



Last Updated: 1-25-2024

Noah's Bagels


Bagels

Item	Serving Size	Weight (g) Unless otherwise specified	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	
Ancient Grain	1 bagel	104	280	5	0.5	0	0	450	48	7	9	6	13	0				X							
Asiago	1 bagel	112	310	4	1.5	0	0	750	54	2	4	4	13	0		X	X	X							
Blueberry	1 bagel	103	270	1	0	0	0	440	58	2	10	8	9	0				X							
Chocolate Chip	1 bagel	103	280	3	1.5	0	0	470	56	2	10	9	10	0			X	X							
Cinnamon Raisin	1 bagel	103	270	1	0	0	0	460	57	2	11	4	10	0				X							
Cinnamon Sugar	1 bagel	111	310	3	1	0	0	630	60	3	9	9	10	0		X	X	X							
Everything	1 bagel	105	280	1.5	0	0	0	670	55	2	4	4	10	0				X					X		
French Toast	1 bagel	117	370	5	1.5	0	0	490	71	2	23	21	10	0			X	X							
Honey Whole Wheat	1 bagel	99	270	3	0.5	0	0	440	49	6	8	7	12	0				X							
Onion	1 bagel	101	270	1.5	0	0	0	490	52	2	5	3	10	0				X							
Plain	1 bagel	102	270	1	0	0	0	610	54	2	4	4	10	0				X							
Poppyseed	1 bagel	105	290	2	0	0	0	610	55	3	4	4	11	0				X							
Pretzel	1 bagel	103	270	1	0	0	0	4540	54	2	4	4	10	0				X							
Pumpernickel	1 bagel	99	260	1	0	0	0	420	53	3	4	2	10	0				X							
Sesame Seed	1 bagel	105	290	2.5	0	0	0	610	54	2	4	4	11	0				X					X		


Gourmet Bagels and Specialty Bread

Item	Serving Size	Weight (g) Unless otherwise specified	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	
Challah Roll, Braided	1 Roll	81	240	3.5	0.5	0	15	320	44	1	6	5	8	0	X		X	X							
Cheddar Jalapeno	1 bagel	127	330	8	3	0	15	660	51	3	5	4	12	0		X	X	X							
Bagel Roll	1 Roll	100	270	3.5	0.5	0	0	430	50	2	5	4	9	0				X							
Protein Power Bagel	1 bagel	113	310	4	0	0	0	160	59	4	12	5	11	0				X	X					Walnuts	
Six-Cheese	1 bagel	125	350	8	4	0	20	720	51	2	4	3	17	0		X	X	X							
Spinach Florentine	1 bagel	142	370	11	4.5	0	15	570	52	3	5	4	14	0		X	X	X							


Regular Whipped Cream Cheese Shmear


Item	Serving Size	Weight (g) Unless otherwise specified	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	
Onion and Chive	1.2 oz	35	110	10	6	0	35	105	4	0	1	0	2	0		X									
Plain	1.2 oz	35	120	12	7	0	40	120	2	0	2	0	2	0		X									

Reduced Fat Whipped Cream Cheese Shmear


Item	Serving Size	Weight (g) Unless otherwise specified	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	
Garden Vegetable Reduced Fat	1.2 oz	35	100	9	6	0	30	190	5	0	2	0	2	0		X									
Honey Almond Reduced Fat	1.2 oz	35	120	9	4.5	0	25	80	10	0	7	5	2	0		X			X					Almonds	
Jalapeno Salsa Reduced Fat	1.2 oz	35	100	9	5	0	25	190	5	1	2	0	2	0		X									
Plain Reduced Fat	1.2 oz	35	100	9	5	0	30	190	5	0	2	0	2	0		X									
Strawberry Reduced Fat	1.2 oz	35	120	9	5	0	30	90	9	0	6	5	1	0		X									

Crafted Shmear


Item	Serving Size	Weight (g) Unless otherwise specified	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
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Item	Serving Size	Weight (g) Unless otherwise specified	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	
Avocado	1.0 oz	28	60	5	1	0	0	0	2	2	0		1	0											


Egg Sandwiches One Egg

Item	Serving Size	Weight (g) Unless otherwise specified	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	Peanut	Fish	Shellfish	Sesame	Additional Info	
Bacon & Cheddar on Plain	6.1 oz	172	450	15	6	0	210	1000	55	2	6		23	0	X	X	X	X							
Bacon Avocado Tomato, on Plain Thin	7.7 oz	218	470	23	6	0	200	890	47	3	6		18	0	X	X	X	X							
Breakfast BLT on Challah	8.0 oz	228	520	27	8	0	215	870	45	1	8	0	20	0	X	X	X	X							
Cheddar on Plain	5.7 oz	162	400	11	5	0	200	780	55	2	5		20	0	X	X	X	X							
Chorizo Avocado Sunrise on Cheddar Jalapeno Gourmet	9.7 oz	275	740	43	17	0.5	260	1340	60	2	7	0	30	0	X	X	X	X							
Farmhouse 6 Cheese	9.0 oz	256	650	30	14	0.5	270	1790	57	2	7		38	0	X	X	X	X							
Garden Avocado on Everything	8.8 oz	250	490	20	4	0	190	880	62	3	8	0	18	0	X	X	X	X						X	
Ham & Swiss on Plain	7.2 oz	205	440	12	5	0	225	1300	56	2	6		29	0	X	X	X	X							
Santa Fe on Asiago	8.7 oz	247	590	25	11	0.5	260	1440	59	2	6	4	31	0	X	X		X							
Texas Brisket on Jalapeno Cheddar	9.6 oz	273	760	48	14	0	255	1560	56	3	6	4	30	0	X	X		X							
Turkey Sausage & Cheddar on Plain	7.2 oz	205	500	18	7	0	240	1120	55	2	4	4	27	0	X	X		X							


Egg Sandwich Two Eggs

Item	Serving Size	Weight (g) Unless otherwise specified	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	
Bacon & Cheddar on Plain	7.7 oz	219	530	20	8	0.5	395	1140	56	2	6		29	0	X	X	X	X							
Bacon Avocado Tomato, on Plain Thin	9.3 oz	264	550	29	7	0	385	1030	48	3	7		24	0	X	X	X	X							
Breakfast BLT on Challah	9.7 oz	274	600	33	10	0.5	400	1010	46	1	8	0	26	0	X	X	X	X							
Cheddar on Plain	7.4 oz	209	480	17	7	0.5	385	920	56	2	6		26	0	X	X	X	X							
Chorizo Avocado Sunrise on Cheddar Jalapeno Gourmet	11.3 oz	322	820	48	19	1	445	1480	61	2	8	0	36	0	X	X	X	X							
Garden Avocado on Everything	10.5 oz	297	570	25	6	0.5	380	1020	63	3	8	0	24	0	X	X	X	X						X	
Farmhouse, 6 Cheese	10.6 oz	302	730	36	16	1	455	1930	58	2	8		45	0	X	X	X	X							
Ham & Swiss on Plain	8.8 oz	251	520	18	7	0.5	410	1440	57	2	6		35	0	X	X	X	X							
Santa Fe on Asiago	10.4 oz	294	670	31	13	1	450	1580	60	2	6	4	37	0	X	X		X							
Texas Brisket on Jalapeno Cheddar	11.2 oz	319	840	53	16	0.5	440	1700	56	3	6	4	36	0	X	X		X							
Turkey Sausage & Cheddar on Plain	8.9 oz	252	580	24	9	0.5	425	1260	56	2	5	4	33	0	X	X		X							


Egg Sandwich Egg White

Item	Serving Size	Weight (g) Unless otherwise specified	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		
Bacon & Cheddar on Plain	6.5 oz	184	400	10	5	0	25	1020	55	2	5		23	0	X	X	X	X								
Bacon Avocado Tomato, on Plain Thin	8.1 oz	230	420	19	4	0	15	910	47	3	6		18	0	X	X	X	X								
Breakfast BLT on Challah	8.4 oz	239	470	22	6	0	30	900	45	1	7	0	20	0	X	X	X	X								
Cheddar, Plain	6.1 oz	174	360	7	3.5	0	15	810	55	2	5		20	0	X	X	X	X								
Chorizo Avocado Sunrise on Cheddar Jalapeno Gourmet	9.6 oz	273	640	33	13	0	65	1280	60	2	7	0	28	0	X	X	X	X								
Farmhouse, 6 Cheese	9.4 oz	267	610	25	12	0	80	1810	57	2	7		38	0	X	X	X	X								
Garden Avocado on Everything	9.2 oz	262	450	15	2.5	0	5	900	62	3	7	0	18	0	X	X	X	X						X		
Ham and Swiss, Plain	7.6 oz	217	400	8	4	0	40	1330	56	2	5		29	0	X	X	X	X								
Santa Fe on Asiago	9.1 oz	259	550	21	9	0	75	1460	59	2	6	4	31	0	X	X		X								
Power Egg White 1 Egg	8.9 oz	253	390	16	3.5	0	40	770	40	7	8	4	23	0	X	X		X								
Power Egg White 2 Egg	11.0 oz	311	430	17	4	0	40	930	41	7	9	4	30	0	X	X		X								
Texas Brisket on Jalapeno Cheddar	10.1 oz	287	720	43	13	0	70	1590	55	3	6	4	30	0	X	X		X								


Hot Chocolate (With 2% Milk)

Item	Serving Size	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	
Hot Chocolate	12 fl oz	300	8	5	9	25	150	50	2	46	32	11	0		X									
Hot Chocolate	16 fl oz	400	10	7	0	35	200	67	3	63	43	15	0		X									
Hot Chocolate	20 fl oz	490	12	8		40	250	82	3	77	53	18	0		X									


Coffee, Hot/Iced Tea

Item	Serving Size	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	
Coffee Medium Drip, Midtown	12 fl oz	5	0	0	0	0	0	0	0	0	0	0	142.5											
	16 fl oz	5	0	0	0	0	0	0	0	0	0	0	190											
	20 fl oz	5	0	0	0	0	0	0	0	0	0	0	237.5											
Coffee Decaf Drip, Gramercy	12 fl oz	5	0	0	0	0	0	0	0	0	0	0	24											
	16 fl oz	5	0	0	0	0	0	0	0	0	0	0	32											
	20 fl oz	5	0	0	0	0	0	0	0	0	0	0	40											
Coffee Dark Roast Drip, SoHo	12 fl oz	5	0	0	0	0	0	0	0	0	0	0	142.5											
	16 fl oz	5	0	0	0	0	0	0	0	0	0	0	190											
	20 fl oz	5	0	0	0	0	0	0	0	0	0	0	237.5											
Coffee Vanilla Hazelnut Drip, Chelsea	12 fl oz	5	0	0	0	0	0	0	0	0	0	0	142.5											
	16 fl oz	5	0	0	0	0	0	0	0	0	0	0	190											
	20 fl oz	5	0	0	0	0	0	0	0	0	0	0	237.5											
British Breakfast, Hot Tea	12 fl oz	0	0	0	0	0	5	0	0	0	0	0	116											
	16 fl oz	0	0	0	0	0	10	0	0	0	0	0	154											
	20 fl oz	0	0	0	0	0	10	0	0	0	0	0	193											
Black Unsweetened Iced Tea	20 fl oz	0	0	0	0	0	10	0	0	0	0	0	0.13											
	30 fl oz	0	0	0	0	0	15	0	0	0	0	0	0.20											

Juice

Item	Serving Size	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	
Blackberry Lemonade	16 fl oz	190	0	0	0	0	15	50	0	46		0	0											
Blackberry Lemonade	24 fl oz	270	0	0	0	0	20	74	1	68		0	0											
Lemonade	16 fl oz	170	0	0	0	0	10	47	0	43		0	0											
Lemonade	24 fl oz	260	0	0	0	0	20	70	0	65		0	0											
Orange Juice	16 fl oz	230	0	0	0	0	0	54	0	48		4	0											
Orange Juice	24 fl oz	340	0	0	0	0	5	81	0	72		5	0											

Creamers and Milk

Item	Serving Size	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	
Almond	1 fl oz	10	0.5	0	0	0	20	1	0	1	1	0	0					X						Almonds
Half and Half	1 fl oz	40	3.5	2	0	10	10	1	0	0	0	1	0		X									
Soy	1 fl oz	15	0	0	0	0	20	1	0	1	1	1	0			X								
Whole Milk	1 fl oz	20	1	0.5	0	5	15	1	0	1	0	1	0		X									
2% Milk	1 fl oz	15	0.5	0	0	0	15	1	0	1	0	1	0		X									
Skim Milk (Select Stores)	1 fl oz	10	0	0	0	0	15	1	0	1	0	1	0		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 food borne 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.

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