



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	270	1	0	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	450	54	2	4	4	10	0				X						
Rumpnickel	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
Country Pepper	0.7 oz	19	60	6	3.5	0	20	60	2	0	1	0	1	0		X								


Other Spreads

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
Butter Blend	0.5 oz	14	110	12	5	0	0	85	0	0	0	0	0	0		X								
Honey	1.0 oz	28	90	0	0	0	0	23	0	22	22	0	0	0										
Natural Peanut Butter	1.5 oz	43	240	21	4.5	0	0	105	10	4	5	3	9	0						X				Peanut
Natural Strawberry Jelly	1.0 oz	28	60	0	0	0	0	16	0	14	14	0	0	0										


Cheese

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
Cheddar 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	95	0	0	0	0	3	0		X								
Swiss 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	25	0	0	0	0	4	0		X								


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
Egg White 1	1 Egg	58	35	1	0	0	0	160	0	0	0	0	6	0	X	X								
Egg White 2	2 Egg	116	70	2	0.5	0	0	330	1	0	1	0	12	0	X	X								
Fresh Cracked Egg 1	1 Egg	46	80	6	2	0	185	140	1	0	0	0	6	0	X	X								
Fresh Cracked Egg 2	2 Egg	102	160	11	4	0	370	280	2	0	1	0	13	0	X	X								


Meats

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 4 Pieces	0.5 oz	14	70	5	2	0	15	240	1	0	1	0	5	0										
Brisket 2.0	2.0 oz	57	110	9	3.5	0	30	430	1	0	0	0	8	0										
Chorizo Sausage Patty	1 Patty	43	160	16	5	0	30	390	1	0	0	0	5	0										
Ham 1.5	1.5 oz	43	45	1	0	0	15	480	2	0	2	0	6	0										
Ham 3.0	3.0 oz	85	90	2.5	1	0	35	970	4	0	3	0	12	0										
Ham 4.5	4.5 oz	128	130	3.5	1.5	0	50	1450	6	0	5	0	18	0										
Pastrami 3.0	3.0 oz	85	180	76	9	0	60	640	2	0	0	0	17	0										
Pastrami 4.5	4.5 oz	128	270	114	14	0	90	960	2	0	0	0	25	0										
Pepperoni	0.6 oz	18	90	8	3	0	20	320	1	0	0	0	3	0										
Salmon, Lox	2.0 oz	57	100	6	1	0	20	650	0	0	0	0	12	0							X			Salmon
Turkey Sausage Patty	1 Patty	43	90	7	2	0	40	280	0	0	0	0	7	0										
Turkey 3.0	3.0 oz	85	90	2.5	0	0	40	650	9	0	2	2	15	0										
Turkey 4.5	4.5 oz	128	140	3.5	0	0	55	980	13	0	2	2	23	0										

Sauces

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
Roasted Tomato Salsa	1.0 oz	28	10	0	0	0	0	260	2	0	1	0	0	0										
Roasted Tomato Spread	1.0 oz	28	150	16	2.5	0	10	230	2	0	1	0	0	0	X	X	X							

Veggies

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	0	1	0										

Egg Sandwiches One Egg

Item	Serving Size
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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	
Caramel Macchiato, Hot	12 fl oz	290	5	4	0	20	160	49	0	49	38	11	196.27		X									
Caramel Macchiato, Hot	16 fl oz	370	7	4.5	0	25	200	64	0	64	50	14	196.27		X									
Caramel Macchiato, Hot	20 fl oz	450	8	5	0	30	250	79	0	79	62	17	294.4		X									
Caramel Macchiato, Iced	16 fl oz	260	4	3	0	15	80	46	0	46	38	10	196.27		X									
Caramel Macchiato, Iced	24 fl oz	420	7	4.5	0	25	240	76	0	76	62	15	294.4		X									
Vanilla Latte, Hot	12 fl oz	220	4	2.5	0	15	100	36	0	35	25	8	196.27		X									
Vanilla Latte, Hot	16 fl oz	290	5	3.5	0	20	120	49	0	47	35	10	196.27		X									
Vanilla Latte, Hot	20 fl oz	350	6	4	0	25	150	58	0	57	41	12	294.4		X									
Vanilla Latte, Iced	16 fl oz	190	3	2	0	10	80	34	0	33	25	6	196.27		X									
Vanilla Latte, Iced	24 fl oz	320	5	3.5	0	20	135	56	0	54	41	11	294.4		X									

Cold Brew

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	
Classic Cold Brew	16 fl oz	10	0	0	0	0	20	2	0	0	0	1	139											
Classic Cold Brew	24 fl oz	20	0	0	0	0	30	3	0	0	0	1	209											
Caramel Cream Cold Brew	16 fl oz	220	7	4	0	20	85	38	0	33	33	4	139		X									
Caramel Cream Cold Brew	24 fl oz	380	12	7	0	35	140	63	0	55	55	7	209		X									
Chocolate Cream Cold Brew	16 fl oz	210	7	4.5	0	20	65	36	2	28	28	4	139		X									
Chocolate Cream Cold Brew	24 fl oz	350	13	8	0	35	110	59	3	47	47	6	209		X									
Vanilla Cream Cold Brew	16 fl oz	200	7	4	0	20	40	31	0	25	25	2	139		X									
Vanilla Cream Cold Brew	24 fl oz	330	11	7	0	35	65	51	0	42	41	4	209		X									

Cold Brew Frozen Shakes

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	
Caramel Cold Brew Shake	16 fl oz	410	6	4.5	0	15	240	80	0	74	68	8	209		X									
Caramel Cold Brew Shake	24 fl oz	640	9	7	0	25	370	125	0	117	106	13	314		X									
Chocolate Cold Brew Shake	16 fl oz	400	7	5	0	15	210	77	2	69	62	7	209		X									
Chocolate Cold Brew Shake	24 fl oz	620	11	8	0	25	330	121	4	108	98	11	314		X									
Classic Cold Brew Shake	16 fl oz	300	7	5	0	20	210	49	0	43	35	7	209		X									
Classic Cold Brew Shake	24 fl oz	470	11	8	0	25	340	79	1	71	57	11	314		X									
Vanilla Cold Brew Shake	16 fl oz	370	6	4.5	0	15	180	68	0	62	55	6	209		X									
Vanilla Cold Brew Shake	24 fl oz	570	9	7	0	25	280	109	0	99	88	9	314		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	0	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											
	96 fl oz	60	0	0	0	0	0	12	0	0	0	0	1140											
	12 fl oz	5	0	0	0	0	0	0	0	0	0	0	24											
Coffee Decaf Drip, Gramercy (Decaf)	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											
	96 fl oz	60	0	0	0	0	0	12	0	0	0	0	192											
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											
	96 fl oz	60	0	0	0	0	0	12	0	0	0	0	1140											
Coffee Vanilla Hazelnut Drip, Chelsea	12 fl oz	5	0	0	0	0	0	0	0	0	0	0	142.5					X						
	16 fl oz	5	0	0	0	0	0	0	0	0	0	0	190					X						
	20 fl oz	5	0	0	0	0	0	0	0	0	0	0	237.5					X						
	96 fl oz	60	0	0	0	0	0	12	0	0	0	0	1140					X						
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	0											
Blackberry Lemonade	24 fl oz	270	0	0	0	0	20	74	1	68	0	0	0											
Lemonade	16 fl oz	170	0	0	0	0	10	47	0	43	0	0	0											
Lemonade	24 fl oz	260	0	0	0	0	20	70	0	65	0	0	0											
Orange Juice	16 fl oz	230	0	0	0	0	0	54	0	48	0	4	0											
Orange Juice	24 fl oz	340	0	0	0	0	5	81	0	72	0	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																				