



Nutrition and Allergen Information

Einstein Noah Restaurant Group, Inc.

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

Last item update: 1/20/12

Manhattan Bagels Nutritional Information																	
	Serving Size	Weight (g.); unless otherwise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Cafe Latte, Regular	12 fl oz	355 ml	110	45	5	3	0	20	115	11	0	11	8	10	4	30	0
Café Latte, Medium	16 fl oz	473 ml	140	60	6	3.5	0	25	150	14	0	14	10	10	6	35	2
Cafe Latte, Large	20 fl oz	591ml	160	60	7	4	0	25	160	16	0	16	11	15	6	40	2
Cafe Latte, Extra Large	24 fl oz	710 ml	200	80	9	5	0	35	210	20	0	20	13	15	8	50	2
Cappuccino, Regular	12 fl oz	355 ml	90	30	4	2.5	0	15	95	9	0	9	6	8	4	25	0
Cappuccino Medium	16 fl oz	473 ml	120	50	6	3	0	20	125	12	0	12	8	10	4	30	2
Cappuccino, Large	20 fl oz	591 ml	150	60	7	4	0	25	160	15	0	15	10	15	6	40	2
Cappuccino, Extra Large	24 fl oz	710 ml	170	70	8	4.5	0	30	180	17	0	17	11	15	6	45	2
Dark Chocolate Mocha, Regular	12 fl oz	355 ml	330	100	11	6	0	40	115	50	2	43	9	10	4	25	25
Dark Chocolate Mocha, Medium	16 fl oz	473 ml	410	120	13	7	0	45	150	65	2	57	11	15	4	35	30
Dark Chocolate Mocha, Large	20 fl oz	591 ml	490	130	14	8	0	50	170	80	3	69	13	15	6	40	40
Dark Chocolate Mocha, Extra Large	24 fl oz	710 ml	590	150	17	10	0	70	360	97	3	84	16	20	8	50	45
White Chocolate Mocha, Regular	12 fl oz	355 ml	330	90	10	6	0	40	210	50	2	43	10	10	6	35	0
White Chocolate Mocha, Medium	16 fl oz	473 ml	410	110	12	6	0	45	280	65	2	57	13	15	8	40	0
White Chocolate Mocha, Large	20 fl oz	591 ml	490	120	13	7	0	50	330	80	3	69	15	15	10	50	0
White Chocolate Mocha, Extra Large	24 fl oz	710 ml	590	140	15	8	0	55	410	97	3	84	19	20	15	60	0
Caramel, Macchiato, Regular	12 fl oz	355 ml	240	50	6	3.5	0	20	110	42	1	36	8	8	4	30	0
Caramel, Macchiato, Medium	16 fl oz	473 ml	300	70	7	4	0	25	140	51	2	44	11	10	4	40	0
Caramel, Macchiato, Large	20 fl oz	591 ml	350	80	8	5	0	25	160	59	2	51	12	15	6	45	0
Caramel, Macchiato, Extra Large	24 fl oz	710 ml	420	90	11	6	0	35	210	70	2	60	15	15	8	60	0
Soy Latte, Regular	12 fl oz	355 ml	70	25	3	0	0	0	220	8	0	6	5	0	0	2	4
Soy Latte, Medium	16 fl oz	473 ml	90	35	4	0	0	0	270	11	0	7	6	0	0	2	6
Soy Latte, Large	20 fl oz	591 ml	110	40	4.5	0	0	0	320	12	0	8	7	0	0	2	6
Soy Latte, Extra Large	24 fl oz	710 ml	140	50	6	0	0	0	400	16	0	10	9	0	2	4	10
Other Hot Beverages (with 2% milk)																	
Chai Tea Latte, Regular	12 fl oz	355ml	220	15	2	1	0	5	65	47	0	45	3	4	2	10	0
Chai Tea Latte, Medium	16 fl oz	473 ml	290	20	2.5	1.5	0	10	85	63	0	60	4	4	2	15	0
Chai Tea Latte, Large	20 fl oz	591 ml	360	25	3	2	0	10	105	78	0	75	5	6	2	20	0
Chai Tea Latte, Extra Large	24 fl oz	710 ml	440	30	3.5	2	0	15	125	94	0	90	6	8	2	20	0
Hot Chocolate, Regular	12 fl oz	355 ml	330	100	11	7	0	40	120	51	2	44	9	15	4	30	2
Hot Chocolate, Medium	16 fl oz	473 ml	420	100	11	6	0	35	410	46	1	45	15	20	8	60	0
Hot Chocolate, Large	20 fl oz	591ml	500	130	15	8	0	50	180	81	3	70	14	15	8	40	40
Hot Chocolate, Extra Large	24 fl oz	710 ml	590	150	17	10	0	70	360	97	3	84	16	20	6	50	45
Iced Specialty Coffee (with 2% milk)																	
Iced Americano (Medium and Large)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee (Medium and Large)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Caramel Macchiato, Medium	16 fl oz	473 ml	390	150	17	10	0	60	130	53	2	43	9	15	4	35	0
Iced Caramel Macchiato, Large	24 fl oz	709 ml	490	170	19	11	0	70	180	70	2	58	12	20	6	50	0
Iced Latte, Medium	16 fl oz	473 ml	140	50	6	3.5	0	25	140	14	0	14	9	10	6	35	2
Iced Latte, Large	24 fl oz	709 ml	180	70	8	4.5	0	30	190	18	0	18	12	15	6	45	2
Iced Dark Chocolate Mocha, Medium	16 fl oz	473 ml	500	200	22	13	0	95	230	66	2	56	9	20	4	25	30
Iced Dark Chocolate Mocha, Large	24 fl oz	709 ml	700	270	30	17	0	125	330	98	3	82	13	25	6	40	45
Frozen Blended Drinks																	
Caffe Latte	18 fl oz	532 ml	260	70	7	2.5	0	35	90	42	0	19	6	0	0	20	0
Caffe Latte	24 fl oz	710 ml	350	80	9	2.5	0	45	125	57	0	26	8	0	0	25	2
Caffé Caramel	18 fl oz	532 ml	300	60	6	2.5	0	30	90	56	0	37	5	0	0	15	0
Caffé Caramel	24 fl oz	710 ml	390	70	8	2.5	0	35	115	72	0	47	6	0	0	20	2
Caffé Mocha	18 fl oz	532 ml	340	60	6	3	0	30	90	64	0	41	4	0	0	15	4
Caffé Mocha	24 fl oz	710 ml	430	70	8	2.5	0	35	120	83	0	53	6	0	0	20	4
Strawberry Lemonade	18 fl oz	532 ml	350	0	0	0	0	0	15	85	5	70	1	0	280	0	6
Strawberry Lemonade	24 fl oz	710 ml	460	0	0	0	0	0	25	113	7	93	1	0	370	0	8
Wildberry Yogurt	18 fl oz	532 ml	300	5	0	0	0	5	90	69	3	58	5	8	100	20	2
Wildberry Yogurt	24 fl oz	710 ml	420	5	0	0	0	5	115	96	4	81	7	10	140	25	4
Poured Beverages																	
Lemonade	16 fl oz	473ml	140	0	0	0	0	0	10	39	0	36	0	0	30	0	0
Blackberry Lemonade	16 fl oz	473ml	260	0	0	0	0	0	10	68	0	65	0	0	30	0	0
Orange Juice	16 fl oz	473 ml	230	15	1.5	0	0	0	0	54	0	48	4	50	320	4	10
Sides																	
Fruit and Yogurt Parfait	8 oz	227	170	10	1	0	0	5	115	34	3	20	7	15	45	20	10
Coleslaw	3 oz	85	120	60	7	1	0	5	190	15	2	13	1	8	6	4	2
Fruit Cup	5 oz	140	60	0	0	0	0	0	10	16	2	14	1	30	70	2	2
Hash Browns	2.2 oz	63	140	70	8	1	0	0	130	15	2	0	1	0	4	0	0
Macaroni Salad	3 oz	85	190	120	13	3	0	10	470	16	1	5	3	2	0	2	6
Potato Salad, Homestyle	3 oz	85	110	35	4	0.5	0	5	0	18	2	5	2	0	0	0	6
Potato Salad, Red skin	3 oz	85	160	110	12	2.5	0	10	360	13	1	1	1	2	4	0	2
Side Salad (no dressing)	6 oz	175	120	50	5	2	0	10	210	17	3	4	3	30	35	4	8
Breakfast																	
Atlantic Lox and cream cheese bagel	10 oz	271	700	300	33	19	0	100	1240	75	3	8	29	10	2	10	20
Egg and Cheese on a plain bagel	7 oz	209	520	150	16	7	0	305	1270	69	3	4	25	15	0	25	25
Egg, Bacon, & Cheese on plain bagel	8 oz	230	620	220	24	10	0	330	1660	70	3	5	32	15	0	25	25
Egg, Ham, & Cheese on plain bagel	9 oz	266	590	170	19	8	0	335	1930	71	3	6	34	15	0	25	30
Egg, Pork Roll, & Cheese on plain bagel	10 oz	294	750	310	34	14	0	370	2070	71	3	6	40	20	2	25	30
Egg, Pork Sausage, & Cheese on plain bagel	9 oz	266	770	350	39	15	0	345	1670	70	3	4	32	15	0	25	30

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	Serving Size	Weight (g.); unless otherwise stated	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Egg, Turkey Sausage, & Cheese on plain bagel	9 oz	249	590	180	20	8	0	335	1450	70	3	5	33	15	0	25	30
Pork Roll and Cheese on a Plain Bagel	8 oz	228	650	250	27	12	0	90	1980	70	3	5	32	15	2	20	25
Tostini	9 oz	264	630	310	34	16	0	335	1350	54	4	4	22	40	60	25	25
Tostini Country Style with Pork Bacon	10 oz	276	710	370	41	19	0	320	1730	54	4	5	28	35	60	25	25
Tostini Country Style with Turkey Bacon	9 oz	269	670	330	37	17	0	310	1620	54	4	5	26	35	60	25	25
Tostini Country Style with Ham	11 oz	311	680	320	36	17	0	325	2000	55	4	6	30	35	60	25	25
Tostini Country Style with Pork Roll	12 oz	340	840	460	51	23	0	360	2140	55	4	6	36	45	60	25	30
Tostini Country Style with Pork Sausage	11 oz	311	850	510	56	24	0	335	1740	54	4	4	28	35	60	25	25
Tostini Country Style with Turkey Sausage	10 oz	295	680	340	37	17	0	325	1520	54	4	5	29	35	60	25	30
Omelet Wrap- Egg, Cheese, Pork Bacon	11 oz	322	740	360	40	14	0	765	1680	52	3	4	43	25	0	50	35
Omlet Wrap- Egg, Cheese, Turkey Bacon	11 oz	315	700	320	36	13	0.5	755	1570	52	3	4	41	25	0	50	40
Omlet Wrap- Egg, Cheese, Ham	13 oz	358	710	310	34	12	0	770	1960	53	3	5	45	25	0	50	40
Omelet Wrap- Egg, Cheese, Pork Roll	14 oz	386	870	450	50	18	0.5	805	2090	53	3	5	51	30	2	50	40
Omelet Wrap- Egg, Cheese, Pork Sausage	13 oz	358	880	500	55	19	0	780	1690	52	3	3	43	25	0	50	40
Omelet Wrap- Egg, Cheese, Turkey Sausage	12 oz	341	710	330	36	12	0	770	1470	52	3	4	44	25	0	50	40
Omelet Wrap- Egg, Cheese, Steak	13 oz	358	720	320	36	13	0	775	1460	51	3	3	47	25	0	50	45
Ranchero Wrap	12 oz	350	780	390	44	17	0	775	1580	57	3	6	43	25	0	45	35
Egg Benedict Wrap	15 oz	414	890	440	49	22	0.5	810	2550	57	3	6	53	40	0	70	35
Philly Steak & Eggs	10 oz	271	620	180	20	8	0	295	1360	74	4	6	35	15	6	25	35
Egg, Scrambled Patty	2 oz	57	90	50	6	1.5	0	240	80	1	0	1	7	6	0	4	6
Egg White	2 oz	85	45	0	0	0	0	0	135	1	0	0	9	0	0	0	0
Deli Sandwiches																	
NYC Chicken Salad on plain bagel	9 oz	257	750	410	46	7	0.5	45	1010	71	4	5	16	30	15	6	25
Village Veggie Wrap	11 oz	301	470	190	21	7	0	30	1050	62	4	7	11	50	80	30	20
Tribeca Turkey on focaccia	11 oz	304	460	150	16	2	0	45	1560	57	5	5	27	30	15	6	20
Empire State Turkey on multigrain bread	10 oz	287	540	230	25	6	0	70	1590	49	4	8	36	30	30	4	15
Wall St. Roast Beef on cheddar roll	11 oz	299	490	70	8	4	0	50	1860	76	5	8	31	30	15	15	35
Big City BLT on multigrain bread	8 oz	206	510	220	24	8	0	65	1440	49	4	9	28	30	30	2	15
Times Square Ham on plain bagel	11 oz	315	580	150	16	9	0	85	2020	77	4	7	36	25	15	40	25
Great White Tuna on wrap	10 oz	273	610	310	34	5	0.5	50	1020	52	4	3	26	30	15	25	20
Grilled Sandwiches																	
Manhattan Cheesesteak	13 oz	303	610	230	26	10	0	90	1800	59	5	10	36	20	70	20	35
Chelsea Grilled Chicken	12 oz	344	770	280	31	10	0	130	2050	74	4	6	49	20	60	60	25
Chicken Caesar Wrap	10 oz	301	550	210	23	3.5	0	85	1300	53	4	3	35	30	15	25	20
Chicken Cuban	11 oz	319	500	130	14	5	0	130	2270	49	2	4	47	4	4	20	20
Ellis Island Pastrami	9 oz	257	690	250	28	12	1.5	100	980	74	3	4	38	6	4	30	35
Bronx Bomber	7 oz	202	430	130	14	6	0	65	1540	49	3	6	29	6	10	20	25
Salads																	
Grilled Chicken Caesar (with dressing)	13 oz	383	720	500	56	12	0	125	1740	20	4	5	37	25	10	25	15
NY Deli Chef Salad (no dressing)	14 oz	405	470	250	28	13	0	280	1460	21	5	5	37	45	15	45	20
Garden Market Salad (no dressing)	10 oz	293	140	45	5	2	0	10	180	21	5	5	5	60	60	8	10
Garden Market Salad with Chicken salad (no dressing)	13 oz	378	580	440	49	9	0.5	50	490	23	5	7	8	35	60	8	15
Garden Market Salad with Tuna Salad (no dressing)	13 oz	378	380	230	26	5	0	45	510	22	5	6	17	35	60	6	10
Fresh Fruit Salad Cup	11 oz	312	160	0	0	0	0	0	15	41	5	33	2	80	250	4	4
Salad Dressings																	
Asian Dressing	3 oz	85	370	290	32	5	0	0	1170	16	0	16	0	0	0	0	0
Caesar Dressing	3 oz	85	410	400	44	7	0	25	960	3	0	3	3	0	0	0	0
Lighter Side Breakfast																	
Asparagus, Mushroom & Swiss Thin	6 oz	199	300	130	15	4	0	20	630	26	5	4	19	6	4	15	8
Egg White Benedict Thin Sandwich	8 oz	220	300	70	8	4.5	0	40	1100	33	1	4	24	4	2	0	10
Turkey Bacon & Cheddar Thin Sandwich	6 oz	168	290	100	11	5	0	35	730	25	4	4	23	4	2	15	8
Toasted Italian Egg White	8 oz	256	400	100	11	4	0	40	890	49	3	7	27	10	45	2	20
Fruit and Yogurt Parfait	8 oz	227	170	10	1	0	0	5	115	34	3	20	7	15	45	20	10
The Lighter Side- Lunch																	
Turkey Thin Sandwich	8 oz	213	250	60	7	2.5	0	50	980	28	5	5	25	35	15	4	8
Tuna Thin Sandwich	7 oz	199	370	200	22	3	0	40	560	26	5	5	19	30	15	4	8
Avocado BLT Thin Sandwich	7 oz	184	370	210	24	4	0	30	700	30	6	6	11	30	20	4	10
Sweets																	
Cheese Danish	4 oz	113	450	230	25	8	0	35	390	49	4	18	7	3	2	4	12
Apple Cinnamon Coffee Cake	4 oz	118	480	200	22	10	0	90	320	66	0	32	6	0	0	0	45
Coffee Streusel	4 oz	118	480	200	22	10	0	90	320	66	2	32	6	15	0	0	8
Crumb Cake	4 oz	118	540	220	24	12	0	90	320	76	0	36	6	0	0	0	45
Chocolate Mudslide Cookie	2.8 oz	78	320	150	17	9	0	60	75	46	1	38	4	4	0	2	10
Chocolate Chip Cookie	2.75 oz	78	360	160	18	9	0	15	290	48	2	29	4	15	0	2	15
Iced Sugar Cookie	3.7 oz	106	480	140	15	7	0	25	260	80	1	51	4	15	0	0	10
Oatmeal Raisin Cookie	3 oz	78	320	90	11	5	0	25	310	54	2	31	5	0	0	2	10
Banana Nut Muffin	6.25 oz	177	630	300	34	6	0	100	530	74	2	39	8	4	10	4	20
Blueberry Muffin	6.25 oz	177	590	260	29	5	0	95	550	74	1	37	7	2	2	4	20
Cinnamon Chip Muffin	6.25 oz	177	630	280	32	9	0	100	530	80	1	46	7	2	0	4	20
Cranberry Orange Muffin	6.25 oz	177	600	280	31	6	0	100	620	73	1	38	7	2	6	4	20
Corn Muffin	6.25 oz	177	690	310	35	6	0	110	680	86	1	35	9	4	0	4	25
Double Chocolate Muffin	6.25 oz	177	640	320	36	8	0	95	630	74	3	44	8	2	0	4	30

Manhattan Bagels Ingredient Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Espresso Double											
Americano											
Café Latte		X									
Cappuccino		X									
Dark Chocolate Mocha		X									
White Chocolate Mocha		X									
Caramel Macchiato		X	X								
Soy Latte			X								
Other Hot Beverages (with 2% Milk)											
Chai Tea Latte		X									
Hot Chocolate		X									
Iced Specialty Coffee											
Iced Americano											
Iced Coffee											
Iced Caramel Macchiato		X	X								
Iced Latte		X									
Iced Mocha		X									
Frozen Blended Drinks											
Caffe Latte		X									
Café Caramel		X	X								
Café Mocha		X									
Strawberry Lemonade											
Wildberry Yogurt ³		X									Aspartame
Poured Beverages											
Lemonade Blackberry											
Orange Juice											
Sides											
Fruit and Yogurt Parfait ³		X			X						Almonds, Aspartame
Coleslaw	X		X ¹								
Fruit Cup/Fruit Salad											
Hash Browns			X ¹								
Macaroni Salad	X		X ¹								
Potato Salad- Homestyle	X		X ¹								
Potato Salad- Red Skin	X		X ¹								
Side Salad (no dressing)		X	X	X							
Breakfast											
Atlantic Lox and Cream Cheese on a Plain Bagel ²		X		X			X				Salmon
Egg and Cheese on a plain bagel	X	X	X	X							
Egg, Bacon, & Cheese on plain bagel	X	X	X	X							
Egg, Ham, & Cheese on plain bagel	X	X	X	X							
Egg, Pork Roll, & Cheese on plain bagel	X	X	X	X							
Egg, Pork Sausage, & Cheese on plain bagel	X	X	X	X							
Egg, Turkey Sausage, & Cheese on plain bagel	X	X	X	X							
Pork Roll and Cheese on a Plain Bagel		X	X	X							
Tostini	X	X	X	X							
Tostini Country Style with Pork Bacon	X	X	X	X							
Tostini Country Style with Turkey Bacon	X	X	X	X							
Tostini Country Style with Ham	X	X	X	X							
Tostini Country Style with Pork Roll	X	X	X	X							
Tostini Country Style with Pork Sausage	X	X	X	X							
Tostini Country Style with Turkey Sausage	X	X	X	X							
Omelet Wrap- Egg, Cheese, Pork Bacon	X	X	X	X							
Omelet Wrap- Egg, Cheese, Turkey Bacon	X	X	X	X							
Omelet Wrap- Egg, Cheese, Ham	X	X	X	X							
Omelet Wrap- Egg, Cheese, and Pork Roll	X	X	X	X							
Omelet Wrap- Egg, Cheese, and Pork Sausage	X	X	X	X							

Manhattan Bagels Ingredient Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Omelet Wrap- Egg, Cheese, and Turkey Sausage	X	X	X	X							
Omelet Wrap- Egg, Cheese, and Steak	X	X	X	X							
Ranchero Wrap	X	X	X	X							
Eggs Benedict Wrap	X	X	X	X							
Philly Steak and Egg	X	X	X	X							
Egg, Scrambled Patty	X										
Egg White	X										
Deli Sandwiches											
NYC Chicken Salad on Plain Bagel	X		X¹	X							
Village Veggie Wrap	X	X	X¹	X							
Tribeca Turkey on Focaccia	X	X	X	X							
Empire State Turkey on multigrain bread	X		X	X							
Wall St. Roast Beef on cheddar roll		X	X	X							
Big City BLT on multigrain			X	X							
Times Square Ham on plain bagel		X	X¹	X							
Great White Tuna Wrap	X		X	X			X				Tuna
Grilled Sandwiches											
Manhattan Cheesesteak		X	X	X							
Chelsea Grilled Chicken on Asiago Roll	X	X	X¹	X							
Chicken Caesar Wrap	X	X	X¹	X			X				Anchovies
Chicken Cuban	X	X	X¹	X							
Ellis Island Pastrami		X	X	X							
Bronx Bomber		X	X	X							
Salads											
Grilled Chicken Caesar Salad	X	X	X¹	X			X				Anchovies
NY Deli Salad (no dressing)	X	X	X¹	X							
Garden Market Salad (no dressing)		X	X¹	X							
Garden Market Salad with Chicken (no dressing)	X	X	X¹	X							
Garden Market Salad with Tuna (no dressing)	X	X	X	X			X				Tuna
Fresh Fruit Salad Cup											
Salad Dressings											
Asian Dressing			X	X							
Caesar Dressing	X	X	X¹	X			X				Anchovies
The Lighter Side Breakfast											
Asparagus, Mushroom & Swiss Thin Sandwich	X	X	X¹	X							
Eggs White Benedict Thin Sandwich	X	X	X	X							
Turkey, Bacon & Cheddar Thin Sandwich	X	X	X¹	X							
Toasted Italian Egg White	X	X	X	X							
Fruit and Yogurt Parfait³		X		X	X						Almonds, Aspartame
The Lighter Side Lunch											
Turkey Thin Sandwich		X	X¹	X							
Tuna Thin Sandwich	X		X	X			X				Tuna
Avocado BLT Thin Sandwich	X		X¹	X							
Sweets											
Cheese Danish	X	X	X	X							
Apple Cinnamon Coffee Cake	X	X	X	X							
Coffee Streusel	X	X	X	X	X						Walnuts
Crumb Cake	X	X	X	X							
Chocolate Mudslide Cookie	X	X	X	X							
Chocolate Chip Cookie	X	X	X	X							
Iced Sugar Cookie (including Holiday versions)	X	X	X	X							
Oatmeal Raisin Cookie	X	X	X	X							
Banana Nut Muffin	X	X	X¹	X	X						Almonds and Walnuts
Blueberry Muffin	X	X	X¹	X							
Cinnamon Chip Muffin	X	X	X¹	X							

Manhattan Bagels Ingredient Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Corn Muffin	X	X	X	X							
Cranberry Orange Muffin	X	X	X ¹	X							
Double Dutch Muffin	X	X	X	X							
Cinnamon Twist			X	X							

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.

³ Phenylketonurics: contains phenylalanine