



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: 1/18/2024

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.)	Caffeine (mg)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info		
Burritos and Wraps (* In Select Locations Only)																										
Big Breakfast Burrito *	14.0 oz	398	1050	60	27	1	500	2320	76	4	5	0	50	0	X	X		X								
Breakfast Burrito *	17.1 oz	486	1210	70	31	1	120	2370	94	7	6	0	46	0	X	X		X								
Ranchero Wrap *	13.1 oz	373	690	31	16	0.5	65	1650	62	3	6	0	36	0	X	X		X								
Village Veggie Wrap *	10.7 oz	305	580	33	11	0.5	40	1110	62	7	6	1	12	0	X	X	X	X								
White Albacore Tuna Wrap *	8.7 oz	246	540	27	6	0	40	890	54	3	1	0	23	0	X	X	X	X			X				Tuna	
Deli Sandwiches																										
Chicken Salad Cirossant	9.2 oz	260	650	44	13	0.5	60	760	45	3	7		21	0	X	X	X1	X								
Turkey and Cheddar	9.6 oz	273	600	41	11	0.0	95	1230	40	3	6	3	29	0	X	X	X	X								
BLT on multigrain bread	6.1 oz	174	510	34	7	0	45	770	34	3	7		18	0	X			X								
Ham and Swiss on Sesame	11.4 oz	323	580	17	7	0	75	2010	67	5	7		36	0		X	X1	X						X		
Nova Lox	9.6 oz	272	680	35	19	1	110	1610	65	3	7	1	28	0		X		X			X				Salmon	
Whitefish Salad	6.3 oz	179	350	22	3.0	0	55	690	23	3	5		14	0	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	0	X		X	X			X		X		Tuna	
Signature Lunch (* Select Locations Only)																										
Avocado Veg Out	9.8 oz	277	470	14	3.5	0	15	750	74	4	6	0	17	0		X		X						X		
Manhattan Cheesesteak	11.2 oz	317	660	30	12	0	105	2050	59	5	10		39	0		X	X	X								
Chicken Melt *	11.4 oz	323	590	20	9	0	100	1020	59	3	8	4	43	0		X	X	X								
Cuban *	7.3 oz	207	500	17	9	1	70	1010	46	4	3	1	36	0		X	X	X								
East Side Reuban *	10.6 oz	302	610	27	8	0	75	2250	51	2	5	0	36	0	X	X	X	X								
Egg Salad *	9.1 oz	257	480	16	3.5	0	270	780	63	3	5	1	21	0	X		X	X								
Empire State Club	8.8 oz	249	510	34	6	0	75	1230	40	3	7	3	26	0	X	X	X	X								
Ellis Island Hot Pastrami	9.4 oz	266	560	15	7	0	70	2000	67	5	3		36	0		X		X								
Thintastic Avocado BLT *	6.9 oz	197	450	24	4.5	0	20	770	47	4	9	6	12	0	X	X		X								
Thintastic Turkey *	8.5 oz	240	350	7	3	0	50	1080	54	3	10	7	24	0		X		X								
Spicy Chicken *	13.0 oz	369	640	24	12	0.5	115	1400	62	5	9	4	44	0		X		X								
Reuban *	10.6 oz	302	610	27	8	0.0	75	2250	51	2	5	0	36	0	X	X	X	X						X		
Toast																										
Avocado Toast	6.1 oz	174	410	10	1.5	0	0	780	67	6	4	1	12	0				X								
Soups																										
Chicken Noodle	8 oz	248	110	3.5	1	0	25	740	12	1	2		8	0	X			X								
	16 oz	454	200	6	2	0	50	1360	22	2	4		14	0	X			X								
Salads																										
Chicken Salad	3.0 oz	85	250	22	3.5	0	45	190	1	0	0		13	0	X		X									
Tuna Salad	3.0 oz	85	230	20	3	0	35	270	1	0	0		13	0	X		X				X				Tuna	
Country Club with Chicken (without dressing)	11.4 oz	323	350	14	3	0	215	740	29	3	4		31	0	X	X	X	X								
Grilled Chicken Caesar (without dressing)	10.5 oz	297	360	12	3.5	0	95	760	28	3	3		39	0	X	X	X1	X			X				Anchovies	
NY Deli Chef Salad (without dressing)	13.0 oz	370	420	21	7	0	225	1340	34	3	6	1	32	0	X	X		X								
Garden Market Salad (without dressing)	9.3 oz	265	160	4.5	0	0	0	360	29	4	4		7	0		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	0	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	0	X		X	X			X				Tuna	
Salad Dressings																										
Asian Dressing	3.0 oz	85	370	32	5	0	0	1170	16	0	16		0	0			X	X								
Caesar Dressing	3.0 oz	85	410	44	7	0	25	960	3	0	3		3	0	X	X	X1	X			X				Anchovies	
Sweets																										
Cinnamon Roll with Icing	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	460	24	13	0	65	290	58	2	33		5	0	X	X	X	X								
Crumb Cake, Original	6.0 oz	170	840	58	28	1	100	760	79	1	57	54	4	0	X	X	X	X								
Crumb Cake, Raspberry	6.0 oz	170	810	54	26	0.5	100	730	80	1	57	53	4	0	X	X	X	X								
Danish	4.0 oz	113	190	10	4.5	0	15	220	22	0	10		10	3	0	X	X	X	X							

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Fruity Cereal Bar	1.4 oz	39	150	3	1	0	0	170	29	0	14	13	1	0		X	X								
Scone	3.7 oz	106	440	21	11	0	10	340	55	0	27	15	5	0	X	X	X								
Mini Cookie, Heavenly Chocolate Chip	4.7 oz	132	610	33	17	0.5	85	380	78	3	45		7	0	X	X	X	X							
Pound Cake, Lemon	4.5 oz	128	470	21	11	0	140	510	66	1	41		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	3.8 oz	109	340	17	8	0	0	280	42	1	17	16	4	0		X	X	X							
Muffin, Blueberry	7.2 oz	205	740	36	7	0	110	470	95	2	51		8	0	X	X	X1	X							
Muffin, Chocolate Chip	6.5 oz	184	780	40	11	0	110	450	97	3	59		9	0	X	X	X	X							
Muffin, Cinnamon Chip	7.0 oz	198	860	43	11	0	115	480	112	1	71		8	0	X	X	X1	X							
Muffin, Cranberry Orange	6.4 oz	182	680	37	5	0	110	450	81	3	43		8	0	X	X		X	X						Walnuts
Muffin, Corn	6.2 oz	177	730	34	5	0	115	470	96	1	45		9	0	X	X	X	X							
Muffin, Double Dutch Chocolate	6.5 oz	184	750	40	10	0	105	740	89	3	59		9	0	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

1/18/2024

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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.