

	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.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info		
Plain	1.2 oz	35	120	12	7	0	40	120	2	0	2	0	2	0		X										
Strawberry Reduced Fat	1.2 oz	35	120	9	5	0	30	90	9	0	6	5	1	0		X										
Crafted Whipped Shmear																										
Country Pepper Shmear	0.7 oz	19	60	5	3	0	15	75	3	0	1	0	1	0		X										
Spreads *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																										
Butter Blend	0.5 oz	14	110	12	5	0	0	85	0	0	0	0	0	0		X	X ¹									
Honey	1.0 oz	28	90	0	0	0	0	0	23	0	22	22	0	0												
Natural Peanut Butter	1.5 oz	43	240	21	4.5	0	0	105	10	4	5	3	9	0			X				X					
Natural Strawberry Jam	1.0 oz	28	60	0	0	0	0	0	16	0	14	14	0	0												
Peanut Butter and Jam *	2.5 oz	71	320	20	3.5	0	0	105	29	3	21		9	0							X					
Egg Meat and Cheese																										
Eggs *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																										
1 Cage Free Egg	1 Egg	46	80	6	2	0	185	140	1	0	0	0	6	0		X	X	X ¹								
2 Cage Free Eggs	2 Egg	102	160	11	4	0	370	280	2	0	1	0	13	0		X	X	X ¹								
1 Egg White	1 Egg	58	35	1	0	0	0	170	1	0	0	0	6	0		X	X	X ¹								
2 Egg White	2 Egg	116	70	1.5	0.5	0	0	330	1	0	0	0	12	0		X	X	X ¹								
Fried Egg Patty*	1 Egg	43	90	8	1.5	0	120	105	1	0	0	0	5	0		X		X								
Cheese																										
American 1 Slice	0.5 oz	14	50	4.5	2.5	0	15	250	1	0	1	0	2	0		X	X									
Cheddar 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	95	0	0	0	0	3	0		X										
Swiss 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	25	0	0	0	0	4	0		X										
Meat *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																										
Bacon	4 Pieces	14	70	5	2	0	15	240	1	0	1	0	5	0												
Brisket	2 oz	57	110	9	3.5	0	30	430	1	0	0	0	8	0												
Chicken Breast*	3 oz	85	120	4	0.5	0	65	490	1	0	1	0	19	0												
Chorizo Sausage Patty	1 Patty	43	160	16	5	0	30	390	1	0	0	0	5	0												
Ham, Breakfast	1.5 oz	43	45	1	0	0	15	480	2	0	2	0	6	0												
Ham, Lunch	3.0 oz	85	90	2.5	1	0	35	970	4	0	3	0	12	0												
Lox, Cold Smoked Salmon	2.0 oz	57	100	6	1	0	20	650	0	0	0	0	12	0								X			Salmon	
Pepperoni Slices	10 Pieces	19	90	9	3.5	0	20	330	1	0	0	0	3	0												
Turkey, Lunch	3.0 oz	85	90	2.5	0	0	40	650	9	0	2	2	15	0												
Turkey Sausage Patty	1 Patty	43	90	7	2	0	40	280	0	0	0	0	7	0												
Sauces and Produce																										
Sauces																										
Chipotle Salsa	0.5 oz	14	5	0	0	0	0	80	1	0	1	0	0	0				X ¹								
Chipotle Mayo	0.5 oz	14	90	10	1.5	0	5	115	1	0	0	0	0	0		X		X ¹								
Double Egg Mayo	0.5 oz	14	100	12	2	0	10	40	0	0	0	0	0	0		X		X ¹								
Roasted Tomato Spread	0.5 oz	14	80	8	1.5	0	5	110	1	0	1	1	0	0		X	X	X ¹								
Spicy Brown Mustard	0.5 oz	14	15	0	0	0	0	140	0	0	0		0	0												
Produce																										
Avocado	1.0 oz	28	50	4	0.5	0	0	0	3	2	0	0	1	0												
Capers	0.1 oz	3	0	0	0	0	0	60	0	0	0	0	0	0												
Cucumber	3 Slices	28	5	0	0	0	0	0	1	0	0	0	0	0												
Leaf Lettuce	0.5 oz	14	0	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	0												
Red Onion	3 Slices	9	5	0	0	0	0	0	1	0	0	0	0	0												
Spinach	0.5 oz	14	5	0	0	0	0	10	1	0	0	0	0	0												
Tomato	2 Slices	43	10	0	0	0	0	0	2	0	1	0	0	0												
Einstein Bros Company Egg Sandwiches																										
Einstein Bros. Company: Classic 1 Egg Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel																										
Bacon & Cheddar ^	6.2 oz	175	450	16	7	0	215	980	58	2	6	4	25	0		X	X	X ¹	X							X
Cheddar Cheese ^	5.7 oz	161	400	11	4.5	0	200	740	57	2	5	4	20	0		X	X	X ¹	X							X
Ham & Swiss ^	7.2 oz	204	450	12	5	0	215	1160	59	2	7	4	26	0		X	X	X ¹	X							X
Turkey Sausage & Cheddar ^	7.2 oz	204	490	18	7	0	240	1020	57	2	5	4	27	0		X	X	X ¹	X							X
Einstein Bros. Company: Classic 2 Egg Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel																										
Bacon & Cheddar ^	8.2 oz	232	550	21	9	0.5	400	1130	58	2	7	4	31	0		X	X	X ¹	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.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Cheddar Cheese ^	7.7 oz	218	480	16	7	0.5	385	890	57	2	6	4	26	0	X	X	X ¹	X					X	
Ham & Swiss ^	9.2 oz	260	530	17	7	0.5	400	1300	59	2	7	4	33	0	X	X	X ¹	X					X	
Turkey Sausage & Cheddar ^	9.2 oz	261	570	23	9	0.5	425	1170	57	2	6	4	33	0	X	X	X ¹	X					X	
Einstein Bros. Company: Classic Egg White Sandwiches ^Nutrition and Allergen Information Shown is Made on Plain Bagel																								
Bacon & Cheddar ^	6.6 oz	187	430	11	5	0	30	1010	57	2	6	4	25	0	X	X	X ¹	X					X	
Cheddar Cheese ^	6.1 oz	173	360	6	3	0	15	770	56	2	5	4	20	0	X	X	X ¹	X					X	
Ham & Swiss ^	7.6 oz	216	400	7	3.5	0	30	1180	58	2	7	4	26	0	X	X	X ¹	X					X	
Turkey Sausage & Cheddar ^	7.6 oz	216	450	13	5	0	55	1050	56	2	5	4	27	0	X	X	X ¹	X					X	
Einstein Bros. Company Chef's Creations: 1 Egg Sandwiches																								
Chorizo Sunrise on Green Chile	10.7 oz	305	790	46	18	0.5	265	1410	64	5	8	4	34	0	X	X	X ¹	X						
Farmhouse On Cheesy Hash Brown	9.2 oz	262	690	32	14	0.5	255	1670	65	3	9	4	35	0	X	X	X ¹	X						
Garden Avocado on Everything	8.8 oz	249	500	19	4	0	190	840	64	5	8	5	18	0	X	X	X ¹	X					X	
Santa Fe Sandwich on Asiago	8.6 oz	244	580	25	11	0.5	260	1340	59	2	7	4	31	0	X	X	X ¹	X					X	
Texas Brisket on Cheddar Jalapeno	9.6 oz	273	760	48	14	0	255	1560	56	3	6	4	30	0	X	X	X ¹	X						
Einstein Bros. Company Chef's Creations: 2 Egg Sandwiches																								
All-Nighter on Cheesy Hash Brown	10.6 oz	300	900	56	19	1	435	1910	65	3	8	4	35	0	X	X	X ¹	X						
Chorizo Sunrise on Green Chile	12.7 oz	361	870	51	20	1	455	1550	64	5	9	4	40	0	X	X	X ¹	X						
Farmhouse On Cheesy Hash Brown	11.2 oz	318	770	38	16	1	445	1810	66	3	10	4	41	0	X	X	X ¹	X						
Garden Avocado on Everything	10.8 oz	306	580	25	6	0	375	980	65	5	8	5	24	0	X	X	X ¹	X					X	
Santa Fe Sandwich on Asiago	10.6 oz	301	660	31	13	1	450	1480	60	2	7	4	37	0	X	X	X ¹	X					X	
Texas Brisket on Cheddar Jalapeno	11.2 oz	319	840	53	16	0.5	440	1700	56	3	6	4	36	0	X	X	X ¹	X						
Einstein Bros. Company Chef's Creations: 1 Egg White Sandwiches																								
Bacon Avocado Tomato Thin on Plain	8.1 oz	231	440	19	4.5	0	20	890	47	4	7	3	19	0	X	X	X ¹	X					X	
Chorizo Sunrise on Green Chile	11.2 oz	317	750	41	17	0.5	80	1440	63	5	8	4	34	0	X	X	X ¹	X						
Farmhouse On Cheesy Hash Brown	9.7 oz	274	650	27	13	0	70	1690	65	3	9	4	34	0	X	X	X ¹	X						
Garden Avocado on Everything	9.2 oz	261	450	14	2.5	0	5	860	63	5	7	5	18	0	X	X	X ¹	X					X	
Santa Fe Sandwich on Asiago	9.0 oz	256	540	20	9	0	75	1360	59	2	7	4	31	0	X	X	X ¹	X					X	
Texas Brisket on Cheddar Jalapeno	10.0 oz	284	720	43	13	0	70	1590	55	3	6	4	30	0	X	X	X ¹	X						
Company Burritos																								
Einstein Bros. Company Burrito *NW Locations Only																								
Big Breakfast Burrito*	14.0 oz	398	1050	60	27	1	500	2320	76	4	5	0	50	0	X	X	X ¹	X						
Chorizo Breakfast Burrito	14.0 oz	398	1120	68	30	1	490	2430	77	4	6	0	49	0	X	X	X ¹	X						
Einstein Bros License Egg Sandwiches																								
Einstein Bros. License: Classic Egg Sandwiches ^Nutrition and Allergen Information Shown on Plain Bagel *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																								
Applewood Bacon & Cheddar ^*	6.1 oz	173	470	17	6	0	135	950	59	4	6	4	22	0	X	X	X	X					X	
Cheddar Cheese ^*	5.7 oz	163	420	13	4.5	0	125	740	59	4	6	4	19	0	X	X	X	X					X	
Ham & Swiss ^*	7.2 oz	205	470	14	5	0	150	1260	60	4	7	4	28	0	X	X	X	X					X	
Turkey Sausage & Cheddar ^*	7.2 oz	205	520	20	6	0	175	1020	60	2	6	4	25	0	X	X	X	X					X	
Einstein Bros. License: Signature Egg Sandwiches *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																								
All-Nighter on Cheesy Hash Brown*	9.8 oz	278	900	58	16	0.5	280	1780	65	0	8	0	32	0	X	X	X	X						
Bacon Avocado Tomato Thin on Plain*	8.0 oz	226	400	17	3.5	0	15	770	47	5	7	3	17	0	X	X	X	X					X	
Farmhouse On Cheesy Hash Brown*	8.8 oz	250	680	32	13	0	180	1740	64	3	7	4	35	0	X	X	X	X						
Garden Avocado on Everything	8.7 oz	248	510	21	3.5	0	120	770	65	3	8	0	16	0	X	X	X	X					X	
Santa Fe on Asiago Thin*	7.8 oz	220	440	18	8	0	70	1070	43	2	5	3	26	0	X	X	X	X					X	
license Burrito																								
Einstein Bros. License: Burrito *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																								
Big Bro's Burrito *	15.3 oz	433	1250	76	33	1	380	2330	94	7	5	0	48	0	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.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info		
Vanilla Hazelnut Drip Coffee	12 fl oz		10	0	0	0	0	0	2	0	0	0	0	142.5												
	16 fl oz		10	0	0	0	0	0	2	0	0	0	0	190					X						Hazelnut	
	20 fl oz		15	0	0	0	0	0	3	0	0	0	0	237.5												
Tea (Hot and Iced)																										
Hot Tea	12 fl oz		0	0	0	0	0	0	0	0	0	0	0	116												
	16 fl oz		0	0	0	0	0	0	0	0	0	0	0	154												
	20 fl oz		0	0	0	0	0	0	0	0	0	0	0	193												
Iced Tea	16 fl oz		0	0	0	0	0	5	0	0	0	0	0	0.13												
	24 fl oz		0	0	0	0	0	10	0	0	0	0	0	0.20												
Smoothies																										
Strawberry Banana Smoothie	16 fl oz		280	0	0	0	0	25	67	4	60	53	1	0												
	24 fl oz		370	0	0	0	0	40	89	5	80	712	2	0		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, especially if you have certain medical conditions.

³ Phenylketonurics: contains phenylalanine

Nutrition information is based upon standard recipes, and rounded per federal requirements. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit www.mypyramid.gov for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.