



Einstein Bros.® Bagels

Nutrition and Allergen Information

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: 1/04/2018

	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Ham & Swiss ^	9.3 oz	263	530	160	18	8	0.5	415	1370	58	2	7	34	X	X	X	X						
Cheddar Cheese ^	7.4 oz	211	490	150	17	7	0.5	390	860	57	2	6	25	X	X	X	X						
EBB Egg Sandwiches - Egg White Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel																							
Applewood Bacon & Cheddar ^	6.7 oz	191	430	100	11	5	0	30	1110	56	2	6	26	X	X	X	X						
Turkey Sausage & Cheddar ^	7.6 oz	215	430	90	10	4	0	45	910	57	2	6	27	X	X	X	X						
Ham & Swiss ^	7.7 oz	218	400	60	7	3.5	0	40	1250	57	2	6	28	X	X	X	X						
Cheddar Cheese ^	6.2 oz	175	360	50	6	3	0	15	730	56	2	5	19	X	X	X	X						
EBL Egg Sandwiches - Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel																							
* Items available only at License Locations																							
Applewood Bacon & Cheddar ^*	6.3 oz	179	500	160	18	6	0	145	1120	59	4	7	25	X	X	X	X						
Turkey Sausage & Cheddar ^*	7.2 oz	203	490	150	17	6	0	155	920	60	4	7	28	X	X	X	X						
Ham & Swiss ^*	7.2 oz	205	470	130	14	5	0	150	1260	60	4	7	28	X	X	X	X						
Cheddar Cheese ^*	5.7 oz	163	420	120	13	4.5	0	125	740	59	4	6	19	X	X	X	X						
EBB Egg Sandwiches - 1 Egg Signature																							
Bacon & Spinach on Spinach Florentine	8.6 oz	245	730	390	43	14	1	255	1510	56	3	8	32	X	X	X	X						
French Toast Egg Sandwich	8.0 oz	228	700	280	31	14	0.5	245	1210	77	2	27	27	X	X	X	X						
Santa Fe Sandwich	8.8 oz	249	560	200	22	11	0.5	250	1250	60	2	8	30	X	X	X	X						
Spinach, Mushroom & Swiss, on Ancient Grain	7.9 oz	224	490	200	22	9	0.5	220	930	53	9	8	25	X	X	X	X						
Farmhouse	9.3 oz	263	710	290	33	15	1	280	1960	64	3	8	40	X	X	X	X						
Chorizo Sunrise	11.1 oz	315	840	460	51	21	0.5	275	1460	61	5	8	36	X	X	X	X						
EBB Egg Sandwiches - 2 Egg Signature																							
Bacon & Spinach on Spinach Florentine	10.3	291	810	440	49	16	1	445	1660	57	3	9	38	X	X	X	X						
French Toast Egg Sandwich	9.7	274	780	330	36	16	1	435	1350	78	2	27	34	X	X	X	X						
Santa Fe Sandwich	11	301	640	250	28	13	1	440	1390	61	2	8	37	X	X	X	X						
Spinach, Mushroom & Swiss, on Ancient Grain	9.5	270	570	250	28	11	1	405	1080	54	9	8	31	X	X	X	X						
Farmhouse	10.9	309	790	340	38	17	1	470	2100	65	3	8	46	X	X	X	X						
Chorizo Sunrise	12.7	361	920	510	57	23	1	465	1600	62	5	8	42	X	X	X	X						
EBB Egg Sandwiches - Egg White Signature																							
Southwest Thin	7.6 oz	217	400	130	14	7	0	55	1000	44	2	6	25	X	X	X	X						
Bacon & Spinach on Spinach Florentine	9.0 oz	256	680	340	38	12	0.5	70	1530	56	3	8	32	X	X	X	X						
French Toast Egg Sandwich	8.4 oz	239	650	230	25	12	0	60	1220	77	2	27	27	X	X	X	X						
Santa Fe Sandwich	9.0 oz	255	510	150	17	9	0	65	1270	60	2	8	30	X	X	X	X						
Spinach, Mushroom & Swiss, on Ancient Grain	8.3 oz	235	430	150	16	7	0	30	950	53	9	8	25	X	X	X	X						
Farmhouse	9.7 oz	274	660	240	27	13	0.5	90	1980	64	3	8	39	X	X	X	X						
Chorizo Sunrise	11.5 oz	326	790	410	46	19	0	90	1480	61	5	7	36	X	X	X	X						
EBL Egg Sandwiches - Signature																							
Asparagus Mushroom Thin *	7.6 oz	216	390	150	17	6	0	30	860	44	4	6	19	X	X	X	X						
French Toast *	7.5 oz	214	660	270	30	13	0.5	170	1170	70	4	18	26	X	X	X	X						
Southwest Egg White *	7.6 oz	217	400	130	14	7	0	55	970	45	3	7	25	X	X	X	X						
Spinach Mushroom Swiss *	7.7 oz	219	490	170	19	8	0	145	900	62	5	7	21	X	X	X	X						
Santa Fe Wrap *	10.3 oz	293	710	350	39	16	0.5	290	1590	60	7	3	32	X	X	X	X						
Farmhouse *	8.3 oz	235	590	210	23	9	0	180	1720	62	4	8	34	X	X	X	X						
EBB Signature Lunch Sandwiches																							
Nova Lox & Bagel	8.7 oz	248	480	150	17	9	0	50	1300	60	2	9	22		X	X	X			X		Salmon	
Tasty Turkey on Asiago Bagel	11.7 oz	332	510	130	15	9	0	80	1290	64	3	9	15		X	X ¹	X						
Turkey, Bacon & Avocado	11.0 oz	313	660	280	31	5	0	65	1730	60	4	9	17	X	X	X	X						
Turkey & Cheddar Potato Roll	10.3 oz	292	550	190	22	5	0	60	1440	60	3	7	14	X	X	X	X						
Hummus Veg Out® on Multigrain	10.4 oz	294	450	140	16	4.5	0	15	3100	64	11	12	19		X	X ¹	X						
Harvest Chicken Salad on Multigrain	10.5 oz	297	590	220	25	3.5	0	55	820	64	11	15	33	X		X	X	X				Almonds	
Albacore Tuna Salad on Multigrain	10.2 oz	290	560	220	24	3	0	40	1740	57	10	10	32	X		X	X			X		Tuna	
Ham & Swiss on Potato Roll	10.3 oz	292	560	210	23	6	0	70	1910	60	3	8	31	X	X	X	X						
EBL Signature Lunch Sandwiches * Items available only at License Locations																							
Turkey and Cheddar*	10.7 oz	305	560	190	22	5	0	60	1480	60	7	10	17	X	X	X	X						
Tasty Turkey on Asiago Bagel*	11.5 oz	326	500	130	15	9	0	80	1300	62	4	8	15		X	X	X						
Turkey, Bacon & Avocado *	11.3 oz	320	670	280	31	5	0	65	1700	62	9	13	20	X	X	X	X						
Ham and Swiss *	10.7 oz	305	570	210	23	5	0	70	1950	60	7	11	35	X	X	X	X						
Nova Lox on Plain Bagel *	8.8 oz	251	500	150	17	9	0	50	1340	64	5	10	23	X	X	X	X			X		Salmon	
Hummus Veg Out® on Multigrain*	9.6 oz	273	420	110	12	4	0	15	3070	62	8	12	17		X	X	X						
Turkey Club Mex Wrap*	12.5 oz	356	740	380	42	12	0	85	2100	57	8	4	20	X	X	X	X						

	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Tuna Salad Multigrain *	9.7 oz	274	530	190	21	2.5	0	40	1710	55	7	10	31	X		X	X				X		Tuna
Harvest Chicken Salad on Multigrain *	9.9 oz	281	560	190	22	3	0	55	790	62	8	15	31	X		X	X	X					Almonds
Turkey and Cheddar, Deli - Without Bread Choice *	6.8 oz	194	270	160	18	5	0	60	960	7	1	2	22	X	X	X	X						
Ham and Swiss Deli, Without Bread Choice *	6.8 oz	194	280	170	19	5	0	70	1390	8	1	3	22	X	X	X							
Chicken Salad, Deli - Without Bread Choice *	6.3 oz	179	270	160	18	3	0	55	230	11	2	7	18	X		X		X					Almonds
Tuna Salad, Deli - Without Bread Choice *	7.1 oz	201	240	150	17	2.5	0	40	1150	5	1	3	18	X		X	X				X		Tuna
EBB Hot Sandwiches ^ Test Markets Only																							
Spinach Artichoke Chicken on Spinach Florentine Bagel	11.1 oz	314	650	220	25	12	0.5	115	1350	63	5	7	45		X	X	X						
Green Chile Club on Green Chile Bagel	12.3 oz	350	710	310	35	12	0.5	100	1930	59	3	9	28	X	X	X	X						
Italian Chicken on Potato Roll	10.5 oz	297	670	280	31	9	0	95	1410	58	6	8	44		X	X	X						
Thintastic Chicken Pesto	8.8 oz	251	480	160	17	6	0	80	940	45	5	6	37		X	X ¹	X						
Pizza Bagel Pepperoni	7.1 oz	202	530	200	23	12	0	55	1340	59	2	7	27		X	X ¹	X						
Pizza Bagel Cheese	6.4 oz	183	440	120	14	8	0	40	1000	58	2	7	23		X	X ¹	X						
Original Bagel Dog	6.8 oz	193	530	230	26	10	1	45	1310	57	2	5	19			X	X						
Asiago Bagel Dog	7.3 oz	207	580	270	29	12	1	60	1440	57	2	5	24		X	X	X						
EBL Hot Sandwiches * Items available only at License Locations																							
Italian Chicken Tostini *	10.7 oz	304	680	280	31	9	0	95	1350	62	8	8	45		X	X	X						
Thintastic Buffalo Chicken *	9.7 oz	275	430	110	12	7	0	85	1180	50	4	8	32		X	X	X						
Turkey Club Tostini *	11.3 oz	320	690	280	32	8	0	85	1880	62	9	9	24	X	X	X	X						
Buffalo Chicken & Bacon Tostini *	9.6 oz	273	620	200	22	8	0	100	1790	60	8	8	46	X	X	X	X						
BBQ Chicken Tostini *	8.8 oz	250	530	110	12	5	0	80	1010	68	8	15	39		X	X	X						
Roasted Veggie Tostini *	8.2 oz	232	500	180	20	11	0.5	50	970	63	9	8	20		X	X	X						
Pizza Bagel Cheese *	6.6 oz	188	450	120	14	8	0	40	1070	62	5	7	24		X	X	X						
Pizza Bagel Pepperoni *	7.3 oz	207	540	200	23	11	0	55	1420	62	5	8	28		X	X	X						
Sides																							
EBB Barbeque Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2										
EBB Original Kettle Chips	1.2 oz	35	180	90	10	1	0	0	170	21	2	0	2										
EBB Jalapeño Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2										
Redskin Potato Salad	4.0 oz	113	220	140	15	2.5	0	10	490	17	2	1	2	X		X ¹							
Fruit and yogurt parfait	10.5 oz	298	200	20	2	0	0	5	115	38	4	24	8		X		X	X					Almonds, Aspartame
Greek yogurt parfait with Honey	7.2 oz	205	270	20	2.5	0	0	5	95	49	2	37	16		X		X	X					Almonds
Fruit Cup	4.0 oz	113	50	0	0	0	0	0	10	13	1	11	1										
Salads																							
Strawberry Chicken, No Dressing	9.7 oz	276	220	60	6	1	0	40	170	24	5	15	19			X ¹		X					Almonds
Chicken Caesar, No Dressing	8.0 oz	227	210	60	6	3	0	55	380	18	3	3	22	X	X	X ¹	X			X			Anchovies
Soup *Items available only at License Locations																							
Soup, Broccoli Cheese	8 oz	237	230	150	17	5	0	20	1140	14	3	3	5		X	X							
	12 oz	305	330	220	24	7	0	25	1670	20	4	4	6		X	X							
	16 oz	464	430	280	32	9	0	35	2210	27	5	5	8		X	X							
Soup, Chicken Noodle	8 oz	227	110	25	2.5	0.5	0	20	1110	12	0	1	8	X			X						
	12 oz	340	160	35	4	1	0	30	1660	18	0	2	12	X			X						
	16 oz	454	210	50	5	1.5	0	40	2210	24	0	3	16	X			X						
Soup, Vegetarian Chile	8 oz	255	160	20	2	0	0	0	810	28	7	5	6				X						
	12 oz	383	230	30	3	0	0	0	1220	42	11	8	9				X						
	16 oz	510	310	35	4	0	0	0	1620	56	15	10	12				X						
Sweets																							
Coffee Cake, Chocolate Chip	4.4 oz	125	550	230	25	10	0	5	190	81	1	34	4	X	X	X	X						
Cookie, Chocolate Chunk	2.7 oz	78	390	180	20	9	0	0	310	51	1	30	4	X	X	X	X						
Muffin, Cinnamon Chip	4.7 oz	134	500	200	23	6	0	80	420	70	1	47	6	X	X	X	X						
Muffin, Blueberry 4 oz	4.5 oz	127	420	180	20	4	0	80	440	57	1	32	6	X	X	X	X						
Brownie	2.7 oz	76	330	160	17	5	0	25	190	45	2	29	4	X	X	X	X						
Pastry, Cherry	5.1 oz	145	380	120	14	8	0	45	290	60	3	28	6	X	X		X						
Cinnamon Twist	3.1 oz	88	360	140	16	6	0	0	250	50	2	24	4			X	X						
Strudel, Cinnamon Walnut	6.0 oz	170	640	320	35	11	0	30	500	71	4	32	10	X	X	X	X	X					Walnuts
Cinnamon Sugar Popper	4.7 oz	133	430	90	10	4	0	15	570	77	3	29	10		X	X	X						
Cookie, Heavenly Chocolate Chip	3.5 oz	99	460	220	24	13	0	65	290	58	2	33	5	X	X	X	X						

	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Cappuccino, Iced	16 fl oz		120	40	4.5	2.5	0	20	0	11	0	11	8		X								
	24 fl oz		170	60	7	4	0	25	5	17	0	16	12		X								
Cappuccino, Frozen	16 fl oz		270	70	8	5	0	25	85	47	0	46	4		X								
	24 fl oz		410	110	12	7.0	0	40	130	71	0	70	6		X								
Vanilla Hazelnut Blender	18 fl oz		350	90	10	6	0	35	65	64	0	62	3		X			X					Hazelnut
Caramel Blender	18 fl oz		480	100	11	7	0	40	220	90	0	83	5		X								
Smoothies & Juice																							
Strawberry Banana Smoothie	18 fl oz		400	5	0.5	0	0	0	130	97	1	83	5		X								
Mixed Berry Smoothie	18 fl oz		390	5	0.5	0	0	0	95	97	1	88	3		X								
Orange Juice	16 fl oz		230	15	1.5	0	0	0	0	54	0	48	4										
	24 fl oz		340	20	2	0	0	0	5	81	0	72	5										
Lemonade	16 fl oz		170	0	0	0	0	0	10	47	0	43	0										
	24 fl oz		260	0	0	0	0	0	20	70	0	65	0										
Strawberry Lemonade	16 fl oz		220	0	0	0	0	0	10	58	0	53	0										
	24 fl oz		310	0	0	0	0	0	20	82	2	71	0										
Blended Strawberry Lemonade *	16 fl oz		470	0	0	0	0	0	10	123	0	114	0										
	24 fl oz		600	5	0	0	0	0	15	160	0	148	1										
Blended Snickerdoodle	16 fl oz		850	210	24	13	0	15	650	149	1	112	14	X	X	X	X						
	24 fl oz		990	260	29	12	0.5	15	750	170	1	128	15										
Blended Brownie	16 fl oz		810	190	21	8	0	35	510	144	4	109	16	X	X	X	X						
	24 fl oz		1000	230	26	10	0	45	640	180	5	136	20										
Blackberry Lemonade	16 fl oz		200	0	0	0	0	0	15	53	0	49	0										
	24 fl oz		270	0	0	0	0	0	20	74	1	68	0										
Cold Brew																							
Cold Brew	16 fl oz		0	0	0	0	0	0	10	0	0	0	0						X				
	24 fl oz		5	0	0	0	0	0	15	1	0	0	0						X				
Caramel	16 fl oz		70	5	0	0	0	0	40	17	1	14	1		X				X				
	24 fl oz		100	5	0.5	0	0	0	60	25	2	20	1		X				X				
Vanilla Hazelnut	16 fl oz		100	0	0	0	0	0	10	24	0	23	0						X				
	24 fl oz		130	0	0	0	0	0	15	32	0	30	0						X				
Vanilla	16 fl oz		60	0	0	0	0	0	10	15	0	14	0						X				
	24 fl oz		90	0	0	0	0	0	15	23	0	22	0						X				
Coffee, Hot Tea & Cocoa																							
Coffee (R, M, L)	12-20oz	355ml-591ml	5	0	0	0	0	0	0	0	0	0	0										
Coffee Decaf. (R, M, L)	12-20oz	355ml-591ml	5	0	0	0	0	0	0	0	0	0	0										
Iced Coffee (Medium and Large)	16 fl oz	473 ml	5	0	0	0	0	0	0	0	0	0	0										
	24 fl oz	709 ml	5	0	0	0	0	0	0	0	0	0	0										
Hot Tea	16 fl oz	473 ml	5	0	0	0	0	0	0	0	0	0	0										
	24 fl oz	709 ml	5	0	0	0	0	0	0	0	0	0	0										
Black Tea, Unsweetened	20 fl oz	591ml	0	0	0	0	0	0	10	0	0	0	0										
	30 fl oz	887ml	0	0	0	0	0	0	15	0	0	0	0										
Black Tea, Sweet	20 fl oz	591ml	160	0	0	0	0	0	10	42	0	42	0										
	30 fl oz	887ml	250	0	0	0	0	0	15	63	0	63	0										
Passion Fruit Mango	20 fl oz	591ml	30	0	0	0	0	0	10	7	0	7	0										
	30 fl oz	887ml	45	0	0	0	0	0	15	11	0	11	0										
Hot White Chocolate	12 fl oz	355 ml	300	90	10	6	0	40	100	43	0	39	9										
	16 fl oz	473 ml	390	110	12	7	0	45	140	59	0	54	12		x								
	20 fl oz	591ml	470	120	13	8	0	50	180	74	0	68	14										
Hot Cocoa	12 fl oz	355 ml	270	70	7	4.5	0	25	25	43	2	36	9										
	16 fl oz	473 ml	350	80	9	5	0	30	35	59	2	50	12		x								
	20 fl oz	591ml	430	90	10	6	0	35	40	74	3	63	14										

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