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: 4/28/2021

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	310	1	0	0	0	630	64	4	3		12				X						
Honey Wheat	1 bagel	115	320	1	0	0	0	520	66	4	10		11				X						
Bagel Thin, Whole Wheat	1 Thin	74	200	0.5	0	0	0	330	42	3	6		7				X						
Blueberry	1 bagel	110	320	1	0	0	0	490	68	5	12		11				X						
Chocolate Chip	1 bagel	108	300	3.5	1.5	0	0	450	59	3	10		10			X	X						
Cheddar	1 bagel	115	320	1.5	0	0	0	630	67	3	3		12				X						
Cinnamon Raisin	1 bagel	115	320	1	0	0	0	560	67	5	10		12				X						
Cranberry	1 bagel	108	310	4	0	0	0	420	60	2	11		9			X	X						
Egg	1 bagel	115	310	1	0	0	0	630	64	4	3		12	X			X						
Everything	1 bagel	122	330	2.5	0	0	0	1120	66	4	3		13				X					X	
Everything Egg	1 bagel	122	330	2.5	0	0	0	1120	66	4	3		13	X			X					X	
French Toast	1 bagel	104	310	4.5	0.5	0	0	490	56	2	10		10	X		X	X						
Garlic	1 bagel	122	310	1	0	0	0	630	69	4	3		13				X					X	
Whole Wheat Everything	1 bagel	122	340	2.5	0	0	0	1010	68	4	10		12				X					X	
Cheddar Jalapeno	1 bagel	115	320	1	0	0	0	610	64	5	3		12				X						
Lucky Green	1 bagel	111	290	4	1	0	0	0	55	4	6		9				X						
Mini Bagel	1 Mini	58	150	0.5	0	0	0	320	32	2	2		6				X						
Multigrain	1 bagel	124	350	2	0	0	0	690	71	5	12		12				X					X	
Onion	1 bagel	122	330	1	0	0	0	630	70	4	3		12				X						
Poppy	1 bagel	118	330	2.5	0	0	0	630	64	4	3		13				X						
Pumpernickel	1 bagel	115	310	1	0	0	0	630	64	4	3		12				X						
Rye	1 bagel	115	320	1	0	0	0	610	64	5	3		12				X						
Salt	1 bagel	122	310	1	0	0	0	3370	64	4	3		12				X						
Sesame Seed	1 bagel	122	350	5	0	0	0	630	64	4	3		14				X					X	
Gourmet Bagels																							
Asiago	1 bagel	125	340	4	1.5	0	10	720	64	4	3		15		X		X						
California Power Bagel	1 bagel	113	350	6	1	0	0	290	64	4	17		12				X	X					Walnuts
Spinach Florentine	1 bagel																						
Super Cinnamon Raisin	1 bagel	120	340	1	0	0	0	560	71	5	13		12				X						
Rolls/Breads																							
Cheddar Roll	1 bagel	114	350	9	3	0	15	610	54	2	5		13		X	X	X						
Asiago Roll	1 bagel	114	340	8	2.5	0	15	660	54	2	5		14		X	X	X						
Round Potato Roll (Soon tobe Flour Roll)	1 Bagel	101	290	4	0	0	0	520	54	2	5		10			X	X						
Croissant	4.2 oz	118	390	22	10	0	10	560	41	2	5		8		X	X	X						
French Roll	1 Roll	100	290	4	0	0	0	520	53	2	5		9			X	X						
Steak Roll	1 Roll	130	300	2	0	0	0	760	59	3	0		10				X						
Bialy	1 bagel	107	320	6	0	0	0	830	54	2	5		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	100	280	3	0	0	0	700	56	4	2		8			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	8	0	40	120	2	0	2		2		X								
Plain	1.2 oz	35	120	12	7	0	40	120	2	0	2	0	2		X								
Lox	1.2 oz	35	110	10	6	0	35	240	3	0	1	0	3		X					X			Salmon
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																							
Egg White	3.0 oz	85	45	0	0	0	0	140	1	0	0		9	X									
Whole Egg	1.8 oz	51	80	6	2	0	190	140	1	0	0		6	X	X								
Scrambled Eggs	3.0 oz	85	100	7	2.5	0	250	95	1	0	1		9	X	X								
Scrambled Eggs, Wrap	6.0 oz	170	210	13	5	0	495	190	3	0	2		18	X	X								
Bacon	0.4 oz	10	50	3.5	1	0	10	190	0	0	0		4										
Ham, Breakfast	1.5 oz	43	50	1.5	0.5	0	25	500	1	0	1		7										
Ham, Lunch	3.0 oz	85	100	3.5	1	0	45	990	2	0	2		14										
Pork Sausage	2.0 oz	57	230	22	8	0	45	370	1	0	0		7										
Turkey Sausage	1.4 oz	41	70	4	1.5	0	25	280	1	0	1		7										

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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
Pork Roll	3.0 oz	85	230	18	7	0	65	800	2	0	2		15										
Turkey Bacon	0.4 oz	10	50	4	1	0	10	200	0	0	0		2										
Turkey, Lunch	3.0 oz	85	80	1.5	0	0	40	520	3	0	2		14										
Steak, Breakfast	2.0 oz	57	60	2.5	1	0	35	130	1	0	1		9										
Steak, Lunch	4.0 oz	113	120	4.5	1.5	0	70	260	1	0	1		17										
Pastrami	3.0 oz	85	110	4.5	1.5	0	40	970	2	0	0		15										
Roast Beef	3.0 oz	85	120	4.0	1.5	0	45	180	0	0	0		21										
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										
	12 fl oz	355 ml	300	13	8	0	50	45	39	0	38		8										

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Iced White Chocolate Mocha	16 fl oz	473 ml	410	14	9	0	55	65	63	0	62		10		X								
	20 fl oz	591 ml	430	15	9	0	55	65	63	0	62		12										
	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																							
Caffe Latte	18 fl oz	532 ml	230	7	2.5	0	30	80	37	0	17		5		X								
	24 fl oz	710 ml	310	8	2.5	0	40	110	51	0	25		7										
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										
Strawberry Lemonade	18 fl oz	532 ml	260	0	0	0	0	5	67	0	62		0										
	24 fl oz	710 ml	600	0	0	0	0	15	160	0	148		1										
Wildberry	18 fl oz	532 ml	310	0	0	0	5	80	73	1	66		5										
	24 fl oz	710 ml	430	0	0	0	5	105	102	1	92		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																							
Apple Slices	4.0 oz	113	50	0	0	0	0	0	14	2	12		0										
Coleslaw	3.0 oz	85	120	7	1	0	5	190	15	2	13		1	X		X1							
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
Macaroni Salad	3.0 oz	85	190	13	3	0	10	470	16	1	5		3	X		X1							
Potato Salad, Red skin	3.0 oz	85	160	12	2	0	10	370	13	1	1		1	X		X1							
Fruit Salad Side	4.0 oz	113	50	0	0	0	0	10	13	1	11		1										
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						

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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
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						
Classic Light Sandwich, Turkey Bacon and Cheese on plain	6.4 oz	183	350	9	4	0	25	770	43	3	6		22	X	X	X	X						
classic Light Sandwich, Turkey Sausage and Cheese on Plain	7.5 oz	214	370	9	4.5	0	40	850	44	3	7		27	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						
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						
Farmhouse	9.7 oz	276	700	33	14	0.5	260	1820	65	2	10	4	37	X	X		X						
Garden 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						
Avocado BLT Thin	6.9 oz	197	480	26	4.5	0.0	20	770	48	5	9		11	X	X	X	X						
Turkey and Cheddar	9.9 oz	281	610	39	12	0.5	95	1040	37	3	9		30	X	X	X	X						
Roast Beef on Cheddar Roll	10.5 oz	299	550	14	5	0	60	1030	68	3	7		37		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
Thintastic Turkey	8.5 oz	240	350	7	3	0	50	950	50	4	10		23		X		X						
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						
East Side Reuben	10.8 oz	306	630	27	9	0	80	2610	61	7	5		34	X	X	X	X						
Grilled Chicken Melt	11.4 oz	323	590	20	9	0	100	1010	59	3	8	4	43		X		X						
Spicy Chicken Sandwich	13.0 oz	369	640	24	12	0.5	115	1390	62	4	9	4	44		X		X						
Pizza Bagel																							
Pizza Bialy	5.5 oz	155	370	10	4	0	20	740	55	2	7		17		X	X	X						
Soups																							
Beef Chili	8 oz	248	290	15	6	0.5	45	1170	25	6	9		18			X	X						
	16 oz	454	530	27	11	1.5	80	2130	45	11	16		32			X	X						
New England Clam Chowder	8 oz	248	180	6	1.5	0	15	1170	23	1	3		6		X	X	X			X			
	16 oz	454	320	11	2.5	0	25	2130	43	3	5		11		X	X	X			X			
Bean with Ham	8 oz	248	260	4	1	0	10	2120	46	12	0		12				X						
	16 oz	454	480	7	2	0	20	3870	85	22	0		22				X						
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						
Cream of Broccoli	8 oz	248	180	9	3	0	20	1140	19	1	7		6		X	X	X						
	16 oz	454	320	16	5	0	40	2080	35	3	13		11		X	X	X						
Cream of Potato and Bacon	8 oz	248	310	20	7	0	30	1210	26	1	4		6	X	X	X	X						
	16 oz	454	560	37	13	0	55	2210	48	3	8		11	X	X	X	X						
Italian Wedding	8 oz	248	140	8	2.5	0	25	800	11	1	1		7	X	X		X						
	16 oz	454	260	14	5	0	50	1460	20	2	2		12	X	X		X						
Lumberjack Vegetable	8 oz	248	240	10	4.5	0	10	2040	33	4	9		4			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
Lumberjack Vegetable	16 oz	454	440	18	8	1	20	3730	60	8	16		8			X	X						
Minestrone	8 oz	248	90	1	0	0	0	510	15	3	4		4	X			X						
	16 oz	454	160	2	0	0	0	940	28	6	8		8	X			X						
Split Pea with Ham	8 oz	248	220	1.5	0	0	5	1200	36	7	7		13										
	16 oz	454	400	2.5	0	0	15	2190	67	13	13		24										
Tomato Florentine with Shells	8 oz	248	120	1.5	0.5	0	10	1170	20	3	9		6	X	X		X						
	16 oz	454	210	2.5	1.5	0	15	2130	37	5	16		11	X	X		X						
Wisconsin Cheese	8 oz	248	400	28	12	0	45	1690	32	1	16		7		X	X	X						
	16 oz	454	740	50	21	0.5	80	3080	59	1	29		13		X	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																							
Apple Turnover	4.5 oz	129	450	25	13	0	10	260	51	2	18		5	X			X						
Chewy Marshmallow Bar	2.1 oz	60	250	5	3	0	15	240	49	0	26		2		X								
Cinnamon Twist	3.1 oz	88	360	16	6	0	0	250	50	2	24		4			X	X						
Cookie, Chocolate Chunk	2.7 oz	78	390	20	9	0	0	310	51	1	30		4	X	X	X	X						
Cookie, Heavenly Chocolate Chip	3.5 oz	99	460	24	13	0	65	290	58	2	33		5	X	X	X	X						
Cookie, Honey Roasted Peanut Butter	3.3 oz	93	360	17	8	0	40	310	46	2	26		6	X	X	X	X		X				
Crumb Cake, Original	6.0 oz	170	720	40	17	0	85	980	85	1	41		8	X	X	X	X						
Crumb Cake, Raspberry	6.0 oz	170	670	37	18	0	80	420	80	2	42		8	X	X	X	X						
Crumb Cake, Marble	4.0 oz	114	450	24	13	0	150	560	54	1	30		7	X	X	X	X						
Cheese Danish	4.0 oz	113	370	19	9	0	30	440	43	1	21		6	X	X	X	X						
Filled Croissant, Almond	3.0 oz	85	340	7	3	0	10	460	56	3	11		12		X	X	X						
Filled Croissant, Chocolate	3.0 oz	85	350	8	4.5	0	10	460	57	4	11		12		X	X	X						
Filled Croissant, Cheese	3.0 oz	85	260	13	5	2	15	260	32	1	11		5		X	X	X						
Filled Croissant, Strawberry	3.2 oz	92	260	11	4.5	0	10	260	34	1	13		4	X	X	X	X						
Mini Cookie, Chocolate Chunk	3.7 oz	104	520	26	12	0.5	0	420	68	1	39		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, Banana Nut	6.4 oz	182	750	42	7	0	115	460	84	3	47		9	X	X	X1	X	X					Almonds, Walnuts
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						
Muffin, Pistachio	6.2 oz	177	730	39	7	0	120	480	84	1	46		9	X	X	X	X						
Muffin, Raisin Bran	6.2 oz	177	670	30	5	0	105	430	91	5	46		9	X	X	X	X						
Scone, Apple Cinnamon	3.7 oz	106	400	20	10	0	10	320	52	1	26		4	X	X	X	X						
Scone, Blueberry	3.7 oz	106	400	20	10	0	10	330	51	1	22		5	X	X	X	X						
Scone, White Chunk Raspberry	3.7 oz	106	440	21	11	0	10	340	55	1	27		5	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

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.

Manhattan Bagels Nutritional 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.)

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

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.