



Noah's[®] Bagels

Nutrition & 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: 1/10/12

Noah's Nutrition 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.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Bagel Thin Singles																	
Plain	1 bagel	57	140	10	1	0	0	0	240	29	1	3	5	0	0	0	10
Honey Whole Wheat	1 bagel	57	140	15	1.5	0	0	0	120	28	4	4	6	0	0	2	4
Everything	1 bagel	61	160	20	2	0	0	0	400	29	1	3	6	0	0	2	10
Oatmeal	1 bagel	58	150	10	1	0	0	0	210	32	2	9	4	0	4	2	8
Classic Bagels																	
Plain	3.5 oz	99	250	10	1	0	0	0	460	54	2	5	9	0	0	2	20
Whole Wheat	3.5 oz	99	250	10	1	0	0	0	440	54	3	8	9	0	0	2	15
Everything	3.6 oz	103	260	15	2	0	0	0	620	55	2	5	9	0	0	2	20
Pumpnickel	3.5 oz	99	240	10	1	0	0	0	490	51	3	4	9	0	8	4	15
Signature Bagels																	
Asiago Cheese	4.0 oz	113	300	45	5	3	0	15	630	54	2	5	14	0	0	20	20
Blueberry	3.7 oz	106	290	10	1	0	0	0	480	63	3	11	10	0	0	2	20
Chocolate Chip	3.7 oz	106	280	25	2.5	1	0	0	430	56	3	10	9	0	0	2	20
Chopped Garlic	3.6 oz	103	260	20	2.5	0	0	0	460	55	2	5	9	0	0	2	20
Cinnamon Raisin	3.7 oz	106	270	10	1	0	0	0	430	58	3	12	9	0	0	4	20
Cinnamon Sugar	3.8 oz	108	290	20	2.5	0.5	0	0	480	61	2	12	9	2	0	4	20
Cracked Pepper	4.0 oz	106	280	35	4	0.5	0	0	520	55	2	6	9	0	0	2	20
Egg	3.7 oz	106	290	25	3	1	0	75	590	57	2	5	12	0	0	4	20
Good Grains	3.6 oz	103	260	20	3	0	0	0	440	55	3	8	10	0	0	2	20
Onion	3.7 oz	106	270	15	1.5	0	0	0	540	57	3	5	10	0	0	4	20
Power	4.0 oz	113	310	45	5	0.5	0	0	280	61	4	16	11	0	0	4	20
Poppyseed	3.6 oz	103	270	25	3	0	0	0	460	55	2	5	9	0	0	2	20
Sesame Seed	3.9 oz	110	270	25	3	0	0	0	460	54	2	5	10	0	0	2	20
Sourdough	3.7 oz	106	280	35	4	0.5	0	0	520	55	2	2	10	0	0	2	15
Whole Wheat w/ Sesame Seeds & Sunflower Seeds	4.4 oz	125	290	30	3	0	0	0	560	57	4	6	12	0	0	2	15
Maple & Brown Sugar Oatmeal	4 oz	114	310	20	2.5	0	0	0	400	65	3	16	9	0	0	2	20
Gourmet Bagels																	
Dutch Apple	4.7 oz	134	320	25	2.5	0	0	0	480	69	2	15	9	0	0	2	20
Jalapeno Cheddar	4.7 oz	132	330	70	7	4	0	20	820	55	2	5	13	10	2	15	20
Six-cheese	4.2 oz	120	320	60	6	3.5	0	15	650	55	2	5	15	2	0	20	20
Spinach Florentine	4.5 oz	127	310	60	6	3.5	0	15	570	55	2	5	13	25	6	20	20
Tuscan Pesto	5.7 oz	163	370	100	11	4.5	0	20	850	57	3	6	15	10	25	20	20
Apple & Cinnamon Oatmeal	5.0 oz	140	370	35	4	1	0	0	410	76	4	2	9	0	2	2	20
Whipped Cream Cheese Schmear																	
Onion and Chive	1.25 oz	35	120	100	11	7	0	35	105	5	0	2	2	0	0	0	0
Plain	1.25 oz	35	120	110	12	8	0	35	115	2	0	2	2	8	0	0	0
Smoked Salmon	1.25 oz	35	110	100	11	6	0	35	210	4	0	2	2	4	0	0	0
Whipped Reduced Fat Cream Cheese Schmear																	
Blueberry	1.25 oz	35	120	80	9	6	0	25	90	11	0	9	2	4	0	0	0
Garden Vegetable	1.25 oz	35	110	80	9	6	0	25	180	5	0	2	2	15	4	4	0
Garlic Herb	1.25 oz	35	110	90	9	6	0	25	180	5	0	2	2	8	0	0	0
Honey Almond	1.25 oz	35	120	80	9	5	0	25	80	11	0	7	2	8	0	4	0
Jalapeno Salsa	1.25 oz	35	110	80	9	6	0	25	190	5	0	2	2	8	0	0	0
Plain	1.25 oz	35	110	80	9	6	0	25	180	4	0	2	2	8	0	0	0
Strawberry	1.25 oz	35	120	80	9	6	0	25	90	9	0	7	2	4	0	0	0
Sundried Tomato Basil	1.25 oz	35	110	80	9	6	0	0	180	4	0	2	2	4	0	0	0
Whipped Light Cream Cheese Schmear																	
Light Whipped Plain Cream Cheese	1.25 oz	35	80	50	6	3.5	0	20	200	4	2	3	3	6	0	6	0
Coffee																	
Coffee, All Sizes			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee, Decaffeinated, All Sizes			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Specialty Coffee (with 2% milk)																	
Espresso Single	2 oz	59 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Espresso Double	4 oz	118 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Regular	12 fl oz	355 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, Large	20 fl oz	591 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cafe Latte, Regular	12 fl oz	355 ml	110	45	5	3	0	20	115	11	0	11	8	10	4	30	0
Cafe Latte, Large	20 fl oz	591 ml	160	60	7	4	0	25	160	16	0	16	11	15	6	40	2
Cappuccino, Regular	12 fl oz	355 ml	90	30	4	2.5	0	15	95	9	0	9	6	8	4	25	0

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Cappuccino, Large	20 fl oz	591 ml	150	60	7	4	0	25	160	15	0	15	10	15	6	40	2
Dark Chocolate Mocha, Regular	12 fl oz	355 ml	330	100	11	6	0	40	115	50	2	43	9	10	4	25	25
Dark Chocolate Mocha, Large	20 fl oz	591 ml	490	130	14	8	0	50	170	80	3	69	13	15	6	40	40
White Chocolate Mocha, Regular	12 fl oz	355 ml	330	90	10	6	0	40	210	50	2	43	10	10	6	35	0
White Chocolate Mocha, Large	20 fl oz	591 ml	490	120	13	7	0	50	330	80	3	69	15	15	10	50	0
Caramel, Macchiato, Regular	12 fl oz	355 ml	240	50	6	3.5	0	20	110	42	1	36	8	8	4	30	0
Caramel, Macchiato, Large	20 fl oz	591 ml	350	80	8	5	0	25	160	59	2	51	12	15	6	45	0
Sugar Free Vanilla Latte, Regular	12 fl oz	355 ml	110	45	5	3	0	20	125	11	0	11	8	10	4	30	0
Sugar Free Vanilla Latte, Large	20 fl oz	591 ml	170	60	7	4.5	0	30	180	17	0	17	11	15	6	40	2
Vanilla Latte, Regular	12 fl oz	355 ml	170	45	5	3	0	20	115	25	0	25	8	10	4	30	0
Vanilla Latte, Large	20 fl oz	591 ml	260	60	7	4.5	0	30	170	39	0	39	11	15	6	40	2
Vanilla Hazelnut Latte, Regular	12 fl oz	355 ml	190	40	5	3	0	20	115	31	0	31	7	8	4	25	0
Vanilla Hazelnut Latte, Large	20 fl oz	591 ml	320	60	7	4	0	25	170	56	0	56	11	15	6	40	2
Other Hot Beverages (with 2% milk)																	
Chai Tea Latte, Regular	12 fl oz	355ml	170	40	4.5	3	0	20	115	51	0	24	8	10	4	30	0
Chai Tea Latte, Large	20 fl oz	591 ml	260	60	7	5	0	30	180	83	0	39	12	15	8	45	0
Hot Dark Chocolate, Regular	12 fl oz	355 ml	330	100	11	7	0	40	120	51	2	44	9	15	4	30	25
Hot Dark Chocolate, Large	20 fl oz	591ml	490	130	14	8	0	50	290	80	3	69	13	15	6	40	40
White Hot Chocolate, Regular	12 fl oz	355 ml	330	100	11	6	0	40	220	51	2	44	11	15	6	35	0
White Hot Chocolate, Large	20 fl oz	591ml	500	120	13	7	0	50	340	81	3	70	16	15	10	50	0
Soy Latte, Regular	12 fl oz	355 ml	70	25	3	0	0	0	220	8	0	6	5	0	0	2	4
Soy Latte, Large	20 fl oz	591 ml	110	40	4.5	0	0	0	320	12	0	8	7	0	0	2	6
Iced Specialty Drinks																	
Iced Americano (Medium)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee (Medium)			0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Caramel Macchiato, Medium	16 fl oz	473 ml	390	150	17	10	0	60	130	53	2	43	9	15	4	35	0
Iced Latte, Medium	16 fl oz	473 ml	140	50	6	3.5	0	25	140	14	0	14	9	10	6	35	2
Iced Dark Chocolate Mocha, Medium	16 fl oz	473 ml	500	200	22	13	0	95	230	66	2	56	9	20	4	25	30
Iced White Chocolate Mocha, Medium	16 fl oz	709 ml	440	140	16	9	0	60	250	65	2	55	11	15	8	35	0
Iced Vanilla Latte	16 fl oz	709 ml	330	50	6	3.5	0	25	140	61	0	61	9	10	6	35	2
Iced Vanilla Hazelnut Latte, Medium	16 fl oz	709 ml	230	35	2.5	2.5	0	15	100	45	0	45	6	8	4	20	2
Frozen Blended Drinks																	
Café Caramel	18 fl oz	532 ml	640	170	19	7	0	90	150	104	2	59	10	6	0	35	0
Café Caramel	24 fl oz	710 ml	750	190	21	7	0	95	170	127	2	73	12	6	0	45	0
Café Mocha	18 fl oz	532 ml	650	170	19	7	0	95	230	109	2	68	10	6	0	25	30
Café Mocha	24 fl oz	710 ml	840	190	22	8	0	110	310	148	3	95	13	6	0	35	45
Strawberry	18 fl oz	532 ml	570	140	16	6	0	55	50	61	4	48	2	10	180	6	4
Strawberry	24 fl oz	710 ml	710	150	17	6	0	60	60	80	5	64	2	10	250	8	4
Wildberry Yogurt	18 fl oz	532 ml	300	5	0	0	0	5	90	69	5	53	5	8	190	20	4
Wildberry Yogurt	24 fl oz	710 ml	420	5	0	0	0	5	115	96	4	81	7	10	140	25	4
Poured Drinks																	
Lemonade	16 fl oz	473ml	140	0	0	0	0	0	10	39	0	36	0	0	30	0	0
Blackberry Lemonade	16 fl oz	473ml	230	0	0	0	0	0	10	61	0	58	0	0	30	0	0
Orange Juice	16 fl oz	473 ml	220	0	0	0	0	0	0	52	0	52	4	20	420	4	4
Green Tea	16 fl oz	473ml	45	0	0	0	0	0	0	12	0	12	0	0	0	0	0
Black Tea	16 fl oz	473ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Egg Mit Sandwiches																	
Cheese	8.5 oz	242	550	230	25	9	0	375	820	57	2	7	25	25	2	25	25
Spinach, Mushroom & Swiss	10 oz	273	530	210	24	8	0	375	770	58	3	8	26	35	6	25	30
Bacon & Cheddar	9 oz	252	600	270	30	11	0	390	990	57	2	7	29	25	2	25	25
Turkey Sausage & Cheddar	9.9 oz	282	620	260	29	10	0	405	1000	58	2	8	33	25	2	25	30
Maple Oatmeal Egg Sandwich	9 oz	242	520	180	20	7	0	395	700	68	3	19	25	15	0	10	30
Nova Lox & Scallions	8.9 oz	252	510	190	21	6	0	360	830	56	2	8	27	20	2	10	25
Egg Paninis																	
Spinach & Bacon	11 oz	298	710	400	44	12	0	405	1330	49	5	3	31	60	15	35	30
Veggie	13 oz	366	580	260	29	10	0	385	1050	50	5	4	30	80	25	35	30
Egg Wraps																	

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Santa Fe Bacon Breakfast Wrap	14 oz	411	810	370	41	17	0	425	1680	76	8	7	37	25	20	70	30
Santa Fe Ham Breakfast Wrap	16 oz	442	800	340	37	16	0	430	2020	77	8	8	40	25	20	70	30
Santa Fe Turkey Sausage Breakfast Wrap	15.5 oz	440	830	360	41	16	0	440	1670	77	8	8	41	25	20	70	30
Signature Sandwiches																	
Ancho Chicken & Bacon	13 oz	352	600	210	24	8	0	115	1760	63	5	9	41	40	20	20	25
California Chicken	13 oz	369	530	160	18	9	0	120	790	57	4	10	38	40	35	8	25
Turkey Pesto Club	11 oz	312	520	190	22	6	0	80	1560	53	2	9	35	35	45	20	15
Nova Lox & Schmear	11 oz	305	480	160	18	9	0	45	1250	62	4	11	24	15	15	4	20
Deli Sandwiches																	
Oatmeal Turkey	11 oz	320	520	110	13	3.5	0	55	1620	74	4	19	32	30	20	15	25
Ham	15 oz	430	650	180	20	6	0	120	3700	77	5	8	46	35	20	25	35
Turkey Breast	15 oz	430	640	170	19	5	0	100	2980	74	5	5	54	35	20	25	30
Pastrami	15 oz	415	980	470	52	19	3	160	1590	77	5	5	55	35	20	25	50
Albacore Tuna Salad	13 oz	298	470	90	10	1	0	40	1750	71	6	6	32	35	25	15	25
Chicken Salad	9 oz	303	500	120	14	2	0	65	850	64	8	17	32	30	20	4	25
Veg Out	11 oz	251	400	110	12	6	0	25	650	63	4	9	13	35	20	4	20
Salads																	
Chipotle Chicken Chopped Salad	12 oz	354	250	90	10	1.5	0	40	700	23	5	13	17	140	70	6	10
Harvest Grilled Chicken Chopped Salad	12 oz	326	390	160	17	2	0	40	360	42	6	33	19	120	90	8	10
Salad Dressings																	
All Natural Light Chipotle Vinaigrette	2 oz	57	100	60	7	1	0	0	340	9	0	7	0	4	6	0	0
All Natural Light Raspberry Vinaigrette	2 oz	57	140	70	8	1	0	0	120	15	0	15	0	0	0	0	0
Sides																	
Fruit and Yogurt Parfait	8 oz	227	170	10	1	0	0	5	115	34	3	20	7	15	45	20	10
Fruit Cup	16 oz	312	160	0	0	0	0	0	15	41	5	33	2	80	250	4	4
Homestyle Cole Slaw	3 oz	85	120	70	8	1.5	0	10	310	10	1	7	1	25	20	2	2
Potato Salad	3 oz	85	160	110	12	2.5	0	10	360	13	1	1	1	2	4	0	2
Whole Kosher Pickle	1	50	5	0	0	0	0	0	650	1	1	0	0	2	0	0	0
Openface Deli Melts																	
Ham and Swiss	9 oz	262	450	110	12	7	0	75	1890	58	3	8	32	15	10	30	20
Turkey & Swiss	9 oz	255	440	100	12	6	0	70	1530	56	3	6	35	15	10	30	20
Pastrami & Swiss	9 oz	271	610	250	28	12	1.5	100	840	58	3	6	36	15	10	30	30
Albacore Tuna Salad	11 oz	312	510	150	17	7	0	70	1760	61	3	8	36	20	15	35	25
Veggie	12 oz	304	530	200	22	12	0	45	1420	66	8	11	21	110	70	25	30
Panini																	
Italian Chicken	11 oz	326	700	320	36	10	0.5	110	2200	49	8	2	43	45	45	25	25
Turkey Club	11 oz	312	450	130	15	5	0	65	1710	48	7	2	37	40	20	25	20
Grilled Sandwiches																	
Pastrami Reuben	13 oz	356	870	500	56	19	3	165	1590	42	4	5	49	4	30	15	40
Pastrami Rachel	13 oz	356	940	550	61	20	3	170	1310	49	2	10	47	20	30	15	40
Pizza Bagels																	
Cheese	6 oz	170	400	100	11	7	0	35	950	57	3	6	22	6	4	35	20
Spinach & Mushroom	9 oz	276	580	240	27	15	0	60	1280	64	4	8	26	100	25	40	25
Pepperoni	7 oz	187	480	170	19	10	0	50	1230	57	3	7	25	8	4	35	20
Bagel Dogs																	
Hebrew National Original Bagel Dog	7 oz	190	540	240	27	11	1	50	1320	56	2	5	20	0	0	2	50
Hebrew National Asiago Bagel Dog	7 oz	194	550	250	28	12	1	55	1360	56	2	5	21	0	0	6	50
Hebrew National Everything Bagel Dog	7 oz	194	550	250	28	11	1	50	1480	57	2	5	20	0	0	2	50
The Lighter Side- Breakfast																	
Fruit and Yogurt Parfait	8 oz	227	170	10	1	0	0	5	115	34	3	20	7	15	45	20	10
Asparagus, Mushroom & Swiss Bagel Thin Sandwich	6 oz	163	270	100	11	3.5	0	20	420	30	5	5	16	6	2	15	8
Bacon & Cheese Bagel Thin Panini	6 oz	168	370	150	17	9	0	50	740	32	3	4	22	10	0	25	10
Turkey Sausage with Salsa Bagel Thin Sandwich	6 oz	170	240	50	6	1.5	0	30	560	31	4	6	20	0	0	2	8
Ham and Swiss Egg White Bagel Thin Panini	7 oz	199	360	120	14	8	0	60	1070	33	3	5	26	8	0	25	10
Fruit Salad	11 oz	312	140	0	0	0	0	0	25	36	3	30	2	70	160	4	4
The Lighter Side- Lunch																	
BLT with Avocado Bagel Thin Sandwich	7 oz	189	390	220	24	4.5	0	30	620	35	6	7	12	30	15	2	8
Turkey Bagel Thin Sandwich	8 oz	217	270	60	6	2.5	0	50	1020	34	2	5	25	35	15	4	10
Tuna Bagel Thin Sandwich	7 oz	206	240	50	6	1	0	25	680	33	5	7	18	30	20	4	8

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Harvest Chicken Salad Bagel Thin Sandwich	6 oz	172	340	100	11	3.5	0	50	360	43	4	16	18	25	10	6	15
Turkey Chili Bowl	14 oz	397	280	70	8	0	0	40	1430	28	8	8	24	25	40	15	25
Soups																	
Chicken Noodle (Cup)	8.75oz	248	120	30	3.5	0	0	15	950	13	2	1	9	50	4	2	4
Chicken Noodle Bowl	14 oz	397	180	50	6	1.5	0	45	1210	21	2	2	8	80	6	4	6
Turkey Chili (Cup)	8.75 oz	248	170	45	5	0	0	25	890	17	5	5	15	15	25	10	15
Turkey Chili (Bowl)	14 oz	397	280	70	8	0	0	40	1430	28	8	8	24	25	40	15	25
Hearty Vegetable (Cup)	8.75 oz	248	110	30	3.5	0	0	0	700	16	2	5	5	30	15	4	8
Hearty Vegetable (Bowl)	14 oz	397	180	50	6	0	0	0	1120	26	3	8	8	50	25	6	15
Bagel Poppers																	
Cinnamon Sugar	5 oz	153	450	80	9	2	0	0	600	85	4	29	10	6	20	4	20
Asiago Cheese	5 oz	141	400	110	12	7	0	35	840	58	2	6	18	4	0	20	20
Iced Oatmeal Bagel Poppers	5 oz	154	460	35	4	1	0	0	410	98	4	45	10	0	0	2	20
Sweets																	
Apple Cinnamon Coffee Cake	7 oz	188	700	260	28	10	0	5	280	108	1	57	5	6	2	8	10
Blueberry Coffee Cake	6.9oz	195	710	260	29.0	10	0	5	270	109	1	59	5	6	2	8	10
Chocolate Chip Coffee Cake	6.4 oz	181	800	320	36	14	0	5	270	114	3	62	6	6	2	8	25
Chocolate Mudslide Cookie	2.8 oz	78	320	150	17	9	0	60	75	46	1	38	4	4	0	2	10
Chocolate Chip Cookie	2.75 oz	78	360	160	18	9	0	15	290	48	2	29	4	15	0	2	15
Heavenly Chocolate Chunk Cookie	4 oz	113	510	220	25	13	0	35	320	68	2	10	6	15	0	4	15
Iced Sugar Cookie	3.7 oz	106	480	130	15	6	0	25	260	76	1	46	4	15	0	0	10
Peanut Butter Power Cookie	2.15 oz	61	260	100	12	4.0	0	5	160	35	3	22	6	2	0	2	6
Snickerdoodle Cookie	2.8oz	78	400	160	18	9.0	0	30	360	56	1	32	3	2	0	2	15
Chocolate Chip Coffee Cake	4 oz	111	410	60	7	2	0	0	125	86	0	37	5	20	15	0	70
Chocolate Mudslide Cookie	3 oz	78	320	90	11	5	0	60	310	54	2	31	5	0	0	2	10
Chocolate Chip Cookie	5 oz	142	480	210	23	2.5	0	100	500	64	1	35	7	4	0	6	6
Heavenly Chocolate Chunk Cookie	4.6oz	129	460	200	22.0	4	0	95	480	63	2	39	9	0	10	6	6
Iced Sugar Cookie	5 oz	128	440	220	24	3	0	90	510	54	2	32	7	2	0	6	8
Peanut Butter Power Cookie	6 oz	156	500	200	22	4.5	0	85	460	71	1	44	6	2	0	6	6
Snickerdoodle Cookie	4 oz	114	370	160	18	7	0	0	10	20	2	18	5	15	0	4	10
Banana Nut Muffin	5 oz	131	490	230	26	3	0	90	440	60	2	35	9	2	0	6	10
Blueberry Muffin	5 oz	155	370	200	22	3.5	0	55	410	76	2	37	8	4	2	8	15
Oatmeal Chocolate Chip Muffin	5 oz	145	510	190	21	4.5	0	55	490	71	4	37	9	2	0	10	15
Marshmallow Crispy Treat	4 oz	111	410	60	7	2	0	0	125	86	0	37	5	20	15	0	70
Cinnamon Walnut Strudel	6 oz	174	640	320	35	15	0	70	440	72	4	26	10	25	20	10	15

"Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium"

Noah's Allergen Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Coffee											
Coffee											
Coffee Decaffeinated											
Coffee Specialty (with 2% milk)											
Espresso Single											
Espresso Double											
Americano											
Cafe Latte		X									
Cappuccino		X									
Dark Chocolate Mocha		X									
White Chocolate Mocha		X									
Caramel Macchiato		X									
Sugar Free Vanilla Latte		X									Sucralose (Splenda)
Vanilla Latte		X									
Vanilla Hazelnut Latte		X			X						Hazelnuts
Other Hot Beverages (with 2% milk)											
Chai Tea Latte		X									
Dark Hot Chocolate		X									
White Hot Chocolate		X									
Soy Latte			X								
Iced Specialty Coffee (with 2% milk)											
Iced Americano											
Iced Coffee											
Iced Caramel Macchiato		X									
Iced Latte		X									
Iced Dark Chocolate Mocha		X									
Iced White Chocolate Mocha		X									
Iced Vanilla Latte		X									
Iced Vanilla Hazelnut Latte		X			X						Hazelnuts
Frozen Blended Drinks											
Café Caramel		X									
Café Mocha		X									
Strawberry		X									
Wild Berry ³		X									Aspartame
Poured Beverages											
Lemonade											
Lemonade Blackberry											
Orange Juice											
Green Tea											
Black Tea											
Egg Mit Sandwiches											
Cheese	X	X	X	X							
Spinach, Mushroom & Swiss	X	X	X	X							
Bacon & Cheddar	X	X	X	X							
Turkey Sausage & Cheddar	X	X	X	X							
Maple Oatmeal Egg Sandwich	X	X	X	X							
Nova Lox & Scallions ²	X	X	X	X			X				Salmon
Egg Paninis											
Spinach & Bacon	X	X	X	X							
Veggie	X	X	X	X							
Egg Wraps											

Noah's Allergen Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
Santa Fe Bacon Egg Wrap	X	X	X	X							
Santa Fe Ham Egg Wrap	X	X	X	X							
Santa Fe Turkey Sausage Breakfast Wrap	X	X	X	X							
Signature Sandwiches											
Ancho Chicken & Bacon	X	X	X	X							
California Chicken	X	X	X ¹	X							
Turkey Pesto Club	X	X	X ¹	X							
Nova Lox & Schmear ²	X	X	X ¹	X			X				Salmon
Deli Sandwiches											
Oatmeal Turkey	X	X	X	X							
Ham	X	X	X	X							
Turkey Breast	X	X	X	X							
Pastrami	X	X	X	X							
Albacore Tuna Salad	X	X	X	X			X				Tuna
Chicken Salad	X		X	X	X						Almonds
Veg Out		X	X ¹	X							
Salads											
Chipotle Chicken Chopped Salad			X ¹								
Harvest Grilled Chicken Chopped Salad			X ¹		X						Almonds
Salad Dressings											
All Natural Light Chipotle Vinaigrette			X ¹								
All Natural Light Raspberry Vinaigrette			X ¹								
Sides											
Fruit and Yogurt Parfait ³		X		X	X						Almonds, Aspartame
Homestyle Cole Slaw	X		X				X				Anchovies
Fruit Salad											
Potato Salad	X		X ¹								
Whole Kosher Pickle											
Open Face Deli Melts											
Ham and Swiss		X	X	X							
Turkey and Swiss		X	X	X							
Pastrami and Swiss		X	X	X							
Albacore Tuna Salad	X	X	X	X			X				Tuna
Veggie		X	X	X							
Panini											
Italian Chicken		X	X ¹	X							
Turkey Club	X	X	X ¹	X							
Grilled Sandwiches											
Pastrami Reuben	X	X	X	X							
Pastrami Rachel	X	X	X	X			X				Anchovies
Pizza Bagels											
Cheese		X	X ¹	X							
Spinach and Mushrooms		X	X	X							
Pepperoni		X	X ¹	X							
Bagel Dogs											
Hebrew National Original Bagel Dog			X	X							
Hebrew National Asiago Bagel Dog		X	X	X							
Hebrew National Everything Bagel Dog			X	X							

Noah's Allergen Information											
Item	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	MSG	Sulfites	Additional Info
The Lighter Side Breakfast											
Fruit and Yogurt Parfait ³		X		X	X						Almonds, Aspartame
Asparagus, Mushroom, & Swiss Bagel Thin Sandwich	X	X	X ¹	X							
Bacon and Cheese Bagel Thin Panini	X	X	X ¹	X							
Turkey Sausage with Salsa Bagel Thin Sandwich	X		X ¹	X							
Ham and Swiss Egg White Bagel Thin Panini	X	X	X ¹	X							
Fruit Salad											
The Lighter Side Lunch											
BLT with Avacado Bagel Thin Sandwich	X		X ¹	X							
Turkey Bagel Thin Sandwich		X	X ¹	X							
Tuna Bagel Thin Sandwich	X		X	X			X				Tuna
Harvest Chicken Salad Bagel Thin Sandwich	X	X	X	X	X						Almonds
Turkey Chili Bowl			X ¹								
Soups											
Chicken Noodle Soup	X		X ¹	X							
Turkey Chili			X ¹								
Hearty Vegetable				X							
Bagel Poppers											
Cinnamon Sugar		X	X	X							
Asiago Cheese		X	X	X							
Iced Oatmeal Bagel Poppers			X	X							
Sweets											
Apple Cinnamon Coffee Cake	X	X	X	X							
Blueberry Coffee Cake	X	X	X	X							
Chocolate Chip Coffee Cake	X	X	X	X							
Chocolate Mudslide Cookie	X	X	X	X							
Chocolate Chip Cookie	X	X	X	X							
Heavenly Chocolate Chunk Cookie	X	X	X	X							
Iced Sugar Cookie	X	X	X	X							
Peanut Butter Power Cookie	X	X	X	X	X	X					Coconut
Snickerdoodle Cookie	X	X	X	X	X						Almonds
Banana Nut Muffin	X	X	X	X	X						Walnuts
Blueberry Muffin	X	X	X	X							
Oatmeal Chocolate Chip Muffin	X	X	X	X							
Marshmallow Crispy Treat		X	X								
Cinnamon Walnut Strudel	X	X	X	X	X						Walnuts

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 food borne illness.

³ Phenylketonurics: contains phenylalanine.