



## Nutrition & Allergen Information

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.



Category	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)	Caffeine (mg)
Beverage Item												
Americano, hot	small	344	0	0	0	0	1	0	10	0	0	180
	medium	457	0	0	0	0	2	0	15	0	0	270
	large	570	5	0	0	0	2	0	20	0	0	360
Americano, iced	small	287	0	0	0	0	2	0	15	0	0	270
	medium	363	5	0	0	0	2	0	20	0	0	360
	large	439	5	0	0	0	3	0	25	0	0	450
Berry White Mocha, hot	XL	574	5	0	0	0	3	0	30	0	0	540
	small	310	470	27	18	0	75	7	48	95	48	185
	medium	370	600	32	19	0	80	9	66	125	66	185
Berry White Mocha, iced	large	468	730	37	23	0	85	12	85	160	84	275
	small	369	250	4.5	2.5	0	15	7	47	110	44	90
	medium	458	330	5	3	0	15	8	64	140	60	180
Berry White Mocha, cooler	large	547	400	6	3.5	0	20	9	80	160	75	270
	XL	733	570	8	4.5	0	25	11	116	230	108	360
	small	525	620	20	13	0	85	3	101	210	94	105
Blended Juice BOUst - Blackberry Lemonade	medium	652	740	21	14	0	70	4	127	270	118	130
	large	779	860	23	15	0	70	5	153	320	142	155
	XL	1034	1100	25	17	0	75	7	204	430	190	205
Blended Juice BOUst - Chery Limeade	small	459	170	0	0	0	1	39	15	33	0	105
	medium	581	210	0	0	0	1	48	20	41	0	210
	large	703	250	0	0	0	1	57	20	48	0	310
Blended Juice BOUst - Dragon Fruit	XL	947	330	0	0	0	1	76	30	64	0	415
	small	456	150	0	0	0	0	36	35	33	0	105
	medium	577	180	0	0	0	0	45	45	40	0	210
Blended Juice BOUst - Spicy Pineapple	large	698	220	0	0	0	0	53	50	48	0	310
	XL	941	290	0	0	0	1	71	70	64	0	415
	small	447	170	0	0	0	0	1	38	35	30	105
Blended Juice BOUst - Strawberry Mango	medium	566	200	0	0	0	1	46	45	36	1	210
	large	686	240	0	0	0	1	55	50	43	1	310
	XL	924	320	0	0	0	1	73	70	57	1	415
Breve, hot	small	471	270	0	0	0	1	67	45	53	1	105
	medium	596	330	0	0	0	1	82	60	65	1	210
	large	721	390	0	0	0	2	97	70	78	1	310
Breve, iced	XL	971	530	0	0	0	2	129	90	103	1	415
	small	459	170	0	0	0	1	41	20	33	0	105
	medium	581	210	0	0	0	1	50	25	41	0	210
Cappuccino	large	703	250	0.5	0	0	2	59	30	48	0	310
	XL	947	340	0.5	0	0	2	79	45	64	0	415
	small	318	310	28	17	0	90	8	10	110	0	180
Campfire Mocha, hot	medium	438	470	42	26	0	135	12	15	160	1	180
	large	537	550	49	30	0	155	14	18	190	1	270
	XL	721	650	54	34	0	175	16	20	210	1	360
Campfire Mocha, iced	small	436	270	24	15	0	80	7	9	95	0	180
	medium	519	290	26	16	0	85	8	10	110	0	270
	large	693	390	35	22	0	110	11	13	140	0	360
Campfire Mocha, cooler	XL	941	530	0	0	0	2	97	70	78	1	415
	small	459	170	0	0	0	1	41	20	33	0	105
	medium	581	210	0	0	0	1	50	25	41	0	210
Caramel Cooler	large	703	250	0.5	0	0	2	59	30	48	0	310
	XL	947	340	0.5	0	0	2	79	45	64	0	415
	small	318	310	28	17	0	90	8	10	110	0	180
Caramel High Rise, hot	medium	438	470	42	26	0	135	12	15	160	1	180
	large	537	550	49	30	0	155	14	18	190	1	270
	XL	721	650	54	34	0	175	16	20	210	1	360
Caramel High Rise, iced	small	436	270	24	15	0	80	7	9	95	0	180
	medium	519	290	26	16	0	85	8	10	110	0	270
	large	693	390	35	22	0	110	11	13	140	0	360
Caramel High Rise, cooler	XL	941	530	0	0	0	2	97	70	78	1	415
	small	459	170	0	0	0	1	41	20	33	0	105
	medium	581	210	0	0	0	1	50	25	41	0	210
Chocolate Cooler	large	703	250	0.5	0	0	2	59	30	48	0	310
	XL	947	340	0.5	0	0	2	79	45	64	0	415
	small	318	310	28	17	0	90	8	10	110	0	180
Classic Chai Tea Latte, hot	medium	438	470	42	26	0	135	12	15	160	1	180
	large	537	550	49	30	0	155	14	18	190	1	270
	XL	721	650	54	34	0	175	16	20	210	1	360
Classic Chai Tea Latte, iced	small	436	270	24	15	0	80	7	9	95	0	180
	medium	519	290	26	16	0	85	8	10	110	0	270
	large	693	390	35	22	0	110	11	13	140	0	360
Coffee Cooler	XL	941	530	0	0	0	2	97	70	78	1	415
	small	459	170	0	0	0	1	41	20	33	0	105
	medium	581	210	0	0	0	1	50	25	41	0	210
Coffee of the Day	large	703	250	0.5	0	0	2	59	30	48	0	310
	XL	947	340	0.5	0	0	2	79	45	64	0	415
	small	318	310	28	17	0	90	8	10	110	0	180
Cold Press Iced Coffee	medium	438	470	42	26	0	135	12	15	160	1	180
	large	537	550	49	30	0	155	14	18	190	1	270
	XL	721	650	54	34	0	175	16	20	210	1	360
Cookies & Cream Coffeeless Cooler	small	436	270	24	15	0	80	7	9	95	0	180
	medium	519	290	26	16	0	85	8	10	110	0	270
	large	693	390	35	22	0	110	11	13	140	0	360
Crafted Press, hot	XL	941	530	0	0	0	2	97	70	78	1	415
	small	459	170	0	0	0	1	41	20	33	0	105
	medium	581	210	0	0	0	1	50	25	41	0	210
Crafted Press, iced	large	703	250	0.5	0	0	2	59	30	48	0	310
	XL	947	340	0.5	0	0	2	79	45	64	0	415
	small	318	310	28	17	0	90	8	10	110	0	180
Depth Charge	medium	438	470	42	26	0	135	12	15	160	1	180
	large	537	550	49	30	0	155	14	18	190	1	270
	XL	721	650	54	34	0	175	16	20	210	1	360
Espresso	small	436	270	24	15	0	80	7	9	95	0	180
	medium	519	290	26	16	0	85	8	10	110	0	270
	large	693	390	35	22	0	110	11	13	140	0	360
Espresso Cooler	XL	941	530	0	0	0	2	97	70	78	1	415
	small	459	170	0	0	0	1	41	20	33	0	105
	medium	581	210	0	0	0	1	50	25	41	0	210

Espresso Cooler	large	698	370	7	6	0	0	3	76	210	67	0	255
	XL	943	510	9	8	0	0	4	105	280	93	0	350
	small	505	730	38	24	0	120	10	89	330	61	7	0
Frozen Hot Chocolate	medium	627	920	43	28	0	130	13	123	450	84	11	0
	large	749	1100	48	31	0	140	16	157	580	107	14	0
	XL	938	1400	51	34	0	140	21	223	810	153	21	0
Hot Chocolate	small	298	450	29	18	0	85	10	35	120	34	1	10
	medium	441	610	37	23	0	95	15	52	180	50	1	15
	large	493	720	43	27	0	105	18	65	210	62	1	20
Hot Tea - Chamomile Mint	small	355	0	0	0	0	0	0	0	0	0	0	0
	medium	474	0	0	0	0	0	0	0	0	0	0	0
	large	592	0	0	0	0	0	0	0	0	0	0	0
Hot Tea - Earl Grey	small	355	0	0	0	0	0	0	0	0	0	0	85
	medium	474	0	0	0	0	0	0	0	0	0	0	85
	large	592	0	0	0	0	0	0	0	0	0	0	170
Hot Tea - Hot Cinnamon Spice	small	355	0	0	0	0	0	0	0	0	0	0	85
	medium	474	0	0	0	0	0	0	0	0	0	0	85
	large	592	0	0	0	0	0	0	0	0	0	0	170
Hot Tea - Orange Buzz	small	355	0	0	0	0	0	0	0	0	0	0	80
	medium	474	0	0	0	0	0	0	0	0	0	0	80
	large	592	0	0	0	0	0	0	0	0	0	0	85
Hot Tea - Organic Black	small	355	0	0	0	0	0	0	0	0	0	0	85
	medium	474	0	0	0	0	0	0	0	0	0	0	85
	large	592	0	0	0	0	0	0	0	0	0	0	170
Hot Tea - Raspberry Hibiscus Green	small	355	0	0	0	0	0	0	0	0	0	0	45
	medium	474	0	0	0	0	0	0	0	0	0	0	45
	large	592	0	0	0	0	0	0	0	0	0	0	90
Hot Tea - Turmeric Ginger	small	355	0	0	0	0	0	0	0	0	0	0	0
	medium	474	0	0	0	0	0	0	0	0	0	0	0
	large	592	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Classic Black	small	345	0	0	0	0	0	0	0	0	0	0	80
	medium	431	0	0	0	0	0	0	0	0	0	0	100
	large	517	0	0	0	0	0	0	0	0	0	0	120
Iced Tea - Mango Black	XL	690	0	0	0	0	0	0	0	0	0	0	160
	small	345	0	0	0	0	0	0	0	0	0	0	80
	medium	431	0	0	0	0	0	0	0	0	0	0	100
Iced Tea - Tropical Green	large	517	0	0	0	0	0	0	0	0	0	0	120
	XL	690	0	0	0	0	0	0	0	0	0	0	160
	small	345	0	0	0	0	0	0	0	0	0	0	80
Kids Cookies & Cream Coffeeless Cooler	medium	431	0	0	0	0	0	0	0	0	0	0	80
	large	517	0	0	0	0	0	0	0	0	0	0	100
	XL	690	0	0	0	0	0	0	0	0	0	0	120
Kids Frozen Hot Chocolate	small	345	0	0	0	0	0	0	0	0	0	0	80
	medium	431	0	0	0	0	0	0	0	0	0	0	100
	large	517	0	0	0	0	0	0	0	0	0	0	120
Kids Hot Chocolate	XL	690	0	0	0	0	0	0	0	0	0	0	160
	small	345	0	0	0	0	0	0	0	0	0	0	80
	medium	431	0	0	0	0	0	0	0	0	0	0	100
Kids Silly Soda	large	517	0	0	0	0	0	0	0	0	0	0	120
	XL	690	0	0	0	0	0	0	0	0	0	0	160
	small	345	0	0	0	0	0	0	0	0	0	0	80
Kids Strawberry Banana Smoothie	medium	431	0	0	0	0	0	0	0	0	0	0	80
	large	517	0	0	0	0	0	0	0	0	0	0	100
	XL	690	0	0	0	0	0	0	0	0	0	0	120
Latte, hot	small	322	120	5	3	0	20	9	11	110	11	0	180
	medium	444	180	7	4.5	0	30	13	17	160	17	0	180
	large	544	220	9	5	0	35	16	20	190	20	0	270
Latte, iced	small	322	120	5	3	0	20	9	11	110	11	0	180
	medium	444	180	7	4.5	0	30	13	17	160	17	0	180
	large	544	220	9	5	0	35	16	20	190	20	0	270
Macchiato	XL	356	100	4	2.5	0	15	7	9	85	9	0	90
	small	439	110	4.5	2.5	0	15	8	10	100	10	0	180
	medium	523	120	4.5	3	0	20	9	11	110	11	0	270
Malted Mocha, hot	large	698	160	6	4	0	25	12	14	150	14	0	360
	small	280	500	28	17	0	80	9	51	115	46	1	190
	medium	330	650	34	21	0	85	12	74	160	68	1	195
Malted Mocha, iced	large	418	810	41	25	0	90	15	97	200	86	2	290
	small	374	280	6	3.5	0	20	9	50	150	45	1	90
	medium	466	390	7	4.5	0	25	11	72	200	63	1	180
Malted Mocha, cooler	large	559	490	8	5	0	30	13	93	250	81	1	270
	XL	706	690	11	6	0	35	16	136	330	118	2	360
	small	512	620	21	14	0	75	6	98	250	89	1	105
Mint Condition Mocha, hot	medium	635	760	23	15	0	80	8	127	320	114	1	125
	large	758	900	25	16	0	80	9	158	390	140	2	145
	XL	1004	1180	29	19	0	90	13	213	520	190	2	185
Mint Condition Mocha, iced	small	323	530	31	20	0	75	8	54	95	53	1	190
	medium	384	670	37	24	0	80	10	73	125	75	1	195
	large	485	810	43	28	0	90	13	92	160	90	1	290
Mint Condition Mocha, cooler	small	369	250	4.5	3	0	15	7	47	115	45	0	90
	medium	459	330	5	3.5	0	20	8	64	140	61	0	180
	large	549	400	6	4	0	20	9	80	170	76	1	270
Mocha, hot	XL	733	570	9	5	0	30	11	116	240	110	1	360
	small	528	650	24	16	0	70	3	103	210	97	1	195
	medium	656	780	25	17	0	70	4	128	270	122	1	130
Mocha, iced	large	784	900	27	19	0	75	5	154	320	146	1	155
	XL	1039	1140	30	21	0	80	7	206	430	194	1	205
	small	284	410	28	17	0	75	8	31	90	29	1	190
Nitro Cold Press	medium	336	520	34	21	0	80	10	43	120	41	1	195
	large	427	630	40	24	0	90	13	56	150	54	1	290
	small	363	190	5	3	0	20	7	30	125	28	0	90
Nitro High Rise	medium	450	240	6	4	0	20	9	41	150	38	0	180
	large	538	300	7	4.5	0	25	10	51	190	48	1	270
	XL	719	430	10	6	0	35	13	75	260	70	1	360
Nitro Mocha	small	453	25	0	0	0	0	2	3	0	0	0	320
	medium	544	570	25	15	0	95	9	74	350	59	0	205
	large	497	320	7	4.5	0	25	10	54	180	48	1	160
Nitro Turtle Mocha	small	540	510	24	14	0	90	10	58	180	50	0	205
	medium	349	90	0.5	0	0	5	9	20	140	12	0	180
	large	480	140	1	0	0	5	14	28	200	18	0	190
Northern Lite Latte, hot	XL	589	160	1	0.5	0	10	16	34	240	21	0	270
	small	360	70	0	0	0	5	7	16	100	9	0	90
	medium	446	70	0	0	0	5	7	20	110	9	0	180
Northern Lite Latte, iced	large	531	80	0.5	0	0	5	8	23	120	9	0	270
	XL	708	100	0.5	0	0	5	11	31	160	12	0	360
	small	521	140	0	0	0	0	0	36	0	35	0	30
Sparkling Green Tea Lemonade	medium	678	210	0	0	0	0	0	54	5	52	0	45
	large	835	280	0	0	0	0	0	72	10	69	0	60
	XL	971	420	0	0	0	0	0	107	10	104	0	90
Sparkling Juice BOUst - Blackberry Lemonade	small	359	45	0	0	0	0	0	10	5	9	0	105
	medium	450	70	0	0	0	0	0	15	10	13	0	210
	large	540	90	0	0	0	0	0	20	10			

	XL	919	5	0	0	0	0	0	0	20	0	0	415
Spiced Chai Tea Latte, hot	small	322	270	5	3	0	20	8	47	190	38	0	40
	medium	470	380	7	4.5	0	30	12	64	270	53	0	50
	large	557	450	9	5	0	35	14	79	330	65	0	65
Spiced Chai Tea Latte, iced	small	372	230	3.5	2	0	15	6	44	160	35	0	40
	medium	466	300	4.5	2.5	0	15	7	57	210	46	0	50
	large	559	370	5	3	0	20	9	71	250	56	0	65
Strawberry Banana Smoothie	XL	747	500	7	4	0	25	11	98	350	78	0	90
	small	469	280	0	0	0	0	1	68	25	61	5	0
	medium	594	360	0	0	0	0	1	85	30	77	6	0
Turtle Mocha, hot	large	718	430	0	0	0	0	2	102	35	92	7	0
	XL	968	570	0	0	0	0	2	136	50	123	0	0
	small	350	640	34	21	0	99	9	72	260	63	1	190
Turtle Mocha, iced	medium	420	800	41	26	0	100	12	96	330	84	1	195
	large	528	970	49	31	0	110	16	120	410	104	2	290
	small	373	340	8	5	0	30	7	60	250	52	0	90
Turtle Mocha, cooler	medium	464	440	10	7	0	35	8	81	320	69	0	180
	large	555	550	12	8	0	40	10	102	390	87	1	270
	XL	744	780	17	11	0	55	13	146	550	125	1	360
Vanilla Cooler	small	538	760	28	18	0	85	5	120	400	105	1	90
	medium	667	910	30	20	0	95	6	149	500	130	1	115
	large	796	1050	33	22	0	100	8	178	600	156	1	135
Vanilla White Mocha, hot	XL	1053	1350	39	26	0	115	10	236	790	206	2	175
	small	515	510	19	12	0	60	2	77	180	74	0	130
	medium	639	590	20	13	0	60	2	95	220	91	0	165
Vanilla White Mocha, iced	large	763	680	21	14	0	60	3	113	260	109	0	200
	XL	1011	850	23	16	0	60	3	149	340	143	1	265
	small	309	470	27	16	0	75	7	48	95	48	0	185
Vanilla White Mocha, cooler	medium	369	600	32	19	0	80	9	66	125	66	0	185
	large	468	730	37	23	0	85	12	87	160	84	0	275
	small	368	250	4.5	2.5	0	15	7	47	110	44	0	90
Vanilla White Mocha, cooler	medium	457	320	5	3	0	15	8	63	140	60	0	180
	large	547	400	6	3.5	0	20	9	80	160	75	0	270
	XL	730	570	8	4.5	0	25	11	116	230	108	0	360
Fa La Latte, hot	small	524	620	20	13	0	65	3	101	210	94	0	105
	medium	651	740	21	14	0	70	4	127	270	118	0	130
	large	778	860	23	15	0	70	5	152	320	142	0	155
Fa La Latte, iced	XL	1033	1100	25	17	0	75	7	204	430	190	1	205
	small	380	490	25	18	0	75	8	55	160	43	1	180
	medium	511	650	31	23	0	80	11	81	240	64	1	180
Ho Ho Mint Mocha, hot	large	615	740	34	25	0	85	13	95	280	75	1	270
	small	370	270	9	8	0	10	6	43	130	34	0	90
	medium	455	290	10	8	0	10	7	47	140	37	0	180
Ho Ho Mint Mocha, iced	large	540	320	11	9	0	15	8	50	160	39	1	270
	XL	720	420	14	12	0	15	10	67	210	52	1	360
	small	319	510	27	17	0	75	7	56	95	53	0	185
Ho Ho Mint Mocha, cooler	medium	379	640	33	20	0	80	9	74	125	72	0	185
	large	478	770	38	24	0	85	12	93	160	90	0	275
	small	369	250	4.5	2.5	0	15	7	47	110	45	0	90
Nitro Fa La Latte	medium	459	330	5	3	0	15	8	64	140	60	0	180
	large	549	400	6	3.5	0	20	9	81	160	76	0	270
	XL	735	570	8	4.5	0	25	11	116	230	109	0	360
Nitro Ho Ho Mint Mocha	small	528	640	20	13	0	65	3	105	200	97	0	105
	medium	655	760	22	14	0	70	4	131	260	121	0	130
	large	783	880	23	16	0	70	5	157	310	145	0	155
Nitro Spicy Mocha	XL	1038	1120	26	18	0	75	7	209	420	193	1	205
	small	540	490	25	18	0	70	8	55	160	42	1	205
	medium	536	420	19	11	0	75	9	51	135	47	0	205
Spicy Mocha, hot	small	546	490	21	12	0	80	10	67	190	56	1	205
	medium	294	440	28	17	0	75	8	43	95	37	1	190
	large	446	700	40	24	0	90	13	62	160	68	1	290
Spicy Mocha, iced	small	372	230	5	3	0	20	7	43	125	35	0	90
	medium	464	300	6	4	0	20	9	60	160	49	0	180
	large	556	370	7	4.5	0	25	10	77	190	62	1	270
Spicy Mocha, cooler	XL	717	520	9	6	0	30	12	113	250	90	1	360
	small	527	590	21	14	0	70	4	96	240	85	1	125
	medium	658	720	23	15	0	70	5	124	300	108	1	155
Spicy Mocha, cooler	large	788	840	24	16	0	75	6	152	370	132	1	185
	XL	898	1050	27	18	0	80	8	201	470	172	1	225



	Category	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Protein (g)	Total Carbohydrates (g)	Sodium (mg)	Sugars (g)	Fiber (g)
<b>Food Item</b>												
Lemon Poppy Seed Bread	Bakery	116	370	16	5	0	90	5	52	350	29	1
Raspberry White Chocolate Scone	Bakery	95	370	20	12	0.5	50	6	43	220	18	1
Cinnamon Coffee Cake	Bakery	133	530	23	4.5	4	80	5	81	310	60	2
Glazed Donut	Bakery	92	330	12	5	0	0	4	52	280	27	0
Chocolate Glazed Donut	Bakery	107	360	13	5	0	0	5	60	360	32	1
Blueberry Muffin	Bakery	113	410	22	4	0	75	5	50	290	29	1
Birthday Cake Pop	Bakery	34	130	6	2.5	0	25	2	14	100	13	0
Chocolate Cake Pop	Bakery	34	130	6	2.5	0	20	2	14	120	12	1
Cookie Dough Cake Pop	Bakery	34	130	6	2.5	0	20	2	17	110	16	0
Gingerbread	Bakery	116	430	19	6	0	40	4	62	380	33	1
Blueberry Almond Oatmeal	Oatmeal	217	340	8	0.5	0	0	16	54	210	13	9
Classic Oatmeal	Oatmeal	188	260	2.5	0.5	0	0	15	47	170	8	7
Maple Brown Sugar Crunch Oatmeal	Oatmeal	206	320	4	1	0	5	15	57	200	16	7
Chicken Apple Sausage	Breakfast Sandwiches	184	440	21	8	0	210	27	38	860	10	1
Sausage Biscuit	Breakfast Sandwiches	177	590	42	17	0	170	19	33	1310	2	0
Turkey Bacon Mini	Breakfast Sandwiches	106	280	13	4	0	135	13	25	560	1	1
Gluten Free Spinach Artichoke & Provolone	Breakfast Sandwiches	145	420	19	7	0	150	15	40	790	3	1
Turkey Bacon Egg & Swiss	Breakfast Sandwiches	225	420	22	9	0	165	20	37	670	7	3
Bacon Egg & Cheese Bagel	Breakfast Sandwiches	207	610	28	12	0.5	180	32	60	1340	7	4
Gluten Free Spinach & Mushroom Souffle	Breakfast Sandwiches	88	270	21	13	0	225	8	10	430	1	1
Gluten Free Bacon & Gouda Souffle	Breakfast Sandwiches	88	310	24	14	0	245	12	11	530	2	0
Chicken Chorizo Burrito	Breakfast Sandwiches	220	500	21	9	0	245	25	52	1640	3	3
Ham, Egg & Swiss Croissant	Breakfast Sandwiches	198	500	29	14	1	195	25	36	1050	5	1
Beyond Meat® Sausage, Egg & Mozzarella	Breakfast Sandwiches	156	420	20	7	0	130	23	38	770	3	3
Ham, Bacon, Two Eggs & Cheddar	Breakfast Sandwiches	285	730	34	13	0	305	36	66	1480	8	3
Maple Waffle Sandwich	Breakfast Sandwiches	164	460	27	10	0	190	20	35	800	17	1
Plain Bagel	Bagels	105	270	1	0	0	0	10	57	540	6	4
Asiago Bagel	Bagels	105	290	3.5	2	0	10	12	52	590	5	3
Everything Bagel	Bagels	105	280	1.5	0	0	0	10	57	530	6	4
Blueberry Bagel	Bagels	105	280	1	0	0	0	10	59	490	10	4
Plain Bagel & Shmear	Bagels	140	390	13	8	0	35	12	59	655	8	4
Asiago Bagel & Shmear	Bagels	140	410	8	10	0	45	14	54	705	7	3
Everything Bagel & Shmear	Bagels	140	400	14	8	0	35	14	59	645	8	4
Blueberry Bagel & Shmear	Bagels	140	400	13	8	0	35	12	61	605	12	4

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.