Einstein Bros.® Nutrition Information														Allergen Information									
	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Classic, Signature and Gourmet Bagels																							
Classic Bagels																							
Ancient Grain	1 Bagel	104	280	5	0.5	0	0	450	48	7	9	6	13				X						
Cinnamon Raisin	1 Bagel	103	270	1	0	0	0	460	57	2	11	4	10				X						
Everything	1 Bagel	105	280	1.5	0	0	0	670	55	2	4	4	10				X					X	
Honey Whole Wheat	1 Bagel	99	270	3	0.5	0	0	440	49	6	8	7	12				X						
Onion	1 Bagel	101	270	1.5	0	0	0	490	52	2	5	3	10				X						
Plain	1 Bagel	102	270	1	0	0	0	610	54	2	4	4	10				X						
Poppy Seed	1 Bagel	105	290	2	0	0	0	610	55	3	4	4	11				X						
Pumpernickel	1 Bagel	99	260	1	0	0	0	420	53	3	4	2	10				X					.	
Sesame Seed	1 Bagel	105	290	2.5	0	0	0	610	54	2	4	4	11				X					X	
Signature Bagels																							
Asiago Cheese	1 Bagel	112	310	4	1.5	0	10	750	54	2	4	4	13		X	X	X						
Blueberry	1 Bagel	103	270	1	0	0	0	440	58	2	10	8	9				X						
Chocolate Chip	1 Bagel	103	280	3	1.5	0	0	470	56	2	10	9	10			X	X						
Cinnamon Sugar	1 Bagel	111	310	3	1	0	0	630	60	3	9	9	10		X	X	X						
French Toast	1 Bagel	117	370	5	1.5	0	0	490	71	2	23	21	10			X	X						
Pretzel	1 Bagel	103	270	1.0	0	0	0	4540	54	2	4	4	10				X						
Thintastic Bagels																							
Ancient Grain Thin	1 Thin	74	200	3.5	0.5	0	0	320	35	5	6	4	9				X						
Plain Thin	1 Thin	77	200	1	0	0	0	460	41	2	3	3	8				X						
Gourmet Bagels																							
Challah	1 Roll	81	240	3.5	0.5	0	15	320	44	1	6	5	8	X		X	X						
Cheddar Jalapeno Bagel	1 Bagel	127	330	8	3	0	15	660	51	3	5	4	12		X	X	X						
Power Protein Bagel	1 Bagel	113	310	4	0	0	0	160	59	4	12	5	11				X	X					Walnuts
Six-Cheese	1 Bagel	125	350	8	4	0	20	720	51	2	4	3	17		X	X	X						
Spinach and Swiss	1 Bagel	142	370	11	4.5	0	15	570	52	3	5	4	14		X	X	X						
Shmears and Spreads																							
Whipped Cream Cheese Shmear Single Serving																							
Garden Veggie Reduced Fat	1.2 oz	35	100	9	6	0	30	190	5	0	2	0	2		X								
Honey Almond Reduced Fat	1.2 oz	35	120	9	4.5	0	25	80	10	0	7	5	2		X			X					Almonds
Jalapeno Salsa Reduced Fat	1.2 oz	35	100	9	5	0	25	190	5	1	2	0	2		X								
Onion and Chive	1.2 oz	35	110	10	6	0	35	105	4	0	1	0	2		X								
Plain	1.2 oz	35	120	12	7	0	40	120	2	0	2	0	2		X								
Strawberry Reduced Fat	1.2 oz	35	120	9	5	0	30	90	9	0	6	5	1		X								
Whipped Cream Cheese Shmear Full Tub																							
Garden Veggie Reduced Fat	6.0 oz	170	490	42	27	1.5	135	900	23	2	10	0	10		X								Serves 6
Honey Almond Reduced Fat	6.0 oz	170	570	41	23	1	115	380	49	2	31	26	8		X			X					Serves 6, Almonds
Jalapeno Salsa Reduced Fat	6.0 oz	170	480	41	26	1.5	130	930	26	3	10	0	8		X								Serves 6
Onion and Chive	6.0 oz	170	540	49	31	1.5	160	510	21	1	7	0	9		X								Serves 6
Plain	6.0 oz	170	560	57	36	2	185	580	9	1	8	0	9		X								Serves 6
Strawberry Reduced Fat	6.0 oz	170	550	42	26	1.5	135	440	42	1	30	24	7		X								Serves 6
Crafted Whipped Shmear																							
Country Pepper Shmear	0.7 oz	19	60	5	3	0	15	75	3	0	1	0	1		X								
Spreads																							
Butter Blend	1.0 oz	28	210	23	11	0	5	170	0	0	0	0	0		X								
Natural Peanut Butter	1.0 oz	28	160	14	3	0	0	70	7	3	3	2	6						X				
Eggs, Meat, and Cheese																							
Eggs																							
1 Cage Free Egg	1 Egg	46	80	6	2	0	185	140	1	0	0	0	6	X	X								
2 Cage Free Eggs	2 Egg	102	160	11	4	0	370	280	2	0	1	0	13	X	X								
1 Egg White	1 Egg	58	35	1	0	0	0	170	1	0	0	0	6	X	X								
2 Egg White	2 Egg	116	70	1.5	0.5	0	0	330	1	0	0	0	12	X	X								
Fried Egg Patty	1 Egg	43	90	8	1.5	0	120	105	1	0	0	0	5	X		X							
Cheese																							
American 1 Slice	0.5 oz	14	50	4.5	2.5	0	15	250	1	0	1	0	2		X	X							
Cheddar 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	95	0	0	0	0	3		X								
Swiss 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	25	0	0	0	0	4		X								
Meat																							
Bacon	4 Pieces	14	70	5	2	0	15	240	1	0	1	0	5										
Chorizo Sausage Patty	1 Patty	43	160	16	5	0	30	390	1	0	0	0	5										
Ham, Breakfast	1.5 oz	43	45	1	0	0	15	480	2	0	2	0	6										
Ham, Lunch	3.0 oz	85	90	2.5	1	0	35	970	4	0	3	0	12										

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Lox	2.0 oz	57	120	8	1	0	25	510	1	0	1	0	12							X			Salmon
Pastrami	4.5 oz	128	270	114	14	0	90	960	2	1	0	0	25										
Turkey, Lunch	3.0 oz	85	90	1	0	0	35	740	5	0	2	2	14										
Turkey Sausage Patty	1 Patty	40	80	6	1.5	0	40	260	0	0	0	0	7										
Sauces and Veggies																							
Sauces																							
Chipotle Salsa	0.5 oz	14	5	0	0	0	0	80	1	0	1	0	0										
Double Egg Mayo	0.5 oz	14	100	12	2	0	10	40	0	0	0	0	0	X									
Roasted Tomato Spread	0.5 oz	14	80	8	1.5	0	5	110	1	0	1	1	0	X	X								
Spicy Brown Mustard	0.5 oz	14	15	0	0	0	0	140	0	0	0		0										
Veggies																							
Avocado	1.0 oz	28	50	4	0.5	0	0	0	3	2	0	0	1										
Capers	0.1 oz	3	0	0	0	0	0	60	0	0	0	0	0										
Cucumber	3 Slices	28	5	0	0	0	0	0	1	0	0	0	0										
Leaf Lettuce	0.5 oz	14	0	0	0	0	0	0	0	0	0	0	0										
Pickle Spear	1.0 oz	28	0	0	0	0	0	260	0	0	0	0	0										
Red Onion	3 Slices	9	5	0	0	0	0	0	1	0	0	0	0										
Spinach	0.5 oz	14	5	0	0	0	0	10	1	0	0	0	0										
Tomato	2 Slices	43	10	0	0	0	0	0	2	0	1	0	0										
Breakfast Nosh Boxes, Indivividual Breakfast Boxes Individual Breakfast Sandwiches, Burrito Boxes and Breakfast Sides																							
Breakfast Nosh Boxes, Brunch Box																							
Classic Egg Sandwich Nosh Box 1/2 Dozen	52.5 oz	1489	3360	133	46	3	2435	7420	348	15	35	25	184	X	X		X					X	Serves 6
Classic Egg Sandwich Nosh Box Dozen	105.0 oz	2979	6720	265	92	6	4865	14840	695	30	71	50	367	X	X		X					X	Serves 12
Signature Egg Sandwich Nosh Box 1/2 Dozen	64.8 oz	1840	4450	232	95	5	2690	9800	357	18	48	26	231	X	X		X						Serves 6
Signature Egg Sandwich Nosh Box Dozen	129.7 oz	3679	8890	463	190	10	5385	19610	713	37	96	51	462	X	X		X						Serves 12
Thin Egg White Nosh Box 1/2 Dozen	63.4 oz	1798	2700	108	25	0	180	6170	269	33	47	24	116	X	X		X						Serves 6
Thin Egg White Nosh Box Dozen	126.7 oz	3596	5410	215	49	0	360	12340	537	65	94	48	332	X	X		X						Serves 12
Brunch Box	83.5 oz	2369	6550	294	117	4	1930	11520	747	27	178	133	227	X	X	X	X					X	Serves 6-8
Individual Breakfast Meals																							
Bacon and Cheddar Individual Meal	10.9 oz	308	730	33	15	0.5	435	1480	68	3	7	4	38	X	X		X						Serves 1
Cheddar and Egg Individual Meal	10.4 oz	294	660	28	13	0.5	420	1240	67	3	6	4	33	X	X		X						Serves 1
Ham and Swiss Individual Meal	11.8 oz	336	700	29	13	0.5	435	1660	69	3	7	4	39	X	X		X						Serves 1
Turkey Sausage and Cheddar Individual Meal	1.2 oz	33	740	34	14	0.5	460	1500	67	3	6	4	40	X	X		X						Serves 1
Individual Signature Egg Sandwiches																							
Chorizo Avocado Sunrise on Cheddar Jalapeno	11.4 oz	323	810	48	18	1	445	1530	60	5	8	4	35	X	X		X						Serves 1
Farmhouse On Six Cheese	10.8 oz	307	750	37	17	1	455	1820	58	2	10	4	44	X	X		X						Serves 1
Santa Fe Sandwich on Asiago	10.2 oz	290	670	30	12	1	450	1560	60	2	7	4	37	X	X		X						Serves 1
Individual Classic Egg Sandwiches																							
Bacon and Cheddar Egg Sandwich on Plain	7.9 oz	223	560	22	9	0.5	400	1220	57	2	6	4	31	X	X		X						Serves 1
Cheddar Cheese Egg Sandwich on Plain	7.4 oz	209	490	17	7	0.5	385	980	56	2	5	4	26	X	X		X						Serves 1
Garden Avocado Egg Sandwich on Everything	10.5 oz	297	580	25	6	0	375	1080	63	5	7	5	24	X	X		X					X	Serves 1
Ham and Swiss Egg Sandwich on Plain	8.8 oz	251	530	18	7	0.5	400	1400	58	2	6	4	32	X	X		X						Serves 1
Turkey Sausage and Cheddar Egg Sandwich on Plain	8.7 oz	248	570	23	8	0.5	425	1240	56	2	5	4	33	X	X		X						Serves 1
Individual Thintastic Egg White Sandwiches																							
Bacon Avocado Tomato Egg White Sandwich on Plain Thin	10.3 oz	292	480	20	4.5	0	20	1140	48	4	7	4	26	X	X		X						Serves 1
Power Egg White on Ancient Grain Thin	10.8 oz	307	420	16	4	0	40	910	41	7	9	4	29	X	X		X						Serves 1
Chorizo Breakfast Burrito, Individual Burritos																							
Chorizo Breakfast Burrito 1/2 Dozen	84.1 oz	2386	6720	410	181	6	2935	14560	464	26	34	3	292	X	X		X						Serves 6
Chorizo Breakfast Burrito Dozen	168.1 oz	4771	13440	819	363	12	5875	29110	928	52	69	6	585	X	X		X						Serves12
Chorizo Breakfast Burrito	14.0 oz	398	1120	68	30	1	490	2430	77	4	6	0	49	X	X		X						Serves 1

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Breakfast Sides																							
Twice Baked Hash Brown	3.0 oz	85	170	11	6	0	35	260	11	1	1	0	7		X								
Salmon																							
Salmon and Bagels	96.3 oz	2733	5790	189	77	4	545	14040	789	37	128	70	255		X	X	X			X		X	Serves 13
Classic Bagels and Shmear, Gourmet Bagels and Shmear, Classic Bagels Only Box, Gourmet Bagels Only Box																							
Classic Bagels and Shmear Half Dozen	28.1 oz	798	2250	69	39	2	190	3920	343	13	51	33	72		X	X	X					X	Serves 6
Classic Bagels and Shmear Bakers Dozen	59.8 oz	1698	4700	124	69	4	335	8770	754	29	107	70	156		X	X	X					X	Serves 13
Classic Bagels and Shmear Two Dozen	112.5 oz	3192	8920	247	137	8	675	15860	1419	52	228	156	288		X	X	X					X	Serves 24
Gourmet Bagels and Shmear Half Dozen	33.8 oz	958	2650	112	59	3	280	4480	317	15	37	22	96		X		X						Serves 6
Gourmet Bagels and Shmear Bakers Dozen	70.1 oz	1990	5440	204	105	5	490	9740	692	34	77	47	207		X		X						Serves 13
Gourmet Bagels and Shmear Two Dozen	135.0 oz	3831	10530	417	217	11	1020	18110	1315	63	172	112	382		X		X						Serves 24
Classic Bagels Half Dozen	22.1 oz	628	1690	12	0	3	10	3340	334	12	43	33	63		X	X	X					X	Serves 6
Classic Bagels Bakers Dozen	47.9 oz	1358	3650	26	6	0	15	7290	721	26	90	70	136		X	X	X					X	Serves 13
Gourmet Bagels Half Dozen	27.8 oz	788	2890	55	23	1	95	3900	308	15	29	22	87		X		X						Serves 6
Gourmet Bagels Bakers Dozen	59.9 oz	1700	4530	118	50	2	210	8530	667	31	63	47	190		X		X						Serves 13
Lunch Nosh Boxes, Indivividual lunch Boxes, Individual Lunch Sandwiches and Lunch Sides																							
Lunch Nosh Boxes																							
Classic Lunch Nosh Box 8 Sandwiches	97.2 oz	2757	4490	270	55	1	510	14650	490	30	70	42	229	X	X	X	X					X	Serves 8
Signature Lunch Nosh Box 8 Sandwiches	100.4 oz	2848	5020	221	52	1	625	16780	492	30	87	55	264	X	X	X	X					X	Serves 8
Individual Lunch Boxes																							
Avocado Veg Out Individual Box	14.6 oz	415	1030	43	19	0.5	60	1310	143	8	46	41	21	X	X	X	X					X	Serves 1
Ham and Swiss Individual Box	17.3 oz	491	1210	56	21	0.5	120	2750	139	6	51	41	38	X	X	X	X						Serves 1
Nova Lox Individual Box	15.2 oz	431	1140	53	23	1	110	1860	140	6	48	41	31	X	X	X	X			X			Serves 1
Pastrami Deli Individual Box	17.3 oz	491	1350	166	34	0.5	160	2250	135	6	46	41	45	X	X	X	X						Serves 1
Turkey Avocado Club Individual Box	17.9 oz	509	1300	63	21	0.5	120	2600	145	8	50	44	42	X	X	X	X						Serves 1
Turkey Bacon Swiss Individual Box	16.8 oz	477	1280	63	23	0.5	150	2510	136	5	51	45	45	X	X	X	X						Serves 1
Turkey Deli Individual Box	17.3 oz	491	1210	54	21	0.5	120	2410	140	6	48	43	40	X	X	X	X						Serves 1
Individual Lunch Sandwiches																							
Avocado Veg Out on Sesame	9.2 oz	260	410	11	3.5	0	15	730	64	5	7	4	14		X		X					X	Serves 1
Ham and Swiss on Bagel Roll	11.8 oz	336	590	24	6	0	75	2160	60	3	12	4	31	X	X		X						Serves 1
Nova Lox on Plain Bagel	9.7 oz	276	520	21	8	0	65	1270	61	3	9	4	24		X	X	X			X			Serves 1
Pastrami Deli on Bagel Roll	11.8 oz	336	730	134	19	0	115	1670	56	3	7	4	38	X	X	X	X						Serves 1
Turkey Avocado Club on Bagel Roll	12.5 oz	354	680	31	6	0	75	2010	66	5	11	7	35	X	X		X						Serves 1
Turkey Bacon Swiss on Challah	11.3 oz	322	660	31	8	0	108	1930	57	2	12	8	38	X	X	X	X						Serves 1
Turkey Deli on Bagel Roll	11.8 oz	336	590	22	6	0	75	1820	61	3	9	6	33	X	X		X						Serves 1
Lunch Sides																							
Kettle Chips	1 Bag	28	150	9	1	0	0	95	17	1	1	0	2										
Sweet Boxes, Bagel and Sweet Boxes, Individual Sweets																							
Sweet Boxes and Bagel with Sweet Boxes																							
Cinnamon Bliss 4 Pack	26.0 oz	738	2450	157	65	1	215	3030	392	14	176	170	45	X	X	X	X						Serves 4
Cookie Box Half Dozen	20.9 oz	594	2820	138	84	3	270	1380	372	12	228	222	30	X	X	X	X						Serves 6
Cookie Box Dozen	41.9 oz	1188	5640	276	168	6	540	2760	744	24	456	444	60	X	X	X	X						Serves 12
Mixed Bagels and Sweets Nosh Box	90.3 oz	2561	7950	305	122	3.5	745	10550	1143	34	362	297	174	X	X	X	X						Serves 20
Muffin Nosh Box Half Dozen	25.4 oz	720	2910	165	39	0	510	3210	312	6	189	168	33	X	X	X	X						Serves 6
Muffin Nosh Box Dozen	50.7 oz	1440	5820	330	78	0	1020	6420	624	12	378	336	66	X	X	X	X						Serves 12
Sweets Nosh Box Small	27.6 oz	783	2780	149	43	0	340	2870	322	7	167	149	32	X	X	X	X						Serves 6
Sweets Nosh Box Large	40.3 oz	1143	4280	234	64	0	595	4480	482	10	266	238	49	X	X	X	X						Serves 12
Sweets and Coffee Break Small	123.4 oz	3501	2840	149	60	1.5	390	2350	338	9	204	190	31	X	X	X	X						Serves 6
Sweets and Coffee Break Large	238.1 oz	6757	5850	303	123	3	780	4590	708	18	417	390	63	X	X	X	X						Serves 12
Individual Sweets																							
Apple Pie Pastry	3.0 oz	85	250	10	4	0	0	180	38	1	16	15	3		X	X	X						Serves 1
Cinnamon Roll	6.5 oz	185	610	39	16	0	55	760	98	3	44	42	11	X	X	X	X						Serves 1
Chocoate Chip Cookie	3.5 oz	99	470	23	14	0.5	45	230	62	2	38	37	5	X	X	X	X						Serves 1
Muffin, Blueberry	4.2 oz	120	440	25	5	0	85	530	48	1	27	23	5	X	X	X	X						Serves 1
Muffin, Chocolate Chip	4.2 oz	120	530	30	8	0	85	540	56	1	36	33	6	X	X	X	X						Serves 1
Strawberry Cream Pastry	3.8 oz	109	340	17	8	0	0	280	42	1	17	16	4		X	X	X						Serves 1
Beverages																							
Beverages for the Group																							
Coffee for the Group Breakfast Blend Medium Roast, Midtown	96 fl oz		60	0	0	0	0	0	12	0	0	0	0										Serves 10

	Serving Size	Weight (g.)	Calories	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Added Sugar (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Coffee for the Group Vanilla Hazelnut, Chelsea	96 fl oz		60	0	0	0	0	0	12	0	0	0	0					X					Serves 10
Coffee for the Group Dark Roast, Soho	96 fl oz		60	0	0	0	0	0	12	0	0	0	0										Serves 10
Coffee for the Group Decaf, Gramercy	96 fl oz		60	0	0	0	0	0	12	0	0	0	0										Serves 10
Cold Brew Coffee for the Group	64 fl oz		10	0	0	0	0	10	2	0	0	0	1										Serves 6
Hot Tea for the Group	96 fl oz		0	0	0	0	0	0	0	0	0	0	0										Serves 10
Iced Tea for the Group	64 fl oz		520	0	0	0	0	10	135	0	135	0	0										Serves 6
Iced Tea Lemonade for the Group	64 fl oz		340	0	0	0	0	15	94	0	87	5	1										Serves 6
Lemonade for the Group	64 fl oz		620	0.5	0	0	0	15	170	0	157	8	1										Serves 6
Orange Juice for the Group	64 fl oz		810	1	0	0	0	15	195	0	174	0	13										serves 6

[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 foodborne 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