



Brooklyn Water Bagels Nutrition Information

	Serving Size	Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bagels													
Asiago	1 bagel	149	350	25	3	1.5	0	10	780	66	3	2	16
Black Russian	1 bagel	157	390	10	1	0	0	0	720	81	5	9	15
Cinnamon Raisin	1 bagel	148	340	10	1	0	0	0	710	71	4	6	14
Egg Bagel	1 bagel	145	350	15	1.5	0	0	20	750	68	3	2	15
Multi Grain	1 bagel	147	350	15	1.5	0	0	0	780	70	3	2	15
Plain	1 bagel	145	340	10	1	0	0	0	750	68	3	2	14
Rye	1 bagel	149	360	15	1.5	0	0	0	710	71	5	2	15
Whole Wheat	1 bagel	148	350	10	1	0	0	0	710	71	4	2	15
Everything	1 bagel	151	370	25	2.5	0	0	0	750	71	3	2	15
Sesame Seed	1 bagel	151	370	35	4	4	0	0	750	70	3	2	15
Poppy Seed	1 bagel	151	370	35	3.5	0	0	0	750	70	3	2	15
Salt Bagel	1 bagel	151	340	10	1	0	0	0	2980	68	3	2	14
Muffins & Cookies													
Apple Cinnamon	1 muffin	246	890	430	47	14	1	125	550	102	2	69	9
Banana Nut	1 muffin	210	720	360	40	6	1	110	470	79	3	45	10
Blueberry	1 muffin	191	710	340	37	6	1	130	560	81	1	48	9
Chocolate Chip	1 muffin	230	930	460	51	15	1	130	570	112	6	71	11
Lemon Poppy	1 muffin	217	820	390	44	7	1	135	600	94	2	56	11
Orange Cranberry	1 muffin	212	790	340	38	7	1	130	560	102	3	65	9
Strawberry Cream Cheese	1 muffin	213	730	400	45	13	1	150	590	70	1	42	10
Black & White Cookies	1 cookie	217	840	330	35	6.5	3	100	500	119	1	83	7
Stud	1 muffin	228	860	415	46	7	1	125	550	98	6	53	13
Breakfast Sandwiches													
Egg & Cheese w/ Plain Bagel	1 sandwich	343	540	110	12	6	0	30	1490	74	3	4	34
Bacon, Egg & Cheese w/ Plain Bagel	1 sandwich	371	660	190	21	10	0	80	2130	74	3	4	44
Sausage, Egg & Cheese w/ Plain Bagel	1 sandwich	385	690	690	142	11	0	50	1830	75	3	4	41
Ham, Egg & Cheese w/ Plain Bagel	1 sandwich	371	570	110	13	6	0	45	1790	75	3	5	38
Egg, Spinach & Mushroom w/ Plain Bagel	1 sandwich	397	560	120	13	6	0	30	1610	76	4	5	35
Signature Sandwiches													
The Brooklyn	1 sandwich	407	725	720	84	12	0	90	2370	76	3	5	48
The Queens Melt	1 sandwich	349	770	320	36	9	0	80	1960	71	3	3	40
The Manhattan	1 sandwich	355	620	210	23	12	0	90	1530	75	4	6	32
Da Bronx	1 sandwich	295	550	230	26	13	0	100	1520	51	1	7	42
The Staten Island	1 sandwich	416	640	150	17	10	0	40	1200	77	5	3	46

Bagelwiches

Ham & American w/ Plain Bagel	1 bagelwich	354	570	120	13	6	0	75	2480	76	4	7	38
Turkey & Swiss w/ Plain Bagel	1 bagelwich	366	640	170	19	10	0	110	1400	71	4	5	53
Whitefish Salad w/ Plain bagel	1 bagelwich	321	740	300	33	5	0	85	1550	77	6	8	31
Chicken Salad w/ Plain Bagel	1 bagelwich	396	800	260	29	5	0	95	1350	72	4	4	58
Egg Salad w/ Plain Bagel	1 bagelwich	354	660	240	26	4.5	0	265	1140	79	8	5	26
Tuna Salad w/ Plain Bagel	1 bagelwich	345	670	240	27	4	0	55	1460	71	4	3	35

Spreads

Plain	2 .oz	57	200	180	20	12	0	60	180	2	0	2	4
Scallion	2 .oz	57	180	170	18	11	0	55	170	2	0	2	4
Jalapeno	2 .oz	57	190	170	19	11	0	55	170	2	0	2	4
Vegetable	2 .oz	57	150	120	14	9	0	45	180	2	0	2	4
Nova	2 .oz	57	170	150	16	10	0	55	250	2	0	2	5
Strawberry	2 .oz	57	180	130	14	9	0	45	130	11	0	10	3
Whipped Butter	2 .oz	21	150	140	15	12	0	45	135	0	0	0	0
Peanut Butter	2 packets	42	240	200	22	4	0	0	200	10	4	4	8
Strawberry Jelly	2 packets	28	70	0	0	0	0	0	0	18	0	16	0
Grape Jelly	2 packets	28	70	0	0	0	0	0	0	18	0	16	0

Nutrition information provided is based upon standard recipes. Data is rounded to meet FDA regulations. Data for vitamins and minerals refers to percentage of US recommended daily intake values. The data is representative of most of our suppliers and may not accurately represent the products in other markets. Serving size and nutritional data may vary due to the fact that our menu items are handcrafted and may be customized, variations in serving sizes, preparation techniques, ingredient substitutions, product testing and sources of supply, as well as regional differences.

Allergen Statement

Some of our products contain or may come into contact with common allergens, including milk, tree nuts, egg, peanut, fish, shellfish, wheat and soy.