



Einstein Bros.® Bagels

Ingredient & Nutritional 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. A 2,000 calorie daily diet is used as the basis of 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. If you have any questions please call 1.800.BAGEL.ME. For assistance.

Last item update: 2/15/2011

Einstein Bros. Nutritional Information																	
	Serving Size	Weight (g.); unless otherwise stated	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.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Bagel Thin																	
Plain	1 bagel	54	140	10	1	0	0	0	240	25	1	2	4	0	2	0	8
Honey Whole Wheat	1 bagel	54	140	15	1.5	0	0	0	230	27	4	4	5	0	0	2	8
Everything	1 bagel	54	150	15	2	0	0	0	390	25	1	2	4	0	2	0	8
Classic Bagels																	
Plain	1 bagel	101	260	10	1	0	0	0	460	56	2	5	9	0	0	2	20
Honey Whole Wheat	1 bagel	103	260	10	1	0	0	0	440	57	3	8	9	0	0	2	15
Signature Flavors of Bagels																	
Asiago Cheese	1 bagel	115	310	50	5	3	0	15	630	56	2	5	14	0	0	20	20
Black Russian	1 bagel	112	280	30	3.5	0	0	0	520	57	3	4	11	0	8	4	20
Blueberry	1 bagel	108	300	10	1	0	0	0	480	65	3	11	10	0	0	2	20
Chocolate Chip	1 bagel	108	290	25	2.5	1	0	0	430	58	3	10	9	0	0	2	20
Cinnamon Raisin	1 bagel	108	290	10	1	0	0	0	450	63	3	13	10	0	0	4	20
Cinnamon Sugar	1 bagel	110	290	20	2.5	0.5	0.5	0	480	63	2	12	9	2	0	4	20
Cranberry	1 bagel	108	270	10	1	0	0	0	420	60	2	12	9	0	0	2	15
Egg	1 bagel	101	300	45	5	1.5	0	120	490	54	2	6	12	0	0	4	20
Everything	1 bagel	105	270	20	2	0	0	0	620	56	2	5	9	0	0	2	20
Garlic	1 bagel	105	270	20	2.5	0	0	0	460	56	2	5	9	0	0	2	20
Good Grains	1 bagel	106	280	20	2.5	0	0	0	440	58	3	8	10	0	0	2	20
Onion	1 bagel	105	270	10	1	0	0	0	460	59	2	5	9	0	0	2	20
Poppy	1 bagel	105	280	25	3	0	0	0	460	56	2	5	9	0	0	2	20
Potato	1 bagel	100	270	35	4	0.5	0	0	500	52	2	5	8	0	0	2	15
Pumpnickel	1 bagel	101	240	10	1.5	0	0	0	490	53	3	4	9	0	8	4	15
Salt	1 bagel	105	260	10	1	0	0	0	1850	56	2	5	9	0	0	2	20
Sesame	1 bagel	105	280	25	3	0	0	0	460	56	2	5	10	0	0	2	20
Gourmet Bagels																	
Dutch Apple	1 bagel	134	350	60	7	2	0	0	530	66	3	15	8	0	2	2	15
Green Chile	1 bagel	155	350	70	8	4.5	0	25	680	58	2	6	15	8	20	20	20
Power Bagel	1 bagel	113	310	45	5	0.5	0	0	280	61	4	16	11	0	0	4	20
Six-Cheese	1 bagel	122	330	60	6	3.5	0	15	650	56	2	5	15	2	0	20	20
Spinach Florentine	1 bagel	134	340	70	8	4	0	20	590	57	2	5	15	30	6	20	20
Bread Specialty																	
Challah Roll	2.75 oz	78	210	30	3	0.5	0	10	260	39	1	5	8	0	10	2	15
Ciabatta Bread	4.25oz	120	300	30	3.5	0	0	0	640	58	2	1	0	0	0	0	4
Multi Grain Bread	1 Slice	49	130	20	2.5	0	0	0	220	23	2	3	5	0	6	0	8
Cream Cheese Schmear																	
Onion and Chive	1.25 oz	35	120	11	11	7	0	35	105	5	0	2	7	0	0	0	0
Plain	1.25 oz	35	120	110	12	8	0	35	115	2	0	2	2	8	0	0	0
Smoked Salmon ²	1.25 oz	35	110	100	11	6	0	35	210	4	0	2	2	4	0	0	0
Reduced Fat Cream Cheese Schmeat																	
Blueberry	1.25 oz	35	120	80	9	6	0	25	90	11	0	9	2	4	0	0	0
Garden Vegetable	1.25 oz	35	110	80	9	6	0	25	180	5	0	2	2	15	4	4	0
Garlic Herb	1.25 oz	35	110	90	9	6	0	25	180	5	0	2	2	8	0	0	0
Honey Almond	1.25 oz	35	120	80	9	5	0	25	80	11	0	7	2	8	0	4	0
Jalapeno Salsa	1.25 oz	35	110	80	9	6	0	25	190	5	0	2	2	8	0	0	0
Plain	1.25oz	35	110	80	9	6	0	25	180	4	0	2	2	8	0	0	0
Strawberry	1.25 oz	35	120	80	9	6	0	25	90	9	0	7	2	4	0	0	0
Sundried Tomato Basil	1.25 oz	35	110	80	9	6	0	0	180	4	0	2	2	4	0	0	0
Light Cream Cheese Schmeat																	
Light Whipped Plain Cream Cheese	1.25 oz	35	80	50	6	4	0	20	200	4	2	3	3	6	0	6	0
Coffee																	
Coffee (R, M, L)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee Decaf. (R, M, L)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee, Specialty																	
Espresso Single	2 oz	59 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Espresso Double	4 oz	118 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Regular	12 fl oz	355 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Medium	16 fl oz	473 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Large	20 fl oz	591 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cafe Latte Regular (nonfat milk)	12 fl oz	355 ml	100	0	0	0	0	5	160	15	0	15	11	15	6	40	2
Cafe Latte Medium (nonfat milk)	16 fl oz	473 ml	120	5	0.5	0	0	5	190	18	0	18	14	15	6	45	2
Cafe Latte Large (nonfat milk)	20 fl oz	591ml	160	5	0.5	0	0	5	250	24	0	24	18	20	8	60	2
Cafe Latte, Regular (red. fat milk)	12 fl oz	355 ml	150	60	7	4	0	25	160	15	0	15	10	15	6	40	2
Cafe Latte, Medium (red. fat milk)	16 fl oz	473 ml	180	70	8	5	0	30	190	18	0	18	12	15	6	45	2
Cafe Latte, Large (red. fat milk)	20 fl oz	591ml	240	90	11	6	0	40	250	24	0	24	16	20	8	60	2
Cafe Latte, Regular (whole milk)	12 fl oz	355 ml	190	90	10	6	0	30	130	15	0	15	10	10	0	35	2
Cafe Latte, Medium (whole milk)	16 fl oz	473 ml	220	110	12	7	0	35	160	18	0	18	12	10	0	40	2
Cafe Latte, Large (whole milk)	20 fl oz	591ml	300	150	16	9	0	50	210	23	0	23	15	15	0	60	2
Cappuccino, Regular (nonfat milk)	12 fl oz	355 ml	70	0	0	0	0	5	115	11	0	11	8	10	4	35	2
Cappuccino, Medium (nonfat milk)	16 fl oz	473 ml	90	5	0.5	0	0	5	140	13	0	13	10	10	6	35	2
Cappuccino, Large (nonfat milk)	20 fl oz	591 ml	120	5	0.5	0	0	5	180	18	0	18	13	15	6	45	2
Cappuccino, Regular (red. fat milk)	12 fl oz	355 ml	90	30	3.5	2	0	15	95	9	0	8	6	10	2	20	0
Cappuccino Medium (red. fat milk)	16 fl oz	473 ml	130	50	6	3.5	0	20	135	13	0	13	9	10	6	30	2
Cappuccino, Large (red. fat milk)	20 fl oz	591 ml	170	70	8	4.5	0	30	180	17	0	17	11	15	6	45	2
Cappuccino, Regular (whole milk)	12 fl oz	355 ml	140	70	8	4.5	0	25	100	11	0	11	7	8	0	25	2

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Cappuccino, Medium (whole milk)	16 fl oz	473 ml	170	80	9	5	0	25	120	13	0	13	9	8	0	30	2
Cappuccino, Large (whole milk)	20 fl oz	591 ml	220	110	12	7	0	35	160	18	0	18	12	10	0	40	2
Mocha, Regular (nonfat milk)	12 fl oz	355 ml	180	0	0	0	0	5	160	37	0	32	9	10	4	30	2
Mocha Medium (nonfat milk)	15 fl oz	473 ml	290	5	0.5	0	0	5	200	64	0	54	11	10	6	35	6
Mocha Large (nonfat milk)	20 fl oz	591 ml	330	5	0.5	0	0	5	260	69	0	60	16	15	6	50	6
Mocha, Regular (red. fat milk)	12 fl oz	355 ml	220	50	5	3	0	20	150	37	0	32	8	10	4	30	2
Mocha, Medium (red. fat milk)	16 fl oz	473 ml	340	60	6	4	0	25	200	63	0	53	10	10	6	35	6
Mocha, Large (red. fat milk)	20 fl oz	591 ml	400	80	9	5	0	35	260	69	0	59	13	15	8	50	6
Mocha, Regular (whole milk)	12 fl oz	355 ml	260	80	9	5	0	25	135	37	0	32	8	8	0	30	4
Mocha, Medium (whole milk)	16 fl oz	473 ml	380	90	10	6	0	30	180	63	0	54	10	10	0	35	6
Mocha, Large (whole milk)	20 fl oz	591 ml	460	130	14	8	0	45	230	69	0	59	13	15	0	50	6
Caramel, Macchiato, Regular (nonfat milk)	12 fl oz	355 ml	260	0	0	0	0	5	210	55	0	50	10	10	4	30	0
Caramel, Macchiato, Medium (nonfat milk)	16 fl oz	473 ml	380	0	0	0	0	5	250	84	0	79	12	15	6	40	0
Caramel, Macchiato, Large (nonfat milk)	20 fl oz	591 ml	410	0	0	0	0	5	280	88	0	82	15	15	6	50	0
Caramel, Macchiato, Regular (red. fat milk)	12 fl oz	355 ml	290	45	5	3	0	20	200	55	0	50	8	10	4	30	0
Caramel, Macchiato, Medium (red. fat milk)	16 fl oz	473 ml	430	60	6	4	0	25	240	83	0	78	11	15	6	40	0
Caramel, Macchiato, Large (red. fat milk)	20 fl oz	591 ml	460	70	8	4.5	0	30	280	87	0	82	13	15	6	50	0
Caramel, Macchiato, Regular (whole milk)	12 fl oz	355 ml	300	80	8	5	0	25	180	49	0	43	9	8	0	30	2
Caramel, Macchiato, Medium (whole milk)	16 fl oz	473 ml	420	100	11	6	0	30	210	70	0	65	11	10	0	40	2
Caramel, Macchiato, Large (whole milk)	20 fl oz	591 ml	460	120	13	8	0	40	250	74	0	69	13	15	0	45	2
Other Hot Beverages																	
Chai Tea Latte, Regular (nonfat milk)	12 fl oz	355ml	210	0	0	0	0	0	65	47	0	45	3	4	2	10	0
Chai Tea Latte, Medium (nonfat milk)	16 fl oz	473 ml	270	0	0	0	0	0	85	63	0	60	4	4	2	15	0
Chai Tea Latte, Large (nonfat milk)	20 fl oz	591 ml	340	0	0	0	0	0	105	79	0	75	6	6	2	20	0
Chai Tea Latte, Regular (red. fat milk)	12 fl oz	355ml	220	15	2	1	0	5	65	47	0	45	3	4	2	10	0
Chai Tea Latte, Medium (red. fat milk)	16 fl oz	473 ml	290	20	2.5	1.5	0	10	85	63	0	60	4	4	2	15	0
Chai Tea Latte, Large (red. fat milk)	20 fl oz	591 ml	360	25	3	2	0	10	105	78	0	75	5	6	2	20	0
Chai Tea Latte, Regular (whole milk)	12 fl oz	355 ml	230	25	3	1.5	0	10	55	47	0	45	3	2	0	10	0
Chai Tea Latte, Medium (whole milk)	16 fl oz	473ml	310	35	4	2.5	0	10	75	63	0	60	4	4	0	15	0
Chai Tea Latte, Large, (whole milk)	20 fl oz	591 ml	380	40	4.5	2.5	0	15	90	78	0	74	4	4	0	15	0
Hot Chocolate, Regular (nonfat milk)	12 fl oz	355 ml	220	20	2	1	0	5	330	37	1	36	12	15	6	40	0
Hot Chocolate, Medium (nonfat milk)	16 fl oz	473 ml	280	20	2.5	1	0	5	410	46	1	45	17	20	8	60	0
Hot Chocolate, Large (nonfat milk)	20 fl oz	591ml	330	25	2.5	1.5	0	5	500	55	1	54	22	25	10	70	0
Hot Chocolate, Regular (red. fat milk)	12 fl oz	355 ml	270	70	8	5	0	25	330	37	1	36	11	15	6	40	0
Hot Chocolate, Medium (red. fat milk)	16 fl oz	473 ml	350	100	11	6	0	35	410	46	1	45	15	20	8	60	0
Hot Chocolate, Large (red. fat milk)	20 fl oz	591ml	410	120	13	8	0	45	490	54	1	53	18	20	8	70	0
Hot Chocolate, Regular (whole milk)	12 fl oz	355 ml	320	120	13	7	0	35	310	38	1	37	12	10	0	40	0
Hot Chocolate, Medium (whole milk)	16 fl oz	473 ml	420	150	17	10	0	45	390	47	1	46	16	15	0	60	0
Hot Chocolate, Large (whole milk)	20 fl oz	591 ml	490	190	21	12	0.5	60	440	53	1	52	19	20	0	70	0
Iced Specialty Coffee																	
Iced Americano (Medium and Large)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee (Medium and Large)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Latte, Medium (nonfat milk)	16 fl oz	473 ml	60	5	0	0	0	0	100	9	0	9	7	8	4	25	2
Iced Latte, Large (nonfat milk)	24 fl oz	709 ml	90	5	0.5	0	0	5	150	14	0	14	10	10	6	35	2
Iced Latte, Medium (red. fat milk)	16 fl oz	473 ml	90	35	4	2.5	0	15	95	9	0	9	6	8	4	25	2
Iced Latte, Large (red. fat milk)	24 fl oz	709 ml	140	60	6	3.5	0	25	140	14	0	14	9	10	6	35	2
Iced Latte, Medium (whole milk)	16 fl oz	473 ml	110	60	6	3.5	0	20	80	9	0	9	6	6	0	20	2
Iced Latte, Large (whole milk)	24 fl oz	709 ml	170	90	10	5	0	30	120	13	0	13	9	8	0	30	2
Iced Mocha, Medium (nonfat milk)	16 fl oz	473 ml	180	5	0	0	0	0	120	39	0	33	6	6	4	20	4
Iced Mocha, Large (nonfat milk)	24 fl oz	709 ml	270	5	0	0	0	5	180	58	0	49	9	10	6	30	6
Iced Mocha, Medium (red. fat milk)	16 fl oz	473 ml	200	35	3.5	2	0	15	115	39	0	33	5	6	4	20	4
Iced Mocha, Large (red. fat milk)	24 fl oz	709 ml	310	50	6	3.5	0	20	180	58	0	49	8	10	4	30	6
Iced Mocha, Medium (whole milk)	16 fl oz	473 ml	220	50	6	3.5	0	15	100	37	0	32	5	6	0	20	4
Iced Mocha, Large (whole milk)	24 fl oz	473 ml	330	80	9	5	0	25	150	56	0	47	8	8	0	30	6
Coffee Extras																	
Light Whipped Cream	2 Tbsp.	30 ml	35	20	2.5	2.5	0	5	0	2	0	2	0	0	0	0	0
On Top Reduced Fat Topping	2 Tbsp.	30 ml	20	10	1.5	1	0	0	5	2	0	2	0	0	0	0	0
Syrup, Blackberry	1 fl oz	30ml	80	0	0	0	0	0	0	19	0	19	0	0	0	0	0
Syrup, Caramel	1 fl oz	30 ml	70	0	0	0	0	0	0	18	0	18	0	0	0	0	0
Syrup, Chocolate	1 fl oz	30 ml	70	0	0	0	0	0	20	18	0	15	0	0	0	0	0
Syrup, Hazelnut	1 fl oz	30 ml	60	0	0	0	0	0	5	16	0	16	0	0	0	0	0
Syrup, Strawberry	1 fl oz	30 ml	100	0	0	0	0	0	0	25	0	25	0	0	0	0	0
Syrup, Vanilla	1 fl oz	30 ml	70	0	0	0	0	0	0	18	0	18	0	0	0	0	0
Syrup, Vanilla, Sugar Free	1 fl oz	30ml	0	0	0	0	0	0	0	3	0	0	0	0	0	0	0
Topping, Caramel Plate Scrapers	2 tbsp	39 g	100	0	0	0	0	0	110	25	0	20	1	0	0	0	0
Half & Half	1 fl oz	30ml	40	30	3	2	0	15	25	1	0	1	1	2	0	4	0
Skim Milk	8 fl oz	237ml	80	0	0	0	0	5	140	15	0	13	7	10	2	25	0
Whole Milk	8 fl oz	237ml	150	70	8	4.5	0	25	100	11	0	11	8	4	0	30	0
Frozen Blended Drinks																	
Café Mocha	18 fl oz	532 ml	510	70	8	2.5	0	40	160	102	0	64	7	0	0	25	4
Café Caramel	18 fl oz	532 ml	520	80	9	2.5	0	45	140	100	0	66	8	0	0	25	0
Strawberries & Crème	18 fl oz	532 ml	450	170	19	14	0	65	95	75	3	64	6	35	160	15	4
Wild Berry	18 fl oz	532 ml	350	25	3	1.5	0	5	90	77	5	62	5	0	190	20	4
Fountain Beverages																	
Barq's Root Beer	20 oz	591 ml	260	0	0	0	0	0	120	75	0	75	0	0	0	0	0

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Barq's Root Beer	32 oz	946 ml	430	0	0	0	0	0	190	120	0	120	0	0	0	0	0
Coca-Cola	20 oz	591 ml	230	0	0	0	0	0	75	65	0	65	0	0	0	0	0
Coca-Cola	32 oz	946 ml	370	0	0	0	0	0	120	104	0	104	0	0	0	0	0
Cherry Coca-Cola	20 oz	591 ml	250	0	0	0	0	0	60	70	0	70	0	0	0	0	0
Cherry Coca-Cola	32 oz	946 ml	400	0	0	0	0	0	95	112	0	112	0	0	0	0	0
Diet Coke	20 oz	591 ml	0	0	0	0	0	0	70	0	0	0	0	0	0	0	0
Diet Coke	32 oz	946 ml	0	0	0	0	0	0	110	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke	20 oz	591 ml	0	0	0	0	0	0	70	0	0	0	0	0	0	0	0
Caffeine Free Diet Coke	32 oz	946 ml	0	0	0	0	0	0	110	0	0	0	0	0	0	0	0
Fanta Orange	20 oz	591 ml	270	0	0	0	0	0	90	73	0	73	0	0	0	0	0
Fanta Orange	32 oz	946 ml	430	0	0	0	0	0	150	117	0	117	0	0	0	0	0
Hi-C Fruit Punch	20 oz	591 ml	270	0	0	0	0	0	44	74	0	74	0	0	100	0	0
Hi-C Fruit Punch	32 oz	946 ml	430	0	0	0	0	0	71	119	0	119	0	0	100	0	0
Minute Maid Lemonade Lite	20 oz	591 ml	40	0	0	0	0	0	38	10	0	5	0	0	0	0	0
Minute Maid Lemonade Lite	32 oz	946 ml	60	0	0	0	0	0	60	16	0	8	0	0	0	0	0
Pibb Xtra	20 oz	591 ml	250	0	0	0	0	0	70	65	0	65	0	0	0	0	0
Pibb Xtra	32 oz	946 ml	400	0	0	0	0	0	120	104	0	104	0	0	0	0	0
Nestea Iced Tea Raspberry	20 oz	591 ml	225	0	0	0	0	0	23	53	0	0	0	0	0	0	0
Nestea Iced Tea Raspberry	32 oz	946 ml	360	0	0	0	0	0	36	84	0	0	0	0	0	0	0
Nestea Iced Tea Unsweetened	20 oz	591 ml	0	0	0	0	0	0	38	0	0	0	0	0	0	0	0
Nestea Iced Tea Unsweetened	32 oz	946 ml	0	0	0	0	0	0	60	0	0	0	0	0	0	0	0
Sprite	20 oz	591 ml	230	0	0	0	0	0	108	63	0	63	0	0	0	0	0
Sprite	32 oz	946 ml	370	0	0	0	0	0	173	101	0	101	0	0	0	0	0
Fanta Cherry Shot	1 oz	29 ml	3	0	0	0	0	0	6	0	0	0	0	0	0	0	0
Poured Beverages																	
Lemonade	16 fl oz	473ml	140	0	0	0	0	0	10	39	0	36	0	0	30	0	0
Lemonade	24 fl oz	709 ml	210	0	0	0	0	0	15	58	0	54	0	0	45	2	0
Blackberry Lemonade	16 fl oz	473ml	230	0	0	0	0	0	10	61	0	58	0	0	30	0	0
Blackberry Lemonade	24 fl oz	709 ml	350	0	0	0	0	0	15	91	0	87	0	0	40	2	0
Orange Juice	16 fl oz	473 ml	220	0	0	0	0	0	0	52	0	52	4	20	420	4	4
Orange Juice	24 fl oz	709 ml	330	0	0	0	0	0	0	78	0	78	6	30	630	6	6
Spontaneitea Green Tea	16 fl oz	473ml	45	0	0	0	0	0	0	12	0	12	0	0	0	0	0
Spontaneitea Green Tea	24 fl oz	709 ml	70	0	0	0	0	0	0	18	0	18	0	0	0	0	0
Tropical Berry Tea	16 fl oz	473ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tropical Berry Tea	24 fl oz	709 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sides																	
Fruit Cup	5 oz	142	60	0	0	0	0	0	10	16	2	14	1	30	70	2	2
Fruit Salad	11 oz	312	140	0	0	0	0	0	25	36	3	30	2	70	160	4	4
Activia Fruit and Yogurt Parfait	8 oz	230	220	35	4	1.5	0	5	120	42	3	30	7	4	45	25	4
Bagel Croutons	1 oz	28	90	40	4.5	1	0	0	250	12	0	1	2	4	0	0	4
Potato Salad	3 oz	85	160	110	12	2.5	0	10	360	13	1	1	1	2	4	0	2
Candied Walnuts	1.5 oz	43	260	190	22	0	0	0	20	9	3	7	4	2	0	2	4
Egg Sandwiches																	
Bacon & Cheddar	9.0oz	254	580	220	24	11	0	410	1030	59	2	8	33	15	0	30	30
Turkey Sausage & Cheddar	10 oz	280	580	210	24	10	0	425	990	59	2	8	37	15	0	30	30
Ham & Swiss	10 oz	278	550	20	20	9	0	415	780	59	2	8	36	15	0	35	30
Spinach, Mushroom & Swiss	10 oz	297	560	210	24	10	0	395	940	61	3	8	31	70	15	40	30
Cheese Only	8 oz	240	510	180	20	9	0	395	810	58	2	7	29	15	0	30	25
Nova Lox & Bagel ²	9 oz	267	480	160	18	9	0	45	930	62	3	10	23	15	10	4	20
Whole Egg	4 oz	120	180	110	12	5	0	375	230	2	0	2	15	10	0	15	10
Egg White	2 oz	56	30	0	0	0	0	0	90	1	0	0	6	0	0	0	0
Egg Paninis																	
Spinach & Bacon	12 oz	348	830	420	47	16	0.5	435	1610	65	5	4	31	70	15	50	20
Southwest Turkey Sausage	12 oz	346	680	260	29	12	0	435	1360	64	4	5	32	20	20	40	20
Breakfast Wraps																	
Santa Fe	12 oz	345	720	340	37	15	0	445	1400	60	6	8	37	25	4	60	30
Spicy Elmo	11 oz	318	720	360	40	17	0	435	1050	56	6	6	34	20	15	70	25
Signature Sandwiches																	
Tasty Turkey on Asiago Bagel	13 oz	377	540	160	18	10	0	90	1450	66	4	9	37	40	20	25	20
Club Mex on Challah	11 oz	302	740	440	48	11	0.5	105	1610	44	2	8	36	35	30	15	15
Veg Out on Sesame Seed Bagel	10 oz	296	420	110	12	6	0	25	650	68	5	9	15	45	25	10	25
Nova Lox & Bagel ²	9 oz	267	480	160	18	9	0	45	930	62	3	10	23	15	10	4	20
Lunch Paninis																	
Italian Chicken	13 oz	370	820	370	41	13	1	135	2510	65	5	3	38	45	50	30	15
Turkey Club	13 oz	376	790	370	41	11.0	0.5	100	2200	66	6	5	34	45	20	30	10
Deli Sandwiches																	
Turkey Breast	11 oz	308	590	260	29	7	1	70	1550	53	4	7	34	30	30	20	20
Ham	11 oz	307	610	270	31	8	1	75	920	56	4	9	29	30	30	15	25
Albacore Tuna Salad	9 oz	268	390	110	12	2	0	25	710	50	4	7	30	30	30	6	45
Chicken Salad	10 oz	274	480	150	17	2.5	0	75	780	56	6	12	29	30	20	4	25
Wraps																	
Chipotle Turkey Wrap	13 oz	376	750	340	38	13	0	85	2030	71	9	12	35	50	25	45	20
California Chicken Wrap	16 oz	442	720	320	35	11	0	130	1330	66	9	7	38	45	25	35	25
Sandwich Fillings																	
Cheese, American	0.66 oz	19	70	50	6	3.5	0	15	340	1	0	0	4	6	0	10	0

Einstein Bros. Nutritional Information

	Serving Size	Weight (g.); unless otherwise stated	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.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Cheese, Swiss	0.66 oz	19	70	50	6	3.5	0	20	85	0	0	0	5	4	0	20	0
Cheese, Medium Cheddar	0.66 oz	19	80	60	6	4	0	20	120	0	0	0	5	4	0	15	0
Cheese, Monterey Jack with Jalapeno Peppers	0.66 oz	19	70	50	5	3.5	0	20	160	0	0	0	5	4	4	15	0
Cheese, Mozzarella	0.66 oz	19	50	35	3.5	2.5	0	10	135	0	2	0	4	2	0	10	0
Cheese Provolone	0.66 oz	19	70	45	5	3	0	15	160	0	0	0	5	4	0	15	0
Cheese, Gorgonzola	1 oz	28	100	80	9	5	0	25	260	0	0	0	7	6	0	20	0
Cold Smoked Salmon ²	2 oz	57	80	40	4.5	1	0	10	250	0	0	1	12	0	0	0	0
Chicken Salad	4 oz	113	210	120	14	2.5	0	75	480	2	0	1	18	2	4	2	6
Chicken Breast	4 oz	113	130	30	3.5	1	0	90	560	1	0	0	24	0	2	2	6
Ham	2.7 oz	77	80	2	2	0.5	0	40	990	2	0	2	13	0	0	0	2
Thick Cut Bacon- Pork	2 oz	14	60	45	4.5	1.5	0	15	220	1	0	1	4	0	0	0	0
Tuna Salad	4 oz	113	120	70	8	1.5	0	25	260	2	1	1	19	10	8	4	30
Turkey Bacon	0.5 oz	14	60	35	3.5	1	0	15	280	1	0	1	5	0	0	0	2
Turkey - Oven Roasted	3 oz.	85	80	15	1.5	0	0	40	700	0	0	0	18	0	0	0	0
Turkey Sausage	1.4 oz	40	70	35	4	1	0	30	180	1	0	1	8	0	0	0	4
Thick Cut Bacon	2 oz	14	60	45	4.5	1.5	0	15	220	1	0	1	4	0	0	0	0
Condiments & Spreads																	
Ancho Mayo	1.5 oz	43	310	300	33	5	0	25	260	1	0	1	0	0	0	0	0
Ancho Lime Salsa	1.5 oz	43	20	5	0.5	0	0	0	470	3	0	2	0	2	0	0	0
Butter Blend	1 oz	28	170	170	18	5	0	0	220	0	0	0	0	20	0	0	0
Creamy Mustard Spread	1.5oz	43	270	260	29	4.5	0	20	220	2	0	1	0	0	2	0	2
Deli Mustard	1 tsp.	5	5	0	0	0	0	0	65	0	0	0	0	0	2	0	0
Honey Butter	1 oz	28	140	110	12	3.5	0	0	140	8	0	7	0	15	0	0	0
Hummus	1 oz	28	70	25	3	0	0	0	150	6	4	0	4	0	0	0	2
Peanut Butter, Creamy	2 oz	57	330	260	28	6	1	5	260	12	4	5	14	0	0	2	6
Spicy Roasted Tomato Spread	1.5 oz	43	210	200	22	3.5	0	20	330	4	1	1	1	2	2	0	0
Whole Kosher Pickle	1	50	5	0	0	0	0	0	650	1	1	0	0	2	0	0	0
Yellow Mustard	1 Tbsp	5	0	0	0	0	0	0	80	0	0	0	0	0	0	0	0
Bagel Dogs																	
Original Hebrew National	7 oz	190	540	240	27	11	1	50	1320	56	2	5	20	0	0	2	50
Asiago Hebrew National	7 oz	194	550	250	28	12	1	55	1360	56	2	5	21	0	0	6	50
Chicken Apple Sausage Aidells	5 oz	135	290	110	13	4	0	0	850	30	1	6	17	0	4	2	40
Open Face Deli Melts																	
Turkey & Cheddar	9 oz	266	490	130	15	8	0	75	1400	58	3	6	37	15	10	30	20
Ham & Swiss	9 oz	257	480	130	15	8	0	80	630	60	3	8	33	15	10	40	20
Pizza Bagels																	
Pepperoni	6 oz	181	450	140	15	9	0	45	1090	59	3	7	23	6	4	35	20
Cheese Only	6 oz	172	400	100	11	7	0	35	950	59	3	7	22	6	4	35	20
Salads (and Half Salads)																	
Bros Bistro Salad	10.5 oz	298	820	610	68	11	1	25	520	37	7	29	15	160	35	30	10
Half Bros Bistro Salad	5.3 oz	149	410	300	34	5	0.5	15	160	19	3	15	7	60	20	15	6
Bros Bistro Salad with Chicken	14.5 oz	411	950	640	71	12	1	115	1080	39	7	29	39	160	40	30	20
Half Bros Bistro Salad with Chicken	7.3 oz	206	470	320	36	6	0.5	55	540	19	4	14	20	80	20	15	8
Chipotle Salad	11.7 oz	331	590	340	37	8	0.5	20	1480	52	11	14	13	170	60	25	15
Half Chipotle Salad	5.8 oz	165	290	170	19	4	0	10	740	26	5	7	7	90	30	15	8
Chipotle Salad with Chicken	15.7 oz	444	720	370	41	9	1	110	2040	54	11	15	38	170	60	30	20
Half Chicken Chipotle Salad	7.8 oz	221	360	180	20	4.5	0	55	1020	27	5	7	19	90	30	15	10
Caesar Salad	9.5 oz	269	600	470	53	11	0	40	1410	22	4	5	13	160	35	25	10
Half Caesar Salad	4.5 oz	128	280	230	25	5	0	20	640	8	2	2	6	80	20	10	4
Caesar Salad with Chicken	14 oz	383	730	500	56	12	0	130	1980	23	4	5	38	160	40	25	15
Half Caesar Salad with Chicken	6.5 oz	184	340	240	27	6	0	65	930	9	2	2	18	80	20	10	8
Salad Dressings																	
Caesar Dressing	3 oz.	85	410	400	44	7	0	25	960	3	0	3	3	0	0	0	0
Chipotle Vinaigrette	3 oz.	85	290	240	26	4	0.5	0	1180	13	1	11	0	6	8	4	4
Raspberry Vinaigrette	3 oz.	85	410	400	44	7	0	25	960	3	0	3	3	0	0	0	0
Soups																	
Chicken Noodle (Cup)	8.75oz	248	120	30	3.5	0	0	15	950	13	2	1	9	50	4	2	4
Chicken Noodle Bowl	14 oz	397	180	50	6	1.5	0	45	1210	21	2	2	8	80	6	4	6
Turkey Chili (Cup)	8.75 oz	248	170	45	5	0	0	25	890	17	5	5	15	15	25	10	15
Turkey Chili (Bowl)	14 oz	397	280	70	8	0	0	40	1430	28	8	8	24	25	40	15	25
Broccoli Cheese (Cup)	8.75 oz	248	290	190	21	12	0	55	1190	15	2	5	13	30	60	35	4
Broccoli Cheese (Bowl)	8.75 oz	397	470	300	33	19	1	85	1910	24	3	9	21	50	100	60	6
The Lighter Side- Breakfast																	
Bacon & Cheese Bagel Thin Panini	6 oz	178	400	180	20	11	0	60	870	31	4	4	26	10	0	30	10
Turkey Sausage with Salsa Bagel Thin	6 oz	165	240	50	6	1	0	30	650	30	4	6	19	0	0	2	10
Asparagus, Mushroom & Swiss Bagel Thin	6 oz	174	290	120	13	5	0	25	590	30	5	5	18	8	2	25	10
Fruit Salad	11 oz	312	140	0	0	0	0	0	25	36	3	30	2	70	160	4	4
Activia Yogurt Parfait	8 oz	227	220	35	4	1.5	0	5	120	42	3	30	7	4	45	25	4
The Lighter Side- Lunch																	
BLT with Avocado Bagel Thin	7 oz	189	400	230	25	4.5	0	30	730	35	7	7	11	30	20	4	10
Turkey Bagel Thin	8 oz	217	270	60	6	2.5	0	50	1010	32	2	5	25	35	15	4	10
Tuna Bagel Thin	8 oz	231	320	140	16	2.5	0	30	650	32	5	7	22	40	20	8	40
Turkey Tornado Wrap	7 oz	196	270	80	3.5	0	0	35	760	33	5	4	15	35	15	20	10
Turkey Chili Bowl	14 oz	397	280	70	8	0	0	40	1430	28	8	8	24	25	40	15	25
Bagel Poppers																	

Einstein Bros. Nutritional Information

	Serving Size	Weight (g); unless otherwise stated	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.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Cinnamon Sugar	5 oz	153	450	80	9	2	0	0	600	85	4	29	10	6	20	4	20
Pretzel with Nacho Cheese	5 oz	145	320	70	8	2	1	5	1240	55	2	6	9	0	0	2	15
Sweet Cream Cheese	6 oz	162	440	60	7	2	0	5	570	85	3	30	10	2	15	2	20
Sweets																	
Apple Cinnamon Coffee Cake	7 oz	188	700	260	28	10	0	5	280	108	1	57	5	6	2	8	10
Mixed Berry Coffee Cake	7 oz	195	710	260	29	10	0	5	270	110	2	59	5	6	2	8	10
Chocolate Chip Coffee Cake	6.4 oz	181	800	320	36	14	0	5	270	114	3	62	6	6	2	8	25
Chocolate Mudslide Cookie	2.8 oz	78	320	150	17	9	0	60	75	46	1	38	4	4	0	2	10
Chocolate Chip Cookie	2.75 oz	78	360	160	18	9	0	15	290	48	2	29	4	15	0	2	15
Iced Sugar Cookie	3.7 oz	106	480	130	15	6	0	25	260	76	1	46	4	15	0	0	10
Marshmallow Crispy Treat	4 oz	111	410	60	7	2	0	0	125	86	0	37	5	20	15	0	70
Oatmeal Raisin Cookie	3 oz	78	320	90	11	5	0	25	310	54	2	31	5	0	0	2	10
Blueberry Muffin	5 oz	142	480	210	23	2.5	0	100	500	64	1	35	7	4	0	6	6
Strawberry White Chocolate Muffin	6 oz	156	500	200	22	4.5	0	85	460	71	1	44	6	2	0	6	6
Double Chocolate Muffin	5 oz	128	440	220	24	3	0	90	510	54	2	32	7	2	0	6	8
Cinnamon Twist	4 oz	108	380	200	22	10	0	0	125	41	2	18	5	0	0	4	10
Cinnamon Walnut Strudel	5 oz	143	560	310	35	15	0	30	430	55	3	22	8	10	10	6	15

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Bagel Thins		
Plain Bagel Thin	Enriched wheat, unbleached flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, wheat gluten, salt, contains less than 2% of the following: yeast, vegetable oil (canola or soybean), molasses, malt, DATEM, mono and diglycerides, ascorbic acid, L. Cysteine hydrochloride, enzyme (wheat).	Soy ¹ , Wheat, *
Honey Whole Wheat	Whole wheat flour (degermed), water, honey, brown sugar, high fructose corn syrup, oats, sunflower seeds, wheat gluten, yeast, salt, millet, flax seeds, contains less than 2% of the following: vegetable oil (canola and or soybean), cracked wheat, molasses, malt, DATEM, mono and diglycerides, ascorbic acid, lactic acid, cultured wheat, starch, L. Cysteine hydrochloride, enzyme (wheat).	Soy ¹ , Wheat, *
Everything	Enriched wheat, unbleached flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, wheat gluten, salt, contains less than 2% of the following: yeast, vegetable oil (canola or soybean), molasses, malt, DATEM, mono and diglycerides, ascorbic acid, L. Cysteine hydrochloride, enzyme (wheat), everything spice mix (poppy seeds, sesame seeds, onion, garlic, caraway seeds, salt).	Soy ¹ , Wheat, *
Classic Bagels		
Plain	Enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid), cornmeal.	Soy ¹ , Wheat, *
Honey Whole Wheat	Enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, honey, brown sugar, yeast, wheat gluten, salt, molasses, malt barley flour, soy oil, hydrolyzed wheat gluten, ascorbic acid, enzyme, L. Cysteine, cornmeal.	Soy ¹ , Wheat, *
Signature Flavors of Bagels		
Asiago Cheese	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], Caesar Cheese Blend (Parmesan cheese [pasteurized part skim milk, cheese culture, salt, enzymes], Romano cheese [pasteurized milk, cheese culture, salt, rennet], Asiago cheese [pasteurized part skim milk, cheese culture, salt, rennet] and corn flour/cellulose [an anticaking agent]), Cornmeal .	Milk, Soy ¹ , Wheat, *
Black Russian	Pumpernickel Bagel (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, rye flour, high fructose corn syrup, contains 2% or less of: wheat gluten, yeast, spices, minced onion salt, whole grain rye meal, molasses powder [molasses, wheat starch, silicon dioxide, soy lecithin], caramel color [sulfites], malted barley flour, sugar, lactic acid, soybean oil, silicon dioxide [flow aid], diacetyl tartaric acid esters of mono and diglycerides, wheat flour, L-cysteine hydrochloride, calcium sulfate, enzymes, cornmeal), Sesame Seeds .	Milk, Soy ¹ , Wheat, *
Blueberry	Blueberry Bagel (Enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, blueberry bits [sugar, cranberries, blueberry juice from concentrate, grape juice concentrate, sunflower oil], high fructose corn syrup, blueberries, yeast, wheat gluten, salt, molasses, natural flavor, malt barley flour, soy oil, hydrolyzed wheat gluten, ascorbic acid, enzyme, L-cysteine), Cornmeal .	Soy ¹ , Wheat, *
Chocolate Chip	Chocolate Chip Bagel (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, chocolate chips [sugar, chocolate liquor, cocoa butter, soya lecithin {added as an emulsifier}, vanilla {an artificial flavoring}], liquid sugar [high fructose corn syrup, malt, brown sugar molasses], wheat gluten, yeast, salt, cocoa [processed with alkali], dough conditioner [corn flour, ammonium sulfate, L. Cysteine, fungal protease and amylase], molasses, L. cysteine, diacetyl tartaric acid esters of mono -diglycerides [DATEM], ascorbic acid, mono -diglycerides, enzyme), Cornmeal .	Soy, Wheat, *
Cinnamon Raisin	Cinnamon Raisin Bagel (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], water, raisins, high fructose corn syrup, wheat gluten, yeast, salt, molasses, cinnamon, malt barley flour, caramel color [contains sulfiting agents], soy oil, hydrolyzed wheat gluten, ascorbic acid, enzyme, L. Cysteine), Cornmeal .	Soy ¹ , Wheat, *
Cinnamon Sugar	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Cinnamon Sugar Blend (sugar, cinnamon), Butter and Margarine Blend (vegetable oil blend [liquid soybean, palm, palm kernel], water, buttermilk, salt, butter [cream, salt], vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene [color]), Cornmeal .	Milk, Soy, Wheat, *
Cranberry	Cranberry Bagel (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], water, dried cranberries [cranberries, sugar, sunflower oil], high fructose corn syrup, cranberry bits [wheat flour, sugar, wheat fiber concentrate, soybean oil, natural flavor, wheat starch, red 40, blue 2], wheat gluten, yeast, salt, molasses, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine), Cornmeal .	Soy ¹ , Wheat, *
Egg	Egg Bagel (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], water, high fructose corn syrup, eggs, soy oil, salt, yeast, molasses, wheat gluten, corn flour, malt barley flour, turmeric, mono-diglycerides, ascorbic acid, enzyme, L. Cysteine, paprika, natural and artificial flavor), Cornmeal .	Eggs, Soy ¹ , Wheat, *
Everything	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid]) Processed in a facility which also processes tree nuts, Cornmeal , Everything Spice Mix (poppy seeds, sesame seeds, onion, garlic, caraway seeds, salt).	Soy ¹ , Wheat, *
Good Grains	Honey Whole Wheat Bagel (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], water, whole wheat flour, honey, brown sugar, yeast, wheat gluten, salt, molasses, malt barley flour, soy oil, hydrolyzed wheat gluten, ascorbic acid, enzyme, L. Cysteine), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds), Cornmeal .	Soy ¹ , Wheat, *
Onion	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Dehydrated Onion .	Soy ¹ , Wheat, *
Poppy	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Poppy Seed .	Soy ¹ , Wheat, *
Potato	Potato Bagel (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides [DATEM], ascorbic acid, mono-diglycerides, enzyme, L. Cysteine), Flour .	Soy ¹ , Wheat, *
Pumpernickel	Pumpernickel Bagel (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, rye flour, high fructose corn syrup, contains 2% or less of: wheat gluten, yeast, spices, minced onion salt, whole grain rye meal, molasses powder [molasses, wheat starch, silicon dioxide, soy lecithin], caramel color [sulfites], malted barley flour, sugar, lactic acid, soybean oil, silicon dioxide [flow aid], diacetyl tartaric acid esters of mono and diglycerides, wheat flour, L. Cysteine hydrochloride, calcium sulfate, enzymes), Cornmeal .	Soy, Wheat, *
Salt	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid]), Salt, Cornmeal .	Soy ¹ , Wheat, *
Sesame	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid]), Sesame Seed, Cornmeal .	Soy ¹ , Wheat, *
Gourmet Bagels		
Dutch Apple	Potato Bagel (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides [DATEM], ascorbic acid, mono-diglycerides, enzyme, L. Cysteine), Roasted Fuji Apples (apples, brown sugar, sugar, modified corn starch, salt, cinnamon, caramel color, spice, ascorbic acid, citric acid), Streusel Topping (wheat flour, sugar, vegetable shortening [palm oil, soybean oil], margarine [soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate], vanilla, salt), Cinnamon Crunch Topping (raw washed sugar, refined granulated sugar, cinnamon, canola oil).	Wheat, Soy, *
Green Chile	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid]), Green Chiles, Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Three Cheese Blend (low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke flavoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Cornmeal .	Milk, Soy ¹ , Wheat, *

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Power	Power Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, raisins, rye flakes, dried cranberries [cranberries, sugar, sunflower oil], sunflower seeds, honey, high fructose corn syrup, yeast, wheat gluten, walnuts, whole wheat flour, rye meal, salt, rye flour, cinnamon, sesame seed, oatmeal, corn meal, barley flakes, millet, molasses, malt, sugar, diacetyl tartaric acid esters of mono-diglycerides [DATEM], ascorbic acid, mono-diglycerides, lactic acid, acetic acid, enzyme, malt barley flour, L. Cysteine).	Wheat, Tree Nuts (Walnuts)
Six-Cheese	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid]), Three Cheese Blend (low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke flavoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Caesar Cheese Blend (Parmesan cheese [pasteurized part skim milk, cheese culture, salt, enzymes], Romano cheese [pasteurized milk, cheese culture, salt, rennet], Asiago cheese [pasteurized part skim milk, cheese culture, salt, rennet] and corn flour/cellulose [an anticaking agent]), Cornmeal .	Milk, Soy ¹ , Wheat, *
Spinach Florentine	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid]), Swiss Cheese (cultured milk, salt, enzymes), spinach, cornmeal, whipped garlic butter blend (butter and margarine blend [vegetable oil blend {liquid soybean, palm, palm kernel}], water, buttermilk, salt, butter [cream, salt], vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene [color]), water, iodized salt, minced garlic [water, minced garlic], black pepper).	Milk, Soy, Wheat, *
Bread Specialty		
Challah Roll	Challah Roll (enriched wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, eggs, sugar, yeast, soybean oil, salt, seasonings [specially processed corn flour, spice oils (turmeric, paprika), mono and diglycerides, soy lecithin], dough conditioner [dextrose, DATEM, ascorbic acid, enzyme]).	Egg, Soy, Wheat
Ciabatta Bread	Ciabatta (flour [unbleached wheat flour, barley, malt], water, olive oil, salt, yeast).	Wheat
Multi Grain Bread	Multigrain Bread (enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme], water, whole wheat flour [degermed], honey, high fructose corn syrup, rolled oats, sunflower seeds, millet, flax seed, wheat gluten, contains less than 2% or less of the following: wheat bran, yeast, salt, cracked wheat, dextrose, malt flour, natural dehydrated sour dough [rye flour, bacterial culture], soy lecithin, enzymes, ascorbic acid), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds), Cornmeal .	Wheat, Soy,****
Cream Cheese Schmea		
Whipped Onion and Chive	Pasteurized milk and cream, maltodextrin, water, dehydrated onion, cheese culture, salt, dried chives, stabilizers (carob bean, xanthan and/or guar gums), dehydrated garlic, natamycin (natural mold inhibitor).	Milk
Whipped Plain	Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums), natamycin (a natural mold inhibitor).	Milk
Whipped Smoked Salmon	Pasteurized milk and cream, smoked salmon, maltodextrin, salt, cheese culture, smoked salmon powder, sugar, monosodium glutamate, stabilizers (carob bean and/or xanthan gum and/or guar gums), natural flavor, dill weed, yellow 6, and red 40 (colors), artificial color, natamycin (a natural mold inhibitor).	Fish (Salmon), Milk
Reduced Fat Cream Cheese Schmea		
Whipped Blueberry Reduced Fat	Pasteurized milk and cream, sugar, maltodextrin, blueberries, high fructose corn syrup, cheese culture, salt, blueberry juice solids, cranberries, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, vanilla, cellulose gum, natural flavor, natamycin (a natural mold inhibitor).	Milk
Whipped Garlic Herb Reduced Fat	Pasteurized milk and cream, maltodextrin, dried garlic, water, salt, cheese culture, sodium citrate, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, dried spice, dried parsley, dried chervil, chives, dried dill weed, cellulose gum, enzymes, natamycin (a natural mold inhibitor).	Milk
Whipped Garden Vegetable Reduced Fat	Pasteurized milk and cream, maltodextrin, water, dried carrots, dried bell peppers, salt, cheese culture, dried celery, sodium citrate, dried onions, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, natural flavors, potassium sorbate (preservative), calcium chloride, onions, garlic, natamycin (a natural mold inhibitor).	Milk
Whipped Honey Almond Reduced Fat	Pasteurized milk and cream, honey, maltodextrin, almonds, sugar, water, cheese culture, modified food starch, salt, stabilizers (carob bean and/or xanthan and/or guar gums), potassium sorbate (preservative), citric acid, natamycin (a natural mold inhibitor).	Milk, Tree Nuts (Almonds)
Whipped Jalapeno Salsa Reduced Fat	Pasteurized milk and cream, maltodextrin, jalapeno peppers, diced tomatoes, water, dried red peppers, tomato puree, salt, dried jalapeno peppers, cheese culture, vinegar, stabilizers (carob bean and/or xanthan gum and/or guar gums), calcium chloride, onions, garlic, natamycin (a natural mold inhibitor).	Milk
Whipped Plain Reduced Fat	Pasteurized milk and cream, skim milk, maltodextrin, cheese culture, sodium citrate, salt, stabilizers (carob bean and/or xanthan and/or guar gums), modified food starch, vitamin A palmitate, natamycin (a natural mold inhibitor).	Milk
Whipped Strawberry Reduced Fat	Pasteurized milk and cream, sugar, maltodextrin, strawberries, water, cheese culture, salt, modified food starch, stabilizers (carob bean and/or xanthan and/or guar gums), cellulose gel, natural flavors, potassium sorbate (preservative), cellulose gum, red 40 (color), natamycin (a natural mold inhibitor).	Milk
Whipped Sun Dried Tomato Basil Reduced Fat	Pasteurized milk and cream, water, sun-dried tomatoes, dried garlic, salt, cheese culture, stabilizers (carob bean and/or xanthan and/or guar gums), basil, red pepper, sulfur dioxide (preservative), natamycin (a natural mold inhibitor).	Milk
Light Cream Cheese Schmea		
Whipped Plain	Pasteurized milk and cream, water, nonfat dry milk, inulin, whey protein concentrate, modified food starch, sodium citrate, salt, cheese culture, lactic acid, stabilizers (carob bean and/or xanthan and/or guar gums), natural flavors, enzymes, vitamin A palmitate, natamycin (a natural mold inhibitor).	Milk
Coffee		
Coffee	Water, coffee, caffeine.	None
Coffee Decaffeinated	Water and coffee.	None
Coffee Specialty		
Espresso Single	Espresso.	None
Espresso Double	Espresso.	None
Americano	Water, espresso, caffeine.	None
Café Latte (nonfat milk)	Fat free milk (nonfat milk, Vitamins A & D), espresso, caffeine.	Milk
Café Latte (red. fat milk)	Reduced fat milk (reduced fat milk, Vitamins A & D), espresso, caffeine.	Milk
Café Latte (whole milk)	Whole milk (milk, Vitamin D), espresso, caffeine.	Milk
Cappuccino (nonfat milk)	Fat free milk (nonfat milk, Vitamins A & D), espresso, caffeine.	Milk
Cappuccino (red. fat milk)	Reduced fat milk (reduced fat milk, Vitamins A & D), espresso, caffeine.	Milk
Cappuccino (whole milk)	Whole milk (milk, Vitamin D), espresso, caffeine.	Milk
Mocha (nonfat milk)	Fat free milk (nonfat milk, Vitamins A & D), Espresso, Chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of: potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin [an artificial flavoring]), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa [Dutch processed with alkali]), Caffeine .	Milk
Mocha (red. fat milk)	Reduced fat milk (reduced fat milk, Vitamins A & D), Espresso, Chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of: potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin [an artificial flavoring]), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa [Dutch processed with alkali]), Caffeine .	Milk
Mocha (whole milk)	Whole milk (milk, Vitamin D), Espresso, Chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of: potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin [an artificial flavoring]), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa [Dutch processed with alkali]), Caffeine .	Milk
Caramel Macchiato (nonfat milk)	Skim milk (nonfat milk, Vitamins A & D), Espresso, Vanilla syrup (vanilla sugar, water, natural and artificial flavor, potassium sorbate as preservative, citric acid, caramel color), Caramel topping (corn syrup, high fructose corn syrup, water, nonfat milk, fructose, modified corn starch, whey protein concentrate, natural and artificial flavors [contains soy], salt, hydrolyzed oat flour, sodium citrate, caramel color, potassium sorbate as preservative, yellow 6, artificial flavor, red 40), Caffeine .	Milk, Soy
Caramel Macchiato (red. fat milk)	Reduced fat milk (reduced fat milk, Vitamins A & D), Espresso, Vanilla syrup (vanilla sugar, water, natural and artificial flavor, potassium sorbate as preservative, citric acid, caramel color), Caramel topping (corn syrup, high fructose corn syrup, water, nonfat milk, fructose, modified corn starch, whey protein concentrate, natural and artificial flavors [contains soy], salt, hydrolyzed oat flour, sodium citrate, caramel color, potassium sorbate as preservative, yellow 6, artificial flavor, red 40), Caffeine .	Milk, Soy

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Caramel Macchiato (whole milk)	Whole Milk (milk, Vitamin D), Espresso , Vanilla syrup (vanilla sugar, water, natural and artificial flavor, potassium sorbate as preservative, citric acid, caramel color), Caramel topping (corn syrup, high fructose corn syrup, water, nonfat milk, fructose, modified corn starch, whey protein concentrate, natural and artificial flavors [contains soy], salt, hydrolyzed oat flour, sodium citrate, caramel color, potassium sorbate as preservative, yellow 6, artificial flavor, red 40), Caffeine .	Milk, Soy
Other Hot Beverages		
Chai Tea Latte (nonfat milk)	Chai tea concentrate (water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors), fat free milk (nonfat milk, Vitamins A & D).	Milk
Chai Tea Latte (red. fat milk)	Chai tea concentrate (water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors), reduced fat milk (reduced fat milk, Vitamins A & D).	Milk
Chai Tea Latte (whole milk)	Chai tea concentrate (water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors), whole milk (milk, Vitamin D).	Milk
Hot Chocolate, (nonfat milk)	Fat free milk (nonfat milk, Vitamins A & D), Chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of: potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin [an artificial flavoring]), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa [Dutch processed with alkali]).	Milk
Hot Chocolate, (red. fat milk)	Reduced fat milk (reduced fat milk, Vitamins A & D), Chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of: potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin [an artificial flavoring]), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa [Dutch processed with alkali]).	Milk
Hot Chocolate (whole milk)	Whole milk (milk Vitamin D), Chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of: potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin [an artificial flavoring]), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa [Dutch processed with alkali]).	Milk
Iced Specialty Coffee		
Iced Americano	Water, espresso, caffeine.	None
Iced Coffee	Water, ice, coffee, caffeine.	None
Iced Latte (nonfat milk)	Fat free milk (nonfat milk, Vitamins A & D), ice, espresso, caffeine.	Milk
Iced Latte (red. fat milk)	Reduced fat milk (reduced fat milk, Vitamins A & D), ice, espresso, caffeine.	Milk
Iced Latte (whole milk)	Whole milk (milk, Vitamin D), ice, espresso, caffeine.	Milk
Iced Mocha (nonfat milk)	Skim milk , Espresso , Chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of: potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin [an artificial flavoring]), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa [Dutch processed with alkali]), Ice , Caffeine .	Milk
Iced Mocha (red. fat milk)	Reduced fat milk (reduced fat milk, Vitamins A & D), Espresso , Chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of: potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin [an artificial flavoring]), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa [Dutch processed with alkali]), Ice , Caffeine .	Milk
Iced Mocha (whole milk)	Whole Milk (milk, Vitamin D), Espresso , Chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa, contains 2% or less of: potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin [an artificial flavoring]), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa [Dutch processed with alkali]), Ice , Caffeine .	Milk
Coffee Extras		
Light Whipped Cream	Cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols (vitamin E) to protect flavor, beta carotene (color), propellant: nitrous oxide.	Milk
On Top Reduced Fat Topping	Skim milk (nonfat milk, vitamin A palmitate, vitamin D3), partially hydrogenated palm kernel oil, water, high fructose corn syrup, contains less than 2% of the following: sodium caseinate (a milk derivative), artificial flavor, polysorbate 60, sorbitan monostearate, xanthan gum, disodium phosphate, guar gum, sodium hexametaphosphate, colored with turmeric and annatto extracts.	Milk
Syrup, Blackberry	Pure cane sugar, water, natural and artificial blackberry flavor, water, citric acid, potassium sorbate (preservative).	None
Syrup, Caramel	Pure cane sugar, water, natural caramel flavor, potassium sorbate (preservative).	None
Syrup, Chocolate	High fructose corn syrup, corn syrup, sugar, water, cocoa, sugar, contains 2% or less of: potassium sorbate (preservative), salt, mono and diglycerides, xanthan gum, polysorbate 60, vanillin, artificial flavor.	None
Syrup, Hazelnut	Pure cane sugar, water, natural and artificial hazelnut flavor, concentrated lemon juice, salt, potassium sorbate (preservative), caramel (color).	None
Syrup, Strawberry	Pure cane sugar, strawberry flavor, natural strawberry flavor, citric acid, potassium sorbate (preservative), FD&C, Red 40.	None
Syrup, Vanilla	Pure cane sugar, water, natural vanilla extract, natural vanilla flavoring, potassium sorbate (preservative).	None
Syrup, Vanilla, Sugar Free	Water, erythritol, natural vanilla extract, cellulose gum, artificial vanilla flavor, sucralose, citric acid, potassium sorbate (preservative).	None
Topping Caramel Plate Scrapers	Corn syrup, high fructose corn syrup, nonfat milk, fructose, modified corn starch, contains 2% or less of whey protein concentrate, natural and artificial flavors (contains milk and soy), salt, potassium sorbate and sodium benzoate (preservative), sodium citrate, sodium phosphate, xanthan gum, caramel color, vanillin [artificial flavor], yellow 6, red 40	Milk, Soy
Half & Half	Milk and cream.	Milk
Skim Milk	Fat free milk.	Milk
Whole Milk	Milk.	Milk
Frozen Blended Drinks		
Café Caramel	Ice , Cappuccino base (condensed skim milk, liquid sugar [sugar, water], cream, milk, corn syrup, less than 2% of each of the following: maltodextrin, espresso concentrate, skim milk, whey [a milk derivative], natural flavors, guar gum, sodium citrate, disodium phosphate, locust bean gum, carrageenan, dextrose, and ascorbic acid [vitamin C]), Whipped Cream (milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols [vitamin E] to protect flavor, beta carotene [color], propellant: nitrous oxide), Caramel Topping (corn syrup, high fructose corn syrup, nonfat milk, fructose, modified corn starch, contains 2% or less of whey protein concentrate, natural and artificial flavors [contains milk and soy], salt, potassium sorbate and sodium benzoate [preservative], sodium citrate, sodium phosphate, xanthan gum, caramel color, vanillin [artificial flavor], yellow 6, red 40).	Milk, Soy
Café Mocha	Ice , Cappuccino base (condensed skim milk, liquid sugar [sugar, water], cream, milk, corn syrup, less than 2% of each of the following: maltodextrin, espresso concentrate, skim milk, whey [a milk derivative], natural flavors, guar gum, sodium citrate, disodium phosphate, locust bean gum, carrageenan, dextrose, and ascorbic acid [vitamin C]), Whipped Cream (milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols [vitamin E] to protect flavor, beta carotene [color], propellant: nitrous oxide), Whipped Cream (cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols [vitamin E] to protect flavor, beta carotene (color), propellant: nitrous oxide).	Milk
Strawberry	Ice , strawberry mix (strawberries, water, sugar, red extract [fruit extract for color]), lime concentrate, lemon concentrate, citric acid, natural flavor, ascorbic acid [vitamin C]), Ice Cream Base (cream, condensed skim milk, sugar, corn syrup, milk, non-fat dry milk powder, contains less than one percent of the following: natural flavor, guar gum, sodium citrate, disodium phosphate, locust bean gum, dextrose, ascorbic acid [vitamin C]), Whipped Cream (cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols [vitamin E] to protect flavor, beta carotene [color], propellant: nitrous oxide).	Milk
Wild Berry	Ice , strawberry mix (strawberries, water, sugar, red extract [fruit extract for color]), lime concentrate, lemon concentrate, citric acid, natural flavor, ascorbic acid [vitamin C]), Yogurt (cultured Grade A reduced fat milk, fructose, water, sugar, contains less than 1% of whey protein concentrate, corn starch, modified corn starch, kosher gelatin, natural vanilla flavor, malic acid, sodium citrate), Blueberries .	Milk
Fountain Beverages		
Barq's Root Beer	High fructose corn syrup, water, caramel color, sodium benzoate (to protect taste), citric acid, caffeine, artificial and natural flavors, acacia	None
Cherry Coca Cola	Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, natural flavors, caffeine.	None
Coca-Cola	Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, natural flavors, caffeine.	None
Diet Coca-Cola	Carbonated water, caramel color, aspartame, phosphoric acid, potassium benzoate (to protect taste), natural flavors, citric acid, caffeine. Phenylketonurics: Contains phenylalanine.	None

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Diet Coke - Caffeine Free	Carbonated water, caramel color, aspartame, phosphoric acid, potassium benzoate (to protect taste), natural flavors, citric acid. Phenylketonurics: Contains phenylalanine.	None
Fanta Orange	Carbonated water, high fructose corn syrup, citric acid, sodium benzoate (to protect taste), natural flavors, modified food starch, sodium polyphosphates, glycerol ester or rosin, yellow #6, brominated vegetable oil, red #40.	None
Hi-C Fruit Punch	Pure filtered water, sweeteners (high fructose corn syrup, sugar), orange and pineapple juices from concentrate, less than 0.5% of vitamin C (ascorbic acid), citric acid (provides tartness), natural and artificial flavors.	None
Minute Maid Lemonade Lite	Contains pure filtered water, lemon juice from concentrate, less than 2% of: vitamin C (ascorbic acid), natural flavors, citric acid (provides tartness), potassium citrate, glycerol ester of wood rosin, modified corn starch, high fructose corn syrup, aspartame, acesulfame potassium. Phenylketonurics: contains phenylalanine	None
Nestea Raspberry Iced Tea	High fructose corn syrup, water, citric acid, concentrated tea from tea leaves, natural flavors, potassium citrate, sodium benzoate (to protect taste).	None
Nestea Unsweetened Iced Tea	Premium brewed blend of black teas using filtered water, tea concentrate, ascorbic acid, sodium benzoate.	None
Pibb Xtra	Carbonated water, high fructose corn syrup, caramel color, natural and artificial flavors, phosphoric acid, potassium benzoate (to protect taste), caffeine, monosodium phosphate, lactic acid.	None
Sprite	Carbonated water, high fructose corn syrup, citric acid, natural flavors, sodium citrate, sodium benzoate (to protect taste).	None
Poured Beverages		
Lemonade Blackberry	Water, lemonade concentrate (sweeteners [high fructose corn syrup, sugar] pure filtered water, concentrated lemon juice, natural flavors), blackberry syrup (pure cane sugar, blackberry flavor, natural flavoring, potassium sorbate [preservative]).	None
Orange Juice	Orange juice from concentrate.	None
Spontaneitea	Water, green tea (green tea, ginseng, Hawaiian pineapple flavor, cherry sour flavor, and orange flavor), sugar.	None
Tropical Berry Iced Tea	Water, black tea, jasmine, cranberry flavor, and Hawaiian pineapple flavor.	None
Sides		
Activia Fruit and Yogurt Parfait	Yogurt (cultured Grade A reduced fat milk, fructose, water, sugar, contains less than 1% of whey protein concentrate, corn starch, modified corn starch, kosher gelatin, natural vanilla flavor, malic acid, sodium citrate), Strawberries, Blueberries, Granola (whole oats, whole grain wheat, sugar, corn syrup, rice, almonds, molasses, modified corn starch, high fructose corn syrup, palm oil, salt, cinnamon, nonfat dry milk, natural and artificial flavor, polyglycerol esters of mono- and diglycerides, malt flavor, niacinamide, zinc oxide, ascorbic acid [vitamin C], reduced iron, guar gum, BHT [preservative], riboflavin [vitamin B2], vitamin A palmitate, folic acid, thiamin hydrochloride [vitamin B1], vitamin B12 and vitamin D).	Milk, Tree Nuts (Almonds), Wheat
Bagel Croutons	Bagel Croutons (may contain one or all of the following bagel varieties: plain bagel [enriched bleached flour {wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal], everything bagel [plain bagel {enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], everything spice mix {poppy seeds, sesame seeds, onion, garlic, caraway seeds, salt}], potato bagel [enriched unbleached flour {wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides {DATEM}, ascorbic acid, mono-diglycerides, enzyme, L. Cysteine], butter and margarine blend [vegetable oil blend {liquid soybean, palm, palm kernel}, water, buttermilk, salt, butter {cream, salt}], vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)], water, iodized salt], minced garlic [water, minced garlic], cornmeal, black pepper).	Milk, Soy, Wheat, *
Candied Walnuts	Walnuts, powdered sugar, canola/olive oil blend (canola oil, extra virgin olive oil), iodized salt, cayenne pepper.	Tree Nuts (Walnuts)
Fruit Cup/Fruit Salad	Cantaloupe, honeydew melon, grapes, pineapple, strawberries.	None
Potato Salad	Red potatoes, mayonnaise (soybean oil, water, egg yolks, vinegar, corn syrup, salt, spice, calcium disodium EDTA to protect flavor), water, celery, onion, vinegar, salt, green bell pepper, potassium sorbate and sodium benzoate to protect flavor, sugar, spice, modified corn starch, dried parsley, xanthan gum.	Egg, Soy ¹
Egg Sandwiches		
Bacon & Cheddar	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Egg mixture (eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color], three cheese blend [low moisture part-skim mozzarella cheese {cultured pasteurized part-skim milk, salt, enzymes}, provolone cheese {cultured pasteurized milk, salt, enzymes, with smoke flavoring added}, mild cheddar cheese {cultured pasteurized milk, salt, enzymes, artificial color}], potato starch and powdered cellulose added to prevent caking, natamycin {a natural mold inhibitor}], whole milk), Bacon (pork cured with water, salt, sugar, sodium diacetate, dextrose, sodium erythorbate, sodium nitrite), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color).	Egg, Milk, Soy ¹ , Wheat, *
Turkey Sausage & Cheddar	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Egg mixture (eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color], three cheese blend [low moisture part-skim mozzarella cheese {cultured pasteurized part-skim milk, salt, enzymes}, provolone cheese {cultured pasteurized milk, salt, enzymes, with smoke flavoring added}, mild cheddar cheese {cultured pasteurized milk, salt, enzymes, artificial color}], potato starch and powdered cellulose added to prevent caking, natamycin {a natural mold inhibitor}], whole milk), Turkey Sausage (turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color).	Egg, Milk, Soy ¹ , Wheat, *
Ham & Swiss	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Egg mixture (eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color], three cheese blend [low moisture part-skim mozzarella cheese {cultured pasteurized part-skim milk, salt, enzymes}, provolone cheese {cultured pasteurized milk, salt, enzymes, with smoke flavoring added}, mild cheddar cheese {cultured pasteurized milk, salt, enzymes, artificial color}], potato starch and powdered cellulose added to prevent caking, natamycin {a natural mold inhibitor}], whole milk), Ham (ham cured with water, salt, dextrose, sodium phosphates, sodium sodium erythorbate, sodium nitrite), Swiss Cheese (cultured milk, salt, enzymes).	Egg, Milk, Soy ¹ , Wheat, *
Spinach, Mushroom & Swiss	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Egg mixture (Eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color], three cheese blend [low moisture part-skim mozzarella cheese {cultured pasteurized part-skim milk, salt, enzymes}, provolone cheese {cultured pasteurized milk, salt, enzymes, with smoke flavoring added}, mild cheddar cheese {cultured pasteurized milk, salt, enzymes, artificial color}], potato starch and powdered cellulose added to prevent caking, natamycin {a natural mold inhibitor}], whole milk), Spinach Florentine Mixture (spinach, whipped garlic butter blend [butter and margarine blend {vegetable oil blend {liquid soybean, palm, palm kernel}, water, buttermilk, salt, butter {cream, salt}, vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene color}, water, iodized salt, minced garlic {water, minced garlic}, black pepper]), Mushrooms, Swiss Cheese (cultured milk, salt, enzymes).	Egg, Milk, Soy, Wheat, *
Cheese Only	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Egg mixture (eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color], three cheese blend [low moisture part-skim mozzarella cheese {cultured pasteurized part-skim milk, salt, enzymes}, provolone cheese {cultured pasteurized milk, salt, enzymes, with smoke flavoring added}, mild cheddar cheese {cultured pasteurized milk, salt, enzymes, artificial color}], potato starch and powdered cellulose added to prevent caking, natamycin {a natural mold inhibitor}], whole milk), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color).	Egg, Milk, Soy ¹ , Wheat, *
Nova Lox & Bagel ²	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Cold Smoked Salmon (Farm raised Atlantic salmon, salt, sugar, less than .02% sodium nitrite, natural hardwood smoke), Tomatoes, Cream Cheese (pasteurized milk and cream, cheese culture, salt, stabilizers [carob bean and/or xanthan and/or guar gums], natamycin [a natural mold inhibitor]), Red Onions, Capers (capers, water, vinegar, salt).	Fish (Salmon), Milk, Soy ¹ , Wheat, *
Egg Mixture	Egg mixture (eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color], three cheese blend [low moisture part-skim mozzarella cheese {cultured pasteurized part-skim milk, salt, enzymes}, provolone cheese {cultured pasteurized milk, salt, enzymes, with smoke flavoring added}, mild cheddar cheese {cultured pasteurized milk, salt, enzymes, artificial color}], potato starch and powdered cellulose added to prevent caking, natamycin {a natural mold inhibitor}], whole milk).	Egg, Milk
Egg White	Liquid egg whites, triethyl citrate added as a whipping aid.	Egg
Egg Paninis		

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Spinach and Bacon	 Ciabatta (Flour [unbleached wheat flour, barley, malt], water, olive oil, salt, yeast), Egg mixture (eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.], three cheese blend [low moisture part-skim mozzarella cheese {cultured pasteurized part-skim milk, salt, enzymes}, provolone cheese {cultured pasteurized milk, salt, enzymes, with smoke flavoring added}, mild cheddar cheese {cultured pasteurized milk, salt, enzymes, artificial color}], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), whole milk), Spinach Mixture (spinach, whipped Garlic butter blend [butter and margarine blend {vegetable oil blend {liquid soybean, palm, palm kernel}, water, buttermilk, salt, butter {cream, salt}}, vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene {color}], water, iodized salt, minced garlic [water, minced garlic], black pepper), Spicy Roasted Tomato Spread (soybean oil, water, roasted tomatoes [tomatoes, canola oil, garlic, spice, salt], olive oil, tomato paste, egg yolk, chili sauce [chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives], high fructose corn syrup, spices, distilled vinegar, salt, garlic, lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Swiss Cheese (cultured milk, salt, enzymes), Mozzarella Cheese (cultured pasteurized part-skim milk, salt, enzymes), Three Cheese Blend (low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke flavoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color]), potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Bacon (pork cured with water, salt, sugar, sodium diacetate, dextrose, sodium erythorbate, sodium nitrite).	Egg, Milk, Soy, Wheat
Southwest Turkey Sausage	 Ciabatta (Flour [unbleached wheat flour, barley, malt], water, olive oil, salt, yeast), Egg mixture (eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.], three cheese blend [low moisture part-skim mozzarella cheese {cultured pasteurized part-skim milk, salt, enzymes}, provolone cheese {cultured pasteurized milk, salt, enzymes, with smoke flavoring added}, mild cheddar cheese {cultured pasteurized milk, salt, enzymes, artificial color}], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), whole milk), Turkey Sausage (turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed), Green Chiles , Mozzarella Cheese (Cultured pasteurized part-skim milk, salt, enzymes), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes).	Egg, Milk, Wheat
 Breakfast Wraps 		
Santa Fe	 Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour [niacin, iron, thiamine, mononitrate, riboflavin, folic acid], water, soybean oil, shortening [partially hydrogenated soybean and cottonseed oils], aluminum free baking powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], calcium propionate, salt, sugar, mono-diglycerides, honey powder, fumaric acid, potassium sorbate, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes, sodium metabisulfite), Egg mixture (eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.], three cheese blend [low moisture part-skim mozzarella cheese {cultured pasteurized part-skim milk, salt, enzymes}, provolone cheese {cultured pasteurized milk, salt, enzymes, with smoke flavoring added}, mild cheddar cheese {cultured pasteurized milk, salt, enzymes, artificial color}], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), whole milk), Reduced Fat Cream Cheese with Jalapeno Salsa (pasteurized milk and cream, maltodextrin, jalapeno peppers, diced tomatoes, water, dried red peppers, tomato puree, salt, dried jalapeno peppers, cheese culture, vinegar, stabilizers [carob bean and/or xanthan gum and/or guar gums], calcium chloride, onions, garlic, natamycin [a natural mold inhibitor]), Ancho Salsa (salsa [crushed tomatoes {water, concentrated crushed tomatoes}, water, fresh jalapeno peppers, distilled vinegar, fresh onions, salt, dehydrated onions, xanthan gum, dehydrated garlic, and natural flavoring], ancho flavoring [roasted pepper puree, maltodextrin, canola oil, water, sorbitol, spices, salt, onion puree, onion powder, 2% or less of sugar, vinegar, chili, ancho and chipotle powder, modified cornstarch, citric acid, garlic powder]), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes).	Egg, Milk, Soy ¹ , Wheat,**
Spicy Elmo	 Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour [niacin, iron, thiamine, mononitrate, riboflavin, folic acid], water, soybean oil, shortening [partially hydrogenated soybean and cottonseed oils], aluminum free baking powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], calcium propionate, salt, sugar, mono-diglycerides, honey powder, fumaric acid, potassium sorbate, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes, sodium metabisulfite), Egg mixture (eggs [whole eggs, citric acid, 0.15% water added as carrier for citric acid. Citric acid added to preserve color.], three cheese blend [low moisture part-skim mozzarella cheese {cultured pasteurized part-skim milk, salt, enzymes}, provolone cheese {cultured pasteurized milk, salt, enzymes, with smoke flavoring added}, mild cheddar cheese {cultured pasteurized milk, salt, enzymes, artificial color}], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), whole milk), Green Chiles , Spicy Cream Cheese (cream cheese [pasteurized milk and cream, cheese culture, salt, stabilizers [carob bean and/or xanthan and/or guar gums], natamycin [a natural mold inhibitor]), chili paste [chili, salt, distilled vinegar, potassium sorbate and sodium bisulfite added as preservatives]), Swiss Cheese (Cultured milk, salt, enzymes).	Egg, Milk, Soy ¹ , Wheat,**
 Signature Sandwiches 		
Tasty Turkey on Asiago Bagel	 Asiago Cheese Bagel (Plain bagel [enriched bleached flour {wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine {an amino acid}], Caesar Cheese Blend [Parmesan cheese {pasteurized part skim milk, cheese culture, salt, enzymes}, Romano cheese {pasteurized milk, cheese culture, salt, rennet}], Asiago cheese {pasteurized part skim milk, cheese culture, salt, rennet}, and corn flour/cellulose [an anticaking agent]), Cornmeal), Turkey Breast (turkey breast meat, turkey broth, contains 2% or less of; salt, dextrose, sodium phosphate, flavoring, vegetable oil), Tomatoes, Onion and Chive Cream Cheese (pasteurized milk and cream, maltodextrin, water, dehydrated onion, cheese culture, salt, dried chives, stabilizers [carob bean, xanthan and/or guar gum]), dehydrated garlic, natamycin [natural mold inhibitor]), Cucumber, Lettuce, Alfalfa Sprouts .	Milk, Soy ¹ , Wheat,*
Club Mex on Challah	 Challah Roll (enriched wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, eggs, sugar, yeast, soybean oil, salt, seasonings [specially processed corn flour, spice oils {turmeric, paprika}, mono and diglycerides, soy lecithin], dough conditioner [dextrose, DATEM, ascorbic acid, enzyme]), Turkey Breast (turkey breast meat, turkey broth, contains 2% or less of; salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes, Ancho Mayo , (mayonnaise [vegetable oil {soybean, canola}, egg yolk, vinegar, corn syrup, contains less than 2% of; water, salt, spices, calcium disodium EDTA to protect flavor, paprika], ancho lime concentrate [roasted red pepper puree {red peppers, water, salt and citric acid as a preservative}], water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid {a preservative} natural flavors, potassium sorbate, yeast extract, disodium inosinate/disodium guanylate, lactic acid. Contains sulfiting agents)), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Lettuce, Bacon (pork cured with water, salt, sugar, sodium diacetate, dextrose, sodium erythorbate, sodium nitrite), Red Onions .	Egg, Milk, Soy, Wheat
Veg Out on Sesame Seed Bagel	 Sesame Seed Dipped Bagel (Plain Bagel [enriched bleached flour {wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine {an amino acid}], sesame Seeds, cornmeal), Tomatoes, Cucumbers, Garden Vegetable Cream Cheese (pasteurized milk and cream, maltodextrin, water, dried carrots, dried bell peppers, salt, cheese culture, dried celery, sodium citrate, dried onions, stabilizers [carob bean and/or xanthan and/or guar gums], cellulose gel, cellulose gum, dried green onions, enzymes, natamycin [a natural mold inhibitor]), Sun-dried Tomato and Basil Reduced Fat Cream Cheese (pasteurized milk and cream, water, sun-dried tomatoes, dried garlic, salt, cheese culture, stabilizers [carob bean and/or xanthan and/or guar gums], basil, red pepper, sulfur dioxide [preservative], natamycin [a natural mold inhibitor]), Lettuce, Red Onions, Alfalfa Sprouts .	Milk, Soy ¹ , Wheat,*
Nova Lox & Bagel ²	 Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid]), cornmeal), Cold-Smoked Salmon (Farm raised Atlantic salmon, salt, sugar, less than .02% sodium nitrite, natural hardwood smoke), Tomatoes, Cream Cheese (pasteurized milk and cream, cheese culture, salt, stabilizers [carob bean and/or xanthan and/or guar gums], natamycin [a natural mold inhibitor]), Red Onions, Capers (capers, water, vinegar, salt).	Fish (Salmon), Milk, Soy ¹ , Wheat,*

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Lunch Paninis		
Italian Chicken	 Ciabatta (flour [unbleached wheat flour, barley, malt], water, olive oil, salt, yeast), Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product [isolated soy protein, modified food starch, corn starch, carrageenan], salt, sodium phosphate, dextrose, flavorings), Pesto Spread (soybean oil, basil, water, garlic, parmesan cheese [part-skim milk, cheese cultures, salt, enzymes], extra virgin olive oil, salt, distilled vinegar, high fructose corn syrup, shallots, spice, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, calcium disodium EDTA to protect flavor), Roasted Red Peppers (roasted red peppers, water, salt, citric acid), Provolone Cheese (cultured pasteurized milk, salt, enzymes), Mozzarella Cheese (cultured pasteurized part-skim milk, salt, enzymes), Pepperoni (pork and beef, salt, contains 2% or less of water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, garlic powder, sodium nitrite, BHA, BHT, citric acid), Spinach .	Milk, Soy, Wheat
Turkey Club	 Ciabatta (flour [unbleached wheat flour, barley, malt], water, olive oil, salt, yeast), Turkey Breast (turkey breast meat, turkey broth, contains 2% or less of; salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes, Spicy Roasted Tomato Spread (soybean oil, water, roasted tomatoes [tomatoes, canola oil, garlic, spice, salt], olive oil, tomato paste, egg yolk, chili sauce [chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives], high fructose corn syrup, spices, distilled vinegar, salt, garlic, lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Mozzarella Cheese (cultured pasteurized part-skim milk, salt, enzymes), Provolone Cheese (cultured pasteurized milk, salt, enzymes), Spinach, Bacon (pork cured with water, salt, sugar, sodium diacetate, dextrose, sodium erythorbate, sodium nitrite).	Egg, Milk, Soy ¹ , Wheat
Deli Sandwiches		
Turkey Breast	Multigrain Bread (enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme], water, whole wheat flour [degermed], honey, high fructose corn syrup, rolled oats, sunflower seeds, millet, flax seed, wheat gluten, contains less than 2% or less of the following: wheat bran, yeast, salt, cracked wheat, dextrose, malt flour, natural dehydrated sour dough [rye flour, bacterial culture], soy lecithin, enzymes, ascorbic acid), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds, cornmeal), Turkey Breast (turkey breast meat, turkey broth, contains 2% or less of; salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes, Mayonnaise (vegetable oil [soybean, canola], egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Deli Mustard (vinegar, mustard seed, salt, spices, turmeric), Swiss Cheese (cultured milk, salt, enzymes), Lettuce, Red Onions .	Egg, Milk, Soy, Wheat,****
Ham	Multigrain Bread (enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme], water, whole wheat flour [degermed], honey, high fructose corn syrup, rolled oats, sunflower seeds, millet, flax seed, wheat gluten, contains less than 2% or less of the following: wheat bran, yeast, salt, cracked wheat, dextrose, malt flour, natural dehydrated sour dough [rye flour, bacterial culture], soy lecithin, enzymes, ascorbic acid), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds, cornmeal), Smoked Ham (cured with water, salt, dextrose, sodium phosphates, sodium erythorbate, sodium nitrite), Tomatoes, Mayonnaise (vegetable oil [soybean, canola], egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Deli Mustard (vinegar, mustard seed, salt, spices, turmeric), Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color), Lettuce, Red Onions .	Egg, Milk, Soy, Wheat,****
Albacore Tuna Salad	Tuna Salad (tuna [Albacore white tuna, water, vegetable broth [contains soy], salt], celery, mayonnaise [vegetable oil {soybean, canola}, egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika], lemon juice, green onion, iodized salt, black pepper), Multigrain Bread (enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme], water, whole wheat flour [degermed], honey, high fructose corn syrup, rolled oats, sunflower seeds, millet, flax seed, wheat gluten, contains less than 2% or less of the following: wheat bran, yeast, salt, cracked wheat, dextrose, malt flour, natural dehydrated sour dough [rye flour, bacterial culture], soy lecithin, enzymes, ascorbic acid), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds, cornmeal), Cucumbers, Lettuce, Red Onions .	Egg, Fish (Tuna), Soy, Wheat,****
Chicken Salad	Chicken Salad (chicken breast [boneless skinless chicken breast with rib meat, water, isolated soy protein product [isolated soy protein, modified food starch, corn starch, carrageenan], salt, sodium phosphate, dextrose, flavorings], mayonnaise [vegetable oil {soybean, canola}, egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika], celery, green onion, deli mustard [vinegar, mustard seed, salt, spices, turmeric], black pepper), Multigrain Bread (enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme], water, whole wheat flour [degermed], honey, high fructose corn syrup, rolled oats, sunflower seeds, millet, flax seed, wheat gluten, contains less than 2% or less of the following: wheat bran, yeast, salt, cracked wheat, dextrose, malt flour, natural dehydrated sour dough [rye flour, bacterial culture], soy lecithin, enzymes, ascorbic acid), Good Grains Topping (rolled oats, pumpkin seeds, flax seeds, wheat bran, sunflower seeds, cornmeal), Tomatoes, Red Onion, Lettuce .	Egg, Soy, Wheat,****
Wraps		
Chipotle Turkey Wrap	Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour [niacin, iron, thiamine, mononitrate, riboflavin, folic acid], water, soybean oil, shortening [partially hydrogenated soybean and cottonseed oils], aluminum free baking powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], calcium propionate, salt, sugar, mono-diglycerides, honey powder, fumaric acid, potassium sorbate, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes, sodium metabisulfite), Turkey Breast (turkey breast meat, turkey broth, contains 2% or less of: salt, dextrose, sodium phosphates, flavoring, vegetable oil), Chipotle Vinaigrette (soybean oil, water, cider vinegar, onion juice, brown sugar, garlic juice, honey, salt, red chili peppers, tomato paste, chives, bell peppers, natural flavors [including smoke flavor], decaffeinated coffee, chipotle peppers, dehydrated garlic, spices, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, propylene glycol alginate, caramel color, calcium disodium EDTA added to protect flavor, citric acid), Reduced Fat Cream Cheese with Jalapeno Salsa (pasteurized milk and cream, maltodextrin, jalapeno peppers, diced tomatoes, water, dried red peppers, tomato puree, salt, dried jalapeno peppers, cheese culture, vinegar, stabilizers [carob bean and/or xanthan gum and/or guar gums], calcium chloride, onions, garlic, natamycin [a natural mold inhibitor]), Tomatoes, Roasted Corn Relish (corn, black beans, tomatoes, bell peppers, onions, soybean oil, seasoning [salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder {corn syrup solids, lime juice solids, lime oil, BHT}], autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor [partially hydrogenated soybean and cottonseed oils, modified corn starch, corn syrup solids], citric acid, natural smoke flavor, natural flavoring)), Spring Mix (may contain lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce, Mild Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes).	Milk, Soy ¹ , Wheat, **
California Chicken Wrap	Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product [isolated soy protein, modified food starch, corn starch, carrageenan], salt, sodium phosphate, dextrose, flavorings), Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour [niacin, iron, thiamine, mononitrate, riboflavin, folic acid], water, soybean oil, shortening [partially hydrogenated soybean and cottonseed oils], aluminum free baking powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], calcium propionate, salt, sugar, mono-diglycerides, honey powder, fumaric acid, potassium sorbate, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes, sodium metabisulfite), Alfalfa Sprouts, Garlic and Herb Reduced Fat Cream Cheese (pasteurized milk and cream, maltodextrin, dried garlic, water, salt, cheese culture, sodium citrate, stabilizers [carob bean and/or xanthan gum and/or guar gums], cellulose gel, dried spice, dried parsley, dried chervil, chives, dried dill weed, cellulose gum, enzymes, natamycin [a natural mold inhibitor]), Tomatoes, Cucumbers, Spicy Roasted Tomato Spread (soybean oil, water, roasted tomatoes [tomatoes, canola oil, garlic, spice, salt], olive oil, tomato paste, egg yolk, chili sauce [chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives], high fructose corn syrup, spices, distilled vinegar, salt, garlic, lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Spring Mix (may contain lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce, Red Onions .	Egg, Milk, Soy, Wheat, **
Sandwich Fillings		
Cheese, American	(Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid [preservative], citric acid, artificial color, acetic acid, enzymes, soy lecithin).	Milk, Soy
Cheese, Gorgonzola	Pasteurized milk, nonfat dry milk, salt, cheese culture, enzymes.	Milk
Cheese, Medium Cheddar	Cultured pasteurized milk, salt, enzymes, artificial color.	Milk
Cheese, Monterey Jack with Jalapeno Peppers	Monterey Jack Cheese (cultured pasteurized milk, salt, enzymes, calcium chloride), jalapeno peppers (jalapeno peppers, salt, vinegar, calcium chloride, potassium sorbate [preservative]).	Milk
Cheese, Mozzarella	(Cultured pasteurized part-skim milk, salt, enzymes).	Milk

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Cheese, Provolone	Cultured pasteurized milk, salt, enzymes.	Milk
Cheese, Swiss	Cultured milk, salt, enzymes.	Milk
Turkey Sausage	Turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed.	None
Chicken Salad	x	Egg, Soy
Chicken Breast	Boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings	Soy
Tuna Salad	Tuna (Albacore white tuna, water, vegetable broth [contains soy], salt) celery, mayonnaise (vegetable oil [soybean, canola], egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), lemon juice, green onion, iodized salt, black pepper.	Egg, Soy, Fish (Tuna)
Turkey Oven Roasted	Turkey breast meat, turkey broth, contains 2% or less of salt, dextrose, sodium phosphate, flavoring, vegetable oil.	None
Smoked Ham	Ham cured with water, salt, dextrose, sodium phosphates, sodium sodium erythorbate, sodium nitrite.	None
Bacon, Thick Cut, Pork	Pork cured with water, salt, sugar, sodium diacetate, dextrose, sodium erythorbate, sodium nitrite.	None
Bacon, Turkey	Dark turkey, white turkey, water, sugar, salt, natural smoke flavoring, sodium erythorbate, natural flavoring, sodium nitrite, vegetable oil.	None
Salmon, Cold-Smoked ²	Farm raised Atlantic salmon, salt, sugar, less than .02% sodium nitrite, natural hardwood smoke.	Fish (Salmon)
Pepperoni	Pork and beef, salt, contains 2% or less of water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, garlic powder, sodium nitrite, BHA, BHT, citric acid.	None
Condiments and Spreads		
Ancho Mayo	Mayonnaise (vegetable oil [soybean, canola], egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Ancho Lime Concentrate (roasted red pepper puree [red peppers, water, salt and citric acid as a preservative], water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, 2 % or less of sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid [preservative]), natural flavors, yeast extract, potassium sorbate, disodium inosinate/disodium guanylate, lactic acid).	Egg, Soy ¹ , Wheat
Ancho Lime Salsa	Salsa (crushed tomatoes [water, concentrated crushed tomatoes], water, fresh jalapeno peppers, distilled vinegar, fresh onions, salt, dehydrated onions, xanthan gum, dehydrated garlic, and natural flavoring), Ancho Lime Concentrate (roasted red pepper puree [red peppers, water, salt and citric acid as a preservative], water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, 2 % or less of sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid [preservative]), natural flavors, yeast extract, potassium sorbate, disodium inosinate/disodium guanylate, lactic acid).	Wheat
Butter Blend	Butter and margarine blend (vegetable oil blend [liquid soybean, palm, palm kernel], water, buttermilk, salt, butter [cream, salt], vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene [color]).	Milk, Soy
Creamy Mustard Spread	Mayonnaise (vegetable oil [soybean, canola], egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Deli Mustard (vinegar, mustard seed, salt, spices, turmeric).	Egg, Soy ¹
Deli Mustard	Vinegar, mustard seed, salt, spices, turmeric.	None
Honey Butter	Butter and margarine blend (vegetable oil blend [liquid soybean, palm, palm kernel], water, buttermilk, salt, butter [cream, salt], vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene [color]), 100% Pure Honey .	Milk, Soy
Hummus	Chick peas, tahini (crushed sesame seeds), canola oil, olive oil, sea salt, garlic, citric acid, cumin, black pepper, coriander, sodium benzoate, potassium sorbate, tomato, sun-dried tomatoes, roasted red peppers (roasted peppers, water, salt, citric acid).	None
Peanut Butter, Creamy	Made from roasted peanuts and sugar, contains 2% or less of: molasses, fully hydrogenated vegetable oils (rapeseed and soybean), mono and diglycerides, salt.	Peanuts, Soy ¹
Spicy Roasted Tomato Spread	Soybean oil, water, roasted tomatoes (tomatoes, canola oil, garlic, spice, salt), olive oil, tomato paste, egg yolk, chili sauce (chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives), high fructose corn syrup, spices, distilled vinegar, salt, garlic, lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor.	Egg, Soy ¹
Whole Kosher Pickle	Cucumbers, water, salt, vinegar, garlic, spices, 1/10 of 1% of benzoate of soda (preservative), natural flavoring, polysorbate 80, turmeric.	None
Yellow Mustard	Water, distilled vinegar, ground mustard seed, salt, turmeric, spices.	None
Bagel Dogs		
Original Bagel Dog <i>Hebrew National</i>	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], Hot dog (Beef, water, contains 2% or less of salt, sodium lactate, spice, hydrolyzed soy protein, paprika, sodium diacetate, garlic powder, sodium erythorbate, flavorings, sodium nitrite).	Soy, Wheat, *
Asiago Bagel Dog <i>Hebrew National</i>	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], Hot dog (Beef, water, contains 2% or less of salt, sodium lactate, spice, hydrolyzed soy protein, paprika, sodium diacetate, garlic powder, sodium erythorbate, flavorings, sodium nitrite), Caesar Cheese Blend (Parmesan cheese [pasteurized part skim milk, cheese culture, salt, enzymes], Romano cheese [pasteurized milk, cheese culture, salt, rennet]), Asiago cheese [pasteurized part skim milk, cheese culture, salt, rennet] and corn flour/cellulose [an anticaking agent]).	Milk, Soy, Wheat, *
Chicken Apple Sausage Bagel Dogs <i>Aidells</i>	All Natural Smoked Chicken Sausage (Chicken, dried apple, salt, fruit juice concentrate [apple, pineapple, pear & peach], vinegar, spices and celery powder, in a pork casing), Honey Whole Wheat Bagel (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, whole wheat flour, honey, brown sugar, yeast, wheat gluten, salt, molasses, malt barley flour, soy oil, hydrolyzed wheat gluten, ascorbic acid, enzyme, L. Cysteine)	Soy ¹ , Wheat, *
Open Face Deli Melts		
Turkey & Cheddar	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Turkey Breast (turkey breast meat, turkey broth, contains 2% or less of: salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes, Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color), Spike Seasoning (salt, yeast, hydrolyzed vegetable protein, toasted onion, onion powder, orange powder, soy flour, celery leaf powder, celery root powder, garlic powder, dill, kelp, Indian curry, horseradish, ripe white pepper, orange and lemon peel, summer savory, mustard flour, sweet green and red bell peppers, parsley flakes, tarragon, rosehips, safflower, mushroom powder, parsley powder, spinach powder, tomato powder, sweet paprika, powdered celery seed, cayenne pepper, oregano, sweet basil, marjoram, rosemary and thyme).	Egg, Milk, Soy, Wheat, *
Ham & Swiss	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Smoked Ham (pork cured with water, salt, dextrose, sodium phosphates, sodium erythorbate, sodium nitrite), Tomatoes, Swiss Cheese (Cultured milk, salt, enzymes), Spike Seasoning (salt, yeast, hydrolyzed vegetable protein, toasted onion, onion powder, orange powder, soy flour, celery leaf powder, celery root powder, garlic powder, dill, kelp, Indian curry, horseradish, ripe white pepper, orange and lemon peel, summer savory, mustard flour, sweet green and red bell peppers, parsley flakes, tarragon, rosehips, safflower, mushroom powder, parsley powder, spinach powder, tomato powder, sweet paprika, powdered celery seed, cayenne pepper, oregano, sweet basil, marjoram, rosemary and thyme).	Milk, Soy, Wheat, *
Pizza Bagels		
Pepperoni	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid]), cornmeal), Three Cheese Blend (Low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke flavoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Pizza Sauce (tomato puree [water, tomato paste], less than 2% of: salt, extra virgin olive oil, dried onions, garlic, spices, citric acid), Caesar Cheese Blend (Parmesan cheese [pasteurized part skim milk, cheese culture, salt, enzymes], Romano cheese [pasteurized milk, cheese culture, salt, rennet]), Asiago cheese [pasteurized part skim milk, cheese culture, salt, rennet] and corn flour/cellulose [an anticaking agent]), Pepperoni (pork and beef, salt, contains 2% or less of water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, garlic powder, sodium nitrite, BHA, BHT, citric acid).	Milk, Soy ¹ , Wheat, *

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Cheese Only	Plain Bagel (enriched bleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal), Three Cheese Blend (low moisture part-skim mozzarella cheese [cultured pasteurized part-skim milk, salt, enzymes], provolone cheese [cultured pasteurized milk, salt, enzymes, with smoke flavoring added], mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color], potato starch and powdered cellulose added to prevent caking, natamycin [a natural mold inhibitor]), Pizza Sauce (tomato puree [water, tomato paste], less than 2% of: salt, extra virgin olive oil, dried onions, garlic, spices, citric acid), Caesar Cheese Blend (Parmesan cheese [pasteurized part skim milk, cheese culture, salt, enzymes], Romano cheese [pasteurized milk, cheese culture, salt, rennet], Asiago cheese [pasteurized part skim milk, cheese culture, salt, rennet] and corn flour/cellulose [an anticaking agent]).	Milk, Soy ¹ , Wheat,*
Salads (and Half Salads)		
Bros Bistro Salad (entree and half)	Spring Mix (may contain lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce , Raspberry Vinaigrette (soybean oil, basil, water, garlic, parmesan cheese [part-skim milk, cheese cultures, salt, enzymes], extra virgin olive oil, salt, distilled vinegar, high fructose corn syrup, shallots, spice, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, calcium disodium EDTA added to protect flavor), Candied Walnuts (walnuts, powdered sugar, canola/olive oil blend [canola oil, extra virgin olive oil], iodized salt, cayenne pepper), Gorgonzola Cheese (pasteurized milk, nonfat dry milk, salt, cheese culture, enzymes).	Milk, Soy ¹ , Tree Nuts (Walnuts)
Bros Bistro Salad with Chicken (entree and half)	Spring Mix (may contain lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce , Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product [isolated soy protein, modified food starch, corn starch, carrageenan], salt, sodium phosphate, dextrose, flavorings), Raspberry Vinaigrette (soybean oil, basil, water, garlic, parmesan cheese [part-skim milk, cheese cultures, salt, enzymes], extra virgin olive oil, salt, distilled vinegar, high fructose corn syrup, shallots, spice, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, calcium disodium EDTA added to protect flavor), Candied Walnuts (walnuts, powdered sugar, canola/olive oil blend [canola oil, extra virgin olive oil], iodized salt, cayenne pepper), Gorgonzola Cheese (pasteurized milk, nonfat dry milk, salt, cheese culture, enzymes).	Milk, Soy, Tree Nuts (Walnuts)
Chipotle Salad (entree and half)	Spring Mix (may contain lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce , Chipotle Vinaigrette (soybean oil, water, cider vinegar, onion juice, brown sugar, garlic juice, honey, salt, red chili peppers, tomato paste, chives, bell peppers, natural flavors [including smoke flavor], decaffeinated coffee, chipotle peppers, dehydrated garlic, spices, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, propylene glycol alginate, caramel color, calcium disodium EDTA added to protect flavor, citric acid), Roasted Corn Relish (corn, black beans, tomatoes, bell peppers, onions, soybean oil, seasoning [salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder {corn syrup solids, lime juice solids, lime oil, BHT}, autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor {partially hydrogenated soybean and cottonseed oils, modified corn starch, corn syrup solids}, citric acid, natural smoke flavor, natural flavoring]), Tomatoes , Corn Tortilla Strips (may contain corn flour, vegetable oil [sunflower, safflower and/or corn], salt and/or sea salt, water, trace of lime), Mild Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes).	Milk, Soy ¹
Chipotle Salad with Chicken (entree and half)	Spring Mix (may contain lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce , Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product [isolated soy protein, modified food starch, corn starch, carrageenan], salt, sodium phosphate, dextrose, flavorings), Chipotle Vinaigrette (soybean oil, water, cider vinegar, onion juice, brown sugar, garlic juice, honey, salt, red chili peppers, tomato paste, chives, bell peppers, natural flavors [including smoke flavor], decaffeinated coffee, chipotle peppers, dehydrated garlic, spices, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, propylene glycol alginate, caramel color, calcium disodium EDTA added to protect flavor, citric acid), Roasted Corn Relish (corn, black beans, tomatoes, bell peppers, onions, soybean oil, seasoning [salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder {corn syrup solids, lime juice solids, lime oil, BHT}, autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor {partially hydrogenated soybean and cottonseed oils, modified corn starch, corn syrup solids}, citric acid, natural smoke flavor, natural flavoring]), Tomatoes , Corn Tortilla Strips (may contain corn flour, vegetable oil [sunflower, safflower and/or corn], salt and/or sea salt, water, trace of lime), Mild Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes).	Milk, Soy
Caesar Salad (entree and half)	Spring Mix (may contain lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce , Caesar Dressing (soybean oil, water, parmesan cheese [milk, cheese cultures, salt, enzymes], red wine vinegar, salt, lemon juice concentrate, egg yolk, sugar, anchovy, dehydrated garlic, spices, natural flavors, onion, xanthan gum, molasses, maltodextrin, sodium benzoate added as a preservative, polysorbate 60, disodium guanylate, disodium inosinate, calcium disodium EDTA added to protect flavor, tamarind, caramel color, soy flour), Bagel Croutons (may contain one or all of the following bagel varieties: plain bagel [enriched bleached flour {wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine [an amino acid], cornmeal], everything bagel [plain bagel {enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid), everything spice mix {poppy seeds, sesame seeds, onion, garlic, caraway seeds, salt}}, potato bagel [enriched unbleached flour {wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid}, water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides {DATEM}, ascorbic acid, mono-diglycerides, enzyme, L. Cysteine], butter and margarine blend [vegetable oil blend {liquid soybean, palm, palm kernel}, water, buttermilk, salt, butter {cream, salt}], vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color), water, iodized salt], minced garlic [water, minced garlic], cornmeal, black pepper), Caesar Cheese Blend (Parmesan cheese [pasteurized part skim milk, cheese culture, salt, enzymes], Romano cheese [pasteurized milk, cheese culture, salt, rennet], Asiago cheese [pasteurized part skim milk, cheese culture, salt, rennet] and corn flour/cellulose [an anticaking agent]).	Egg, Fish (Anchovy), Milk, Soy, Wheat,*

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Caesar Salad with Chicken (entrée and half)	Spring Mix (may contain lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce , Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product [isolated soy protein, modified food starch, corn starch, carrageenan], salt, sodium phosphate, dextrose, flavorings), Caesar Dressing (soybean oil, water, parmesan cheese [milk, cheese cultures, salt, enzymes], red wine vinegar, salt, lemon juice concentrate, egg yolk, sugar, anchovy, dehydrated garlic, spices, natural flavors, onion, xanthan gum, molasses, maltodextrin, sodium benzoate added as a preservative, polysorbate 60, disodium guanylate, disodium inosinate, calcium disodium EDTA added to protect flavor, tamarind, caramel color, soy flour), Bagel Croutons (may contain one or all of the following bagel varieties: plain bagel [enriched bleached flour {wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine {an amino acid}, cornmeal], everything bagel [plain bagel {enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid)}, everything spice mix {poppy seeds, sesame seeds, onion, garlic, caraway seeds, salt}], potato bagel [enriched unbleached flour {wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides {DATEM}, ascorbic acid, mono-diglycerides, enzyme, L. Cysteine}, butter and margarine blend [vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter {cream, salt}, vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)}, water, iodized salt], minced garlic [water, minced garlic], cornmeal, black pepper), Caesar Cheese Blend (Parmesan cheese [pasteurized part skim milk, cheese culture, salt, enzymes], Romano cheese [pasteurized milk, cheese culture, salt, rennet], Asiago cheese [pasteurized part skim milk, cheese culture, salt, rennet] and corn flour/cellulose [an anticaking agent]).	Egg, Fish (Anchovy), Milk, Soy, Wheat,*
Salad Dressings		
Caesar Dressing	Soybean oil, water, parmesan cheese (milk, cheese cultures, salt, enzymes), red wine vinegar, salt, lemon juice concentrate, egg yolk, sugar, anchovies, dehydrated garlic, mustard seed, spices, xanthan gum, maltodextrin, dehydrated onion, sodium benzoate added as a preservative, polysorbate 60, natural flavors, disodium inosinate, disodium guanylate, molasses, calcium disodium EDTA to protect flavor, caramel color, tamarind, citric acid, lactic acid.	Egg, Fish (Anchovy), Milk, Soy ¹
Chipotle Vinaigrette	Soybean oil, water, cider vinegar, onion juice, brown sugar, garlic juice, honey, salt, red chili peppers, tomato paste, chives, bell peppers, natural flavors (including smoke flavor), decaffeinated coffee, chipotle peppers, dehydrated garlic, spices, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, propylene glycol alginate, caramel color, calcium disodium EDTA added to protect flavor, citric acid.	Soy ¹
Raspberry Vinaigrette	Soybean oil, basil, water, garlic, parmesan cheese (part-skim milk, cheese cultures, salt, enzymes), extra virgin olive oil, salt, distilled vinegar, high fructose corn syrup, shallots, spice, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, calcium disodium EDTA added to protect flavor.	Milk, Soy ¹
Soups		
Chicken Noodle Soup	Water , Chicken Noodle Soup (Egg noodles [water, enriched durum flour {durum flour, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid}, enriched wheat flour {wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}], liquid whole eggs, egg whites, salt, and spice extract], chicken broth, carrots, celery, chicken, water, rendered chicken fat, modified food starch, flavoring [salt, yeast extract, maltodextrin, natural flavor, chicken fat], vegetable base [salt, celery, carrots, hydrolyzed corn protein, sugar, modified food starch, soybean oil, maltodextrin, onion powder, spice, disodium inosinate and disodium guanylate], salt, spices, disodium inosinate and guanylate, mono diglycerides, natural flavors).	Wheat, Egg, Soy ¹
Turkey Chili	Turkey Chili (Kidney beans [kidney beans, water, sugar, salt, dextrose, calcium chloride], water, turkey, tomatoes [tomatoes, tomato juice, salt], onions, tomato paste, green peppers, chili peppers, modified food starch, garlic, salt, sugar, soybean oil, spices, yeast extract, chili powder [chili pepper, salt, spices, garlic powder], apple cider vinegar, caramel color, natural flavor).	Soy ¹
Vegetarian Broccoli Cheese Soup	Broccoli Cheese Soup (milk, broccoli, water, cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], water, salt, annatto, American cheese [American cheese {cultured milk, salt, enzymes}, cream, sodium phosphate, salt], Cheddar cheese [cheddar, granular, semisoft and blue cheese	Milk, Soy, Wheat
The Lighter Side Breakfast		
Activia Fruit and Yogurt Parfait	Yogurt (cultured Grade A reduced fat milk, fructose, water, sugar, contains less than 1% of whey protein concentrate, corn starch, modified corn starch, kosher gelatin, natural vanilla flavor, malic acid, sodium citrate), Strawberries , Blueberries , Granola (whole oats, whole grain wheat, sugar, corn syrup, rice, almonds, molasses, modified corn starch, high fructose corn syrup, palm oil, salt, cinnamon, nonfat dry milk, natural and artificial flavor, polyglycerol esters of mono- and diglycerides, malt flavor, niacinamide, zinc oxide, ascorbic acid [vitamin C], reduced iron, guar gum, BHT [preservative], riboflavin [vitamin B2], vitamin A palmitate, folic acid, thiamin hydrochloride [vitamin B1], vitamin B12 and vitamin D).	Milk, Treenuts (Almonds), Wheat
Asparagus, Mushroom, & Swiss Bagel Thin	Egg Whites (liquid egg whites, triethyl citrate added as a whipping aid), Wheat Bagel Thin (whole wheat flour [degermed], water, honey, brown sugar, high fructose corn syrup, oats, sunflower seeds, wheat gluten, yeast, salt, millet, flax seeds, contains less than 2% of the following: vegetable oil [canola and or soybean], cracked wheat, molasses, malt, DATEM, mono and diglycerides, ascorbic acid, lactic acid, cultured wheat, starch, L. Cysteine hydrochloride, enzyme [wheat]), Swiss Cheese (cultured milk, salt, enzymes), Asparagus, Mushrooms, Spicy Roasted Tomato Spread (soybean oil, water, roasted tomatoes [tomatoes, canola oil, garlic, spice, salt], olive oil, tomato paste, egg yolk, chili sauce [chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives], high fructose corn syrup, spices, distilled vinegar, salt, garlic, lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Canola/Olive Oil Blend (canola oil, extra virgin olive oil), iodized salt, black pepper).	Egg, Milk, Soy ¹ , Wheat
Bacon and Cheese Bagel Thin Panini	Egg Whites (liquid egg whites, triethyl citrate added as a whipping aid), Plain Bagel Thin (enriched wheat, unbleached flour [flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, wheat gluten, salt, contains less than 2% of the following: yeast, vegetable oil [canola or soybean], molasses, malt, DATEM, mono and diglycerides, ascorbic acid, L. Cysteine hydrochloride, enzyme [wheat]), Mozzarella Cheese (cultured pasteurized part-skim milk, salt, enzymes), Mild Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color), Bacon (pork cured with water, salt, sugar, sodium diacetate, dextrose, sodium erythorbate, sodium nitrite), Country Pepper Cream Cheese (onion and chive cream cheese [pasteurized milk and cream, maltodextrin, water, dehydrated onion, cheese culture, salt, dried chives, stabilizers {carob bean, xanthan and/or guar gums}, dehydrated garlic, natamycin {natural mold inhibitor}], Reduced fat cream cheese [pasteurized milk and cream, skim milk, maltodextrin, cheese culture, sodium citrate, salt, stabilizers {carob bean and/or xanthan and/or guar gums}, modified food starch, vitamin A palmitate, natamycin {a natural mold inhibitor}], black pepper).	Egg, Milk, Soy ¹ , Wheat
Turkey Sausage with Salsa Bagel Thin	Egg Whites (liquid egg whites, triethyl citrate added as a whipping aid), Wheat Bagel Thin (whole wheat flour [degermed], water, honey, brown sugar, high fructose corn syrup, oats, sunflower seeds, wheat gluten, yeast, salt, millet, flax seeds, contains less than 2% of the following: vegetable oil [canola and or soybean], cracked wheat, molasses, malt, DATEM, mono and diglycerides, ascorbic acid, lactic acid, cultured wheat, starch, L. Cysteine hydrochloride, enzyme [wheat]), Turkey Sausage (turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed), Ancho lime Salsa , (salsa, [crushed tomatoes {water, concentrated crushed tomatoes}, water, fresh jalapeno peppers, distilled vinegar, fresh onions, salt, dehydrated onions, xanthan gum, dehydrated garlic, and natural flavoring], ancho lime concentrate [roasted red pepper puree {red peppers, water, salt and citric acid as a preservative}, water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, 2 % or less of sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid {preservative}, natural flavors, yeast extract, potassium sorbate, disodium inosinate/disodium guanylate, lactic acid]).	Egg, Soy ¹ , Wheat
Fruit Salad	Cantaloupe, honeydew melon, grapes, pineapple, strawberries.	None
The Lighter Side Lunch		
BLT with Avacado Bagel Thin	Wheat Bagel Thin (whole wheat flour [degermed], water, honey, brown sugar, high fructose corn syrup, oats, sunflower seeds, wheat gluten, yeast, salt, millet, flax seeds, contains less than 2% of the following: vegetable oil [canola and or soybean], cracked wheat, molasses, malt, DATEM, mono and diglycerides, ascorbic acid, lactic acid, cultured wheat, starch, L. Cysteine hydrochloride, enzyme [wheat]), Tomatoes , Avocado , Spicy Roasted Tomato Spread (soybean oil, water, roasted tomatoes [tomatoes, canola oil, garlic, spice, salt], olive oil, tomato paste, egg yolk, chili sauce [chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives], high fructose corn syrup, spices, distilled vinegar, salt, garlic, lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Lettuce , Turkey Bacon (dark turkey, white turkey, water, sugar, salt, natural smoke flavoring, sodium erythorbate, natural flavoring, sodium nitrite, vegetable oil).	Egg, Soy ¹ , Wheat

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Turkey Bagel Thin	Turkey Breast (turkey breast meat, turkey broth, contains 2% or less of; salt, dextrose, sodium phosphates, flavoring, vegetable oil), Plain Bagel Thin (enriched wheat, unbleached flour [flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, wheat gluten, salt, contains less than 2% of the following: yeast, vegetable oil [canola or soybean], molasses, malt, DATEM, mono and diglycerides, ascorbic acid, L. Cysteine hydrochloride, enzyme [wheat]), Tomatoes, Lettuce, Garden Vegetable Cream Cheese (pasteurized milk and cream, maltodextrin, water, dried carrots, dried bell peppers, salt, cheese culture, dried celery, sodium citrate, dried onions, stabilizers [carob bean and/or xanthan and/or guar gums], cellulose gel, cellulose gum, dried green onions, enzymes, natamycin [a natural mold inhibitor]), Red Onions.	Milk, Soy ¹ , Wheat
Tuna Bagel Thin	Tuna Salad (tuna [Albacore white tuna, water, vegetable broth [contains soy], salt], celery, mayonnaise [vegetable oil [soybean, canola], egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika], lemon juice, green onion, iodized salt, black pepper), Wheat Bagel Thin (whole wheat flour [degermed], water, honey, brown sugar, high fructose corn syrup, oats, sunflower seeds, wheat gluten, yeast, salt, millet, flax seeds, contains less than 2% of the following: vegetable oil [canola and or soybean], cracked wheat, molasses, malt, DATEM, mono and diglycerides, ascorbic acid, lactic acid, cultured wheat, starch, L. Cysteine hydrochloride, enzyme [wheat]), Tomatoes, Lettuce, Red Onions.	Egg, Fish (tuna), Soy, Wheat
Turkey Tornado Wrap	Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour [niacin, iron, thiamine, mononitrate, riboflavin, folic acid], water, soybean oil, shortening [partially hydrogenated soybean and cottonseed oils], aluminum free baking powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], calcium propionate, salt, sugar, mono-diglycerides, honey powder, fumaric acid, potassium sorbate, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes, sodium metabisulfite, Turkey Breast (turkey breast meat, turkey broth, contains 2% or less of; salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes, Onion and Chive Cream Cheese (pasteurized milk and cream, maltodextrin, water, dehydrated onion, cheese culture, salt, dried chives, stabilizers [carob bean, xanthan and/or guar gums], dehydrated garlic, natamycin [natural mold inhibitor]), Cucumber, Spring Mix (may contain lolla rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce, Fat Free Ranch Dressing (water, distilled vinegar, high fructose corn syrup, maltodextrin, corn syrup solids, modified food starch, salt, cultured skim milk powder, microcrystalline cellulose, whey powder, monosodium glutamate, artificial color, sour cream powder, adipic acid, natural flavor, garlic powder, xanthan gum, cellulose gum, potassium sorbate and sodium benzoate added as preservative, spices, propylene glycol alginate, onion powder, phosphoric acid), Alfalfa Sprouts.	Milk, Soy ¹ , Wheat,**
Turkey Chili Bowl	Turkey Chili (kidney beans [kidney beans, water, sugar, salt, dextrose, calcium chloride], water, turkey, tomatoes [tomatoes, tomato juice, salt], onions, tomato paste, green peppers, chili peppers, modified food starch, garlic, salt, sugar, soybean oil, spices, yeast extract, chili powder [chili pepper, salt, spices, garlic powder], apple cider vinegar, caramel color, natural flavor).	Soy ¹
Bagel Poppers		
Potato Poppers (for cinnamon sugar or sweet cream cheese)	(Enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes, ascorbic acid], water, potato flour, sugar, yeast, salt, vegetable oil [canola, soybean], wheat gluten, sodium stearoyl lactylate, acacia gum, guar gum, monoglycerides, L-cystein hydrochloride, tricalcium phosphate, enzymes, corn meal, ascorbic acid) may contain sodium acid pyrophosphate, sodium bisulfite, BHA, citric acid, ascorbyl palmitate) or (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides [DATEM], ascorbic acid, mono-diglycerides, enzyme, L. Cysteine).	Soy ¹ , Wheat
Cinnamon Sugar Glaze	Sugar, Cinnamon, butter and margarine blend (vegetable oil blend [liquid soybean, palm, palm kernel], water, buttermilk, salt, butter [cream, salt], vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene [color]).	Milk, Soy
Sweet Cream Cheese	Icing (sugar, water, corn syrup, corn starch, potassium sorbate [as preservative], agar, titanium dioxide, propylene glycol, citric acid, mono-and diglycerides, artificial flavor, locust bean gum, dextrose), Cream Cheese (pasteurized milk and cream, cheese culture, salt, stabilizers [carob bean and/or xanthan and/or guar gums], natamycin [a natural mold inhibitor]).	Milk
Pretzel Poppers	(Enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes, ascorbic acid], water, potato flour, sugar, yeast, salt, vegetable oil [canola, soybean], wheat gluten, sodium stearoyl lactylate, acacia gum, guar gum, monoglycerides, L-cystein hydrochloride, tricalcium phosphate, enzymes, corn meal, ascorbic acid). may contain sodium acid pyrophosphate, sodium bisulfite, BHA, citric acid, ascorbyl palmitate) or (enriched unbleached flour [wheat flour, malt barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides [DATEM], ascorbic acid, mono-diglycerides, enzyme, L. Cysteine), water, salt, baking soda.	Soy ¹ , Wheat
Honey Mustard	Distilled vinegar, water, #1 grade mustard seed, sugar, honey, salt, spices and carrot extract (color), 100% pure honey, sugar, water, salt, mustard, flour, yellow, dry mustard flour.	None
Nacho Cheese Sauce	Water, aged cheddar cheese (cultured milk, salt, enzymes, annatto color), corn starch-modified, partially hydrogenated soybean oil, contains 2% or less of nonfat dry milk, whey, sodium phosphate, salt, tomato powder, yeast extract, monoglycerides, jalapeno peppers, lactic acid, annatto color, artificial flavor, natural flavors, turmeric color, maltodextrin, acetic acid, FD&C yellow no. 6).	Milk, Soy ¹
Sweets		
Apple Cinnamon Coffee Cake	Coffee Cake (enriched wheat flour [bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid], sugar, egg whites, soybean oil, sour cream [pasteurized milk, cream, nonfat milk, rennet], corn syrup, natural and artificial vanilla flavor, baking powder [sodium acid pyrophosphate, sodium bicarbonate, salt, soy lecithin]), Streusel Topping (wheat flour, sugar, vegetable shortening [palm oil, soybean oil], margarine [soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate], vanilla, salt), Roasted Fuji Apples (apples, brown sugar, sugar, modified corn starch, salt, cinnamon, caramel color, spice, ascorbic acid, citric acid), Sugar, Cinnamon.	Egg, Milk, Soy, Wheat
Chocolate Chip Coffee Cake	Coffee Cake (enriched wheat flour [bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid], sugar, egg whites, soybean oil, sour cream [pasteurized milk, cream, nonfat milk, rennet], corn syrup, natural and artificial vanilla flavor, baking powder [sodium acid pyrophosphate, sodium bicarbonate, salt, soy lecithin]), Streusel Topping (wheat flour, sugar, vegetable shortening [palm oil, soybean oil], margarine [soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate], vanilla, salt), Chocolate Chips (sugar, chocolate, cocoa butter, dextrose, soy lecithin, artificial flavor).	Egg, Milk, Soy, Wheat
Mixed Berry Coffee Cake	Coffee Cake (enriched wheat flour [bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid], sugar, egg whites, soybean oil, sour cream [pasteurized milk, cream, nonfat milk, rennet], corn syrup, natural and artificial vanilla flavor, baking powder [sodium acid pyrophosphate, sodium bicarbonate, salt, soy lecithin]), Streusel Topping (wheat flour, sugar, vegetable shortening [palm oil, soybean oil], margarine [soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate], vanilla, salt), Blueberries, Icing (sugar, water, corn syrup, contains 2% or less of: fructose, palm oil, titanium dioxide, agar, potassium sorbate [preservative], artificial flavor, propylene glycol, citric acid, carrageenan, mono and diglycerides), may contain (Raspberries and / or Blackberries), Lemon.	Egg, Milk, Soy, Wheat
Chocolate Chip Coffee Cake	Coffee Cake (enriched wheat flour [bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid], sugar, egg whites, soybean oil, sour cream [pasteurized milk, cream, nonfat milk, rennet], corn syrup, natural and artificial vanilla flavor, baking powder [sodium acid pyrophosphate, sodium bicarbonate, salt, soy lecithin]), Streusel Topping (wheat flour, sugar, vegetable shortening [palm oil, soybean oil], margarine [soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate], vanilla, salt), Chocolate Chips (sugar, chocolate, cocoa butter, dextrose, soy lecithin, artificial flavor).	Egg, Milk, Soy, Wheat
Chocolate Mudslide Cookie	Semi-sweet chocolate chunks (sugar, chocolate liquor, cocoa butter, butterfat, soy lecithin [emulsifier], salt, and vanillin [artificial flavoring]), sugar, whole eggs, margarine [palm oil, water, salt, mono and diglycerides, soy lecithin (emulsifier), sodium benzoate (preservative), artificial flavor, artificially colored with beta carotene, vitamin A palmitate added], milk chocolate chunks (sugar, milk, cocoa butter, chocolate liquor, dextrose, soy lecithin [emulsifier], butterfat, salt, and vanillin [artificial flavoring]), cocoa Dutch processed with alkali, bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), natural and artificial flavoring, and leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate and corn starch).	Egg, Milk, Soy, Wheat,***
Chocolate Chip Cookie	Bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), semi-sweet chocolate chunks (sugar, chocolate liquor, dextrose, cocoa butter, soy lecithin [emulsifier], vanilla extract), margarine (vegetable oil [contains one or more of the following: canola oil, soybean oil, palm oil], water, salt, mono and diglycerides, soy lecithin [emulsifier], sodium benzoate [preservative], artificial flavor, artificially colored with beta carotene, vitamin A palmitate added), sugar, brown sugar, whole eggs, invert sugar, natural and artificial flavoring, nonfat dry milk, baking soda, salt.	Egg, Milk, Soy, Wheat,***
	Sugar Cookie (bleached wheat flour [enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid], sugar [sugar and corn starch],	Egg, Milk, Soy,

Einstein Bros. Ingredient Information		
Item	Ingredients	Allergens
Iced Sugar Cookie (including Holiday versions)	margarine [vegetable oil {contains one or more of the following: canola oil, soybean oil, palm oil}], water, salt, mono and diglycerides, soy lecithin (emulsifier), sodium benzoate (preservative), artificial flavor, artificially colored with beta carotene, vitamin a palmitate adde], whole eggs, corn syrup, dextrose, natural and artificial flavoring, salt, and leavening [baking soda, sodium acid pyrophosphate, corn starch and monocalcium phosphate], and dairy whey [from milk]. Icing (sugar, water, corn syrup, corn starch, potassium sorbate [as preservative], agar, titanium dioxide, propylene glycol, citric acid, mono-and diglycerides, artificial flavor, locust bean gum, dextrose). Sprinkles (may contain sugar, corn starch, rice flour, confectioner's glaze, water, high fructose corn syrup, glycerine, partially hydrogenated vegetable oil [cottonseed, soybean], carrageenan, soya lecithin, cellulose gum, xanthan gum, gum tragacanth, gum arabic, mono- and diglycerides, polysorbate 60, sodium benzoate, potassium sorbate, citric acid, titanium dioxide, FD&C Blue #1, FD&C Blue #2, FD&C Red #3, FD&C Red #40, FD&C Red #40 Lake, FD&C Yellow #5, FD&C Yellow #6, carnauba wax, natural and artificial flavor).	Wheat,***
Oatmeal Raisin Cookie	Unbleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), brown sugar, raisins, vegetable oil (contains one or more of the following: canola oil, soybean oil, palm oil, cottonseed oil), oats, whole eggs, water, natural and artificial flavoring, salt, leavening (baking soda and sodium acid pyrophosphate), soy lecithin (emulsifier), glycerine, cinnamon, dairy whey (from milk).	Egg, Milk, Soy, Wheat,***
Marshmallow Crispy Treat	Marshmallows (corn syrup, sugar, modified corn starch, dextrose, water, gelatin, artificial flavor, tetrasodium pyrophosphate [whipping aid], artificial color [blue 1]), Rice Crispies (rice, sugar, salt, high fructose corn syrup, malt flavoring, Vitamins and iron: iron, ascorbic acid [vitamin C], niacinamide, pyridoxine hydrochloride [vitamin B6], riboflavin [vitamin B2], thiamin hydrochloride [vitamin B1], vitamin A palmitate, folic acid, vitamin B12 and vitamin D), Whipped Butter (cream, salt).	Milk
Blueberry Muffin	Blueberry Muffin (water, sugar, bleached enriched wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], blueberries, soybean oil, dried whole eggs, contains 2% or less of modified food starch, nonfat dry milk, leavening [sodium aluminum phosphate, sodium bicarbonate, sodium acid pyrophosphate], wheat starch, salt, soy flour, sodium stearoyl lactylate, dried egg whites, wheat gluten, emulsifier [propylene glycol mono- and diesters of fats and fatty acids, mono and diglycerides, lecithin with BHT and citric acid], natural and artificial flavor, methyl cellulose gum, cellulose gum, vegetable color [annatto, turmeric]), Streusel Topping (wheat flour, sugar, vegetable shortening [palm oil, soybean oil], margarine [soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate], vanilla, salt).	Egg, Milk, Soy, Wheat
Strawberry White Chocolate Muffin	Strawberry White Chocolate Muffin (muffin base [sugar, bleached enriched flour {wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, modified food starch, nonfat dry milk, soybean oil, contains 2% or less of the following: leavening [sodium aluminum phosphate, sodium bicarbonate], wheat starch, salt, soy flour, sodium stearoyl lactylate, dried egg whites, wheat gluten, emulsifier [propylene glycol mono- and diesters of fats and fatty acids, mono- and diglycerides, lecithin, citric acid], methyl cellulose gum, cellulose gum, artificial flavor, vegetable color [annatto, turmeric]], water, soybean oil, cocoa butter drops [sugar, cocoa butter, whole milk solids, soy lecithin, vanilla], bleached enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], sugar, eggs, strawberry bits [dextrose, partially hydrogenated palm oil, corn flour, artificial flavor, citric acid, malic acid, red 40, blue 1], natural and artificial flavors, leavening [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate]), Strawberry Pie Filling (water, sugar, strawberry puree, corn syrup, modified food starch, contains 2% or less of the following: citric acid, salt, preservatives [potassium sorbate, sodium propionate], artificial flavor, FD&C red #40), Streusel Topping (wheat flour, sugar, vegetable shortening [palm oil, soybean oil], margarine [soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate], vanilla, salt).	Egg, Milk, Soy, Wheat
Double Chocolate Muffin	Double Chocolate Chip Muffin Muffin Base (sugar, bleached enriched wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], modified food starch, nonfat dry milk, soybean oil, contains 2% or less of the following: leavening [sodium aluminum phosphate, sodium bicarbonate], wheat starch, salt, soy flour, sodium stearoyl lactylate, dried egg whites, wheat gluten, propylene glycol monoesters with [mono and diglycerides, partially hydrogenated vegetable soybean oil, lecithin, BHA, citric acid], methyl cellulose gum, artificial flavor, vegetable color [annatto, turmeric]), eggs, water, soybean oil, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin [added as an emulsifier], vanilla extract, salt), cocoa (processed with alkali), chocolate flavor.	Egg, Milk, Soy, Wheat
Cinnamon Walnut Strudel	Cinnamon Strudel (Enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme], water, margarine [vegetable oil {palm, canola}, water, sugar, monoglycerides, soy lecithin, artificial flavor, potassium sorbate {preservative}, citric acid, vitamin A palmitate, vitamin D], butter, brown sugar, liquid whole eggs, yeast, salt, cinnamon, whey powder, artificial flavor, wheat gluten, guar gum, DATEM, calcium propionate [preservative], locust bean gum, ascorbic acid), Walnuts , Icing (sugar, water, corn syrup, contains 2% or less of: fructose, palm oil, titanium dioxide, agar, potassium sorbate [preservative], artificial flavor, propylene glycol, citric acid, carrageenan, mono and diglycerides), Honey glaze (100% Pure Honey, Water).	Eggs, Milk, Soy, Tree Nuts (Walnuts), Wheat
Cinnamon Stix	Cinnamon twist (enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzyme], margarine [vegetable oil {palm oil, canola oil}], water, sugar, mono and diglycerides, soy lecithin, artificial flavor, citric acid, beta carotene, vitamin A palmitate, vitamin D], water, salt, artificial flavor, L-cysteine, hydrochloride, tricalcium phosphate, ascorbic acid), whole milk, Cinnamon sugar blend (sugar, cinnamon), Icing (sugar, water, corn syrup, contains 2% or less of: fructose, palm oil, titanium dioxide, agar, potassium sorbate [preservative], artificial flavor, propylene glycol, citric acid, carrageenan, mono and diglycerides).	Milk, Soy, Wheat
Retail (Non-food) Items		
Doggie Bagel	Wheat flour, carob chips (carob, nonfat milk, whey powder, fractionated palm kernel oil, soy lecithin), molasses, canola oil, dried egg product, vanilla. Guaranteed analysis: Crude protein; (Min.) 11%, Crude fat; (Min.) 7%, Crude fiber; (Max.) 3%, Moisture; (Max.) 9%. Allergens: Milk, Soy, Egg.	NOT FOR HUMAN CONSUMPTION

* Bagels and multigrain bread are manufactured on equipment that also processes tree nuts and manufactured in a facility that uses milk, egg, wheat, soy, peanut, and tree nut ingredients.

** Tortilla is made on equipment with soy, almond, and sesame flour.

*** Cookies are processed in a facility with wheat, eggs, dairy, soy, nuts, and peanuts.

**** Multigrain bread may contain milk, egg, tree nuts.

¹ Soy is only present as soy bean oil or soy 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.