



Bruegger's Nutritional Information

F= MANUFACTURED IN A FACILITY THAT PROCESSES THIS ALLERGEN

	Serving Size (oz)	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Total Fat (% DV)	Saturated Fat (g)	Saturated Fat (% DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (% DV)	Sodium (mg)	Sodium (% DV)	Total Carbohydrates (g)	Total Carbohydrates (% DV)	Fiber (g)	Fiber (% DV)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Eggs	Fish	Shellfish	Milk / Dairy	Peanuts	Tree Nuts (incl. Coconut)	Soy	Wheat
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BEVERAGES																																				
BEV - COF - Brueggaccino (16 oz)	16.0	453	460	250	28.0	43	18.0	89	0	70	23	150	6	43	14	0	0	43	8	0	0	0	0													
BEV - COF - Café au Lait	16.0	452	#REF!	#REF!	#REF!	16	6.0	31	0	33	11	11	5	15	5	0	0	15	11	5	0	40	0													
BEV - COF - Café Latte	16.0	453	#REF!	107	12.0	19	6.7	35	0	33	12	11	7	17	5	0	0	17	12	8	0	40	0													
BEV - COF - Café Mocha	16.0	453	#REF!	107	12.0	19	6.7	36	0	33	12	11	7	31	11	0	0	28	12	8	0	40	3													
BEV - COF - Cappuccino	16.0	453	#REF!	80	9.3	15	5.3	27	0	27	9	11	5	15	5	0	0	15	9	5	0	33	0													
BEV - COF - Espresso	3.0	90	8	0	0.0	0	0.0	0	0	0	0	15	0	2	0	0	0	2	0	0	0	0	0													
BEV - COF - Flavored Coffee	16.0	453	5	0	0.0	0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0													
BEV - COF - French Roast Coffee	16.0	453	5	0	0.0	0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0													
BEV - COF - House Blend Coffee	16.0	453	5	0	0.0	0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0													
BEV - COF - House Decaf Coffee	16.0	453	5	0	0.0	0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0													
BEV - COF - Iced Coffee	16.0	453	5	0	0.0	0	0.0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0													
BEV - SYRUP - Almond Flavored Syrup	1.0	28	90	0	0.0	0	0.0	0	0	0	0	0	23	8	0	0	23	0	N/A	N/A	N/A	N/A														
BEV - SYRUP - Caramel Flavored Syrup	1.0	28	100	0	0.0	0	0.0	0	0	0	0	0	24	8	0	0	24	0	N/A	N/A	N/A	N/A														
BEV - SYRUP - Chocolate Syrup	1.0	28	88	7	0.7	1	0.5	2	0	0	0	12	0	20	7	<1	3	15	<1	0	0	0	2													
BEV - SYRUP - Hazelnut Flavored Syrup	1.0	28	90	0	0.0	0	0.0	0	0	0	0	7	0	22	7	0	0	21	0	N/A	N/A	N/A	N/A													
BEV - SYRUP - Vanilla Flavored Syrup	1.0	28	100	0	0.0	0	0.0	0	0	0	0	0	25	8	0	0	25	0	N/A	N/A	N/A	N/A														
BEV - TEA - Hot Tea, Regular	8.0	227	0	0	0.0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0													
BEV - TEA - Hot Tea, Herbal	8.0	227	0	0	0.0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0													
BEV - TEA - Hot Tea, Decaf	8.0	227	0	0	0.0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0													
BEV - TEA - Iced Tea, Brewed	12.0	340	0	0	0.0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0													
BEV - TEA - Oregon Chai Tea	12.0	340	117	0	0.0	0	0.0	0	0	0	0	12	0	29	9	0	0	27	0	0	0	0	0													
BEV - Hot Chocolate	8.0	227	140	15	1.5	2	1.5	7	0	5	1	190	8	31	10	1	3	26	2	0	0	8	6													
BEV - Soft Drinks - Coke	20.0	567	248									15	0	68	25																					
BEV - Soft Drinks - Diet Coke	20.0	567	2									25	0	0	0																					
BEV - Soft Drinks - Sprite	20.0	567	243									55	0	65	24																					

BAGELS																																					
BGL - Asiago Parmesan	4.3	123	330	180	20.0	30	3.0	15	0	5	2	670	28	61	20	4	15	7	14	2	0	2	20														
BGL - Blueberry	4.2	120	320	20	2	3	0	0	0	0	0	530	22	67	22	4	15	14	11	0	0	2	20	X													
BGL - Chocolate Chip	4.3	121	350	45	5	8	1.5	8	0	0	0	570	24	64	21	4	15	14	12	0	0	4	20	X													
BGL - Cinnamon Raisin	4.3	123	330	15	2	3	0	0	0	0	0	510	21	69	23	4	17	17	11	0	0	4	20														
BGL - Cinnamon Sugar	4.6	129	350	20	2	3	0	0	0	0	0	540	23	73	24	6	23	16	12	0	0	6	20														
BGL - Cranberry Orange	4.3	121	330	15	2	3	0	0	0	0	0	510	21	68	23	4	15	17	11	0	2	2	20														
BGL - Everything	4.1	117	310	20	2	3	0	0	0	0	0	790	33	31	20	4	15	7	12	0	0	4	20														
BGL - Fortified Multi-Grain	4.7	133	350	35	4	6	0	0	0	0	0	550	23	69	23	6	23	10	13	0	0	2	20														
BGL - Garlic	4.3	122	320	20	2	3	0	0	0	0	0	560	23	65	22	4	16	8	12	0	0	4	25														
BGL - Honey Grain	4.4	124	330	25	3	4	0	0	0	0	0	510	21	65	22	5	19	10	13	0	0	4	25														
BGL - Jalapeno	4.3	121	320	20	2	3	0	0	0	0	0	560	23	64	21	4	17	8	12	8	6	2	25														
BGL - Onion	4.3	122	320	20	2	3	0	0	0	0	0	560	23	64	21	4	16	8	12	0	2	2	20														
BGL - Plain	4.1	115	300	20	2	3	0	0	0	0	0	620	26	60	20	4	15	7	12	0	0	2	20														
BGL - Poppy	4.1	116	310	20	2.5	4	0	0	0	0	0	620	26	61	20	4	15	7	12	0	0	2	20														
BGL - Pumpernickel	4.4	124	330	20	2.5	4	0	0	0	0	0	620	26	67	22	5	19	11	12	0	0	2	20														
BGL - Rosemary Olive Oil	4.3	123	350	60	7	10	.5	3	0	0	0	540	22	64	21	4	15	10	12	0	0	2	20														
BGL - Sesame	4.1	117	310	30	3.0	5	0	0	0	0	0	620	26	61	20	4	15	7	13	0	0	2	20														
BGL - Sourdough	4.2	120	310	20	2	3	0	0	0	0	0	570	24	63	21	4	14	7	12	0	0	4	20														
BGL - Sundried Tomato	4.3	121	320	20	2	3	0	0	0	0	0	640	27	64	21	4	16	11	12	2	2	4	20														
BGL - Whole Wheat	4.8	136	390	50	6	9	1	4	0	0	0	680	28	73	24	9	35	8	22	0	0	2	50														

BREADS / ALTERNATE BREADS																													
BRD - Bagel Bowl	9.7	275	720	80	9	14	3	15	0</																				



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BREAKFAST SANDWICHES																																		
BRK - Breakfast Bagel w/No Meat / Plain Bagel	7.3	208	420	160	18.0	28	6.0	31	0	195	65	1090	45	71	24	4	16	9	23	10	0	15	20	X			X			X	X			
BRK - Breakfast Bagel w/Bacon / Plain Bagel	7.4	210	460	200	23.0	35	8.0	39	0	210	70	980	41	65	22	4	15	9	28	10	0	25	20	X			X			X	X			
BRK - Breakfast Bagel w/Ham / Plain Bagel	8.6	244	460	170	18.0	28	6.0	30	0	210	71	1270	53	73	24	4	17	11	31	10	2	25	25	X			X			X	X			
BRK - Breakfast Bagel w/Sausage / Plain Bagel	8.3	236	640	270	30.0	46	11.0	57	0	225	75	1360	56	63	21	4	16	8	29	8	0	20	25	X			X			X	X			
BRK - Classic Wrap w/Bacon	9.5	269	520	400	45.0	68	15.0	74	0	405	135	1120	47	52	17	4	14	4	36	15	2	35	2	X			X			X	X			
BRK - Classic Wrap w/Ham	11.0	312	510	370	41.0	63	14.0	72	0	420	139	1630	68	54	18	4	14	5	40	20	2	40	4	X			X			X	X			
BRK - Classic Wrap w/Sausage	10.3	293	590	470	53.0	81	19.0	93	0	420	139	1100	46	15	17	4	16	3	35	20	0	35	4	X			X			X	X			
BRK - Rio Grande w/Bacon / Wrap	10.0	284	560	440	49.0	7	16.0	80	0	415	138	1380	57	55	18	4	15	6	34	20	8	10	4	X			X			X	X			
BRK - Rio Grande w/Ham / Wrap	10.5	298	630	300	34.0	52	10.0	51	0	400	133	1450	60	55	18	4	15	7	31	20	8	10	4	X			X			X	X			
BRK - Rio Grande w/Sausage / Wrap	10.0	284	510	420	47.0	72	15.0	76	0	400	134	960	40	53	18	4	16	4	27	20	6	10	4	X			X			X	X			
BRK - Smoked Salmon / Plain Bagel	8.4	238	460	96	10.0	16	4.5	23	0	45	15	780	33	65	22	5	18	9	27	10	10	6	20		X		X					X		
BRK - Spinach & Cheddar Omelet / Plain Bagel	7.2	205	500	150	16.0	25	7.0	33	0	210	69	1070	45	64	21	4	15	8	24	6	6	15	50		X		X					X	X	
BRK - Spinach, Cheddar & Bacon Omelet / Sesame Bagel	7.8	221	550	200	22.0	34	8.0	42	0	225	75	1290	54	60	20	3	14	8	28	6	8	15	50		X		X					X	X	
BRK - Spinach, Cheddar & Ham Omelet / Sesame Bagel	8.5	240	540	160	17.0	27	7.0	35	0	220	73	1140	48	65	22	4	15	10	30	6	8	15	50		X		X					X	X	
BRK - Spinach, Cheddar & Sausage Omelet / Sesame Bagel	8.7	247	660	280	32.0	49	12.0	61	0	235	78	970	40	64	21	4	16	8	29	6	18	15	60		X		X					X	X	
BRK - Western / Plain Bagel	7.4	209	760	500	56.0	86	12.0	60	0	225	75	1580	66	66	22	4	17	10	27	25	45	20	20		X		X					X	X	
CHEESES																																		
ADD - CHS - American Cheese	0.7	21	80	60	7	10	4	21	0	20	7	320	13	0	0	0	0	5	4	0	10	0				X								
ADD - CHS - Asiago Cheese, Shredded	0.5	14	50	35	4.0	6	2.5	13	0	15	4	35	2	0	0	0	0	4	2	0	15	0				X								
ADD - CHS - Blue Cheese	0.8	23	80	45	5.0	7	4.0	20	0	20	7	290	12	0	0	0	0	5	N/A	N/A	N/A	N/A				X								
ADD - CHS - Cheddar Cheese	0.7	19	80	60	6	9	3.5	18	0	20	6	120	5	0	0	0	0	5	4	0	15	0				X								
ADD - CHS - Muenster Cheese	0.7	21	60	40	4.5	7	3	15	0	15	5	115	5	0	0	0	0	4	0	0	10	0				X								
ADD - CHS - Provolone Cheese	0.5	14	50	35	4.0	6	2.0	10	0	10	3	125	5	0	0	0	0	4	N/A	N/A	N/A	N/A				X								
ADD - CHS - Swiss Cheese	0.5	14	50	35	4	6	2	10	0	10	3	125	5	0	0	0	0	4	2	0	10	0				X								
CONDIMENTS																																		
COND - Butter	0.0																																	
COND - Chipotle Sauce	0.5	14	100	100	11.0	17	1.5	8	0	5	2	120	5	0	0	0	0	0	0	0	0	0	0	X									X	
COND - Cranberry Horseradish Relish	0.7	21	35	5	0.5	1	0.0	0	0	0	0	20	1	8	3	0	0	5	0	0	0	0	0	X									X	
COND - Cranberry Sauce	2.5	70	110	N/A	0	N/A	N/A	N/A	0	N/A	N/A	10	.5	27	10	1	3	22	0	0	0	0	0											
COND - Dijon Mustard	0.5	14	0	0	0.0	0	0.0	0	0	0	0	180	8	0	0	0	0	0	0	0	0	0	0											
COND - Honey Mustard	0.5	14	45	0	0.0	0	0.0	0	0	0	0	45	2	9	3	0	0	9	0	N/A	N/A	N/A	N/A										X	
COND - Honey	0.0																																	
COND - Horseradish Mayo	1.1	30	140	110	13.0	19	2.0	9	0	10	3	280	12	6	2	0	0	5	0	0	2	0	0	X									X	
COND - Hummus	1.9	54	110	60	6.0	9	1.0	5	0	0	0	120	5	10	3	0	0	5	0	0	2	20					F	F						
COND - Jelly/Jam - Grape	0.7	20	50	N/A	0.0	0	N/A	N/A	N/A	N/A	N/A	5	0	13	4	N/A	N/A	12	0	N/A	N/A	N/A	N/A											
COND - Jelly/Jam - Strawberry	0.7	20	50	N/A	0.0	0	N/A	N/A	N/A	N/A	N/A	0	0	13	4	N/A	N/A	12	0	N/A	N/A	N/A	N/A											
COND - Ketchup	0.0																																	
COND - Mayo	0.5	14	100	100	11.0	17	1.5	8	0	10	3	100	4	1	0	0	0	0	0	0	0	0	0	X									X	
COND - Peanut Butter	1.1	32	190	140	16.0	25	3.0	15	0	0	0	150	6	7	2	2	8	3	7	0	0	4												
COND - Pesto	0.5	15	100	90	10.0	15	2.0	10	0	5	2	70	3	0	0	N/A	N/A	N	1	N/A	N/A	N/A	N/A				X		X					
COND - Sundried Tomato Mayo	0.7	21	140	140	15.0	24	2.5	12	0	15	5	130	5	1	0	0	0	2	8	2	0	0	X			X					X			
COND - Sundried Tomato Spread	0.6	16	79	54	6.0	9	2.0	10	0	6	2	46	2	5	2	0	1	1	1	6	9	1	2			X								
COND - Thai Peanut Sauce	0.6	17	45	20	2.5	4	0.0	0	0	0	0	240	10	4	1	0	0	3	1	0	0	0												
CREAM CHEESE																																		



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CRM CH - Bacon Scallion	1.5	43	140	110	12	19	7	35	0	40	14	150	6	5	2	0	2	3	10	0	6	0				X	F	F					
CRM CH - Garden Veggie	1.5	43	130	100	11	18	6	31	0	35	11	140	6	5	2	1	4	2	3	10	8	6	0			X	F	F					
CRM CH - Honey Walnut	1.5	43	150	110	12	18	6	32	0	35	11	125	5	8	3	<1	2	3	3	10	0	6	0			X	F	X					
CRM CH - Jalapeno	1.5	43	140	120	13	20	8	38	0	45	14	150	6	4	1	0	0	2	3	8	0	6	0			X	F	F					
CRM CH - Light Garden Veggie	1.5	43	90	50	6	9	4	20	0	25	8	105	4	3	1	0	0	2	6	15	4	6	15			X	F	F					
CRM CH - Light Herb Garlic	1.5	43	100	60	6	10	3.5	18	0	25	8	125	5	4	1	0	0	2	6	4	0	8	2			X	F	F					
CRM CH - Light Plain	1.5	43	100	60	6	10	3	16	0	25	8	130	5	4	1	<1	3	3	6	4	0	8	0			X	F	F					
CRM CH - Olive Pimiento	1.5	43	140	120	13	20	6	29	0	45	14	130	5	3	1	0	0	1	3	10	0	6	0			X	F	F					
CRM CH - Onion and Chive	1.5	43	140	110	13	20	8	40	0	35	12	105	4	3	1	0	0	2	3	20	6	4	0			X	F	F					
CRM CH - Plain	1.5	43	130	100	11	17	7	37	0	40	13	125	5	6	2	<1	2	2	3	10	0	6	0			X	F	F					
CRM CH - Smoked Salmon	1.5	43	150	120	13	21	6	32	0	40	13	150	6	3	1	<1	2	2	3	10	0	6	0	X		X	F	F					
CRM CH - Strawberry	1.5	43	140	110	13	20	7	35	0	30	9	100	4	4	1	0	0	2	3	15	2	2	0			X	F	F					
MEATS (ALL ARE STANDARD BAGEL SANDWICH PORTIONS)																																	
MEAT - Bacon	0.5	14	70	50	6	9	2	11	0	15	5	220	9	1	0	0	0	1	4	0	0	0	0										
MEAT - Chicken Breast	4.0	113	140	35	4	6	1.5	7	0	60	20	700	29	1	0	0	0	25	0	0	0	2	X							X	X		
MEAT - Ham	2.5	71	80	25	2.5	4	1	4	0	35	11	910	38	3	1	0	0	3	12	0	2	0	4										
MEAT - Roast Beef	2.5	71	70	30	3.5	5	1	4	0	35	12	360	15	1	0	0	0	16	0	2	0	10											
MEAT - Salmon	1.8	50	80	25	2.5	4	1	4	0	25	9	737	31	0	0	0	0	13	0	0	0	0		X									
MEAT - Sausage	2.0	56	220	180	20.0	31	8	38	0	40	14	310	13	1	0	0	0	8	0	0	0	4				X							
MEAT - Tarragon Chicken Salad	3.0	85	300	220	24.0	37	3.5	18	0	40	13	440	18	10	3	0	0	29	15	20	10	2	X						X	X			
MEAT - Tuna Salad	3.0	85	330	270	30.0	46	4.5	21	0	45	14	460	19	3	1	0	0	1	12	N/A	N/A	N/A	N/A	X	X				X	X			
MEAT - Turkey	2.5	70	69	4	.4	0	1	1	1	29	9	519	21	0	1	1	1	0	13	1	1	1	1			X			X				
SALADS																																	
SAL - Build Your Own Base	5.0	142	30	5	.5	1	0	0	0	0	0	5	0	5	2	2	7	3	2	35	8	4	4										
SAL - Caesar / No Dressing	6.2	177	160	70	8	12	2.5	13	0	15	4	220	9	14	5	2	8	3	7	35	15	15	4	X	X		X				X		
SAL - Caesar / Caesar Dressing	8.3	234	270	150	17.0	26	4.5	22	0	40	14	900	37	22	7	2	8	5	9	35	15	20	4	X	X		X			X	X		
SAL - Caesar w/Chicken / Caesar Dressing	11.3	319	380	180	20.0	31	6.0	28	0	85	29	1420	59	23	8	2	8	5	28	35	15	20	6	X	X		X			X	X		
SAL - Mandarin Medley / No Dressing	8.1	230	220	70	8	12	4.5	22	0	20	7	300	12	29	10	40	16	21	8	40	25	6	4				X		X				
SAL - Mandarin Medley / Balsamic Vinaigrette	10.1	286	340	160	17.0	27	5.0	26	0	20	7	660	27	36	12	4	16	27	8	40	25	6	4				X		X	X			
SAL - Mandarin Medley w/Chicken / Balsamic Vinaigrette	13.1	371	450	180	21.0	32	6.0	32	0	65	22	1180	49	37	12	4	15	27	26	40	25	6	6				X		X	X			
SAL - Sesame Salad / No Dressing	5.5	157	120	40	4.5	7	0	0	0	0	0	75	3	12	4	2	9	3	4	35	8	4	20					X	X	X			
SAL - Sesame Salad / Asian Sesame Dressing	7.5	213	380	240	26.0	41	2.5	13	0	0	0	270	11	29	10	2	9	18	23	35	15	4	25					X	X	X			
SAL - Sesame Salad w/Chicken / Asian Sesame Dressing	10.5	298	490	260	29.0	45	3.5	18	0	45	15	790	33	30	10	2	9	18	42	35	15	4	25					X	X	X			
SALAD DRESSINGS																																	
DRES - Asian Sesame Ginger	2.0	57	260	190	21	32	2	9	0	0	0	190	8	17	6	0	0	15	0	0	4	0	0							X	X		
DRES - Balsamic Vinaigrette	2.0	57	110	90	9	15	1	5	0	0	0	360	15	8	3	0	0	6	0	0	0	0	0							X			
DRES - Caesar	2.0	57	110	90	9	15	2	9	0	30	9	680	28	8	3	0	0	2	2	0	0	0	0	X	X		X			X	X		
DRES - Ranch	2.0	57	190	190	21.0	32	3.0	14	0	20	6	510	21	2	1	0	0	2	0	0	0	0	0	X		X			X				
SANDWICHES																																	
DELI SANDWICHES BUILT WITH COMPONENTS INDICATED ON MENU BOARD																																	
SAN - DELI - BLT / Plain Bagel	7.5	213	570	200	23.0	35	5.0	25	0	35	11	1060	44	72	24	5	19	10	20	20	10	2	25	X					X	X			
SAN - DELI - Chicken Breast / Plain Bagel	11.2	318	660	100	11.0	17	2.5	13	0	95	32	780	32	87	29	5	19	26	47	25	10	4	30			X			X	X			
SAN - DELI - Garden Veggie / Plain Bagel	12.4	351	400	25	2.5	4	0.0	0	0	0	0	620	26	82	27	7	29	14	16	25	100	6	40							X	X		
SAN - DELI - Ham / Plain Bagel	9.8	278	410	45	5.0	8	1.0	6	0	35	12	1780	74	66	22	4	18	12	27	25	10	2	25						X	X			
SAN - DELI - Roast Beef / Plain Bagel	10.2	289	730	350	39.0	60	5.0	27	0	65	22	1280	53	71	24	5	19	10	30	20	10	2	35	X					X	X			



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	Serving Size (oz)	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Total Fat (% DV)	Saturated Fat (g)	Saturated Fat (% DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (% DV)	Sodium (mg)	Sodium (% DV)	Total Carbohydrates (g)	Total Carbohydrates (% DV)	Fiber (g)	Fiber (% DV)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Eggs	Fish	Shellfish	Milk / Dairy	Peanuts	Tree Nuts (Incl. Coconut)	Soy	Wheat			
SAN - DELI - Tuna Salad / Plain Bagel	8.7	247	620	240	27.0	42	3.5	18	0	35	12	990	41	73	24	5	19	10	23	20	10	2	25	X	X					X	X			
SAN - DELI - Turkey / Plain Bagel	9.2	261	510	130	14.0	21	1.5	8	0	35	12	1290	54	70	23	5	19	9	26	20	10	4	25	X		X			X	X				
HOT PANINIS																																		
SAN - PAN - Four Cheese & Tomato / Hearty White	9.5	270	700	310	35.0	54	19.0	95	0	100	33	1320	55	57	19	3	10	4	42	20	25	60	20			X				X	X			
SAN - PAN - Ham & Swiss / Honey Wheat	9.3	263	600	160	18.0	27	8.0	41	0	75	25	1650	69	71	24	2	8	22	39	8	20	40	20	X		X			X	X				
SAN - PAN - Primo Pesto Chicken / Hearty White	11.0	312	700	280	32.0	49	10.0	52	0	100	33	1870	78	56	19	2	9	3	49	20	35	0	25	X		X		X	X	X				
SAN - PAN - Tuna & Cheddar Melt / Honey Wheat	12.0	340	1020	600	67.0	103	15.0	75	0	110	37	1560	65	61	20	3	10	9	42	15	25	40	15		X		X			X	X			
SAN - PAN - Turkey Toscana / Hearty White	11.5	327	710	330	37.0	57	10.0	50	0	85	28	1970	82	59	20	3	11	4	41	30	100	4	25	X		X			X	X				
SIGNATURE & CLASSIC SANDWICHES																																		
SAN - SIG - Herby Turkey / Sesame Bagel	11.1	314	600	130	14.0	22	4.5	23	0	50	16	1420	59	80	27	5	22	14	43	120	20	10	50	X		X			X	X				
SAN - SIG - Leonardo da Veggie / Asiago Softwich	14.1	399	590	150	17.0	20	9.0	45	0	45	15	1120	47	83	28	7	29	19	28	70	50	45	25	X		X			X	X				
SAN - SIG - Tarragon Chicken Salad / Hearty White	11.5	327	770	370	41.0	63	6.0	30	0	65	22	1370	57	73	24	3	12	5	59	70	70	30	25	X		X			X	X				
SAN - SIG - Thai Peanut Chicken / Plain Bagel	10.5	299	580	100	11.0	17	3.5	17	0	25	8	1190	50	91	30	7	26	17	28	20	8	10	40			X	X			X	X			
SAN - SIG - Turkey Chipotle Club / Honey Wheat	11.8	334	800	460	51.0	78	7.0	35	0	60	19	1840	77	57	19	3	12	8	31	50	35	4	20	X		X			X	X				
SAN - SIGN - Roma Roast Beef / Hearty White	12.9	366	770	390	44.0	67	12.0	60	0	100	33	1740	72	62	21	3	13	6	46	20	90	6	35	X		X			X	X				
SIDES & DESSERTS																																		
SIDE - Bars - Chocolate Chunk Brownies	2.6	73	330	150	18.0	28	7.0	37	0	55	19	150	6	40	13	2	8	27	4	10	0	2	10	X		X			X	X				
SIDE - Bars - Marshmallow Chew	2.4	69	280	50	6.0	9	3.0	15	0	10	3	330	13	55	18	0	0	29	2	4	0	0	20			X	F	F	X	X				
SIDE - Bars - Seven Layer Bar	4.7	133	650	390	43.0	67	23.0	114	0	10	4	280	12	58	19	5	20	42	10	0	15	25	X		X			X	X	X				
SIDE - Bars - Toffee Almond Bar	3.1	89	400	170	19.0	30	8.0	42	0	50	17	340	14	53	18	1	4	34	4	10	0	4	15	X		X		X	X	X				
SIDE - Cookies - Chocolate Chip	3.0	85	390	160	17.0	26	8.0	40	0	30	10	150	6	52	17	2	8	32	5	4	0	2	10	X		X	F	F	X	X				
SIDE - Cookies - Double Chocolate	3.0	85	390	170	19.0	29	9.0	45	0	30	10	160	7	51	17	3	12	33	5	4	0	2	10	X		X	F	F	X	X				
SIDE - Cookies - Everything	3.0	85	380	160	18.0	28	9.0	45	0	20	7	260	11	49	16	2	8	29	5	4	0	4	10	X		X	F	X	X	X				
SIDE - Muffins - Blueberry	4.5	128	400	150	17.0	25	3.5	17	0	55	18	330	14	57	19	2	8	26	7	4	0	4	10	X		X	F	F	X	X				
SIDE - Muffins - Chocolate	4.5	128	460	220	24.0	37	6.0	29	0	30	9	250	11	57	19	3	10	38	6	2	0	6	8	X		X	F	F	X	X				
SOUPS																																		
SOUP - Beef Chili	8.0	227	190	80	8	13	3	15	0	25	8	880	37	18	6	6	23	3	10	20	20	6	10			X				X	X			
SOUP - Butternut Squash	8.0	227	240	150	17.0	26	9.0	44	0	40	13	650	27	21	7	1	6	2	4	110	15	4	6			X				X	X			
SOUP - Chicken Spaetzle	8.0	227	140	50	5.0	8	2.5	12	0	35	12	1200	50	15	5	1	5	3	8	50	4	4	6	X		X			X	X				
SOUP - Chicken Wild Rice	8.0	227	280	200	22.0	34	10.0	49	0	45	14	840	35	12	4	1	2	2	8	40	2	4	0			X				X	X			
SOUP - Fire Roasted Tomato	8.0	227	130	50	6	9	3	15	0	<5	2	920	38	17	6	2	10	10	2	30	25	2	4			X		X			X	X		
SOUP - Four Cheese Broccoli	8.0	227	260	180	20	30	10	48	0	45	16	1240	52	12	4	1	5	2	9	15	40	25	0	X	X	X			X	X				
SOUP - New England Clam Chowder	8.0	227	230	120	14	21	4.5	22	0	50	17	600	25	16	5	<1	2	12	23	10	25	10	50		X	X			X	X				
SOUP - Spinach & Lentil	8.0	227	110	30	3.5	5	1	4	0	0	0	570	24	16	5	7	27	2	7	80	20	10	10			X				X	X			
SOUP - White Chicken Chili	8.0	227	240	80	9.0	14	0	2	0	10	3	630	26	26	9	7	28	2	14	0	20	8	10			X				X	X			
SQUARE BAGELS																																		
SQ BGL - Asiago Parmesan	4.6	130	360	40	4.5	7	1.5	7	0	5	2	740	31	66	22	4	16	11	15	2	0	10	20			X				X	X			
SQ BGL - Everything	4.3	123	320	20	2	3	0	0	0	0	0	740	31	64	21	4	16	8	12	0	0	4	20								X	X		
SQ BGL - Plain	4.6	130	350	20	2.5	4	0	0	0	0	0	670	28	70	23	4	17	11	13	0	0	2	20			X					X	X		
SQ BGL - Sesame	4.6	130	360	20	2.5	4	0	0	0	0	0	660	27	68	23	4	16	11	13	0	0	2	40								X	X		
VEGETABLES & TOPPINGS																																		
ADD - VEG - Capers	0.1	3	0	0	0	0	0	0	0	0	0	65	3	0	0	0	0	0	0	0	0	0	0											
ADD - VEG - Cucumbers	0.7	21	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0											



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ADD - VEG - Green Peppers	1.0	28	6	0	0.0	0	0.0	0	0	0	0	1	0	0	0	0	0	2	38	0	1											
ADD - VEG - Jalapenos	1.1	30	5	0	0.0	0	0.0	0	0	0	290	12	1	0	1	4	0	4	4	1	2											
ADD - VEG - Lettuce	0.1	4	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	7	1	0	0											
ADD - VEG - Pickles	1.0	28	0	0	0.0	0	0.0	0	0	0	330	14	1	0	0	0	0	0	0	0	0											
ADD - VEG - Red Onions	0.1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0											
ADD - VEG - Roasted Red Peppers	1.9	54	15	0	0	0	0	0	0	0	200	8	3	1	0	0	2	1	45	50	0	2										
ADD - VEG - Sprouts	0.1	3	1	0	0.0	0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0											
ADD - VEG - Tomatoes	0.2	5	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	6	8	0	0											
ADD - Almonds (Sliced)	0.2	4.5	25	20	2.5	4	0.0	0	0	0	0	0	1	0	0	0	20	0	0	0	2						X					
ADD - Chow Mein Noodles	0.3	9	40	15	1.5	2	0.0	0	0	0	70	3	6	2	0	0	1	0	0	0	2								X			
ADD - Cranberries (Dried)	0.7	21	60	0	0.0	0	0.0	0	0	0	0	15	5	2	6	13	0	0	0	0	0											
ADD - Croutons	0.5	14	70	25	3.0	5	0.0	0	0	0	170	7	8	3	0	0	1	0	0	0	0				X		X	X				
ADD - Mandarin Oranges	1.4	40	20	0	0.0	0	0.0	0	0	0	0	5	2	1	3	4	0	6	20	2	0											
ADD - Sesame Seeds	0.2	7	40	30	3.5	5	0.0	0	0	0	0	2	1	1	5	0	1	0	0	0	4											