



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: 11/1/2018



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 Starting 11.1.2018																						
Muffin, Peppermint Bark	4.9 oz	139	510	210	23	6	0	75	330	69	2	46	6	X	X	X	X					
Shmearful, Cookies n Cream	1.0 oz	28	90	25	2.5	1.5	0	5	130	14	1	49	2		X	X	X					
Bagels *Items Available at License Locations Only																						
Ancient Grain	1 Bagel	107	280	50	5	0.5	0	0	540	49	8	7	13			X ¹	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					
Cheddar Jalapeno	1 Bagel	115	320	10	1	0	0	0	610	64	5	3	12				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	0	0	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					
Everything	1 Bagel	106	280	15	2	0	0	0	600	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					
Garlic	1 Bagel	107	280	15	2	0	0	0	480	57	2	5	10			X ¹	X					
Honey Whole Wheat	1 Bagel	102	260	25	3	0	0	0	550	49	7	7	12			X ¹	X					
Onion	1 Bagel	105	270	15	#	0	0	0	500	55	2	4	10			X ¹	X					
Plain	1 Bagel	104	270	10	1	0	0	0	480	56	2	5	9			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					
Pumpernickel	1 Bagel	103	270	10	1.5	0	0	0	520	55	3	4	10			X	X					
Sesame	1 Bagel	107	290	25	2.5	0	0	0	480	56	2	5	10			X ¹	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					
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					
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	X				
Sourdough*	1 bagel	106	270	35	4.0	0.5	0	0	440	49	2	3	10			X ¹	X					
Thintastic Bagels *Items Available at License Locations Only																						
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																						
Apple Cinnamon	1 Bagel	148	450	80	9	2	0	0	550	83	2	30	10			X	X					
Cheesy Hashbrown Bagel	1 Bagel	126	400	100	12	4	0	10	730	60	2	5	14		X	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	0	15	760	52	2	5	13		X	X	X					
Power Protein Bagel	1 Bagel	113	350	50	6	1	0	0	290	64	4	17	12			X	X	X	X			Walnuts
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	4.5	0	15	700	53	3	5	15		X	X	X					
Specialty Breads *Items Available at License Locations Only																						
Potato Roll	1 Roll	99	280	35	4	0	0	0	520	52	2	5	9			X	X					
Multigrain Roll	1 Roll	111	320	60	7	0	0	0	590	53	9	8	14			X	X					
Potato Roll, Parbake *	1 Roll	106	290	35	4	0.5	0	0	460	56	4	6	10			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	
Multigrain Roll, Parbake *	1 Roll	100	290	45	5	0.5	0	0	520	53	5	6	13				X						
Tortilla	1 Tortilla	104	290	60	7	3	0	0	750	50	6	0	9			X ¹	X						
Whipped Cream Cheese Shmear																							
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								
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								
Plain Reduced Fat	1.2 oz	35	100	80	9	6	0	25	180	4	0	2	2		X								
Smoked Salmon	1.2 oz	35	110	90	10	6	0	35	250	4	0	2	2		X					X			Salmon
Strawberry Reduced Fat	1.2 oz	35	120	80	9	6	0	30	90	9	0	7	1		X								
Crafted Whipped Shmear																							
Country Pepper Shmear	0.5 oz	14	40	30	3.5	2.5	0	10	50	2	0	1	1		X								
Spreads																							
Butter	0.5 oz	14	100	100	12	5	0	0	85	0	0	0	0		X								
Honey	1.0 oz	28	90	0	0	0	0	0	0	23	0	22	0										
Hummus	1.5 oz	43	110	70	8	1.5	0	0	200	6	2	0	3			X							
Natural Peanut Butter	1.5 oz	43	240	180	20	3.5	0	0	105	11	3	4	9			X			X				
Natural Strawberry Jelly	1.0 oz	28	70	0	0	0	0	0	0	18	0	16	0										
Nutella®	1.5 oz	43	230	120	13	4.5	0	0	15	24	1	24	3		X	X		X					Hazelnut
Peanut Butter and Jelly	2.5 oz	71	320	180	20	3.5	0	0	105	29	3	21	9						X				
Eggs *Items Available at License Locations Only																							
1 Fresh Cracked Egg	1 Egg	46	80	50	6	2	0	185	140	1	0	0	6	X	X								
2 Fresh Cracked Eggs	2 Egg	92	160	100	11	4	0	370	280	1	0	1	13	X	X								
1 Egg White	1 Egg	58	35	5	1	0	0	0	170	1	0	0	6	X	X								
2 Egg White	2 Egg	116	70	15	1.5	0.5	0	0	330	1	0	0	12	X	X								
Fried Egg Patty *	1 Egg	43	90	70	7	1.5	0	110	110	1	0	0	5	X		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	4 Pieces	10	45	30	3.5	1.5	0	10	210	0	0	0	3										
Chicken Breast	3.0 oz	85	120	25	2.5	1	0	60	200	2	0	1	22										
Chorizo Sausage Patty	1 Patty	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 Sausage Patty	1 Patty	41	70	35	4	1.5	0	25	280	1	0	1	7										
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										
Veggies																							
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 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	1.5	0	0	70	1	0	1	1		X								
Pickle Spear	1.0 oz	28	0	0	0	0	0	0	260	0	0	0	0										
Einstein Bros. Company: Classic 1 Egg Sandwiches *Nutrition and Allergen Information Shown is Made on Plain Bagel																							
Applewood Bacon & Cheddar ^	6.1 oz	174	450	130	15	6	0	210	930	57	2	6	22	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						
Ham & Swiss ^	7.3 oz	207	450	110	12	5	0	225	1230	57	2	6	28	X	X	X	X						
Spinach, Mushroom & Swiss, on Ancient Grain	7.9 oz	224	490	200	22	8	0	200	930	53	9	8	25	X	X	X	X						
Turkey Sausage & Cheddar ^	7.2 oz	205	480	140	15	7	0	225	990	58	2	6	26	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
Einstein Bros. Company: Classic 2 Egg Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel																						
Applewood Bacon & Cheddar ^	7.7 oz	218	520	180	20	8	0.5	395	1050	56	2	6	28	X	X	X	X					
Cheddar Cheese ^	7.4 oz	211	490	150	17	7	0.5	385	850	57	2	6	25	X	X	X	X					
Ham & Swiss ^	8.9 oz	253	530	160	18	7	0.5	410	1370	58	2	7	34	X	X	X	X					
Spinach, Mushroom & Swiss, on Ancient Grain	9.5	270	560	250	28	10	0.5	385	1070	54	9	8	31	X	X	X	X					
Turkey Sausage & Cheddar ^	8.9 oz	252	550	190	21	9	0.5	415	1130	58	2	7	32	X	X	X	X					
Einstein Bros. Company: Classic Egg White Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel																						
Applewood Bacon & Cheddar ^	6.6 oz	186	410	90	10	5	0	25	950	57	2	6	22	X	X	X	X					
Cheddar Cheese ^	6.2 oz	176	360	60	7	3.5	0	15	740	56	2	5	19	X	X	X	X					
Ham & Swiss ^	7.7 oz	219	400	70	8	4	0	40	1260	57	2	6	28	X	X	X	X					
Spinach, Mushroom & Swiss, on Ancient Grain	8.3 oz	236	440	150	18	6	0	15	960	53	9	8	25	X	X	X	X					
Turkey Sausage & Cheddar ^	7.6 oz	217	430	100	11	5	0	40	1020	58	2	6	26	X	X	X	X					
Einstein Bros. Company Cheesy Egg Creations: 1 Egg Sandwiches																						
Bacon & Spinach on Spinach Florentine	8.4 oz	239	700	370	42	13	1	235	1350	57	3	8	28	X	X	X	X					
Chorizo Sunrise	11.1 oz	315	840	460	51	20	0.5	275	1460	61	5	8	36	X	X	X	X					
Farmhouse	9.1 oz	257	680	280	32	14	0.5	260	1790	64	3	7	36	X	X	X	X					
French Toast Egg Sandwich	7.8 oz	222	670	260	29	13	0.5	235	1040	78	2	26	24	X	X	X	X					
Santa Fe Sandwich	8.6 oz	245	560	200	23	11	0	245	1350	60	2	8	29	X	X	X	X					
Einstein Bros. Company Cheesy Egg Creations: 2 Egg Sandwiches																						
Bacon & Spinach on Spinach Florentine	10.0	285	780	420	47	15	1	425	1490	57	3	8	35	X	X	X	X					
Chorizo Sunrise	12.7	361	920	510	57	22	1	460	1600	62	5	8	42	X	X	X	X					
Farmhouse	10.7	303	760	330	37	16	1	445	1930	65	3	8	42	X	X	X	X					
French Toast Egg Sandwich	9.4	268	750	310	35	15	1	420	1180	78	2	27	30	X	X	X	X					
Santa Fe Sandwich	10.3	292	640	250	28	13	0.5	435	1490	61	2	8	36	X	X	X	X					
Einstein Bros. Company Cheesy Egg Creations: Egg White Sandwiches																						
Bacon & Spinach on Spinach Florentine	8.8 oz	251	660	330	37	11	0.5	50	1370	56	3	7	28	X	X	X	X					
Chorizo Sunrise	11.5 oz	327	800	420	47	19	0	90	1480	61	5	7	36	X	X	X	X					
Farmhouse	9.5 oz	269	640	240	27	12	0	70	1810	64	3	7	36	X	X	X	X					
French Toast Egg Sandwich	8.2 oz	234	620	220	25	11	0	50	1060	78	2	26	24	X	X	X	X					
Santa Fe Sandwich	9.1 oz	257	520	160	18	10	0	60	1370	60	2	7	29	X	X	X	X					
Southwest Thin	7.7 oz	219	410	140	15	8	0	50	1110	45	2	6	24	X	X	X	X					
Einstein Bros. License: Classic Egg Sandwiches ^Nutrition and Allergen Information Shown on Plain Bagel *Items Available at License Locations Only																						
Applewood Bacon & Cheddar ^ *	6.1 oz	173	470	150	17	6	0	135	950	59	4	6	22	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					
Ham & Swiss ^ *	7.2 oz	205	470	130	14	5	0	150	1260	60	4	7	28	X	X	X	X					
Spinach Mushroom Swiss ^ *	7.7 oz	219	490	170	20	7	0	125	890	62	5	7	21	X	X	X	X					
Turkey Sausage & Cheddar ^ *	7.2 oz	204	490	150	17	6	0	155	1020	60	4	7	26	X	X	X	X					
Einstein Bros. License: Signature Egg Sandwiches *Items Available at License Locations Only																						
Farmhouse *	8.8 oz	250	680	290	32	13	0	180	1740	64	3	7	35	X	X	X	X					
French Toast *	7.3 oz	208	630	260	28	12	0	160	1000	71	4	17	23	X	X	X	X					
Santa Fe Wrap *	10.4 oz	294	710	350	39	16	0.5	285	1690	60	7	3	31	X	X	X	X					
Southwest Egg White *	7.7 oz	218	400	130	14	8	0	50	1070	45	3	7	24	X	X	X	X					
Einstein Bros. Company: Signature Lunch Sandwiches																						
Albacore Tuna Salad on Multigrain	10.2 oz	290	590	250	28	4	0	40	850	57	10	10	31	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					
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
Hummus Veg Out® on Multigrain	10.4 oz	294	450	140	16	4.5	0	15	860	64	11	12	19		X	X ¹	X					
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 & Cheddar Potato Roll	10.3 oz	292	550	190	22	5	0	60	1440	60	3	7	14	X	X	X	X					
Turkey, Bacon & Avocado	10.8 oz	307	620	270	30	5	0	60	1560	60	4	8	14	X	X	X	X					
Einstein Bros. Company: Hot and Toasty Lunch Sandwiches																						
Bagel Dog, Asiago	7.3 oz	207	580	270	29	12	1	60	1440	57	2	5	24		X	X	X					
Bagel Dog, Original	6.8 oz	193	530	230	26	10	1	45	1310	57	2	5	19			X	X					
Chicken Florentine on Spinach Florentine Bagel	11.3 oz	321	620	210	24	11	0.0	105	1170	61	5	8	44		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	
Green Chile Club on Green Chile Bagel	12.1 oz	344	680	300	33	11	0.5	90	1760	59	3	8	25	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						
Pizza Bagel Cheese	6.4 oz	183	440	120	14	8	0	40	1000	58	2	7	23		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						
Thintastic Chicken Pesto	8.8 oz	251	480	160	17	6	0	80	940	45	5	6	37		X	X ¹	X						
Einstein Bros. License: Signature Lunch Sandwiches *Items Available at License Locations Only																							
Albacore Tuna Salad on Multigrain*	9.7 oz	274	590	250	28	4	0	40	850	57	10	10	32	X		X	X			X			Tuna
Albacore Tuna Salad Without Bread*	7.1 oz	201	240	150	17	2.5	0	40	1150	5	1	3	18	X		X	X			X			Tuna
Ham & Swiss on Multigrain*	10.7 oz	305	570	210	23	5	0	70	1950	60	7	11	35	X	X	X	X						
Ham & Swiss Without Bread*	6.8 oz	194	280	170	19	5	0	70	1390	8	1	3	22	X	X	X							
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
Harvest Chicken Salad Without Bread*	6.3 oz	179	270	160	18	3	0	55	230	11	2	7	18	X		X		X					Almonds
Hummus Veg Out® on Multigrain*	10.1 oz	287	430	110	12	4	0	15	830	63	8	12	17		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
Tasty Turkey on Asiago Bagel*	11.5 oz	326	500	130	15	9	0	80	1300	62	4	8	15		X	X	X						
Turkey & Cheddar on Multigrain*	10.7 oz	305	560	190	22	5	0	60	1480	60	7	10	17	X	X	X	X						
Turkey & Cheddar Without Bread*	6.8 oz	194	270	160	18	5	0	60	960	7	1	2	22	X	X	X	X						
Turkey, Bacon & Avocado*	11.1 oz	314	640	260	29	4.5	0	60	1530	62	9	12	17	X	X	X	X						
Turkey Club Mex Wrap*	12.5 oz	356	710	360	40	11	0	75	1930	57	8	3	17	X	X	X	X						
Einstein Bros. License: Hot Sandwiches *Items Available at License Locations Only																							
BBQ Chicken Tostini*	8.8 oz	250	530	110	12	5	0	80	1010	68	8	15	39		X	X	X						
Buffalo Chicken & Bacon Tostini*	9.4 oz	267	590	190	21	7	0	90	1630	60	8	8	43	X	X	X	X						
Italian Chicken Tostini*	10.7 oz	304	680	280	31	9	0	95	1350	62	8	8	45		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						
Roasted Veggie Tostini*	8.2 oz	232	500	180	21	10	0	30	970	63	9	8	20		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*	11.1 oz	314	660	270	30	8	0	75	1710	62	9	9	21	X	X	X	X						
Sides																							
Barbeque Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2										
Jalapeño Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2										
Original Kettle Chips	1.2 oz	35	180	90	10	1	0	0	170	21	2	0	2										
Fruit & Yogurt Parfait	10.5 oz	298	200	20	2	0	0	5	115	38	4	24	8		X		X	X					Almonds
Fruit Cup	4.0 oz	113	50	0	0	0	0	0	10	13	1	11	1										
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
Redskin Potato Salad	4.0 oz	113	220	140	15	2.5	0	10	490	17	2	1	2	X		X ¹							
Salads																							
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
Strawberry Chicken, No Dressing	9.7 oz	276	220	60	6	1	0	40	170	24	5	15	19			X ¹		X					Almonds
Soup *Items Available at License Locations Only																							
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						
Shmearfuls																							
Asiago Shmearful	1 Shmfl	30	90	35	4	2.5	0	15	150	10	0	1	3		X	X	X						
Chocolate Chip Cheesecake Shmearful	1 Shmfl	30	90	30	3.5	2	0	10	105	12	1	4	2		X	X	X						
Everything Shmearful	1 Shmfl	30	90	35	4	2	0	10	210	10	0	1	2		X	X	X						
French Toast Shmearful	1 Shmfl	30	100	30	3.5	1.5	0	5	100	15	0	7	2		X	X	X	X					
Plain Shmearful	1 Shmfl	30	80	30	3.5	2	0	10	130	10	0	1	2		X	X	X						
Avocado Toast *Items Available at License Locations Only																							

	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	
Avocado Toast	5.7 oz	163	400	110	12	2	0	0	700	61	5	5	11			X	X						
Avocado Toast	5.7 oz	163	410	120	13	2	0	0	660	62	7	6	12			X	X						
Sweets *Items Available at License Locations Only																							
Chewy Marshmallow Bar*	2.1 oz	60	250	45	5	3	0	15	240	49	0	26	2		X								
Cinnamon Twist	3.1 oz	88	360	140	16	6	0	0	250	50	2	24	4			X	X						
Cinnamon Twist Poppers*	3.1 oz	88	360	140	16	6	0	0	250	50	2	24	4			X	X						
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 Lava	2.5 oz	72	310	130	15	8	0	60	60	46	1	39	4	X	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						
Cookie, Mini Heavenly Chocolate Chip	8.7 oz	248	1150	550	61	32	1	160	720	146	5	84	14	X	X	X	X						
Cooke, Mini Heavenly Chocolate Chip Cookie Poppers*	5.3 oz	149	690	330	37	19	0.5	95	430	87	3	50	8	X	X	X	X						
Lemon Poppy Seed	4.1 oz	116	370	150	16	5	0	90	350	52	1	29	5	X	X	X	X						
Muffin, Blueberry	4.5 oz	127	420	180	20	4	0	80	440	57	1	32	6	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						
Strudel, Cinnamon Walnut	6.0 oz	170	640	320	35	11	0	30	500	71	4	32	10	X	X	X	X	X					Walnuts

BEVERAGES *Please reference Caribou Coffee @www.cariboucoffee.com for Beverage Nutritional Information

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 ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit www.mypyramid.gov for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.

