	_																							
EST. 1983 BRUEGGER'S BAGELS	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	Added Sugars (g)	PROTEIN (G)	()) CAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
Limited Time Offerings Startir	- ngs 2.2	26.2	5																					
Vermonter																								
Egg Sandwich, Double-Stack	10.2	290	820	46	17	1	430	1810	67	4	8	4	36	0	x	x	x	x						Shell Egg, Grade A, Large Cage Free Grade A Eggs, Dough Ball Enriched Flour (Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Contains 2% or Barley Flour, Dextrose, Enzymes, Ascorbic Acid., American Cheese (Milk, Chees Citrate, Color Added, Salt, Sorbic Acid (Added as Preservative), Soy Lecithin (Mo Phosphate, sodium Erythorbate, Sodium Nitrite), Chipotle Mayonnaise Soybear Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains less t Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pas Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Butter Blend (Vege (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Ac (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Black Pepper, Coarse
BAGELS & BREADS																								
BAGELS	VALUES L	ISTED	ARE F	OR FUI	L-SIZE	D BAG	GELS. S	SKINNY B	AGELS	ARE	APPRO)X. 2 /	3 OF A	MOU	NT LIS	TED B	ELOW	-						
Asiago Parmesan	4.3	122	320	3	1.5	0	5	720	59	2	4	2	14	0		x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Sal (Natural Mold Inhibitor)).
Blueberry	4.1	115	310	1	0	0	0	520	65	2	11	9	10	0				x						Blueberry Bagel Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thimin Mon Wild Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Salt, Yeast, Natural F Dextrose, Ascorbic Acid.
Bruegger Bites (3) (Select Markets)	2.0	58	170	2.5	0.5	0	0	240	32	1	3	2	6	0				x						Rosemary Olive Oil Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Nia Olive Oill, Malt Extract, Brown Sugar, Salt, Rosemary, Yeast, Wheat Gluten, Malt
Cheesy Hash Brown - Gourmet	4.5	127	390	11	4.5	0	10	650	59	3	5	4	13	0		x		x						Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Nia Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Malte Disodium Dihydrogen Pyrophosphate (To Promote Color Retention), Dextrose), Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasi Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Parmesan/ Asiago Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skii Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse
Chocolate Chip (Select Markets)	4.1	115	320	3.5	1.5	0	0	550	62	3	9	8	11	0			x	x						Chocolate Chip Bagel "Enriched Unbleached Wheat Flour (Wheat Flour, Malted Acid), Water, Semi-Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butt Yeast, Cocoa Powder Processed With Alkali, Wheat Gluten, Malt Powder (Malte
Cinnamon Raisin	4.1	115	310	1	0	0	0	490	65	3	14	6	11	0				x						Cinnamon Raisin Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niac Raisins, Brown Sugar, Malt Extract, Yeast, Wheat Gluten, Salt, Cinnamon, Malte
Cinnamon Sugar	4.9	140	380	1.5	0	0	0	610	83	3	27	24	11	0				x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid
Cranberry (Select Markets)	4.1	115	320	1	0	0	0	510	65	2	10	7	10	0				x						Cranberry Bagel "Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Acid), Water, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), I Powder (Malted Barley Flour, Wheat Flour, Dextrose)."
Egg (select markets)	4.1	115	300	1.5	0.5	0	25	610	61	2	8	6	11	0	x			x						BRU Egg Bagel Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduct Sugar, Salt, Dried Whole Eggs, Yeast, Wheat Gluten, Dough Conditioner Blend (I Acid.
Everything	4.4	124	330	3.0	0	0	0	790	64	3	5	2	12	0				x					x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Salt.

ur (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin or Less of Each of the Following: Cornmeal, Yeast, Wheat Gluten, Salt, Malted bese Cultures, Salt, Enzymes, Annatto Vegetable Color, Water, Cream, Sodium (Non-Sticking Agent), Bacon Cured With: (Water, Salt, Sugar, Sodium ean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, ss than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, for, Sugar, Calcium Disodium EDTA to protect flavor, Hash Browns (Potatoes, se), Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, getable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter e Added, Beta Carotene (Color), Salt), Parmesan/ Asiago Cheese Blend se (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, arse Kosher Salt Kosher Salt.

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin

Nononitrate, Riboflavin, Folic Acid), Water, Brown Sugar, Malt Extract, Infused ral Flavor, Wheat Gluten, Blueberries, Malted Barley Flour, Wheat Flour,

Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malted Barley Flour, Wheat Flour, Dextrose).

Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, alted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Hash Browns (Potatoes, se), Three Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, iago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, ke (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, rse Kosher Salt Kosher Salt.

ed Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Butter, Soy Lecithin, Vanilla Extract), Malted Barley Extract, Brown Sugar, Salt, alted Barley Flour, Wheat Flour, Dextrose), Ascorbic Acid."

liacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, alted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Cinnamon Sugar Topping, BRU Sugar, Brown Sugar, Cinnamon.

arley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic il), Brown Sugar, Malted Barley Extract, Salt, Yeast, Wheat Gluten, Malt

duced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Brown Id (Malted Barley Flour, Wheat Flour, Dextrose), Turmeric (For Color), Ascorbic

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, rbic Acid), Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	🚺 GAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredi
Everything Whole Wheat	4.4	124	330	3	0	0	0	800	64	6	10	7	13	0				x					x	Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley F Sesame Seed, Onion, Garlic, Poppy and Salt.
Five Cheese - Gourmet	4.4	126	360	10	4.5	0	20	660	51	2	5	4	16	0		x		x						Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, M Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Ma Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced Fat Mi Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Color A (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago Cheese Powdered Cellulose), Natamycin (Natural Mold Inhibitor)).
Garlic (Select Markets)	4.3	122	310	1	0	0	0	610	64	3	4	2	12	0				x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
Italian Asiago Parmesan (Select Markets)	4.3	122	320	3	1	0	5	710	60	2	4	2	13	0		x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Pasteurized Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, S (Natural Mold Inhibitor)), Italian Seasoning (Marjoram, Thyme, Rosemary, Sar
Jalapeno (select markets)	4.1	115	330	3	0	0	0	480	67	2	7	2	13	0				x						Jalapeno Bagel Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour Malt, Salt, Malt, Bakers Yeast), Jalapeno Peppers (Jalapeno Pepper, Water, V
Jalapeno Cheddar (select markets)	4.9	138	350	6	2.5	0	15	790	60	2	4	2	14	0		x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Color Added), Sliced Jalapenos (Fresh Peppers, Water, Vinegar, Salt, Calcium Metabisulfite (Preservative), Yellow 5).
Maple French Toast Gourmet Bagel	4.0	113	350	4.5	1	0	0	480	68	4	20	18	10	0			x	x						French Toast Dough Ball "Enriched Unbleached Wheat Flour (Wheat Flour, Ma Folic Acid), Water, Cinnamon Bits (Sugar, Palm Oil, Corn Flour, Cinnamon, De Natural Flavor, Malt Powder (Malted Barley Flour, Wheat Flour Dextrose), Tur Sugar, Brown Sugar, Cinnamon.
Onion	4.2	120	310	1	0	0	0	610	63	2	6	2	11	0				x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
Plain	4.1	115	290	1	0	0	0	610	59	2	4	2	11	0				x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
Poppy Seed	4.3	122	330	4	0	0	0	610	61	3	4	2	12	0				x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
Pumpernickel	4.1	115	300	1	0	0	0	580	62	3	7	5	11	0				x						Pumpernickel Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin Extract, Brown Sugar, Caramel Color, Salt, Wheat Bran, Caraway Seeds, Yeas
Rosemary Olive Oil	4.1	115	340	5	1	0	0	480	63	2	6	4	11	0				x						Pumpkin Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Rec Brown Sugar, Malted Barley Extract, Wheat Gluten, Yeast, Salt, Cinnamon, Gi
Salt (select markets)	4.2	120	290	1	0	0	0	20020	59	2	4	2	11	0				x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
Sesame	4.5	129	380	9	1	0	0	620	61	4	4	2	14	0				x					x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac
Sesame Whole Wheat (select markets)	4.5	129	380	9.0	1.0	0	0	630	61	7	9	7	15	0				x					x	Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley F
Whole Wheat	4.1	115	290	1.0	0.0	0	0	620	59	5	9	7	12	0				x						Wheat Bagel (Flour (Whole Wheat Flour, Enriched Flour [Wheat Flour, Malted Acid]), Water, Malt Extract, Honey, Wheat Gluten, Salt, Yeast, Malted Barley F
BREADS & WRAPS																								Enriched Flour (Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Ni
Ciabatta Roll	3.2	90	230	2.5	0	0	0	610	44	2	1	0	8	0				x						Water, Salt, Soybean And/Or Canola Oil, Yeast, Sugar, Dextrose, Malted Barle
BEVERAGES COFFEE & BLENDED & ESPRESSO																								
Café au Lait Café au Lait	12.0 16.0		150	8 10.6	4.5				11 15		11					X X								WHOLE MILK, COFFEE. CONTAINS 50-84 MG CAFFEINE PER 4 OZ SERVING O CONTAINS 67-112 MG CAFFEINE PER 5.5 OZ SERVING* OF COFFEE

ed Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic y Flour, Wheat Flour, Dextrose, Ascorbic Acid), Everything Topping Natural

r, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Three Cheese Blend Low-Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, or Added), Anticake (Powdered Cellulose), Parmesan/ Asiago Cheese Blend ese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch,

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Minced Garlic, Minced Garlic.

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured k, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin Savory, Sage, Oregano, Basil).

our, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, ; Vinegar, Salt, Sugar, Spices, And Calcium Chloride), Ascorbic Acid.

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Im Chloride, Sodium Benzoate (Preservative), Natural Flavors, Sodium

Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Dextrose, Corn Starch), Brown Sugar, Soybean Oil, Yeast, Wheat Gluten, Salt, 'urmeric (Color), Ascorbic Acid, Enzymes.'', Cinnamon Sugar Topping, BRU

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Minced Onion, Minced Onion.

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid).

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Poppy Seeds Poppy Seed.

ncin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt east, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).

Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pumpkin, Ginger, Cloves, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid).

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Salt Salt

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Sesame Seeds.

ted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic y Flour, Wheat Flour, Dextrose, Ascorbic Acid), Sesame Seeds.

ted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic y Flour, Wheat Flour, Dextrose, Ascorbic Acid).

Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), arley Flour, Cultured Rye Flour, Ascorbic Acid, Enzymes

OF COFFEE*

EST. 1983	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	CAFFEINE (mg)		MILK	soy	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
Café au Lait	20.0			13.3		_	42	14	18		18	_	13	14	0	X	_							CONTAINS 83-140 MG CAFFEINE PER 7 OZ SERVING* OF COFFEE
Café Latte	12.0		170	_	5	0	25	8	13	_	13	0	9	10		X	_							WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 0Z SERVIN
Café Latte Café Latte	16.0 20.0		226	12 15	6.7 8.3	_	33 42	11 14	17 22	0	17 22	0	12 15	_		X	_			_				CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO
																								WHOLE MILK, ESPRESSO, CHOCOLATE SAUCE (INVERT SUGAR, WATER, SUGA
Café Mocha	12.0	340	210	9	5	0	25	8	23	0	21	5	9	15	0	X								CITRIC ACID, POTASSIUM SORBATE [PRESERVATIVE]). CONTAINS 66-100 MG
Café Mocha	16.0		279		6.7	_	33	11	31	_	28	_	12	_		X	_							CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO
Café Mocha	20.0			15	8.3	0	42	14	38	0	35	_	15			X	_							CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* OF ESPRESSO
Cappuccino Cappuccino	12.0 16.0	_	130	7 9.3	4 5.3	0	20 27	8 11	11 15	0	11 15	0	7 9	10 15		X								WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVIN CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING* OF ESPRESSO
Cappuccino	20.0		_	11.7		_	33	14	18		18	_	12	_		x		-	_	-		-	_	CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* OF ESPRESSO
Espresso	2.0	60		0	0	0	0	10	1	0	1	0	0	10										CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING*
Espresso	3.0	90	8	0	0	0	0	15	2	0	2	0	0	15	0	_								CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING*
Espresso	4.0	120		_	0	0	0	20	2	0	2	0	0	40										CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING*
Flavored Coffee	12.0	340		0	0	0	0	8	0	0	0	5	0	14		-	_		-		-		-	CONTAINS ~143 MG CAFFEINE* PER 12 OZ SERVING
Flavored Coffee Flavored Coffee	16.0 20.0	453 567		0	0	0	0	11 14	0	0	0	7	0	19 23										CONTAINS ~190 MG CAFFEINE* PER 16 0Z SERVING CONTAINS ~238 MG CAFFEINE* PER 20 0Z SERVING
House Blend Coffee	12.0	356		0	0	0	0	8	0	0	0	0	0	14		-				-				CONTAINS ~143 MG CAFFEINE* PER 12 OZ SERVING
House Blend Coffee	16.0	453		0	0	0	0	11	0	0	0	0	0	19										CONTAINS ~190 MG CAFFEINE* PER 16 OZ SERVING
House Blend Coffee	20.0	567		0	0	0	0	14	0	0	0	0	0	23										CONTAINS ~238 MG CAFFEINE* PER 20 OZ SERVING
House Decaf Coffee	12.0	340	4	0	0	0	0	8	0	0	0	0	0	24	4									CONTAINS ~24 MG OF CAFFEINE PER 12 OZ SERVING*
House Decaf Coffee	16.0	453	_	0	0	0	0	11	0	0	0	0	0	32		_								CONTAINS ~32 MG OF CAFFEINE PER 16 OZ SERVING*
House Decaf Coffee	20.0	567		0	0	0	0	14	0	0	0	0	0	40		-			_				-	CONTAINS ~40 MG OF CAFFEINE PER 6 OZ SERVING*
Iced Coffee Iced Coffee	16.0 24.0	453 680	_	0	0	0	0	<u>11</u> 14	0	0	0	0	0	99 14		-	-		-	-	-	-	-	CONTAINS ~95 MG CAFFEINE* PER 16 OZ SERVING CONTAINS ~143 MG CAFFEINE* PER 20 OZ SERVING
Coffee Cooler	16.0		120		3.5		15	35	17		14		2	89										CONTAINS ~89 MG CAFFEINE * PER 16 OZ SERVING
Coffee Cooler	24.0		150		4.5	_	20	45	21	_	17	_	2	10	7	-								CONTAINS ~107 MG CAFFEINE * PER 24 OZ SERVING
Hot Caramel Macchiato	12.0	363	290	6	3.5	0	25	150	49	0	49	39	10	19	6	x						L		2% Milk, Espresso (100% Arabic Beans), Caramel Sauce (Invert Sugar, Sugar, Flavors, Potassium Sorbate (Preservative), Caramel, Salt Contains Milk), Whip of: Mono - and Diglycerides, Natural Flavor, Carrageenan, Propellant: Nitrous (
Hot Caramel Macchiato	16.0	439	370	7	4	0	30	190	64	0	64	52	13	19	6	x		L		L		l		2% Milk, Espresso (100% Arabic Beans), Caramel Sauce (Invert Sugar, Sugar, Flavors, Potassium Sorbate (Preservative), Caramel, Salt Contains Milk), Whip of: Mono - and Diglycerides, Natural Flavor, Carrageenan, Propellant: Nitrous
Hot Caramel Macchiato	20.0	557	450	8	5	0	35	240	79	0	79	64	16	29	94	x								2% Milk, Espresso (100% Arabic Beans), Caramel Sauce (Invert Sugar, Sugar, Flavors, Potassium Sorbate (Preservative), Caramel, Salt Contains Milk), Whip of: Mono - and Diglycerides, Natural Flavor, Carrageenan, Propellant: Nitrous
Iced Caramel Macchiato	16.0	533	260	5	2.5	0	20	135	46	0	46	39	8	19	6	x								Ice, 2% Milk, Espresso (100% Arabic Beans), Caramel Sauce (Invert Sugar, Su Natural Flavors, Potassium Sorbate (Preservative), Caramel, Salt Contains Mii than 2% of: Mono - and Diglycerides, Natural Flavor, Carrageenan, Propellant:
Iced Caramel Macchiato	24.0	841	420	7	4.0	0	30	220	76	0	76	64	14	29	4	x		L		L		L		Ice, 2% Milk, Espresso (100% Arabic Beans), Caramel Sauce (Invert Sugar, Su Natural Flavors, Potassium Sorbate (Preservative), Caramel, Salt Contains Mil than 2% of: Mono - and Diglycerides, Natural Flavor, Carrageenan, Propellant:
Cold Brew																								
Cold Brew	16.0	454	10	0	0	0	0	20	2	0	0	0	1	13	9									Ice, Cold Brew Concentrate Water, Coffee.
Cold Brew	24.0	680	_		0	0	0	30	3		0	0	1	_	_									Ice, Cold Brew Concentrate Water, Coffee.
		_		_	4					0		-		-	-	x								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiu
vanilla Cream Cold Brew	16.0	428	200	1	4	0	20	40	31	0	25	25	2	13	9	^								Water, Natural Vanilla Flavors, Natural Vanilla Extract.
vanilla Cream Cold Brew	24.0	661	330	11	7	0	35	65	51	0	42	41	4	20	9	x		_						Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiu Water, Natural Vanilla Flavors, Natural Vanilla Extract.
Caramel Cream Cold Brew	16.0	448	220	7	4	0	20	85	38	0	33	33	4	13	9	x								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiu Sugar, Condensed Skim Milk, Brown Sugar, Water, Contains 2% Or Less Of Na Milk).
Caramel Cream Cold Brew	24.0	695	380	12	7	0	35	140	63	0	55	55	7	20	9	x								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiu Sugar, Condensed Skim Milk, Brown Sugar, Water, Contains 2% Or Less Of Na Milk).
Chocolate Cream Cold Brew	16.0	448	210	7	4.5	0	20	65	36	2	28	28	4	13	9	x								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiu Water, Cocoa Processed With Alkali, Contains 2% Or Less Of Chocolate Liquo
Chocolate Cream Cold Brew	24.0	695	350	13	8	0	35	110	59	3	47	47	6	20	9	x								Cold Brew Concentrate Water, Coffee, Ice, Half and Half Milk, Cream, Disodiu Water, Cocoa Processed With Alkali, Contains 2% Or Less Of Chocolate Liquo

VING OF ESPRESSO**

JGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT, MG CAFFEINE PER 2 OZ OF ESPRESSO*

VING OF ESPRESSO**

gar, Condensed Skim Milk, Brown Sugar, Water, Contains 2% Or Less Of Natural /hipped Cream (Cream, Water, Sugar, Corn Syrup, Non Fat Milk, Less than 2% us Oxide).CONTAINS 196 MG CAFFEINE * PER 12 OZ SERVING

gar, Condensed Skim Milk, Brown Sugar, Water, Contains 2% Or Less Of Natural /hipped Cream (Cream, Water, Sugar, Corn Syrup, Non Fat Milk, Less than 2% us Oxide). CONTAINS 196 MG CAFFEINE * PER 16 OZ SERVING

zar, Condensed Skim Milk, Brown Sugar, Water, Contains 2% Or Less Of Natural /hipped Cream (Cream, Water, Sugar, Corn Syrup, Non Fat Milk, Less than 2% us Oxide). CONTAINS 294 MG CAFFEINE * PER 20 OZ SERVING

Sugar, Condensed Skim Milk, Brown Sugar, Water, Contains 2% Or Less Of Milk), Whipped Cream (Cream, Water, Sugar, Corn Syrup, Non Fat Milk, Less ant: Nitrous Oxide). CONTAINS 196 MG CAFFEINE * PER 16 OZ SERVING

Sugar, Condensed Skim Milk, Brown Sugar, Water, Contains 2% Or Less Of Milk), Whipped Cream (Cream, Water, Sugar, Corn Syrup, Non Fat Milk, Less ant: Nitrous Oxide). CONTAINS 294 MG CAFFEINE * PER 24 OZ SERVING

dium Phosphate, Sodium Citrate, Carregeenan, Syrup, Vanilla Pure Cane Sugar,

dium Phosphate, Sodium Citrate, Carregeenan, Syrup, Vanilla Pure Cane Sugar,

dium Phosphate, Sodium Citrate, Carregeenan, Caramel Sauce (Invert Sugar, f Natural Flavors, Potassium Sorbate (Preservative), Caramel, Salt Contains

dium Phosphate, Sodium Citrate, Carregeenan, Caramel Sauce (Invert Sugar, f Natural Flavors, Potassium Sorbate (Preservative), Caramel, Salt Contains

dium Phosphate, Sodium Citrate, Carregeenan, Dark Chocolate Sauce (Sugar, Juor, Potassium Sorbate (Preservative), Natural Flavors, Salt, Xanthan Gum).

dium Phosphate, Sodium Citrate, Carregeenan, Dark Chocolate Sauce (Sugar, juor, Potassium Sorbate (Preservative), Natural Flavors, Salt, Xanthan Gum).

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	🔥 CAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
OTHER BEVERAGES	VALUES LI	ISTED	ARE LI	IMITED	TO IN	FORM/	ATION I	PROVIDE	D BY S	UPPLI	ER/M.	ANUFA	CTUR	RER OF	F PACK	AGED	OR D	SPEN	SED PI	RODU	CTS.			
Bottled Water	See label													0										
Chocolate Milk	See label													0										
Milk	See label	_		_										0										
Naked Juice Tropicana Orange Juice	See label See label	-		-										0										
Vitamin Water	See label													0										
Nantucket Nectars	See label													0										
Chai Tea, Bruegger's	12.0	340	240	5	5	0	0	85	45	0	39	35	2	50		x								SUGAR, NON DAIR CREAMER (CONTAINS PARTIALLY HYDROGENATED COCON DIPOTASSIUM PHOSPHATE, SUGAR, MONO- AND DIGLYCERIEDS, SODIUM SILI FLAVORS, AND ARTIFICAL COLOR [ANNATTO AND TUMERIC]), DAIRY PRODUC MALTODEXTRIN], BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATURA WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, OR
Chai Tea, Oregon	1.0	340	117	0	0	0	0	12	29	0	27	25	0	53		x								FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACC CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION
Hot Tea, Black	12.0		0	_	0	0	0	0	0	0	0			116										CONTAINS ~ 115.67 MG CAFFEINE PER 12 OZ SERVING **
Hot Tea, Black	20.0	567		0	0	0	0	0	0	0	0	0		193										CONTAINS ~ 192.78 MG CAFFEINE PER 20 OZ SERVING **
Hot Tea, Herbal Earl Grey Hot Tea, Herbal Earl Grey	12.0 20.0	340 567		_	0	0	0	0	0	0	0	0		116 193										CONTAINS ~ 115.67 MG CAFFEINE PER 20 OZ SERVING ** CONTAINS ~ 192.78 MG CAFFEINE PER 20 OZ SERVING **
Iced Tea, Brewed	16.0	340		_	0	0	0	0	0	0	0	0	0	_										CONTAINS ~ 77 MG CAFFEINE PER 16 OZ SERVING**
Iced Tea, Brewed	24.0	680	0	0	0	0	0	0	0	0	0	0	0	116										CONTAINS ~ 115.67 MG CAFFEINE PER 24 OZ SERVING**
Hot Chocolate	12.0	227	140	1.5	1.5	0	5	190	31	1	26	25	2	0		x								WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIAL CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM I LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKAI DIOXIDE (AN ANTICAKING AGENT).
Poured Orange Juice	16.0	454	220	0	0	0	0	0	52	0	44	44	4	0										PASTEURIZED ORANGE JUICE.
Soft Drinks - Coke	16.0	_	140	_	0	0	0	45	39			39	0	50										CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING
Soft Drinks - Coke	20.0		240		0	0	0	75	65			65	0	_										CONTAINS 62.5 MG CAFFEINE PER 20 0Z SERVING
Soft Drinks - Coke	32.0		280	0	0	0	0	90	78		78	78	0											CONTAINS 100 MG CAFFEINE PER 32 OZ SERVING
Soft Drinks - Diet Coke	16.0	454		_	0	0	0	60	0		0	-	0	_										CONTAINS 62 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AN
Soft Drinks - Diet Coke Soft Drinks - Diet Coke	20.0 32.0	567 907	0		0	0	0	70 120	0		0	0	0	_			_							CONTAINS 77.5 MG CAFFEINE PER 20 OZ SERVING; CONTAINS ASPARTAME A CONTAINS 124 MG CAFFEINE PER 32 OZ SERVING; CONTAINS ASPARTAME AI
Soft Drinks - Sprite	16.0		200	_	0			90	32		0		0	_										CONTAINS 0 MG CAFFEINE PER 16 0Z SERVING, CONTAINS ASPARTAME A
Soft Drinks - Sprite	20.0	567	250	0	0	0	0	113	65		65	65	0	0										CONTAINS 0 MG CAFFEINE PER 20 OZ SERVING
Soft Drinks - Sprite	32.0	907	400	0	0	0	0	180	64		52	52	0	0										CONTAINS 0 MG CAFFEINE PER 32 OZ SERVING
SYRUP FLAVORS, SOY MILK, WHIPPED CREAM	VALUES LI	_			TO IN			PROVIDE							F PACK	AGED	OR DI	ISPEN		RODU	CTS.			
Almond Flavored Syrup Caramel Flavored Syrup	1.0 1.0	_	90 100		0	0	0	0	23 24		23 24								X					PURE CANE SUGAR, WATER, NATURAL ALMOND FLAVOR. PURE CANE SUGAR, WATER, NATURAL CARAMEL FLAVOR.
Chocolate Syrup	1.0	28		0	0	0	0	60	17	1	14		0	0										INVERT SUGAR, WATER, NATURAL CARAMEL PLAVOR. INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH A (PRESERVATIVE).
Hazelnut Flavored Syrup	1.0	28	90	0	0	0	0	7	22	0	21	21	0	0					X					PURE CANE SUGAR, WATER, HAZELNUT FLAVOR, CONCENTRATED LEMON JUIC
Vanilla Flavored Syrup	1.0	28	100	0	0	0	0	0	25	0	25	25	0	0										PURE CANE SUGAR, WATER, NATURAL VANILLA EXTRACT, NATURAL VANILLA
Soy Milk	2.0	62	25	1	0	0	0	35	3	0	2	0	2	0			x							[Organic Soy Milk (filtered water, whole organic soybeans), Organic Evaporated Sodium Citrate, Sodium Bicarbonate, Carrageenan, Vitamin A, Vitamin D2].
Whipped Cream Topping	0.3	7	20	1.5	0.5	0	5	0	1	0	1	1	0	0		х								Whipped Cream (Cream, Water, Sugar, Corn Syrup, Non Fat Milk, Less than 2% Nitrous Oxide).
CREAM CHEESE																								
Bacon Scallion	1.5	43	140	11	7	0	45	150	6	0	1	0	3	0		х								Pasteurized Cream, Non Fat Dry Milk, Scallions, Bacon, Natural Acids, Salt, St (Maintains Freshness)
Garden Veggie	1.5	43	130	11	6	0	35	135	4	0	3	0	3	0		x								Pasteurized Cream, Non Fat Dry Milk, Carrots, Scallions, Natural Acids, Red Pe Sorbate (Maintains Freshness).
Honey Walnut	1.5	43	160	13	9	0	35	150	6	0	3	0	4	0		X			X					Pasteurized Cream, Non Fat Dry Milk, Honey, Walnuts, Natural Acids, Salt, Stat (Maintains Freshness)

lient List
ONUT OIL, CORN SYRUP OILS, SODIUM CASEINATE [A MILK DERIVATIVE], SILICOALUMINATE, SODIUM STEAROYL LACTYLATE, SOY LECITHIN, ARTIFICAL UCTS SOLIDS, NONFAT DRY MILK, MOLASSES [MOLASSES AND URAL AND ARTIFICAL FLAVOR, TRICALCIUM PHOSPHATE.
ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990). ON DOES NOT INCLUDE MILK.
IALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM IM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY KALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON
AND SACCHARIN
E AND SACCHARIN
E AND SACCHARIN
H ALKALI, GLYCERIN, SALT, CITRIC ACID, POTASSIUM SORBATE
JUICE, SALT, CARAMEL (COLOR).
ated Cane Juice, Natural Vanilla Flavor with other Natural Flavors, Sea Salt,
2% of: Mono - and Diglycerides, Natural Flavor, Carrageenan, Propellant:
, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate
Peppers, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium
Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	Added Sugars (g)	PROTEIN (G)	🚺 🖉 CAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
Jalapeno	1.5	43	140	13	7	0	45	140	4	0	3	0	3	0		x								Pasteurized Cream, Non Fat Dry Milk, Jalapeno Peppers, Green Peppers, Natur Xanthan Gums), Potassium Sorbate (Maintains Freshness).
Light Garden Veggie	1.5	43	90	6	3.5	0	20	105	3	0	1	0	6	0		x								Pasteurized Milk, Cream and Skim Milk, Carrots, Whey Protein Concentrate, S Onion, Garlic Spice, Silicon Dioxide), Salt, Stabilizers (Guar, Locust Bean and X
Light Herb Garlic	1.5	43	100	6	3.5	0	20	120	4	0	3	0	6	0		x								Pasteurized Cream, Milk and Skim Milk, Whey Protein Concentrate, Garlic, Chiv Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate (Maintai
Light Plain	1.5	43	100	6	4.5	0	20	135	7	0	6	0	4	0		x								Pasteurized Milk, Pasteurized Cream, Water, Non Fat Dry Milk, Salt, Whey Prot Cheese Culture, Potassium Sorbate (Maintains Freshness).
Onion and Chive	1.5	43	140	13	9	0	35	105	3	0	1	0	3	0		x								Pasteurized Cream, Non Fat Dry Milk, Onions, Chives, Natural Acids, Salt, Stabi (Maintains Freshness).
Plain	1.5	43	140	13	9	0	50	160	6	0	3	0	3	0		x								Pastuerized Cream, Non Fat Dry Milk, Natural Acids, Salt, Stabilizers (Guar, Lo
Strawberry	1.5	43	140	13	7	0	30	100	4	0	4	0	3	0		x								Pasteurized Cream, Strawberry Base (Sugar, Strawberries, Water, Modified Co Citric Acid and Potassium Sorbate as Preservative), Non Fat Dry Milk, Natural / Sorbate (Maintains Freshness).

tural Acids, Crushed Red Peppers, Salt, Stabilizer (Guar, Locust Bean and

e, Scallions, Natural Acids, Red Peppers, Low Fat Vegetable Spice (Dehydrated I Xanthan Gums), Potassium Sorbate (Maintains Freshness).

chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, tains Freshness).

rotein Concentrate, Stabilizers (Guar, Locust Bean, and Xanthan Gums),

abilizers (Guar, Locust Bean and Zanthan Gums), Potassium Sorbate

Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains Freshness).

Corn Starch, Natural Flavors, Fruit and Vegetable Juice Concentrate for Color, al Acid, Salt, Stabilizers (Guar, Locust Bean, and Xanthan Gums), Potassium

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	🕼 CAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
Whipped Plain (California Only)	1.5	43	120	10	7	0	30	90	3	0	1	0	3	0		x								Pasteurized Milk and Cream, Salt, Gums (Locust Bean, Guar and Xanthan Gum
SALADS & DRESSINGS SALADS & DRESSINGS		1	1		1				1															
Blue Apple	9.8	279	360	18	7	0	55	800	30	8	20		23	0		x	x	x						ROMAINE, DICED CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OI YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCE AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOI (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, I
Chicken Caesar	7.7	220	200	8	3	0	40	630	14	3	2		17	0	x	x	x	x			x			ROMAINE, CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEAS EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE] DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEE CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), CROUTONS (ENRICHED FL MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-S SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC,
SALAD DRESSINGS	<u>0.0</u>																							
Balsamic Vinaigrette	1.0	28	60	6	1	0	0	230	3	0	2	0	0	0			x							WATER, RED WINE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OII CALCIUM DISODIUM EDTA AS A PRESERVATIVE.
Caesar	1.0	28	80	7	1.5	0	10	310	2	0	1	0	1	0	x	x	x				x			WATER, VINEGAR, SOYBEAN OIL, ROMANO CHEESE (PASTEURIZED CULTURED STARCH-MODIFIED, SALT, ANCHOVY PASTE, GARLIC, SPICES, POTASSIUM SOR 60, XANTHAN GUM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIC ACID, CAR
Champagne Vinaigrette	1.0	28	130	14	2	0	0	410	1	0	1	0	0	0			x							CHAMPAGNE VINAIGRETTE VEGETABLE OIL (SOYBEAN OIL AND/OR CANOLA O MONOSODIUM GLUTAMATE, DEHYDRATED GARLIC, DEHYDRATED ONION, NAT DISODIUM.
Feta Olive Oil	1.0	28	160	18	2.5	0	0	220	1	0	1	0	0	0		x	x							SOYBEAN OIL, VINEGAR, WATER, EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LE GREEN TEA EXTRACT, BETA CAROTENE.
Ranch	1.0	28	90	10	1.5	0	10	250	1	0	1	0	0	0	x	x	x							SOYBEAN OIL, WATER, VINEGAR, BUTTERMILK SOLIDS, EGG YOLK, SALT, GARL DISODIUM EDTA AS A PRESERVATIVE.
SANDWICHES																								
BREAKFAST SANDWICHES Egg Sandwich, Cheese	6.2	175	430	11	4.5	0	200	840	60	2	4	2	21	0	x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palm

6.9 197 530 19 8 0 225 1200 62 2 6 2 28 0 X X

218 470 13 5 0 215 1330 62 2 6 2 26 0

Egg Sandwich, Bacon and Cheese

Egg Sandwich, Ham and Cheese

7.7

Black Pepper.

(Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.

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x

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ient List

ums), Cheese Cultures, Potassium Sorbate (Maintains Freshness).

OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR {CONTAINS AUTOLYZED IND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID}], SALT, RICE NCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO SOLIDS, LEMON JUICE SOLIDS]), APPLE, BLUE CHEESE CRUMBLES N, POWDERED CELLULOSE TO PREVENT CAKING), SALT.

EASONING [SALT, ROAST CHICKEN FLAVOR {CONTAINS AUTOLYZED YEAST LT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID}], SALT, RICE STARCH, TE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DS, LEMON JUICE SOLIDS]), ASIAGO-PARMESAN BLEND (ASIAGO CHEESE IEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE YBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE IT-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN BIC, ASCORBIC ACID, CARAMEL COLOR THAU [PRESERVATIVE]), LEMON.

OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE,

ED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD ORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE ARAMEL, NATURAL FLAVOR, ONION.

A OIL), WHITE WINE, WHITE WINE VINEGAR, WATER, SALT, SUGAR, SPICES, IATURAL FLAVORS (SOY), XANTHAM GUM, DEHYDRATED CHIVE, CALCIUM

LESS THAN 2% OF: SPICES, CLUCOND DELTA LACTONE, XANTHAN GUM,

ARLIC, SUGAR, ONION, SPICES, NATURAL FLAVOR, XANTHAN GUM, CALCIUM

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Medium Cheddar Id (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Ilmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt,

Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.

Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	🚺 CAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
Egg Sandwich, Pork Sausage and Cheese	7.7	218	610	28	11	0	230	1120	60	2	4	2	27		x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduct Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascort BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Co Citric Acid, Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, S Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg Sandwich, Turkey Sausage and Cheese	7.7	218	520	18	7	0	240	1120	60	2	4	2	28	0	x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reducc Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascort "Dark Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Fla Juice Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protec Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palr Black Pepper.
Egg Sandwich, Vermonter	9.1	259	830	41	17	0	255	1210	86	4	28	24	30	0	x	x	x	x	x					French Toast Dough Ball "Enriched Unbleached Wheat Flour (Wheat Flour, Ma Folic Acid), Water, Cinnamon Bits (Sugar, Palm Oil, Corn Flour, Cinnamon, De Natural Flavor, Malt Powder (Malted Barley Flour, Wheat Flour Dextrose), Turt Grade A Eggs, Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Flavor), Flavoring, TBHQ, BHT, Citric Acid, Lactic Acid, BRU Honey Walnut Pas Stabilizers (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Main Salt, Natural Flavor, Sodium Hexametaphosphate, Sodium Benzoate and Sor Diglycerides.), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzy Cinnamon, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodiur Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.
Egg White Sandwich, Cheese	6.6	187	380	7	3	0	15	870	60	2	4	2	20	0	x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegeta (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Pepper.
Egg White Sandwich, Bacon and Cheese	7.4	209	490	14	6	0	35	1230	62	2	6	2	28	0	x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), S Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coars
Egg White Sandwich, Ham and Cheese	8.1	230	430	8	3.5	0	30	1350	62	2	6	2	26	0	x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac with Water, Dextrose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lacta Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, G Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natu Kosher Salt Kosher Salt, Black Pepper.
Egg White Sandwich, Pork Sausage and Cheese	8.1	230	560	24	9	0	45	1150	60	2	4	2	26	o	x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn Syrup S Lactic Acid, Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzym Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of M Coarse Kosher Salt Kosher Salt, Black Pepper.
Egg White Sandwich, Turkey Sausage and Cheese	8.1	230	470	14	5	0	55	1150	60	2	4	2	27	0	x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Turkey Meat, Mechanically Separated Turkey, Water, Salt, Dextrose, Flavoring Solids, natural Flavor), TBHQ, BHT, With Citric Acid Added to Help Protect Flav (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Butter Blend (Vegeta (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Pepper.

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, orbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Pork Sausage, (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, k, Salt, Enzymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And ess Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, orbic Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Turkey Sausage Flavoring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime otect Flavor Ingredients:TBHQ, BHT, Citric Acid, Iactic Acid", Medium Cheddar end (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Palmitate Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt,

Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Dextrose, Corn Starch), Brown Sugar, Soybean Oil, Yeast, Wheat Gluten, Salt, iurmeric (Color), Ascorbic Acid, Enzymes.", Shell Egg, Grade A, Large Cage Free ar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Pasteurized Cream, Non Fat Dry Milk, Honey, Walnuts, Natural Acids, Salt, aintains Freshness), Syrup (Corn Syrup, Water, Sugar, Contains 2% or Less of: Sorbic Acid (Preservatives), Caramel Color, Phosphoric Acid, Mono and inzymes, Color Added), Cinnamon Sugar Topping, BRU Sugar, Brown Sugar, lium Erythorbate, Sodium Nitrite), Butter Blend (Vegetable Oil Blend (Palm And ess Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Medium Cheddar Cheese etable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter te Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Bacon Cured With: (Water, ium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added),), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, arse Kosher Salt Kosher Salt.

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Ham Ham, Water (Cured ctate, Sodium Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium s, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, atural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Coarse

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Pork Sausage, BRU Pork, p Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric Acid, ymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Df Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt),

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Turkey Sausage "Dark ring, Spices, Sugar, Yeast Extract, Lime Flavor (Corn Syrup Solids, Lime Juice Flavor Ingredients:TBHQ, BHT, Citric Acid, lactic Acid", Medium Cheddar Cheese etable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter te Added, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	Added Sugars (g)	PROTEIN (G)	🕼 CAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredi
Smoked Salmon on Plain	6.5	183	330	19	10	0	70	1030	23	1	5	0	18			x		x			x			Norwegian Smoked Salmon (Farm Raised Atlantic Salmon, Salt, Beechwood Natural Acids, Salt, Stabilizers (Guar, Locust Bean and Xanthan Gums), Potas (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Red Onion (Red C Salt Kosher Salt, Black Pepper.
Egg Sandwich, Sriracha Honey Sunrise	8.1	231	660	28	12	0	245	1480	70	3	9	3	30	0	x	x		x					x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Cream Cheese Pasteurized Cream and Skim Milk, Honey, Sriracha Seasoning Bell Pepper, Yeast Extract, Oleoresin Paprika, Natural Flavors, Sillicon Dioxid (Maintains Freshness), Bacon Cured With: (Water, Salt, Sugar, Sodium Phosp (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything Topping I Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher Salt.
Egg Sandwich, Western	10.5	297	770	41	11	0	235	1620	72	4	9	2	30	0	x	x		x					x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ad Bell Pepper, Green bell peppers, Chipotle Mayonnaise Soybean Oil, Vinegar, (Egg Yolk, Water, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lin Pepper, Maltodextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodi Phosphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese (C Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Red Onion (Red Onion), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vit Kosher Salt Kosher Salt.
Egg Sandwich, Pastrami and Swiss	7.9	225	500	15	6	0	225	1280	63	3	7	5	29	0	x	x		x						Pumpernickel Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacii Extract, Brown Sugar, CaramelColor, Salt, Wheat Bran, Caraway Seeds, Yeasi Shell Egg, Grade A, Large Cage Free Grade A Eggs, Pastrami Beef, Cured Wit Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spice Pasteurized Milk, Salt, Enzymes), Butter Blend (Vegetable Oil Blend (Palm An Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (
Egg Sandwich, Farmhouse	9.5	270	730	35	16	0	265	1770	66	3	9	4	37	0	x	x		x						Potato Dough Ball Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, N Sugar, Soybean Oil, Potato Flour, Yeast, Wheat Gluten, Salt, Wheat Flour, Ma Large Cage Free Grade A Eggs, Ham Ham, Water (Cured with Water, Dextross Phosphates, Sodium Erythorbate, Sodium Diacetate, Sodium Nitrite), Bacon Sodium Nitrite), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Er Pyrophosphate (To Promote Color Retention), Dextrose), Three Cheese Blend Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pasteurized Milk, Salt, I Added), Anticake (Powdered Cellulose), Onion and Chive cream cheese Paste Stabilizers (Guar, Locust Bean and Zanthan Gums), Potassium Sorbate (Mair Milk Proteins, Less Than 2% Of Salt, Natural Acids, Xanthan, Locust Bean An Cheese Blend (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes) Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Butter Bler Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Pal Kosher Salt.
Egg White Sandwich Thin, Bacon Avocado Tomato	8.9	253	540	25	8	0	35	1080	54	4	8	1	24	0	x	x		x					x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduc Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic A Slices and Pieces Hass Avocado, Roasted Tomato Spread (Sun Ripened Rom Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, Enzymes), Salt, Corn Meal, Citric Acid, Pectin), Bacon Cured With: (Water, Salt, Sugar, S Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Butter Blend (Vegetable (Cream, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Salt.

od Smoke), BRU Plain Cream Cheese Pastuerized Cream, Non Fat Dry Milk, tassium Sorbate (Maintains Freshness), Tomato, Plain Bagel (Enriched Flour rate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Yeast, Wheat Gluten, d Onion), Capers (Non-Pareil Capers, Water, Salt, and Vinegar), Coarse Kosher

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, BRU Honey Sriracha ing (Sugar, Maltodextrin, Dehydrated Garlic, Vinegar Powder, Salt, Spices, Red kide), Salt, Stabilizers (Locust Bean, Guar and Xanthan), Potassium Sorbate isphate, sodium Erythorbate, Sodium Nitrite), Medium Cheddar Cheese ig Natural Sesame Seed, Onion, Garlic, Poppy and Salt, Butter Blend (Vegetable im, Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added,

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Shell Egg, Grade A, Large Cage Free Grade A Eggs, Red Bell Pepper Red r, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno odium EDTA to protect flavor, Bacon Cured With: (Water, Salt, Sugar, Sodium (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Everything Topping n), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Vitamin A Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse

acin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt ast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Acid), Vith Water, Salt, Sugar, Sodium Phosphates, Seasoning (Salt, Flavoring), ices, Salt, Caramel Color, Sugar, Smoke Flavor., Swiss Cheese (Cultured And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains e (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.

r, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid, Shell Egg, Grade A, ose, Salt, Modified Cornstarch, Corn Syrup, Potassium Lactate, Sodium on Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Enzymes, Color Added), Hash Browns (Potatoes, Disodium Dihydrogen nd Low-Moisture Part-Skim Mozzarella Cheese (Cultured Pasteurized Reduced t, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color steurized Cream, Non Fat Dry Milk, Onions, Chives, Natural Acids, Salt, aintains Freshness), Plain Cream Cheese (Pasteurized Cream, Non Fat Milk, And Guar Gums; Potassium Sorbate (Maintains Freshness)), Parmesan/ Asiago res), Asiago Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato lend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Palmitate Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Certified Cage Free Egg Whites Egg Whites, Tomato, Wholly Avocado oma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olive i), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Water, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), Everything Topping ble Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter te Added, Beta Carotene (Color), Salt), Black Pepper, Coarse Kosher Salt Kosher

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	CAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
Egg Sandwich, Smokehouse Brisket	8.9	253	610	26	12	0	250	1350	64	2	6	2	30	0	x	x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, So Caramel Color, Spice.", Shell Egg, Grade A, Large Cage Free Grade A Eggs, BR Peppers, Green Peppers, Natural Acids, Crushed Red Peppers, Salt, Stabilizer Freshness), Medium Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzyme Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of N Coarse Kosher Salt Kosher Salt, Black Pepper.
DELI SANDWICHES																								
Deli Sandwich, BLT	7.6	215	540	23	6	0	40	1140	64	3	7	2	22	0	x			x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac sodium Erythorbate, Sodium Nitrite), Lettuce, Mayo Soybean Oil, Egg Yolk, Di Salt, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor), Oleoresin Pa
Deli Sandwich, Brisket	10.9	309	490	14	5	0	45	1410	65	3	6	2	24	0				x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Potassium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, So Caramel Color, Spice.", Tomato, Cucumber, Lettuce, Spicy Brown Mustard (Or Red Onion (Red Onion), Coarse Kosher Salt Kosher Salt, Black Pepper.
Deli Sandwich, Garden Veggie	12.3	349	360	2	0	0	0	550	72	5	13		12	0		x		x						PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BAF FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST) , RED ONIONS, TOMATOES,
Deli Sandwich, Ham	9.1	257	400	7	3	0	30	1200	65	3	8	2	21	0		x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Cornstarch, Corn Syrup, Potassium Lactate, Sodium Phosphates, Sodium Eryt Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coa

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, BRU Jalapeno Cream Cheese Pasteurized Cream, Non Fat Dry Milk, Jalapeno zer (Guar, Locust Bean and Xanthan Gums), Potassium Sorbate (Maintains ymes, Color Added), Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Df Natural Flavor, Vitamin A Palmitate Added, Beta Carotene (Color), Salt),

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Tomato, Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, Distilled Vinegar, High Fructose Corn Syrup, Contains Less Than 2% of Water, Paprika (Color), Black Pepper, Coarse Kosher Salt Kosher Salt.

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Brisket "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Sodium Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Turmeric),

BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, ES, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Tomato, Ham Ham, Water (Cured with Water, Dextrose, Salt, Modified Erythorbate, Sodium Diacetate, Sodium Nitrite), Cucumber, Lettuce, Medium Coarse Kosher Salt Kosher Salt, Black Pepper.

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	🚺 CAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
Deli Sandwich, Turkey	10.1	285	450	8	2.5	0	50	1360	71	3	7	4	30			x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium I Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Coarse Kosh
Deli Sandwich, Pastrami	8.0	266	380	4	2	0	25	1220	63	3	6	2	19	0				x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Phosphates, Seasoning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning Ingredients: Spices, Salt, C Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than 2% of: Spices Pepper.
SIGNATURE & BAGEL SANDWICHES																								
Lunch Sandwich, Herby Turkey on Sesame	10.4	294	680	27	7.0	0	65	1440	82	4	10	4	35	0		x		x					x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium I Roma Tomato Solids, Sun Dried Roma Tomatoes, Canola Oil, Extra Virgin Olin Enzymes), Red Raspberries, Sugar, Spices, Chopped Garlic, Fresh Lime Juice, Cheese Pasteurized Cream, Milk and Skim Milk, Whey Protein Concentrate, G (Guar, Locust Bean and Xanthan Gums), Cheese Culture, Potassium Sorbate
Lunch Sandwich, Leonardo da Veggie on Asiago Parmesan	9.6	273	520	16	9	0	45	870	67	3	9	2	26	0		x		x						Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduc Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascort Milk and Skim Milk,Whey Protein Concentrate, Garlic, Chives, Natural Acids, G Gums), Cheese Culture, Potassium Sorbate (Maintains Freshness), Red Bell P Enzymes), Lettuce, Red Onion (Red Onion), Parmesan/ Asiago Cheese Blend Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, F Kosher Salt, Black Pepper.
lunch Sandwich, Western Brisket, on 5 Cheese	11.1	316	790	48	15	0	90	1650	59	3	8	4	32	0	x	x		x						Dough Ball Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Oil, Contains 2% or Less of Each of the Following: Cornmeal, Yeast, Wheat Gl "Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potassium La Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caram Sauce (Red Jalapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltod protect flavor, Red Bell Pepper Red Bell Pepper, Green bell peppers, Three Cf Pasteurized Reduced Fat Milk, Salt, Enzymes), Provolone Cheese (Cultured Pa Salt, Enzymes, Color Added), Anticake (Powdered Cellulose), Medium Chedda Parmesan/ Asiago Cheese Blend (Parmesan Cheese, (Cultured Pasteurized N Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural INGRÉDIENTS: Dough Ball, EBB NNYB BRU MBC, Fully Cooked Smoked Shred Three Cheese Blend, Cheese, Medium Cheddar, Asiago Cheese Blend - BRU, C
Lunch Sandwich, Hot Pastrami on Everything	10.4	296	580	18	8	0	70	2230	65	3	5	2	34	0		x		x					x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduce Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorbic Ac Seasoning (Salt, Flavoring), SodiumErythorbate, Sodium Nitrite, Flavoring. Se Spicy Brown Mustard (Organic Vinegar, Water, Mustard Seed, Salt, Less than Enzymes), Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chlo 80), Red Onion (Red Onion), Everything Topping Natural Sesame Seed, Onion
Lunch Sandwich, Turkey Chipotle Club on Everything	11.1	316	720	33	6	0	70	2050	78	4	9	4	36	0	x			x					x	Plain Bagel (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduc Salt, Yeast, Wheat Gluten, Malted Barley Flour, Wheat Flour, Dextrose, Ascorl Potassium Lactate, Modified Food Starch, Salt, Sugar, Sodium Phosphate, ar Soybean Oil, Vinegar, Chipotle Pepper Sauce (Red Jalapeno Peppers, Vinegar less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Flavor, Sugar, Calcium Disodium EDTA to protect flavor, Bacon Cured With: (Lettuce, Everything Topping Natural Sesame Seed, Onion, Garlic, Poppy and S

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of Potassium n Diacetate. Caramel Color Added.", Tomato, Cucumber, Medium Cheddar osher Salt Kosher Salt, Black Pepper.

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Tomato, Pastrami Beef, Cured With Water, Salt, Sugar, Sodium

:, Caramel Color, Sugar, Smoke Flavor., Cucumber, Lettuce, Spicy Brown ces Turmeric), Red Onion (Red Onion), Coarse Kosher Salt Kosher Salt, Black

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of Potassium n Diacetate. Caramel Color Added.", Roasted Tomato Spread (Sun Ripened Olive Oil, Butter (Cream, Milk, Salt), Onion, Romano Cheese (Milk, Salt, ce, Water, Salt, Corn Meal, Citric Acid, Pectin), BRU Light Herb Garlic Cream , Garlic, Chives, Natural Acids, Garlic and Herb Spice Blend, Salt, Stabilizers te (Maintains Freshness), Lettuce, Sesame Seeds, Red Onion (Red Onion).

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, orbic Acid), Tomato, BRU Light Herb Garlic Cream Cheese Pasteurized Cream, is, Garlic and Herb Spice Blend, Salt, Stabilizers (Guar, Locust Bean and Xanthan II Pepper Red Bell Pepper, Swiss Cheese (Cultured Pasteurized Milk, Salt, nd (Parmesan Cheese, (Cultured Pasteurized Milk, Salt, Enzymes), Asiago h, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)), Coarse Kosher Salt

ced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Gluten, Salt, Malted Barley Flour, Dextrose, Enzymes, Ascorbic Acid., Brisket Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium amel Color, Spice.", Chipotle Mayonnaise Soybean Oil, Vinegar, Chipotle Pepper er, High Fructose Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, odextrin, Red Bell Pepper, Natural Flavor, Sugar, Calcium Disodium EDTA to Cheese Blend Low-Moisture Part-Skim Mozzarella Cheese (Cultured I Pasteurized Milk, Salt, Enzymes), Cheddar Cheese (Cultured Pasteurized Milk, Idar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), d Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, ral Mold Inhibitor)), Red Onion (Red Onion).

redded Beef Brisket, Chipotle Mayonnaise, Red Bell Pepper, Green Bell Pepper, J, Onion, Red.

uced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, Salt, Acid), Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasoning Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor., an 2% of: Spices Turmeric), Swiss Cheese (Cultured Pasteurized Milk, Salt, hloride, Sodium Benzoate (Preservative), Spices, Garlic, Turmeric, Polysorbate ion, Garlic, Poppy and Salt.

luced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Malt Extract, corbic Acid), Turkey Breast "Turkey Breast, Turkey Broth, Less than 2% of and Sodium Diacetate. Caramel Color Added.", Tomato, Chipotle Mayonnaise gar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose Corn Syrup, Contains or, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell Pepper, Natural :: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorbate, Sodium Nitrite), id Salt, Black Pepper, Coarse Kosher Salt.

Constrained constraine																								
Constrained constraine	BRUEGGER'S BAGELS	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	Dietary Fiber (g)	SUGARS (G)	ADDED SUGARS (G)	_		EGG MII K	MILY	301 WILEAT	WHEAT	IKEE NUIS Peanity	FISH	SHELLFISH	SESAME	Ingredient List
Answer	SIDES & DESSERTS																							
Akade Solved Cali Cali Cali Cali Cali Cali Cali Cali	COOKIES																							
Bester (Mer) Bester (Mer)<	Heavenly Chocolate Chip	3.5	99	470	23	14	0.5	45	230	62	2	38	37	5	0	x	k 2	x 2	x					Chocolate Chip Cookie (Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thian Folic Acid), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Anhydrous Dextrose, Cocoa Butter, Soy Le Butter, Sugar, Brown Sugar, Whole Eggs, Soybean Oil, Fructose, Dextrose, Nonfat Dry Milk, Natural Vanilla Flavor, Salt, (Emulsifier)).
Bactery	MUFFINS																							
Bischer Mathin As As <td>Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT</td> <td>4.5</td> <td>127</td> <td>430</td> <td>21</td> <td>4</td> <td>0</td> <td>80</td> <td>270</td> <td>55</td> <td>0</td> <td>30</td> <td>T</td> <td>5</td> <td>0</td> <td>x</td> <td>k 3</td> <td>x :</td> <td>x</td> <td>Γ</td> <td>I</td> <td></td> <td></td> <td>SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, BLUEBERRIES WATER, MODIFIED FOOD STARCH, LEAVENING ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLAVOR, RICE STARCH, BUTTERMILK SOLIDS, SALT, I ENZYME.</td>	Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	430	21	4	0	80	270	55	0	30	T	5	0	x	k 3	x :	x	Γ	I			SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, BLUEBERRIES WATER, MODIFIED FOOD STARCH, LEAVENING ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLAVOR, RICE STARCH, BUTTERMILK SOLIDS, SALT, I ENZYME.
makes yolds served s	Blueberry Muffin	4.2	120	440	25	5	0	85	530	48	1	27	23	5	0	x	K 2	×	x					Blueberry Muffin (Sugar, Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Ascorbic Acid [Dough Condition Riboflavin, Folic Acid, Enzyme), Soybean Oil, Eggs, Blueberries, Cultured Nonfat Buttermilk (Nonfat Milk, Stabilizer [Mo Sodium Phosphate, Guar Gum, Carrageenan, Carob Bean Gum, Mono and Diglycerides], Salt, Vitamin A Palmitate, Vit Whey, Emulsifier Blend (Propylene Glycol Mono and Diesters of Fats and Fatty Acids, Mono- and Diglycerides, Soy Lec Phosphate, Sodium Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodium Propionate (Preservative), Xanthan Gum
Variabiti Variabiti <t< td=""><td>Blueberry (Main Street Gourmet)</td><td>5.0</td><td>142</td><td>490</td><td>28</td><td>5</td><td>0</td><td>130</td><td>230</td><td>54</td><td>3</td><td>31</td><td>30</td><td>8</td><td>0</td><td>x</td><td>K 2</td><td>x x</td><td>x</td><td></td><td>T</td><td>Г</td><td></td><td>Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodium Propionate (Preservative), Xanthan Gum), Streusel Topping (Trans Fat Vegetable Shortening (Palm Oil, Soybean Oil), Zero Trans Fat Margarine (Soybean Oil, Palm Oil, Water, Salt, Lecithin, Natural Flavor, Annatto Color), Vanilla, Salt).</td></t<>	Blueberry (Main Street Gourmet)	5.0	142	490	28	5	0	130	230	54	3	31	30	8	0	x	K 2	x x	x		T	Г		Bicarbonate), Wheat Gluten, Salt, Natural Flavor, Sodium Propionate (Preservative), Xanthan Gum), Streusel Topping (Trans Fat Vegetable Shortening (Palm Oil, Soybean Oil), Zero Trans Fat Margarine (Soybean Oil, Palm Oil, Water, Salt, Lecithin, Natural Flavor, Annatto Color), Vanilla, Salt).
Normal within Normal within with with with with with with with with	OTHER SIDES	VALUES I	LISTED	ARE LI	MITED	TO INF	FORMA	ATION F	PROVIDE	D BY SI	UPPLIE	R/MAN	NUFACT	UREF	R OF P/	ACKAG	ED OF	R DISP	PENSE	D PROI	DUCTS*			
Intersteine black black black As S <th< td=""><td>Potato Chips*</td><td>See labe</td><td>1</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>0</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>See Label</td></th<>	Potato Chips*	See labe	1												0									See Label
CHESS Chesse Solution	Twice Baked Hash Brown	3.0	85	170	11.0	6.0	0	35	260	11	1	1	0	7	0	2	ĸ							Twice Baked Hash Brown (Potatoes (Potatoes, Dextrose, Disodium Pyrophosphate [Added to Maintain Color], Potassiu Freshness]), Cream Cheese(Pasteurized Milk and Cream, Salt, Cheese Cultures, Carob Bean Gum[Stabilizer]), Pizza Ble Mozzarella Cheese[Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes]), Provolone Cheese(Cultured Pasteurized M Cheese(Cultured Pasteurized Milk, Salt, Enzymes, [Color Added], Anti Cake[Powedered Cellulose]) Three Cheese Blend Cheese(Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes, Powedered Cellulose[Anti-Caking Agent] and Calcuim Cheese(Pasteurized Milk, Salt, Culture, Enzymes and Annatto), Contains 2% or Less of: Black Pepper, Green Onion, Wh
Anerican Cheese 0.5 1.4 50 4.5 7.5	Individual Ingredients																							
American Cheese Obs 1.5 0.5 1.4 0.5 1.5 0.5 1.5 0.5 1.5 0.5 1.5 0.5 1.5 0.5 1.5 0.5				=0			•		0.50				•											American Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Water, Cream, Sodium Citrate, Colo
Akago (neees, shreaded) 0, iso iso 0, iso is	American Cheese	0.5	14	50	4.5	_					-	_	-	-	0		-	×	-			-		Preservative), Soy Lecithin (Non-Sticking Agent).
Swiss Cheese 0.5 14 60 4.5 2.5 0 15 2.5 0 10 0 X Image: Constraint of the state of the stat	Asiago Cheese, Shredded										_		_		-									Enzymes), Anticake (Potato Starch, Powdered Cellulose), Natamycin (Natural Mold Inhibitor)).
CONDIMENTS CONDIMENTS CONDIMENTS CONDIMENTS CONDIMENTS CONDIMENTS Constraints Syrup (Corn Syrup, Water, Sugar, Containts 2% or Less of: Salt, Natural Flavor, Sodium Hexametaphosphate, Sodium Hexametaphosphate, Sodium Hexametaphosphate, Sodium (Preservatives), Caramel Color, Nosphoric Acid, Mono and Diglycerrides). Butter Blend 0.5 14 10 12.0 0 0.5 14 10.0 10.0 10.0 10.0 0 0.0 <			_				_							_			_		-					
Add Syrup 0.5 14 50 0 0 0 25 13 0 6 6 0 0 0 0 Syrup (Corn Syrup, Water, Sugar, Contains 2% or Less of: Sait, Natural Flavor, Sodium Hexametaphosphate, Sodium (Preservatives), Caramet Color, Phosphoric Acid, Mon and Diglycerides.). Butter Blend 0.5 14 10 10 0.5 0 0 0.5 0 0 0.5 <td></td> <td>010</td> <td></td> <td></td> <td></td> <td></td> <td>Ū</td> <td></td> <td></td> <td>•</td> <td></td>		010					Ū			•														
Arrow Arrow <th< td=""><td></td><td>0.5</td><td>14</td><td>50</td><td>0</td><td>0</td><td>0</td><td>0</td><td>25</td><td>13</td><td>0</td><td>6</td><td>6</td><td>0</td><td>0</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>Syrup (Corn Syrup, Water, Sugar, Contains 2% or Less of: Salt, Natural Flavor, Sodium Hexametaphosphate, Sodium Bo</td></th<>		0.5	14	50	0	0	0	0	25	13	0	6	6	0	0									Syrup (Corn Syrup, Water, Sugar, Contains 2% or Less of: Salt, Natural Flavor, Sodium Hexametaphosphate, Sodium Bo
And the form And			-		-						-		-		-		,							(Preservatives), Caramel Color, Phosphoric Acid, Mono and Diglycerides.). Butter Blend (Vegetable Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), Contains I
Chipotle Mayo 0.5 14 90 10 1.5 0 5 115 1 0 <td></td> <td>0.5</td> <td>14</td> <td>110</td> <td>12.0</td> <td>5.0</td> <td>0</td> <td>0</td> <td>65</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td></td> <td>`</td> <td>-</td> <td>_</td> <td>-</td> <td></td> <td>-</td> <td></td> <td></td>		0.5	14	110	12.0	5.0	0	0	65	0	0	0	0	0	0		`	-	_	-		-		
Honey 1.0 28 90 0 0 0 0 20 20 20 20 <	Chipotle Mayo	0.5	14	90	10	1.5	0	5	115	1	0	0	0	0	0	x								Corn Syrup, Contains less than 2% of: Salt, Lime Juice, Spice, Garlic, Onion, Natural Smoke Flavor, Xanthan Gum, Jalap
Jelly/Jam - Grape 1.0 28 70 0 0 0 18 0 13 13 0 0 0 0 Spread, Concord Grape Jam (Concord Grape Jam (Concord Grapes, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid.) Jelly/Jam - Strawberry 1.0 28 60 0 0 16 0 14 14 0	Mustard			_							_			_	_									
Jelly/Jam - Strawberry 1.0 28 60 0 0 0 14 14 0 0 0 Strawberry Jam (Strawberries, Sugar, Fruit Pectin, Citric Acid) Mayo 0.5 14 100 12 2 0 10 40 0 0 0 0 0 Strawberry Jam (Strawberries, Sugar, Fruit Pectin, Citric Acid) Peanut Butter 1.5 43 240 21 4.5 0 10 4 5 3 9 0 X X Peanut Butter (Peanuts, Sugar, Palm Oil, Contains 2% or less of: Salt, Molasses).	-		_								_													
Mayo 0.5 14 10 12 2 0 10 40 0 0.4 0 0.5 1.5 43 24 21 4.5 0 0.5 1.5 43 24 21 4.5 10 10 4 5 3 9 0 7 <th7< th=""> <th7< th=""> 7 <t< td=""><td>Jelly/Jam - Grape Jelly/Jam - Strawberry</td><td></td><td></td><td></td><td></td><td></td><td>_</td><td></td><td></td><td></td><td>_</td><td></td><td>_</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<></th7<></th7<>	Jelly/Jam - Grape Jelly/Jam - Strawberry						_				_		_											
Peanut Butter 1.5 43 240 21 4.5 0 0 105 10 4 5 3 9 0 X X Peanut Butter (Peanuts, Sugar, Palm Oil, Contains 2% or less of: Salt, Molasses).	Мауо										-					x								Soybean Oil, Egg Yolk, Distilled Vinegar, High Fructose Corn Syrup, Contains Less Than 2% of Water, Salt, Mustard See
	Peanut Butter	1.5	43	240	21	4.5	0	0	105	10	4	5	3	9	0		2	x)	(
	Sriracha Sauce	1.0												0	0									

ed Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Anhydrous Dextrose, Cocoa Butter, Soy Lecithin [Emulsifier], Vanilla Extract), Nonfat Dry Milk, Natural Vanilla Flavor, Salt, Baking Soda, Soy Lecithin

ATER, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM,

duced Iron, Ascorbic Acid [Dough Conditioner], Thiamine, Mononitrate, onfat Buttermilk (Nonfat Milk, Stabilizer [Modified Corn and Tapioca Starch, Diglycerides], Salt, Vitamin A Palmitate, Vitamin D3), Food Starch-Modified, atty Acids, Mono- and Diglycerides, Soy Lecithin), Leavening (Sodium Aluminum um Propionate (Preservative), Xanthan Gum.).

ervative), Xanthan Gum), Streusel Topping (Untreated Wheat Flour, Sugar, Zero argarine (Soybean Oil, Palm Oil, Water, Salt, Mono And Digylcerides, Soybean

osphate [Added to Maintain Color], Potassium Sorbate[Added to Maintain ures, Carob Bean Gum[Stabilizer]), Pizza Blend Cheese(Low Moisture Part-Skim , Provolone Cheese(Cultured Pasteurized Milk, Salt, Enzymes), Cheddar [Powedered Cellulose]) Three Cheese Blend (Parmesan, Asiago and Romano I Cellulose[Anti-Caking Agent] and Calcuim Propionate[Preservative]) Cheddar 6 or Less of: Black Pepper, Green Onion, White Onion).

e Color, Water, Cream, Sodium Citrate, Color Added, Salt, Sorbic Acid (Added as

d Milk, Salt, Enzymes), Asiago Cheese (Cultured Pasteurized Milk, Salt, ral Mold Inhibitor)). Added).

or, Sodium Hexametaphosphate, Sodium Benzoate and Sorbic Acid

, Skim Milk, Butter (Cream, Salt), Contains Less Than 2% Of Natural Flavor,

lapeno Peppers, Vinegar, Sugar, Salt, Onions), Egg Yolk, Water, High Fructose , Natural Smoke Flavor, Xanthan Gum, Jalapeno Pepper, Maltodextrin, Red Bell

s Less Than 2% of Water, Salt, Mustard Seed, Calcium Disodium EDTA (to

EST. 1983 BRUEGGER'S BAGELS AUTHENTIC NEW YORK STYLE	SERVING SIZE (OZ)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	ADDED SUGARS (G)	PROTEIN (G)	🕦 CAFFEINE (mg)	EGG	MILK	SOY	WHEAT	TREE NUTS	PEANUTS	FISH	SHELLFISH	SESAME	Ingredie
Sundried Tomato Spread	1.0	28	140	11	3.5	0	10	80	9	0	2	0	2	0		x								Roasted Tomato Spread (Sun Ripened Roma Tomato Solids, Sun Dried Roma Onion, Romano Cheese (Milk, Salt, Enzymes), Red Raspberries, Sugar, Spices Pectin)
EGGS & EGG PATTIES																								
1 Egg White	2.0	58	35	1	0	0	0	160	0	0	0	0	6	0	x	x								Certified Cage Free Egg Whites Egg Whites, Butter Blend (Vegetable Oil Blend Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta C
2 Egg White	4.1	116	70	2	0.5	0	0	330	1	0	1	0	12	0	x	x								Certified Cage Free Egg Whites Egg Whites, Butter Blend (Vegetable Oil Blend Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, Beta C
1 Whole Egg	1.6	46	80	6	2	0	185	140	1	0	0	0	6	0	x	x								Shell Egg, Grade A, Large Cage Free Grade A Eggs, Butter Blend (Vegetable O Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, E
2 Whole Eggs	3.6	102	160	11	4.0	0	370	280	2	0	1	0	13	0	x	x								Shell Egg, Grade A, Large Cage Free Grade A Eggs, Butter Blend (Vegetable O Salt), Contains Less Than 2% Of Natural Flavor, Vitamin A Palmitate Added, B
MEAT	0.0																							
Peppered Bacon	0.8	22	110	8	3	0	25	360	2	0	2	0	8	0										Bacon Cured With: (Water, Salt, Sugar, Sodium Phosphate, sodium Erythorba
Brisket Breakfast	2.0	57	110	9	3.5	0	30	430	1	0	0	0	8	0										Brisket Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potass Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caram
Brisket Lunch	3.0	85	170	13	5	0	45	650	2	0	0	0	12	0										Brisket Beef, Water, Contains 2% or Less of: Hydrolyzed Corn Protein, Potass Diacetate. Rubbed With: Salt, Dextrose, Garlic Powder, Onion Powder, Caram
Ham	1.5	43	45	1	0	0	15	480	2	0	2	0	6	0										Ham, Water (Cured with Water, Dextrose, Salt, Modified Cornstarch, Corn Syn Diacetate, Sodium Nitrite).
Pastrami	1.3	43	50	3	1.5	0	25	460	0	0	0	0	7	0										Pastrami Beef, Cured With Water, Salt, Sugar, Sodium Phosphates, Seasonir Ingredients: Spices, Salt, Caramel Color, Sugar, Smoke Flavor.
Smoked Salmon	2.0	57	100	6	1	0	20	650	0	0	0	0	12	0						_	X			Norwegian Smoked Salmon (Farm Raised Atlantic Salmon, Salt, Beechwood
Pork Sausage	1.5	43	180	17	6	0	30	280	0	0	0	0	6	0										Pork Sausage, BRU Pork, Water, Salt, Spices, Dextrose, Sugar, Yeast Extract, TBHQ, BHT, Citric Acid, Lactic Acid
Turkey Sausage	1.5	43	90	7	2	0	40	280	0	0	0	о	7	0										Sausage, Turkey Dark Turkey Meat, Mechanically Separated Turkey, Contains Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring, TBHQ, BHT, Citric A
Sliced Turkey	3.0	85	90	2.5	0	0	40	650	9	0	2	2	15	0										Turkey Breast, Turkey Broth, Less than 2% of Potassium Lactate, Modified For Color Added.
NUTS/OTHER	0.0																							
Croutons	0.5	14	15	0	0	0	0	35	2	0	0	0	0	0		x		x						Whole Grain Cheese Garlic Croutons, BRU White Whole Wheat Flour, Canola Quinoa Flour, Salt, 2% or Less of Sugar, Yeast, Ascorbic Acid, Dehydrated Par and Enzyme Modified Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzym Paprika (Color) TBHQ (To Preserve Freshness).
VEGETABLES & FRUIT																								
Capers	0.1	3		0	0	0	0	60	0	0	0	0	0	0										Capers (Non-Pareil Capers, Water, Salt, and Vinegar).
Cucumbers	1	28		0	0	0	0	0	1	_	0	0	0	0										Cucumber
Green Bell Peppers	1	28		_	0	0	0	0	1		1	0	0	0				-		-		-		Green Bell Peppers
Lettuce	0.5	14	0	0	0	0	0	0	0	0	0	0	0	0				-		-		-		Lettuce, Whole Leaf
Pickle Spear	1	28	0	0	0	0	0	260	0	0	0	0	0	0										Pickle Spear (Fresh Cucumbers, Water, Vinegar, Salt, Calcium Chloride, Sodiu
Red Onions	0.3	9		0	0	0		0	1		0	_	0			_		_		-		_		Onion, Red
Red Bell Peppers	1 1.5	28			0	0	0	0	2		1	0	0	0				-		-		-		Red Bell Peppers
Tomatoes	1.5	43	10	0	0	0	0	10	2	U	1	0	0	0										Tomato, Coarse Kosher Salt, Black Pepper

ma Tomatoes, Canola Oil, Extra Virgin Olive Oil, Butter (Cream, Milk, Salt), ces, Chopped Garlic, Fresh Lime Juice, Water, Salt, Corn Meal, Citric Acid,

end (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), a Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.

end (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, Salt), a Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.

e Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, d, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.

e Oil Blend (Palm And Palm Kernel Oil, Soybean Oil), Skim Milk, Butter (Cream, d, Beta Carotene (Color), Salt), Coarse Kosher Salt Kosher Salt, Black Pepper.

rbate, Sodium Nitrite), Black Pepper.

assium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium amel Color, Spice.

ssium Lactate, Sodium Lactate, Salt, Sodium Phosphates, Flavorings, Sodium amel Color, Spice.

Syrup, Potassium Lactate, Sodium Phosphates, Sodium Erythorbate, Sodium

ning (Salt, Flavoring), Sodium Erythorbate, Sodium Nitrite, Flavoring. Seasoning

od Smoke).

ct, Lime Flavor (Corn Syrup Solids, Lime Juice Solids, Natural Flavor), Flavoring,

ins 2% or Less of Salt, Spices, Dextrose, Sugar, Yeast Extract, Lime Flavor (Corn c Acid, Lactic Acid.

Food Starch, Salt, Sugar, Sodium Phosphate, and Sodium Diacetate. Caramel

la and /or Sunflower Oil, Spelt Flour, Whey, Wheat Gluten, Amaranth Flour, Parsley, Garlic Powder, Vinegar, Natural and Artificial Flavor, Parmesan Cheese rymes), Cultured Nonfat Milk, Annatto (Color), Extractives of Turmeric and

dium Benzoate (Preservative), Spices, Garlic, Turmeric, Polysorbate 80).