



Guest satisfaction and safety is our most valued priority. We prepare and use food and beverage ingredients containing all 8 major allergens in our kitchens. Although measures are taken to prevent cross contact, as a bakery/restaurant/coffee shop, there is possibility of food and beverage items 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.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Last Updated 5/04/2017

Item Name	Einstein Bros. Bagels Nutrition Information												Allergen Information										
	Serving Size	Serving Weight (g)	Calories (kcal)	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Bagels- (* Indicates Items Sold Only at License Locations)																							
Plain	1 bagel	104	270	10	1	0	0	0	480	56	2	5	9			X	X						
Honey Whole Wheat	1 bagel	102	260	25	3	0	0	0	550	49	7	7	12			X	X						
Everything	1 bagel	106	280	15	2	0	0	0	600	56	2	5	10			X	X						
Pumpnickel	1 bagel	103	270	10	1.5	0	0	0	520	55	3	4	10			X	X						
Asiago Cheese	1 bagel	112	300	35	4	2	0	10	580	54	2	5	12		X	X	X						
Blueberry	1 bagel	108	290	10	1	0	0	0	450	59	2	11	10			X	X						
Chocolate Chip	1 bagel	106	300	30	3.5	1.5	0	0	450	58	3	10	10			X	X						
Cinnamon Raisin	1 bagel	104	280	10	1	0	0	0	430	58	2	12	10			X	X						
Cinnamon Sugar	1 bagel	109	320	50	6	1.5	0	5	540	59	2	12	9		X	X	X						
Cranberry	1 bagel	108	310	35	4	0	0	0	420	60	2	11	9			X	X						
Garlic	1 bagel	107	280	15	2	0	0	0	480	57	2	5	10			X	X						
Ancient Grain	1 bagel	107	280	50	5	0.5	0	0	540	49	8	7	13			X	X						
Onion	1 bagel	105	270	15	1.5	0	0	0	500	55	2	4	10			X	X						
Poppy	1 bagel	107	290	25	2.5	0	0	0	480	56	2	5	10			X	X						
Potato	1 bagel	101	280	35	4	0	0	0	520	52	2	5	9			X	X						
Pretzel	1 bagel	99	280	35	4	0	0	0	920	52	2	5	9			X	X						
Sesame	1 bagel	107	290	25	2.5	0	0	0	480	56	2	5	10			X	X						
French Toast	1 bagel	116	370	60	7	1.5	0	0	510	68	2	20	10	X		X	X						
Asiago Cheese *	1 Bagel	100	290	40	4.5	2	0	10	560	52	2	6	11		X	X	X						
Blueberry *	1 Bagel	107	290	10	1	0	0	0	460	60	2	11	10			X	X						
Chocolate Chip *	1 Bagel	107	300	30	3.5	1.5	0	0	450	58	3	10	10			X	X						
Cinnamon Raisin *	1 Bagel	103	280	10	1	0	0	0	430	58	2	12	10			X	X						
Cinnamon Sugar *	1 Bagel	112	310	25	2.5	1.5	0	5	500	62	2	12	9		X	X	X						
Everything *	1 Bagel	104	280	20	2	0	0	0	460	55	2	5	10			X	X						
French Toast *	1 Bagel	103	300	40	4.5	0.5	0	0	490	56	2	10	9	X		X	X						
Honey Whole Wheat *	1 Bagel	101	260	25	3	0	0	0	440	49	7	7	12			X	X						
Plain *	1 Bagel	103	270	10	1	0	0	0	480	55	2	5	9			X	X						
Power Protein *	1 Bagel	114	350	50	6	1	0	0	290	65	4	17	12				X	X				Walnuts	
Sesame *	1 Bagel	104	280	30	3.5	0.5	0	0	460	54	2	5	10			X	X						
Gourmet Bagels/Bagel Rolls - (* Indicates Items Sold Only at License Locations)																							
Apple Cinnamon	1 bagel	148	450	80	9	2	0	0	550	83	2	30	10			X	X						
Cheddar Jalapeno	1 bagel	131	360	90	10	4	0	20	880	53	2	6	14		X	X	X						
Green Chili	1 bagel	126	330	70	8	2.5	0	10	650	53	2	6	14		X	X	X						
Power Protein Bagel	1 bagel	113	350	50	6	1	0	0	290	64	4	17	12				X	X					
Six-Cheese	1 bagel	125	370	90	10	4	0	20	730	53	2	5	16		X	X	X						
Spinach Florentine	1 bagel	141	360	100	11	4.5	0	20	660	53	2	5	14		X	X	X						
Potato Roll	1 Roll	99	280	35	4	0	0	0	520	52	2	5	9			X	X						
Multigrain Roll	1 Roll	118	320	60	7	1	0	0	590	53	9	8	14			X	X						
Multigrain Roll, Parbake *	1 Roll	100	290	45	5	0.5	0	0	520	53	5	6	13				X						
Potato Roll, Parbake *	1 Roll	100	300	45	5	1	0	0	650	55	2	4	9		X	X	X						
Whipped Cream Cheese Shmear																							
Onion & Chive	1.2 oz	35	120	90	10	7	0	30	100	4	0	2	2		X								
Plain	1.2 oz	35	120	110	12	8	0	35	115	2	0	2	2		X								
Smoked Salmon	1.2 oz	35	110	90	10	6	0	35	250	4	0	2	2		X						X		
Plain Reduced Fat	1.2 oz	35	100	80	9	6	0	25	180	4	0	2	2		X								
Garden Veggie Reduced Fat	1.2 oz	35	110	80	9	6	0	25	180	5	0	2	2		X								
Garlic & Herb Reduced Fat	1.2 oz	35	110	80	9	6	0	25	180	5	0	2	2		X								
Honey Almond Reduced Fat	1.2 oz	35	120	80	8	6	0	25	75	11	0	7	2		X			X					
Jalapeno Salsa Reduced Fat	1.2 oz	35	110	80	8	6	0	25	190	6	0	2	2		X								
Strawberry Reduced Fat	1.2 oz	35	120	80	9	6	0	30	90	9	0	7	1		X								
Blueberry	1.2 oz	35	130	80	9	6	0	25	85	11	0	9	1		X								
Maple	1.2 oz	35	110	80	8	5	0	25	85	8	0	6	1		X								
Other Spreads																							

Real Butter	.5 oz	14	100	100	11	7	0	30	90	0	0	0	0		X					
Honey Butter	1.0 oz	28	160	140	15	10	0.5	40	120	8	0	7	0		X					
Honey	1.0 oz	28	90	0	0	0	0	0	0	23	0	22	0							
Natural Strawberry Jelly	1.0 oz	28	70	0	0	0	0	0	0	18	0	16	0							
Natural Peanut Butter	1.5 oz	42	240	180	20	3.5	0	0	105	11	3	4	9			X			X	
Nutella	1.5 oz	43	230	120	13	4.5	0	0	15	24	1	24	3		X	X		X		
Hummus	1.5 oz	43	70	60	6	0	0	0	200	9	3	1	3							
Egg																				
1 Fresh Cracked Egg	1 Egg	46	80	50	6	2	0	190	140	1	0	0	6	X	X					
2 Fresh Cracked Eggs	2 Egg	92	160	100	11	4	0	375	280	1	0	1	13	X	X					
Fried Egg Patty *	1 Egg	43	90	70	7	1.5	0	110	110	1	0	0	5	X		X				
1 Egg White	1 Egg	57	30	0	0	0	0	0	160	1	0	0	6	X						
2 Egg Whites	2 Egg	114	60	0	0	0	0	0	320	1	0	0	12	X						
Cheese																				
Cheddar 1 Slice	.7 oz	19	80	60	6	4	0	20	120	0	0	0	5		X					
Mozzarella 1 Slice	.5 oz	14	40	25	3	2	0	10	100	0	2	0	3		X					
Pepper Jack 1 Slice	.5 oz	14	50	40	4.5	3	0	10	125	0	0	0	3		X					
Swiss 1 Slice	.5 oz	14	50	40	4.5	3	0	15	65	0	0	0	4		X					
Meat																				
Bacon 1 Serving	.6 oz	16	80	45	5	2	0	20	380	0	0	1	7							
Chicken Breast	3.0 oz	85	120	25	2.5	1	0	60	200	2	0	1	22							
Chorizo Patty	1.9 oz	54	210	170	19	7	0	40	320	1	0	0	8							
Ham Breakfast Portion	1.5 oz	43	45	10	1	0	0	25	540	1	0	1	8							
Ham Lunch Portion	3.0 oz	85	90	20	2.5	1	0	50	1090	2	0	1	17							
Turkey Lunch Portion	3.0 oz	85	80	5	1	0	0	40	590	2	0	0	0							
Turkey Patty	1.4 oz	40	70	35	4	1	0	30	180	1	0	1	8							
Sauces																				
Basil Pesto	1.0 oz	28	110	100	12	1.5	0	5	140	1	0	0	2			X				
Roasted Tomato Spread	1.0 oz	28	150	140	16	2.5	0	10	230	2	0	1	0	X	X	X				
Tomatillo Salsa	1.0 oz	28	15	10	1	0	0	0	210	2	1	1	0							
Bagel Toppers, mix or match any two																				
The Herbivore, Full	8.3 oz	236	390	90	10	6	0	25	660	63	3	9	13		X	X	X			
The Herbivore, 1/2	4.1 oz	115	190	45	5	3	0	15	330	31	1	4	6		X	X	X			
Nutty Monkey, Full	7.4 oz	210	590	170	19	5	0	0	480	93	5	37	14		X	X	X	X		Almonds
Nutty Monkey, 1/2	3.7 oz	105	290	80	9	2.5	0	0	240	47	3	18	7		X	X	X	X		Almonds
Spicy Devil, Full	6.4 oz	181	450	130	15	8	0	45	1510	61	3	8	17		X	X	X			
Spicy Devil, 1/2	3.2 oz	91	230	70	7	4	0	20	750	31	1	4	9		X	X	X			
Egg Sandwiches																				
Bacon and Cheddar	6.4 oz	182	490	160	18	8	0	225	1110	55	2	6	27	X	X	X	X			
Cheddar Cheese	6.0 oz	169	420	110	13	6	0	205	740	57	2	6	20	X	X	X	X			
Ham and Swiss	7.3 oz	207	450	110	12	6	0	225	1230	57	2	6	28	X	X	X	X			
Turkey Sausage and Cheddar	7.3 oz	206	490	150	17	7	0	235	910	56	2	7	28	X	X	X	X			
Garden Egg White and Ham	9.1 oz	258	380	100	11	4	0	40	1210	45	2	6	25	X	X	X	X			
Asparagus Mushroom and Swiss	7.6 oz	216	390	160	18	6	0	30	950	39	6	7	21	X	X	X	X			
French Toast	8.2 oz	233	720	290	32	15	1	250	1230	78	2	27	28	X	X	X	X			
Santa Fe	8.6 oz	244	560	200	22	11	0.5	250	1250	60	2	8	30	X	X	X	X			
Bacon and Spinach	8.6 oz	245	720	380	42	14	1	255	1480	56	2	8	31	X	X	X	X			
Spinach Mushroom and Swiss	7.8 oz	221	460	150	16	8	0.5	215	840	59	3	6	22	X	X	X	X			
Southwest Egg White Thintastic	7.2 oz	203	440	170	19	9	0	240	970	44	2	6	25	X	X	X	X			
Chorizo Sunrise	10.1 oz	287	790	430	47	18	0.5	265	1330	60	4	7	32	X	X	X	X			
Farmhouse	9.4 oz	268	730	310	34	16	1	285	1990	64	3	8	41	X	X	X	X			
Egg Sandwiches License Locations (* Indicates Items Sold Only at Licence Locations)																				
Bacon and Cheddar *	6.3 oz	180	510	180	20	8	0	150	1090	56	2	6	25	X	X	X	X			
Asparagus Mushroom and swiss *	7.6 oz	216	390	160	18	6	0	30	950	39	6	7	21	X	X	X	X			
Cheddar Cheese *	5.8 oz	164	430	130	15	6	0	130	710	56	2	5	19	X	X	X	X			
Chorizo Sunrise *	9.0 oz	254	720	370	41	15	0	175	1100	61	4	6	26	X	X	X	X			
Farmhouse *	8.4 oz	237	600	220	25	10	0	185	1690	59	2	7	35	X	X	X	X			
French Toast *	7.6 oz	216	660	290	32	13	0.5	175	1190	65	2	17	27	X	X	X	X			
Garden Egg White and Ham *	8.8 oz	251	350	80	9	3	0	35	1180	45	2	6	24	X	X	X	X			
Ham and Swiss *	7.1 oz	202	460	130	14	5	0	150	1200	57	2	6	27	X	X	X	X			
Turkey Sausage and Cheddar *	7.2 oz	204	500	170	19	7	0	160	890	57	2	6	27	X	X	X	X			
Spinach Mushroom and Swiss *	7.6 oz	216	470	160	18	8	0	140	800	58	3	6	20	X	X	X	X			
Santa Fe *	10.3 oz	293	710	350	39	16	0.5	290	1590	60	7	3	32	X	X	X	X			
Sandwiches																				
Nova Lox	8.7 oz	248	480	150	17	9	0	50	1300	60	2	9	22		X	X	X		X	Salmon
Ham and Swiss	10.3 oz	292	560	210	23	6	0	70	1910	60	3	8	31	X	X	X	X			
Tasty Turkey	11.7 oz	332	510	130	15	9	0	80	1290	64	3	9	15		X	X	X			
Turkey Bacon and Avocado	11.0 oz	313	660	280	31	5	0	65	1730	60	4	9	17	X	X	X	X			
Harvest Chicken Salad	10.5 oz	297	590	220	25	3.5	0	55	820	64	11	15	33	X		X	X	X		Almonds
Hummus Veg Out	10.4 oz	294	440	140	15	4	0	15	860	66	12	12	19		X	X	X			
Turkey and Cheddar	10.5 oz	297	570	210	23	6	0	65	1470	60	3	7	15	X	X	X	X			
Chicken Pesto	10.5 oz	297	660	270	30	7	0	85	1220	58	6	7	42		X	X	X			
Tuna Salad	5.0 oz	141	340	240	27	4	0	50	340	2	0	1	22	X		X	X		X	Tuna
Green Chile Club	11.3 oz	322	660	280	31	9	0	90	1800	58	3	8	24	X	X	X	X			
Lunch Sandwiches License Locations (* Indicates Items Sold Only at Licence Locations)																				

Caramel Hot Chocolate	16 fl oz	milk	with 2% milk	449	660	250	27	17	0	50	16	90	350	80	1	15	Y	Y	Y	Y	N				X									X							
Caramel Hot Chocolate	20 fl oz	milk	with 2% milk	560	850	320	35	23	0	65	21	115	440	103	1	20	N	Y	Y	Y	N				X										X						
Caramel Hot Chocolate	12 fl oz	white	with 2% milk	319	460	160	18	11	0	35	11	63	260	57	0	5	N	Y	Y	Y	N				X											X					
Caramel Hot Chocolate	16 fl oz	white	with 2% milk	444	640	230	26	16	0	50	15	89	360	80	0	5	N	Y	Y	Y	N				X											X					
Caramel Hot Chocolate	20 fl oz	white	with 2% milk	553	820	300	33	21	0	60	19	113	450	103	0	5	N	Y	Y	Y	N				X											X					
Caramel Hot Chocolate	12 fl oz	dark	with soy milk	325	430	160	18	10	0	15	10	64	270	50	4	35	N	Y	Y	Y	N				X												X				
Caramel Hot Chocolate	16 fl oz	dark	with soy milk	453	600	240	26	14	0	20	14	89	360	69	6	55	N	Y	Y	Y	N				X												X				
Caramel Hot Chocolate	20 fl oz	dark	with soy milk	565	770	310	34	18	0	25	18	114	450	89	8	75	N	Y	Y	Y	N				X												X				
Caramel Hot Chocolate	12 fl oz	milk	with soy milk	326	450	160	18	10	0	20	11	64	300	55	2	10	N	Y	Y	Y	N				X												X				
Caramel Hot Chocolate	16 fl oz	milk	with soy milk	454	630	230	26	14	0	25	15	90	410	77	2	15	N	Y	Y	Y	N				X													X			
Caramel Hot Chocolate	20 fl oz	milk	with soy milk	566	810	300	33	18	0	35	19	115	510	99	3	20	N	Y	Y	Y	N				X													X			
Caramel Hot Chocolate	12 fl oz	white	with soy milk	323	440	150	17	9	0	15	10	63	300	55	1	5	N	Y	Y	Y	N				X													X			
Caramel Hot Chocolate	16 fl oz	white	with soy milk	449	610	210	24	13	0	25	14	88	410	77	1	5	N	Y	Y	Y	N				X													X			
Caramel Hot Chocolate	20 fl oz	white	with soy milk	560	790	280	31	17	0	30	17	113	510	99	2	5	N	Y	Y	Y	N				X														X		
Caramel Hot Chocolate	12 fl oz	dark	with almond milk	360	410	160	18	9	0	15	4	63	330	49	4	35	N	Y	Y	Y	N				X													X	X		
Caramel Hot Chocolate	16 fl oz	dark	with almond milk	501	580	240	26	13	0	20	6	88	450	68	6	55	N	Y	Y	Y	N				X													X	X		
Caramel Hot Chocolate	20 fl oz	dark	with almond milk	624	740	310	34	18	0	25	8	112	550	87	8	75	N	Y	Y	Y	N				X													X	X		
Caramel Hot Chocolate	12 fl oz	milk	with almond milk	361	430	160	18	9	0	20	5	63	350	54	2	10	N	Y	Y	Y	N				X													X	X		
Caramel Hot Chocolate	16 fl oz	milk	with almond milk	502	610	230	26	13	0	25	7	88	490	76	2	15	N	Y	Y	Y	N				X													X	X		
Caramel Hot Chocolate	20 fl oz	milk	with almond milk	626	780	300	33	17	0	35	9	113	610	97	3	20	N	Y	Y	Y	N				X													X	X		
Caramel Hot Chocolate	12 fl oz	white	with almond milk	358	420	150	17	8	0	15	4	62	360	54	1	5	N	Y	Y	Y	N				X													X	X		
Caramel Hot Chocolate	16 fl oz	white	with almond milk	498	590	210	24	12	0	25	6	87	490	76	1	5	N	Y	Y	Y	N				X													X	X		
Caramel Hot Chocolate	20 fl oz	white	with almond milk	619	760	280	31	16	0	30	7	111	610	97	2	5	N	Y	Y	Y	N				X													X	X		