



Einstein Bros.® Bagels

Ingredient & Nutritional Information

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Einstein Noah Restaurant Group, Inc.



Ingredients and products are subject to change, due to menu modifications, availability, regionality, etc.. If you have any questions please call 1.800.BAGEL.ME. For assistance.

Last item update: 9-23-09

Einstein Bros. Nutritional Information																		
	Serving Size	Weight (g.); unless otherwise stated	Calories	Calories From Fat	% Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Bagels																		
Asiago Cheese Bagel	1 bagel	115	310	50	16	5	3	0	15	630	56	2	5	14	0	0	20	20
Blueberry Bagel	1 bagel	108	300	10	3	1	0	0	0	480	65	3	11	10	0	0	2	20
Chocolate Chip Bagel	1 bagel	106	280	25	9	2.5	1	0	0	430	56	3	10	9	0	0	2	20
Garlic Dip'd Bagel	1 bagel	105	270	20	7	2.5	0	0	0	460	56	2	5	9	0	0	2	20
Onion Dip'd Bagel	1 bagel	105	270	10	4	2.5	0	0	0	460	56	2	5	9	0	0	2	20
Cinnamon Raisin Swirl Bagel	1 bagel	108	290	10	3	1.0	0	0	0	450	63	3	13	10	0	0	4	20
Cinnamon Sugar Bagel Chicago Style	1 bagel	110	310	20	6	2.5	0.5	0	0	510	66	3	12	10	2	0	4	20
Cranberry Bagel	1 bagel	108	270	10	4	1.0	0	0	0	420	60	2	12	9	0	0	2	15
Egg Bagel	1 bagel	101	300	50	17	5	1.5	0	120	490	54	2	6	12	0	0	4	20
Everything Bagel	1 bagel	105	270	15	6	2	0	0	0	620	56	2	5	9	0	0	2	20
Good Grains Bagel	1 bagel	106	280	20	7	2.5	0	0	0	440	58	3	8	10	0	0	2	20
Honey Whole Wheat Bagel	1 bagel	103	260	10	4	1	0	0	0	440	57	3	8	9	0	0	2	15
Onion Bagel	1 bagel	105	270	10	4	1.0	0	0	0	460	59	2	5	9	0	0	2	20
Plain Bagel	1 bagel	101	260	10	4	1	0	0	0	460	56	2	5	9	0	0	2	20
Poppy Dip'd Bagel	1 bagel	105	280	25	9	3	0	0	0	460	56	2	5	10	0	0	2	20
Potato Bagel	1 bagel	100	270	10	4	4	0.5	0	0	500	52	2	5	8	0	0	2	15
Power Bagel, Fruit & Nut	1 bagel	113	310	50	16	5	0.5	0	0	280	61	4	16	11	0	0	4	20
Pumpnickel Bagel	1 bagel	101	240	10	4	1.5	0	0	0	490	53	3	4	9	0	8	4	15
Sesame Dip'd Bagel	1 bagel	105	280	25	9	3	0	0	0	460	56	2	5	10	0	0	2	20
Sundried Tomato Bagel	1 bagel	101	260	15	6	1.5	0	0	0	530	54	3	3	9	0	0	2	20
Gourmet Bagels																		
Green Chile Bagel	1 bagel	155	350	70	20	8.0	4.5	0	25	680	58	2	6	15	8	20	20	20
Dutch Apple Bagel	1 bagel	134	350	60	17	7	2.0	0	0	530	66	3	15	8	0	2	2	15
Spinach Florentine Bagel	1 bagel	134	340	70	21	8	4.0	0	20	590	57	2	5	15	30	6	20	20
Six-Cheese Bagel	1 bagel	122	330	60	18	6	3.5	0	15	650	56	2	5	15	2	0	20	20
Bread Specialty																		
Braided Challah Roll	3.0 oz	78	220	30	14	3.5	0.5	0	30	200	41	1	5	8	2	10	2	15
Ciabatta Bread	4.25oz	113	290	20	7	2.5	0	0	0	640	60	2	1	10	0	0	2	4
Multi Grain Bread	1 Slice	49	130	20	15	2.5	0	0	0	220	23	2	3	5	0	6	0	8
Bagel Pretzels																		
Asiago Cheese Bagel Pretzel	1 pretzel	108	300	70	23	7	2.5	0	5	710	52	2	5	11	2	0	10	15
Cinnamon Sugar Bagel Pretzel	1 pretzel	116	320	50	16	5.0	1.0	0	0	630	66	3	18	8	2	0	4	20
Plain Bagel Pretzel	1 pretzel	101	270	50	19	5.0	1.0	0	0	630	52	2	5	8	2	0	2	15
Salt Bagel Pretzel	1 pretzel	104	270	50	19	5.0	1.0	0	0	1740	52	2	5	8	2	0	2	15
Cream Cheese																		
Whipped Blueberry Reduced Fat	2 Tbsp.	20	70	45	64	5	3.5	0	15	50	6	0	5	1	2	0	0	0
Whipped Garlic Herb Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	100	3	0	1	1	4	0	0	0
Whipped Garden Vegetable Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	100	3	0	1	1	8	2	2	0
Whipped Honey Almond Reduced Fat	2 Tbsp.	20	70	45	64	5	3	0	15	45	6	0	4	1	4	0	2	0
Whipped Jalapeno Salsa Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	105	3	0	1	1	4	0	0	0
Whipped Onion and Chive	2 Tbsp.	20	70	50	71	6	4	0	20	60	3	0	1	1	4	0	2	0
Whipped Plain	2 Tbsp.	20	70	60	86	7	4.5	0	20	65	1	0	1	1	4	0	0	0
Whipped Plain Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	100	2	0	1	1	4	0	0	0
Whipped Smoked Salmon	2 Tbsp.	20	60	50	83	6	3.5	0	20	120	2	0	1	1	2	0	0	0
Whipped Strawberry Reduced Fat	2 Tbsp.	20	70	45	64	5	3.5	0	15	50	5	0	4	1	2	0	0	0
Whipped Sun Dried Tomato Basil Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	100	2	0	1	1	2	0	0	0
Coffee																		
Coffee (S, M, L)			0	0	-	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee Decaf. (S, M, L)			0	0	-	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee, Specialty																		
Cafe Latte, Regular	12 fl oz	355ml	140	45	32	5	3.5	0	20	140	13	0	13	9	15	4	30	0
Cafe Latte, Medium	16 fl oz	473ml	200	70	35	8	5	0	30	210	20	0	19	13	15	6	50	2
Cafe Latte, Large	20 fl oz	591ml	250	80	32	9	6	0	35	250	24	0	23	16	20	8	60	2
Cafe Latte, Regular whole milk	12 fl oz	355ml	200	90	45	10	6	0	30	140	16	0	16	10	6	0	35	2
Cafe Latte, Medium Whole milk	16 fl oz	473ml	250	110	44	12	7	0	35	190	21	0	21	12	8	0	40	2
Cafe Latte, Large Whole milk	20 fl oz	591ml	320	150	47	16	9	0	50	240	26	0	26	16	10	0	60	2
Cafe Latte Nonfat, Regular	12 fl oz	355ml	100	5	5	1	0	0	5	150	14	0	14	10	10	4	35	2
Cafe Latte Nonfat Medium	16 fl oz	473ml	140	5	4	1	0.5	0	5	210	20	0	19	14	15	6	50	2
Cafe Latte Nonfat Large	20 fl oz	591ml	180	10	6	1	0.5	0	10	260	25	0	23	16	20	8	60	2
Cappuccino, Regular	12 fl oz	355ml	90	30	33	3.5	2	0	15	95	9	0	8	6	10	2	20	0
Cappuccino Medium	16 fl oz	473ml	190	60	32	7	4.5	0	30	190	19	0	18	12	15	6	45	2
Cappuccino, Large	20 fl oz	591ml	230	80	35	9	5	0	35	240	23	0	22	15	20	8	60	2
Cappuccino, Regular Whole Milk	12 fl oz	355ml	150	70	47	8	4.5	0	25	110	13	0	13	7	4	0	25	2
Cappuccino, Medium Whole Milk	16 fl oz	473ml	190	80	42	9	5	0	25	150	17	0	17	9	6	0	30	2
Cappuccino, Large Whole Milk	20 fl oz	591ml	250	110	44	12	7	0	35	190	21	0	21	12	8	0	40	2
Cappuccino, Medium (Nonfat Milk)	15 fl oz	444ml	130	5	4	1	0	0	5	200	19	0	18	13	15	6	45	2
Cappuccino, Large (Nonfat Milk)	19 fl oz	562ml	170	10	6	1	0.5	0	10	250	23	0	22	15	20	8	60	2
Cappuccino, Regular (Nonfat Milk)	12 fl oz	355ml	60	0	0	0	0	0	5	95	9	0	8	6	10	2	20	0

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Sprite	8 fl oz	237ml	97	0	0	0	0	0	0	22	26	0	26	0	0	0	0	0
Poured Beverages																		
Lemonade	16 fl oz	473ml	200	0	0	0	0	0	0	48	1	48	2	0	80	0	4	
Lemonade Blackberry	16 fl oz	473ml	310	0	0	0	0	0	5	74	0	74	2	0	60	0	4	
Spontaneitea Large	24 fl oz	710ml	100	0	0	0	0	0	0	25	0	25	0	0	0	0	0	
Fresh Squeezed Orange Juice	10 fl oz	296ml	143	0	0	0	0	0	0	71	34	2	31	1	15	300	4	6
Harney & Sons Tropical Green Tea	8 fl oz	237ml	0	0	-	0	0	0	0	0	0	0	0	0	0	0	0	
Harney & Sons Tropical Berry Green Tea	8 fl oz	237ml	0	0	-	0	0	0	0	0	0	0	0	0	0	0	0	
Sides																		
Fruit Salad	11.0oz	312	140	5	4	0	0	0	0	35	36	3	31	2	70	150	4	4
Fruit and Yogurt Parfait	12.0oz	340	230	10	4	1.5	0	0	5	200	42	4	25	12	8	80	40	6
Bagel Croutons	1.2oz	34	150	110	73	12.0	3	0	0	460	9	0	1	1	15	0	0	2
Kettle Classic Natural Potato Chips	1.0oz	28	150	80	53	9	1	0	0	120	15	1	0	2	0	0	0	0
Traditional Potato Salad	1/2cup	140	355	260	73	28.5	4	0	20	550	20	2	1	3	2	6	0	4
Salads (and Half Salads)																		
Bros Bistro Salad	10.5oz	298	820	610	74	68	11	0	25	320	38	7	29	14	120	35	30	10
Bros Bistro Salad with Chicken	14.0oz	397	940	630	67	71	12	0	105	810	39	7	30	36	120	35	30	15
Chipotle Salad	11.7oz	331	590	340	58	38	8	0	20	1470	53	10	14	13	130	60	25	10
Chicken Chipotle Salad	15.2oz	430	710	370	52	41	9	0	95	1960	54	10	15	34	130	60	25	15
Caesar Salad	10.0oz	283	690	570	83	63	15	0	55	1730	18	4	4	18	120	35	40	8
Caesar Salad with Chicken	14.0 oz	397	820	600	73	66	16	0	145	2290	20	4	4	42	120	40	40	15
Half Caesar Salad with Chicken	6.5oz	184	350	260	74	28	6	0	65	960	8	2	2	18	60	20	10	6
Half Caesar Salad	4.5oz	128	280	240	86	27	6	0	2	680	7	2	2	6	60	20	10	4
Half Bros Bistro Salad	5.3oz	149	410	300	73	34	5	0	15	160	19	3	15	7	60	20	15	6
Half Bros Bistro Salad with Chicken	7.3oz	206	480	320	67	36	6	0	55	440	19	3	15	19	60	20	15	8
Half Chipotle Salad	5.8oz	164	290	170	59	18	4.0	0	10	730	26	5	7	6	60	30	10	6
Half Chicken Chipotle Salad	7.8oz	221	360	190	53	21	4.5	0	40	970	27	5	7	18	60	30	10	8
Side Salads/Extras																		
Cole Slaw	5.0oz	142	230	190	83	21	3	0	15	135	12	3	8	2	60	60	4	4
Fruit Salad	5.0oz	142	60	0	0.0	0	0	0	0	15	16	1	14	1	30	70	2	2
Candied Walnuts	1.5oz	43	260	190	73	22	0	0	0	20	9	3	7	4	2	0	2	4
Bagel Croutons	1.0oz	28	100	35	35	4	2.5	0	10	220	15	1	1	2	2	0	0	4
Salad Dressings																		
Caesar Dressing	2 Tbsp.	30	150	140	93	16	2.5	0	10	350	1	0	1	1	0	0	0	0
Raspberry Vinaigrette Dressing	2 Tbsp.	32	160	130	81	14	2	0	0	0	8	0	8	0	0	0	0	0
Chile Lime Dressing	2 Tbsp.	32	60	30	50	3.5	0	0	0	650	5	0	3	1	0	0	0	2
Breakfast Sandwiches																		
Egg Way, Original	8.7oz	247	530	180	34	20	9	0	395	840	62	2	7	30	15	0	30	30
Egg Way with Bacon	9.0oz	254	580	220	38	24	11	0	410	1030	59	2	8	33	15	0	30	30
Egg Way with Black Forest Ham	10.1oz	285	570	190	33	21	9	0	410	1270	62	2	7	37	15	0	35	30
Egg Way with Sausage	10.1oz	287	600	210	35	24	10	0	425	1020	63	2	8	38	15	0	30	35
Egg Way, Spinach Mushroom and Swiss Omelette	10.2oz	290	540	180	33	20	8	0	385	860	65	3	8	29	60	15	30	35
Bacon & Spinach Panini	12.3oz	348	860	460	53	51	15	1	430	1610	66	6	5	27	70	15	40	20
Sausage Rancho Panini	12.2oz	346	680	260	38	29	12	0	435	1360	64	4	5	32	20	20	40	20
Vegetable Breakfast Panini	14.6oz	415	730	320	44	36	17	0	420	1300	68	4	6	26	80	25	40	20
Breakfast Wraps																		
Spicy Elmo	11.2oz	318	720	360	40	41	17	0	435	1050	56	6	6	34	20	15	70	25
Santa Fe	12.7oz	361	720	330	46	37	14	0	540	1290	60	7	8	37	25	8	50	30
Deli Sandwiches																		
Deli Bacon	9.2oz	261	830	470	57	52	14	0.5	105	1930	52	4	10	39	30	30	4	20
Deli Chicken Salad	9.7oz	274	460	160	35	18	4	0.5	75	890	47	4	7	28	30	30	4	20
Deli Ham	9.2oz	261	520	230	44	26	5	0.5	45	1550	48	4	7	26	30	25	4	20
Deli Pastrami	10.9oz	308	630	300	48	33	9	1	80	1860	53	5	8	34	35	30	25	35
Deli Tuna Salad	9.5oz	268	440	130	30	15	2.5	0	35	920	50	4	7	29	25	25	6	20
Deli Turkey & Swiss	11.1oz	316	690	370	54	41	9	1	85	1510	49	4	7	36	30	25	20	15
Deli Melts																		
Ham Deli Melt	9.6oz	273	510	140	27	16	9	0	70	1700	62	3	7	36	15	10	40	25
Pastrami Deli Melt	9.6oz	273	540	150	28	17	9	0.5	85	1690	64	3	7	38	15	10	40	35
Tuna Salad Deli Melt	10.6oz	301	590	210	36	23	9	0	75	1140	64	3	7	38	20	15	40	30
Turkey Deli Melt	9.6oz	273	510	130	25	15	8	0	75	1430	62	3	7	38	15	10	30	25
Veggie Deli Melt	12.9oz	365	640	260	41	29	16	0	70	1350	76	5	12	24	130	80	40	30
Specialty Sandwiches																		
Reuben (Regular Size)	9.9oz	280	650	340	52	38	12	1.0	105	2360	47	3	9	34	10	15	40	30
Reuben (Overstuffed Size)	12.9oz	365	760	380	50	42	13	1	150	3380	49	3	10	51	10	15	45	45
Rachel (Regular Size)	10.1oz	287	910	580	64	64	16	1.5	130	2210	51	2	15	36	15	8	40	25
Rachel (Overstuffed Size)	13.4oz	380	1030	620	60	68	10	1.5	180	3320	53	2	15	54	15	8	40	40
Turkey Reuben (Regular Size)	9.9oz	280	610	320	52	36	11	0.5	100	2040	45	3	8	36	8	15	40	15
Turkey Reuben (Overstuffed Size)	12.9oz	365	680	330	49	37	11	0.5	140	2740	45	3	8	54	8	15	40	15
Turkey Rachel (Regular Size)	10.1oz	287	870	550	63	62	15	1.0	125	1860	49	1	14	38	15	6	40	15

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Turkey Rachel (Overstuffed Size)	14.0oz	398	1100	670	61	74	21	1.5	200	3400	54	2	15	59	20	8	60	40
Club Mex on Challah	10.6oz	302	750	440	59	49.0	11	0.5	125	1530	46	2	8	36	35	30	15	20
Grilled Chicken, Bacon and Swiss	10.9oz	309	750	410	55	46	11	0.5	165	1220	45	2	8	40	35	25	20	25
Roasted Turkey and Swiss	10.9oz	308	690	370	54	41	9	1.0	80	1460	49	4	7	35	30	25	20	15
Tasty Turkey on Asiago Bagel	12.3oz	349	580	180	31	20	11	0	95	1500	69	3	9	37	40	15	25	25
Veg Out on Sesame Seed Bagel	9.5oz	268	440	120	27	14	7	0	30	760	66	4	9	17	40	20	10	25
Lox & Bagels	9.9oz	281	520	190	37	21	11	0	50	980	66	3	11	25	15	10	4	25
Sandwiches, Panini																		
Italian Chicken Panini	12.6oz	356	800	360	45	40	12	0	120	2450	66	5	3	35	45	45	30	15
Turkey Club Panini	13.3oz	376	790	370	47	41	11	1	100	2200	66	6	5	34	45	20	30	10
Wraps																		
California Chicken Wrap	13.1oz	371	630	250	40	28	8	0	110	1170	63	8	6	33	35	20	35	25
Chipotle Turkey Wrap	13.0oz	369	730	330	45	37	12	0	75	1990	70	9	11	34	45	25	45	20
Sandwich Fillings																		
Cheese, American	0.67oz	19	70	50	71	6	3.5	0	15	340	1	0	0	4	6	0	10	0
Cheese, Swiss	0.67oz	19	70	50	71	6	3.5	0	20	85	0	0	0	5	4	0	20	0
Cheese, Medium Cheddar	0.67oz	19	80	60	75	6	4.0	0	20	120	0	0	0	5	4	0	15	0
Cheese, Monterey Jack with Jalapeno Peppers	0.67oz	19	70	50	71	5	3.5	0	20	160	0	0	0	5	4	4	15	0
Cheese Provolone	0.67oz	19	70	45	64	5	3.0	0	15	160	0	0	0	5	4	0	15	0
Cheese, Gorgonzola	1.0oz	28	100	80	80	9	5	0	25	260	0	0	0	7	6	0	20	0
Cold Smoked Salmon*	2.0oz	57	80	40	50	4.5	1	0	10	250	0	0	1	12	0	0	0	0
Chicken Salad	4.0oz	113	210	120	57	14	3	0	75	480	2	0	1	18	2	4	2	6
Chicken Breast	4.0oz	113	140	40	29	4.5	1	0	70	490	1	0	0	24	0	2	2	4
Pastrami	3.0oz	85	110	35	32	4	1.5	0	45	1020	2	0	1	17	0	0	0	15
Tuna Salad	4.0oz	113	170	90	53	10	2	0	35	470	2	1	1	18	4	8	2	6
Ham	3.0oz	85	90	25	28	3.0	1.5	0	30	1030	0	0	0	15	0	0	0	4
Turkey - Oven Roasted	3.0oz	85	80	15	19	1.5	0.0	0	40	700	0	0	0	18	0	0	0	0
Turkey Sausage	1.4oz	40	70	35	50	4	1	0	30	180	1	0	1	8	0	0	0	4
Thick Cut Bacon	0.5oz	14	60	45	75	5	2	0	15	220	1	0	1	4	0	0	0	0
Condiments & Spreads																		
Ancho Mayo	1.5oz	43	310	300	97	34.0	5	0	25	240	1	0	1	0	0	0	0	0
Ancho Lime Salsa	1.0oz	28	15	5	33	0.5	0	0	0	270	2	0	1	0	2	4	0	0
Butter Blend																		
Creamy Mustard Spread	1.5oz	43	270	260	96	29	4.5	0	20	220	1	0	1	0	0	0	0	0
Deli Mustard	1 tsp.	5	5	0	0	0	0	0	0	65	0	0	0	0	0	0	0	0
Feta Pinenut Spread	1.0oz	28	70	50	71	5	3.5	0	10	190	2	0	0	4	2	0	4	0
Honey Butter	1 Tbsp	28	170	170	100	18	5	0	0	220	0	0	0	0	20	0	0	0
Hummus	1.0oz	28	70	27	39	3	0.0	0	0	150	6	4	0	4	0	0	0	0
Peanut Butter, Creamy	2.0oz	57	330	260	79	28	6	1	5	260	12	4	5	14	0	0	2	6
Roasted Garlic Horseradish Spread	2 Tbsp	28	15	0	0	0	0	0	0	340	4	1	1	0	0	2	2	2
Spicy Roasted Tomato Spread	2 Tbsp	30	140	130	93	14	2	0	15	240	3	1	1	0	0	0	0	0
Whole Kosher Pickle	1	50	5	0	0	0	0	0	0	650	1	1	0	0	2	0	0	0
Yellow Mustard	1 Tbsp	5	0	0	-	0	0	0	0	80	0	0	0	0	0	0	0	0
Bagel Dogs																		
Original Bagel Dog	6.7oz	190	470	180	38	20	7	1	55	1190	56	2	7	20	2	0	4	25
*Add Cheddar Cheese	7.4oz	209	550	230	42	26	11	1.5	75	1310	56	2	7	25	6	0	15	25
Original Asiago Bagel Dog	6.8oz	194	490	190	39	21	8	1	60	1230	56	2	7	22	2	0	8	25
*Add Cheddar Cheese	7.5oz	212	560	240	43	27	12	1.5	75	1350	56	2	7	26	6	0	20	25
Pizza Bagels																		
Cheese	6.3oz	179	420	100	24	12	7	0	35	980	63	3	7	23	6	4	35	25
Pepperoni	6.6oz	188	470	140	30	16	8	0	45	1120	63	3	7	24	6	4	35	25
Spinach and Mushroom	9.6oz	271	580	220	38	25	13	0	55	1250	70	4	8	26	100	25	40	30
Cheesy Garlic & Herb	6.3oz	179	500	170	34	19	12	0	55	1010	65	2	7	24	10	0	35	20
Sweets																		
Fudge Brownie	4.4oz	124	510	220	43	25	13	0	90	115	74	2	62	6	8	0	4	15
Chocolate Chip Coffee Cake	6.1oz	174	760	310	41	34.0	13	0	5	270	110	2	58	6	6	0	8	20
Mixed Berry Coffee Cake	6.9oz	195	710	260	37	29	10	0	5	270	110	2	59	5	6	2	8	10
Chocolate Mudslide Cookie	2.8oz	78	320	150	47	17	9	0	60	75	46	1	38	4	4	0	2	10
Mini Chocolate Mudslide Cookie	1.38 oz	39	160	70	44	8	4.5	0	30	40	23	1	19	2	2	0	2	4
Heavenly Chocolate Chunk Cookie	2.8oz	78	360	160	44	18.0	9	0	15	290	48	2	29	4	15	0	2	15
Mini Heavenly Chocolate Chunk Cookie	1.38 oz	39	180	80	44	9	4.5	0	5	150	24	1	14	2	6	0	2	6
Iced Sugar Cookie	3.7oz	106	480	130	27	15.0	6	0	25	260	76	1	46	4	15	0	0	10
Mini Iced Sugar Cookie	1.87 oz	53	230	70	30	7	3	0	15	130	39	1	24	2	8	0	0	6
Lemon Pound Cake	5.0oz	141	440	140	32	16	8	0	125	390	69	1	47	7	8	0	8	10
Marshmallow Crispy Treat	2.1oz	59	220	30	14	3.5	1	0	0	60	48	0	20	3	10	8	0	40
Oatmeal Raisin Cookie	2.8oz	78	320	90	28	11.0	5	0	25	310	54	2	31	5	0	0	2	10
Mini Oatmeal Raisin Cookie	1.38 oz	39	160	45	28	5	2.5	0	10	160	27	1	16	2	0	0	2	6
Blueberry Muffin	5.0oz	142	480	200	42	22.0	4.5	0	105	480	65	2	36	6	4	4	4	4
Strawberry White Chocolate Muffin	5.5oz	156	550	230	42	25.0	7	0	105	510	78	1	49	7	0	0	6	6
Cinnamon Stix	3.8oz	108	370	190	51	21.0	10	0	0	125	41	2	18	5	0	0	4	10
Cinnamon Walnut Strudel	5.4oz	153	630	380	60	42.0	17	0.5	35	360	56	4	20	9	10	15	4	15

Einstein Bros. Nutritional Information

	Serving Size	Weight (g.); unless otherwise stated	Calories	Calories From Fat	% Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Soups																		
Chicken Noodle (Cup)	8.75oz	248	120	35	29	3.5	1	0	30	770	14	1	1	5	50	4	2	4
Corn Crab Chowder (Cup)	8.75oz	248	280	160	57	18	15	0	30	940	18	1	7	8	35	15	6	6
Seafood Minestrone (Cup)	8.75oz	248	130	40	31	4.5	1	0	40	1010	16	2	4	8	45	50	6	6
Italain Wedding (Cup)	8.7oz	247	160	50	31	6.0	1.5	0	20	1060	15	2	2	11	70	40	6	8
Turkey Chili (Cup)	8.75oz	248	220	60	27	7	1.5	0	35	930	24	5	5	20	20	35	6	20
Vegetarian Broccoli Cheese (Cup)	8.75oz	248	290	180	62	20	10	0	45	990	16	2	6	14	35	60	30	4
Retail - Non-food																		

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Bagels		
Asiago Cheese Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anticaking agent)).	Wheat, Soy, Milk.
Blueberry Bagel	Blueberry Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, blueberry bits (sugar, corn syrup, corn cereal, modified food starch, partially hydrogenated vegetable oil (cottonseed and/or soybean), artificial flavor, red 40, green 3, blue 1), blueberry bits (sugar, blueberry juice solids (blueberry juice, blueberry extract), cranberries, sunflower oil), yeast, salt, molasses, natural flavor, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Cornmeal .	Soy, Wheat.
Chocolate Chip Bagel	Chocolate Chip Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin (added as an emulsifier), vanilla (an artificial flavoring)), wheat gluten, yeast, salt, molasses, cocoa (processed with alkali), malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes peanuts and/or tree nuts).	Wheat, Soy.
Garlic Dip'd Bagel	Plain Bagel (Enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Cornmeal , Garlic Bagel Topping (Sesame Seed, Minced Garlic (Water, Minced Garlic (water, minced garlic))).	Wheat, Soy.
Onion Dip'd Bagel	Plain Bagel (Enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Cornmeal , Dehydrated Onion .	Wheat, Soy.
Cinnamon Raisin Bagel	Cinnamon Raisin Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, raisins, high fructose corn syrup, wheat gluten, yeast, salt, molasses, cinnamon, malt barley flour, caramel color (contains sulfiting agents), soy oil, ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Cornmeal .	Wheat, Soy.
Cinnamon Sugar Bagel Chicago Style	Plain Bagel (Enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Cornmeal , Cinnamon Sugar Blend (sugar, cinnamon), butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)).	Wheat, Soy, Milk.
Cranberry Bagel	Cranberry Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, dried cranberries (cranberries, sugar, sunflower oil), high fructose corn syrup, cranberry bits (wheat flour, sugar, wheat fiber concentrate, soybean oil, natural flavor, wheat starch, red 40, blue 2), wheat gluten, yeast, salt, molasses, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Cornmeal .	Soy, Wheat.
Egg Bagel	Egg Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, eggs, high fructose corn syrup, soy oil, salt, yeast, molasses, wheat gluten, corn flour, malt barley flour, turmeric, mono-diglycerides, ascorbic acid, enzyme, L. Cysteine, paprika, natural and artificial flavor. Processed in a facility which also processes tree nuts), Cornmeal .	Wheat, Eggs, Soy.
Everything Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Everything Spice Mix (poppy seeds, sesame seeds, onion, garlic, caraway seeds, salt), Cornmeal .	Wheat, Soy.
Good Grains Bagel	Honey Whole Wheat Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, honey, brown sugar, yeast, salt, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds).	Wheat, Soy.
Honey Whole Wheat Bagel	Honey Whole Wheat Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, honey, brown sugar, yeast, salt, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Cornmeal .	Wheat, Soy.
Onion Bagel	Onion Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, onion, salt, yeast, molasses, poppy seeds, wheat gluten, malt barley flour, soy oil, white pepper, ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Cornmeal .	Wheat, Soy.
Plain Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Cornmeal .	Wheat, Soy.
Poppy Dip'd Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Poppy Seed, Cornmeal .	Wheat, Soy.
Potato Bagel	Potato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Flour .	Wheat, Soy.
Power Bagel, Fruit & Nut	Power Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, raisins, rye flakes, dried cranberries (sugar, cranberries, sunflower oil), sunflower seeds, honey, high fructose corn syrup, yeast, wheat gluten, walnuts, whole wheat flour, rye meal, salt, rye flour, cinnamon, sesame seed, oatmeal, corn meal, barley flakes, millet, molasses, malt, sugar, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, lactic acid, acetic acid, enzyme, malt barley flour, L. Cysteine).	Wheat, Walnuts.
Pumpnickel Bagel	Pumpnickel Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, rye flour, high fructose corn syrup, salt, wheat gluten, yeast, rye meal, onion, caramel color (contains sulfiting agents), molasses, caraway seeds, malt barley flour, soy oil, ground caraway seeds, sugar, lactic acid, silica, hydrolyzed wheat gluten, ground dill seed, ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Cornmeal .	Soy, Wheat.
Sesame Dip'd Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Sesame Seed, Cornmeal .	Wheat, Soy.
Sun-Dried Tomato Bagel	Sundried Tomato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, sun dried tomatoes (contains sulfiting agents), salt, high fructose corn syrup, yeast, wheat gluten, onion, sugar, soy oil, diacetyl tartaric acid esters of mono-diglycerides (DATEM), garlic, malt, ascorbic acid, fumaric acid. Processed in a facility which also processes tree nuts), Cornmeal .	Wheat, Soy.
Top Shelf Bagels		
Dutch Apple Bagel	Potato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Roasted Fuji Apples (apples, brown sugar, sugar, modified corn starch, caramel color, spice, ascorbic acid), Streusel Topping (wheat flour, sugar, vegetable shortening (palm oil, soybean oil), margarine (soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate), vanilla, salt), Cinnamon Crunch Topping (raw washed sugar, refined granulated sugar, cinnamon, canola oil).	Wheat, Soy.

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Green Chile Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Green Chiles , Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)).	Wheat, Soy, Milk.
Spinach Florentine Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Spinach , Butter and Margarine Blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), Minced Garlic (water, minced garlic), Iodized Salt , Black Pepper .	Wheat, Soy, Milk.
Six-Cheese Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anticaking agent)).	Wheat, Soy, Milk.
Double Topped - Apple Cream Cheese	Apple Filling (roasted Fuji apples (apples, brown sugar (cane, caramel color), sugar, modified corn starch, cinnamon, caramel color, spice, ascorbic acid), Cinnamon Sugar Blend (sugar, cinnamon), butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), caramel syrup (pure cane sugar, water, caramel flavor, natural flavoring, potassium sorbate (a preservative))), Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Reduced Fat Cream Cheese (pasteurized milk and cream, skim milk, maltodextrin, cheese culture, sodium citrate, salt, stabilizers (carob bean and/or xanthan and/or guar gums), modified food starch, vitamin A palmitate, natamycin (a natural mold inhibitor)).	Milk, Soy, Wheat
Double Topped - Elvis' Favorite	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Peanut Butter (roasted peanuts and sugar, contains 2% or less of: molasses, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono and diglycerides and salt), Banana , 100% Pure Honey .	Peanut, Soy, Wheat
Double Topped - Strawberry Cream Cheese	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Strawberry Pie Filling (water, sugar, strawberry puree, corn syrup, modified food starch, contains 2% or less of the following: citric acid, salt, preservatives (potassium sorbate, sodium propionate), artificial flavor, FD&C red #40), Reduced Fat Cream Cheese (pasteurized milk and cream, skim milk, maltodextrin, cheese culture, sodium citrate, salt, stabilizers (carob bean and/or xanthan and/or guar gums), modified food starch, vitamin A palmitate, natamycin (a natural mold inhibitor)), Strawberries .	Milk, Soy, Wheat
Pretzel Bagels		
Asiago Cheese Bagel Pretzel	Potato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anticaking agent)), Butter and Margarine Blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), Baking soda .	Wheat, Soy, Milk.
Cinnamon Sugar Bagel Pretzel	Potato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Cinnamon Sugar Blend (sugar, cinnamon), Butter and Margarine Blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), Baking soda .	Wheat, Soy, Milk.
Plain Bagel Pretzel	Potato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Butter and Margarine Blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), Baking soda .	Wheat, Soy, Milk.
Salt Bagel Pretzel	Potato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Salt , Butter and Margarine Blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), Baking soda .	Wheat, Soy, Milk.
Bread Specialty		
Braided Challah Roll	enriched wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, eggs, sugar, yeast, soybean oil, salt, seasonings (specially processed corn flour, spice oils (turmeric, paprika), mono and diglycerides, lecithin), dough conditioner (dextrose, DATEM, ascorbic acid, enzyme).	Egg, Wheat, Soy.
Ciabatta Bread	flour (unbleached wheat flour, barley malt), water, salt, olive oil, yeast. Contains no tropical oils.	Wheat.
Multi Grain Bread	Multigrain Bread (enriched wheat flour (bleached white flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, honey, yeast, whole wheat flour, rolled wheat, wheat gluten, vegetable shortening (made from partially hydrogenated canola and/or cottonseed and/or soybean oil), sunflower seeds, crushed rye, flaxseeds, sheat bran, salt, cracked wheat, hulled millet, dough conditioners (DATEM, ADA, L. Cysteine, ascorbic acid, enzymes), soybean oil, rye flour), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds), Cornmeal .	Wheat.
Cream Cheese		
Whipped Blueberry Reduced Fat	Pasteurized milk and cream, sugar, maltodextrin, blueberries, high fructose corn syrup, cheese culture, salt, blueberry juice solids, cranberries, stabilizers (carob bean and / or xanthan and / or guar gums), cellulose gel, vanilla, cellulose gum, natural flavor, natamycin (a natural mold inhibitor).	Milk
Whipped Garlic Herb Reduced Fat	Pasteurized milk and cream, maltodextrin, garlic*, water, salt, cheese culture, sodium citrate, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, spice*, parsley*, chervil*, chives, dill weed*, cellulose gum, enzymes, natamycin (a n	Milk.
Whipped Garden Vegetable Reduced Fat	Pasteurized milk and cream, maltodextrin, water, carrots*, bell peppers*, salt, cheese culture, celery*, sodium citrate, onions*, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, cellulose gum, green onions*, enzymes, natamycin (a	Milk.
Whipped Honey Almond Reduced Fat	Pasteurized milk and cream, honey, maltodextrin, almonds, sugar, water, cheese culture, modified food starch, salt, stabilizers (carob bean and/or xanthan and/or guar gums), potassium sorbate (preservative), citric acid, natamycin (a natural mold inhibito	Milk, Tree nuts.
Whipped Jalapeno Salsa Reduced Fat	Pasteurized milk and cream, maltodextrin, jalapeno peppers, diced tomatoes, water, red peppers*, tomato puree, salt, jalapeno peppers*, cheese culture, vinegar, stabilizers (carob bean and/or xanthan gum and/or guar gums), calcium chloride, onions, garlic	Milk.

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Whipped Onion and Chive	Pasteurized milk and cream, maltodextrin, water, dehydrated onion, cheese culture, salt, dried chives, stabilizers (carob bean, xanthan and/or guar gum), natamycin (natural mold inhibitor).	Milk.
Whipped Plain	Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums), natamycin (a natural mold inhibitor).	Milk.
Whipped Plain Reduced Fat	Pasteurized milk and cream, skim milk, maltodextrin, cheese culture, sodium citrate, salt, stabilizers (carob bean and/or xanthan and/or guar gums), modified food starch, vitamin A palmitate, natamycin (a natural mold inhibitor).	Milk.
Whipped Smoked Salmon	Pasteurized milk and cream, smoked salmon, maltodextrin, salt, cheese culture, smoked salmon powder, sugar, monosodium glutamate, stabilizers (carob bean and/or xanthan gum and/or guar gums), natural flavor, dill weed, yellow #6, and red #40 (colors), art	Milk, Fish.
Whipped Strawberry Reduced Fat	Pasteurized milk and cream, sugar, maltodextrin, strawberries, water, cheese culture, salt, modified food starch, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, natural flavors, potassium sorbate (preservative), cellulose gum, Red 40 (color), natamycin (a natural mold inhibitor).	Milk.
Whipped Sun Dried Tomato Basil Reduced Fat	Pasteurized milk and cream, water, sundried tomatoes, garlic*, salt, cheese culture, stabilizers (carob bean and / or xanthan and / or guar gums), basil, red pepper, sulfur dioxide (preservative, natamycin (a natural mold inhibitor), * dried.	Milk
Coffee		
Coffee	Water, coffee, caffeine.	NONE
Coffee Decaffeinated	Water and coffee.	NONE
Coffee Specialty		
Americano	Water, espresso, caffeine.	NONE
Cafe Latte	2% milk (low-fat milk, vitamin A palmitate, vitamin D3), Espresso , caffeine.	Milk.
Cafe Latte, Non Fat	Skim milk (nonfat milk, vitamin A palmitate, vitamin D3), Espresso , caffeine.	Milk.
Café Latte, Whole Milk	Whole milk, Espresso, caffeine.	Milk.
Cappuccino	Espresso, 2% milk (low-fat milk, vitamin A palmitate and vitamin D3), caffeine.	Milk.
Cappuccino Nonfat	Skim milk (nonfat milk, vitamin A palmitate, vitamin D3), Espresso , caffeine.	Milk.
Cappuccino Whole Milk	Whole milk, Espresso, caffeine.	Milk.
Mocha	2% milk [low-fat milk, vitamin A palmitate, vitamin D3], Espresso, Hershey's syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)], Whipped cream [heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant], Chocolate sprinkles [brown sugar, cocoa (Dutch processed with alkali)].	Milk.
Mocha Nonfat Milk	Skim milk [nonfat milk, vitamin A palmitate, vitamin D3], Espresso, Hershey's syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)], Whipped cream [heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant], Chocolate sprinkles [brown sugar, cocoa (Dutch processed with alkali)].	Milk.
Mocha Whole Milk	Whole milk, Espresso, Chocolate syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative) salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60 (an emulsifier), and vanillin (an artificial flavoring)].	Milk.
Iced Specialty Coffee		
Chai Tea w/ 2% milk	Chai tea concentrate [water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors], 2% milk.	Milk.
Chai Tea w/ skim milk	Chai tea concentrate [water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors], Skim milk.	Milk.
Chai Tea w/ whole milk	Chai tea concentrate [water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors], Whole milk.	Milk.
Iced Specialty Coffee		
Iced Americano	Water, espresso, caffeine.	NONE
Iced Coffee	Water, ice, coffee.	NONE
Iced Latte	2% milk (low-fat milk, vitamin A palmitate, vitamin D3), Espresso, caffeine, Ice.	Milk.
Iced Mocha	2% milk [low-fat milk, vitamin A palmitate, vitamin D3], Espresso, Hershey's syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)], Whipped cream [heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant], Chocolate sprinkles [brown sugar, cocoa (Dutch processed with alkali)], Ice.	Milk.
Iced Non Fat Latte	Skim milk [nonfat milk, vitamin A palmitate, vitamin D3], Espresso, caffeine, Ice.	Milk.
Low Fat Iced Mocha	Skim milk [nonfat milk, vitamin A palmitate, vitamin D3], Espresso, Hershey's syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)], Whipped cream [heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant], Chocolate sprinkles [brown sugar, cocoa (Dutch processed with alkali)], Ice.	Milk.
Iced Latte Whole Milk	Ice, Whole milk, Espresso.	Milk.
Iced Mocha Whole Milk	Ice, Whole milk, Espresso, Chocolate syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)].	Milk.
Frozen Blended Drinks		
Café Latte	Cappuccino base (milkfat and nonfat milk, sugar, corn syrup, contains less than 2% of each of the following: maltodextrin, whey protein concentrate, guar gum, sodium citrate, locust bean gum, carrageenan, disodium phosphate, natural flavors, ascorbic acid	Milk
Café Mocha	Ice, Cappuccino base (milkfat and nonfat milk, sugar, corn syrup, contains less than 2% of each of the following: maltodextrin, whey protein concentrate, guar gum, sodium citrate, locust bean gum, carrageenan, disodium phosphate, natural flavors, ascorbic	Milk
Café Caramel	Ice, Cappuccino base (milkfat and nonfat milk, sugar, corn syrup, contains less than 2% of each of the following: maltodextrin, whey protein concentrate, guar gum, sodium citrate, locust bean gum, carrageenan, disodium phosphate, natural flavors, ascorbic	Milk, Soy
Cookies & Cream	Ice, Ice Cream Base (grade A cream and milk, liquid sugar (sugar, sucrose, water), grade A skim milk powder, corn syrup, vanilla extract, stabilizer (guar gum, locust bean gum and carrageenan)), Chocolate Syrup (high fructose corn syrup, corn syrup, sugar mononitrate, riboflavin, and folic acid), natural and artificial flavoring, and leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate and corn starch)., Whipped Cream (cream, milk, sugar, dextrose, sorbitan, monostearate, artific	Egg, Milk, Soy, Whe
Fat Free Wild Berry Blender	Ice, Strawberry Mix (strawberry puree, water, sugar, lemon concentrate, lime concentrate, fruit extract, citric acid, ascorbic acid), Yogurt (grade A cultured nonfat milk, whey protein concentrate, food starch-modified, gelatin, vanilla flavor with other natural flavors, citric acid, Aspartame, annatto and turmeric (color)). Active cultures include Lactobacillus Acidophilus and Bifidobacterium Sp. PHENYLKETONURICS: CONTAINS PHENYLALANINE.), Blueberries.	Milk
Strawberry	Ice, Strawberry Mix (strawberry puree, water, sugar, lemon concentrate, lime concentrate, fruit extract, citric acid, ascorbic acid), Ice Cream Base (grade A cream and milk, liquid sugar (sugar, sucrose, water), grade A skim milk powder, corn syrup, vanil	Milk
Vanilla	Ice, Ice Cream Base (grade A cream and milk, liquid sugar (sugar, sucrose, water), grade A skim milk powder, corn syrup, vanilla extract, stabilizer (guar gum, locust bean gum and carrageenan)), Vanilla Syrup (pure cane sugar, water, natural vanilla extra	Milk
Coffee Extras		
Light Whipped Cream	cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols (vitamin E) to protect flavor, beta carotene (color), propellant: nitrous oxide.	Milk.
On Top Reduced Fat Topping	Skim milk (nonfat milk, vitamin A palmitate, vitamin D3), partially ated palm kernel oil, water, high fructose corn syrup, contains less than 2% of the following: sodium caseinate (a milk derivative), artificial flavor, polysorbate 60, sorbitan monostearate, xanthan gum, disodium phosphate, guar gum, sodium hexametaphosphate, colored with turmeric and annatto extracts. Allegens: Milk.	Milk.
Syrup, Blackberry	Pure cane sugar, water, concentrated blackberry juice, natural flavorings, potassium sorbate.	NONE
Syrup, Hazelnut	Sugar, water, natural and artificial flavor, potassium sorbate as a preservative, citric acid, caramel color.	NONE

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Syrup, Vanilla	Pure cane sugar, water, natural vanilla extract, natural vanilla flavoring, potassium sorbate (preservative).	NONE
Syrup, Vanilla, Sugar Free	Water, erythritol (eridex brand as sweetener), natural vanilla flavor, cellulose gum, vanilla aroma, sucralose (splenda brand as sweetener), citric acid, potassium sorbate (preservative).	NONE
Half & Half	Milk and Cream.	Milk.
Skim Milk	Nonfat milk, vitamin A palmitate and vitamin D3.	Milk.
Whole Milk	Milk	Milk.
Fountain Beverages		
Barq's Root Beer	High fructose corn syrup, water, caramel color, sodium benzoate (to protect taste), citric acid, caffeine, artificial and natural flavors, acacia	NONE
Cherry Coca Cola	High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine.	NONE
Coca-Cola	High fructose corn syrup, water, caramel color, phosphoric acid, natural flavors, caffeine.	NONE
Diet Coca-Cola	Water, caramel color, phosphoric acid, sodium saccharine, potassium benzoate (to protect taste), natural flavors, citric acid, caffeine, potassium citrate, aspartame, dimethylpolysiloxane.	NONE
Diet Coke - Caffeine Free	Water, caramel color, phosphoric acid, potassium benzoate and potassium sorbate (to protect taste), sodium saccharin, natural flavors, citric acid, aspartame, potassium citrate, dimethylpolysiloxane.	NONE
Fanta Orange	High fructose corn syrup, water, citric acid, potassium benzoate (to protect taste), natural flavors, modified food starch, glycerol ester of wood rosin, yellow 6, brominated vegetable oil, red 40, dimethylpolysiloxane.	NONE
Hi-C Fruit Punch	High fructose corn syrup, water, citric acid, natural and artificial flavors, ascorbic acid (Vitamin C), sodium benzoate (to protect taste), modified food starch, red 40, glycerol ester of wood rosin, brominated vegetable oil.	NONE
Minute Maid Lemonade	High fructose corn syrup, water, citric acid, sodium citrate, potassium benzoate (to protect taste), modified food starch, glycerol ester of wood rosin, natural and artificial flavors, brominated vegetable oil, yellow 5.	NONE
Mr. Pibb	High fructose corn syrup, water, caramel color, natural and artificial flavors, phosphoric acid, sodium benzoate (to protect taste), caffeine, monosodium phosphate, lactic acid, dimethylpolysiloxane.	NONE
Nestea Raspberry Iced Tea	High fructose corn syrup, water, citric acid, concentrated tea from tea leaves, natural flavors, potassium citrate, sodium benzoate (to protect taste).	NONE
Nestea Unsweetened Iced Tea	Water, natural and artificial flavors, natural tea concentrate from tea leaves, sodium benzoate and potassium sorbate (to protect taste), phosphoric acid.	NONE
Sprite	High fructose corn syrup and/or sucrose, water, citric acid, natural flavors, sodium citrate, sodium benzoate, dimethylpolysiloxane.	NONE
Poured Beverages		
Lemonade Blackberry	Water, Lemonade concentrate (water, lemon juice, sugar), Blackberry Syrup (pure cane sugar, water, blackberry flavor, natural flavoring, potassium sorbate (preservative)).	NONE
Fresh Squeezed Orange Juice	Orange Juice.	NONE
Spontaneitea	Green Tea with Ginseng Tea (water, green tea, ginseng, pineapple flavor), Sugar.	NONE
Other Hot Beverages		
Chai Tea Latte 2% milk	Chai tea concentrate [water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors], 2% milk [reduced fat milk, vitamin A palmitate, vitamin D3].	Milk
Chai Tea Latte skim milk	Chai tea concentrate [water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors], Skim milk [reduced fat milk, vitamin A palmitate, vitamin D3].	Milk
Chai Tea Latte whole milk	Chai tea concentrate [water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors], Whole milk .	Milk
Hot Chocolate, Regular	2% milk [low-fat milk, vitamin A palmitate, vitamin D3], Hershey's syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)], Whipped cream [heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant], Chocolate sprinkles [brown sugar, cocoa (Dutch processed with alkali)].	Milk
Hot Chocolate, Regular Whole Milk	Whole milk , Hershey's syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)], Whipped cream [heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant], Chocolate sprinkles [brown sugar, cocoa (Dutch processed with alkali)].	Milk
Harney & Sons Tropical Green Tea	Green tea, ginseng and pineapple flavor.	NONE
Harney & Sons Tropical Berry Iced Tea	Black tea, jasmine, cranberry and pineapple flavors.	NONE
Retail, Food		
Fresh Fruit	Honeydew melon, cantaloupe melon, pineapple, red seedless grapes, watermelon, strawberries (whole), may contain seasonal berries.	NONE
Kettle Classic Chips	Potatoes, vegetable oil, (contains on or more of the following: Sunflower Oil, Cottonseed Oil) and Salt.	NONE
Fruit And Yogurt Parfait	Yogurt (grade A cultured nonfat milk, whey protein concentrate, food starch-modified, gelatin, vanilla flavor with other natural flavors, citric acid, Aspartame, annatto and turmeric (color). Active cultures include Lactobacillus Acidophilus and Bifidobacterium Sp. PHENYLKETONURICS: CONTAINS PHENYLALANINE.), may contain (Peaches, Raspberries, Blueberries, Strawberries, Blackberries), Granola (whole oats, brown sugar, whole grain wheat, corn syrup, rice, almonds, modified corn starch, partially hydrogenated cottonseed and/or soybean oil, high fructose corn syrup, cinnamon, salt, nonfat dry milk, natural and artificial flavors, polyglycerol esters of mono and diglycerides, malt flavor, niacinamide, zinc oxide, guar gum, sodium ascorbate (vitamin C), reduced iron, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), vitamin A palmitate, folic acid, thiamin hydrochloride (vitamin B1), BHT (preservative), vitamin B12, vitamin D).	Milk, Soy, Tree nuts, Wheat.
Salad Dressings		
Caesar Dressing	Soybean oil, water, parmesan cheese (milk, cheese cultures, salt enzymes), red wine vinegar, salt, lemon juice concentrate, egg yolk, sugar, anchovy, dehydrated garlic, spices, natural flavors, onion, xanthan gum, molasses, maltodextrin, sodium benzoate added as a preservative, polysorbate 60, disodium guanylate, disodium inosinate, calcium disodium EDTA added to protect flavor, tamarind, caramel color, soy flour.	Egg, Fish, Milk, Soy.
Chile Lime Dressing	Soy sauce (water, wheat, soybeans, salt), rice wine vinegar, brown sugar, garlic sauce (chili pepper, garlic, water, salt, sugar, rice vinegar, acetic acid, modified food starch), extra virgin olive oil, sesame seed oil, garlic, jalapeno peppers, ginger, water, green onion, sesame seeds, distilled vinegar, salt, cilantro, mustard seed, lime juice concentrate, citric acid, xanthan gum.	Wheat, Soy.
Raspberry Vinaigrette	Soybean oil, high fructose corn syrup, white wine vinegar, water, sugar, Dijon mustard (water, mustard seed, distilled vinegar, salt, white wine, tartaric acid, citric acid, spices), garlic, raspberry concentrate, salt, dried shallots, spice, sodium benzoate added as preservative, natural flavors, xanthan gum, calcium disodium EDTA added to protect flavor.	Soy.
Salad Extras & Sides		
Candied Walnuts	Walnuts, powdered sugar, canola/olive oil blend (canola oil, extra virgin olive oil), iodized salt, cayenne pepper.	Tree nuts
Cole Slaw	Mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Cabbage, Cider Vinegar, Sugar, Horseradish Sauce (distilled vinegar, water, parsnips, horseradish, salt, sugar, flavoring), Carrots .	Egg, Milk, Soy.
Bagel Croutons	Potato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Butter and Margarine Blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), Minced Garlic (water, minced garlic), Iodized Salt, Black Pepper .	Wheat, Soy, Milk.
Fresh Fruit	Honeydew melon, cantaloupe melon, pineapple, red seedless grapes, watermelon, strawberries (whole), may contain seasonal berries.	NONE

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Traditional Potato Salad	Red potatoes, heavy mayo [vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika], water, celery, onions, vinegar, salt, green bell peppers, spices, sugar, potassium sorbate and sodium benzoate, to protect flavor, xanthan gum.	Egg, Soy

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Salads (and Half Salads)		
Bros Bistro Salad and Hald Bros Bistro Salad	Mixed Greens (spring mix may contain (lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), romaine lettuce), Raspberry Vinaigrette (soybean oil, high fructose corn syrup, white wine vinegar, water, sugar, dijon mustard (water, mustard seed, distilled vinegar, salt, white wine, tartaric acid, citric acid, spices), garlic, raspberry concentrate, salt, dried shallots, spice, sodium benzoate added as preservative, natural flavors, xanthan gum, calcium disodium EDTA added to protect flavor), Sugared Walnuts (walnuts, powdered sugar, canola/olive oil blend (canola oil, extra virgin olive oil), iodized salt, cayenne pepper), Gorgonzola Cheese (pasteurized milk, salt, cheese culture (wheat), enzymes, natamycin (added to protect flavor)).	Wheat, Soy, Walnuts, Milk.
Bros Bistro Salad with Chicken and Half Bros Bistro Salad with Chicken	Mixed Greens (spring mix may contain (lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), romaine lettuce), Grilled Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Raspberry Vinaigrette (soybean oil, high fructose corn syrup, white wine vinegar, water, sugar, dijon mustard (water, mustard seed, distilled vinegar, salt, white wine, tartaric acid, citric acid, spices), garlic, raspberry concentrate, salt, dried shallots, spice, sodium benzoate added as preservative, natural flavors, xanthan gum, calcium disodium EDTA added to protect flavor), Sugared Walnuts (walnuts, powdered sugar, canola/olive oil blend (canola oil, extra virgin olive oil), iodized salt, cayenne pepper), Gorgonzola Cheese (pasteurized milk, salt, cheese culture (wheat), enzymes, natamycin (added to protect flavor)).	Wheat, Soy, Walnuts, Milk.
Half - Caesar Salad	Mixed Greens (spring mix may contain (lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), romaine lettuce), Caesar Dressing (soybean oil, water, parmesan cheese (milk, cheese cultures, salt, enzymes), red wine vinegar, salt, lemon juice concentrate, egg yolk, sugar, anchovy, dehydrated garlic, spices, natural flavors, onion, xanthan gum, molasses, maltodextrin, sodium benzoate added as a preservative, polysorbate 60, disodium guanylate, disodium inosinate, calcium disodium EDTA added to protect flavor, tamarind, caramel color, soy flour), Caesar Cheese Blend (milk, cheese cultures, salt, enzymes, cellulose as an anticaking agent), Croutons (potato bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes peanuts and/or tree nuts), whipped garlic butter blend (butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), minced garlic (water, minced garlic), iodized salt, black pepper)).	Egg, Fish, Milk, Soy, Wheat.
Half - Chicken Caesar Salad	Mixed Greens (Spring Mix may contain (lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce), Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Caesar Dressing (soybean oil, water, parmesan cheese (milk, cheese cultures, salt, enzymes), red wine vinegar, salt, lemon juice concentrate, egg yolk, sugar, anchovy, dehydrated garlic, spices, natural flavors, onion, xanthan gum, molasses, maltodextrin, sodium benzoate added as a preservative, polysorbate 60, disodium guanylate, disodium inosinate, calcium disodium EDTA added to protect flavor, tamarind, caramel color, soy flour), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anti-caking agent)), Croutons , Bagel(butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), Potato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Minced Garlic (water, minced garlic), iodized salt, black pepper)).	Egg, Fish, Milk, Soy, Wheat.
Chipotle Salad and Half Chipotle Salad	Mixed Greens (spring mix may contain (lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), romaine lettuce), Chipotle Vinaigrette (soybean oil, water, cider vinegar, onion juice, brown sugar, garlic juice, honey, salt, red chili peppers, tomato paste, chives, bell peppers, natural flavors (including smoke flavor), decaffeinated coffee, chipotle peppers, dehydrated garlic, spices, potassium sorbate and sodium benzoate added as preservative, xanthan gum, propylene glycol alginate, caramel color, calcium disodium EDTA added to protect flavor, citric acid), Roasted Corn Relish (corn, black beans, tomatoes, bell peppers, onions, soybean oil, seasoning (salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder (corn syrup solids, lime juice solids, lime oil, BHT), autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor (partially hydrogenated soybean and cottonseed oils, modified corn starch, corn syrup solids), citric acid, natural smoke flavor, natural flavoring)), Tomatoes , Corn Tortilla Strips may contain (corn flour, vegetable oil (sunflower, safflower and/or corn), salt and/or sea salt, water, trace of lime), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days)).	Milk, Soy.
Chicken Chipotle Salad and Half Chicken Chipotle Salad	Mixed Greens (Spring Mix may contain (lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce), Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Chipotle Vinaigrette (soybean oil, water, cider vinegar, onion juice, brown sugar, garlic juice, honey, salt, red chili peppers, tomato paste, chives, bell peppers, natural flavors (including smoke flavor), decaffeinated coffee, chipotle peppers, dehydrated garlic, spices, potassium sorbate and sodium benzoate added as preservative, xanthan gum, propylene glycol alginate, caramel color, calcium disodium EDTA added to protect flavor, citric acid), Roasted Corn Relish (corn, black beans, tomatoes, bell peppers, onions, soybean oil, seasoning (salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder (corn syrup solids, lime juice solids, lime oil, BHT), autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor (partially hydrogenated soybean and cottonseed oils, modified corn starch, corn syrup solids), citric acid, natural smoke flavor, natural flavoring)), Tomatoes , Corn Tortilla Strips may contain (corn flour, vegetable oil (sunflower, safflower and/or corn), salt and/or sea salt, water, trace of lime), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days)), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes).	Milk, Soy.

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Breakfast Sandwiches		
Egg Way, Original	Egg Mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.), whole milk), Plain Bagel (bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor))	Egg, Milk, Soy, Wheat.
Egg Way with Bacon	Egg Mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.), whole milk), Plain Bagel (bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)). Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite)	Egg, Milk, Soy, Wheat.
Egg Way with Black Forest Ham	Egg Mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.), whole milk), Plain Bagel (bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Black Forest Ham (cured with water, salt, potassium lactate, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)).	Egg, Milk, Soy, Wheat.
Egg Way with Sausage	Egg Mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.), whole milk), Plain Bagel (bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Turkey Sausage (turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)).	Egg, Milk, Soy, Wheat.

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Egg Way, Spinach Mushroom and Swiss Omelette	Egg Mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.), whole milk), Plain Bagel (bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Spinach Mixture (spinach, whipped garlic butter blend (butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), minced garlic (water, minced garlic), iodized salt, black pepper)), Sautéed Mushrooms (mushrooms, whipped garlic butter blend (butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), minced garlic (water, minced garlic), iodized salt, black pepper)), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.).	Egg, Milk, Soy, Wheat.
Bacon & Spinach Panini	Ciabatta Bread (flour (unbleached wheat flour, barley malt), water, salt, olive oil, yeast. Contains no tropical oils), Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.), Whole Milk), Spicy Roasted Tomato Spread (soybean oil, roasted tomatoes (tomatoes, canola oil, garlic, spice, salt), water, tomato paste, olive oil, chili sauce (chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives), egg yolk, high fructose corn syrup, spices, distilled vinegar, garlic, salt, hot chili sauce (chili, sugar, garlic, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives, xanthan gum), lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Spinach Mixture (Spinach, Whipped Garlic Butter Blend (Butter and Margarine Blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), Minced Garlic (water, minced garlic), iodized Salt, Black Pepper)), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Mozzarella Cheese (cultured pasteurized part-skim milk, salt, enzymes), Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite).	Egg, Milk, Soy, Wheat.
Sausage Ranchero Panini	Ciabatta Bread (flour (unbleached wheat flour, barley malt), water, salt, olive oil, yeast. Contains no tropical oils), Egg mixture (Eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.), Whole Milk), Turkey Sausage (turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed), Green Chiles , Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Mozzarella Cheese (cultured pasteurized part-skim milk, salt, enzymes), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)).	Egg, Milk, Wheat.
Vegetable Panini	Ciabatta Bread (flour (unbleached wheat flour, barley malt), water, salt, olive oil, yeast. Contains no tropical oils), Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.), Whole Milk), Tomatoes , Spicy Cream Cheese (cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums), natamycin (a natural mold inhibitor)), chili paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite (as preservatives))), Spinach Mixture (spinach, whipped garlic butter blend (butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), minced garlic (water, minced garlic), iodized salt, black pepper)), Sautéed Mushrooms (mushrooms, whipped garlic butter blend (butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), minced garlic (water, minced garlic), iodized salt, black pepper)), Mozzarella Cheese (cultured pasteurized part skim milk, salt, calcium chloride, enzymes), Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color).	Egg, Milk, Soy, Wheat.
Breakfast Wraps		
Spicy Elmo	Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.), Whole Milk), Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, soybean oil, shortening (partially hydrogenated soybean and cottonseed oils), aluminum free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate*, salt, sugar, mono-diglycerides, honey powder, fumaric acid*, potassium sorbate*, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes*, sodium metabisulfite*). *Used to maintain freshness. Made on equipment shared with soy and tree nuts.), Green Chiles , Cream Cheese (pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums), natamycin (a natural mold inhibitor)), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Three Cheese blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite), Chili Paste (chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite (as preservatives)).	Egg, Milk, Soy, Wheat.
Sante Fe	Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.), whole milk), Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, soybean oil, shortening (partially hydrogenated soybean and cottonseed oils), aluminum free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate*, salt, sugar, mono-diglycerides, honey powder, fumaric acid*, potassium sorbate*, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes*, sodium metabisulfite*). * Used to maintain freshness. Made on equipment shared with soy and tree nuts.), Turkey Sausage (turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed)), Jalapeno Salsa Cream Cheese (pasteurized milk and cream, maltodextrin, jalapeno peppers, diced tomatoes, water, red peppers*, tomato puree, salt, jalapeno peppers*, cheese culture, vinegar, stabilizers (carob bean and/or xanthan gum and/or guar gums), calcium chloride, onions, garlic, natamycin (a natural mold inhibitor). *Dried), Ancho Salsa (salsa (tomato puree (water, tomato paste), fresh jalapeno peppers, fresh onions, distilled vinegar, salt, dehydrated onions and garlic), ancho lime concentrate (roasted red pepper puree (red peppers, water, salt and citric acid as a preservative), water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid (a preservative), natural flavors, potassium sorbate, yeast extract, disodium inosinate/disodium guanylate, lactic acid. Contains sulfiting agents)), Pepperjack Cheese (cultured pasteurized milk, jalapeno peppers, salt, enzymes).	Egg, Milk, Wheat.
Deli Sandwiches		
Deli Bacon	Multi Grain Bread with Good Grains Topping (multigrain bread (enriched wheat flour (bleached white flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, honey, yeast, whole wheat flour, rolled wheat, wheat gluten, vegetable shortening (made from partially hydrogenated canola and/or cottonseed and/or soybean oil), sunflower seeds, crushed rye, flaxseeds, wheat bran, salt, cracked wheat, hulled millet, dough conditioners (DATEM, ADA, L. Cysteine, ascorbic acid, enzymes), soybean oil, rye flour), good grains topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds), cornmeal), Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite), Tomatoes , Mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Lettuce .	Egg, Soy, Wheat.
Deli Ham	Black Forest Ham (cured with water, salt, potassium lactate, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite), Challah Roll (enriched wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, eggs, sugar, yeast, soybean oil, salt, seasonings (specially processed corn flour, spice oils (turmeric, paprika), mono and diglycerides, lecithin), dough conditioner (dextrose, DATEM, ascorbic acid, enzyme), Tomatoes , Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Mustard (vinegar, water, #1 mustard seed, mustard bran, salt, turmeric and spices), Lettuce , Red Onion .	Egg, Milk, Soy, Wheat.

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Deli Chicken Salad	Chicken Salad (Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Celery, Green onion, Deli Mustard (vinegar, water, #1 mustard seed, mustard bran, salt, turmeric and spices), black pepper)), Multigrain Bread (Enriched wheat flour (bleached white flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), water, honey, yeast, whole wheat flour, rolled wheat, wheat gluten, vegetable shortening (made from partially hydrogenated canola and/or cottonseed and/or soybean oil), sunflower seeds, crushed rye, flaxseeds, wheat bran, salt, cracked wheat, hulled millet, dough conditioners (DATEM, ADA, L-Cysteine, ascorbic acid, enzymes), soybean oil, rye flour, Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds), Cornmeal , Tomatoes , Red Onion , Lettuce (acid, soybean oil, rye flour), good grains topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds), cornmeal), Tomatoes , Lettuce , Red Onion .	Egg, Soy, Wheat.
Deli Pastrami	Multigrain Bread with Good Grains Topping (multigrain bread (enriched wheat flour (bleached white flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, honey, yeast, whole wheat flour, rolled wheat, wheat gluten, vegetable shortening (made from partially hydrogenated canola and/or cottonseed and/or soybean oil), sunflower seeds, crushed rye, flaxseeds, wheat bran, salt, cracked wheat, hulled millet, dough conditioners (DATEM, ADA, L. Cysteine, ascorbic acid, enzymes), soybean oil, rye flour), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds), Cornmeal), Pastrami (cured with water, salt, sugar, sodium phosphate, smoke flavoring, flavoring, sodium erythorbate, spice extractives, oil of garlic, oil of onion, sodium nitrite, rubbed with spices, salt, caramel color, dextrose, garlic powder), Tomatoes , Mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Mustard (vinegar, water, mustard seed, mustard bran, salt, turmeric, spices), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Lettuce , Red Onion .	Egg, Milk, Soy, Wheat.
Deli Tuna Salad	Tuna Salad (white tuna fish (chunk white tuna, spring water, salt, vegetable broth (contains soy), pyrophosphate), Celery, mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Lemon Juice, Green Onion, iodized salt, black pepper), Multigrain Bread with Good Grains Topping (enriched wheat flour (bleached white flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, honey, yeast, whole wheat flour, rolled wheat, wheat gluten, vegetable shortening (made from partially hydrogenated canola and/or cottonseed and/or soybean oil), sunflower seeds, crushed rye, flaxseeds, wheat bran, salt, cracked wheat, hulled millet, dough conditioners (DATEM, ADA, L. Cysteine, ascorbic acid, enzymes), soybean oil, rye flour), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds), Cornmeal), Cucumber , Lettuce , Red Onion .	Egg, Fish, Soy, Wheat.
Deli Turkey & Swiss	Multigrain Bread with Good Grains Topping (multigrain bread (enriched wheat flour (bleached white flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, honey, yeast, whole wheat flour, rolled wheat, wheat gluten, vegetable shortening (made from partially hydrogenated canola and/or cottonseed and/or soybean oil), sunflower seeds, crushed rye, flaxseeds, wheat bran, salt, cracked wheat, hulled millet, dough conditioners (DATEM, ADA, L. Cysteine, ascorbic acid, enzymes), soybean oil, rye flour), good grains topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds), cornmeal), Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes , Creamy Mustard Spread (mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), mustard (vinegar, water, #1 mustard seed, mustard bran, salt, turmeric and spices)), Swiss Cheese (cultured milk, salt, enzymes.	Egg, Milk, Soy, Wheat.
Deli Melts		
Turkey Deli Melt	Plain Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes , Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days).	Milk, Soy, Wheat.
Ham Deli Melt	Plain Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Black Forest Ham (cured with water, salt, potassium lactate, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite), Tomatoes , Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days).	Milk, Soy, Wheat.
Tuna Salad Deli Melt	Tuna Salad (white tuna fish (chunk white tuna, spring water, salt, vegetable broth (contains soy), pyrophosphate), celery, mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), lemon juice, green onion, iodized salt, black pepper), Plain Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Tomatoes , Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days).	Egg, Fish, Milk, Soy, Wheat.
Pastrami Deli Melt	Plain Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Pastrami (cured with water, salt, sugar, sodium phosphate, smoke flavoring, flavoring, sodium erythorbate, spice extractives, oil of garlic, oil of onion, sodium nitrite, rubbed with spices, salt, caramel color, dextrose, garlic powder), Tomatoes , Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days).	Milk, Soy, Wheat.
Veggie Deli Melt	Plain Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Spinach Mixture (spinach, whipped garlic butter blend (butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), minced garlic (water, minced garlic), iodized salt, black pepper)), Tomatoes , Garden Vegetable Cream Cheese (pasteurized milk and cream, maltodextrin, water, carrots*, bell peppers*, salt, cheese culture, celery*, sodium citrate, onions*, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, cellulose gum, green onions*, enzymes, natamycin (a natural mold inhibitor). *Dried), Sauteed mushrooms (mushrooms, whipped garlic butter blend (butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), minced garlic (water, minced garlic), iodized salt, black pepper)), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Roasted Red Peppers (roasted red peppers, water, salt, citric acid), Red Onion .	Milk, Soy, Wheat.
Specialty Sandwiches		
Reuben (Regular & Overstuffed Size)	Pastrami (cured with water, salt, sugar, sodium phosphate, smoke flavoring, flavoring, sodium erythorbate, spice extractives, oil of garlic, oil of onion, sodium nitrite, rubbed with spices, salt, caramel color, dextrose, garlic powder), Marble Rye Bread (Marble Rye Bread (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, yeast, rye flour, salt, spices, wheat gluten, high fructose corn syrup, onions, vinegar, dextrose, caramel color (contains sulfiting agents), sodium stearoyl lactylate (SSL), mono- and diglycerides, vegetable shortening (partially hydrogenated soybean, cottonseed, and/or canola oils), molasses, acetic acid, malt barley flour, lactic acid, diacetyl tartaric acid esters of mono- and diglycerides (DATEM), ascorbic acid, natural flavor, enzyme, onion, L. Cysteine, azodicarbonamide (ADA)), Cornmeal), Sauerkraut, Thousand Island Dressing (soybean oil, water, pickles, corn syrup, sugar, egg yolk, tomato paste, distilled vinegar, high fructose corn syrup, salt, onion*, celery seed, red bell pepper, xanthan gum, spices, sodium benzoate added as a preservative, natural and artificial flavors, polysorbate 80, garlic*. *dehydrated), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days).	Wheat, Soy, Egg, Milk.

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Rachel (Regular & Overstuffed Size)	Pastrami (cured with water, salt, sugar, sodium phosphate, smoke flavoring, flavoring, sodium erythorbate, spice extractives, oil of garlic, oil of onion, sodium nitrite. rubbed with spices, salt, caramel color, dextrose, garlic powder), Marble Rye Bread (Marble Rye Bread (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, yeast, rye flour, salt, spices, wheat gluten, high fructose corn syrup, onions, vinegar, dextrose, caramel color (contains sulfiting agents), sodium stearoyl lactylate (SSL), mono- and diglycerides, vegetable shortening (partially hydrogenated soybean, cottonseed, and/or canola oils), molasses, acetic acid, malt barley flour, lactic acid, diacetyl tartaric acid esters of mono- and diglycerides (DATEM), ascorbic acid, natural flavor, enzyme, onion, L. Cysteine, azodicarbonamide (ADA)), Cornmeal), Coleslaw (mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA	Egg, Milk, Soy, Wheat.
Turkey Reuben (Regular & Overstuffed Size)	to protect flavor, paprika), cabbage, cider vinegar, sugar, horseradish sauce (distilled vinegar, water, parsnips, horseradish, salt, sugar, flavoring), carrots), Thousand Island Dressing (soybean oil, water, pickles, corn syrup, sugar, egg yolk, tomato paste, distilled vinegar, high fructose corn syrup, salt, onion*, celery seed, red bell pepper, xanthan gum, spices, sodium benzoate added as a preservative, natural and artificial flavors, polysorbate 80, garlic*. *dehydrated), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.).	Egg, Milk, Soy, Wheat.
Turkey Rachel (Regular & Overstuffed Size)	Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Marble Rye Bread (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, yeast, rye flour, salt, spices, wheat gluten, high fructose corn syrup, onions, vinegar, dextrose, caramel color (contains sulfiting agents), sodium stearoyl lactylate (SSL), mono- and diglycerides, vegetable shortening (partially hydrogenated soybean, cottonseed, and/or canola oils), molasses, acetic acid, malt barley flour, lactic acid, diacetyl tartaric acid esters of mono- and diglycerides (DATEM), ascorbic acid, natural flavor, enzyme, onion, L. Cysteine, azodicarbonamide (ADA)), Cornmeal), Coleslaw (mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), cabbage, cider vinegar, sugar, horseradish Sauce (distilled vinegar, water, parsnips, horseradish, salt, sugar, flavoring), carrots), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Thousand Island Dressing (soybean oil, water, pickles, corn syrup, sugar, egg yolk, tomato paste, distilled vinegar, high fructose corn syrup, salt, onion*, celery seed, red bell pepper, xanthan gum, spices, sodium benzoate added as a preservative, natural and artificial flavors, polysorbate 80, garlic*. *dehydrated).	Egg, Milk, Soy, Wheat.
Club Mex on Challah	Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Challah Roll (enriched wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, eggs, sugar, yeast, soybean oil, salt, seasonings (specially processed corn flour, spice oils (turmeric, paprika), mono and diglycerides, lecithin), dough conditioner (dextrose, DATEM, ascorbic acid, enzyme), Tomatoes, Ancho Mayo (mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), ancho lime concentrate (roasted red pepper puree (red peppers, water, salt and citric acid as a preservative), water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid (a preservative), natural flavors, potassium sorbate, yeast extract, disodium inosinate/disodium guanylate, lactic acid. Contains sulfiting agents)), Pepperjack Cheese (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Lettuce, Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite), Red Onion .	Egg, Milk, Soy, Wheat.
Grilled Chicken, Bacon and Swiss	Grilled Chicken Breast (boneless skinless chicken breast with no meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Challah Roll (enriched wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, eggs, sugar, yeast, soybean oil, salt, seasonings (specially processed corn flour, spice oils (turmeric, paprika), mono and diglycerides, lecithin), dough conditioner (dextrose, DATEM, ascorbic acid, enzyme), Creamy Mustard Spread (mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Mustard (vinegar, water, #1 mustard seed, mustard bran, salt, turmeric and spices)), Tomatoes, Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Lettuce, Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite).	Egg, Milk, Soy, Wheat.
Roasted Turkey and Swiss	Multi Grain Bread with Good Grains Topping (enriched wheat flour (bleached white flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, honey, yeast, whole wheat flour, rolled wheat, wheat gluten, vegetable shortening (made from partially hydrogenated canola and/or cottonseed and/or soybean oil), sunflower seeds, crushed rye, flaxseeds, wheat bran, salt, cracked wheat, hulled millet, dough conditioners (DATEM, ADA, L. Cysteine, ascorbic acid, enzymes), soybean oil, rye flour), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds), Cornmeal), Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes, Creamy Mustard Spread (Mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Mustard (vinegar, water, #1 mustard seed, mustard bran, salt, turmeric and spices)), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Lettuce, Red Onion .	Egg, Milk, Soy, Wheat.
Tasty Turkey on Asiago Bagel	Asiago Bagel (plain bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Caesar Cheese Blend (milk, cheese cultures, salt, enzymes, cellulose as an anticaking agent)), Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Onion and Chive Cream Cheese (pasteurized milk and cream, maltodextrin, water, dehydrated onion, cheese culture, salt, dried chives, stabilizers (carob bean, xanthan and/or guar gum), natamycin (natural mold inhibitor)), Tomatoes, Cucumber, Lettuce, Alfalfa Sprouts .	Milk, Soy, Wheat.
Veg Out on Sesame Seed Bagel	Sesame Seed Bagel (plain bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), sesame seeds, cornmeal), Tomatoes, Cucumber, Feta Pinenut Spread (feta cheese (cultured pasteurized cow milk, salt, enzymes), yogurt (cultured grade a lowfat milk, nonfat dry milk, modified food starch, agar, pectin and carrageenan), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum and/or guar gum), water, pinenuts roasted in vegetable oil (peanut, cottonseed, partially hydrogenated soybean and/or sunflower seed), sun dried tomatoes, contains 2 % or less of: basil, garlic, xanthan gum, citric acid, natural flavors; processed in a facility which also processed peanuts), Garden Vegetable Cream Cheese (pasteurized milk and cream, maltodextrin, water, carrots*, bell peppers*, salt, cheese culture, celery*, sodium citrate, onions*, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, cellulose gum, green onions*, enzymes, natamycin (a natural mold inhibitor). *Dried), Alfalfa Sprouts, Lettuce, Red Onion .	Milk, Soy, Pine nuts, Wheat.
Lox & Bagel *	Plain Bagel (plain bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Cold-Smoked Salmon (salmon, salt, sugar, less than .02% sodium nitrate, natural hardwood smoke to maintain freshness), Cream Cheese (pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums), natamycin (a natural mold inhibitor)), Tomatoes, Red Onion, Capers (capers, water, vinegar, salt).	Fish, Milk, Soy, Wheat.
Bagel Dogs		

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Original Bagel Dog	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)), Hot Dog (beef, water, salt, dextrose, flavoring, extractives of paprika, sodium erythorbate, sodium nitrite).	Soy, Wheat.
Original Bagel Dog with Cheddar Cheese	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)), Hot Dog (beef, water, salt, dextrose, flavoring, extractives of paprika, sodium erythorbate, sodium nitrite), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days).	Milk, Soy, Wheat.
Asiago Bagel Dog	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)), Hot Dog (beef, water, salt, dextrose, flavoring, extractives of paprika, sodium erythorbate, sodium nitrite), Caesar Cheese Blend (milk, cheese cultures, salt, enzymes, cellulose as an anticaking agent).	Soy, Wheat, Milk.
Asiago Bagel Dog with Cheddar Cheese	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)), Hot Dog (beef, water, salt, dextrose, flavoring, extractives of paprika, sodium erythorbate, sodium nitrite), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days), Caesar Cheese Blend (milk, cheese cultures, salt, enzymes, cellulose as an anticaking agent).	Milk, Soy, Wheat.
Pizza Bagels		
Cheese	Plain Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Pizza Sauce (tomato puree (water, tomato paste), less than 2% of: salt, extra virgin olive oil, dried onions, garlic, spices, citric acid), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anti-caking agent)).	Milk, Soy, Wheat.
Pepperoni	Plain Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Pizza Sauce (tomato puree (water, tomato paste), less than 2% of: salt, extra virgin olive oil, dried onions, garlic, spices, citric acid), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anti-caking agent)), Pepperoni (pork and beef, salt, contains 2% or less of water, dextrose, natural spices, oleoresin of paprika, lactic acid starter culture, garlic powder, sodium nitrite, BHA, BHT, citric acid).	Milk, Soy, Wheat.
Spinach and Mushroom	Plain Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Spinach Mixture (spinach, whipped garlic butter blend (butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), minced garlic (water, minced garlic), iodized salt, black pepper)), Sauteed mushrooms (mushrooms, whipped garlic butter blend (butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), minced garlic (water, minced garlic), iodized salt, black pepper)), Garlic & Herb Cream Cheese (pasteurized milk and cream, maltodextrin, garlic*, water, salt, cheese culture, sodium citrate, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, spice*, parsley*, chervil*, chives, dill weed*, cellulose gum, enzymes, natamycin (a natural mold inhibitor). *Dried.), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anti-caking agent)).	Milk, Soy, Wheat.
Cheesy Garlic & Herb	Plain Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Garlic & Herb Cream Cheese (pasteurized milk and cream, maltodextrin, garlic*, water, salt, cheese culture, sodium citrate, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, spice*, parsley*, chervil*, chives, dill weed*, cellulose gum, enzymes, natamycin (a natural mold inhibitor). *Dried.), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anti-caking agent)).	Milk, Soy, Wheat.
Sandwiches, Panini		
Italian Chicken Panini	Ciabatta Bread (flour (unbleached wheat flour, barley malt), water, salt, olive oil, yeast. Contains no tropical oils), Grilled Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Pesto Spread (olive oil, basil, garlic, water, parmesan cheese (part skim milk, cultures, salt, enzymes), salt, high fructose corn syrup, distilled vinegar, shallots, spice, potassium sorbate and sodium benzoate as preservatives, xanthan gum, calcium disodium EDTA added to protect flavor), Roasted Red Peppers (roasted red peppers, water, salt, citric acid), Provolone Cheese (cultured pasteurized milk, salt, enzymes), Mozzarella Cheese (cultured pasteurized part-skim milk, salt, enzymes), Pepperoni (pork and beef, salt, contains 2% or less of water, dextrose, natural spices, oleoresin of paprika, lactic acid starter culture, garlic powder, sodium nitrite, BHA, BHT, citric acid), Spinach .	Milk, Soy, Wheat.
Turkey Club Panini	Ciabatta Bread (flour (unbleached wheat flour, barley malt), water, salt, olive oil, yeast. Contains no tropical oils), Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes, Spicy Roasted Tomato Spread (soybean oil, roasted tomatoes (tomatoes, canola oil, garlic, spice, salt), water, tomato paste, olive oil, chili sauce (chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives), egg yolk, high fructose corn syrup, spices, distilled vinegar, garlic, salt, hot chili sauce (chili, sugar, garlic, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives, xanthan gum), lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Mozzarella Cheese (cultured pasteurized part-skim milk, salt, enzymes), Provolone Cheese (cultured pasteurized milk, salt, enzymes), Spinach , Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite).	Egg, Milk, Soy, Wheat.
Wraps		
California Chicken Wrap	Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour, (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, soybean oil, shortening (partially hydrogenated soybean and cottonseed oils), aluminum free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate*, salt, sugar, mono-diglycerides, honey powder, fumaric acid*, potassium sorbate*, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes*, sodium metabisulfite*. * Used to maintain freshness. Made on equipment shared with soy and treenuts.), Grilled Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Tomatoes, Garlic & Herb Cream Cheese (pasteurized milk and cream, maltodextrin, garlic*, water, salt, cheese culture, sodium citrate, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, spice*, parsley*, chervil*, chives, dill weed*, cellulose gum).	Egg, Milk, Soy, Wheat.

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
	enzymes, natamycin (a natural mold inhibitor), *Dried.), Cucumber, Spicy Roasted Tomato Spread (soybean oil, roasted tomatoes (tomatoes, canola oil, garlic, spice, salt), water, tomato paste, olive oil, chili sauce (chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives), egg yolk, high fructose corn syrup, spices, distilled vinegar, garlic, salt, hot chili sauce (chili, sugar, garlic, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives, xanthan gum), lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Spring Mix may contain (lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce, Alfalfa Sprouts, Red Onion.	
Chipotle Turkey Wrap	Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour, (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, soybean oil, shortening (partially hydrogenated soybean and cottonseed oils), aluminum free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate*, salt, sugar, mono-diglycerides, honey powder, fumaric acid*, potassium sorbate*, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes*, sodium metabisulfite*. * Used to maintain freshness. Made on equipment shared with soy and treenuts.), Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Chipotle Vinaigrette (soybean oil, water, cider vinegar, onion juice, brown sugar, garlic juice, honey, salt, red chili peppers, tomato paste, chives, bell peppers, natural flavors (including smoke flavor), decaffeinated coffee, chipotle peppers, dehydrated garlic, spices, potassium sorbate and sodium benzoate added as preservative, xanthan gum, propylene glycol alginate, caramel color, calcium disodium EDTA added to protect flavor, citric acid), Tijuana Hot Cream Cheese (pasteurized milk and cream, maltodextrin, jalapeno peppers, diced tomatoes, water, red peppers*, tomato puree, salt, jalapeno peppers*, cheese culture, vinegar, stabilizers (carob bean and/or xanthan gum and/or guar gums), calcium chloride, onions, garlic, natamycin (a natural mold inhibitor), *Dried.), Tomatoes, Roasted Corn Relish (corn, black beans, tomatoes, bell peppers, onions, soybean oil, seasoning (salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder (corn syrup solids, lime juice solids, lime oil, BHT)), autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor (partially hydrogenated soybean and cottonseed oils, modified corn starch, corn syrup solids), citric acid, natural smoke flavor, natural flavoring)), Spring Mix may contain (lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce, Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days).	Milk, Soy, Wheat.
Sandwich Fillings		
Cheese, American	cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, artificial color, acetic acid, enzymes, soy lecithin	Milk.
Cheese, Gorgonzola	pasteurized milk, salt, cheese culture (wheat), enzymes, natamycin (added to protect flavor)	Milk., Wheat
Cheese, Medium Cheddar	cultured milk, salt, enzymes, artificial color. Aged over 60 days.	Milk.
Cheese, Provolone	cultured pasteurized milk, salt, enzymes.	Milk.
Cheese, Swiss	cultured milk, salt, enzymes. Aged over 60 days.	Milk.
Turkey Sausage	turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed.	NONE
Chicken Salad	(Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Celery, Green onion, Deli Mustard (vinegar, water, #1 mustard seed, mustard bran, salt, turmeric and spices), black pepper))	Egg, Soy.
Chicken Breast	Boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings	Soy.
Pastrami	Cured with water, salt, sugar, sodium phosphate, smoke flavoring, flavoring, sodium erythorbate, spice extractives, oil of garlic, oil of onion, sodium nitrite, rubbed with spices, salt, caramel color, dextrose, garlic powder.	NONE
Tuna Salad	White Tuna Fish Tuna, Water, Salt, Vegetable Broth (yellow peas and carrots), sodium pyrophosphate., Celery, Mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Lemon Juice, Green Onion, Iodized Salt, Black Pepper.	Egg, Fish, Soy.
Turkey Breast	Turkey breast meat, turkey broth, salt, dextrose, sodium phosphate, flavoring, cottonseed, soybean and/or peanut oil..	Soy, Peanut
Ham	Cured with water, salt, potassium lactate, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite	NONE
Bacon, Thick Cut	Cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite.	NONE
Salmon, Cold-Smoked	Salmon, salt, sugar, less than .02% sodium nitrate, natural hardwood smoke to maintain freshness.	Fish.
Condiments & Spreads		
Ancho Mayo	Mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Ancho Lime Concentrate (roasted red pepper puree (red peppers, water, salt and citric acid as a preservative), water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid (a preservative), natural flavors, potassium sorbate, yeast extract, disodium inosinate/disodium guanylate, lactic acid. Contains sulfiting agents).	Soy, Egg, Wheat
Ancho Salsa	Salsa (tomato puree (water, tomato paste), fresh jalapeno peppers, fresh onions, distilled vinegar, salt, dehydrated onions and garlic), Ancho Lime Concentrate (roasted red pepper puree (red peppers, water, salt and citric acid as a preservative), water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid (a preservative), natural flavors, potassium sorbate, yeast extract, disodium inosinate/disodium guanylate, lactic acid. Contains sulfiting agents).	NONE
Creamy Mustard Spread	Mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Mustard (vinegar, water, #1 mustard seed, mustard bran, salt, turmeric and spices).	Soy, Egg.
Deli Mustard	vinegar, water, #1 mustard seed, mustard bran, salt, turmeric and spices.	NONE
Feta Pinenut Spread	Feta cheese (cultured pasteurized cow milk, salt, enzymes), yogurt (cultured grade a lowfat milk, nonfat dry milk, modified food starch, agar, pectin and carrageenan), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum and/or guar gum), water, pinenuts roasted in vegetable oil (peanut, cottonseed, partially hydrogenated soybean and/or sunflower seed), sun dried tomatoes, contains 2% or less of: basil, garlic, xanthan gum, citric acid, natural flavors; processed in a facility which also processed peanuts.	Milk, Treenuts.
Honey Butter	Butter and Margarine Blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), 100% Pure Honey.	Milk, Soy.
Hummus	Chick peas, tahini (crushed sesame seeds), canola oil, olive oil, sea salt, garlic, citric acid, cumin, black pepper, coriander, sodium benzoate, potassium sorbate, tomato, sun-dried tomatoes, roasted red peppers (roasted peppers, water, salt, citric acid)	NONE
Roasted Garlic Horseradish Spread	distilled vinegar, water, parsnips, horseradish, salt, sugar, flavoring.	NONE
Peanut Butter, Creamy	Roasted peanuts and sugar, contains 2% or less of: molasses, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono and diglycerides and salt.	Peanut, Soy.
Pickle Spear	Cucumbers, water, water, salt, vinegar, garlic, spices, 1/10 of 1% benzoate of Soda (Preservatives), natural flavoring, polysorbate 80, Turmeric.	NONE
Spicy Roasted Tomato Spread	Soybean oil, roasted tomatoes (tomatoes, canola oil, garlic, spice, salt), water, tomato paste, olive oil, chili sauce (chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives), egg yolk, high fructose corn syrup, spices, distilled vinegar, garlic, salt, hot chili sauce (chili, sugar, garlic, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives, xanthan gum), lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor.	Milk, Egg.
Yellow Mustard	Distilled vinegar and water, #1 mustard seed, salt, turmeric and spices.	NONE
Sweets		

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Fudge Brownie	Chocolate Mudslide Cookie (semi-sweet chocolate chunks (sugar, chocolate liquor, cocoa butter, butterfat, soy lecithin (emulsifier), salt, and vanillin (artificial flavoring)), sugar, whole eggs, margarine (palm oil, water, salt, mono and diglycerides, soy lecithin (emulsifier), sodium benzoate (preservative), artificial flavor, artificially colored with beta carotene, vitamin a palmitate added), milk chocolate chunks (sugar, milk, cocoa butter, chocolate liquor, dextrose, soy lecithin (emulsifier), butterfat, salt, and vanillin (artificial flavoring)), cocoa Dutch processed with alkali, bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), natural and artificial flavoring, and leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate and corn starch). Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts), White Icing (sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono-and diglycerides, artificial flavor, locust bean gum, dextrose).	Egg, Milk, Soy, Wheat.
Iced Lemon Croissant	Lemon Filled Croissant (croissant (wheat flour, butter, water, sugar, yeast, iodized salt, sodium bicarbonate, mono- and diacetyl tartaric acid esters of mono and diglycerides of fatty acids (emulsifier), ascorbic acid, annatto (color)), filling (water, sugar, liquid whole egg, butter, modified maize starch, milk powder, vegetable fat (palm), concentrated lemon juice, diphosphates, mono- and diglycerides of fatty acids, sodium alginate, beta carotene (color), natural flavor), topping (sugar, vegetable fat, modified potato starch)), Lemon glaze (icing (sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono-and diglycerides, artificial flavor, locust bean gum, dextrose), lemon juice, lemon peel).	Egg, Milk, Wheat.
Iced Chocolate Hazelnut Croissant	Chocolate Filled Croissant (croissant (wheat flour, water, butter, sugar, yeast, iodized salt, mixed acetic and tartaric acid esters of mono-and diglycerides of fatty acids (emulsifier), ascorbic acid, annatto (color)), filling (sugar, hazelnuts, vegetable fat (sunflower, hydrogenated palm), milk powder, cocoa powder, lecithin (emulsifier), vanillin), topping (chocolate)), Chocolate Icing (icing (sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono-and diglycerides, artificial flavor, locust bean gum, dextrose), chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa*, contains 2% or less of: potassium sorbate (a preservative), salt, mono- and diglycerides*, polysorbate 60 (an emulsifier), xanthan gum, and vanillin (an artificial flavoring). *adds a negligible amount of fat), chocolate chips (sugar, chocolate, cocoa butter, dextrose, soy lecithin, artificial flavor)).	Milk, Soy, Tree nuts, Wheat.
Apple Cinnamon Coffee Cake	Coffee Cake (enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), sugar, egg whites, soybean oil, sour cream (pasteurized milk, cream, nonfat milk, rennet), corn syrup, natural and artificial vanilla flavor, baking powder (sodium acid pyrophosphate, sodium bicarbonate, salt, soy lecithin)), Streusel Topping (wheat flour, sugar, vegetable shortening (palm oil, soybean oil), margarine (soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate), vanilla, salt), Roasted Fuji Apples (apples, brown sugar, sugar, modified corn starch, caramel color, spice, ascorbic acid), Sugar, Cinnamon .	Egg, Milk, Soy, Wheat.
Iced Lemon Pound Cake	Cake mix (white creme cake base (sugar, bleached enriched flour (bleached wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, modified corn starch, whey, mono and diglycerides, baking powder (baking soda, sodium aluminum phosphate), vital wheat gluten, salt, sodium stearoyl lactylate, sorbitan monostearate, calcium acetate, nonfat milk, guar gum, xanthan gum, cornstarch, polysorbate 60, natural and artificial flavor, soy lecithin), eggs, water, butter, nonfat yogurt), Powdered Sugar, Lemon Juice, Corn Syrup, Sugar, Lemon Oil, Lemon Peel .	Egg, Milk, Soy, Wheat.
Marshmallow Crispy Treat	Marshmallows (corn syrup, sugar, modified corn starch, dextrose, water, gelatin, artificial flavor, tetrasodium pyrophosphate (whipping aid), artificial color (blue 1)), Rice Crispies (rice, sugar, salt, high fructose corn syrup, malt flavoring, Vitamins and iron: iron, ascorbic acid (vitamin C), niacinamide, pyridoxine hydrochloride (vitamin B6), riboflavin (Vitamin B2), thiamin hydrochloride (vitamin B1), vitamin A palmitate, folic acid, vitamin B12 and vitamin D), Whipped Butter (cream, salt).	Milk.
Chocolate Chip Coffee Cake	Coffee Cake (enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), sugar, egg whites, soybean oil, sour cream (pasteurized milk, cream, nonfat milk, rennet), corn syrup, natural and artificial vanilla flavor, baking powder (sodium acid pyrophosphate, sodium bicarbonate, salt, soy lecithin)), Streusel Topping (wheat flour, sugar, vegetable shortening (palm oil, soybean oil), margarine (soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate), vanilla, salt), Chocolate Chips (sugar, chocolate, cocoa butter, dextrose, soy lecithin, artificial flavor).	Wheat, Egg, Soy, Milk.
Mixed Berry Coffee Cake	Coffee Cake (enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), sugar, egg whites, soybean oil, sour cream (pasteurized milk, cream, nonfat milk, rennet), corn syrup, natural and artificial vanilla flavor, baking powder (sodium acid pyrophosphate, sodium bicarbonate, salt, soy lecithin)), Streusel Topping (wheat flour, sugar, vegetable shortening (palm oil, soybean oil), margarine (soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate), vanilla, salt), Blueberries, Icing (sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono-and diglycerides, artificial flavor, locust bean gum, dextrose), may contain (Raspberries and / or Blackberries), Lemon .	Wheat, Egg, Soy, Milk.
Chocolate Mudslide Cookie	Semi-sweet chocolate chunks (sugar, chocolate liquor, cocoa butter, butterfat, soy lecithin (emulsifier), salt, and vanillin (artificial flavoring)), sugar, whole eggs, margarine (palm oil, water, salt, mono and diglycerides, soy lecithin (emulsifier), sodium benzoate (preservative), artificial flavor, artificially colored with beta carotene, vitamin a palmitate added), milk chocolate chunks (sugar, milk, cocoa butter, chocolate liquor, dextrose, soy lecithin (emulsifier), butterfat, salt, and vanillin (artificial flavoring)), cocoa Dutch processed with alkali, bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), natural and artificial flavoring, and leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate and corn starch). Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.	Milk, Egg, Soy, Wheat.
English Toffee Snickerdoodle Cookie	English Toffee Cookie (bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oil (contains one or more of the following: canola oil, soybean oil, palm oil, cottonseed oil), toffee (sugar, palm oil, butter, almonds, salt, artificial flavoring, and soy lecithin (emulsifier)), whole eggs, leavening (baking soda and sodium acid pyrophosphate), dextrose, natural and artificial flavoring, salt. Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.), Cinnamon Crunch Topping (raw washed sugar, refined granulated sugar, cinnamon, canola oil).	Wheat, Milk, Soy, Egg, Tree nuts
Heavenly Chocolate Chip Cookie	Bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), semi-sweet chocolate chunks (sugar, chocolate liquor, dextrose, cocoa butter, soy lecithin (emulsifier), vanilla extract), margarine (vegetable oil (contains one or more of the following: canola oil, soybean oil, palm oil), water, salt, mono and diglycerides, soy lecithin (emulsifier), sodium benzoate (preservative), artificial flavor, artificially colored with beta carotene, vitamin A palmitate added), sugar, brown sugar, whole eggs, invert sugar, natural and artificial flavoring, nonfat dry milk, baking soda, salt. Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.	Wheat, Soy, Milk, Egg.
Iced Sugar Cookie (including Holiday versions)	Sugar Cookie (bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), sugar (sugar and corn starch), margarine (vegetable oil (contains one or more of the following: canola oil, soybean oil, palm oil), water, salt, mono and diglycerides, soy lecithin (emulsifier), sodium benzoate (preservative), artificial flavor, artificially colored with beta carotene, vitamin a palmitate added), whole eggs, corn syrup, dextrose, natural and artificial flavoring, salt, and leavening (baking soda, sodium acid pyrophosphate, corn starch and monocalcium phosphate), and dairy whey (from milk). Processed in a facility with wheat, eggs, dairy, soy, nuts, and peanuts.), Icing (sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono-and diglycerides, artificial flavor, locust bean gum, dextrose), Sprinkles may contain (sugar, corn starch, rice flour, confectioner's glaze, water, high fructose corn syrup, glycerine, partially hydrogenated vegetable oil (cottonseed, soybean), carrageenan, soya lecithin, cellulose gum, xanthan gum, gum tragacanth, gum arabic, mono- and diglycerides, polysorbate 60, sodium benzoate, potassium sorbate, citric acid, titanium dioxide, FD&C Blue #1, FD&C Blue #2, FD&C Red #3, FD&C Red #40, FD&C Red #40 Lake, FD&C Yellow #5, FD&C Yellow #6, carnauba wax, natural and artificial flavor).	Egg, Milk, Soy, Wheat.
Oatmeal Raisin Cookie	Unbleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Brown sugar, Raisins, Vegetable oil (contains one or more of the following: canola oil, soybean oil, palm oil, cottonseed oil), Oats, Whole eggs, Water, Natural and artificial flavoring, Salt, Leavening (baking soda and sodium acid pyrophosphate), Soy lecithin (emulsifier), Glycerine, Cinnamon, Dairy whey (from milk). Processed in a facility with wheat, eggs, dairy, soy, nuts, and peanuts.	Wheat, Soy, Milk, Egg.
Blueberry Muffin	Blueberry Muffin (water, sugar, bleached enriched wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), blueberries, soybean oil, dried whole eggs, contains 2% or less of modified food starch, nonfat dry milk, leavening (sodium aluminum phosphate, sodium bicarbonate, sodium acid pyrophosphate), wheat starch, salt, soy flour, sodium stearoyl lactylate, dried egg whites, wheat gluten, emulsifier (propylene glycol mono and diesters of fats and fatty acids, mono and diglycerides, lecithin with BHT and citric acid), natural and artificial flavor, methyl cellulose gum, cellulose gum, vegetable color (annatto, turmeric)), Streusel Topping (wheat flour, sugar, vegetable shortening (palm oil, soybean oil), margarine (soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate), vanilla, salt).	Wheat, Soy, Egg, Milk.

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Strawberry White Chocolate Muffin	Strawberry White Chocolate Muffin (muffin base (sugar, bleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, nonfat dry milk, soybean oil, leavening (sodium aluminum phosphate, sodium bicarbonate), wheat starch, salt, soy flour, sodium stearoyl lactylate, dried egg whites, wheat gluten, emulsifier (propylene glycol mono- and diesters of fats and fatty acids, mono- and diglycerides, lecithin, citric acid), methyl cellulose gum, cellulose gum, artificial flavor, vegetable color (annatto, turmeric)), water, soybean oil, cocoa butter drops (sugar, cocoa butter, whole milk solids, soy lecithin, vanilla), bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, eggs, strawberry bits (dextrose, partially hydrogenated palm oil, corn flour, artificial flavor, citric acid, malic acid, red 40, blue 1), natural and artificial flavors, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Strawberry Pie Filling (water, sugar, strawberry puree, corn syrup, modified food starch, contains 2% or less of the following: citric acid, salt, preservatives (potassium sorbate, sodium propionate), artificial flavor, FD&C red #40), Streusel Topping (wheat flour, sugar, vegetable shortening (palm oil, soybean oil), margarine (soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate), vanilla, salt), Cinnamon Walnut Streusel (enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), azodicarbonamide), water, vegetable oil shortening (modified palm and canola oil, water, sugar, monoglycerides, soy lecithin, preservative (potassium sorbate, citric acid), artificial flavor, color (annatto, turmeric)), butter, sugar, walnuts, yeast, spread base (enriched wheat flour (wheat flour niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oil (canola, soybean and/or cottonseed oil), corn syrup solids, spices, dextrose, salt, artificial flavor, caramel color), vegetable oil margarine (palm oil, canola oil and modified palm oil, water, mono and diglycerides, preservatives (potassium sorbate, citric acid), artificial flavor, vitamin A palmitate, vitamin D3), skim milk powder, cinnamon (contains artificial flavor), natural flavor (whey solids, modified butter oil, dehydrated butter, corn syrup solids, salt, guar gum, color (annatto, turmeric)), salt, diacetyl tartaric acid ester of monodiglycerides (DATEM), canola oil, ascorbic acid, alpha amylase, almond flour. May contain other tree nuts and peanuts.], Walnuts, White icing [sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono-and diglycerides, artificial flavor, locust bean gum, dextrose], Honey glaze [honey, water].	Egg, Milk, Soy, Wheat.
Cinnamon Walnut Strudel	Cinnamon Walnut Streusel (enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), azodicarbonamide), water, vegetable oil shortening (modified palm and canola oil, water, sugar, monoglycerides, soy lecithin, preservative (potassium sorbate, citric acid), artificial flavor, color (annatto, turmeric)), butter, sugar, walnuts, yeast, spread base (enriched wheat flour (wheat flour niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oil (canola, soybean and/or cottonseed oil), corn syrup solids, spices, dextrose, salt, artificial flavor, caramel color), vegetable oil margarine (palm oil, canola oil and modified palm oil, water, mono and diglycerides, preservatives (potassium sorbate, citric acid), artificial flavor, vitamin A palmitate, vitamin D3), skim milk powder, cinnamon (contains artificial flavor), natural flavor (whey solids, modified butter oil, dehydrated butter, corn syrup solids, salt, guar gum, color (annatto, turmeric)), salt, diacetyl tartaric acid ester of monodiglycerides (DATEM), canola oil, ascorbic acid, alpha amylase, almond flour. May contain other tree nuts and peanuts.], Walnuts, White icing [sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono-and diglycerides, artificial flavor, locust bean gum, dextrose], Honey glaze [honey, water].	Milk, Soy, Tree nuts, Wheat.
Cinnamon Stix	Cinnamon twist [enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, amylase, azodicarbonamide), vegetable oil shortening (modified palm oil, canola oil, preservatives (citric acid, BHA), color (annatto, turmeric)), water, salt, vinegar, color (yellow #5, yellow #6). May contain tree nuts and peanuts.], Whole/skim milk blend [whole milk, skim milk (reduced fat milk, vitamin A palmitate, vitamin D3)], Cinnamon sugar [sugar, cinnamon], White icing [sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono-and diglycerides, artificial flavor, locust bean gum, dextrose].	Milk, Wheat.
Soups		
Corn Crab Chowder	Coconut cream, water, creamed corn (corn, water sugar, starch, salt), half & half (milk, cream), crabmeat, chicken broth, peppers (red and green), sweet potatoes, sherry wine, celery, onions, crab base (crabmeat, salt, crab flavor (dextrin, salt, crab extract), sugar, maltodextrin, potato flour, onion powder, dextrose, hydrolyzed wheat gluten, garlic powder, spices disodium inosinate, disodium guanylate, autolyzed yeast extract, and lactic acid), chardonnay wine, modified corn starch, butter, wheat flour, spices, salt, worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, anchovies, tamarind, and natural flavor), sodium inosinate and guanylate, seasoning (celery salt (salt, celery seed), spices (including mustard, red pepper, black pepper, bay (laurel) leaves, cloves, allspice (pimento), ginger, mace, cardamom, cinnamon, paprika), tabasco sauce (distilled vinegar, red pepper, salt), garlic powder, onion powder, natural flavor (hydrolyzed wheat gluten, partially hydrogenated soybean and cottonseed oils, yeast extract, dehydrated bonito), chili powder (chili pepper, cumin, oregano, garlic, salt, silicon dioxide)).	Fish, Milk, Shellfish, Soy, Tree nuts, Wheat.
Chicken Noodle Soup	Chicken Noodle Soup (egg noodles (water, enriched durum flour (durum flour, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), liquid whole eggs, egg whites, salt, & spice extract), chicken broth, carrots, celery, chicken, water, rendered chicken fat, modified corn starch, chicken flavor (salt, yeast extract, maltodextrin, natural flavor, chicken fat, silicon dioxide), vegetable base (vegetables (carrots, celery), hydrolyzed vegetable protein (hydrolyzed corn protein, salt, soybean oil), sugar, modified corn starch, soybean oil, maltodextrin, onion powder, natural flavor, disodium guanylate, disodium inosinate), salt, spices, disodium inosinate and guanylate, mono & diglycerides, garlic powder, onion powder), Water	Wheat, Egg, Soy.
Italian Wedding	Italian Wedding Soup (water, cooked Italian style meatballs (turkey, eggs, bread crumbs (enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, durum flour, soybean oil shortening, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), dextrose, yeast, spice extractive), water, romano cheese (pasteurized Sheep's Milk, cheese cultures, salt, enzymes), ricotta cheese (whey, pasteurized whole milk, salt, vinegar), salt, roasted turkey flavor (salt, turkey powder, yeast extract, hydrolyzed corn gluten, sugar, natural flavor, maltodextrin, chicken fat, modified food starch, corn syrup solids, egg yolk powder, disodium inosinate and disodium guanylate, dextrose, wheat bran, sesame oil, chicken broth, citric acid, wheat, molasses, thiamine hydrochloride), spices, garlic and onion powder, flavoring, dehydrated parsley, brown sugar, caramel color), chicken broth, acini di pepe (semolina (wheat), egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), spinach, carrots, onions, red peppers, celery, rendered poultry fat, modified food starch, vegetable base (salt, celery, carrots, hydrolyzed corn protein (w/ soybean oil), flavoring (salt, yeast extract, maltodextrin, natural flavor, chicken fat, silicon dioxide), sugar, modified food starch, soybean oil, maltodextrin, onion powder, spice, disodium inosinate & disodium guanylate), spices, disodium inosinate, disodium guanylate, salt, mono and diglycerides, garlic powder, onion powder).	Egg, Milk, Wheat
Seafood Minestrone Soup	Water, tomatoes (tomatoes, salt), shrimp (shrimp, water, sodium tripolyphosphate, sodium bisulfate), pasta (water, semolina, egg whites, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), salmon, red bell peppers, celery, tomato paste, chili peppers (green chili peppers, water, salt), carrots, mirepoix (vegetables (onions, carrots, celery), brown rice syrup, corn starch, salt, sunflower oil, ascorbic acid & tocopherols (soy lecithin), onions, olives, shrimp base (sautéed shrimp and natural shrimp stock, salt, maltodextrin (from corn), water, corn oil, autolyzed yeast extract, butter, potato starch, corn syrup solids, disodium inosinate/ disodium guanylate, tomato paste, wheat starch, hydrolyzed soy and wheat protein, onion powder, natural flavoring, sugar, paprika, hydrolyzed crab protein, garlic powder and spice), spinach, olive oil, spices, roux (wheat flour, butter fat, salt), modified corn starch, garlic, yeast extract, sugar, mushroom powder (dry mushrooms, maltodextrin), salt, disodium inosinate, disodium guanylate, citric acid.	Egg, Fish, Milk, Shellfish, Soy, Wheat.
Turkey Chili	Kidney beans (kidney beans, water, sugar, salt, dextrose, calcium chloride), turkey meat, water, tomatoes (tomatoes, salt, citric acid), onions, tomato paste, green peppers, chili peppers, soybean oil, modified corn starch, garlic, chicken base (chicken, salt, hydrolyzed wheat gluten with a maximum of 2% partially hydrogenated soybean oil, sugar, chicken broth, poultry fat, autolyzed yeast extract, natural flavors, chicken flavor (with rendered chicken fat, sesame and safflower oils), disodium inosinate and guanylate, polysorbate), salt, sugar, spices, natural flavor ((contains turkey), maltodextrin, salt, silicon dioxide, canola oil, soybean oil refined)), chili powder (chili pepper, spices, salt, silicon dioxide), yeast extract (yeast extract, salt, dextrose, silicon dioxide), apple cider vinegar, caramel color, onion powder.	Soy, Wheat.
Vegetarian Broccoli Cheese Soup	Milk, broccoli, water, processed american cheese (american cheese (cultured milk, salt, enzymes), cream, sodium phosphate, salt, colored with apocarotenal and annatto extract), processed cheese spread (cheddar and colby cheese (pasteurized milk, cheese culture, salt, enzymes), water, whey, sodium phosphate, whey protein concentrate, skim milk, milkfat, salt, carrageenan, cellulose gum), onions, vegetable oil spread (soybean oil, water, palm oil, salt, vegetable mono & diglycerides, citric acid, natural & artificial flavor, whey, beta carotene (color)), cheese flavor (a dehydrated blend of cheese (granular, blue (milk, cheese culture, salt, enzymes)), whey, partially hydrogenated soybean oil, whey protein concentrate, lactose, maltodextrin, salt, sodium phosphate, citric acid, lactic acid), vegetable base (vegetables (carrots, celery), hydrolyzed vegetable protein (hydrolyzed corn protein, salt, soybean oil), sugar, modified corn starch, soybean oil, maltodextrin, onion powder, natural flavor), disodium guanylate, disodium inosinate), modified corn starch, wheat flour, cheddar cheese (cheddar, granular, semisoft and blue cheese (pasteurized milk, cheese cultures, salt, enzymes), whey, water, salt, citric acid), yeast extract, salt, disodium phosphate, enzyme modified butterfat (butteroil, water, nonfat dry milk, di-basic & mono-basic sodium phosphates, lecithin, dl-alpha tocopherol, citric acid), spices, garlic.	Milk, Soy, Wheat.
Retail (Non-food) Items		
Doggie Bagel	Wheat flour, carob chips (carob, nonfat milk, whey powder, fractionated palm kernel oil, soy lecithin), molasses, canola oil, dried egg product, vanilla. Guaranteed analysis: Crude protein; (Min.) 11%, Crude fat; (Min.) 7%, Crude fiber; (Max.) 3%, Moisture; (Max.) 9%. Allergens: Milk, Soy, Egg.	NOT FOR HUMAN CONSUMPTION

Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness.