Einstein Bros.® Nutrition Information

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Allergen Information: Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Limited Time Offerings Starting 08.26.26																								
Cinnamon Sugar Pull Apart Bagel	4 oz	108	300	2	1	0	0	520	61	3	11	10	10	0		X		X						
Pumpkin Crunch Pull Apart Bagel	4 oz	108	340	2.5	0	0	0	520	66	3	13	11	11	0				X						
Crème Brulee Cold Brew	16 fl oz		180	0	0	0	0	50	42	0	39	39	2	139		X								
	24 fl oz		270	0	0	0	0	75	63	0	58	58	3	209										
Crème Brulee Iced Coffee	16 fl oz		170	0	0	0	0	35	40	0	39	39	1	95		X								
	24 fl oz		250	0	0	0	0	55	59	0	58	58	2	143										
Crème Brulee Latte	12 fl oz		240	4.5	3	0	20	130	41	0	40	29	10	196		X								
	16 fl oz		310	6	3.5	0	25	160	54	0	53	39	12	196										
	20 fl oz		410	7	4.5	0	30	200	71	0	69	53	15	294										
Frozen Crème Brulee	16 fl oz		460	7	5	0	20	230	89	0	84	76	7	209		X								
	24 fl oz		680	10	7	0	25	350	133	0	125	113	12	0										
Limited Time Offerings Starting 08.19.26																								
Pumpkin Bagel	3 oz	99	300	1.5	0	0	0	510	59	3	8	6	11	0				X						
Pumpkin Shmear	1 oz	35	120	9	5	0	30	90	9	0	8	6	1	0		X								
Limited Time Offerings Starting 6.10.26																								
Cold Foam Topping	1 oz	28	80	0	6	0	0	25	5	0	3	3	0	0		X	X							
Bagels and Bread																								
Classic Bagels **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																								
Ancient Grain	1 Bagel	106	290	5	0.5	0	0	450	50	7	9	6	13	0			X[1]	X						
Cinnamon Raisin	1 Bagel	105	280	1	0	0	0	460	59	2	11	4	10	0				X					X	
Cranberry	1 Bagel	105	310	3.5	0.5	0	0	440	59	2	12	10	9	0			X[1]	X					X	
Everything	1 Bagel	104	280	1	0	0	0	570	57	2	5	4	11	0				X					X	
Garlic	1 Bagel	104	280	1.5	0	0	0	510	57	2	5	4	11	0				X					X	
Honey Whole Wheat	1 Bagel	101	280	3	0.5	0	0	440	51	6	8	7	12	0			X[1]	X					X	
Onion	1 Bagel	104	280	0.5	0	0	0	510	58	2	6	4	10	0				X					X	
Plain	1 Bagel	101	270	0.5	0	0	0	510	56	2	5	4	10	0				X					X	
Poppy Seed	1 Bagel	104	280	2	0	0	0	510	56	3	5	4	11	0				X					X	
Pumpernickel	1 Bagel	101	270	1	0	0	0	420	55	3	4	2	10	0				X						
Sesame Seed	1 Bagel	104	290	2	0	0	0	510	56	2	5	4	11	0				X					X	
Cinnamon Raisin *	1 Bagel	105	290	1	0	0	0	490	61	2	12	4	10	0				X					X	
Cranberry *	1 Bagel	105	310	4	1	0	0	470	60	3	13	10	10	0				X					X	
Everything *	1 Bagel	105	280	1.5	0	0	0	540	58	2	6	4	10	0				X					X	
Honey Whole Wheat *	1 Bagel	105	290	3.5	0	0	0	480	52	6	9	8	12	0				X					X	
Plain *	1 Bagel	105	280	1	0	0	0	540	58	2	6	4	10	0				X					X	
Sesame Seed *	1 Bagel	105	280	2	0	0	0	530	56	2	6	4	11	0				X					X	
Signature Bagels **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																								
Asiago Cheese	1 Bagel	109	300	3.5	1.5	0	10	650	54	2	5	4	13	0		X		X					X	
Blueberry	1 Bagel	106	280	1	0	0	0	440	60	2	10	8	9	0				X					X	
Chocolate Chip	1 Bagel	103	280	3	1.5	0	0	470	56	2	10	9	10	0			X	X					X	
Cinnamon Sugar	1 Bagel	108	300	2	0.5	0	0	520	61	3	11	10	10	0		X	X[1]	X					X	
Pretzel	1 Bagel	100	260	0.5	0	0	0	4440	54	2	5	4	10	0				X					X	
Asiago Cheese *	1 Bagel	110	310	2.5	1.5	0	5	640	57	2	5	4	13	0		X	X	X					X	
Blueberry *	1 Bagel	105	280	1	0	0	0	490	59	2	10	8	10	0				X					X	
Chocolate Chip *	1 Bagel	105	290	2.5	1.5	0	0	490	58	2	10	8	10	0			X	X					X	
French Toast *	1 Bagel	105	320	4.5	1.0	0	0	500	60	2	11	10	10	0				X					X	
Thintastic Bagels **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																								
Ancient Grain Thin	1 Thin	74	190	2.5	0	0	0	340	35	4	7	4	9	0			X[1]	X						
Everything Thin	1 Thin	74	200	1	0	0	0	410	41	2	4	3	8	0				X					X	
Honey Whole Wheat Thin	1 Thin	74	200	2.5	0	0	0	320	37	5	6	5	9	0			X[1]	X					X	
Plain Thin	1 Thin	74	200	0	0	0	0	370	41	2	4	3	7	0				X					X	
Gourmet Bagels																								
Apple Cinnamon	1 Bagel	149	420	7	2	0	0	610	78	2	28	25	9	0			X	X						
Cheddar Jalapeno	1 Bagel	127	330	8	3.5	0	15	650	51	2	5	4	13	0		X	X[1]	X						

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)		Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Cheesy Hash Brown Bagel	1 Bagel	127	390	11	4.5	0	10	640	59	3	5	4	13	0			X	X[1]	X						
Green Chile	1 Bagel	156	390	11	5	0	25	690	55	3	6	4	18	0			X	X[1]	X						
Maple French Toast Gourmet Bagel	1 Bagel	115	360	4.5	1	0	0	480	71	4	24	22	10	0			X	X	X						
Six-Cheese	1 Bagel	126	360	10	4.5	0	20	650	51	2	5	4	16	0			X	X[1]	X						
Spinach Florentine	1 Bagel	142	370	11	4.5	0	15	560	52	3	5	4	14	0			X	X[1]	X						
Specialty Breads **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																									
Bagel Roll	1 Roll	100	270	3.5	0.5	0	0	420	50	2	5	4	9	0				X[1]	X						
Ciabatta Roll*	1 Ciabatta	90	230	2.5	0	0	0	610	44	2	1	0	8	0					X						
Flour Tortilla	1 Tortilla	104	310	7	2.5	0	0	630	52	2	0	0	8	0				X[1]	X						
Cream Cheese and Spreads																									
Whipped Cream Cheese Shmear																									
Garden Veggie Reduced Fat	1.2 oz	35	100	9	6	0	30	190	5	0	2	0	2	0			X								
Garlic and Herb	1.2 oz	35	110	9	5	0	30	190	5	0	2	0	2	0			X								
Honey Almond Reduced Fat	1.2 oz	35	120	9	4.5	0	25	80	10	0	7	5	2	0			X			X					*Almonds
Jalapeno Salsa Reduced Fat	1.2 oz	35	100	9	5	0	25	190	5	1	2	0	2	0			X								
Onion and Chive	1.2 oz	35	110	10	6	0	35	105	4	0	1	0	2	0			X								
Plain	1.2 oz	35	120	12	7	0	40	120	2	0	2	0	2	0			X								
Strawberry Reduced Fat	1.2 oz	35	120	9	5	0	30	90	9	0	6	5	1	0			X								
Country Pepper Shmear	0.7 oz	19	60	5	3	0	15	75	3	0	1	0	1	0			X								
Spreads **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																									
Add Syrup	0.5 oz	14	50	0	0	0	0	25	13	0	6	6	0	0											
Butter Blend	0.5 oz	14	110	12	5	0	0	85	0	0	0	0	0	0			X	X[1]							
Honey	1.0 oz	28	90	0	0	0	0	0	23	0	22	22	0	0											
Natural Peanut Butter	1.5 oz	43	240	21	4.5	0	0	105	10	4	5	3	9	0				X			X				
Natural Strawberry Jam	1.0 oz	28	60	0	0	0	0	0	16	0	14	14	0	0											
Peanut Butter and Jam *	2.5 oz	71	300	21	4.5	0	0	105	26	4	19	17	9	0							X				
Egg Meat and Cheese																									
Eggs **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																									
1 Cage Free Egg	1 Egg	46	80	6	2	0	185	140	1	0	0	0	6	0		X	X	X[1]							
2 Cage Free Eggs	2 Egg	102	160	11	4	0	370	280	2	0	1	0	13	0		X	X	X[1]							
1 Egg White	1 Egg	58	35	1	0	0	0	170	1	0	0	0	6	0		X	X	X[1]							
2 Egg White	2 Egg	116	70	1.5	0.5	0	0	330	1	0	0	0	12	0		X	X	X[1]							
Fried Egg Patty*	1 Egg	43	90	8	1.5	0	120	105	1	0	0	0	5	0		X	X	X							
Cheese																									
American 1 Slice	0.5 oz	14	50	4.5	2.5	0	15	250	1	0	1	0	2	0			X	X							
Cheddar 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	95	0	0	0	0	3	0			X								
Swiss 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	25	0	0	0	0	4	0			X								
Meat **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																									
Bacon	4 Pieces	14	70	5	2	0	15	240	1	0	1	0	5	0											
Brisket	2 oz	57	110	9	3.5	0	30	430	1	0	0	0	8	0											
Chicken Breast*	3 oz	85	90	1	0	0	60	260	0	0	0	0	20	0											
Chorizo Sausage Patty	1 Patty	43	160	16	5	0	30	390	1	0	0	0	5	0											
Ham, Breakfast	1.5 oz	43	45	1	0	0	15	480	2	0	2	0	6	0											
Ham, Lunch	3.0 oz	85	90	2.5	1	0	35	970	4	0	3	0	12	0											
Lox, Cold Smoked Salmon	2.0 oz	57	100	6	1	0	20	650	0	0	0	0	12	0								X			Salmon
Pepperoni Slices	10 Pieces	19	90	9	3.5	0	20	330	1	0	0	0	3	0											
Pork Sausage Patty	1 Patty	43	180	17	6	0	30	280	0	0	0	0	6	0											
Turkey, Lunch	3.0 oz	85	90	2.5	0	0	40	650	9	0	2	2	15	0											
Turkey Sausage Patty	1 Patty	43	90	7	2	0	40	280	0	0	0	0	7	0											
Sauces and Produce																									
Sauces																									
Chipotle Salsa	0.5 oz	14	5	0	0	0	0	80	1	0	1	0	0	0				X[1]							
Chipotle Mayo	0.5 oz	14	90	10	1.5	0	5	115	1	0	0	0	0	0		X		X[1]							
Double Egg Mayo	0.5 oz	14	100	12	2	0	10	40	0	0	0	0	0	0		X		X[1]							
Roasted Tomato Spread	0.5 oz	14	80	8	1.5	0	5	110	1	0	1	1	0	0		X	X	X[1]							
Spicy Brown Mustard	0.5 oz	14	15	0	0	0	0	140	0	0	0	0	0	0											

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Produce																								
Avocado	1.0 oz	28	50	4	0.5	0	0	0	3	2	0	0	1	0										
Capers	0.1 oz	3	0	0	0	0	0	60	0	0	0	0	0	0										
Cucumber	3 Slices	28	5	0	0	0	0	0	1	0	0	0	0	0										
Leaf Lettuce	0.5 oz	14	0	0	0	0	0	0	0	0	0	0	0	0										
Pickle Spear	1.0 oz	28	0	0	0	0	0	260	0	0	0	0	0	0										
Red Onion	3 Slices	9	5	0	0	0	0	0	1	0	0	0	0	0										
Spinach	0.5 oz	14	5	0	0	0	0	10	1	0	0	0	0	0										
Tomato	2 Slices	43	10	0	0	0	0	0	2	0	1	0	0	0										
Einstein Bros Company Egg Sandwiches																								
Einstein Bros. Company: Classic 1 Egg Sandwiches *^Nutrition and Allergen Information Shown is Made on Plain Bagel*																								
Bacon & Cheddar ^	6.2 oz	175	450	16	7	0	215	980	58	2	6	4	25	0	X	X	X[1]	X					X	
Cheddar Cheese ^	5.7 oz	161	400	11	4.5	0	200	740	57	2	5	4	20	0	X	X	X[1]	X					X	
Ham & Swiss ^	7.2 oz	204	450	12	5	0	215	1160	59	2	7	4	26	0	X	X	X[1]	X					X	
Pork Sausage & Cheddar ^	7.2 oz	204	580	28	11	0	230	1020	57	2	5	4	26	0	X	X	X[1]	X					X	
Turkey Sausage & Cheddar ^	7.2 oz	204	490	18	7	0	240	1020	57	2	5	4	27	0	X	X	X[1]	X					X	
Einstein Bros. Company: Classic 2 Egg Sandwiches *^Nutrition and Allergen Information Shown is Made on Plain Bagel*																								
Bacon & Cheddar ^	8.2 oz	232	550	21	9	0.5	400	1130	58	2	7	4	31	0	X	X	X[1]	X					X	
Cheddar Cheese ^	7.7 oz	218	480	16	7	0.5	385	890	57	2	6	4	26	0	X	X	X[1]	X					X	
Ham & Swiss ^	9.2 oz	260	530	17	7	0.5	400	1300	59	2	7	4	33	0	X	X	X[1]	X					X	
Pork Sausage & Cheddar ^	9.2 oz	260	660	33	13	0.5	415	1160	57	2	6	4	32	0	X	X	X[1]	X					X	
Turkey Sausage & Cheddar ^	9.2 oz	261	570	23	9	0.5	425	1170	57	2	6	4	33	0	X	X	X[1]	X					X	
Einstein Bros. Company: Classic Egg White Sandwiches *^Nutrition and Allergen Information Shown is Made on Plain Bagel*																								
Bacon & Cheddar ^	6.6 oz	187	430	11	5	0	30	1010	57	2	6	4	25	0	X	X	X[1]	X					X	
Cheddar Cheese ^	6.1 oz	173	360	6	3	0	15	770	56	2	5	4	20	0	X	X	X[1]	X					X	
Ham & Swiss ^	7.6 oz	216	400	7	3.5	0	30	1180	58	2	7	4	26	0	X	X	X[1]	X					X	
Turkey Sausage & Cheddar ^	7.6 oz	216	450	13	5	0	55	1050	56	2	5	4	27	0	X	X	X[1]	X					X	
Einstein Bros. Company Chef's Creations: 1 Egg Sandwiches																								
Chorizo Sunrise on Green Chile	10.7 oz	305	790	46	18	0.5	265	1410	64	5	8	4	34	0	X	X	X[1]	X						
Farmhouse On Cheesy Hash Brown	9.2 oz	262	690	32	14	0.5	255	1670	65	3	9	4	35	0	X	X	X[1]	X						
Garden Avocado on Everything	8.8 oz	249	500	19	4	0	190	840	64	5	8	5	18	0	X	X	X[1]	X					X	
Maplehouse Egg Sandwich 1 Egg	9.3 oz	264	860	41	16	0	255	1300	92	4	35	31	31	0	X	X	X	X	X					Almonds
Santa Fe Sandwich on Asiago	8.6 oz	244	580	25	11	0.5	260	1340	59	2	7	4	31	0	X	X	X[1]	X					X	
Texas Brisket on Cheddar Jalapeno	9.6 oz	273	760	48	14	0	255	1560	56	3	6	4	30	0	X	X	X[1]	X						
Einstein Bros. Company Chef's Creations: 2 Egg Sandwiches																								
All-Nighter on Cheesy Hash Brown	10.6 oz	300	900	56	19	1	435	1910	65	3	8	4	35	0	X	X	X[1]	X						
Chorizo Sunrise on Green Chile	12.7 oz	361	870	51	20	1	455	1550	64	5	9	4	40	0	X	X	X[1]	X						
Farmhouse On Cheesy Hash Brown	11.2 oz	318	770	38	16	1	445	1810	66	3	10	4	41	0	X	X	X[1]	X						
Garden Avocado on Everything	10.8 oz	306	580	25	6	0	375	980	65	5	8	5	24	0	X	X	X[1]	X					X	
Maplehouse Egg Sandwich 2 Eggs	11.3 oz	321	940	47	18	0.5	445	1440	93	4	35	31	38	0	X	X	X	X	X					Almonds
Santa Fe Sandwich on Asiago	10.6 oz	301	660	31	13	1	450	1480	60	2	7	4	37	0	X	X	X[1]	X					X	
Texas Brisket on Cheddar Jalapeno	11.2 oz	319	840	53	16	0.5	440	1700	56	3	6	4	36	0	X	X	X[1]	X						
Einstein Bros. Company Chef's Creations: 1 Egg White Sandwiches																								
Bacon Avocado Tomato Thin on Plain	8.1 oz	231	440	19	4.5	0	20	890	47	4	7	3	19	0	X	X	X[1]	X					X	
Chorizo Sunrise on Green Chile	11.2 oz	317	750	41	17	0.5	80	1440	63	5	8	4	34	0	X	X	X[1]	X						
Farmhouse On Cheesy Hash Brown	9.7 oz	274	650	27	13	0	70	1690	65	3	9	4	34	0	X	X	X[1]	X						
Garden Avocado on Everything	9.2 oz	261	450	14	2.5	0	5	860	63	5	7	5	18	0	X	X	X[1]	X					X	
Santa Fe Sandwich on Asiago	9.0 oz	256	540	20	9	0	75	1360	59	2	7	4	31	0	X	X	X[1]	X					X	
Texas Brisket on Cheddar Jalapeno	10.0 oz	284	720	43	13	0	70	1590	55	3	6	4	30	0	X	X	X[1]	X						
Burritos																								
Einstein Bros. Company Burrito **NW Locations Only*																								
Big Breakfast Burrito*	14.0 oz	398	1050	60	27	1	500	2320	76	4	5	0	50	0	X	X	X[1]	X						
Chorizo Breakfast Burrito	14.0 oz	398	1120	68	30	1	490	2430	77	4	6	0	49	0	X	X	X[1]	X						

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)		Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Einstein Bros License Egg Sandwiches																									
Einstein Bros. License: Classic Egg Sandwiches *^Nutrition and Allergen Information Shown on Plain Bagel *Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																									
Applewood Bacon & Cheddar ^ *	6.1 oz	173	500	18	6	0	150	980	61	2	7	4	23	0		X	X	X	X					X	
Cheddar Cheese ^ *	5.7 oz	163	430	13	4.5	0	135	740	60	2	6	4	18	0		X	X	X	X					X	
Ham & Swiss ^ *	7.2 oz	205	470	14	4.5	0	150	1160	61	2	8	4	25	0		X	X	X	X					X	
Turkey Sausage & Cheddar ^ *	7.2 oz	205	520	20	6	0	175	1020	60	2	6	4	25	0		X	X	X	X					X	
Einstein Bros. License: Signature Egg Sandwiches *Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																									
All-Nighter on Cheesy Hash Brown*	9.8 oz	278	930	60	18	0.5	305	1850	66	3	8	4	33	0		X	X	X	X						
Bacon Avocado Tomato Thin on Plain*	8.1 oz	230	430	18	4	0	20	830	48	4	8	3	19	0		X	X	X	X					X	
Farmhouse On Cheesy Hash Brown*	9.1 oz	258	710	35	15	0	195	1630	65	3	9	4	33	0		X	X	X	X						
Garden Avocado on Everything	8.7 oz	248	510	21	3.5	0	125	770	65	5	8	5	16	0		X	X	X	X					X	
Santa Fe on Asiago Thin*	7.8 oz	220	440	18	8	0	70	1070	43	2	5	3	26	0		X	X	X	X					X	
License Burrito																									
Einstein Bros. License: Burrito *Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																									
Big Bro's Burrito *	15.3 oz	433	1250	76	33	1	380	2330	94	7	5	0	48	0		X	X	X	X						
Chorizo Breakfast Burrito	14.0 oz	398	1120	68	30	1	490	2430	77	4	6	0	49	0		X	X	X[1]	X						
Einstein Bros. Company Lunch Sandwiches																									
Einstein Bros. Company: Signature Lunch Sandwiches																									
Avocado Veg Out on Sesame	9.1 oz	259	410	11	3.5	0	15	630	66	6	8	4	14	0			X		X					X	
Ham & Swiss on Plain Bagel	10.4 oz	295	540	20	5	0	55	1690	63	3	10	4	27	0		X	X	X[1]	X					X	
Nova Lox on Plain Bagel	8.7 oz	248	500	18	8	0	60	1340	60	3	8	4	24	0			X		X			X		X	Salmon
Tasty Turkey on Asiago Bagel	11.6 oz	329	520	16	8	0	80	1430	71	3	10	6	32	0			X		X					X	
Turkey & Cheddar on Plain Bagel	10.4 oz	295	540	20	4.5	0	60	1440	68	3	8	6	29	0		X	X	X[1]	X					X	
Turkey, Bacon & Avocado on Plain Bagel	11.0 oz	313	640	28	5	0	65	1630	73	4	10	7	31	0		X	X	X[1]	X					X	
Einstein Bros. Company: Hot and Toasty Lunch Sandwiches																									
Pizza Bagel, Cheese on Plain	6.4 oz	183	460	13	8	0	40	1090	61	3	7	4	25	0			X		X					X	
Pizza Bagel, Pepperoni on Plain	7.1 oz	202	560	22	11	0	60	1420	61	3	7	4	28	0			X		X					X	
Einstein Bros. License Lunch sandwiches																									
Einstein Bros. License: Signature Lunch Sandwiches *Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																									
Avocado Veg Out on Sesame*	9.2 oz	260	400	11	3.5	0	15	640	66	5	9	4	14	0			X		X					X	
Ham & Swiss on Plain Bagel*	10.5 oz	299	550	20	5	0	55	1720	65	3	11	4	26	0		X	X		X					X	
California Turkey Wrap*	12.6 oz	358	670	32	10	0	75	1700	72	5	6	2	31	0		X	X		X						
Chicken Salad on Plain Bagel *	9.7 oz	275	490	16	2.5	0	65	930	61	3	8	4	29	0		X			X					X	
Nova Lox on Plain Bagel*	8.8 oz	250	510	19	8	0	60	1340	63	3	9	4	24	0		X	X		X			X		X	Salmon
Tasty Turkey on Asiago Bagel*	11.6 oz	330	530	15	8	0	75	1420	75	3	10	6	31	0			X	X	X					X	
Turkey & Cheddar on Plain Bagel*	10.5 oz	299	560	20	4.5	0	60	1470	70	3	9	6	29	0		X	X		X					X	
Turkey, Bacon & Avocado on Ciabatta*	10.6 oz	302	600	30	6	0	65	1740	61	4	6	3	29	0		X	X		X						
Einstein Bros. License: Hot Sandwiches *Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																									
Albuquerque Turkey on Six Cheese*	12.2 oz	345	710	33	15	0.5	120	1810	68	3	11	6	44	0			X		X						
Cheesy Veggie Melt on Ciabatta*	8.2 oz	232	620	37	13	0.5	65	1090	50	3	3	1	23	0		X	X		X						
Chicken and Pepperoni on Ciabatta*	8.8 oz	250	650	33	13	0	120	1560	47	2	1	1	43	0		X	X		X						
Pizza Bagel Cheese on Plain*	6.6 oz	187	480	14	8	0	40	1120	63	3	8	4	25	0			X		X					X	
Pizza Bagel Pepperoni on Plain*	7.2 oz	205	570	22	11	0	60	1440	64	3	8	4	28	0			X		X					X	
Spicy Chicken on Ciabatta*	9.7 oz	276	610	26	13	0.5	130	1640	53	3	4	0	41	0			X		X						
Sides																									
Sides																									
Sea Salt Potato Chips	1.0 oz	28	150	9	1	0	0	95	17	1	1	0	2	0											
Twice Baked Hash Brown	3.0 oz	85	170	11	6	0	35	260	11	1	1	0	7	0			X								
Avocado Toast																									

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Avocado Toast **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																								
Avocado Toast	5.6 oz	160	380	9	1.5	0	0	680	63	6	6	4	11	0				X					X	
Avocado Toast *	5.7 oz	162	380	9	1.5	0	0	670	64	5	7	4	11	0				X					X	
Sweets																								
Sweets **Items Available at License Locations Only (Airports, Hospitals, College Campuses)*																								
Cinnamon Bliss Roll	6.5 oz	185	610	39	16	0	55	760	98	3	44	42	11	0	X	X	X	X						
Cookie, Heavenly Chocolate Chip	3.5 oz	99	470	23	14	0.5	45	230	62	2	38	37	5	0	X	X	X	X						
Fruity Cereal Pop	1.4 oz	39	150	3	1	0	0	170	29	0	14	13	1	0		X	X							
Muffin, Blueberry	4.2 oz	120	440	25	5	0	85	530	48	1	27	23	5	0	X	X	X	X						
Muffin, Chocolate Chip	4.2 oz	120	530	30	8	0	85	540	56	1	36	33	6	0	X	X	X	X						
Muffin, Cinnamon Chip	4.2 oz	120	510	27	8	0	85	450	64	1	37	35	6	0	X	X	X	X						
Pastry, Apple Pie	3.0 oz	85	250	10	4	0	0	180	38	1	16	15	3	0			X	X						
Pastry, Strawberry and Cream Strudel	3.8 oz	109	340	17	8	0	0	280	42	1	17	16	4	0		X	X	X						
Doggie Bagels																								
Doggie Bagels *(Not for Human Consumption)*																								
Doggie Bagel	1.0 oz	28	70	0.5	0	0	0	120	14	0	0	0	2	0			X	X						For Dogs
Beverages																								
Classic Coffee Drinks *(With 2% Milk)*																								
Americano, Hot	12 fl oz		5	0	0	0	0	20	0	0	0	0	2	196										
	16 fl oz		5	0	0	0	0	20	0	0	0	0	2	196										
	20 fl oz		10	0	0	0	0	30	0	0	0	0	3	294										
Cappuccino, Hot	12 fl oz		110	4	2.5	0	15	105	10	0	10	0	9	196										
	16 fl oz		140	5	3.5	0	20	130	13	0	13	0	11	196		X								
	20 fl oz		170	6	4	0	25	160	15	0	15	0	14	294										
Chai Tea Latte, Hot	12 fl oz		170	4	2.5	0	15	90	26	0	24	14	7	49.8										
	16 fl oz		230	5	3.5	0	20	115	35	0	32	20	9	69.1		X								
	20 fl oz		280	6	4	0	25	140	43	0	40	25	11	87.1										
Chai Tea Latte, Iced	16 fl oz		140	3	2	0	10	70	23	0	21	14	5	69.1										
	24 fl oz		250	5	3.5	0	20	125	41	0	37	25	9	87.1		X								
Latte, Hot	12 fl oz		110	4	2.5	0	15	105	10	0	10	0	9	196										
	16 fl oz		140	5	3.5	0	20	130	13	0	13	0	11	196		X								
	20 fl oz		170	6	4	0	25	160	15	0	15	0	14	294										
Latte, Iced	16 fl oz		80	3	2	0	10	90	7	0	7	0	7	196										
	24 fl oz		140	5	3.5	0	20	150	13	0	13	0	12	294		X								
Mocha, Hot	12 fl oz		270	6	4.5	0	20	135	46	2	42	32	10	196										
	16 fl oz		350	8	5	0	25	170	61	3	57	43	13	196		X								
	20 fl oz		420	9	6	0	30	210	75	3	70	53	16	294										
Mocha, Iced	16 fl oz		240	5	3.5	0	15	120	44	2	41	32	8	196										
	24 fl oz		390	8	6	0	25	200	72	3	67	53	14	294		X								
Signature Coffee Drinks *(With 2% Milk)*																								
Caramel Macchiato, Hot	12 fl oz		290	5	4	0	20	160	49	0	49	38	11	196										
	16 fl oz		370	7	4.5	0	25	200	64	0	64	50	14	196		X								
	20 fl oz		450	8	5	0	30	250	79	0	79	62	17	294										
Caramel Macchiato, Iced	16 fl oz		260	4	3	0	15	80	46	0	46	38	10	196										
	24 fl oz		420	7	4.5	0	25	240	76	0	76	62	15	294		X								
Vanilla Latte, Hot	12 fl oz		220	4	2.5	0	15	100	36	0	35	25	8	196										
	16 fl oz		290	5	3.5	0	20	120	49	0	47	35	10	196		X								
	20 fl oz		350	6	4	0	25	150	58	0	57	41	12	294										
Caramel Macchiato, Iced	16 fl oz		190	3	2	0	10	80	34	0	33	25	6	196										
	24 fl oz		320	5	3.5	0	20	135	56	0	54	41	11	294		X								
Iced Coffee																								
Classic Iced Coffee	16 fl oz		5	0	0	0	0	0	1	0	0	0	0	95										
	24 fl oz		10	0	0	0	0	0	2	0	0	0	0	143										
Caramel Iced Coffee	16 fl oz		140	0	0	0	0	50	34	0	33	33	2	95										
	24 fl oz		250	0	0	0	0	90	59	0	58	58	3	143		X								
Chocolate Iced Coffee	16 fl oz		130	1	0.5	0	0	30	32	2	28	28	1	95			X	X						

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
~~Chocolate Iced Coffee~~	24 fl oz		220	1.5	1	0	0	50	55	3	49	49	2	143		X	X							
Vanilla Iced Beverage	16 fl oz		120	0	0	0	0	0	27	0	25	25	0	95										
	24 fl oz		190	0	0	0	0	5	45	0	41	41	0	143										
Cold Brew																								
Classic Cold Brew	16 fl oz		10	0	0	0	0	20	2	0	0	0	1	139										
	24 fl oz		20	0	0	0	0	30	3	0	0	0	1	209										
Caramel Cold Brew	16 fl oz		150	0	0	0	0	65	35	0	33	33	3	139										
	24 fl oz		250	0	0	0	0	105	58	0	55	55	4	209		X								
Chocolate Cold Brew	16 fl oz		140	1	0.5	0	0	40	33	2	28	28	2	139										
	24 fl oz		220	1.5	1	0	0	65	55	3	47	47	3	209		X	X							
Vanilla Cold Brew	16 fl oz		120	0	0	0	0	15	29	0	25	25	1	139										
	24 fl oz		200	0	0	0	0	25	47	0	41	41	1	209		X								
Cold Brew Frozen Shakes																								
Caramel Cold Brew Shake	16 fl oz		410	6	4.5	0	15	240	80	0	74	68	8	209										
	24 fl oz		640	9	7	0	25	370	125	0	117	106	13	314		X								
Chocolate Cold Brew Shake	16 fl oz		400	7	5	0	15	210	77	2	69	62	7	209										
	24 fl oz		620	11	8	0	25	330	121	4	108	98	11	314		X								
Classic Cold Brew Shake	16 fl oz		300	7	5	0	20	210	49	0	43	35	7	209										
	24 fl oz		470	11	8	0	25	340	79	1	79	57	11	314		X								
Vanilla Cold Brew Shake	16 fl oz		370	6	4.5	0	15	180	68	0	62	55	6	209										
	24 fl oz		570	9	7	0	25	280	109	0	99	88	9	314		X								
Refreshers																								
Bro's Bay Breeze, Iced	16 fl oz		170	0	0	0	0	10	44	0	43	28	0	0										
	24 fl oz		280	0	0	0	0	20	70	0	69	47	0	0										
Dragon Fruit Lemon Drop, Iced	16 fl oz		160	0	0	0	0	10	41	0	39	20	0	0										
	24 fl oz		250	0	0	0	0	15	63	0	61	33	0	0										
Passion Fruit Sunrise, Iced	16 fl oz		170	0	0	0	0	10	43	0	41	20	1	0										
	24 fl oz		270	0	0	0	0	15	67	0	63	33	1	0										
Energy Spritz, Iced	16 fl oz		170	0	0	0	0	190	42	0	40	40	0	80										
	24 fl oz		280	0	0	0	0	290	70	0	66	66	0	120										
Hot Chocolate (With 2% Milk)																								
Hot Chocolate	12 fl oz		300	8	5	9	25	150	50	2	46	32	11	0										
	16 fl oz		400	10	7	0	35	200	67	3	63	43	15	0		X								
	20 fl oz		490	12	8		40	250	82	3	77	53	18	0										
Drip Coffee																								
Breakfast Blend Medium Roast Drip Coffee	12 fl oz		10	0	0	0	0	0	2	0	0	0	0	143										
	16 fl oz		10	0	0	0	0	0	2	0	0	0	0	190										
	20 fl oz		15	0	0	0	0	0	3	0	0	0	0	238										
	96 fl oz		60	0	0	0	0	0	12	0	0	0	0	1140										Serves 10
Dark Roast Drip Coffee	12 fl oz		10	0	0	0	0	0	2	0	0	0	0	143										
	16 fl oz		10	0	0	0	0	0	2	0	0	0	0	190										
	20 fl oz		15	0	0	0	0	0	3	0	0	0	0	238										
	96 fl oz		60	0	0	0	0	0	12	0	0	0	0	1140										Serves 10
Decaf Drip Coffee	12 fl oz		10	0	0	0	0	0	2	0	0	0	0	24										
	16 fl oz		10	0	0	0	0	0	2	0	0	0	0	32										
	20 fl oz		15	0	0	0	0	0	3	0	0	0	0	40										
	96 fl oz		60	0	0	0	0	0	12	0	0	0	0	192										Serves 10
Vanilla Hazelnut Drip Coffee	12 fl oz		10	0	0	0	0	0	2	0	0	0	0	143										
	16 fl oz		10	0	0	0	0	0	2	0	0	0	0	190					X					Hazelnut
	20 fl oz		15	0	0	0	0	0	3	0	0	0	0	238										
	96 fl oz		60	0	0	0	0	0	12	0	0	0	0	1140										Serves 10 Hazelnut
Tea (Hot and Iced) Lemonade																								
Hot Tea	12 fl oz		0	0	0	0	0	0	0	0	0	0	0	116										
	16 fl oz		0	0	0	0	0	0	0	0	0	0	0	154										
	20 fl oz		0	0	0	0	0	0	0	0	0	0	0	193										
	16 fl oz		0	0	0	0	0	5	0	0	0	0	0	0.13										

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Caffeine (mg.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Iced Tea	24 fl oz		0	0	0	0	0	10	0	0	0	0	0	0.20										
Lemonade, Iced	16 fl oz		80	0	0	0	0	5	21	0	20	1	0	0										
	24 fl oz		120	0	0	0	0	10	32	0	29	2	0	0										
Smoothies																								
Strawberry Banana Smoothie	16 fl oz		280	0	0	0	0	25	67	4	60	53	1	0		X								
	24 fl oz		370	0	0	0	0	40	89	5	80	712	2	0										

[1] Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

[2] Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness, especially if you have certain medical conditions.

[3] Phenylketonurics: contains phenylalanine

Nutrition information is based upon standard recipes, and rounded per federal requirements. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit www.mypyramid.gov for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.