



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: 6/21/2021



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Einstein Bros.® Nutrition Information													Allergen Information									
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																						
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									
Veggies																						
Avocado	1.0 oz	28	50	4	0.5	0	0	0	3	2	0	0	1									
Capers	0.1 oz	3	0	0	0	0	0	60	0	0	0	0	0									
Cucumber	3 Slices	28	5	0	0	0	0	0	1	0	0	0	0									
Leaf Lettuce	0.5 oz	14	0	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	0									
Red Onion	3 Slices	9	5	0	0	0	0	0	1	0	0	0	0									
Spinach	0.5 oz	14	5	0	0	0	0	10	1	0	0	0	0									
Tomato	2 Slices	43	10	0	0	0	0	0	2	0	1	0	0									
Einstein Bros. Company:																						
Classic 1 Egg Sandwiches																						
Applewood Bacon & Cheddar ^	6.2 oz	175	450	16	7	0	215	980	58	2	6	4	25			X	X	X	X			
Cheddar Cheese ^	5.7 oz	161	400	11	4.5	0	200	740	57	2	5	4	20			X	X	X	X			
Ham & Swiss ^	7.2 oz	204	450	12	5	0	215	1160	59	2	7	4	26			X	X	X	X			
Turkey Sausage & Cheddar ^	7.1 oz	201	490	17	6	0	240	1000	57	2	6	4	27			X	X	X	X			
Einstein Bros. Company:																						
Classic 2 Egg Sandwiches																						
Applewood Bacon & Cheddar ^	8.2 oz	232	550	21	9	0.5	400	1130	58	2	7	4	31			X	X	X	X			
Cheddar Cheese ^	7.7 oz	218	480	16	7	0.5	385	890	57	2	6	4	26			X	X	X	X			
Ham & Swiss ^	9.2 oz	260	530	17	7	0.5	400	1300	59	2	7	4	33			X	X	X	X			
Turkey Sausage & Cheddar ^	9.1 oz	257	570	22	8	0.5	425	1140	58	2	6	4	33			X	X	X	X			
Einstein Bros. Company:																						
Classic 1 Egg Sandwiches																						
Applewood Bacon & Cheddar ^	6.6 oz	187	430	11	5	0	30	1010	57	2	6	4	25			X	X	X	X			
Cheddar Cheese ^	6.1 oz	173	360	6	3	0	15	770	56	2	5	4	20			X	X	X	X			
Ham & Swiss ^	7.6 oz	216	400	7	3.5	0	30	1180	58	2	7	4	26			X	X	X	X			
Turkey Sausage & Cheddar ^	7.5 oz	213	450	12	4.5	0	55	1020	56	2	5	4	26			X	X	X	X			
Einstein Bros. Company Chef's																						
Classic 1 Egg Sandwiches																						
Chorizo Sunrise	10.7 oz	305	790	46	18	0.5	265	1410	64	5	8	4	34			X	X	X	X			
Farmhouse	9.2 oz	262	690	32	14	0.5	255	1670	65	3	9	4	35			X	X	X	X			
Garden Avocado	8.8 oz	249	500	19	4	0	190	840	64	5	8	5	18			X	X	X	X			
Santa Fe Sandwich	8.5 oz	241	580	24	11	0.5	260	1320	59	2	7	4	31			X	X	X	X			
Einstein Bros. Company Chef's																						
Classic 2 Egg Sandwiches																						
All-Nighter	10.6 oz	300	880	55	19	1	440	1810	64	2	8	4	36			X	X	X	X			
Chorizo Sunrise	12.7 oz	361	870	51	20	1	455	1550	64	5	9	4	40			X	X	X	X			
Farmhouse	11.2 oz	318	770	38	16	1	445	1810	66	3	10	4	41			X	X	X	X			
Garden Avocado	10.8 oz	306	580	25	6	0	375	980	65	5	8	5	24			X	X	X	X			
Santa Fe Sandwich	10.5 oz	297	660	29	12	1	450	1460	60	2	8	4	37			X	X	X	X			



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Einstein Bros. Company Chef's																					
Bacon Avocado Tomato Thin	8.1 oz	231	440	19	4.5	0	20	890	47	4	7	3	19	X	X	X	X				
Chorizo Sunrise	11.2 oz	317	750	41	17	0.5	80	1440	63	5	8	4	34	X	X	X	X				
Farmhouse	9.7 oz	274	650	27	13	0	70	1690	65	3	9	4	34	X	X	X	X				
Garden Avocado	9.2 oz	261	450	14	2.5	0	5	960	63	5	7	5	18	X	X	X	X				
Santa Fe Sandwich	8.9 oz	253	540	19	9	0	75	1340	59	2	7	4	31	X	X	X	X				
Einstein Bros. Company:																					
Bagelito																					
Bagelito	12.7 oz	359	950	40	18	0.5	220	1920	106	4	9	4	40	X	X	X	X				
Einstein Bros. License: Classic																					
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																					
<i>*Items Available at License Locations Only</i>																					
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																					
<i>*Items Available at License Locations Only</i>																					
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 on Sesame	9.1 oz	259	410	11	3.5	0	15	630	66	6	8	4	14		X	X	X				
Ham & Swiss on Plain Bagel	10.4 oz	295	540	20	5	0	55	1690	63	3	10	4	27	X	X	X	X				
Nova Lox on Plain Bagel	8.7 oz	248	520	20	8	0	65	1210	61	3	9	4	24		X	X	X		X	Salmon	
Tasty Turkey on Asiago Bagel	11.6 oz	329	510	15	8	0	75	1510	67	4	10	6	30		X	X	X				
Turkey & Cheddar on Plain Bagel	10.4 oz	295	540	19	5	0	55	1530	64	3	8	6	28		X	X	X				
Turkey, Bacon & Avocado on Plain Bagel	11.0 oz	313	630	27	5	0	60	1720	69	5	10	7	30		X	X	X				
Einstein Bros. Company: Hot and Toasty Lunch Sandwiches																					
Pizza Bagel, Cheese	6.4 oz	183	460	13	8	0	40	1090	61	3	7	4	25		X	X	X				
Pizza Bagel, Pepperoni	7.1 oz	202	560	22	11	0	60	1420	61	3	7	4	28		X	X	X				
Einstein Bros. License:																					
Avocado Veg Out*																					
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	
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	10.5 oz	298	580	28	5	0	55	2070	54	5	5		26	X	X	X	X				
Einstein Bros. License: Hot Sandwiches																					
<i>*Items Available at License Locations Only</i>																					
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																					
Sea Salt Potato Chips	1.0 oz	28	150	9	1	0	0	95	17	1	1	0	2								
Twice Baked Hash Brown	3.0 oz	85	170	11	6	0	35	260	11	1	1	0	7		X						
Soup																					
<i>*Items Available at License Locations Only</i>																					
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				



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24 fl oz	370	0	0	0	0	0	40	89	5	80	71	2								
<p>1 Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.</p> <p>2 Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness.</p> <p>3 Phenylketonurics: contains phenylalanine</p> <p>Nutrition information is based upon standard recipes, and rounded per federal requirements. Variations may occur due to differences in suppliers.</p>																				