

Noah's Bagels

Bagels

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
Ancient Grain	1 bagel	105	280	5	0.5	0	0	540	48	8	7		12			X ¹	X						
Asiago	1 bagel	112	300	4	2	0	10	640	54	2	5		13		X	X ¹	X						
Blueberry	1 bagel	106	280	1	0	0	0	460	59	2	11		10			X ¹	X						
Chocolate Chip	1 bagel	106	300	3.5	1.5	0	0	450	58	3	10		10			X ¹	X						
Cinnamon Raisin	1 bagel	102	270	1	0	0	0	430	57	2	12		10			X ¹	X						
Cinnamon Sugar	1 bagel	111	310	3.5	1	0	0	570	60	2	11		10		X	X ¹	X						
Everything	1 bagel	105	280	2	0	0	0	680	54	2	5		10			X ¹	X						X
French Toast	1 bagel	116	370	7	1.5	0	0	510	68	2	20		10			X ¹	X						
Honey Whole Wheat	1 bagel	100	250	3	0	0	0	550	47	7	7		12			X ¹	X						
Onion	1 bagel	100	260	1.5	0	0	0	500	51	2	4		10			X ¹	X						
Plain	1 bagel	102	270	1	0	0	0	550	54	2	5		10			X ¹	X						
Poppyseed	1 bagel	105	280	2.5	0	0	0	550	54	2	5		10			X ¹	X						
Pretzel	1 bagel	99	280	4	0	0	0	920	52	2	5		9			X ¹	X						
Pumpnickel	1 bagel	98	250	1	0	0	0	380	52	4	3		10			X ¹	X						
Sesame Seed	1 bagel	105	280	2.5	0	0	0	550	54	2	5		11			X ¹	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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Challah Roll, Braided	1 Roll	94	240	3.5	1.5	0	5	400	42	2	5		7	X	X	X	X							
Cheddar Jalapeno	1 bagel	126	340	9	3	0	15	760	52	2	5		13		X	X	X							
Jalapeno Bacon	1 bagel	134	360	9	3.5	0	20	760	52	2	6	4	15		X	X	X							
Potato Roll	1 Roll	99	280	4	0.0	0	0	520	52	2	5		9			X	X							
Protein Power Bagel	1 bagel	113	350	6	1	0	0	290	64	4	17		12			X ¹	X	X					Walnuts	
Six-Cheese	1 bagel	125	370	10	4	0	20	730	53	2	5		16		X	X	X							
Spinach Florentine	1 bagel	141	370	12	4.5	0	15	700	53	3	5		15		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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Onion and Chive	1.2 oz	35	120	10	7	0	30	100	4	0	2		2		X									
Plain	1.2 oz	35	120	12	8	0	35	115	2	0	2		2		X									
Smoked Salmon	1.2 oz	35	110	10	6	0	35	250	4	0	2		2		X						X			Salmon

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Garden Vegetable Reduced Fat	1.2 oz	35	110	9	6	0	25	180	5	0	2		2		X									
Honey Almond Reduced Fat	1.2 oz	35	120	8	6	0	25	75	11	0	7		2		X			X						Almonds
Jalapeno Salsa Reduced Fat	1.2 oz	35	110	8	6	0	25	190	6	0	2		2		X									
Plain Reduced Fat	1.2 oz	35	100	9	6	0	25	180	4	0	2		2		X									
Strawberry Reduced Fat	1.2 oz	35	120	9	6	0	30	90	9	0	7		1		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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Country Pepper	0.5 oz	14	40	4	3	0	10	50	2	0	1		1		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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Butter Blend	0.5 oz	14	100	12	5	0	0	85	0	0	0		0		X									
Honey	1.0 oz	28	90	0	0	0	0	0	23	0	22		0											
Natural Peanut Butter	1.5 oz	43	240	20	3.5	0	0	105	11	3	4		9							X				Peanut
Natural Strawberry Jelly	1.0 oz	28	70	0	0	0	0	0	18	0	16		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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Cheddar 1 Slice	0.5 oz	14	60	4.5	3	0	15	90	0	0	0		4		X									
Swiss 1 Slice	0.5 oz	14	50	4.5	3	0	15	65	0	0	0		4		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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Egg White 1	1 Egg	58	35	1	0	0	0	170	1	0	0		6	X	X									
Egg White 2	2 Egg	116	70	1.5	0.5	0	0	330	1	0	0		12	X	X									
Fresh Cracked Egg 1	1 Egg	46	80	6	2	0	185	140	1	0	0		6	X	X									
Fresh Cracked Egg 2	2 Egg	92	160	11	4	0	370	280	1	0	1		13	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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Bacon 4 Pieces	0.4 oz	10	45	3.5	1.5	0	10	210	0	0	0		3											
Brisket 2.0	2.0 oz	57	150	11	4.5	0	40	460	0	0	0	0	11											
Ham 1.5	1.5 oz	43	45	1	0	0	25	540	1	0	1		8											
Ham 3.0	3.0 oz	85	90	2.5	1	0	50	1090	2	0	1		17											
Ham 4.5	4.5 oz	128	140	3.5	1	0	70	1630	2	0	2		25											
Pastrami 3.0	3.0 oz	85	180	76	9	0	60	640	2	0	0		17											
Pastrami 4.5	4.5 oz	128	270	114	14	0	90	960	2	0	0		25											
Turkey Sausage Patty	1 Patty	41	70	4	1.5	0	25	280	1	0	1		7											
Turkey 3.0	3.0 oz	85	90	1	0	0	35	1010	3	1	2		14											
Turkey 4.5	4.5 oz	128	130	1.5	0.5	0	50	1520	5	1	3		20											

Sauces

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info	
Roasted Tomato Salsa	1.0 oz	28	10	0	0	0	0	260	2	0	1		0											
Roasted Tomato Spread	1.0 oz	28	150	16	2.5	0	10	230	2	0	1		0	X	X	X								

Veggies

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)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Sesame	Additional Info
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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