Last Updated: 3-28-23

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
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					X	
French Toast	1 bagel	116	370	7	1.5	0	0	510	68	2	20		10			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						
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						
Pumpernickel	1 bagel	98	250	1	0	0	0	380	52	4	3		10			X[1]	X						
Sesame Seed	1 bagel	105	280	2.5	0	0	0	550	54	2	5		11			X[1]	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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
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						
Jalapeno Bacon	1 bagel	134	360	9	3.5	0	20	760	52	2	6	4	15		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						

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
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

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Garden Vegetable 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

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Country Pepper	0.5 oz	14	40	4	3	0	10	50	2	0	1		1		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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Butter Blend	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										
Natural Peanut Butter	1.5 oz	43	240	20	3.5	0	0	105	11	3	4		9						X				Peanut
Natural Strawberry Jelly	1.0 oz	28	70	0	0	0	0	0	18	0	16		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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Cheddar 1 Slice	0.5 oz	14	60	4.5	3	0	15	90	0	0	0		4		X								
Swiss 1 Slice	0.5 oz	14	50	4.5	3	0	15	65	0	0	0		4		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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
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

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Bacon 4 Pieces	0.4 oz	10	45	3.5	1.5	0	10	210	0	0	0		3										
Brisket 2.0	2.0 oz	57	150	11	4.5	0	40	460	0	0	0	0	11										
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										
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

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)	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										
Roasted Tomato Spread	1.0 oz	28	150	16	2.5	0	10	230	2	0	1		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)	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										

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)	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	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	520	27	8	0	215	870	45	1	8	0	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 Gourmet	9.7 oz	275	740	43	17	0.5	260	1340	60	2	7	0	30	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						
Garden Avocado on Everything	8.8 oz	250	490	20	4	0	190	880	62	3	8	0	18	X	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						
Santa Fe on Asiago	8.6 oz	245	570	23	11	1	250	1380	60	0	8	0	31	X	X	X	X						
Texas Brisket on Jalapeno Bacon	9.9 oz	280	820	51	16	0	270	1690	55	2	6	4	36	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

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Bacon & Chedder 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	600	33	10	0.5	400	1010	46	1	8	0	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 Gourmet	11.3 oz	322	820	48	19	1	445	1480	61	2	8	0	36	X	X	X	X						
Garden Avocado on Everything	10.5 oz	297	570	25	6	0.5	380	1020	63	3	8	0	24	X	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						
Santa Fe on Asiago	10.3 oz	292	650	28	13	1	435	1520	61	0	8	0	37	X	X	X	X						
Texas Brisket on Jalapeno Bacon	11.5 oz	326	900	57	18	0.5	455	1830	56	2	7	4	42	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

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)	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	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	30	900	45	1	7	0	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 Gourmet	9.6 oz	273	640	33	13	0	65	1280	60	2	7	0	28	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						
Garden Avocado on Everything	9.2 oz	262	450	15	2.5	0	5	900	62	3	7	0	18	X	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						
Santa Fe on Asiago	9.1 oz	257	520	18	9	0	65	1410	60	0	7	0	31	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						
Texas Brisket on Jalapeno Bacon	10.3 oz	292	780	47	14	0	85	1710	54	2	6	4	35	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						

Breakfast Burrito

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Chorizo and Potato Breakfast Burrito	14.0 oz	398	1120	68	30	1	490	2430	77	4	6	0	49	X	X		X						

Lunch Sandwiches - *Deli*

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Avocado Veg Out on Sesame	9.2 oz	260	410	12	4	0	15	670	64	3	8	0	13		X	X	X					X	
Ham Deli on Potato Roll	11.8 oz	335	620	24	6	0	95	2440	58	3	9		39	X	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*

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
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						
Hot Pastrami on Everything	11.3 oz	320	690	124	19	0	115	2100	59	1	6	0	43		X	X	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

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Twice Baked Hash Brown	3.0 oz	85	170	11	6	0	35	260	11	1	1	0	7		X								
NNYB Original Kettle Chips	1.2 oz	35	180	10	1	0	0	170	21	2	0		2										

Sweets

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Apple Pie, Pastry	3.0 oz	85	250	10	4	0	0	180	38	1	16	15	3			X	X						
Cinnamon Roll	6.5 oz	185	610	39	16	0	55	760	98	3	44	42	11	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						
Muffin, Blueberry	4.2 oz	120	440	25	5	0	85	530	48	1	27	23	5	X	X	X	X						
Muffin, Chocolate Chip	4.2 oz	120	530	30	8	0	85	540	56	1	36	33	6	X	X	X	X						
Pastry, Strawberry and Cream Strudel	3.8 oz	109	340	17	8	0	0	280	42	1	17	16	4		X	X	X						

Classic Coffee Drinks (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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Americano, Hot	12 fl oz	5	0	0	0	0	20	0	0	0	0	2										
Americano, Hot	16 fl oz	5	0	0	0	0	20	0	0	0	0	2										
Americano, Hot	20 fl oz	10	0	0	0	0	30	0	0	0	0	3										
Cappuccino, Hot	12 fl oz	110	4	2.5	0	15	105	10	0	10	0	9		X								
Cappuccino, Hot	16 fl oz	140	5	3.5	0	20	130	13	0	13	0	11		X								
Cappuccino, Hot	20 fl oz	170	6	4	0	25	160	15	0	15	0	14		X								
Chai Tea Latte, Hot	12 fl oz	170	4	2.5	0	15	90	26	0	24	14	7		X								
Chai Tea Latte, Hot	16 fl oz	230	5	3.5	0	20	115	35	0	32	20	9		X								
Chai Tea Latte, Hot	20 fl oz	280	6	4	0	25	140	43	0	40	25	11		X								
Chai Tea Latte, Iced	16 fl oz	140	3	2	0	10	70	23	0	21	14	5		X								
Chai Tea Latte, Iced	24 fl oz	250	5	3.5	0	20	125	41	0	37	25	9		X								
Latte, Hot	12 fl oz	110	4	2.5	0	15	105	10	0	10	0	9		X								
Latte, Hot	16 fl oz	140	5	3.5	0	20	130	13	0	13	0	11		X								
Latte, Hot	20 fl oz	170	6	4	0	25	160	15	0	15	0	14		X								
Latte, Iced	16 fl oz	80	3	2	0	10	90	7	0	7	0	7		X								
Latte, Iced	24 fl oz	140	5	3.5	0	20	150	13	0	13	0	12		X								
Mocha, Hot	12 fl oz	270	6	4.5	0	20	135	46	2	42	32	10		X								
Mocha, Hot	16 fl oz	350	8	5	0	25	170	61	3	57	43	13		X								
Mocha, Hot	20 fl oz	420	9	6	0	30	210	75	3	70	53	16		X								
Mocha, Iced	16 fl oz	240	5	3.5	0	15	120	44	2	41	32	8		X								
Mocha, Iced	24 fl oz	390	8	6	0	25	200	72	3	67	53	14		X								

Signature Coffee Drinks (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)	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		X								
Caramel Macchiato, Hot	16 fl oz	370	7	4.5	0	25	200	64	0	64	50	14		X								
Caramel Macchiato, Hot	20 fl oz	450	8	5	0	30	250	79	0	79	62	17		X								
Caramel Macchiato, Iced	16 fl oz	260	4	3	0	15	80	46	0	46	38	10		X								
Caramel Macchiato, Iced	24 fl oz	420	7	4.5	0	25	240	76	0	76	62	15		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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Classic Cold Brew	16 fl oz	0	0	0	0	0	0	0	0	0	0	0										
Classic Cold Brew	24 fl oz	0	0	0	0	0	5	0	0	0	0	0										
Caramel Cream Cold Brew	16 fl oz	210	7	4	0	20	75	36	0	33	33	4		X								
Caramel Cream Cold Brew	24 fl oz	360	11	7	0	35	125	60	0	55	55	6		X								
Chocolate Cream Cold Brew	16 fl oz	200	7	4.5	0	20	50	33	2	28	28	3		X								
Chocolate Cream Cold Brew	24 fl oz	340	13	8	0	35	90	56	3	47	47	5		X								
Vanilla Cream Cold Brew	16 fl oz	180	7	4	0	20	25	29	0	25	25	2		X								
Vanilla Cream Cold Brew	24 fl oz	310	11	7	0	35	45	48	0	42	41	3		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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Caramel Cold Brew Shake	16 fl oz	390	6	5	0	15	220	76	0	74	66	7		X								
Caramel Cold Brew Shake	24 fl oz	620	9	7	0	20	340	120	0	117	105	11		X								
Caramel Cold Brew Shake Coffee Free	16 fl oz	390	6	5	0	15	210	76	0	74	66	7		X								
Caramel Cold Brew Shake Coffee Free	24 fl oz	610	9	7	0	20	340	120	0	117	105	11		X								
Chocolate Cold Brew Shake	16 fl oz	380	7	6	0	15	190	74	2	69	61	6		X								
Chocolate Cold Brew Shake	24 fl oz	590	10	8	0	20	300	117	3	108	96	10		X								
Chocolate Cold Brew Shake Coffee Free	16 fl oz	380	7	6	0	15	190	75	2	70	62	6		X								
Chocolate Cold Brew Shake Coffee Free	24 fl oz	590	10	8	0	20	300	116	3	108	96	10		X								
Classic Cold Brew Shake	16 fl oz	280	7	6	0	15	190	46	0	43	34	6		X								
Classic Cold Brew Shake	24 fl oz	450	11	9	0	25	310	74	0	70	56	10		X								
Classic Cold Brew Shake Coffee Free	16 fl oz	280	7	6	0	15	190	45	0	43	34	6		X								

Classic Cold Brew Shake Coffee Free	24 fl oz	440	11	9	0	25	310	74	0	70	56	9		X								
Vanilla Cold Brew Shake	16 fl oz	350	6	5	0	15	160	65	0	62	54	5		X								
Vanilla Cold Brew Shake	24 fl oz	540	9	7	0	20	250	104	0	99	87	8		X								
Vanilla Cold Brew Shake Coffee Free	16 fl oz	350	6	5	0	15	160	65	0	62	54	5		X								
Vanilla Cold Brew Shake Coffee Free	24 fl oz	540	9	7	0	20	250	104	0	99	87	8		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)	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		X								
Hot Chocolate	16 fl oz	400	10	7	0	35	200	67	3	63	43	15		X								
Hot Chocolate	20 fl oz	490	12	8		40	250	82	3	77	53	18		X								

Coffee, Hot/Iced Tea & Hot Chocolate

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Coffee (R, M, L)	12-20 oz	5	0	0	0	0	0	0	0	0		0										
Coffee Decaf. (R, M, L)	12-20 oz	5	0	0	0	0	0	0	0	0		0										
British Breakfast, Hot Tea	12 fl oz	0	0	0	0	0	5	0	0	0		0										
British Breakfast, Hot Tea	16 fl oz	0	0	0	0	0	10	0	0	0		0										
British Breakfast, Hot Tea	20 fl oz	0	0	0	0	0	10	0	0	0		0										
Black Unsweetened Iced Tea	20 fl oz	0	0	0	0	0	10	0	0	0		0										
Black Unsweetened Iced Tea	30 fl oz	0	0	0	0	0	15	0	0	0		0										

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)	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										
Blackberry Lemonade	24 fl oz	270	0	0	0	0	20	74	1	68		0										
Lemonade	16 fl oz	170	0	0	0	0	10	47	0	43		0										
Lemonade	24 fl oz	260	0	0	0	0	20	70	0	65		0										
Orange Juice	16 fl oz	230	0	0	0	0	0	54	0	48		4										
Orange Juice	24 fl oz	340	0	0	0	0	5	81	0	72		5										

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

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.