

Einstein Brothers Bagels

Low Sodium Spiral



	Factor		Factor
Albuquerque Turkey- Roll-Ups	20	Half Sandwiches Challah Club Med	12
American Cheese	4	Half Sandwiches Challah Cobbie	10
Ancho Lime Mayonnaise	2	Half Sandwiches Challah EBBQ	4
		Chicken Sandwich	
Archo Lime Salsa	6	Half Sandwiches Challah Egg Salad	4
Apple Juice Box	0	Half Sandwiches Challah Ham	8
Asiago Chicken Caesar Salad	14	Half Sandwiches Challah Pastrami	8
Asian Chicken Salad	8	Half Sandwiches Challah Roast Beef	4
Asian Sesame Dressing	6	Half Sandwiches Challah Roasted	4
		Chicken & Smoked Gouda	
Bacon, Pepered	4	Half Sandwiches Challah Smoked	8
		Turkey	
Bagels- 1 each		Half Sandwiches Challah Tuna Salad	4
Bagel Asiago Cheese	6	Half Sandwiches Chicken Salad on 12	6
		Grain Bread	
Bagel Chocolate Chip	6	Half Sandwiches Chicken Salad on	8
		Country White Bread	
Bagel Chopped Garlic	8	Half Sandwiches Egg Salad on 12	4
		Grain Bread	
Bagel Chopped Onion	6	Half Sandwiches Egg Salad on	6
		Country White Bread	
Bagel Cinnamon Raisins Swirl	4	Half Sandwiches Ham on 12 Grain	8
Bagel Cinnamon Sugar	4	Half Sandwiches Ham on Bagel	6
Bagel Cinnamon Sugar, Chicago Style	8	Half Sandwiches Ham on Country	10
		White Bread	
Bagel Cranberry	4	Half Sandwiches Harvest Chicken	6
		Salad on Bread	
Bagel Cranberry-Orange	4	Half Sandwiches Holy Cow on Bagel	8
Bagel Dark Pumpernickel	8	Half Sandwiches Hummis and Feta on	4
		Bagel	
Bagel Egg	6	Half Sandwiches N.Y. Lox and Bagel	6
Bagel Everything	8	Half Sandwiches Roast Beef on 12	6
		Grain Bread	
Bagel Honey Whole Wheat	4	Half Sandwiches Roast Beef on Bagel	4
Bagel Jalapeno	6	Half Sandwiches Roast Beef on	8
		Country White Bread	
Bagel Lucky Green	6	Half Sandwiches Smoked Turkey on	8
		12 Grain Bread	
Bagel Mango	4	Half Sandwiches Smoked Turkey on	6
		Bagel	
Bagel Marble Rye	6	Half Sandwiches Smoked Turkey on	10
		Country White Bread	
Bagel Nutty Banana	6	Half Sandwiches Tasty Turkey on	8
		Bagel	

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Bagel Orange Mango	4	Half Sandwiches Tuna Salad on 12 Grain Bread	4
Bagel Plain	6	Half Sandwiches Tuna Salad on Bagel	6
Bagel Poppy Dip'd	2	Half Sandwiches Tuna Salad on Country White Bread	8
Bagel Potato	6	Half Sandwiches Turkey Pastrami on 12 Grain Bread	100
Bagel Power	4	Half Sandwiches Turkey Pastrami on Bagel	8
Bagel Power with Peanut Butter	8	Half Sandwiches Turkey Pastrami on Country White Bread	12
Bagel Pumpkin	4	Half Sandwiches Turkey Pastrami Reuben on Bagel	12
Bagel Roasted Red Pepper & Pesto	8	Half Sandwiches Ultimate Toasted Cheese on 12 Grain Bread	8
Bagel Salt	18	Half Sandwiches Veg Out on Bread	4
Bagel Sesame Dip'd	8	Ham Sandwiches	14
Bagel Six Cheese	8	Hash Brown Stack	2
Bagel Spicy Nacho	6	Hi C Fruit Punch	0
Bagel Spinach Florentine	8	Hi C Light Pink Lemonade	0
Bagel Sun-Dried Tomato	6	Hi-C Pink Lemonade	0
Bagel Twist	6	Holey Cow Sandwiches	14
Bagel Wild Blueberry	6	Honey Butter	0
Banana Nut Muffin	4	Honey Mustard	0
Black Forrest Muffin	4	Horseradish Sauce Dressing	2
Blueberry Muffin	6	Hot Chocolate	2
Blueberry Scone with Icing	4	Hot Chocolate Lower Fat	2
Bros Bistro Salad	6	Hummus & Feta Sandwiches	8
Butter- Spreads	2	Hummus Retail- Spreads	4
Butter and Margarine Blend Spread	2	Iced Brownie	4
Caesar Dressing	4	Iced Brownie with Walnuts	4
Caesar Side Salad	6	Iced Latte	2
Café Latte-Medium size	2	Iced Latte Non Fat	2
Café Latte-Regular Size	2	Iced Mocha- 16 fluidoz.	2
Café Latte-Large size	2	Iced Mocha Low Fat-16 fluid oz.	2
Cali Club Panini- Paninis	24	Ice Mocha Low Fat- 12 fluid oz. Regular size	2
Cappuccino-Medium size	2	Iced Tea Unsweetened	0
Cappuccino-Regular size	2	Italian Chicken Panini	14
Cappuccino-Large size	2	Lemon Currant Scone	4
Cappuccino with Lowfat Milk-Medium	2		
Cappuccino with Lowfat Milk-Regular	2	Lower Carb 9 Grain Bagel	6
Cappucino with Lowfat Milk- Large	2	Margherita Focaccia	6

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Caramel Apple Latte Low Fat-Medium	2	Marinated Red Onions	2
Caramel Apple Latte Low Fat-Regular	2	Milk Lowfat 2%	2
Caramel Apple Latte Low Fat- Large	2	Minute Maid Country Style Orange Juice	0
Caramel Apple Latte with Skim Milk-Medium	2	Minute Maid Orange Style Lemonade	0
Caramel Apple Latte with Skim Milk-Regular	0	Minute Maid Premium Orange Juice	0
Caramel Apple Latte with Skim Milk-Large-Large	2	Mocha- Medium size	2
Chai with 2% Milk-Medium	2	Mocha- Large size	2
Chai with 2% Milk-Regular	2	Mocha- Regular size	2
Chai with 2% Milk-Large	2	Mocha Low Fat- Medium size	2
Chai with Skim Milk- Regular	2	Mocha Low Fat- Large size	2
Chai with Skim Milk- Medium	2	Mocha Low Fat- Regular size	2
Chai with Skim Milk- Large	2	Mr. Pibb	0
Challah Deli Chicken Salad	10	Mudslide Cookie	2
Challah Deli Club Mex	22	Nestea Peach Iced Tea	0
Challah Deli Cobbie	20	Nestea Raspberry Iced Tea	0
Challah Deli EBBQ Chicken Sandwich	10	Nestea Southern Style Iced Tea	0
Challah Deli Egg Salad	6	Nestea Unsweetened Iced Tea	0
Challah Deli Pastrami	16	New York Lox & Bagels	10
Challah Deli Roast Beef	10	Oatmeal Raisin Cookie	6
Challah Deli Roasted Chicken & Smoked Gouda	10	Odwalla Fresh Squeezed Orange Juice	2
Challah Deli Smoked Turkey	14	On Top Reduced Fat Topping	0
Challah Deli Tuna Salad	8	Peach Mango Muffin	4
Challah Deli Turkey Ham	14	Peanut Butter Cookie	4
Challah Roll	4	Peanut Butter Creamy	2
Cheddar Cheese	2	Pepper Jack Cheese	2
Cheese Pizza Focaccia	19	Pepperoni Pizza Focaccia	14
Cherry Coca-Cola	0	Pound Cake Lemon Iced	4
Cherry Figure 8	4	Pound Cake Marble	4
Chicago Bagel Dog (Onion No Cheese)	12	Provolone Cheese	2
Chicago Bagel Dog Asiago	14	Pumpkin	2
Chicago Bagel Dog Everything	18	Pumpkin Spice Muffin with Cream Cheese Frosting	6
Chicago Chili Cheese Bagel Dog	16	Pumpkin White Chocolate Spice Cookie	6
Chicken Chipotle Salad	14	Raspberry Mustard	2
Chicken Salad Sandwich	12	Raspberry Vinaigrette	2

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Chipotle BBQ Dressing	2	Rice Krispy Bars	6
Chipotle Vinaigrette Dressing	2	Roast Beef Sandwiches	8
Chocolate Chip Muffin	4	Roasted Chicken Caesar Salad	8
Chocolate Chunk Cookie	4	Root Beer Stewart's	0
Chocolate Truffle Cookie	4	Reuben Deli Sandwiches	26
Ciabatta Bread	4	Seasonal Sugar Cookie	2
Cinnamon Roll	6	Skim Milk	2
Cinnamon Walnut Strudel	4	Smoked Salmon Port Chatham	6
Coca-Cola	0	Smoked Salmon Sea Specialties	4
Coffee-Large size	0	Smoked Turkey Sandwiches	12
Coffee- Medium size	0	Smoothie Mocha	2
Coffee-Regular size	0	Soups Broccoli Sharp Cheddar- 6 oz.- Cup	4
Coffee Decaffeinated- Regular size	0	Soups Broccoli Sharp Cheddar- 14 oz. Bowl	18
Cranberry-Orange Muffin	4	Soups Butternut Squash Soup 14 oz. Bowl	16
Cuban Ham Panini	20	Soups Butternut Squash Soup- 6 oz. Cup	6
Deli Chicken Salad on 12 Grain Bread	19	Soups Chicken & Wild Rice- 14 oz. Bowl	34
Deli Chicken Salad on Country White Bread	16	Soups Chicken & Wild Rice—6 oz. Cup	14
Deli Egg Salad on 12 Grain Bread	8	Soups Chicken Noodle- 6 oz. Cup	10
Deli Egg Salad on Country White Bread	12	Soups Chicken Noodle- 14 oz. Bowl	22
Bread Deli Ham on 12 Grain Bread	16	Soups Clam Chowder- 14 oz. Bowl	12
Bread Deli Ham on Country White Bread	22	Soups Clam Chowder- 6 oz. Cup	4
Deli Mustard	0	Soups Low Fat Minestrone- 6 oz. Cup	14
Deli Roast Beef on 12 Grain Bread	12	Soups Low Fat Minestrone—14 oz. Bowl	34
Deli Roast Beef on Country White Bread	16	Soups Tomato Bisque- 14 oz. Bowl	32
Deli Smoked Turkey on 12 Grain Bread	16	Soups Tomato Bisque- 6 oz. Cup	14
Deli Smoked Turkey on Country White Bread	22	Soups Tortilla Soup-14 oz. Bowl	36
Deli Tuna Salad on 12 Grain Bread	12	Soups Tortilla Soup- 6 oz. Cup	16
Deli Tuna Salad on Country White Bread	14	Soups Turkey Chili- 6 oz. Cup	10
Deli Turkey Pastrami on 12 Grain Bread	18	Soups Turkey Chili- 14 oz. Bowl	22
Deli Turkey Pastrami on Country White Bread	22	Spring Water-.5 Liter	0
Denver Omelet Breakfast Panini	14	Spring Water- 1 Liter	0

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Diet Coca-Cola	0	Sprite	0
Diet Sprite	0	Sweetie Pie	2
Egg Homemade Bacon Sandwiches	10	Swiss Cheese	2
Egg Homemade Ham Sandwiches	12	Tacos Turkey Panini	22
Egg Homemade Sausage Sandwiches	10	Tasty Turkey Sandwiches	14
Egg Original Sandwiches	8	Thai Vegetable Roll-Ups	14
Egg Salad Sandwich	8	Thai Vegetable with Chicken- Roll-Ups	18
Egg Salmon and Shmeat Sandwiches	10	The Veg Out Sandwiches	8
Egg Santa Fee Sandwiches	2	Thousand Island	2
Eggnog Chai Latte- Medium size	0	Tortilla Strips	0
Eggnog Chai Latte- Regular size	0	Trail Mix Cookie	4
Eggnog Chai Latte- Large size	2	Tuna Salad Sandwiches	10
Eggnog Chai Latte with Skim Milk- Regular	2	Turkey Pastrami Deli Sandwiches	16
Eggnog Chai Latte with Skim Milk- Medium	2	Ultimate Toasted Cheese on Country Whit Bread	8
Eggnog LargeChai Latte with Skim Milk-	2	Ultimate Toasted Cheese with Tomato on 12 Grain Bread	16
Eggnog Latte- Large size	2	Ultimate Toasted Cheese with Tomato on Country White Bread	16
Eggnog Latte- Medium size	2	Ultimate Toasted Cheese Panini	18
Eggnog Latte- Regular size	2	Whipped Blueberry	0
French Dijon Mustard	2	Whipped Cappuccino	0
Fresca	0	Whipped Garden Vegetable	2
Fresh Fruit Cup	2	Whipped Honey Almond Reduced Fat	0
Fruit and Yogurt Parfait	0	Whipped Jalapeno Salsa	2
Fruit Punch Juice Box	0	Whipped Maple Raisin Walnut	0
Fruit Spread Apricot	0	Whipped Onion and Chive	2
Fruit Spread Grape	0	Whipped Plain	2
Fruit Spread Strawberry	0	Whipped Plain Reduced Fat	2
Fruitopia Fruit Integration	0	Whipped Pumpkin	2
Fruitopia Raspberry Psychic	2	Whipped Smoked Salmon	2
Lemonade	2	Whipped Strawberry	0
Fruitopia Tangerine Wavelength	2	Whipped Sundried Tomato & Basil	0
Fruitopia The Grape Beyond	2	White Chocolate Lemon Iced Cookie	4
Fruitopia, Strawberry Passion Awareness	2	White Chocolate Macaroon	2
Gingerbread	0	Whole Kosher Pickle	6
Grained Dijon Mustard	2	Yellow Mustard	2
Half & Half	0		
Half Sandwiches Challah Chicken Salad	6		