BRUEGGER'S BAGELS	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)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredien
AUTHENTIC NEW YORK STYLE					SAT	F	망	•,	CAR	DIE		ADD		8										
Limited Time Offerings Startin	igs 4.1	.7.2	4																					
Vermonter Vermonter Egg Sandwich 1 Egg	9.1	259	830	41	17	0	255	1210	86	4	28	24	30	0	x	x	x	x	x					French Toast Dough Ball "Enriched Unbleached Wheat Flour (Wheat Flour, Malte Folic Acid), Water, Cinnamon Bits (Sugar, Palm Oll, Corn Flour, Cinnamon, Dextr Natural Flavor, Malt Powder (Malted Barley Flour, Wheat Flour Dextrose), Turme Grade A Eggs, Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Ye Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid, BRU Honey Walnut Pasteu Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintai Salt, Natural Flavor, Sodium Hexametaphosphate, Sodium Benzoate and Sorbic Diglycerides.), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzyme Cinnamon, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium E Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Th (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.
Vermonter Egg Sandwich 2 Eggs	11.1	316	910	46	19	0.5	440	1360	87	4	29	24	37	0	x	x	x	x	x					French Toast Dough Ball "Enriched Unbleached Wheat Flour (Wheat Flour, Malte Folic Acid), Water, Cinnamon Bits (Sugar, Palm Oil, Corn Flour, Cinnamon, Dextr Natural Flavor, Malt Powder (Malted Barley Flour, Wheat Flour Dextrose), Turme Grade A Eggs, Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Ye Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid, BRU Honey Walnut Pasteu Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintai Salt, Natural Flavor, Sodium Hexametaphosphate, Sodium Benzoate and Sorbic Diglycerides.), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzym Cinnamon, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium E Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Th (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.
Maple French Toast Gourmet Bagel	4.0	113	350	4.5	1	0	0	480	68	4	20	18	10	0			x	x						French Toast Dough Ball "Enriched Unbleached Wheat Flour (Wheat Flour, Malte Folic Acid), Water, Cinnamon Bits (Sugar, Palm Oil, Corn Flour, Cinnamon, Dextr Natural Flavor, Malt Powder (Malted Barley Flour, Wheat Flour Dextrose), Turme Sugar, Brown Sugar, Cinnamon.
Add Syrup	0.5	14	50	0	0	0	0	25	13	0	6	6	0	0										Syrup (Corn Syrup, Water, Sugar, Contains 2% or Less of: Salt, Natural Flavor, So (Preservatives), Caramel Color, Phosphoric Acid, Mono and Diglycerides.).
BAGELS & BREADS																								
BAGELS	VALUES L	ISTED .	ARE F	OR FUI	L-SIZE	D BAC	Gels. S	SKINNY	BAGEL	S ARE	APPR	10X. 2	/3 OF	AMO	UNT LI	STED	BELOV	N.						
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 In Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt
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 Mono Wild Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Salt, Yeast, Natural Fl 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, Niac Olive Oill, Malt Extract, Brown Sugar, Salt, Rosemary, Yeast, Wheat Gluten, Malte
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, Niac Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malted Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), T
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 B Acid), Water, Semi-Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butte Yeast, Cocoa Powder Processed With Alkali, Wheat Gluten, Malt Powder (Malted
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 Raisins, Brown Sugar, Malt Extract, Yeast, Wheat Gluten, Salt, Cinnamon, Malted
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 In Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid),
Cranberry (Select Markets)	4.1	115	320	1	0	0	0	510	65	2	10	7	10	0				x						Cranberry Bagel "Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Acid), Water, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), B Powder (Malted Barley Flour, Wheat Flour, Dextrose).".
Egg (select markets)	4.1	115	300	1.5	0.5	0	25	610	61	2	8	6	11	0	x			x						BRU Egg Bagel Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Sugar, Salt, Dried Whole Eggs, Yeast, Wheat Gluten, Dough Conditioner Blend (M Acid.

ent List

alted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, extrose, Corn Starch), Brown Sugar, Soybean Oil, Yeast, Wheat Gluten, Salt, meric (Color), Ascorbic Acid, Enzymes.", Shell Egg, Grade A, Large Cage Free , Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural steurized Cream, Non Fat Dry Milk, Honey, Walnuts, Natural Acids, Salt, ntains Freshness), Syrup (Corn Syrup, Water, Sugar, Contains 2% or Less of: rbic Acid (Preservatives), Caramel Color, Phosphoric Acid, Mono and ymes, Color Added), Cinnamon Sugar Topping, BRU Sugar, Brown Sugar, m Erythorbate, Sodium Nitrite), Butter Blend (Vegetable Oil Blend (Palm And 5 Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene

alted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, extrose, Corn Starch), Brown Sugar, Soybean Oil, Yeast, Wheat Gluten, Salt, meric (Color), Ascorbic Acid, Enzymes.", Shell Egg, Grade A, Large Cage Free , Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural steurized Cream, Non Fat Dry Milk, Honey, Walnuts, Natural Acids, Salt, ntains Freshness), Syrup (Corn Syrup, Water, Sugar, Contains 2% or Less of: rbic Acid (Preservatives), Caramel Color, Phosphoric Acid, Mono and ymes, Color Added), Cinnamon Sugar Topping, BRU Sugar, Brown Sugar, m Erythorbate, Sodium Nitrite), Butter Blend (Vegetable Oil Blend (Palm And s Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene

alted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, extrose, Corn Starch), Brown Sugar, Soybean Oil, Yeast, Wheat Gluten, Salt, meric (Color), Ascorbic Acid, Enzymes.", Cinnamon Sugar Topping, BRU

r, Sodium Hexametaphosphate, Sodium Benzoate and Sorbic Acid

ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, cid), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin Iononitrate, Riboflavin, Folic Acid), Water, Brown Sugar, Malt Extract, Infused al Flavor, Wheat Gluten, Blueberries, Malted Barley Flour, Wheat Flour,

Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Ialted Barley Flour, Wheat Flour, Dextrose).

Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, alted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Hash Browns (Potatoes, e), Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured ed Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Butter, Soy Lecithin, Vanilla Extract), Malted Barley Extract, Brown Sugar, Salt, lited Barley Flour, Wheat Flour, Dextrose), Ascorbic Acid."

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

ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, cid), Cinnamon Sugar Topping, BRU Sugar, Brown Sugar, Cinnamon. rley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic il), Brown Sugar, Malted Barley Extract, Salt, Yeast, Wheat Gluten, Malt

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

EST. 1983	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)	🚺 GAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
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, Reduce Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorb 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 Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Fl
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, N Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Mal
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, Reducer Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
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, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, S
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, Malt, Salt, Malt, Bakers Yeast), Jalapeno Peppers (Jalapeno Pepper, Water, Vi
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, Reducer Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Color Added), Sliced Jalapenos (Fresh Peppers, Water, Vinegar, Salt, Calcium 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, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
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, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
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, Reducer Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
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 Extract, Brown Sugar, Caramel Color, Salt, Wheat Bran, Caraway Seeds, Yeast
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, Red Brown Sugar, Malted Barley Extract, Wheat Gluten, Yeast, Salt, Cinnamon, Gir
Salt (select markets)	4.2	120	290	1	0	0	0	20020	59	2	4	2	11	0				x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reducer Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
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 Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Fl
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 Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley Fl
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, Nia Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barley
BEVERAGES																								
COFFEE & BLENDED	12.0	240	150	8	4.5	0	25	0	4.4	0	44	0	0	84		v								
Café au Lait Café au Lait	12.0 16.0		_	8 10.6		0		8 11	11 15	0	11 15			84 112		X X		-		-				WHOLE MILK, COFFEE. CONTAINS 50-84 MG CAFFEINE PER 4 OZ SERVING OI CONTAINS 67-112 MG CAFFEINE PER 5.5 OZ SERVING* OF COFFEE
Café au Lait	20.0		_	13.3		_		14	18	0		0				x		_		-				CONTAINS 83-140 MG CAFFEINE PER 7 OZ SERVING* OF COFFEE
Café Latte	12.0		170		5		25	8	13		13			100		X		_		_				WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVIN
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, SUGA CITRIC ACID, POTASSIUM SORBATE [PRESERVATIVE]). CONTAINS 66-100 MG
Café Mocha	16.0		_		6.7		33	_	31	_	28		12			Х		_						CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO
Café Mocha	20.0			15				14	38	0		9		_		X	_	_		_				CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* OF ESPRESSO
Cappuccino	12.0		130		4	0		8	11		11			100		X		-		_				WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVIN
Cappuccino	16.0			9.3				11	15	0	15	0		150 400		X		-						CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO
Cappuccino Espresso	20.0 2.0	60	_	<u>11.7</u> 0	6. <i>1</i> 0	0	33 0	14 10	18 1	0	18			100		X								CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING*
Espresso	3.0	90	_	_	0	0	0	10	2	0	2			100										CONTAINS 66-100 MG CAFFEINE PER 2 02 SERVING* CONTAINS 99-150 MG CAFFEINE PER 3 0Z SERVING*
Espresso	4.0	120			0	0	0	20	2	0	2			400										CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING*
Flavored Coffee	12.0	340	_		0	0	0	8	0	0	0	_		143										CONTAINS ~143 MG CAFFEINE* PER 12 OZ SERVING
Flavored Coffee	16.0	453			0	0	0	11	0	0	0	_		190										CONTAINS ~190 MG CAFFEINE* PER 16 OZ SERVING
Flavored Coffee	20.0	567		0	0	0	0	14	0	0	0	_		238										CONTAINS ~238 MG CAFFEINE* PER 20 OZ SERVING
House Blend Coffee	12.0	356	_		0	0	0	8	0	0	0	_		143										CONTAINS ~143 MG CAFFEINE* PER 12 OZ SERVING
House Blend Coffee	16.0	453	5	_	0	0	0	11	0	0	0			190										CONTAINS ~190 MG CAFFEINE* PER 16 OZ SERVING
House Blend Coffee	20.0	567	_	0	0	0	0	14	0	0	0	_		238										CONTAINS ~238 MG CAFFEINE* PER 20 OZ SERVING
House Decaf Coffee	12.0	340		0	0	0	0	8	0	0	0	_	0	_										CONTAINS ~24 MG OF CAFFEINE PER 12 OZ SERVING*
House Decaf Coffee	16.0		5	0	0	0	0	11	0	0	0		0											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*

lient List

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

ed Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic (Flour, Wheat Flour, Dextrose, Ascorbic Acid), Everything Topping Natural (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Three Cheese Blend Lowced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Minced Garlic, Minced Garlic.

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured s, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin ur, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water,

Vinegar, Salt, Sugar, Spices, And Calcium Chloride), Ascorbic Acid.

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

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

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

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

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

teduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pumpkin, Ginger, Cloves, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).

iced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Salt Salt

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

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

Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), rley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes

OF COFFEE*

VING OF ESPRESSO**

JGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, MG CAFFEINE PER 2 OZ OF ESPRESSO*

VING OF ESPRESSO**

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)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
Iced Coffee	16.0	453		0	0	0	0	11	0	0	0	0	0	95										CONTAINS ~95 MG CAFFEINE* PER 16 OZ SERVING
Iced Coffee	24.0 16.0	680	6 120		0 3.5	0	0 15	14 35	0 17	0	0	0 13	0									-	-	CONTAINS ~143 MG CAFFEINE * PER 20 OZ SERVING CONTAINS ~89 MG CAFFEINE * PER 16 OZ SERVING
Coffee Cooler Coffee Cooler	24.0		120		3.5 4.5	_	20	45	21		17		2	107					_			-	-	CONTAINS ~89 MG CAFFEINE * PER 16 02 SERVING CONTAINS ~107 MG CAFFEINE * PER 24 0Z SERVING
Cold Brew										-														
Cold Brew	16.0	454	10	0	0	0	0	20	2	0	0	0	1	139										Ice, Cold Brew Concentrate Water, Coffee.
Cold Brew	24.0	680	20	0	0	0	0	30	3	0	0	0	1	209										Ice, Cold Brew Concentrate Water, Coffee.
vanilla Cream Cold Brew	16.0	428	200	7	4	0	20	40	31	0	25	25	2	139		х								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiur Water, Natural Vanilla Flavors, Natural Vanilla Extract.
vanilla Cream Cold Brew	24.0	661	330	11	7	0	35	65	51	0	42	41	4	209		х								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiur Water, Natural Vanilla Flavors, Natural Vanilla Extract.
Caramel Cream Cold Brew	16.0	448	220	7	4	0	20	85	38	0	33	33	4	139		x								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiur Sugar, Condensed Skim Milk, Brown Sugar, Water, Contains 2% Or Less Of Na Milk).
Caramel Cream Cold Brew	24.0	695	380	12	7	0	35	140	63	0	55	55	7	209	,	x								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiur Sugar, Condensed Skim Milk, Brown Sugar, Water, Contains 2% Or Less Of Na Milk).
Chocolate Cream Cold Brew	16.0	448	210	7	4.5	0	20	65	36	2	28	28	4	139		x								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiur Water, Cocca Processed With Alkali, Contains 2% Or Less Of Chocolate Liquo
Chocolate Cream Cold Brew	24.0	695	350	13	8	0	35	110	59	3	47	47	6	209		x								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiur Water, Cocoa Processed With Alkali, Contains 2% Or Less Of Chocolate Liquo
OTHER BEVERAGES	VALUES L	ISTED .	ARE L	IMITED	TO IN	FORM,	ATION	PROVID	ED BY	SUPPL	IER/N	IANUI	FACTU	RER	OF PAC	KAGE	D OR I	DISPE	NSED	PROD	UCTS.	-		
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	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 COCON DIPOTASSIUM PHOSPHATE, SUGAR, MONO- AND DIGLYCERIEDS, SODIUM SIL FLAVORS, AND ARTIFICAL COLOR (ANNATTO AND TUMERIC]), DAIRY PRODUC MALTODEXTRIN], BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATUR
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, OF FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN AC CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION
Hot Tea, Black	12.0	340	0	0	0	0	0	0	0	0	0	0	0	116	i									CONTAINS ~ 115.67 MG CAFFEINE PER 12 OZ SERVING **
Hot Tea, Black	20.0	567			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 20.0	340			0	0	0	0	0	0	0		0	116								-	_	CONTAINS ~ 115.67 MG CAFFEINE PER 20 OZ SERVING **
Hot Tea, Herbal Earl Grey Iced Tea, Brewed	20.0		0			_	0	0	0	0	0			193					_			-		CONTAINS ~ 192.78 MG CAFFEINE PER 20 OZ SERVING ** CONTAINS ~ 77 MG CAFFEINE PER 16 OZ SERVING **
Iced Tea, Brewed	24.0		0		0			0	0		0			116								-		CONTAINS ~ 115.67 MG CAFFEINE PER 24 OZ SERVING**
Hot Chocolate	12.0			1.5			5	190			26		2	0		x								WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIA CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKA DIOXIDE (AN ANTICAKING AGENT).
Poured Orange Juice	16.0		220		0	_	0		52	0	44			_								_		PASTEURIZED ORANGE JUICE.
Soft Drinks - Coke Soft Drinks - Coke	16.0 20.0		140 240		0	0		45 75	39 65			39 65		50 63								-		CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING CONTAINS 62.5 MG CAFFEINE PER 20 OZ SERVING
Soft Drinks - Coke	32.0		240		0	0	0	90	78			78		100										CONTAINS 62.5 MG CAFFEINE PER 20 02 SERVING CONTAINS 100 MG CAFFEINE PER 32 02 SERVING
Soft Drinks - Diet Coke	16.0	454		0	0	0	0	60	0		0	0	0	62										CONTAINS 62 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AN
Soft Drinks - Diet Coke	20.0		0	0	0			70	0		0			78								-		CONTAINS 77.5 MG CAFFEINE PER 20 OZ SERVING; CONTAINS ASPARTAME A
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 A
Soft Drinks - Sprite	16.0		200		0	0	0	90	32		0		0	_										CONTAINS 0 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Sprite	20.0		250		0	0	0	113				65	0	_								_		CONTAINS 0 MG CAFFEINE PER 20 0Z 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 LI	ISTED .	ARE I	IMITED	TO IN	FORM/	ATION	PROVID	ED BY	SUPPL	IER/N	IANUI	FACTU	RER	OF PAC	KAGE	D OR I	DISPE	NSED	PROD	UCTS.			
Almond Flavored Syrup	1.0	28	90	0	0	0	0	0	23	0	23	23	0	0					х					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 A (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 JUI
Vanilla Flavored Syrup																								

ient List
um Phosphate, Sodium Citrate, Carregeenan, Syrup, Vanilla Pure Cane Sugar,
um Phosphate, Sodium Citrate, Carregeenan, Syrup, Vanilla Pure Cane Sugar,
um Phosphate, Sodium Citrate, Carregeenan, Caramel Sauce (Invert Sugar, Natural Flavors, Potassium Sorbate (Preservative), Caramel, Salt Contains
um Phosphate, Sodium Citrate, Carregeenan, Caramel Sauce (Invert Sugar, Natural Flavors, Potassium Sorbate (Preservative), Caramel, Salt Contains
um Phosphate, Sodium Citrate, Carregeenan, Dark Chocolate Sauce (Sugar, Ior, Potassium Sorbate (Preservative), Natural Flavors, Salt, Xanthan Gum).
um Phosphate, Sodium Citrate, Carregeenan, Dark Chocolate Sauce (Sugar, Ior, Potassium Sorbate (Preservative), Natural Flavors, Salt, Xanthan Gum).
DNUT OIL, CORN SYRUP OILS, SODIUM CASEINATE [A MILK DERIVATIVE], ILICOALUMINATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, ARTIFICAL ICTS SOLIDS, NONFAT DRY MILK, MOLASSES [MOLASSES AND IRAL AND ARTIFICAL FLAVOR, TRICALCIUM PHOSPHATE. DRGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL
CCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990). N DOES NOT INCLUDE MILK.
ALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM M PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY (ALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON
AND SACCHARIN
AND SACCHARIN
AND SACCHARIN
I ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE
UICE, SALT, CARAMEL (COLOR).
A FLAVOR.

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)	nn caffeine (mg)	EGG	WILK	soy	WHEAT	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredient
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, Stabil (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 Peppe 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, Stabiliz (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 J 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, Scal Onion, Garlic Spice, Silicon Dioxide), Salt, Stabilizers (Guar, Locust Bean and Xant
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, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains
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 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, Stabilize (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, Locus
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 S Citric Acid and Potassium Sorbate as Preservative), Non Fat Dry Milk, Natural Acid Sorbate (Maintains Freshness).

ent List

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

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

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

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

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

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

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

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

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

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

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)	EGG	WILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
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 Gur
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 C YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AN STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONC AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SC (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN,
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, SEA EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEI CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), CROUTONS (ENRICHED F MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYB WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIO
SALAD DRESSINGS	<u>0.0</u>																							
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 O 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 STARCH-MODIFIED, SALT, ANCHOYY PASTE, GARLIC, SPICES, POTASSIUM SOI 60, XANTHAN GUM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIC ACID, CAI
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 O MONOSODIUM GLUTAMATE, DEHYDRATED GARLIC, DEHYDRATED ONION, NA 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 I GREEN TEA EXTRACT, BETA CAROTENE.
Ranch SANDWICHES	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, GAF DISODIUM EDTA AS A PRESERVATIVE.
BREAKFAST SANDWICHES															-	_		_				_		
Egg Sandwich, Cheese	6.2	175	430	11	4.5	0	200	840	60	2	4	2	21	0	x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Aci Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Paln 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, Reduce Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorb With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nit Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, So Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black
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, Reduce Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbi Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Pot Diacetate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Mil And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains L (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, Reduce Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbi BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Co Citric Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, S Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less T (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, Reduce Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorb "Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Fla Juice Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protec Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Paln Black Pepper.

lient List

Gums), Cheese Cultures, Potassium Sorbate (Maintains Freshness).

E OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR {CONTAINS AUTOLYZED AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID}], SALT, RICE NCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO SOLIDS, LEMON JUICE SOLIDS]), APPLE, BLUE CHEESE CRUMBLES IN, POWDERED CELLULOSE TO PREVENT CAKING), SALT.

SEASONING [SALT, ROAST CHICKEN FLAVOR [CONTAINS AUTOLYZED YEAST ALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID]], SALT, RICE STARCH, ITE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DS, LEMON JUICE SOLIDS]), ASIAGO-PARMESAN BLEND (ASIAGO CHEESE HEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED D FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE YBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE RT-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN BIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]), LEMON.

NOIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE,

RED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE CARAMEL, NATURAL FLAVOR, ONION.

A OIL), WHITE WINE, WHITE WINE VINEGAR, WATER, SALT, SUGAR, SPICES, NATURAL FLAVORS (SOY), XANTHAM GUM, DEHYDRATED CHIVE, CALCIUM

S LESS THAN 2% OF: SPICES, CLUCOND DELTA LACTONE, XANTHAN GUM,

ARLIC, SUGAR, ONION, SPICES, NATURAL FLAVOR, XANTHAN GUM, CALCIUM

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Medium Cheddar nd (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, almitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt,

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, brbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Bacon Cured Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, , Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of the Pepper, Coarse Kosher Salt Kosher Salt.

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, orbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Ham Ham, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm s Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, orbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Pork Sausage, Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, K, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And ss Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, orbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Turkey Sausage Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime tect Flavor Ingredients:TBHQ, BHT, Citric Acid, lactic Acid", Medium Cheddar nd (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, almitate Added, Beta Carotene (Color), Salt), 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)	🚺 GAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acia (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetat (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate A 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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acia Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Sk Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acia with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactat Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, C Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natur 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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Aci Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Sc Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzyme Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of N 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, Matted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acir Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protect Flavo (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetat (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate A 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						INGRÉDIENTS: BRU Plain Bagel, Certified Cage Free Egg Whites, Sausage, Turk Margarine, Coarse Kosher Salt, Black Pepper. Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acir Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring, Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protect Flavor (Sun Ripened Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Ex Salt, Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Ju Pasteurized Milk, Salt, Enzymes), Butter Blend (Vegetable Oil Blend (Palm And Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Co
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 S Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potass (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Red Onion (Red On 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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Aci Cream Cheese Pasteurized Cream and Skim Milk, Honey, Sriracha Seasoning Bell Pepper, Yeast Extract, Oleoresin Paprika, Natural Flavors, Sillicon Dioxide) (Maintains Freshness), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosph (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything Topping N: Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, S 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, Matted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Matted Barley Flour, Wheat Flour, Dextrose, Ascorbic Aci Bell Pepper, Green bell peppers, Chipotle Mayonnaise Soybean Oil, Vinegar, Ch Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lim Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calciun Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Chr Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Red Onion (Red Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natur 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, Extract, Brown Sugar, CaramelColor, Salt, Wheat Bran, Caraway Seeds, Yeast, Shell Egg, Grade A, Large Cage Free Grade A Eggs, Pastrami Beef, Cured With Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Pasteurized Milk, Salt, Enzymes), Butter Blend (Vegetable Oil Blend (Palm And Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Co

ient List

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Medium Cheddar Cheese table Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter e Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Bacon Cured With: (Water, Im Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, rse Kosher Salt Kosher Salt.

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Ham Ham, Water (Cured tate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium , Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, tural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Pork Sausage, BRU Pork, Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, mes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel f Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt),

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Turkey Sausage "Dark ng, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice avor Ingredients:TBHQ, BHT, Citric Acid, Iactic Acid", Medium Cheddar Cheese table Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter e Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black

Irkey, Cheese, Medium Cheddar, SunGlow European Style Butter Blend

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Turkey Sausage "Dark ng, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice avor Ingredients:TBHQ, BHT, Citric Acid, Iactic Acid", Roasted Tomato Spread Extra Virgin Olive Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, a Juice, Water, Salt, Corn Meal, Citric Acid, Pectin), Swiss Cheese (Cultured und Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.

d Smoke), BRU Plain Cream Cheese Pastuerized Cream, Non Fat Dry Milk, assium Sorbate (Maintains Freshness), Tomato, Plain Bagel (Enriched Flour ite, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Onion), Capers (Non-Pareil Capers, Water, Salt, and Vinegar), Coarse Kosher

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, BRU Honey Sriracha ng (Sugar, Maltodextrin, Dehydrated Garlic, Vinegar Powder, Salt, Spices, Red de), Salt, Stabilizers (Locust Bean, Guar and Xanthan), Potassium Sorbate sphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese g Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Butter Blend (Vegetable m, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added,

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Red Bell Pepper Red Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), .ime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, ium Disodium EDTA to protect flavor, Bacon Cured With: (Water, Salt, Sugar, Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything ed Onion), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, trual Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black

in, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt st, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), ith Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), es, Salt, Caramel Color, Sugar, Smoke Flavor., Swiss Cheese (Cultured and Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains (Color), Salt), 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)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
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, Nia Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malte Large Cage Free Grade A Eggs, Ham Ham, Water (Cured with Water, Dextrose, Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Bacon Cu Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enz Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend L Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, Er Added), Anticake (Powdered Cellulose), Onion and Chive cream cheese Pasteu Stabilizers (Guar, Locust Bean and Zanthan Gums), Potassium Sorbate (Mainta Milk Proteins, Less Than 2% Of Salt, Natural Acids, Xanthan, Locust Bean And Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzy (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Butt Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vita 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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Aci Slices and Pieces Hass Avocado, Roasted Tomato Spread (Sun Ripened Roma Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), R Salt, Corn Meal, Citric Acid, Pectin), Bacon Cured With: (Water, Salt, Sugar, Sor Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Butter Blend (Vegetable 6 (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate A Kosher Salt.
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Aci Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Soc Caramel Color, Spice.", Shell Egg, Grade A, Large Cage Free Grade A Eggs, BRI Peppers, Green Peppers, Natural Acids, Crushed Red Peppers, Salt, Stabilizer (Freshness), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzyme Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of N 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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acia sodium Erythorbate, Sodium Nitrite), Lettuce, Mayo Soybean Oil, Egg Yolk, Dist Salt, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor), Oleoresin Pap
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acia Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sod Caramel Color, Spice.", Tomato, Cucumber, Lettuce, Spicy Brown Mustard (Org 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		х						PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARI FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), RED ONIONS, TOMATOES, (

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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acir sodium Erythorbate, Sodium Nitrite), Lettuce, Mayo Soybean Oil, Egg Yolk, Dist Salt, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor), Oleoresin Pap
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sod Caramel Color, Spice.", Tomato, Cucumber, Lettuce, Spicy Brown Mustard (Org 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 BARL FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), RED ONIONS, TOMATOES, C
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Eryth Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coar

ient List

Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, alted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Shell Egg, Grade A, se, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium n Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Enzymes, Color Added), Hash Browns (Potatoes, Disodium Dihydrogen Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced . Enzymes). Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color eurized Cream, Non Fat Dry Milk, Onions, Chives, Natural Acids, Salt, ntains Freshness), Plain Cream Cheese (Pasteurized Cream, Non Fat Milk, nd Guar Gums; Potassium Sorbate (Maintains Freshness))., Parmesan/ nzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake Itter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), itamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Tomato, Wholly Avocado na Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive , Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Everything Topping le Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, cid), Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, odium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, BRU Jalapeno Cream Cheese Pasteurized Cream, Non Fat Dry Milk, Jalapeno er (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains nes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt),

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

ced Iron. Thiamin Mononitrate. Riboflavin. Folic Acid). Water. Malt Extract. Salt. Acid), Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, odium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric)

ARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, 6, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.

ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Tomato, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified ythorbate, Sodium Diacetate, Sodium Nitrite), Cucumber, Lettuce, Medium arse Kosher Salt Kosher Salt, Black Pepper.

EST. 1983	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)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acit Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Di Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coarse Koshe
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Aci Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Salt, Ca Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Pepper.
SIGNATURE & BAGEL SANDWICHES																								
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 Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acia Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Di Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, V Cheese Pasteurized Cream, Milk and Skim Milk, Whey Protein Concentrate, Ga (Guar, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (N
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 Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbi Milk and Skim Milk, Whey Protein Concentrate, Garlic, Chives, Natural Acids, G Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness), Re Salt, Enzymes), Lettuce, Red Onion (Red Onion), Parmesan/ Asiago Cheese Bl Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Pot 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 Oil, Contains 2% or Less of Each of the Following: Cornmeal, Yeast, Wheat Glu "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium Lac Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Carame Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, H Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodez protect flavor, Red Bell Pepper Red Bell Pepper, Green bell peppers, Three Che Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pas Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Medium Cheddar Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Mil Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural M INGRÉDIENTS: Dough Ball, EBB NNYB BRU MBC, Fully Cooked Smoked Shredd
Lunch Sandwich, Hot Pastrami on Everything	10.4	296	580	18	8	0	70	2230	65	3	5	2	34	0		x		x					x	Three Cheese Blend, Cheese, Medium Cheddar, Asiago Cheese Blend - BRU, Or Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acir Seasoning (Salt, Flavoring), SodiumErythorbate, Sodium Nitrite, Flavoring. Sea Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2 Enzymes), Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chlor Ob) Dedicing (Online) Enther The Theorem Cherger Condoning
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	80), Red Onion (Red Onion), Everything Topping Natural Sesame Seed, Onion, Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reducee Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbie Potassium Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, S less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, X Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Bacon Cured With: (W: Lettuce, Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Se
SIDES & DESSERTS																								
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 B Folic Acid), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, An Butter, Sugar, Brown Sugar, Whole Eggs, Soybean Oil, Fructose, Dextrose, Non (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 WATE ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLAVOR, RICE ENZYME.

ent List

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of Potassium I Diacetate. Caramel Color Added.", Tomato, Cucumber, Medium Cheddar sher Salt Kosher Salt, Black Pepper.

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

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

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of Potassium I Diacetate. Caramel Color Added.", Roasted Tomato Spread (Sun Ripened live Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, e, Water, Salt, Corn Meal, Citric Acid, Pectin), BRU Light Herb Garlic Cream Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers e (Maintains Freshness), Lettuce, Sesame Seeds, Red Onion (Red Onion).

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

ed Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Gluten, Salt, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid., Brisket actate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium mel Color, Spice.", Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper r, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, dextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, dar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, al Mold Inhibitor)), Red Onion (Red Onion).

edded Beef Brisket, Chipotle Mayonnaise, Red Bell Pepper, Green Bell Pepper, , Onion, Red.

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

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, rbic Acid), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of Ind Sodium Diacetate. Caramel Color Added.", Tomato, Chipotle Mayonnaise Ir, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains , Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Salt, Black Pepper, Coarse Kosher Salt Kosher Salt.

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

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

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)	DIELARY FIBER (4) SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	OD CAFFEINE (mg)	EGG MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	Ingredient List
Blueberry Muffin	4.2	120	440	25	5	0 ε	35 5	530 4	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 1	30 2	230 !	54 3	3 31	L 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 Potato Chips*	VALUES LI See label		ARE LI	MITED	TO INF	ORMATI	ON PR	OVIDED	BY SU	PPLIER	/MANU	FACTUI	RER ÖI	F PACKAG	ED OR I	DISPE	'NSED F	PRODU	CTS*.		See Label
Twice Baked Hash Brown	3.0		170	11.0	6.0	0 3	35 2	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 1	1.5 2	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		2.5				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 Swiss Cheese	0.5		60 60	5 4.5						000		3	0	<u>x</u>				-	_	-	Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added). 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				_		4	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 1	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 1	L40	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	2 22	0	0								Honey
Jelly/Jam - Grape	1.0	28	70	0	0	0	0	0 :	18 (0 13	3 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)
Мауо	0.5	14	100	12	2	0 1	LO 4	40	0 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 1	L05 :	10 4	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 2	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 1	LO 3	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, Pectin)
EGGS & EGG PATTIES													-								
1 Egg White	2.0	58	35	1	0	0	0 1	160	0 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	о з	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 1	85 1	L40	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 3	70 2	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 Perspected Record	0.0	22	110	8	2	0 2	25 2	360	2 (0 0	0	0	0								Pagen Cured With (Water Cell Surger Cedium Dhannhate and um Emthembate Cedium Nikite) Disch Demon
Peppered Bacon Brisket Breakfast	0.8 2.0		110	_						0 0		8	0								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, 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 4	45 6	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 1	15 4	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
Pastrami	1.3	43	50	3	1.5	0 2	25 4	160	0 0	0 0	0	7	0								Diacetate, Sodium Nitrite). Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning
Smoked Salmon	2.0		100	_		0 2				_	0		0						x		Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor Norwegian Smoked Salmon (Farm Raised Atlantic Salmon, Salt, Beechwood Smoke).
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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)	EGG	MILK	soy	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
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, Li
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
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 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 ar Quinoa Flour, Salt, 2% or Less of Sugar, Yeast, Ascorbic Acid, Dehydrated Parsl and Enzyme Modified Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzyme 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	-										Lettuce, Whole Leaf
Pickle Spear	1	28	0	0	0	0	0	260	0	0	0	0	0	-										Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodium
Red Onions	0.3	9	5	0	0	0	0	0	1	0	0	0	0	0										Onion, Red
Red Bell Peppers	1	28		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

Last Updated: 6/6/2024

ient List

t, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, ns 2% or Less of Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Diacetate. Caramel

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

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