



## Noah's Bagels


### Limited Time Offerings Starting 4.17.24

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)	 Caffeine (mg)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Maplehouse Sandwich 1 Egg	9.3 oz	264	860	41	16	0	255	1300	92	4	35	31	31	0	X	X	X	X	X						Almonds
Maplehouse Sandwich 2 Eggs	11.3 oz	321	940	47	18	0.5	445	1440	93	4	35	31	38	0	X	X	X	X	X						Almonds
Maple French Toast Gourmet Bagel	1 Bagel	115	360	4.5	1	0	0	480	71	4	24	22	10	0		X	X	X							
Pork Sausage Patty	1 Patty	43	180	17	6	0	30	280	0	0	0	0	6	0											
Add Syrup	0.5 oz	14	50	0	0	0	0	25	13	0	6	6	0	0											


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Ancient Grain	1 bagel	104	280	5	0.5	0	0	450	48	7	9	6	13	0				X							
Asiago	1 bagel	112	310	4	1.5	0	0	750	54	2	4	4	13	0		X	X	X							
Blueberry	1 bagel	103	270	1	0	0	0	440	58	2	10	8	9	0				X							
Chocolate Chip	1 bagel	103	280	3	1.5	0	0	470	56	2	10	9	10	0			X	X							
Cinnamon Raisin	1 bagel	103	270	1	0	0	0	460	57	2	11	4	10	0				X							
Cinnamon Sugar	1 bagel	111	310	3	1	0	0	630	60	3	9	9	10	0		X	X	X							
Everything	1 bagel	105	280	1.5	0	0	0	670	55	2	4	4	10	0				X						X	
French Toast	1 bagel	117	370	5	1.5	0	0	490	71	2	23	21	10	0			X	X							
Honey Whole Wheat	1 bagel	99	270	3	0.5	0	0	440	49	6	8	7	12	0				X							
Onion	1 bagel	101	270	1.5	0	0	0	490	52	2	5	3	10	0				X							
Plain	1 bagel	102	270	1	0	0	0	610	54	2	4	4	10	0				X							
Poppyseed	1 bagel	105	290	2	0	0	0	610	55	3	4	4	11	0				X							
Pretzel	1 bagel	103	270	1	0	0	0	450	54	2	4	4	10	0				X							
Pumpnickel	1 bagel	99	260	1	0	0	0	420	53	3	4	2	10	0				X							
Sesame Seed	1 bagel	105	290	2.5	0	0	0	610	54	2	4	4	11	0				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)	 Caffeine (mg)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Challah Roll, Braided	1 Roll	81	240	3.5	0.5	0	15	320	44	1	6	5	8	0	X		X	X							
Cheddar Jalapeno	1 bagel	127	330	8	3	0	15	660	51	3	5	4	12	0		X	X	X							
Bagel Roll	1 Roll	100	270	3.5	0.5	0	0	430	50	2	5	4	9	0				X							
Protein Power Bagel	1 bagel	113	310	4	0	0	0	160	59	4	12	5	11	0				X	X					Walnuts	
Six-Cheese	1 bagel	125	350	8	4	0	20	720	51	2	4	3	17	0		X	X	X							
Spinach Florentine	1 bagel	142	370	11	4.5	0	15	570	52	3	5	4	14	0		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)	 Caffeine (mg)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Onion and Chive	1.2 oz	35	110	10	6	0	35	105	4	0	1	0	2	0		X									
Plain	1.2 oz	35	120	12	7	0	40	120	2	0	2	0	2	0		X									


### 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)	 Caffeine (mg)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Garden Vegetable Reduced Fat	1.2 oz	35	100	9	6	0	30	190	5	0	2	0	2	0		X									
Honey Almond Reduced Fat	1.2 oz	35	120	9	4.5	0	25	80	10	0	7	5	2	0		X			X						Almonds
Jalapeno Salsa Reduced Fat	1.2 oz	35	100	9	5	0	25	190	5	1	2	0	2	0		X									
Plain Reduced Fat	1.2 oz	35	100	9	5	0	30	190	5	0	2	0	2	0		X									
Strawberry Reduced Fat	1.2 oz	35	120	9	5	0	30	90	9	0	6	5	1	0		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)	 Caffeine (mg)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Country Pepper	0.7 oz	19	60	6	3.5	0	20	60	2	0	1	0	1	0		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)	 Caffeine (mg)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Butter Blend	0.5 oz	14	110	12	5	0	0	85	0	0	0	0	0	0		X									
Honey	1.0 oz	28	90	0	0	0	0	0	23	0	22	22	0	0											
Natural Peanut Butter	1.5 oz	43	240	21	4.5	0	0	105	10	4	5	3	9	0						X					Peanut
Natural Strawberry Jelly	1.0 oz	28	60	0	0	0	0	0	16	0	14	14	0	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)	 Caffeine (mg)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Cheddar 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	95	0	0	0	0	3	0		X									
Swiss 1 Slice	0.5 oz	14	60	4.5	2.5	0	15	25	0	0	0	0	4	0		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)	 Caffeine (mg)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Egg White 1	1 Egg	58	35	1	0	0	0	160	0	0	0	0	6	0	X	X									
Egg White 2	2 Egg	116	70	2	0.5	0	0	330	1	0	1	0	12	0	X	X									
Fresh Cracked Egg 1	1 Egg	46	80	6	2	0	185	140	1	0	0	0	6	0	X	X									
Fresh Cracked Egg 2	2 Egg	102	160	11	4	0	370	280	2	0	1	0	13	0	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)	 Caffeine (mg)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Bacon 4 Pieces	0.5 oz	14	70	5	2	0	15	240	1	0	1	0	5	0											
Brisket 2.0	2.0 oz	57	110	9	3.5	0	30	430	1	0	0	0	8	0											
Chorizo Sausage Patty	1 Patty	43	160	16	5	0	30	390	1	0	0	0	5	0											
Ham 1.5	1.5 oz	43	45	1	0	0	15	480	2	0	2	0</													





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.