EST. 1983

BRUEGGER'S BAGELS

AUTHENTIC NEW YORK STYLE

BAGELS & BREADS

BAGELS — *VALUES LISTED ARE FOR FULL-SIZED BAGELS. SKINNY BAGELS ARE APPROX. 2/3 OF AMOUNT LISTED BELOW.*

	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)	CAFFEINE (mg)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredient List
Asiago Parmesan	4.3	122	320	3	1.5	0	5	720	59	2	4	2	14	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), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)).
Blueberry	4.1	115	310	1	0	0	0	520	65	2	11	9	10	0				X						Blueberry Bagel Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thimin Mononitrate, Riboflavin, Folic Acid), Water, Brown Sugar, Malt Extract, Infused Wild Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Salt, Yeast, Natural Flavor, Wheat Gluten, Blueberries, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid.
Bruegger Bites (3) (Select Markets)	2.0	58	170	2.5	0.5	0	0	240	32	1	3	2	6	0				X						Rosemary Olive Oil Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Olive Oiil, Malt Extract, Brown Sugar, Salt, Rosemary, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose).
Cheesy Hash Brown - Gourmet	4.5	127	390	11	4.5	0	10	650	59	3	5	4	13	0		X		X						Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Hash Browns (Potatoes, Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.
Chocolate Chip (Select Markets)	4.1	115	320	3.5	1.5	0	0	550	62	3	9	8	11	0			X	X						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	310	1	0	0	0	490	65	3	14	6	11	0				X						Cinnamon Raisin Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Raisins, Brown Sugar, Malt Extract, Yeast, Wheat Gluten, Salt, Cinnamon, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).
Cinnamon Sugar	4.9	140	380	1.5	0	0	0	610	83	3	27	24	11	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), Cinnamon Sugar Topping. BRU Sugar, Brown Sugar, Cinnamon.
Cranberry (Select Markets)	4.1	115	320	1	0	0	0	510	65	2	10	7	10	0				X						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	300	1.5	0.5	0	25	610	61	2	8	6	11	0	X			X						BRU Egg Bagel Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Brown Sugar, Salt, Dried Whole Eggs, Yeast, Wheat Gluten, Dough Conditioner Blend (Malted Barley Flour, Wheat Flour, Dextrose), Turmeric (For Color), Ascorbic Acid.
Everything	4.4	124	330	3.0	0	0	0	790	64	3	5	2	12	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), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt.
Everything Whole Wheat	4.4	124	330	3	0	0	0	800	64	6	10	7	13	0				X					X	Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt.
Five Cheese - Gourmet	4.4	126	360	10	4.5	0	20	660	51	2	5	4	16	0		X		X						Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)).
Garlic (Select Markets)	4.3	122	310	1	0	0	0	610	64	3	4	2	12	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), Minced Garlic, Minced Garlic.
Italian Asiago Parmesan (Select Markets)	4.3	122	320	3	1	0	5	710	60	2	4	2	13	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), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Italian Seasoning (Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil).
Jalapeno (select markets)	4.1	115	330	3	0	0	0	480	67	2	7	2	13	0				X						Jalapeno Bagel Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt, Salt, Malt, Bakers Yeast), Jalapeno Peppers (Jalapeno Pepper, Water, Vinegar, Salt, Sugar, Spices, And Calcium Chloride), Ascorbic Acid.
Jalapeno Cheddar (select markets)	4.9	138	350	6	2.5	0	15	790	60	2	4	2	14	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), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Sliced Jalapenos (Fresh Peppers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Natural Flavors, Sodium Metabisulfite (Preservative), Yellow 5).
Onion	4.2	120	310	1	0	0	0	610	63	2	6	2	11	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), Minced Onion, Minced Onion.
Plain	4.1	115	290	1	0	0	0	610	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).
Poppy Seed	4.3	122	330	4	0	0	0	610	61	3	4	2	12	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), Poppy Seeds Poppy Seed.
Pumpernickel	4.1	115	300	1	0	0	0	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	340	5	1	0	0	480	63	2	6	4	11	0				X						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	290	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	380	9	1	0	0	620	61	4	4	2	14	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), Sesame Seeds.

BRUEGGER'S BAGELS (EST. 1983 — 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)	CAFFEINE (mg)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredient List
Sesame Whole Wheat (select markets)	4.5	129	380	9.0	1.0	0	0	630	61	7	9	7	15	0				X					X	Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), 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	0	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	12.0	340	150	8	4.5	0	25	8	11	0	11	0	8	84		X								WHOLE MILK, COFFEE. CONTAINS 50-84 MG CAFFEINE PER 4 OZ SERVING OF COFFEE*
Café au Lait	16.0	452	200	10.6	6	0	33	11	15	0	15	0	11	112		X								CONTAINS 67-112 MG CAFFEINE PER 5.5 OZ SERVING* OF COFFEE
Café au Lait	20.0	567	249	13.3	7.5	0	42	14	18	0	18	0	13	140		X								CONTAINS 83-140 MG CAFFEINE PER 7 OZ SERVING* OF COFFEE
Café Latte	12.0	340	170	9	5	0	25	8	13	0	13	0	9	100		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	0	12	150		X								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	0	15	400		X								CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Café Mocha	12.0	340	210	9	5	0	25	8	23	0	21	5	9	150		X								WHOLE MILK, ESPRESSO, CHOCOLATE SAUCE (INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE [PRESERVATIVE]). CONTAINS 66-100 MG CAFFEINE PER 2 OZ OF ESPRESSO*
Café Mocha	16.0	453	279	12	6.7	0	33	11	31	0	28	7	12	400		X								CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO
Café Mocha	20.0	567	349	15	8.3	0	42	14	38	0	35	9	15	400		X								CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Cappuccino	12.0	340	130	7	4	0	20	8	11	0	11	0	7	100		X								WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING OF ESPRESSO**
Cappuccino	16.0	453	173	9.3	5.3	0	27	11	15	0	15	0	9	150		X								CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO
Cappuccino	20.0	567	216	11.7	6.7	0	33	14	18	0	18	0	12	400		X								CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
Espresso	2.0	60	5	0	0	0	0	10	1	0	1	0	0	100										CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING*
Espresso	3.0	90	8	0	0	0	0	15	2	0	2	0	0	150										CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING*
Espresso	4.0	120	10	0	0	0	0	20	2	0	2	0	0	400										CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING*
Flavored Coffee	12.0	340	4	0	0	0	0	8	0	0	0	5	0	143										CONTAINS ~143 MG CAFFEINE* PER 12 OZ SERVING
Flavored Coffee	16.0	453	5	0	0	0	0	11	0	0	0	7	0	190										CONTAINS ~190 MG CAFFEINE* PER 16 OZ SERVING
Flavored Coffee	20.0	567	6	0	0	0	0	14	0	0	0	9	0	238										CONTAINS ~238 MG CAFFEINE* PER 20 OZ SERVING
House Blend Coffee	12.0	356	4	0	0	0	0	8	0	0	0	0	0	143										CONTAINS ~143 MG CAFFEINE* PER 12 OZ SERVING
House Blend Coffee	16.0	453	5	0	0	0	0	11	0	0	0	0	0	190										CONTAINS ~190 MG CAFFEINE* PER 16 OZ SERVING
House Blend Coffee	20.0	567	6	0	0	0	0	14	0	0	0	0	0	238										CONTAINS ~238 MG CAFFEINE* PER 20 OZ SERVING
House Decaf Coffee	12.0	340	4	0	0	0	0	8	0	0	0	0	0	24										CONTAINS ~24 MG OF CAFFEINE PER 12 OZ SERVING*
House Decaf Coffee	16.0	453	5	0	0	0	0	11	0	0	0	0	0	32										CONTAINS ~32 MG OF CAFFEINE PER 16 OZ SERVING*
House Decaf Coffee	20.0	567	6	0	0	0	0	14	0	0	0	0	0	40										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	24.0	680	6	0	0	0	0	14	0	0	0	0	0	143										CONTAINS ~143 MG CAFFEINE* PER 20 OZ SERVING
Coffee Cooler	16.0	454	120	6	3.5	0	15	35	17	0	14	13	2	89										CONTAINS ~89 MG CAFFEINE * PER 16 OZ SERVING
Coffee Cooler	24.0	680	150	7	4.5	0	20	45	21	0	17	16	2	107										CONTAINS ~107 MG CAFFEINE * PER 24 OZ SERVING
OTHER BEVERAGES	*VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.*																							
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	See label													0										
Nantucket Nectars	See label													0										
Chai Tea, Bruegger's	12.0	340	240	5	5	0	0	85	45	0	39	35	2	50		X								SUGAR, NON DAIR CREAMER (CONTAINS PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP OILS, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, SUGAR, MONO- AND DIGLYCERIEDS, SODIUM SILICOALUMINATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, ARTIFICAL FLAVORS, AND ARTIFICAL COLOR [ANNATTO AND TUMERIC]), DAIRY PRODUCTS SOLIDS, NONFAT DRY MILK, MOLASSES [MOLASSES AND MALTODEXTRIN], BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATURAL AND ARTIFICAL FLAVOR, TRICALCIUM PHOSPHATE.
Chai Tea, Oregon	1.0	340	117	0	0	0	0	12	29	0	27	25	0	53		X								WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990). CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.
Hot Tea, Black	12.0	340	0	0	0	0	0	0	0	0	0	0	0	116										CONTAINS ~ 115.67 MG CAFFEINE PER 12 OZ SERVING **
Hot Tea, Black	20.0	567	0	0	0	0	0	0	0	0	0	0	0	193										CONTAINS ~ 192.78 MG CAFFEINE PER 20 OZ SERVING **
Hot Tea, Herbal Earl Grey	12.0	340	0	0	0	0	0	0	0	0	0	0	0	116										CONTAINS ~ 115.67 MG CAFFEINE PER 20 OZ SERVING **
Hot Tea, Herbal Earl Grey	20.0	567	0	0	0	0	0	0	0	0	0	0	0	193										CONTAINS ~ 192.78 MG CAFFEINE PER 20 OZ SERVING **
Iced Tea, Brewed	16.0	340	0	0	0	0	0	0	0	0	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	0	116										CONTAINS ~ 115.67 MG CAFFEINE PER 24 OZ SERVING**
Hot Chocolate	12.0	227	140	1.5	1.5	0	5	190	31	1	26	25	2	0		X								WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).
Poured Orange Juice	16.0	454	220	0	0	0	0	0	52	0	44	44	4	0										PASTEURIZED ORANGE JUICE.
Soft Drinks - Coke	16.0	454	140	0	0	0	0	45	39		39	39	0	50										CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Coke	20.0	567	240	0	0	0	0	75	65		65	65	0	63										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	100										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	62										CONTAINS 62 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Diet Coke	20.0	567	0	0	0	0	0	70	0		0	0	0	78										CONTAINS 77.5 MG CAFFEINE PER 20 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Diet Coke	32.0	907	0	0	0	0	0	120	0		0	0	0	124										CONTAINS 124 MG CAFFEINE PER 32 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN
Soft Drinks - Sprite	16.0	454	200	0	0	0	0	90	32		0	0	0	0										CONTAINS 0 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Sprite	20.0	567	250	0	0	0	0	113	65		65	65	0	0										CONTAINS 0 MG CAFFEINE PER 20 OZ SERVING
Soft Drinks - Sprite	32.0	907	400	0	0	0	0	180	64		52	52	0	0										CONTAINS 0 MG CAFFEINE PER 32 OZ SERVING
SYRUP FLAVORS	*VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.*																							

EST. 1983 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)	CAFFEINE (mg)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredient List
Almond Flavored Syrup	1.0	28	90	0	0	0	0	0	23	0	23	23	0	0					X					PURE CANE SUGAR, WATER, NATURAL ALMOND FLAVOR.
Caramel Flavored Syrup	1.0	28	100	0	0	0	0	0	24	0	24	24	0	0										PURE CANE SUGAR, WATER, NATURAL CARAMEL FLAVOR.
Chocolate Syrup	1.0	28	70	0	0	0	0	60	17	1	14	14	0	0										INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE (PRESERVATIVE).
Hazelnut Flavored Syrup	1.0	28	90	0	0	0	0	7	22	0	21	21	0	0					X					PURE CANE SUGAR, WATER, HAZELNUT FLAVOR, CONCENTRATED LEMON JUICE, SALT, CARAMEL (COLOR).
Vanilla Flavored Syrup	1.0	28	100	0	0	0	0	0	25	0	25	25	0	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		X								Pasteurized Cream, Non Fat Dry Milk, Carrots, Scallions, Natural Acids, Red Peppers, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).
Honey Walnut	1.5	43	160	13	9	0	35	150	6	0	3	0	4	0		X			X					Pasteurized Cream, Non Fat Dry Milk, Honey, Walnuts, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness)
Jalapeno	1.5	43	140	13	7	0	45	140	4	0	3	0	3	0		X								Pasteurized Cream, Non Fat Dry Milk, Jalapeno Peppers, Green Peppers, Natural Acids, Crushed Red Peppers, Salt, Stabilizer (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).
Light Garden Veggie	1.5	43	90	6	3.5	0	20	105	3	0	1	0	6	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		X								Pasteurized Cream, Milk and Skim Milk,Whey Protein Concentrate, Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness).
Light Plain	1.5	43	100	6	4.5	0	20	135	7	0	6	0	4	0		X								Pasteurized Milk, Pasteurized Cream, Water, Non Fat Dry Milk, Salt, Whey Protein Concentrate, Stabilizers (Guar, Locust Bean, and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness).
Onion and Chive	1.5	43	140	13	9	0	35	105	3	0	1	0	3	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		X								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 (Maintains Freshness).

BRUEGGER'S BAGELS (EST. 1983 – 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)	CAFFEINE (mg)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredient List
Whipped Plain (California Only)	1.5	43	120	10	7	0	30	90	3	0	1	0	3	0		X								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	20		23	0		X	X	X						ROMAINE, DICED CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), APPLE, BLUE CHEESE CRUMBLES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING), SALT.
Chicken Caesar	7.7	220	200	8	3	0	40	630	14	3	2		17	0	X	X	X	X			X			ROMAINE, CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), ASIAGO-PARMESAN BLEND (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), CROUTONS (ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]), LEMON.
SALAD DRESSINGS	0.0																							
Balsamic Vinaigrette	1.0	28	60	6	1	0	0	230	3	0	2	0	0	0			X							WATER, RED WINE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.
Caesar	1.0	28	80	7	1.5	0	10	310	2	0	1	0	1	0	X	X	X				X			WATER, VINEGAR, SOYBEAN OIL, ROMANO CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD STARCH-MODIFIED, SALT, ANCHOVY PASTE, GARLIC, SPICES, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE 60, XANTHAN GUM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIC ACID, CARAMEL, NATURAL FLAVOR, ONION.
Champagne Vinaigrette	1.0	28	130	14	2	0	0	410	1	0	1	0	0	0			X							CHAMPAGNE VINAIGRETTE VEGETABLE OIL (SOYBEAN OIL AND/OR CANOLA OIL), WHITE WINE, WHITE WINE VINEGAR, WATER, SALT, SUGAR, SPICES, MONOSODIUM GLUTAMATE, DEHYDRATED GARLIC, DEHYDRATED ONION, NATURAL FLAVORS (SOY), XANTHAM GUM, DEHYDRATED CHIVE, CALCIUM DISODIUM.
Feta Olive Oil	1.0	28	160	18	2.5	0	0	220	1	0	1	0	0	0		X	X							SOYBEAN OIL, VINEGAR, WATER, EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF: SPICES, CLUCOND DELTA LACTONE, XANTHAN GUM, GREEN TEA EXTRACT, BETA CAROTENE.
Ranch	1.0	28	90	10	1.5	0	10	250	1	0	1	0	0	0	X	X	X							SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK SOLIDS, EGG YOLK, SALT, GARLIC, SUGAR, ONION, SPICES, NATURAL FLAVOR, XANTHAN GUM, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.
SANDWICHES																								
BREAKFAST SANDWICHES																								
Egg Sandwich, Cheese	6.2	175	430	11	4.5	0	200	840	60	2	4	2	21	0	X	X		X						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Bacon and Cheese	6.9	197	530	19	8	0	225	1200	62	2	6	2	28	0	X	X		X						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.
Egg Sandwich, Ham and Cheese	7.7	218	470	13	5	0	215	1330	62	2	6	2	26	0	X	X		X						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Pork Sausage and Cheese	7.7	218	610	28	11	0	230	1120	60	2	4	2	27	0	X	X		X						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Turkey Sausage and Cheese	7.7	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, 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, Turkey Sausage "Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protect Flavor Ingredients:TBHQ, BHT, Citric Acid, lactic Acid", Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg White Sandwich, Cheese	6.6	187	380	7	3	0	15	870	60	2	4	2	20	0	X	X		X						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), 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 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		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), 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, 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.

EST. 1983 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)	CAFFEINE (mg)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredient List
Egg White Sandwich, Ham and Cheese	8.1	230	430	8	3.5	0	30	1350	62	2	6	2	26	0	X	X		X						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), 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 Kosher Salt Kosher Salt, Black Pepper.
Egg White Sandwich, Pork Sausage and Cheese	8.1	230	560	24	9	0	45	1150	60	2	4	2	26	0	X	X		X						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), 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, TBHQ, BHT, Citric Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg White Sandwich, Turkey Sausage and Cheese	8.1	230	470	14	5	0	55	1150	60	2	4	2	27	0	X	X		X						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Turkey Sausage "Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protect Flavor Ingredients:TBHQ, BHT, Citric Acid, lactic Acid", Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg White Sandwich, Zesty on Thin Plain	9.1	258	610	24	9	0	65	1160	68	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 Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Turkey Sausage "Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protect Flavor Ingredients: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), 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.
Smoked Salmon on Plain	6.5	183	330	19	10	0	70	1030	23	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 Milk, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness), Tomato, Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Red Onion (Red Onion), Capers (Non-Pareil Capers, Water, Salt, and Vinegar), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Sriracha Honey Sunrise	8.1	231	660	28	12	0	245	1480	70	3	9	3	30	0	X	X		X					X	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, BRU Honey Sriracha Cream Cheese Pasteurized Cream and Skim Milk, Honey, Sriracha Seasoning (Sugar, Maltodextrin, Dehydrated Garlic, Vinegar Powder, Salt, Spices, Red Bell Pepper, Yeast Extract, Oleoresin Paprika, Natural Flavors, 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, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.
Egg Sandwich, Western	10.5	297	770	41	11	0	235	1620	72	4	9	2	30	0	X	X		X					X	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Red Bell Pepper Red Bell Pepper, Green bell peppers, Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Red Onion (Red Onion), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.
Egg Sandwich, Pastrami and Swiss	7.9	225	500	15	6	0	225	1280	63	3	7	5	29	0	X	X		X						Pumpernickel Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Brown Sugar, CaramelColor, Salt, Wheat Bran, Caraway Seeds, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Farmhouse	9.5	270	730	35	16	0	265	1770	66	3	9	4	37	0	X	X		X						Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Shell Egg, Grade A, Large Cage Free Grade A Eggs, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Hash Browns (Potatoes, Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Onion and Chive cream cheese Pasteurized Cream, Non Fat Dry Milk, Onions, Chives, Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Zanthan Gums), Potassium Sorbate (Maintains Freshness), Plain Cream Cheese (Pasteurized Cream, Non Fat Milk, Milk Proteins, Less Than 2% Of Salt, Natural Acids, Xanthan, Locust Bean And Guar Gums; Potassium Sorbate (Maintains Freshness)., Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.
Egg White Sandwich Thin, Bacon Avocado Tomato	8.9	253	540	25	8	0	35	1080	54	4	8	1	24	0	X	X		X					X	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Certified Cage Free Egg Whites Egg Whites, Tomato, Wholly Avocado Slices and Pieces Hass Avocado, Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid, Pectin), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.

EST. 1983 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)	CAFFEINE (mg)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	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 Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn 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 Peppers, Green Peppers, Natural Acids, Crushed Red Peppers, Salt, Stabilizer (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness), 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.
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 Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Lettuce, Mayo Soybean Oil, Egg Yolk, Distilled Vinegar, High Fructose Corn Syrup, Contains Less Than 2% of Water, Salt, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor), Oleoresin Paprika (Color), Black Pepper, Coarse Kosher Salt Kosher Salt.
Deli Sandwich, Brisket	10.9	309	490	14	5	0	45	1410	65	3	6	2	24	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), Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic 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, Black Pepper.
Deli Sandwich, Garden Veggie	12.3	349	360	2	0	0	0	550	72	5	13		12	0		X		X						PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST) , RED ONIONS, TOMATOES, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.
Deli Sandwich, Ham	9.1	257	400	7	3	0	30	1200	65	3	8	2	21	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), Tomato, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Cucumber, Lettuce, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coarse Kosher Salt Kosher Salt, Black Pepper.

EST. 1983 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)	CAFFEINE (mg)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredient List
Deli Sandwich, Turkey	10.1	285	450	8	2.5	0	50	1360	71	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.", Tomato, Cucumber, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coarse Kosher Salt Kosher Salt, Black Pepper.
Deli Sandwich, Pastrami	8.0	266	380	4	2	0	25	1220	63	3	6	2	19	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	82	4	10	4	35	0		X		X					X	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), 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.", 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), BRU Light Herb Garlic Cream Cheese Pasteurized Cream, Milk and Skim Milk,Whey Protein Concentrate, Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness), Lettuce, Sesame Seeds, Red Onion (Red Onion).
Lunch Sandwich, Leonardo da Veggie on Asiago Parmesan	9.6	273	520	16	9	0	45	870	67	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 Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Tomato, BRU Light Herb Garlic Cream Cheese Pasteurized Cream, Milk and Skim Milk,Whey Protein Concentrate, Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness), Red Bell Pepper Red Bell Pepper, Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Lettuce, Red Onion (Red Onion), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Coarse Kosher Salt Kosher Salt, Black Pepper.
lunch Sandwich, Western Brisket, on 5 Cheese	11.1	316	790	48	15	0	90	1650	59	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 Oil, Contains 2% or Less of Each of the Following: Cornmeal, Yeast, Wheat Gluten, Salt, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid., Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice.", Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Red Bell Pepper Red Bell Pepper, Green bell peppers, Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Red Onion (Red Onion).
Lunch Sandwich, Hot Pastrami on Everything	10.4	296	580	18	8	0	70	2230	65	3	5	2	34	0		X		X					X	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), SodiumErythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric), Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Spices, Garlic, Turmeric, Polysorbate 80), Red Onion (Red Onion), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt.
Lunch Sandwich, Turkey Chipotle Club on Everything	11.1	316	720	33	6	0	70	2050	78	4	9	4	36	0	X			X					X	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), 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.", Tomato, Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Lettuce, Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Black Pepper, Coarse Kosher Salt Kosher Salt.
SIDES & DESSERTS																								
COOKIES																								
Heavenly Chocolate Chip	3.5	99	470	23	14	0.5	45	230	62	2	38	37	5	0	X	X	X	X						Chocolate Chip Cookie (Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Anhydrous Dextrose, Cocoa Butter, Soy Lecithin [Emulsifier], Vanilla Extract), Butter, Sugar, Brown Sugar, Whole Eggs, Soybean Oil, Fructose, Dextrose, Nonfat Dry Milk, Natural Vanilla Flavor, Salt, Baking Soda, Soy Lecithin (Emulsifier)).
MUFFINS																								
Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	430	21	4	0	80	270	55	0	30		5	0	X	X	X	X						SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, BLUEBERRIES WATER, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLAVOR, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.
Blueberry Muffin	4.2	120	440	25	5	0	85	530	48	1	27	23	5	0	X	X	X	X						Blueberry Muffin (Sugar, Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Ascorbic Acid [Dough Conditioner], Thiamine, Mononitrate, Riboflavin, Folic Acid, Enzyme), Soybean Oil, Eggs, Blueberries, Cultured Nonfat Buttermilk (Nonfat Milk, Stabilizer [Modified Corn and Tapioca Starch, Sodium Phosphate, Guar Gum, Carrageenan, Carob Bean Gum, Mono and Diglycerides], Salt, Vitamin A Palmitate, Vitamin D3), Food Starch-Modified, Whey, Emulsifier Blend (Propylene Glycol Mono and Diesters of Fats and Fatty Acids, Mono- and Diglycerides, Soy Lecithin), Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodium Propionate (Preservative), Xanthan Gum.).
Blueberry (Main Street Gourmet)	5.0	142	490	28	5	0	130	230	54	3	31	30	8	0	X	X	X	X						Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodium Propionate (Preservative), Xanthan Gum), Streusel Topping (Untreated Wheat Flour, Sugar, Zero Trans Fat Vegetable Shortening (Palm Oil, Soybean Oil), Zero Trans Fat Margarine (Soybean Oil, Palm Oil, Water, Salt, Mono And Digylcerides, Soybean Lecithin, Natural Flavor, Annatto Color), Vanilla, Salt).
OTHER SIDES	***VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS*.**																							
Potato Chips*	See label													0										See Label

EST. 1983 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)	CAFFEINE (mg)	EGGS	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredient List
Twice Baked Hash Brown	3.0	85	170	11.0	6.0	0	35	260	11	1	1	0	7	0		X								Twice Baked Hash Brown (Potatoes (Potatoes, Dextrose, Disodium Pyrophosphate [Added to Maintain Color], Potassium Sorbate[Added to Maintain Freshness]), Cream Cheese(Pasteurized Milk and Cream, Salt, Cheese Cultures, Carob Bean Gum[Stabilizer]), Pizza Blend Cheese(Low Moisture Part-Skim Mozzarella Cheese[Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes]), Provolone Cheese(Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese(Cultured Pasteurized Milk, Salt, Enzymes, [Color Added], Anti Cake[Powedered Cellulose]) Three Cheese Blend (Parmesan, Asiago and Romano Cheese(Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes, Powedered Cellulose[Anti-Caking Agent] and Calcuim Propionate[Preservative]) Cheddar Cheese(Pasteurized Milk, Salt, Culture, Enzymes and Annatto), Contains 2% or Less of: Black Pepper, Green Onion, White Onion).
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	14	60	5	2.5	0	15	95	0	0	0	0	3	0		X								Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added).
Swiss Cheese	0.5	14	60	4.5	2.5	0	15	25	0	0	0	0	4	0		X								Swiss Cheese (Cultured Pasteurized Milk, Salt, Enzymes).
CONDIMENTS																								
Butter Blend	0.5	14	110	12.0	5.0	0	0	85	0	0	0	0	0	0		X								Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt).
Chipotle Mayo	0.5	14	90	10	1.5	0	5	115	1	0	0	0	0	0	X									Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to protect flavor.
Mustard	0.5	14	15	0	0	0	0	140	0	0	0	0	0	0										Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric
Honey	1.0	28	90	0	0	0	0	0	23	0	22	22	0	0										Honey
Jelly/Jam - Grape	1.0	28	70	0	0	0	0	0	18	0	13	13	0	0										Spread, Concord Grape Jam (Concord Grapes, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid.)
Jelly/Jam - Strawberry	1.0	28	60	0	0	0	0	0	16	0	14	14	0	0										Strawberry Jam (Strawberries, Sugar, Fruit Pectin, Citric Acid)
Mayo	0.5	14	100	12	2	0	10	40	0	0	0	0	0	0	X									Soybean Oil, Egg Yolk, Distilled Vinegar, High Fructose Corn Syrup, Contains Less Than 2% of Water, Salt, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor), Oleoresin Paprika (Color).
Peanut Butter	1.5	43	240	21	4.5	0	0	105	10	4	5	3	9	0			X			X				Peanut Butter (Peanuts, Sugar, Palm Oil, Contains 2% or less of: Salt, Molasses).
Sriracha Sauce	1.0	14	5	0	0	0	0	210	3	0	0	0	0	0										Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as Preservative, Xanthan Gum..
Sundried Tomato Spread	1.0	28	140	11	3.5	0	10	80	9	0	2	0	2	0		X								Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid,
EGGS & EGG PATTIES																								
1 Egg White	2.0	58	35	1	0	0	0	160	0	0	0	0	6	0	X	X								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, 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.
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								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	0.8	22	110	8	3	0	25	360	2	0	2	0	8	0										Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Black Pepper.
Brisket Breakfast	2.0	57	110	9	3.5	0	30	430	1	0	0	0	8	0										Brisket Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice.
Brisket Lunch	3.0	85	170	13	5	0	45	650	2	0	0	0	12	0										Brisket Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caramel Color, Spice.
Ham	1.5	43	45	1	0	0	15	480	2	0	2	0	6	0										Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite).
Pastrami	1.3	43	50	3	1.5	0	25	460	0	0	0	0	7	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							X			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						Whole Grain Cheese Garlic Croutons, BRU White Whole Wheat Flour, Canola and /or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, Quinoa Flour, Salt, 2% or Less of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsley, Garlic Powder, Vinegar, Natural and Artificial Flavor, Parmesan Cheese and Enzyme Modified Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Cultured Nonfat Milk, Annatto (Color), Extractives of Turmeric and Paprika (Color) TBHQ (To Preserve Freshness).
VEGETABLES & FRUIT																								
Capers	0.1	3	0	0	0	0	0	60	0	0	0	0	0	0										Capers (Non-Pareil Capers, Water, Salt, and Vinegar).
Cucumbers	1	28	5	0	0	0	0	0	1	0	0	0	0	0										Cucumber
Green Bell Peppers	1	28	5	0	0	0	0	0	1	0	1	0	0	0										Green Bell Peppers
Lettuce	0.5	14	0	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	0										Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Spices, Garlic, Turmeric, Polysorbate 80).
Red Onions	0.3	9	5	0	0	0	0	0	1	0	0	0	0	0										Onion, Red
Red Bell Peppers	1	28	10	0	0	0	0	0	2	1	1	0	0	0										Red Bell Peppers
Tomatoes	1.5	43	10	0	0	0	0	10	2	0	1	0	0	0										Tomato, Coarse Kosher Salt, Black Pepper

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