



Einstein Bros.® Bagels

## 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](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: 5/27/2015



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.

Einstein Bros.® Nutrition Information														Allergen Information									
	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
<b>Bagels</b>																							
Plain	1 bagel	101	260	10	1	0	0	0	480	55	2	5	9			X <sup>1</sup>	X						
Honey Whole Wheat	1 bagel	102	260	25	3	0	0	0	440	50	7	7	12			X <sup>1</sup>	X						
Everything	1 bagel	105	280	20	2	0	0	0	640	54	2	5	10			X <sup>1</sup>	X						
Pumpernickel	1 bagel	103	270	10	1.5	0	0	0	520	55	3	4	10			X	X						
Asiago Cheese	1 bagel	111	300	35	4	2	0	10	560	54	2	5	12		X	X <sup>1</sup>	X						
Blueberry	1 bagel	106	290	10	1	0	0	0	460	60	2	10	10			X <sup>1</sup>	X						
Chocolate Chip	1 bagel	106	290	25	3	1.5	0	0	460	58	2	10	10			X	X						
Cinnamon Raisin	1 bagel	108	290	10	1	0	0	0	440	61	2	13	10			X <sup>1</sup>	X						
Cinnamon Sugar	1 bagel	109	320	50	6	0.5	0	0	540	59	2	12	9		X	X	X						
Cranberry	1 bagel	108	290	10	1	0	0	0	450	61	2	12	10			X <sup>1</sup>	X						
Garlic	1 bagel	106	280	20	2.5	0	0	0	480	55	2	5	10			X <sup>1</sup>	X						
9-Grain	1 bagel	106	280	40	4.5	0	0	0	440	51	7	8	13			X <sup>1</sup>	X						
Onion	1 bagel	105	270	10	1	0	0	0	460	59	2	5	9			X <sup>1</sup>	X						
Poppy	1 bagel	104	280	25	2.5	0	0	0	470	54	2	5	10			X <sup>1</sup>	X						
Potato	1 bagel	101	280	35	4	0	0	0	520	52	2	5	9			X <sup>1</sup>	X						
Pretzel	1 bagel	103	280	35	4	0	0	0	1000	52	2	5	9			X <sup>1</sup>	X						
Sesame	1 bagel	105	290	30	3	0	0	0	470	54	2	5	10			X <sup>1</sup>	X						
<b>Gourmet Bagels / Bagel Rolls</b>																							
Apple Cinnamon	1 bagel	152	440	70	8	1.5	0	0	600	82	2	26	10			X	X						
Green Chile	1 bagel	143	370	80	9	3	0	15	730	58	2	6	15		X	X	X						
Jalapeno Cheddar	1 bagel	156	390	100	11	4	0	20	1160	58	3	6	15		X	X	X						
Power Protein Bagel	1 bagel	113	350	50	6	1	0	0	290	64	4	17	12				X	X				Walnuts	
Six-Cheese	1 bagel	130	370	90	9	3.5	0	15	740	57	2	6	16		X	X	X						
Spinach Florentine	1 bagel	152	380	100	11	3.5	0	15	710	58	2	6	15		X	X	X						
Potato Roll	1 roll	110	310	40	4.5	0	0	0	570	57	2	6	10			X	X						
Multigrain Roll	1 roll	118	330	60	7	1	0	0	480	54	9	8	14			X	X						
<b>Bread Specialty</b>																							
Ciabatta Bread	4.0 oz	113	260	20	2	0	0	0	700	52	2	0	9			X <sup>1</sup>	X						
Bagel Baguette	5.3 oz	150	420	50	6	0	0	0	790	77	3	8	14			X <sup>1</sup>	X						
Tortilla	3.7 oz	104	290	60	7	3	0	0	750	50	6	0	9			X <sup>1</sup>	X						
Multigrain Bread, 2 slice	2.9 oz	81	190	15	1.5	0	0	0	240	41	3	5	8			X <sup>1</sup>	X						
<b>Whipped Cream Cheese Shmear</b>																							
Onion and Chive	1.5 oz	43	140	110	12	8	0	35	120	5	0	2	2		X								
Plain	1.5 oz	43	150	130	14	10	0	45	135	2	0	2	2		X								
Apple Cinnamon	1.5 oz	42	130	90	10	6	0	30	190	11	0	11	2		X								
Smoked Salmon	1.5 oz	43	130	110	12	8	0	40	300	4	0	2	3		X					X		Salmon	
Plain Reduced Fat	1.5 oz	43	130	90	10	7	0	30	210	5	0	2	3		X								
Blueberry Reduced Fat	1.5 oz	43	150	90	10	7	0	30	100	13	0	11	2		X								
Garden Vegetable Reduced Fat	1.5 oz	43	130	90	10	7	0	30	210	6	0	2	3		X								
Garlic Herb Reduced Fat	1.5 oz	43	130	90	10	7	0	30	210	6	1	2	3		X								
Honey Almond Reduced Fat	1.5 oz	43	150	90	10	7	0	25	90	13	0	9	2		X			X				Almonds	
Jalapeno Salsa Reduced Fat	1.5 oz	43	130	90	10	7	0	30	220	7	1	2	2		X								
Strawberry Reduced Fat	1.5 oz	43	140	90	10	7	0	30	105	11	0	8	2		X								
<b>Other Spreads</b>																							
Butter Blend	1.0 oz	28	180	180	20	6	0	0	190	0	0	0	0		X								
Honey	1.0 oz	28	90	0	0	0	0	0	0	23	0	22	0										
Fruit Preserves	1.0 oz	28	70	0	0	0	0	0	0	18	0	17	0										
Peanut Butter	1.0 oz	28	170	130	14	3	0	0	130	6	2	3	7							X			
PB & J	2.0 oz	57	240	130	14	3	0	0	130	25	2	20	7							X			
Nutella®	1.5 oz	42	230	120	13	4.5	0	0	15	24	1	24	3		X	X		X				Hazelnut	
Hummus	2.0 oz	57	100	80	9	0.5	0	0	270	12	3	2	5										
<b>Bagel Toppers - Values for 1/2 plain bagel, mix or match any two</b>																							
1/2 The Herbivore Bagel Topper	4.1 oz	115	190	45	5	3	0	15	330	31	1	4	6		X	X	X						
1/2 Nutty Monkey Bagel Topper	2.9 oz	82	270	80	9	2.5	0	0	240	41	2	16	7		X	X	X	X				Almonds	
1/2 Spicy Devil Bagel Topper	3.2 oz	90	230	70	8	4	0	25	710	31	1	4	7		X	X	X						
1/2 Berry Goodness Bagel Topper	3.9 oz	111	250	50	6	3	0	15	290	44	2	13	6		X	X	X	X				Almonds	
<b>Egg Sandwiches - Classic ^nutrition and allergen information shown is made on plain bagel. Please refer to bagel section for details on your selected bagel</b>																							
Applewood Bacon & Cheddar ^	8.5 oz	242	540	200	22	9	0	360	1250	56	2	6	28	X	X	X	X						





	Serving Size	Weight (g.)	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Hazelnut Mocha, Hot	16 fl oz		350	80	9	5	0	30	25	59	1	53	11		X			X					Hazelnuts
	20 fl oz		420	90	10	6	0	35	30	73	2	66	13										
Hazelnut Mocha, Iced	16 fl oz		280	80	9	5	0	35	20	44	1	41	8		X			X					Hazelnuts
	24 fl oz		390	90	10	6	0	40	25	64	1	59	10										
Hazelnut Mocha, Frozen	16 fl oz		340	90	10	6	0	35	70	63	1	59	3		X			X					Hazelnuts
	24 fl oz		520	120	13	8	0	45	110	98	1	93	5										
<b>Classic (made with 2% milk)</b>																							
Latte, Hot	12 fl oz		120	40	4.5	3	0	20	0	11	0	11	8		X								
	16 fl oz		150	50	6	3.5	0	25	0	14	0	14	10										
	20 fl oz		170	60	7	4	0	25	0	17	0	16	12										
Latte, Iced	16 fl oz		140	50	5	3.5	0	20	0	14	0	13	10		X								
	24 fl oz		190	60	7	4.5	0	30	5	18	0	18	13										
Latte, Frozen	16 fl oz		300	110	12	7	0	45	90	46	0	45	4		X								
	24 fl oz		410	140	15	9	0	55	125	65	0	64	5										
Mocha, Hot	12 fl oz		270	70	7	4.5	0	25	25	43	2	36	9		x								
	16 fl oz		350	80	9	5	0	30	35	59	2	50	12										
	20 fl oz		430	90	10	6	0	35	40	74	3	63	14										
Mocha, Iced	16 fl oz		410	130	15	9	0	55	45	62	2	52	10		X								
	24 fl oz		570	150	17	10	0	60	65	93	4	78	14										
Mocha, Frozen	16 fl oz		410	100	11	7	0	35	95	77	2	68	4		X								
	24 fl oz		680	150	16	10	0	50	170	132	3	117	7										
Chai Tea Latte, Hot	12 fl oz		200	40	4.5	3	0	20	5	31	0	30	8		x								
	16 fl oz		250	50	6	3.5	0	25	5	40	0	35	10										
	20 fl oz		310	60	7	4.5	0	30	10	50	0	48	12										
Chai Tea Latte, Iced	16 fl oz		240	50	5	3.5	0	20	10	40	0	38	10		X								
	24 fl oz		320	60	7	5	0	30	15	51	0	49	13										
Chai Tea Latte, Frozen	16 fl oz		340	60	7	4.5	0	25	85	67	0	66	4		X								
	24 fl oz		460	90	10	6	0	35	115	90	0	88	5										
Cappuccino, Hot	12 fl oz		90	30	3.5	2	0	15	0	9	0	9	6		x								
	16 fl oz		120	45	5	3	0	20	0	12	0	12	9										
	20 fl oz		160	50	6	3.5	0	25	0	15	0	15	11										
Vanilla Hazelnut Blender	18 fl oz		350	90	10	6	0	35	70	62	0	61	3		X			X					Hazelnut
Caramel Blender	18 fl oz		480	100	11	7	0	40	220	90	0	83	5		X								
<b>Smoothies &amp; Juice</b>																							
Strawberry Banana Smoothie	18 fl oz		380	5	0.5	0	0	0	130	92	1	79	5		X								
Mixed Berry Smoothie	18 fl oz		390	5	0.5	0	0	0	95	97	1	88	3		X								
Orange Juice	16 fl oz		230	15	1.5	0	0	0	0	54	0	48	4										
	24 fl oz		340	20	2	0	0	0	5	81	0	72	5										
Lemonade	16 fl oz		170	0	0	0	0	0	10	47	0	43	0										
	24 fl oz		260	0	0	0	0	0	20	70	0	65	0										
Strawberry Lemonade	16 fl oz		220	0	0	0	0	0	10	57	0	54	0										
	24 fl oz		320	0	0	0	0	0	15	84	0	82	0										
Blackberry Lemonade	16 fl oz		290	0	0	0	0	0	20	76	0	72	0										
	24 fl oz		410	0	0	0	0	0	25	107	0	101	0										
<b>Coffee, Hot Tea &amp; Cocoa</b>																							
Coffee (R, M, L)	12-20oz	355ml-591ml	5	0	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	0										
Iced Coffee (Medium and Large)	16 fl oz-24 fl oz	473 ml-709 ml	5	0	0	0	0	0	0	0	0	0	0										
Hot Tea	16 fl oz-24 fl oz	473 ml-709 ml	5	0	0	0	0	0	0	0	0	0	0										
Green Tea, iced/ sweetened	16 fl oz	473ml	35	0	0	0	0	0	10	9	0	9	0										
	24 fl oz	709 ml	50	0	0	0	0	0	15	13	0	13	0										
Black Tea	16 fl oz	473ml	5	0	0	0	0	0	0	0	0	0	0										
	24 fl oz	709 ml	5	0	0	0	0	0	0	0	0	0	0										
Hot White Chocolate	12 fl oz	355 ml	300	90	10	6	0	40	100	43	0	39	9										
	16 fl oz	473 ml	390	110	12	7	0	45	140	59	0	54	12		x								
	20 fl oz	591ml	470	120	13	8	0	50	180	74	0	68	14										
Hot Cocoa	12 fl oz	355 ml	270	70	7	4.5	0	25	25	43	2	36	9										
	16 fl oz	473 ml	350	80	9	5	0	30	35	59	2	50	12		x								
	20 fl oz	591ml	430	90	10	6	0	35	40	74	3	63	14										

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

<sup>2</sup> Cold Smoked Salmon is raw, consuming raw or undercooked seafood may result in foodborne illness.

<sup>3</sup> 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](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.

DATE	UPDATE	ID
5/27/2015	Updated nearly all nutrition values. Drinks, re-built values with floz, historically weight oz... updated ingredinet values. Food, standardized ingredient values, corrected yields, updated recipes	AD
5/12/2015	Added for License: Vanilla Latte (H, I, F), Tortilla, Multigrain Bread.Santa Fe wrap, Hummus Veg out, Deli (turkey, Ham, tuna and chicken), Thin Buffalo Chx, Buffalo chx & Bacon Flt Brd, Buff Chix & Bacon Tost, BBQ Chx Tost, Roasted Veggie Tosti. Updated Nutrition for, ALL License items	AD
5/6/2015	Added Berry goodness, herbivore, spicy devil and nutty monkey bagel topper, deleted SW Turkey Club per mktg request	AD
4/29/2015	Added potato and multigrain rolls	AD
4/28/2015	Updated Hot chocolate and white chocolate to new recipes	AD
4/22/2015	"Checked in" and saved a copy for M3 2015	AD
4/20/2015	Deleted: "Sheets impacted column from history. Added: Hot Tea, Van Haznut & Caramel blender, Smk Salmon Salad, Fruit and Yog & greek yogurt parfait. Changed: Ham Swiss bagel to plain,	AD
4/7/2015	changed turkey club paninni sugar from 40 to 4, Pizza Bagel from 100 to 1000	AD
2/23/2015	Added egg to cin sug cluster	AD
2/7/2015	Updated bacon items to half pieces, reformatted to match menu	AD
2/5/2015	Added M3 Items/ Item changes	CD
2/5/2015	Added Other Spread list	CD
2/4/2015	Added flatbreads to item list	AD
1/9/2015	Revised Additional info column, Was un-hid.	AD
1/8/2015	allergen inline w/ nutrition.	AD
1/7/2015	Added Hazelnut Mocha(hot,iced,frozen	CD
8/21/2014	Added Napa Valley & Bavarian Chicken	CD
8/21/2014	Added All Pumpkin Products	CD
7/22/2014	Changed CC portion size from 1.25oz to 1.5oz	CD
12/20/2013	Updated All Bacon to Thick Slice	CD
12/20/2013	Updated all Icing to White n Glossy	CD
12/20/2013	Updated all Cookies to Fiera Recipes	CD
12/10/2013	Updated All Asparagus Recipes	CD
12/10/2013	Updated All Chicken Products	CD
12/4/2013	Deleted SW Veggie Soup	CD
12/4/2013	Deleted Blueberry & Cinnamon Chip Scones	CD
5/31/2013	Revised nutritionals for Caramel Blender (New Jet Dairy Base)	CP
5/31/2013	Revised nutritionals for Vanilla Hazelnut Blender (New Jet Dairy Base)	CP
5/31/2013	Revised nutritionals for Nova Lox & Bagel (New Primary Lox Supplier)	CP
5/31/2013	Revised nutritionals for Tasty Turkey on Asiago Bagel (Sprout Removal)	CP
5/31/2013	Revised nutritionals for Veg Out® on Sesame Seed Bagel (Sprout Removal)	CP
5/31/2013	Revised weight for White Bagel Thin weight from 57g to 50g	CP
5/31/2013	Revised nutritionals for Whole Wheat bagel thin (Reformulation)	CP
5/31/2013	Added nutritionals/allergens for Chocolate Brownie (New item)	CP
5/31/2013	Added nutritionals/allergens for Cherry Pastry (New item)	CP
5/31/2013	Added nutritionals/allergens for Asiago Garlic Bagel Cluster (New item)	CP
5/31/2013	Added nutritionals/allergens for Cinnamon Sugar Bagel Cluster (New item)	CP
5/31/2013	Added nutritionals/allergens for Mixed Berry Smoothie (New item)	CP
5/31/2013	Added nutritionals/allergens for Bagel Thin Club (New item)	CP
5/31/2013	Added nutritionals/allergens for Bbacon & Cheese Eggwhite Panini (New item)	CP
4/9/2013	Deleted Garden Herb Turkey Bagel Thin Sandwich	HB
4/9/2013	Deleted Ultimate Blueberry Smoothie	HB
1/21/2013	Added Bread Speciality category	HB/CP
1/21/2013	Added Challah roll	HB/CP
1/21/2013	Added Ciabatta	CP
1/21/2013	Added Multigrain bread	CP
1/21/2013	Added blueberry Scone	HB/CP
1/21/2013	Added Cinnamon Oatmeal Bagel	HB/CP
1/21/2013	Added Snickerdoodle Cookie	HB/CP
1/8/2013	Removed Apple & Cinnamon Oatmeal Bagel	HB/CP
1/8/2013	Removed Peach Tea	HB/CP
1/8/2013	Removed Peach Lemonade	HB/CP
1/8/2013	Removed Peach Arnold Palmer	HB/CP
1/8/2013	Removed 3 Pizza Bagel	HB/CP
1/8/2013	Removed Peanut Butter Power Popper	HB/CP

1/8/2013	Removed Apple Cinnamon Coffee Cake	HB/CP
1/8/2013	Removed Mixed Berry Coffee Cake	HB/CP
1/8/2013	Removed Chocolate Mudslide Cookie	HB/CP
1/8/2013	Removed Oatmeal Raisin Cookie	HB/CP
1/8/2013	Removed Marshmallow Crispy Treat	HB/CP
1/8/2013	Removed Oatmeal Chocolate Chip Muffin	HB/CP
12/21/2012	Added Chicken Noodle soup in cup portion	CP
12/21/2012	Added Turkey Chili in cup portion	CP
12/21/2012	Updated Hearty Vegetable with SW Veggie w/ Quinoa and added nutritionals	CP
12/21/2012	Added SW Veggie w/ Quinoa cup portion	CP
12/21/2012	Changed Power Bar name to Protein Power Bar and added updated nutritionals.	CP
12/21/2012	Changed serving size of yogurt and fruit parfait to 10.5oz from 8oz and updated nutritionals.	CP
12/21/2012	Added Café Mocha's (all sizes) to form along with nutritionals	CP
12/21/2012	Checked items (Breakfast creations) that were incorrect on menu boards and they were correct on this sheet	CP
6/1/2012	Updated Honey whole wheat to 100% whole wheat with honey and added new nutritional information.	
5/1/2012	Changed Name of Southwest Turkey Sausage Panini to Green Chili and Turkey Susage Panini	
4/30/2012	updated cinnamon twist	
4/3/2012	updated salad to straw chicken and half servings, added chicken caesar wrap	
3/30/2012	updated recipes with spicy roasted tomato for sulfites	
3/26/2012	updated halliburton ingredients	
1/31/2012	Updated for sulfites from the balsamic vin.	
1/10/2012	updated muffins with Fiera mufins	
1/9/2012	updated bacon to 10 g serving	
12/21/2011	updated green tea	
12/20/2011	Removed ingredient statements	
12/13/2011	Removed chicken and cheddar wrapper	
12/9/2011	U[updated tuna salad and chicken salad sandwiches to 3 oz of meat	
11/29/2011	Fiexed the name of lto items, added oatmeal deli turkey	
11/28/2011	upadted chipotle wrap for light dressing, black russian bagel	
11/28/2011	removed sandwich fillings, condiments, and coffee in whole and skim, and coffee extras, fountain beverages, speciality bread	
11/27/2011	Eliminated the turkey tornado wrap	
11/21/2011	Removed blueberry muffin poppers and choc chunk bites	
11/17/2011	Added oatmeal single, oatmeal bagel, oatmeal gourmet bagel	
11/14/2011	Removed bagel croutons, candied walnuts	
11/14/2011	Removed soy allergen from caramel and hot chocloate	
11/14/2011	Added winter fruit cup	
11/14/2011	Removed Three Cheese Blend from Egg and subsituted 2% milk for whole milk	
11/14/2011	Removed Caesar Salad, Southwest Salad, and Bros. Bistor salad and added new chopped salads and dressing	
11/14/2011	Added hearty vegetable soup, substituted cranberry almond chicken salad for light chicken salad	
10/27/2011	updated chai tea to contain sulfites	
10/11/2011	updated fruit salad	
9/27/2011	Does not include three cheese blend removal from eggs since license has this until jan. 1 2012	
9/27/2011	added vanilla hazelnut latte and changed teas to gold peak	
9/27/2011	combined ingredient statements for commissary candied walnut and commissary candied walnuts.	
9/27/2011	updated ham and turkey with lactates to account for sliced lunch meat in non commissary stores	
8/12/2011	Updated ranch in deluxe chef saladand garden salad to light ranch	
8/12/2011	updated chocolate chips on coffee cake	
8/10/2011	Added chicken and cheddar bagel wrapper	
8/9/2011	Moved pumpernickel, and everything bagel to the classic section	
8/2/2011	Removed the chicken apple sausage	
8/1/2011	Updated strawberry blenders to account for ice cream mix from Coke	
7/21/2011	Updated gorgonzola cheese.	

7/20/2011	updated chicken to all natural	
7/19/2011	updated cheese portions to 0.5 oz on all sliced non cheddar items	
6/30/2011	updated poppers	
6/29/2011	Updated flour in bagels to enriched unbleached flour	
6/14/2011	Updated to include pan release spray on gourmet bagels, baked bread, eggs, coffe cakes.	
6/13/2011	Updated iced lattes and mochas	
6/8/2011	<b>kept soy as allergen on caramel macchiato and caramel blender until caramel plate scrapers is out of the system, kept soy in hot chocolate until</b>	
6/8/2011	Updated wraps with salad blend	
6/7/2011	Updated wilberry yogurt chiller to reflect Schreiber yogurt	
6/7/2011	updated challah weigh to 3.25 oz	
6/1/2011	Updated for salad blend, updated license for full fat ranch, updated for light ranch	
5/20/2011	Updated for chai tea concentrate from Republic of Tea	
5/12/2011	Updated parfait to Schreiber yogurt, updated bacon to Hormel fast and easy	
5/11/2011	Updated allergens on plain and wheat bagel thins, updated ciabatta ingredient statement	
5/6/2011	Changed orange juice ingredient statement, blackberry lemonade, turkey turnado (light ranch)	
4/26/2011	Changed to 12 pt type	
4/25/2011	Updated yogurt parfait to included Dannon Light and Fit.	
4/7/2011	update coffee program and syrups- still need to add white mocha and update caramel machiatto nutrition and ingred. Statement	
4/6/2011	Updat e for light mayo, 57 g of bagel thins	
4/5/2011	Pennant icing update, low fat milk update, bagel thin singles update	
4/19/2009	Updated chicken salad	
3/16/2009	Updated the wild berry blended drink for morningstar yogurt.	
2/8/2009	updated to morningstar yogurt, replaced Dannon	
1/19/2009	updated strawberry CC ing dec per guest comment	
12/8/2008	Added Double Topped for T1 2009	
11/24/2008	updated pumpernickel - change in formulation	
11/7/2008	added italian wedding soup	
11/3/2008	updated mixed berry coffee cake - included blackberries	
9/30/2008	udpated info with Ancho Salsa	
9/23/2008	updated bagel dogs - hot dog reduction	
9/2/2008	updated yogurt to new revised formula from Dannon	
8/25/2008	updated nutritional for yogurt with blackberries / strawberries	
7/28/2008	added all frozen drinks back in - not sure where they went	
7/25/2008	updated bagel cost reduction items	
7/24/2008	updated bagel cost reduction items	
6/13/2008	updated reuben / rachel - nnyb	
6/4/2008	updated blueberry pits to bits	
5/19/2008	updated blue and SDT cC back into menu	
16-May	updated gorg cheese ing dec	
14-May	updated hummus info	
14-May	updated garlic bagel to include sesame seeds	
5/12/2008	updated guide to Perdue chick 9494, corrected gorg ingredeint dec	
N/A	updated pizza bagel ing dec, plain bagel did not include cornmeal.	
N/A	updated info w/ Ancho Mayo	
N/A	still need to remove soy from hot chocolate (kept as allergen because it is in the old powder, ingred. Statement is updated)	
N/A	still need to update chai tea nutritionals (did not yet update since numbers are lower for new program)	
N/A	updated carmel blender nutrition but not ingredient statement (due to soy allergen-need to do once out of system)	
N/A	have not updated iced mochas or lattes nutrition or ingred. Statement because sizes are different	
N/A	have not updated chai tea because numbers are lower in new program and base may change	
N/A	Added Grab and Go items for license	
N/A	<b>all powder is out of the system</b>	
N/A	need to remove cheese from the egg	
N/A	make M1 changes	
N/A	Updated Good Grains to 9 Grain and added new nutritional information.	





