



Bruegger's Bagels Nutritional Information		F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																																	
		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST		
<b>BAGELS &amp; BREADS</b>																																			
<b>BAGELS</b>		VALUES LISTED ARE FOR FULL-SIZED BAGELS. SKINNY BAGELS ARE APPROX. 2/3 OF AMOUNT LISTED BELOW.																																	
Asiago Parmesan	4.3	123	310	25	3.0	5	0.5	3	0	5	2	600	25	61	20	4	16	7	12	2	0	4	20	F									X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA).	
Blueberry	4.1	115	310	15	2.0	3	0.0	0	0	0	0	500	21	63	21	4	14	14	11	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, LIGHT BROWN SUGAR, MALT, INFUSED WILD BLUEBERRIES (BLUEBERRY, SUGAR, GLYCEROL, SAFFLOWER OIL, CITRIC ACID, CALCIUM LACTATE, POTASSIUM SORBATE, NATURAL BLUEBERRY FLAVOR), SALT, BLUEBERRY FLAVOUR (PROPYLENE GLYCOL, WATER, FRUIT JUICE CONCENTRATE, NATURAL FLAVOURS, BENZYL ALCOHOL, ETHYL ALCOHOL), WHEAT GLUTEN, CULTIVATED BLUEBERRY, MALT, BAKERS YEAST.	
Bruegger Bites (3)	1.5	43	120	20	2.5	4	0.0	0	0	0	0	190	8	22	7	1	4	3	4	0	0	0	8	F									X	ROSEMARY OLIVE OIL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST).	
Cinnamon Raisin	4.1	115	310	15	2	3	0	0	0	0	0	480	20	65	22	4	17	10	11	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RAISINS, MALT SYRUP, LIGHT BROWN SUGAR, SUGAR, SALT, CINNAMON, HONEY, YEAST.	
Cinnamon Sugar	4.1	116	320	15	2.0	3	0	0	0	0	0	420	17	63	21	4	17	13	14	0	0	4	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, CINNAMON SUGAR TOPPING (SUGAR, CINNAMON), SALT, YEAST, WHEAT GLUTEN.	
Cranberry Orange (seasonal)	4.1	115	310	15	2	3	0	0	0	0	0	480	20	64	21	4	15	16	10	0	8	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, LIGHT BROWN SUGAR, MALT, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL, SALT), ORANGE PEEL, BAKERS YEAST.	
Egg (select markets)	4.1	115	300	20	2.0	3	0.0	0	0	0	1	590	24	60	20	3	14	11	11	0	0	2	20	X									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, HONEY, LIGHT BROWN SUGAR, EGG POWDER, SALT, MALT, BAKERS YEAST, CURCUMIN (TURMERIC COLOUR EXTRACT, MODIFIED STARCH).	
Everything	4.1	117	310	20	2.5	4	0	0	0	0	0	710	30	62	21	4	15	7	12	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, SESAME SEEDS, ROCK SALT, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, BAKERS YEAST.	
Everything Whole Wheat	4.1	117	280	20	2.5	4	0.0	0	0	0	0	790	33	55	18	6	24	5	13	0	0	4	15	F									X	WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), EVERYTHING TOPPING (SESAME SEEDS, PRETZEL ROCK SALT, POPPY SEEDS, GARLIC, ONION).	
French Toast Bagel (seasonal)	4.6	130	370	35	4.0	6	1.0	5	0	25	9	650	27	72	24	4	15	20	13	0	5	6	20	X					X				X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, BROWN SUGAR, HONEY, CRUNCHY CINNAMON BITS (SUGAR, WHEAT FLOUR, CORN CEREAL, CINNAMON AND SOYBEAN OIL), BAKERS YEAST, EGG POWDER, SALT, MALT, CARAMEL COLOR, CURCUMIN.	
Garlic	4.1	115	300	15	2.0	3	0	0	0	0	0	520	22	61	20	4	15	7	12	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, DEHYDRATED GARLIC, SALT, BAKERS YEAST.	
Honey Grain	4.1	115	310	25	2.5	4	0	0	0	0	0	490	20	61	20	4	15	10	11	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, HONEY, MOLASSES, OATS, SESAME SEEDS, SALT, RYE, BAKERS YEAST.	
Jalapeno (select markets)	4.1	115	330	30	3.0	5	0.0	1	0	0	0	480	20	67	22	9	37	7	13	10	160	4	25	F									X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND CALCIUM CHLORIDE).	
Jalapeno Cheddar (select markets)	5.5	155	440	80	9.0	14	3.5	18	0	20	7	650	27	75	25	10	40	7	19	15	180	15	30	F		X							X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND CALCIUM CHLORIDE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).	
Onion	4.1	115	300	20	2.0	3	0	0	0	0	0	530	22	61	20	4	15	8	12	0	2	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, DEHYDRATED ONION, BAKERS YEAST.	
Plain	4.1	115	300	20	2	3	0	0	0	0	0	530	22	60	20	4	14	7	12	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, BAKERS YEAST.	
Poppy	4.1	116	310	20	2.5	4	0	0	0	0	0	610	26	61	20	4	15	7	12	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, POPPY SEEDS, YEAST.	
Pretzel Bagel (seasonal)	4.2	118	300	20	2	3	0	0	0	0	0	1500	63	61	20	4	16	7	12	0	0	2	20	F		X							X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, ROCK SALT, SALT, YEAST, SODIUM BICARBONATE (LESS THAN 1%).	
Pumpkin (seasonal)	4.1	115	290	15	2.0	3	0.0	0	0	0	0	480	20	60	20	4	16	12	10	20	2	0	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, PUMPKIN, LIGHT BROWN SUGAR, MALT, SALT, CINNAMON, BAKERS YEAST, GINGER, NUTMEG, ALLSPICE.	
Rosemary Olive Oil	4.1	115	330	60	6.0	10	.5	3	0	0	0	510	21	59	20	4	14	8	11	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST.	
Salt (select markets)	4.2	118	300	20	2.0	3	0.0	0	0	0	0	1540	64	61	20	4	14	7	12	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALTO, ROCK SALT, SALT, BAKERS YEAST.	
Sesame	4.1	116	310	30	3.0	5	0	0	0	0	0	610	25	60	20	4	15	7	12	0	0	2	40	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT SYRUP, SESAME SEEDS, SALT, BAKERS YEAST.	
Sesame Whole Wheat (select markets)	4.2	120	300	40	4.5	7	0.0	0	0	0	0	620	26	56	19	6	24	5	13	0	0	2	20	F									X	WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), SESAME SEEDS.	
Sourdough (select markets)	4.1	115	290	15	2.0	3	0.0	0	0	0	0	540	23	56	19	4	15	7	11	0	0	2	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN), WATER, SOURDOUGH CULTURE (WATER, FERMENTED WHEAT FLOUR), MALT, CRACKED WHEAT, SALT, BAKERS YEAST, WHEAT GLUTEN.	
12 Grain (select markets)	4.1	115	300	20	4.5	7	0.0	0	0	0	0	410	17	55	18	6	24	6	13	0	0	20	4	20	F									X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, 12 GRAIN BLEND ( BROWN FLAX, BARLEY FLAKES, CORN MEAL, YELLOW FLAX MEAL, RYE FLAKES, TRITICALE FLAKES, OAT FLAKES, BUCKWHEAT GRITS, HULLED MILLET, BROWN RICE MEAL, BROWN SESAME SEED AND SUNFLOWER SEED), WHEAT GLUTEN, CHIA SEEDS, ASCORBIC ACID, SALT, MALT, HONEY, MOLASSES, YEAST.
Whole Wheat	4.1	115	270	15	2.0	3	0.0	0	0	0	0	620	26	54	18	5	20	5	12	0	0	2	15	F									X	FLOUR (WHOLE WHEAT, WATER) UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT GLUTEN, MALT, HONEY, SALT, YEAST	
<b>BREADS &amp; WRAPS</b>																																			
Ciabatta Roll	4.2	118	320	25	3.0	5	1.0	5	0	0	0	600	25	64	21	2	8	8	10	0	10	0	30	X									X	ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVINE, FOLIC ACID), WATER, SUGAR, YEAST, CANOLA OIL, WHEAT GLUTEN, MONO AND DIGLYCERIDES OF FATTY ACIDS, BETA-CAROTENE, ASCORBIC ACID, AMYLASE, XYLANASE, HEMICELLULOSE, CELLULOSE.	
Wheat Bread		54	150	20	2.0	3	0.5	3	0	0	0	270	11	30	10	2	8	5	5	0	0	0	4	F									X	ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE.	
White Wrap	2.4	67	180	14	1.5	2	1.0	5	0	0	0	420	18	32	11	3	12	1	6	0	0	0	10	F									X	ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH.	



Bruegger's Bagels Nutritional Information																	F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																		
EST 1983 <b>BRUEGGER'S BAGELS</b> AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES		CALORIES FROM FAT		TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST	
Honey Walnut	1.5	43	150	110	12	18	6	32	0	35	11	125	5	8	3	<1	2	3	3	10	0	6	0				X		X						PASTEURIZED CREAM, AND NON FAT MILK, WALNUTS, HONEY, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Jalapeno	1.5	43	140	120	13	20	8	38	0	45	14	150	6	4	1	0	0	2	3	8	0	6	0				X		F						PASTEURIZED CREAM, JALAPENO PEPPERS, NONFAT MILK, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GREEN PEPPERS, CRUSHED RED PEPPERS, SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Light Garden Veggie	1.5	43	90	50	6	9	4	20	0	25	8	105	4	3	1	0	0	2	6	10	4	6	8				X		F						CULTURED SKIM MILK, PASTEURIZED CREAM, CARROTS, SCALLIONS, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, DRIED RED PEPPER, ONION POWDER, POTASSIUM SORBATE (MAINTAINS FRESHNESS), CELERY SEED, GARLIC POWDER, NATURAL FLAVOR.
Light Herb Garlic	1.5	43	100	60	6	9	3.5	18	0	25	8	125	5	4	1	0	0	2	6	4	0	8	2				X		F						CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Light Plain	1.5	43	100	60	6	10	3	16	0	25	8	130	5	4	1	<1	3	3	6	4	0	8	0				X		F						CULTURED SKIM MILK, PASTEURIZED CREAM AND NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Olive Pimiento	1.5	43	140	120	13	20	6	29	0	45	14	130	5	3	1	0	0	1	3	10	0	6	0				X		F						PASTEURIZED CREAM, OLIVES (WITH PIMIENTOS), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Onion and Chive	1.5	43	140	110	13	20	8	40	0	35	12	105	4	3	1	0	0	2	3	15	6	4	0				X		F						PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Plain	1.5	43	130	100	11	17	7	35	0	40	13	125	5	6	2	<1	2	2	3	10	0	6	0				X		F						PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Pumpkin (seasonal)	1.5	43	120	100	11	18	7	36	0	45	14	135	6	4	1	0	0	3	3	15	0	6	0				X		F						PASTEURIZED CREAM, PUMPKIN BASE (PUMPKIN PUREE, CORN SYRUP, SUGAR, BROWN SUGAR, SPICES, CITRIC ACID, SALT, ANNATTO EXTRACT (FOR COLOR), SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES)), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Smoked Salmon	1.5	43	150	120	13	21	6	32	0	40	13	150	6	3	1	<1	2	2	3	10	0	6	0		X	X			F						PASTEURIZED CREAM, AND NON FAT MILK, SMOKED SALMON, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Strawberry	1.5	43	140	110	13	20	7	35	0	30	9	100	4	4	1	0	0	2	3	15	2	2	0				X		F						PASTEURIZED CREAM, STRAWBERRY PRESERVES (STRAWBERRIES, CANE SUGAR SYRUP, MODIFIED FOOD STARCH, STRAWBERRY FLAVOR WITH OTHER NATURAL FLAVORS, CITRIC ACID, POTASSIUM SORBATE, ARTIFICIAL COLOR [RED #40]), NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Maple (seasonal)	1.5	43	140	120	13.0	20	7.0	35	0	35	12	110	5	4	1	0	0	4	3	15	0	2	0				X		F						PASTEURIZED CREAM, MAPLE SYRUP, NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
<b>SALADS &amp; DRESSINGS</b>			<b>SALADS &amp; DRESSINGS LISTED SEPERATELY</b>																																
Mixed Greens Base	4.0	113	20	5	0.0	0	0.0	0	0	0	0	15	1	4	1	2	8	2	2	170	10	6	6												ROMAINE LETTUCE, ARUGULA.
Blue Apple	9.8	279	360	160	18.0	28	7.0	35	0	55	18	800	33	30	10	8	32	20	23	180	15	25	10				X		X	X	X				MIXED GREENS (ROMAINE, ARUGULA), DICED CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), APPLE, BLUE CHEESE CRUMBLES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING), ARUGULA, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), ALMONDS, SALT.
Chicken Caesar	7.7	220	200	70	8.0	12	2.5	13	0	40	13	630	26	14	5	3	12	2	17	170	20	15	8				X		X	X	X				MIXED GREENS (ROMAINE, ARUGULA), CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), ASIAGO-PARMESAN BLEND (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), CROUTONS (ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]), LEMON.
Pastrami Cobb	10.3	293	280	150	16.0	25	7.0	35	0	170	57	650	27	15	5	2	8	3	17	180	20	30	10	X			X			X					MIXED GREENS (ROMAINE, ARUGULA), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING, SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), FRESH TOMATO, CHOPPED EGG, FRESH CUCUMBERS, MUISTEN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE COLORING]), CROUTONS (ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTER FAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]).
<b>SALAD DRESSINGS</b>																																			
Balsamic Vinaigrette	1.0	28	60	50	6.0	9	1.0	5	0	0	0	230	10	3	1	0	0	2	0	0	2	0	0												WATER, RED WINE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.
Caesar	1.0	28	80	60	7.0	11	1.5	8	0	10	3	310	13	2	1	0	0	1	1	0	0	0	0	X	X		X								WATER, VINEGAR, SOYBEAN OIL, ROMANO CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD STARCH-MODIFIED, SALT, ANCHOVY PASTE, GARLIC, SPICES, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE 60, XANTHAN GUM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIC ACID, CARAMEL, NATURAL FLAVOR, ONION.
Champagne Vinaigrette	1.0	28	130	130	14.0	22	2.0	10	0	0	0	410	17	1	0	0	0	1	0	0	0	0	0						X						CHAMPAGNE VINAIGRETTE VEGETABLE OIL (SOYBEAN OIL AND/OR CANOLA OIL), WHITE WINE, WHITE WINE VINEGAR, WATER, SALT, SUGAR, SPICES, MONOSODIUM GLUTAMATE, DEHYDRATED GARLIC, DEHYDRATED ONION, NATURAL FLAVORS (SOY), XANTHAN GUM, DEHYDRATED CHIVE, CALCIUM DISODIUM.
Feta Olive Oil	1.0	28	160	160	18.0	28	2.5	13	0	0	0	220	9	1	0	0	0	1	0	0	0	0	0						X						SOYBEAN OIL, VINEGAR, WATER, EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF: SPICES, CLUCOND DELTA LACTONE, XANTHAN GUM, GREEN TEA EXTRACT, BETA CAROTENE.
Ranch	1.0	28	90	90	10.0	15	1.5	8	0	10	3	250	10	1	0	0	0	1	0	0	0	0	0	X			X			X					SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK SOLIDS, EGG YOLK, SALT, GARLIC, SUGAR, ONION, SPICES, NATURAL FLAVOR, XANTHAN GUM, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.
<b>SANDWICHES</b>			<b>BUILT WITH COMPONENTS INDICATED ON MENU BOARD</b>																																
<b>BREAKFAST SANDWICHES</b>																																			
Breakfast Bagel - Egg / Cheese	6.8	193	430	120	18.0	28	6.0	30	0	180	60	970	40	63	21	4	16	8	22	6	0	15	25	X			X			X	X				PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).

Bruegger's Bagels Nutritional Information		F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																																
EST 1983 <b>BRUEGGER'S BAGELS</b> AUTHENTIC NEW YORK STYLE		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST	
Breakfast Bagel - Egg / Cheese / Bacon	7.3	207	500	170	24.0	37	8.0	40	0	195	65	1190	50	64	21	4	16	9	26	6	0	15	25	X								X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET)), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Egg / Cheese / Ham	8.3	235.6	510	140	16.0	25	5.0	25	0	210	70	1280	53	65	22	4	16	10	28	6	0	20	25	X		X						X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Breakfast Bagel - Egg / Cheese / Sausage	8.3	236	590	260	34.0	52	12.0	60	0	210	70	1250	52	63	21	4	16	8	28	6	0	15	25	X		X						X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET)), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).
Breakfast Bagel - Egg / Cheese / Turkey Sausage	8.3	235	510	160	23.0	35	8.0	40	0	220	73	1240	52	63	21	4	16	9	29	8	0	20	25	X		X						X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT, SALT, BAKER'S YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET)), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).
Breakfast Bagel - Egg White / Cheese	6.5	186	390	50	6.0	9	2.5	13	0	15	5	750	31	63	21	4	16	7	22	4	0	15	20	X		X						X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Breakfast Bagel - Egg White / Cheese / Bacon	7.0	200	460	110	12.0	18	4.5	23	0	30	10	980	41	64	21	4	16	8	26	4	0	15	20	X		X						X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), BACON (SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Egg White / Cheese / Ham	8.3	236	440	60	7.0	11	3.0	15	0	30	10	1300	54	65	22	4	16	9	29	4	0	15	20	X		X						X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), SHAVED HAM (HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Breakfast Bagel - Egg White / Cheese / Sausage	8.1	229	550	200	22.0	34	9.0	45	0	45	15	1030	43	63	21	4	16	7	28	4	0	15	20	X		X						X	X	EGG WHITE PATTY (EGG WHITES, CONTAINS LESS THAN 2% OF CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Breakfast Bagel - Egg White / Cheese / Turkey Sausage	8.0	228	470	100	11.0	17	4.0	20	0	55	18	1020	43	63	21	4	16	8	29	4	0	15	20	X		X						X	X	EGG WHITE PATTY (EGG WHITES, CONTAINS LESS THAN 2% OF CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Breakfast Bagel - Fresh Cracked Egg / Cheese	6.7	190	450	120	14.0	22	5.0	25	0	230	77	730	30	62	21	4	16	8	24	10	0	20	25	X		X						X	X	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Breakfast Bagel - Fresh Cracked Egg / Cheese / Bacon	7.2	205	520	180	20.0	31	7.0	35	0	245	82	950	40	63	21	4	16	9	28	10	0	20	25	X		X						X	X	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Fresh Cracked Egg / Cheese / Ham	8.5	240	500	130	15.0	23	5.0	25	0	250	83	1280	53	64	21	4	16	10	31	10	0	20	25	X		X						X	X	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Breakfast Bagel - Fresh Cracked Egg / Cheese / Sausage	8.2	233	610	270	30.0	46	11.0	55	0	260	87	1010	42	62	21	4	16	8	30	10	0	20	25	X		X						X	X	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Breakfast Bagel - Fresh Cracked Egg / Cheese / Turkey Sausage	8.2	232	530	170	19.0	29	7.0	35	0	270	90	1000	42	62	21	4	16	8	31	10	0	20	30	X		X						X	X	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap w/Bacon	9.2	261	760	450	50.0	77	18.0	90	0	435	145	1670	70	40	13	3	12	6	37	15	0	30	20	X		X						X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap w/Ham	9.5	268	590	290	32.0	49	12.0	60	0	410	137	1550	65	39	13	3	12	5	32	15	0	30	20	X		X						X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).

	Bruegger's Bagels Nutritional Information																		F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																
	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST			
Classic Wrap w/Sausage	9.2	261	710	430	47.0	72	18.0	90	0	420	140	1280	53	37	12	3	12	3	31	15	0	30	20	X									X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap w/ Turkey Sausage	9.2	260	620	330	36.0	55	13.0	65	0	430	143	1270	53	38	13	3	12	3	33	145	0	30	20	X									X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/Bacon	9.2	260	700	390	43.0	66	17.0	85	0	505	168	1480	62	37	12	3	12	5	42	20	0	30	20	X		X							X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/Ham	9.4	267	530	230	26.0	40	11.0	55	0	480	160	1370	57	37	12	3	12	4	37	20	0	35	25	X		X							X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/Sausage	9.2	261	640	370	41.0	63	17.0	85	0	490	163	1100	46	34	11	3	12	2	36	20	0	30	25	X		X							X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/ Turkey Sausage	9.2	259	560	270	30.0	46	13.0	65	0	500	167	1090	45	35	12	3	12	3	38	20	0	35	25	X		X							X	X	PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Skinny Zesty Egg White Sandwich / Plain Bagel	7.0	199	410	120	13.0	20	5.0	25	0	55	18	880	37	47	16	3	12	6	26	8	4	15	15	X		X							X	X	EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALT, SALT, BAKERS YEAST), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), SUNDRIED TOMATO SPREAD (SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER [CREAM, MILK, SALT]), DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT).
Smoked Salmon / Plain Bagel	8.4	238	460	90	10.0	15	4.5	23	0	45	15	1520	63	66	22	4	16	10	26	10	10	4	20	X		X							X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SALMON (SALMON, SALT, HARDWOOD SMOKE), FRESH TOMATO, PLAIN CREAM CHEESE (PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES [MILK PROTEINS], CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS], NATURAL FLAVOR), FRESH RED ONIONS, CAPERS (CAPERS, WATER, SALT, WINE VINEGAR).
Sriracha Egg Sandwich / Sausage / Plain Bagel	10.7	305	680	300	33.0	51	11.0	55	0	225	75	1670	70	72	24	4	16	16	28	35	90	15	25	X		X							X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED BELL PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Sriracha Egg Sandwich - Fresh Cracked Egg / Sausage / Plain Bagel	10.7	304	650	270	30.0	46	11.0	55	0	260	87	1580	66	70	23	4	16	15	30	35	90	20	30	X		X							X	X	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Western / Plain Bagel	9.2	262	670	310	34.0	52	9.0	45	0	215	72	1210	50	67	22	4	16	11	25	20	30	15	25	X		X							X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH RED ONIONS, FRESH GREEN PEPPERS, ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID), FRESH TOMATO.
Western - Fresh Cracked Egg / Plain Bagel	9.1	258	670	300	34.0	52	10.0	50	0	255	85	1190	50	66	22	4	16	11	30	15	40	20	25	X		X							X	X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FRESH CRACKED EGG PASTEURIZED EGGS, WATER, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH RED ONIONS, FRESH GREEN PEPPERS, Bell Pepper, Maltodextrin 10000 L, Salt, Maltodextrin 60, Bakers Yeast.
Pastrami, Egg & Swiss / Pumpernickel Bagel	7.9	224	490	150	16.0	25	5.0	25	0	195	65	1000	42	65	22	4	16	11	24	8	0	15	25	X		X							X	X	PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).
Pastrami, Egg & Swiss - Fresh Cracked Egg / Pumpernickel Bagel	7.9	224	460	120	13.0	20	4.5	23	0	230	77	310	38	64	21	4	16	11	26	8	0	20	25	X		X							X	X	PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), FRESH CRACKED EGG (PASTEURIZED EGGS), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).

Bruegger's Bagels Nutritional Information															F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																					
EST 1983 <b>BRUEGGER'S BAGELS</b> AUTHENTIC NEW YORK STYLE		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST			
<b>DELI SANDWICHES</b>																																				
BLT / Plain Bagel	7.6	216	530	210	23.0	35	5.0	25	0	35	12	1000	42	64	21	4	16	10	19	8	15	2	20	X									X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), TOMATOES, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), MAYONNAISE (VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, VINEGAR, CORN SYRUP, WATER, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), LETTUCE.	
BLT / Wheat Bread	9.0	255	610	390	44.0	68	10.0	50	0	70	23	1200	50	38	13	2	8	11	18	15	30	0	4	X									X	X	WHEAT BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, LETTUCE, MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR).	
Chicken Breast / Plain Bagel	11.3	321	550	50	6.0	9	1.5	8	0	60	20	1330	55	81	27	4	16	27	37	8	25	2	25	X									X	X	GRILLED CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE, [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), TOMATOES, HONEY MUSTARD (SUGAR, VINEGAR, MUSTARD, WATER, HONEY, VEGETABLE OIL (SOYBEAN, CANOLA), SALT, MOLASSES, SPICES, PAPRIKA, TURMERIC), LETTUCE.	
Chicken Breast / Wheat Bread	14.3	406	650	70	8.0	12	2.5	13	0	60	20	1440	60	100	33	4	16	49	35	15	30	4	15									X	X	CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS)], FRESH TOMATO, HONEY MUSTARD (SUGAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TURMERIC, PAPRIKA), LETTUCE, WHEAT BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE).		
Garden Veggie / Plain Bagel	12.3	349	360	20	2.0	3	0.0	0	0	0	0	550	23	72	24	5	20	13	12	10	100	6	20											X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), RED ONIONS, TOMATOES, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.
Garden Veggie / Plain Bagel (w/ Hummus)	13.5	384	480	70	8.0	12	1.0	5	0	0	0	670	28	83	28	5	20	13	17	10	100	5	40											X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, BAKERS YEAST), RED ONIONS, GREEN PEPPERS, HUMMUS (CHICK PEAS, TAHINI [ROASTED GROUND SESAME SEEDS], LEMON JUICE, WATER, LESS THAN 2% OF GARLIC, OLIVE OIL, PARSLEY, CUMIN, CHICK PEA POWDER, SORBIC ACID [MAINTAINS FRESHNESS]), TOMATO, LETTUCE, CUCUMBERS.
Garden Veggie / Wheat Bread	13.6	385	370	35	4.0	6	1.0	5	0	0	0	560	23	73	24	5	20	17	10	20	120	4	8											X	X	WHEAT BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), FRESH RED ONIONS, FRESH TOMATO, FRESH GREEN PEPPERS, LETTUCE, FRESH CUCUMBERS.
Garden Veggie / Wheat Bread (w/ Hummus)	15.5	441	490	90	10.0	15	2.0	10	0	0	0	690	29	83	28	5	20	17	15	20	120	6	30											X	X	WHEAT BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), RED ONIONS, TOMATO, FRESH GREEN PEPPERS, LETTUCE, CUCUMBERS.
Ham / Plain Bagel	9.1	257	410	60	7.0	11	3.0	15	0	30	10	1300	54	64	21	4	16	10	23	10	15	15	20										X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, LETTUCE, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TURMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).	
Ham / Wheat Bread	13.3	377	470	90	10.0	15	4.0	20	0	50	17	2050	85	67	22	4	16	16	28	20	30	15	10											X	X	SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, LETTUCE, WHEAT BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TURMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Tuna Salad / Plain Bagel	8.8	250	550	190	21.0	32	2.5	13	0	40	13	870	36	65	22	4	16	9	22	8	15	2	20	X	X									X	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), TUNA SALAD (TUNA (LIGHT TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT), MAYONNAISE (VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), BREAD CRUMBS (BREAD CRUMBS (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA), WATER, SALT, CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS (MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE), VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS) OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS)), FRESH TOMATO, LETTUCE.

Bruegger's Bagels Nutritional Information														F- MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																					
EST 1983 <b>BRUEGGER'S BAGELS</b> AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES		CALORIES FROM FAT		TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (G)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (MG)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST	
	280	31.0	48	23	0	55	18	1020	43	67	22	4	16	13	25	15	30	2	10	X	X														
Tuna Salad / Wheat Bread	11.8	335	650	280	31.0	48	23	0	55	18	1020	43	67	22	4	16	13	25	15	30	2	10	X	X											TUNA SALAD (TUNA [LIGHT TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY)], SALT], MAYONNAISE [VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR], BREAD CRUMBS [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA), WATER, SALT, CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS] OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS), FRESH TOMATO, LETTUCE, WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES).
Turkey / Plain Bagel	9.2	261	430	70	8.0	12	3.5	18	0	35	12	1270	53	64	21	4	16	9	25	10	15	15	20												PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO, LETTUCE, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES).
Turkey / Wheat Bread	13.5	382	490	90	10.0	15	4.5	23	0	55	18	1890	79	66	22	4	16	14	32	20	30	15	10												TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO, LETTUCE, WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Pastrami / Plain Bagel	8.0	266	410	80	9.0	14	3.5	18	0	30	10	1350	56	63	21	4	16	9	22	10	8	15	20												PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, YEAST), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING, SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ARUGULA, SALT, PEPPER.
Pastrami / Wheat Bread	13.5	384	460	13	17.0	5	25.0	0	50	17	###	88	64	23	0	0	13	27	0	0	15	6													PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING, SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), ARUGULA, PEPPER.
Egg Salad / Plain Bagel	8.7	246	540	200	22.0	34	8.0	40	0	245	82	800	33	64	21	4	16	10	24	20	10	20	25	X											PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, BAKERS YEAST), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS)], MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]), FRESH TOMATO, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), ARUGULA.
Egg Salad / Wheat Bread	12.4	352	700	260	38.0	49	13.0	65	0	470	157	960	42	67	24	0	0	15	31	0	0	20	15	X											FRESH CRACKED EGG PASTEURIZED EGGS, WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), FRESH TOMATO, ONION & CHIVE CREAM CHEESE PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR))), ARUGULA.
<b>DELI CLASSICS</b>																																			
B.E.L.T. / Ciabatta	11.8	335	760	360	40.0	62	13.0	65	0	475	158	1310	55	71	24	2	8	13	33	30	25	8	40	X											CIABATTA (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVINE, FOLIC ACID], WATER, SUGAR, YEAST, CANOLA OIL, WHEAT GLUTEN, MONO AND DIGLYCERIDES OF FATTY ACIDS, BETA-CAROTENE, ASCORBIC ACID, AMYLASE, XYLANASE, HEMICELLULOSE, CELLULOSE), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS)], MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, ARUGULA, SALT, PEPPER.
Cheese & Tomato Melt / Rye Bread	9.6	273	690	310	35.0	54	17.0	85	0	100	33	1410	59	63	21	4	16	2	31	25	20	90	20												RYE BREAD (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, RYE FLOUR, YEAST, WHEAT FLOUR, SALT, FUMARIC ACID, MALTED BARLEY FLOUR, MALT POWDER [DRIED CORN SYRUP, BARLEY MALT EXTRACT], AND 2% OR LESS OF EACH OF THE FOLLOWING :ACETIC ACID, LACTIC ACID, FULLY REFINED SOYBEAN OIL, WHEAT GLUTEN, WHOLE CARAWAY SEED, GRANULATED SUGAR, CALCIUM PROPIONATE (TO RETAIN FRESHNESS), DOUGH IMPROVER [MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID], CALCIUM SULFATE, ENZYMES), MÜNSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE COLORING]), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), BUTTER SUBSTITUTE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL WITH SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL COLOR, DIMETHYLPOLYSILOXANE ADDED AS AN ANTI-FOAMING AGENT), SALT, PEPPER.

Bruegger's Bagels Nutritional Information											F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																							
EST 1983 <b>BRUEGGER'S BAGELS</b> AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (MG)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST		
	Harvest Turkey / Ciabatta	12.3	348	700	210	24.0	37	9.0	45	0	85	28	2040	85	83	28	4	16	11	37	8	6	35	20	X								X	X
Pastrami & Swiss Melt / Rye Bread	10.2	290	530	180	20.0	31	7.0	35	0	45	15	1260	53	62	21	5	20	3	25	6	40	45	20	X								X	X	RYE BREAD (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, RYE FLOUR, YEAST, WHEAT FLOUR, SALT, FUMARIC ACID, MALTED BARLEY FLOUR, MALT POWDER [DRIED CORN SYRUP, BARLEY MALT EXTRACT], AND 2% OR LESS OF EACH OF THE FOLLOWING :ACETIC ACID, LACTIC ACID, FULLY REFINED SOYBEAN OIL, WHEAT GLUTEN, WHOLE CARAWAY SEED, GRANULATED SUGAR, CALCIUM PROPIONATE [TO RETAIN FRESHNESS], DOUGH IMPROVER [MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID], CALCIUM SULFATE, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), APPLE CIDER SLAW (GREEN CABBAGE, RED CABBAGE, CARROT, APPLE CIDER VINAIGRETTE [SOYBEAN OIL, WATER, HIGH FRUCTOSE, CORN SYRUP, VINEGAR (BALSAMIC, CIDAR), APPLE JUICE CONCENTRATE, EGG YOLK, CONTAINS LESS THAN 2% OF: SUGAR, SALT, NATURAL FLAVOR, XANTHAN GUM, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, SPICES, ONION, PROPYLENE GLYCOL ALGINATE, GARLIC, CITRIC ACID]), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TURMERIC, SPICES), BUTTER SUBSTITUTE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL WITH SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL COLOR, DIMETHYLPOLYSILOXANE ADDED AS AN ANTI-FOAMING AGENT).
Tarragon Chicken Salad / Wheatberry Bread	10.2	288	530	270	30.0	46	4.5	23	0	50	17	800	33	44	15	4	16	17	19	15	30	2	6	X								X	X	WHEATBERRY BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), FRESH TOMATO, CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR [CONTAINS AUTOLYZED YEAST EXTRACT], DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID], SALT, RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), LETTUCE, MAYONNAISE VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), ALMONDS, LEMON JUICE, TARRAGON.
Turkstrami Melt / Rye Bread	12.4	352	650	190	21.0	32	8.0	40	0	75	25	1700	71	77	26	4	16	17	35	15	25	50	25									X	X	RYE BREAD (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, RYE FLOUR, YEAST, WHEAT FLOUR, SALT, FUMARIC ACID, MALTED BARLEY FLOUR, MALT POWDER [DRIED CORN SYRUP, BARLEY MALT EXTRACT], AND 2% OR LESS OF EACH OF THE FOLLOWING :ACETIC ACID, LACTIC ACID, FULLY REFINED SOYBEAN OIL, WHEAT GLUTEN, WHOLE CARAWAY SEED, GRANULATED SUGAR, CALCIUM PROPIONATE [TO RETAIN FRESHNESS], DOUGH IMPROVER [MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID], CALCIUM SULFATE, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), TURKEY (TURKEY BREAD, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), HONEY MUSTARD (SUGAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TURMERIC, PAPRIKA), ARUGULA, BUTTER SUBSTITUTE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL WITH SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL COLOR, DIMETHYLPOLYSILOXANE ADDED AS AN ANTI-FOAMING AGENT), SALT, PEPPER.
Turkey in the Slaw / Wheat Bread	8.0	226	520	200	23.0	35	11.0	55	0	80	27	1180	49	49	16	3	12	21	26	10	30	45	8	X								X	X	MUENSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE COLORING]), WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), TURKEY (TURKEY BREAD, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), APPLE CIDER SLAW (GREEN CABBAGE, RED CABBAGE, CARROT, APPLE CIDER VINAIGRETTE [SOYBEAN OIL, WATER, HIGH FRUCTOSE, CORN SYRUP, VINEGAR (BALSAMIC, CIDAR), APPLE JUICE CONCENTRATE, EGG YOLK, CONTAINS LESS THAN 2% OF: SUGAR, SALT, NATURAL FLAVOR, XANTHAN GUM, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, SPICES, ONION, PROPYLENE GLYCOL ALGINATE, GARLIC, CITRIC ACID]), HONEY MUSTARD (SUGAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TURMERIC, PAPRIKA), BUTTER SUBSTITUTE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL WITH SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL COLOR, DIMETHYLPOLYSILOXANE ADDED AS AN ANTI-FOAMING AGENT).
<b>SIGNATURE &amp; BAGEL SANDWICHES</b>																																		
Herby Turkey / Sesame Bagel	11.0	313	570	130	15.0	23	4.5	23	0	55	18	1580	66	75	25	4	16	11	34	10	25	10	45	X								X	X	SESAME BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SESAME SEEDS, SALT, YEAST), SHAVED TURKEY BREAD (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), LETTUCE, RED ONIONS, LIGHT HERB GARLIC CREAM CHEESE (PASTEURIZED SKIM MILK AND CREAM, MILK PROTEINS, WHEY PROTEIN, LESS THAN 2% OF GARLIC, CHIVES, SPICES, SALT, NATURAL FLAVOR, NATURAL ACIDS, XANTHAN, LOCUST BEAN AND GUAR GUMS, VEGETABLE RENNET, POTASSIUM SORBATE [MAINTAINS FRESHNESS]), SUNDRIED TOMATO SPREAD (TOMATO SOLIDS, SUN DRIED TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER [CREAM, MILK, SALT], DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GRALIC, CITRIC ACID, LIME JUICE, SALT).
Leonardo da Veggie / Asiago Parmesan Bagel	10.1	286	490	130	14.0	22	7.0	35	0	45	15	860	36	70	23	5	20	12	21	35	40	30	20									X	X	ASIAGO PARMESAN BAGEL (PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA)), FRESH TOMATO, LETTUCE, FRESH RED ONIONS, MUENSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE COLORING]), LIGHT HERB GARLIC CREAM CHEESE (CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS], NATURAL FLAVOR), ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID).



Bruegger's Bagels Nutritional Information											F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																						
EST 1983 <b>BRUEGGER'S BAGELS</b> AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST	
Smoked Salmon with Egg Salad / Pumpnickel Bagel	9.7	274	570	190	21.0	32	5.0	25	0	255	85	1410	59	64	21	4	16	11	33	15	6	8	30	X	X				X	X			PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, YEAST, LIGHT BROWN SUGAR, CARAMEL COLOR, WHEAT BRAN, CARAWAY SEEDS), WILD SMOKED SALMON (SOCKEYE SALMON, SALT, SUGAR, HARDWOOD SMOKE), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS)], MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]], FRESH CUCUMBERS, ARUGULA.
Turkey Chipotle Club / Everything Bagel	11.2	317	810	410	45.0	69	8.0	40	0	70	23	2310	96	66	22	4	16	11	35	8	10	4	25	X		X		X	X			EVERYTHING BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, SESAME SEEDS, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, YEAST), TURKEY (TURKEY BREAD, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH TOMATO, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), ARUGULA, SALT, PEPPER.	
<b>BURGERS</b>																																	
Bistro Burger / Plain Bagel	12.5	353	850	400	44.0	68	15.0	75	1	110	37	1470	61	79	26	4	16	13	33	10	15	15	30	X		X		X	X			BEEF STEAKBURGER (BEEF, SALT, SODIUM PHOSPHATES, SPICE), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, BAKERS YEAST), FRESH TOMATO, LETTUCE, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), PICKLED RED ONIONS (FRESH RED ONIONS, WHITE VINEGAR, SUGAR, SALT), BRUE-B-Q SAUCE (MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)], SWEET RELISH [RELISH STOCK (CUCUMBERS, CABBAGE, WATER, SALT, CALCIUM CHLORIDE), HIGH FRUCTOSE CORN SYRUP, DISTILLED WHITE VINEGAR, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES, GUAR GUM, ALUM, XANTHAN GUM, DEHYDRATED RED BELL PEPPERS, EXTRACTIVES OF TURMERIC, FD&C YELLOW #5 AND BLUE #1, NATURAL FLAVORINGS, POLYSORBATE 80], HICKORY BROWN SUGAR BBQ SAUCE [HIGH FRUCTOSE CORN SYRUP, VINEGAR, TOMATO PASTE, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: SALT, NATURAL HICKORY SMOKE FLAVOR, PINEAPPLE JUICE CONCENTRATE, SPICES, CARAMEL COLOR, SODIUM BENZOATE AS A PRESERVATIVE, MOLASSES, CORN SYRUP, GARLIC, SUGAR, TAMARIND, NATURAL FLAVOR], SRIRACHA SAUCE [CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM]).	
Barnyard Burger / Asiago Parmesan Bagel	11.7	333	920	480	54.0	83	19.0	95	1	335	112	1560	65	68	23	4	16	12	45	10	0	20	35	X		X		X	X			ASIAGO-PARMESAN BAGEL (PLAIN BAGEL [UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST], ASIAGO PARMESAN SHRED [ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES), POWDERED CELLULOSE WITH ENZYMES (TO PREVENT CAKING)], ITALIAN SPICE [CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA]), BEEF STEAKBURGER (BEEF, SALT, SODIUM PHOSPHATES, SPICE), FRESH CRACKED EGG (PASTEURIZED EGGS), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), BRUE-B-Q SAUCE (MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]], SWEET RELISH [RELISH STOCK (CUCUMBERS, CABBAGE, WATER, SALT, CALCIUM CHLORIDE), HIGH FRUCTOSE CORN SYRUP, DISTILLED WHITE VINEGAR, SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVES, GUAR GUM, ALUM, XANTHAN GUM, DEHYDRATED RED BELL PEPPERS, EXTRACTIVES OF TURMERIC, FD&C YELLOW #5 AND BLUE #1, NATURAL FLAVORINGS, POLYSORBATE 80], HICKORY BROWN SUGAR BBQ SAUCE [HIGH FRUCTOSE CORN SYRUP, VINEGAR, TOMATO PASTE, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: SALT, NATURAL HICKORY SMOKE FLAVOR, PINEAPPLE JUICE CONCENTRATE, SPICES, CARAMEL COLOR, SODIUM BENZOATE AS A PRESERVATIVE, MOLASSES, CORN SYRUP, GARLIC, SUGAR, TAMARIND, NATURAL FLAVOR], SRIRACHA SAUCE [CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM]), PEPPER.	
Smoked Salmon with Egg Salad / Pumpnickel Bagel	9.7	274	570	190	21.0	32	5.0	25	0	255	85	1410	59	64	21	4	16	11	33	15	6	8	30	X	X				X	X			PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, YEAST, LIGHT BROWN SUGAR, CARAMEL COLOR, WHEAT BRAN, CARAWAY SEEDS), WILD SMOKED SALMON (SOCKEYE SALMON, SALT, SUGAR, HARDWOOD SMOKE), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS)], MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]], FRESH CUCUMBERS, ARUGULA.
<b>SIDES &amp; DESSERTS</b>																																	
<b>COOKIES</b>																																	
Chocolate Chunk	4.0	113	500	200	22.0	34	13.0	65	0	70	23	220	9	69	23	3	12	38	7					X		X		X	X			ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, MILK FAT, SOY LECITHIN (AN EMULSIFIER), SALT AND VANILLA), BUTTER (MILK), BROWN SUGAR, SUGAR, EGGS, BAKING SODA, SALT, NATURAL FLAVORS.	
Oatmeal Raisin Pecan	4.0	113	460	190	21.0	32	9.0	45	0	50	17	220	9	65	22	4	16	37	7					X		X	X		X	X			INGREDIENTS: OATS, BROWN SUGAR, BUTTER (MILK), ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, RAISINS, PECANS (NUT), WATER, EGGS, SALT, BAKING SODA.
<b>DESSERT BARS</b>																																	
Chocolate Chunk Brownie	3.3	94	440	200	22.0	34	11.0	55	0	100	33	150	6	55	18	3	12	42	7					X		X		X	X			SUGAR, CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, MILK FAT, SOY LECITHIN, SALT AND VANILLA), EGGS, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO- & DI-GLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), NATURAL AND ARTIFICIAL FLAVOR, CALCIUM DISODIUM EDTA, VITAMIN A PALMITATE ADDED, BETA CAROTENE, CITRIC ACID), BUTTER (MILK), MILK CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, WHOLE MILK, SOY LECITHIN, SALT, AND VANILLA), COCOA (PROCESSED WITH ALKALI), CONTAINS LESS THAN 2% OF: NATURAL FLAVORS, CORNSTARCH, LEAVENER (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE).	
Cheesecake Brownie	3.1	91	340	160	18.0	28	7.0	35	0	30	10	350	15	43	14	2	8	30	6	4	0	6	15	X		X		X	X			BROWN SUGAR, CREAM CHEESE (pasteurized cream and milk, milk proteins, natural acids, cheese culture, salt, xanthan, carob bean and guar gums), WHEAT FLOUR, SUGAR, EGG WHITES, SOYBEAN OIL, WATER, COCOA (processed with alkali), CHOCOLATE CHIPS [sugar, unsweetened chocolate, cocoa butter, soy lecithin (an emulsifier), natural vanilla extract], BUTTER (milk), EGGS, DRY BUTTERMILK (milk), Contains less than 2% of each of the following: NATURAL FLAVORS, SALT, LEAVENER (baking soda, sodium acid pyrophosphate, monocalcium phosphate), CORNSTARCH.	



EST 1983		Bruegger's Bagels Nutritional Information																		F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN															
BRUEGGER'S BAGELS		SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	PROTEIN (g)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT			
AUTHENTIC NEW YORK STYLE		INGREDIENT LIST																																	
Chicken Spaetzle	8.0	227	140	30	3.5	5	0.0	0	0	45	15	660	28	14	5	0	0	1	11	60	4	0	0	X							X	X	WATER, CHICKEN, SPAETZLE DUMPLING (ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, ENRICHED DURUM WHEAT FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SPICES, NATURAL FLAVOR, OLEORESIN TUMERIC), CARROTS, ONION, CELERY, CONTAINS LESS THAN 2% OF THE FOLLOWING: CHICKEN STOCK CONCENTRATE (CHICKEN STOCK, DEXTROSE, SALT, FOOD STARCH - MODIFIED, HYDROLYZED CORN PROTEIN, AUTOLYZED YEAST EXTRACT, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ONION POWDER, NATURAL FLAVORING, POTASSIUM SORBATE (A PRESERVATIVE), FLAVOR), MODIFIED FOOD STARCH, CHICKEN BASE [ROASTED CHICKEN AND CHICKEN FAT, SALT, AUTOLYZED YEAST EXTRACT, CHICKEN FLAVOR (WITH HYDROLYZED CORN SOY WHEAT GLUTEN PROTEIN, MALTODEXTRIN, EGG YOLK, YEAST EXTRACT, DEHYDRATED COOKED CHICKEN, MODIFIED FOOD STARCH), FLAVOR (WITH TORULA YEAST), DISODIUM INOSINATE, DISODIUM GUANYLATE, POTATO STARCH, TURMERIC], RENDERED CHICKEN FAT, OLIVE OIL, SALT, SPICES, SUGAR, GELLAN GUM, XANTHAN GUM, VEGETABLE COLOR (TURMERIC EXTRACT).		
New England Clam Chowder	8.0	227	250	160	18.0	28	14.0	70	0	80	27	730	30	16	5	0	0	1	7	4	20	0	4			X	X			X	X	WATER, CREAM, CLAMS (SEA CLAMS, SEA CLAM JUICE, SALT, SODIUM TRIPOLYPHOSPHATE (TO RETAIN NATURAL JUICES), CALCIUM DISODIUM EDTA (TO PRESERVE COLOR)), CONCENTRATED SEA CLAM JUICE (SEA CLAM JUICE, AND SALT), POTATOES (CONTAINS SODIUM ACID PYROPHOSPHATE), ONIONS, CONTAINS LESS THAN 2% OF THE FOLLOWING: BUTTER (PASTEURIZED CREAM, SALT), MODIFIED FOOD STARCH, CLAM BASE (COOKED CLAMS AND CLAM JUICE, SALT, CLARIFIED BUTTER OIL, SUGAR, HYDROLYZED WHEAT GLUTEN, HYDROLYZED SOY WHEAT GLUTEN PROTEIN, AUTOLYZED YEAST EXTRACT, DEHYDRATED POTATO FLAKES, DRIED CLAM EXTRACT, NATURAL AND ARTIFICIAL CLAM FLAVOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, XANTHAN GUM, MONO AND DIGLYCERIDES (AS EMULSIFIER)), SUGAR, NATURAL SEA SALT, GARLIC (GARLIC, WATER), SPICES.			
Tomato Feta Bisque	8.0	227	90	20	2.5	4	2.5	13	0	10	3	1090	45	14	5	2	8	7	5	10	25	10	4				X					TOMATO JUICE (TOMATOES, SALT), WATER, TOMATOES (VINE-RIPENED FRESH UNPEELED GROUND TOMATOES, EXTRA HEAVY TOMATO PUREE AND SALT), TOMATOES (TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE), CRUMBLLED FETA CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES, POTATO STARCH (TO PREVENT CAKING)), CONTAINS LESS THAN 2% OF THE FOLLOWING: BROWN SUGAR (SUGAR, CANE SYRUPS), MODIFIED FOOD STARCH, GARLIC, SALT, SPICES.			
Vegetable	8.0	227	90	20	2.5	4	0.0	0	0	0	0	610	25	16	5	2	8	5	2	110	25	4	4						X			WATER, CARROTS, NAVY BEANS (NAVY BEANS AND WATER), RED ONION, TOMATOES (TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE), SWEET POTATO, CORN, CELERY, ZUCCHINI, SQUASH, KALE, RED BELL PEPPERS, CONTAINS LESS THAN 2% OF THE FOLLOWING: TOMATO PASTE, VEGETABLE CONCENTRATE (A BLEND OF VEGETABLES PUREES (CARROT, CELERY, ONION, SAUTEED ONION, RED BELL PEPPER), DEHYDRATED TOMATO, CARROTS, GREEN BELL PEPPER, ONION JUICES (ONION, GARLIC, SHALLOT, CARROT), SUGAR, SALT, YEAST EXTRACT, HYDROLYZED CORN PROTEIN, CONTAINS 2% OR LESS OF THE FOLLOWING: MALTODEXTRIN, CANOLA OIL, NATURAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED FOOD STARCH, SPICE, HYDROLYZED SOY PROTEIN, BURGUNDY WINE SOLIDS), MODIFIED FOOD STARCH, SUGAR, VIRGIN OLIVE OIL, WINE (SALT, SULFITES), MIREPOIX BASE [VEGETABLE PUREES (CARROT, CELERY, ONION), SALT, MALTODEXTRIN, ONION POWDER, CANOLA OIL, CORN STARCH, CARROT POWDER, CONTAINS 2% OR LESS OF THE FOLLOWING: EXTRACTIVE OF CARROT, XANTHAN GUM, SPICE EXTRACTIVES], JALAPENO, SALT, GARLIC (GARLIC, WATER), SPICES, CILANTRO.			
TOPPINGS VALUES LISTED BELOW ARE FOR A SINGLE BAGEL OR CAFÉ SALAD PORTION; FULL SIZE SANDWICHES AND ENTRÉE SALADS USE APPROX. TWICE THE AMOUNT LISTED BELOW																																			
<b>CHEESE</b>																																			
American Cheese	0.8	21.0	20.0	20.0	7.0	11.0	4.0	20.0	0.0	5.0	2.0	270.0	11.0	0.0	0.0	0.0	0.0	0.0	5.0	2.0	0.0	15.0	0.0									X	MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASCORBIC ACID (AS A PRESERVATIVE), ENZYMES (USING VEGETABLE RENNIN), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION.		
Asiago Cheese, Shredded	0.5	20	15	2	3.0	1	5.0	0	5	2	65	3	1	0	0	0	0	1	2	0	4	0					X					ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, AND ENZYMES).			
Blue Cheese	1.0	28	100	70	8.0	12	5.0	25	0	25	8	380	16	1	0	1	4	0	6	6	0	15	0									X	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING.		
Cheddar Cheese	0.7	19.0	70.0	50.0	6.0	9.0	3.5	18.0	0.0	20.0	7.0	120.0	5.0	1.0	0.0	0.0	0.0	0.0	5.0	4.0	0.0	15.0	0.0									X	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED].		
Muenster Cheese	1.0	28.0	100.0	70.0	8.0	12.0	5.0	25.0	0.0	30.0	10.0	190.0	8.0	1.0	0.0	0.0	0.0	0.0	6.0	6.0	0.0	20.0	0.0									X	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO (VEGETABLE COLORING).		
Provolone Cheese	0.5	14.0	50.0	35.0	4.0	6.0	2.5	13.0	0.0	10.0	3.0	120.0	5.0	0.0	0.0	0.0	0.0	0.0	3.0	2.0	0.0	10.0	0.0									X	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES.		
Swiss Cheese	0.5	14.0	50.0	35.0	4.0	6.0	2.5	13.0	0.0	15.0	5.0	30.0	1.0	1.0	0.0	0.0	0.0	0.0	4.0	4.0	0.0	15.0	0.0									X	PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.		
<b>CONDIMENTS</b>																																			
Butter	0.5	14	100	100	11.0	17	7.0	36	0	30	10	90	4	0	0	0	0	0	8	0	0	0	0									X	CREAM (MILK), SALT.		
Chipotle Sauce	0.5	14	100	100	11.0	17	1.5	8	0	5	2	120	5	0	0	0	0	0	0	0	0	0	0	X							X	VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE.			
Dijon Mustard	0.5	14	0	0	0.0	0	0.0	0	0	0	0	180	8	0	0	0	0	0	0	0	0	0	0										X	DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TURMERIC, SPICES.	
Honey Mustard	0.5	14	45	0	0.0	0	0.0	0	0	0	0	45	2	9	3	0	0	9	0	0	1	1	1								X	SUGAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TURMERIC, PAPRIKA.			
Honey	0.7	21	64	0	0.0	0	0.0	0	0	0	0	1	0	17	6	0	0	17	0	0	0	0	0										X	PURE HONEY.	
Horseradish Mayo	1.1	30	140	110	13.0	19	2.0	9	0	10	3	280	12	6	2	0	0	5	0	0	2	0	0	X							X	SOYBEAN OIL, CORN SYRUP, VINEGAR, HORSERADISH, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), EGG YOLK, CONTAINS 2% OR LESS OF: SALT, SUGAR, SPICE, XANTHAN GUM, ARTIFICIAL FLAVOR.			
Hummus	2.0	57	120	60	6.0	9	1.0	5	0	0	0	125	5	10	3	0	0	0	5	0	0	2	20			F	F						CHICK PEAS, TAHINI (ROASTED GROUND SESAME SEEDS), LEMON JUICE, WATER, LESS THAN 2% OF GARLIC, OLIVE OIL, PARSLEY, CUMIN, CHICK PEA POWDER, SORBIC ACID (MAINTAINS FRESHNESS).		
Jelly/Jam - Grape	0.7	20	50	0	0.0	0	0.0	0	0	0	0	5	0	13	4	0	0	12	0	0	0	0	0										X	GRAPE JUICE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PECTIN, CITRIC ACID, SODIUM CITRATE.	
Jelly/Jam - Strawberry	0.7	20	50	0	0.0	0	0.0	0	0	0	0	0	0	13	4	0	0	0	0	0	0	0	0										X	STRAWBERRIES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, PECTIN, CITRIC ACID, GRAPE JUICE CONCENTRATE ADDED FOR COLOR, NATURAL FLAVOR.	
Mayo	0.5	14	100	100	11.0	17	1.5	8	0	10	3	100	4	1	0	0	0	0	0	0	0	0	0	X							X	SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR).			
Peanut Butter	1.5	43	250	190	21.0	32	4.0	20	0	0	0	200	8	9	3	3	12	4	9	0	0	0	6				X	X					ROASTED PEANUTS, SUGAR, PARTIALLY HYDROGENATED VEGETABLE OILS (COTTONSEED, SOYBEAN AND RAPESEED) TO PREVENT SEPARATION, SALT.		
Sriracha Sauce	1.0	28	30	0	0.0	0	0.0	0	0	0	0	570	24	6	2	0	0	6	0	0	0	0	0										X	CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM.	
Sundried Tomato Mayo	0.7	21	140	140	15.0	24	2.5	12	0	15	5	130	5	1	0	0	0	2	8	2	0	0	X			X	X						MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA [ADDED TO PROTECT FLAVOR]), SUN-DRIED TOMATO PASTE (SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER [CREAM, MILK, SALT]), DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RED RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT.		
Sundried Tomato Spread	0.6	16	79	54	6.0	9	2.0	10	0	6	2	46	2	5	2	0	1	1	1	6	9	1	2				X						SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER (CREAM, MILK, SALT), DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE (MILK, SALT, ENZYMES), RED RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT.		
<b>EGGS &amp; EGG PATTIES</b>																																			
Egg White Patty	2.0	57	40	0	0.0	0	0.0	0	0	0	0	190	8	2	1	0	0	0	6	0	0	0	0	X							X	EGG WHITES, CONTAINS LESS THAN 2% OF CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT.			
Liquid Egg White	2.0	58	30	0	0.0	0	0.0	0	0	0	0	95	4	0	0	0	0	0	6	0	0	0	0	X									X	LIQUID EGG WHITES, TRIETHYL CITRATE ADDED AS A WHIPPING AID.	
Whole Egg Patty	2.0	57	110	80	9.0	14	2.0	10	0	175	58	170	7	2	1	0	0	1	5	4	0	2	4							X			WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY.		
Fresh Cracked Egg	2.0	57	80	50	6.0	9	1.5	8	0	210	70	80	3	1	0	0	0	1	7	6	0	4	6	X									PASTEURIZED EGGS.		
<b>MEAT</b>																																			
Bacon	0.5	14	70	50	6	9	2	11	0	15	5	220	9	1	0	0	0	1	4	0	0	0	0										CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMETHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE.		

Bruegger's Bagels Nutritional Information																		F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN																			
Item	SERVING SIZE (OZ)		SERVING SIZE (G)		CALORIES	CALORIES FROM FAT		TOTAL FAT (g)	TOTAL FAT (% DV)	SATURATED FAT (g)	SATURATED FAT (% DV)	TRANS FAT (g)	CHOLESTEROL (MG)	CHOLESTEROL (% DV)	SODIUM (MG)	SODIUM (% DV)	CARBOHYDRATES (g)	CARBOHYDRATES (% DV)	FIBER (g)	FIBER (% DV)	SUGARS (g)	SUGARS (% DV)	PROTEIN (g)	PROTEIN (% DV)	VITAMIN A (% DV)	VITAMIN C (% DV)	CALCIUM (% DV)	IRON (% DV)	EGGS	FISH	SHELLFISH	MILK/DAIRY	PEANUTS	TREE NUTS/COCONUTS	SOY	WHEAT	INGREDIENT LIST
	4.0	113	140	35		4	6																														
Chicken Breast	4.0	113	140	35	4	6	1.5	7	0	60	20	700	29	1	0	0	0	0	25	0	0	0	2	X													CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING (SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)), SALT, RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS).
Egg Salad	2.5	71	150	120	13.0	20	4.0	20	0	215	72	140	6	2	1	0	0	1	8	10	2	4	6	X													PASTEURIZED EGGS, ONION & CHIVE CREAM CHEESE (PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE [MILK PROTEINS], CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS]), MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA [ADDED TO PROTECT FLAVOR])).
Ham	1.8	50	45	10	1.0	2	0.0	0	0	20	7	550	23	2	1	0	0	2	7	0	0	0	2													SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE).	
Pastrami	1.3	38	25	10	1.5	2	0.0	0	0	10	3	230	10	0	0	0	0	0	3	0	0	0	0													PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING]), SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).	
Salmon	1.8	50	80	25	2.5	4	1	4	0	25	9	737	31	0	0	0	0	0	13	0	0	0	0				X								SALMON, SALT, HARDWOOD SMOKE.		
Sausage	1.5	43	160	140	16.0	25	6.0	30	0	30	10	280	12	0	0	0	0	0	6	0	0	0	2												PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR (CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR), FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID.		
Turkey Sausage	1.5	42	80	45	5.0	8	1.5	8	0	40	13	270	11	0	0	0	0	0	8	2	0	2	2												TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES.		
Tarragon Chicken Salad	2.5	71	230	170	18.0	28	2.5	13	0	35	12	340	14	8	3	1	4	6	9	0	0	2	2	X								X	X	CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING (SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID)), SALT, RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS)), MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), ALMONDS, LEMON JUICE, DRIED TARRAGON.			
Tuna Salad	2.5	71	230	170	19.0	29	2.5	13	0	40	13	330	14	3	1	0	0	0	11	0	0	0	2	X	X								X	X	TUNA (LIGHT TUNA, WATER, VEGETABLE BROTH [CONTAINS SOY], SALT), MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), BREAD CRUMBS (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA], WATER, SALT, CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS) OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS).		
Turkey	1.8	50	45	0	0.0	0	0.0	0	0	15	5	430	18	2	1	0	0	1	9	0	0	0	2													SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE).	
<b>NUTS/OTHER</b>																																					
Almonds (Sliced)	0.2	4.5	25	20	2.5	4	0.0	0	0	0	0	0	0	1	0	0	0	0	1	0	0	0	2													ALMONDS.	
Croutons	0.5	14	70	25	3.0	5	0.0	0	0	0	0	170	7	8	3	0	0	0	1	0	0	0	0					X								ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]].	
Sesame Seeds	0.2	7	40	30	3.5	5	0.0	0	0	0	0	0	0	2	1	1	5	0	1	0	0	0	4													TOASTED SESAME SEEDS.	
<b>VEGETABLES &amp; FRUIT</b>																																					
Capers	0.1	3	0	0	0	0	0	0	0	0	0	65	3	0	0	0	0	0	0	0	0	0	0													CAPERS, WATER, SALT, WINE VINEGAR.	
Cucumbers	0.7	21	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0													FRESH CUCUMBER.	
Green Peppers	1.0	28	6	0	0.0	0	0.0	0	0	0	0	1	0	1	0	0	0	1	0	2	38	0	1													GREEN PEPPERS.	
Lettuce	0.1	4	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	7	1	0	0													FRESH LETTUCE.	
Pickles	1.0	28	0	0	0.0	0	0.0	0	0	0	0	330	14	1	0	0	0	0	0	0	0	0	0													FRESH CUCUMBERS, WATER, VINEGAR, SALT, SPICES, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVORS, GARLIC OIL, POLYSORBATE 80, TURMERIC (COLOR).	
Pickled Red Onions	1.0	28	40	0	0.0	0	0.0	0	0	0	0	210	9	11	4	0	0	1	0	0	2	0	0													FRESH RED ONION, WHITE VINEGAR, SUGAR, SALT.	
Red Onions	0.1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0												FRESH RED ONION.		
Red Peppers	1.0	28	6	0	0.0	0	0.0	0	0	0	0	1	0	1	0	0	0	1	0	2	38	0	1													RED PEPPERS.	
Tomatoes	0.2	5	0	0	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	6	8	0	0												FRESH TOMATO.		
Cranberries (Dried)	0.7	21	60	0	0.0	0	0.0	0	0	0	0	0	0	15	5	2	6	13	0	0	0	0	0													CRANBERRIES, SUGAR, SUNFLOWER OIL.	