



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: 9/15/2017

Einstein Bros.® Nutrition Information														Allergen Information									
Updated September 15th, 2017	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
	Limited Time Offers *Available on menu at license locations only																						
Bagel, Pumpkin	3.5 oz	99	280	15	1.5	0	0	0	500	58	5	8	10			X	X						
Bagel, Sweet Potato	3.5 oz	99	260	15	1.5	0	0	0	420	49	2	6	7			X	X						
Gourmet Bagel, Pumpkin Walnut Crunch	4.8 oz	137	490	100	12	1.5	0	0	520	85	6	29	12			X	X	X					
Challah Loaf	3.3 oz	94	240	30	3.5	1.5	0	5	390	42	2	5	7	X		X	X						
Sandwich, Bacon Brewhouse	6.4 oz	183	510	180	20	7	0	220	1590	55	2	9	26	X	X	X	X						
Sandwich, Pork n' Pretzel	7.8 oz	221	670	340	38	14	0	250	1560	54	2	6	27	X	X	X	X						
Shmear, Pumpkin	1.2 oz	35	120	80	9	6	0	30	90	9	0	8	2			X							
Shmear, Sweet Potato Marshmallow	1.2 oz	35	110	80	9	6	0	30	95	7	0	7	2			X							
Shmearful, Asiago	1.1 oz	30	90	35	4	2.5	0	15	150	10	0	1	3			X	X	X					
Shmearful, Everything	1.0 oz	29	90	35	4	2	0	10	210	10	0	1	2			X	X	X					
Shmearful, French Toast	1.0 oz	29	100	30	3.5	1.5	0	5	100	15	0	7	2	X		X	X	X					
Shmearful, Cheddar Jalapeno	1.1 oz	30	80	35	3.5	2	0	10	125	11	0	1	3			X	X	X					
Shmearful, Plain	1.0 oz	28	80	30	3.5	2	0	10	130	10	0	1	2			X	X	X					
Shmearful, Pretzel Beer Cheese	1.1 oz	32	90	25	3	2	0	10	590	12	0	2	3			X	X	X					
Muffin, Pumpkin With Icing	4.6 oz	131	490	220	24	5	0	80	460	63	1	40	6	X	X	X	X						
Muffin, Pumpkin Without Icing	3.6 oz	103	370	170	19	3	0	75	400	45	1	24	6										
Beverage, Pumpkin Sweet Cream	16 fl oz	473ml	150	35	3.5	2.5	0	20	75	39	0	37	2			X							
	24 fl oz	710ml	220	50	5	3.5	0	25	110	58	0	55	3			X							
Beverage, Sweet Cream	16 fl oz	437ml	140	35	4	2.5	0	20	40	37	0	35	1			X							
	24 fl oz	710ml	200	50	6	4	0	30	60	55	0	53	2			X							
Beverage, Frozen Pumpkin Latte	16 fl oz	473ml	480	100	11	6	0	35	150	93	0	91	5			X							
	24 fl oz	710ml	660	120	13	8	0	45	220	133	0	131	8			X							
Beverage, Iced Pumpkin Latte	16 fl oz	437ml	330	90	10	6	0	35	75	53	0	50	9			X							
	24 fl oz	710ml	460	100	12	7	0	45	105	76	0	71	12			X							
Beverage, Hot Pumpkin Latte	16 fl oz	437ml	420	80	8	5	0	35	90	75	0	74	13			X							
	24 fl oz	710ml	600	100	11	7	0	45	130	109	0	108	19			X							
Bagel, Sweet Potato *	3.7 oz	106	280	15	1.5	0	0	0	440	52	2	6	7			X	X						
Bagel, Pretzel *	3.8 oz	109	270	30	3.5	0	0	0	1270	51	3	6	9			X	X						
Bagel, Pumpkin *	3.7 oz	106	280	15	1.5	0	0	0	490	59	5	8	10			X	X						
Sandwich, Bacon Brewhouse *	6.7 oz	189	510	190	21	6	0	145	1910	55	3	9	24	X	X	X	X						
Sandwich, Pork n' Pretzel *	8.0 oz	227	670	350	39	14	0	175	1500	53	3	6	26	X	X	X	X						
Bagels *Available at License Locations Only																							
Plain	1 bagel	104	270	10	1	0	0	0	480	56	2	5	9			X	X						
Honey Whole Wheat	1 bagel	102	260	25	3	0	0	0	550	49	7	7	12			X	X						
Everything	1 bagel	106	280	15	2	0	0	0	600	56	2	5	10			X	X						
Pumpernickel	1 bagel	103	270	10	1.5	0	0	0	520	55	3	4	10			X	X						
Asiago Cheese	1 bagel	112	300	35	4	2	0	10	580	54	2	5	12			X	X						
Blueberry	1 bagel	108	290	10	1	0	0	0	450	59	2	11	10			X	X						
Chocolate Chip	1 bagel	106	300	30	3.5	1.5	0	0	450	58	3	10	10			X	X						
Cinnamon Raisin	1 bagel	104	280	10	1	0	0	0	430	58	2	12	10			X	X						
Cinnamon Sugar	1 bagel	109	320	50	6	1.5	0	5	540	59	2	12	9			X	X						
Cranberry	1 bagel	108	310	35	4	0	0	0	420	60	2	11	9			X	X						
Garlic	1 bagel	107	280	15	2	0	0	0	480	57	2	5	10			X	X						
Ancient Grain	1 bagel	107	280	50	5	0.5	0	0	540	49	8	7	13			X	X						
Onion	1 bagel	105	270	15	1.5	0	0	0	500	55	2	4	10			X	X						
Poppy	1 bagel	107	290	25	2.5	0	0	0	480	56	2	5	10			X	X						
Potato	1 bagel	101	280	35	4	0	0	0	520	52	2	5	9			X	X						
Pretzel	1 bagel	101	280	35	4	0	0	0	920	52	2	5	9			X	X						
Sesame	1 bagel	107	290	25	2.5	0	0	0	480	56	2	5	10			X	X						
French Toast	1 bagel	116	370	60	7	1.5	0	0	510	68	2	20	10	X		X	X						
Asiago Cheese *	1 bagel	106	290	30	3.5	2	0	10	590	53	3	5	12			X	X						
Blueberry *	1 bagel	106	280	10	1	0	0	0	490	60	4	10	10			X	X						
Chocolate Chip *	1 bagel	106	300	30	3	1.5	0	0	510	60	4	10	10			X	X						
Cinnamon Raisin *	1 bagel	106	290	10	1	0	0	0	490	62	4	12	10			X	X						
Cinnamon Sugar *	1 bagel	112	310	25	2.5	1.5	0	5	500	62	2	12	9			X	X						
Everything *	1 bagel	106	280	15	1.5	0	0	0	530	58	4	6	10			X	X						
French Toast *	1 bagel	106	320	40	4.5	1	0	0	500	61	4	11	10	X		X	X						
Honey Whole Wheat *	1 bagel	106	290	30	3.5	0	0	0	490	54	7	9	12			X	X						
Plain *	1 bagel	106	270	10	1	0	0	0	540	58	4	6	10			X	X						
Pretzel *	1 bagel	109	270	30	4	0	0	0	1270	51	3	6	9			X	X						
Sesame Seed *	1 bagel	106	280	20	2	0	0	0	530	57	4	6	11			X	X						
Power Protein Bagel *	1 bagel	114	350	50	6	1.0	0	0	290	65	3	17	12			X	X	X					
Sourdough *	1 bagel	106	270	35	4.0	0.5	0	0	440	49	2	3	10			X	X						
EBB Bagel Thin																							
Ancient Grain Thin	1 Thin	74	190	25	3	0	0	0	400	34	5	5	8			X	X						
Honey Whole Wheat Thin	1 Thin	74	190	20	2	0	0	0	400	35	5	5	9			X	X						
Plain Thin	1 Thin	74	190	5	0.5	0	0	0	340	40	1	4	7			X	X						
Whole Wheat Thin	1 Thin	74	190	20	2	0	0	0	400	35	5	5	9			X	X						

Updated September 15th, 2017														Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)										
Gourmet Bagels / Bagel Rolls																						
Apple Cinnamon	1 bagel	148	450	80	9	2	0	0	550	83	2	30	10				X	X				
Green Chile	1 bagel	126	330	70	8	2.5	0	10	650	53	2	6	14				X	X	X			
Jalapeno Cheddar	1 bagel	131	360	90	10	4	0	20	880	53	2	6	14				X	X	X			
Power Protein Bagel	1 bagel	113	350	50	6	1	0	0	290	64	4	17	12				X	X	Walnuts			
Six-Cheese	1 bagel	125	370	90	10	4	0	20	730	53	2	5	16				X	X	X			
Spinach Florentine	1 bagel	141	360	100	11	4.5	0	20	660	53	2	5	14				X	X	X			
Cheesy Hashbrown Bagel	1 bagel	126	400	100	12	5	0	20	730	60	2	5	14				X	X	X			
Bread Specialty																						
Potato Roll	1 roll	99	280	35	4	0	0	0	520	52	2	5	9				X	X				
Multigrain Roll	1 roll	118	320	60	7	1	0	0	590	53	9	8	14				X	X				
Potato Roll, Parbake *	1 roll	106	290	35	4	0.5	0	0	460	56	4	6	10				X	X				
Multigrain Roll, Parbake *	1 roll	100	290	45	5	0.5	0	0	520	53	5	6	13				X					
Tortilla	3.7 oz	104	290	60	7	3	0	0	750	50	6	0	9				X	X				
Whipped Cream Cheese Shmear																						
Onion and Chive	1.2 oz	35	120	90	10	7	0	30	100	4	0	2	2				X					
Plain	1.2 oz	35	120	110	12	8	0	35	115	2	0	2	2				X					
Smoked Salmon	1.2 oz	35	110	90	10	6	0	35	250	4	0	2	2				X		Salmon			
Plain Reduced Fat	1.2 oz	35	100	80	9	6	0	25	180	4	0	2	2				X					
Blueberry Reduced Fat	1.2 oz	35	130	80	9	6	0	25	85	11	0	9	1				X					
Garden Veggie Reduced Fat	1.2 oz	35	110	80	9	6	0	25	180	5	0	2	2				X					
Garlic Herb Reduced Fat	1.2 oz	35	110	80	9	6	0	25	180	5	0	2	2				X					
Honey Almond Reduced Fat	1.2 oz	35	120	80	8	6	0	25	75	11	0	7	2				X		Almonds			
Jalapeno Salsa Reduced Fat	1.2 oz	35	110	80	8	6	0	25	190	6	0	2	2				X					
Maple Reduced Fat	1.2 oz	35	110	80	8	5	0	25	85	8	0	6	1				X					
Strawberry Reduced Fat	1.2 oz	35	120	80	9	6	0	30	90	9	0	7	1				X					
Crafted Shmear																						
Country Pepper	0.5 oz	14	40	30	3.5	2.5	0	10	50	2	0	1	1				X					
Other Spreads																						
Butter	0.5 oz	14	100	100	11	7	0	30	90	0	0	0	0				X					
Honey	1.0 oz	28	90	0	0	0	0	0	23	0	22	0					X					
Honey Butter*	1.5 oz	43	250	200	23	15	1	60	180	11	0	11	0				X					
Natural Strawberry Jelly	1.0 oz	28	70	0	0	0	0	0	18	0	16	0										
Natural Peanut Butter	1.5 oz	43	240	180	20	3.5	0	0	105	11	3	4	9				X		X			
Peanut Butter and Jelly	2.5 oz	71	320	180	20	3.5	0	0	105	29	3	21	9				X		X			
Nutella*	1.5 oz	43	230	120	13	4.5	0	0	15	24	1	24	3				X	X	X			
Cinnamon Butter	1.5 oz	43	240	170	19	12	1	50	150	19	1	17	0				X					
Hummus	1.5 oz	43	70	60	6	0	0	0	200	9	3	1	3									
Egg																						
1 Fresh Cracked Egg	1 Egg	46	80	50	6	2	0	190	140	1	0	0	6				X	X				
2 Fresh Cracked Eggs	2 Egg	92	160	100	11	4	0	375	280	1	0	1	13				X	X				
Fried Egg Patty *	1 Egg	43	90	70	7	1.5	0	110	110	1	0	0	5				X	X				
1 Egg White	1 Egg	57	30	0	0	0	0	0	160	1	0	0	6				X					
2 Egg White	2 Egg	114	60	0	0	0	0	0	320	1	0	0	12				X					
Cheese																						
Cheddar 1 Slice	0.7 oz	19	80	60	6	4	0	20	120	0	0	0	5				X					
Mozzarella 1 Slice	0.5 oz	14	40	25	3	2	0	10	100	0	2	0	3				X					
Pepper Jack 1 Slice	0.5 oz	14	50	40	4.5	3	0	10	125	0	0	0	3				X					
Swiss 1 Slice	0.5 oz	14	50	40	4.5	3	0	15	65	0	0	0	4				X					
Meat																						
Bacon 1 Serving	0.6 oz	16	80	45	5	2	0	20	380	0	0	1	7									
Chicken Breast	3.0 oz	85	120	25	2.5	1	0	60	200	2	0	1	22									
Chorizo Patty	1.9 oz	54	210	170	19	7	0	40	320	1	0	0	8									
Ham, Breakfast	1.5 oz	43	45	10	1	0	0	25	540	1	0	1	8									
Ham, Lunch	3.0 oz	85	90	20	2.5	1	0	50	1090	2	0	1	17									
Tuna Salad	3.5 oz	99	210	140	16	2	0	35	1070	1	0	1	16				X	X	X			
Turkey, Lunch	3.0 oz	85	80	5	1	0	0	40	590	2	0	0	0						X			
Turkey Patty	1.4 oz	40	70	35	4	1	0	30	180	1	0	1	8									
Sauces																						
Basil Pesto	1.0 oz	28	110	100	12	1.5	0	5	140	1	0	0	2				X					
Roasted Tomato Spread	1.0 oz	28	150	140	16	2.5	0	10	230	2	0	1	0				X	X	X			
Tomatillo Salsa	1.0 oz	28	15	10	1	0	0	0	210	2	1	1	0									
Veg																						
Avocado	1.0 oz	28	60	50	5	1	0	0	0	2	2	0	1									
Granola	0.5 oz	14	60	15	1.5	0	0	0	25	10	1	4	1				X	X	X			
Roasted Artichoke	1.2 oz	35	15	0	0	0	0	0	90	2	0	0	1						Almonds			
Roasted Red Peppers	1.0 oz	28	5	0	0	0	0	0	65	1	0	1	0									
Sauteed Mushroom	1.0 oz	28	30	25	3	2	0	5	70	1	0	1	1				X					
Pickle Spear	1.0 oz	28	5	0	0	0	0	0	300	1	0	0	0									
Bagel Toppers - Values for 1/2 plain bagel, mix or match any two * Items available only at License Locations																						
1/2 The Herbivore Bagel Topper	4.1 oz	115	190	45	5	3	0	15	330	31	1	4	6				X	X	X			
Full The Herbivore Bagel Topper	8.3 oz	236	390	90	10	6	0	25	660	63	3	9	13				X	X	X			
1/2 Nutty Monkey Bagel Topper	3.7 oz	105	290	80	9	2.5	0	0	240	47	3	18	7				X	X	X			
Full Nutty Monkey Bagel Topper	7.4 oz	210	590	170	19	5	0	0	480	93	5	37	14				X	X	X			
Full Spicy Devil Bagel Topper	6.4 oz	181	450	130	15	8	0	45	1510	61	3	8	17				X	X	X			
1/2 Spicy Devil Bagel Topper	3.2 oz	91	230	70	7	4	0	20	750	31	1	4	9				X	X	X			

Updated September 15th, 2017														Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)										
EBB Egg Sandwiches - 1 Egg Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel																						
Applewood Bacon & Cheddar ^	6.6 oz	187	490	160	18	8	0	225	1110	55	2	6	27	X	X	X	X					
Turkey Sausage & Cheddar ^	7.4 oz	211	490	150	17	7	0	235	910	56	2	7	28	X	X	X	X					
Ham & Swiss ^	7.5 oz	212	450	110	12	6	0	225	1230	57	2	6	28	X	X	X	X					
Cheddar Cheese ^	6.1 oz	174	420	110	13	6	0	205	740	57	2	6	20	X	X	X	X					
EBB Egg Sandwiches - 2 Egg Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel																						
Applewood Bacon & Cheddar ^	8.4 oz	238	570	210	23	10	0.5	415	1250	56	2	7	33	X	X	X	X					
Turkey Sausage & Cheddar ^	9.3 oz	265	570	200	22	9	0.5	425	1060	58	2	7	35	X	X	X	X					
Ham & Swiss ^	9.3 oz	263	530	160	18	8	0.5	415	1370	58	2	7	34	X	X	X	X					
Cheddar Cheese ^	7.9 oz	225	500	160	18	8	0.5	395	880	57	2	6	27	X	X	X	X					
EBB Egg Sandwiches - Egg White Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel																						
Applewood Bacon & Cheddar ^	6.9 oz	196	450	110	12	6	0	35	1140	57	2	6	27	X	X	X	X					
Turkey Sausage & Cheddar ^	7.8 oz	220	440	100	11	5	0	50	940	58	2	6	28	X	X	X	X					
Ham & Swiss ^	7.7 oz	218	400	60	7	3.5	0	40	1250	57	2	6	28	X	X	X	X					
Cheddar Cheese ^	6.3 oz	180	370	60	7	4	0	20	760	57	2	5	20	X	X	X	X					
EBL Egg Sandwiches - Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel * Items available only at License Locations																						
Applewood Bacon & Cheddar ^ *	6.4 oz	183	520	180	20	7	0	150	1150	59	4	7	26	X	X	X	X					
Turkey Sausage & Cheddar ^ *	7.3 oz	207	510	170	19	7	0	160	950	60	4	7	28	X	X	X	X					
Ham & Swiss ^ *	7.2 oz	205	470	130	14	5	0	150	1260	60	4	7	28	X	X	X	X					
Cheddar Cheese ^ *	5.9 oz	167	440	130	15	6	0	130	770	59	4	6	20	X	X	X	X					
EBB Egg Sandwiches - 1 Egg Signature																						
Bacon & Spinach on Spinach Florentine	8.8 oz	250	720	380	42	14	1	255	1480	56	2	8	31	X	X	X	X					
French Toast Egg Sandwich	8.4 oz	238	720	290	32	15	1	250	1230	78	2	27	28	X	X	X	X					
Santa Fe Sandwich	8.8 oz	249	560	200	22	11	0.5	250	1250	60	2	8	30	X	X	X	X					
Spinach, Mushroom & Swiss, on Ancient Grain	7.9 oz	224	470	190	21	9	0.5	215	900	52	9	8	25	X	X	X	X					
Farmhouse	9.6 oz	273	730	310	34	16	1	285	1990	64	3	8	41	X	X	X	X					
Chorizo Sunrise	6.8 oz	192	790	430	47	18	0.5	265	1330	60	4	7	32	X	X	X	X					
EBB Egg Sandwiches - 2 Egg Signature																						
Bacon & Spinach on Spinach Florentine	10.6	301	800	430	48	16	1	440	1620	57	2	8	38	X	X	X	X					
French Toast Egg Sandwich	10.2	289	800	340	38	17	1	440	1380	78	2	27	35	X	X	X	X					
Santa Fe Sandwich	11	301	640	250	28	13	1	440	1390	61	2	8	37	X	X	X	X					
Spinach, Mushroom & Swiss, on Ancient Grain	9.5	270	550	240	26	11	1	405	1040	53	9	8	31	X	X	X	X					
Farmhouse	11.4	324	810	360	40	18	1	475	2130	65	3	8	47	X	X	X	X					
Chorizo Sunrise	12.1	343	870	480	53	20	1	450	1470	61	4	8	38	X	X	X	X					
EBB Egg Sandwiches - Egg White Signature																						
Southwest Thin	7.6 oz	217	400	130	14	7	0	55	1000	44	2	6	25	X	X	X	X					
Bacon & Spinach on Spinach Florentine	9.0 oz	256	670	330	36	12	0.5	65	1500	56	2	8	31	X	X	X	X					
French Toast Egg Sandwich	8.6 oz	243	670	240	27	12	0.5	65	1250	77	2	27	28	X	X	X	X					
Santa Fe Sandwich	9.0 oz	255	580	220	25	10	0	70	1250	60	2	8	30	X	X	X	X					
Spinach, Mushroom & Swiss, on Ancient Grain	8.3 oz	235	420	140	15	7	0	30	920	52	9	8	25	X	X	X	X					
Farmhouse	9.8 oz	278	680	260	29	14	0.5	95	2010	64	3	8	41	X	X	X	X					
Chorizo Sunrise	10.5 oz	298	740	380	42	16	0	75	1350	60	4	7	32	X	X	X	X					
EBL Egg Sandwiches - Signature																						
Asparagus Mushroom Thin *	7.6 oz	216	390	150	17	6	0	30	860	44	4	6	19	X	X	X	X					
French Toast *	7.7 oz	219	680	280	32	14	0.5	175	1190	70	4	18	28	X	X	X	X					
Southwest Egg White *	7.6 oz	217	400	130	14	7	0	55	970	45	3	7	25	X	X	X	X					
Spinach Mushroom Swiss *	7.7 oz	219	480	160	18	8	0	140	860	61	5	7	21	X	X	X	X					
Santa Fe Wrap *	10.3 oz	293	710	350	39	16	0.5	290	1590	60	7	3	32	X	X	X	X					
Farmhouse *	8.5 oz	240	610	220	24	10	0	185	1750	62	4	8	35	X	X	X	X					
EBB Signature Lunch Sandwiches																						
Nova Lox & Bagel	8.7 oz	248	480	150	17	9	0	50	1300	60	2	9	22		X	X	X	X				
Tasty Turkey on Asiago Bagel	11.7 oz	332	510	130	15	9	0	80	1290	64	3	9	15		X	X	X	X				
Turkey, Bacon & Avocado	11.0 oz	313	660	280	31	5	0	65	1730	60	4	9	17	X	X	X	X					
Turkey & Cheddar Potato Roll	10.5 oz	297	570	210	23	6	0	65	1470	60	3	7	15	X	X	X	X					
Hummus Veg Out® on Multigrain	10.4 oz	294	440	140	15	4	0	15	860	66	12	12	19		X	X	X					
Harvest Chicken Salad on Multigrain	10.5 oz	297	590	220	25	3.5	0	55	820	64	11	15	33	X		X	X	X				
Albacore Tuna Salad on Multigrain	10.2 oz	290	560	220	24	3	0	40	1740	57	10	10	32	X		X	X	X				
Ham & Swiss on Potato Roll	10.3 oz	292	560	210	23	6	0	70	1910	60	3	8	31	X	X	X	X					

Updated September 15th, 2017														Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)										
EBL Signature Lunch Sandwiches * Items available only at License Locations																						
Turkey and Cheddar*	10.5 oz	297	580	220	24	6	0	65	1470	60	6	8	18	X	X	X	X					
Tasty Turkey on Asiago Bagel*	11.5 oz	326	500	130	15	9	0	80	1300	62	4	8	15		X	X	X					
Turkey, Bacon & Avocado *	11.3 oz	320	670	280	31	5	0	65	1700	62	9	13	20	X	X	X	X					
Ham and Swiss *	10.3 oz	293	570	210	24	6	0	70	1910	60	6	9	35	X	X	X	X					
Nova Lox on Plain Bagel *	8.8 oz	251	500	150	17	9	0	50	1340	64	5	10	23	X	X	X	X		Salmon			
Hummus Veg Out® on Multigrain*	9.2 oz	261	400	120	13	3.5	0	15	790	64	8	11	17		X		X					
Turkey Club Mex Wrap*	12.5 oz	356	740	380	42	12	0	85	2100	57	8	4	20	X	X	X	X					
Tuna Salad Multigrain *	9.2 oz	262	520	200	22	3	0	40	1670	55	6	8	31	X		X	X		Tuna			
Harvest Chicken Salad on Multigrain *	9.5 oz	269	560	200	23	3.5	0	55	750	62	7	13	31	X		X	X	X	Almonds			
Turkey and Cheddar, Deli - Without Bread Choice *	7.0 oz	198	290	170	19	6	0	65	990	7	1	2	23	X	X	X	X					
Ham and Swiss Deli, Without Bread Choice *	6.8 oz	194	280	170	19	5	0	70	1390	8	1	3	22	X	X	X						
Chicken Salad, Deli - Without Bread Choice *	6.3 oz	179	270	160	18	3	0	55	230	11	2	7	18	X		X		X	Almonds			
Tuna Salad, Deli - Without Bread Choice *	7.1 oz	201	240	150	17	2.5	0	40	1150	5	1	3	18	X		X	X		Tuna			
EBB Hot Sandwiches ^ Test Markets Only																						
Spinach Artichoke Chicken on Spinach Florentine Bagel	11.1 oz	314	610	200	23	11	0.5	110	1220	61	5	7	44		X	X	X					
Green Chile Club on Green Chile Bagel	11.3 oz	322	660	280	31	9	0	90	1800	58	3	8	24	X	X	X	X					
Italian Chicken on Potato Roll	10.5 oz	297	670	280	31	9	0	95	1410	58	6	8	44		X	X	X					
Thintastic Chicken Pesto	8.8 oz	251	480	160	17	6	0	80	940	45	5	6	37		X	X ¹	X					
Pizza Bagel Pepperoni	7.1 oz	202	530	200	23	12	0	55	1340	59	2	7	27		X	X ¹	X					
Pizza Bagel Cheese	6.4 oz	183	440	120	14	8	0	40	1000	58	2	7	23		X	X ¹	X					
Original Bagel Dog	6.8 oz	193	530	230	26	10	1	45	1310	57	2	5	19			X	X					
Asiago Bagel Dog	7.3 oz	207	580	270	29	12	1	60	1440	57	2	5	24		X	X	X					
EBL Hot Sandwiches * Items available only at License Locations																						
Italian Chicken Tostini *	10.7 oz	304	680	280	31	9	0	95	1350	62	8	8	45		X	X	X					
Thintastic Buffalo Chicken *	9.7 oz	275	430	110	12	7	0	85	1180	50	4	8	32		X	X	X					
Turkey Club Tostini *	11.3 oz	320	690	280	32	8	0	85	1880	62	9	9	24	X	X	X	X					
Buffalo Chicken & Bacon Tostini *	9.6 oz	273	620	200	22	8	0	100	1790	60	8	8	46	X	X	X	X					
BBQ Chicken Tostini *	8.8 oz	250	530	110	12	5	0	80	1010	68	8	15	39		X	X	X					
Roasted Veggie Tostini *	8.2 oz	232	490	170	19	10	0	45	930	63	9	8	21		X	X	X					
Pizza Bagel Cheese *	6.6 oz	186	450	120	14	8	0	40	1070	62	5	7	24		X	X	X					
Pizza Bagel Pepperoni *	7.3 oz	207	540	200	23	11	0	55	1420	62	5	8	28		X	X	X					
Sides																						
EBB Barbeque Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2									
EBB Original Kettle Chips	1.2 oz	35	180	90	10	1	0	0	170	21	2	0	2									
EBB Jalapeño Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2									
Redskin Potato Salad	4.0 oz	113	220	140	15	2.5	0	10	490	17	2	1	2	X		X ¹						
Fruit and yogurt parfait	10.5 oz	298	200	20	2	0	0	5	115	38	4	24	8		X		X	X	Almonds, Aspartame			
Greek yogurt parfait with Honey	7.2 oz	205	270	20	2.5	0	0	5	95	49	2	37	16		X		X	X	Almonds			
Fruit Cup	4.0 oz	113	50	0	0	0	0	0	10	13	1	11	1									
Salads																						
Strawberry Chicken, No Dressing	9.7 oz	276	220	60	6	1	0	40	170	24	5	15	19		X	X	X ¹	X	Almonds			
Chicken Caesar, No Dressing	8.0 oz	227	210	60	6	3	0	55	380	18	3	3	22		X	X	X ¹	X	Anchovies			
Sweets																						
Coffee Cake, Chocolate Chip	4.4 oz	125	550	230	25	10	0	5	190	81	1	34	4	X	X	X	X					
Cookie, Chocolate Chunk	2.7 oz	78	390	180	20	9	0	0	310	51	1	30	4	X	X	X	X					
Cookie, Iced Sugar	3.9 oz	111	470	140	16	7	0	25	280	79	1	47	5	X	X	X	X					
Muffin, Cinnamon Chip	4.7 oz	134	500	200	23	6	0	80	420	70	1	47	6	X	X	X	X					
Muffin, Blueberry 4 oz	4.5 oz	127	420	180	20	4	0	80	440	57	1	32	6	X	X	X	X					
Brownie	2.7 oz	76	330	160	17	5	0	25	190	45	2	29	4	X	X	X	X					
Pastry, Cherry	5.1 oz	145	380	120	14	8	0	45	290	60	3	28	6	X	X	X	X					
Muffin, Chocolate Chip	4.5 oz	127	460	200	22	6	0	80	430	62	2	36	6	X	X	X	X					
Cinnamon Twist	3.1 oz	88	360	140	16	6	0	0	250	50	2	24	4			X	X					
Strudel, Cinnamon Walnut	6.0 oz	170	640	320	35	11	0	30	500	71	4	32	10	X	X	X	X	X	Walnuts			
Cinnamon Sugar Bagel Cluster	4.1 oz	116	390	60	7	1.5	0	0	460	74	2	29	8	X	X	X	X					
Cinnamon Sugar Popper	4.7 oz	133	430	90	10	4	0	15	570	77	3	29	10	X	X	X	X					
Cookie, Heavenly Chocolate Chip 3.5	3.5 oz	99	460	220	24	13	0	65	290	58	2	33	5	X	X	X	X					
Cookie, Mini Heavenly Chocolate Chip EBB	8.7 oz	248	1150	550	61	32	1	160	720	146	5	84	14	X	X	X	X					
Chocolate Chip Cookie Poppers (EBL)	5.3 oz	149	690	330	37	19	0.5	95	430	87	3	50	8	X	X	X	X					
Cookie, Trail Mix	3.5 oz	99	410	160	17	7	0	50	260	58	5	29	7	X	X	X	X		Almonds			
Cookie, Chocolate Lava	2.5 oz	72	310	130	15	8	0	60	60	46	1	39	4	X	X	X	X					
Cookie, Honey Roasted Peanut	3.5 oz	99	360	160	17	8	0	40	310	46	2	26	6	X	X	X	X	X	Peanuts			
Pastry, Mini Hazelnut	1.2 oz	33	140	120	60	2.5	0	0	65	17	1	10	1	X	X	X	X	X	Hazelnuts			
Cookie, Black and White Mini	1.0 oz	28	110	30	3.5	0.5	0	10	50	19	0	16	1	X	X	X	X					
Cupcake, Celebration	2.3 oz	66	280	150	17	10	0	55	170	33	0	24	2	X	X	X	X					
Chevy Marshmallow Bar*	2.1 oz	60	250	45	5	3	0	15	240	49	0	26	2		X							
Cinnamon Twist Poppers*	3.1 oz	88	360	140	16	6	0	0	250	50	2	24	4			X	X	X				
Lemon Poppy Seed	4.1 oz	116	370	150	16	5	0	90	350	52	1	29	5	X	X	X	X					
Cookie, Snickerdoodle	3.0 oz	85	420	180	20	9	0	0	310	59	1	37	4	X	X	X	X	X	Almonds			

Updated September 15th, 2017	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info		
Signature (made with 2% milk) *Available on menu at license locations only																								
Vanilla Hazelnut Latte, Hot	12 fl oz	220	60	7	4	0	25	0	32	0	32	8												
	16 fl oz	290	70	8	5	0	30	0	45	0	44	10		X					X				Hazelnuts	
	20 fl oz	340	70	8	5	0	35	0	57	0	55	11												
Vanilla Hazelnut Latte, Iced	16 fl oz	220	30	3.5	2	0	15	0	40	0	39	6												
	24 fl oz	300	50	5	3.5	0	20	5	55	0	53	10		X					X					Hazelnuts
Vanilla Hazelnut Latte, Frozen	16 fl oz	350	90	10	6	0	35	60	64	0	62	3												
	24 fl oz	500	120	13	8	0	45	95	93	0	91	4		X					X					Hazelnuts
Vanilla Latte, Hot	12 fl oz	180	40	4.5	3	0	20	0	26	0	25	8												
	16 fl oz	230	50	6	3.5	0	25	0	34	0	33	10		X										
	20 fl oz	270	60	7	4	0	25	0	41	0	40	12												
Vanilla Latte, Iced	16 fl oz	220	50	5	3.5	0	20	5	33	0	32	10												
	24 fl oz	300	60	7	4.5	0	30	5	48	0	46	13		X										
Vanilla Latte, Frozen	16 fl oz	310	90	10	6	0	35	65	53	0	52	3												
	24 fl oz	400	110	12	7	0	40	85	72	0	70	4		X										
White Chocolate Mocha, Hot	12 fl oz	280	70	8	5	0	30	95	42	0	39	9												
	16 fl oz	360	90	10	6	0	35	135	58	0	53	12		X										
	20 fl oz	440	100	11	7	0	40	180	73	0	67	14												
White Chocolate Mocha, Iced	16 fl oz	420	140	16	9	0	60	160	61	0	56	10												
	24 fl oz	580	170	18	11	0	70	240	91	0	84	14		X										
White Chocolate Mocha, Frozen	16 fl oz	400	100	12	7	0	40	190	71	0	67	4												
	24 fl oz	680	160	17	10	0	60	320	126	0	118	7		X										
Caramel Macchiato, Hot	12 fl oz	270	70	7	4.5	0	30	85	43	0	39	9												
	16 fl oz	360	80	9	6	0	35	120	59	0	54	12		X										
	20 fl oz	440	90	10	6	0	40	150	74	0	67	14												
Caramel Macchiato, Iced	16 fl oz	370	130	15	9	0	55	105	50	0	46	10												
	24 fl oz	480	150	17	11	0	65	140	67	0	62	14		X										
Caramel Macchiato, Frozen	16 fl oz	420	100	11	7	0	40	180	77	0	71	5												
	24 fl oz	700	150	16	10	0	60	300	131	0	123	8		X										
Hazelnut Mocha, Hot	12 fl oz	280	60	7	4.5	0	25	15	46	1	41	9												
	16 fl oz	330	80	8	5	0	30	15	54	1	50	11		X					X					Hazelnuts
	20 fl oz	430	90	10	6	0	35	25	73	2	67	13												
Hazelnut Mocha, Iced	16 fl oz	290	80	9	5	0	35	15	45	1	42	8												
	24 fl oz	400	90	10	6	0	40	20	66	1	61	10		X					X					Hazelnuts
Hazelnut Mocha, Frozen	16 fl oz	350	90	10	6	0	35	65	64	1	61	3												
	24 fl oz	520	120	13	8	0	45	110	98	1	93	5		X					X					Hazelnuts
Classic (made with 2% milk)																								
Latte, Hot	12 fl oz	120	40	4.5	3	0	20	0	11	0	11	8												
	16 fl oz	150	50	6	3.5	0	25	0	14	0	14	10		X										
	20 fl oz	170	60	7	4	0	25	0	17	0	16	12												
Latte Iced	16 fl oz	140	50	5	3.5	0	20	0	14	0	13	10												
	24 fl oz	190	60	7	4.5	0	30	5	18	0	18	13		X										
Latte Frozen	16 fl oz	300	110	12	7	0	45	90	46	0	45	4												
	24 fl oz	410	140	15	9	0	55	125	65	0	64	5		X										
Mocha, Hot	12 fl oz	270	70	8	4.5	0	25	25	43	2	36	9												
	16 fl oz	350	80	9	5	0	30	35	59	2	50	12		x										
Mocha, Iced	16 fl oz	410	130	15	9	0	55	45	62	2	52	10												
	24 fl oz	570	160	17	10	0	60	65	93	4	78	14		X										
Mocha, Frozen	16 fl oz	410	100	11	7	0	35	95	77	2	68	4												
	24 fl oz	680	150	16	10	0	50	170	132	3	117	7		X										
Chai Tea Latte, Hot	12 fl oz	200	40	4.5	3	0	20	5	31	0	30	8												
	16 fl oz	250	50	6	3.5	0	25	5	40	0	39	10		x										
Chai Tea Latte, Iced	16 fl oz	310	60	7	4.5	0	30	10	50	0	48	12												
	24 fl oz	420	70	8	5	0	35	15	60	0	57	15		X										
Chai Tea Latte, Frozen	16 fl oz	340	60	7	4.5	0	25	85	67	0	66	4												
	24 fl oz	460	90	10	6	0	35	115	90	0	88	5		X										
Cappuccino, Hot	12 fl oz	90	30	3.5	2	0	15	0	9	0	9	6												
	16 fl oz	120	45	5	3	0	20	0	12	0	12	9		x										
Cappuccino, Iced	16 fl oz	160	50	6	3.5	0	25	0	15	0	15	11												
	24 fl oz	220	60	7	4	0	25	5	17	0	16	12		X										
Cappuccino, Frozen	16 fl oz	270	70	8	5	0	25	85	47	0	46	4												
	24 fl oz	410	110	12	7	0	40	130	71	0	70	6		X										
Vanilla Hazelnut Blender	18 fl oz	350	90	10	6	0	35	65	64	0	62	3		X										Hazelnuts
	18 fl oz	480	100	11	7	0	40	220	90	0	83	5		X										Hazelnuts
Smoothies & Juice																								
Strawberry Banana Smoothie	18 fl oz	400	5	0.5	0	0	0	130	97	1	83	5			X									
	18 fl oz	390	5	0.5	0	0	0	95	97	1	88	3			X									
Mixed Berry Smoothie	16 fl oz	230	15	1.5	0	0	0	0	54	0	48	4												
	24 fl oz	340	20	2	0	0	0	0	81	0	72	5												
Lemonade	16 fl oz	170	0	0	0	0	0	10	47	0	43	0												
	24 fl oz	260	0	0	0	0	0	20	70	0	65	0												
Strawberry Lemonade	16 fl oz	220	0	0	0	0	0	10	58	0	53	0												
	24 fl oz	310	0	0	0	0	0	20	82	2	71	0												
Blended Strawberry Lemonade *	16 fl oz	470	0	0	0	0	0	10	123															

Updated September 15th, 2017	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
Coffee, Hot Tea & Cocoa																						
Coffee (R, M, L)	12-20oz	355ml-	5	0	0	0	0	0	0	0	0	0	0									
Coffee Decaf. (R, M, L)	12-20oz	355ml- 591ml	5	0	0	0	0	0	0	0	0	0	0									
Iced Coffee (Medium and Large)	16 fl oz-24 fl oz	473 ml- 709 ml	5	0	0	0	0	0	0	0	0	0	0									
Hot Tea	16 fl oz-24 fl oz	473 ml- 709 ml	5	0	0	0	0	0	0	0	0	0	0									
Black Tea, Unsweeted	20 fl oz	591ml	0	0	0	0	0	0	10	0	0	0	0									
	30 fl oz	887ml	0	0	0	0	0	0	15	0	0	0	0									
Black Tea, Sweet	20 fl oz	591ml	160	0	0	0	0	0	10	42	0	42	0									
	30 fl oz	887ml	250	0	0	0	0	0	15	63	0	63	0									
Passion Fruit Mango	20 fl oz	591ml	30	0	0	0	0	0	10	7	0	7	0									
	30 fl oz	887ml	45	0	0	0	0	0	15	11	0	11	0									
Hot White Chocolate	12 fl oz	355 ml	300	90	10	6	0	40	100	43	0	39	9									
	16 fl oz	473 ml	390	110	12	7	0	45	140	59	0	54	12		X							
Hot Cocoa	20 fl oz	591ml	470	120	13	8	0	50	180	74	0	68	14									
	12 fl oz	355 ml	270	70	7	4.5	0	25	25	43	2	36	9									
Hot Cocoa	16 fl oz	473 ml	350	80	9	5	0	30	35	59	2	50	12		X							
	20 fl oz	591ml	430	90	10	6	0	35	40	74	3	63	14									

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 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.