



Einstein Bros.® Bagels

Nutrition and Allergen Information

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: 1/04/2018



Guest satisfaction and safety is our most valued priority. We prepare and use food ingredients containing all 8 major allergens in our restaurant kitchens. Although measures are taken to prevent cross contact, as a bakery/ restaurant, there is possibility of food touching, allergens like wheat becoming airborne or common equipment being utilized to handle foods containing any of the major allergens. If you have an allergen concern of any type, please openly discuss your needs with your server to fully understand all the facts you need to decide on a safe dining choice that fits your unique allergen needs. - Thank you.

Einstein Bros.® Nutrition Information														Allergen Information											
	Serving Size	Weight (g.)	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.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info			
Limited Time Offerings *Items Offered at License Locations																									
Turkey Bacon	1.0 oz	28	60	25	3	0	0	20	260	0	0	0	6												
Egg Sandwich, Cheesy Wakin Bacon	7.1 oz	201	580	230	26	11	0.5	240	1340	54	2	7	33	X	X	X	X								
Egg Sandwich, No Yolk	8.6 oz	244	420	170	19	2.5	0	25	940	40	7	7	22	X	X	X	X								
Sandwich, Super Nova Lox	10.3 oz	293	510	160	18	6	0	30	1260	66	4	9	23		X	X	X				X		Lox		
Avocado Toast	5.7 oz	163	400	110	12	2	0	0	700	61	5	5	11			X	X								
Wake Cup, Ham Cheese Bacon	3.0 oz	84	180	100	11	4.5	0	175	680	1	0	2	16	X	X										
Wake Cup, Turkey Bacon Egg White	3.1 oz	89	120	60	6	2.5	0	30	450	1	0	0	13	X	X										
Egg Sandwich, Cheesy Wakin Bacon *	6.3 oz	179	520	190	21	8	0	155	1170	54	3	6	27	X	X	X	X								
Egg Sandwich, No Yolk *	8.6 oz	244	440	170	19	2	0	25	810	43	7	8	22	X	X	X	X								
Sandwich, Super Nova Lox *	10.3 oz	292	510	150	17	5	0	30	1300	67	6	9	24		X	X	X				X		Lox		
Avocado Toast *	5.7 oz	163	410	120	13	2	0	0	660	62	7	6	12			X	X								
Wake Cup, Ham Cheese Bacon *	3.0 oz	85	180	100	11	4.5	0	185	680	1	0	1	17	X	X										
Wake Cup, Turkey Bacon Egg White *	3.1 oz	89	120	60	6	2.5	0	30	400	1	0	1	12	X	X										
Bagels *Available at License Locations Only																									
Plain	1 bagel	104	270	10	1	0	0	0	480	56	2	5	9			X ¹	X								
Honey Whole Wheat	1 bagel	102	260	25	3	0	0	0	550	49	7	7	12			X ¹	X								
Everything	1 bagel	106	280	15	2	0	0	0	600	56	2	5	10			X ¹	X								
Pumpernickel	1 bagel	103	270	10	1.5	0	0	0	520	55	3	4	10			X	X								
Asiago Cheese	1 bagel	112	300	35	4	2	0	10	580	54	2	5	12		X	X ¹	X								
Blueberry	1 bagel	108	290	10	1	0	0	0	450	59	2	11	10			X ¹	X								
Chocolate Chip	1 bagel	106	300	30	3.5	1.5	0	0	450	58	3	10	10			X	X								
Cinnamon Raisin	1 bagel	104	280	10	1	0	0	0	430	58	2	12	10			X ¹	X								
Cinnamon Sugar	1 bagel	109	320	50	6	1.5	0	5	540	59	2	12	9		X	X	X								
Cranberry	1 bagel	108	310	35	4	0	0	0	420	60	2	11	9			X ¹	X								
Garlic	1 bagel	107	280	15	2	0	0	0	480	57	2	5	10			X ¹	X								
Ancient Grain	1 bagel	107	280	50	5	0.5	0	0	540	49	8	7	13			X ¹	X								
Onion	1 bagel	105	270	15	1.5	0	0	0	500	55	2	4	10			X ¹	X								
Poppy	1 bagel	107	290	25	2.5	0	0	0	480	56	2	5	10			X ¹	X								
Potato	1 bagel	101	280	35	4	0	0	0	520	52	2	5	9			X ¹	X								
Pretzel	1 bagel	101	280	35	4	0	0	0	920	52	2	5	9			X ¹	X								
Sesame	1 bagel	107	290	25	2.5	0	0	0	480	56	2	5	10			X ¹	X								
French Toast	1 bagel	116	370	60	7	1.5	0	0	510	68	2	20	10	X		X	X								
Asiago Cheese *	1 bagel	106	290	30	3.5	2	0	10	590	53	3	5	12		X	X	X								
Blueberry *	1 bagel	106	280	10	1	0	0	0	490	60	4	10	10			X	X								
Chocolate Chip *	1 bagel	106	300	30	3	1.5	0	0	510	60	4	10	10			X	X								
Cinnamon Raisin *	1 bagel	106	290	10	1	0	0	0	490	62	4	12	10			X	X								
Cinnamon Sugar *	1 bagel	112	310	25	2.5	1.5	0	5	500	62	2	12	9		X	X	X								
Everything *	1 bagel	106	280	15	1.5	0	0	0	530	58	4	6	10			X	X								
French Toast *	1 bagel	106	320	40	4.5	1	0	0	500	61	4	11	10	X		X	X								
Honey Whole Wheat *	1 bagel	106	290	30	3.5	0	0	0	490	54	7	9	12			X	X								
Plain *	1 bagel	106	270	10	1	0	0	0	540	58	4	6	10			X	X								
Pretzel *	1 bagel	109	270	30	4	0	0	0	1270	51	3	6	9			X	X								
Sesame Seed *	1 bagel	106	280	20	2	0	0	0	530	57	4	6	11			X	X								
Power Protein Bagel *	1 bagel	114	350	50	6	1.0	0	0	290	65	3	17	12				X	X							
Sourdough*	1 bagel	106	270	35	4.0	0.5	0	0	440	49	2	3	10			X ¹	X		X						
EBB Bagel Thin																									
Ancient Grain Thin	1 Thin	74	190	25	3	0	0	0	400	34	5	5	8			X	X								
Honey Whole Wheat Thin	1 Thin	74	190	20	2	0	0	0	400	35	5	5	9			X	X								
Plain Thin	1 Thin	74	190	5	0.5	0	0	0	340	40	1	4	7			X	X								
Whole Wheat Thin	1 Thin	74	190	20	2	0	0	0	400	35	5	5	9			X	X								
Gourmet Bagels / Bagel Rolls																									
Apple Cinnamon	1 bagel	148	450	80	9	2	0	0	550	83	2	30	10			X	X								
Green Chile	1 bagel	155	390	110	12	5	0	25	780	54	3	6	18		X	X	X								
Jalapeno Cheddar	1 bagel	126	340	80	9	3.5	0	15	850	53	2	6	13		X	X	X								
Power Protein Bagel	1 bagel	113	350	50	6	1	0	0	290	64	4	17	12				X	X					Walnuts		

	Serving Size	Weight (g.)	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.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Six-Cheese	1 bagel	125	370	90	10	4	0	20	730	53	2	5	16		X	X	X						
Spinach Florentine	1 bagel	141	370	110	12	5	0	25	700	53	3	5	15		X	X	X						
Cheesy Hashbrown Bagel	1 bagel	126	400	100	12	5	0	20	730	60	2	5	14		X	X	X						
Bread Specialty																							
Potato Roll	1 roll	99	280	35	4	0	0	0	520	52	2	5	9			X	X						
Multigrain Roll	1 roll	111	290	35	4	0	0	0	560	52	6	8	13			X	X						
Potato Roll, Parbake *	1 roll	106	290	35	4	0.5	0	0	460	56	4	6	10			X	X						
Multigrain Roll, Parbake *	1 roll	100	290	45	5	0.5	0	0	520	53	5	6	13				X						
Tortilla	3.7 oz	104	290	60	7	3	0	0	750	50	6	0	9			X ¹	X						
Whipped Cream Cheese Shmear																							
Onion and Chive	1.2 oz	35	120	90	10	7	0	30	100	4	0	2	2		X								
Plain	1.2 oz	35	120	110	12	8	0	35	115	2	0	2	2		X								
Smoked Salmon	1.2 oz	35	110	90	10	6	0	35	250	4	0	2	2		X					X		Salmon	
Plain Reduced Fat	1.2 oz	35	100	80	9	6	0	25	180	4	0	2	2		X								
Blueberry Reduced Fat	1.2 oz	35	130	80	9	6	0	25	85	11	0	9	1		X								
Garden Veggie Reduced Fat	1.2 oz	35	110	80	9	6	0	25	180	5	0	2	2		X								
Garlic Herb Reduced Fat	1.2 oz	35	110	80	9	6	0	25	180	5	0	2	2		X								
Honey Almond Reduced Fat	1.2 oz	35	120	80	8	6	0	25	75	11	0	7	2		X			X				Almonds	
Jalapeno Salsa Reduced Fat	1.2 oz	35	110	80	8	6	0	25	190	6	0	2	2		X								
Maple Reduced Fat	1.2 oz	35	110	80	8	5	0	25	85	8	0	6	1		X								
Strawberry Reduced Fat	1.2 oz	35	120	80	9	6	0	30	90	9	0	7	1		X								
Crafted Shmear																							
Country Pepper	0.5 oz	14	40	30	3.5	2.5	0	10	50	2	0	1	1		X								
Other Spreads																							
Butter	0.5 oz	14	100	100	11	7	0	30	90	0	0	0	0		X								
Honey	1.0 oz	28	90	0	0	0	0	0	0	23	0	22	0										
Honey Butter*	1.5 oz	43	250	200	23	15	1	60	180	11	0	11	0		X								
Natural Strawberry Jelly	1.0 oz	28	70	0	0	0	0	0	0	18	0	16	0										
Natural Peanut Butter	1.5 oz	43	240	180	20	3.5	0	0	105	11	3	4	9			X			X				
Peanut Butter and Jelly	2.5 oz	71	320	180	20	3.5	0	0	105	29	3	21	9						X				
Nutella®	1.5 oz	43	230	120	13	4.5	0	0	15	24	1	24	3		X	X		X				Hazelnut	
Cinnamon Butter	1.5 oz	43	240	170	19	12	1	50	150	19	1	17	0		X								
Hummus	1.5 oz	43	110	70	8	1.5	0	0	4680	6	2	0	3			X							
Egg																							
1 Fresh Cracked Egg	1 Egg	46	80	50	6	2	0	190	140	1	0	0	6	X	X								
2 Fresh Cracked Eggs	2 Egg	92	160	100	11	4	0	375	280	1	0	1	13	X	X								
Fried Egg Patty *	1 Egg	43	90	70	7	1.5	0	110	110	1	0	0	5	X		X							
1 Egg White	1 Egg	57	30	0	0	0	0	0	160	1	0	0	6	X									
2 Egg White	2 Egg	114	60	0	0	0	0	0	320	1	0	0	12	X									
Cheese																							
Cheddar 1 Slice	0.5 oz	14	60	40	4.5	3	0	15	90	0	0	0	4		X								
Mozzarella 1 Slice	0.5 oz	14	40	25	3	2	0	10	100	0	2	0	3		X								
Pepper Jack 1 Slice	0.5 oz	14	50	40	4.5	3	0	10	125	0	0	0	3		X								
Swiss 1 Slice	0.5 oz	14	50	40	4.5	3	0	15	65	0	0	0	4		X								
Meat																							
Bacon 1 Serving	0.6 oz	16	80	45	5	2	0	20	380	0	0	1	7										
Chicken Breast	3.0 oz	85	120	25	2.5	1	0	60	200	2	0	1	22										
Chorizo Patty	1.9 oz	54	210	170	19	7	0	40	320	1	0	0	8										
Ham, Breakfast	1.5 oz	43	45	10	1	0	0	25	540	1	0	1	8										
Ham, Lunch	3.0 oz	85	90	20	2.5	1	0	50	1090	2	0	1	17										
Tuna Salad	3.5 oz	99	210	140	16	2	0	35	1070	1	0	1	16	X		X	X			X		Tuna	
Turkey, Lunch	3.0 oz	85	80	5	1	0	0	40	590	2	0	0	0										
Turkey Patty	1.4 oz	40	70	35	4	1	0	30	180	1	0	1	8										
Sauces																							
Basil Pesto	1.0 oz	28	110	100	12	1.5	0	5	140	1	0	0	2		X								
Roasted Tomato Spread	1.0 oz	28	150	140	16	2.5	0	10	230	2	0	1	0	X	X	X							
Tomatillo Salsa	1.0 oz	28	15	10	1	0	0	0	210	2	1	1	0										
Veg																							
Avocado	1.0 oz	28	60	50	5	1	0	0	0	2	2	0	1										
Granola	0.5 oz	14	60	15	1.5	0	0	0	25	10	1	4	1		X		X	X				Almonds	
Roasted Artichoke	1.2 oz	35	30	10	1.5	0	0	0	180	4	0	0	1										
Roasted Red Peppers	1.0 oz	28	5	0	0	0	0	0	65	1	0	1	0										
Sauteed Mushroom	1.0 oz	28	30	25	3	2	0	5	70	1	0	1	1		X								
Pickle Spear	1.0 oz	28	5	0	0	0	0	0	300	1	0	0	0										
EBB Egg Sandwiches - 1 Egg Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel																							
Applewood Bacon & Cheddar ^	5.3 oz	150	470	150	16	7	0	220	1080	55	2	6	25	X	X	X	X						
Turkey Sausage & Cheddar ^	7.1 oz	201	470	140	15	6	0	230	880	56	2	7	27	X	X	X	X						
Ham & Swiss ^	7.5 oz	212	450	110	12	6	0	225	1230	57	2	6	28	X	X	X	X						
Cheddar Cheese ^	5.8 oz	164	410	100	11	5	0	200	710	57	2	6	19	X	X	X	X						
EBB Egg Sandwiches - 2 Egg Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel																							
Applewood Bacon & Cheddar ^	7.9 oz	224	550	200	22	9	0.5	410	1220	56	2	7	32	X	X	X	X						
Turkey Sausage & Cheddar ^	8.8 oz	251	560	190	21	8	0.5	420	1040	58	2	7	33	X	X	X	X						

	Serving Size	Weight (g.)	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.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Ham & Swiss ^	9.3 oz	263	530	160	18	8	0.5	415	1370	58	2	7	34	X	X	X	X						
Cheddar Cheese ^	7.4 oz	211	490	150	17	7	0.5	390	860	57	2	6	25	X	X	X	X						
EBB Egg Sandwiches - Egg White Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel																							
Applewood Bacon & Cheddar ^	6.7 oz	191	430	100	11	5	0	30	1110	56	2	6	26	X	X	X	X						
Turkey Sausage & Cheddar ^	7.6 oz	215	430	90	10	4	0	45	910	57	2	6	27	X	X	X	X						
Ham & Swiss ^	7.7 oz	218	400	60	7	3.5	0	40	1250	57	2	6	28	X	X	X	X						
Cheddar Cheese ^	6.2 oz	175	360	50	6	3	0	15	730	56	2	5	19	X	X	X	X						
EBL Egg Sandwiches - Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel																							
* Items available only at License Locations																							
Applewood Bacon & Cheddar ^*	6.3 oz	179	500	160	18	6	0	145	1120	59	4	7	25	X	X	X	X						
Turkey Sausage & Cheddar ^*	7.2 oz	203	490	150	17	6	0	155	920	60	4	7	28	X	X	X	X						
Ham & Swiss ^*	7.2 oz	205	470	130	14	5	0	150	1260	60	4	7	28	X	X	X	X						
Cheddar Cheese ^*	5.7 oz	163	420	120	13	4.5	0	125	740	59	4	6	19	X	X	X	X						
EBB Egg Sandwiches - 1 Egg Signature																							
Bacon & Spinach on Spinach Florentine	8.6 oz	245	730	390	43	14	1	255	1510	56	3	8	32	X	X	X	X						
French Toast Egg Sandwich	8.0 oz	228	700	280	31	14	0.5	245	1210	77	2	27	27	X	X	X	X						
Santa Fe Sandwich	8.8 oz	249	560	200	22	11	0.5	250	1250	60	2	8	30	X	X	X	X						
Spinach, Mushroom & Swiss, on Ancient Grain	7.9 oz	224	490	200	22	9	0.5	220	930	53	9	8	25	X	X	X	X						
Farmhouse	9.3 oz	263	710	290	33	15	1	280	1960	64	3	8	40	X	X	X	X						
Chorizo Sunrise	11.1 oz	315	840	460	51	21	0.5	275	1460	61	5	8	36	X	X	X	X						
EBB Egg Sandwiches - 2 Egg Signature																							
Bacon & Spinach on Spinach Florentine	10.3	291	810	440	49	16	1	445	1660	57	3	9	38	X	X	X	X						
French Toast Egg Sandwich	9.7	274	780	330	36	16	1	435	1350	78	2	27	34	X	X	X	X						
Santa Fe Sandwich	11	301	640	250	28	13	1	440	1390	61	2	8	37	X	X	X	X						
Spinach, Mushroom & Swiss, on Ancient Grain	9.5	270	570	250	28	11	1	405	1080	54	9	8	31	X	X	X	X						
Farmhouse	10.9	309	790	340	38	17	1	470	2100	65	3	8	46	X	X	X	X						
Chorizo Sunrise	12.7	361	920	510	57	23	1	465	1600	62	5	8	42	X	X	X	X						
EBB Egg Sandwiches - Egg White Signature																							
Southwest Thin	7.6 oz	217	400	130	14	7	0	55	1000	44	2	6	25	X	X	X	X						
Bacon & Spinach on Spinach Florentine	9.0 oz	256	680	340	38	12	0.5	70	1530	56	3	8	32	X	X	X	X						
French Toast Egg Sandwich	8.4 oz	239	650	230	25	12	0	60	1220	77	2	27	27	X	X	X	X						
Santa Fe Sandwich	9.0 oz	255	510	150	17	9	0	65	1270	60	2	8	30	X	X	X	X						
Spinach, Mushroom & Swiss, on Ancient Grain	8.3 oz	235	430	150	16	7	0	30	950	53	9	8	25	X	X	X	X						
Farmhouse	9.7 oz	274	660	240	27	13	0.5	90	1980	64	3	8	39	X	X	X	X						
Chorizo Sunrise	11.5 oz	326	790	410	46	19	0	90	1480	61	5	7	36	X	X	X	X						
EBL Egg Sandwiches - Signature																							
Asparagus Mushroom Thin *	7.6 oz	216	390	150	17	6	0	30	860	44	4	6	19	X	X	X	X						
French Toast *	7.5 oz	214	660	270	30	13	0.5	170	1170	70	4	18	26	X	X	X	X						
Southwest Egg White *	7.6 oz	217	400	130	14	7	0	55	970	45	3	7	25	X	X	X	X						
Spinach Mushroom Swiss *	7.7 oz	219	490	170	19	8	0	145	900	62	5	7	21	X	X	X	X						
Santa Fe Wrap *	10.3 oz	293	710	350	39	16	0.5	290	1590	60	7	3	32	X	X	X	X						
Farmhouse *	8.3 oz	235	590	210	23	9	0	180	1720	62	4	8	34	X	X	X	X						
EBB Signature Lunch Sandwiches																							
Nova Lox & Bagel	8.7 oz	248	480	150	17	9	0	50	1300	60	2	9	22		X	X	X			X		Salmon	
Tasty Turkey on Asiago Bagel	11.7 oz	332	510	130	15	9	0	80	1290	64	3	9	15		X	X ¹	X						
Turkey, Bacon & Avocado	11.0 oz	313	660	280	31	5	0	65	1730	60	4	9	17	X	X	X	X						
Turkey & Cheddar Potato Roll	10.3 oz	292	550	190	22	5	0	60	1440	60	3	7	14	X	X	X	X						
Hummus Veg Out® on Multigrain	10.4 oz	294	450	140	16	4.5	0	15	3100	64	11	12	19		X	X ¹	X						
Harvest Chicken Salad on Multigrain	10.5 oz	297	590	220	25	3.5	0	55	820	64	11	15	33	X		X	X	X				Almonds	
Albacore Tuna Salad on Multigrain	10.2 oz	290	560	220	24	3	0	40	1740	57	10	10	32	X		X	X			X		Tuna	
Ham & Swiss on Potato Roll	10.3 oz	292	560	210	23	6	0	70	1910	60	3	8	31	X	X	X	X						
EBL Signature Lunch Sandwiches * Items available only at License Locations																							
Turkey and Cheddar*	10.7 oz	305	560	190	22	5	0	60	1480	60	7	10	17	X	X	X	X						
Tasty Turkey on Asiago Bagel*	11.5 oz	326	500	130	15	9	0	80	1300	62	4	8	15		X	X	X						
Turkey, Bacon & Avocado *	11.3 oz	320	670	280	31	5	0	65	1700	62	9	13	20	X	X	X	X						
Ham and Swiss *	10.7 oz	305	570	210	23	5	0	70	1950	60	7	11	35	X	X	X	X						
Nova Lox on Plain Bagel *	8.8 oz	251	500	150	17	9	0	50	1340	64	5	10	23	X	X	X	X			X		Salmon	
Hummus Veg Out® on Multigrain*	9.6 oz	273	420	110	12	4	0	15	3070	62	8	12	17		X	X	X						
Turkey Club Mex Wrap*	12.5 oz	356	740	380	42	12	0	85	2100	57	8	4	20	X	X	X	X						

	Serving Size	Weight (g.)	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.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Tuna Salad Multigrain *	9.7 oz	274	530	190	21	2.5	0	40	1710	55	7	10	31	X		X	X				X		Tuna
Harvest Chicken Salad on Multigrain *	9.9 oz	281	560	190	22	3	0	55	790	62	8	15	31	X		X	X	X					Almonds
Turkey and Cheddar, Deli - Without Bread Choice *	6.8 oz	194	270	160	18	5	0	60	960	7	1	2	22	X	X	X	X						
Ham and Swiss Deli, Without Bread Choice *	6.8 oz	194	280	170	19	5	0	70	1390	8	1	3	22	X	X	X							
Chicken Salad, Deli - Without Bread Choice *	6.3 oz	179	270	160	18	3	0	55	230	11	2	7	18	X		X		X					Almonds
Tuna Salad, Deli - Without Bread Choice *	7.1 oz	201	240	150	17	2.5	0	40	1150	5	1	3	18	X		X	X				X		Tuna
EBB Hot Sandwiches ^ Test Markets Only																							
Spinach Artichoke Chicken on Spinach Florentine Bagel	11.1 oz	314	650	220	25	12	0.5	115	1350	63	5	7	45		X	X	X						
Green Chile Club on Green Chile Bagel	12.3 oz	350	710	310	35	12	0.5	100	1930	59	3	9	28	X	X	X	X						
Italian Chicken on Potato Roll	10.5 oz	297	670	280	31	9	0	95	1410	58	6	8	44		X	X	X						
Thintastic Chicken Pesto	8.8 oz	251	480	160	17	6	0	80	940	45	5	6	37		X	X ¹	X						
Pizza Bagel Pepperoni	7.1 oz	202	530	200	23	12	0	55	1340	59	2	7	27		X	X ¹	X						
Pizza Bagel Cheese	6.4 oz	183	440	120	14	8	0	40	1000	58	2	7	23		X	X ¹	X						
Original Bagel Dog	6.8 oz	193	530	230	26	10	1	45	1310	57	2	5	19			X	X						
Asiago Bagel Dog	7.3 oz	207	580	270	29	12	1	60	1440	57	2	5	24		X	X	X						
EBL Hot Sandwiches * Items available only at License Locations																							
Italian Chicken Tostini *	10.7 oz	304	680	280	31	9	0	95	1350	62	8	8	45		X	X	X						
Thintastic Buffalo Chicken *	9.7 oz	275	430	110	12	7	0	85	1180	50	4	8	32		X	X	X						
Turkey Club Tostini *	11.3 oz	320	690	280	32	8	0	85	1880	62	9	9	24	X	X	X	X						
Buffalo Chicken & Bacon Tostini *	9.6 oz	273	620	200	22	8	0	100	1790	60	8	8	46	X	X	X	X						
BBQ Chicken Tostini *	8.8 oz	250	530	110	12	5	0	80	1010	68	8	15	39		X	X	X						
Roasted Veggie Tostini *	8.2 oz	232	500	180	20	11	0.5	50	970	63	9	8	20		X	X	X						
Pizza Bagel Cheese *	6.6 oz	188	450	120	14	8	0	40	1070	62	5	7	24		X	X	X						
Pizza Bagel Pepperoni *	7.3 oz	207	540	200	23	11	0	55	1420	62	5	8	28		X	X	X						
Sides																							
EBB Barbeque Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2										
EBB Original Kettle Chips	1.2 oz	35	180	90	10	1	0	0	170	21	2	0	2										
EBB Jalapeño Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2										
Redskin Potato Salad	4.0 oz	113	220	140	15	2.5	0	10	490	17	2	1	2	X		X ¹							
Fruit and yogurt parfait	10.5 oz	298	200	20	2	0	0	5	115	38	4	24	8		X		X	X					Almonds, Aspartame
Greek yogurt parfait with Honey	7.2 oz	205	270	20	2.5	0	0	5	95	49	2	37	16		X		X	X					Almonds
Fruit Cup	4.0 oz	113	50	0	0	0	0	0	10	13	1	11	1										
Salads																							
Strawberry Chicken, No Dressing	9.7 oz	276	220	60	6	1	0	40	170	24	5	15	19			X ¹		X					Almonds
Chicken Caesar, No Dressing	8.0 oz	227	210	60	6	3	0	55	380	18	3	3	22	X	X	X ¹	X			X			Anchovies
Soup *Items available only at License Locations																							
Soup, Broccoli Cheese	8 oz	237	230	150	17	5	0	20	1140	14	3	3	5		X	X							
	12 oz	305	330	220	24	7	0	25	1670	20	4	4	6		X	X							
	16 oz	464	430	280	32	9	0	35	2210	27	5	5	8		X	X							
Soup, Chicken Noodle	8 oz	227	110	25	2.5	0.5	0	20	1110	12	0	1	8	X			X						
	12 oz	340	160	35	4	1	0	30	1660	18	0	2	12	X			X						
	16 oz	454	210	50	5	1.5	0	40	2210	24	0	3	16	X			X						
Soup, Vegetarian Chile	8 oz	255	160	20	2	0	0	0	810	28	7	5	6				X						
	12 oz	383	230	30	3	0	0	0	1220	42	11	8	9				X						
	16 oz	510	310	35	4	0	0	0	1620	56	15	10	12				X						
Sweets																							
Coffee Cake, Chocolate Chip	4.4 oz	125	550	230	25	10	0	5	190	81	1	34	4	X	X	X	X						
Cookie, Chocolate Chunk	2.7 oz	78	390	180	20	9	0	0	310	51	1	30	4	X	X	X	X						
Muffin, Cinnamon Chip	4.7 oz	134	500	200	23	6	0	80	420	70	1	47	6	X	X	X	X						
Muffin, Blueberry 4 oz	4.5 oz	127	420	180	20	4	0	80	440	57	1	32	6	X	X	X	X						
Brownie	2.7 oz	76	330	160	17	5	0	25	190	45	2	29	4	X	X	X	X						
Pastry, Cherry	5.1 oz	145	380	120	14	8	0	45	290	60	3	28	6	X	X		X						
Cinnamon Twist	3.1 oz	88	360	140	16	6	0	0	250	50	2	24	4			X	X						
Strudel, Cinnamon Walnut	6.0 oz	170	640	320	35	11	0	30	500	71	4	32	10	X	X	X	X	X					Walnuts
Cinnamon Sugar Popper	4.7 oz	133	430	90	10	4	0	15	570	77	3	29	10		X	X	X						
Cookie, Heavenly Chocolate Chip	3.5 oz	99	460	220	24	13	0	65	290	58	2	33	5	X	X	X	X						

	Serving Size	Weight (g.)	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.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Cappuccino, Iced	16 fl oz		120	40	4.5	2.5	0	20	0	11	0	11	8		X								
	24 fl oz		170	60	7	4	0	25	5	17	0	16	12		X								
Cappuccino, Frozen	16 fl oz		270	70	8	5	0	25	85	47	0	46	4		X								
	24 fl oz		410	110	12	7.0	0	40	130	71	0	70	6		X								
Vanilla Hazelnut Blender	18 fl oz		350	90	10	6	0	35	65	64	0	62	3		X			X					Hazelnut
Caramel Blender	18 fl oz		480	100	11	7	0	40	220	90	0	83	5		X								
Smoothies & Juice																							
Strawberry Banana Smoothie	18 fl oz		400	5	0.5	0	0	0	130	97	1	83	5		X								
Mixed Berry Smoothie	18 fl oz		390	5	0.5	0	0	0	95	97	1	88	3		X								
Orange Juice	16 fl oz		230	15	1.5	0	0	0	0	54	0	48	4										
	24 fl oz		340	20	2	0	0	0	5	81	0	72	5										
Lemonade	16 fl oz		170	0	0	0	0	0	10	47	0	43	0										
	24 fl oz		260	0	0	0	0	0	20	70	0	65	0										
Strawberry Lemonade	16 fl oz		220	0	0	0	0	0	10	58	0	53	0										
	24 fl oz		310	0	0	0	0	0	20	82	2	71	0										
Blended Strawberry Lemonade *	16 fl oz		470	0	0	0	0	0	10	123	0	114	0										
	24 fl oz		600	5	0	0	0	0	15	160	0	148	1										
Blended Snickerdoodle	16 fl oz		850	210	24	13	0	15	650	149	1	112	14	X	X	X	X						
	24 fl oz		990	260	29	12	0.5	15	750	170	1	128	15										
Blended Brownie	16 fl oz		810	190	21	8	0	35	510	144	4	109	16	X	X	X	X						
	24 fl oz		1000	230	26	10	0	45	640	180	5	136	20										
Blackberry Lemonade	16 fl oz		200	0	0	0	0	0	15	53	0	49	0										
	24 fl oz		270	0	0	0	0	0	20	74	1	68	0										
Cold Brew																							
Cold Brew	16 fl oz		0	0	0	0	0	0	10	0	0	0	0						X				
	24 fl oz		5	0	0	0	0	0	15	1	0	0	0						X				
Caramel	16 fl oz		70	5	0	0	0	0	40	17	1	14	1		X				X				
	24 fl oz		100	5	0.5	0	0	0	60	25	2	20	1		X				X				
Vanilla Hazelnut	16 fl oz		100	0	0	0	0	0	10	24	0	23	0						X				
	24 fl oz		130	0	0	0	0	0	15	32	0	30	0						X				
Vanilla	16 fl oz		60	0	0	0	0	0	10	15	0	14	0						X				
	24 fl oz		90	0	0	0	0	0	15	23	0	22	0						X				
Coffee, Hot Tea & Cocoa																							
Coffee (R, M, L)	12-20oz	353ml-593ml	5	0	0	0	0	0	0	0	0	0	0										
Coffee Decaf. (R, M, L)	12-20oz	353ml-593ml	5	0	0	0	0	0	0	0	0	0	0										
Iced Coffee (Medium and Large)	16 fl oz	473 ml	5	0	0	0	0	0	0	0	0	0	0										
	24 fl oz	709 ml	5	0	0	0	0	0	0	0	0	0	0										
Hot Tea	16 fl oz	473 ml	5	0	0	0	0	0	0	0	0	0	0										
	24 fl oz	709 ml	5	0	0	0	0	0	0	0	0	0	0										
Black Tea, Unsweetened	20 fl oz	591ml	0	0	0	0	0	0	10	0	0	0	0										
	30 fl oz	887ml	0	0	0	0	0	0	15	0	0	0	0										
Black Tea, Sweet	20 fl oz	591ml	160	0	0	0	0	0	10	42	0	42	0										
	30 fl oz	887ml	250	0	0	0	0	0	15	63	0	63	0										
Passion Fruit Mango	20 fl oz	591ml	30	0	0	0	0	0	10	7	0	7	0										
	30 fl oz	887ml	45	0	0	0	0	0	15	11	0	11	0										
Hot White Chocolate	12 fl oz	355 ml	300	90	10	6	0	40	100	43	0	39	9										
	16 fl oz	473 ml	390	110	12	7	0	45	140	59	0	54	12		x								
	20 fl oz	591ml	470	120	13	8	0	50	180	74	0	68	14										
Hot Cocoa	12 fl oz	355 ml	270	70	7	4.5	0	25	25	43	2	36	9										
	16 fl oz	473 ml	350	80	9	5	0	30	35	59	2	50	12		x								
	20 fl oz	591ml	430	90	10	6	0	35	40	74	3	63	14										

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

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

³ Phenylketonurics: contains phenylalanine

Nutrition information is based upon standard recipes, and rounded per federal requirements. Variations may occur due to differences in suppliers, customized