

Einstein Bros. Nutritional Information

	Serving Size	Weight (g.)	Calories	Calories From Fat (%)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	
Bagels																		
Asiago Cheese Bagel	1 bagel	115	310	50	16	5	3	0	15	630	56	2	5	14	0	0	20	20
Blueberry Bagel	1 bagel	108	300	10	3	1	0	0	0	480	65	3	11	10	0	0	2	20
Chocolate Chip Bagel	1 bagel	106	280	25	9	2.5	1	0	0	430	56	3	10	9	0	0	2	20
Cinnamon Raisin Swirl Bagel	1 bagel	108	290	10	3	1	0	0	0	450	63	3	13	10	0	0	4	20
Cinnamon Sugar Bagel Chicago Style	1 bagel	110	310	20	6	2.5	0.5	0	0	510	66	3	12	10	2	0	4	20
Everything Bagel	1 bagel	105	270	15	6	2	0	0	0	620	56	2	5	9	0	0	2	20
Honey Whole Wheat Bagel	1 bagel	103	260	10	4	1	0	0	0	440	57	3	8	9	0	0	2	15
Plain Bagel	1 bagel	101	260	10	4	1	0	0	0	460	56	2	5	9	0	0	2	20
Power Bagel, Fruit & Nut	1 bagel	113	310	50	16	5	0.5	0	0	280	61	4	16	11	0	0	4	20
Sesame Dip'd Bagel	1 bagel	105	280	25	9	3	0	0	0	460	56	2	5	10	0	0	2	20
Cream Cheese																		
Whipped Garden Vegetable Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	100	3	0	1	1	8	2	2	0
Whipped Honey Almond Reduced Fat	2 Tbsp.	20	70	45	64	5	3	0	15	45	6	0	4	1	4	0	2	0
Whipped Jalapeno Salsa Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	105	3	0	1	1	4	0	0	0
Whipped Onion and Chive	2 Tbsp.	20	70	50	71	6	4	0	20	60	3	0	1	1	4	0	2	0
Whipped Plain	2 Tbsp.	20	70	60	86	7	4.5	0	20	65	1	0	1	1	4	0	0	0
Whipped Plain Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	100	2	0	1	1	4	0	0	0
Whipped Smoked Salmon	2 Tbsp.	20	60	50	83	6	3.5	0	20	120	2	0	1	1	2	0	0	0
Whipped Strawberry Reduced Fat	2 Tbsp.	20	70	45	64	5	3.5	0	15	50	5	0	4	1	2	0	0	0
Coffee																		
Coffee (S, M, L)			0	0	-	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee Decaf. (S, M, L)			0	0	-	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee, Specialty																		
Café Latte, Medium	16 fl oz	473ml	200	70	35	8	5	0	30	210	20	0	19	13	15	6	50	2
Cafe Latte, Large	20 fl oz	591ml	250	80	32	9	6	0	35	250	24	0	23	16	20	8	60	2
Café Latte, Medium Whole milk	16 fl oz	473ml	250	110	44	12	7	0	35	190	21	0	21	12	8	0	40	2
Café Latte, Large Whole milk	20 fl oz	591ml	320	150	47	16	9	0	50	240	26	0	26	16	10	0	60	2
Cafe Latte Nonfat Medium	16 fl oz	473ml	140	5	4	1	0.5	0	5	210	20	0	19	14	15	6	50	2
Café Latte Nonfat Large	20 fl oz	591ml	180	10	6	1	0.5	0	10	260	25	0	23	16	20	8	60	2
Cappuccino Medium	16 fl oz	473ml	190	60	32	7	4.5	0	30	190	19	0	18	12	15	6	45	2
Cappuccino, Large	20 fl oz	591ml	230	80	35	9	5	0	35	240	23	0	22	15	20	8	60	2
Cappuccino, Medium Whole Milk	16 fl oz	473ml	190	80	42	9	5	0	25	150	17	0	17	9	6	0	30	2
Cappuccino, Large Whole Milk	20 fl oz	591ml	250	110	44	12	7	0	35	190	21	0	21	12	8	0	40	2
Cappuccino, Medium (Nonfat Milk)	15 fl oz	444ml	130	5	4	1	0	0	5	200	19	0	18	13	15	6	45	2
Cappuccino, Large (Nonfat Milk)	19 fl oz	562ml	170	10	6	1	0.5	0	10	250	23	0	22	15	20	8	60	2
Mocha, Medium	15 fl oz	444ml	390	180	46	20	12	0	75	170	42	1	38	9	10	4	35	4
Mocha, Large	20 fl oz	591ml	470	190	40	22	13	0	85	230	56	1	50	13	15	6	45	6
Mocha, Medium Whole Milk	16 fl oz	473ml	400	90	23	10	6	0	30	210	67	0	57	10	6	0	35	6
Mocha, Large Whole Milk	20 fl oz	591ml	480	130	27	14	8	0	45	260	72	0	63	14	8	0	50	6
Low Fat Mocha Medium	15 fl oz	444ml	350	140	40	15	9	0	60	180	42	1	38	10	10	4	35	4
Low Fat Mocha Large	20 fl oz	591ml	420	140	33	16	9	0	65	240	56	1	50	13	15	6	45	6
Americao Large	16 fl oz	473ml	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other Hot Beverages																		
Chai Tea w/ 2% milk (R)	16 fl oz	473ml	290	20	7	2.5	1.5	0	10	85	63	0	60	4	4	2	15	0

Chai Tea w/ skim milk (R)	16 fl oz	473ml	270	0	0	0	0	0	0	85	63	0	60	4	4	2	15	0
Chai Tea w/ whole milk (R)	16 fl oz	473ml	310	35	11	4	2.5	0	10	75	63	0	60	4	2	0	15	0
Chai Tea w/ 2% milk (L)	20 fl oz	591ml	360	25	7	3	2	0	10	105	78	0	75	5	6	2	20	0
Chai Tea w/ skim milk (L)	20 fl oz	591ml	340	0	0	0	0	0	0	105	79	0	75	6	6	2	20	0
Chai Tea w/ whole milk (L)	20 fl oz	591ml	380	40	11	4.5	2.5	0	15	85	78	0	74	5	2	0	15	0
Hot Chocolate w/ whole Milk (R)	12 fl oz	355ml	320	130	41	14	10	0	30	160	39	0	33	9	15	2	30	4
Hot Chocolate (R)	12 fl oz	355ml	290	100	34	11	8	0	20	160	39	0	33	9	15	2	30	4
Iced Specialty Coffee																		
Iced Americano	8 fl oz	237ml	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee	12 fl oz	355ml	0	0	-	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Latte	16 fl oz	473ml	120	40	33	4.5	3	0	20	125	12	0	11	8	15	4	30	0
Iced Mocha	16 fl oz	473ml	210	50	24	6	4	0	15	120	33	0	31	7	10	2	20	4
Iced Non Fat Latte	16 fl oz	473ml	90	0	0	0	0	0	5	130	12	0	11	8	15	4	30	0
Low Fat Iced Mocha	16 fl oz	473ml	180	25	14	2.5	2	0	5	115	32	0	30	7	10	2	20	4
Coffee Extras																		
Light Whipped Cream	2 Tbsp.	30ml	35	20	57	2.5	2.5	0	5	0	2	0	2	0	0	0	0	0
Syrup, Blackberry	2 Tbsp.	30ml	100	0	0	0	0	0	0	0	25	0	25	0	0	0	0	0
Syrup, Caramel	1 fl oz	30ml	100	0	0	0	0	0	0	0	25	0	25	0	0	0	0	0
Syrup, Chocolate	2 Tbsp.	30ml	0	0	-	0	0	0	0	0	4	0	0	0	0	0	0	0
Syrup, Hazelnut	1 fl oz	30ml	100	0	0	0	0	0	0	0	25	0	25	0	0	0	0	0
Syrup, Vanilla	1 fl oz	30ml	100	0	0	0	0	0	0	0	25	0	25	0	0	0	0	0
Syrup, Vanilla, Sugar Free	1 fl oz	30ml	0	0	-	0	0	0	0	0	4	0	0	0	0	0	0	0
Half & Half	1 fl oz	30ml	40	30	75	3	2	0	15	25	1		1	1	2	0	4	0
Skim Milk	8 fl oz	237ml	80	0	0	0	0	0	5	140	15	0	13	7	10	2	25	0
Sprite	8 fl oz	237ml	97	0	0	0	0	0	0	22	26	0	26	0	0	0	0	0
Poured Beverages																		
Lemonade Blackberry	16 fl oz	473ml	310	0	0	0	0	0	0	5	74	0	74	2	0	60	0	4
Spontaneitea Large	24 fl oz	710ml	100	0	0	0	0	0	0	0	25	0	25	0	0	0	0	0
Fresh Squeezed Orange Juice	10 fl oz	296ml	143	0	0	0	0	0	0	71	34	2	31	1	15	300	4	6
Harney & Sons Tropical Green Tea	8 fl oz	237ml	0	0	-	0	0	0	0	0	0	0	0	0	0	0	0	0
Sides																		
Fruit Salad	11.0oz		312	140	5	4	0	0	0	35	36	3	31	2	70	150	4	4
Fruit and Yogurt Parfait	12.0oz		340	230	10	4	1.5	0	0	5	200	42	4	25	12	8	80	40
Kettle Classic Natural Potato Chips	1.0oz		28	150	80	53	9	1	0	0	120	15	1	0	2	0	0	0
Salads (and Half Salads)																		
Chicken Chipotle Salad	15.2oz		430	710	370	52	41	9	0	95	1960	54	10	15	34	130	60	25
Caesar Salad with Chicken	14.0 oz		397	820	600	73	66	16	0	145	2290	20	4	4	42	120	40	40
Side Salads/Extras																		
Bagel Croutons	1.0oz		28	100	35	35	4	2.5	0	10	220	15	1	1	2	2	0	0
Salad Dressings																		
Caesar Dressing	2 Tbsp.		30	150	140	93	16	2.5	0	10	350	1	0	1	1	0	0	0
Deli Sandwiches																		
Deli Tuna Salad	9.5oz		268	440	130	30	15	2.5	0	35	920	50	4	7	29	25	25	6
Sandwich Fillings																		
Cheese, Medium Cheddar	0.67oz		19	80	60	75	6	4	0	20	120	0	0	0	5	4	0	15
Chicken Salad	4.0oz		113	210	120	57	14	3	0	75	480	2	0	1	18	2	4	2
Turkey -Oven Roasted	3.0oz		85	80	15	19	1.5	0	0	40	700	0	0	0	18	0	0	0

Butter Blend																		
Hummus	1.0oz	28	70	27	39	3	0	0	0	150	6	4	0	4	0	0	0	0
Peanut Butter, Creamy	2.0oz	57	330	260	79	28	6	1	5	260	12	4	5	14	0	0	2	6
Yellow Mustard	1 Tbsp	5	0	0		0	0	0	0	80	0	0	0	0	0	0	0	0
Sweets																		
Chocolate Chip Coffee Cake	6.1oz	174	760	310	41	34	13	0	5	270	110	2	58	6	6	0	8	20
Mixed Berry Coffee Cake	6.9oz	195	710	260	37	29	10	0	5	270	110	2	59	5	6	2	8	10
Chocolate Mudslide Cookie	2.8oz	78	320	150	47	17	9	0	60	75	46	1	38	4	4	0	2	10
Heavenly Chocolate Chunk Cookie	2.8oz	78	360	160	44	18	9	0	15	290	48	2	29	4	15	0	2	15
Marshmallow Crispy Treat	2.1oz	59	220	30	14	3.5	1	0	0	60	48	0	20	3	10	8	0	40
Oatmeal Raisin Cookie	2.8oz	78	320	90	28	11	5	0	25	310	54	2	31	5	0	0	2	10
Blueberry Muffin	5.0oz	142	480	200	42	22	4.5	0	105	480	65	2	36	6	4	4	4	4
Strawberry White Chocolate Muffin	5.5oz	156	550	230	42	25	7	0	105	510	78	1	49	7	0	0	6	6