

Whipped Cream Cheese Shmear

	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
Garden Veggie Reduced Fat	1.2 oz	35	100	9	6	0	30	190	5	0	2	0	2	0			X								
Garlic and Herb	1.2 oz	35	110	9	5	0	30	190	5	0	2	0	2	0			X								
Honey Almond Reduced Fat	1.2 oz	35	120	9	4.5	0	25	80	10	0	7	5	2	0			X			X					*Almonds
Jalapeno Salsa Reduced Fat	1.2 oz	35	100	9	5	0	25	190	5	1	2	0	2	0			X								
Onion and Chive	1.2 oz	35	110	10	6	0	35	105	4	0	1	0	2	0			X								
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)																									
Add Syrup	0.5 oz	14	50	0	0	0	0	25	13	0	6	6	0	0											
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	300	21	4.5	0	0	105	26	4	19	17	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	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	90	1	0	0	60	260	0	0	0	0	20	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											
Pork Sausage Patty	1 Patty	43	180	17	6	0	30	280	0	0	0	0	6	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	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

	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 ^	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	
Pork Sausage & Cheddar ^	7.2 oz	204	580	28	11	0	230	1020	57	2	5	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	
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	
Pork Sausage & Cheddar ^	9.2 oz	260	660	33	13	0.5	415	1160	57	2	6	4	32	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	
Maplehouse Egg Sandwich 1 Egg	9.3 oz	264	860	41	16	0	255	1300	92	4	35	31	31	0		X	X	X	X	X					Almonds
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	
Maplehouse Egg Sandwich 2 Eggs	11.3 oz	321	940	47	18	0.5	445	1440	93	4	35	31	38	0		X	X	X	X	X					Almonds
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						

Sides

	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	
Twice Baked Hash Brown	3.0 oz	85	170	11	6	0	35	260	11	1	1	0	7	0		X									
Avocado Toast																									
Avocado Toast *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																									
Avocado Toast	5.6 oz	160	380	9	1.5	0	0	680	63	6	6	4	11	0				X					X		
Avocado Toast *	5.7 oz	162	380	9	1.5	0	0	670	64	5	7	4	11	0				X					X		
Sweets																									
Sweets *Items Available at License Locations Only (Airports, Hospitals, College Campuses)																									
Cinnamon Bliss Roll	6.5 oz	185	610	39	16	0	55	760	98	3	44	42	11	0	X	X	X	X							
Cookie, Heavenly Chocolate Chip	3.5 oz	99	470	23	14	0.5	45	230	62	2	38	37	5	0	X	X	X	X							
Egg Sugar Cookie	1 Cookie	84	410	23	16	0	20	160	47	1	29	26	4	0	X	X	X	X							
Fruity Cereal Pop	1.4 oz	39	150	3	1	0	0	170	29	0	14	13	1	0		X	X								
Muffin, Blueberry	4.2 oz	120	440	25	5	0	85	530	48	1	27	23	5	0	X	X	X	X							
Muffin, Chocolate Chip	4.2 oz	120	530	30	8	0	85	540	56	1	36	33	6	0	X	X	X	X							
Muffin, Cinnamon Chip	4.2 oz	120	510	27	8	0	85	450	64	1	37	35	6	0	X	X	X	X							
Pastry, Apple Pie	3.0 oz	85	250	10	4	0	0	180	38	1	16	15	3	0			X	X							
Pastry, Strawberry and Cream Strudel	3.8 oz	109	340	17	8	0	0	280	42	1	17	16	4	0		X	X	X							
Doggie Bagels																									
Doggie Bagels (Not for Human Consumption)																									
Doggie Bagel	1.0 oz	28	70	0.5	0	0	0	120	14	0	0	0	2	0				X	X					For Dogs	
Beverages																									
Classic Coffee Drinks (With 2% Milk)																									
Americano, Hot	12 fl oz	5	0	0	0	0	0	20	0	0	0	0	2	196											
	16 fl oz	5	0	0	0	0	0	20	0	0	0	0	2	196											
	20 fl oz	10	0	0	0	0	0	30	0	0	0	0	3	294											
Cappuccino, Hot	12 fl oz	110	4	2.5	0	15	105	10	0	10	0	9	196	X											
	16 fl oz	140	5	3.5	0	20	130	13	0	13	0	11	196												
	20 fl oz	170	6	4	0	25	160	15	0	15	0	14	294												
Chai Tea Latte, Hot	12 fl oz	170	4	2.5	0	15	90	26	0	24	14	7	49.8	X											
	16 fl oz	230	5	3.5	0	20	115	35	0	32	20	9	69.1												
	20 fl oz	280	6	4	0	25	140	43	0	40	25	11	87.1												
Chai Tea Latte, Iced	16 fl oz	140	3	2	0	10	70	23	0	21	14	5	69.1	X											
	24 fl oz	250	5	3.5	0	20	125	41	0	37	25	9	87.1												
Latte, Hot	12 fl oz	110	4	2.5	0	15	105	10	0	10	0	9	196	X											
	16 fl oz	140	5	3.5	0	20	130	13	0	13	0	11	196												
	20 fl oz	170	6	4	0	25	160	15	0	15	0	14	294												
Latte, Iced	16 fl oz	80	3	2	0	10	90	7	0	7	0	7	196	X											
	24 fl oz	140	5	3.5	0	20	150	13	0	13	0	12	294												
Mocha, Hot	12 fl oz	270	6	4.5	0	20	135	46	2	42	32	10	196	X											
	16 fl oz	350	8	5	0	25	170	61	3	57	43	13	196												
	20 fl oz	420	9	6	0	30	210	75	3	70	53	16	294												
Mocha, Iced	16 fl oz	240	5	3.5	0	15	120	44	2	41	32	8	196	X											
	24 fl oz	390	8	6	0	25	200	72	3	67	53	14	294												
Signature Coffee Drinks (With 2% Milk)																									
Caramel Macchiato, Hot	12 fl oz	290	5	4	0	20	160	49	0	49	38	11	196	X											
	16 fl oz	370	7	4.5	0	25	200	64	0	64	50	14	196												
	20 fl oz	450	8	5	0	30	250	79	0	79	62	17	294												
Caramel Macchiato, Iced	16 fl oz	260	4	3	0	15	80	46	0	46	38	10	196	X											
	24 fl oz	420	7	4.5	0	25	240	76	0	76	62	15	294												
Vanilla Latte, Hot	12 fl oz	220	4	2.5	0	15	100	36	0	35	25	8	196	X											
	16 fl oz	290	5	3.5	0	20	120	49	0	47	35	10	196												
	20 fl oz	350	6	4	0	25	150	58	0	57	41	12	294												
Caramel Macchiato, Iced	16 fl oz	190	3	2	0	10	80	34	0	33	25	6	196	X											
	24 fl oz	320	5	3.5	0	20	135	56	0	54	41	11	294												
Cold Brew																									
Classic Cold Brew	16 fl oz	10	0	0	0	0	20	2	0	0	0	1	139												
	24 fl oz	20	0	0	0	0	30	3	0	0	0	1	209												
Caramel Cream Cold Brew	16 fl oz	220	7	4	0	20	85	38	0	33	33	4	139	X											
	24 fl oz	380	12	7	0	35	140	63	0	55	55	7	209												
Chocolate Cream Cold Brew	16 fl oz	210	7	4.5	0	20	65	36	2	28	28	4	139	X											
	24 fl oz	350	13	8	0	35	110	59	3	47	47	6	209												
Vanilla Cream Cold Brew	16 fl oz	200	7	4	0	20	40	31	0	25	25	2	139	X											
	24 fl oz	330	11	7	0	35	65	51	0	42	41	4	209												
Cold Brew Frozen Shakes																									
Caramel Cold Brew Shake	16 fl oz	410	6	4.5	0	15	240	80	0	74	68	8	209	X											
	24 fl oz	640	9	7	0	25	370	125	0	117	106	13	314												
Chocolate Cold Brew Shake	16 fl oz	400	7	5	0	15	210	77	2	69	62	7	209	X											
	24 fl oz	620	11	8	0	25	330	121	4	108	98	11	314												

	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	
Classic Cold Brew Shake	16 fl oz	300	7	5	0	20	210	49	0	43	35	7	209		X										
	24 fl oz	470	11	8	0	25	340	79	1	79	57	11	314												
Vanilla Cold Brew Shake	16 fl oz	370	6	4.5	0	15	180	68	0	62	55	6	209		X										
	24 fl oz	570	9	7	0	25	280	109	0	99	88	9	314												
Hot Chocolate (With 2% Milk)																									
Hot Chocolate	12 fl oz	300	8	5	9	25	150	50	2	46	32	11	0		X										
	16 fl oz	400	10	7	0	35	200	67	3	63	43	15	0												
	20 fl oz	490	12	8		40	250	82	3	77	53	18	0												
Drip Coffee																									
Breakfast Blend Medium Roast Drip Coffee	12 fl oz	10	0	0	0	0	0	2	0	0	0	0	143												
	16 fl oz	10	0	0	0	0	0	2	0	0	0	0	190												
	20 fl oz	15	0	0	0	0	0	3	0	0	0	0	238												
	96 fl oz	60	0	0	0	0	0	12	0	0	0	0	1140												
Dark Roast Drip Coffee	12 fl oz	10	0	0	0	0	0	2	0	0	0	0	143												
	16 fl oz	10	0	0	0	0	0	2	0	0	0	0	190												
	20 fl oz	15	0	0	0	0	0	3	0	0	0	0	238												
	96 fl oz	60	0	0	0	0	0	12	0	0	0	0	1140												
Decaf Drip Coffee	12 fl oz	10	0	0	0	0	0	2	0	0	0	0	24												
	16 fl oz	10	0	0	0	0	0	2	0	0	0	0	32												
	20 fl oz	15	0	0	0	0	0	3	0	0	0	0	40												
	96 fl oz	60	0	0	0	0	0	12	0	0	0	0	192												
Vanilla Hazelnut Drip Coffee	12 fl oz	10	0	0	0	0	0	2	0	0	0	0	143						X						
	16 fl oz	10	0	0	0	0	0	2	0	0	0	0	190												
	20 fl oz	15	0	0	0	0	0	3	0	0	0	0	238												
	96 fl oz	60	0	0	0	0	0	12	0	0	0	0	1140												
Tea (Hot and Iced) Lemonade																									
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												
Lemonade, Iced	16 fl oz	80	0	0	0	0	5	21	0	20	1	0	0												
	24 fl oz	120	0	0	0	0	10	32	0	29	2	0	0												
Juice Refreshers																									
Bro's Bay Breeze, Iced	16 fl oz	170	0	0	0	0	10	44	0	43	28	0	0												
	24 fl oz	280	0	0	0	0	20	70	0	69	47	0	0												
Dragon Fruit Lemon Drop, Iced	16 fl oz	160	0	0	0	0	10	41	0	39	20	0	0												
	24 fl oz	250	0	0	0	0	15	63	0	61	33	0	0												
Passion Fruit Sunrise, Iced	16 fl oz	170	0	0	0	0	10	43	0	41	20	1	0												
	24 fl oz	270	0	0	0	0	15	67	0	63	33	1	0												
Energy Spritz, Iced	16 fl oz	170	0	0	0	0	190	42	0	40	40	0	80												
	24 fl oz	280	0	0	0	0	290	70	0	66	66	0	120												
Smoothies																									
Strawberry Banana Smoothie	16 fl oz	280	0	0	0	0	25	67	4	60	53	1	0		X										
	24 fl oz	370	0	0	0	0	40	89	5	80	712	2	0												

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.