



## 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](http://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: 9/14/2023







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				
Iced Chocolate Mocha	12 fl oz	355 ml	300	13	8	0	50	50	41	0	41		7														
	16 fl oz	473 ml	420	14	9	0	55	75	65	0	64		10	X													
	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														
	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														
	16 fl oz	473 ml	360	15	10	0	55	70	48	2	42		12	X													
	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														
	16 fl oz	473 ml	220	3.5	2	0	15	0	40	0	39		6	X			X							Hazelnuts			
	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														
	16 fl oz	473 ml	330	10	6	0	40	25	50	0	49		10	X			X							Hazelnuts			
	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														
<b>Chillerz Frozen Blended Drinks</b>																											
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														
<b>Poured Beverages</b>																											
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											
<b>Sides</b>																											
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														
<b>Breakfast</b>																											
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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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												
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												
<b>Deli Sandwiches</b>																													
Chicken Salad Cirossant	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			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						
<b>Signature Lunch</b>																													
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												
<b>Toast</b>																													
Avocado Toast	6.1 oz	174	410	10	1.5	0	0	780	67	6	4	1	12				X												
<b>Soups</b>																													
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												
<b>Salads</b>																													
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						

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<b>Salad Dressings</b>																																			
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	0	3	X	X	X1	X				X			Anchovies											
<b>Sweets</b>																																			
Cinnamon Roll with Icing	6.5 oz	185	610	39	16	0	55	760	98	3	44	42	11	X	X	X	X																		
Cookie, Heavenly Chocolate Chip	3.5 oz	99	460	24	13	0	65	290	58	2	33	0	5	X	X	X	X																		
Mini Cookie, Heavenly Chocolate Chip	4.7 oz	132	610	33	17	0.5	85	380	78	3	45	0	7	X	X	X	X																		
Pound Cake, Lemon	4.5 oz	128	470	21	11	0	140	510	66	1	41	0	6	X	X	X	X																		
Pastry, Apple Pie	3.0 oz	85	250	10	4	0	0	180	38	1	16	15	3			X	X																		
Pastry, Strawberry and Cream	3.8 oz	109	340	17	8	0	0	280	42	1	17	16	4		X	X	X																		
Muffin, Blueberry	7.2 oz	205	740	36	7	0	110	470	95	2	51	0	8	X	X	X1	X																		
Muffin, Chocolate Chip	6.5 oz	184	780	40	11	0	110	450	97	3	59	0	9	X	X	X	X																		
Muffin, Cinnamon Chip	7.0 oz	198	860	43	11	0	115	480	112	1	71	0	8	X	X	X1	X																		
Muffin, Cranberry Orange	6.4 oz	182	680	37	5	0	110	450	81	3	43	0	8	X	X		X	X						Walnuts											
Muffin, Corn	6.2 oz	177	730	34	5	0	115	470	96	1	45	0	9	X	X	X	X																		
Muffin, Double Dutch Chocolate	6.5 oz	184	750	40	10	0	105	740	89	3	59	0	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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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.