



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: 9/1/2020

	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	9	4.5	0	25	80	10	0	7	5	2		X			X					Almonds
Jalapeno Salsa Reduced Fat	1.2 oz	35	100	9	5	0	25	190	5	1	2	0	2		X								
Onion and Chive	1.2 oz	35	110	10	6	0	35	105	4	0	1	0	2		X								
Plain	1.2 oz	35	120	12	7	0	40	120	2	0	2	0	2		X								
Plain Reduced Fat	1.2 oz	35	100	9	5	0	30	190	5	0	2	0	2		X								
Smoked Salmon	1.2 oz	35	110	10	6	0	35	240	3	0	1	0	3		X					X			Salmon
Strawberry Reduced Fat	1.2 oz	35	120	9	5	0	30	90	9	0	6	5	1		X								
Crafted Whipped Shmear																							
Country Pepper Shmear	0.7 oz	19	60	5	3	0	15	75	3	0	1	0	1		X								
Spreads *Items Available at License Locations Only																							
Butter Blend	0.5 oz	14	110	12	5	0	0	85	0	0	0	0	0		X								
Honey	1.0 oz	28	90	0	0	0	0	0	23	0	22	22	0										
Natural Peanut Butter	1.5 oz	43	240	21	4.5	0	0	105	10	4	5	3	9			X			X				
Natural Strawberry Jam	1.0 oz	28	60	0	0	0	0	0	16	0	14	14	0										
Peanut Butter and Jam *	2.5 oz	71	320	20	3.5	0	0	105	29	3	21		9						X				
Eggs *Items Available at License Locations Only																							
1 Cage Free Egg	1 Egg	46	80	6	2	0	185	140	1	0	0	0	6	X	X								
2 Cage Free Eggs	2 Egg	102	160	11	4	0	370	280	2	0	1	0	13	X	X								
1 Egg White	1 Egg	58	35	1	0	0	0	170	1	0	0	0	6	X	X								
2 Egg White	2 Egg	116	70	1.5	0.5	0	0	330	1	0	0	0	12	X	X								
Fried Egg Patty *	1 Egg	43	90	8	1.5	0	120	105	1	0	0	0	5	X		X							
Cheese																							
American 1 Slice	0.5 oz	14	50	4.5	2.5	0	15	250	1	0	1	0	2		X	X							
Cheddar 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	95	0	0	0	0	3		X								
Swiss 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	25	0	0	0	0	4		X								
Meat																							
Bacon	4 Pieces	14	70	5	2	0	15	240	1	0	1	0	5										
Chorizo Sausage Patty	1 Patty	43	160	16	5	0	30	390	1	0	0	0	5										
Ham, Breakfast	1.5 oz	43	45	1	0	0	15	480	2	0	2	0	6										
Ham, Lunch	3.0 oz	85	90	2.5	1	0	35	970	4	0	3	0	12										
Lox	2.0 oz	57	120	8	1	0	25	510	1	0	1	0	12							X			Salmon
Pepperoni Slices	10 Pieces	19	90	9	3.5	0	20	330	1	0	0	0	3										
Turkey, Lunch	3.0 oz	85	90	1	0	0	35	740	5	0	2	2	14										
Turkey Sausage Patty	1 Patty	40	80	6	1.5	0	40	260	0	0	0	0	7										
Sauces																							
Chipotle Salsa	0.5 oz	14	5	0	0	0	0	80	1	0	1	0	0										
Double Egg Mayo	0.5 oz	14	100	12	2	0	10	40	0	0	0	0	0	X									
Roasted Tomato Spread	0.5 oz	14	80	8	1.5	0	5	110	1	0	1	1	0	X	X								
Spicy Brown Mustard	0.5 oz	14	15	0	0	0	0	140	0	0	0	0	0										
Veggies																							
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										
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	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						
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	20	8	0.5	395	1050	56	2	6		28	X	X	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 Sugar (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
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						
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	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						
Einstein Bros. Company Chef's Creations: 1 Egg Sandwiches																							
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						
Einstein Bros. Company Chef's Creations: 2 Egg Sandwiches																							
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						
Einstein Bros. Company Chef's Creations: Egg White Sandwiches																							
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						
Einstein Bros. Company Bagelrito																							
Bagelrito	12.8 oz	362	940	40	18	0.5	200	1980	104	1	8	0	40	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	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						
Einstein Bros. License: Signature Egg Sandwiches *Items Available at License Locations Only																							
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						
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																							
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 ¹	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						
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																							
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						

	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	
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
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						
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						
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 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								
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						
	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																							
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	440	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						

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