				Bruegge	er's Bag	els Nutriti	onal Inform	atlon											F= MANU	FACTURED	) IN A FA	CILITY	Y THAT PROCESSES THIS ALLERGEN
BRUEGGER'S		Sepunosite of	T AND STATES	(a) (d)	NOW C	£ &	8 2 S	20	A (M)	1080 MIN	SODIUM (& DV)	Mrs (a)	FIBER (G)	7 (8 O)	(a) (b) (c) (d) (d) (d) (d) (d) (d) (d) (d) (d) (d	14 18 OU	408°	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	FGGS FISH.	SHELLFISH	È Š	, Williams	
BAGELS AUTHENTIC NEW YORK STYLE		SEAVING	SERVIN.	Ř	"CORIES,	Ser	SATURATED !	S S S S S S S S S S S S S S S S S S S	MOLESTERO,	ig V	NOO SON	PA BOMO	, All	8	A PAIN	N. K.	CACO	₩.		8 14	E NUTS		
The State of BREADS							8		G		ું કુ	ş*									Æ		INGREDIENT LIST
BAGELS & BREADS BAGELS	VALUE	S LISTED	ARE FO	R FULL-	SIZED B	AGELS. S	KINNY BAG	ELS ARE	APPROX. 2/	3 OF AMO	OUNT LIST	ED BELOW	l.										
Asiago Parmesan	4.3	123	310	25	3.0	5 0.5	3 0	5	2 600	25	61 20	4 16	7	12	2 0	4	20	F	Х			X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA).
Blueberry	4.1	115	310	15	2.0	3 0.0	0 0	0	0 500	21	63 21	4 14	14	11	0 0	2	20	F				Х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, LIGHT BROWN SUGAR, MALT, INFUSED WILD BLUEBERRIES (BLUEBERRY, SUGAR, GLYCEROL, SAFFLOWER OIL, CITRIC ACID, CALCIUM LACTATE, POTASSIUM SORBATE, NATURAL BLUEBERRY FLAVOR), SALT, BLUEBERRY FLAVOUR (PROPYLENE GLYCOL, WATER, FRUIT JUICE CONCENTRATE, NATURAL FLAVOURS, BENZYL ALCOHOL, ETHYL ALCOHOL), WHEAT GLUTEN, CULTIVATED BLUEBERRY, MALT, BAKERS YEAST.
Bruegger Bites (3)	1.5	43	120	20	2.5	4 0.0	0 0	0	0 190	8	22 7	1 4	3	4	0 0	0	8	F				Х	ROSEMARY OLIVE OIL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN
Cinnamon Raisin	4.1	115	310	15	2	3 0	0 0	0	0 480	20	65 22	4 17	10	11	0 0	2	20	F				х	MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST).  UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RAISINS, MALT SYRUP, LIGHT BROWN SUGAR, SUGAR, SALT, CINNAMON, HONEY, YEAST.
Cinnamon Sugar	4.1	116	320	15	2.0	3 0	0 0	0	0 420	17	63 21	4 17	13	14	0 0	4	20	F				Х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
Cranberry Orange (seasonal)	4.1	115	310	15	2	3 0	0 0	0	0 480	20	64 21	4 15	16	10	0 8	2	20	F				х	MALT, CINNAMON SUGAR TOPPING (SUGAR, CINNAMON), SALT, YEAST, WHEAT GLUTEN.  UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, LIGHT BROWN SUGAR, MALT, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL, SALT), ORANGE PEEL, BAKERS YEAST.
Egg (select markets)	4.1	115	300	20	2.0	3 0.0	0 0	0	1 590	24	60 20	3 14	11	11	0 0	2	20	Х				Х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
Everything	4.1	117	310	20	2.5	4 0	0 0	0	0 710	30	62 21	4 15	7	12	0 0	2	20	F				Х	HONEY, LIGHT BROWN SUGAR, EGG POWDER, SALT, MALT, BAKERS YEAST, CURCUMIN (TUMERIC COLOUR EXTRACT, MODIFIED STARCH).  UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
Everything Whole Wheat	4.1	117	280	20	2.5	4 0.0	0 0	0	0 790	33	55 18	6 24	5	13	0 0	4	15	F				X	MALT, SALT, SESAME SEEDS, ROCK SALT, POPPY SEEDS, DEHYDRATED GARLIC, DEHYDRATED ONION, BAKERS YEAST.  WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED
									9 650														IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), EVERYTHING TOPPING (SESAME SEEDS, PRETZEL ROCK SALT, POPPY SEEDS, GARLIC, ONION).  UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
French Toast Bagel (seasonal)										Ш											^		BROWN SUGAR, HONEY, CRUNCHY CINNAMON BITS (SUGAR, WHEAT FLOUR, CORN CEREAL, CINNAMON AND SOYBEAN OIL), BAKERS YEAST, EGG POWDER, SALT, MALT, CARAMEL COLOR, CURCUMIN.
Garlic	4.1	115	300	15	2.0	3 0	0 0	0	0 520	22	61 20	4 15	7	12	0 0	2	20	F				X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, DEHYDRATED GARLIC, SALT, BAKERS YEAST.
Honey Grain	4.1	115	310	25	2.5	4 0	0 0	0	0 490	20	61 20	4 15	10	11	0 0	2	20	F				Х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, HONEY, MOLASSES, OATS, SESAME SEEDS, SALT, RYE, BAKERS YEAST.
Jalapeno (select markets)	4.1	115	330	30	3.0	5 0.0	1 0	0	0 480	20	67 22	9 37	7	13	10 160	4	25	F				х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND
Jalapeno Cheddar (select markets)	5.5	155	440	80	9.0	14 3.5	18 0	20	7 650	27	75 25	10 40	7	19	15 180	15	30	F	Х			х	CALCIUM CHLORIDE).  PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), JALAPENO PEPPERS (JALAPENO PEPPER, WATER, VINEGAR, SALT, SUGAR, SPICES, AND CALCIUM CHLORIDE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Onion	4.1	115	300	20	2.0	3 0	0 0	0	0 530	22	61 20	4 15	8	12	0 2	2	20	F				х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT. SALT. DEHYDRATED ONION, BAKERS YEAST.
Plain	4.1	115	300	20	2	3 0	0 0	0	0 530	22	60 20	4 14	7	12	0 0	2	20	F				Х	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID),
Рорру	4.1	116	310	20	2.5	4 0	0 0	0	0 610	26	61 20	4 15	7	12	0 0	2	20	F				х	WATER, MALT SYRUP, SALT, BAKERS YEAST.  UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID),
Pretzel Bagel (seasonal)	4.2	118	300	20	2	3 0	0 0	0	0 1500	63	61 20	4 16	7	12	0 0	2	20		х			х	WATER, MALT SYRUP, SALT, POPPY SEEDS, YEAST.  UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID),
Pumpernickel	4.1	115	300	20	2.0	3 0	0 0	0	0 560	23	62 21	4 18	10	11	0 0	2	20	F				X	WATER, MALT SYRUP, ROCK SALT, SALT, YEAST, SODIUM BICARBONATE (LESS THAN 1%).  UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
Pumpkin (seasonal)	41	115	290	15	20	3 00	0 0	0	0 480	20	60 20	4 16	12	10 :	20 2	0	20	F				X	MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL COLOR, SALT, BAKERS YEAST.  UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER,
																						_	PUMPKIN, LIGHT BROWN SUGAR, MALT, SALT, CINNAMON, BAKERS YEAST, GINGER, NUTMEG, ALLSPICE.  UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID),
Rosemary Olive Oil									0 510														WATER, MALT SYRUP, OLIVE OIL, BROWN SUGAR, SALT, ROSEMARY, YEAST.
Salt (select markets)									0 1540														UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALTO, ROCK SALT, SALT, BAKERS YEAST.
Sesame	4.1	116	310	30	3.0	5 0	0 0	0	0 610	25	60 20	4 15	7	12	0 0	2	40	F				X	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT SYRUP, SESAME SEEDS, SALT, BAKERS YEAST.
Sesame Whole Wheat (select markets)	4.2	120	300	40	4.5	7 0.0	0 0	0	0 620	26	56 19	6 24	5	13	0 0	2	20	F				Х	WHOLE WHEAT BAGEL (FLOUR [WHOLE WHEAT, WATER] UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, MALT, HONEY, SALT, YEAST), SESAME SEEDS.
Sourdough (select markets)	4.1	115	290	15	2.0	3 0.0	0 0	0	0 540	23	56 19	4 15	7	11	0 0	2	20	F				х	UBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, WATER,
12 Grain (select markets)	4.1	115	300	20	4.5	7 0.0	0 0	0	0 410	17	55 18	6 24	6	13	0 20	4	20					х	SOURDOUGH CULTURE (WATER, FERMENTED WHEAT FLOUR), MALT, CRACKED WHEAT, SALT, BAKERS YEAST, WHEAT GLUTEN.  UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, 12 GRAIN BLEND (BROWN FLAX, BARLEY FLAKES, CORN MEAL, YELLOW FLAX MEAL, RYE FLAKES, TRITICALE FLAKES, OAT FLAKES,
																							BUCKWHEAT GRITS, HULLED MILLET, BROWN RICE MEAL, BROWN SEASAME SEED AND SUNFLOWER SEED), WHEAT GLUTEN, CHIA SEEDS, ASCORBIC ACID, SALT, MALT, HONEY, MOLASSES, YEAST.
Whole Wheat	4.1	115	270	15	2.0	3 0.0	0 0	0	0 620	26	54 18	5 20	5	12	0 0	2	15	F				X	FLOUR (WHOLE WHEAT, WATER) UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT GLUTEN, MALT, HONEY, SALT, YEAST
BREADS & WRAPS	4.2	110	220	25	3.0	5 10	5 ^	0	0 600	25	64 24	2 ^	0	10	0 40	0	20	¥	v		v	v	
Ciabatta Roll	4.2								0 600									^	×				ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACINE, IRON, THIAMINE MONONITRATE, RIBOFLAVINE, FOLIC ACID), WATER, SUGAR, YEAST, CANOLA OIL, WHEAT GLUTEN, MONO AND DIGLYCERIDES OF FATTY ACIDS, BETA-CAROTENE, ASCORBIC ACID, AMYLASE, XYLANASE, HEMICELLULASE, CELLULASE.
Wheat Bread		54	150	20	2.0	3 0.5	3 0	0	0 270	11	30 10	2 8	5	5	0 0	0	4				X	X	ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE.
White Wrap	2.4	67	180	14	1.5	2 1.0	5 0	0	0 420	18	32 11	3 12	1	6	0 0	0	10				X	X	ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH.

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——— EST. 1983 ←———	Bruegger's Bagels Nutritional Information		CILITY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S	Sample Str. (2) Sample Str. (3) Sample Str. (3) Sample Str. (4) Sample Str. (4	Committee of the commit	
<b>BAGELS</b>			
AUTHENTIC NEW YORK STYLE			
TM		, and the second se	
BEVERAGES			INGREDIENT LIST
COFFEE & BLENDED			
Café au Lait	12.0 340 150 70 8.0 12 4.5 23 0 25 8 8		WHOLE MILK, COFFEE. CONTAINS 50-84 MG CAFFEINE PER 4 OZ SERVING OF COFFEE*  CONTAINS 67-112 MG CAFFEINE PER 5.5 OZ SERVING* OF COFFEE
Café au Lait Café au Lait	16.0 452 200 93 10.6 16 6.0 31 0 33 11 11 20.0 567 249 117 13.3 20 7.5 38 0 42 13 14		CONTAINS 87-112 MG CAFFEINE PER 7.02 SERVING* OF COFFEE  CONTAINS 83-140 MG CAFFEINE PER 7 0Z SERVING* OF COFFEE
Café Latte	12.0 340 170 80 9.0 14 5.0 26 0 25 9 8	5 13 4 0 0 13 9 6 0 30 0 X	WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING OF ESPRESSO**
Café Latte Café Latte	16.0 453 226 107 12.0 19 6.7 35 0 33 12 11 20.0 567 283 133 15.0 23 8.3 43 0 42 15 14		CONTAINS 99-150 MG CAFFEINE PER 3 0Z SERVING* OF ESPRESSO  CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* OF ESPRESSO
Café Mocha	12.0 340 210 80 9.0 14 5.0 27 0 25 9 8		WHOLE MILK, ESPRESSO, CHOCOLATE SAUCE (INVERT SUGAR, WATER, SUGAR, MALTODEXTRIN, COCOA PROCESSED WITH ALKALI, GLYCERIN, SALT,
			CITRIC ACID, POTASSIUM SORBATE [PRESERVATIVE]). CONTAINS 66-100 MG CAFFEINE PER 2 0Z OF ESPRESSO*
Café Mocha Café Mocha	16.0 453 279 107 12.0 19 6.7 36 0 33 12 11 20.0 567 349 133 15.0 23 8.3 45 0 42 15 14		CONTAINS 99-150 MG CAFFEINE PER 3 0Z SERVING* OF ESPRESSO  CONTAINS 132-400 MG CAFFEINE PER 4 0Z SERVING* OF ESPRESSO
Cappuccino	12.0 340 130 60 7.0 11 4.0 20 0 20 7 8		WHOLE MILK, ESPRESSO. CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING OF ESPRESSO**
Cappuccino	16.0 453 173 80 9.3 15 5.3 27 0 27 9 11		CONTAINS 99-150 MG CAFFEINE PER 3 0Z SERVING* OF ESPRESSO
Cappuccino Espresso	20.0 567 216 100 11.7 18 6.7 33 0 33 12 14 2.0 60 5 0 0.0 0 0.0 0 0 0 0 1	7 18 7 0 0 18 12 7 0 42 0 X	CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING* OF ESPRESSO  CONTAINS 66-100 MG CAFFEINE PER 2 OZ SERVING*
Espresso		0 2 0 0 0 2 0 0 0 0	CONTAINS 99-150 MG CAFFEINE PER 3 OZ SERVING*
Espresso	4.0 120 10 0 0.0 0 0.0 0 0 0 0 20		CONTAINS 132-400 MG CAFFEINE PER 4 OZ SERVING*
Flavored Coffee Flavored Coffee	12.0 340 4 0 0.0 0 0.0 0 0 0 0 8 16.0 453 5 0 0.0 0 0.0 0 0 0 11	0 0 0 0 0 0 0 0 0 0 0 0	CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING
Flavored Coffee	20.0 567 6 0 0.0 0 0.0 0 0 0 0 11		CONTAINS 200 - 333 MG CAFFEINE* PER 16 02 SERVING  CONTAINS 250 - 313 MG CAFFEINE* PER 20 0Z SERVING
House Blend Coffee	12.0 356 4 0 0.0 0 0.0 0 0 0 8		CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING
House Blend Coffee House Blend Coffee	16.0 453 5 0 0.0 0 0.0 0 0 0 0 11 20.0 567 6 0 0.0 0 0.0 0 0 0 14	0 0 0 0 0 0 0 0 0 0 0 0	CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING  CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING
House Decaf Coffee	12.0 340 4 0 0.0 0 0.0 0 0 0 0 8		CONTAINS -6 MG OF CAFFEINE PER 12 OZ SERVING  CONTAINS -6 MG OF CAFFEINE PER 12 OZ SERVING*
House Decaf Coffee	16.0 453 5 0 0.0 0 0.0 0 0 0 0 11	. 0 0 0 0 0 0 0 0 0 0 0	CONTAINS ~8 MG OF CAFFEINE PER 16 OZ SERVING*
House Decaf Coffee	20.0 567 6 0 0.0 0 0.0 0 0 0 14		CONTAINS ~10 Mg OF CAFFEINE PER 6 0Z SERVING*
Iced Coffee Iced Coffee	12.0 340 4 0 0.0 0 0.0 0 0 0 0 8 16.0 453 5 0 0.0 0 0.0 0 0 0 11		CONTAINS 150 - 250 MG CAFFEINE* PER 12 OZ SERVING  CONTAINS 200 - 333 MG CAFFEINE* PER 16 OZ SERVING
Iced Coffee	20.0 567 6 0 0.0 0 0.0 0 0 0 0 11		CONTAINS 250 - 313 MG CAFFEINE* PER 20 OZ SERVING
OTHER BEVERAGES	VALUES LISTED ARE LIMITED TO INFORMATION PROVIDED BY SUPPLIER/MANU	FACTURER OF PACKAGED OR DISPENSED PRODUCTS.	
Bottled Water	See label		
Chocolate Milk Honest Tea	See label See label		
Milk	See label		
Naked Juice	See label		
Tropicana Orange Juice Vitamin Water	See label See label		
Nantucket Nectars	See label		
Chai Tea, Bruegger's	12.0 340 240 45 5.0 8 5.0 25 0 0 0 85	6 4 45 15 0 0 39 2 0 0 15 0 X X	SUGAR, NON DAIR CREAMER (CONTAINS PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP OILS, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, SUGAR, MONO- AND DIGLYCERIEDS, SODIUM SILICOALUMINATE, SODIUM STEARCYL LACTYLATE, SOY LECITHIN, ARTIFICAL FLAVORS, AND ARTIFICAL COLOR [ANNATTO AND TUMERIC]), DAIRY PRODUCTS SOLIDS, NONFAT DRY MILK, MOLASSES [MOLASSES AND MALTODEXTRIN], BLACK TEA, GROUND CINNAMON, CELLULOSE GUM, NATURAL AND ARTIFICAL FLAVOR, TRICALCIUM PHOSPHATE.
Chai Tea, Oregon	12.0 340 117 0 0.0 0 0.0 0 0 0 0 12	2 0 29 9 0 0 27 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.
Hot Tea, Regular	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS ~ 47MG CAFFEINE PER 8 OZ SERVING **
Hot Tea, Regular Hot Tea, Herbal	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990). CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK. CONTAINS ~ 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **
Hot Tea, Regular	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS ~ 47MG CAFFEINE PER 8 OZ SERVING **
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 2MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 2MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 12 OZ SERVING**  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECTHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 12.0 340 0 0 0 0.0 0 0 0 0 0 0 0 0 0 8.0 227 140 15 1.5 2 1.5 7 0 5 1 19(	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS ~ 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS ~ 2MG CAFFEINE PER 8 0Z SERVING **  CONTAINS ~ 70.5 MG CAFFEINE PER 12 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 2MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 12 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 50 MG CAFFEINE PER 20 0Z SERVING
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Coke	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS ~ 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS ~ 2MG CAFFEINE PER 8 0Z SERVING **  CONTAINS ~ 70.5 MG CAFFEINE PER 12 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 52.5 MG CAFFEINE PER 20 OZ SERVING  CONTAINS 52.5 MG CAFFEINE PER 20 OZ SERVING
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Coke	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 2MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 2MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 12 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 50 MG CAFFEINE PER 20 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 20 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 20 0Z SERVING  CONTAINS 62 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 2MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 12 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 52.5 MG CAFFEINE PER 20 0Z SERVING  CONTAINS 52.5 MG CAFFEINE PER 20 0Z SERVING
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Diet Coke	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 8 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 62 MG CAFFEINE PER 32 0Z SERVING  CONTAINS 62 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 77.5 MG CAFFEINE PER 20 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Diet Coke Soft Drinks - Sprite Soft Drinks - Sprite	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 2MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 12 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR), COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 32 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 32 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 17.5 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 124 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 104 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 106 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 107 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 107 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Diet Coke Soft Drinks - Diet Coke Soft Drinks - Diet Coke Soft Drinks - Sprite Soft Drinks - Sprite Soft Drinks - Sprite Soft Drinks - Sprite	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 8 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 62 MG CAFFEINE PER 32 0Z SERVING  CONTAINS 62 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Diet Coke Soft Drinks - Sprite Soft Drinks - Sprite	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 2MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 12 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR), COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 32 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 32 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 17.5 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 124 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 104 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 104 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 106 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 107 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Diet Coke Soft Drinks - Diet Coke Soft Drinks - Diet Coke Soft Drinks - Sprite	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 2MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 12 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 60.5 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 17.5 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 124 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 32 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 32 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 32 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 32 0Z SERVING
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Diet Coke Soft Drinks - Sprite Syrup FLAVORS Almond Flavored Syrup	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 47MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 2MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 2MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 8 OZ SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 62.5 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 100 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 124 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 124 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 0 MG CAFFEINE PER 20 OZ SERVING  CONTAINS 0 MG CAFFEINE PER 32 OZ SERVING
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Diet Coke Soft Drinks - Sprite SYRUP FLAVORS Almond Flavored Syrup Caramel Flavored Syrup Chocolate Syrup	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 2MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 12 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 60.5 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 17.5 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 124 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 32 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 32 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 32 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 32 0Z SERVING
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea. Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Diet Coke Soft Drinks - Diet Coke Soft Drinks - Diet Coke Soft Drinks - Sprite Syrup FLAVORS Alman Flavored Syrup Chocolate Syrup Hazelnut Flavored Syrup Vanilla Flavored Syrup	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 47MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 206 GAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 8 0Z SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 8 0Z SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 62.5 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 62.5 MG CAFFEINE PER 20 0Z SERVING  CONTAINS 52 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 77.5 MG CAFFEINE PER 20 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 124 MG CAFFEINE PER 32 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 10 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 30 0Z SERVING; CONTAINS A
Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Diet Coke Soft Drinks - Diet Coke Soft Drinks - Diet Coke Soft Drinks - Sprite Syrup FLAVORS Almond Flavored Syrup Caramel Flavored Syrup Hazelnut Flavored Syrup Vanilla Flavored Syrup CREAM CHEESE	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 - 53 MG CAFFEINE PER SERVING. NUTRITIONAL INFORMATION DOES NOT INCLUDE MILK.  CONTAINS - 47MG CAFFEINE PER 8 DZ SERVING **  CONTAINS - 47MG CAFFEINE PER 8 DZ SERVING **  CONTAINS - 20MG CAFFEINE PER 8 DZ SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 8 DZ SERVING **  CONTAINS - 70.5 MG CAFFEINE PER 12 DZ SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER [PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE, MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 50 MG CAFFEINE PER 16 0Z SERVING  CONTAINS 62 MG CAFFEINE PER 20 0Z SERVING  CONTAINS 62 MG CAFFEINE PER 20 0Z SERVING  CONTAINS 100 MG CAFFEINE PER 10 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 104 MG CAFFEINE PER 20 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 104 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 16 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 105 0Z SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 30 0Z SERVING; CONTAINS ASPARTAME AND SACCHAR
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Hot Tea, Regular Hot Tea, Herbal Hot Tea, Decaf Iced Tea, Brewed Hot Chocolate  Poured Orange Juice Soft Drinks - Coke Soft Drinks - Coke Soft Drinks - Diet Coke Soft Drinks - Diet Coke Soft Drinks - Diet Coke Soft Drinks - Sprite Syrup FLAVORS Almond Flavored Syrup Caramel Flavored Syrup Hazelnut Flavored Syrup Vanilla Flavored Syrup CREAM CHEESE	8.0 227 0 0 0.0 0 0.0 0 0 0 0 0 0 0 8.0 227 0 0 0.0 0 0 0.0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	WATER, ORGANIC* EVAPORATED CANE JUICE, HONEY, ORGANIC* SPICES, ORGANIC* BLACK TEA, DINGER, ORGANIC* VANILLA, ORGANIC* NATURAL FLAVORS AND CITRIC ACID (*ORGANICALLY GROWN AND PROCESSED IN ACCORDANCE WITH THE CALIFORNIA ORGANIC FOOD ACT OF 1990).  CONTAINS 45 -53 MG CAFFEINE PER 8 CZ SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 OZ SERVING **  CONTAINS 30-50 MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 2/MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 7/0.5 MG CAFFEINE PER 8 OZ SERVING **  CONTAINS - 7/0.5 MG CAFFEINE PER 8 OZ SERVING **  WATER, SUGAR, WHEY, CORN SYRUP SOLIDS, NONDAIRY CREAMER (PARTIALLY HYDROGENATED COCONUT OIL, CORN SYRUP SOLIDS, SUGAR, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SODIUM SILICOALUMINATE (ANTICAKING AGENT), SALT, SOY LEGITHIN, ARTIFICIAL FLAVOR AND COLOR], COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, SALT, CARBOXYMETHYL CELLULOSE GUM, SILICON DIOXIDE (AN ANTICAKING AGENT).  PASTEURIZED ORANGE JUICE.  CONTAINS 50 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 62.5 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 100 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 100 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 104 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 105 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 104 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 105 MG CAFFEINE PER 16 OZ SERVING; CONTAINS ASPARTAME AND SACCHARIN  CONTAINS 0 MG CAFFEINE PER 16 OZ SERVING  CONTAINS 0 MG CAFFEI

						's Bage	els Nuti	ritional	Informa	tion													= MAN	FACTU	IRED IN	ITY THAT PROCESSES	S THIS ALLERGEN
BRUEGGER'S BAGELS  AUTHENTIC NEW YORK STYLE		SEAVING SIZE	(20) SERVING C.	SIPE	CALORIES	THES FROM FA	POPAL PAYO	SATUP. TAT (% DIL	ATURATED FAT (G)	Mans Fa	CHOLESTEROL (ME	SEROL (* DV)	Sop	CARBOHIDES DV	OMDRATES (8)	PIBER	FIBER (% DV)	PROF	VITAMIN A	GOS). MINELLA	CAC MINIONS	AO S. MON	EGGS	HC JAHC	AND	Sing Solve	
		4		_4					•	47			4	उ				4									INGREDIENT LIST
Honey Walnut	1.5	43	150	0 11	10 1	12 1	18 6	5 32	2 0	35	11 1	.25	5 8	3	<1 2	2 3	3	10	0	6	0		,	2	X		REAM, AND NON FAT MILK, WALNUTS, HONEY, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Jalapeno	1.5	43	140	0 12	20 1	13 2	20 8	3 38	3 0	45	14 1	.50	5 4	1	0 0	) 2	3	8	0	6	0		)		F		REAM, JALAPENO PEPPERS, NONFAT MILK, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GREEN PEPPERS, CRUSHED RED CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS TURAL FLAVOR.
Light Garden Veggie	1.5	43	90	) 50	0	6	9 4	1 20	0 0	25	8 1	.05	1 3	1	0 0	) 2	6	10	4	6	8	П	,		F	CALCIUM CASEIN	MILK, PASTEURIZED CREAM, CARROTS, SCALLIONS, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND IATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, DRIED RED POWDER, POTASSIUM SORBATE (MAINTAINS FRESHNESS), CELERY SEED, GARLIC POWDER, NATURAL FLAVOR.
Light Herb Garlic	1.5	43	100	0 60	60	6	9 3.	.5 18	3 0	25	8 1	25	5 4	1	0 0	) 2	6	4	0	8	2	П	)		F	PROTEINS), GARL	MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK LIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Light Plain	1.5	43	100	0 60	0	6 1	10 3	3 16	6 0	25	8 1	.30	5 4	1	<1 3	3	6	4	0	8	0		)		F		MILK, PASTEURIZED CREAM AND NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), OSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL
Olive Pimiento	1.5	43	140	0 12	20 1	13 2	20 6	5 29	9 0	45	14 1	.30	5 3	1	0 0	) 1	3	10	0	6	0		)	2	F		REAM, OLIVES (WITH PIMIENTOS), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, 6, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Onion and Chive		43		0 11					0 0					ш					6	4	0		,		F	PASTEURIZED CR ACIDS, CHIVES, S	REAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC IALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Plain	1.5	43	130	0 10	00 1	11 1	17 7	7 35	5 0	40	13 1	.25	5 6	2	<1 2	2 2	3	10	0	6	0		,	2	F		REAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, ST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Pumpkin (seasonal)	1.5	43	120	0 10	00 1	11 1	18 7	7 36	6 0	45	14 1	.35	5 4	1	0 0	3	3	15	0	6	0	П	,		F	COLOR], SODIUM	REAM, PUMPKIN BASE (PUMPKIN PUREE, CORN SYRUP, SUGAR, BROWN SUGAR, SPICES, CITRIC ACID, SALT, ANNATTO EXTRACT [FOR BENZOATE AND POTASSIUM SORBATE [PRESERVATIVES]), NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, ST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS).
Smoked Salmon	1.5	43	150	0 12	20 1	13 2	21 6	32	2 0	40	13 1	150	3	1	<1 2	2 2	3	10	0	6	0	Х	,	4	F		REAM, AND NON FAT MILK, SMOKED SALMON, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), SALT, CITRIC, PHOSPHORIC, AND ANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR.
Strawberry	1.5	43	140	0 11	10 1	13 2	20 7	7 35	5 0	30	9 1	100	1 4	1	0 0	) 2	3	15	2	2	0	П	)		F	OTHER NATURAL	REAM, STRAWBERRY PRESERVES (STRAWBERRIES, CANE SUGAR SYRUP, MODIFIED FOOD STARCH, STRAWBERRY FLAVOR WITH FLAVORS, CITRIC ACID, POTASSIUM SORBATE, ARTIFICIAL COLOR [RED #40]), NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK IC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS
Maple (seasonal)	1.5	43	140	0 12	20 1	3.0 2	20 7.	.0 35	5 0	35	12 1	10	5 4	1	0 0	) 4	3	15	0	2	0		,		F	PASTEURIZED CR	REAM, MAPLE SYRUP, NON FAT MILK, MILK PROTEINS, LESS THAN 2% OF SALT, NATURAL ACIDS, XANTHAN, LOCUST BEAN, AND GUAR
SALADS & DRESSINGS		DS & DRI				_															-	-					IM SORBATE (MAINTAINS FRESHNESS).
Mixed Greens Base Blue Apple		113 279				_					_			_		_			_			П	,		Х	FLAVOR (CONTAIL CITRIC ACID)], SA EXTRACTS OF RO	AP, ARDUGAL.  ROMAINE, ARUGULA), DICED CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN ROMAINE, ARUGULA), DICED CHICKEN ROMAINE, ARUGULAY, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, ILT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, SEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), APPLE, HUMBLES (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO PREVENT CAKING),
Chicken Caesar	7.7	220	200	0 70	8 00	3.0 1	112 2.	.5 13	3 0	40	13 6	330 2	6 14	5	3 1	2 2	17	170	20	15	8		,	•		ARUGULA, DRIED  X MIXED GREENS (I  CONTAINS AUTO ACID]], SALT, RIC  ROSEMARY, MON BLEND (ASIAGO (  ENZYMES], POWI REDUCED IRON, SALT, RYE FLOUR	CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), ALMONDS, SALT.  ROMAINE, ARUGULA), CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR LAYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC IS STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF NO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), ASIAGO-PARMESAN CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, & ENZYMES], PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT & DERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), CROUTONS (ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR
Pastrami Cobb	10.3	293	280	0 15	50 1	6.0 2	25 7.	.0 3	5 0	170	57 6	550 2	7 15	5	2 8	3 3	17	180	20	30	10 X		,			X MIXED GREENS (I ERYTHORBATE, S CHOPPED EGG, F COLORING]), CRO ACID], PARTIALLY WHEAT BRAN, PA	ROMAINE, ARUGULA), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), FRESH TOMATO, PRESH CUCUMBERS, MUENSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE DUTONS (ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC BY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, ARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTER (AT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]).
SALAD DRESSINGS Balsamic Vinaigrette	1.0	28	60	) 50	0 6	6.0	9 1.	.0 5	0	0	0 2	230 1	0 3	1	0 0	) 2	0	0	2	0	0	-					NE VINEGAR, CORN SYRUP, BALSAMIC VINEGAR, SOYBEAN OIL, OLIVE OIL, SALT, GARLIC, XANTHAN GUM, SPICES, SODIUM ALGINATE,
Caesar	1.0	28	80	) 60	0 7	7.0 1	11 1.	.5 8	0	10	3 3	310 1	3 2	1	0 0	) 1	1	0	0	0	0 X	х	,	1	Н	X WATER, VINEGAL STARCH-MODIFIE	UM EDTA AS A PRESERVATIVE. R, SOYBEAN OIL, ROMANO CHEESE (PASTEURIZED CULTURED MILK, SALT, ENZYMES), EGG YOLK, SUGAR, MALTODEXTRIN, FOOD ED, SALT, ANCHOVY PASTE, GARLIC, SPICES, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, POLYSORBATE
Champagne Vinaigrette	1.0	28	130	0 13	30 1	4.0 2	22 2.	.0 10	0	0	0 4	110 1	7 1	0	0 0	) 1	0	0	0	0	0	Н			П	CHAMPAGNE VIN	IM, DEXTROSE, GLUCANO DELTA LACTONE, LACTIC ACID, CARAMEL, NATURAL FLAVOR, ONION.  IAIGRETTE VEGETABLE OIL (SOYBEAN OIL AND/OR CANOLA OIL), WHITE WINE, WHITE WINE VINEGAR, WATER, SALT, SUGAR, SPICES,  LUTAMATE, DEHYDRATED GARLIC, DEHYDRATED ONION, NATURAL FLAVORS (SOY), XANTHAM GUM, DEHYDRATED CHIVE, CALCIUM
Feta Olive Oil	1.0	28	160	0 16	60 1	8.0 2	28 2.	.5 13	3 0	0	0 2	220	9 1	0	0 0	) 1	0	0	0	0	0	Н			П	SOYBEAN OIL, VII	NEGAR, WATER, EXTRA VIRGIN OLIVE OIL, SALT, CONTAINS LESS THAN 2% OF: SPICES, CLUCOND DELTA LACTONE, XANTHAN GUM, IACT, BETA CAROTENE.
Ranch	1.0	28	90	90	0 1	0.0 1	15 1.	.5 8	0	10	3 2	250 1	0 1	0	0 0	) 1	0	0	0	0	0 X	1	)	1		SOYBEAN OIL, WA	AGT, BETA CAROTENE. ATER, VINEGAR, BUTTERMILK SOLIDS, EGG YOLK, SALT, GARLIC, SUGAR, ONION, SPICES, NATURAL FLAVOR, XANTHAN GUM, CALCIUM AS A PRESERVATIVE.
SANDWICHES  PREAFEAST SANDWICHES	BUILT	WITH CO	OMPON	NENTS I	INDIC	ATED 0	ON MEN	IU BOA	RD																	DIGODIUM EDIA	
BREAKFAST SANDWICHES Breakfast Bagel - Egg / Cheese	6.8	193	430	0 12	20 1	8.0 2	28 6.	.0 30	0 0	180	60 9	70 4	0 63	21	4 1	6 8	22	6	0	15	25 X		)			FOLIC ACID), WAT LIQUID PEPPER E	IBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, TER, MALT SYRUP, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM ORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE

				Bruegger	r's Bage	els Nuti	ritional i	Informat	tion													F= M.	NUFAC	TURED	IN A FAC	CILITY	THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS  AUTHENTIC NEW YORK STYLE	á	Enmostre (0)	SENING SIZE (G)	CALOR CALONIES	THES FROM FA	TA PARTO	SATURAY (% DV)	SATURATED FAT (G)	Mans Fa	CHOL STEROL O	OM) TOWNST	South Mice	CARBOHDE OU	BOHDBATES (6)	Max.	PARA CAN	SUGARS	PROTEIN (G)	MANNA (% OP)	CACOUM CORDI	(40%). (40%).	eos to	PISH SHELL	WINCOM!	THE NUTS OF SAUTS	SUMOO	
Breakfast Bagel - Egg / Cheese / Bacon 7.	7.3	207	500	170 2	24.0 3	37 8.	0 40	0	195	65 1	1190	50 64	21	4	16	9 20	6 6	0	15	25	X		X		X	X	INGREDIENT LIST  PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN,
									200																	^	FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Egg / Cheese / Ham 8.	3.3	235.6	510	140 1	16.0 2	25 5.	0 25	0	210	70 1	1280	53 65	22	4	16 1	LO 28	8 6	0	20	25	X		X		x	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Breakfast Bagel - Egg / Cheese / Sausage 8.	3.3	236	590	260 3	34.0	52 12	2.0 60	0	210	70 1	1250	52 63	21	4	16	8 28	8 6	0	15	25	Х		X		X	х	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), AMERICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES [USING VEGETABLE RENNET], CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).
Breakfast Bagel - Egg / Cheese / Turkey 8. Sausage	3.3	235	510	160 2	23.0	35 8.	0 40	0	220	73 1	1240	52 63	21	4	16	9 29	9 8	0	20	25	X		Х		X	Х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, BAKER'S YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), AMPRICAN CHEESE (MILK, MILKFAT, WATER, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, ASORBIC ACID AS A PRESERVATIVE, ENZYMES (USING VEGETABLE RENNET), CHEESE CULTURE, WITH STARCH ADDED FOR SLICE SEPARATION).
Breakfast Bagel - Egg White / Cheese 6.	6.5	186	390	50	6.0	9 2.	5 13	0	15	5	750	31 63	21	4	16	7 2	2 4	0	15	20	X		х			х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Breakfast Bagel - Egg White / Cheese / 7. Bacon	7.0	200	460	110 1	12.0	18 4.	5 23	0	30	10	980	11 64	21	4	16	8 20	6 4	0	15	20	X		Х			х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), BACON (SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Egg White / Cheese / Ham 8.	3.3	236	440	60	7.0 1	11 3.	0 15	0	30	10 1	1300	54 65	22	4	16	9 29	9 4	0	15	20	X		X			X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, FOOD STARCH, NATURAL EGG FLAVOR [NATURAL FLAVOR, GLYCERIN], SALT), SHAVED HAM (HONEY, SALT, POTASSIUM LACTATE, SUDIAM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.
Breakfast Bagel - Egg White / Cheese / 8. Sausage	3.1	229	550	200 2	22.0	34 9.	0 45	0	45	15 1	1030	13 63	21	4	16	7 28	3 4	0	15	20	x		х			х	EGG WHITE PATTY (EGG WHITES, CONTAINS LESS THAN 2% OF CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR (NATURAL REACTION FLAVOR, GLYCERIN), SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR (CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR), FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.
Breakfast Bagel - Egg White / Cheese / 8. Turkey Sausage	3.0	228	470	100 1	11.0	17 4.	0 20	0	55	18 1	1020	13 63	21	4	16	8 29	9 4	0	15	20	X		Х			х	EGG WHITE PATTY (EGG WHITES, CONTAINS LESS THAN 2% OF CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES.
Breakfast Bagel - Fresh Cracked Egg / Cheese 6.																							X				PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Breakfast Bagel - Fresh Cracked Egg / Cheese 7. / Bacon	7.2	205	520	180 2	20.0	31 7.	.0 35	0	245	82	950	10 63	21	4	16	9 28	3 10	0	20	25	X		X				PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE).
Breakfast Bagel - Fresh Cracked Egg / Cheese 8. / Ham	3.5	240	500	130 1	15.0 2	23 5.	.0 25	0	250	83 1	1280	53 64	21	4	16 1	10 3:	1 10	0	20	25	X		Х				PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Breakfast Bagel - Fresh Cracked Egg / Cheese 8. / Sausage	3.2	233	610	270 3	30.0	46 11	0 55	0	260	87 1	1010	12 62	21	4	16	8 30	0 10	0	20	25	X		Х			х	PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, SAUKARE YEAST, SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO YEGETABLE COLORING - IF COLORED]).
Breakfast Bagel - Fresh Cracked Egg / Cheese 8. / Turkey Sausage	3.2	232	530	170 1	19.0 2	29 7.	0 35	0	270	90 1	1000	12 62	21	4	16	8 3:	1 10	0	20	30	X		Х			х	(PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES JANNATTO VEGETABLE COLORING - IF COLOREDJ).  PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
			760																				х				WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH), BACON (CURED WITH WATER, SALT, SUGAR, MALE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap w/Ham 9.	9.5	268	590	290 3	32.0	49 12	2.0 60	0	410	137 1	1550	55 39	13	3	12	5 33	2 15	5 0	30	20	X		X		X	X	WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER (CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH), YEAST, CULTURED WHEAT STARCH), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNAITO VEGETABLE COLORING - IF COLORED]).

				uegger's	Bagels	Nutritio	onal Info	rmation												F= N	MANUFA	CTURED I	A FACI	LITY	THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS  AUTHENTIC NEW YORK STYLE		SERVING SIZE (O.	SERVING SIZE (G)	CALORIES CALORIES	TA-MON-SA	ONA FAT (6)	SATURATED FAT	CATED FATS ON	CHOLESTE: (G)	CHOLESTERO (Me)	South Millor	CARBOHAN (& DV)	THOUTORATES (6)	(10 %) PIBER	PIBER (% DIS	SUGAPS (B)	VITAMIN (C)	MAMIN ON	CACIUM (% DV)	MON RDY	HSI .TS	HOLTBU	MEE NUTS CO.	SUMOS	INGREDIENT LIST
Classic Wrap w/Sausage	9.2	261	710 4	130 47	7.0 72	2 18.0	90	0 42	0 140	1280	53 3	7 12	3	12	3 31	1 15	0	30	20 )	•	X		X		WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap w/ Turkey Sausage			620 3																		X				WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), WHITE WRAP (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/Bacon	9.2	260	700 3	190 43	.0 66	5 17.0	85	0 50	5 168	1480	62 3	7 12	3	12	5 42	2 20	0	30	20		X		*		PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Classic Wrap - Fresh Cracked Egg w/Ham			530 2																		X				PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).  PASTEURIZED ECCS. WHITE WIRDS (ENDICHED WHEAT ELOUB (ELOUB MIACIN) REDUCED IRON THIAMINE MONONITRATE, RIBOGLAVIN, EQUICACID).
Classic Wrap - Fresh Cracked Egg w/Sausage  Classic Wrap - Fresh Cracked Egg w/ Turkey			560 2																		X				PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).  PASTEURIZED EGGS, WHITE WRAP (ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID],
Sausage	9.2	259	500 2	270 30	.0 40	3 13.0	65	0 30	0 107	1090	45 3	5 12	3	12	3 30	5 20	U	35	25				•		WATER, INTERESTERIFIED SOYBEAN AND COTTONSEED OIL, SALT, BAKING POWDER [CALCIUM ACID PHOSPHATE, BICARBONATE OF SODA, CORN STARCH], YEAST, CULTURED WHEAT STARCH), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Skinny Zesty Egg White Sandwich / Plain Bagel	7.0	199	410 1	20 13	3.0 20	5.0	25	0 55	5 18	880	37 4	7 16	3	12	6 26	8 8	4	15	15 )		x				EGG WHITE PATTY (EGG WHITES, CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAVOR [NATURAL REACTION FLAVOR, GLYCERIN], SALT), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALT, SALT, BAKERS YEAST), TURKEY SAUSAGE (TURKEY, WATER, SALT, SPICES), WATER, SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), SUNDRIED TOMATO SPREAD (SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER [CREAM, MILK, SALT], DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT).
Smoked Salmon / Plain Bagel			460																	х	х			X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVINJ, WATER, MALT, SALT, BAKER'S YEAST), SALMON (SALMON, SALT, HARDWOOD SMOKE), FRESH TOMATO, PLAIN CREAM CHEESE (PASTEURIZED CREAM, AND NON FAT MILK, SODIUM AND CALCIUM CASEINATES [MILK PROTEINS], CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS], NATURAL FLAVOR), FRESH RED ONIONS, CAPERS (CAPERS, WATER, SALT, WINE VINEGAR).
Sriracha Egg Sandwich / Sausage / Plain Bagel	10.7	305	680 3	800 33	3.0 51	1 11.0	55	0 22	5 75	1670	70 7	2 24	4	16 1	L6 28	3 35	90	15	25 )		X		X		WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED BELL PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]).
Sriracha Egg Sandwich - Fresh Cracked Egg / Sausage / Plain Bagel  Western / Plain Bagel			650 2														90	20	30 )		X		v		PASTEURIZED EGGS, PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, SALT, BAKERS YEAST), SAUSAGE (PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR [CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR], FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID), RED PEPPER, SRIRACHA SAUCE (CHILI, SUGAR, SALT, GARLIC, DISTILLED VINEAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHAN GUM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]). PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE,
																							*		RIBOFLAVIN), WATER, MALTO, SALT, MALT, BAKERS YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH RED ONIONS, FRESH GREEN PEPPERS, ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID), FRESH TOMATO.
Western - Fresh Cracked Egg / Plain Bagel			670 3																		X		X		UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FRESH CRACKED EGG PASTEURIZED EGGS, WATER, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNAITO VEGTABLE COLORING - IF COLORED)), CHIPOTLE SAUCE (VEGETABLE OIL [SOYBEAN, CANOLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, TOMATO PASTE, SALT, SUGAR, OIL, SPICES, EGG YOLK, CORN SYRUP, SALT, LIME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL SMOKE FLAVOR, CALCIUM DISODIUM EDTA AS A PRESERVATIVE), FRESH RED ONIONS, FRESH GREEN PEPPERS, Bell Pepper, Maltoferm 10000 L, Salt, Maltorose 60, Bakers Yeast.
Pastrami, Egg & Swiss / Pumpernickel Bagel																				Ш	X		х		PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), WHOLE EGG PATTY (WHOLE EGGS, WATER, SOYBEAN OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT, MODIFIED FOOD STARCH, SALT, WHEY), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).
Pastrami, Egg & Swiss - Fresh Cracked Egg / Pumpernickel Bagel	7.9	224	460 1	20 13	3.0 20	4.5	23	0 23	0 77	310	38 6	4 21	4	16 1	11 26	6 8	0	20	25 )	(	X				PUMPERNICKEL BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN], WATER, MALT, WHEAT BRAN, CARAWAY SEEDS, CARAMEL, SALT, YEAST), FRESH CRACKED EGG (PASTEURIZED EGGS), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).

				Bruegg	er's Ba	gels N	utrition	al Infor	matlon														F= MAN	UFACTL	URED	IN A F	CILITY	THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS	•	SERVING SITE (Q.	SEMMOSITE (B)	Ca. Calop.	MORIES FROM	TRY WINDO	Say AAT C	SATURATED FAT	(a) VAJOSI.	CHOLESTE (G)	CHOLSTEROL CO.	AO SOUMA	CAPES ODIUM (%)	ARBOMOP. CO.	MO & STATE	FIBER (G)	80 PM	PROJEN.	W. AMINA (B.	MO MINE.	COS MODON	MO SUMON.	EGGS	HSLITE	HO ANN	TREE NOTE PENDE	S. WOODS.	
DELI SANDWICHES							_		-								_		4		4			-		4		INGREDIENT LIST
BLT / Plain Bagel	7.6	216	530	210	23.0	35	5.0	25 (	0 35	12	1000	42	64 2	1 4	16	10	19	8 1	15 2	2 2	0 <b>X</b>			I	Γ	Х	X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), TOMATOES, BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM EYTHORBATE, SODIUM NITRITE), MAYONNAISE (VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, VINEGAR, CORN SYRUP, WATER, SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), LETTUCE.
BLT / Wheat Bread	9.0	255	610	390	44.0	68	10.0	50 (	0 70	23	1200	50	38 1	3 2	8	11	18	15 3	80 (	) 4	X					x	X	WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEARCYL LACTYLATE, CALCIUM STEARCYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, LETTUCE, MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT. SPICE. CALCIUM DISODIUM EDTA IADDED TO PROTECT FLAVORI).
Chicken Breast / Plain Bagel	11.3	321	550	50	6.0	9	1.5	8 (	0 60	20	1330	55	81 2	7 4	16	27	37	8 2	25 2	2 2	5 X					х	х	GRILLED CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE, [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID]), SALT, RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS), PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MALT SYRUP, SALT, YEAST), TOMATOES, HONEY MUSTARD (SUGAR, VINEGAR, MUSTARD, WATER, HONEY, VEGETABLE OIL [SOYBEAN, CANOLA], SALT, MOLASSES, SPICES, PAPRIKA, TURMERIC), LETTUCE.
Chicken Breast / Wheat Bread	14.3	406	650	70	8.0	12	2.5	13 (	0 60	20	1440	60 :	100 3	3 4	16	49	35	15 3	80 4	4 1	5					X	х	CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID], SALT, RICE STARCH, LEMON PHOSPHATE [SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE], FLAVORING [VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN], LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), FRESH TOMATO, HONEY MUSTARD (SUGAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TUMERIC, PAPRIKA), LETTUCE, WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE).
Garden Veggie / Plain Bagel	12.3	349	360	20	2.0	3	0.0	0 (	0 0	0	550	23	72 2	4 5	20	13	12	10 1	00 6	5 2	0						Х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), RED ONIONS, TOMATOES, GREEN BELL PEPPERS, CUCUMBERS, LETTUCE.
Garden Veggie / Plain Bagel (w/ Hummus)	13.5	384	480	70	8.0	12	1.0	5 (	0 0	0	670	28	83 2	8 5	20	13	17	10 1	00 5	5 4	0						х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVINJ, WATER, MALTOFERM, SALT, MALT, BAKERS YEAST), RED ONIONS, GREEN PEPPERS, LUMMUS (CHICK PEAS, TAHINI [ROASTED GROUND SESAME SEEDS], LEMON JUICE, WATER, LESS THAN 2% OF GARLIC, OLIVE OIL, PARSLEY, CUMIN, CHICK PEA POWDER, SORBIC ACID [MAINTAINS FRESHNESS]), TOMATO, LETTUCE, CUCUMBERS.
Garden Veggie / Wheat Bread	13.6	385	370	35	4.0	6	1.0	5 (	0 0	0	560	23	73 2	4 5	20	17	10	20 1	20 4	4 8	3					X	х	WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE, FRESH RED ONIONS, FRESH TOMATO, FRESH GREEN PEPPERS, LETTUCE, FRESH CUCUMBERS.
Garden Veggie / Wheat Bread (w/ Hummus)	15.5	441	490	90	10.0	15	2.0	10 (	0 0	0	690	29	83 2	8 5	20	17	15	20 1	20 €	6 3	0				l	X		WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEARCYL LACTYLATE, CALCIUM STEARCYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), RED ONIONS. TOMATO, FRESH GREEN PEPPERS. LETTICE. CLICLIMBERS.
Ham / Plain Bagel	9.1	257	410	60	7.0	11	3.0	15 (	0 30	10	1300	54	64 2	1 4	16	10	23	10 1	15 1	5 2	0		,	х			X	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, LETTUCE, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Ham / Wheat Bread	13.3	377	470	90	10.0	15	4.0	20 (	0 50	17	2050	85	67 2	2 4	16	16	28	20 3	30 1	5 1	0		,	x		x	х	SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM RETYTHORBATE, SODIUM NITRITE), FRESH TOMATO, LETTUCE, WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IDDATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES).
Tuna Salad / Plain Bagel	8.8	250	550	190	21.0	32	2.5	13 (	0 40	13	870	36	65 2	2 4	16	9	22	8 1	15 2	2 2	0 <b>x</b>	х				X	х	PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SALT, YEAST), TUNA SALAD (TUNA [LIGHT TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT], MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), BREAD CRUMBS (BERAD CRUMBS (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID] HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA], WATER, SALT. CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGYLCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECTIHIN, CALCIUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE [PRESERVATIVES], SESAME SEEDS) OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS)), FRESH TOMATO, LETTUCE.

				Bruegg	ger's Ba	agels I	Nutritio	nai info	ormatic	n													F	MANU	ACTUR	ED IN	FACIL	ΠΥT	AT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS  AUTHENTIC NEW YORK STYLE	É	Sold Street	SERVING SIZE	(b),	CALORIES FRO	APA MO.	DAL FAY	SATINGATED ES	WAND FAT (G)	CHOLES AND CHO	CHOLSSTEE (Mg)	Max) Jour	Sour Malo	CARRED MORAL	OMORATES (G)	MO & )	(S) ASBERT	SUGARS	PROPING.	WAY OD	Ca, NINC	(108) MINOS	MOS.		SHELLISH	THE TANKS	SOM SOM S	SUM	INGREDIENT LIST
Tuna Salad / Wheat Bread	11.8	335	650	280	31.0	48	4.5	23	0	55 18	102	20 43	67	22	4	16 1	13 2!	5 19	5 30	2	10	X	X				X	V F C F A F N N S C L	UNA SALAD (TUNA [LIGHT TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT], MAYONNAISE [VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, IATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR], BREAD CRUMBS ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIMMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) HIGH RUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CORN AND/OR CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CORN AND/OR CORN SYRUP, CORN MEAL, RICE FLOUR, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, YE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGYLCERIDES, SODIUM ND/OR CALCIUM STEARCYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM ROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SESAME SEEDS] OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, ATURAL FLAVOR, EGG, SUNFLOWER SEEDS), FRESH TOMATO, LETTUCE, WHEAT BREAD (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, IACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN YRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE ONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SOUGH SERROYL LACTYLATE, CALCIUM STEAROYL-2-ACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PROXIDE, CALCIUM PODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, COLOUR PROXIDE, CALCIUM PODATE, ENZYMES, CALCIUM PROPIONATE).
Turkey / Plain Bagel	9.2	261	430	70	8.0	12	3.5	18	0	35 12	127	70 53	64	21	4	16	9 2	5 10	0 15	15	20			X			X	F L	LAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, IBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED OOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO, ETTUCE, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), DIJON IUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES).
Turkey / Wheat Bread	13.5	382	490																					х			X	X T J N H S S V	URKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO, LETTUCE, WHEAT BREAD (ENRICHED FLOUR (WHEAT FLOUR, ILAITED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, IGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM TEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ZODICARBONAMIDEJ, CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), DIJON MUSTARD (DISTILLED VINEGAR & VATER, MUSTARD SEED, SALT, TUMERIC, SPICES), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE OLORING - IF COLORED]).
Pastrami / Plain Bagel	8.0	266	410	80	9.0	14	3.5	18	0	30 10	135	50 56	63	21	4 :	16	9 22	2 10	0 8	15	20			X			X	F S T	LAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, OLIC ACID], WATER, MALT, SALT, YEAST), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], ODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), FRESH OMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, HEESE CULTURE, SALT, ENZYMES), ARUGULA, SALT, PEPPER.
Pastrami / Wheat Bread	13.5	384	460	13	17.0	5	25.0	0	50	17 ##	# 88	8 64	23	0	0	13 2	27 0	0	15	6				х			X	F N F S S	ASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, LAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, IALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBDFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, IGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: ALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM TEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), FRESH TOMATO, DIJON MUSTARD DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, NZYMES), ARUGULA, PEPPER.
Egg Salad / Plain Bagel	8.7	246	540	200	22.0	34	8.0	40	0 2	245 82	800	0 33	64	21	4 :	16 1	10 24	4 20	0 10	20	25	5 X	ı	х			X	F C X	LAIN BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, OLID AACID], WATER, MALT SYRUP, SALT, BAKERS YEAST), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED CREAM, ICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, ANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS)], MAYO [SOVBEAN OIL, WATER, CORN SYRUP, EGG YOLK, ISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]), FRESH TOMATO, CHEDDAR CHEESE PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), ARUGULA.
Egg Salad / Wheat Bread	12.4	352	700	260	38.0	49	13.0	65	0 4	70 15	7 960	0 42	67	24	0	0 1	15 3:	1 0	0	20	15	<b>x</b>		x			x	T C C S C X	RESH CRACKED EGG PASTEURIZED EGGS, WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, HIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, ONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH ONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND IGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDEJ, CALCIUM SULFATE, OY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), FRESH TOMATO, ONION & CHIVE CREAM CHEESE PASTEURIZED CREAM, DICED NIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, ANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, ALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLOREDJ), MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER INEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA [ADDED TO PROTECT FLAVOR]), ARUGULA.
DELI CLASSICS B.E.L.T. / Clabatta	11.8																							X			X	0 0 F 0	IABATTA (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACINE, IRON, THIAMINE MONONITRATE, RIBOFLAVINE, FOLIC ACID], WATER, SUGAR, YEAST, ANOLA OIL, WHEAT GLUTEN, MONO AND DIGLYCERIDES OF FATTY ACIDS, BETA-CAROTENE, ASCORBIC ACID, AMYLASE, XYLANASE, HEMICELLULASE, ELLULASE), EGG SALAD (FRESH CRACKED EGGS, ONION & CHIVE CREAM CHEESE [PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND ALCIUM CASEINATE (MILK PROTIENS), CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, OTASSIUM SORBATE (MAINTAINS FRESHNESS)], MAYO [SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, ALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)]), BACON (CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR [WATER, MIXED RIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN UM, SODIUM BENZOATE], SODIUM ERYTHORBATE, SODIUM NITRITE), FRESH TOMATO, ARUGULA, SALT, PEPPER.
Cheese & Tomato Melt / Rye Bread	9.6	273	690	310	35.0	54	17.0	85	0 1	.00 33	141	.0 59	63	21	4	16	2 3:	1 25	5 20	90	20			х			X	F N 0 2 A 0	YE BREAD (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, OLIC ACID], WATER, RYE FLOUR, YEAST, WHEAT FLOUR, SALT, FUMARIC ACID, MALTED BARLEY FLOUR, MALT POWDER [DRIED CORN SYRUP, BARLEY IALT EXTRACT], AND 2% OR LESS OF EACH OF THE FOLLOWING: ACCETIC ACID, LACTIC ACID, FULLY REFINED SOYBEAN OIL, WHEAT GLUTEN, WHOLE ARAWAY SEED, GRANULATED SUGAR, CALCIUM PROPIONATE [TO RETAIN FRESHNESS], DOUGH IMPROVER [MALTED WHEAT FLOUR, ENZYMES AND % OR LESS OF ASCORBIC ACID], CALCIUM SULFATE, ENZYMES), MUENSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND NNATTO [VEGETABLE COLORING]), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF OLORED]), FRESH TOMATO, DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), BUTTER SUBSTITUTE (SOYBEAN IL, HYDROGENATED SOYBEAN OIL WITH SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES, RTIFICIAL COLOR, DIMETHYLPOLYSILOXANE ADDED AS AN ANTI-FOAMING AGENT), SALT, PEPPER.

				Bruege	ger's Ba	gels N	lutritio	nal Info	rmatio	n													F= M	ANUF/	ACTUR	D IN A	FACIL	TY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS  AUTHENTIC NEW YORK STYLE	á	Servine Size ()	Sepuno Str.		ALONIES FRO.	POINT PA	ONA FAT	SATURATED FAT.	(b) Les Cales.	CHOLES AND CO	CHOLESTER (MG)	40 %) TOS	Sop	CARBOHDORA	MORATES (6)	MO C. LIBED	PREP (% D)	Suchrs (g)	VITAMIN.	MAMIN (8 DP)	CACOUNTS	HOW	FPS FPS	HSH.	HILLINGH	THEE, PEA.	Som Cool	INGREDIENT LIST
Harvest Turkey / Ciabatta	12.3	348	700	210	24.0	37	9.0	45	0 8	35 28	8 204	0 85	83	28	4 1	16 1	1 37	8	6	35	20	X		X			X	X CIABATTA (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACINE, IRON, THIAMINE MONONITRATE, RIBOFLAVINE, FOLIC ACID], WATER, SUGAR, YEAST, CANOLA OIL, WHEAT GLUTEN, MONO AND DIGLYCERIDES OF FATTY ACIDS, BETA-CAROTENE, ASCORBIC ACID, AMYLASE, XYLANASE, HEMICELLULASE, CELLULASE), TURKEY (TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, WHIGE TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, WINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED]), PICKLED RED ONIONS (FRESH RED ONIONS, WHITE VINEGAR, SUGAR, SALT), FRESH APPLE SLICES, CRANBERRY MAYONNAISE(MAYONNAISE (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA (ADDED TO PROTECT FLAVOR)), DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), WHOLE BERRY CRANBERRY SAUCE [CRANBERRIES, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, WATER]).
Pastrami & Swiss Melt / Rye Bread	10.2	290	530	180	20.0	31	7.0	35	0 4	15	5 126	0 53	62	21	5 2	20 :	3 25	6	40	45	20	X		х				X RYE BREAD (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, RYE FLOUR, YEAST, WHEAT FLOUR, SALT, FUMARIC ACID, MALTED BARLEY FLOUR, MALT POWDER [DRIED CORN SYRUP, BARLEY MALT EXTRACT], AND 2% OR LESS OF EACH OF THE FOLLOWING: ACETIC ACID, LACTIC ACID, FULLY REFINED SOYBEAN OIL, WHEAT GLUTEN, WHOLE CARAWAY SEED, GRANULATED SUGAR, CALCIUM PROPIONATE [TO RETAIN FRESHNESS], DOUGH IMPROVER [MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID], CALCIUM SULFATE, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), APPLE CIDER SLAW (GREEN CABBAGE, RED CABBAGE, CARROT, APPLE CIDER VINAIGRETTE [SOYBEAN OIL, WATER, HIGH FRUCTOSE, CORN SYRUP, VINEGAR [BALSAMIC, CIDAR], APPLE JUICE CONCENTRATE, EGG YOLK, CONTAINS LESS THAN 2% OF: SUGAR, SALT, NATURAL FLAVOR, XANTHAN GUM, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, SPICES, ONION, PROPYLENE GLYCOL ALGINATE, GARLIC, CITRIC ACID]), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), DIJON MUSTARD (DISTILLED VINEGAR & WATER, MUSTARD SEED, SALT, TUMERIC, SPICES), BUTTER SUBSTITUTE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL WITH SALT, SOY LECTHIN, NATURAL AND ARTIFICIAL FLAVOR, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL COLOR, DIMETHYLPOLYSILOXANE ADDED AS AN ANTI-FOAMING AGENT).
Tarragon Chicken Salad / Wheatberry Bread	10.2	288	530	270	30.0	46	4.5	23	0 5	50 17	7 800	33	44	15	4 1	16 1	7 19	15	30	2	6	X		х			<b>X</b>	AMENIL.  WHEATBERRY BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUTEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO-AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM DODATE, DATEM, ETHOXYLATED MONO-AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), FRESH TOMATO, CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING [SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT), DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID), SALT, RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE SOLIDS]), LETTUCE, MAYONNAISE VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), ALMONDS, LEMON JUICE, TARRAGON.
Turkastrami Melt / Rye Bread	12.4	352	650	190	21.0	32	8.0	40	0 7	75 25	i 170	0 71	. 77	26	4 1	16 1	7 35	i 15	25	50	25			X			X	X RYE BREAD (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, RYE FLOUR, YEAST, WHEAT FLOUR, SALT, FUMARIC ACID, MALTED BARLEY FLOUR, MALT POWDER [DRIED CORN SYRUP, BARLEY MALT EXTRACT], AND 2% OR LESS OF EACH OF THE FOLLOWING: ACETIC ACID, LACTIC ACID, FULLY REFINED SOYBEAN OIL, WHEAT GLUTEN, WHOLE CARAWAY SEED, GRANULATED SUGAR, CALCIUM PROPIONATE [TO RETAIN FRESHNESS], DOUGH IMPROVER [MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID], CALCIUM SULFATE, ENZYMES), PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR), TURKEY (TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), FRESH TOMATO, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES [ANNATTO VEGETABLE COLORING - IF COLORED]), HONEY MUSTARD (SUGAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TUMERIC, PAPRIKA), ARUGULA, BUTTER SUBSTITUTE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL WITH SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, TBHQ AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL COLOR, DIMETHYLPOLYSILOXANE ADDED AS AN ANTI-FOAMING AGENT), SALT, PEPPER.
Turkey in the Slaw / Wheat Bread  SIGNATURE & BAGEL SANDWICHES	8.0	226	520	200	23.0	35	11.0	55	0 8	27	118	0 49	49	16	3 1	12 2	1 26	10	30	45	8	x		х			x	MUENSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE COLORING]), WHEAT BREAD (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BULGAR WHEAT, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, HONEY, YEAST, WHEAT GLUEN, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS [CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONO- AND DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE], CALCIUM SULFATE, SOY LECITHIN, WHEAT FLOUR, ENZYMES, CALCIUM PROPIONATE), TURKEY BREAST, WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), APPLE CIDER SLAW (GREEN CABBAGE, RED CABBAGE, CARROT, APPLE CIDER VINAIGRETTE [SOYBEAN OIL, WATER, HIGH FRUCTOSE, CORN SYRUP, VINEGAR (BALSAMIC, CIDAR), APPLE JUICE CONCENTRATE, EGG YOLK, CONTAINS LESS THAN 2% OF: SUGAR, SALT, NATURAL FLAVOR, XANTHAN GUM, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, SPICES, ONION, PROPYLENE GLYCOL ALGINATE, GARLIC, CITRIC ACID]), HONEY MUSTARD (SUGAR, VINEGAR, MUSTARD, WATER, CONTAINS LESS THAN 2% OF: HONEY, CORN SYRUP, SOYBEAN OIL, SALT, MOLASSES, SPICES, TUMERIC, PAPRIKA), BUTTER SUBSTITUTE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL WITH SALT, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, THE AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL COLOR, DIMETHYLPOLYSILOXANE ADDED AS AN ANTI-FOAMING AGENT).
Herby Turkey / Sesame Bagel			570																			х		х			X	X SESAME BAGEL (UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, MALT SYRUP, SESAME SEEDS, SALT, YEAST), SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE), LETTUCE, RED ONIONS, LIGHT HERB GARLIC CREAM CHEESE (PASTEURIZED SKIM MILK AND CREAM, MILK PROTEINS, WHEY PROTEIN, LESS THAN 2% OF GARLIC, CHIVES, SPICES, SALT, NATURAL FLAVOR, NATURAL ACIDS, XANTHAN, LOCUST BEAN AND GUAR GUMS, VEGETABLE RENNET, POTASSIUM SORBATE [MAINTAINS FRESHNESS]). SUNDRIED TOMATO SPREAD (TOMATO SOLIDS, SUN DRIED TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OIL, BUTTER (CREAM, MILK, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, SALT, ENZYMES], RASPBERRIES, HIGH FRUCTOSE CORN SYRUP, SPICES, CHOPPED GRALIC, CITRIC ACID, LIME JUICE, SALT).
Leonardo da Veggie / Asiago Parmesan Bagel	10.1	286	490	130	14.0	22	7.0	35	0 4	<b>1</b> 5	860	36	70	23	5 2	20 1	2 21	. 35	40	30	20			X				X ASIAGO PARMESAN BAGEL (PLAIN BAGEL (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MIALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, MALT, SALT, MALT, BAKERS YEAST), ASIAGO PARMESAN SHRED (ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT & ENZYMES], POWDERED CELLULOSE WITH ENZYMES [TO PREVENT CAKING]), ITALIAN SPICE (CORN MEAL, SPICES, SUGAR, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, RED PEPPER, PAPRIKA)), FRESH TOMATO, LETTUCE, FRESH RED ONIONS, MUENSTER CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES AND ANNATTO [VEGETABLE COLORING]), LIGHT HERB GARLIC CREAM CHEESE (CULTURED SKIM MILK, PASTEURIZED CREAM, PASTEURIZED NONFAT MILK, WHEY PROTEIN CONCENTRATE, SODIUM AND CALCIUM CASEINATES (MILK PROTEINS), GARLIC, DRIED CHIVES, BLACK PEPPER, ONION POWDER, OREGANO, MARJORAM, DILL, SAGE, BASIL SALT, CITRIC, PHOSPHORIC, AND ACETIC ACIDS, XANTHAN, LOCUST BEAN, AND GUAR GUMS, POTASSIUM SORBATE (MAINTAINS FRESHNESS), NATURAL FLAVOR), ROASTED RED PEPPERS (RED PEPPERS, PIMENTO, WATER, SALT, CITRIC ACID).

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

				Bruegg	ger's Ba	agels N	utrition	al Inforn	nation													F= MAN	JFACTI	JRED IN	A FAC	CILITY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS  AUTHENTIC NEW YORK STYLE		Sepimo Size Co	Storme Str.	(b) 3.	ALONIES FROM	TRY MICOLO	TOPAL FAT (6)	SATURATED FATO	TRANS DY	CHOLESTERO.	OMO TOWN	Sopium mic)	CARBOHOBA (& DV)	OMDRAPES (6)	Mark	META (SODY)	(a) Supplies (a)	VIAMINACO	GOS), MINOLIN	CAC SUM (S.C.)	MON MON	EGGS.	SHELLFIE	NO WHITE	MEE NUS CENUDS	INGREDIENT LIST
New York Coffee Cake	5.1	144	590	260	29.0	45	7.0	35 0	45	15	430	18 77	26	2	8 47	6	4	0	6	2	x		X.		x	X SUGAR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, MARGARINE (LIQUID AND FULLY HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO- & DI-GLYCERIDES, SOY LECITHIN, SODIUM BENZOATE (PRESERVATIVE), NATURAL AND ARTIFICIAL FLAVOR, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), CITRIC ACID), WATER, GREEK YOGURT (CULTURED GRADE A SKIM MILK, MILK PROTEIN CONCENTRATE, ENZYMES, LIVE AND ACTIVE CULTURES, STREPTOCOCCUS THERMOPHIUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI), EGGS, EGG WHITES, UNBLEACHED, UNBROMATED, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DRIED CANE SYRUP, BUTTER (MILK), CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SPICES, MODIFIED FOOD STARCH, LEAVENER (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), EMULSIFIERS (PROPYLENE GLYCOL, MONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GLYCERIDES, SOY LECITHIN), ARTIFICIAL FLAVORS, WHEAT GLUTEN, CITRUS FIBER, POTASSIUM SORBATE (A PRESERVATIVE), SALT, NATURAL FLAVORS, XANTHAN GUM. TOPPING: STRING ICING (SUGAR, FONDANT (SUGAR SYRUP AND CORN SYRUP), WATER, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: WHEAT STARCH, LOCUST BEAN GUM, MONO-AND DIGLYCERIDES, POTASSIUM SORBATE (PRESERVATIVE), TITANIUM DIOXIDE (FOR COLOR), ARTIFICIAL FLAVOR (CONTAINS PROPYLENE GLYCOL, HYDROCHLORIC ACID), CITRIC ACID, AGAR, AND MALTODEXTRIN).
Peanut Butter Bar	4.1	115	620	370	41.0	63	22.0	110 1	. 70	23	330	14 62	21	3 1	L2 42	2 7	20		2	15			x x		Х	X BUTTER (MILK), SUGAR, GRAHAM CRACKER CRUMBS (UNBLEACHED UNENRICHED WHEAT FLOUR, WHOLE WHEAT GRAHAM FLOUR, SUGAR, PALM AND PALM KERNEL OIL, MOLASSES, HONEY, SALT, BAKING SODA), ALL NATURAL PEANUT BUTTER (DRY ROASTED PEANUTS), CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER), NATURAL VANILLA EXTRACT], CORN SYRUP, BROWN SUGAR.
Marshmallow Chew	2.7	76	290	60	7.0	11	3.0	<b>15</b> 0	0	0	290	12 54	18	0	0 22	2 3	6	0	0	20					X	MARSHMALLOWS (CORN SYRUP, SUGAR, MODIFIED FOOD STARCH (CORN), DEXTROSE, WATER, GELATIN, NATURAL AND ARTIFICIAL FLAVOR, TETRASOCIUM PYROPHOSPHATE), RICE CRISPS [RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT (CORN FLOUR, MALTED BARLEY), REDUCED IRON, NIACINAMIDE, THIAMIN HYDROCHLORIDE (VITAMIN B1), CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID, AND BHT ADDED FOR FRESHNESS), MARGARINE [PALM OIL, WATER, SOYBEAN OIL, SALT, NATURAL FLAVOR (INCLUDES MILK), SOY LECITHIN, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED), CORN SYRUP, SUGAR, HIGH FRUCTOSE CORN SYRUP, GLYCERIN, SOY LECITHIN (AN EMULSIFIER).
MUFFINS Blueberry (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	430	180	21.0	32	3.5	18 0	80	27	270	11 55	18	0	0 30	) 5	0	0	4	4 )	Х		( F	F	F	X SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, BLUEBERRIES WATER, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, NATURAL FLAVOR, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.
Blueberry (Main Street Gourmet)	5.0	142	490	260	28.0	43	5.0	25 0	130	43	230	10 54	18	3 1	L2 31	L 8	6	0	6	6 7	X		( F	F	X	
Cinnamon Coffee Cake (Bake N Joy) BOSTON, VERMONT, NORTHERN CONNECTICUT	4.5	127	500	250	27.0	42	7.0	35 0	90	30	280	12 62	21	0	0 36	5 5	0	0	4	4	X		( F	F	X	X SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, WATER, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, NONFAT DRY MILK, SOY LECITHIN), MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, CINNAMON, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.
Cinnamon (Main Street Gourmet)	5.0	142	570	280	31.0	48	5.0	25 0	105	35	270	11 62	21	3 1	L2 41	L 5	6	0	6	15 )	X		( F	F	X	X SUGAR, SOYBEAN OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, SOY LECITHIN, NATURAL FLAVORS), WATER, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, MONO-AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO-AND DI-GLYCERIDES, SODIUM STEAROYL LACTYLATE, SODIUM PROPIONATE, CITRIC ACID, SOY LECITHIN), SPICES, NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), XANTHAM GUM.
Corn (Bake N Joy) BOSTON, VERMONT, NORHTERN CONNECTICUT	4.5	127	480	210	23.0	35	3.5	18 0	90	30	280	12 64	21	0	0 30	7	4	0	4	4 )	Х		( F	F	F	X SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, WATER, CORN MEAL, MODIFIED FOOD STARCH, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), MONO AND DIGLYCERIDES, RICE STARCH, BUTTERMILK SOLIDS, SALT, LACTIC ACID, XANTHAM GUM, ENZYME.
Cranberry Nut (Main Street Gourmet)	5.0	142	490	230	26.0	40	4.0	20 0	65	22	440	18 54	18	3 1	L2 34	1 8	0	6	6	10 )	х		( F	х	X	X SUGAR, SOYBEAN OIL, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, SOY LECITHIN, NATURAL FLAVORS), WATER, BUTTERMILK (MILK), CONTAINS LESS THAN 2% OF: MODIFIED FOOD STARCH, EMULSIFIERS (PROPYLENE GLYCOL, MONO- AND DI-ESTERS OF FATS AND FATTY ACIDS, MONO- AND DI-GLYCERIDES, SODIUM STEAROYL LACTYLATE, SODIUM PROPIONATE, CITRIC ACID, SOY LECITHIN), SPICES, NATURAL FLAVORS, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), XANTHAN GUM.
Cranberry Nut (Bake N Joy) SELECT BAKERIES	4.5	127	430	210	23.0	35	3.5	18 0	85	28	300	13 53	18	1	4 29	5	4	6	6	4 )	x					X SUGAR, BLEACHED WHEAT FLOUR, EGGS, SOYBEAN OIL, CRANBERRIES, WATER, WALNUTS, MODIFIED FOOD STARCH, ORANGE ICING FRUIT (CORN SYRUP, SUGAR, ORANGE PEEL, ORANGE JUICE CONCENTRATE, WATER, OIL OF ORANGE, CITRIC ACID, PECTIN, SODIUM BENZOATE, ARTIFICIAL COLOR FD&C YELLOW #5), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), EMULSIFIERS (MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, PROPYLENE CLYCOL MONOESTERS), BUTTERMILK SOLIDS, SALT, NATURAL AND ARTIFICIAL FLAVOR.
Cranberry Nut (Karp's) BOSTON, SELECT CONNECTICUT	4.5	128	390	140	16.0	25	2.5	13 0	35	12	370	15 57	19	2	8 30	8	0	4	8	10	X		( F	Х	Х	X ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, CRANBERRIES, SOYBEAN OIL, WHOLE EGGS, WALNUTS, NONFAT MILK, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVORS, SALT.
OTHER SIDES Crackers	VALUE See lat	S LISTED el	ARE LI	IMITED T	O INFO	RMATI	ION PR	OVIDED I	SY SUPPL	LIER/M.	ANUFACT	URER O	F PACKA	GED OR	DISPE	NSED PI	RODUC	CTS.								
Potato Chips	See lat	el																								
SOUPS					4			10		-	25.							42	•		-					W HUNTER ROTATO AREAU AR
Baked Potato		227																					•		X	X WATER, POTATOES, CREAM, CREAM CHEESE [MILK, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), PALM OIL, CREAM, CHEESE CULTURE, MILKFAT, SALT, CAROB BEAN GUM, MONO AND DIGLYCERIDES, LACTIC ACID, APOCAROTENAL (COLOR)], ONIONS, CONTAINS LESS THAN 2% OF THE FOLLOWING: UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVORING), BACON (CURED WITH WATER, SALT, SUGAR, SODIUM ERYTHORBATE, SODIUM NITRITE: MAY ALSO CONTAIN POTASSIUM CHLORIDE, DEXTROSE, SMOKE FLAVORING, SODIUM PHOSPHATE, HONEY, POTASSIUM LACTATE, SODIUM DIACETATE, FLAVORING), CELERY, MODIFIED FOOD STARCH, CHICKEN BASE [COOKED CHICKEN, SALT, SUGAR, MALTODEXTRIN, HYDROLYZED CORN GLUTEN, CHICKEN FAT, WHEY, CHICKEN SEASONING (SALT, ACID WHEY POWDER, YEAST AUTOLYZATE, SWEET WHEY POWDER, SOYBEAN OIL, WATER, LACTOSE, SPICE OLEORESINS, AND OLEORESIN OF TURMERIC), ONION POWDER, TURMERIC, DISODIUM INOSINATE AND DISODIUM GUANYLATE, XANTHAN GUM, SPICE EXTRACTIVE], FLOUR (WHEAT FLOUR, ENRICHED, BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID)], CHIVES, GARLIC (GARLIC, WATER), SALT, EMULSIFYING SALT (SODIUM POLYPHOSPHATE, SODIUM PHOSPHATE), RED PEPPER SAUCE (VINEGAR, AGED RED PEPPER, SALT), NATURAL FLAVOR (MALTODEXTRIN, ENZYME MODIFIED BUTTER, SALT, DEHYDRATED BUTTER, SHORTENING POWDER, GUAR GUM, SODIUM BICARBONATE, ANNATTO AND TURMERIC FOR COLOR), SPICES.
Broccoli Cheese	8.0	227	160	100	11.0	17	7.0	35 0	35	12	910	38 9	3	0	0 1	5	20	20	0	0			C			X WATER, BROCCOLI, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), CREAM, MODIFIED FOOD STARCH, CARROTS, CONTAINS LESS THAN 2% OF THE FOLLOWING: BUTTER (PASTEURIZED CREAM, SALT), SALT, NATURAL FLAVOR (MALTODEXTRIN, ENZYME MODIFIED BUTTER, SALT, DETYDRATED BUTTER, SHORTENING POWDER, GUAR GUM, SODIUM BICARBONATE, ANNATTO AND TURMERIC FOR COLOR), SUGAR, FLOUR (WHEAT FLOUR, ENRICHED, BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID)], EMULSIFYING SALT (SODIUM POLYPHOSPHATE, SODIUM PHOSPHATE), RED PEPPER SAUCE (VINEGAR, AGED RED PEPPER, SALT), YEAST EXTRACT, SPICES, CITRIC ACID, VEGETABLE COLOR (ANNATTO EXTRACT), VEGETABLE COLOR (TURMERIC EXTRACT).

				Bruegge	er's Bag	els Nut	tritional	l Informa	itlon													F= MAN	UFACTU	RED IN	A FAC	PROCESSES THIS ALLERG	EN .	
BRUEGGER'S BAGELS  AUTHENTIC NEW YORK STYLE	1	SEAWAGE STE	SERVING SIZE (C.	Cal. CALORI.	CORIES FROM E.	The May	SATUR PATOR	SAURATED EST (9)	HOW SAL	CHOLES TRIQUES	MON DOWN	Soum Mes	CARBONDRAY	TO PAIRS (%)	FIBER	AN A	Phone (a)	VITAMINA (% D.)	CAO NIMBER	MOSUM USON	MO & MOL	FOGS	HOLLING	Adheo Allin	THE MUSCOS	· bough	INGREDIENT LIST	
Chicken & Wild Rice	8.0	227	230	140	16.0	25 10	0.0 50	60 0	70	23 8	20 34	1 14	5	0 0	1	7	60	0 0	) (	0		:	х		X	(ORING), CONTAINS LESS THES, SALT, HYDROLYZED SON MERIC), SALT, FLOUR [WHEA IONITRATE, RIBOFLAVIN ANI RACT, SALT, HYDROLYZED C	CHICKEN (WHITE MEAT), CARROTS, WILD RICE, CELERY, UNSALTED BUTTE AN 2% OF THE FOLLOWING: ONIONS, MODIFIED FOOD STARCH, CHICKEN E AND CORN PROTEIN, SUGAR, FLAVORING, POTATO FLOUR, AUTOLYZED YI T FLOUR, ENRICHED, BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, FOLIC ACID), SUGAR, GARLIC (GARLIC, WATER), NATURAL CHICKEN FLAV DRN SOY WHEAT PROTEIN, DEHYDRATED COOKED CHICKEN, NATURAL FL/	BASE (CHICKEN MEAT INCLUDING CHICKEN EAST EXTRACT, CARROT POWDER AND , NIACIN, REDUCED IRON, THIAMINE VOR [MALTODEXTRIN, AUTOLYZED YEAST
Chicken Spaetzle	8.0	227	140	30	3.5	5 0	0.0 0	0 0	45	15 6	60 28	3 14	5	0 (	1	11	60	4 0	) (	O X					X	ER, CHICKEN, SPAETZLE DU IONITRATE, RIBOFLAVIN, FO IONITRATE, RIBOFLAVIN, FO IF THE FOLLOWING: CHICKE DLYZED YEAST EXTRACT, DI: SERVATIVE), FLAVOR], MODI ICKEN FLAVOR (WITH HYDRO ICKEN, MODIFIED FOOD STAF	MPLING (ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOU  IC ACID), EGGS, ENRICHED DURUM WHEAT FLOUR (DURUM WHEAT FLOUR  IC ACID), SALT, SPICES, NATURAL FLAVOR, OLEORESIN TUMERIC), CARRO  N STOCK CONCENTRATE (CHICKEN STOCK, DEXTROSE, SALT, FOOD STARC  ODIUM INOSINATE AND DISODIUM GUANYLATE, ONION POWDER, NATURA  FIED FOOD STARCH, CHICKEN BASE (ROASTED CHICKEN AND CHICKEN FA  YZED CORN SOY WHEAT GLUTEN PROTEIN, MALTODEXTRIN, EGG YOLK, Y  CH), FLAVOR (WITH TORULA YEAST), DISODIUM INOSINATE, DISODIUM GUA  OIL, SALT, SPICES, SUGAR, GELLAN GUM, XANTHAN GUM, VEGETABLE COI	R, NIACIN, FERROUS SULFATE, THIAMINE DTS, ONION, CELERY, CONTAINS LESS THAN H- MODIFIED, HYDROLYZED CORN PROTEIN, AL FLAVORING, POTASSIUM SORBATE (A IT, SALT, AUTOLYZED YEAST EXTRACT, EAST EXTRACT, DEHYDRATED COOKED ANYLATE, POTATO STARCH, TURMERIC],
New England Clam Chowder	8.0	227	250	160	18.0	28 14	4.0 70	0 0	80	27 7	30 30	16	5	0 (	1	7	4	20 0	) 4	4		X	х		X	PRESERVE COLOR)], CONCE DNS, CONTAINS LESS THAN CLAM JUICE, SALT, CLARIFI RACT, DEHYDRATED POTATO	AMS, SEA CLAM JUICE, SALT, SODIUM TRIPOLYPHOSPHATE (TO RETAIN NA ITRATED SEA CLAM JUICE (SEA CLAM JUICE, AND SALT), POTATOES (CONT. % OF THE FOLLOWING: BUTTER (PASTEURIZED CREAM, SALT), MODIFIED ID BUTTER OIL, SUGAR, HYDROLYZED WHEAT GLUTEN, HYDROLYZED SOY FLAKES, DRIED CLAM EXTRACT, NATURAL AND ARTIFICIAL CLAM FLAVOR NO AND DIGLYCERIDES (AS EMULSIFIER)], SUGAR, NATURAL SEA SALT, G.	AINS SODIUM ACID PYROPHOSPHATE), FOOD STARCH, CLAM BASE [COOKED CLAMS WHEAT GLUTEN PROTEIN, AUTOLYZED YEAS R, DISODIUM INOSINATE AND DISODIUM
Tomato Feta Bisque	8.0	227	90	20	2.5	4 2	2.5 13	.3 0	10	3 10	90 45	5 14	5	2 8	7	5	10	25 10	0 4	4			х			T), TOMATOES (TOMATOES, 1	), WATER, TOMATOES (VINE-RIPENED FRESH UNPEELED GROUND TOMATO DMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE), CRUMBLED FETA ( IARCH (TO PREVENT CAKING)], CONTAINS LESS THAN 2% OF THE FOLLOW C. SALT SPICES	CHEESE [PASTEURIZED MILK, SALT, CHEESE
Vegetable		227							0																X	ER, CARROTS, NAVY BEANS DRIDE), SWEET POTATO, CO FE, VEGETABLE CONCENTRA ATO, CARROTS, GREEN BEL TEIN, CONTAINS 2% OR LES HFIED FOOD STARCH, SPICE T, SULFITES), MIREPOIX BAS	NAVY BEANS AND WATER), RED ONION, TOMATOES (TOMATOES, TOMATOES, CELERY, ZUCCHINI, SQUASH, KALE, RED BELL PEPPERS, CONTAINS LE TE [A BLEND OF VEGETABLES PUREES (CARROT, CELERY, ONION, SAUTEEI PEPPER, ONION JUICES (ONION, GARLIC, SHALLOT, CARROT), SUGAR, SA 6 OF THE FOLLOWING: MALTODEXTRIN, CANOLA OIL, NATURAL FLAVOR, DI HYDROLYZED SOY PROTEIN, BURGUNDY WINE SOLIDS], MODIFIED FOOD E [VEGETABLE PUREES (CARROT, CELERY, ONION), SALT, MALTODEXTRIN, TAINS 2% OR LESS OF THE FOLLOWING: EXTRACTIVE OF CARROT, XANTH/	SS THAN 2% OF THE FOLLOWING: TOMATO D ONION, RED BELL PEPPER), DEHYDRATED NLT, YEAST EXTRACT, HYDROLYZED CORN ISODIUM INOSINATE, DISODIUM GUANYLATE, STARCH, SUGAR, VIRGIN OLIVE OIL, WINE, ONION POWDER, CANOLA OIL, CORN
TOPPINGS	VALUE	ES LISTEI	BELOW	ARE FO	R A SIN	IGLE BA	AGEL OF	R CAFÉ S	ALAD PO	RTION;	FULL SIZ	E SAND	WICHES	AND E	NTRÉE :	SALAD:	S USE A	PPROX.	TWIC	E THE A	MOUNT	LISTED	BELOW					
American Cheese	0.8	21.0	20.0	20.0	7.0 1	11.0 4	.0 20	0.0 0.0	5.0	2.0 27	0.0 11.	.0 0.0	0.0	0.0 0.	0.0	5.0	2.0	0.0 15	5.0 0.	.0			х			ESE CULTURE, WITH STARCE	CITRATE, SALT, SODIUM PHOSPHATE, ASCORBIC ACID (AS A PRESERVATI ADDED FOR SLICE SEPARATION.	, , ,
Asiago Cheese, Shredded																					Ш		х			(MES).	MILK, CHEESE CULTURE, SALT, & ENZYMES), PARMESAN CHEESE (PART-SI	
Blue Cheese Cheddar Cheese			100 70.0				_						_								н		X X				TURE, SALT, ENZYMES, MOLD, NATAMYCIN, POWDERED CELLULOSE TO P. TURE, SALT, ENZYMES (ANNATTO VEGETABLE COLORING - IF COLORED).	PREVENT CAKING.
Muenster Cheese			100.0				_																X				TURE, SALT, ENZYMES AND ANNATTO (VEGETABLE COLORING).	
Provolone Cheese Swiss Cheese			50.0 50.0		_																Н		X X			TEURIZED MILK, CHEESE CU TEURIZED PART-SKIM MILK,	Ture, Salt, Enzymes. Cheese Culture, Salt, Enzymes.	
CONDIMENTS Butter	0.5	44	400	100	44.0	42 2			00	40 0			_	•						,			v			AM (MILK). SALT.		
Chipotle Sauce			100																				x		Х	ETABLE OIL [SOYBEAN, CAN	OLA], VINEGAR, CHIPOTLE PEPPER, SMOKED JALAPENO, VINEGAR, ONION, IME JUICE, SPICE, NATURAL GARLIC FLAVOR, ONION, GARLIC, NATURAL S	
Dijon Mustard Honey Mustard			0 45																		Н			-	Х		USTARD SEED, SALT, TUMERIC, SPICES. TER. CONTAINS LESS THAN 2% OF: HONEY. CORN SYRUP. SOYBEAN OIL. S	SALT. MOLASSES. SPICES. TUMERIC.
U	0.7	04	64	0	0.0	0 0		2 0	•	0	1 0	47		0 (	47	_	•	0 0	, ,	_	ш			ш		RIKA. E HONEY.		
Honey Horseradish Mayo			140																		Н				Х	BEAN OIL, CORN SYRUP, VIN	EGAR, HORSERADISH, DIJON MUSTARD (DISTILLED VINEGAR & WATER, M	
Hummus	2.0	57	120	60	6.0	9 1	0 5	5 0	0	0 1	25 5	10	3	0 0	0	5	0	0 2	2 2	20	Н		F	F		, , , , , , , ,	GG YOLK, CONTAINS 2% OR LESS OF: SALT, SUGAR, SPICE, XANTHAN GUN ROUND SESAME SEEDS), LEMON JUICE, WATER, LESS THAN 2% OF GARLI INS FRESHNESS).	,
Jelly/Jam - Grape Jelly/Jam - Strawberry	0.7		50 50						0				_		_	_					Н			Н		AWBERRIES, CORN SYRUP,	ORN SYRUP, CORN SYRUP, PECTIN, CITRIC ACID, SODIUM CITRATE. IIGH FRUCTOSE CORN SYRUP, SUGAR, PECTIN, CITRIC ACID, GRAPE JUICE	CONCENTRATE ADDED FOR COLOR,
Мауо	0.5	14	100	100	11.0	17 1	5 8	3 0	10	3 1	00 4	1	0	0 0	0	0	0	0 0	) (	0 <b>X</b>	Н				X	JRAL FLAVOR. BEAN OIL, WATER, CORN SY	RUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM D	OISODIUM EDTA (ADDED TO PROTECT FLAVOR
Peanut Butter	1.5	43	250	190	21.0	32 4	.0 20	0 0	0	0 2	00 8	9	3	3 1	2 4	9	0	0 0	) (	6	Н		х	П	X	STED PEANUTS, SUGAR, PA	TIALLY HYDROGENATED VEGETABLE OILS (COTTONSEED, SOYBEAN AND I	RAPESEED) TO PREVENT SEPARATION, SALT.
Sriracha Sauce	1.0	28	30	0	0.0	0 0	0.0	0 0	0	0 5	70 24	1 6	2	0 0	6	0	0	0 0	) (	0						I, SUGAR, SALT, GARLIC, DI	TILLED VINEGAR, POTASSIUM SORBATE, SODIUM BISULFITE AND XANTHA	N GUM.
Sundried Tomato Mayo	0.7		140																				х		X	TECT FLAVOR]),SUNDRIED T BUTTER [CREAM, MILK, SAL CTOSE CORN SYRUP, SPICE:	TER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPI DMATO PASTE (SUN RIPENED ROMA TOMATO SOLIDS, SUN DRIED ROMA T ], DEHYDRATED ONION, DEHYDRATED GARLIC, ROMANO CHEESE [MILK, S , CHOPPED GARLIC, CITRIC ACID, LIME JUICE, SALT.	OMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE SALT, ENZYMES], RED RASPBERRIES, HIGH
Sundried Tomato Spread  EGGS & EGG PATTIES	0.6	16	79	54	6.0	9 2	2.0 10	.0 0	6	2 4	16 2	5	2	0 1	1	1	6	9 1	1 2	2			X				ILIDS, SUN DRIED ROMA TOMATOES, CANOLA OIL, EXTRA VIRGIN OLIVE OI TED GARLIC, ROMANO CHEESE (MILK, SALT, ENZYMES), RED RASPBERRIE LIME JUICE, SALT.	
Egg White Patty (NY & Austin, TX Only)	2.0	57	40	0	0.0	0 0	0.0 0	0 0	0	0 1	90 8	2	1	0 (	0	6	0	0 0	) (	0 <b>X</b>					Х	WHITES, CONTAINS LESS TI	AN 2% OF CARRAGEENAN, MODIFIED FOOD STARCH, NATURAL EGG FLAV	OR [NATURAL REACTION FLAVOR, GLYCERIN
Liquid Egg White			30																						v		ITRATE ADDED AS A WHIPPING AID	MODIFIED FOOD CTARGUE CALT WILEY
Whole Egg Patty (NY & Austin, TX Only)	2.0	5/	110	80	9.0	14 2	.0 10	.0 0	1/5	o8 1	70 7	2	1	0 (	1	5	4	0 2	4	+ X					X	LE EGGS, WATER, SUYBEA!	OIL, CONTAINS LESS THAN 2% OF CITRIC ACID, LIQUID PEPPER EXTRACT,	, MODIFIED FOUD STARCH, SALT, WHEY.

				Bruedd	forle Re	odole N	utrition	al Inform	mation													E= MAI	MILEACT	IIDEN II	N A EA	ACILITY THAT PROCESSES THIS ALLERGEN
BRUEGGER'S BAGELS  AUTHENTIC NEW YORK STYLE		Sepring Size O.	SERVING SIZE	(a), (b), (c), (c), (c), (c), (c), (c), (c), (c	ALONIES PROP	AR AR AR	\$ \$ 6	SATURATED FATO	5 0 E	CHOLESTER	OW) TO STEND (& DI)	SODIUM (MG)	CARBONION (\$ DV)	BOHDBATES (6)	FIBER	PARP (8)	Menns (e)	VITAMINA (Q)	MANIN CON	CACIUM 180.	MOW SOL	EGGS	SHELLER	THE PARTY OF THE P	TREE NUTS PENUTS	INGREDIENT LIST
Fresh Cracked Egg	2.0	57	80	50	6.0	9	1.5	8 0	210	70	80	3 1	0	0	0 1	. 7	6	0	4	6 X						PASTEURIZED EGGS.
MEAT																										
Bacon	0.5	14	70	50	6	9	2	11 0	15	5	220	9 1	0	0	0 1	. 4	0	0	0	0						CURED WITH WATER, SALT, SUGAR, MAPLE FLAVOR (WATER, MIXED TRIGLYCERIDES, FLAVOR, GELATIN, CORN SYRUP, CARAMEL COLOR, CITRIC ACID, SODIUM CARBOXYMATHYLCELLULOSE GUM, GUM ARABIC, XANTHAN GUM, SODIUM BENZOATE), SODIUM ERYTHORBATE, SODIUM NITRITE.
Chicken Breast	4.0	113	140	35	4	6	1.5	7 0	60	20	700	29 1	0	0	0 0	25	0	0	0	2 X					X	X CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING (SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED VEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID]), SALT, RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN), LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS).
Egg Salad	2.5	71	150	120	13.0	20	4.0	20 0	215	72	140	6 2	1	0	0 1	. 8	10	2	4	6 X			X		X	PASTEURIZED EGGS, ONION & CHIVE CREAM CHEESE (PASTEURIZED CREAM, DICED ONIONS, NONFAT MILK, SODIUM AND CALCIUM CASEINATE [MILK PROTIENS], CITRIC, PHOSPHORIC, ACETIC AND LACTIC ACIDS, CHIVES, SALT, XANTHAN, LOCUST BEAN AND GUAR GUMS, POTASSIUM SORBATE [MAINTAINS FRESHNESS]), MAYO (SOYBEAN OIL, WATER, CORN SYRUP, EGG YOLK, DISTILLED AND CIDER VINEGAR, SALT, SPICE, CALCIUM DISODIUM EDTA [ADDED TO PROTECT FLAVOR]).
Ham	1.8	50	45	10	1.0	2	0.0	0 0	20	7	550	23 2	1	0	0 2	? 7	0	0	0	2				L		SHAVED HAM (CURED WITH WATER, HONEY, SALT, POTASSIUM LACTATE, SUGAR, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE).
Pastrami	1.3	38									230													L		PASTRAMI (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SEASONING [SALT, FLAVORING], SODIUM ERYTHORBATE, SODIUM NITRITE, FLAVORING. SEASONING INGREDIENTS: SPICES, SALT, CARAMEL COLOR, SUGAR, SMOKE FLAVOR).
Salmon		50								_	737							_		_	X					SALMON, SALT, HARDWOOD SMOKE.
Sausage	1.5	43	160	140	16.0	25	6.0	30 0	30	10	280	12 0	0	0	0 0	6	0	0	0	2						PORK, WATER, SALT, SPICES, DEXTROSE, SUGAR, AUTOLYZED YEAST, LIME FLAVOR (CORN SYRUP SOLIDS, LIME JUICE SOLIDS, NATURAL FLAVOR), FLAVORING, TBHQ, BHT, CITRIC ACID, LACTIC ACID.
Turkey Sausage	15	42	80	45	5.0	8	15	8 0	0 40	13	270	11 0	0	0	0 0	8	2	0	2	2						TURKEY, WATER, SALT, SPICES, SPICE EXTRACTIVES.
Tarragon Chicken Salad	2.5										340									2 X	•			х	x	X CHICKEN BREAST (CHICKEN BREAST, WATER, VEGETABLE OIL, SEASONING (SALT, ROAST CHICKEN FLAVOR (CONTAINS AUTOLYZED YEAST EXTRACT, DECOLORIZED SOY SAUCE [WATER, SOYBEANS, WHEAT, AND SALT], AND TAPIOCA DEXTRIN, SUGAR, CITRIC ACID]), SALT, RICE STARCH, LEMON PHOSPHATE (SODIUM PHOSPHATE AND LEMON JUICE CONCENTRATE), FLAVORING (VEGETABLE OIL, EXTRACTS OF ROSEMARY, MONO AND DIGLYCERIDES AND LECITHIN, LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS)), MAYONNAISE (VEGETABLE OIL (SOYBEAN, CANOLA), EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), ALMONDS, LEMON JUICE, DRIED TARRAGON.
Tuna Salad	2.5	71	230	170	19.0	29	2.5	13 0	0 40	13	330	14 3	1	0	0 0	11	0	0	0	2 X	x				x	X TUNA (LIGHT TUNA, WATER, VEGETABLE BROTH [CONTAINS SOY], SALT), MAYONNAISE (VEGETABLE OIL [SOYBEAN, CANOLA], EGG YOLK, WATER, CORN SYRUP, VINEGAR, CONTAINS LESS THAN 2% OF: SALT, SPICES, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), BREAD CRUMBS (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA], WATER, SALT, CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGYLCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESENVATIVES), SESAME SEEDS] OAT FLOUR, SALT, DRIED PARSLEY, SPICES, ONION POWDER, GARLIC, NATURAL FLAVOR, EGG, SUNFLOWER SEEDS).
Turkey	1.8	50	45	0	0.0	0	0.0	0 0	15	5	430	18 2	1	0	0 1	. 9	0	0	0	2					X	SHAVED TURKEY BREAST (WHITE TURKEY MEAT, TURKEY BROTH, DEXTROSE, MODIFIED FOOD STARCH, POTASSIUM LACTATE, VINEGAR, SALT, LEMON JUICE, CARRAGEENAN, SODIUM PHOSPHATES, SODIUM DIACETATE).
NUTS/OTHER																										
Almonds (Sliced)											0	_						_		2				Х		ALMONDS.
Croutons											170								0	0			X		X	X ENRICHED FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, WATER, WHEY, SALT, RYE FLOUR, WHOLE WHEAT FLOUR, CRACKED WHEAT, WHEAT BRAN, PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], HIGH FRUCTOSE CORN SYRUP, MALT, SOY FLOUR, BUTTERFAT, YEAST, WHEAT GLUTEN, GUM ARABIC, ASCORBIC ACID, CARAMEL COLOR TBHQ [PRESERVATIVE]).
Sesame Seeds VEGETABLES & FRUIT	0.2	7	40	30	3.5	5	0.0	0 0	0	0	0	0 2	1	1	5 0	1	0	0	0	4						TOASTED SESAME SEEDS.
Capers	0.1	3	0	0	0	0	0	0 0	0	0	65	3 0	0	0	0 0	0	0	0	0	0						CAPERS, WATER, SALT, WINE VINEGAR.
Cucumbers		21								_	0							_								FRESH CUCUMBER.
Green Peppers		28	6	0	0.0	0	0.0	0 0	0 0	0	1	0 1	0	0	0 1	. 0	2	38	0	1						GREEN PEPPERS.
Lettuce Pickles	1.0	4 28	0				_			_	330							_	0	0						FRESH LETTUCE.  FRESH CUCUMBERS, WATER, VINEGAR, SALT, SPICES, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVORS, GARLIC OIL, POLYSORBATE 80, TUMERIC (COLOR).
Pickled Red Onions											210							2	0	0						FRESH RED ONION, WHITE VINEGAR, SUGAR, SALT.
Red Onions		3					_			_	0							_								FRESH RED ONION.
Red Peppers		28 5								_	1							38		1						RED PEPPERS.  FRESH TOMATO.
Tomatoes Cranberries (Dried)											0															FRESH TOMATO.  CRANBERRIES, SUGAR, SUNFLOWER OIL.
Granuernes (Dileu)	0.1	21	00	U	0.0	U	0.0	0 (	, 0	U	U	0 10	, 5		U 1.	J	U	U	U	J						Unambernies, Judan, Juni Edwer VII.