



Einstein Bros.® Bagels

## Nutrition and Allergen Information

Einstein Noah Restaurant Group, Inc.



Nutrition information is based upon standard recipes. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.

Last item update: 2/5/2019



Guest satisfaction and safety is our most valued priority. We prepare and use food ingredients containing all 8 major allergens in our restaurant kitchens. Although measures are taken to prevent cross contact, as a bakery/ restaurant, there is possibility of food touching, allergens like wheat becoming airborne or common equipment being utilized to handle foods containing any of the major allergens. If you have an allergen concern of any type, please openly discuss your needs with your server to fully understand all the facts you need to decide on a safe dining choice that fits your unique allergen needs. - Thank you.

Einstein Bros.® Nutrition Information														Allergen Information									
	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
<b>Limited Time Offerings Starting 1.10.2019 *Items Available at License Locations Only</b>																							
Cream Cheese, Daiya Plain, Vegan	1.2 oz	35	90	70	8	6	0	0	140	5	0	0	1					X				Coconut	
Twice-Baked Hash Brown	3.2 oz	90	170	100	11	7	0	35	230	11	1	1	7		X								
Egg White Sandwich, Bacon Avocado Tomato, Thin	8.0 oz	227	420	170	19	4	0	15	840	45	3	6	17	X	X	X	X						
Egg White Sandwich, Santa Fe, Thin	7.7 oz	219	410	150	16	9	0	55	1130	42	1	6	25	X	X	X	X						
Sandwich, Supernova Lox	10.3 oz	293	510	160	18	6	0	30	1260	66	4	9	23	X	X	X	X			X		Lox	
Egg White Sandwich, Bacon Avocado Tomato, Thin*	8.0 oz	226	410	160	18	3.5	0	15	800	46	5	7	17	X	X	X	X						
Egg White Sandwich, Santa Fe, Thin*	7.7 oz	218	420	140	16	9	0	60	1090	42	2	6	26	X	X	X	X						
Sandwich, Supernova Lox*	10.3 oz	292	510	150	17	5	0	30	1300	67	6	9	24	X	X	X	X					Lox	
<b>Classic Bagels *Items Available at License Locations Only</b>																							
Ancient Grain	1 Bagel	107	280	50	5	0.5	0	0	540	49	8	7	11			X <sup>1</sup>	X						
Cinnamon Raisin	1 Bagel	104	280	10	1	0	0	0	430	58	2	12	9			X <sup>1</sup>	X						
Cranberry	1 Bagel	108	310	35	4	0	0	0	420	60	2	11	9			X <sup>1</sup>	X						
Everything	1 Bagel	106	280	15	2	0	0	0	600	56	2	5	9			X <sup>1</sup>	X						
Garlic	1 Bagel	107	280	15	2	0	0	0	480	57	2	5	10			X	X						
Honey Whole Wheat	1 Bagel	102	260	25	3	0	0	0	550	49	7	7	10			X <sup>1</sup>	X						
Onion	1 Bagel	105	270	15	1.5	0	0	0	500	55	2	4	9			X <sup>1</sup>	X						
Plain	1 Bagel	104	270	10	1	0	0	0	480	56	2	5	9			X <sup>1</sup>	X						
Poppy	1 Bagel	107	290	25	2.5	0	0	0	480	56	2	5	9			X <sup>1</sup>	X						
Pumpernickel	1 Bagel	103	270	10	1.5	0	0	0	520	55	3	4	10			X	X						
Sesame	1 Bagel	107	290	25	2.5	0	0	0	480	56	2	5	10			X <sup>1</sup>	X						
Cinnamon Raisin *	1 bagel	106	290	10	1	0	0	0	490	62	4	12	9			X	X						
Everything *	1 bagel	106	280	15	1.5	0	0	0	530	58	4	6	9			X	X						
Honey Whole Wheat *	1 bagel	106	290	30	3.5	0	0	0	490	54	7	9	10			X	X						
Plain *	1 bagel	106	270	10	1	0	0	0	540	58	4	6	9			X	X						
Sesame Seed *	1 bagel	106	280	20	2	0	0	0	530	57	4	6	10			X	X						
Sourdough*	1 bagel	106	270	35	4.0	0.5	0	0	440	49	2	3	10			X <sup>1</sup>	X						
<b>Signature Bagels *Items Available at License Locations Only</b>																							
Asiago Cheese	1 Bagel	112	300	35	4	2	0	10	580	54	2	5	10		X	X <sup>1</sup>	X						
Blueberry	1 Bagel	108	290	10	1	0	0	0	450	59	2	11	9			X <sup>1</sup>	X						
Chocolate Chip	1 Bagel	106	300	30	3.5	1.5	0	0	450	58	3	10	9			X	X						
Cinnamon Sugar	1 Bagel	109	320	50	6	1	0	0	540	59	2	12	9		X	X	X						
French Toast	1 Bagel	116	370	60	7	1.5	0	0	510	68	2	20	9			X	X						
Potato	1 Bagel	101	280	35	4	0	0	0	520	52	2	5	9			X <sup>1</sup>	X						
Pretzel	1 Bagel	101	280	35	4	0	0	0	920	52	2	5	9			X <sup>1</sup>	X						
Asiago Cheese *	1 bagel	106	290	30	3.5	2	0	10	590	53	3	5	10		X	X	X						
Blueberry *	1 bagel	106	280	10	1	0	0	0	490	60	4	10	9			X	X						
Chocolate Chip *	1 bagel	106	300	30	3	1.5	0	0	510	60	4	10	9			X	X						
French Toast *	1 bagel	106	320	40	4.5	1	0	0	500	61	4	11	9			X	X						
Pretzel *	1 bagel	109	270	30	4	0	0	0	1270	51	3	6	9			X	X						
<b>Thintastic Bagels *Items Available at License Locations Only</b>																							
Ancient Grain Thin	1 Thin	74	190	25	3	0	0	0	400	34	5	5	8			X	X						
Honey Whole Wheat Thin	1 Thin	74	190	20	2	0	0	0	400	35	5	5	9			X	X						
Plain Thin	1 Thin	74	190	5	0.5	0	0	0	340	40	1	4	7			X	X						
Whole Wheat Thin	1 Thin	74	190	20	2	0	0	0	400	35	5	5	9			X	X						
<b>Gourmet Bagels</b>																							
Apple Cinnamon	1 Bagel	148	450	80	9	2	0	0	550	83	2	30	9			X	X						
Cheesy Hashbrown Bagel	1 Bagel	126	400	100	12	4	0	10	730	60	2	5	13		X	X	X						



	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Roasted Tomato Spread	1.0 oz	28	150	140	16	2.5	0	10	230	2	0	1	0	X	X	X							
Salsa Verde	0.5 oz	14	5	0	0	0	0	0	125	1	0	1	0										
<b>Veggies</b>																							
Arugula	0.5 oz	14	5	0	0	0	0	0	0	1	0	0	0										
Avocado	1.0 oz	28	60	50	5	1	0	0	0	2	2	0	1										
Capers	0.1 oz	3	0	0	0	0	0	0	70	0	0	0	0										
Cucumber	3 Slices	28	5	0	0	0	0	0	0	1	0	0	0										
Granola	0.5 oz	14	60	15	1.5	0	0	0	25	10	1	4	1		X		X	X					Almonds
Leaf Lettuce	0.5 oz	14	0	0	0	0	0	0	0	0	0	0	0										
Pickle Spear	1.0 oz	28	0	0	0	0	0	0	260	0	0	0	0										
Red Onion	3 Slices	9	5	0	0	0	0	0	0	1	0	0	0										
Sauteed Mushroom	1.0 oz	28	30	25	3	1.5	0	0	70	1	0	1	1		X								
Spinach	0.5 oz	14	5	0	0	0	0	0	10	1	0	0	0										
Tomato	2 Slices	43	10	0	0	0	0	0	0	2	1	1	0										
<b>Einstein Bros. Company: Classic 1 Egg Sandwiches</b> ^Nutrition and Allergen Information Shown is Made on Plain Bagel																							
Applewood Bacon & Cheddar ^	6.1 oz	174	450	130	15	6	0	210	930	57	2	6	22	X	X	X	X						
Cheddar Cheese ^	5.8 oz	164	410	100	11	5	0	200	710	57	2	6	19	X	X	X	X						
Ham & Swiss ^	7.3 oz	207	450	110	12	5	0	225	1230	57	2	6	28	X	X	X	X						
Spinach, Mushroom & Swiss, on Ancient Grain	7.9 oz	224	490	200	22	8	0	200	930	53	9	8	25	X	X	X	X						
Turkey Sausage & Cheddar ^	7.2 oz	205	480	140	15	7	0	225	990	58	2	6	26	X	X	X	X						
<b>Einstein Bros. Company: Classic 2 Egg Sandwiches</b> ^Nutrition and Allergen Information Shown is Made on Plain Bagel																							
Applewood Bacon & Cheddar ^	7.7 oz	218	520	180	20	8	0.5	395	1050	56	2	6	28	X	X	X	X						
Cheddar Cheese ^	7.4 oz	211	490	150	17	7	0.5	385	850	57	2	6	25	X	X	X	X						
Ham & Swiss ^	8.9 oz	253	530	160	18	7	0.5	410	1370	58	2	7	34	X	X	X	X						
Spinach, Mushroom & Swiss, on Ancient Grain	9.5	270	560	250	28	10	0.5	385	1070	54	9	8	31	X	X	X	X						
Turkey Sausage & Cheddar ^	8.9 oz	252	550	190	21	9	0.5	415	1130	58	2	7	32	X	X	X	X						
<b>Einstein Bros. Company: Classic Egg White Sandwiches</b> ^Nutrition and Allergen Information Shown is Made on Plain Bagel																							
Applewood Bacon & Cheddar ^	6.6 oz	186	410	90	10	5	0	25	950	57	2	6	22	X	X	X	X						
Cheddar Cheese ^	6.2 oz	176	360	60	7	3.5	0	15	740	56	2	5	19	X	X	X	X						
Ham & Swiss ^	7.7 oz	219	400	70	8	4	0	40	1260	57	2	6	28	X	X	X	X						
Spinach, Mushroom & Swiss, on Ancient Grain	8.3 oz	236	440	150	18	6	0	15	960	53	9	8	25	X	X	X	X						
Turkey Sausage & Cheddar ^	7.6 oz	217	430	100	11	5	0	40	1020	58	2	6	26	X	X	X	X						
<b>Einstein Bros. Company Chef's Creations: 1 Egg Sandwiches</b>																							
Bacon & Spinach on Spinach Florentine	8.4 oz	239	700	370	42	13	1	235	1350	57	3	8	28	X	X	X	X						
Chorizo Sunrise	11.1 oz	315	840	460	51	20	0.5	275	1460	61	5	8	36	X	X	X	X						
Crispy Chicken and Tater	10.0 oz	283	800	340	38	14	0.5	265	1420	76	3	7	36	X	X	X	X						
Farmhouse	9.1 oz	257	680	280	32	14	0.5	260	1790	64	3	7	36	X	X	X	X						
Santa Fe Sandwich	8.6 oz	245	560	200	22	11	0	245	1300	60	2	8	29	X	X	X	X						
<b>Einstein Bros. Company Chef's Creations: 2 Egg Sandwiches</b>																							
Bacon & Spinach on Spinach Florentine	10.0 oz	285	780	420	47	15	1	425	1490	57	3	8	35	X	X	X	X						
Chorizo Sunrise	12.7 oz	361	920	510	57	22	1	460	1600	62	5	8	42	X	X	X	X						
Crispy Chicken and Tater	11.6 oz	329	880	390	43	16	1	455	1560	76	3	7	43	X	X	X	X						
Farmhouse	10.7 oz	303	760	330	37	16	1	445	1930	65	3	8	42	X	X	X	X						
Santa Fe Sandwich	10.3 oz	292	640	250	28	13	0.5	435	1440	61	2	8	36	X	X	X	X						
<b>Einstein Bros. Company Chef's Creations: Egg White Sandwiches</b>																							
Bacon & Spinach on Spinach Florentine	8.8 oz	251	660	330	37	11	0.5	50	1370	56	3	7	28	X	X	X	X						
Chorizo Sunrise	11.5 oz	327	800	420	47	19	0	90	1480	61	5	7	36	X	X	X	X						
Crispy Chicken and Tater	10.4 oz	294	750	290	33	12	0	80	1450	75	3	6	36	X	X	X	X						
Farmhouse	9.5 oz	269	640	240	27	12	0	70	1810	64	3	7	36	X	X	X	X						
Santa Fe Sandwich	9.1 oz	257	520	160	18	10	0	60	1320	60	2	8	29	X	X	X	X						
<b>Einstein Bros. License: Classic Egg Sandwiches</b> ^Nutrition and Allergen Information Shown on Plain Bagel *Items Available at License Locations Only																							
Applewood Bacon & Cheddar ^*	6.1 oz	173	470	150	17	6	0	135	950	59	4	6	22	X	X	X	X						



	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Greek Yogurt Parfait with Honey	7.2 oz	205	270	20	2.5	0	0	5	95	49	2	37	16		X		X	X					Almonds
Redskin Potato Salad	4.0 oz	113	220	140	15	2.5	0	10	490	17	2	1	2	X		X <sup>1</sup>							
<b>Soup</b> *Items Available at License Locations Only																							
Soup, Broccoli Cheese	8 oz	237	230	150	17	5	0	20	1140	14	3	3	5		X	X							
	12 oz	305	330	220	24	7	0	25	1670	20	4	4	6		X	X							
	16 oz	464	430	280	32	9	0	35	2210	27	5	5	8		X	X							
Soup, Chicken Noodle	8 oz	227	110	25	2.5	0.5	0	20	1110	12	0	1	8	X			X						
	12 oz	340	160	35	4	1	0	30	1660	18	0	2	12	X			X						
	16 oz	454	210	50	5	1.5	0	40	2210	24	0	3	16	X			X						
Soup, Vegetarian Chile	8 oz	255	160	20	2	0	0	0	810	28	7	5	6				X						
	12 oz	383	230	30	3	0	0	0	1220	42	11	8	9				X						
	16 oz	510	310	35	4	0	0	0	1620	56	15	10	12				X						
<b>Shmearfuls</b>																							
Asiago Shmearful	1 Shmfl	30	90	35	4	2.5	0	15	150	10	0	1	3		X	X	X						
Chocolate Chip Cheesecake Shmearful	1 Shmfl	30	90	30	3.5	2	0	10	105	12	1	4	2		X	X	X						
French Toast Shmearful	1 Shmfl	30	100	30	3.5	1.5	0	5	100	15	0	7	2	X	X	X	X						
Plain Shmearful	1 Shmfl	30	80	30	3.5	2	0	10	130	10	0	1	2		X	X	X						
<b>Avocado Toast</b> *Items Available at License Locations Only																							
Avocado Toast	5.7 oz	163	400	110	12	2	0	0	700	61	5	5	11			X	X						
Avocado Toast *	5.7 oz	163	410	120	13	2	0	0	660	62	7	6	12			X	X						
<b>Sweets</b> *Items Available at License Locations Only																							
Chewy Marshmallow Bar*	2.1 oz	60	250	45	5	3	0	15	240	49	0	26	2		X								
Cinnamon Twist	3.1 oz	88	360	140	16	6	0	0	250	50	2	24	4			X	X						
Cinnamon Twist Poppers*	3.1 oz	88	360	140	16	6	0	0	250	50	2	24	4			X	X						
Coffee Cake, Chocolate Chip	4.4 oz	125	550	230	25	10	0	5	190	81	1	34	4	X	X	X	X						
Cookie, Heavenly Chocolate Chip	3.5 oz	99	460	220	24	13	0	65	290	58	2	33	5	X	X	X	X						
Cookie, Mini Heavenly Chocolate Chip	8.7 oz	248	1150	550	61	32	1	160	720	146	5	84	14	X	X	X	X						
Cooke, Mini Heavenly Chocolate Chip Cookie Poppers*	5.3 oz	149	690	330	37	19	0.5	95	430	87	3	50	8	X	X	X	X						
Pastry, Chocolate Croissant	2.5 oz	70	310	160	17	10	0.0	65	290	33	1	10	6	X	X	X	X						
Pastry, Chocolate Croissant *	2.3 oz	64	300	150	17	10	0.0	50	280	33	1	10	6	X	X	X	X						
Pastry, Greek Cherry Yogurt	3.8 oz	108	380	160	18	11	0.5	75	300	47	1	21	7	X	X		X						
Pastry, Greek Cherry Yogurt *	3.5 oz	100	350	160	18	11	0.5	75	300	40	1	15	7	X	X	X	X						
Pastry, Plain Croissant	4.2 oz	118	390	200	22	10	0.0	10	560	41	2	5	8	X	X	X	X						
Muffin, Blueberry	4.5 oz	128	450	210	23	5	0	75	440	55	1	29	5	X	X	X	X						
Muffin, Cinnamon Chip	4.8 oz	135	540	240	27	7	0	75	440	69	1	46	5	X	X	X	X						
Strudel, Cinnamon Walnut	6.0 oz	170	640	320	35	11	0	30	500	71	4	32	10	X	X	X	X	X					Walnuts
<b>Beverages</b> *Please visit <a href="http://www.cariboucoffee.com">www.cariboucoffee.com</a> for Beverage Nutritional Information																							

<sup>1</sup> Sov is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

<sup>2</sup> Cold Smoked Salmon is raw. Consuming raw or undercooked seafood may result in foodborne illness.

<sup>3</sup> Phenylketonurics: contains phenylalanine

Nutrition information is based upon standard recipes, and rounded per federal requirements. Variations may occur due to differences in suppliers, customized