



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](http://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: 10/8/2020



|  | Serving Size | Weight (g.) | Calories | Total Fat (g.) | Saturated Fat (g.) | Trans Fats (g.) | Cholesterol (mg.) | Sodium (mg.) | Total Carbs. (g.) | Dietary Fiber (g.) | Sugars (g.) | Added Sugar (g.) | Protein (g.) | Egg | Milk | Soy | Wheat | Tree Nuts | Peanuts | Fish | Shellfish | Additional Info |         |
|--|--------------|-------------|----------|----------------|--------------------|-----------------|-------------------|--------------|-------------------|--------------------|-------------|------------------|--------------|-----|------|-----|-------|-----------|---------|------|-----------|-----------------|---------|
| Honey Almond Reduced Fat   | 1.2 oz       | 35          | 120      | 8              | 6                  | 0               | 25                | 75           | 11                | 0                  | 7           |                  | 2            |     | X    |     |       | X         |         |      |           |                 | Almonds |
| Jalapeno Salsa Reduced Fat   | 1.2 oz       | 35          | 110      | 8              | 6                  | 0               | 25                | 190          | 6                 | 0                  | 2           |                  | 2            |     | X    |     |       |           |         |      |           |                 |         |
| Maple Reduced Fat  | 1.2 oz       | 35          | 110      | 8              | 5                  | 0               | 25                | 85           | 8                 | 0                  | 6           |                  | 1            |     | X    |     |       |           |         |      |           |                 |         |
| Onion and Chive  | 1.2 oz       | 35          | 120      | 10             | 7                  | 0               | 30                | 100          | 4                 | 0                  | 2           |                  | 2            |     | X    |     |       |           |         |      |           |                 |         |
| Plain  | 1.2 oz       | 35          | 120      | 12             | 8                  | 0               | 35                | 115          | 2                 | 0                  | 2           |                  | 2            |     | X    |     |       |           |         |      |           |                 |         |
| Plain Reduced Fat  | 1.2 oz       | 35          | 100      | 9              | 6                  | 0               | 25                | 180          | 4                 | 0                  | 2           |                  | 2            |     | X    |     |       |           |         |      |           |                 |         |
| Smoked Salmon  | 1.2 oz       | 35          | 110      | 10             | 6                  | 0               | 35                | 250          | 4                 | 0                  | 2           |                  | 2            |     | X    |     |       |           |         | X    |           |                 | Salmon  |
| Strawberry Reduced Fat   | 1.2 oz       | 35          | 120      | 9              | 6                  | 0               | 30                | 90           | 9                 | 0                  | 7           |                  | 1            |     | X    |     |       |           |         |      |           |                 |         |
| <b>Crafted Whipped Shmear</b>  |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |         |
| Country Pepper Shmear  | 0.5 oz       | 14          | 40       | 3.5            | 2.5                | 0               | 10                | 50           | 2                 | 0                  | 1           |                  | 1            |     | X    |     |       |           |         |      |           |                 |         |
| <b>Spreads</b>   |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |         |
| Butter   | 0.5 oz       | 14          | 100      | 12             | 5                  | 0               | 0                 | 85           | 0                 | 0                  | 0           |                  | 0            |     | X    |     |       |           |         |      |           |                 |         |
| Honey  | 1.0 oz       | 28          | 90       | 0              | 0                  | 0               | 0                 | 0            | 23                | 0                  | 22          |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| Natural Peanut Butter  | 1.5 oz       | 43          | 240      | 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            | 18                | 0                  | 16          |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| Peanut Butter and Jelly  | 2.5 oz       | 71          | 320      | 20             | 3.5                | 0               | 0                 | 105          | 29                | 3                  | 21          |                  | 9            |     |      |     |       |           | X       |      |           |                 |         |
| <b>Eggs *Items Available at License Locations Only</b>   |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |         |
| 1 Fresh Cracked Egg  | 1 Egg        | 46          | 80       | 6              | 2                  | 0               | 185               | 140          | 1                 | 0                  | 0           |                  | 6            | X   | X    |     |       |           |         |      |           |                 |         |
| 2 Fresh Cracked Eggs   | 2 Egg        | 92          | 160      | 11             | 4                  | 0               | 370               | 280          | 1                 | 0                  | 1           |                  | 13           | X   | X    |     |       |           |         |      |           |                 |         |
| 1 Egg White  | 1 Egg        | 58          | 35       | 1              | 0                  | 0               | 0                 | 170          | 1                 | 0                  | 0           |                  | 6            | X   | X    |     |       |           |         |      |           |                 |         |
| 2 Egg White  | 2 Egg        | 116         | 70       | 1.5            | 0.5                | 0               | 0                 | 330          | 1                 | 0                  | 0           |                  | 12           | X   | X    |     |       |           |         |      |           |                 |         |
| Fried Egg Patty *  | 1 Egg        | 43          | 90       | 7              | 1.5                | 0               | 110               | 110          | 1                 | 0                  | 0           |                  | 5            | X   |      | X   |       |           |         |      |           |                 |         |
| <b>Cheese</b>  |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |         |
| American 1 Slice   | 0.5 oz       | 14          | 50       | 4.5            | 2.5                | 0               | 15                | 250          | 1                 | 0                  | 1           | 0                | 3            |     | X    | X   |       |           |         |      |           |                 |         |
| Cheddar 1 Slice  | 0.5 oz       | 14          | 60       | 4.5            | 3                  | 0               | 15                | 90           | 0                 | 0                  | 0           |                  | 4            |     | X    |     |       |           |         |      |           |                 |         |
| Mozzarella 1 Slice   | 0.5 oz       | 14          | 40       | 3              | 2                  | 0               | 10                | 100          | 0                 | 2                  | 0           |                  | 3            |     | X    |     |       |           |         |      |           |                 |         |
| Swiss 1 Slice  | 0.5 oz       | 14          | 50       | 4.5            | 3                  | 0               | 15                | 65           | 0                 | 0                  | 0           |                  | 4            |     | X    |     |       |           |         |      |           |                 |         |
| <b>Meat</b>  |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |         |
| Bacon 1 Serving  | 4 Pieces     | 10          | 45       | 3.5            | 1.5                | 0               | 10                | 210          | 0                 | 0                  | 0           |                  | 3            |     |      |     |       |           |         |      |           |                 |         |
| Chorizo Sausage Patty  | 1 Patty      | 54          | 210      | 19             | 7                  | 0               | 40                | 320          | 1                 | 0                  | 0           |                  | 8            |     |      |     |       |           |         |      |           |                 |         |
| Ham, Breakfast   | 1.5 oz       | 43          | 45       | 1              | 0                  | 0               | 25                | 540          | 1                 | 0                  | 1           |                  | 8            |     |      |     |       |           |         |      |           |                 |         |
| Ham, Lunch   | 3.0 oz       | 85          | 90       | 2.5            | 1                  | 0               | 50                | 1090         | 2                 | 0                  | 1           |                  | 17           |     |      |     |       |           |         |      |           |                 |         |
| Lox 1 Serving  | 2.0 oz       | 57          | 90       | 4              | 12                 | 0               | 15                | 650          | 2                 | 0                  | 0           |                  | 11           |     |      |     |       |           |         | X    |           |                 | Salmon  |
| Pepperoni 1 Serving  | 10 Pieces    | 19          | 90       | 9              | 3.5                | 0               | 15                | 350          | 1                 | 0                  | 1           |                  | 4            |     |      |     |       |           |         |      |           |                 |         |
| Turkey, Lunch  | 3.2 oz       | 90          | 80       | 1              | 0                  | 0               | 35                | 1010         | 3                 | 1                  | 2           |                  | 14           |     |      |     |       |           |         |      |           |                 |         |
| Turkey Sausage Patty   | 1 Patty      | 41          | 70       | 4              | 1.5                | 0               | 25                | 280          | 1                 | 0                  | 1           |                  | 7            |     |      |     |       |           |         |      |           |                 |         |
| <b>Sauces</b>  |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |         |
| Chipotle Salsa   | 0.5 oz       | 14          | 5        | 0              | 0                  | 0               | 0                 | 80           | 1                 | 0                  | 1           |                  | 0            |     |      | X   |       |           |         |      |           |                 |         |
| Mayo   | 0.5 oz       | 14          | 110      | 12             | 2                  | 0               | 10                | 45           | 0                 | 0                  | 0           |                  | 0            | X   |      |     |       |           |         |      |           |                 |         |
| Mustard, Spicy Brown Deli  | 0.5 oz       | 14          | 15       | 0              | 0                  | 0               | 0                 | 140          | 0                 | 0                  | 0           |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| Roasted Tomato Spread  | 1.0 oz       | 28          | 150      | 16             | 2.5                | 0               | 10                | 230          | 2                 | 0                  | 1           |                  | 0            | X   | X    | X   |       |           |         |      |           |                 |         |
| Salsa Verde  | 0.5 oz       | 14          | 5        | 0              | 0                  | 0               | 0                 | 125          | 1                 | 0                  | 1           |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| <b>Veggies</b>   |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |         |
| Avocado  | 1.0 oz       | 28          | 60       | 5              | 1                  | 0               | 0                 | 0            | 2                 | 2                  | 0           |                  | 1            |     |      |     |       |           |         |      |           |                 |         |
| Capers   | 0.1 oz       | 3           | 0        | 0              | 0                  | 0               | 0                 | 70           | 0                 | 0                  | 0           |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| Cucumber   | 3 Slices     | 28          | 5        | 0              | 0                  | 0               | 0                 | 0            | 1                 | 0                  | 0           |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| Leaf Lettuce   | 0.5 oz       | 14          | 0        | 0              | 0                  | 0               | 0                 | 0            | 0                 | 0                  | 0           |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| Pickle Spear   | 1.0 oz       | 28          | 0        | 0              | 0                  | 0               | 0                 | 260          | 0                 | 0                  | 0           |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| Red Onion  | 3 Slices     | 9           | 5        | 0              | 0                  | 0               | 0                 | 0            | 1                 | 0                  | 0           |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| Spinach  | 0.5 oz       | 14          | 5        | 0              | 0                  | 0               | 0                 | 10           | 1                 | 0                  | 0           |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| Tomato   | 2 Slices     | 43          | 10       | 0              | 0                  | 0               | 0                 | 0            | 2                 | 1                  | 1           |                  | 0            |     |      |     |       |           |         |      |           |                 |         |
| <b>Einstein Bros. Company: Classic 1 Egg Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel</b> |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |         |
| Applewood Bacon & Cheddar ^  | 6.1 oz       | 174         | 450      | 15             | 6                  | 0               | 210               | 930          | 57                | 2                  | 6           |                  | 22           | X   | X    | X   | X     |           |         |      |           |                 |         |
| Cheddar Cheese ^   | 5.8 oz       | 164         | 410      | 11             | 5                  | 0               | 200               | 710          | 57                | 2                  | 6           |                  | 19           | X   | X    | X   | X     |           |         |      |           |                 |         |
| Ham & Swiss ^  | 7.3 oz       | 207         | 450      | 12             | 5                  | 0               | 225               | 1230         | 57                | 2                  | 6           |                  | 28           | X   | X    | X   | X     |           |         |      |           |                 |         |
| Turkey Sausage & Cheddar ^   | 7.2 oz       | 205         | 480      | 15             | 7                  | 0               | 225               | 990          | 58                | 2                  | 6           |                  | 26           | X   | X    | X   | X     |           |         |      |           |                 |         |
| <b>Einstein Bros. Company: Classic 2 Egg Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel</b> |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |         |

|   | Serving Size | Weight (g.) | Calories | Total Fat (g.) | Saturated Fat (g.) | Trans Fats (g.) | Cholesterol (mg.) | Sodium (mg.) | Total Carbs. (g.) | Dietary Fiber (g.) | Sugars (g.) | Added Sugar (g.) | Protein (g.) | Egg | Milk | Soy            | Wheat | Tree Nuts | Peanuts | Fish | Shellfish | Additional Info |  |
|---|--------------|-------------|----------|----------------|--------------------|-----------------|-------------------|--------------|-------------------|--------------------|-------------|------------------|--------------|-----|------|----------------|-------|-----------|---------|------|-----------|-----------------|--|
| Applewood Bacon & Cheddar ^   | 7.7 oz       | 218         | 520      | 20             | 8                  | 0.5             | 395               | 1050         | 56                | 2                  | 6           |                  | 28           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Cheddar Cheese ^  | 7.4 oz       | 211         | 490      | 17             | 7                  | 0.5             | 385               | 850          | 57                | 2                  | 6           |                  | 25           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Ham & Swiss ^   | 8.9 oz       | 253         | 530      | 18             | 7                  | 0.5             | 410               | 1370         | 58                | 2                  | 7           |                  | 34           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Turkey Sausage & Cheddar ^  | 8.9 oz       | 252         | 550      | 21             | 9                  | 0.5             | 415               | 1130         | 58                | 2                  | 7           |                  | 32           | X   | X    | X              | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. Company: Classic Egg White Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel</b>                              |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| Applewood Bacon & Cheddar ^   | 6.6 oz       | 186         | 410      | 10             | 5                  | 0               | 25                | 950          | 57                | 2                  | 6           |                  | 22           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Cheddar Cheese ^  | 6.2 oz       | 176         | 360      | 7              | 3.5                | 0               | 15                | 740          | 56                | 2                  | 5           |                  | 19           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Ham & Swiss ^   | 7.7 oz       | 219         | 400      | 8              | 4                  | 0               | 40                | 1260         | 57                | 2                  | 6           |                  | 28           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Turkey Sausage & Cheddar ^  | 7.6 oz       | 217         | 430      | 11             | 5                  | 0               | 40                | 1020         | 58                | 2                  | 6           |                  | 26           | X   | X    | X              | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. Company Chef's Creations: 1 Egg Sandwiches</b>  |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| Chorizo Sunrise   | 10.7 oz      | 304         | 800      | 46             | 18                 | 0.5             | 270               | 1380         | 62                | 2                  | 8           | 0                | 35           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Farmhouse   | 9.1 oz       | 257         | 680      | 32             | 14                 | 0.5             | 260               | 1790         | 64                | 3                  | 7           |                  | 36           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Garden Avocado  | 8.9 oz       | 252         | 500      | 20             | 4                  | 0               | 190               | 950          | 63                | 3                  | 8           | 0                | 18           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Santa Fe Sandwich   | 8.6 oz       | 245         | 570      | 23             | 11                 | 1               | 250               | 1360         | 62                | 0                  | 8           | 0                | 31           | X   | X    | X              | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. Company Chef's Creations: 2 Egg Sandwiches</b>  |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| All-Nighter   | 10.0 oz      | 285         | 880      | 55             | 17                 | 1               | 430               | 1850         | 65                | 2                  | 8           |                  | 35           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Chorizo Sunrise   | 12.3 oz      | 350         | 870      | 52             | 20                 | 1               | 455               | 1560         | 63                | 2                  | 9           | 0                | 41           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Farmhouse   | 10.7 oz      | 303         | 760      | 37             | 16                 | 1               | 445               | 1930         | 65                | 3                  | 8           |                  | 42           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Garden Avocado  | 10.5 oz      | 299         | 580      | 25             | 6                  | 0.5             | 380               | 1090         | 64                | 3                  | 8           | 0                | 24           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Santa Fe Sandwich   | 10.3 oz      | 292         | 650      | 28             | 13                 | 1               | 435               | 1500         | 62                | 0                  | 8           | 0                | 37           | X   | X    | X              | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. Company Chef's Creations: Egg White Sandwiches</b>  |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| Bacon Avocado Tomato Thin   | 8.0 oz       | 227         | 410      | 18             | 4                  | 0               | 15                | 850          | 46                | 4                  | 6           |                  | 17           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Chorizo Sunrise   | 11.1 oz      | 316         | 750      | 41             | 17                 | 0               | 85                | 1410         | 62                | 2                  | 8           | 0                | 35           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Farmhouse   | 9.5 oz       | 269         | 640      | 27             | 12                 | 0               | 70                | 1810         | 64                | 3                  | 7           |                  | 36           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Garden Avocado  | 9.3 oz       | 264         | 460      | 15             | 2.5                | 0               | 5                 | 980          | 63                | 3                  | 7           | 0                | 18           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Santa Fe Sandwich   | 9.1 oz       | 257         | 530      | 18             | 9                  | 0               | 65                | 1380         | 62                | 0                  | 8           | 0                | 31           | X   | X    | X              | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. Company Bagelrito</b>   |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| Bagelrito   | 12.8 oz      | 362         | 940      | 40             | 18                 | 0.5             | 200               | 1980         | 104               | 1                  | 8           | 0                | 40           | X   | X    | X              | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. License: Classic Egg Sandwiches ^Nutrition and Allergen Information Shown on Plain Bagel *Items Available at License Locations Only</b> |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| Applewood Bacon & Cheddar ^*  | 6.1 oz       | 173         | 470      | 17             | 6                  | 0               | 135               | 950          | 59                | 4                  | 6           |                  | 22           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Cheddar Cheese ^*   | 5.7 oz       | 163         | 420      | 13             | 4.5                | 0               | 125               | 740          | 59                | 4                  | 6           |                  | 19           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Ham & Swiss ^*  | 7.2 oz       | 205         | 470      | 14             | 5                  | 0               | 150               | 1260         | 60                | 4                  | 7           |                  | 28           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Turkey Sausage & Cheddar ^*   | 7.2 oz       | 204         | 490      | 17             | 6                  | 0               | 155               | 1020         | 60                | 4                  | 7           |                  | 26           | X   | X    | X              | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. License: Signature Egg Sandwiches *Items Available at License Locations Only</b>  |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| All-Nighter*  | 9.8 oz       | 278         | 900      | 58             | 16                 | 0.5             | 280               | 1780         | 65                | 0                  | 8           | 0                | 32           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Bacon Avocado Tomato Thin*  | 8.0 oz       | 226         | 400      | 17             | 3.5                | 0               | 15                | 770          | 47                | 5                  | 7           |                  | 17           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Farmhouse *   | 8.8 oz       | 250         | 680      | 32             | 13                 | 0               | 180               | 1740         | 64                | 3                  | 7           |                  | 35           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Garden Avocado  | 8.7 oz       | 248         | 510      | 21             | 3.5                | 0               | 120               | 770          | 65                | 3                  | 8           | 0                | 16           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Santa Fe on Asiago Thin *   | 7.7 oz       | 218         | 420      | 16             | 8                  | 0               | 60                | 1090         | 42                | 0                  | 6           | 0                | 26           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Southwest Egg White *   | 7.7 oz       | 218         | 400      | 14             | 7                  | 0               | 50                | 1090         | 45                | 3                  | 6           |                  | 24           | X   | X    | X              | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. License: Burrito *Items Available at License Locations Only</b>   |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| Big Bro's Burrito   | 15.1 oz      | 429         | 1200     | 74             | 33                 | 1               | 340               | 2440         | 90                | 5                  | 4           |                  | 50           | X   | X    | X              | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. Company: Signature Lunch Sandwiches</b>   |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| Avocado Veg Out   | 9.2 oz       | 262         | 420      | 12             | 4                  | 0               | 15                | 640          | 68                | 3                  | 9           | 0                | 14           |     | X    | X              | X     |           |         |      |           |                 |  |
| Ham & Swiss on Plain Bagel  | 10.5 oz      | 298         | 550      | 20             | 6                  | 0               | 55                | 1790         | 63                | 1                  | 10          | 0                | 27           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Nova Lox & Bagel  | 8.7 oz       | 248         | 480      | 17             | 9                  | 0               | 50                | 1300         | 60                | 2                  | 9           |                  | 22           |     | X    | X              | X     |           |         | X    |           | Salmon          |  |
| Tasty Turkey on Asiago Bagel  | 11.7 oz      | 332         | 520      | 15             | 9                  | 0               | 75                | 1710         | 66                | 4                  | 10          |                  | 29           |     | X    | X <sup>1</sup> | X     |           |         |      |           |                 |  |
| Turkey & Cheddar on Plain Bagel   | 10.5 oz      | 298         | 540      | 19             | 5                  | 0               | 55                | 1580         | 62                | 1                  | 8           | 0                | 29           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Turkey, Bacon & Avocado   | 10.8 oz      | 307         | 630      | 30             | 5                  | 0               | 55                | 1980         | 62                | 5                  | 10          |                  | 28           | X   | X    | X              | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. Company: Hot and Toasty Lunch Sandwiches</b>  |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| Pizza Bagel Cheese  | 6.4 oz       | 183         | 440      | 14             | 8                  | 0               | 40                | 1000         | 58                | 2                  | 7           |                  | 23           |     | X    | X <sup>1</sup> | X     |           |         |      |           |                 |  |
| Pizza Bagel Pepperoni   | 7.1 oz       | 202         | 530      | 23             | 12                 | 0               | 55                | 1340         | 59                | 2                  | 7           |                  | 27           |     | X    | X <sup>1</sup> | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. License: Signature Lunch Sandwiches *Items Available at License Locations Only</b>  |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |                |       |           |         |      |           |                 |  |
| Avocado Veg Out*  | 9.2 oz       | 261         | 410      | 11             | 3.5                | 0               | 15                | 640          | 67                | 3                  | 9           | 0                | 14           |     | X    | X              | X     |           |         |      |           |                 |  |
| Ham & Swiss on Plain Bagel*   | 10.6 oz      | 300         | 560      | 20             | 5                  | 0               | 70                | 1890         | 63                | 5                  | 9           |                  | 32           | X   | X    | X              | X     |           |         |      |           |                 |  |
| California Turkey Wrap*   | 12.5 oz      | 354         | 640      | 29             | 9                  | 0               | 60                | 1730         | 65                | 5                  | 5           | 0                | 28           | X   | X    | X              | X     |           |         |      |           |                 |  |
| Chicken Salad on Plain Bagel *  | 9.7 oz       | 276         | 520      | 17             | 3                  | 0               | 65                | 880          | 62                | 5                  | 9           |                  | 31           | X   |      | X              | X     |           |         |      |           |                 |  |
| Nova Lox on Plain Bagel*  | 8.8 oz       | 251         | 500      | 17             | 9                  | 0               | 50                | 1340         | 64                | 5                  | 10          |                  | 23           | X   | X    | X              | X     |           |         | X    |           | Salmon          |  |

|  | Serving Size | Weight (g.) | Calories | Total Fat (g.) | Saturated Fat (g.) | Trans Fats (g.) | Cholesterol (mg.) | Sodium (mg.) | Total Carbs. (g.) | Dietary Fiber (g.) | Sugars (g.) | Added Sugar (g.) | Protein (g.) | Egg | Milk | Soy | Wheat | Tree Nuts | Peanuts | Fish | Shellfish | Additional Info |  |
|--|--------------|-------------|----------|----------------|--------------------|-----------------|-------------------|--------------|-------------------|--------------------|-------------|------------------|--------------|-----|------|-----|-------|-----------|---------|------|-----------|-----------------|--|
| Tasty Turkey on Asiago Bagel*  | 11.5 oz      | 326         | 510      | 15             | 9                  | 0               | 75                | 1720         | 64                | 5                  | 10          |                  | 29           |     | X    | X   | X     |           |         |      |           |                 |  |
| Turkey & Cheddar on Plain Bagel*   | 10.6 oz      | 300         | 550      | 19             | 5                  | 0               | 55                | 1840         | 65                | 6                  | 10          |                  | 28           | X   | X    | X   | X     |           |         |      |           |                 |  |
| Turkey, Bacon & Avocado on Ciabatta*   | 10.5 oz      | 298         | 580      | 28             | 5                  | 0               | 55                | 2070         | 54                | 5                  | 5           |                  | 26           | X   | X    | X   | X     |           |         |      |           |                 |  |
| <b>Einstein Bros. License: Hot Sandwiches</b> *Items Available at License Locations Only |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |  |
| Albuquerque Turkey *   | 12.0 oz      | 340         | 680      | 30             | 16                 | 0.5             | 105               | 2280         | 60                | 4                  | 10          |                  | 40           |     | X    | X   | X     |           |         |      |           |                 |  |
| Cheesy Veggie Melt*  | 8.2 oz       | 232         | 610      | 37             | 14                 | 1               | 70                | 1160         | 50                | 1                  | 3           | 0                | 24           | X   | X    | X   | X     |           |         |      |           |                 |  |
| Chicken and Pepperoni *  | 9.7 oz       | 274         | 680      | 35             | 14                 | 0               | 125               | 1550         | 50                | 2                  | 3           |                  | 47           | X   | X    | X   | X     |           |         |      |           |                 |  |
| Pizza Bagel Cheese*  | 6.6 oz       | 188         | 450      | 14             | 8                  | 0               | 40                | 1070         | 62                | 5                  | 7           |                  | 24           |     | X    | X   | X     |           |         |      |           |                 |  |
| Pizza Bagel Pepperoni*   | 7.3 oz       | 207         | 540      | 23             | 11                 | 0               | 55                | 1420         | 62                | 5                  | 8           |                  | 28           |     | X    | X   | X     |           |         |      |           |                 |  |
| Spicy Chicken Ciabatta*  | 9.6 oz       | 272         | 620      | 27             | 14                 | 0.5             | 120               | 1510         | 54                | 1                  | 4           | 0                | 42           |     | X    |     | X     |           |         |      |           |                 |  |
| <b>Sides</b>   |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |  |
| Barbeque Kettle Chips  | 1.2 oz       | 35          | 180      | 9              | 1                  | 0               | 0                 | 250          | 22                | 2                  | 0           |                  | 2            |     |      |     |       |           |         |      |           |                 |  |
| Original Kettle Chips  | 1.2 oz       | 35          | 180      | 10             | 1                  | 0               | 0                 | 170          | 21                | 2                  | 0           |                  | 2            |     |      |     |       |           |         |      |           |                 |  |
| Fruit Cup  | 4.0 oz       | 113         | 50       | 0              | 0                  | 0               | 0                 | 10           | 13                | 1                  | 11          |                  | 1            |     |      |     |       |           |         |      |           |                 |  |
| Twice Baked Hash Brown   | 3.2 oz       | 91          | 170      | 11             | 6                  | 0               | 35                | 260          | 12                | 1                  | 1           |                  | 7            |     | X    |     |       |           |         |      |           |                 |  |
| <b>Soup</b> *Items Available at License Locations Only                                   |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |  |
| Soup, Broccoli Cheese  | 8 oz         | 237         | 230      | 17             | 5                  | 0               | 20                | 1140         | 14                | 3                  | 3           |                  | 5            |     | X    | X   |       |           |         |      |           |                 |  |
|  | 12 oz        | 305         | 330      | 24             | 7                  | 0               | 25                | 1670         | 20                | 4                  | 4           |                  | 6            |     | X    | X   |       |           |         |      |           |                 |  |
|  | 16 oz        | 464         | 430      | 32             | 9                  | 0               | 35                | 2210         | 27                | 5                  | 5           |                  | 8            |     | X    | X   |       |           |         |      |           |                 |  |
| Soup, Chicken Noodle   | 8 oz         | 227         | 110      | 2.5            | 0.5                | 0               | 20                | 1110         | 12                | 0                  | 1           |                  | 8            | X   |      |     | X     |           |         |      |           |                 |  |
|  | 12 oz        | 340         | 160      | 4              | 1                  | 0               | 30                | 1660         | 18                | 0                  | 2           |                  | 12           | X   |      |     | X     |           |         |      |           |                 |  |
|  | 16 oz        | 454         | 210      | 5              | 1.5                | 0               | 40                | 2210         | 24                | 0                  | 3           |                  | 16           | X   |      |     | X     |           |         |      |           |                 |  |
| Soup, Vegetarian Chile   | 8 oz         | 255         | 160      | 2              | 0                  | 0               | 0                 | 810          | 28                | 7                  | 5           |                  | 6            |     |      |     | X     |           |         |      |           |                 |  |
|  | 12 oz        | 383         | 230      | 3              | 0                  | 0               | 0                 | 1220         | 42                | 11                 | 8           |                  | 9            |     |      |     | X     |           |         |      |           |                 |  |
|  | 16 oz        | 510         | 310      | 4              | 0                  | 0               | 0                 | 1620         | 56                | 15                 | 10          |                  | 12           |     |      |     | X     |           |         |      |           |                 |  |
| <b>Avocado Toast</b> *Items Available at License Locations Only                          |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |  |
| Avocado Toast  | 5.7 oz       | 163         | 400      | 12             | 2                  | 0               | 0                 | 700          | 61                | 5                  | 5           |                  | 11           |     |      | X   | X     |           |         |      |           |                 |  |
| Avocado Toast *  | 5.7 oz       | 163         | 410      | 13             | 2                  | 0               | 0                 | 660          | 62                | 7                  | 6           |                  | 12           |     |      | X   | X     |           |         |      |           |                 |  |
| <b>Sweets</b> *Items Available at License Locations Only                                 |              |             |          |                |                    |                 |                   |              |                   |                    |             |                  |              |     |      |     |       |           |         |      |           |                 |  |
| Coffee Cake, Chocolate Chip  | 4.4 oz       | 125         | 550      | 25             | 10                 | 0               | 5                 | 190          | 81                | 1                  | 34          |                  | 4            | X   | X    | X   | X     |           |         |      |           |                 |  |
| Cookie, Heavenly Chocolate Chip  | 3.5 oz       | 99          | 460      | 24             | 13                 | 0               | 65                | 290          | 58                | 2                  | 33          |                  | 5            | X   | X    | X   | X     |           |         |      |           |                 |  |
| Pastry, Chocolate Croissant  | 2.5 oz       | 70          | 310      | 17             | 10                 | 0.0             | 65                | 290          | 33                | 1                  | 10          |                  | 6            | X   | X    | X   | X     |           |         |      |           |                 |  |
| Pastry, Chocolate Croissant *  | 2.3 oz       | 64          | 300      | 17             | 10                 | 0.0             | 50                | 280          | 33                | 1                  | 10          |                  | 6            | X   | X    | X   | X     |           |         |      |           |                 |  |
| Pastry, Plain Croissant  | 4.2 oz       | 118         | 390      | 22             | 10                 | 0.0             | 10                | 560          | 41                | 2                  | 5           |                  | 8            | X   | X    | X   | X     |           |         |      |           |                 |  |
| Muffin, Blueberry  | 4.5 oz       | 128         | 450      | 23             | 5                  | 0               | 75                | 440          | 55                | 1                  | 29          |                  | 5            | X   | X    | X   | X     |           |         |      |           |                 |  |

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

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

<sup>3</sup> Phenylketonurics: contains phenylalanine

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