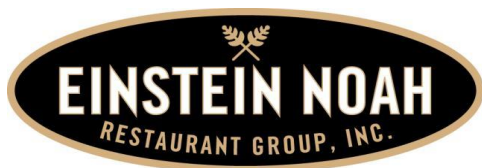




Noah's® Bagels

## Nutrition & Allergen Information

Einstein Noah Restaurant Group, Inc.



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](http://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: 7/6/2021



Last Updated: 7-6-2021

Noah's Nutrition Information													Allergen Information										
	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	Additional Info	
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										
<b>Cheese</b>																							
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								
<b>Eggs</b>																							
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								
<b>Meats</b>																							
Bacon 4 Pieces	0.4 oz	10	45	3.5	1.5	0	10	210	0	0	0		3										
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										
<b>Sauces</b>																							
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							
<b>Veggies</b>																							
Avocado	1.0 oz	28	60	5	1	0	0	0	2	2	0		1										
<b>Sandwiches</b>																							
<b>Egg Sandwiches One Egg</b>																							
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						
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						

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<b>Turkey Sausage &amp; Cheddar on Plain</b>																						
	7.2 oz	203	470	15	7	0	225	1060	56	2	6		27	X	X	X	X					
<b>Egg Sandwich Two Eggs</b>																						
<b>Bacon &amp; Cheddar on Plain</b>																						
	7.7 oz	219	530	20	8	0.5	395	1140	56	2	6		29	X	X	X	X					
<b>Bacon Avocado Tomato, on</b>																						
	9.3 oz	264	550	29	7	0	385	1030	48	3	7		24	X	X	X	X					
<b>Breakfast BLT on Challah</b>																						
	9.7 oz	274	600	33	10	0.5	400	1010	46	1	8	0	26	X	X	X	X					
<b>Cheddar on Plain</b>																						
	7.4 oz	209	480	17	7	0.5	385	920	56	2	6		26	X	X	X	X					
<b>Chorizo Avocado Sunrise on</b>																						
	11.3 oz	322	820	48	19	1	445	1480	61	2	8	0	36	X	X	X	X					
<b>Garden Avocado on Everything</b>																						
	10.5 oz	297	570	25	6	0.5	380	1020	63	3	8	0	24	X	X	X	X					
<b>Farmhouse, 6 Cheese</b>																						
	10.6 oz	302	730	36	16	1	455	1930	58	2	8		45	X	X	X	X					
<b>Ham &amp; Swiss on Plain</b>																						
	8.8 oz	251	520	18	7	0.5	410	1440	57	2	6		35	X	X	X	X					
<b>Santa Fe on Asiago</b>																						
	10.3 oz	292	650	28	13	1	435	1520	61	0	8	0	37	X	X	X	X					
<b>Turkey Sausage &amp; Cheddar</b>																						
	8.8 oz	250	550	21	9	0.5	415	1200	57	2	6		33	X	X	X	X					
<b>Egg Sandwich Egg White</b>																						
<b>Bacon &amp; Cheddar on Plain</b>																						
	6.5 oz	184	400	10	5	0	25	1020	55	2	5		23	X	X	X	X					
<b>Bacon Avocado Tomato, on</b>																						
	8.1 oz	230	420	19	4	0	15	910	47	3	6		18	X	X	X	X					
<b>Breakfast BLT on Challah</b>																						
	8.4 oz	239	470	22	6	0	30	900	45	1	7	0	20	X	X	X	X					
<b>Cheddar, Plain</b>																						
	6.1 oz	174	360	7	3.5	0	15	810	55	2	5		20	X	X	X	X					
<b>Chorizo Avocado Sunrise on</b>																						
	9.6 oz	273	640	33	13	0	65	1280	60	2	7	0	28	X	X	X	X					
<b>Farmhouse, 6 Cheese</b>																						
	9.4 oz	267	610	25	12	0	80	1810	57	2	7		38	X	X	X	X					
<b>Garden Avocado on Everything</b>																						
	9.2 oz	262	450	15	2.5	0	5	900	62	3	7	0	18	X	X	X	X					
<b>Ham and Swiss, Plain</b>																						
	7.6 oz	217	400	8	4	0	40	1330	56	2	5		29	X	X	X	X					
<b>Santa Fe on Asiago</b>																						
	9.1 oz	257	520	18	9	0	65	1410	60	0	7	0	31	X	X	X	X					
<b>Power Egg White 1 Egg</b>																						
	8.8 oz	251	370	14	3	0	25	830	40	7	7		23	X	X	X	X					
<b>Power Egg White 2 Egg</b>																						
	10.9 oz	309	410	15	3.5	0	25	990	41	7	7		29	X	X	X	X					
<b>Turkey Sausage &amp; Cheddar</b>																						
	7.6 oz	215	430	11	5	0	40	1090	56	2	6		27	X	X	X	X					
<b>Breakfast Burrito</b>																						
<b>Breakfast Burrito</b>																						
	13.6 oz	387	1000	59	25	0.5	340	1960	74	3	6	0	43	X	X	X	X					
<b>Lunch Sandwiches - Deli</b>																						
<b>Avocado Veg Out on Sesame</b>																						
	9.2 oz	260	410	12	4	0	15	670	64	3	8	0	13		X	X	X					
<b>Ham Deli on Potato Roll</b>																						
	11.8 oz	335	620	24	6	0	95	2440	58	3	9		39	X	X	X	X					
<b>Nova Lox on Plain</b>																						
	9.7 oz	276	490	17	9	0	50	1350	61	3	9		23		X	X	X		X		Salmon	
<b>Pastrami Deli on Potato Roll</b>																						
	11.8 oz	335	750	135	19	0	115	1770	58	3	7		39	X	X	X	X					



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Mocha, Iced	16 fl oz		240	5	3.5	0	15	120	44	2	41	32	8		X								
	24 fl oz		390	8	6	0	25	200	72	3	67	53	14										
<b>Signature Coffee Drinks (With 2% Milk)</b>																							
Caramel Macchiato, Hot	12 fl oz		290	5	4	0	20	160	49	0	49	38	11										
	16 fl oz		370	7	4.5	0	25	200	64	0	64	50	14		X								
	20 fl oz		450	8	5	0	30	250	79	0	79	62	17										
Caramel Macchiato, Iced	16 fl oz		260	4	3	0	15	80	46	0	46	38	10		X								
	24 fl oz		420	7	4.5	0	25	240	76	0	76	62	15										
<b>Cold Brew</b>																							
Classic Cold Brew	16 fl oz		0	0	0	0	0	0	0	0	0	0	0										
	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								
	24 fl oz		360	11	7	0	35	125	60	0	55	55	6										
Chocolate Cream Cold Brew	16 fl oz		200	7	4.5	0	20	50	33	2	28	28	3		X								
	24 fl oz		340	13	8	0	35	90	56	3	47	47	5										
Vanilla Cream Cold Brew	16 fl oz		180	7	4	0	20	25	29	0	25	25	2		X								
	24 fl oz		310	11	7	0	35	45	48	0	42	41	3										
<b>Cold Brew Frozen Shakes</b>																							
Caramel Cold Brew Shake	16 fl oz		390	6	5	0	15	220	76	0	74	66	7		X								
	24 fl oz		620	9	7	0	20	340	120	0	117	105	11										
Caramel Cold Brew Shake Coffee Free	16 fl oz		390	6	5	0	15	210	76	0	74	66	7		X								
	24 fl oz		610	9	7	0	20	340	120	0	117	105	11										
Chocolate Cold Brew Shake	16 fl oz		380	7	6	0	15	190	74	2	69	61	6		X								
	24 fl oz		590	10	8	0	20	300	117	3	108	96	10										
Chocolate Cold Brew Shake Coffee Free	16 fl oz		380	7	6	0	15	190	75	2	70	62	6		X								
	24 fl oz		590	10	8	0	20	300	116	3	108	96	10										
Classic Cold Brew Shake	16 fl oz		280	7	6	0	15	190	46	0	43	34	6		X								
	24 fl oz		450	11	9	0	25	310	74	0	70	56	10										
Classic Cold Brew Shake Coffee Free	16 fl oz		280	7	6	0	15	190	45	0	43	34	6		X								
	24 fl oz		440	11	9	0	25	310	74	0	70	56	9										
Vanilla Cold Brew Shake	16 fl oz		350	6	5	0	15	160	65	0	62	54	5		X								
	24 fl oz		540	9	7	0	20	250	104	0	99	87	8										
Vanilla Cold Brew Shake Coffee Free	16 fl oz		350	6	5	0	15	160	65	0	62	54	5		X								
	24 fl oz		540	9	7	0	20	250	104	0	99	87	8										
<b>Hot Chocolate (With 2% Milk)</b>																							
Hot Chocolate	12 fl oz		300	8	5	9	25	150	50	2	46	32	11										
	16 fl oz		400	10	7	0	35	200	67	3	63	43	15		X								
	20 fl oz		490	12	8		40	250	82	3	77	53	18										
<b>Smoothies</b>																							
Strawberry Banana Smoothie	16 fl oz		280	0	0	0	0	25	67	4	60	53	1		X								
	24 fl oz		370	0	0	0	0	40	89	5	80	712	2										
<b>Coffee, Hot/Iced Tea &amp; Hot Chocolate</b>																							

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Coffee (R, M, L)	12-20oz	355ml-591ml	5	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										
British Breakfast, Hot Tea	12 fl oz		0	0	0	0	0	5	0	0	0		0										
	16 fl oz		0	0	0	0	0	10	0	0	0		0										
	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										
	30 fl oz		0	0	0	0	0	15	0	0	0		0										
<b>Smoothies &amp; Juice</b>																							
Blackberry Lemonade	16 fl oz		190	0	0	0	0	15	50	0	46		0										
	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										
	24 fl oz		260	0	0	0	0	20	70	0	65		0										
Orange Juice	16 fl oz		230	0	0	0	0	54	0	48		4											
	24 fl oz		340	0	0	0	0	5	81	0	72		5										

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.

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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 t