# Einstein Bros.® Nutrition 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 Sugar (g.) | Protein (g.) | Caffeine (mg.) | Allergen Information: Egg | Milk | Soy | Wheat | Tree Nuts | Peanuts | Fish | Shellfish | Sesame | Additional Info |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Limited Time Offerings Starting 11.04.26** | | | | | | | | | | | | | | | | | | | | | | | | |
| Swalty Everything Egg Sandwich | 7 oz | 196 | 550 | 21 | 9 | 0 | 225 | 1080 | 64 | 3 | 10 | 7 | 26 | 0 | X | X | | X | X | | | | X | Almonds |
| Spicy Everything Egg Sandwich | 7 oz | 196 | 540 | 21 | 9 | 0 | 230 | 1140 | 62 | 3 | 8 | 4 | 26 | 0 | X | X | | X | | | | | X | |
| **Limited Time Offerings Starting 08.26.26** | | | | | | | | | | | | | | | | | | | | | | | | |
| Cinnamon Sugar Pull Apart Bagel | 4 oz | 108 | 300 | 2 | 1 | 0 | 0 | 520 | 61 | 3 | 11 | 10 | 10 | 0 | | X | | X | | | | | | |
| Pumpkin Crunch Pull Apart Bagel | 4 oz | 108 | 340 | 2.5 | 0 | 0 | 0 | 520 | 66 | 3 | 13 | 11 | 11 | 0 | | X | | X | | | | | | |
| Crème Brulee Cold Brew | 16 fl oz | | 180 | 0 | 0 | 0 | 0 | 50 | 42 | 0 | 39 | 39 | 2 | 139 | | X | | | | | | | | |
| | 24 fl oz | | 270 | 0 | 0 | 0 | 0 | 75 | 63 | 0 | 58 | 58 | 3 | 209 | | | | | | | | | | |
| Crème Brulee Iced Coffee | 16 fl oz | | 170 | 0 | 0 | 0 | 0 | 35 | 40 | 0 | 39 | 39 | 1 | 95 | | X | | | | | | | | |
| | 24 fl oz | | 250 | 0 | 0 | 0 | 0 | 55 | 59 | 0 | 58 | 58 | 2 | 143 | | | | | | | | | | |
| Crème Brulee Latte | 12 fl oz | | 240 | 4.5 | 3 | 0 | 20 | 130 | 41 | 0 | 40 | 29 | 10 | 196 | | X | | | | | | | | |
| | 16 fl oz | | 310 | 6 | 3.5 | 0 | 25 | 160 | 54 | 0 | 53 | 39 | 12 | 196 | | | | | | | | | | |
| | 20 fl oz | | 410 | 7 | 4.5 | 0 | 30 | 200 | 71 | 0 | 69 | 53 | 15 | 294 | | | | | | | | | | |
| Frozen Crème Brulee | 16 fl oz | | 460 | 7 | 5 | 0 | 20 | 230 | 89 | 0 | 84 | 76 | 7 | 209 | | X | | | | | | | | |
| | 24 fl oz | | 680 | 10 | 7 | 0 | 25 | 350 | 133 | 0 | 125 | 113 | 12 | 0 | | | | | | | | | | |
| **Limited Time Offerings Starting 08.19.26** | | | | | | | | | | | | | | | | | | | | | | | | |
| Pumpkin Bagel | 3 oz | 99 | 300 | 1.5 | 0 | 0 | 0 | 510 | 59 | 3 | 8 | 6 | 11 | 0 | | | | X | | | | | | |
| Pumpkin Shmear | 1 oz | 35 | 120 | 9 | 5 | 0 | 30 | 90 | 9 | 0 | 8 | 6 | 1 | 0 | | X | | | | | | | | |
| **Limited Time Offerings Starting 6.10.26** | | | | | | | | | | | | | | | | | | | | | | | | |
| Cold Foam Topping | 1 oz | 28 | 80 | 0 | 6 | 0 | 0 | 25 | 5 | 0 | 3 | 3 | 0 | 0 | | X | X | | | | | | | |
| **Bagels and Bread** | | | | | | | | | | | | | | | | | | | | | | | | |
| ***Classic Bagels*** **Items Available at License Locations Only (Airports, Hospitals, College Campuses)* | | | | | | | | | | | | | | | | | | | | | | | | |
| Ancient Grain | 1 Bagel | 106 | 290 | 5 | 0.5 | 0 | 0 | 450 | 50 | 7 | 9 | 6 | 13 | 0 | | | X[1] | X | | | | | | |
| Cinnamon Raisin | 1 Bagel | 105 | 280 | 1 | 0 | 0 | 0 | 460 | 59 | 2 | 11 | 4 | 10 | 0 | | | | X | | | | | X | |
| Cranberry | 1 Bagel | 105 | 310 | 3.5 | 0.5 | 0 | 0 | 440 | 59 | 2 | 12 | 10 | 9 | 0 | | | X[1] | X | | | | | X | |
| Everything | 1 Bagel | 104 | 280 | 1 | 0 | 0 | 0 | 570 | 57 | 2 | 5 | 4 | 11 | 0 | | | | X | | | | | X | |
| Garlic | 1 Bagel | 104 | 280 | 1.5 | 0 | 0 | 0 | 510 | 57 | 2 | 5 | 4 | 11 | 0 | | | | X | | | | | X | |
| Honey Whole Wheat | 1 Bagel | 101 | 280 | 3 | 0.5 | 0 | 0 | 440 | 51 | 6 | 8 | 7 | 12 | 0 | | | X[1] | X | | | | | X | |
| Onion | 1 Bagel | 104 | 280 | 0.5 | 0 | 0 | 0 | 510 | 58 | 2 | 6 | 4 | 10 | 0 | | | | X | | | | | X | |
| Plain | 1 Bagel | 101 | 270 | 0.5 | 0 | 0 | 0 | 510 | 56 | 2 | 5 | 4 | 10 | 0 | | | | X | | | | | X | |
| Poppy Seed | 1 Bagel | 104 | 280 | 2 | 0 | 0 | 0 | 510 | 56 | 3 | 5 | 4 | 11 | 0 | | | | X | | | | | X | |
| Pumpernickel | 1 Bagel | 101 | 270 | 1 | 0 | 0 | 0 | 420 | 55 | 3 | 4 | 2 | 10 | 0 | | | | X | | | | | | |
| Sesame Seed | 1 Bagel | 104 | 290 | 2 | 0 | 0 | 0 | 510 | 56 | 2 | 5 | 4 | 11 | 0 | | | | X | | | | | X | |
| Cinnamon Raisin * | 1 Bagel | 105 | 290 | 1 | 0 | 0 | 0 | 490 | 61 | 2 | 12 | 4 | 10 | 0 | | | | X | | | | | X | |
| Cranberry * | 1 Bagel | 105 | 310 | 4 | 1 | 0 | 0 | 470 | 60 | 3 | 13 | 10 | 10 | 0 | | | | X | | | | | X | |
| Everything * | 1 Bagel | 105 | 280 | 1.5 | 0 | 0 | 0 | 540 | 58 | 2 | 6 | 4 | 10 | 0 | | | | X | | | | | X | |
| Honey Whole Wheat * | 1 Bagel | 105 | 290 | 3.5 | 0 | 0 | 0 | 480 | 52 | 6 | 9 | 8 | 12 | 0 | | | | X | | | | | X | |
| Plain * | 1 Bagel | 105 | 280 | 1 | 0 | 0 | 0 | 540 | 58 | 2 | 6 | 4 | 10 | 0 | | | | X | | | | | X | |
| Sesame Seed * | 1 Bagel | 105 | 280 | 2 | 0 | 0 | 0 | 530 | 56 | 2 | 6 | 4 | 11 | 0 | | | | X | | | | | X | |
| **Signature Bagels** **Items Available at License Locations Only (Airports, Hospitals, College Campuses)* | | | | | | | | | | | | | | | | | | | | | | | | |
| Asiago Cheese | 1 Bagel | 109 | 300 | 3.5 | 1.5 | 0 | 10 | 650 | 54 | 2 | 5 | 4 | 13 | 0 | | X | | X | | | | | X | |
| Blueberry | 1 Bagel | 106 | 280 | 1 | 0 | 0 | 0 | 440 | 60 | 2 | 10 | 8 | 9 | 0 | | | | X | | | | | X | |
| Chocolate Chip | 1 Bagel | 103 | 280 | 3 | 1.5 | 0 | 0 | 470 | 56 | 2 | 10 | 9 | 10 | 0 | | | X | X | | | | | X | |
| Cinnamon Sugar | 1 Bagel | 108 | 300 | 2 | 0.5 | 0 | 0 | 520 | 61 | 3 | 11 | 10 | 10 | 0 | | X | X[1] | X | | | | | X | |
| Pretzel | 1 Bagel | 100 | 260 | 0.5 | 0 | 0 | 0 | 4440 | 54 | 2 | 5 | 4 | 10 | 0 | | | | X | | | | | X | |
| Asiago Cheese * | 1 Bagel | 110 | 310 | 2.5 | 1.5 | 0 | 5 | 640 | 57 | 2 | 5 | 4 | 13 | 0 | | X | X | X | | | | | X | |
| Blueberry * | 1 Bagel | 105 | 280 | 1 | 0 | 0 | 0 | 490 | 59 | 2 | 10 | 8 | 10 | 0 | | | | X | | | | | X | |
| Chocolate Chip * | 1 Bagel | 105 | 290 | 2.5 | 1.5 | 0 | 0 | 490 | 58 | 2 | 10 | 8 | 10 | 0 | | | X | X | | | | | X | |
| French Toast * | 1 Bagel | 105 | 320 | 4.5 | 1.0 | 0 | 0 | 500 | 60 | 2 | 11 | 10 | 10 | 0 | | | | X | | | | | X | |
| **Thintastic Bagels** **Items Available at License Locations Only (Airports, Hospitals, College Campuses)* | | | | | | | | | | | | | | | | | | | | | | | | |
| Ancient Grain Thin | 1 Thin | 74 | 190 | 2.5 | 0 | 0 | 0 | 340 | 35 | 4 | 7 | 4 | 9 | 0 | | | X[1] | X | | | | | | |
| Everything Thin | 1 Thin | 74 | 200 | 1 | 0 | 0 | 0 | 410 | 41 | 2 | 4 | 3 | 8 | 0 | | | | X | | | | | X | |
| Honey Whole Wheat Thin | 1 Thin | 74 | 200 | 2.5 | 0 | 0 | 0 | 320 | 37 | 5 | 6 | 5 | 9 | 0 | | | X[1] | X | | | | | X | |
| Plain Thin | 1 Thin | 74 | 200 | 0 | 0 | 0 | 0 | 370 | 41 | 2 | 4 | 3 | 7 | 0 | | | | X | | | | | X | |
| **Gourmet Bagels** | | | | | | | | | | | | | | | | | | | | | | | | |
| Apple Cinnamon | 1 Bagel | 149 | 420 | 7 | 2 | 0 | 0 | 610 | 78 | 2 | 28 | 25 | 9 | 0 | | | X | X | | | | | | |
| Cheddar Jalapeno | 1 Bagel | 127 | 330 | 8 | 3.5 | 0 | 15 | 650 | 51 | 2 | 5 | 4 | 13 | 0 | | X | X[1] | X | | | | | | |
| Cheesy Hash Brown Bagel | 1 Bagel | 127 | 390 | 11 | 4.5 | 0 | 10 | 640 | 59 | 3 | 5 | 4 | 13 | 0 | | X | X[1] | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Green Chile | 1 Bagel | 156 | 390 | 11 | 5 | 0 | 25 | 690 | 55 | 3 | 6 | 4 | 18 | 0 | | X | X[1] | X | | | | | | |
| Maple French Toast Gourmet Bagel | 1 Bagel | 115 | 360 | 4.5 | 1 | 0 | 0 | 480 | 71 | 4 | 24 | 22 | 10 | 0 | | X | X | X | | | | | | |
| Six-Cheese | 1 Bagel | 126 | 360 | 10 | 4.5 | 0 | 20 | 650 | 51 | 2 | 5 | 4 | 16 | 0 | | X | X[1] | X | | | | | | |
| Spinach Florentine | 1 Bagel | 142 | 370 | 11 | 4.5 | 0 | 15 | 560 | 52 | 3 | 5 | 4 | 14 | 0 | | X | X[1] | X | | | | | | |
| **Specialty Breads** **Items Available at License Locations Only (Airports, Hospitals, College Campuses)* | | | | | | | | | | | | | | | | | | | | | | | | |
| Bagel Roll | 1 Roll | 100 | 270 | 3.5 | 0.5 | 0 | 0 | 420 | 50 | 2 | 5 | 4 | 9 | 0 | | | X[1] | X | | | | | | |
| Ciabatta Roll* | 1 Ciabatta | 90 | 230 | 2.5 | 0 | 0 | 0 | 610 | 44 | 2 | 1 | 0 | 8 | 0 | | | | X | | | | | | |
| Flour Tortilla | 1 Tortilla | 104 | 310 | 7 | 2.5 | 0 | 0 | 630 | 52 | 2 | 0 | 0 | 8 | 0 | | | X[1] | X | | | | | | |
| **Cream Cheese and Spreads** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Whipped Cream Cheese Shmear** | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | |
| 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 | | | | | | | | | | |

| | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | |
| 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 | | | | | | |
| **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* | | | | | | | | | | | | | | | | | | | | | | | | |
| Applewood Bacon & Cheddar ^ * | 6.1 oz | 173 | 500 | 18 | 6 | 0 | 150 | 980 | 61 | 2 | 7 | 4 | 23 | 0 | X | X | X | X | | | | | X | |
| Cheddar Cheese ^ * | 5.7 oz | 163 | 430 | 13 | 4.5 | 0 | 135 | 740 | 60 | 2 | 6 | 4 | 18 | 0 | X | X | X | X | | | | | X | |
| Ham & Swiss ^ * | 7.2 oz | 205 | 470 | 14 | 4.5 | 0 | 150 | 1160 | 61 | 2 | 8 | 4 | 25 | 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)* | | | | | | | | | | | | | | | | | | | | | | | | |

| | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| All-Nighter on Cheesy Hash Brown* | 9.8 oz | 278 | 930 | 60 | 18 | 0.5 | 305 | 1850 | 66 | 3 | 8 | 4 | 33 | 0 | X | X | X | X | | | | | | |
| Bacon Avocado Tomato Thin on Plain* | 8.1 oz | 230 | 430 | 18 | 4 | 0 | 20 | 830 | 48 | 4 | 8 | 3 | 19 | 0 | X | X | X | X | | | | | X | |
| Farmhouse On Cheesy Hash Brown* | 9.1 oz | 258 | 710 | 35 | 15 | 0 | 195 | 1630 | 65 | 3 | 9 | 4 | 33 | 0 | X | X | X | X | | | | | | |
| Garden Avocado on Everything | 8.7 oz | 248 | 510 | 21 | 3.5 | 0 | 125 | 770 | 65 | 5 | 8 | 5 | 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 | | | | | | |
| 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. Company Lunch Sandwiches** | | | | | | | | | | | | | | | | | | | | | | | | |
| **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 | 0 | | X | | X | | | | | X | |
| Ham & Swiss on Plain Bagel | 10.4 oz | 295 | 540 | 20 | 5 | 0 | 55 | 1690 | 63 | 3 | 10 | 4 | 27 | 0 | X | X | X[1] | X | | | | | X | |
| Nova Lox on Plain Bagel | 8.7 oz | 248 | 500 | 18 | 8 | 0 | 60 | 1340 | 60 | 3 | 8 | 4 | 24 | 0 | | X | | X | | | X | | X | Salmon |
| Tasty Turkey on Asiago Bagel | 11.6 oz | 329 | 520 | 16 | 8 | 0 | 80 | 1430 | 71 | 3 | 10 | 6 | 32 | 0 | | X | | X | | | | | X | |
| Turkey & Cheddar on Plain Bagel | 10.4 oz | 295 | 540 | 20 | 4.5 | 0 | 60 | 1440 | 68 | 3 | 8 | 6 | 29 | 0 | X | X | X[1] | X | | | | | X | |
| Turkey, Bacon & Avocado on Plain Bagel | 11.0 oz | 313 | 640 | 28 | 5 | 0 | 65 | 1630 | 73 | 4 | 10 | 7 | 31 | 0 | X | X | X[1] | X | | | | | X | |
| **Einstein Bros. Company: Hot and Toasty Lunch Sandwiches** | | | | | | | | | | | | | | | | | | | | | | | | |
| Pizza Bagel, Cheese on Plain | 6.4 oz | 183 | 460 | 13 | 8 | 0 | 40 | 1090 | 61 | 3 | 7 | 4 | 25 | 0 | | X | | X | | | | | X | |
| Pizza Bagel, Pepperoni on Plain | 7.1 oz | 202 | 560 | 22 | 11 | 0 | 60 | 1420 | 61 | 3 | 7 | 4 | 28 | 0 | | X | | X | | | | | X | |
| **Einstein Bros. License Lunch sandwiches** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Einstein Bros. License: Signature Lunch Sandwiches** **Items Available at License Locations Only (Airports, Hospitals, College Campuses)* | | | | | | | | | | | | | | | | | | | | | | | | |
| Avocado Veg Out on Sesame* | 9.2 oz | 260 | 400 | 11 | 3.5 | 0 | 15 | 640 | 66 | 5 | 9 | 4 | 14 | 0 | | X | | X | | | | | X | |
| Ham & Swiss on Plain Bagel* | 10.5 oz | 299 | 550 | 20 | 5 | 0 | 55 | 1720 | 65 | 3 | 11 | 4 | 26 | 0 | X | X | | X | | | | | X | |
| California Turkey Wrap* | 12.6 oz | 358 | 670 | 32 | 10 | 0 | 75 | 1700 | 72 | 5 | 6 | 2 | 31 | 0 | X | X | | X | | | | | | |
| Chicken Salad on Plain Bagel * | 9.7 oz | 275 | 490 | 16 | 2.5 | 0 | 65 | 930 | 61 | 3 | 8 | 4 | 29 | 0 | X | | | X | | | | | X | |
| Nova Lox on Plain Bagel* | 8.8 oz | 250 | 510 | 19 | 8 | 0 | 60 | 1340 | 63 | 3 | 9 | 4 | 24 | 0 | X | X | | X | | | X | | X | Salmon |
| Tasty Turkey on Asiago Bagel* | 11.6 oz | 330 | 530 | 15 | 8 | 0 | 75 | 1420 | 75 | 3 | 10 | 6 | 31 | 0 | | X | X | X | | | | | X | |
| Turkey & Cheddar on Plain Bagel* | 10.5 oz | 299 | 560 | 20 | 4.5 | 0 | 60 | 1470 | 70 | 3 | 9 | 6 | 29 | 0 | X | X | | X | | | | | X | |
| Turkey, Bacon & Avocado on Ciabatta* | 10.6 oz | 302 | 600 | 30 | 6 | 0 | 65 | 1740 | 61 | 4 | 6 | 3 | 29 | 0 | X | X | | X | | | | | | |
| **Einstein Bros. License: Hot Sandwiches** **Items Available at License Locations Only (Airports, Hospitals, College Campuses)* | | | | | | | | | | | | | | | | | | | | | | | | |
| Albuquerque Turkey on Six Cheese* | 12.2 oz | 345 | 710 | 33 | 15 | 0.5 | 120 | 1810 | 68 | 3 | 11 | 6 | 44 | 0 | | X | | X | | | | | | |
| Cheesy Veggie Melt on Ciabatta* | 8.2 oz | 232 | 620 | 37 | 13 | 0.5 | 65 | 1090 | 50 | 3 | 3 | 1 | 23 | 0 | X | X | | X | | | | | | |
| Chicken and Pepperoni on Ciabatta* | 8.8 oz | 250 | 650 | 33 | 13 | 0 | 120 | 1560 | 47 | 2 | 1 | 1 | 43 | 0 | X | X | | X | | | | | | |
| Pizza Bagel Cheese on Plain* | 6.6 oz | 187 | 480 | 14 | 8 | 0 | 40 | 1120 | 63 | 3 | 8 | 4 | 25 | 0 | | X | | X | | | | | X | |
| Pizza Bagel Pepperoni on Plain* | 7.2 oz | 205 | 570 | 22 | 11 | 0 | 60 | 1440 | 64 | 3 | 8 | 4 | 28 | 0 | | X | | X | | | | | X | |
| Spicy Chicken on Ciabatta* | 9.7 oz | 276 | 610 | 26 | 13 | 0.5 | 130 | 1640 | 53 | 3 | 4 | 0 | 41 | 0 | | X | | X | | | | | | |
| **Sides** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Sides** | | | | | | | | | | | | | | | | | | | | | | | | |
| Sea Salt Potato Chips | 1.0 oz | 28 | 150 | 9 | 1 | 0 | 0 | 95 | 17 | 1 | 1 | 0 | 2 | 0 | | | | | | | | | | |
| 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 | | | | | | |
| 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 | | | | | | |

| | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | 20 | 0 | 0 | 0 | 0 | 2 | 196 | | | | | | | | | | |
| | 16 fl oz | | 5 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 2 | 196 | | | | | | | | | | |
| | 20 fl oz | | 10 | 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 | | | | | | | | | | |
| | 16 fl oz | | 140 | 5 | 3.5 | 0 | 20 | 130 | 13 | 0 | 13 | 0 | 11 | 196 | | X | | | | | | | | |
| | 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 | | | | | | | | | | |
| | 16 fl oz | | 230 | 5 | 3.5 | 0 | 20 | 115 | 35 | 0 | 32 | 20 | 9 | 69.1 | | X | | | | | | | | |
| | 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 | | | | | | | | | | |
| | 24 fl oz | | 250 | 5 | 3.5 | 0 | 20 | 125 | 41 | 0 | 37 | 25 | 9 | 87.1 | | X | | | | | | | | |
| Latte, Hot | 12 fl oz | | 110 | 4 | 2.5 | 0 | 15 | 105 | 10 | 0 | 10 | 0 | 9 | 196 | | | | | | | | | | |
| | 16 fl oz | | 140 | 5 | 3.5 | 0 | 20 | 130 | 13 | 0 | 13 | 0 | 11 | 196 | | X | | | | | | | | |
| | 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 | | | | | | | | | | |
| | 24 fl oz | | 140 | 5 | 3.5 | 0 | 20 | 150 | 13 | 0 | 13 | 0 | 12 | 294 | | X | | | | | | | | |
| Mocha, Hot | 12 fl oz | | 270 | 6 | 4.5 | 0 | 20 | 135 | 46 | 2 | 42 | 32 | 10 | 196 | | | | | | | | | | |
| | 16 fl oz | | 350 | 8 | 5 | 0 | 25 | 170 | 61 | 3 | 57 | 43 | 13 | 196 | | X | | | | | | | | |
| | 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 | | | | | | | | | | |
| | 24 fl oz | | 390 | 8 | 6 | 0 | 25 | 200 | 72 | 3 | 67 | 53 | 14 | 294 | | X | | | | | | | | |
| **Signature Coffee Drinks** *(With 2% Milk)* | | | | | | | | | | | | | | | | | | | | | | | | |
| Caramel Macchiato, Hot | 12 fl oz | | 290 | 5 | 4 | 0 | 20 | 160 | 49 | 0 | 49 | 38 | 11 | 196 | | | | | | | | | | |
| | 16 fl oz | | 370 | 7 | 4.5 | 0 | 25 | 200 | 64 | 0 | 64 | 50 | 14 | 196 | | X | | | | | | | | |
| | 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 | | | | | | | | | | |
| | 24 fl oz | | 420 | 7 | 4.5 | 0 | 25 | 240 | 76 | 0 | 76 | 62 | 15 | 294 | | X | | | | | | | | |
| Vanilla Latte, Hot | 12 fl oz | | 220 | 4 | 2.5 | 0 | 15 | 100 | 36 | 0 | 35 | 25 | 8 | 196 | | | | | | | | | | |
| | 16 fl oz | | 290 | 5 | 3.5 | 0 | 20 | 120 | 49 | 0 | 47 | 35 | 10 | 196 | | X | | | | | | | | |
| | 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 | | | | | | | | | | |
| | 24 fl oz | | 320 | 5 | 3.5 | 0 | 20 | 135 | 56 | 0 | 54 | 41 | 11 | 294 | | X | | | | | | | | |
| **Iced Coffee** | | | | | | | | | | | | | | | | | | | | | | | | |
| Classic Iced Coffee | 16 fl oz | | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 95 | | | | | | | | | | |
| | 24 fl oz | | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 143 | | | | | | | | | | |
| Caramel Iced Coffee | 16 fl oz | | 140 | 0 | 0 | 0 | 0 | 50 | 34 | 0 | 33 | 33 | 2 | 95 | | | | | | | | | | |
| | 24 fl oz | | 250 | 0 | 0 | 0 | 0 | 90 | 59 | 0 | 58 | 58 | 3 | 143 | | X | | | | | | | | |
| Chocolate Iced Coffee | 16 fl oz | | 130 | 1 | 0.5 | 0 | 0 | 30 | 32 | 2 | 28 | 28 | 1 | 95 | | | | | | | | | | |
| | 24 fl oz | | 220 | 1.5 | 1 | 0 | 0 | 50 | 55 | 3 | 49 | 49 | 2 | 143 | | X | X | | | | | | | |
| Vanilla Iced Beverage | 16 fl oz | | 120 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 25 | 25 | 0 | 95 | | | | | | | | | | |
| | 24 fl oz | | 190 | 0 | 0 | 0 | 0 | 5 | 45 | 0 | 41 | 41 | 0 | 143 | | | | | | | | | | |
| **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 Cold Brew | 16 fl oz | | 150 | 0 | 0 | 0 | 0 | 65 | 35 | 0 | 33 | 33 | 3 | 139 | | | | | | | | | | |
| | 24 fl oz | | 250 | 0 | 0 | 0 | 0 | 105 | 58 | 0 | 55 | 55 | 4 | 209 | | X | | | | | | | | |
| Chocolate Cold Brew | 16 fl oz | | 140 | 1 | 0.5 | 0 | 0 | 40 | 33 | 2 | 28 | 28 | 2 | 139 | | | | | | | | | | |
| | 24 fl oz | | 220 | 1.5 | 1 | 0 | 0 | 65 | 55 | 3 | 47 | 47 | 3 | 209 | | X | X | | | | | | | |
| Vanilla Cold Brew | 16 fl oz | | 120 | 0 | 0 | 0 | 0 | 15 | 29 | 0 | 25 | 25 | 1 | 139 | | | | | | | | | | |
| | 24 fl oz | | 200 | 0 | 0 | 0 | 0 | 25 | 47 | 0 | 41 | 41 | 1 | 209 | | X | | | | | | | | |
| **Cold Brew Frozen Shakes** | | | | | | | | | | | | | | | | | | | | | | | | |
| Caramel Cold Brew Shake | 16 fl oz | | 410 | 6 | 4.5 | 0 | 15 | 240 | 80 | 0 | 74 | 68 | 8 | 209 | | | | | | | | | | |
| | 24 fl oz | | 640 | 9 | 7 | 0 | 25 | 370 | 125 | 0 | 117 | 106 | 13 | 314 | | X | | | | | | | | |
| Chocolate Cold Brew Shake | 16 fl oz | | 400 | 7 | 5 | 0 | 15 | 210 | 77 | 2 | 69 | 62 | 7 | 209 | | | | | | | | | | |

| | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Chocolate Cold Brew Shake | 24 fl oz | | 620 | 11 | 8 | 0 | 25 | 330 | 121 | 4 | 108 | 98 | 11 | 314 | | X | | | | | | | | |
| 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 | | | | | | | | | | |
| **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 | | | | | | | | | | |
| **Hot Chocolate** (With 2% Milk) | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot Chocolate | 12 fl oz | | 300 | 8 | 5 | 9 | 25 | 150 | 50 | 2 | 46 | 32 | 11 | 0 | | | | | | | | | | |
| | 16 fl oz | | 400 | 10 | 7 | 0 | 35 | 200 | 67 | 3 | 63 | 43 | 15 | 0 | | X | | | | | | | | |
| | 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 | | | | | | | | | | Serves 10 |
| 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 | | | | | | | | | | Serves 10 |
| 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 | | | | | | | | | | Serves 10 |
| Vanilla Hazelnut 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 | | | | | X | | | | | Hazelnut |
| | 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 | | | | | | | | | | Serves 10 Hazelnut |
| **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 | | | | | | | | | | |
| **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.