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: 1/26/23

Manhattan Bagels Nutritional Information														Allergen Information									
	Serving Size	Weight (g.); unless otherwise stated	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Classic Bagels																							
Plain	1 Bagel	115	300	1	0	0	0	610	60	2	3	1	11				X						
Honey Wheat	1 Bagel	115	300	1	0	0	0	500	63	3	10	8	11				X						
Bagel Thin, Whole Wheat	1 Thin	74	190	0.5	0	0	0	320	40	2	6	5	7				X						
Blueberry	1 Bagel	115	310	1	0	0	0	500	67	3	11	8	11				X						
Chocolate Chip	1 Bagel	105	290	3	1.5	0	0	470	58	2	10	9	10			X	X						
Cheddar	1 Bagel	115	300	1	0	0	0	590	60	2	3	2	12				X						
Cinnamon Raisin	1 Bagel	115	310	1	0	0	0	550	63	0	9	3	11				X						
Cranberry	1 Bagel	105	310	4	0.5	0	0	430	60	3	12	10	10				X						
Egg	1 Bagel	115	310	1.5	0	0	0	780	63	2	4	2	11	X		X	X						
Everything	1 Bagel	122	330	2.5	0	0	0	1040	62	3	3	1	12				X					X	
Everything Egg	1 Bagel	122	340	3	0	0	0	1210	65	3	4	2	12	X		X	X					X	
French Toast	1 Bagel	105	320	4.5	1	0	0	480	59	2	11	9	10				X						
Garlic	1 Bagel	122	320	1	0	0	0	610	65	3	3	1	12				X					X	
Whole Wheat Everything	1 Bagel	122	330	2.5	0	0	0	930	65	4	10	8	12				X					X	
Cheddar Jalapeno	1 Bagel	115	310	1	0	0	0	600	62	3	4	2	11				X						
Multigrain	1 Bagel	124	330	2.5	0	0	0	670	68	4	12	10	12				X					X	
Onion	1 Bagel	122	320	1	0	0	0	610	65	3	6	1	12				X						
Poppy	1 Bagel	118	310	2.5	0	0	0	610	60	3	3	1	12				X						
Pumpernickel	1 Bagel	115	310	1	0	0	0	630	64	4	3		12				X						
Rye	1 Bagel	115	310	1	0	0	0	610	62	3	3	2	11				X						
Salt	1 Bagel	122	300	1	0	0	0	28120	60	2	3	1	11				X						
Sesame Seed	1 Bagel	122	340	5	0	0	0	610	60	2	3	1	13				X					X	
Gourmet Bagels																							
Asiago	1 Bagel	125	340	4	2	0	10	750	60	2	3	1	15		X		X						
California Power Bagel	1 Bagel	113	310	4	0	0	0	160	59	4	12	5	11				X	X					Walnuts
Cheesy Hash Brown	1 Bagel	127	390	11	4.5	0	10	650	59	3	5	4	13		X		X						
Super Cinnamon Raisin	1 Bagel	120	330	1	0	0	0	550	67	1	12	5	11				X						
Rolls/Breads																							
Cheddar Roll	1 Roll	115	330	8	3	0	15	520	52	2	5	4	12		X		X						
Asiago Roll	1 Roll	115	330	7	3	0	10	630	52	2	5	4	14		X		X						
Flour Roll	1 Roll	102	280	3.5	0.5	0	0	430	52	2	5	4	9				X						
Croissant	4.2 oz	118	390	22	10	0	10	560	41	2	5		8		X	X	X						
Steak Roll	1 Roll	79	230	2	0.5	0	0	490	41	3	1	1	8				X						
Steak Roll Hand Rolled	1 Roll	101	280	3.5	0.5	0	0	430	52	2	5	4	9				X						
Bialy	1 Bialy	108	310	5	0.5	0	0	860	54	3	5	4	10				X					X	
Multigrain Bread	2 Slices	64	150	1.5	0.5	0	0	190	30	3	5		6				X						
Marble Rye	2 slices	96	260	3	0	0	0	420	46	2	2	0	10				X					X	
Flour Tortilla 12 inch	1 Each	104	310	7	2.5	0	0	630	52	2	0	0	8				X						
Cream Cheese																							
Onion and Chive	1.2 oz	35	110	10	6	0	35	105	4	0	1	0	2		X								
Plain (Block)	1.2 oz	35	120	12	7	0	40	120	2	0	2	0	2		X								
Plain	1.2 oz	35	120	12	7	0	40	120	2	0	2	0	2		X								
Whipped Reduced Fat Cream Cheese																							
Veggie	1.2 oz	35	100	9	6	0	30	190	5	0	2	0	2		X								
Honey Almond	1.2 oz	35	120	9	4.5	0	25	80	10	0	7	5	2		X			X					Almonds
Jalapeno Salsa	1.2 oz	35	100	9	5	0	25	190	5	1	2	0	2		X								
Strawberry	1.2 oz	35	120	9	5	0	30	90	9	0	6	5	1		X								
Toppings																							
Avocado	2.0 oz	57	100	8	1.5	0	0	0	6	3	1	0	1										
Butter	0.5 oz	14	110	12	5	0	0	85	0	0	0	0	0		X								
Egg and Meat																							
Brisket	2.0 oz	57	150	11	5	0	40	460	0	0	0	0	1										
Egg White	3.0 oz	85	45	0	0	0	0	140	0	0	0	0	9	X									
Whole Egg 1 Each	1.6 oz	46	80	6	2	0	185	140	1	0	0	0	6	X	X								
Whole Egg 2 Each	3.6 oz	102	160	11	4	0	370	280	2	0	1	0	13	X	X								
Scrambled Eggs	3.0 oz	85	45	0	0	0	0	110	1	0	1	0	8	X	X								
Scrambled Eggs, Wrap	6.0 oz	170	90	0.5	0	0	5	220	2	0	2	0	16	X	X								
Bacon	0.5 oz	14	70	5	2	0	15	240	1	0	1	0	5										
Ham, Breakfast	1.5 oz	43	45	1	0	0	15	480	2	0	2	0	6										
Ham, Lunch	3.0 oz	85	90	2.5	1	0	35	970	4	0	3	0	12										
Pork Sausage	2.0 oz	56	230	22	8	0	45	370	1	0	0	0	7										
Turkey Sausage	1.4 oz	40	80	6	1.5	0	40	260	0	0	0	0	7										
Pork Roll	3.0 oz	85	230	18	7	0	65	800	2	0	2		15										
Turkey Bacon	0.4 oz	10	50	3	1	0	10	220	0	0	0	0	4										
Turkey, Lunch	3.0 oz	85	90	1	0	0	35	740	5	0	2	2	14										

Manhattan Bagels Nutritional Information														Allergen Information									
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Steak, Breakfast	2.0 oz	57	60	3	1.5	0	25	90	1	0	0	0	8										
Steak, Lunch	4.0 oz	113	120	6	2.5	0	45	180	1	0	0	0	16										
Pastrami	3.0 oz	85	110	6	3	0	45	910	0	0	0	0	14										
Coffee																							
Coffee (R, L, XL)	12 fl oz	355 ml	5	0	0	0	0	0	0	0	0		0										
	16 fl oz	473 ml	5	0	0	0	0	0	0	0	0		0										
	20 fl oz	591 ml	5	0	0	0	0	0	0	0	0		0										
	24 fl oz	710 ml	5	0	0	0	0	0	0	0	0		0										
Coffee Decaf. (R, L, XL)	12 fl oz	355 ml	5	0	0	0	0	0	0	0	0		0										
	16 fl oz	473 ml	5	0	0	0	0	0	0	0	0		0										
	20 fl oz	591 ml	5	0	0	0	0	0	0	0	0		0										
	24 fl oz	710 ml	5	0	0	0	0	0	0	0	0		0										
Coffee, Specialty Hot (with 2% Milk)																							
Espresso Single	2 oz	59 ml	5	0	0	0	0	0	0	0	0		0										
Espresso Double	4 oz	118 ml	5	0	0	0	0	0	0	0	0		0										
Cafe Latte	12 fl oz	355 ml	120	4.5	3	0	20	0	11	0	11		8										
	16 fl oz	473 ml	150	6	3.5	0	25	0	14	0	14		10		X								
	20 fl oz	591ml	170	7	4	0	25	0	17	0	16		12										
	24 fl oz	710 ml	200	8	5	0	30	0	20	0	19		14										

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	Serving Size	Weight (g.); unless otherwise stated	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Cappuccino	12 fl oz	355 ml	90	3.5	2	0	15	0	9	0	9		6		X								
	16 fl oz	473 ml	120	5	3	0	20	0	12	0	12		9										
	20 fl oz	591 ml	160	6	3.5	0	25	0	15	0	15		11										
	24 fl oz	710 ml	170	7	4.0	0	25	0	17	0	16		12										
Vanilla Latte	12 fl oz	355 ml	180	4.5	3	0	20	0	26	0	25		8		X								
	16 fl oz	473 ml	230	6	3.5	0	25	0	34	0	33		10										
	20 fl oz	591 ml	270	7	4.0	0	25	0	41	0	40		12										
	24 fl oz	710 ml	310	7	4.5	0	30	0	48	0	47		13										
Chocolate Mocha	12 fl oz	355 ml	270	7	4.5	0	25	40	44	0	44		9		X								
	16 fl oz	473 ml	360	8	5	0	30	60	61	0	61		12										
	20 fl oz	591 ml	450	9	6	0	35	75	78	0	77		14										
	24 fl oz	710 ml	460	11	6	0	40	70	77	0	76		16										
White Chocolate Mocha	12 fl oz	355 ml	270	7	4	0	25	35	43	0	43		9		X								
	16 fl oz	473 ml	350	8	5	0	30	50	59	0	59		12										
	20 fl oz	591 ml	430	9	6	0	35	65	75	0	74		14										
	24 fl oz	710 ml	510	10	6	0	40	80	90	0	89		16										
Caramel, Macchiato	12 fl oz	355 ml	250	7	4.5	0	25	50	39	2	35		9		X								
	16 fl oz	473 ml	330	9	6	0	30	75	54	3	47		12										
	20 fl oz	591 ml	400	10	6	0	35	95	68	3	59		14										
	24 fl oz	710 ml	490	12	7	0	40	115	84	4	73		17										
Vanilla Hazelnut Latte	12 fl oz	355 ml	220	7	4	0	25	0	32	0	32		8		X			X					Hazelnuts
	16 fl oz	473 ml	290	8	5	0	30	0	45	0	44		10										
	20 fl oz	591 ml	340	8	5	0	35	0	57	0	55		11										
	24 fl oz	710 ml	380	10	6	0	40	0	59	0	57		14										
Hazelnut Mocha	12 fl oz	355 ml	280	7	4	0	25	25	47	0	46		9		X			X					Hazelnuts
	16 fl oz	473 ml	330	8	5	0	30	25	55	0	54		11										
	20 fl oz	591 ml	450	9	6	0	35	50	81	0	80		13										
	24 fl oz	710 ml	530	10	6	0	40	40	94	0	92		15										
Other Hot Beverages (with 2% milk)																							
Chai Tea Latte	12 fl oz	355ml	200	4.5	3	0	20	5	31	0	30		8		X								
	16 fl oz	473 ml	250	6	3.5	0	25	5	40	0	39		10										
	20 fl oz	591 ml	310	7	4.5	0	30	10	50	0	48		12										
	24 fl oz	710 ml	340	8	5	0	35	10	53	0	51		15										
Hot Chocolate	12 fl oz	355 ml	270	7	4	0	25	40	44	0	44		9		X								
	16 fl oz	473 ml	260	8	5	0	30	60	61	0	61		12										
	20 fl oz	591ml	440	9	6	0	35	75	77	0	76		14										
	24 fl oz	710 ml	490	12	8	0	50	80	81	0	81		16										
Iced Specialty Coffee (with 2% milk)																							
Iced Americano (Regular and Large)	16 fl oz-24 fl oz	473 ml-709 ml	5	0	0	0	0	0	0	0	0		0										
Iced Coffee (Regular and Large)	16 fl oz-24 fl oz	473 ml-709 ml	5	0	0	0	0	0	0	0	0		0										
Iced Latte	12 fl oz	355 ml	90	3.5	2	0	15	0	8	0	8		6		X								
	16 fl oz	473 ml	140	5	3.5	0	20	0	14	0	13		10										
	20 fl oz	591 ml	140	5	3.5	0	25	0	14	0	14		10										
	24 fl oz	709 ml	190	7	4.5	0	30	5	18	0	18		13										
Iced Chai Latte	12 fl oz	355 ml	170	3.5	2	0	15	10	29	0	28		6		X								
	16 fl oz	473 ml	240	5	3.5	0	20	10	40	0	38		10										
	20 fl oz	591 ml	260	6	3.5	0	25	10	41	0	40		11										
	24 fl oz	710 ml	320	7	4.5	0	30	15	51	0	49		13										
Iced Cappuccino	12 fl oz	355 ml	90	3.5	2	0	15	0	8	0	8		6		X								
	16 fl oz	473 ml	120	4.5	2.5	0	20	0	11	0	11		8										
	20 fl oz	591 ml	140	5	3.5	0	25	0	14	0	14		10										
	24 fl oz	710 ml	170	7	4	0	25	5	17	0	16		12										
Iced Vanilla Latte	12 fl oz	355 ml	170	4	2.5	0	15	0	25	0	25		7		X								
	16 fl oz	473 ml	220	5	3.5	0	20	0	33	0	32		10										
	20 fl oz	591 ml	270	7	4	0	25	0	41	0	40		12										
	24 fl oz	710 ml	300	7	4.5	0	30	5	48	0	46		13										
Iced Chocolate Mocha	12 fl oz	355 ml	300	13	8	0	50	50	41	0	41		7		X								
	16 fl oz	473 ml	420	14	9	0	55	75	65	0	64		10										
	20 fl oz	591 ml	440	15	9	0	55	75	66	0	66		12										
	24 fl oz	710 ml	580	16	10	0	60	110	97	0	96		14										
Iced White Chocolate Mocha	12 fl oz	355 ml	300	13	8	0	50	45	39	0	38		8		X								
	16 fl oz	473 ml	410	14	9	0	55	65	63	0	62		10										

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Iced White Chocolate Mocha	20 fl oz	591 ml	430	15	9	0	55	65	63	0	62		12		X								
	24 fl oz	710 ml	570	16	10	0	60	95	94	0	93		15										
Iced Caramel Macchiato	12 fl oz	355 ml	290	14	9	0	50	50	33	1	30		9		X								
	16 fl oz	473 ml	360	15	10	0	55	70	48	2	42		12										
	20 fl oz	591 ml	380	16	10	0	60	65	48	2	42		14										
	24 fl oz	710 ml	470	18	11	0	65	95	65	3	57		16										
Iced Vanilla Hazelnut Latte	12 fl oz	355 ml	190	2.5	1.5	0	10	0	38	0	37		5		X			X					Hazelnuts
	16 fl oz	473 ml	220	3.5	2	0	15	0	40	0	39		6										
	20 fl oz	591 ml	280	4.5	3	0	20	5	52	0	51		8										
	24 fl oz	710 ml	300	5	4	0	20	5	55	0	53		10										
Iced Hazelnut Mocha	12 fl oz	355 ml	250	9	5	0	35	15	35	0	34		8		X			X					Hazelnuts
	16 fl oz	473 ml	330	10	6	0	40	25	50	0	49		10										
	20 fl oz	591 ml	380	11	7	0	45	25	57	0	56		12										
	24 fl oz	710 ml	460	12	8	0	50	35	73	0	72		15										
Chillerz Frozen Blended Drinks																							
Caffé Caramel	18 fl oz	532 ml	390	11	7	0	35	135	72	3	65		5		X	X							
	24 fl oz	710 ml	650	16	10	0	50	230	124	4	113		8										
Caffé Mocha	18 fl oz	532 ml	420	10	6	0	35	125	79	0	78		4		X								
	24 fl oz	710 ml	690	15	9	0	50	210	135	0	134		7										
Poured Beverages																							
Lemonade	16 fl oz	473ml	170	0	0	0	0	10	47	0	43		0										
Blackberry Lemonade	16 fl oz	473ml	230	0	0	0	0	15	60	0	57		0										
Strawberry Lemonade	16 fl oz	473ml	260	0	0	0	0	10	70	0	64		0										
Orange Juice	16 fl oz	473 ml	230	0	0	0	0	0	54	0	48		4										
Orange Juice	20 fl oz	591 ml	280	0	0	0	0	5	68	0	60		4										
Half and Half -Iced Tea/Lemonade, Gold Peak	16 fl oz	473 ml	90	0	0	0	0	10	23	0	22		0										
Half and Half -Iced Tea/Lemonade, Lipton	16 fl oz	473 ml	90	0	0	0	0	5	23	0	22		0										
Iced Tea, Black Gold Peak	24 fl oz	710 ml	0	0	0	0	0	15	0	0	0		0										
	32 fl oz	946 ml	0	0	0	0	0	20	0	0	0		0										
Iced Tea, Gold Peak Passion Mango	24 fl oz	710 ml	35	0	0	0	0	15	9	0	9		0										
	32 fl oz	946 ml	45	0	0	0	0	20	12	0	12		0										
Iced Tea, Lipton Black	24 fl oz	710 ml	0	0	0	0	0	0	0	0	0		0										
	32 fl oz	946 ml	0	0	0	0	0	0	0	0	0		0										
Iced Tea, Green	24 fl oz	710 ml	35	0	0	0	0	15	9	0	9		0										
	32 fl oz	945 ml	45	0	0	0	0	20	12	0	12		0										
Iced Hazelnut Coffee, Beverage Bar	24 fl oz	710 ml	100	0	0	0	0	15	24	0	24		0					X					Hazelnut
	32 fl oz	946 ml	120	0	0	0	0	20	30	0	29		0					X					Hazelnut
Iced Vanilla Coffee, Beverage Bar	24 fl oz	710 ml	90	0	0	0	0	15	22	0	22		0										
	32 fl oz	946 ml	110	0	0	0	0	20	28	0	27		0										
Iced Chocolate Raspberry Coffee	24 fl oz	710 ml	120	0	0	0	0	30	29	0	29		0		X	X							
	32 fl oz	946 ml	150	0	0	0	0	40	37	0	37		1		X	X							
Sides																							
Hash Browns	2.2 oz	63	140	8	1	0	0	130	15	2	0		1			X1							
Yogurt parfait with Fruit	10.5 oz	298	190	1.5	0	0	5	125	39	4	24		8		X		X	X					Almonds
Fruit Salad, Grab and Go	11.8 oz	336	160	0	0	0	0	30	40	3	33		2										
Breakfast																							
Bagel Classic, Cheese on plain	6.9 oz	195	490	15	7	0	215	1280	65	4	4		24	X	X	X	X						
Bagel Classic, Bacon and Cheese on Plain	7.0 oz	200	540	19	9	0	225	1470	66	4	4		28	X	X	X	X						
Bagel Classic, Ham and Cheese on plain	8.4 oz	237	540	17	8	0	235	1780	66	4	5		31	X	X	X	X						
Bagel Classic, Pork Roll and Cheese on plain	9.9 oz	280	720	33	14	0.5	280	2080	67	4	6		39	X	X	X	X						
Bagel Classic, Pork Sausage and Cheese on plain	8.8 oz	251	720	37	16	0	260	1660	66	4	4		31	X	X	X	X						
Bagel Classic, Turkey Bacon and Cheese on Plain	7.2 oz	205	540	19	8	0	225	1480	65	4	4		26	X	X	X	X						
Bagel Classic, Turkey Sausage and Cheese on plain	8.1 oz	231	560	19	9	0	240	1560	66	4	5		31	X	X	X	X						
Breakfast Cheesesteak	15.1 oz	428	760	31	11	2	345	1940	79	3	10	0	43	X	X	X	X						
Croissant Classic, Bacon and Cheese	8.5 oz	242	650	41	18	0	295	1360	44	2	7		26	X	X	X	X						
Croissant Classic, Ham and Cheese	9.7 oz	274	650	39	18	0	310	1660	45	2	8		29	X	X	X	X						
Croissant Classic, Pork Roll and Cheese	11.2 oz	317	830	55	24	0.5	350	1960	45	2	8		37	X	X	X	X						

Manhattan Bagels Nutritional Information														Allergen Information									
	Serving Size	Weight (g.); unless otherwise stated	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Croissant Classic, Pork Sausage and Cheese	10.1 oz	288	830	60	25	0	330	1540	44	2	6		29	X	X	X	X						
Croissant Classic, Turkey Bacon and Cheese	8.5 oz	242	650	41	18	0	295	1370	43	2	6		24	X	X	X	X						
Croissant Classic, Turkey Sausage and Cheese	9.6 oz	273	670	41	19	0	310	1450	45	2	7		29	X	X	X	X						
Croissant Classic, Spinach and Bacon	11.0 oz	313	910	68	24	1	325	1380	47	3	9		30	X	X	X	X						
Brisket and Egg	9.7 oz	275	830	48	15	0	265	1620	65	3	5	2	35	X	X		X						
Farmhouse	9.7 oz	276	700	33	14	0.5	260	1820	65	2	10	4	37	X	X		X						
Avocado Egg White	10.8 oz	306	520	15	2	0	5	1330	72	3	5	1	24	X	X		X					X	
Santa Fe Egg White	7.6 oz	217	430	17	8	0	70	1080	42	1	4	0	26	X	X		X						
Deli Sandwiches																							
Chicken Salad Criossant	9.2 oz	260	650	44	13	0.5	60	760	45	3	7		21	X	X	X1	X						
Turkey and Cheddar	9.9 oz	281	610	39	12	0.5	95	1040	37	3	9		30	X	X	X	X						
BLT on multigrain bread	6.1 oz	174	510	34	7	0	45	770	34	3	7		18	X			X						
Ham and Swiss on Sesame	11.4 oz	323	580	17	7	0	75	2010	67	5	7		36		X	X1	X					X	
Nova Lox	9.6 oz	272	690	34	20	1	100	1620	71	4	8		28		X		X			X			Salmon
Whitefish Salad	6.3 oz	179	350	22	3.0	0	55	690	23	3	5		14	X		X	X			X			Whitefish
White Albacore Tuna on Sesame Bagel	9.3 oz	264	580	25	3	0	35	900	67	1	4	0	28	X		X	X			X		X	Tuna
Signature Lunch																							
Avocado Veg Out	9.8 oz	277	470	14	3.5	0	15	750	74	4	6	0	17		X		X					X	
Manhattan Cheesesteak	11.2 oz	317	660	30	12	0	105	2050	59	5	10		39		X	X	X						
Empire State Club	8.9 oz	253	510	31	6	0	70	1000	37	3	9		25	X		X	X						
Ellis Island Hot Pastrami	9.4 oz	266	560	15	7	0	70	2000	67	5	3		36		X		X						
Toast																							
Avocado Toast	6.1 oz	174	410	10	1.5	0	0	780	67	6	4	1	12				X						
Soups																							
Chicken Noodle	8 oz	248	110	3.5	1	0	25	740	12	1	2		8	X			X						
	16 oz	454	200	6	2	0	50	1360	22	2	4		14	X			X						
Salads																							
Chicken Salad	3.0 oz	85	250	22	3.5	0	45	190	1	0	0		13	X		X							
Tuna Salad	3.0 oz	85	230	20	3	0	35	270	1	0	0		13	X		X				X			Tuna
Country Club with Chicken (without dressing)	11.4 oz	323	350	14	3	0	215	740	29	3	4		31	X	X	X	X						
Grilled Chicken Caesar (without dressing)	10.5 oz	297	360	12	3.5	0	95	760	28	3	3		39	X	X	X1	X			X			Anchovies
NY Deli Chef Salad (without dressing)	13.2 oz	375	440	22	9	0	240	1350	31	4	5		34	X	X		X						
Garden Market Salad (without dressing)	9.3 oz	265	160	4.5	0	0	0	360	29	4	4		7		X	X1	X						
Garden Market Salad with Chicken Salad (without dressing)	12.3 oz	350	420	26	3.5	0	45	550	31	4	5		19	X	X	X1	X						
Garden Market Salad with Tuna Salad (without dressing)	12.3 oz	350	400	24	3.0	0	35	630	30	4	4		20	X		X	X			X			Tuna
Salad Dressings																							
Asian Dressing	3.0 oz	85	370	32	5	0	0	1170	16	0	16		0			X	X						
Caesar Dressing	3.0 oz	85	410	44	7	0	25	960	3	0	3		3	X	X	X1	X			X			Anchovies
Sweets																							
Cookie, Heavenly Chocolate Chip	3.5 oz	99	460	24	13	0	65	290	58	2	33		5	X	X	X	X						
Mini Cookie, Heavenly Chocolate Chip	4.7 oz	132	610	33	17	0.5	85	380	78	3	45		7	X	X	X	X						
Pound Cake, Lemon	4.5 oz	128	470	21	11	0	140	510	66	1	41		6	X	X	X	X						
Muffin, Blueberry	7.2 oz	205	740	36	7	0	110	470	95	2	51		8	X	X	X1	X						
Muffin, Chocolate Chip	6.5 oz	184	780	40	11	0	110	450	97	3	59		9	X	X	X	X						
Muffin, Cinnamon Chip	7.0 oz	198	860	43	11	0	115	480	112	1	71		8	X	X	X1	X						
Muffin, Cranberry Orange	6.4 oz	182	680	37	5	0	110	450	81	3	43		8	X	X		X	X					Walnuts
Muffin, Corn	6.2 oz	177	730	34	5	0	115	470	96	1	45		9	X	X	X	X						
Muffin, Double Dutch Chocolate	6.5 oz	184	750	40	10	0	105	740	89	3	59		9	X	X	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

Effective Jan, 2015

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Allergen Information									
Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info

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.

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