



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: 2/27/2020



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	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
Limited Time Offerings Starting 2.27.2020 *Items Available at License Locations Only																						
Bagelrito	12.7 oz	361	930	40	18	0.5	200	2160	104	0	10	0	41	X	X	X	X					
Egg Sandwich, Bacon Avocado Tomato, Thin 1 Egg White	8.0 oz	227	410	18	4	0	15	850	46	2	6	0	17	X	X	X	X					
Egg Sandwich, Bacon Avocado Tomato, Thin 2 Egg Whites	10.0 oz	285	450	19	4.5	0	15	1020	47	2	6	0	24	X	X	X	X					
Hash Brown Side	3.2 oz	91	170	11	6	0	35	260	12	1	1	0	7		X							
Egg Sandwich, Bacon Avocado Tomato Thin 1 Egg White*	8.0 oz	226	400	17	3.5	0	15	770	47	2	7	0	17	X	X	X	X					
Egg Sandwich, Bacon Avocado Tomato Thin 2 Egg Whites*	9.9 oz	282	430	17	3.5	0	15	860	47	2	7	0	23	X	X	X	X					
Egg Sandwich, All-Nighter*	9.8 oz	278	900	58	16	0.5	280	1780	65	0	8	0	32	X	X	X	X					
Vanilla Sweet Cream Cold Press*	16 fl oz	510	140	4	2.5	0	20	40	37	0	35	0	1		X							
	20 fl oz	567	200	6	4	0	30	55	55	0	53	0	2									
	24 fl oz	794	270	8	5	0	40	75	74	0	71	0	3									
Classic Bagels *Items Available at License Locations Only																						
Ancient Grain	1 Bagel	107	280	5	0.5	0	0	540	49	8	7		11			X ¹	X					
Cinnamon Raisin	1 Bagel	104	280	1	0	0	0	430	58	2	12		9			X ¹	X					
Cranberry	1 Bagel	108	310	4	0	0	0	420	60	2	11		9			X ¹	X					
Everything	1 Bagel	106	280	2	0	0	0	600	56	2	5		9			X ¹	X					
Garlic	1 Bagel	107	280	2	0	0	0	480	57	2	5		10			X	X					
Honey Whole Wheat	1 Bagel	102	260	3	0	0	0	550	49	7	7		10			X ¹	X					
Onion	1 Bagel	105	270	1.5	0	0	0	500	55	2	4		9			X ¹	X					
Plain	1 Bagel	104	270	1	0	0	0	480	56	2	5		9			X ¹	X					
Poppy	1 Bagel	107	290	2.5	0	0	0	480	56	2	5		9			X ¹	X					
Pumpernickel	1 Bagel	103	270	1.5	0	0	0	520	55	3	4		10			X	X					
Sesame	1 Bagel	107	290	2.5	0	0	0	480	56	2	5		10			X ¹	X					
Cinnamon Raisin *	1 bagel	106	290	1	0	0	0	490	62	4	12		9			X	X					
Everything *	1 bagel	106	280	1.5	0	0	0	530	58	4	6		9			X	X					
Honey Whole Wheat *	1 bagel	106	290	3.5	0	0	0	490	54	7	9		10			X	X					
Plain *	1 bagel	106	270	1	0	0	0	540	58	4	6		9			X	X					
Sesame Seed *	1 bagel	106	280	2	0	0	0	530	57	4	6		10			X	X					
Sourdough*	1 bagel	106	270	4.0	0.5	0	0	440	49	2	3		10			X1	X					
Signature Bagels *Items Available at License Locations Only																						
Asiago Cheese	1 Bagel	112	300	4	2	0	10	580	54	2	5		10		X	X ¹	X					
Blueberry	1 Bagel	108	290	1	0	0	0	450	59	2	11		9			X ¹	X					
Chocolate Chip	1 Bagel	106	300	3.5	1.5	0	0	450	58	3	10		9			X	X					
Cinnamon Sugar	1 Bagel	111	300	3	1	0	0	490	61	2	12		9		X	X	X					
French Toast	1 Bagel	116	370	7	1.5	0	0	510	68	2	20		9			X	X					
Pretzel	1 Bagel	103	260	1	0	0	0	880	54	2	5		9			X ¹	X					
Asiago Cheese *	1 bagel	106	290	3.5	2	0	10	590	53	3	5		10		X	X	X					
Blueberry *	1 bagel	106	280	1	0	0	0	490	60	4	10		9			X	X					
Chocolate Chip *	1 bagel	106	300	3	1.5	0	0	510	60	4	10		9			X	X					
Pretzel *	1 bagel	109	270	4	0	0	0	1270	51	3	6		9			X	X					
Thintastic Bagels *Items Available at License Locations Only																						
Ancient Grain Thin	1 Thin	74	190	3	0	0	0	400	34	5	5		8			X	X					
Honey Whole Wheat Thin	1 Thin	74	190	2	0	0	0	400	35	5	5		9			X	X					
Plain Thin	1 Thin	74	190	0.5	0	0	0	340	40	1	4		7			X	X					
Whole Wheat Thin	1 Thin	74	190	2	0	0	0	400	35	5	5		9			X	X					
Gourmet Bagels																						
Apple Cinnamon	1 Bagel	148	450	9	2	0	0	550	83	2	30		9			X	X					

	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 Sugars (g.)	Protein (g.)		Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
Cheesy Hashbrown Bagel	1 Bagel	126	400	12	4	0	10	730	60	2	5		13			X	X	X					
Green Chile	1 Bagel	155	390	12	5	0	25	780	54	3	6		17			X	X	X					
Jalapeno Cheddar	1 Bagel	126	340	9	3	0	15	760	52	2	5		12			X	X	X					
Power Protein Bagel	1 Bagel	113	350	6	1	0	0	290	64	4	17		12				X	X	X				Walnuts
Six-Cheese	1 Bagel	125	370	10	4	0	20	730	53	2	5		16			X	X	X					
Spinach Florentine	1 Bagel	141	370	12	4.5	0	15	700	53	3	5		14			X	X	X					
<u>Specialty Breads</u> <i>*Items Available at License Locations Only</i>																							
Potato Roll	1 Roll	99	280	4	0	0	0	520	52	2	5		9				X	X					
Potato Roll, Parbake *	1 Roll	106	290	4	0.5	0	0	460	56	4	6		10				X	X					
Tortilla	1 Tortilla	104	290	7	3	0	0	750	50	6	0		9				X ¹	X					
<u>Whipped Cream Cheese Shmear</u>																							
Garden Veggie Reduced Fat	1.2 oz	35	110	9	6	0	25	180	5	0	2		2			X							
Garlic Herb Reduced Fat	1.2 oz	35	110	9	6	0	25	180	5	0	2		2			X							
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							
<u>Crafted Whipped Shmear</u>																							
Country Pepper Shmear	0.5 oz	14	40	3.5	2.5	0	10	50	2	0	1		1			X							
<u>Spreads</u>																							
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										
Hummus	1.5 oz	43	110	8	1.5	0	0	200	6	2	0		3				X						
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			
<u>Eggs</u> <i>*Items Available at License Locations Only</i>																							
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						
<u>Cheese</u>																							
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							
Pepper Jack 1 Slice	0.5 oz	14	50	4.5	3	0	10	125	0	0	0		3			X							
Swiss 1 Slice	0.5 oz	14	50	4.5	3	0	15	65	0	0	0		4			X							
<u>Meat</u>																							
Bacon 1 Serving	4 Pieces	10	45	3.5	1.5	0	10	210	0	0	0		3										
Chicken Breast	3.0 oz	85	120	2.5	1	0	60	200	2	0	1		22										
Chicken Salad	3.2 oz	90	210	14	2.5	0	45	180	7	1	4		14		X		X	X	X				Almonds
Chorizo Sausage Patty	1 Patty	54	210	19	7	0	40	320	1	0	0		8										
Crispy Chicken Patty	1 Patty	78	210	11	1.5	0	45	390	12	0	0		12			X		X					
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										
Tuna Salad	3.5 oz	99	210	16	2	0	35	1070	1	0	1		16		X		X	X			X		Tuna
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										
<u>Sauces</u>																							
Basil Pesto	1.0 oz	28	110	12	1.5	0	5	140	1	0	0		2			X							

	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 Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
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									
<u>Veggies</u>																						
Arugula	0.5 oz	14	5	0	0	0	0	0	1	0	0		0									
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									
Granola	0.5 oz	14	60	1.5	0	0	0	25	10	1	4		1		X		X	X				Almonds
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									
Sauteed Mushroom	1.0 oz	28	30	3	1.5	0	0	70	1	0	1		1		X							
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									
<u>Einstein Bros. Company: Classic 1 Egg Sandwiches</u> ^Nutrition and Allergen Information Shown is Made on Plain Bagel																						
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					
Spinach, Mushroom & Swiss, on Ancient Grain	7.9 oz	224	490	22	8	0	200	930	53	9	8		25	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					
<u>Einstein Bros. Company: Classic 2 Egg Sandwiches</u> ^Nutrition and Allergen Information Shown is Made on Plain Bagel																						
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					
Spinach, Mushroom & Swiss, on Ancient Grain	9.5	270	560	28	10	0.5	385	1070	54	9	8		31	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					
<u>Einstein Bros. Company: Classic Egg White Sandwiches</u> ^Nutrition and Allergen Information Shown is Made on Plain Bagel																						
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					
Spinach, Mushroom & Swiss, on Ancient Grain	8.3 oz	236	440	18	6	0	15	960	53	9	8		25	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					
<u>Einstein Bros. Company Chef's Creations: 1 Egg Sandwiches</u>																						
Chorizo Sunrise	11.1 oz	315	840	51	20	0.5	275	1460	61	5	8		36	X	X	X	X					
Crispy Chicken and Tater	10.0 oz	283	800	38	14	0.5	265	1420	76	3	7		36	X	X	X	X					
Farmhouse	9.1 oz	257	680	32	14	0.5	260	1790	64	3	7		36	X	X	X	X					
Santa Fe Sandwich	8.6 oz	245	560	22	11	0	245	1300	60	2	8		29	X	X	X	X					
<u>Einstein Bros. Company Chef's Creations: 2 Egg Sandwiches</u>																						
All-Nighter	10.0 oz	285	880	55	17	1	430	1850	65	2	8		35	X	X	X	X					
Chorizo Sunrise	12.7 oz	361	920	57	22	1	460	1600	62	5	8		42	X	X	X	X					
Crispy Chicken and Tater	11.6 oz	329	880	43	16	1	455	1560	76	3	7		43	X	X	X	X					
Farmhouse	10.7 oz	303	760	37	16	1	445	1930	65	3	8		42	X	X	X	X					
Santa Fe Sandwich	10.3 oz	292	640	28	13	0.5	435	1440	61	2	8		36	X	X	X	X					
<u>Einstein Bros. Company Chef's Creations: Egg White Sandwiches</u>																						
Bacon Avocado Tomato Thin	8.0 oz	227	410	18	4	0	15	850	46	4	6		17	X	X	X	X					
Chorizo Sunrise	11.5 oz	327	800	47	19	0	90	1480	61	5	7		36	X	X	X	X					
Crispy Chicken and Tater	10.4 oz	294	750	33	12	0	80	1450	75	3	6		36	X	X	X	X					
Farmhouse	9.5 oz	269	640	27	12	0	70	1810	64	3	7		36	X	X	X	X					
Santa Fe Sandwich	9.1 oz	257	520	18	10	0	60	1320	60	2	8		29	X	X	X	X					

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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	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					
Spinach Mushroom Swiss ^ *	7.7 oz	219	490	20	7	0	125	890	62	5	7		21		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					
Einstein Bros. License: Signature Egg Sandwiches *Items Available at License Locations Only																							
Bacon Avocado Tomato Thin*	8.0 oz	226	400	17	3.5	0	15	770	47	5	7		17		X	X	X	X					
Crispy Chicken and Tater *	9.8 oz	279	810	40	13	0	195	1390	76	3	6		35		X	X	X	X					
Farmhouse *	8.8 oz	250	680	32	13	0	180	1740	64	3	7		35		X	X	X	X					
Santa Fe on Asiago Thin *	7.7 oz	218	420	16	9	0	60	1090	42	2	6		28		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					
Einstein Bros. License: Burrito *Items Available at License Locations Only																							
Big Bro's Burrito	15.1 oz	429	1200	74	33	1	340	2440	90	5	4		50		X	X	X	X					
Einstein Bros. Company: Signature Lunch Sandwiches																							
Albacore Tuna Salad on Ancient Grain	9.8 oz	279	550	26	3.5	0	40	800	53	9	9		29		X		X	X			X		Tuna
Ham & Swiss on Potato Roll	10.3 oz	292	570	23	6	0	70	1870	57	3	8		31		X	X	X	X					
Hummus Veg Out® on Ancient Grain	9.0 oz	255	410	14	4.5	0	15	750	59	10	10		17			X	X ¹	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 ¹	X					
Turkey & Cheddar Potato Roll	10.3 oz	292	560	22	6	0	55	1820	59	3	9		27		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					
Einstein Bros. Company: Hot and Toasty Lunch Sandwiches																							
Pizza Bagel Cheese	6.4 oz	183	440	14	8	0	40	1000	58	2	7		23			X	X ¹	X					
Pizza Bagel Pepperoni	7.1 oz	202	530	23	12	0	55	1340	59	2	7		27			X	X ¹	X					
Einstein Bros. License: Signature Lunch Sandwiches *Items Available at License Locations Only																							
Albacore Tuna Salad on Plain Bagel*	9.5 oz	269	510	18	2.5	0	40	1690	61	5	8		28		X		X	X			X		Tuna
Ham & Swiss on Plain Bagel*	10.6 oz	300	560	20	5	0	70	1890	63	5	9		32		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					
Hummus veg Out® on Honey Whole Wheat*	9.0 oz	254	420	12	4	0	15	700	64	9	12		16			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
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					
Einstein Bros. License: Hot Sandwiches *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					
Buffalo Chicken & Bacon Tostini*	8.8 oz	251	570	23	9	0	100	1760	49	2	2		40		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					
Roasted Veggie Tostini*	8.6 oz	245	470	23	12	0	45	1020	53	4	4		20			X		X					
Sides																							
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 & Yogurt Parfait	10.5 oz	298	200	2	0	0	5	115	38	4	24		8			X		X	X				Almonds
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							
Redskin Potato Salad	4.0 oz	113	220	15	2.5	0	10	490	17	2	1		2		X		X ¹						
Soup *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					

	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 Sugars (g.)	Protein (g.)		Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
	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						
Avocado Toast *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					
Sweets *Items Available at License Locations Only																							
Chewy Marshmallow Bar*	2.1 oz	60	250	5	3	0	15	240	49	0	26		2			X							
Cinnamon Twist	3.1 oz	88	360	16	6	0	0	250	50	2	24		4				X	X					
Cinnamon Twist Poppers*	3.1 oz	88	360	16	6	0	0	250	50	2	24		4				X	X					
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					
Cookie, Mini Heavenly Chocolate Chip	8.7 oz	248	1150	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	37	19	0.5	95	430	87	3	50		8		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, Greek Cherry Yogurt	3.8 oz	108	380	18	11	0.5	75	300	47	1	21		7		X	X		X					
Pastry, Greek Cherry Yogurt *	3.5 oz	100	350	18	11	0.5	75	300	40	1	15		7		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					
Muffin, Cinnamon Chip	4.8 oz	135	540	27	7	0	75	440	69	1	46		5		X	X	X	X					
Strudel, Cinnamon Walnut	6.0 oz	170	640	35	11	0	30	500	71	4	32		10		X	X	X	X	X				Walnuts

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