



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: 1/25/2016

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	103	260	10	1	0	0	0	480	55	2	5	9			X ¹	X						
Honey Whole Wheat	1 bagel	102	260	25	3	0	0	0	440	50	7	7	12			X ¹	X						
Everything	1 bagel	105	280	20	2	0	0	0	640	54	2	5	10			X ¹	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	X ¹	X						
Blueberry	1 bagel	106	290	10	1	0	0	0	460	60	2	10	10			X ¹	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			X ¹	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			X ¹	X						
Garlic	1 bagel	106	280	20	2.5	0.5	0	0	480	55	2	5	10			X ¹	X						
9-Grain	1 bagel	107	300	50	6	0	0	0	470	51	8	6	13			X ¹	X						
Onion	1 bagel	106	280	15	1.5	0	0	0	500	56	2	4	10			X ¹	X						
Poppy	1 bagel	104	280	25	2.5	0	0	0	470	54	2	5	10			X ¹	X						
Potato	1 bagel	101	280	35	4	0	0	0	520	52	2	5	9			X ¹	X						
Pretzel	1 bagel	103	280	35	4	0	0	0	1000	52	2	5	9			X ¹	X						
Sesame	1 bagel	105	290	30	3	0	0	0	470	54	2	5	10			X ¹	X						
French Toast	1 bagel	116	380	70	7	1.5	0	15	450	69	2	21	10	X		X	X						
Sourdough*	1 bagel	106	280	25	3	0	0	0	520	53	2	2	11			X ¹	X						
Gourmet Bagels / Bagel Rolls																							
Apple Cinnamon	1 bagel	150	450	80	9	2.0	0	0	550	83	2	30	10			X	X						
Cheesy Bacon	1 bagel	138	410	110	12	5	0	25	830	58	2	6	18		X	X	X						
Green Chile	1 bagel	137	360	80	8	3	0	10	700	57	2	6	14		X	X	X						
Jalapeno Cheddar	1 bagel	142	390	100	11	4	0	20	930	57	2	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						
Bread Specialty																							
Potato Roll	1 roll	110	310	40	4.5	0	0	0	570	57	2	6	10			X	X						
Multigrain Bread	2 slices	81	190	15	1.5	0	0	0	240	41	3	5	8			X	X						
Multigrain Roll	1 roll	118	330	60	7	1	0	0	480	54	9	8	14			X	X						
Ciabatta Bread	4.0 oz	113	260	20	2	0	0	0	700	52	2	0	9			X ¹	X						
Tortilla	3.7 oz	104	290	60	7	3	0	0	750	50	6	0	9			X ¹	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	105	11	0	8	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	100	11	7	0	30	230	6	0	2	2		X								
Maple Reduced Fat	1.6 oz	44	130	90	10	6	0	35	105	10	0	7	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	24	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 The Herbivore Bagel Topper*	4.1 oz	115	190	45	5	3	0	15	330	31	2	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 ^	8.3 oz	236	520	170	19	8	0	340	1170	57	2	6	29	X	X	X	X						
Turkey Sausage & Cheddar ^	9.4 oz	266	540	170	19	8	0	360	1150	58	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						

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	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		X								
	24 fl oz		190	60	7	4.5	0	30	5	18	0	18	13										
Latte / Cappuccino, Frozen	16 fl oz		300	110	12	7	0	45	90	46	0	45	4		X								
	24 fl oz		410	140	15	9	0	55	125	65	0	64	5										
Mocha, Hot	12 fl oz		270	70	8	4.5	0	25	25	43	2	36	9										
	16 fl oz		350	80	9	5	0	30	35	59	2	50	12		x								
	20 fl oz		430	90	10	6	0	35	40	74	3	63	14										
Mocha, Iced	16 fl oz		410	130	15	9	0	55	45	62	2	52	10		X								
	24 fl oz		570	160	17	10	0	60	65	93	4	78	14										
Mocha, Frozen	16 fl oz		410	100	11	7	0	35	95	77	2	68	4		X								
	24 fl oz		680	150	16	10	0	50	170	132	3	117	7										
	12 fl oz		200	40	4.5	3	0	20	5	31	0	30	8										
Chai Tea Latte, Hot	16 fl oz		250	50	6	3.5	0	25	5	40	0	39	10		x								
	20 fl oz		310	60	7	4.5	0	30	10	50	0	48	12										
	16 fl oz		240	50	5	3.5	0	20	10	40	0	38	10		X								
Chai Tea Latte, Iced	24 fl oz		320	60	7	4.5	0	30	15	51	0	49	13										
	16 fl oz		340	60	7	4.5	0	25	85	67	0	66	4		X								
Chai Tea Latte, Frozen	24 fl oz		460	90	10	6	0	35	115	90	0	88	5										
	12 fl oz		90	30	3.5	2	0	15	0	9	0	9	6										
Cappuccino, Hot	16 fl oz		120	45	5	3	0	20	0	12	0	12	9		X								
	20 fl oz		160	50	6	3.5	0	25	0	15	0	15	11										
	18 fl oz		350	90	10	6	0	35	65	64	0	62	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		400	5	0.5	0	0	0	130	97	1	83	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	58	0	53	0										
	24 fl oz		310	0	0	0	0	0	20	82	2	71	0										
Blackberry Lemonade	16 fl oz		200	0	0	0	0	0	15	53	0	49	0										
	24 fl oz		270	0	0	0	0	0	20	74	1	68	0										
Coffee, Hot Tea & Cocoa																							
Coffee (R, M, L)	12-20oz	355ml-591ml	5	0	0	0	0	0	0	0	0	0	0										
Coffee Decaf. (R, M, L)	12-20oz	355ml-591ml	5	0	0	0	0	0	0	0	0	0	0										
Iced Coffee (Medium and Large)	16 fl oz-24 fl oz	473 ml-709 ml	5	0	0	0	0	0	0	0	0	0	0										
Hot Tea	16 fl oz-24 fl oz	473 ml-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.

² Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness.

³ Phenylketonurics: contains phenylalanine

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