

Einstein Bros.® Nutrition Information													Allergen Information											
	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Classic, Signature and Gourmet Bagels																								
Classic Bagels																								
Ancient Grain	1 Bagel	106	290	5	0.5	0	0	450	50	7	9	6	13			X	X							
Cinnamon Raisin	1 Bagel	105	280	1	0	0	0	460	59	2	11	4	10			X	X							X
Cranberry	1 Bagel	105	310	3.5	0.5	0	0	440	59	2	12	10	9			X	X							X
Everything	1 Bagel	104	280	1	0	0	0	570	57	2	5	4	11			X	X							X
Garlic	1 Bagel	104	280	1.5	0	0	0	510	57	2	5	4	11			X	X							X
Honey Whole Wheat	1 Bagel	101	280	3	0.5	0	0	440	51	6	8	7	12				X							X
Onion	1 Bagel	104	280	0.5	0	0	0	510	58	2	6	4	10			X	X							X
Plain	1 Bagel	101	270	0.5	0	0	0	510	56	2	5	4	10			X	X							X
Poppy Seed	1 Bagel	104	280	2	0	0	0	510	56	3	5	4	11			X	X							X
Pumpnickel	1 Bagel	101	270	1	0	0	0	420	55	3	4	2	10			X	X							
Sesame Seed	1 Bagel	104	290	2	0	0	0	510	56	2	5	4	11			X	X							X
Signature Bagels																								
Asiago Cheese	1 Bagel	109	300	3.5	1.5	0	10	650	54	2	5	4	13		X	X	X							X
Blueberry	1 Bagel	106	280	1	0	0	0	440	60	2	10	8	9			X	X							X
Chocolate Chip	1 Bagel	103	280	3	1.5	0	0	470	56	2	10	9	10			X	X							X
Cinnamon Sugar	1 Bagel	108	300	2	0.5	0	0	520	61	3	11	10	10		X	X	X							X
French Toast	1 Bagel	117	380	7	2	0	0	490	70	2	21	9	10			X	X							X
Pretzel	1 Bagel	100	260	0.5	0	0	0	4440	54	2	5	4	10				X							X
Thintastic Bagels																								
Ancient Grain Thin	1 Thin	74	190	2.5	0	0	0	340	35	4	7	4	9				X							
Everything Thin	1 Thin	74	200	1	0	0	0	410	41	2	4	3	8			X	X							X
Honey Whole Wheat Thin	1 Thin	74	200	2.5	0	0	0	320	37	5	6	5	9				X							X
Plain Thin	1 Thin	74	200	0	0	0	0	370	41	2	4	3	7			X	X							X
Gourmet Bagels																								
Cheesy Hash Brown Bagel	1 Bagel	127	390	11	4.5	0	10	640	59	3	5	4	13		X		X							
Green Chile	1 Bagel	156	390	11	5	0	25	690	55	3	6	4	18		X	X	X							
Six-Cheese	1 Bagel	126	360	10	4.5	0	20	650	51	2	5	4	16		X	X	X							
Shmears and Spreads																								
Whipped Cream Cheese Shmear Single Serving																								
Garden Veggie Reduced Fat	1.2 oz	35	100	9	6	0	30	190	5	0	2	0	2		X									
Honey Almond Reduced Fat	1.2 oz	35	120	9	4.5	0	25	80	10	0	7	5	2		X			X						Almonds
Jalapeno Salsa Reduced Fat	1.2 oz	35	100	9	5	0	25	190	5	1	2	0	2		X									
Onion and Chive	1.2 oz	35	110	10	6	0	35	105	4	0	1	0	2		X									
Plain	1.2 oz	35	120	12	7	0	40	120	2	0	2	0	2		X									
Strawberry Reduced Fat	1.2 oz	35	120	9	5	0	30	90	9	0	6	5	1		X									
Whipped Cream Cheese Shmear Full Tub																								
Garden Veggie Reduced Fat	6.0 oz	170	490	42	27	1.5	135	900	23	2	10	0	10		X									Serves 6
Honey Almond Reduced Fat	6.0 oz	170	570	41	23	1	115	380	49	2	31	26	8		X			X						Serves 6, Almonds
Jalapeno Salsa Reduced Fat	6.0 oz	170	480	41	26	1.5	130	930	26	3	10	0	8		X									Serves 6
Onion and Chive	6.0 oz	170	540	49	31	1.5	160	510	21	1	7	0	9		X									Serves 6
Plain	6.0 oz	170	560	57	36	2	185	580	9	1	8	0	9		X									Serves 6
Strawberry Reduced Fat	6.0 oz	170	550	42	26	1.5	135	440	42	1	30	24	7		X									Serves 6
Crafted Whipped Shmear																								
Country Pepper Shmear	0.7 oz	19	60	5	3	0	15	75	3	0	1	0	1		X									
Spreads																								
Butter Blend	1.0 oz	28	210	23	11	0	5	170	0	0	0	0	0		X									
Natural Peanut Butter	1.0 oz	28	160	14	3	0	0	70	7	3	3	2	6					X						
Eggs, Meat, and Cheese																								
Eggs																								
1 Cage Free Egg	1 Egg	46	80	6	2	0	185	140	1	0	0	0	6	X	X									
2 Cage Free Eggs	2 Egg	102	160	11	4	0	370	280	2	0	1	0	13	X	X									
1 Egg White	1 Egg	58	35	1	0	0	0	170	1	0	0	0	6	X	X									
2 Egg White	2 Egg	116	70	1.5	0.5	0	0	330	1	0	0	0	12	X	X									
Fried Egg Patty	1 Egg	43	90	8	1.5	0	120	105	1	0	0	0	5	X		X								
Cheese																								
American 1 Slice	0.5 oz	14	50	4.5	2.5	0	15	250	1	0	1	0	2		X	X								
Cheddar 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	95	0	0	0	0	3		X									
Swiss 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	25	0	0	0	0	4		X									
Meat																								

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Bacon	4 Pieces	14	70	5	2	0	15	240	1	0	1	0	5											
Chorizo Sausage Patty	1 Patty	43	160	16	5	0	30	390	1	0	0	0	5											
Ham, Breakfast	1.5 oz	43	45	1	0	0	15	480	2	0	2	0	6											
Ham, Lunch	3.0 oz	85	90	2.5	1	0	35	970	4	0	3	0	12											
Lox	2.0 oz	57	120	8	1	0	25	510	1	0	1	0	12								X			Salmon
Turkey, Lunch	3.0 oz	85	90	1	0	0	35	740	5	0	2	2	14											
Turkey Sausage Patty	1 Patty	40	80	6	1.5	0	40	260	0	0	0	0	7											
Sauces and Veggies																								
Sauces																								
Chipotle Salsa	0.5 oz	14	5	0	0	0	0	80	1	0	1	0	0											
Double Egg Mayo	0.5 oz	14	100	12	2	0	10	40	0	0	0	0	0	X										
Roasted Tomato Spread	0.5 oz	14	80	8	1.5	0	5	110	1	0	1	1	0	X	X									
Spicy Brown Mustard	0.5 oz	14	15	0	0	0	0	140	0	0	0		0											
Veggies																								
Avocado	1.0 oz	28	50	4	0.5	0	0	0	3	2	0	0	1											
Capers	0.1 oz	3	0	0	0	0	0	60	0	0	0	0	0											
Cucumber	3 Slices	28	5	0	0	0	0	0	1	0	0	0	0											
Leaf Lettuce	0.5 oz	14	0	0	0	0	0	0	0	0	0	0	0											
Pickle Spear	1.0 oz	28	0	0	0	0	0	260	0	0	0	0	0											
Red Onion	3 Slices	9	5	0	0	0	0	0	1	0	0	0	0											
Spinach	0.5 oz	14	5	0	0	0	0	10	1	0	0	0	0											
Tomato	2 Slices	43	10	0	0	0	0	0	2	0	1	0	0											
Breakfast Nosh Boxes, Individual Breakfast Boxes Individual Breakfast Sandwiches, Burrito Boxes and Breakfast Sides																								
Breakfast Nosh Boxes, Brunch Box																								
Classic Egg Sandwich Nosh Box 1/2 Dozen	54.4 oz	1543	3340	130	46	3	2435	6820	357	16	41	25	185	X	X	X	X						X	Serves 6
Classic Egg Sandwich Nosh Box Dozen	108.8 oz	3087	6690	260	92	6	4865	13650	714	32	83	50	369	X	X	X	X						X	Serves 12
Signature Egg Sandwich Nosh Box 1/2 Dozen	61.0 oz	1730	4180	205	76	4	2540	8920	377	19	48	25	208	X	X	X	X						X	Serves 6
Signature Egg Sandwich Nosh Box Dozen	121.9 oz	3459	8370	409	153	8	5075	17840	753	37	97	50	417	X	X	X	X						X	Serves 12
Thin Egg White Nosh Box 1/2 Dozen	59.7 oz	1694	2840	116	40	1.5	280	7070	271	17	41	19	175	X	X	X	X						X	Serves 6
Thin Egg White Nosh Box Dozen	119.4 oz	3387	5690	233	81	2.5	560	14140	542	33	82	39	349	X	X	X	X						X	Serves 12
Brunch Box	82.4 oz	2338	6490	287	115	4.0	1735	10770	763	29	184	133	218	X	X	X	X						X	Serves 6-8
Individual Breakfast Boxes																								
Bacon and Cheddar Individual Box	11.2 oz	317	720	32	15	0.5	435	1390	69	3	8	4	38	X	X	X	X						X	Serves 1
Cheddar and Egg Individual Box	10.7 oz	303	650	27	13	0.5	420	1150	68	3	7	4	33	X	X	X	X						X	Serves 1
Ham and Swiss Individual Box	12.2 oz	345	700	28	13	0.5	435	1560	70	3	8	4	40	X	X	X	X						X	Serves 1
Turkey Sausage and Cheddar Individual Box	12.1 oz	342	740	33	14	0.5	460	1400	69	3	7	4	40	X	X	X	X						X	Serves 1
All Nighter Individual Box	13.6 oz	385	1070	67	25	1	470	2180	76	4	9	4	42	X	X	X	X						X	Serves 1
Farmhouse Individual Box	14.2 oz	403	950	50	23	1.0	480	2070	77	4	11	4	48	X	X	X	X						X	Serves 1
Garden Avocado Individual Box	13.8 oz	391	750	36	12	0.0	410	1240	76	6	9	5	31	X	X	X	X						X	Serves 1
Individual Signature Egg Sandwiches																								
All-Nighter on Cheesy Hash Brown	10.6 oz	300	900	56	19	1	435	1910	65	3	8	4	35	X	X	X	X							
Farmhouse On Cheesy Hash Brown	11.2 oz	318	770	38	16	1	445	1810	66	3	10	4	41	X	X	X	X							
Garden Avocado on Sesame	10.8 oz	306	580	25	6	0	375	980	65	5	8	5	24	X	X	X	X						X	
Individual Classic Egg Sandwiches																								
Bacon and Cheddar Egg Sandwich on Plain	8.2 oz	232	550	21	9	0.5	400	1130	58	2	7	4	31	X	X	X	X						X	
Cheddar Cheese Egg Sandwich on Plain	7.7 oz	218	480	16	7	0.5	385	890	57	2	6	4	26	X	X	X	X						X	
Ham and Swiss Egg Sandwich on Plain	9.2 oz	260	530	17	7	0.5	400	1300	59	2	7	4	33	X	X	X	X						X	
Turkey Sausage and Cheddar Egg Sandwich on Plain	9.1 oz	257	570	22	8	0.5	425	1140	58	2	6	4	33	X	X	X	X						X	
Individual Egg White Sandwiches																								

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Muffin Nosh Box Dozen	50.7 oz	1440	5820	330	78	0	1020	6420	624	12	378	336	66	X	X	X	X							Serves 12
Sweets Nosh Box Small	27.6 oz	783	2780	149	43	0	340	2870	322	7	167	149	32	X	X	X	X							Serves 6
Sweets Nosh Box Large	40.3 oz	1143	4280	234	64	0	595	4480	482	10	266	238	49	X	X	X	X							Serves 12
Sweets and Coffee Break Small	123.4 oz	3501	2840	149	60	1.5	390	2350	338	9	204	190	31	X	X	X	X							Serves 6
Sweets and Coffee Break Large	238.1 oz	6757	5850	303	123	3	780	4590	708	18	417	390	63	X	X	X	X							Serves 12
Individual Sweets																								
Apple Pie Pastry	3.0 oz	85	250	10	4	0	0	180	38	1	16	15	3		X	X	X							Serves 1
Cinnamon Roll	6.5 oz	185	610	39	16	0	55	760	98	3	44	42	11	X	X	X	X							Serves 1
Chocolate Chip Cookie	3.5 oz	99	470	23	14	0.5	45	230	62	2	38	37	5	X	X	X	X							Serves 1
Muffin, Blueberry	4.2 oz	120	440	25	5	0	85	530	48	1	27	23	5	X	X	X	X							Serves 1
Muffin, Chocolate Chip	4.2 oz	120	530	30	8	0	85	540	56	1	36	33	6	X	X	X	X							Serves 1
Strawberry Cream Pastry	3.8 oz	109	340	17	8	0	0	280	42	1	17	16	4		X	X	X							Serves 1
Beverages																								
Beverages for the Group																								
Coffee for the Group Breakfast Blend Medium Roast	96 fl oz	60	0	0	0	0	0	0	12	0	0	0	0											Serves 10
Coffee for the Group Vanilla Hazelnut	96 fl oz	60	0	0	0	0	0	0	12	0	0	0	0					X						Serves 10
Coffee for the Group Dark Roast	96 fl oz	60	0	0	0	0	0	0	12	0	0	0	0											Serves 10
Coffee for the Group Decaf	96 fl oz	60	0	0	0	0	0	0	12	0	0	0	0											Serves 10
Cold Brew Coffee for the Group	64 fl oz	10	0	0	0	0	0	10	2	0	0	0	1											Serves 6
Hot Tea for the Group	96 fl oz	0	0	0	0	0	0	0	0	0	0	0	0											Serves 10
Iced Tea for the Group	64 fl oz	520	0	0	0	0	0	10	135	0	135	0	0											Serves 6
Iced Tea Lemonade for the Group	64 fl oz	340	0	0	0	0	0	15	94	0	87	5	1											Serves 6
Lemonade for the Group	64 fl oz	620	0.5	0	0	0	0	15	170	0	157	8	1											Serves 6
Orange Juice for the Group	64 fl oz	810	1	0	0	0	0	15	195	0	174	0	13											erves 6
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. 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																								