

Last Updated: 7/31/2025

Noah's Bagels

Limited Time Offerings Starting 6.18.25

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 Sugar Cookie	3.0 oz	84	410	23	16	0	20	160	47	1	29	26	4	0	X	X	X	X						

Limited Time Offerings Starting 2.26.25

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
Double-Stack Egg Sandwich	10.6 oz	300	900	56	19	1	435	1920	65	3	8	4	35	0	X	X	X	X						
Cheesy Hash Brown Bagel	1 Bagel	127	390	11	4.5	0	10	650	59	3	5	4	13	0		X		X						

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	99	280	1.5	0	0	0	610	55	2	4	4	10	0				X					X	
Honey Whole Wheat	1 bagel	101	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						
Poppysseed	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						
Pumpnickel	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	X							
Maple French Toast Gourmet Bagel	1 Bagel	115	360	4.5	1	0	0	480	71	4	24	22	10	0		X	X	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	
Add Syrup	0.5 oz	14	50	0	0	0	0	25	13	0	6	6	0	0											
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	0	23	0	22	22	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	0	16	0	14	14	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		17	0										
Pastrami 4.5	4.5 oz	128	270	114	14	0	90	960	2	0	0		25	0										
Pepperoni	0.6 oz	18	90	8	3	0	20	320	1	0	0	0	3	0										
Pork Sausage Patty	1 Patty	43	180	17	6	0	30	280	0	0	0	0	6	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
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Sandwiches One Egg

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 Gournel	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							
Maplehouse Sandwich 1 Egg	9.3 oz	264	860	41	16	0	255	1300	92	4	35	31	31	0	X	X	X	X	X						Almonds
Pork Sausage and Cheddar 1 Egg	7.2 oz	205	590	28	11	0	230	1120	55	2	4	4	25	0	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	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	X							

	(mg)	Carbs (g)	Fiber (g)

		otherwise specified	(g)	Fat (g)	Fats (g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	Sugars (g)		Caffeine (mg)		Nuts		info	
Bacon & Cheddar on Plain	7.7 oz	219	530	20	8	0.5	395	1140	56	2	6		29	0	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	
Breakfast BLT on Challah	9.7 oz	274	600	33	10	0.5	400	1010	46	1	8	0	26	0	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	
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	
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
Farmhouse, 6 Cheese	8.6 oz	302	730	36	16	1	455	1930	58	2	8		45	0	X	X	X	X
Ham & Swiss on Plain	8.6 oz	261	520	19	7	0.5	410	1440	57	2	6		35	0	X	X	X	X
Maplehouse Sandwich 2 Eggs	11.3 oz	321	840	47	18	0.3	445	1440	93	4	35	31	38	0	X	X	X	X
Pork Sausage and Cheddar 2 Eggs	9.2 oz	261	670	34	13	0.5	415	1260	56	2	6	4	32	0	X	X	X	
Santa Fe on Asiago	14.4 oz	294	670	31	13	1	450	1580	60	2	6	4	32	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	

	(mg)	Carbs (g)	Fiber (g)
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		otherwise specified	(g)	Fat (g)	Fats (g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	Sugars (g)	(g)	Caffeine (mg)	Nuts			Info
Bacon & Cheddar on Plain	6.5 oz	184	400	10	5	0	25	1020	55	2	5		23	0	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
Breakfast BLT on Challah	8.4 oz	239	470	22	6	0	30	900	45	1	7	0	20	0	X	X	X
Cheddar, Plain	6.1 oz	174	360	7	3.5	0	15	810	55	2	5		20	0	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
Farmhouse, 6 Cheese	9.4 oz	267	610	25	12	0	80	1810	57	2	7		38	0	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
Ham and Swiss, Plain	7.6 oz	217	400	8	4	0	40	1330	56	2	5		29	0	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
Turkey Sausage & Cheddar on Plain	7.6 oz	217	450	14	5	0	55	1150	55	2	4	4	26	0	X	X	X

	(mg)	Carbs (g)	Fiber (g)
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	otherwise specified	(g)	Fat (g)	Fats (g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	Sugars (g)	Caffeine (mg)	X	X	X	Nuts	info
Avocado Veg Out on Sesame	9.2 oz	260	410	12	4	0	15	670	64	3	8	0	13	0		X
Ham Deli on Potato Roll	11.8 oz	335	620	24	6	0	95	2440	58	3	9	39	0	X	X	X
Nova Lox on Plain	9.7 oz	276	500	19	8	0	60	1410	60	3	8	4	24	0	X	X
Pastrami Deli on Potato Roll	11.8 oz	335	750	135	19	0	115	1770	58	3	7	39	0	X	X	X
Turkey Avocado Club on Potato Roll	12.3 oz	349	680	30	6	0	70	2490	64	5	11	34	0	X	X	X
Turkey Bacon and Swiss on Challah	11.6 oz	330	620	29	9	0	95	2420	51	4	11	36	0	X	X	X
Turkey Deli on Potato Roll	11.8 oz	335	600	22	6	0	75	2330	64	4	10	34	0	X	X	X

	(mg)	Carbs (g)	Fiber (g)
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	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Sugar (g)	Added Sugar (g)	Caffeine (mg)	Other Ingredients	Notes	Info		
Bagel Dog, Asiago	7.3 oz	207	590	30	12	1	60	1510	57	2	5	24	0	X	X	X	
Bagel Dog, Original	6.8 oz	193	540	26	10	1	45	1380	57	2	5	20	0	X	X	X	
Hot Pastrami on Everything	11.3 oz	320	690	124	19	0	115	2100	59	1	6	0	43	0	X	X	X
Pizza Bagel, Cheese	6.5 oz	184	440	14	8	0	40	1080	58	2	6	24	0	X	X ¹	X	
Pizza Bagel, Pepperoni	7.1 oz	201	530	22	11	0	55	1390	59	2	7	27	0	X	X ¹	X	

	Carbs
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		otherwise specified	(g)	Fat (g)	Fats (g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	Sugars (g)	(g)	Caffeine (mg)			Nuts			Info
Twice Baked Hash Brown	3.0 oz	85	170	11	6	0	35	260	11	1	0	7	0	X					
NNYB Original Kettle Chips	1.2 oz	35	180	10	1	0	0	170	21	2	0	2	0						

	Carbs
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Item	Serving Size (g)	Calories	Total Fat (g)	Sodium (mg)	Total Crap (g)	Nutrients										Nuts	Info	
						Protein (g)	Carbs (g)	Fiber (g)	Sugars (g)	Alcohol (g)	Caffeine (mg)	Cholesterol (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)			
Cinnamon Roll	6.5 oz	185	610	39	16	0	55	760	98	3	44	42	11	0	X	X	X	X
Cookie, Heavenly Chocolate Chip	3.5 oz	99	440	21	12	0	55	340	63	2	37	5	0	X	X	X	X	
Fruity Cereal Pop	1.4 oz	39	150	3	1	0	0	170	29	0	14	13	1	0		X	X	
Muffin, Blueberry	4.2 oz	120	440	25	5	0	85	530	48	1	27	23	5	0	X	X	X	
Muffin, Chocolate Chip	4.2 oz	120	530	30	8	0	85	540	56	1	36	33	6	0	X	X	X	
Pastry, Strawberry and Cream Strudel	3.8 oz	109	340	17	8	0	0	280	42	1	17	16	4	0		X	X	

(mg)	(mg)	Carbs (g)	Fiber (g)	(g)
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		(g)	Fat (g)	Fats (g)	(mg)	(mg)	Carbs (g)	Fiber (g)	(g)	Sugars (g)	Caffeine (mg)					Nuts					Info
Americano_Hot	12 fl oz	5	0	0	0	20	0	0	0	2	196.27										
Americano_Hot	16 fl oz	5	0	0	0	20	0	0	0	2	196.27										
Americano_Hot	20 fl oz	10	0	0	0	30	0	0	0	3	294.4										
Cappuccino_Hot	12 fl oz	110	4	2.5	0	15	105	10	0	10	9	196.27		X							
Cappuccino_Hot	16 fl oz	140	5	3.5	0	20	130	13	0	13	11	196.27		X							

Skim Milk (Select Stores)	1 fl oz	10	0	0	0	0	15	1	0	1	0	1	0		X								
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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.

Guest satisfaction and safety is our most valued priority. We prepare and use food ingredients containing all 8 major allergens in our restaurant kitchens. Although measures are taken to prevent cross contact, as a bakery/ restaurant, 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 your needs with your server to fully understand all the facts you need to decide on a safe dining choice that fits your unique allergen needs. - Thank you.