



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: 1.30.20

Noah's Nutrition Information													Allergen Information								
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.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info

Bagels and Bread

Limited Time Offerings Starting 2.27.20

Sandwich, Hot Smoked Salmon	9.4 oz	267	590	27	6	0	25	910	61	1	8	0	27	X	X	X	X			X		Salmon
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Bagels

Ancient Grain	1 bagel	105	280	5	0.5	0	0	540	48	8	7		12			X ¹	X					
Asiago	1 bagel	112	300	4	2	0	10	640	54	2	5		13		X	X ¹	X					
Blueberry	1 bagel	106	280	1	0	0	0	460	59	2	11		10			X ¹	X					
Chocolate Chip	1 bagel	106	300	3.5	1.5	0	0	450	58	3	10		10			X ¹	X					
Cinnamon Raisin	1 bagel	102	270	1	0	0	0	430	57	2	12		10			X ¹	X					
Cinnamon Sugar	1 bagel	111	310	3.5	1	0	0	570	60	2	11		10		X	X ¹	X					
Everything	1 bagel	105	280	2	0	0	0	680	54	2	5		10			X ¹	X					
French Toast	1 bagel	116	370	7	1.5	0	0	510	68	2	20		10			X ¹	X					
Garlic	1 bagel	105	270	1	0	0	0	550	56	2	5		10			X ¹	X					
Good Egg	1 bagel	98	270	2.5	0	0	20	460	52	2	6		9	X		X ¹	X					
Honey Whole Wheat	1 bagel	100	250	3	0	0	0	550	47	7	7		12			X ¹	X					
Onion	1 bagel	100	260	1.5	0	0	0	500	51	2	4		10			X ¹	X					
Peppercorn Potato	1 bagel	107	300	4.5	0	0	0	550	56	2	6		10			X ¹	X					
Plain	1 bagel	102	270	1	0	0	0	550	54	2	5		10			X ¹	X					
Poppyseed	1 bagel	105	280	2.5	0	0	0	550	54	2	5		10			X ¹	X					
Pretzel	1 bagel	99	280	4	0	0	0	920	52	2	5		9			X ¹	X					
Pumpnickel	1 bagel	98	250	1	0	0	0	380	52	4	3		10			X ¹	X					
Salt	1 bagel	108	270	1	0	0	0	2900	54	2	5		10			X ¹	X					
Sesame Seed	1 bagel	105	280	2.5	0	0	0	550	54	2	5		11			X ¹	X					
Sourdough	1 bagel	99	260	3.5	0.5	0	0	410	46	2	3		10			X ¹	X					
Whole Wheat Sesame	1 bagel	102	270	5	0	0	0	540	47	7	7		12			X ¹	X					

Gourmet Bagels and Specialty Bread

Apple Cinnamon	1 bagel	148	450	9	2	0	0	550	83	2	30		10			X	X					
Challah Roll, Braided	1 Roll	94	240	3.5	1.5	0	5	400	42	2	5		7	X	X	X	X					
Cheddar Jalapeno	1 bagel	126	340	9	3	0	15	760	52	2	5		13		X	X	X					
Cheesy Bacon	1 bagel	126	380	12	5	0	25	810	53	2	5		17		X	X	X					
Potato Roll	1 Roll	99	280	4	0.0	0	0	520	52	2	5		9			X	X					
Protein Power Bagel	1 bagel	113	350	6	1	0	0	290	64	4	17		12			X ¹	X	X				Walnuts
Six-Cheese	1 bagel	125	370	10	4	0	20	730	53	2	5		16		X	X	X					
Spinach Florentine	1 bagel	141	370	12	4.5	0	15	700	53	3	5		15		X	X	X					

Toppings

Regular Whipped Cream Cheese Shmear

Onion and Chive	1.2 oz	35	120	10	7	0	30	100	4	0	2		2		X							
Plain	1.2 oz	35	120	12	8	0	35	115	2	0	2		2		X							
Smoked Salmon	1.2 oz	35	110	10	6	0	35	250	4	0	2		2		X					X		Salmon

Reduced Fat Whipped Cream Cheese Shmear

Garden Vegetable Reduced Fat	1.2 oz	35	110	9	6	0	25	180	5	0	2		2		X							
Garlic Herb Reduced Fat	1.2 oz	35	110	9	6	0	25	180	5	0	2		2		X							
Honey Almond Reduced Fat	1.2 oz	35	120	8	6	0	25	75	11	0	7		2		X			X				Almonds
Jalapeno Salsa Reduced Fat	1.2 oz	35	110	8	6	0	25	190	6	0	2		2		X							
Plain Reduced Fat	1.2 oz	35	100	9	6	0	25	180	4	0	2		2		X							
Strawberry Reduced Fat	1.2 oz	35	120	9	6	0	30	90	9	0	7		1		X							

Crafted Shmear

Country Pepper	0.5 oz	14	40	4	3	0	10	50	2	0	1		1		X							
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Other Spreads

Butter	0.5 oz	14	100	12	5	0	0	85	0	0	0		0		X							
Honey	1.0 oz	28	90	0	0	0	0	0	23	0	22		0									
Hummus	1.5 oz	43	110	8	1.5	0	0	200	6	2	0		3			X						
Natural Peanut Butter	1.5 oz	43	240	20	3.5	0	0	105	11	3	4		9					X				Peanut

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Natural Strawberry Jelly	1.0 oz	28	70	0	0	0	0	0	18	0	16		0										
Nutella®	1.5 oz	43	230	13	4.5	0	0	15	24	1	24		3		X	X		X					Hazelnut
Cheese																							
Cheddar 1 Slice	0.5 oz	14	60	4.5	3	0	15	90	0	0	0		4		X								
Pepper Jack 1 Slice	0.5 oz	14	50	4.5	3	0	10	125	0	0	0		3		X								
Swiss 1 Slice	0.5 oz	14	50	4.5	3	0	15	65	0	0	0		4		X								
Eggs																							
Egg White 1	1 Egg	58	35	1	0	0	0	170	1	0	0		6		X	X							
Egg White 2	2 Egg	116	70	1.5	0.5	0	0	330	1	0	0		12		X	X							
Fresh Cracked Egg 1	1 Egg	46	80	6	2	0	185	140	1	0	0		6		X	X							
Fresh Cracked Egg 2	2 Egg	92	160	11	4	0	370	280	1	0	1		13		X	X							
Meats																							
Bacon 4 Pieces	0.4 oz	10	45	3.5	1.5	0	10	210	0	0	0		3										
Ham 1.5	1.5 oz	43	45	1	0	0	25	540	1	0	1		8										
Ham 3.0	3.0 oz	85	90	2.5	1	0	50	1090	2	0	1		17										
Ham 4.5	4.5 oz	128	140	3.5	1	0	70	1630	2	0	2		25										
Pastrami 3.0	3.0 oz	85	180	76	9	0	60	640	2	0	0		17										
Pastrami 4.5	4.5 oz	128	270	114	14	0	90	960	2	0	0		25										
Tuna Salad	3.3 oz	93	180	16	2.5	0	25	1490	2	1	1		8		X	X	X	X			X		Tuna
Turkey Sausage Patty	1 Patty	41	70	4	1.5	0	25	280	1	0	1		7										
Turkey 3.0	3.0 oz	85	90	1	0	0	35	1010	3	1	2		14										
Turkey 4.5	4.5 oz	128	130	1.5	0.5	0	50	1520	5	1	3		20										
Sauces																							
Roasted Tomato Salsa	1.0 oz	28	10	0	0	0	0	260	2	0	1		0										
Roasted Tomato Spread	1.0 oz	28	150	16	2.5	0	10	230	2	0	1		0		X	X	X						
Thousand Island Dressing	1.0 oz	28	140	14	2	0	15	240	4	0	4		0		X	X							
Veggies																							
Avocado	1.0 oz	28	60	5	1	0	0	0	2	2	0		1										
Granola Mix	0.5 oz	14	60	1.5	0	0	0	25	10	1	4		1		X		X	X					Almonds
Saute Mushroom	1.0 oz	28	30	3	1.5	0	0	70	1	0	1		1		X								
Sauerkraut	2.0 oz	57	15	0	0	0	0	490	0	3	0		3										
Sandwiches																							
Egg Sandwiches One Egg																							
Bacon & Cheddar on Plain	6.1 oz	172	450	15	6	0	210	1000	55	2	6		23		X	X	X	X					
Bacon Avocado Tomato, on Plain Thin	7.7 oz	218	470	23	6	0	200	890	47	3	6		18		X	X	X	X					
Breakfast BLT on Challah	8.0 oz	228	510	27	8	0	220	870	45	3	8		20		X	X	X	X					
Cheddar on Plain	5.7 oz	162	400	11	5	0	200	780	55	2	5		20		X	X	X	X					
Chorizo Avocado Sunrise on Cheddar Jalapeno	10.1 oz	287	800	48	19	0.5	265	1440	60	4	7		31		X	X	X	X					
Farmhouse 6 Cheese	9.0 oz	256	650	30	14	0.5	270	1790	57	2	7		38		X	X	X	X					
Ham & Swiss on Plain	7.2 oz	205	440	12	5	0	225	1300	56	2	6		29		X	X	X	X					
Mushroom Spinach & Swiss on Ancient Grain	7.3 oz	208	440	19	7	0	200	830	50	8	8		24		X	X	X	X					
Santa Fe on Asiago	8.6 oz	245	560	22	11	0	245	1370	60	2	8		30		X	X	X	X					
Turkey Sausage & Cheddar on Plain	7.2 oz	203	470	15	7	0	225	1060	56	2	6		27		X	X	X	X					
Egg Sandwich Two Eggs																							
Bacon & Cheddar on Plain	7.7 oz	219	530	20	8	0.5	395	1140	56	2	6		29		X	X	X	X					
Bacon Avocado Tomato, on Plain Thin	9.3 oz	264	550	29	7	0	385	1030	48	3	7		24		X	X	X	X					
Breakfast BLT on Challah	9.7 oz	274	590	32	10	0.5	405	1010	46	3	8		26		X	X	X	X					
Cheddar on Plain	7.4 oz	209	480	17	7	0.5	385	920	56	2	6		26		X	X	X	X					
Chorizo Avocado Sunrise on Cheddar Jalapeno	11.7 oz	333	880	54	21	1	450	1580	61	4	7		37		X	X	X	X					
Farmhouse, 6 Cheese	10.6 oz	302	730	36	16	1	455	1930	58	2	8		45		X	X	X	X					
Ham & Swiss on Plain	8.8 oz	251	520	18	7	0.5	410	1440	57	2	6		35		X	X	X	X					
Mushroom Spinach & Swiss on Ancient Grain	9.0 oz	254	520	24	9	0.5	385	970	51	8	8		30		X	X	X	X					

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Santa Fe on Asiago	10.3 oz	292	640	28	13	0.5	435	1510	61	2	8		36	X	X	X	X						
Turkey Sausage & Cheddar on Plain	8.8 oz	250	550	21	9	0.5	415	1200	57	2	6		33	X	X	X	X						
Egg Sandwich Egg White																							
Bacon & Cheddar on Plain	6.5 oz	184	400	10	5	0	25	1020	55	2	5		23	X	X	X	X						
Bacon Avocado Tomato, on Plain Thin	8.1 oz	230	420	19	4	0	15	910	47	3	6		18	X	X	X	X						
Breakfast BLT on Challah	8.4 oz	239	470	22	6	0	35	890	45	3	7		20	X	X	X	X						
Cheddar, Plain	6.1 oz	174	360	7	3.5	0	15	810	55	2	5		20	X	X	X	X						
Chorizo Avocado Sunrise on Cheddar Jalapeno	9.6 oz	273	650	34	14	0	60	1310	59	4	6		27	X	X	X	X						
Farmhouse, 6 Cheese	9.4 oz	267	610	25	12	0	80	1810	57	2	7		38	X	X	X	X						
Ham and Swiss, Plain	7.6 oz	217	400	8	4	0	40	1330	56	2	5		29	X	X	X	X						
Mushroom Spinach & Swiss on Ancient Grain	7.5 oz	212	370	12	3.5	0	5	820	50	8	8		22	X	X	X	X						
Santa Fe on Asiago	9.1 oz	257	520	18	10	0	60	1390	60	2	7		30	X	X	X	X						
Power Egg White 1 Egg	8.8 oz	251	370	14	3	0	25	830	40	7	7		23	X	X	X	X						
Power Egg White 2 Egg	10.9 oz	309	410	15	3.5	0	25	990	41	7	7		29	X	X	X	X						
Turkey Sausage & Cheddar on Plain	7.6 oz	215	430	11	5	0	40	1090	56	2	6		27	X	X	X	X						
Lunch Sandwiches - Deli																							
Albacore Tuna Salad Deli on Ancient Grain	11.5 oz	327	570	30	4	0	35	2820	55	9	10		25	X	X	X	X			X			Tuna
Ham Deli on Potato Roll	11.8 oz	335	620	24	6	0	95	2440	58	3	9		39	X	X	X	X						
Hummus Veg Out on Ancient Grain	8.9 oz	253	400	14	4.5	0	15	750	58	10	10		16		X	X ¹	X						
Hummus Veg Out with Chicken on Ancient Grain	11.9 oz	338	520	16	5	0	75	950	59	10	11		39		X	X	X						
Nova Lox on Plain	9.7 oz	276	490	17	9	0	50	1350	61	3	9		23		X	X	X			X			Salmon
Pastrami Deli on Potato Roll	11.8 oz	335	750	135	19	0	115	1770	58	3	7		39	X	X	X	X						
Turkey Avocado Club on Potato Roll	12.3 oz	349	680	30	6	0	70	2490	64	5	11		34	X	X	X	X						
Turkey, Bacon, and Swiss on Challah	11.6 oz	330	620	29	9	0	95	2420	51	4	11		36	X	X	X	X						
Turkey Deli on Potato Roll	11.8 oz	335	600	22	6	0	75	2330	64	4	10		34	X	X	X	X						
Lunch Sandwiches - Hot																							
Bagel Dog, Asiago	7.3 oz	207	590	30	12	1	60	1510	57	2	5		24		X	X	X						
Bagel Dog, Original	6.8 oz	193	540	26	10	1	45	1380	57	2	5		20			X	X						
Pizza Bagel, Cheese	6.5 oz	184	440	14	8	0	40	1080	58	2	6		24		X	X ¹	X						
Pizza Bagel, Pepperoni	7.1 oz	201	530	22	11	0	55	1390	59	2	7		27		X	X ¹	X						
Sides																							
Fruit and yogurt parfait	10.5 oz	298	200	2	0	0	5	115	38	4	24		8		X		X	X					Almonds
Fruit Cup	6.0 oz	170	80	0	0	0	0	10	19	2	15		1										
Greek yogurt parfait	7.2 oz	205	270	2.5	0	0	5	95	49	2	37		16		X		X	X					Almonds
NNYB Barbeque Kettle Chips	1.2 oz	35	180	9	1	0	0	250	22	2	0		2										
NNYB Original Kettle Chips	1.2 oz	35	180	10	1	0	0	170	21	2	0		2										
Potato Salad, Redskin	4.0 oz	113	220	15	2.5	0	10	490	17	2	1		2	X		X ¹							
Sweets																							
Chocolate Chip Coffee Cake	4.4 oz	125	550	25	10	0	5	190	81	1	34		4	X	X	X	X						
Cinnamon Twist	3.1 oz	88	360	16	6	0	0	250	50	2	24		4			X	X						
Cinnamon Walnut Strudel	6.0 oz	170	640	35	11	0	30	500	71	4	32		10	X	X	X	X	X					Walnuts
Cookie, Chocolate Lava	2.5 oz	72	310	15	8	0	60	60	46	1	39		4	X	X	X	X						
Cookie, Heavenly Chocolate Chip	3.5 oz	99	440	21	12	0	55	340	63	2	37		5	X	X	X	X						
Cookie, Iced Sugar Cookie with Sprinkles	3.7 oz	106	470	16	7	0	25	280	79	1	47		5	X	X	X	X						
Muffin, Blueberry	4.5 oz	128	450	23	5	0	75	440	55	1	29		5	X	X	X	X						
Muffin, Cinnamon Chip	4.8 oz	135	540	27	7	0	75	440	69	1	46		5	X	X	X	X						
Pastry, Chocolate Croissant	4.2 oz	118	390	22	10	0	10	560	41	2	5		8	X	X	X	X						
Pastry, Croissant	2.6 oz	74	290	15	9	0	70	340	29	1	4		6	X	X		X						

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Dark Chocolate Cold Brew	24 fl oz	709 ml	160	4.5	3	0	25	85	42	0	40		2		X								
Dark Chocolate Cold Brew, Frozen	16 fl oz	473 ml	450	11	7	0	40	135	86	0	85		5		X								
	24 fl oz	709 ml	570	13	8	0	45	170	110	0	109		6		X								
Vanilla Cold Brew	16 fl oz	473 ml	60	3	2	0	15	35	17	0	16		1		X								
	24 fl oz	709 ml	80	4.5	3	0	25	50	24	0	22		2		X								
Vanilla Cold Brew, Frozen	16 fl oz	473 ml	340	11	7	0	40	75	58	0	58		3		X								
	24 fl oz	709 ml	420	13	8	0	45	95	74	0	73		4		X								
Vanilla Hazelnut Cold Brew	16 fl oz	473 ml	80	3	2	0	15	35	21	0	20		1		X								
	24 fl oz	709 ml	120	4.5	3	0	25	50	32	0	30		2		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, 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