



Brooklyn Water Bagel - Nutritional Information

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BAGELS												
Asiago Bagel	1 Bagel	420	60	6g	4g	0g	20mg	970mg	74g	3g	9g	19g
Blueberry Bagel	1 Bagel	380	0	0g	0g	0g	0mg	710mg	79g	3g	14g	14g
Black Russian Pumpernickel	1 Bagel	380	0	0g	0g	0g	0mg	660mg	80g	4g	17g	14g
Black Russian Pumpernickel w/ seeds	1 Bagel	440	40	4.5g	0.5g	0g	0mg	660mg	87g	6g	20g	16g
Bialy	1 Bagel	220	0	0g	0g	0g	0mg	490mg	46g	2g	2g	8g
Cinnamon Crunch Bagel	1 Bagel	420	30	3.5g	3g	0g	0mg	710mg	82g	4g	20g	14g
Cinnamon Raisin Bagel	1 Bagel	370	0	0g	0g	0g	0mg	700mg	80g	4g	14g	14g
Egg Bagels	1 Bagel	370	0	0g	0g	0g	20mg	750mg	76g	3g	10g	15g
Everything Bagel	1 Bagel	430	35	4g	0.5g	0g	0mg	1120mg	82g	5g	12g	16g
Garlic Bagel	1 Bagel	410	0	0g	0g	0g	0mg	750mg	87g	4g	13g	16g
Onion Bagels	1 Bagel	390	0	0g	0g	0g	0mg	750mg	82g	4g	12g	15g
Plain Bagel	1 Bagel	370	0	0g	0g	0g	0mg	750mg	77g	3g	10g	14g
Pumpkin Bagel	1 Bagel	410	0	0g	0g	0g	0mg	690mg	90g	4g	28g	14g
Poppy Bagel	1 Bagel	460	60	7g	1g	0g	0mg	750mg	82g	7g	10g	17g
Rye Bagels	1 Bagel	370	0	0.5g	0g	0g	0mg	690mg	78g	5g	9g	15g
Salt Bagel	1 Bagel	370	0	0g	0g	0g	0mg	6240mg	77g	3g	10g	14g
Sesame Bagel	1 Bagel	480	100	12g	1.5g	0g	0mg	760mg	79g	5g	10g	18g
Whole Wheat Bagels	1 Bagel	370	0	0g	0g	0g	0mg	670mg	79g	4g	13g	14g
Whole Wheat Everything Bagel	1 Bagel	440	35	4.5g	0.5g	0g	0mg	1040mg	85g	5g	15g	16g
FLAGELS												
Everything Flagel	1 Flagel	430	35	4g	0.5g	0g	0mg	1120mg	82g	5g	12g	16g
Plain Flagel	1 Flagel	370	0	0g	0g	0g	0mg	750mg	77g	3g	10g	14g
Poppy Flagel	1 Flagel	460	60	7g	1g	0g	0mg	750mg	82g	7g	10g	17g
Sesame Flagel	1 Flagel	480	100	12g	1.5g	0g	0mg	760mg	79g	5g	10g	18g
MUFFINS AND COOKIES												
Apple Cinnamon Muffins	1 Muffin	1080	560	63g	21g	0g	235mg	740mg	111g	1g	79g	15g
Black and White Cookie	1 Cookie	1070	470	52g	11g	0g	235mg	580mg	138g	1g	96g	12g
Blueberry Muffins	1 Muffin	800	440	50g	9g	0g	235mg	590mg	77g	2g	46g	12g
Chocolate chip cookies	1 Cookie	810	340	39g	24g	**	110mg	380mg	114g	4g	72g	9g
Chocolate chip muffins	1 Muffin	970	540	61g	16g	0g	235mg	590mg	98g	3g	64g	13g
Chocolate chocolate chip cookies	1 Cookie	940	430	50g	30g	0g	140mg	260mg	123g	5g	87g	11g
Orange Cranberry Muffin	1 Muffin	860	440	50g	9g	0g	235mg	590mg	93g	2g	60g	12g
Salted Caramel muffin	1 Muffin	660	290	33g	16g	**	135mg	620mg	84g	5g	39g	10g
Stud Muffins	1 Muffin	810	450	52g	7g	0g	155mg	390mg	75g	7g	44g	15g

COFFEE												
Coffee (hot or cold)	16 oz	5	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Decaf Espresso	1 oz	5	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
Decaffeinated Coffee (hot or cold)	16 oz	5	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Espresso	1 oz	5	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g
EGG SANDWICHES												
Egg and cheese sandwich	1 Sandwich	660	190	21g	10g	0g	455mg	1400mg	81g	3g	13g	35g
OMELETS												
Omelet	1 Omelet	290	190	21g	10g	**	455mg	660mg	5g	0g	4g	21g
SIGNATURE SANDWICHES												
The Brooklyn	1 Sandwich	970	410	45g	18g	0g	535mg	2560mg	85g	3g	16g	54g
The Brownsville	1 Sandwich	570	160	18g	8g	0g	80mg	1250mg	60g	3g	10g	42g
The Greenpoint	1 Sandwich	490	100	11g	6g	0g	25mg	1100mg	60g	4g	11g	37g
The Jersey Boy	1 Sandwich	800	300	33g	15g	0g	490mg	1850mg	82g	3g	14g	42g
The Williamsburg	1 Sandwich	640	190	22g	12g	0g	75mg	2090mg	83g	4g	14g	29g
DELI SANDWICHES												
Chunky Chicken Salad BLT Sandwich	1 Sandwich	870	290	32g	6g	0g	130mg	1540mg	91g	5g	22g	53g
Chunky Chicken Salad Sandwich	1 Sandwich	800	240	27g	4g	0g	115mg	1300mg	91g	5g	22g	48g
Egg Salad Sandwich	1 Sandwich	790	310	35g	8g	0g	595mg	1380mg	82g	5g	14g	35g
Hot Ham and Swiss Sandwich	1 Sandwich	630	120	13g	5g	0g	75mg	2660mg	90g	4g	17g	43g
Roasted Turkey and Swiss Sandwich	1 Sandwich	640	90	10g	6g	0g	105mg	1380mg	81g	5g	12g	57g
Tuna Melt Sandwich	1 Sandwich	1040	490	55g	14g	0g	110mg	2300mg	85g	4g	15g	51g
Tuna Salad Sandwich	1 Sandwich	880	380	42g	6g	0g	70mg	1590mg	84g	5g	15g	43g
Whitefish Salad Sandwich	1 Sandwich	810	320	36g	5g	0g	95mg	1630mg	89g	7g	17g	33g
BANINIS												
Monte Cristo Banini	1 Banini	670	160	17g	8g	0g	95mg	1910mg	82g	3g	13g	48g
Roasted Chicken Bacon Avocado Banini	1 Banini	770	250	28g	5g	0g	90mg	1340mg	87g	8g	14g	43g
Roasted Chicken BLT Banini	1 Banini	600	100	11g	2.5g	0g	85mg	1190mg	82g	4g	14g	42g
Roasted Turkey Avocado Banini	1 Banini	680	170	19g	3g	0g	70mg	1290mg	85g	8g	12g	43g
Roasted Turkey BLT Banini	1 Banini	580	60	7g	2g	0g	80mg	1380mg	81g	5g	12g	47g
Tuna Melt Banini	1 Banini	1040	490	55g	14g	0g	110mg	2300mg	85g	4g	15g	51g
VEGGIES												
Avocado	1/2 of Avocado	80	60	7g	1g	**	0mg	0mg	4g	3g	0g	< 1g
Capers	2 oz	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
Coleslaw	3 oz	320	210	24g	3.5g	0g	15mg	370mg	28g	4g	18g	2g
Cucumbers	3 Slices	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g
Jalapeno	2 oz	0	0	0g	0g	**	0mg	0mg	< 1g	0g	< 1g	0g
Lettuce	1 oz	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g
Pickles	1/2 Spear	0	0	0g	0g	**	0mg	300mg	< 1g	0g	0g	0g
Red Onions	2 oz	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g
Roasted Mushrooms	2 oz	35	25	3g	0g	0g	0mg	115mg	2g	< 1g	1g	2g
Seasoned Spinach	2 oz	20	0	0g	0g	**	0mg	250mg	3g	2g	0g	2g
Tomato	2 Slices	15	0	0g	0g	**	0mg	0mg	3g	< 1g	2g	< 1g
CHEESE												
American Cheese	1 oz	100	80	9g	5g	**	30mg	470mg	1g	0g	< 1g	5g
Pepper jack Cheese	1 oz	110	80	9g	6g	0g	20mg	250mg	0g	0g	0g	6g
Provolone Cheese	1 oz	100	70	8g	5g	**	20mg	250mg	< 1g	0g	0g	7g
Swiss Cheese	1 oz	100	70	8g	5g	0g	25mg	135mg	0g	0g	0g	8g

CREAM CHEESE												
Jalapeno Cream Cheese	2 oz	190	160	19g	10g	**	60mg	200mg	2g	0g	2g	3g
Low Fat Cream Cheese	2 oz	140	110	13g	7g	**	40mg	190mg	2g	0g	**	5g
Nova Cream Cheese	2 oz	170	140	16g	9g	**	55mg	380mg	2g	0g	1g	5g
Plain Cream Cheese	2 oz	190	170	20g	11g	**	65mg	210mg	2g	0g	2g	3g
Pumpkin Spice Cream Cheese	2 oz	140	100	11g	6g	**	35mg	120mg	10g	< 1g	9g	2g
Scallion Cream Cheese	2 oz	180	160	18g	10g	**	60mg	200mg	2g	0g	2g	3g
Strawberry Cream Cheese	2 oz	180		14g				150mg	12g		11g	2g
Vegetable Cream Cheese	2 oz	150	120	14g	8g	0g	45mg	170mg	2g	0g	< 1g	4g
SPREADS												
Smucker's Grape Jelly	1 oz	35	0	0g	0g	0g	0mg	5mg	9g	0g	8g	0g
Smucker's Peanut Butter	1 1/2 oz	120	90	10g	1.5g	0g	0mg	90mg	5g	< 1g	2g	4g
Smucker's Strawberry Jam	1 oz	35	0	0g	0g	0g	0mg	0mg	9g	0g	8g	0g
Whipped butter	2 oz	200	200	23g	14g	0g	60mg	180mg	0g	0g	0g	0g
PROTEINS												
Bacon	2 oz	70	45	5g	1.5g	0g	15mg	240mg	0g	0g	0g	5g
Ham	2 oz	60	20	2g	0g	0g	20mg	710mg	4g	0g	2g	8g
Sausage	2 oz	190	160	17g	7g	0g	45mg	390mg	< 1g	0g	< 1g	8g
Taylor Ham (pork Roll)	2 oz	140	110	12g	5g	0g	30mg	440mg	< 1g	0g	< 1g	7g
Turkey Bacon	2 oz	50	35	4g	1g	0g	15mg	320mg	0g	0g	0g	4g
Turkey Sausage	2 oz	80	40	4.5g	1g	0g	40mg	280mg	0g	0g	0g	10g
SIDES												
Egg Whites	6 oz	70	0	0g	0g	0g	0mg	250mg	2g	0g	**	14g
Hash Browns (baked)	2 oz	200	90	10g	3g	0g	0mg	460mg	24g	2g	2g	2g
GRAB AND GO SALADS												
Chicken Salad	4 oz	220	130	14g	2g	0g	60mg	290mg	6g	0g	5g	17g
Egg Salad	4 oz	250	190	21g	4.5g	0g	365mg	380mg	1g	0g	1g	12g
Tuna Salad	4 oz	310	230	25g	4g	0g	45g	510mg	2g	0g	2g	17g
Whitefish Salad	4 oz	300	220	24g	3.5g	0g	65mg	600mg	5g	2g	3g	12g

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 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, peanut, fish, shellfish, wheat and soy.

* Notice: Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness, especially if you have certain medical conditions.