



Einstein Bros.® Bagels

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: 1/07/2016

Einstein Bros.® Nutrition Information														Allergen Information								
	Serving Size	Weight (g.)	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.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
Bagels *Available at License Locations Only																						
Plain	1 bagel	101	260	10	1	0	0	0	480	55	2	5	9			X¹	X					
Honey Whole Wheat	1 bagel	102	260	25	3	0	0	0	440	50	7	7	12			X¹	X					
Everything	1 bagel	105	280	20	2	0	0	0	640	54	2	5	10			X¹	X					
Pumpernickel	1 bagel	103	270	10	1.5	0	0	0	520	55	3	4	10			X	X					
Asiago Cheese	1 bagel	111	300	35	4	2	0	10	560	54	2	5	12		X	X¹	X					
Blueberry	1 bagel	106	290	10	1	0	0	0	460	60	2	10	10			X¹	X					
Chocolate Chip	1 bagel	106	290	25	3	1.5	0	0	460	58	2	10	10			X	X					
Cinnamon Raisin	1 bagel	108	290	10	1	0	0	0	440	61	2	13	10			X¹	X					
Cinnamon Sugar	1 bagel	109	320	50	6	0.5	0	0	540	59	2	12	9		X	X	X					
Cranberry	1 bagel	108	290	10	1	0	0	0	450	61	2	12	10			X¹	X					
Garlic	1 bagel	106	280	20	2.5	0	0	0	480	55	2	5	10			X¹	X					
9-Grain	1 bagel	107	300	50	6	0	0	0	470	51	8	6	13			X¹	X					
Onion	1 bagel	105	270	10	1	0	0	0	460	59	2	5	9			X¹	X					
Poppy	1 bagel	104	280	25	2.5	0	0	0	470	54	2	5	10			X¹	X					
Potato	1 bagel	101	280	35	4	0	0	0	520	52	2	5	9			X¹	X					
Pretzel	1 bagel	103	280	35	4	0	0	0	1000	52	2	5	9			X¹	X					
Sesame	1 bagel	105	290	30	3	0	0	0	470	54	2	5	10			X¹	X					
Sourdough*	1 bagel	106	280	25	3	0	0	0	520	53	2	2	11			X1	X					
Rosemary Olive	1 bagel	102	290	40	4.5	0	0	0	590	53	2	5	10			X1	X					
Gourmet Bagels / Bagel Rolls																						
Apple Cinnamon	1 bagel	152	440	70	8	1.5	0	0	600	82	2	26	10			X	X					
Green Chile	1 bagel	143	370	80	9	3	0	15	730	58	2	6	15		X	X	X					
Jalapeno Cheddar	1 bagel	156	390	100	11	4	0	20	1160	58	3	6	15		X	X	X					
Power Protein Bagel	1 bagel	113	350	50	6	1	0	0	290	64	4	17	12				X	X				Walnuts
Six-Cheese	1 bagel	130	370	90	9	3.5	0	15	740	57	2	6	16		X	X	X					
Spinach Florentine	1 bagel	152	380	100	11	3.5	0	15	710	58	2	6	15		X	X	X					
Potato Roll	1 roll	110	310	40	4.5	0	0	0	570	57	2	6	10			X	X					
Multigrain Roll	1 roll	118	330	60	7	1	0	0	480	54	9	8	14			X	X					
Bread Specialty																						
Ciabatta Bread	4.0 oz	113	260	20	2	0	0	0	700	52	2	0	9			X¹	X					
Bagel Baguette	5.3 oz	150	420	50	6	0	0	0	790	77	3	8	14			X¹	X					
Tortilla	3.7 oz	104	290	60	7	3	0	0	750	50	6	0	9			X¹	X					
Multigrain Bread, 2 slice	2.9 oz	81	190	15	1.5	0	0	0	240	41	3	5	8			X¹	X					
Whipped Cream Cheese Shmear																						
Onion and Chive	1.5 oz	43	140	110	12	8	0	35	120	5	0	2	2		X							
Plain	1.5 oz	43	150	130	14	10	0	45	135	2	0	2	2		X							
Apple Cinnamon	1.5 oz	42	130	90	10	6	0	30	190	11	0	11	2		X							
Smoked Salmon	1.5 oz	43	130	110	12	8	0	40	300	4	0	2	3		X				X			Salmon
Plain Reduced Fat	1.5 oz	43	130	90	10	7	0	30	210	5	0	2	3		X							
Blueberry Reduced Fat	1.5 oz	43	150	90	10	7	0	30	100	13	0	11	2		X							
Garden Vegetable Reduced Fat	1.5 oz	43	130	90	10	7	0	30	210	6	0	2	3		X							
Garlic Herb Reduced Fat	1.5 oz	43	130	90	10	7	0	30	210	6	1	2	3		X							
Honey Almond Reduced Fat	1.5 oz	43	150	90	10	7	0	25	90	13	0	9	2		X			X				Almonds
Jalapeno Salsa Reduced Fat	1.5 oz	43	130	90	10	7	0	30	220	7	1	2	2		X							
Strawberry Reduced Fat	1.5 oz	43	140	90	10	7	0	30	105	11	0	8	2		X							
Other Spreads																						
Butter Blend	1.0 oz	28	180	180	20	6	0	0	190	0	0	0	0		X	X						
Honey	1.0 oz	28	90	0	0	0	0	0	0	23	0	22	0									
Honey Butter*	1.0 oz	28	150	120	14	4	0	0	125	8	0	7	0		X	X						
Fruit Preserves	1.0 oz	28	70	0	0	0	0	0	0	18	0	17	0									
Peanut Butter	1.0 oz	28	170	130	14	3	0	0	130	6	2	3	7						X			
PB & J	2.0 oz	57	240	130	14	3	0	0	130	25	2	20	7						X			
Nutella®	1.5 oz	42	230	120	13	4.5	0	0	15	24	1	24	3		X	X		X				Hazelnut
Hummus	2.0 oz	57	100	80	9	0.5	0	0	270	12	3	2	5									
Bagel Toppers - Values for 1/2 plain bagel, mix or match any two																						
1/2 The Herbivore Bagel Topper	4.1 oz	115	190	45	5	3	0	15	330	31	1	4	6		X	X	X					
1/2 Nutty Monkey Bagel Topper	2.9 oz	82	270	80	9	2.5	0	0	240	41	2	16	7		X	X	X	X				Almonds
1/2 Spicy Devil Bagel Topper	3.2 oz	90	230	70	8	4	0	25	710	31	1	4	7		X	X	X					
1/2 Berry Goodness Bagel Topper	3.9 oz	111	250	50	6	3	0	15	290	44	2	13	6		X	X	X	X				Almonds
Egg Sandwiches - Classic *nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel																						
Applewood Bacon & Cheddar ^	8.5 oz	242	540	200	22	9	0	360	1250	56	2	6	28	X	X	X	X					
Turkey Sausage & Cheddar ^	9.4 oz	266	540	170	19	8	0	360	1150	57	2	7	33	X	X	X	X					
Ham & Swiss ^	9.3 oz	264	490	140	15	6	0	350	1410	57	2	7	31	X	X	X	X					
Cheddar Cheese ^	8.0 oz	226	470	140	15	7	0	330	970	56	2	6	25	X	X	X	X					
Egg Sandwiches - Signature * Items available only at License Locations																						

	Serving Size	Weight (g.)	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.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
Applewood Bacon & Spinach Panini	11.8 oz	335	790	440	49	14	0	385	1930	60	5	3	32	X	X	X	X					
Applewood Bacon and Spinach Florentine	12.2 oz	345	890	500	56	17	0.5	400	1870	65	4	8	37	X	X	X	X					
Santa Fe	11.1 oz	315	620	230	25	12	0	420	1510	61	2	8	36	X	X	X	X					
Santa Fe Wrap *	11.1 oz	314	650	290	32	16	0	380	1750	59	6	4	33	X	X	X ¹	X					
Cinnamon Toast Egg Sandwich	9.5 oz	270	680	270	30	12	0	360	1300	73	3	22	30	X	X	X	X					
Spinach, Mushroom & Swiss, on 9 grain bagel	10.0 oz	283	520	200	22	7	0	325	1030	55	8	9	30	X	X	X	X					
Spinach, Mushroom & Swiss, on Plain bagel *	9.8 oz	278	490	160	18	7	0	325	1070	58	3	6	26	X	X	X	X					
Asparagus, Mushroom & Swiss, Eggwhite, on thin wheat	7.6 oz	216	380	160	18	5	0	20	800	41	6	7	21	X	X	X	X					
Thintastic asparagus and mushroom, whole egg, on thin wheat	7.6 oz	216	420	200	22	7	0	190	910	41	6	7	20	X	X	X	X					
Southwest Turkey Sausage	7.8 oz	222	400	120	13	6	0	55	970	45	2	6	25	X	X	X	X					
Southwest Thintastic, Whole Egg on plain thin	7.5 oz	213	430	160	18	8	0	220	1030	44	2	6	25	X	X	X	X					
Egg (Whole Egg)	3.7 oz	106	130	70	8	3	0	310	380	2	0	1	11	X	X	X						
Egg Whole, Small Portion	2.0 oz	57	70	40	4.5	1.5	0	165	200	1	0	0	6	X	X	X						
Egg (White Only)	2.0 oz	57	30	0	0	0	0	0	95	1	0	0	6	X		X						
Signature Sandwiches * Items available only at License Locations																						
Nova Lox & Bagel	8.8 oz	251	480	150	17	9	0	50	1320	61	2	9	22		X	X	X			X		Salmon
Honey Smoked Salmon	9.3 oz	264	560	150	16	10	0	70	1230	65	3	10	24		X	X ¹	X			X		Salmon
Tasty Turkey on Asiago Bagel	11.7 oz	331	510	130	15	9	0	80	1310	63	3	9	33		X	X ¹	X					
Tasty Turkey on Asiago Bagel*	11.2 oz	319	500	130	15	9	0	80	1310	61	4	8	32		X	X ¹	X					
Turkey, Bacon & Avocado	11.1 oz	316	670	320	36	7	0	90	1680	59	8	11	34	X		X ¹	X					
Turkey & Cheddar	11.7 oz	333	690	270	30	7	0.5	70	1670	67	3	13	35	X	X	X	X					
The Farmhouse	13.5 oz	382	920	390	43	19	0.5	420	2300	85	3	12	46	X	X	X	X					
The Einstein's Club	14.8 oz	421	990	450	50	14	1	140	2480	84	3	12	52	X	X	X	X					
Hummus Veg Out® on Sesame*	9.5 oz	270	410	110	12	4	0	15	760	67	4	10	14		X	X ¹	X					
Hummus Veg Out®	10.6 oz	300	440	110	12	4	0	15	810	72	11	14	19		X	X ¹	X					
Harvest Chicken Salad	10.5 oz	297	620	230	26	4	0	60	730	66	11	15	34	X		X	X	X				Almonds
Albacore Tuna Salad	10.3 oz	293	570	220	24	3.5	0	35	790	62	9	11	31	X		X	X			X		Tuna
Ham & Swiss	11.6 oz	328	690	280	31	7	0	75	1980	68	3	15	30	X	X	X	X					
Thintastic Club *	8.9 oz	252	400	130	14	3	0.0	60	1220	42	7	8	30	X	X	X	X					
Turkey and Cheddar, Deli - Without Bread Choice *	7.5 oz	212	350	230	25	7	0	70	1100	9	1	2	23	X	X	X	X					
Ham and Swiss Deli, Without Bread Choice *	7.3 oz	208	350	230	26	7	0	75	1410	10	1	4	19	X	X	X	X					
Chicken Salad, Deli - Without Bread Choice *	6.3 oz	179	290	170	19	3	0	60	250	11	2	7	19	X		X	X	X				Almonds
Tuna Salad, Deli - Without Bread Choice *	7.1 oz	201	270	190	21	3	0	45	390	5	1	3	17	X		X	X			X		Tuna
Hot Sandwiches * Items available only at License Locations ^ Test Markets Only																						
Spinach Artichoke Chicken on Ciabatta	12.2 oz	347	670	230	26	14	0.5	120	1610	63	9	3	48		X	X	X					
Spinach Artichoke Chicken on Spinach Florentine Bagel	12.1 oz	343	690	240	26	13	0.5	115	1390	66	7	8	49		X	X	X					
Southwest Turkey Club on Grn Chile Bagel	12.4 oz	353	760	340	38	14	0.5	115	1950	63	3	9	44	X	X	X	X					
Italian Chicken Panini	11.5 oz	326	690	280	31	11	0	100	1690	58	9	3	47		X		X					
Italian Chicken on Potato Roll ^	11.3 oz	322	750	330	37	10	0	95	1530	63	6	8	46		X	X	X					
Italian Chicken Tostini *	11.5 oz	326	690	280	31	11	0	100	1690	58	9	3	47		X		X					
Turkey Club Panini	13.3 oz	377	760	370	41	12	0	115	2250	62	9	4	42	X	X	X	X					
Thintastic Chicken Pesto	8.8 oz	251	470	150	17	6	0	80	910	45	5	6	37		X	X ¹	X					
Pizza Bagel Pepperoni	7.1 oz	202	530	200	23	12	0	55	1340	58	2	7	27		X	X ¹	X					
Pizza Bagel Cheese	6.4 oz	183	440	120	14	8	0	40	1000	58	2	7	23		X	X ¹	X					
Original Bagel Dog	7.5 oz	214	610	290	32	12	1.5	55	1510	57	2	5	22			X	X					
Asiago Bagel Dog	8.0 oz	228	660	320	36	15	1.5	70	1640	58	2	5	26		X	X	X					
Thintastic Buffalo Chicken *	9.6 oz	272	430	110	12	7	0	85	1140	49	2	8	32		X	X	X					
Turkey Club Tostini *	13.3 oz	377	760	360	40	12	0.5	110	2250	61	9	4	42	X	X	X	X					
Buffalo Chicken & Bacon Flatbread *	10.1 oz	287	630	270	30	12	0.0	100	2470	51	2	4	39	X	X	X	X					
Buffalo Chicken & Bacon Tostini *	10.9 oz	308	600	200	22	8	0	100	1950	57	8	2	46		X	X	X					
BBQ Chicken Tostini *	10.5 oz	299	540	120	13	6	0	85	1350	64	8	9	42		X	X	X					
Roasted Veggie Tostini *	11.1 oz	314	510	180	20	10	0	40	1410	62	10	4	23		X	X	X					

	Serving Size	Weight (g.)	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.)		Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Ham and Swiss Melt*	8.1 oz	230	400	120	13	7	0	75	1470	44	2	7	29			X	X	X						
Turkey Melt *	8.4 oz	239	430	130	14	8	0	75	1210	43	2	5	34			X	X	X						
Cheesy Chicken and Asparagus Thintastic Melt *	8.5 oz	241	450	120	13	7	0	85	920	46	2	6	39			X	X	X						
Sides																								
EBB Barbeque Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2											
EBB Original Kettle Chips	1.2 oz	35	180	90	10	1	0	0	170	21	2	0	2											
EBB Jalapeño Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2											
Potato Salad	3.0 oz	85	110	35	4	0.5	0	5	380	18	2	4	2		X		X ¹							
Fruit and yogurt parfait	10.5 oz	298	200	20	2	0	0	5	110	38	3	24	8			X		X	X					Almonds, Aspartame
Greek yogurt parfait	7.2 oz	205	270	20	2.5	0	0	5	95	49	2	37	16			X		X	X					Almonds
Fruit Cup	8.5 oz	241	120	5	0	0	0	0	15	29	3	23	2											
Soup																								
Chicken Noodle	8.7 oz	248	110	30	3.5	0	0	30	970	14	1	1	6		X			X	X					
	14.0 oz	397	170	45	5	0.5	0	45	1550	22	2	2	10											
Turkey Chili	8.7 oz	248	160	40	4.5	1	0	20	930	22	5	6	12				X	X						
	14.0 oz	397	260	60	7	1.5	0	35	1500	35	8	9	20											
Broccoli Cheddar	8.7 oz	248	290	190	21	12	0	50	1250	15	2	7	13			X	X	X						
	14.0 oz	397	470	300	33	19	1	80	2000	24	3	10	21											
Salads																								
Strawberry Chicken	11.5 oz	326	330	110	13	1.5	0	40	270	37	5	29	18				X ¹		X					Almonds
Chicken Caesar	10.3 oz	291	340	140	16	4.5	0	75	840	26	4	6	25		X	X	X ¹	X			X			Anchovies
Chicken Club	11.8 oz	336	390	230	25	6	0	65	910	17	3	5	23		X	X	X	X						
Sweets																								
Chocolate Chip Coffee Cake	6.4 oz	181	830	340	38	15	0	5	280	120	3	63	7		X	X	X	X						
Chocolate Chunk Cookie	2.7 oz	78	390	170	19	10	0	15	320	52	2	31	4		X	X	X	X						
Iced Sugar Cookie	3.7 oz	106	500	150	17	7	0	30	300	82	1	48	5		X	X	X	X						
Cinnamon Chip Muffin	5.7 oz	162	590	250	27	7	0	100	510	83	1	55	7		X	X	X	X						
Blueberry Muffin	5.5 oz	156	510	210	24	4.5	0	105	540	69	2	38	7		X	X	X	X						
Brownie	2.7 oz	76	310	140	16	4.5	0	25	180	42	2	27	4		X	X	X	X						
Cherry Pastry	5.1 oz	145	380	120	14	8	0	45	290	61	3	28	6		X	X		X						
Chocolate Chip Muffin	5.5 oz	155	550	240	27	7	0	100	530	74	2	43	8		X	X	X	X						
Cinnamon Twist	3.4 oz	96	360	160	18	8	0	0	240	23	3	21	4				X	X						
Cinnamon Walnut Strudel	6.0 oz	171	630	320	36	13	0	35	570	68	4	24	10		X	X	X	X	X					Walnuts
Cinnamon Sugar Bagel Cluster	4.1 oz	116	390	60	7	1.5	0	0	460	74	2	29	8		X	X	X	X						
Cinnamon Sugar Popper	4.7 oz	133	430	80	9	2	0	0	570	77	3	29	9			X	X	X						
Snickerdoodle Cookie	2.9 oz	82	350	120	14	7	0	25	300	31	1	31	3		X	X	X	X	X					Almonds
Flatbreads & Wraps *Available on license location menus only																								
BBQ Chicken Flatbread *	9.3 oz	265	600	190	21	10	0	80	1240	67	3	19	37			X	X ¹	X						
Turkey Club Mex *	12.1 oz	342	740	390	43	12	0.5	95	2030	57	7	4	35		X	X	X	X						
White Vegetarian Flatbread *	9.9 oz	281	520	220	25	11	0	40	1110	56	4	6	21			X	X ¹	X						
Santa Fe Wrap *	11.1 oz	314	650	290	32	16	0	380	1750	60	7	4	33		X	X		X						
Pepperoni Flatbread *	7.6 oz	216	590	280	31	15	0	70	1380	51	2	5	30			X	X ¹	X						
Roasted Veggie Flatbread *	10.5 oz	298	570	250	28	13	0.5	50	1090	55	4	7	25			X	X	X						
Chicken Caesar Wrap*	11.4 oz	324	630	250	28	12	0	110	1480	61	7	6	37		X	X	X	X			X			
Buffalo Chicken Wrap *	13.3 oz	376	630	260	29	12	0	95	1750	59	7	5	35		X	X	X ¹	X						
BEVERAGES																								
Signature (made with 2% milk) *Available on menu at license locations only																								
Vanilla Hazelnut Latte, Hot	12 fl oz	220	60	7	4	0	25	5	31	0	31	8			X				X					Hazelnuts
	16 fl oz	280	70	8	5	0	30	10	44	0	43	10												
	20 fl oz	340	70	8	5	0	35	10	55	0	54	11												
Vanilla Hazelnut Latte, Iced	16 fl oz	210	30	3.5	2	0	15	10	38	0	38	6			X				X					Hazelnuts
	24 fl oz	300	50	5	3.5	0	20	15	53	0	52	10												
Vanilla Hazelnut Latte, Frozen	16 fl oz	350	90	10	6	0	35	65	62	0	61	3			X				X					Hazelnuts
	24 fl oz	500	120	13	8	0	45	100	91	0	90	4												
Vanilla Latte, Hot *	12 fl oz	180	40	4.5	3	0	20	0	26	0	25	8			X									
	16 fl oz	230	50	6	3.5	0	25	0	34	0	33	10												
	20 fl oz	270	60	7	4	0	25	0	41	0	40	12												
Vanilla Latte, Iced *	16 fl oz	220	50	5	3.5	0	20	5	33	0	32	10			X									
	24 fl oz	300	60	7	4.5	30	30	10	47	0	46	13												
Vanilla Latte, Frozen *	16 fl oz	310	90	10	6	0	35	70	52	0	52	3			X									
	24 fl oz	400	110	12	7	0	40	90	72	0	71	4												
White Chocolate Mocha, Hot	12 fl oz	280	70	8	5	0	30	95	42	0	39	9			X									
	16 fl oz	360	90	10	6	0	35	135	58	0	53	12												
	20 fl oz	440	100	11	7	0	40	180	73	0	67	14												
White Chocolate Mocha, Iced	16 fl oz	420	140	16	9	0	60	160	61	0	56	10			X									
	24 fl oz	580	170	18	11	0	70	240	91	0	84	14												
White Chocolate Mocha, Frozen	16 fl oz	400	100	12	7	0	40	190	71	0	67	4				Y								

	Serving Size	Weight (g.)	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.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
White Chocolate Mocha, Frozen	24 fl oz		680	160	17	10	0	60	320	126	0	118	7		X								
Caramel Macchiato, Hot	12 fl oz		270	70	7	4.5	0	30	85	43	0	39	9										
	16 fl oz		360	80	9	6	0	35	120	59	0	54	12		X								
	20 fl oz		440	90	10	6	0	40	150	74	0	67	14										
Caramel Macchiato, Iced	16 fl oz		370	130	15	9	0	55	105	50	0	46	10										
	24 fl oz		470	150	17	11	0	65	140	67	0	62	14		X								
Caramel Macchiato, Frozen	16 fl oz		420	100	11	7	0	40	180	77	0	71	5										
	24 fl oz		700	150	16	10	0	55	300	131	0	123	8		X								
Hazelnut Mocha, Hot	12 fl oz		270	60	7	4.5	0	25	15	45	1	40	9										
	16 fl oz		350	80	9	5	0	30	25	59	1	53	11		X			X					Hazelnuts
	20 fl oz		420	90	10	6	0	35	30	73	2	66	13										
Hazelnut Mocha, Iced	16 fl oz		280	80	9	5	0	35	20	44	1	41	8										
	24 fl oz		390	90	10	6	0	40	25	64	1	59	10		X			X					Hazelnuts
Hazelnut Mocha, Frozen	16 fl oz		340	90	10	6	0	35	70	63	1	59	3										
	24 fl oz		520	120	13	8	0	45	110	98	1	93	5		X			X					Hazelnuts
Classic (made with 2% milk)																							
Latte, Hot	12 fl oz		120	40	4.5	3	0	20	0	11	0	11	8										
	16 fl oz		150	50	6	3.5	0	25	0	14	0	14	10		X								
	20 fl oz		170	60	7	4	0	25	0	17	0	16	12										
Latte / Cappuccino, Iced	16 fl oz		140	50	5	3.5	0	20	0	14	0	13	10										
	24 fl oz		190	60	7	4.5	0	30	5	18	0	18	13		X								
Latte / Cappuccino, Frozen	16 fl oz		300	110	12	7	0	45	90	46	0	45	4										
	24 fl oz		410	140	15	9	0	55	125	65	0	64	5		X								
Mocha, Hot	12 fl oz		270	70	7	4.5	0	25	25	43	2	36	9										
	16 fl oz		350	80	9	5	0	30	35	59	2	50	12										
	20 fl oz		430	90	10	6	0	35	40	74	3	63	14		x								
Mocha, Iced	16 fl oz		410	130	15	9	0	55	45	62	2	52	10										
	24 fl oz		570	150	17	10	0	60	65	93	4	78	14		X								
Mocha, Frozen	16 fl oz		410	100	11	7	0	35	95	77	2	68	4										
	24 fl oz		680	150	16	10	0	50	170	132	3	117	7		X								
Chai Tea Latte, Hot	12 fl oz		200	40	4.5	3	0	20	5	31	0	30	8										
	16 fl oz		250	50	6	3.5	0	25	5	40	0	35	10										
	20 fl oz		310	60	7	4.5	0	30	10	50	0	48	12		x								
Chai Tea Latte, Iced	16 fl oz		240	50	5	3.5	0	20	10	40	0	38	10										
	24 fl oz		320	60	7	5	0	30	15	51	0	49	13		X								
Chai Tea Latte, Frozen	16 fl oz		340	60	7	4.5	0	25	85	67	0	66	4										
	24 fl oz		460	90	10	6	0	35	115	90	0	88	5		X								
Cappuccino, Hot	12 fl oz		90	30	3.5	2	0	15	0	9	0	9	6										
	16 fl oz		120	45	5	3	0	20	0	12	0	12	9										
	20 fl oz		160	50	6	3.5	0	25	0	15	0	15	11		x								
Vanilla Hazelnut Blender	18 fl oz		350	90	10	6	0	35	70	62	0	61	3		X			X					Hazelnut
Caramel Blender	18 fl oz		480	100	11	7	0	40	220	90	0	83	5		X								
Smoothies & Juice																							
Strawberry Banana Smoothie	18 fl oz		380	5	0.5	0	0	0	130	92	1	79	5		X								
Mixed Berry Smoothie	18 fl oz		390	5	0.5	0	0	0	95	97	1	88	3		X								
Orange Juice	16 fl oz		230	15	1.5	0	0	0	0	54	0	48	4										
	24 fl oz		340	20	2	0	0	0	5	81	0	72	5										
Lemonade	16 fl oz		170	0	0	0	0	0	10	47	0	43	0										
	24 fl oz		260	0	0	0	0	0	20	70	0	65	0										
Strawberry Lemonade	16 fl oz		220	0	0	0	0	0	10	57	0	54	0										
	24 fl oz		320	0	0	0	0	0	15	84	0	82	0										
Blackberry Lemonade	16 fl oz		290	0	0	0	0	0	20	76	0	72	0										
	24 fl oz		410	0	0	0	0	0	25	107	0	101	0										
Coffee, Hot Tea & Cocoa																							
Coffee (R, M, L)	12-20oz	355ml	5	0	0	0	0	0	0	0	0	0	0										
Coffee Decaf. (R, M, L)	12-20oz	591ml	5	0	0	0	0	0	0	0	0	0	0										
Iced Coffee (Medium and Large)	16 fl oz	473 ml	5	0	0	0	0	0	0	0	0	0	0										
	24 fl oz	709 ml	5	0	0	0	0	0	0	0	0	0	0										
Hot Tea	16 fl oz	473 ml	5	0	0	0	0	0	0	0	0	0	0										
	24 fl oz	709 ml	5	0	0	0	0	0	0	0	0	0	0										
Green Tea, iced/ sweetened	16 fl oz	473ml	35	0	0	0	0	0	10	9	0	9	0										
	24 fl oz	709 ml	50	0	0	0	0	0	15	13	0	13	0										
Black Tea / Flavored Tea	16 fl oz	473ml	5	0	0	0	0	0	0	0	0	0	0										
	24 fl oz	709 ml	5	0	0	0	0	0	0	0	0	0	0										
Hot White Chocolate	12 fl oz	355 ml	300	90	10	6	0	40	100	43	0	39	9										
	16 fl oz	473 ml	390	110	12	7	0	45	140	59	0	54	12		x								
	20 fl oz	591ml	470	120	13	8	0	50	180	74	0	68	14										
Hot Cocoa	12 fl oz	355 ml	270	70	7	4.5	0	25	25	43	2	36	9										
	16 fl oz	473 ml	350	80	9	5	0	30	35	59	2	50	12		x								
	20 fl oz	591ml	430	90	10	6	0	35	40	74	3	63	14										

¹ Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

	Serving Size	Weight (g.)	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.)		Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
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² Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness.

³ Phenylketonurics: contains phenylalanine

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.