



Einstein Bros.® Bagels

Nutrition and Allergen Information

Einstein Noah Restaurant Group, Inc.



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

Last item update: 3/30/2012

Einstein Bros. Nutrition Information																	
	Serving Size	Weight (g.); unless otherwise stated	Calories	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 (%)
Bagel Thin Singles																	
Plain	1 bagel	57	140	10	1	0	0	0	240	29	1	3	5	0	0	2	10
Honey Whole Wheat	1 bagel	57	140	15	1.5	0	0	0	120	28	4	5	6	0	0	2	4
Everything	1 bagel	57	160	20	2	0	0	0	400	29	1	3	6	0	0	2	10
Classic Bagels																	
Plain	1 bagel	101	260	10	1	0	0	0	460	56	2	5	9	0	0	2	20
Honey Whole Wheat	1 bagel	103	250	10	1	0	0	0	440	56	3	8	9	0	0	2	15
Everything	1 bagel	105	270	20	2	0	0	0	620	56	2	5	9	0	0	2	20
Pumpnickel	1 bagel	101	240	10	1.5	0	0	0	490	53	3	4	9	0	8	4	15
Signature Bagels																	
Asiago Cheese	1 bagel	115	310	50	5	3	0	15	630	56	2	5	14	0	0	20	20
Blueberry	1 bagel	108	300	10	1	0	0	0	480	65	3	11	10	0	0	2	20
Chocolate Chip	1 bagel	108	290	25	2.5	1	0	0	430	58	3	10	9	0	0	2	20
Cinnamon Raisin	1 bagel	108	290	10	1	0	0	0	450	63	3	13	10	0	0	4	20
Cinnamon Sugar	1 bagel	110	290	20	2.5	0.5	0.5	0	480	63	2	12	9	2	0	4	20
Cranberry	1 bagel	108	270	10	1	0	0	0	420	60	2	12	9	0	0	2	15
Garlic	1 bagel	105	270	20	2.5	0	0	0	460	56	2	5	9	0	0	2	20
Good Grains	1 bagel	106	270	20	2.5	0	0	0	440	57	3	8	10	0	0	2	20
Onion	1 bagel	105	270	10	1	0	0	0	460	59	2	5	9	0	0	2	20
Poppy	1 bagel	105	280	25	3	0	0	0	460	56	2	5	9	0	0	2	20
Potato	1 bagel	100	270	35	4	0.5	0	0	500	52	2	5	8	0	0	2	15
Sesame	1 bagel	105	280	25	3	0	0	0	460	56	2	5	10	0	0	2	20
Gourmet Bagels																	
Dutch Apple	1 bagel	134	350	50	6	1.5	0	0	530	69	2	19	8	0	0	2	15
Green Chile	1 bagel	155	350	70	8	4.5	0	25	680	58	2	6	15	8	20	20	20
Power Bagel	1 bagel	113	310	45	5	0.5	0	0	280	61	4	16	11	0	0	4	20
Six-Cheese	1 bagel	122	330	60	6	3.5	0	15	650	56	2	5	15	2	0	20	20
Spinach Florentine	1 bagel	134	320	60	6	3.5	0	15	570	56	2	5	13	30	6	20	20
Apple & Cinnamon Oatmeal	1 bagel	140	370	35	4	1	0	0	410	76	4	2	9	0	2	2	20
Tuscan Pesto Bagel	1 bagel	158	350	80	8	4	0	15	770	58	3	6	15	10	25	20	20
Whipped Reduced Fat Cream Cheese Schmea																	
Onion and Chive	1.25 oz	35	120	100	11	7	0	35	105	5	0	2	2	0	0	0	0
Plain	1.25 oz	35	120	110	12	8	0	35	115	2	0	2	2	8	0	0	0
Smoked Salmon	1.25 oz	35	110	100	11	6	0	35	210	4	0	2	2	4	0	0	0
Whipped Reduced Fat Cream Cheese Schmea																	
Blueberry	1.25 oz	35	120	80	9	6	0	25	90	11	0	9	2	4	0	0	0
Garden Vegetable	1.25 oz	35	110	80	9	6	0	25	180	5	0	2	2	15	4	4	0
Garlic Herb	1.25 oz	35	110	80	9	6	0	25	180	5	0	2	2	8	0	0	0
Honey Almond	1.25 oz	35	120	80	9	5	0	25	80	11	0	7	2	8	0	4	0
Jalapeno Salsa	1.25 oz	35	110	80	9	6	0	25	190	5	0	2	2	8	0	0	0
Plain	1.25oz	35	110	80	9	6	0	25	180	4	0	2	2	8	0	0	0
Strawberry	1.25 oz	35	120	80	9	6	0	25	90	9	0	7	2	4	0	0	0
Sundried Tomato Basil	1.25 oz	35	110	80	9	6	0	25	180	4	0	2	2	4	0	0	0
Whipped Light Cream Cheese Schmea																	
Plain	1.25 oz	35	80	50	6	3.5	0	20	200	4	2	3	3	6	0	6	0
Coffee																	
Coffee (R, M, L)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee Decaf. (R, M, L)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee, Specialty (with 2% milk)																	
Espresso Single	2 oz	59 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Espresso Double	4 oz	118 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Regular	12 fl oz	355 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Medium	16 fl oz	473 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Large	20 fl oz	591 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cafe Latte, Regular	12 fl oz	355 ml	110	45	4.5	3	0	20	115	11	0	11	8	10	4	30	0
Cafe Latte, Medium	16 fl oz	473 ml	140	50	6	3.5	0	25	150	14	0	14	10	10	4	35	0
Cafe Latte, Large	20 fl oz	591ml	170	60	7	4	0	30	170	17	0	17	11	15	6	40	0
Cappuccino, Regular	12 fl oz	355 ml	90	35	4	2.5	0	15	95	9	0	9	6	8	4	25	0
Cappuccino Medium	16 fl oz	473 ml	120	50	6	3	0	20	125	12	0	12	8	10	4	30	0
Cappuccino, Large	20 fl oz	591 ml	150	60	7	4	0	25	160	15	0	15	10	15	6	40	0
Dark Chocolate Mocha, Regular	12 fl oz	355 ml	330	100	11	7	0	50	200	51	2	44	9	15	4	30	25
Dark Chocolate Mocha, Medium	16 fl oz	473 ml	420	120	13	8	0	55	250	66	2	57	12	15	4	35	30
Dark Chocolate Mocha, Large	20 fl oz	591 ml	500	130	15	8	0	60	300	81	3	70	14	15	6	40	40
White Chocolate Mocha, Regular	12 fl oz	355 ml	330	100	11	6	0	40	220	51	2	44	11	15	6	35	0
White Chocolate Mocha, Medium	16 fl oz	473 ml	420	110	12	7	0	45	280	66	2	57	14	15	8	45	0
White Chocolate Mocha, Large	20 fl oz	591 ml	500	120	13	7	0	50	340	81	3	70	16	15	10	50	0
Caramel, Macchiato, Regular	12 fl oz	355 ml	250	50	6	3.5	0	20	115	43	1	36	9	10	4	35	0
Caramel, Macchiato, Medium	16 fl oz	473 ml	310	70	8	4.5	0	25	150	52	2	44	11	10	4	40	0
Caramel, Macchiato, Large	20 fl oz	591 ml	360	80	9	5	0	30	170	60	2	52	13	15	6	50	0
Sugar Free Vanilla Latte, Regular	12 fl oz	355 ml	110	45	4.5	3	0	20	125	11	0	11	8	10	4	30	0
Sugar Free Vanilla Latte, Medium	16 fl oz	473 ml	220	50	6	3.5	0	25	150	33	0	32	10	10	4	35	0
Sugar Free Vanilla Latte, Large	20 fl oz	591 ml	170	60	7	4	0	30	180	17	0	17	11	15	6	40	0
Vanilla Latte, Regular	12 fl oz	355 ml	170	45	4.5	3	0	20	115	25	0	25	8	10	4	30	0
Vanilla Latte, Medium	16 fl oz	473 ml	200	5	0	0	0	5	170	39	0	39	12	15	6	40	0
Vanilla Latte, Large	20 fl oz	591 ml	260	60	7	4	0	30	170	39	0	39	11	15	6	40	0

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	Serving Size	Weight (g.); unless otherwise stated	Calories	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 (%)
Sugar Free Vanilla Hazelnut Latte, Regular	12 fl oz	355 ml	110	45	4.5	3	0	20	125	11	0	11	8	10	4	30	0
Sugar Free Vanilla Hazelnut Latte, Medium	16 fl oz	473 ml	140	50	6	3.5	0	25	160	14	0	14	10	10	4	35	0
Sugar Free Vanilla Hazelnut Latte, Large	20 fl oz	591 ml	170	60	7	4	0	30	180	17	0	17	11	15	6	40	0
Vanilla Hazelnut Latte, Regular	12 fl oz	355 ml	190	45	4.5	3	0	20	120	31	0	31	8	10	4	30	0
Vanilla Hazelnut Latte, Medium	16 fl oz	473 ml	260	50	6	3.5	0	25	150	44	0	44	10	10	4	35	0
Vanilla Hazelnut Latte, Large	20 fl oz	591 ml	290	60	7	4	0	30	180	49	0	48	11	15	6	40	0
Other Hot Beverages (with 2% milk)																	
Chai Tea Latte, Regular	12 fl oz	355ml	170	40	4.5	3	0	20	115	51	0	24	8	10	4	30	0
Chai Tea Latte, Medium	16 fl oz	473 ml	220	50	6	3.5	0	25	150	67	0	31	10	10	6	35	0
Chai Tea Latte, Large	20 fl oz	591 ml	260	60	7	4.5	0	30	180	83	0	39	12	15	8	45	0
Hot Dark Chocolate, Regular	12 fl oz	355 ml	330	100	11	7	0	50	200	51	2	44	9	15	4	30	25
Hot Dark Chocolate, Medium	16 fl oz	473 ml	420	120	13	8	0	55	250	66	2	57	12	15	4	35	30
Hot Dark Chocolate, Large	20 fl oz	591ml	500	130	15	8	0	60	300	81	3	70	14	15	6	40	40
White Hot Chocolate, Regular	12 fl oz	355 ml	330	100	11	6	0	40	220	51	2	44	11	15	6	35	0
White Hot Chocolate, Medium	16 fl oz	473 ml	420	110	12	7	0	45	280	66	2	57	14	15	8	45	0
White Hot Chocolate, Large	20 fl oz	591ml	500	120	13	7	0	50	340	81	3	70	16	15	10	50	0
Soy Latte, Regular	12 fl oz	355 ml	70	25	3	0	0	0	220	8	0	6	5	0	0	2	4
Soy Latte, Medium	16 fl oz	473 ml	90	35	4	0	0	0	270	11	0	7	6	0	0	2	6
Soy Latte, Large	20 fl oz	591 ml	110	40	4.5	0	0	0	320	12	0	8	7	0	0	2	6
Iced Specialty Coffee (with 2% milk)																	
Iced Americano (Medium and Large)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee (Medium and Large)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Caramel Macchiato, Medium	16 fl oz	473 ml	400	150	17	10	0	65	130	53	2	44	10	15	4	35	0
Iced Caramel Macchiato, Large	24 fl oz	709 ml	500	170	19	11	0	70	190	70	2	59	13	20	6	50	0
Iced Latte, Medium	16 fl oz	473 ml	140	50	6	3.5	0	25	140	14	0	14	9	10	4	35	0
Iced Latte, Large	24 fl oz	709 ml	180	70	8	4.5	0	30	190	18	0	18	12	15	6	45	0
Iced Dark Chocolate Mocha, Medium	16 fl oz	473 ml	440	150	17	10	0	70	230	65	2	55	10	15	4	30	30
Iced Dark Chocolate Mocha, Large	24 fl oz	709 ml	600	180	20	12	0	85	330	95	3	81	14	20	6	40	45
Iced White Chocolate Mocha, Medium	16 fl oz	709 ml	440	150	16	9	0	60	260	65	2	55	12	15	8	35	0
Iced White Chocolate Mocha, Large	24 fl oz	473 ml	600	170	19	10	0	70	370	95	3	81	17	20	10	50	0
Iced Sugar Free Vanilla Latte, Medium	16 fl oz	709 ml	140	50	6	3.5	0	25	160	14	0	14	9	10	4	35	0
Iced Sugar Free Vanilla Latte, Large	24 fl oz	473 ml	180	70	8	4.5	0	30	220	18	0	18	12	15	6	45	0
Iced Vanilla Latte, Medium	16 fl oz	709 ml	330	50	6	3.5	0	25	140	61	0	61	9	10	4	35	0
Iced Vanilla Latte, Large	24 fl oz	473 ml	470	70	8	4.5	0	30	190	90	0	89	12	15	6	45	0
Iced Sugar Free Vanilla Hazelnut Latte, Medium	16 fl oz	709 ml	140	50	6	3.5	0	25	160	14	0	14	9	10	4	35	0
Iced Sugar Free Vanilla Hazelnut Latte, Large	24 fl oz	473 ml	180	70	8	4.5	0	30	210	18	0	18	12	15	6	45	0
Iced Vanilla Hazelnut Latte, Medium	16 fl oz	709 ml	260	50	6	3.5	0	25	150	44	0	44	9	10	4	35	0
Iced Vanilla Hazelnut Latte, Large	24 fl oz	473 ml	340	70	8	4.5	0	30	200	58	0	58	12	15	6	45	0
Frozen Blended Drinks																	
Caramel Blender	18 fl oz	532 ml	400	100	12	7	0	35	125	71	2	61	4	6	0	15	0
Vanilla Hazelnut Blender	18 fl oz	532 ml	310	90	10	6	0	35	125	53	0	51	2	6	0	8	0
Poured Beverages																	
Lemonade	16 fl oz	473ml	140	0	0	0	0	0	10	39	0	36	0	0	30	0	0
Lemonade	24 fl oz	709 ml	210	0	0	0	0	0	15	58	0	54	0	0	45	2	0
Blackberry Lemonade	16 fl oz	473ml	260	0	0	0	0	0	10	68	0	65	0	0	30	0	0
Blackberry Lemonade	24 fl oz	709 ml	400	0	0	0	0	0	15	102	0	97	0	0	40	2	0
Orange Juice	16 fl oz	473 ml	230	15	1.5	0	0	0	0	54	0	48	4	50	320	4	10
Orange Juice	24 fl oz	709 ml	340	20	2	0	0	0	5	81	0	72	5	80	480	6	15
Green Tea	16 fl oz	473ml	35	0	0	0	0	0	10	9	0	9	0	0	0	0	0
Green Tea	24 fl oz	709 ml	50	0	0	0	0	0	15	13	0	13	0	0	0	0	0
Black Tea	16 fl oz	473ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Black Tea	24 fl oz	709 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sides																	
Fruit and Yogurt Parfait	8 oz	227	170	10	1	0	0	5	115	34	3	20	7	15	45	20	10
Fruit Cup	16 oz	312	140	0	0	0	0	0	25	36	3	30	2	70	160	4	4
Potato Salad	3 oz	85	160	110	12	2.5	0	10	360	13	1	1	1	2	4	0	2
Egg Sandwiches																	
Bacon & Cheddar	9 oz	234	510	170	19	8	0	395	840	58	2	7	28	15	0	25	25
Turkey Sausage & Cheddar	10 oz	266	540	180	20	8	0	420	890	59	2	8	34	15	0	25	30
Ham & Swiss	10 oz	264	490	140	16	6	0	410	1190	59	2	8	32	15	0	25	30
Spinach, Mushroom & Swiss	10 oz	278	500	170	19	7	0	385	820	60	3	8	27	60	15	25	30
Cheese Only	8 oz	226	470	150	16	7	0	390	710	58	2	7	26	15	0	25	25
Nova Lox & Bagel	9 oz	267	480	160	18	9	0	45	930	62	3	10	23	15	10	4	20
Egg Mixture	4 oz	106	140	180	9	3	0	365	130	2	0	2	12	10	0	8	8
Egg White	2 oz	56	30	0	0	0	0	0	90	1	0	0	6	0	0	0	0
Egg White	4 oz	113	60	0	0	0	0	0	180	1	0	0	11	0	0	0	0
Egg Paninis																	
Spinach & Bacon	11 oz	298	650	340	38	11	0	420	1330	49	5	3	31	60	15	35	30
Southwest Turkey Sausage	11 oz	302	530	200	22	8	0	425	1160	48	4	4	35	15	15	30	30
Breakfast Wraps																	
Santa Fe	12 oz	326	660	300	33	13	0	435	1210	60	6	7	33	25	10	50	30

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Spicy Elmo	10 oz	294	630	300	34	14	0	415	820	56	6	6	28	20	15	50	25
Signature Sandwiches																	
Tasty Turkey on Asiago Bagel	12 oz	335	540	160	18	10	0	90	1450	66	4	9	37	40	20	25	20
Club Mex on Challah	10 oz	305	540	200	23	6	0	85	1760	53	2	9	34	30	30	15	15
Veg Out on Sesame Seed Bagel	10 oz	289	400	100	11	5	0	20	610	66	5	9	14	40	25	8	25
Nova Lox & Bagel	9 oz	267	480	160	18	9	0	45	930	62	3	10	23	15	10	4	20
Turkey BAT	11 oz	300	600	260	29	5	0	65	1590	62	5	11	31	30	15	4	20
Lunch Paninis																	
Italian Chicken	13 oz	326	670	300	33	9	0.0	110	1710	48	8	1	44	60	60	30	25
Turkey Club	12 oz	340	640	300	34	8	0.5	85	1980	50	7	3	37	40	20	25	20
Deli Sandwiches																	
Turkey Breast	11 oz	304	470	120	13	3	0	55	1530	55	6	12	32	30	20	10	25
Ham	11 oz	307	510	150	16	6	0	70	1960	62	6	13	30	35	20	15	25
Albacore Tuna Salad	10 oz	274	390	80	9	1	0	30	730	57	6	12	23	30	15	2	20
Chicken Salad	9 oz	246	410	90	10	1.5	0	40	630	60	7	15	23	30	20	4	20
Grab and Go																	
Deli Ham Sandwich	8 oz	231	370	100	11	4.5	0	60	1190	44	3	8	26	30	15	20	10
Roasted Turkey Sandwich	8 oz	236	370	100	11	4.5	0	55	950	41	3	6	31	35	15	20	8
Chicken Salad Wrap	9 oz	251	440	130	15	2	0	40	690	58	8	7	21	15	10	35	20
Club Mex Wrap	12 oz	343	590	240	27	7	0	70	1810	58	7	6	33	40	15	40	20
Veg Out on Sesame Seed Bagel	10 oz	289	400	100	11	5	0	20	610	66	5	9	14	40	25	8	25
Deluxe Chef Salad	15 oz	413	530	350	39	9	0.5	80	1890	18	3	8	26	60	25	25	10
Garden Salad	12 oz	326	390	290	32	5	0	20	930	18	4	7	6	160	30	10	10
Wraps																	
Chipotle Turkey Wrap	13 oz	374	630	260	29	11	0	80	1640	69	8	11	33	30	25	45	20
California Chicken Wrap	14 oz	385	700	320	35	10	0	110	1130	64	9	7	35	20	15	35	20
Bagel Dogs																	
Original Hebrew National	7 oz	190	540	240	27	11	1	50	1320	56	2	5	20	0	0	2	50
Asiago Hebrew National	7 oz	194	550	250	28	12	1	55	1360	56	2	5	21	0	0	6	50
Open Face Deli Melts																	
Turkey & Cheddar	9 oz	266	490	130	15	8	0	75	1640	58	3	6	37	15	10	30	20
Ham & Swiss	9 oz	266	490	130	15	8	0	85	1930	60	3	8	34	15	10	30	20
Chicken & Mozzarella	10 oz	300	530	130	15	8	0	100	1230	61	7	7	40	8	4	20	25
Pizza Bagels																	
Pepperoni	6 oz	181	450	140	15	9	0	45	1090	59	3	7	23	6	4	35	20
Cheese Only	6 oz	172	400	100	11	7	0	35	950	59	3	7	22	6	4	35	20
Smart Choices- Bagel Thin Egg White Sandwiches																	
Asparagus, Mushroom & Swiss Bagel Thin Sandwich	6 oz	163	270	100	11	3.5	0	20	420	30	5	5	16	6	2	15	6
Southwest Turkey Sausage	7 oz	203	350	120	14	6	0	55	870	33	2	6	23	6	10	10	15
Smart Choices- Bagel Thin Lunch Sandwiches																	
Tuscan Chicken Pesto	7 oz	192	340	110	13	4.5	0	55	750	32	6	5	25	15	10	20	15
Garden Herb Turkey	7 oz	206	310	90	11	4	0	55	1060	32	4	6	25	45	15	2	8
Bagel Thin Melts																	
Cheesy Turkey	8 oz	220	330	100	11	5	0	60	1440	32	2	4	32	10	10	25	10
Cheesy Chicken Asparagus	7 oz	192	340	110	13	6	0	65	880	32	5	6	28	8	4	25	8
Chopped Salads																	
Harvest Chicken	11 oz	319	349	120	14	2	0	40	360	40	5	32	17	45	90	6	10
Chipotle Chicken	12 oz	354	250	90	10	1.5	0	40	700	23	5	12	17	60	70	6	10
Soups																	
Turkey Chili	14 oz	397	280	70	8	0	0	40	1430	28	8	8	24	25	40	15	25
Chicken Noodle	14 oz	397	180	50	6	1.5	0	45	1210	21	2	2	8	80	6	4	6
Hearty Vegetable	14 oz	397	180	50	6	0	0	0	1120	26	3	8	8	50	25	6	15
Fruit Smoothies & More																	
Strawberry Banana Smoothie	18 oz	510	310	0	0	0	0	0	115	74	4	56	4	0	170	15	4
Ultimate Blueberry Smoothie	18 oz	510	340	5	0.5	0	0	0	115	85	0	76	4	0	0	15	0
Low Fat Yogurt Pafait	8 oz	227	170	15	2	0	0	5	105	33	2	21	7	10	30	20	8
Poppers																	
Cinnamon Sugar Popper	5 oz	153	400	80	9	2	0	0	560	77	4	29	8	6	2	6	20
Iced Popper	5 oz	146	430	45	4.5	1	0	0	510	91	2	43	8	0	0	2	15
Sweets																	
Apple Cinnamon Coffee Cake	7 oz	187	690	260	28	10	0	5	280	107	1	57	4	6	2	6	10
Chocolate Chip Coffee Cake	6.4 oz	181	800	320	36	14	0	5	270	114	3	62	6	6	2	8	25
Mixed Berry Coffee Cake	6.9 oz	195	720	260	29	10	0	5	270	111	2	60	5	6	2	8	10
Chocolate Mudslide Cookie	2.8 oz	78	320	150	17	9	0	60	75	46	1	38	4	4	0	2	10
Chocolate Chip Cookie	2.75 oz	78	390	170	19	10	0	15	320	52	2	31	4	15	0	2	15
Iced Sugar Cookie	3.7 oz	106	540	160	18	8	0	30	300	88	1	54	5	20	0	2	10
Oatmeal Raisin Cookie	3 oz	78	320	90	11	5	0	25	310	54	2	31	5	0	0	2	10
Marshmallow Crispy Treat	4 oz	111	410	60	7	2	0	0	125	86	0	37	5	20	15	0	70
Banana Nut Muffin	5 oz	144	490	230	26	3	0	90	440	60	2	35	9	2	0	6	10
Blueberry Muffin	5 oz	155	370	200	22	3.5	0	55	410	76	2	37	8	4	2	8	15
Chocolate Chip Muffin	5 oz	144	370	200	22	4.5	0	55	390	75	2	43	8	2	0	8	20

Einstein Bros. Nutrition Information

	Serving Size	Weight (g.); unless otherwise stated	Calories	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 (%)
Oatmeal Chocolate Chip Muffin	5 oz	145	510	190	21	4.5	0	55	490	71	4	37	9	2	0	10	15
Cinnamon Twist	4 oz	114	370	160	18	8	0	5	10	21	2	19	5	15	2	4	10
Cinnamon Walnut Strudel	6 oz	174	640	320	35	15	0	70	440	72	4	26	10	25	20	10	15

Einstein Bros. Allergen Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Bagel Thin Singles											
Plain			X ¹	X							
Honey Whole Wheat			X ¹	X							
Everything			X ¹	X							
Classic Bagels											
Plain			X ¹	X							
Honey Whole Wheat			X ¹	X							
Everything			X ¹	X							
Pumpernickel			X	X						X	
Signature Bagels											
Asiago Cheese		X	X ¹	X							
Blueberry			X ¹	X							
Chocolate Chip			X	X							
Cinnamon Raisin			X ¹	X						X	
Cinnamon Sugar		X	X	X							
Cranberry			X ¹	X							
Garlic			X ¹	X							
Good Grains			X ¹	X							
Onion			X ¹	X							
Poppy			X ¹	X							
Potato			X ¹	X							
Sesame			X ¹	X							
Gourmet Bagels											
Dutch Apple			X	X							
Green Chile		X	X	X							
Power				X	X						Walnuts
Six-Cheese		X	X	X							
Spinach Florentine		X	X	X							
Tuscan Pesto Bagel		X	X	X							
Whipped Cream Cheese Schmear											
Onion and Chive		X									
Plain		X									
Smoked Salmon		X					X				Salmon
Whipped Reduced Fat Cream Cheese Schmear											
Blueberry		X									
Garlic Herb		X									
Garden Vegetable		X									
Honey Almond		X			X						Almonds
Jalapeno Salsa		X									
Plain		X									
Strawberry		X									
Sun Dried Tomato Basil		X									
Whipped Light Cream Cheese Schmear											
Plain		X									
Coffee											
Coffee											
Coffee Decaffeinated											
Coffee Specialty (with 2% milk)											
Espresso Single											
Espresso Double											
Americano											
Cafe Latte		X									
Cappuccino		X									
Dark Chocolate Mocha		X									
White Chocolate Mocha		X									
Caramel Macchiato		X									
Sugar Free Vanilla Latte		X									Sucralose (Splenda)
Vanilla Latte		X									
Sugar Free Vanilla Hazelnut Latte		X			X						Sucralose (Splenda), Hazelnuts

Einstein Bros. Allergen Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Vanilla Hazelnut Latte		X			X						Hazelnuts
Other Hot Beverages (with 2% milk)											
Chai Tea Latte		X									
Dark Hot Chocolate		X									
White Hot Chocolate		X									
Soy Latte			X								
Iced Specialty Coffee (with 2% milk)											
Iced Americano											
Iced Coffee											
Iced Caramel Macchiato		X									
Iced Latte		X									
Iced Dark Chocolate Mocha		X									
Iced White Chocolate Mocha		X									
Iced Sugar Free Vanilla Late		X									Sucralose (Splenda)
Iced Vanilla Latte		X									
Iced Sugar Free Vanilla Hazelnut Latte		X			X						Sucralose (Splenda), Hazelnuts
Iced Vanilla Hazelnut Latte		X			X						Hazelnuts
Frozen Blended Drinks											
Caramel Blender		X									
Vanilla Hazelnut Blender		X									Hazelnuts
Poured Beverages											
Lemonade											
Lemonade Blackberry											
Orange Juice											
Green Tea											
Black Tea											
Sides											
Fruit and Yogurt Parfait ³		X		X	X						Almonds, Aspartame
Fruit Cup/Fruit Salad											
Potato Salad	X		X ¹								
Egg Sandwiches											
Bacon & Cheddar	X	X	X	X							
Turkey Sausage & Cheddar	X	X	X	X							
Ham & Swiss	X	X	X	X							
Spinach, Mushroom & Swiss	X	X	X	X							
Cheese Only	X	X	X	X							
Nova Lox & Bagel ²		X	X ¹	X			X				Salmon
Egg Mixture	X	X	X								
Egg White	X		X								
Egg Paninis											
Spinach and Bacon	X	X	X	X						X	
Southwest Turkey Sausage	X	X	X	X							
Breakfast Wraps											
Santa Fe	X	X	X	X						X	
Spicy Elmo	X	X	X	X						X	
Signature Sandwiches											
Tasty Turkey on Asiago Bagel		X	X ¹	X							
Club Mex on Challah	X	X	X	X							
Veg Out on Sesame Seed Bagel		X	X ¹	X							
Nova Lox & Bagel ²		X	X ¹	X			X				Salmon
Turkey BAT	X		X ¹	X						X	
Lunch Paninis											
Italian Chicken		X	X	X							
Turkey Club	X	X	X	X						X	
Deli Sandwiches											
Turkey Breast	X	X	X	X							
Ham	X	X	X	X							

Einstein Bros. Allergen Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Albacore Tuna Salad	X		X	X			X				Tuna
Chicken Salad	X		X	X	X						Almonds
Grab and Go											
Deli Ham Sandwich		X	X	X							
Roasted Turkey Sandwich		X	X	X							
Chicken Salad Wrap	X		X ¹	X	X					X	Almonds
Veg Out on Sesame Seed Bagel		X	X ¹	X						X	
Club Mex Wrap	X	X	X ¹	X						X	
Deluxe Chef Salad	X	X	X ¹	X					X		
Garden Salad	X	X	X ¹	X					X		
Wraps											
Chipotle Turkey Wrap		X	X ¹	X						X	
California Chicken Wrap	X	X	X ¹	X						X	
Bagel Dogs											
Original Bagel Dog <i>Hebrew National</i>			X	X							
Asiago Bagel Dog <i>Hebrew National</i>		X	X	X							
Open Face Deli Melts											
Turkey & Cheddar		X	X	X							
Ham & Swiss		X	X	X							
Chicken & Mozzarella		X	X	X						X	
Pizza Bagels											
Pepperoni		X	X ¹	X							
Cheese Only		X	X ¹	X							
Smart Choices Bagel Thin Egg White Sandwiches											
Asparagus, Mushroom, & Swiss Bagel Thin Sandwich	X	X	X	X						X	
Southwest Turkey Sausage	X	X	X	X							
Smart Choices- Bagel Thin Lunch											
Tuscan Chicken Pesto		X	X ¹	X						X	
Garden Herb Turkey		X	X ¹	X							
Bagel Thin Melts											
Cheesy Turkey		X	X	X							
Cheesy Chicken Asparagus		X	X	X						X	
Chopped Salads											
Harvest Chicken			X ¹		X						Almonds
Chipotle Chicken			X ¹								
Soups											
Turkey Chili			X	X							
Chicken Noodle	X		X	X							
Hearty Vegetable				X							
Fruit Smoothies & More											
Strawberry Banana Smoothie		X									
Ultimate Blueberry Smoothie		X									
Low Fat Yogurt Parfait		X		X	X						Almonds
Poppers											
Cinnamon Sugar		X	X	X							
Iced Popper			X ¹	X							
Sweets											
Apple Cinnamon Coffee Cake	X	X	X	X							
Chocolate Chip Coffee Cake	X	X	X	X							
Mixed Berry Coffee Cake	X	X	X	X							
Chocolate Chip Coffee Cake	X	X	X	X							
Chocolate Mudslide Cookie	X	X	X	X							
Chocolate Chip Cookie	X	X	X	X							
Iced Sugar Cookie	X	X	X	X							
Oatmeal Raisin Cookie	X	X	X	X							

Einstein Bros. Allergen Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Marshmallow Crispy Treat		X	X								
Banana Nut Muffin	X	X	X	X	X						Walnuts
Blueberry Muffin	X	X	X	X							
Chocolate Chip Muffin	X	X	X	X							
Oatmeal Chocolate Chip Muffin	X	X	X	X							
Cinnamon Walnut Strudel	X	X	X	X	X						Walnuts
Cinnamon Twist			X	X							

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

² Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness.

³ Phenylketonurics: contains phenylalanine