



EST. 1983

Ingredient List

Limited Time Offering Starting 2.18.26

	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
East Coast Pastrami Egg Sandwich 1 Egg	9.4	267	720	39	10	0	245	1700	66	3	5	2	31	0	X	X		X				X	
East Coast Pastrami Egg Sandwich 2 Eggs	11.0	313	800	45	12	0.5	435	1840	67	3	6	2	38	0	X	X		X				X	

BAGELS & BREADS

BAGELS		VALUES LISTED ARE FOR FULL-SIZED BAGELS. SKINNY BAGELS ARE APPROX. 2/3 OF AMOUNT LISTED BELOW.																						
Asiago Parmesan	4.3	122	320	3	1.5	0	5	720	59	2	4	2	14	0		X	X							
Blueberry	4.1	115	310	1	0	0	0	520	65	2	11	9	10	0			X							
Bruegger Bites (3) (Select Markets)	2.0	58	170	2.5	0.5	0	0	240	32	1	3	2	6	0			X							
Cheesy Hash Brown - Gourmet	4.5	127	390	11	4.5	0	10	660	59	3	5	4	13	0		X	X							
Chocolate Chip (Select Markets)	4.1	115	320	3.5	1.5	0	0	550	62	3	9	8	11	0		X	X							
Cinnamon Raisin	4.1	115	310	1	0	0	0	490	65	3	14	6	11	0			X							
Cinnamon Sugar	4.9	140	380	1.5	0	0	0	610	83	3	27	24	11	0			X							
Cranberry (Select Markets)	4.1	115	320	1	0	0	0	510	65	2	10	7	10	0			X							
Egg (select markets)	4.1	115	300	1.5	0.5	0	25	610	61	2	8	6	11	0	X		X							
Everything	4.4	124	330	3.0	0	0	0	790	64	3	5	2	12	0			X							

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE		SERVING SIZE (OZ)	SERVING SIZE (G)	Ingredient List																				
				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	SHALLFISH	SESAME
Everything Whole Wheat		4.4	124	330	3	0	0	0	800	64	6	10	7	13	0			X			X			
Five Cheese - Gourmet		4.4	126	360	10	4.5	0	20	660	51	2	5	4	16	0		X	X						
Garlic (Select Markets)		4.3	122	310	1	0	0	0	610	64	3	4	2	12	0				X					
Italian Asiago Parmesan (Select Markets)		4.3	122	320	3	1	0	5	710	60	2	4	2	13	0		X	X						
Jalapeno (select markets)		4.1	115	330	3	0	0	0	480	67	2	7	2	13	0				X					
Jalapeno Cheddar (select markets)		4.9	138	350	6	2.5	0	15	790	60	2	4	2	14	0		X	X						
Maple French Toast Gourmet Bagel		4.0	113	350	4.5	1	0	0	480	68	4	20	18	10	0		X	X						
Onion		4.2	120	310	1	0	0	0	610	63	2	6	2	11	0				X					
Plain		4.1	115	290	1	0	0	0	610	59	2	4	2	11	0				X					
Poppy Seed		4.3	122	330	4	0	0	0	610	61	3	4	2	12	0				X					
Pumpernickel		4.1	115	300	1	0	0	0	580	62	3	7	5	11	0				X					
Rosemary Olive Oil		4.1	115	340	5	1	0	0	480	63	2	6	4	11	0				X					
Salt (select markets)		4.2	120	290	1	0	0	0	20020	59	2	4	2	11	0				X					
Sesame		4.5	129	380	9	1	0	0	620	61	4	4	2	14	0				X					
Sesame Whole Wheat (select markets)		4.5	129	380	9.0	1.0	0	0	630	61	7	9	7	15	0				X					
Whole Wheat		4.1	115	290	1	0	0	0	620	59	5	9	7	12	0				X					
BREADS & WRAPS																								
Ciabatta Roll		3.2	90	230	2.5	0	0	0	610	44	2	1	0	8	0				X					
BEVERAGES																								
COFFEE & BLENDED & ESPRESSO																								
Café au Lait		12.0	340	150	8	4.5	0	25	8	11	0	11	0	8	84		X							
Café au Lait		16.0	452	200	10.6	6	0	33	11	15	0	15	0	11	112		X							
Café au Lait		20.0	567	249	13.3	7.5	0	42	14	18	0	18	0	13	140		X							
Café Latte		12.0	340	170	9	5	0	25	8	13	0	13	0	9	100		X							
Café Latte		16.0	453	226	12	6.7	0	33	11	17	0	17	0	12	150		X							
Café Latte		20.0	567	283	15	8.3	0	42	14	22	0	22	0	15	400		X							
Café Mocha		12.0	340	210	9	5	0	25	8	23	0	21	5	9	150		X							
Café Mocha		16.0	453	279	12	6.7	0	33	11	31</														



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Cappuccino	12.0	340	130	7	4	0	20	8	11	0	11	0	7	100	X								
Cappuccino	16.0	453	173	9.3	5.3	0	27	11	15	0	15	0	9	150	X								
Cappuccino	20.0	567	216	11.7	6.7	0	33	14	18	0	18	0	12	400	X								
Espresso	2.0	60	5	0	0	0	0	10	1	0	1	0	0	100									
Espresso	3.0	90	8	0	0	0	0	15	2	0	2	0	0	150									
Espresso	4.0	120	10	0	0	0	0	20	2	0	2	0	0	400									
Flavored Coffee	12.0	340	4	0	0	0	0	8	0	0	0	5	0	143									
Flavored Coffee	16.0	453	5	0	0	0	0	11	0	0	0	7	0	190									
Flavored Coffee	20.0	567	6	0	0	0	0	14	0	0	0	9	0	238									
House Blend Coffee	12.0	356	4	0	0	0	0	8	0	0	0	0	0	143									
House Blend Coffee	16.0	453	5	0	0	0	0	11	0	0	0	0	0	190									
House Blend Coffee	20.0	567	6	0	0	0	0	14	0	0	0	0	0	238									
House Decaf Coffee	12.0	340	4	0	0	0	0	8	0	0	0	0	0	24									
House Decaf Coffee	16.0	453	5	0	0	0	0	11	0	0	0	0	0	32									
House Decaf Coffee	20.0	567	6	0	0	0	0	14	0	0	0	0	0	40									
Iced Coffee	16.0	453	5	0	0	0	0	11	0	0	0	0	0	95									
Iced Coffee	24.0	680	6	0	0	0	0	14	0	0	0	0	0	143									
Coffee Cooler	16.0	454	120	6	3.5	0	15	35	17	0	14	13	2	89									
Coffee Cooler	24.0	680	150	7	4.5	0	20	45	21	0	17	16	2	107									
Hot Caramel Macchiato	12.0	363	290	6	3.5	0	25	150	49	0	49	39	10	196	X								
Hot Caramel Macchiato	16.0	439	370	7	4	0	30	190	64	0	64	52	13	196	X								
Hot Caramel Macchiato	20.0	557	450	8	5	0	35	240	79	0	79	64	16	294	X								
Iced Caramel Macchiato	16.0	533	260	5	2.5	0	20	135	46	0	46	39	8	196	X								
Iced Caramel Macchiato	24.0	841	420	7	4.0	0	30	220	76	0	76	64	14	294	X								
Cold Brew																							
Cold Brew	16.0	454	10	0	0	0	0	20	2	0	0	0	1	139									
Cold Brew	24.0	680	20	0	0	0	0	30	3	0	0	0	1	209									
vanilla Cream Cold Brew	16.0	428	200	7	4	0	20	40	31	0	25	25	2	139	X								
vanilla Cream Cold Brew	24.0	661	330	11	7	0	35	65	51	0	42	41	4	209	X								
Caramel Cream Cold Brew	16.0	448	220	7	4	0	20	85	38	0	33	33	4	139	X								
Caramel Cream Cold Brew	24.0	695	380	12	7	0	35	140	63	0	55	55	7	209	X								
Chocolate Cream Cold Brew	16.0	448	210	7	4.5	0	20	65	36	2	28	28	4	139	X								
Chocolate Cream Cold Brew	24.0	695	350	13	8	0	35	110	59	3	47	47	6	209	X								
OTHER BEVERAGES																							
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									

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Chai Tea, Bruegger's	12.0	340	240	5	5	0	0	85	45	0	39	35	2	50		X									SUGAR, NON DAIRY CREAMER (CONTAINS PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP OILS, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, SUGAR, MONO- AND DIGLYCERIDES, SODIUM SILICOALUMINATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, ARTIFICIAL FLAVORS, AND ARTIFICIAL COLOR [ANNATO AND TUMERIC]), DAIRY PRODUCTS SOLIDS, NONFAT DRY MILK, MOLASSES [MOLASSES AND MALTODEXTRIN], BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATURAL AND ARTIFICIAL 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	0											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	0											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	0											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	0											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	0											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	0											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	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	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	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	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, SOY MILK, WHIPPED CREAM

VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANUFACTURER OF PACKAGED OR DISPENSED PRODUCTS.

Almond Flavored Syrup	1.0	28	90	0	0	0	0	0	23	0	23	23	0	0											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											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.
Soy Milk	2.0	62	25	1	0	0	0	35	3	0	2	0	2	0											[Organic Soy Milk (filtered water, whole organic soybeans), Organic Evaporated Cane Juice, Natural Vanilla Flavor with other Natural Flavors, Sea Salt, Sodium Citrate, Sodium Bicarbonate, Carrageenan, Vitamin A, Vitamin D2].
Whipped Cream Topping	0.3	7	20	1.5	0.5	0	5	0	1	0	1	1	0	0											Whipped Cream (Cream, Water, Sugar, Corn Syrup, Non Fat Milk, Less than 2% of: Mono - and Diglycerides, Natural Flavor, Carrageenan, Propellant: Nitrous Oxide).

CREAM CHEESE

CREAM CHEESE

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 Xanthan Gums), Potassium Sorbate (Maintains Freshness).
Plain	1.5	43	140	13	9	0	50	160	6	0	3	0	3	0		X									Pasteurized 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).

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				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	SHALLFISH	SESAME
Whipped Plain (California Only)		1.5	43	120	10	7	0	30	90	3	0	1	0	3	0	X								
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 CRUMBLIES (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					ROMAINE, CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID]), SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), ASIAGO-PARMESAN BLEND (ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES (TO PREVENT CAKING)), CROUTONS (ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]), LEMON.
SALAD DRESSINGS																								
Balsamic Vinaigrette		1.0	28	60	6	1	0	0	230	3	0	2	0	0	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, Double-Stack		10.2	290	820	46	17	1	430	1810	67	4	8	4	36	0	X	X	X	X					Shell Egg, Grade A, Large Cage Free Grade A Eggs, 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., American Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Water,
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.



Ingredient List

	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	SHALLFISH	SESAME
Egg Sandwich, Pork Sausage and Cheese	7.7	218	610	28	11	0	230	1120	60	2	4	2	27	0	X	X	X						
Egg Sandwich, Turkey Sausage and Cheese	7.7	218	520	18	7	0	240	1120	60	2	4	2	28	0	X	X	X						
Egg Sandwich, Vermonter	9.1	259	830	41	17	0	255	1210	86	4	28	24	30	0	X	X	X	X	X				
Egg White Sandwich, Cheese	6.6	187	380	7	3	0	15	870	60	2	4	2	20	0	X	X	X						
Egg White Sandwich, Bacon and Cheese	7.4	209	490	14	6	0	35	1230	62	2	6	2	28	0	X	X	X						
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						
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						
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						
Smoked Salmon on Plain	9.5	269	540	20	10	0	70	1490	67	3	8	2	26	0	X	X		X					

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)	Ingredient List									
															Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	
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, Silicon Dioxide), Salt, Stabilizers (Locust Bean, Guar and Xanthan), Potassium Sorbate (Maintains Freshness), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.								
Egg Sandwich, Western	10.5	297	770	41	11	0	235	1620	72	4	9	2	30	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, Caramel Color, 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 Xanthan Gums), Potassium Sorbate (Maintains Freshness), Plain Cream Cheese (Pasteurized Cream, Non Fat Milk, Milk Proteins, Less Than 2% Of Salt, Natural Acids, Xanthan, Locust Bean And Guar Gums; Potassium Sorbate (Maintains Freshness)), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher 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							
															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 Whiteen 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.									
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.									

	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)	Ingredient List									
															EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHALLFISH	SESAME	
Deli Sandwich, Brisket	10.9	309	490	14	5	0	45	1410	65	3	6	2	24	0				X						
Deli Sandwich, Garden Veggie	12.3	349	360	2	0	0	0	550	72	5	13		12	0		X	X							
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), 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.

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.

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.

Ingredient List																						
EST. 1983		Bruegger's Bagels																				
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	SHALLFISH	SESAME
Fruity Cereal Pop	1.4	39	150	3	1	0	0	170	29	0	14	13	1	0	X	X						
Heavenly Chocolate Chip	3.5	99	470	23	14	0.5	45	230	62	2	38	37	5	0	X	X	X	X				
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					
Blueberry Muffin	4.2	120	440	25	5	0	85	530	48	1	27	23	5	0	X	X	X	X				
Blueberry (Main Street Gourmet)	5.0	142	490	28	5	0	130	230	54	3	31	30	8	0	X	X	X	X				
OTHER SIDES																						
Potato Chips*	See label																		See Label			
Twice Baked Hash Brown	3.0	85	170	11.0	6.0	0	35	260	11	1	1	0	7	0	X							
Individual Ingredients																						
CHEESE																						
American Cheese	0.5	14	50	4.5	2.5	0	15	250	1	0	1	0	2	0	X	X						
Asiago Cheese, Shredded	0.5	14	60	4	2.5	0	10	220	0	0	0	0	5	0	X							
Cheddar Cheese	0.5	14	60	5	2.5	0	15	95	0	0	0	0	3	0	X							
Swiss Cheese	0.5	14	60	4.5	2.5	0	15	25	0	0	0	0	4	0	X							
CONDIMENTS																						
Add Syrup	0.5	14	50	0	0	0	0	25	13	0	6	6	0	0								
Butter Blend	0.5	14	110	12.0	5.0	0	0	85	0	0	0	0	0	0	X							
Chipotle Mayo	0.5	14	90	10	1.5	0	5	115	1	0	0	0	0	0	X							
Mustard	0.5	14	15	0	0	0	0	140	0	0	0	0	0	0								
Honey	1.0	28	90	0	0	0	0	0	23	0	22	22	0	0								
Jelly/Jam - Grape	1.0	28	70	0	0	0	0	0	18	0	13	13	0	0								
Jelly/Jam - Strawberry	1.0	28	60	0	0	0	0	0	16	0	14	14	0	0								
Mayo	0.5	14	100	12	2	0	10	40	0	0	0	0	0	0	X							
Peanut Butter	1.5	43	240	21	4.5	0	0	105	10	4	5	3	9	0	X		X					
Sriracha Sauce	1.0	14	5	0	0	0	0	210	3	0	0	0	0	0								
Sundried Tomato Spread	1.0	28	140	11	3.5	0	10	80	9	0	2	0	2	0	X							
EGGS & EGG PATTIES																						
1 Egg White	2.0	58	35	1	0	0	0	160	0	0	0	0	6	0	X	X						

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE		SERVING SIZE (OZ)	SERVING SIZE (G)	Ingredient List																			
				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	SHALLFISH
2 Egg White		4.1	116	70	2	0.5	0	0	330	1	0	1	0	12	0	X	X						
1 Whole Egg		1.6	46	80	6	2	0	185	140	1	0	0	0	6	0	X	X						
2 Whole Eggs		3.6	102	160	11	4.0	0	370	280	2	0	1	0	13	0	X	X						
MEAT		0.0																					
Peppered Bacon		0.8	22	110	8	3	0	25	360	2	0	2	0	8	0								
Brisket Breakfast		2.0	57	110	9	3.5	0	30	430	1	0	0	0	8	0								
Brisket Lunch		3.0	85	170	13	5	0	45	650	2	0	0	0	12	0								
Ham		1.5	43	45	1	0	0	15	480	2	0	2	0	6	0								
Pastrami		1.3	43	50	3	1.5	0	25	460	0	0	0	0	7	0								
Smoked Salmon		2.0	57	100	6	1	0	20	650	0	0	0	0	12	0			X					
Pork Sausage		1.5	43	180	17	6	0	30	280	0	0	0	0	6	0								
Turkey Sausage		1.5	43	90	7	2	0	40	280	0	0	0	0	7	0								
Sliced Turkey		3.0	85	90	2.5	0	0	40	650	9	0	2	2	15	0								
NUTS/OTHER		0.0																					
Croutons		0.5	14	15	0	0	0	0	35	2	0	0	0	0	0	X	X						
VEGETABLES & FRUIT																							
Capers		0.1	3	0	0	0	0	0	60	0	0	0	0	0	0								
Cucumbers		1	28	5	0	0	0	0	0	0	1	0	0	0	0								
Green Bell Peppers		1	28	5	0	0	0	0	0	0	1	0	1	0	0								
Lettuce		0.5	14	0	0	0	0	0	0	0	0	0	0	0	0								
Pickle Spear		1	28	0	0	0	0	0	260	0	0	0	0	0	0								
Red Onions		0.3	9	5	0	0	0	0	0	0	1	0	0	0	0								
Red Bell Peppers		1	28	10	0	0	0	0	0	0	2	1	1	0	0								
Tomatoes		1.5	43	10	0	0	0	0	10	2	0	1	0	0	0								

¹ Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

² Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness, especially if you have certain medical conditions.

³ Phenylketonurics: contains phenylalanine

Nutrition information is based upon standard recipes, and rounded per federal requirements. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit www.mypyramid.gov for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.

Last Updated 1/27/2026