

Einstein Bros.[®]

Nutrition

Guide

(License Partner Version)

New Menu Summer 2010



Ingredients and products are subject to change, due to menu modifications. If you have any questions please call 1-800-BAGEL ME.

last update:6/21/2010 - for the most recent copy- please refer to BAGEL NET

	Serving Size	Weight (g.) unless otherwise stated	Calories	Calories From Fat	% Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Revised By:	
Bagels																				
Asiago Cheese Bagel	1 bagel	113	300	45	15	5.0	3	0	15	630	54	2	5	14	0	0	20	20	8/1/08	kk
Blueberry Bagel	1 bagel	106	290	10	3	1.0	0	0	0	450	63	3	11	10	0	0	2	20	11/30/09	sp
Chocolate Chip Bagel	1 bagel	106	280	25	9	2.5	1	0	0	430	56	3	10	9	0	0	2	20	8/1/08	kk
Cinnamon Raisin Swirl Bagel	1 bagel	106	270	10	4	1.0	0	0	0	430	58	3	12	9	0	0	4	20	8/1/08	kk
Cinnamon Sugar Bagel Chicago Style	1 bagel	108	290	20	7	2.5	0.5	0	0	480	61	2	12	9	2	0	4	20	8/1/08	kk
Everything Bagel	1 bagel	103	280	15	5	2.0	0	0	0	650	58	2	6	10	0	0	2	20	11/30/09	sp
Honey Whole Wheat Bagel	1 bagel	99	250	10	4	1.0	0	0	0	440	55	3	8	9	0	0	2	15	8/1/08	kk
Plain Bagel	1 bagel	99	250	10	4	1.0	0	0	0	460	54	2	5	9	0	0	2	20	8/1/08	kk
Potato Bagel	1 bagel	99	260	35	13	4.0	0.5	0	0	500	52	2	5	8	0	0	2	15	8/1/08	kk
Power Bagel	1 bagel	113	310	45	15	5.0	0.5	0	0	280	61	4	16	11	0	0	4	20	11/30/09	sp
Power w/ Peanut Butter	1 bagel	170	640	300	47	33.0	6	1	5	540	73	8	21	25	0	0	6	25	11/30/09	sp
Sesame Dip'd Bagel	1 bagel	103	270	25	9	3.0	0	0	0	460	54	2	5	10	0	0	2	20	8/1/08	kk
Sweet Cream Cheese Bagel Popper	5.0 oz.	142	370	35	9.5	4.0	1.5	0	5	510	76	2	27	9	2	0	2	15	6/21/10	sp
Cinnamon & Sugar Bagel Popper	4.7 oz.	133	380	60	16	6.0	2	0	0	550	76	4	26	9	6	0	4	15	6/21/10	sp
Bagels Top Shelf																				
Green Chile Bagel	1 bagel	153	350	70	20	8.0	4.5	0	25	680	56	2	6	15	8	20	20	20	8/1/08	kk
Bread Specialty																				
Ciabatta Bread	4.25oz	120	300	30	10	3.5	0	0	0	640	58	2	1	0	0	0	0	0	5/29/08	kk
Multigrain Bread	1 Slice	47	120	15	13	2.0	0	0	0	220	22	1	3	5	0	6	0	6	5/29/08	kk
Tortilla Wrap	1 Wrap	109	300	70	23	8.0	1	0	0	360	50	6	2	8	0	0	30	15	5/30/08	kk
Cream Cheese																				
Whipped Blueberry Reduced Fat	2 Tbsp.	20	70	45	64	5.0	3.5	0	15	50	6	0	5	1	2	0	0	0	5/19/08	kk
Whipped Garden Vegetable Reduced Fat	2 Tbsp.	20	60	45	75	5.0	3.5	0	15	100	3	0	1	1	8	2	2	0	5/19/08	kk
Whipped Garlic Herb Reduced Fat	2 Tbsp.	20	60	45	75	5.0	3.5	0	15	100	3	0	1	1	4	0	0	0	5/19/08	kk
Whipped Honey Almond Reduced Fat	2 Tbsp.	20	70	45	64	5.0	3	0	15	45	6	0	4	1	4	0	2	0	5/19/08	kk
Whipped Jalapeno Salsa Reduced Fat	2 Tbsp.	20	60	45	75	5.0	3.5	0	15	105	3	0	1	1	4	0	0	0	5/19/08	kk
Whipped Onion and Chive	2 Tbsp.	20	70	50	71	6.0	4	0	20	60	3	0	1	1	4	0	2	0	5/19/08	kk
Whipped Plain	2 Tbsp.	20	70	60	86	7.0	4.5	0	20	65	1	0	1	1	4	0	0	0	5/19/08	kk
Whipped Plain Reduced Fat	2 Tbsp.	20	60	45	75	5.0	3.5	0	15	100	2	0	1	1	4	0	0	0	5/19/08	kk
Whipped Smoked Salmon	2 Tbsp.	20	60	50	83	6.0	3.5	0	20	120	2	0	1	1	2	0	0	0	5/19/08	kk
Whipped Strawberry Reduced Fat	2 Tbsp.	20	70	45	64	5.0	3.5	0	15	50	5	0	4	1	2	0	0	0	5/19/08	kk
Whipped Sundried Tomato & Basil Reduced Fat	2 Tbsp.	20	60	45	75	5.0	3.5	0	15	100	2	0	1	1	2	0	0	0	5/19/08	kk
Coffee																				
Coffee (S. M. L)	12 oz.	360 ml	0	0	-	0.0	0	0	0	0	0	0	0	0	0	0	0	0	5/19/08	kk
Coffee Decaf. (S. M. L)	12 oz.	360 ml	0	0	-	0.0	0	0	0	0	0	0	0	0	0	0	0	0	5/19/08	kk
Coffee, Specialty																				
Americano Regular	16 fl oz	473ml	1	0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	5/19/08	kk
Café Latte, Medium	16 fl oz	454 ml	200	70	35	8.0	5	0	30	210	20	0	19	13	15	6	50	2	5/19/08	kk
Café Latte, Large	20 fl oz	567 ml	250	80	32	9.0	6	0	35	250	24	0	23	16	20	8	60	2	5/19/08	kk
Café Latte Nonfat Medium	16 fl oz	454 ml	140	5	4	1.0	0.5	0	5	210	20	0	19	14	15	6	50	2	5/19/08	kk
Café Latte Nonfat Large	20 fl oz	567 ml	180	10	6	1.0	0.5	0	10	260	25	0	23	16	20	8	60	2	5/19/08	kk
Café Latte Whole Milk Medium	16 fl oz	473 ml	250	110	44	12.0	7	0	35	190	21	0	21	12	8	0	40	2	5/19/08	kk
Café Latte Whole Milk Large	20 fl oz	567 ml	320	150	47	16.0	9	0	50	250	28	0	28	15	15	0	60	2	6/21/10	sp
Cappuccino Medium	16 fl oz	425 ml	190	60	32	7.0	4.5	0	30	190	19	0	18	12	15	6	45	2	5/19/08	kk
Cappuccino, Large	20 fl oz	539 ml	230	80	35	9.0	5	0	35	240	23	0	22	15	20	8	60	2	5/19/08	kk
Cappuccino Non Fat Medium	16 fl oz	425 ml	130	5	4	1.0	0	0	5	200	19	0	18	13	15	6	45	2	5/19/08	kk
Cappuccino Non Fat Large	20 fl oz	539 ml	170	10	6	1.0	0.5	0	10	250	23	0	22	15	20	8	60	2	5/19/08	kk
Cappuccino Whole Milk Medium	16 fl oz	473 ml	190	80	42	9.0	5	0	25	150	17	0	17	9	6	0	30	2	5/19/08	kk
Cappuccino Whole Milk Large	20 fl oz	591 ml	130	5	4	1.0	0	0	5	200	19	0	18	13	15	6	45	2	5/19/08	kk
Mocha, Medium	16 fl oz	426 ml	390	180	46	20.0	12	0	75	170	42	1	38	9	10	4	35	4	5/19/08	kk
Mocha, Large	20 fl oz	567 ml	470	190	40	22.0	13	0	85	230	56	1	50	13	15	6	45	6	5/19/08	kk
Mocha Nonfat, Medium	16 fl oz	426 ml	350	140	40	15.0	9	0	60	180	42	1	38	10	10	4	35	4	5/19/08	kk
Mocha Nonfat, Large	20 fl oz	567 ml	420	140	33	16.0	9	0	65	240	56	1	50	13	15	6	45	6	5/19/08	kk
Mocha Whole Milk Medium	16 fl oz	473 ml	400	90	23	10.0	6	0	30	210	67	0	57	10	6	0	35	6	5/19/08	kk
Mocha Whole Milk Large	20 fl oz	591 ml	480	130	27	14.0	8	0	45	260	72	0	63	14	8	0	50	6	5/19/08	kk
Caramel Macchiato, Medium	16 fl oz	426 ml	380	60	16	7.0	4	0	25	250	71	0	66	11	15	6	40	0	6/21/10	sp
Caramel Macchiato, Large	20 fl oz	567 ml	420	70	17	8.0	5	0	35	290	75	0	70	14	15	6	50	0	6/21/10	sp
Caramel Macchiato, Medium, NonFat	16 fl oz	426 ml	330	0	0	0.0	0	0	5	250	71	0	66	13	15	6	40	0	6/21/10	sp
Caramel Macchiato, Large, NonFat	20 fl oz	567 ml	360	0	0	0.0	0	0	5	290	75	0	70	15	15	6	50	0	6/21/10	sp
Caramel Macchiato, Medium, Whole Milk	16 fl oz	426 ml	410	90	22	10.0	6	0	30	210	70	0	65	10	10	0	35	0	6/21/10	sp
Caramel Macchiato, Large, Whole Milk	20 fl oz	567 ml	450	110	24	12.0	7	0	35	240	73	0	68	12	10	0	45	2	6/21/10	sp
Iced Specialty Coffee																				
Iced Americano	16 fl oz	473ml	1	0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	5/19/08	kk

Only Regular / Large noted on boards

	Serving Size	Weight (g.) unless otherwise stated	Calories	Calories From Fat	% Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Revised By:	
Iced Coffee	16 fl oz	473 ml	0	0	-	0.0	0	0	0	0	0	0	0	0	0	0	0	0	5/19/08	kk
Iced Latte	16 fl oz	473ml	120	40	33	4.5	3	0	20	125	12	0	11	8	15	4	30	0	5/19/08	kk
Iced Mocha	16 fl oz	473ml	210	50	24	6.0	4	0	15	120	33	0	31	7	10	2	20	4	5/19/08	kk
Iced Latte Whole Milk	16 fl oz	473ml	190	80	42	9.0	5	0	25	150	17	0	17	9	6	0	30	2	5/19/08	kk
Iced Mocha Whole Milk	16 fl oz	473ml	390	80	21	9.0	5	0	25	200	66	0	56	9	6	0	30	6	5/19/08	kk
Iced Latte Non Fat	16 fl oz	473ml	90	0	0	0.0	0	0	5	130	12	0	11	8	15	4	30	0	5/19/08	kk
Iced Mocha Low Fat	16 fl oz	473ml	180	25	14	2.5	2	0	5	115	32	0	30	7	10	2	20	4	5/19/08	kk
Blended Drinks																				
Café Latte	18 fl oz	532 ml	400	90	23	10	2.5	0	50	140	65	0	29	9	0	0	30	0	6/2/08	kk
Café Latte	24 fl oz	710 ml	440	100	23	11	2.5	0	60	160	73	0	33	10	0	0	35	0	6/2/08	kk
Café Mocha	18 fl oz	532 ml	510	70	14	8	2.5	0	40	160	102	0	64	7	0	0	25	4	6/2/08	kk
Café Mocha	24 fl oz	710 ml	740	100	14	11	2.5	0	60	230	149	0	94	10	0	0	35	6	6/2/08	kk
Café Caramel	18 fl oz	532 ml	620	80	13	9	2.5	0	45	140	100	0	66	8	0	0	25	0	6/2/08	kk
Café Caramel	24 fl oz	710 ml	660	100	15	11	2.5	0	60	180	128	0	86	10	0	0	35	0	6/2/08	kk
Cookies & Cream	18 fl oz	532 ml	680	330	49	36.0	25	0	130	200	101	1	89	11	60	0	25	8	6/2/08	kk
Cookies & Cream	24 fl oz	710 ml	870	420	48	46.0	32	0	165	260	129	1	114	15	80	0	35	10	6/2/08	kk
Wild Berry	18 fl oz	532 ml	350	25	5	3.0	2	0	0	90	77	5	62	5	0	190	20	4	6/21/10	sp
Wild Berry	24 fl oz	710 ml	480	35	6	3.5	2	0	0	120	105	7	85	7	0	260	25	6	6/21/10	sp
Strawberry	18 fl oz	532 ml	450	170	38	19	14	0	65	95	75	3	64	6	35	160	15	4	6/2/08	kk
Strawberry	24 fl oz	710 ml	620	210	34	23	17	0	80	125	109	5	92	7	45	260	20	6	6/2/08	kk
Vanilla	18 fl oz	532 ml	600	280	47	31.0	23	0	110	150	92	0	89	10	70	0	25	0	6/2/08	kk
Vanilla	24 fl oz	710 ml	860	390	45	44.0	32	0	155	210	133	0	129	15	90	0	40	0	6/2/08	kk
Coffee Extras																				
Half & Half	1 fl oz	30ml	40	30	75	3.0	2	0	15	25	1		1	1	2	0	4	0	5/19/08	kk
Light Whipped Cream	2 Tbsp.	30ml	35	20	57	2.5	2.5	0	5	0	2	0	2	0	0	0	0	0	5/19/08	kk
Low-fat 2% Milk	8 oz.	240 ml	120	45	38	5.0	3	0	20	125	12	0	11	8	10	4	30	0	6/2/08	kk
On Top Reduced Fat Topping	2 Tbsp.	8	20	10	50	1.5	1	0	0	5	2	0	2	0	0	0	0	0	5/19/08	kk
Skim Milk	8 fl oz	237ml	80	0	0	0.0	0	0	5	140	15	0	13	7	10	2	25	0	5/19/08	kk
Syrup, Blackberry	2 Tbsp.	30ml	100	0	0	0.0	0	0	0	25	0	25	0	0	0	0	0	0	5/19/08	kk
Syrup, Caramel	1 fl oz	30ml	70	0	0	0.0	0	0	0	18	0	17	0	0	0	0	0	0	6/3/08	kk
Syrup, Chocolate	2 Tbsp.	30ml	0	0	-	0.0	0	0	0	4	0	0	0	0	0	0	0	0	5/19/08	kk
Syrup, Hazelnut	1 fl oz	30ml	100	0	0	0.0	0	0	0	25	0	25	0	0	0	0	0	0	5/19/08	kk
Syrup, Vanilla	1 fl oz	30ml	100	0	0	0.0	0	0	0	25	0	25	0	0	0	0	0	0	5/19/08	kk
Syrup, Premium, Sugar Free Vanilla	1 fl oz	30ml	0	0	-	0.0	0	0	0	4	0	0	0	0	0	0	0	0	5/19/08	kk
Whole Milk	8 fl oz	237ml	150	70	47	8.0	4.5	0	25	100	11	0	11	8	4	0	30	0	5/19/08	kk
Cold Beverages																				
Cherry Coca Cola	8 fl oz	237ml	104	0	0	0.0	0	0	0	4	28	0	28	0	0	0	0	0	5/19/08	kk
Coca-Cola	8 fl oz	237ml	99	0	0	0.0	0	0	0	6	27	0	27	0	0	0	0	0	5/19/08	kk
Diet Coca-Cola	8 fl oz	237ml	1	0	0	0.0	0	0	0	10	0	0	0	0	0	0	0	0	5/19/08	kk
Hi C Fruit Punch	8 fl oz	237ml	104	0	0	0.0	0	0	0	9	28	0	28	0	0	60	0	0	5/19/08	kk
Lemonade Blackberry	16 fl oz	473ml	310	0	0	0.0	0	0	0	5	74	0	74	2	0	60	0	4	5/19/08	kk
Mr. Pibb	8 fl oz	237ml	97	0	0	0.0	0	0	0	14	26	0	26	0	0	0	0	0	5/19/08	kk
Nestea Raspberry Iced Tea	8 fl oz	237ml	78	0	0	0.0	0	0	0	9	21	0	21	0	0	0	0	0	5/19/08	kk
Nestea Unsweetened Iced Tea	8 fl oz	237ml	1	0	0	0.0	0	0	0	14	0	0	0	0	0	0	0	0	5/19/08	kk
Orange Juice Fresh Squeezed	10 fl oz	296ml	143	0	0	0.0	0	0	0	71	34	2	31	1	15	300	4	6	5/19/08	kk
Spontanitea	24 fl oz	720ml	100	0	0		0	0	0	25	0	0	0	0	0	0	0	0	6/4/08	kk
Sprite	8 fl oz	237ml	97	0	0	0.0	0	0	0	22	26	0	26	0	0	0	0	0	5/19/08	kk
Hot Tea																				
Harney & Sons Cinnamon Apple Spice	1 cup	240 ml	0	0	-	0.0	0	0	0	0	0	0	0	0	0	0	0	0	6/2/08	kk
Harney & Sons Earl Grey Supreme	1 cup	240 ml	0	0	-	0.0	0	0	0	0	0	0	0	0	0	0	0	0	6/2/08	kk
Harney & Sons English Breakfast	1 cup	240 ml	0	0	-	0.0	0	0	0	0	0	0	0	0	0	0	0	0	6/2/08	kk
Harney & Sons Tropical Berry Green Tea	8 fl oz	237ml	0	0	-	0.0	0	0	0	0	0	0	0	0	0	0	0	0	5/19/08	kk
Harney & Sons Tropical Green Tea	8 fl oz	237ml	0	0	-	0.0	0	0	0	0	0	0	0	0	0	0	0	0	5/19/08	kk
Other Hot Beverages																				
Chai Tea Latte Medium 2% milk	16 fl oz	473ml	290	20	7	2.5	1.5	0	10	85	63	0	60	4	4	2	15	0	5/19/08	kk
Chai Tea Latte Large 2% milk	20 fl oz	591ml	360	25	7	3.0	2	0	10	105	78	0	75	5	6	2	20	0	5/19/08	kk
Chai Tea Latte Medium Skim milk	16 fl oz	473ml	270	0	0	0.0	0	0	0	85	63	0	60	4	4	2	15	0	5/19/08	kk
Chai Tea Latte Large Skim milk	20 fl oz	591ml	340	0	0	0.0	0	0	0	105	79	0	75	6	6	2	20	0	5/19/08	kk
Chai Tea Latte Medium Whole milk	16 fl oz	473ml	310	35	11	4.0	2.5	0	10	75	63	0	60	4	2	0	15	0	5/19/08	kk
Chai Tea Latte Large Whole milk	20 fl oz	591ml	380	40	11	4.5	2.5	0	15	85	78	0	74	5	2	0	15	0	5/19/08	kk
Espresso, Regular	1.5 oz.	45 ml	1	0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	5/19/08	kk
Hot Chocolate, Regular	12 fl oz	355ml	290	100	34	11.0	8	0	20	160	39	0	33	9	15	2	30	4	5/19/08	kk
Hot Chocolate, Regular Whole Milk	12 fl oz	355ml	320	130	41	14.0	10	0	30	160	39	0	33	9	15	2	30	4	5/19/08	kk
Condiments																				
Deli Mustard	1 tsp.	5	5	0	0	0.0	0	0	0	65	0	0	0	0	0	0	0	0	5/19/08	kk
Pickle Whole Kosher	1	50	5	0	0	0.0	0	0	0	650	1	1	0	0	2	0	0	0	5/19/08	kk
Yellow Mustard	1 Tbsp	5	0	0	-	0.0	0	0	0	80	0	0	0	0	0	0	0	0	5/19/08	kk
Food, Retail																				
Fresh Fruit Cup	11.0oz	312	140	5	4	0.0	0	0	0	35	36	3	31	2	70	150	4	4	5/19/08	kk
Kettle Classic Natural Potato Chips	1.0oz	28	150	80	53	9	1	0	0	120	15	1	0	2	0	0	0	0	1/6/09	kk
Fruit and Yogurt Parfait	10 oz.	227	220	35	16	4.0	2	0	5	120	42	3	30	7	4	45	25	4	6/21/10	sp

	Serving Size	Weight (g.); unless otherwise stated	Calories	Calories From Fat	% Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Revised By:	
Doggie Bagel	1 bagel	*Pet Food Item - (for "guaran			-														5/19/08	kk
Salad Dressings & Spreads					-															
Butter Blend	1 Tbsp.	28g	170	170	100	18.0	5	0	0	220	0	0	0	0	20	0	0	0	5/28/08	KK
Caesar Dressing	2 Tbsp.	30	150	140	93	16.0	2.5	0	10	350	1	0	1	1	0	0	0	0	5/19/08	kk
Chipotle Vinaigrette Dressing	2 Tbsp.	32	60	30	50	3.5	0	0	0	650	5	0	3	1	0	0	0	2	5/19/08	kk
Honey	1 oz	28	90	0	0	0.0	0.0	0	0	0	23	0	22	0	0	0	0	0	5/30/08	kk
Honey Butter	1 Tbsp	28	140	110	79	12.0	3.5	0	0	140	8	0	7	0	15	0	0	0	6/21/10	sp
Hummus	1.0oz	28	70	27	39	3.0	0.0	0	0	150	6	4	0	4	0	0	0	0	5/19/08	kk
Peanut Butter, Creamy	2.0oz	57	330	260	79	28.0	6	1	5	260	12	4	5	14	0	0	2	6	5/19/08	kk

	Serving Size	Weight (g.) unless otherwise stated	Calories	Calories From Fat	% Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Revised By:	
Raspberry Vinaigrette Dressing	2 Tbsp.	32	160	130	81	14.0	2	0	0	8	0	8	0	0	0	0	0	0	5/19/08	kk
Spicy Roasted Tomato Spread	2 Tbsp	30	140	130	93	14.0	2	0	15	240	3	1	1	0	0	0	0	0	5/19/08	kk
Jam, Grape	1.5 oz.	43	110	0	0	0.0	0	0	0	28	0	26	0	0	0	0	0	0	6/21/10	sp
Jam, Strawberry	1.5 oz.	43	110	0	0	0.0	0	0	0	28	0	26	0	0	0	0	0	0	6/21/10	sp
Salad Extras & Side Salads																				
Candied Walnuts	1.5oz	43	260	190	73	22.0	0	0	0	20	9	3	7	4	2	0	2	4	5/19/08	kk
Bagel Croutons	1.0oz	28	100	35	35	4.0	2.5	0	10	220	15	1	1	2	2	0	0	4	5/19/08	kk
Traditional Potato Salad	3oz.	85	160	110	69	12.0	2.5	0	10	360	13	1	1	1	2	4	0	2	11/30/09	sp
Roasted Corn Salad	4 oz	113	170	50	29	6.0	0	0	0	320	25	5	6	5	15	20	2	8	6/2/08	kk
Salads																				
Asiago Chicken Caesar Salad	13.5oz	383	720	510	71	56.0	12	0	130	1960	22	4	5	37	210	50	25	15	11/30/09	sp
Bros Bistro Salad	10.5oz	298	810	610	75	68.0	11	1	25	500	36	7	29	14	220	50	30	15	11/30/09	sp
Bros Bistro Salad with Chicken	14.0oz	397	930	630	68	71.0	12	1	105	1010	39	7	29	36	160	40	30	15	11/30/09	sp
Chicken Chipotle Salad	15.2oz	430	700	360	51	41.0	9.0	1	95	1960	52	10	15	34	230	70	25	20	11/30/09	sp
Sandwich Fillings																				
Bacon, Thick Cut	0.5oz	14	60	45	75	4.5	2	0	15	220	1	0	1	4	0	0	0	0	9/22/08	np
Cheese, American	0.67oz	19	70	50	71	6	3.5	0	15	340	1	0	0	4	6	0	10	0	6/9/08	kk
Cheese, Cheddar	0.67oz	19	80	60	75	6	4.0	0	20	120	0	0	0	5	4	0	15	0	6/9/08	kk
Cheese, Gorgonzola	1.0oz	28	100	80	80	9.0	5	0	25	260	0	0	0	7	6	0	20	0	5/19/08	kk
Cheese, Pepper Jack	0.67oz	19	70	50	71	5	3.5	0	20	160	0	0	0	5	4	4	15	0	6/9/08	kk
Cheese, Provolone	0.67oz	19	70	45	64	5	3.0	0	15	160	0	0	0	5	4	0	15	0	6/9/08	kk
Cheese, Swiss	0.67oz	19	70	50	71	6	3.5	0	20	85	0	0	0	5	4	0	20	0	6/9/08	kk
Ham, Smoked	3.0oz	85	100	30	30	3.5	1.0	0	45	990	2	0	2	14	0	0	0	2	11/30/09	sp
Turkey Breast	3.0 oz	85	80	15	19	1.5	0	0	40	700	0	0	0	18	0	0	0	0	7/16/08	np
Turkey Sausage	1.4oz	40	70	35	50	4.0	1	0	30	180	1	0	1	8	0	0	0	4	5/19/08	kk
Salmon, Cold Smoked*	2.0oz	57	80	40	50	4.5	1	0	10	250	0	0	1	12	0	0	0	0	5/19/08	kk
Breakfast Items																				
Breakfast Burrito - Loco Wrap	15.6oz	441	750	310	41	35.0	13	0	425	1410	77	9	8	34	20	25	50	30	9/30/08	kk
Egg Way, Bacon Thick Cut	8.9oz	252	570	220	39	24	11	0	410	1030	57	2	8	33	15	0	30	30	9/22/08	np
Egg Way, Ham, Smoked	10.0oz	284	550	190	35	21	9	0	420	1310	58	2	8	37	15	0	35	30	11/30/09	sp
Egg Way, Turkey Sausage	9.8oz	278	580	210	36	24	10	0	425	990	58	2	8	37	15	0	30	30	8/10/08	kk
Egg Way, Plain	8.4oz	238	510	180	35	20	9	0	395	810	57	2	7	29	15	0	30	25	8/1/08	kk
Egg Way Spinach, Mushroom, and Swiss																				
Lox* & Bagel	9.6oz	272	490	190	39	21	11	0	50	950	61	3	11	24	15	10	4	20	8/1/08	kk
Wrap - Santa Fe	11.7oz	331	680	310	46	34	13	0	435	1260	60	7	8	34	20	8	50	30	9/30/08	kk
Naked Eggs																				
Naked Egg, Thick Cut Bacon	5.4oz	153	320	210	66	23	10	0	410	570	3	0	2	24	15	0	30	10	9/22/08	np
Naked Egg, Smoked Ham	6.5oz	185	310	180	58	20	9	0	420	890	4	0	3	27	15	0	30	10	11/30/09	sp
Naked Egg, Turkey Sausage	6.4oz	182	340	210	62	23	10	0	425	540	4	0	3	28	10	0	30	15	7/16/08	np
Naked Egg, Plain with Cheese	4.9oz	139	260	170	65	19	9	0	395	350	3	0	2	20	15	0	30	10	7/16/08	np
Naked Egg, Santa Fe	7.8oz	222	380	240	63	26	12	0	435	900	10	1	6	26	20	8	20	15	9/30/08	kk
Cold Sandwich, Assembled																				
Deli Chicken Salad	8.9oz	252	920	690	75	77	12	1	70	540	44	3	7	13	30	15	8	10	5/21/08	kk
Deli Ham	8.3oz	236	380	110	29	12	5	0	65	1210	44	3	8	27	30	15	25	10	11/30/09	sp
Deli Tuna Salad	8.1oz	231	320	90	28	10	1.5	0	25	360	43	3	6	24	35	20	10	35	11/30/09	sp
Deli Turkey	8.3oz	236	370	100	27	11	4.5	0	55	950	41	3	6	31	35	15	20	8	7/16/08	np
Tasty Turkey on Asiago Bagel	12.1oz	342	560	180	32	20	12	0	95	1460	66	3	9	36	40	15	25	20	8/1/08	kk

	Serving Size	Weight (g.) unless otherwise stated	Calories	Calories From Fat	% Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Revised By:		
	Roasted Turkey	8.3oz	236	370	100	27	11	4.5	0	55	950	41	3	6	31	35	15	20	8	7/16/08	np
	Veg Out on Sesame Seed Bagel	8.6 oz	251	460	180	39	19	6	0	25	740	64	4	9	12	40	20	6	20	6/21/10	sp
	Wrap - Chicken Caesar	12.1oz	343	750	380	51	42	12	0	120	1570	59	7	6	36	35	15	40	20	5/29/08	kk
	Wrap - Chicken Salad	9.8oz	279	1010	740	73	82	13	1	70	780	55	7	4	14	30	15	35	20	5/19/08	kk
	Wrap - Club Mex	12.5oz	354	840	480	57	53	11	0.5	95	1700	57	8	5	36	35	20	45	20	9/30/08	kk
	Bagel Dogs																				
	Original Bagel Dog	6.7oz	190	470	180	38	20	7	1	55	1190	56	2	7	20	2	0	4	25	10/9/08	kk
	*Add Cheddar Cheese	7.4oz	209	550	230	42	26	11	1.5	75	1310	56	2	7	25	6	0	15	25	10/9/08	kk
	Original Asiago Bagel Dog	6.8oz	194	490	190	39	21	8	1	60	1230	56	2	7	22	2	0	8	25	10/9/08	kk
	*Add Cheddar Cheese	7.5oz	212	560	240	43	27	12	1.5	75	1350	56	2	7	26	6	0	20	25	10/9/08	kk
	Pizza Bagels																				
	Pizza Bagel - Cheese	6.0oz	170	400	100	25	11	7	0	35	950	57	3	7	22	6	4	35	20	8/1/08	kk
	Pizza Bagel - Pepperoni	6.3oz	179	440	140	32	15	9	0	45	1090	57	3	7	23	6	4	35	20	8/1/08	kk
	Sandwiches, Hot, Panini-Style																				
	Italian Chicken Panini	12.6oz	356	800	360	45	40	12	0	120	2450	66	5	3	35	45	45	30	15	6/9/08	kk
	Turkey & Cheddar Melt																				
	Smoked Ham & Swiss Melt																				
	Turkey Club Panini	12.4oz	351	750	350	47	39	9	1	85	2130	66	4	4	29	60	20	20	10	9/22/08	np
	Sweets																				
	Blueberry Muffin	5.0oz	142	480	200	42	22.0	4.5	0	105	480	65	2	36	6	4	4	4	4	5/19/08	kk
	Chocolate Chip Coffee Cake	6.1oz	174	760	310	41	34.0	13	0	5	270	110	2	58	6	6	0	8	20	5/19/08	kk
	Chocolate Mudslide Cookie	2.8oz	78	320	150	47	17.0	9	0	60	75	46	1	38	4	4	0	2	10	5/19/08	kk
	Cinnamon Twists	3.8oz	108	370	190	51	21.0	10	0	0	125	41	2	18	5	0	0	4	10	5/19/08	kk
	Cinnamon Walnut Strudel	5.4oz	153	630	380	60	42.0	17	0.5	35	360	56	4	20	9	10	15	4	15	5/19/08	kk
	Heavenly Chocolate Chunk Cookie	2.8oz	78	360	160	44	18.0	9	0	15	290	48	2	29	4	15	0	2	15	5/19/08	kk
	Marshmallow Crispy Treat	3.9oz	111	410	60	15	7.0	2	0	0	125	86	0	37	5	20	15	0	70	7/28/08	kk
	Mixed Berry Coffee Cake	6.9oz	195	710	260	37	29.0	10	0	5	270	110	2	58	5	6	2	8	10	11/3/08	kk
	Oatmeal Raisin Cookie	2.8oz	78	320	90	28	11.0	5	0	25	310	54	2	31	5	0	0	2	10	5/19/08	kk
	Strawberry White Chocolate Muffin	5.5oz	156	550	230	42	25.0	7	0	105	510	78	1	49	7	0	0	6	6	5/30/08	kk
	Sugar Cookie	3.7oz	106	480	130	27	15.0	6	0	25	260	76	1	46	4	15	0	0	10	5/30/08	kk
	Soups																				
	Broccoli, Sharp Cheddar (Bowl)	14.0oz	397	460	280	61	32.0	17	0.5	75	1590	25	3	10	22	60	100	45	6	6/2/08	kk
	Broccoli, Sharp Cheddar (Cup)	8.7oz	248	290	180	62	20.0	10	0	45	990	16	2	6	14	35	60	30	4	5/19/08	kk
	Chicken Noodle (Bowl)	14.0oz	397	180	50	28	6	1.5	0	45	1210	21	2	2	8	80	6	4	6	6/5/08	kk
	Chicken Noodle (Cup)	8.7oz	248	110	30	27	3.5	1	0	25	750	13	1	1	5	50	4	2	4	6/5/08	kk
	Chicken Tortilla (Bowl)	14.0oz	397	490	290	59	32.0	17	0.5	75	1580	30	4	10	23	60	100	45	6	6/5/08	kk
	Chicken Tortilla (Cup)	8.9oz	252	320	190	59	21.0	10	0	45	1000	21	3	6	15	35	60	30	4	6/5/08	kk
	Italian Wedding (Cup)	8.7oz	247	160	50	31	6.0	1.5	0	20	1060	15	2	2	11	70	40	6	8	11/7/08	kk
	Italian Wedding (Bowl)	14.0oz	397	260	80	31	9.0	3	0	30	1700	24	3	3	18	120	60	10	10	11/7/08	kk
	Turkey Chili (Bowl)	14.0oz	397	280	70	25	8.0	0.0	0	40	1430	28	8	8	24	25	40	15	25	6/21/10	sp
	Turkey Chili (Cup)	8.7oz	248	170	45	26	5.0	0.0	0	25	890	17	5	5	15	15	25	10	15	6/21/10	sp

updates:

- 5/13/08 updated to Perdue Chicken 9494, replaced the 9314
- 14-May updated hummus info
- 16-May updated gorg ing dec
- 5/19/08 updated garlic dipped info
- updated egg ingredient dec
- updated bagels / cream cheese
- 5/21/08 updated new EBL08 lunch items
- added Wrap - Santa Fe
- Deleted Club Mex on Challah
- updated build on Roasted Veggie Wrap, was incorrect
- added Pizza bagels
- added Deli Sands
- 5/23/08 updated formatting / calculations
- 28-May updated naked egg nutritionals
- 5/29/08 updated Veg out
- updated club mex wrap
- updated caesar wrap
- updated parbaked bagel flavors
- updated Cinn Raisin Parbaked bagel
- removed corneal from parbaked bagels
- removed Challah and Challah build items.
- 5/30/08 verified deleted menu items: steak ranchero, classic roast beef, bit double decker, cheese steak, spicy grilled chicken, thai chicken salad, brownie
- verified new items included: all new wraps / pizza bagels, wild berry blender
- 6/2/08 removed all 12 oz coffee - do not have 12 oz cups
- added in Power w/ peanut butter
- 6/2/08 verified off boards - minor formatting changes
- 6/3/08 formatted / alphabetized - few clarifications
- 64/08 added spontaneitea back in, formatting
- 6/5/08 updated soups to match active basix items
- updated some items to 0.66 oz cheddar cheese
- 6/9/08 update all cheese items w/ nutritionals to 0.66 oz
- 7/16/08 updated items containing ham and turkey (lunch) from 3.25 oz to 3.0 oz per cost reduction incentive
- 7/16/08 updated egg mixture from 4.0 to 3.75
- 7/28/08 updated krispy treat to correct size for EBL
- 8/1/08 updated bagel cost reduction info
- 8/25/08 jurt with blackberries / strawberries
- 9/2/08 updated yogurt to new revised formula from Dannon
- 9/22/08 updated all bacon items with the reduced weight bacon.
- 9/23/08 updated bagel dogs - same as EBB - hot dog weight reduction
- 9/30/08 updated items with Ancho Salsa - confirmed Job aids
- updated ancho mayo
- 10/8/08 R and subscripts per legal
- 10/9/08 js 100 gm to include trans fat
- 11/3/08 updated mixed berry coffee cake - included blackberries

Einstein Bros. License Parter Ingredients			
Item	Ingredients	Allergens	Revision Date
Bagels			
Asiago Cheese Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anticaking agent)).	Wheat, Soy, Milk.	
Blueberry Bagel	Blueberry Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, blueberry bits (sugar, blueberry juice solids (blueberry juice, blueberry extract), cranberries, sunflower oil), high fructose corn syrup, blueberries, yeast, salt, molasses, natural flavor, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L-cysteine. Processed in a facility which also processes tree nuts).	Soy, Wheat.	5/19/08 kk
Chocolate Chip Bagel	Chocolate Chip Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, chocolate chips [sugar, chocolate liquor, cocoa butter, soya lecithin (added as an emulsifier), vanilla (an artificial flavoring)], liquid sugar (high fructose corn syrup, malt, brown sugar molasses), wheat gluten, yeast, salt, cocoa (processed with alkali), dough conditioner (corn flour, ammonium sulfate, L. Cysteine, fungal protease and amylase), molasses, L. cysteine, diacetyl tartaric acid esters of mono -diglycerides (DATEM), ascorbic acid, mono -diglycerides, enzyme. Processed in a facility which also processes tree nuts).	Wheat, Soy.	8/1/08 kk
Cinnamon Swirl Raisin Bagel	Cinnamon Raisin Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, raisins, high fructose corn syrup, wheat gluten, yeast, salt, molasses, cinnamon, malt barley flour, caramel color (contains sulfiting agents), soy oil, ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts).	Wheat, Soy.	8/1/08 kk
Cinnamon Sugar Bagel Chicago Style	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Cinnamon Sugar Blend (sugar, cinnamon), butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)).	Wheat, Soy, Milk.	5/29/08 kk
Everything Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Everything Spice Mix (poppy seeds, sesame seeds, onion, garlic, caraway seeds, salt).	Wheat, Soy.	5/27/08 kk
Honey Whole Wheat Bagel	Honey Whole Wheat Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, whole wheat flour, honey, brown sugar, yeast, salt, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts).	Wheat, Soy.	5/29/08 kk
Plain Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.).	Wheat, Soy.	5/29/08 kk
Potato Bagel	Potato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Flour .	Wheat, Soy.	5/19/08 kk
Power Bagel, Fruit & Nut	Power Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, raisins, rye flakes, dried cranberries (sugar, cranberries, sunflower oil), sunflower seeds, honey, high fructose corn syrup, yeast, wheat gluten, walnuts, whole wheat flour, rye meal, salt, rye flour, cinnamon, sesame seed, oatmeal, corn meal, barley flakes, millet, molasses, malt, sugar, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, lactic acid, acetic acid, enzyme, malt barley flour, L. Cysteine).	Wheat, Walnuts.	5/19/08 kk
Power w/ Peanut Butter	Power Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, raisins, rye flakes, dried cranberries (sugar, cranberries, sunflower oil), sunflower seeds, honey, high fructose corn syrup, yeast, wheat gluten, walnuts, whole wheat flour, rye meal, salt, rye flour, cinnamon, sesame seed, oatmeal, corn meal, barley flakes, millet, molasses, malt, sugar, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, lactic acid, acetic acid, enzyme, malt barley flour, L. Cysteine), Peanut Butter (roasted peanuts and sugar, contains 2% or less of: molasses, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono and diglycerides and salt).	Peanut, Soy, Tree nuts, Wheat.	6/2/08 kk
Sesame Dip'd Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Sesame Seed .	Wheat, Soy.	5/29/08 kk
Green Chile Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Green Chile , Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)).	Wheat, Soy, Milk.	5/19/08 kk
Bread Specialty			
Ciabatta Bread	Ciabatta (Flour (unbleached wheat flour, barley, malt), water, olive oil, salt, yeast. Contains no tropical oils..	Wheat	5/29/08 kk
Multigrain Bread	Multigrain Bread (enriched wheat flour (bleached white flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, honey, yeast, whole wheat flour, rolled wheat, wheat gluten, vegetable shortening (made from partially hydrogenated canola and/or cottonseed and/or soybean oil), sunflower seeds, crushed rye, flaxseeds, wheat bran, salt, cracked wheat, hulled millet, dough conditioners (DATEM, ADA, L. Cysteine, ascorbic acid, enzymes), soybean oil, rye flour).	Wheat, Milk	5/29/08 kk
Tortilla Wrap	Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour, (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, soybean oil, shortening (partially hydrogenated soybean and cottonseed oils), aluminum free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate*, salt, sugar, mono-diglycerides, honey powder, fumaric acid*, potassium sorbate*, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes*, sodium metabisulfite*. * Used to maintain freshness. Made on equipment shared with soy and tree nuts.).	Milk, Soy, Wheat.	5/30/08 kk

Item	Ingredients	Allergens	Revision Date	Revised By:
Cream Cheese				
Whipped Blueberry Reduced Fat	Pasteurized milk and cream, sugar, maltodextrin, blueberries, high fructose corn syrup, cheese culture, salt, blueberry juice solids, cranberries, stabilizers (carb bean and / or xanthan and / or guar gums), cellulose gel, vanilla, cellulose gum, natural flavor, natamycin (a natural mold inhibitor).	Milk	5/19/08	kk
Whipped Garden Vegetable Reduced Fat	Pasteurized milk and cream, maltodextrin, water, carrots*, bell peppers*, salt, cheese culture, celery*, sodium citrate, onions*, stabilizers (carb bean and/or xanthan and/or guar gums), cellulose gel, cellulose gum, green onions*, enzymes, natamycin (a	Milk.	5/19/08	kk
Whipped Garlic Herb Reduced Fat	Pasteurized milk and cream, maltodextrin, garlic*, water, salt, cheese culture, sodium citrate, stabilizers (carb bean and/or xanthan and/or guar gums), cellulose gel, spice*, parsley*, chervil*, chives, dill weed*, cellulose gum, enzymes, natamycin (a n	Milk.	5/19/08	kk
Whipped Honey Almond Reduced Fat	Pasteurized milk and cream, honey, maltodextrin, almonds, sugar, water, cheese culture, modified food starch, salt, stabilizers (carb bean and/or xanthan and/or guar gums), potassium sorbate (preservative), citric acid, natamycin (a natural mold inhibito	Milk, Tree nuts.	5/19/08	kk
Whipped Jalapeno Salsa Reduced Fat	Pasteurized milk and cream, maltodextrin, jalapeno peppers, diced tomatoes, water, red peppers*, tomato puree, salt, jalapeno peppers*, cheese culture, vinegar, stabilizers (carb bean and/or xanthan gum and/or guar gums), calcium chloride, onions, garlic	Milk.	5/19/08	kk
Whipped Onion and Chive	Pasteurized milk and cream, maltodextrin, water, dehydrated onion, cheese culture, salt, dried chives, stabilizers (carb bean, xanthan and/or guar gum), natamycin (natural mold inhibitor).	Milk.	5/19/08	kk
Whipped Plain	Pasteurized milk and cream, cheese culture, salt, stabilizers (carb bean and/or xanthan and/or guar gums), natamycin (a natural mold inhibitor).	Milk.	5/19/08	kk
Whipped Plain Reduced Fat	Pasteurized milk and cream, skim milk, maltodextrin, cheese culture, sodium citrate, salt, stabilizers (carb bean and/or xanthan and/or guar gums), modified food starch, vitamin A palmitate, natamycin (a natural mold inhibitor).	Milk.	5/19/08	kk
Whipped Smoked Salmon	Pasteurized milk and cream, smoked salmon, maltodextrin, salt, cheese culture, smoked salmon powder, sugar, monosodium glutamate, stabilizers (carb bean and/or xanthan gum and/or guar gums), natural flavor, dill weed, yellow #6, and red #40 (colors), art	Milk, Fish.	5/19/08	kk
Whipped Strawberry Reduced Fat	Pasteurized milk and cream, sugar, maltodextrin, strawberries, water, cheese culture, salt, modified food starch, stabilizers (carb bean and/or xanthan and/or guar gums), cellulose gel, natural flavors, potassium sorbate (preservative), cellulose gum, Red 40 (color), natamycin (a natural mold inhibitor).	Milk.	2/3/09	kk
Whipped Sun Dried Tomato Basil Reduced Fat	Pasteurized milk and cream, water, sundried tomatoes, garlic*, salt, cheese culture, stabilizers (carb bean and / or xanthan and / or guar gums), basil red pepper, sulfur dioxide (preservative, natamycin (a natural mold inhibitor), * dried.	Milk	5/19/08	kk
Coffee				
Coffee (S, M, L)	Water, coffee, caffeine.	NONE	5/19/08	kk
Coffee Decaf. (S, M, L)	Water and coffee.	NONE	5/19/08	kk
Coffee Specialty				
Americano	Water, espresso, caffeine.	NONE	5/19/08	kk
Cafe Latte	2% milk (low-fat milk, vitamin A palmitate, vitamin D3), Espresso, caffeine.	Milk	5/19/08	kk
Cafe Latte, Non Fat	Skim milk (nonfat milk, vitamin A palmitate, vitamin D3), Espresso, caffeine.	Milk	5/19/08	kk
Cafe Latte, Whole Milk	Whole milk, Espresso, caffeine.	Milk	5/19/08	kk
Cappuccino	Espresso, 2% milk (low-fat milk, vitamin A palmitate and vitamin D3), caffeine.	Milk	5/19/08	kk
Cappuccino Nonfat	Skim milk (nonfat milk, vitamin A palmitate, vitamin D3), Espresso, caffeine.	Milk	5/19/08	kk
Cappuccino Whole Milk	Whole milk, Espresso, caffeine.	Milk	5/19/08	kk
Mocha	2% milk (low-fat milk, vitamin A palmitate, vitamin D3), Espresso, Hershey's syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)], Whipped cream [heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant], Chocolate sprinkles [brown sugar, cocoa (Dutch processed with alkali)].	Milk	5/19/08	kk
Mocha Nonfat Milk	Skim milk [nonfat milk, vitamin A palmitate, vitamin D3], Espresso, Hershey's syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)], Whipped cream [heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant], Chocolate sprinkles [brown sugar, cocoa (Dutch processed with alkali)].	Milk	5/19/08	kk
Mocha Whole Milk	Whole milk, Espresso, Chocolate syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative) salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60 (an emulsifier), and vanillin (an artificial flavoring)].	Milk	5/19/08	kk
Iced Specialty Coffee				
Iced Americano	Water, espresso, caffeine.	NONE	5/19/08	kk
Iced Coffee	Water, ice, coffee.	NONE	5/19/08	kk
Iced Latte	2% milk (low-fat milk, vitamin A palmitate, vitamin D3), Espresso, caffeine, Ice.	Milk	5/19/08	kk
Iced Mocha	2% milk (low-fat milk, vitamin A palmitate, vitamin D3), Espresso, Hershey's syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)], Whipped cream [heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant], Chocolate sprinkles [brown sugar, cocoa (Dutch processed with alkali)], Ice.	Milk	5/19/08	kk
Iced Latte Whole Milk	Ice, Whole milk, Espresso.	Milk	5/19/08	kk
Iced Mocha Whole Milk	Ice, Whole milk, Espresso, Chocolate syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)].	Milk	5/19/08	kk
Iced Latte Non Fat	Skim milk (nonfat milk, vitamin A palmitate, vitamin D3), Espresso, caffeine, Ice.	Milk	5/19/08	kk
Iced Mocha Low Fat	Skim milk [nonfat milk, vitamin A palmitate, vitamin D3], Espresso, Hershey's syrup [corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)], Whipped cream [heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant], Chocolate sprinkles [brown sugar, cocoa (Dutch processed with alkali)], Ice.	Milk.	5/19/08	kk
Caramel Macchiato, NonFat	Skim milk [nonfat milk, vitamin A palmitate, vitamin D3], Espresso, Vanilla Syrup [vanilla, sugar, water, natural and artificial flavor, potassium sorbate as preservative, citric acid, caramel color], Caramel Topping [corn syrup, high fructose corn syrup, water, nonfat milk, fructose, modified corn starch, whey protein concentrate, natural and artificial flavors (contains soy), salt, hydrolyzed oat flour, sodium citrate, caramel color, potassium sorbate as preservative, yellow 6, artificial flavor, red 40].	Milk, Soy	6/21/10	sp
Caramel Macchiato, Whole Milk	Whole Milk, Espresso, Vanilla Syrup [vanilla, sugar, water, natural and artificial flavor, potassium sorbate as preservative, citric acid, caramel color], Caramel Topping [corn syrup, high fructose corn syrup, water, nonfat milk, fructose, modified corn starch, whey protein concentrate, natural and artificial flavors (contains soy), salt, hydrolyzed oat flour, sodium citrate, caramel color, potassium sorbate as preservative, yellow 6, artificial flavor, red 40].	Milk, Soy	6/21/10	sp

Item	Ingredients	Allergens	Revision Date	Revised By:
Blended Drinks				
Café Latte	Cappuccino base (milkfat and nonfat milk, sugar, corn syrup, contains less than 2% of each of the following: maltodextrin, whey protein concentrate, guar gum, sodium citrate, locust bean gum, carrageenan, disodium phosphate, natural flavors, ascorbic acid, coffee, water, caramel color (contains sulfites), caffeine, salt), Ice, Whipped Cream (cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols (vitamin E) to protect flavor, beta carotene (color), propellant: nitrous oxide).	Milk	6/2/08	kk
Café Mocha	Ice, Cappuccino base (milkfat and nonfat milk, sugar, corn syrup, contains less than 2% of each of the following: maltodextrin, whey protein concentrate, guar gum, sodium citrate, locust bean gum, carrageenan, disodium phosphate, natural flavors, ascorbic acid, coffee, water, caramel color (contains sulfites), caffeine, salt), Chocolate Syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa*, contains 2% or less of potassium sorbate (a preservative), salt, mono- and diglycerides*, polysorbate 60 (an emulsifier), xanthan gum, and vanillin (an artificial flavoring)), *adds a negligible amount of fat), Whipped Cream (cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols (vitamin E) to protect flavor, beta carotene (color), propellant: nitrous oxide).	Milk	6/2/08	kk
Café Caramel	Ice, Cappuccino base (milkfat and nonfat milk, sugar, corn syrup, contains less than 2% of each of the following: maltodextrin, whey protein concentrate, guar gum, sodium citrate, locust bean gum, carrageenan, disodium phosphate, natural flavors, ascorbic acid, coffee, water, caramel color (contains sulfites), caffeine, salt), Caramel Syrup (pure cane sugar, water, caramel flavor, natural flavoring, potassium sorbate (a preservative)), Whipped Cream (cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols (vitamin E) to protect flavor, beta carotene (color), propellant: nitrous oxide), Caramel Topping (corn syrup, high fructose corn syrup, water, nonfat milk, fructose, modified corn starch, whey protein concentrate, natural and artificial flavors (contains soy), salt, hydrolyzed oat flour, sodium citrate, caramel color, potassium sorbate as preservative, yellow 6, artificial).	Milk, Soy	6/22/08	kk
Cookies & Cream	Ice, Ice Cream Base (grade A cream and milk, liquid sugar (sugar, sucrose, water), grade A skim milk powder, corn syrup, vanilla extract, stabilizer (guar gum, locust bean gum and carrageenan)), Chocolate Syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa*, contains 2% or less of potassium sorbate (a preservative), salt, mono- and diglycerides*, polysorbate 60 (an emulsifier), xanthan gum, and vanillin (an artificial flavoring)), *adds a negligible amount of fat), Chocolate Mudslide Cookie (semi-sweet chocolate chunks (sugar, chocolate liquor, cocoa butter, butterfat, soy lecithin (emulsifier), salt, and vanillin (artificial flavoring))), sugar, whole eggs, margarine (palm oil, water, salt, mono and diglycerides, soy lecithin (emulsifier), sodium benzoate (preservative), artificial flavor, artificially colored with beta carotene, vitamin A palmitate added), milk chocolate chunks (sugar, milk, cocoa butter, chocolate liquor, dextrose, soy lecithin (emulsifier), butterfat, salt, and vanillin (artificial flavoring))), cocoa Dutch processed with alkali, bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), natural and artificial flavoring, and leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate and corn starch)), Whipped Cream (cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols (vitamin E) to protect flavor, beta carotene (color), propellant: nitrous oxide). Cookie: Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.	Egg, Milk, Soy, Wheat	6/22/08	kk
Wild Berry Blender	Ice, Strawberry Mix (strawberry puree, water, sugar, lemon concentrate, lime concentrate, fruit extract, citric acid, ascorbic acid), Yogurt (grade A reduced fat milk, fructose, water, sugar, contains less than 1% whey protein concentrate, corn starch, kosher gelatin, natural vanilla flavor, malic acid, sodium citrate.), Blueberries .	Milk	6/21/10	sp
Strawberry	Ice, Strawberry Mix (strawberry puree, water, sugar, lemon concentrate, lime concentrate, fruit extract, citric acid, ascorbic acid), Ice Cream Base (grade A cream and milk, liquid sugar (sugar, sucrose, water), grade A skim milk powder, corn syrup, vanilla extract, stabilizer (guar gum, locust bean gum and carrageenan)), Whipped Cream (cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols (vitamin E) to protect flavor, beta carotene (color), propellant: nitrous oxide).	Milk	6/22/08	kk
Vanilla	Ice, Ice Cream Base (grade A cream and milk, liquid sugar (sugar, sucrose, water), grade A skim milk powder, corn syrup, vanilla extract, stabilizer (guar gum, locust bean gum and carrageenan)), Vanilla Syrup (pure cane sugar, water, natural vanilla extract, natural vanilla flavoring, potassium sorbate (preservative)), Whipped Cream (cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols (vitamin E) to protect flavor, beta carotene (color), propellant: nitrous oxide).	Milk	6/22/08	kk
Coffee Extras				
Half & Half	Milk and Cream.	Milk	6/20/08	kk
Light Whipped Cream	cream, milk, sugar, dextrose, sorbitan, monostearate, artificial flavor, carrageenan, mixed tocopherols (vitamin E) to protect flavor, beta carotene (color), propellant: nitrous oxide.	Milk	5/19/08	kk
Lowfat 2% Milk	Lowfat milk, vitamin A palmitate, and vitamin D3.	Milk	6/20/08	kk
On Top Reduced Fat Topping	Skim milk (nonfat milk, vitamin A palmitate, vitamin D3), partially ated palm kernel oil, water, high fructose corn syrup, contains less than 2% of the following: sodium caseinate (a milk derivative), artificial flavor, polysorbate 60, sorbitan monostearate, xanthan gum, disodium phosphate, guar gum, sodium hexametaphosphate, colored with turmeric and annatto extracts. Allegens: Milk.	Milk	5/19/08	kk
Skim Milk	Nonfat milk, vitamin A palmitate and vitamin D3.	Milk	5/19/08	kk
Syrup, Blackberry	Pure cane sugar, water, concentrated blackberry juice, natural flavorings, potassium sorbate.	NONE	5/19/08	kk
Syrup, Caramel	Pure cane sugar, water, caramel flavor, natural flavoring, potassium sorbate (a preservative)	NONE	6/3/08	kk
Syrup, Chocolate	High fructose corn syrup, corn syrup, sugar, water, cocoa*, contains 2% or less of potassium sorbate (a preservative), salt, mono- and diglycerides*, polysorbate 60 (an emulsifier), xanthan gum, and vanillin (an artificial flavoring)), *adds a negligible amount of fat.	NONE	6/3/08	kk
Syrup, Hazelnut	Sugar, water, natural and artificial flavor, potassium sorbate as a preservative, citric acid, caramel color.	NONE	5/19/08	kk
Syrup, Vanilla	Pure cane sugar, water, natural vanilla extract, natural vanilla flavoring, potassium sorbate (preservative).	NONE	5/19/08	kk
Syrup, Vanilla, Sugar Free	Water, erythritol (eridex brand as sweetener), natural vanilla flavor, cellulose gum, vanilla aroma, sucralose (splenda brand as sweetener), citric acid, potassium sorbate (preservative).	NONE	5/19/08	kk
Whole Milk	Milk	Milk	5/19/08	kk
Cold Beverages				
Cherry Coca Cola	High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine.	NONE	5/19/08	kk
Coca-Cola	High fructose corn syrup, water, caramel color, phosphoric acid, natural flavors, caffeine.	NONE	5/19/08	kk
Diet Coca-Cola	Water, caramel color, phosphoric acid, sodium saccharine, potassium benzoate (to protect taste), natural flavors, citric acid, caffeine, potassium citrate, aspartame, dimethylpolysiloxane.	NONE	5/19/08	kk
Hi-C Fruit Punch	High fructose corn syrup, water, citric acid, natural and artificial flavors, ascorbic acid (Vitamin C), sodium benzoate (to protect taste), modified food starch, red 40, glycerol ester of wood rosin, brominated vegetable oil.	NONE	5/19/08	kk
Lemonade Blackberry	Water, Lemonade concentrate (water, lemon juice, sugar), Blackberry Syrup (pure cane sugar, water, blackberry flavor, natural flavoring, potassium sorbate (preservative)).	NONE	5/19/08	kk
Mr. Pibb	High fructose corn syrup, water, caramel color, natural and artificial flavors, phosphoric acid, sodium benzoate (to protect taste), caffeine, monosodium phosphate, lactic acid, dimethylpolysiloxane.	NONE	5/19/08	kk
Nestea Unsweetened Iced Tea	Water, natural and artificial flavors, natural tea concentrate from tea leaves, sodium benzoate and potassium sorbate (to protect taste), phosphoric acid.	NONE	5/19/08	kk
Nestea Raspberry Iced Tea	High fructose corn syrup, water, citric acid, concentrated tea from tea leaves, natural flavors, potassium citrate, sodium benzoate (to protect taste).	NONE	5/19/08	kk
Orange Juice Fresh Squeezed	Orange Juice.	NONE	5/19/08	kk
Spontanitea	Green Tea with Ginseng Tea (water, green tea, ginseng, pineapple flavor), Sugar.	NONE	6/4/08	kk
Sprite	High fructose corn syrup and/or sucrose, water, citric acid, natural flavors, sodium citrate, sodium benzoate, dimethylpolysiloxane.	NONE	5/19/08	kk
Hot Tea				
Harney & Sons Cinnamon Sunset	Black teas, cinnamon, orange peels, natural flavors.	NONE	6/2/08	kk
Harney & Sons Earl Grey Supreme	Blend of black teas and natural bergamot flavor.	NONE	6/2/08	kk
Harney & Sons English Breakfast	Keemun black tea blend.	NONE	6/2/08	kk
Harney & Sons Tropical Berry Iced Tea	Black tea, jasmine, cranberry and pineapple flavors.	NONE	5/19/08	kk
Harney & Sons Tropical Green Tea	Green tea, ginseng and pineapple flavor.	NONE	5/19/08	kk
Other Hot Beverages				
Chai Tea Latte 2% milk	Chai tea concentrate (water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors), 2% milk (reduced fat milk, vitamin A palmitate, vitamin D3).	Milk	5/19/08	kk
Chai Tea Latte skim milk	Chai tea concentrate (water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors), Skim milk (reduced fat milk, vitamin A palmitate, vitamin D3).	Milk	5/19/08	kk
Chai Tea Latte whole milk	Chai tea concentrate (water, organic evaporated cane juice, organic black tea, organic vanilla, organic spices, honey, citric acid, organic ginger and natural flavors), Whole milk .	Milk	5/19/08	kk
Espresso	Espresso, caffeine.	NONE	6/3/08	kk
Hot Chocolate, Regular	2% milk (low-fat milk, vitamin A palmitate, vitamin D3), Hershey's syrup (corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa (Dutch processed with alkali)).	Milk	5/19/08	kk
Hot Chocolate Lower Fat Regular	Skim milk (nonfat milk, vitamin A palmitate, vitamin D3), Hershey's syrup (corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa (Dutch processed with alkali)).	Milk	6/2/08	kk
Hot Chocolate Whole Milk Regular	Whole milk, Hershey's syrup (corn syrup, sugar, water, cocoa, potassium sorbate (a preservative), salt, mono and diglycerides from vegetable oil, xanthan gum, polysorbate 60, (an emulsifier), and vanillin (an artificial flavoring)), Whipped cream (heavy cream, non-fat milk, high fructose corn syrup, mono and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as whipping propellant), Chocolate sprinkles (brown sugar, cocoa (Dutch processed with alkali)).	Milk	5/19/08	kk
Condiments				
Deli Mustard	vinegar, water, #1 mustard seed, mustard bran, salt, turmeric and spices.	NONE	5/19/08	kk
Pickle, Whole Kosher Dill	Cucumbers, water, water, salt, vinegar, garlic, spices, 1/10 of 1% benzoate of Soda (Preservatives), natural flavoring, polysorbate 80, Turmeric.	NONE	5/19/08	kk
Yellow Mustard	Distilled vinegar and water, #1 mustard seed, salt, turmeric and spices.	NONE	5/19/08	kk
Retail Food				
Fresh Fruit	Honeydew melon, cantaloupe melon, pineapple, red seedless grapes, watermelon, strawberries (whole), may contain seasonal berries.	NONE	5/19/08	kk
Kettle Classic Potato Chips	Potatoes, vegetable oil, (contains on or more of the following: Sunflower Oil, Cottonseed Oil) and Salt.	NONE	5/19/08	kk

Item	Ingredients	Allergens	Revision Date	Revised By:
Fruit And Yogurt Parfait	Yogurt (Grade A reduced fat milk, fructose, water, sugar, contains less than 1% whey protein concentrate, corn starch, kosher gelatin, natural vanilla flavor, malic acid, sodium citrate), Strawberries , Blueberries , Granola (whole oats, brown sugar, whole grain wheat, corn syrup, rice, almonds, modified corn starch, partially hydrogenated cottonseed and/or soybean oil, high fructose corn syrup, cinnamon, salt, nonfat dry milk, natural and artificial flavors, polyglycerol esters of mono and diglycerides, malt flavor, niacinamide, zinc oxide, guar gum, sodium ascorbate (vitamin C), reduced iron, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), vitamin A palmitate, folic acid, thiamin hydrochloride (vitamin B1), BHT (preservative), vitamin B12, vitamin D).	Milk, Soy, Tree nuts, Wheat.	6/21/10	sp
Doggie Bagel	Wheat flour, carob chips (carob, nonfat milk, whey powder, fractionated palm kernel oil, soy lecithin), molasses, canola oil, dried egg product, vanilla.	NOT FOR HUMAN CONSUMPTION	5/19/08	kk
Salad Dressings & Spreads				
Butter Blend	Butter and Margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)).	Milk, Soy	6/2/08	kk
Caesar Dressing	Soybean oil, water, parmesan cheese (milk, cheese cultures, salt enzymes), red wine vinegar, salt, lemon juice concentrate, egg yolk, sugar, anchovy, dehydrated garlic, spices, natural flavors, onion, xanthan gum, molasses, maltodextrin, sodium benzoate added as a preservative, polysorbate 60, disodium guanilate, disodium inosinate, calcium disodium EDTA added to protect flavor, tamarind, caramel color, soy flour.	Egg, Fish, Milk, Soy.	5/19/08	kk
Chipotle Vinaigrette Dressing	Soybean oil, water, cider vinegar, onion juice, brown sugar, garlic juice, honey, salt, red chili peppers, tomato paste, chives, bell peppers, natural flavors (including smoke flavor), decaffeinated coffee, chipotle peppers, dehydrated garlic, spices, potassium sorbate and sodium benzoate added as preservative, xanthan gum, propylene glycol alginate, caramel color, calcium disodium EDTA added to protect flavor, citric acid.	Soy.	6/3/08	kk
Honey	Pure Honey	NONE	5/30/08	kk
Honey Butter	Butter and Margarine Blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), 100% Pure Honey	Milk, Soy.	5/19/08	kk
Hummus	Chick peas, tahini (crushed sesame seeds), canola oil, olive oil, sea salt, garlic, citric acid, cumin, black pepper, coriander, sodium benzoate, potassium sorbate, tomato, sun-dried tomatoes, roasted red peppers (roasted peppers, water, salt, citric acid)	NONE	5/19/08	kk
Peanut Butter, Creamy	Roasted peanuts and sugar, contains 2% or less of: molasses, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono and diglycerides and salt.	Peanut, Soy.	5/19/08	kk
Raspberry Vinaigrette	Soybean oil, high fructose corn syrup, white wine vinegar, water, sugar, dijon mustard (water, mustard seed, distilled vinegar, salt, white wine, tartaric acid, citric acid, spices), garlic, raspberry concentrate, salt, dried shallots, spice, sodium benzoate added as preservative, natural flavors, xanthan gum, calcium disodium EDTA added to protect flavor.	Soy.	5/19/08	kk
Spicy Roasted Tomato Spread	Soybean oil, roasted tomatoes (tomatoes, canola oil, garlic, spice, salt), water, tomato paste, olive oil, chili sauce (chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives), egg yolk, high fructose corn syrup, spices, distilled vinegar, garlic, salt, hot chili sauce (chili, sugar, garlic, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives, xanthan gum), lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor.	Milk, Egg.	5/19/08	kk
Salad Extras & Side Salad				
Candied Walnuts	Walnuts, powdered sugar, canola/olive oil blend (canola oil, extra virgin olive oil), iodized salt, cayenne pepper.	Tree nuts	5/19/08	kk
Bagel Croutons	Potato Bagel (enriched unbleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soy oil, potato granules, yeast, salt, wheat gluten, molasses, diacetyl tartaric acid esters of mono-diglycerides (DATEM), ascorbic acid, mono-diglycerides, enzyme, L. Cysteine. Processed in a facility which also processes tree nuts), Butter and Margarine Blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), Minced Garlic (water, minced garlic), iodized salt, Black Pepper	Wheat, Soy, Milk.	5/19/08	kk
Traditional Potato Salad	Red potatoes, heavy mayo (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), water, celery, onions, vinegar, salt, green bell peppers, spices, sugar, potassium sorbate and sodium benzoate, to protect flavor, xanthan gum.	Egg, Soy	5/19/08	kk
Roasted Corn Salad	Roasted Corn Relish (corn, black beans, tomatoes, bell peppers, onions, soybean oil, seasoning (salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder (corn syrup solids, lime oil, BHT), autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor (partially hydrogenated soybean and cottonseed oils, modified corn starch, corn syrup solids), citric acid, natural smoke flavor, natural flavoring)), Chipotle Vinaigrette (soybean oil, water, cider vinegar, onion juice, brown sugar, garlic juice, honey, salt, red chili peppers, tomato paste, chives, bell peppers, natural flavors (including smoke flavor), decaffeinated coffee, chipotle peppers, dehydrated garlic, spices, potassium sorbate and sodium benzoate added as preservative, xanthan gum, propylene glycol alginate, caramel color, calcium disodium EDTA added to protect flavor, citric acid).	Milk, Soy	6/2/08	kk
Salads				
Asiago Chicken Caesar	Mixed greens [chopped romaine lettuce, spring mix (may contain any or all of the following: radicchio, red oak leaf lettuce, spinach, frisee, lolita rossa, red romaine, green romaine, mizuna, arugula, tango, red butter lettuce and red mustard)], Grilled chicken breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, cornstarch, carrageenan), salt, dextrose, flavorings), Caesar dressing (soybean oil, water, parmesan cheese (milk, cheese cultures, salt, enzymes), red wine vinegar, salt, lemon juice concentrate, egg yolk, sugar, anchovy, dehydrated garlic, spices, natural flavors, onion, xanthan gum, molasses, maltodextrin, sodium benzoate (added as a preservative), polysorbate 60, disodium guanilate, disodium inosinate, calcium disodium EDTA (added to protect flavor), tamarind, caramel color, soy flour), Croutons [plain bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid), cornmeal), garlic butter blend (whipped salted butter (cream, salt), garlic)], Caesar cheese blend [milk, cheese cultures, salt, enzymes, and cellulose as an anticaking agent].	Milk, Soy, Egg, Fish, Wheat.	5/13/08	kk
Bros Bistro Salad	Mixed greens [chopped romaine lettuce, spring mix (may contain any or all of the following: radicchio, red oak leaf lettuce, spinach, frisee, lolita rossa, red romaine, green romaine, mizuna, arugula, tango, red butter lettuce and red mustard)], Raspberry vinaigrette dressing (soybean oil, high fructose corn syrup, white wine vinegar, water, sugar, dijon mustard (water, mustard seed, distilled vinegar, salt, white wine, tartaric acid, citric acid, spices), garlic, raspberry concentrate, salt, dried shallots, spice, sodium benzoate added as preservative, natural flavors, xanthan gum, calcium disodium EDTA (added to protect flavor)), Sugared walnuts [walnut pieces, powdered sugar, olive oil, salt, cayenne pepper], Gorgonzola cheese (pasteurized milk, salt, cheese culture (wheat), enzymes, natamycin (added to protect flavor)).	Soy, Tree nuts, Milk, Wheat	5/16/08	kk
Bros Bistro with Chicken Salad	Mixed Greens (Spring Mix may contain lolita rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce , Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Raspberry Vinaigrette (soybean oil, high fructose corn syrup, white wine vinegar, water, sugar, dijon mustard (water, mustard seed, distilled vinegar, salt, white wine, tartaric acid, citric acid, spices), garlic, raspberry concentrate, salt, dried shallots, spice, sodium benzoate added as preservative, natural flavors, xanthan gum, calcium disodium EDTA added to protect flavor), Candied Walnuts (walnuts, powdered sugar, canola/olive oil blend (canola oil, extra virgin olive oil), iodized salt, cayenne pepper), Gorgonzola Cheese (pasteurized milk, salt, cheese culture (wheat), enzymes, natamycin (added to protect flavor)).	Milk, Soy, Tree nuts, Wheat.	6/3/08	kk
Chicken Chipotle Salad	Mixed Greens (Spring Mix may contain lolita rossa, frisee, mizuna, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce , Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Chipotle Vinaigrette (soybean oil, water, cider vinegar, onion juice, brown sugar, garlic juice, honey, salt, red chili peppers, tomato paste, chives, bell peppers, natural flavors (including smoke flavor), decaffeinated coffee, chipotle peppers, dehydrated garlic, spices, potassium sorbate and sodium benzoate added as preservative, xanthan gum, propylene glycol alginate, caramel color, calcium disodium EDTA added to protect flavor, citric acid), Roasted Corn Relish (corn, black beans, tomatoes, bell peppers, onions, soybean oil, seasoning (salt, brown sugar, spices, chili pepper, dehydrated onion, lime juice powder (corn syrup solids, lime oil, BHT), autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor (partially hydrogenated soybean and cottonseed oils, modified corn starch, corn syrup solids), citric acid, natural smoke flavor, natural flavoring)), Tomatoes, Corn Tortilla Strips may contain (corn flour, vegetable oil (sunflower, safflower and/or corn), salt and/or sea salt, water, trace of lime), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days), autolyzed yeast extract, dehydrated garlic, dehydrated bell peppers, grill flavor (partially hydrogenated soybean and cottonseed oils, modified corn starch, corn syrup solids), citric acid, natural smoke flavor, natural flavoring)), Tomatoes, Corn Tortilla Strips may contain (corn flour, vegetable oil (sunflower, safflower and/or corn), salt and/or sea salt, water, trace of lime), Monterey Jack Cheese with Jalapeno Peppers (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days)).	Milk, Soy	6/2/08	kk
Sandwich Fillings				
Bacon, Thick Cut	Cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite.	NONE	5/19/08	kk
Cheese, American	Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, artificial color, acetic acid, enzymes, soy lecithin	Milk.	5/19/08	kk
Cheese, Cheddar	Cultured milk, salt, enzymes, artificial color. Aged over 60 days.	Milk.	6/3/08	kk
Cheese, Gorgonzola	Pasteurized milk, salt, cheese culture (wheat), enzymes, natamycin (added to protect flavor)	Milk, Wheat	5/19/08	kk
Cheese, PepperJack	Cultured pasteurized milk, jalapeno peppers, salt, enzymes.	Milk.	5/19/08	kk
Cheese, Provolone	Cultured pasteurized milk, salt, enzymes.	Milk.	5/19/08	kk
Cheese, Swiss	Cultured milk, salt, enzymes. Aged over 60 days.	Milk.	5/19/08	kk
Ham, Smoked	Cured with water, salt, potassium lactate, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite	NONE	6/2/10	sp
Turkey Breast	Turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil.	Soy	5/30/08	kk
Turkey Sausage	Turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed.	NONE	5/19/08	kk
Salmon, Cold-Smoked	Salmon, salt, sugar, less than .02% sodium nitrate, natural hardwood smoke to maintain freshness.	Fish.	5/19/08	kk
Breakfast Items				
Breakfast Burrito - Loco Wrap	Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, soybean oil, shortening (partially hydrogenated soybean and cottonseed oils), aluminum free baking powder (sodium aluminum pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate, salt, sugar, mono-diglycerides, honey powder, fumaric acid, potassium sorbate, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes, sodium metabisulfite, * Used to maintain freshness. Made on equipment shared with soy and tree nuts.), Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), whole milk), Potatoes (potatoes, partially hydrogenated vegetable oil (soybean and/or cottonseed oils), and/or vegetable oil (canola, soybean, and/or sunflower oils), maltodextrin, salt, dextrose, tetrasodium pyrophosphate and disodium dihydrogen pyrophosphate (to maintain natural color)), Turkey Sausage (turkey, dextrose, salt, potassium chloride,	Egg, Wheat, Milk, Soy	9/30/08	kk

Item	Ingredients	Allergens	Revision Date	Revised By:
	spices, sugar, dehydrated onion, ground celery seed), Jalapeno Salsa Cream Cheese (pasteurized milk and cream, maltodextrin, jalapeno peppers, diced tomatoes, water, red peppers*, tomato puree, salt, jalapeno peppers*, cheese culture, vinegar, stabilizers (carob bean and/or xanthan gum and/or guar gums), calcium chloride, onions, garlic, natamycin (a natural mold inhibitor), *Dried), Green Chiles, Ancho Salsa (salsa (tomato puree (water, tomato paste), fresh jalapeno peppers, fresh onions, distilled vinegar, salt, dehydrated onions and garlic), ancho lime concentrate (roasted red pepper puree (red peppers, water, salt and citric acid as a preservative), water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid (a preservative), natural flavors, postassium sorbate, yeast extract, disodium inosinate/disodium guanylate, lactic acid. Contains sulfiting agents)), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)).			
Egg Way / Bacon Thick Cut	Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), whole milk), Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)). Processed in a facility which also processes tree nuts.), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days). Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite).	Egg, Wheat, Milk, Soy	9/22/08	np
Egg Way w/ Smoked Ham	Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), whole milk), Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)). Processed in a facility which also processes tree nuts.), Smoked Ham (cured with water, salt, potassium lactate, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite), Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)).	Egg, Wheat, Milk, Soy	5/20/08	kk
Egg Way w/ Turkey Sausage	Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), whole milk), Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)). Processed in a facility which also processes tree nuts.), Turkey Sausage (turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)).	Egg, Wheat, Milk, Soy	5/20/08	kk
Egg Way Plain w/ Cheddar Cheese	Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), whole milk), Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)). Processed in a facility which also processes tree nuts.), Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, artificial color), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)).	Egg, Wheat, Milk, Soy	5/20/08	kk
Egg Way, Spinach, Mushroom, and Swiss	Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), whole milk), Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid), Bagel processed in a facility which uses tree nuts as an ingredient), Spinach Mixture (spinach, whipped garlic butter [butter and margarine blend (liquid soybean oil, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate [used to protect quality], citric acid, Vitamin A palmitate, beta carotene (color)], Water, iodized salt, Minced Garlic [water, minced garlic], Black Pepper, Sautéed Mushrooms [mushrooms, whipped garlic blend], Swiss Cheese [cultured milk, salt, enzymes. Aged over 60 days]).	Egg, Milk, Wheat Soy	6/21/10	sp
Lox * & Bagel	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)). Processed in a facility which also processes tree nuts.), Cold-Smoked Salmon* (salmon, salt, sugar, less than .02% sodium nitrate, natural hardwood smoke to maintain freshness), Cream Cheese (pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan gum and/or guar gums), natamycin (a natural mold inhibitor)), Tomatoes, Red Onion, Capers (capers, water, vinegar, salt).	Fish, Milk, Soy, Wheat.	5/30/08	kk
Wrap - Santa Fe	Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, soybean oil, shortening (partially hydrogenated soybean and cottonseed oils), aluminum free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate*, salt, sugar, mono-diglycerides, honey powder, fumaric acid*, potassium sorbate*, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes*, sodium metabisulfite*. * Used to maintain freshness. Made on equipment shared with soy and tree nuts.), Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), whole milk), Turkey Sausage (turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed), Jalapeno Cream Cheese (pasteurized milk and cream, maltodextrin, jalapeno peppers, diced tomatoes, water, red peppers*, tomato puree, salt, jalapeno peppers*, cheese culture, vinegar, stabilizers (carob bean and/or xanthan gum and/or guar gums), calcium chloride, onions, garlic, natamycin (a natural mold inhibitor), *Dried), Ancho Salsa (salsa (tomato puree (water, tomato paste), fresh jalapeno peppers, fresh onions, distilled vinegar, salt, dehydrated onions and garlic), ancho lime concentrate (roasted red pepper puree (red peppers, water, salt and citric acid as a preservative), water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid (a preservative), natural flavors, postassium sorbate, yeast extract, disodium inosinate/disodium guanylate, lactic acid. Contains sulfiting agents)), Pepper Jack Cheese (cultured pasteurized milk, jalapeno peppers, salt, enzymes).	Egg, Milk, Wheat	9/30/08	kk
Naked Eggs				
Naked Egg w/ Thick Cut Bacon & Cheddar Cheese	Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), whole milk), Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite).	Egg, Milk.	9/22/08	np
Naked Egg w/ Black Forest Ham & Swiss	Egg Mixture (Eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), Whole Milk), Black forest ham (cured with water, salt, potassium lactate, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite), Swiss cheese [cultured milk, salt, enzymes], Cheese blend [low moisture part skim mozzarella cheese, provolone cheese and mild cheddar cheese (cultured pasteurized milk, salt, calcium chloride, enzymes, smoke flavor, artificial color), powdered cellulose (to prevent caking)].	Egg, Milk.	5/30/08	kk
Naked Egg w/ Turkey Sausage & Cheddar Cheese	Egg Mixture (Eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), Whole Milk), Turkey sausage [turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed], Cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color], Cheese blend [cheddar cheese, low moisture part skim mozzarella cheese and provolone cheese (cultured pasteurized milk, salt, calcium chloride, enzymes, smoke flavor, artificial color), powdered cellulose (to prevent caking)]. Allergens: Egg, Milk.	Egg, Milk.	5/16/08	kk
Naked Egg Plain w/ Cheddar Cheese	Egg Mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), whole milk), Cheddar Cheese (cultured pasteurized milk, salt, enzymes, artificial color), Cheese blend [cheddar cheese, low moisture part skim mozzarella cheese and provolone cheese (cultured pasteurized milk, salt, calcium chloride, enzymes, smoke flavor, artificial color), powdered cellulose (to prevent caking)]. Allergens: Egg, Milk.	Egg, Milk.	5/16/08	kk
Naked Egg Santa Fe	Egg mixture (eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, Citric acid added to preserve color.), whole milk), Turkey Sausage (turkey, dextrose, salt, potassium chloride, spices, sugar, dehydrated onion, ground celery seed), Jalapeno Salsa Cream Cheese (pasteurized milk and cream, maltodextrin, jalapeno peppers, diced tomatoes, water, red peppers*, tomato puree, salt, jalapeno peppers*, cheese culture, vinegar, stabilizers (carob bean and/or xanthan gum and/or guar gums), calcium chloride, onions, garlic, natamycin (a natural mold inhibitor), *Dried), Ancho Salsa (salsa (tomato puree (water, tomato paste), fresh jalapeno peppers, fresh onions, distilled vinegar, salt, dehydrated onions and garlic), ancho lime concentrate (roasted red pepper puree (red peppers, water, salt and citric acid as a preservative), water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid (a preservative), natural flavors, postassium sorbate, yeast extract, disodium inosinate/disodium guanylate, lactic acid. Contains sulfiting agents)), Pepperjack Cheese (cultured pasteurized milk, jalapeno peppers, salt, enzymes).	Egg, Milk.	9/30/08	kk
Cold Sandwiches, Assembled				
BLT Deluxe	Artisan wheat bread (cracked wheat, water, enriched unbleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), steel cut oats, rye meal, yellow polenta, rolled barley, rolled triticale, millet meal, honey, yeast, rice bran, wheat germ, vital wheat gluten, flaxseed, molasses, sunflower seeds, salt, partially hydrogenated soybeans and/or cottonseed oil, dough conditioner (wheat flour, lecithin, ascorbic acid, soybean oil, alpha amylase), encapsulated sorbic acid (as preservative)), Vine ripened tomatoes, Spicy roasted tomato spread (soybean oil, roasted tomatoes (tomatoes, canola oil, garlic, spice, salt), water, tomato paste, olive oil, chili sauce (chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives), egg yolk, high fructose corn syrup, spices, distilled vinegar, garlic, salt, hot chili sauce (chili, sugar, garlic, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives, xanthan gum), lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Mild cheddar cheese [cultured pasteurized milk, salt, enzymes, artificial color], Leaf lettuce, Bacon [cured with water, salt, sodium diacetate, dextrose, sodium erythorbate, sodium nitrite].	Egg, Milk, Soy, Wheat	9/22/08	np
Deli Chicken Salad	Chicken Salad (mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), mustard (vinegar, water, mustard seed, mustard bran, salt, turmeric, spices), celery, green onion, black pepper), Multigrain Bread (unbleached wheat flour (wheat flour, malted barley), water whole wheat flour, high fructose corn syrup, oats, sunflower seeds, millet, honey, soybean oil, yeast, salt, flax seed, molasses, cracked wheat, lactic acid, cultured wheat starch, dough, conditioners (calcium sulfate, DATEM, vital wheat gluten, monocalcium phosphate, ammonium chloride, ascorbic acid, ADA, enzyme, calcium peroxide) and calcium propionate (preservative)), Tomatoes, Lettuce, Red Onion .	Soy, Wheat	5/21/08	kk
Deli Ham	Smoked Ham (cured with water, salt, potassium lactate, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite), Multigrain Bread (unbleached wheat flour (wheat flour, malted barley), water whole wheat flour, high fructose corn syrup, oats, sunflower seeds, millet, honey, soybean oil, yeast, salt, flax seed, molasses, cracked wheat, lactic acid, cultured wheat starch, dough, conditioners (calcium sulfate, DATEM, vital wheat gluten, monocalcium phosphate, ammonium chloride, ascorbic acid, ADA, enzyme, calcium peroxide) and calcium propionate (preservative)), Tomatoes, Swiss Cheese (cultured milk, salt, enzymes. Aged over 60 days.), Lettuce .	Milk, Soy, Wheat.	5/30/08	kk

Item	Ingredients	Allergens	Revision Date	Revised By:
Deli Tuna Salad	Tuna Salad (white tuna fish (chunk white tuna, spring water, salt, vegetable broth (contains soy), pyrophosphate), celery, mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), Lemon Juice, Green Onion, iodized salt, black pepper), Multigrain Bread (unbleached wheat flour (wheat flour, malted barley), water whole wheat flour, high fructose corn syrup, oats, sunflower seeds, millet, honey, soybean oil, yeast, salt, flax seed, molasses, cracked wheat, lactic acid, cultured wheat starch, dough, conditioners (calcium sulfate, DATEM, vital wheat gluten, monocalcium phosphate, ammonium chloride, ascorbic acid, ADA, enzyme, calcium peroxide) and calcium propionate (preservative)), Tomatoes, Lettuce.	Egg, Fish, Soy, Wheat	5/21/08	kk
Deli Turkey	Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Multigrain Bread (unbleached wheat flour (wheat flour, malted barley), water whole wheat flour, high fructose corn syrup, oats, sunflower seeds, millet, honey, soybean oil, yeast, salt, flax seed, molasses, cracked wheat, lactic acid, cultured wheat starch, dough, conditioners (calcium sulfate, DATEM, vital wheat gluten, monocalcium phosphate, ammonium chloride, ascorbic acid, ADA, enzyme, calcium peroxide) and calcium propionate (preservative)), Tomatoes, Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days)), Lettuce.	Milk, Soy, Wheat	5/21/08	kk
Tasty Turkey on Asiago Bagel	Bagel, Asiago Cheese (Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anti-caking agent))), Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Onion and Chive Cream Cheese (pasteurized milk and cream, maltodextrin, water, dehydrated onion, cheese culture, salt, dried chives, stabilizers (carob bean, xanthan and/or guar gum), natamycin (natural mold inhibitor)), Tomatoes, Cucumber, Lettuce, Alfalfa Sprouts.	Milk, Soy, Wheat	6/2/08	kk
Roasted Turkey	Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Multigrain Bread (unbleached wheat flour (wheat flour, malted barley), water whole wheat flour, high fructose corn syrup, oats, sunflower seeds, millet, honey, soybean oil, yeast, salt, flax seed, molasses, cracked wheat, lactic acid, cultured wheat starch, dough, conditioners (calcium sulfate, DATEM, vital wheat gluten, monocalcium phosphate, ammonium chloride, ascorbic acid, ADA, enzyme, calcium peroxide) and calcium propionate (preservative)), Tomatoes, Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days)), Lettuce.	Milk, Soy, Wheat	6/4/08	kk
Veg Out on Sesame Seed Bagel	Sesame Seed Bagel (Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), Sesame Seed), Tomatoes, Cucumber, Garden Vegetable Cream Cheese (pasteurized milk and cream, maltodextrin, water, carrots*, bell peppers*, salt, cheese culture, celery*, sodium citrate, onions*, stabilizers (carob bean and/or xanthan and/or guar gum), cellulose gel, cellulose gum, green onions*, enzymes, natamycin (a natural mold inhibitor), "Dried", Spicy Roasted Tomato Spread (soybean oil, roasted tomatoes (tomatoes, canola oil, garlic, spice, salt), water, tomato paste, olive oil, chili sauce (chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives)), egg yolk, high fructose corn syrup, spices, distilled vinegar, garlic, salt, hot chili sauce (chili, sugar, garlic, salt, distilled vinegar, potassium sorbate and sodium bisulfite as preservatives, xanthan gum), lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Lettuce, Red Onion, Alfalfa Sprouts.	Milk, Soy, Wheat	6/21/10	sp
Wrap - Chicken Caesar	Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour, (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, soybean oil, shortening (partially hydrogenated soybean and cottonseed oils), aluminum free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate*, salt, sugar, mono-diglycerides, honey powder, fumaric acid*, potassium sorbate*, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes*, sodium metabisulfite*. * Used to maintain freshness. Made on equipment shared with soy and treenuts.), Chicken Breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), Caesar Dressing (soybean oil, water, parmesan cheese (milk, cheese cultures, salt enzymes), red wine vinegar, salt, lemon juice concentrate, egg yolk, sugar, anchovy, dehydrated garlic, spices, natural flavors, onion, xanthan gum, molasses, maltodextrin, sodium benzoate added as a preservative, polysorbate 60, disodium guanylate, disodium inosinate, calcium disodium EDTA added to protect flavor, tamarind, caramel color, soy flour), Garlic & Herb Cream Cheese (pasteurized milk and cream, maltodextrin, garlic*, water, salt, cheese culture, sodium citrate, stabilizers (carob bean and/or xanthan and/or guar gum), cellulose gel, spice*, parsley*, chervil*, chives, dill weed*, cellulose gum, enzymes, natamycin (a natural mold inhibitor), "Dried", Tomatoes, Spring Mix may contain (tolla rossa, frisee, miliza, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce, Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anti-caking agent)).	Wheat, Soy, Egg, Milk	5/29/08	kk
Wrap - Chicken Salad	Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour, (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, soybean oil, shortening (partially hydrogenated soybean and cottonseed oils), aluminum free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate*, salt, sugar, mono-diglycerides, honey powder, fumaric acid*, potassium sorbate*, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes*, sodium metabisulfite*. * Used to maintain freshness. Made on equipment shared with soy and treenuts.), Chicken Salad (mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), chicken breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, corn starch, carrageenan), salt, sodium phosphate, dextrose, flavorings), mustard (vinegar, water, mustard seed, mustard bran, salt, turmeric, spices), celery, green onion, black pepper), Spring Mix may contain (tolla rossa, frisee, miliza, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, arugula, spinach, baby greens), Romaine Lettuce, Tomatoes.	Egg, Wheat, Soy	5/19/08	kk
Wrap - Club Mex	Whole Wheat Tortilla (whole wheat flour, enriched bleached wheat flour, (niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, soybean oil, shortening (partially hydrogenated soybean and cottonseed oils), aluminum free baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), calcium propionate*, salt, sugar, mono-diglycerides, honey powder, fumaric acid*, potassium sorbate*, modified food starch, guar gum, cellulose gum, monoglycerides, enzymes*, sodium metabisulfite*. * Used to maintain freshness. Made on equipment shared with soy and treenuts.), Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes, Ancho Mayo (mayonnaise (vegetable oil (soybean, canola), egg yolk, vinegar, corn syrup, contains less than 2% of: water, salt, spices, calcium disodium EDTA to protect flavor, paprika), ancho lime concentrate (roasted red pepper puree (red peppers, water, salt and citric acid as a preservative), water, sauteed onions and garlic, corn oil, salt, lime juice concentrate, sorbitol, cilantro, chili, ancho and chipotle powder, olive oil, spices, onion powder, sugar, potato starch, palm oil, hydrolyzed wheat gluten, citric acid (a preservative), natural flavors, potassium sorbate, yeast extract, disodium inosinate/disodium guanylate, lactic acid. Contains sulfiting agents)), Mixed Greens (Spring Mix may contain (tolla rossa, frisee, miliza, radicchio, green and red leaf lettuce, green and red romaine, green and red oak leaf lettuce, baby greens), Romaine Lettuce, Pepperjack Cheese (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Red Onion, Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite).	Wheat, Soy, Egg, Milk	9/30/08	kk
Bagel Dogs				
Original Bagel Dog	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)), Hot Dog (beef, water, salt, dextrose, flavoring, extractives of paprika, sodium erythorbate, sodium nitrite).	Soy, Wheat		
Original Bagel Dog with Cheddar Cheese	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)), Hot Dog (beef, water, salt, dextrose, flavoring, extractives of paprika, sodium erythorbate, sodium nitrite), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days).	Milk, Soy, Wheat	9/23/08	kk
Asiago Bagel Dog	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)), Hot Dog (beef, water, salt, dextrose, flavoring, extractives of paprika, sodium erythorbate, sodium nitrite), Caesar Cheese Blend (milk, cheese cultures, salt, enzymes, cellulose as an anticaking agent).	Soy, Wheat, Milk	9/23/08	kk
Asiago Bagel Dog with Cheddar Cheese	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L. Cysteine (an amino acid)), Hot Dog (beef, water, salt, dextrose, flavoring, extractives of paprika, sodium erythorbate, sodium nitrite), Mild Cheddar Cheese (cultured milk, salt, enzymes, artificial color. Aged over 60 days)), Caesar Cheese Blend (milk, cheese cultures, salt, enzymes, cellulose as an anticaking agent).	Milk, Soy, Wheat	9/23/08	kk
Pizza Bagels				
Pizza Bagels - Cheese	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Pizza Sauce (tomato puree (water, tomato paste), less than 2% of: salt, extra virgin olive oil, dried onions, garlic, spices, citric acid), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anti-caking agent)).	Milk, Soy, Wheat	7/28/08	kk
Pizza Bagels - Pepperoni	Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, yeast, molasses, wheat gluten, malt barley flour, soy oil, ascorbic acid, enzyme, L. Cysteine (an amino acid). Processed in a facility which also processes tree nuts.), cornmeal), Three Cheese Blend (low moisture part skim mozzarella cheese (cultured pasteurized part-skim milk, salt, enzymes), provolone cheese (cultured pasteurized milk, salt, enzymes, with smoke flavoring added), mild cheddar cheese (cultured pasteurized milk, salt, enzymes, artificial color), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Pizza Sauce (tomato puree (water, tomato paste), less than 2% of: salt, extra virgin olive oil, dried onions, garlic, spices, citric acid), Caesar Cheese Blend (pasteurized part skim milk, cheese cultures, salt, enzymes and corn flour/cellulose (an anti-caking agent)), Pepperoni (pork and beef, salt, contains 2% or less of water, dextrose, natural spices, oleoresin of paprika, lactic acid starter culture, garlic powder, sodium nitrite, BHA, BHT, citric acid).	Milk, Soy, Wheat	7/28/08	kk
Sandwiches, Panini				
Italian Chicken Panini	Ciabatta bread (flour (unbleached wheat flour, barley malt), water, salt, olive oil, yeast. Contains no tropical oils), Grilled chicken breast (boneless skinless chicken breast with rib meat, water, isolated soy protein product (isolated soy protein, modified food starch, cornstarch, carrageenan), salt, dextrose, flavorings), Mozzarella and provolone cheese (pasteurized milk and part skim milk, cheese cultures, salt, enzymes), Roasted red peppers (red peppers, water, salt, citric acid), Pepperoni [pork, beef with 2% less of water, dextrose, natural spices, culture, oleoresin of paprika, dehydrated garlic, sodium nitrite, BHA, BHT, citric acid], Spinach, Pesto sauce [olive oil, basil, garlic, water, parmesan cheese (cultures, salt, enzymes), salt, high fructose corn syrup, distilled vinegar, shallots, spice, potassium sorbate and sodium benzoate (added as preservatives), xanthan gum, calcium disodium EDTA (added to protect flavor)], Olive oil.	Wheat, Milk, Soy	5/13/08	kk
Turkey Club Panini	Ciabatta (Flour (unbleached wheat flour, barley, malt), water, olive oil, salt, yeast. Contains no tropical oils., Turkey Breast (turkey breast meat, turkey broth, salt, dextrose, sodium phosphates, flavoring, vegetable oil), Tomatoes, Spicy Roasted Tomato Spread (soybean oil, roasted tomatoes (tomatoes, canola oil, garlic, spice, salt), water, tomato paste, olive oil, chili sauce (chili, distilled vinegar, garlic, salt, potassium sorbate and sodium bisulfite added as preservatives), egg yolk, high fructose corn syrup, spices, distilled vinegar, garlic, salt, hot chili sauce (chili, sugar, garlic, salt, potassium sorbate and sodium bisulfite as preservatives, xanthan gum), lemon juice concentrate, potassium sorbate and sodium benzoate added as preservatives, xanthan gum, mustard seed, calcium disodium EDTA added to protect flavor), Spinach, Provolone Cheese (cultured pasteurized milk, salt, enzymes), Bacon (cured with water, salt, sugar (rubbed with), sodium diacetate, dextrose, sodium erythorbate, sodium nitrite), Whipped Garlic Butter Blend (butter and margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)), minced garlic (water, minced garlic), iodized salt, black pepper).	Wheat, Soy, Egg, Milk	5/19/08	kk

Item	Ingredients	Allergens	Revision Date	Revised By:
Turkey & Cheddar Melt	Bagel Plain [Plain Bagel (enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L-Cysteine (an amino acid)) Bagel processed in a facility that uses tree nuts as an ingredient. Corrmeal, Turkey Breast [turkey breast meat, turkey broth, contains 2% or less of, salt, dextrose, sodium phosphates, flavoring, vegetable oil], Tomatoes, Mild Cheddar Cheese [cultured milk, salt, enzymes, artificial color, Aged over 60 days.]	Milk, Wheat.	6/21/10	sp
Ham & Swiss Melt	Bagel Plain [enriched bleached flour (wheat flour, malt barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, wheat gluten, salt, yeast, molasses, malt barley flour, soy oil, contains less than 2% ascorbic acid, enzyme, L-Cysteine (an amino acid)) Bagel processed in a facility that uses tree nuts as an ingredient. Corrmeal, Smoked Ham [cured w/ water, dextrose, salt potassium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrate]. Tomatoes, Swiss Cheese [cultured milk, salt, enzymes. Aged over 60 days.]	Milk, Wheat	6/21/10	sp
Sweets				
Blueberry Muffin	Blueberry Muffin (water, sugar, bleached enriched wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), blueberries, soybean oil, dried whole eggs, contains 2% or less of modified food starch, nonfat dry milk, leavening (sodium aluminum phosphate, sodium bicarbonate, sodium acid pyrophosphate), wheat starch, salt, soy flour, sodium stearoyl lactylate, dried egg whites, wheat gluten, emulsifier (propylene glycol mono and diesters of fats and fatty acids, mono and diglycerides, lecithin with BHT and citric acid), natural and artificial flavor, methyl cellulose gum, cellulose gum, vegetable color (annatto, turmeric). Streusel Topping (wheat flour, sugar, vegetable shortening (palm oil, soybean oil), margarine (soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate), vanilla, salt).	Wheat, Soy, Egg, Milk.	5/19/08	kk
Chocolate Chip Coffee Cake	Coffee Cake (enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid), sugar, egg whites, soybean oil, sour cream (pasteurized milk, cream, nonfat milk, rennet), corn syrup, natural and artificial vanilla flavor, baking powder (sodium acid pyrophosphate, sodium bicarbonate, salt, soy lecithin), Streusel Topping (wheat flour, sugar, vegetable shortening (palm oil, soybean oil), margarine (soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate), vanilla, salt), Chocolate Chips (sugar, chocolate, cocoa butter, dextrose, soy lecithin, artificial flavor).	Wheat, Egg, Soy, Milk.	5/19/08	kk
Chocolate Mudslide Cookie	Semi-sweet chocolate chunks (sugar, chocolate liquor, cocoa butter, butterfat, soy lecithin (emulsifier), salt, and vanillin (artificial flavoring)), sugar, whole eggs, margarine (palm oil, water, salt, mono and diglycerides, soy lecithin (emulsifier), sodium benzoate (preservative), artificial flavor, artificially colored with beta carotene, vitamin A palmitate added), milk chocolate chunks (sugar, milk, cocoa butter, chocolate liquor, dextrose, soy lecithin (emulsifier), butterfat, salt, and vanillin (artificial flavoring)), cocoa Dutch processed with alkali, bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), natural and artificial flavoring, and leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate and corn starch). Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.	Milk, Egg, Soy, Wheat.	5/19/08	kk
Cinnamon Twist	Cinnamon twist [enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, amylose, azodicarbonamide), vegetable oil shortening (modified palm oil, canola oil, preservatives (citric acid, BHA), color (annatto, turmeric)), water, salt, vinegar, color (yellow #5, yellow #6), May contain tree nuts and peanuts.], Wholeskin milk blend [whole milk, skim milk (reduced fat milk, vitamin A palmitate, vitamin D3)], Cinnamon sugar [sugar, cinnamon], White icing [sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono- and diglycerides, artificial flavor, locust bean gum, dextrose].	Milk, Wheat.	5/19/08	kk
Cinnamon Walnut Strudel	Cinnamon walnut strudel [enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, azodicarbonamide), water, vegetable oil shortening (modified palm and canola oil, water, sugar, monoglycerides, soy lecithin, preservative (potassium sorbate, citric acid), artificial flavor, color (annatto, turmeric)), butter, sugar, walnuts, yeast, spread base (enriched wheat flour (wheat flour niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oil (canola, soybean and/or cottonseed oil), corn syrup solids, spices, dextrose, salt, artificial flavor, caramel color), vegetable oil margarine (palm oil, canola oil and modified palm oil, water, mono and diglycerides, preservatives (potassium sorbate, citric acid), artificial flavor, vitamin A palmitate, vitamin D3), skim milk powder, cinnamon (contains artificial flavor), natural flavor (whey solids, modified butter oil, dehydrated butter, corn syrup solids, salt, guar gum, color (annatto, turmeric)), salt, diacetyl tartaric acid ester of monodiglycerides (DATEM), canola oil, ascorbic acid, alpha amylase, almond flour. May contain other tree nuts and peanuts.], Walnuts, White icing [sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono- and diglycerides, artificial flavor, locust bean gum, dextrose], Honey glaze [honey, water].	Milk, Soy, Tree nuts, Wheat.	5/19/08	kk
Heavenly Chocolate Chip Cookie	Bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), semi-sweet chocolate chunks (sugar, chocolate liquor, dextrose, cocoa butter, soy lecithin (emulsifier), vanilla extract), margarine (vegetable oil (contains one or more of the following: canola oil, soybean oil, palm oil), water, salt, mono and diglycerides, soy lecithin (emulsifier), sodium benzoate (preservative), artificial flavor, artificially colored with beta carotene, vitamin A palmitate added), sugar, brown sugar, whole eggs, invert sugar, natural and artificial flavoring, nonfat dry milk, baking soda, salt. Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.	Wheat, Soy, Milk, Egg.	5/19/08	kk
Marshmallow Crispy Treat	Marshmallows (corn syrup, sugar, modified corn starch, dextrose, water, gelatin, artificial flavor, tetrasodium pyrophosphate (whipping aid), artificial color (blue 1)), Rice Crispies (rice, sugar, salt, high fructose corn syrup, malt flavoring, Vitamins and iron: iron, ascorbic acid (vitamin C), niacinamide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), vitamin A palmitate, folic acid, vitamin B12 and vitamin D), Butter and Margarine blend (vegetable oil blend (liquid soybean, palm, palm kernel), water, buttermilk, salt, butter (cream, salt), vegetable mono and diglycerides, natural and artificial flavors, soy lecithin, potassium sorbate used to protect quality, citric acid, vitamin A palmitate, beta carotene (color)).	Milk, Soy.	5/27/08	kk
Mixed Berry Coffee Cake	Coffee Cake (enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid), sugar, egg whites, soybean oil, sour cream (pasteurized milk, cream, nonfat milk, rennet), corn syrup, natural and artificial vanilla flavor, baking powder (sodium acid pyrophosphate, sodium bicarbonate, salt, soy lecithin), Streusel Topping (wheat flour, sugar, vegetable shortening (palm oil, soybean oil), margarine (soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate), vanilla, salt), Blueberries, Icing (sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono- and diglycerides, artificial flavor, locust bean gum, dextrose), may contain (Raspberries and / or Blackberries), Lemon .	Egg, Milk, Soy, Wheat.	11/3/08	kk
Oatmeal Raisin Cookie	Unbleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), brown sugar, raisins, vegetable oil (contains one or more of the following: canola oil, soybean oil, palm oil, cottonseed oil), oats, whole eggs, water, natural and artificial flavoring, salt, leavening (baking soda and sodium acid pyrophosphate), soy lecithin (emulsifier), glycerine, cinnamon, dairy whey (from milk), processed in a facility with wheat, eggs, dairy, soy, nuts, and peanuts.	Wheat, Soy, Milk, Egg.	5/27/08	kk
Strawberry White Chocolate Muffin	Strawberry White Chocolate Muffin (muffin base (sugar, bleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, nonfat dry milk, soybean oil, leavening (sodium aluminum phosphate, sodium bicarbonate), wheat starch, salt, soy flour, sodium stearoyl lactylate, dried egg whites, wheat gluten, emulsifier (propylene glycol mono- and diesters of fats and fatty acids, mono- and diglycerides, lecithin, citric acid), methyl cellulose gum, cellulose gum, artificial flavor, vegetable color (annatto, turmeric)), water, soybean oil, cocoa butter drops (sugar, cocoa butter, whole milk solids, soy lecithin, vanilla), bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, eggs, strawberry bits (dextrose, partially hydrogenated palm oil, corn flour, artificial flavor, citric acid, malic acid, red 40, blue 1), natural and artificial flavors, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Strawberry Pie Filling (water, sugar, strawberry puree, corn syrup, modified food starch, contains 2% or less of the following: citric acid, salt, preservatives (potassium sorbate, sodium propionate), artificial flavor, FD&C red #40), Streusel Topping (wheat flour, sugar, vegetable shortening (palm oil, soybean oil), margarine (soybean oil, palm oil, water, salt, mono and diglycerides, soybean lecithin, natural flavor, annatto color, vitamin A palmitate), vanilla, salt).	Egg, Milk, Soy, Wheat.	5/27/08	kk
Sugar Cookie	Sugar Cookie (bleached wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), sugar (sugar and corn starch), margarine (vegetable oil (contains one or more of the following: canola oil, soybean oil, palm oil), water, salt, mono and diglycerides, soy lecithin (emulsifier), sodium benzoate (preservative), artificial flavor, artificially colored with beta carotene, vitamin A palmitate added), whole eggs, corn syrup, dextrose, natural and artificial flavoring, salt, and leavening (baking soda, sodium acid pyrophosphate, corn starch and monocalcium phosphate), and dairy whey (from milk). Processed in a facility with wheat, eggs, dairy, soy, nuts, and peanuts.), Icing (sugar, water, corn syrup, corn starch, potassium sorbate (as preservative), agar, titanium dioxide, propylene glycol, citric acid, mono- and diglycerides, artificial flavor, locust bean gum, dextrose), Sprinkles may contain (sugar, corn starch, rice flour, confectioner's glaze, water, high fructose corn syrup, glycerine, partially hydrogenated vegetable oil (cottonseed, soybean), carrageenan, soya lecithin, cellulose gum, xanthan gum, gum tragacanth, gum arabic, mono- and diglycerides, polysorbate 60, sodium benzoate, potassium sorbate, citric acid, titanium dioxide, FD&C Blue #1, FD&C Blue #2, FD&C Red #3, FD&C Red #40, FD&C Red #40 Lake, FD&C Yellow #5, FD&C Yellow #6, carnauba wax, natural and artificial flavor).	Egg, Milk, Soy, Wheat.	5/27/08	kk

Item	Ingredients	Allergens	Revision Date	Revised By:
Soups				
Vegetarian Broccoli Cheese Soup	Milk, broccoli, water, processed american cheese (american cheese (cultured milk, salt, enzymes), cream, sodium phosphate, salt, colored with apocrotrol and annatto extract), processed cheese spread (cheddar and colby cheese (pasteurized milk, cheese culture, salt, enzymes), water, whey, sodium phosphate, whey protein concentrate, skim milk, milkfat, salt, carrageenan, cellulose gum), onions, vegetable oil spread (soybean oil, water, palm oil, salt, vegetable mono & diglycerides, citric acid, natural & artificial flavor, whey, beta carotene (color)), cheese flavor (a dehydrated blend of cheese (granular, blue (milk, cheese culture, salt, enzymes)), whey, partially hydrogenated soybean oil, whey protein concentrate, lactose, maltodextrin, salt, sodium phosphate, citric acid, lactic acid), vegetable base (vegetables (carrots, celery), hydrolyzed vegetable protein (hydrolyzed corn protein, salt, soybean oil), sugar, modified corn starch, soybean oil, maltodextrin, onion powder, natural flavor, disodium guanylate, disodium inosinate), modified corn starch, wheat flour, cheddar cheese (cheddar, granular, semisoft and blue cheese (pasteurized milk, cheese cultures, salt, enzymes), whey, water, salt, citric acid), yeast extract, salt, disodium phosphate, enzyme modified butterfat (butteroil, water, nonfat dry milk, di-basic & mono-basic sodium phosphates, lecithin, di-alpha tocopherol, citric acid), spices, garlic.	Milk, Soy, Wheat.	5/19/08	kk
Chicken Noodle	Water, Chicken Noodle Soup (egg noodles (water, enriched durum flour (durum flour, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), liquid whole eggs, egg whites, salt, & spice extract), chicken broth, carrots, celery, chicken, water, rendered chicken fat, modified corn starch, chicken flavor (salt, yeast extract, maltodextrin, natural flavor, chicken fat, silicon dioxide), vegetable base (vegetables (carrots, celery), hydrolyzed vegetable protein (hydrolyzed corn protein, salt, soybean oil), sugar, modified corn starch, soybean oil, maltodextrin, onion powder, natural flavor, disodium guanylate, disodium inosinate), salt, spices, disodium inosinate and guanylate, mono & diglycerides, garlic powder, onion powder).	Egg, Soy, Wheat.	6/5/08	kk
Chicken Tortilla	(chicken broth (water, concentrated chicken broth), chicken breast meat (white chicken meat, water, modified corn starch, salt), green chili peppers, onions, tomatoes (tomatoes, tomato juice, salt), tomato paste, salt, spices, modified corn starch, masa flour (stoneground corn masa flour, trace of lime), jalapeno peppers, dried green and red peppers, soybean oil, chili powder (chili pepper, salt, spices, garlic powder), garlic powder, disodium inosinate/disodium guanylate, yeast extract, onion powder, xanthan gum), Corn Tortilla Strips may contain (corn flour, vegetable oil (sunflower, safflower and/or corn), salt and/or sea salt, water, trace of lime).	Milk, Soy, Wheat	6/5/08	kk
Italian Wedding	Italian Wedding Soup (water, cooked Italian style meatballs (turkey, eggs, bread crumbs (enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, durum flour, soybean oil shortening, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), dextrose, yeast, spice extractive), water, romano cheese (pasteurized Sheep's Milk, cheese cultures, salt, enzymes), ricotta cheese (whey, pasteurized whole milk, salt, vinegar), salt, roasted turkey flavor (salt, turkey powder, yeast extract, hydrolyzed corn gluten, sugar, natural flavor, maltodextrin, chicken fat, modified food starch, corn syrup solids, egg yolk powder, disodium inosinate and disodium guanylate, dextrose, wheat bran, sesame oil, chicken broth, citric acid, wheat, molasses, thiamine hydrochloride), spices, garlic and onion powder, flavoring, dehydrated parsley, brown sugar, caramel color), chicken broth, acini di pepe (semolina (wheat), egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), spinach, carrots, onions, red peppers, celery, rendered poultry fat, modified food starch, vegetable base (salt, celery, carrots, hydrolyzed corn protein (w/ soybean oil), flavoring (salt, yeast extract, maltodextrin, natural flavor, chicken fat, silicon dioxide), sugar, modified food starch, soybean oil, maltodextrin, onion powder, spice, disodium inosinate & disodium guanylate), spices, disodium inosinate, disodium guanylate, salt, mono and diglycerides, garlic powder, onion powder).	Egg, Milk, Wheat	11/7/08	kk
Turkey Chili	Water, Turkey, Tomatoes (tomatoes, tomato juice, salt), Kidney Beans (kidney beans, water, sugar, salt, dextrose, calcium chloride), Onions, Tomato Paste, Green Peppers, Chili Peppers, Modified Food Starch, Garlic, Salt, Sugar, Soybean Oil, Spices, Yeast Extract, Chili Powder (chili pepper, salt, spices, garlic powder, silicon dioxide ethoxyquin), Apple Cider Vinegar, Caramel Color, Natural Flavor.	Soy, Wheat.	6/21/10	sp

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updates:
5/13/08 updated to Perdue Chicken 9494, replaced the 9314
14-May updated hummus info
5/16/08 updated gorg ing dec
updated garlic dipped info
updated egg ingredient dec
5/19/08 updated bagels / cream cheese
updated new EBL08 lunch items
5/21/08 added Wrap - Santa Fe
Deleted Club Mex on Challah
updated build on Roasted Veggie Wrap, was incorrect
added Pizza bagels
added Deli Sands
5/27/08 updated sweets
5/29/08 updated Veg out
updated Club Mex wrap
updated parbake flavored bagels
updated Cinn Raisin Parbaked bagel
removed corneal from parbaked bagels
removed Challah - items with Challah on builds
5/30/08 verified deleted menu items: steak ranchero, classic roast beef, bit double decker, cheese steak, spicy grilled chicken, thai chicken salad, brownie
verified new items included: all new wraps / pizza bagels, wild berry blender
6/2/08 verified off boards - minor formatting changes
6/3/08 formatted / alphabetized - few clarifications
6/4/08 added spontaneitea back in, formatting
6/5/08 updated soups to match active basix items
6/9/08 reformatted some bold ingredients
7/28/08 updated pizza bagel ing decs, cornmeal to be included in the plain bagel
8/25/08 updated nutritional for yogurt with blackberries / strawberries
9/2/08 updated yogurt to new revised formula from Dannon
9/23/08 updated bagel dogs - same as EBB - hot dog weight reduction
9/29/08 updated items with Ancho Salsa
9/30/08 updated items with Ancho Salsa - confirmed Job aids
updated ancho mayo
11/3/08 updated mixed berry coffee cake - included blackberries
11/7/08 added italian wedding soup - replacing chicken tortilla - really soft roll
2/3/09 updated strawberry cc ing info, parts cut off
2/8/09 updated yogurt to new morningstar, replaced dannon
3/16/09 updated wildberry blended drink with morningstar yogurt.