVING
Flavored Coffee Flavored Coffee		453 567													-	_		-		-		CONTAINS ~190 MG CAFFEINE* PER 16 OZ SERVING CONTAINS ~238 MG CAFFEINE* PER 20 OZ SERVING
House Blend Coffee	12.0	356					0	8					143									CONTAINS ~143 MG CAFFEINE* PER 12 OZ SERVING
House Blend Coffee		453	5	0	0	0		11	0	0	0 0	0	190									CONTAINS ~190 MG CAFFEINE* PER 16 OZ SERVING
House Blend Coffee		567																		_		CONTAINS ~238 MG CAFFEINE* PER 20 OZ SERVING
House Decaf Coffee House Decaf Coffee	12.0	340 453				0	0	8		0										-		CONTAINS -24 MG OF CAFFEINE PER 12 OZ SERVING* CONTAINS -32 MG OF CAFFEINE PER 16 OZ SERVING*
House Decaf Coffee		567																				CONTAINS ~40 Mg OF CAFFEINE PER 6 OZ SERVING*
Iced Coffee	16.0	453	5	0	0	0	0	11	0	0	0 0	0	95									CONTAINS -95 MG CAFFEINE* PER 16 OZ SERVING
Iced Coffee Coffee Cooler		680													_							CONTAINS ~143 MG CAFFEINE * PER 20 OZ SERVING CONTAINS ~89 MG CAFFEINE * PER 16 OZ SERVING
Coffee Cooler	24.0	454 680	150	7	4.5	0	20	45	21	0	17 1	6 2	107		-	_		-		-		CONTAINS ~59 MG CAFFEINE * PER 16 0Z SERVING CONTAINS ~107 MG CAFFEINE * PER 24 0Z SERVING
OTHER BEVERAGES	VALUES													OF PACE	KAGED	OR DIS	PENS	ED PRO	DUCT	S.		
Bottled Water	See label												0									
Chocolate Milk	See label									_			0		_							
Milk	See label												0									
Naked Juice	See label												0									
Tropicana Orange Juice	See label									_			0		_							
Vitamin Water Nantucket Nectars										-			_		-	_		-		-		
Tantaonet Toolais	See label	Н				Н				н			0					Н		Н		SUGAR, NON DAIR CREAMER (CONTAINS PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP OILS, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASSIUM PHOSPHATE, SUGAR, MONO-AND DIGLYCERIEDS, SODIUM SILICOALUMINATE, SODIUM STEAROYL LACTYLATE, SOY LECTHINI, ARTIFICAL
Chai Tea, Bruegger's	12.0	340	240	5	5	0	0	85	45	0	39 3	5 2	50		x							FLAVORS, AND ARTIFICAL COLOR (ANNATTO AND TUMERIC!), DAIRY PRODUCTS SOLIDS, NONFAT DRY MILK, MOLASSES [MOLASSES AND MALTODEXTRIN], BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATURAL AND ARTIFICAL FLAVOR, TRICALCIUM PHOSPHATE.
Chai Tea, Oregon	1.0		117	0	0	0	0	12	29		27 2				x							WATER, ORGANIC' EVAPORATED CANE JUICE, HONEY, ORGANIC' SPICES, ORGANIC' BLACK TEA DINGER, ORGANIC' VANILLA, ORGANIC' NATURAL FLAVORS AND CITICA COLD ("ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990). CONTAINS 45 - 53 MG CAFFEINE PER SERVING, NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.
Hot Tea, Black Hot Tea, Black	20.0	340 567	0	0	0	0	0	0	0		0 0		116									CONTAINS ~ 115.67 MG CAFFEINE PER 12 OZ SERVING ** CONTAINS ~ 192.78 MG CAFFEINE PER 20 OZ SERVING **
Hot Tea, Black Hot Tea, Herbal Earl Grey		340							0													CONTAINS ~ 192.78 MG CAFFEINE PER 20 0Z SERVING **
Hot Tea, Herbal Earl Grey	20.0	567	0										193									CONTAINS ~ 192.78 MG CAFFEINE PER 20 0Z SERVING **
Iced Tea, Brewed	16.0	340				0		0		0			77									CONTAINS ~ 77 MG CAFFEINE PER 16 OZ SERVING**
Iced Tea, Brewed	24.0	680	0	0	0	0	0	0	0	0	0 (0	116		_					-		CONTAINS ~ 115.67 MG CAFFEINE PER 24 OZ SERVING** WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM
Hot Chocolate	12.0	227					5			1					x							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 Soft Drinks - Coke		454 454						0		0	14 4 39 3											PASTEURIZED ORANGE JUICE. CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Coke		567											63									CONTAINS 50 MG CAFFEINE PER 20 OZ SERVING
Soft Drinks - Coke	32.0	907	280	0	0	0	0	90	78		78 7	B 0	100									CONTAINS 100 MG CAFFEINE PER 32 OZ SERVING
Soft Drinks - Diet Coke		454									0 (CONTAINS 62 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Diet Coke	20.0 32.0	567									0 0		78									CONTAINS 77.5 MG CAFFEINE PER 20 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Diet Coke Soft Drinks - Sprite		454				0			32		0 0											CONTAINS 124 MG CAFFEINE PER 32 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN CONTAINS 0 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Sprite	20.0	567	250	0	0	0	0	113	65		65 6	5 0	0									CONTAINS 0 MG CAFFEINE PER 20 OZ SERVING
Soft Drinks - Sprite	32.0	907	400	0	0	0	0	180	64		52 5	2 0	0									CONTAINS 0 MG CAFFEINE PER 32 OZ SERVING
SYRUP FLAVORS	VALUES	LISTED /	ARE LI	MITED	TO IN	FORM.	TION	PROVID	ED BY	SUPPLI	ER/MA	NUFAC	TURER	OF PACE	KAGED	OR DIS	PENS	ED PRO	DUCT	S .		

BRUEGGER'S BAGELS	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (9)	TRANS FAT (G)	CHOLESTEROL (MG)	_	ş	DIETARY FIBER (G)		ADDED SUGARS (G)	On CAFFEIN	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	HSH	SHELLFISH	SESAME	Ingredient List
Almond Flavored Syrup	1.0	28		0	0		0						0 0					X					PURE CANE SUGAR, WATER, NATURAL ALMOND FLAVOR.
Caramel Flavored Syrup	1.0	28	100	0	0	0	0	0 :	24	0 2	4 2	24	0 0										PURE CANE SUGAR, WATER, NATURAL CARAMEL FLAVOR.
Chocolate Syrup	1.0	28	70	0	0	0	0						0 0										INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE).
Hazelnut Flavored Syrup	1.0		90			0							0 0					Х					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 2	5 2	25	0 0										PURE CANE SUGAR, WATER, NATURAL VANILLA EXTRACT, NATURAL VANILLA FLAVOR.
CREAM CHEESE																							
CREAM CHEESE																							
Bacon Scallion	1.5	43	140	11	7	0	45	150	6	0 :	1	0	3 0		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 0		х								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 0		х			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 0		х								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 Veggle	1.5	43	90	6	3.5	0	20	105	3	0 :	1	0	6 0		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 0		х								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 0		х								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 0		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 0		х								Pastuerized Cream, Non Fat Dry Milk, Natural Acids, 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 0		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 (Malintains Freshness).

BRUEGGER'S BAGELS	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	S	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)		ADC	PRC	Og CAFFEINE (mg)			Muleat	Name of the last o	TREE NUTS PEANUTS	HSH	nois is	SESAME	ingredient List
Whipped Plain (California Only)	1.5	43	120	10	7	0	30	90	3 (1	. 0	3	0		X		4					Pasteurized Milk and Cream, Salt, Gums (Locust Bean, Guar and Xanthan Gums), Cheese Cultures, Potassium Sorbate (Maintains Freshness).
SALADS & DRESSINGS																						
SALADS & DRESSINGS Blue Apple	9.8	279	360	18	7	0	55	800	30 8	2	0	23	0	ı	x :	K 2	x	Ī		Ī	Ī	ROMAINE, DICED CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING ISALT, 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 CONDENTRATE, FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCENDES AND LEGITINI), LEMON JUICE CONTROL SYMPOSOLOSIS, LEMON JUICE SOLOSI), APPLE, BUICE CHEESE CRUMBLES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING), SALT.
Chicken Caesar		220	200	8	3	0	40	630	14 3	3 2	:	17	0	x	x :	κ)	x		х	C		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 TAPICA DEXTRIN, SUGAR, CITRIC (SALT), SALT (RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DICLYCERIDES AND LECTHINI), LEMON JUICE POWDER (CORN SYRUP SOLIDS), LEMON JUICE SOLIDS), ASIAGO-PARIESAN BLEND, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), POWDERED CELLILOSE WITH ENZYMES (TO PREVENT CAKING), CROUTONS (ENRICHED FLOUR, WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLID ACID), PARTILLALY HYDROGENATED SOYBEAN AMO/OR COTTONSEED OIL, WATER, WASALT, PRE 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, CARAMIEL COLOR TIBHQ (PRESERVATIVE)), LEMON.
SALAD DRESSINGS	0.0																					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 (2	0	0	0		2	K						CALCIUM DISODIUM EDTA AS A PRESERVATIVE.
Caesar	1.0	28	80	7			10	310	2 (H		0	x	x :	K	4		х	•		WATER, VINEGAR, SOYBEAN OIL, ROMANO CHESE (PASTEURIZED CULTURED MILK, SALT, EXYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD STARCH-MODIFIED, SALT, ANCHOVY PASTE, GARILC, 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, WHERE, NATER, SALT, SUGAR, SPICES,
Champagne Vinaigrette	1.0	28	130	14	2	0	0	410	1 (1	. 0	0	0		,	K						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 (1	. 0	0	0		X 2	K						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 (1	. 0	0	0	X	X 2	K						SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK SOLIDS, EGG YOLK, SALT, GARLIC, SUGAR, ONION, SPICES, NATURAL FLAVOR, XANTHAN GUM, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.
SANDWICHES																						
BREAKFAST SANDWICHES																						
Egg Sandwich, Cheese	6.2	175	430	11	4.5	0	200	840	60 2	. 4	2	21	0	x	x	,	ĸ	ı		l		Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Ribiodian, Folic Acid), Water, Malt Extract, Salt, Yeast, Where Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade, A. Large Cag'en, Feole 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 Back Penoper.
Egg Sandwich, Bacon and Cheese	6.9	197	530	19	8	0	225	1200	62 2	. 6	2	28	0	x	x	,	ĸ	ı				Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Ribioflayin, Folic Acid), Water, Mall Estract, Salt, Yeast, Where Gluten, Malted Barley Flour, Wheat Flour, Dextroes, Ascorbic Acid), Shell Egg, Grade, A. Large Cage Frode A Eggs, Bascon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Enthorbate, Sodium Mitrie), 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	0	x	x	,	ĸ					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 Cornstant, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Phothotate, 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). Coasse Kosher, Salt Kosher, Salt, Risch Penner.
Egg Sandwich, Pork Sausage and Cheese	7.7	218	610	28	11	0	230	1120	60 2	! 4	. 2	27	0	x	x	,	×					Talin Bagel (Enriched Flour (Wheat Flour, Malted Barriey Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barriey Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A. Large Cage Free Grade A. Eggs, Fork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Posts Extract, Lime Flavor (Com Syrup Solids, Lime Julice Solids, Natural Flavor), Flavoring, Talfing, 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, Soylean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carottene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Turkey Sausage and Cheese	7.7	218	520	18	7	0	240	1120	60 2	. 4	2	28	0	x	x	,	x					Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Ribioflaw, Folic Acid), Water, Malt Extract, Salt, Yeast, Where Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Accorbic Acid), Shell Egg, Grade, A. Large Cage Frede A Eggs, Turkey Suasage "Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, natural Flavor), TBMQ, BHT, Citric Acid Acid, Isacite Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable 0il Blend (Palm And Palm Kernel Oil), Soybean Oil), Skihm 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, Cheese	6.6	187	380	7	3	0	15	870	60 2	. 4	2	20	0	x	x	,	ĸ					Plain Bagel (Enriched Flowr (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, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kented 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	62 2	. 6	2	28	0	x	x	,	ĸ					Plain Bagel (Enriched Flowr (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, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurzed 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.

BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (Q)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	O CAFFEINE (mg)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	HSE.	SHELLFISH	Ingredient List
Egg White Sandwich, Ham and Cheese	8.1	230	430	8	3.5	0	30	1350 €	2 2	6	2	26	0	x	x		x					Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niaclin, 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 Comstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Diacetate Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Pair 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	560	24	9	0	45	1150 6	0 2	4	2	26	o	x	x		x					Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Water, Malt Etzrec Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid, Certified Cage Free Egg Whites geg Whites, Pork Sausage, BR Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Cit Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Millk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Pal Kernel Oil, Soybean Oil), Skim Millk, 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	8.1	230	470	14	5	0	55	1150 €	0 2	4	2	27	0	x	x		x		ı			Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboldowin, Folic Acid, Water, Malt Etare Sait, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Destrose, Asoptic Acid), certified Cage Free Egg Whites Egg Whites, Turkey Sausage "Turkey Meat, Mechanically Separated Turkey, Water, Sait, Destrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juli Solids, natural Flavor), TBHQ, BHT, Clitric Acid, Jactic Acid, Medium Cheddar Chr. (Cultured Pasteurized Milk, Sait, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Hernel Oil, Soybean Oil), Skim Milk, Butt (Cream, Sait), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Sait), Coarse Kosher Sait Kosher Sait, Bit Pepper.
Egg White Sandwich, Zesty on Thin Plain	9.1	258	610	24	9	o	65	1160 6	8 2	6	2	30	0	x	x		x					Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Ribolidavin, Folic Acid, Water, Malt Etxare Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Destrose, Accordin, Cardy Cardy Free Egg Whilets, Eurikey Sausage, "E Turkey Meat, Mechanically Separated Turkey, Water, Salt, Destrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juic Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protect Flavor Ingredients:TBHQ, BHT, Girls, Acid, lactic Acid, "Rossted Tomato Spic" (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoos, Canolo üli, Etxar Virgin Olive Oli, 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 Fasteurized Milk, Salt, Enzymes), Euter Blend (Vegetable Oil Blend (Falm And Palin Keme Oil, Syopean), Skim Milk, Butter (Cream, Salt, Corn Salt, Corn Salt, Corn Salt, Corn Salt, Corn Salt, Salt, Salt, Salt, Balck Pepper, Corn Salt, Corn Salt, Coarse Kosher Salt Kosher Salt, Black Pepper.
Smoked Salmon on Plain	6.5	183	330	19	10	0	70	1030 2	3 1	5	0	18	0		x		x			x		Norwegian Smoked Salmon (Farm Raised Atlantic Salmon, Salt, Beechwood Smoke), BRU Plain Cream Cheese Pastuerized Cream, Non Fat Dry Mili Autural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freishness), Tomato, Plain Bagel (Enriched File (Wheat Flour, Malted Barley Flour, Maich, Reduced fron, Thianim Mononitrate, Historiani, Folic Add), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Red Onion (Red Onion), Capers (Non-Pareill Capers, Water, Salt, and Vinegar), Coarse Kos Salt Kosher Salt, Black Pepper.
Egg Sandwich, Sriracha Honey Sunrise	8.1	231	660	28	12	o	245	1480 7	0 3	9	3	30	o	x	x		x					Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced fron, Thiamin Mononitrate, Riboliodayin, Folic Acid, Water, Malt Estare Sait, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Destrose, Accordic, 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 Estract, Oleoresin Paprika, Natural Flavors, Sillicon Dioxide), Sait, Stabilizers (Locust Bean, Guarr and Xanthan), Pottas Sorbate (Maintains Freshesses), Bacco Cured With: (Water, Sait, Sugar, Sodium Phosphate, sodium Pitriorabe, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Sait, Enzymes, Color Added), Everything Topping Natural Seasme Seed, Onion, Garlic, Poppy and Sait, Butter Bler (Vegetable Oil Blend (Plan And Plan Mernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Sait), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Sait.
Egg Sandwich, Western	10.5	297	770	41	11	o	235	1620 7	2 4	9	2	30	0	x	x		x					Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Ribolatvin, Folic Acid, Water, Malt Etares Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Destrose, Ascorbic Acid, Shell Egg, Grade A, Large Cage Free Grade A Eggs, Red Bell Pe Red Bell Pepper, Green bell peppers, Chrispotle Mayonnaise Soybean Oli, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Mingar, Sugar, Salt Onions), Egg Yolk, Water, High Fructose Com Syrup, Contains less than 2% of: Salt, Len Julice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan X Gum, Jalapeno Pepper, Maltodestrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect Roseno Cured Wilk; Water, St. Sugar, Sodium Phosphate, Sodium Phosphate, Sodium Ritrich, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Red Onion (Red Orion), Butter Blend (Vebbol Dil Blend (Palm And Palm Kernel Oli, Soybean Oli), 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, Pastrami and Swiss	7.9	225	500	15	6	0	225	1280 6	3 3	7	5	29	0	x	x		x					Pumpernickel Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thlamin Mononitrate, Riboflavin, Folic Acid), Water, Mic Extract, Brown Sigar, CaramelGolor, Salt, Wheat Bran, Caraway Seeds, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Destrose, Ascorbic As Shell Egg, Grade A, Large Cage Free Grade A Eggs, Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Prosphates, Seasoning ISBL, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring, Seasoning ISBL, Flavoring, Sodium Erythorbate, Sodium Nitrite, Flavoring, Seasoning IsBL, Flavoring, Sodium Prosphates, Sodium Prosphate
Egg Sandwich, Farmhouse	9.5	270	730	35	16	0	265	1770 €	6 3	9	4	37	0	x	x		x					Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wate 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 (Cudre with Water, Dextrose, Salt, Modiffed Constarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Flythorbate, Sodium Nitrite), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, Sodium Phosphate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Hash Browns (Potatose, Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend Low-Molisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Redu Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Redu Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), The Added), Anticake (Powdered Cellulose), Onion and Chive cream cheese Pasteurized Cream, Nor Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Provolone Cheese (Pasteurized Cream, Nor Fat Milk), Salt, Enzymes, Provolone Cheese (Pasteurized Cream, Nor Fat Milk), Salt, Enzymes, Provolone Cheese (Pasteurized Cream, Nor Fat Milk), Salt, Enzymes, Provolone Cheese (Pasteurized Cheam, Nor Fat Milk), Salt, Enzymes, Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Antic (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, Co Kosher Salt Kosher Salt.
Egg White Sandwich Thin, Bacon Avocado Tomato	8.9	253	540	25	8	0	35	1080 5	4 4	8	1	24	o	x	x		x					Plain Bagel (Emriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extrac Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Tomato, Wholy Avocado Silices and Pieces Hass Avocado, Roasted Tomato Spread (Sun Ripender Roma Tomatos Solids, Sun Dried Roma Tomatose, Canola Oil, Extra Virgin Oilve 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), Bacco Cured With; (Water, Salt, Sugar, Sodium Phosphate, 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, Co Kosher Salt Kosher Salt.

BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	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)	OD CAFFEINE (mg)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	HSF	SHELLFISH	SESAME	Ingredient List
Egg Sandwich, Smokehouse Brisket	8.9	253	610) 26	12	0	250	1350	64	2	6	2	30	0	x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Eutract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Com Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice.", Shell Egg, Grade A, Large Cage Free Grade A Eggs, BRU Jalapeno Cream Cheese Pasteurized Cream, Non Fat Dry Milk, Jalapeno Pappers, Green Peppers, Natural Acids, Crushed Red Peppers, Salt, Stabilityer (Guar, Locus Bean and Xannthan, Potassium Sorbate (Maintains Freshness), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Mernel 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's Salt, Kosher Salt, Black Pepper.
DELI SANDWICHES																								
Deli Sandwich, BLT	7.6	215	540	23	6	0	40	1140	64	3	7	2	22	0	x			x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced fron, Thiamin Mononitrate, Ribofiani, 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 Prosphate, Sodium Pitribrich, Sodium Nitrole, Jettuce, Mays Osybean Oil, Egg (Vol), 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.
Dell Sandwich, Brisket	10.9	309	490	14	5	0	45	1410	65	3	6	2	24	0		I		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Nlacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gliuten, Malted Barley Flour, Wheat Flour, Dextrose, Ascroib Acid), Brisket' Beef, Water, Contains 2% or Less of Hydrolyzed Com Protein, Pottassium Lactate, Sodium Lactate, Sodium Encataens, Flavorings, Sodium Diacetaet, Eubabed With: Salt, Dextrose, Garlie Powder, Onion Powder, Caramel Color, Spice," 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, Islack Popper.
Deli Sandwich, Garden Veggie	12.3	349	360	2	0	0	0	550	72	5	13		12	0		x		х						PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR IWHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACIDI, 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	0		x		x						Plain Bagel (Enriched Flour Wheat Flour, Malted Barley Flour, Nacin, Reduced Iron, Thiamin Mononitrate, Riborlavin, Folic Acid), Water, Malt Estract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, Ham Ham, Water (Cured with Water, Destrose, Salt, Modified Comstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Minitely, Oucumber, Lettuce, Medium Cheddar Cheese (Cultured Pasteurized Milik, Salt, Enzymes, Color Added), Coarse Kosher Salt Kosher Salt, Black Pepper.

BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (9)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	Of CAFFEINE (mg)	EGGS	VIIII AOS	WHEAT	TREE NUTS	PEANUTS	HSF.	SHELLFISH	SESAME	Ingredient List
Dell Sandwich, Turkey	10.1	285	450	8	2.5	0	50	1360 7	1 3	7	4	30	0	;	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), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of Potassium Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Diacetate. Caramel Color Added-7, 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 €	3 3	6	2	19	0			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 Pepper.
SIGNATURE & BAGEL SANDWICHES	0																					
Lunch Sandwich, Herby Turkey on Sesame	10.4	294	680	27	7.0	0	65	1440 8	2 4	10	4	35	0	2	×	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), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of Potassium Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Diacetate. Caramel Color Added, "Noasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Oilve Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Julce, Water, Salt, Corn Meal, Citric Acid, Post, Brul 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), Lettuce, Sesame Seeds, Red Onion (Red Onion).
Lunch Sandwich, Leonardo da Veggie on Asiago Parmesan	9.6	273	520	16	9	0	45	870 €	7 3	9	2	26	0	;	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 Glutzen, Malted Barley Flour, Wheat Flour, Dextore, Ascrobic Acid), Ormato, BRU Light Herb Garlic Crohese Posturized Cream, Milk and Skirm Milk, Whey Protein Concentrate, Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locus Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness), Red Bell Pepper Red Bell Pepper, Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Aslago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticaske (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitori), Coarse Kosher Salt Kosher Salt, Black Pepper.
lunch Sandwich, Western Brisket, on 5 Cheese	11.1	316	790	48	15	0	90	1650 5	9 3	8	4	32	0	x :	x	x						Dough Ball Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean (I), Containa 2% or Less of Each of the Following Commeal, Yeast, Wheat Gilden, Sait, Malted Barley Flour, Destrose, Enzymens, Ascorbic Add, Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Destrose, Garrie Powder, Onion Powder, Caramel Color, Spice.", Chipotle Mayonnaise Soybean Oli, Vinegar, Chipotle Peppers Sure (Red Jalapene) Peppers, Vinegar, Saltz, Joniso, Jeggr Solt, Monson, Eggr Volk, Water, High Fructose Corn Syrup, Contains less than 2% of Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapene 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 Parts-Kim Mozzarella Cheese (Cultured Pasteurized Milik, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milik, Salt, Enzymes, Color Added), Armscan, Asiago Cheese Blend (Parmsean Cheese, Cultured Pasteurized Milik, Salt, Enzymes, Maded), Parmscan, Asiago Cheese Blend (Parmscan Cheese, Cultured Pasteurized Milik, 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 €	5 3	5	2	34	0		x	x					x	Plain Bage (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, Destrose, Ascorbic Acid), Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), SodiumFlythorbate, 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	720	33	6	0	70	2050 7	8 4	9	4	36	0	x		x					x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niaclin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Turkey Breast, Turkey Breast, Turkey Broth, Less than 2% of Potassium Lackate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Discatelac, Caramel Color Added, "Tomato, Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains tess than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Matideatrin, 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.
SIDES & DESSERTS																						
COOKIES																						Chocolate Chip Cookie (Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and
Heavenly Chocolate Chip	3.5	99	470	23	14	0.5	45	230	2 2	38	37	5	0	x	x >	х						Chocolate Chip Cookie (Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Irm, Insimalme MonoIntrate, Riboflavin, and Fpicia Acid), Semi-Sweet Chocolate Chunks (Sugar, Insweetened Chocolate, Anhydrous Dextrose, Coosa Butter, Soy Lecithin [Emulsifer], Vanilla Extract), Butter, Sugar, Brown Sugar, Whole Eggs, Soybean Oil, Fructose, Dextrose, Nonfat Dry Milk, Natural Vanilla Flavor, Salt, Baking Soda, Soy Lecithin (Emulsifer).
MUFFINS																						
Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	430	21	4	0	80	270 5	5 0	30		5	0	x	x >	x						SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, BLUEBERRIES WATER, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALLUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLAVOR, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, EKZYME.
Blueberry Muffin	4.2	120	440	25	5	0	85	530 4	8 1	27	23	5	0	x	x >	x x						Blueberry Muffin (Sugar, Bleached Enriched Flour (Wheat Flour, Miacin, Reduced Iron, Ascorbic Acid [Dough Conditioner], Thiamine, Mononitrate, Riboflavin, Folic Acid, Enzyme), Soybean Oil, Eggs, Blueberries, Cultured Nonfat Buttermilik (Nonfat Milik, Stabilizer (Modified Com 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.).
Blueberry (Main Street Gourmet)	5.0	142	490	28	5	0 :	130	230 5	4 3	31	30	8	0	x	x >	х						Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodium Propionate (Preservative), Xanthan Gum), Streusel Topping (Untreated Wheat Flour, Sugar, Zero Trans Fat Margarine (Soybean Oil, Palm Oil, Water, Salt, Mono And Digylcerides, Soybean Lottlin, Natural Flavor, Annatto Color, Vanilla, Salt),
OTHER SIDES Potato Chips*	VALUES I		ARE L	IMITED	TO IN	FORMA	TION F	PROVIDED	BY SUP	PLIER/	MANU	FACTU	O O	F PACK	AGED	OR DIS	PENSE	D PROD	UCTS	ş*.		See Label

BRUEGGER'S	SIZE (OZ)	SIZE (G)	RIES	AT (G)	D FAT (G)	AT (G)	ROL (MG)	I (MG)	RATES (G)	(a) (a) (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c	SUGARS (G)	IN (G)	CAFFEINE (mg)	92 3	٤,	. 5	E	£ £	_	HSH	¥	
BAGELS	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT	TRANS FAT (G)	CHOLESTEROL (M	SODIUM (MG)	CARBOHYDRATES (SUGARS (G)	ADDED SU	PROTEIN (G)	Og CAFFE	EGGS		WHEAT	FIN 330F	PEANUTS	ŦSE	SHELLFISH	SES/	Ingredient List
Twice Baked Hash Brown	3.0	85	170	11.0	6.0	0	35	260	11 :	1 1	0	7	0		x			l				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), Chied Cheese(Pasteurized Cheese(Nick, Cheese Culture, Salt, Enzymes, Powdered Cellulose)) Three Cheese Blend (Parmesan, Asiago and Romano Cheese(Pasteurized Chw's Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose), Chied Arthur Cheese(Pasteurized Milk, Salt, Culture, Enzymes and Annatto), Contains 2% or Less of: Black Pepper, Green Onion, White Onion).
Individual ingredients																						
CHEESE																						
American Cheese	0.5	14	50	4.5	2.5	0	15	250	1 (0 1	0	2	0		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	0	;	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 0.5						15		0						X							Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added).
Swiss Cheese CONDIMENTS	0.5	14	60	4.5	2.5	U	15	25	0	J 0	0	4	U				-	_	-	-	_	Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes).
Butter Blend	0.5	14	110	12.0	5.0	0	0	85	0	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,
Butter Biend		14				Н		-			Н		Н		^					Н		Vitamin A Palmitate Added, Beta Carotene (Color), Salt). Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose
Chipotle Mayo	0.5	14	90	10	1.5	0	5	115	1 (0 0	0	0	0	X								Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Beil Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor.
Mustard	0.5								0													Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric
Honey Jelly/Jam - Grape	1.0					0			23 18						-		-					Honey Spread, Concord Grape Jam (Concord Grapes, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid.)
Jelly/Jam - Strawberry	1.0						0		16													Strawberry Jam (Strawberries, Sugar, Fruit Pectin, Citric Acid)
Mayo	0.5						10	40		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 Sriracha Sauce	1.5 1.0							105 210	10	4 5						X		Х				Peanut Butter (Peanuts, Sugar, Palm Oil, Contains 2% or less of: Salt, Molasses). Chill, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as Preservative, Xanthan Gum
Sundried Tomato Spread	1.0			11			10	80		0 2				,	x		т					Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (Cream, Milk, Salt),
EGGS & EGG PATTIES													-			_	-	_	-	•	-	Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid,
1 Egg White	2.0	58	35	1	0	0	0	160	0	0 0	0	6	0	х :	х		Т	_	Т	г		Certified Cage Free Egg Whites Egg Whites, 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	70	2	0.5	0	0	330	1	0 1	0	12	0	x	x							Certified Cage Free Egg Whites Egg Whites Egh Whites Bland (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Juli), Skirm 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.
1 Whole Egg	1.6	46	80	6	2	0	185	140	1	0 0	0	6	0	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	0	x :	x	г		Г		г	Т	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	0.0																					
Peppered Bacon									2											-		Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Black Pepper. Brisket Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Sodium Phosphates, Flavorings, Sodium
Brisket Breakfast	2.0	-	110	-	3.5	-	30	430		0 0	-				-		+	-		-		Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice. Brisket Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium
Brisket Lunch	3.0	85	170	13	5	-	45	650		0 0	-	12	-									Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice. Ham, Water (Cured with Water, Dextrose, Garlic Oronstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Enthority Color, Spice.
Ham	1.5	43	45	1	0	0	15	480	2	0 2	0	6	0									Diacetate, Sodium Nitrite).
Pastrami	1.3		50		1.5		25	460		0 0	0	7	0									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	100	6	1	0	20	650	0	0 0	0	12	0						Х			Norwegian Smoked Salmon (Farm Raised Atlantic Salmon, Salt, Beechwood Smoke).
Pork Sausage	1.5	43	180	17	6	0	30	280	0	0 0	0	6	0									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	43	90	7	2	0	40	280	0	0 0	0	7	0									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	2.5	0	0	40	650	9	0 2	2	15	0									Turkey Breast, Turkey Broth, Less than 2% of Potassium Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Diacetate. Caramel Color Added.
NUTS/OTHER	0.0																					
Croutons	0.5	14	15	0	0	0	0	35	2	0 0	0	0	0	,	x	x		ı		ı		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 (Capers (Non-Pareil Capers, Water, Salt, and Vinegar).
Cucumbers Green Bell Peppers	1					0			1 0													Cucumber Green Beil Peppers
Lettuce	0.5					0			0													Lettuce, Whole Leaf
Pickle Spear	1		0			0				0 0		0										Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Spices, Garilic, Turmeric, Polysorbate 80).
Red Onions	0.3						0		1 (Onion, Red
Red Bell Peppers Tomatoes									2 2													Red Bell Peppers Tomato, Coarse Kosher Salt, Black Pepper
Last Update: 2.28.2024	1.0			Ū								-										