# Nutrition and 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 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: 6/5/2024

| Manhattan Bagels Nutritional Information | | | | | | | | | | | | | | | | Allergen Information | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Serving Size | Weight (g.); unless otherwise stated | 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 |
| **Limited Time Offerings Starting April 17th** | | | | | | | | | | | | | | | | | | | | | | | | | |
| French Toast Egg Sandwich 1 EGG | 8.0 oz | 227 | 920 | 47 | 18 | 0 | 270 | 1390 | 93 | 4 | 35 | 31 | 32 | 0 | | X | X | X | X | X | | | | | Almonds |
| French Toast Egg Sandwich 2 EGGS | 11.8 oz | 334 | 1000 | 52 | 20 | 0.5 | 460 | 1530 | 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 | | | | | | |
| Add Syrup | 0.5 oz | 14 | 50 | 0 | 0 | 0 | 0 | 25 | 13 | 0 | 6 | 6 | 0 | 0 | | | | | | | | | | | |
| **Classic Bagels** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plain | 1 Bagel | 115 | 300 | 1 | 0 | 0 | 0 | 610 | 60 | 2 | 3 | 1 | 11 | 0 | | | | | X | | | | | | |
| Honey Wheat | 1 Bagel | 115 | 300 | 1 | 0 | 0 | 0 | 500 | 63 | 3 | 10 | 8 | 11 | 0 | | | | | X | | | | | | |
| Bagel Thin, Whole Wheat | 1 Thin | 74 | 190 | 0.5 | 0 | 0 | 0 | 320 | 40 | 2 | 6 | 5 | 7 | 0 | | | | | X | | | | | | |
| Blueberry | 1 Bagel | 115 | 310 | 1 | 0 | 0 | 0 | 500 | 67 | 3 | 11 | 8 | 11 | 0 | | | | | X | | | | | | |
| Chocolate Chip | 1 Bagel | 105 | 290 | 3 | 1.5 | 0 | 0 | 470 | 58 | 2 | 10 | 9 | 10 | 0 | | | | X | X | | | | | | |
| Cheddar | 1 Bagel | 115 | 300 | 1 | 0 | 0 | 0 | 590 | 60 | 2 | 3 | 2 | 12 | 0 | | | | | X | | | | | | |
| Cinnamon Raisin | 1 Bagel | 115 | 310 | 1 | 0 | 0 | 0 | 550 | 63 | 0 | 9 | 3 | 11 | 0 | | | | | X | | | | | | |
| Cranberry | 1 Bagel | 105 | 310 | 4 | 0.5 | 0 | 0 | 430 | 60 | 3 | 12 | 10 | 10 | 0 | | | | | X | | | | | | |
| Egg | 1 Bagel | 115 | 310 | 1.5 | 0 | 0 | 0 | 780 | 63 | 2 | 4 | 2 | 11 | 0 | | X | | X | X | | | | | | |
| Everything | 1 Bagel | 122 | 330 | 2.5 | 0 | 0 | 0 | 1040 | 62 | 3 | 3 | 1 | 12 | 0 | | | | | X | | | | | X | |
| Everything Egg | 1 Bagel | 122 | 340 | 3 | 0 | 0 | 0 | 1210 | 65 | 3 | 4 | 2 | 12 | 0 | | X | | X | X | | | | | X | |
| French Toast | 1 Bagel | 105 | 320 | 4.5 | 1 | 0 | 0 | 480 | 59 | 2 | 11 | 9 | 10 | 0 | | | | | X | | | | | | |
| Garlic | 1 Bagel | 122 | 320 | 1 | 0 | 0 | 0 | 610 | 65 | 3 | 3 | 1 | 12 | 0 | | | | | X | | | | | X | |
| Whole Wheat Everything | 1 Bagel | 122 | 330 | 2.5 | 0 | 0 | 0 | 930 | 65 | 4 | 10 | 8 | 12 | 0 | | | | | X | | | | | X | |
| Cheddar Jalapeno | 1 Bagel | 115 | 310 | 1 | 0 | 0 | 0 | 600 | 62 | 3 | 4 | 2 | 11 | 0 | | | | | X | | | | | | |
| Multigrain | 1 Bagel | 124 | 330 | 2.5 | 0 | 0 | 0 | 670 | 68 | 4 | 12 | 10 | 12 | 0 | | | | | X | | | | | X | |
| Onion | 1 Bagel | 122 | 320 | 1 | 0 | 0 | 0 | 610 | 65 | 3 | 6 | 1 | 12 | 0 | | | | | X | | | | | | |
| Poppy | 1 Bagel | 118 | 310 | 2.5 | 0 | 0 | 0 | 610 | 60 | 3 | 3 | 1 | 12 | 0 | | | | | X | | | | | | |
| Pumpernickel | 1 Bagel | 115 | 310 | 1 | 0 | 0 | 0 | 630 | 64 | 4 | 3 | | 12 | 0 | | | | | X | | | | | | |
| Rye | 1 Bagel | 115 | 310 | 1 | 0 | 0 | 0 | 610 | 62 | 3 | 3 | 2 | 11 | 0 | | | | | X | | | | | | |
| Salt | 1 Bagel | 122 | 300 | 1 | 0 | 0 | 0 | 28120 | 60 | 2 | 3 | 1 | 11 | 0 | | | | | X | | | | | | |
| Sesame Seed | 1 Bagel | 122 | 340 | 5 | 0 | 0 | 0 | 610 | 60 | 2 | 3 | 1 | 13 | 0 | | | | | X | | | | | X | |
| **Gourmet Bagels** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Asiago | 1 Bagel | 125 | 340 | 4 | 2 | 0 | 10 | 750 | 60 | 2 | 3 | 1 | 15 | 0 | | | X | | X | | | | | | |
| California Power Bagel | 1 Bagel | 113 | 310 | 4 | 0 | 0 | 0 | 160 | 59 | 4 | 12 | 5 | 11 | 0 | | | | | X | X | | | | | Walnuts |
| Cheesy Hash Brown | 1 Bagel | 127 | 390 | 11 | 4.5 | 0 | 10 | 650 | 59 | 3 | 5 | 4 | 13 | 0 | | | X | | X | | | | | | |
| Super Cinnamon Raisin | 1 Bagel | 120 | 330 | 1 | 0 | 0 | 0 | 550 | 67 | 1 | 12 | 5 | 11 | 0 | | | | | X | | | | | | |
| **Rolls/Breads** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheddar Roll | 1 Roll | 115 | 330 | 8 | 3 | 0 | 15 | 520 | 52 | 2 | 5 | 4 | 12 | 0 | | | X | | X | | | | | | |
| Asiago Roll | 1 Roll | 115 | 330 | 7 | 3 | 0 | 10 | 630 | 52 | 2 | 5 | 4 | 14 | 0 | | | X | | X | | | | | | |
| Flour Roll | 1 Roll | 102 | 280 | 3.5 | 0.5 | 0 | 0 | 430 | 52 | 2 | 5 | 4 | 9 | 0 | | | | | X | | | | | | |
| Croissant | 4.2 oz | 118 | 390 | 22 | 10 | 0 | 10 | 560 | 41 | 2 | 5 | | 8 | 0 | | | X | X | X | | | | | | |
| Steak Roll | 1 Roll | 79 | 230 | 2 | 0.5 | 0 | 0 | 490 | 41 | 3 | 1 | 1 | 8 | 0 | | | | | X | | | | | | |
| Steak Roll Hand Rolled | 1 Roll | 101 | 280 | 3.5 | 0.5 | 0 | 0 | 430 | 52 | 2 | 5 | 4 | 9 | 0 | | | | | X | | | | | | |
| Bialy | 1 Bialy | 108 | 310 | 5 | 0.5 | 0 | 0 | 860 | 54 | 3 | 5 | 4 | 10 | 0 | | | | | X | | | | | X | |
| Multigrain Bread | 2 Slices | 64 | 150 | 1.5 | 0.5 | 0 | 0 | 190 | 30 | 3 | 5 | | 6 | 0 | | | | | X | | | | | | |
| Marble Rye | 2 slices | 96 | 260 | 3 | 0 | 0 | 0 | 420 | 46 | 2 | 2 | 0 | 10 | 0 | | | | | X | | | | | X | |
| Flour Tortilla 12 inch | 1 Each | 104 | 310 | 7 | 2.5 | 0 | 0 | 630 | 52 | 2 | 0 | 0 | 8 | 0 | | | | | X | | | | | | |
| **Cream Cheese** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Onion and Chive | 1.2 oz | 35 | 110 | 10 | 6 | 0 | 35 | 105 | 4 | 0 | 1 | 0 | 2 | 0 | | | X | | | | | | | | |
| Plain (Block) | 1.2 oz | 35 | 120 | 12 | 7 | 0 | 40 | 120 | 2 | 0 | 2 | 0 | 2 | 0 | | | X | | | | | | | | |
| Plain | 1.2 oz | 35 | 120 | 12 | 7 | 0 | 40 | 120 | 2 | 0 | 2 | 0 | 2 | 0 | | | X | | | | | | | | |
| Salmon, Hand Mixed | 1.2 oz | 35 | 100 | 10 | 6 | 0 | 35 | 170 | 2 | 0 | 1 | 0 | 3 | 0 | | | X | | | | | X | | | Salmon |
| **Whipped Reduced Fat Cream Cheese** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Veggie | 1.2 oz | 35 | 100 | 9 | 6 | 0 | 30 | 190 | 5 | 0 | 2 | 0 | 2 | 0 | | | X | | | | | | | | |
| Honey Almond | 1.2 oz | 35 | 120 | 9 | 4.5 | 0 | 25 | 80 | 10 | 0 | 7 | 5 | 2 | 0 | | | X | | | X | | | | | Almonds |
| Jalapeno Salsa | 1.2 oz | 35 | 100 | 9 | 5 | 0 | 25 | 190 | 5 | 1 | 2 | 0 | 2 | 0 | | | X | | | | | | | | |
| Strawberry | 1.2 oz | 35 | 120 | 9 | 5 | 0 | 30 | 90 | 9 | 0 | 6 | 5 | 1 | 0 | | | X | | | | | | | | |
| **Toppings** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avocado | 2.0 oz | 57 | 100 | 8 | 1.5 | 0 | 0 | 0 | 6 | 3 | 1 | 0 | 1 | 0 | | | | | | | | | | | |
| Butter | 0.5 oz | 14 | 110 | 12 | 5 | 0 | 0 | 85 | 0 | 0 | 0 | 0 | 0 | 0 | | | X | | | | | | | | |
| **Egg and Meat** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brisket | 2.0 oz | 57 | 110 | 9 | 3.5 | 0 | 30 | 430 | 1 | 0 | 0 | 0 | 8 | 0 | | | | | | | | | | | |
| Egg White | 3.0 oz | 85 | 45 | 0 | 0 | 0 | 0 | 140 | 0 | 0 | 0 | 0 | 9 | 0 | | X | | | | | | | | | |
| Whole Egg 1 Each | 1.6 oz | 46 | 80 | 6 | 2 | 0 | 185 | 140 | 1 | 0 | 0 | 0 | 6 | 0 | | X | X | | | | | | | | |
| Whole Egg 2 Each | 3.6 oz | 102 | 160 | 11 | 4 | 0 | 370 | 280 | 2 | 0 | 1 | 0 | 13 | 0 | | X | X | | | | | | | | |

| Manhattan Bagels Nutritional Information | | | | | | | | | | | | | | | Allergen Information | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Serving Size | Weight (g.); unless otherwise stated | 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 |
| Scrambled Eggs | 3.0 oz | 85 | 45 | 0 | 0 | 0 | 0 | 110 | 1 | 0 | 1 | 0 | 8 | 0 | X | X | | | | | | | | |
| Scrambled Eggs, Wrap | 6.0 oz | 170 | 90 | 0.5 | 0 | 0 | 5 | 220 | 2 | 0 | 2 | 0 | 16 | 0 | X | X | | | | | | | | |
| Bacon | 0.5 oz | 14 | 70 | 5 | 2 | 0 | 15 | 240 | 1 | 0 | 1 | 0 | 5 | 0 | | | | | | | | | | |
| Ham, Breakfast | 1.5 oz | 43 | 45 | 1 | 0 | 0 | 15 | 480 | 2 | 0 | 2 | 0 | 6 | 0 | | | | | | | | | | |
| Ham, Lunch | 3.0 oz | 85 | 90 | 2.5 | 1 | 0 | 35 | 970 | 4 | 0 | 3 | 0 | 12 | 0 | | | | | | | | | | |
| Pork Sausage | 2.0 oz | 56 | 230 | 22 | 8 | 0 | 45 | 370 | 1 | 0 | 0 | 0 | 7 | 0 | | | | | | | | | | |
| Turkey Sausage | 1.5 oz | 43 | 90 | 7 | 2 | 0 | 40 | 280 | 0 | 0 | 0 | 0 | 7 | 0 | | | | | | | | | | |
| Pork Roll | 3.0 oz | 85 | 230 | 18 | 7 | 0 | 65 | 800 | 2 | 0 | 2 | | 15 | 0 | | | | | | | | | | |
| Turkey Bacon | 0.4 oz | 10 | 50 | 3 | 1 | 0 | 10 | 220 | 0 | 0 | 0 | 0 | 4 | 0 | | | | | | | | | | |
| Turkey, Lunch | 3.0 oz | 85 | 90 | 2.5 | 0 | 0 | 40 | 650 | 9 | 0 | 2 | 2 | 15 | 0 | | | | | | | | | | |
| Salmon, Lox | 2.0 oz | 57 | 100 | 6 | 1 | 0 | 20 | 650 | 0 | 0 | 0 | 0 | 12 | 0 | | | | | | | X | | | Salmon |
| Steak, Breakfast | 2.0 oz | 57 | 60 | 3 | 1.5 | 0 | 25 | 90 | 1 | 0 | 0 | 0 | 8 | 0 | | | | | | | | | | |
| Steak, Lunch | 4.0 oz | 113 | 120 | 6 | 2.5 | 0 | 45 | 180 | 1 | 0 | 0 | 0 | 16 | 0 | | | | | | | | | | |
| Pastrami | 3.0 oz | 85 | 110 | 6 | 3 | 0 | 45 | 910 | 0 | 0 | 0 | 0 | 14 | 0 | | | | | | | | | | |
| **Coffee and Hot Tea** | | | | | | | | | | | | | | | | | | | | | | | | |
| Coffee (R, L, XL) | 12 fl oz | 355 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 143 | | | | | | | | | | |
| | 16 fl oz | 473 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 190 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 238 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 285 | | | | | | | | | | |
| Coffee Decaf. (R, L, XL) | 12 fl oz | 355 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | | | | | | | | | | |
| | 16 fl oz | 473 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 32 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 40 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 48 | | | | | | | | | | |
| Hot Tea | 12 fl oz | 355 ml | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 116 | | | | | | | | | | |
| | 16 fl oz | 473 ml | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 154 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 193 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 232 | | | | | | | | | | |
| **Coffee, Specialty Hot (with 2% Milk)** | | | | | | | | | | | | | | | | | | | | | | | | |
| Espresso Single | 2 oz | 59 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | 0 | 196 | | | | | | | | | | |
| Espresso Double | 4 oz | 118 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | 0 | 294 | | | | | | | | | | |
| Cafe Latte | 12 fl oz | 355 ml | 120 | 4.5 | 3 | 0 | 20 | 0 | 11 | 0 | 11 | | 8 | 196 | | | | | | | | | | |
| | 16 fl oz | 473 ml | 150 | 6 | 3.5 | 0 | 25 | 0 | 14 | 0 | 14 | | 10 | 196 | | X | | | | | | | | |
| | 20 fl oz | 591ml | 170 | 7 | 4 | 0 | 25 | 0 | 17 | 0 | 16 | | 12 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 200 | 8 | 5 | 0 | 30 | 0 | 20 | 0 | 19 | | 14 | 294 | | | | | | | | | | |

| Manhattan Bagels Nutritional Information | | | | | | | | | | | | | | | Allergen Information | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Serving Size | Weight (g.); unless otherwise stated | 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 |
| Cappuccino | 12 fl oz | 355 ml | 90 | 3.5 | 2 | 0 | 15 | 0 | 9 | 0 | 9 | | 6 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 120 | 5 | 3 | 0 | 20 | 0 | 12 | 0 | 12 | | 9 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 160 | 6 | 3.5 | 0 | 25 | 0 | 15 | 0 | 15 | | 11 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 170 | 7 | 4.0 | 0 | 25 | 0 | 17 | 0 | 16 | | 12 | 294 | | | | | | | | | | |
| Vanilla Latte | 12 fl oz | 355 ml | 180 | 4.5 | 3 | 0 | 20 | 0 | 26 | 0 | 25 | | 8 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 230 | 6 | 3.5 | 0 | 25 | 0 | 34 | 0 | 33 | | 10 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 270 | 7 | 4.0 | 0 | 25 | 0 | 41 | 0 | 40 | | 12 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 310 | 7 | 4.5 | 0 | 30 | 0 | 48 | 0 | 47 | | 13 | 294 | | | | | | | | | | |
| Chocolate Mocha | 12 fl oz | 355 ml | 270 | 7 | 4.5 | 0 | 25 | 40 | 44 | 0 | 44 | | 9 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 360 | 8 | 5 | 0 | 30 | 60 | 61 | 0 | 61 | | 12 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 450 | 9 | 6 | 0 | 35 | 75 | 78 | 0 | 77 | | 14 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 460 | 11 | 6 | 0 | 40 | 70 | 77 | 0 | 76 | | 16 | 294 | | | | | | | | | | |
| White Chocolate Mocha | 12 fl oz | 355 ml | 270 | 7 | 4 | 0 | 25 | 35 | 43 | 0 | 43 | | 9 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 350 | 8 | 5 | 0 | 30 | 50 | 59 | 0 | 59 | | 12 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 430 | 9 | 6 | 0 | 35 | 65 | 75 | 0 | 74 | | 14 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 510 | 10 | 6 | 0 | 40 | 80 | 90 | 0 | 89 | | 16 | 295 | | | | | | | | | | |
| Caramel, Macchiato | 12 fl oz | 355 ml | 250 | 7 | 4.5 | 0 | 25 | 50 | 39 | 2 | 35 | | 9 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 330 | 9 | 6 | 0 | 30 | 75 | 54 | 3 | 47 | | 12 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 400 | 10 | 6 | 0 | 35 | 95 | 68 | 3 | 59 | | 14 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 490 | 12 | 7 | 0 | 40 | 115 | 84 | 4 | 73 | | 17 | 294 | | | | | | | | | | |
| Vanilla Hazelnut Latte | 12 fl oz | 355 ml | 220 | 7 | 4 | 0 | 25 | 0 | 32 | 0 | 32 | | 8 | 196 | | X | | | X | | | | | Hazelnuts |
| | 16 fl oz | 473 ml | 290 | 8 | 5 | 0 | 30 | 0 | 45 | 0 | 44 | | 10 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 340 | 8 | 5 | 0 | 35 | 0 | 57 | 0 | 55 | | 11 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 380 | 10 | 6 | 0 | 40 | 0 | 59 | 0 | 57 | | 14 | 294 | | | | | | | | | | |
| Hazelnut Mocha | 12 fl oz | 355 ml | 280 | 7 | 4 | 0 | 25 | 25 | 47 | 0 | 46 | | 9 | 196 | | X | | | X | | | | | Hazelnuts |
| | 16 fl oz | 473 ml | 330 | 8 | 5 | 0 | 30 | 25 | 55 | 0 | 54 | | 11 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 450 | 9 | 6 | 0 | 35 | 50 | 81 | 0 | 80 | | 13 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 530 | 10 | 6 | 0 | 40 | 40 | 94 | 0 | 92 | | 15 | 294 | | | | | | | | | | |
| **Other Hot Beverages (with 2% milk)** | | | | | | | | | | | | | | | | | | | | | | | | |
| Chai Tea Latte | 12 fl oz | 355ml | 200 | 4.5 | 3 | 0 | 20 | 5 | 31 | 0 | 30 | | 8 | 50 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 250 | 6 | 3.5 | 0 | 25 | 5 | 40 | 0 | 39 | | 10 | 69 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 310 | 7 | 4.5 | 0 | 30 | 10 | 50 | 0 | 48 | | 12 | 87 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 340 | 8 | 5 | 0 | 35 | 10 | 53 | 0 | 51 | | 15 | 99 | | | | | | | | | | |
| Hot Chocolate | 12 fl oz | 355 ml | 270 | 7 | 4 | 0 | 25 | 40 | 44 | 0 | 44 | | 9 | 0 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 260 | 8 | 5 | 0 | 30 | 60 | 61 | 0 | 61 | | 12 | 0 | | | | | | | | | | |
| | 20 fl oz | 591ml | 440 | 9 | 6 | 0 | 35 | 75 | 77 | 0 | 76 | | 14 | 0 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 490 | 12 | 8 | 0 | 50 | 80 | 81 | 0 | 81 | | 16 | 0 | | | | | | | | | | |
| **Iced Specialty Coffee (with 2% milk)** | | | | | | | | | | | | | | | | | | | | | | | | |
| Iced Americano (Regular and Large) | 16 fl oz-24 fl oz | 473 ml-709 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | 0 | 196 | | | | | | | | | | |
| Iced Coffee (Regular and Large) | 16 fl oz-24 fl oz | 473 ml-709 ml | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | 0 | 294 | | | | | | | | | | |
| Iced Latte | 12 fl oz | 355 ml | 90 | 3.5 | 2 | 0 | 15 | 0 | 8 | 0 | 8 | | 6 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 140 | 5 | 3.5 | 0 | 20 | 0 | 14 | 0 | 13 | | 10 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 140 | 5 | 3.5 | 0 | 25 | 0 | 14 | 0 | 14 | | 10 | 294 | | | | | | | | | | |
| | 24 fl oz | 709 ml | 190 | 7 | 4.5 | 0 | 30 | 5 | 18 | 0 | 18 | | 13 | 294 | | | | | | | | | | |
| Iced Chai Latte | 12 fl oz | 355 ml | 170 | 3.5 | 2 | 0 | 15 | 10 | 29 | 0 | 28 | | 6 | 0 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 240 | 5 | 3.5 | 0 | 20 | 10 | 40 | 0 | 38 | | 10 | 0 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 260 | 6 | 3.5 | 0 | 25 | 10 | 41 | 0 | 40 | | 11 | 0 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 320 | 7 | 4.5 | 0 | 30 | 15 | 51 | 0 | 49 | | 13 | 0 | | | | | | | | | | |
| Iced Cappuccino | 12 fl oz | 355 ml | 90 | 3.5 | 2 | 0 | 15 | 0 | 8 | 0 | 8 | | 6 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 120 | 4.5 | 2.5 | 0 | 20 | 0 | 11 | 0 | 11 | | 8 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 140 | 5 | 3.5 | 0 | 25 | 0 | 14 | 0 | 14 | | 10 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 170 | 7 | 4 | 0 | 25 | 5 | 17 | 0 | 16 | | 12 | 294 | | | | | | | | | | |
| Iced Vanilla Latte | 12 fl oz | 355 ml | 170 | 4 | 2.5 | 0 | 15 | 0 | 25 | 0 | 25 | | 7 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 220 | 5 | 3.5 | 0 | 20 | 0 | 33 | 0 | 32 | | 10 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 270 | 7 | 4 | 0 | 25 | 0 | 41 | 0 | 40 | | 12 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 300 | 7 | 4.5 | 0 | 30 | 5 | 48 | 0 | 46 | | 13 | 294 | | | | | | | | | | |
| Iced Chocolate Mocha | 12 fl oz | 355 ml | 300 | 13 | 8 | 0 | 50 | 50 | 41 | 0 | 41 | | 7 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 420 | 14 | 9 | 0 | 55 | 75 | 65 | 0 | 64 | | 10 | 196 | | | | | | | | | | |

| Manhattan Bagels Nutritional Information | | | | | | | | | | | | | | | Allergen Information | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Serving Size | Weight (g.); unless otherwise stated | 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 |
| Iced Chocolate Mocha | 20 fl oz | 591 ml | 440 | 15 | 9 | 0 | 55 | 75 | 66 | 0 | 66 | | 12 | 294 | | X | | | | | | | | |
| | 24 fl oz | 710 ml | 580 | 16 | 10 | 0 | 60 | 110 | 97 | 0 | 96 | | 14 | 294 | | | | | | | | | | |
| Iced White Chocolate Mocha | 12 fl oz | 355 ml | 300 | 13 | 8 | 0 | 50 | 45 | 39 | 0 | 38 | | 8 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 410 | 14 | 9 | 0 | 55 | 65 | 63 | 0 | 62 | | 10 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 430 | 15 | 9 | 0 | 55 | 65 | 63 | 0 | 62 | | 12 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 570 | 16 | 10 | 0 | 60 | 95 | 94 | 0 | 93 | | 15 | 294 | | | | | | | | | | |
| Iced Caramel Macchiato | 12 fl oz | 355 ml | 290 | 14 | 9 | 0 | 50 | 50 | 33 | 1 | 30 | | 9 | 196 | | X | | | | | | | | |
| | 16 fl oz | 473 ml | 360 | 15 | 10 | 0 | 55 | 70 | 48 | 2 | 42 | | 12 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 380 | 16 | 10 | 0 | 60 | 65 | 48 | 2 | 42 | | 14 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 470 | 18 | 11 | 0 | 65 | 95 | 65 | 3 | 57 | | 16 | 294 | | | | | | | | | | |
| Iced Vanilla Hazelnut Latte | 12 fl oz | 355 ml | 190 | 2.5 | 1.5 | 0 | 10 | 0 | 38 | 0 | 37 | | 5 | 196 | | X | | | X | | | | | Hazelnuts |
| | 16 fl oz | 473 ml | 220 | 3.5 | 2 | 0 | 15 | 0 | 40 | 0 | 39 | | 6 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 280 | 4.5 | 3 | 0 | 20 | 5 | 52 | 0 | 51 | | 8 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 300 | 5 | 4 | 0 | 20 | 5 | 55 | 0 | 53 | | 10 | 294 | | | | | | | | | | |
| Iced Hazelnut Mocha | 12 fl oz | 355 ml | 250 | 9 | 5 | 0 | 35 | 15 | 35 | 0 | 34 | | 8 | 196 | | X | | | X | | | | | Hazelnuts |
| | 16 fl oz | 473 ml | 330 | 10 | 6 | 0 | 40 | 25 | 50 | 0 | 49 | | 10 | 196 | | | | | | | | | | |
| | 20 fl oz | 591 ml | 380 | 11 | 7 | 0 | 45 | 25 | 57 | 0 | 56 | | 12 | 294 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 460 | 12 | 8 | 0 | 50 | 35 | 73 | 0 | 72 | | 15 | 294 | | | | | | | | | | |
| **Cold Brew** | | | | | | | | | | | | | | | | | | | | | | | | |
| Classic Cold Brew | 16 fl oz | 473 ml | 10 | 0 | 0 | 0 | 0 | 20 | 2 | 0 | 0 | 0 | 1 | 139 | | | | | | | | | | |
| | 24 fl oz | 710 ml | 20 | 0 | 0 | 0 | 0 | 30 | 3 | 0 | 0 | 0 | 1 | 209 | | | | | | | | | | |
| Caramel Cream Cold Brew | 16 fl oz | 473 ml | 220 | 7 | 4 | 0 | 20 | 85 | 38 | 0 | 33 | 33 | 4 | 139 | | X | | | | | | | | |
| | 24 fl oz | 710 ml | 380 | 12 | 7 | 0 | 35 | 140 | 63 | 0 | 55 | 55 | 7 | 209 | | | | | | | | | | |
| Chocolate Cream Cold Brew | 16 fl oz | 473 ml | 210 | 7 | 4.5 | 0 | 20 | 65 | 36 | 2 | 28 | 28 | 4 | 139 | | X | | | | | | | | |
| | 24 fl oz | 710 ml | 350 | 13 | 8 | 0 | 35 | 110 | 59 | 3 | 47 | 47 | 6 | 209 | | | | | | | | | | |
| Vanilla Cream Cold Brew | 18 fl oz | 473 ml | 200 | 7 | 4 | 0 | 20 | 40 | 31 | 0 | 25 | 25 | 2 | 139 | | X | | | | | | | | |
| | 24 fl oz | 710 ml | 330 | 11 | 7 | 0 | 35 | 65 | 51 | 0 | 42 | 41 | 4 | 209 | | | | | | | | | | |
| **Chillerz Frozen Blended Drinks** | | | | | | | | | | | | | | | | | | | | | | | | |
| Caffé Caramel | 18 fl oz | 532 ml | 390 | 11 | 7 | 0 | 35 | 135 | 72 | 3 | 65 | | 5 | 196 | | X | X | | | | | | | |
| | 24 fl oz | 710 ml | 650 | 16 | 10 | 0 | 50 | 230 | 124 | 4 | 113 | | 8 | 294 | | | | | | | | | | |
| Caffé Mocha | 18 fl oz | 532 ml | 420 | 10 | 6 | 0 | 35 | 125 | 79 | 0 | 78 | | 4 | 196 | | X | | | | | | | | |
| | 24 fl oz | 710 ml | 690 | 15 | 9 | 0 | 50 | 210 | 135 | 0 | 134 | | 7 | 294 | | | | | | | | | | |
| **Poured Beverages** | | | | | | | | | | | | | | | | | | | | | | | | |
| Lemonade | 16 fl oz | 473ml | 170 | 0 | 0 | 0 | 0 | 10 | 47 | 0 | 43 | | 0 | 0 | | | | | | | | | | |
| Blackberry Lemonade | 16 fl oz | 473ml | 230 | 0 | 0 | 0 | 0 | 15 | 60 | 0 | 57 | | 0 | 0 | | | | | | | | | | |
| Strawberry Lemonade | 16 fl oz | 473ml | 260 | 0 | 0 | 0 | 0 | 10 | 70 | 0 | 64 | | 0 | 0 | | | | | | | | | | |
| Orange Juice | 16 fl oz | 473 ml | 230 | 0 | 0 | 0 | 0 | 0 | 54 | 0 | 48 | | 4 | 0 | | | | | | | | | | |
| Orange Juice | 20 fl oz | 591 ml | 280 | 0 | 0 | 0 | 0 | 5 | 68 | 0 | 60 | | 4 | 0 | | | | | | | | | | |
| Half and Half -Iced Tea/Lemonade, Gold Peak | 16 fl oz | 473 ml | 90 | 0 | 0 | 0 | 0 | 10 | 23 | 0 | 22 | | 0 | 0.13 | | | | | | | | | | |
| Half and Half -Iced Tea/Lemonade, Lipton | 16 fl oz | 473 ml | 90 | 0 | 0 | 0 | 0 | 5 | 23 | 0 | 22 | | 0 | 0.20 | | | | | | | | | | |
| Iced Tea, Black Gold Peak | 24 fl oz | 710 ml | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | | 0 | 0.4 | | | | | | | | | | |
| | 32 fl oz | 946 ml | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | | 0 | 0.5 | | | | | | | | | | |
| Iced Tea, Gold Peak Passion Mango | 24 fl oz | 710 ml | 35 | 0 | 0 | 0 | 0 | 15 | 9 | 0 | 9 | | 0 | 0.4 | | | | | | | | | | |
| | 32 fl oz | 946 ml | 45 | 0 | 0 | 0 | 0 | 20 | 12 | 0 | 12 | | 0 | 0.5 | | | | | | | | | | |
| Iced Tea, Lipton Black | 24 fl oz | 710 ml | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | 0 | 0.4 | | | | | | | | | | |
| | 32 fl oz | 946 ml | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | 0 | 0.5 | | | | | | | | | | |
| Iced Tea, Green | 24 fl oz | 710 ml | 35 | 0 | 0 | 0 | 0 | 15 | 9 | 0 | 9 | | 0 | 0.4 | | | | | | | | | | |
| | 32 fl oz | 945 ml | 45 | 0 | 0 | 0 | 0 | 20 | 12 | 0 | 12 | | 0 | 0.5 | | | | | | | | | | |
| Iced Hazelnut Coffee, Beverage Bar | 24 fl oz | 710 ml | 100 | 0 | 0 | 0 | 0 | 15 | 24 | 0 | 24 | | 0 | 285 | | | | | X | | | | | Hazelnut |
| | 32 fl oz | 946 ml | 120 | 0 | 0 | 0 | 0 | 20 | 30 | 0 | 29 | | 0 | 380 | | | | | X | | | | | Hazelnut |
| Iced Vanilla Coffee, Beverage Bar | 24 fl oz | 710 ml | 90 | 0 | 0 | 0 | 0 | 15 | 22 | 0 | 22 | | 0 | 285 | | | | | | | | | | |
| | 32 fl oz | 946 ml | 110 | 0 | 0 | 0 | 0 | 20 | 28 | 0 | 27 | | 0 | 380 | | | | | | | | | | |
| Iced Chocolate Raspberry Coffee | 24 fl oz | 710 ml | 120 | 0 | 0 | 0 | 0 | 30 | 29 | 0 | 29 | | 0 | 285 | | X | X | | | | | | | |
| | 32 fl oz | 946 ml | 150 | 0 | 0 | 0 | 0 | 40 | 37 | 0 | 37 | | 1 | 380 | | X | X | | | | | | | |
| **Sides** | | | | | | | | | | | | | | | | | | | | | | | | |
| Hash Browns | 2.2 oz | 63 | 140 | 8 | 1 | 0 | 0 | 130 | 15 | 2 | 0 | | 1 | 0 | | | X1 | | | | | | | |
| Yogurt parfait with Fruit | 10.5 oz | 298 | 190 | 1.5 | 0 | 0 | 5 | 125 | 39 | 4 | 24 | | 8 | 0 | | X | | X | X | | | | | Almonds |

| Manhattan Bagels Nutritional Information | | | | | | | | | | | | | | | Allergen Information | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Serving Size | Weight (g.); unless otherwise stated | 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 |
| Fruit Salad, Grab and Go | 11.8 oz | 336 | 160 | 0 | 0 | 0 | 0 | 30 | 40 | 3 | 33 | | 2 | 0 | | | | | | | | | | |
| **Breakfast (*In Select Locations Only)** | | | | | | | | | | | | | | | | | | | | | | | | |
| Bagel Classic, Cheese on plain | 6.9 oz | 195 | 490 | 15 | 7 | 0 | 215 | 1280 | 65 | 4 | 4 | | 24 | 0 | X | X | X | X | | | | | | |
| Bagel Classic, Bacon and Cheese on Plain | 7.0 oz | 200 | 540 | 19 | 9 | 0 | 225 | 1470 | 66 | 4 | 4 | | 28 | 0 | X | X | X | X | | | | | | |
| Bagel Classic, Ham and Cheese on plain | 8.4 oz | 237 | 540 | 17 | 8 | 0 | 235 | 1780 | 66 | 4 | 5 | | 31 | 0 | X | X | X | X | | | | | | |
| Bagel Classic, Pork Roll and Cheese on plain | 9.9 oz | 280 | 720 | 33 | 14 | 0.5 | 280 | 2080 | 67 | 4 | 6 | | 39 | 0 | X | X | X | X | | | | | | |
| Bagel Classic, Pork Sausage and Cheese on plain | 8.8 oz | 251 | 720 | 37 | 16 | 0 | 260 | 1660 | 66 | 4 | 4 | | 31 | 0 | X | X | X | X | | | | | | |
| Bagel Classic, Turkey Bacon and Cheese on Plain | 7.2 oz | 205 | 540 | 19 | 8 | 0 | 225 | 1480 | 65 | 4 | 4 | | 26 | 0 | X | X | X | X | | | | | | |
| Bagel Classic, Turkey Sausage and Cheese on plain | 8.2 oz | 233 | 570 | 22 | 9 | 1 | 255 | 1540 | 62 | 2 | 5 | 1 | 29 | 0 | X | X | X | X | | | | | | |
| Breakfast Cheesesteak | 15.1 oz | 428 | 760 | 31 | 11 | 2 | 345 | 1940 | 79 | 3 | 10 | 0 | 43 | 0 | X | X | X | X | | | | | | |
| Croissant Classic, Bacon and Cheese | 8.5 oz | 242 | 650 | 41 | 18 | 0 | 295 | 1360 | 44 | 2 | 7 | | 26 | 0 | X | X | X | X | | | | | | |
| Croissant Classic, Ham and Cheese | 9.7 oz | 274 | 650 | 39 | 18 | 0 | 310 | 1660 | 45 | 2 | 8 | | 29 | 0 | X | X | X | X | | | | | | |
| Croissant Classic, Pork Roll and Cheese | 11.2 oz | 317 | 830 | 55 | 24 | 0.5 | 350 | 1960 | 45 | 2 | 8 | | 37 | 0 | X | X | X | X | | | | | | |
| Croissant Classic, Pork Sausage and Cheese | 10.1 oz | 288 | 830 | 60 | 25 | 0 | 330 | 1540 | 44 | 2 | 6 | | 29 | 0 | X | X | X | X | | | | | | |
| Croissant Classic, Turkey Bacon and Cheese | 8.5 oz | 242 | 650 | 41 | 18 | 0 | 295 | 1370 | 43 | 2 | 6 | | 24 | 0 | X | X | X | X | | | | | | |
| Croissant Classic, Turkey Sausage and Cheese | 9.7 oz | 274 | 630 | 38 | 17 | 0.5 | 80 | 1260 | 44 | 2 | 7 | 4 | 27 | 0 | X | X | X | X | | | | | | |
| Croissant Classic, Spinach and Bacon | 11.0 oz | 313 | 910 | 68 | 24 | 1 | 325 | 1380 | 47 | 3 | 9 | | 30 | 0 | X | X | X | X | | | | | | |
| Classic Light * | 7.6 oz | 216 | 380 | 12 | 4.5 | 0 | 55 | 830 | 41 | 2 | 7 | 5 | 27 | 0 | X | X | | X | | | | | | |
| Brisket and Egg | 9.7 oz | 275 | 830 | 48 | 15 | 0 | 265 | 1620 | 65 | 3 | 5 | 2 | 35 | 0 | X | X | | X | | | | | | |
| Farmhouse | 9.7 oz | 276 | 700 | 33 | 14 | 0.5 | 260 | 1820 | 65 | 2 | 10 | 4 | 37 | 0 | X | X | | X | | | | | | |
| Asparagus and Mushroom Egg White* | 7.9 oz | 223 | 130 | 14 | 4 | 0 | 20 | 800 | 46 | 3 | 8 | 1 | 22 | 0 | X | X | X | X | | | | | | |
| Avocado Egg White | 10.8 oz | 306 | 520 | 15 | 2 | 0 | 5 | 1330 | 72 | 3 | 5 | 1 | 24 | 0 | X | X | | X | | | | | X | |
| Santa Fe Egg White | 7.8 oz | 220 | 430 | 18 | 8 | 0 | 75 | 1090 | 39 | 2 | 3 | 1 | 26 | 0 | X | X | | X | | | | | | |
| **Burritos and Wraps (* In Select Locations Only)** | | | | | | | | | | | | | | | | | | | | | | | | |
| Big Breakfast Burrito * | 14.0 oz | 398 | 1050 | 60 | 27 | 1 | 500 | 2320 | 76 | 4 | 5 | 0 | 50 | 0 | X | X | | X | | | | | | |
| Breakfast Burrito * | 17.1 oz | 486 | 1210 | 70 | 31 | 1 | 120 | 2370 | 94 | 7 | 6 | 0 | 46 | 0 | X | X | | X | | | | | | |
| Ranchero Wrap * | 13.1 oz | 373 | 690 | 31 | 16 | 0.5 | 65 | 1650 | 62 | 3 | 6 | 0 | 36 | 0 | X | X | | X | | | | | | |
| Village Veggie Wrap * | 10.7 oz | 305 | 580 | 33 | 11 | 0.5 | 40 | 1110 | 62 | 7 | 6 | 1 | 12 | 0 | X | X | X | X | | | | | | |
| White Albacore Tuna Wrap * | 8.7 oz | 246 | 540 | 27 | 6 | 0 | 40 | 890 | 54 | 3 | 1 | 0 | 23 | 0 | X | | X | X | | | X | | | Tuna |
| **Deli Sandwiches** | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Salad Criossant | 9.2 oz | 260 | 650 | 44 | 13 | 0.5 | 60 | 760 | 45 | 3 | 7 | | 21 | 0 | X | X | X1 | X | | | | | | |
| Turkey and Cheddar | 9.6 oz | 273 | 600 | 41 | 11 | 0.0 | 95 | 1230 | 40 | 3 | 6 | 3 | 29 | 0 | X | X | X | X | | | | | | |
| BLT on multigrain bread | 6.1 oz | 174 | 510 | 34 | 7 | 0 | 45 | 770 | 34 | 3 | 7 | | 18 | 0 | X | | | X | | | | | | |
| Ham and Swiss on Sesame | 11.4 oz | 323 | 580 | 17 | 7 | 0 | 75 | 2010 | 67 | 5 | 7 | | 36 | 0 | | X | X1 | X | | | | | X | |
| Nova Lox | 9.6 oz | 272 | 680 | 35 | 19 | 1 | 110 | 1610 | 65 | 3 | 7 | 1 | 28 | 0 | | X | | X | | | X | | | Salmon |
| Whitefish Salad | 6.3 oz | 179 | 350 | 22 | 3.0 | 0 | 55 | 690 | 23 | 3 | 5 | | 14 | 0 | X | | X | X | | | X | | | Whitefish |
| White Albacore Tuna on Sesame Bagel | 9.3 oz | 264 | 580 | 25 | 3 | 0 | 35 | 900 | 67 | 1 | 4 | 0 | 28 | 0 | X | | X | X | | | X | | X | Tuna |
| **Signature Lunch (* Select Locations Only)** | | | | | | | | | | | | | | | | | | | | | | | | |
| Avocado Veg Out | 9.8 oz | 277 | 470 | 14 | 3.5 | 0 | 15 | 750 | 74 | 4 | 6 | 0 | 17 | 0 | | X | | X | | | | | X | |
| Manhattan Cheesesteak | 11.2 oz | 317 | 660 | 30 | 12 | 0 | 105 | 2050 | 59 | 5 | 10 | | 39 | 0 | | X | X | X | | | | | | |
| Chicken Melt * | 11.4 oz | 323 | 590 | 20 | 9 | 0 | 100 | 1020 | 59 | 3 | 8 | 4 | 43 | 0 | | X | | X | | | | | | |
| Cuban * | 7.3 oz | 207 | 500 | 17 | 9 | 1 | 70 | 1010 | 46 | 4 | 3 | 1 | 36 | 0 | | X | X | X | | | | | | |
| East Side Reuban * | 10.6 oz | 302 | 610 | 27 | 8 | 0 | 75 | 2250 | 51 | 2 | 5 | 0 | 36 | 0 | X | X | X | X | | | | | | |
| Egg Salad * | 9.1 oz | 257 | 480 | 16 | 3.5 | 0 | 270 | 780 | 63 | 3 | 5 | 1 | 21 | 0 | X | | X | X | | | | | | |
| Empire State Club | 8.8 oz | 249 | 510 | 34 | 6 | 0 | 75 | 1230 | 40 | 3 | 7 | 3 | 26 | 0 | X | | X | X | | | | | | |
| Ellis Island Hot Pastrami | 9.4 oz | 266 | 560 | 15 | 7 | 0 | 70 | 2000 | 67 | 5 | 3 | | 36 | 0 | | X | | X | | | | | | |

| Manhattan Bagels Nutritional Information | | | | | | | | | | | | | | | Allergen Information | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Serving Size | Weight (g.); unless otherwise stated | 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 |
| Thintastic Avocado BLT * | 6.9 oz | 197 | 450 | 24 | 4.5 | 0 | 20 | 770 | 47 | 4 | 9 | 6 | 12 | 0 | X | X | | X | | | | | | |
| Thintastic Turkey * | 8.5 oz | 240 | 350 | 7 | 3 | 0 | 50 | 1080 | 54 | 3 | 10 | 7 | 24 | 0 | | X | | X | | | | | | |
| Spicy Chicken * | 13.0 oz | 369 | 640 | 24 | 12 | 0.5 | 115 | 1400 | 62 | 5 | 9 | 4 | 44 | 0 | | X | | X | | | | | | |
| Reuban * | 10.6 oz | 302 | 610 | 27 | 8 | 0.0 | 75 | 2250 | 51 | 2 | 5 | 0 | 36 | 0 | X | X | X | X | | | | | X | |
| **Toast** | | | | | | | | | | | | | | | | | | | | | | | | |
| Avocado Toast | 6.1 oz | 174 | 410 | 10 | 1.5 | 0 | 0 | 780 | 67 | 6 | 4 | 1 | 12 | 0 | | | | X | | | | | | |
| **Soups** | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Noodle | 8 oz | 248 | 110 | 3.5 | 1 | 0 | 25 | 740 | 12 | 1 | 2 | | 8 | 0 | X | | | X | | | | | | |
| | 16 oz | 454 | 200 | 6 | 2 | 0 | 50 | 1360 | 22 | 2 | 4 | | 14 | 0 | X | | | X | | | | | | |
| **Salads** | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Salad | 3.0 oz | 85 | 250 | 22 | 3.5 | 0 | 45 | 190 | 1 | 0 | 0 | | 13 | 0 | X | | X | | | | | | | |
| Tuna Salad | 3.0 oz | 85 | 230 | 20 | 3 | 0 | 35 | 270 | 1 | 0 | 0 | | 13 | 0 | X | | X | | | | X | | | Tuna |
| Country Club with Chicken (without dressing) | 11.4 oz | 323 | 350 | 14 | 3 | 0 | 215 | 740 | 29 | 3 | 4 | | 31 | 0 | X | X | X | X | | | | | | |
| Grilled Chicken Caesar (without dressing) | 10.5 oz | 297 | 360 | 12 | 3.5 | 0 | 95 | 760 | 28 | 3 | 3 | | 39 | 0 | X | X | X1 | X | | | X | | | Anchovies |
| NY Deli Chef Salad (without dressing) | 13.0 oz | 370 | 420 | 21 | 7 | 0 | 225 | 1340 | 34 | 3 | 6 | 1 | 32 | 0 | X | X | | X | | | | | | |
| Garden Market Salad (without dressing) | 9.3 oz | 265 | 160 | 4.5 | 0 | 0 | 0 | 360 | 29 | 4 | 4 | | 7 | 0 | | X | X1 | X | | | | | | |
| Garden Market Salad with Chicken Salad (without dressing) | 12.3 oz | 350 | 420 | 26 | 3.5 | 0 | 45 | 550 | 31 | 4 | 5 | | 19 | 0 | X | X | X1 | X | | | | | | |
| Garden Market Salad with Tuna Salad (without dressing) | 12.3 oz | 350 | 400 | 24 | 3.0 | 0 | 35 | 630 | 30 | 4 | 4 | | 20 | 0 | X | | X | X | | | X | | | Tuna |
| **Salad Dressings** | | | | | | | | | | | | | | | | | | | | | | | | |
| Asian Dressing | 3.0 oz | 85 | 370 | 32 | 5 | 0 | 0 | 1170 | 16 | 0 | 16 | | 0 | 0 | | | X | X | | | | | | |
| Caesar Dressing | 3.0 oz | 85 | 410 | 44 | 7 | 0 | 25 | 960 | 3 | 0 | 3 | | 3 | 0 | X | X | X1 | X | | | X | | | Anchovies |
| **Sweets** | | | | | | | | | | | | | | | | | | | | | | | | |
| Cinnamon Roll with Icing | 6.5 oz | 185 | 610 | 39 | 16 | 0 | 55 | 760 | 98 | 3 | 44 | 42 | 11 | 0 | X | X | X | X | | | | | | |
| Cookie, Heavenly Chocolate Chip | 3.5 oz | 99 | 460 | 24 | 13 | 0 | 65 | 290 | 58 | 2 | 33 | | 5 | 0 | X | X | X | X | | | | | | |
| Crumb Cake, Original | 6.0 oz | 170 | 840 | 58 | 28 | 1 | 100 | 760 | 79 | 1 | 57 | 54 | 4 | 0 | X | X | X | X | | | | | | |
| Crumb Cake, Raspberry | 6.0 oz | 170 | 810 | 54 | 26 | 0.5 | 100 | 730 | 80 | 1 | 57 | 53 | 4 | 0 | X | X | X | X | | | | | | |
| Danish | 4.0 oz | 113 | 190 | 10 | 4.5 | 0 | 15 | 220 | 22 | 0 | 10 | 10 | 3 | 0 | X | X | X | X | | | | | | |
| Scone | 3.7 oz | 106 | 440 | 21 | 11 | 0 | 10 | 340 | 55 | 0 | 27 | 15 | 5 | 0 | X | X | X | | | | | | | |
| Mini Cookie, Heavenly Chocolate Chip | 4.7 oz | 132 | 610 | 33 | 17 | 0.5 | 85 | 380 | 78 | 3 | 45 | | 7 | 0 | X | X | X | X | | | | | | |
| Pound Cake, Lemon | 4.5 oz | 128 | 470 | 21 | 11 | 0 | 140 | 510 | 66 | 1 | 41 | | 6 | 0 | X | X | X | X | | | | | | |
| Pastry, Apple Pie | 3.0 oz | 85 | 250 | 10 | 4 | 0 | 0 | 180 | 38 | 1 | 16 | 15 | 3 | 0 | | | X | X | | | | | | |
| Pastry, Strawberry and Cream | 3.8 oz | 109 | 340 | 17 | 8 | 0 | 0 | 280 | 42 | 1 | 17 | 16 | 4 | 0 | | X | X | X | | | | | | |
| Muffin, Blueberry | 7.2 oz | 205 | 740 | 36 | 7 | 0 | 110 | 470 | 95 | 2 | 51 | | 8 | 0 | X | X | X1 | X | | | | | | |
| Muffin, Chocolate Chip | 6.5 oz | 184 | 780 | 40 | 11 | 0 | 110 | 450 | 97 | 3 | 59 | | 9 | 0 | X | X | X | X | | | | | | |
| Muffin, Cinnamon Chip | 7.0 oz | 198 | 860 | 43 | 11 | 0 | 115 | 480 | 112 | 1 | 71 | | 8 | 0 | X | X | X1 | X | | | | | | |
| Muffin, Cranberry Orange | 6.4 oz | 182 | 680 | 37 | 5 | 0 | 110 | 450 | 81 | 3 | 43 | | 8 | 0 | X | X | | X | X | | | | | Walnuts |
| Muffin, Corn | 6.2 oz | 177 | 730 | 34 | 5 | 0 | 115 | 470 | 96 | 1 | 45 | | 9 | 0 | X | X | X | X | | | | | | |
| Muffin, Double Dutch Chocolate | 6.5 oz | 184 | 750 | 40 | 10 | 0 | 105 | 740 | 89 | 3 | 59 | | 9 | 0 | X | X | X | X | | | | | | |

1 Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

1/18/2024

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 ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. 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.

| Manhattan Bagels Nutritional Information | | | | | | | | | | | | | | | Allergen Information | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Serving Size | Weight (g.); unless otherwise stated | 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 |

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.