

### Bagel Place Nutrition Information

| Food Name                   | Amount                 | Calories         | Fat (g) | Saturated (g) | Trans-Fats (g) | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------------|------------------------|------------------|---------|---------------|----------------|------------------|-------------|-----------|-----------|------------|-------------|
| <b>Choice of Bagels</b>     |                        |                  |         |               |                |                  |             |           |           |            |             |
| Plain bagel                 | 1 Serving - 100g       | <b>280</b>       | 3       | 1             | 0              | 0                | 260         | 54        | 3         | 4          | 11          |
| Mixed seed bagel            | 1 Serving - 100g       | <b>290</b>       | 4       | 1             | 0              | 0                | 290         | 53        | 3         | 4          | 11          |
| Blueberry bagel             | 1 Serving - 100g       | <b>300</b>       | 3       | 1             | 0              | 0                | 260         | 59        | 3         | 6          | 10          |
| Jalapeno cheese bagel       | 1 Serving - 120g       | <b>300</b>       | 5       | 2             | 0              | 5                | 410         | 35        | 2         | 1          | 13          |
| Pizza bagel                 | 1 Serving - 120g       | <b>320</b>       | 6       | 3             | 0              | 5                | 430         | 52        | 3         | 3          | 13          |
| Wheat bagel                 | 1 Serving - 100g       | <b>260</b>       | 3       | 1             | 0              | 0                | 220         | 48        | 8         | 3          | 10          |
| <b>Sunrise Sandwiches</b>   |                        |                  |         |               |                |                  |             |           |           |            |             |
| #1                          | 1 Serving              | <b>670 - 790</b> | 36      | 19            | 0              | 276              | 1929        | 53        | 8         | 3          | 36          |
| #2                          | 1 Serving              | <b>730 - 850</b> | 43      | 22            | 0              | 291              | 1335        | 54        | 8         | 3          | 34          |
| #3                          | 1 Serving              | <b>660 - 780</b> | 35      | 19            | 0              | 286              | 1520        | 53        | 8         | 3          | 35          |
| #4                          | 1 Serving              | <b>750 - 880</b> | 45      | 22            | 0              | 319              | 1101        | 53        | 8         | 3          | 37          |
| #5                          | 1 Serving              | <b>600 - 730</b> | 33      | 19            | 0              | 263              | 795         | 53        | 8         | 3          | 26          |
| #6                          | 1 Serving              | <b>570 - 790</b> | 28      | 17            | 0              | 102              | 1425        | 53        | 8         | 3          | 29          |
| #7                          | 1 Serving              | <b>540 - 550</b> | 28      | 15            | 0              | 245              | 515         | 54        | 9         | 4          | 21          |
| <b>Nutzo's Bibblers</b>     |                        |                  |         |               |                |                  |             |           |           |            |             |
| Nutzo's Nutella Treat       | 1 Serving              | <b>570 - 630</b> | 20      | 6             | 0              | 0                | 220         | 82        | 10        | 35         | 15          |
| Toasted Bagel and Shme      | 1 Serving              | <b>440 - 520</b> | 21      | 13            | 0              | 61               | 412         | 52        | 8         | 3          | 14          |
| Peanut butter & jelly bag   | 1 Serving              | <b>500 - 560</b> | 18      | 4             | 0              | 0                | 348         | 73        | 9         | 23         | 16          |
| <b>Signature Sandwiches</b> |                        |                  |         |               |                |                  |             |           |           |            |             |
| Goldie Lox                  | 1 Serving              | <b>620</b>       | 29      | 16            | 0              | 87               | 1948        | 60        | 4         | 6          | 31          |
| Cluckin's club              | 1 Serving              | <b>710 - 750</b> | 37      | 18            | 0              | 121              | 1675        | 62        | 4         | 6          | 37          |
| Nutzo's Dynamite Hamw       | 1 Serving              | <b>730 - 770</b> | 38      | 20            | 0              | 291              | 1754        | 45        | 3         | 4          | 39          |
| Veg Out                     | 1 Serving              | <b>560</b>       | 25      | 13            | 0              | 56               | 635         | 70        | 7         | 7          | 18          |
| Smashed Avoado              | 1 Serving              | <b>360</b>       | 12      | 2             | 0              | 0                | 226         | 53        | 12        | 3          | 11          |
| Tomato, Avocado, Mozz       | 1 Serving              | <b>560</b>       | 24      | 10            | 0              | 45               | 687         | 62        | 7         | 6          | 25          |
| <b>Nutzo's Favorites</b>    |                        |                  |         |               |                |                  |             |           |           |            |             |
| BLTA                        | 1 Serving              | <b>550 - 650</b> | 27      | 6             | 0              | 33               | 728         | 59        | 6         | 5          | 20          |
| CALI                        | 1 Serving              | <b>480 - 580</b> | 21      | 4             | 0              | 38               | 809         | 54        | 11        | 5          | 20          |
| Ham and Swiss               | 1 Serving              | <b>520 - 620</b> | 21      | 6             | 0              | 51               | 1352        | 57        | 4         | 6          | 27          |
| Bacon, Swiss, and Spinac    | 1 Serving              | <b>660</b>       | 35      | 19            | 0              | 97               | 1200        | 60        | 4         | 4          | 29          |
| BLT                         | 1 Serving              | <b>500 - 600</b> | 22      | 5             | 0              | 33               | 726         | 57        | 4         | 5          | 20          |
| Turkey Pesto                | 1 Serving              | <b>610</b>       | 29      | 15            | 0              | 98               | 1283        | 64        | 4         | 7          | 29          |
| Classic Turkey              | 1 Serving              | <b>460 - 560</b> | 17      | 3             | 0              | 38               | 878         | 57        | 4         | 6          | 20          |
| <b>Add-Ons</b>              |                        |                  |         |               |                |                  |             |           |           |            |             |
| Salmon                      | 2 oz                   | <b>65</b>        | 2       | 1             | 0              | 13               | 1134        | 0         | 0         | 0          | 10          |
| Nutella                     | 2 scoops - 2 oz        | <b>310</b>       | 17      | 5             |                |                  |             | 34        | 2         | 32         | 5           |
| <b>Choice of Meat</b>       |                        |                  |         |               |                |                  |             |           |           |            |             |
| Bacon                       | 2 slice - 24 g         | <b>110</b>       | 8       | 3             | 0              | 23               | 387         | 0         |           |            | 8           |
| Salmon                      | 2 oz                   | <b>65</b>        | 2       | 1             | 0              | 13               | 1134        | 0         | 0         | 0          | 10          |
| Sausage                     | 2 oz                   | <b>150</b>       | 11      | 3             |                | 56               | 306         |           |           |            | 11          |
| Egg patty                   | 1 patty                | <b>90</b>        | 7       | 2             | 0              | 184              | 95          | 0         |           | 0          | 6           |
| Turkey                      | 2 oz                   | <b>60</b>        | 2       | 1             | 0              | 28               | 509         | 1         |           | 1          | 8           |
| Ham                         | 2 oz                   | <b>60</b>        | 2       | 0             | 0              | 23               | 725         | 0         |           |            | 10          |
| <b>Choice of Shmear</b>     |                        |                  |         |               |                |                  |             |           |           |            |             |
| Plain shmear                | 2 scoops - 2 oz        | <b>180</b>       | 18      | 12            |                | 60               | 190         | 4         | 0         | 0          | 4           |
| Pesto shmear                | 2 scoops - 2 oz        | <b>180</b>       | 18      | 11            |                | 53               | 225         | 4         | 0         | 0          | 4           |
| Garlic herb shmear          | 2 scoops - 2 oz        | <b>180</b>       | 18      | 11            | 0              | 56               | 195         | 4         | 0         | 0          | 4           |
| Stinger shmear              | 2 scoops - 2 oz        | <b>200</b>       | 19      | 12            | 0              | 61               | 231         | 5         | 0         | 1          | 4           |
| Hummus                      | 1 scoop - 1 oz         | <b>60</b>        | 4       | 0             |                | 0                | 140         | 6         | 2         | 0          | 2           |
| Avocado                     | 2 scoops - 2 oz        | <b>95</b>        | 9       | 1             |                |                  | 5           | 5         | 4         | 0          | 1           |
| <b>Choice of Cheese</b>     |                        |                  |         |               |                |                  |             |           |           |            |             |
| Swiss cheese                | 1 slice (3/4 oz) - 21g | <b>70</b>        | 5       | 3             |                | 18               | 288         | 0         |           | 0          | 5           |
| Mozzarella                  | 1 slice (1 oz) - 28g   | <b>85</b>        | 6       | 4             |                | 22               | 178         | 1         |           | 0          | 6           |
| Cheddar                     | 1 slice (1 oz) - 28g   | <b>110</b>       | 9       | 5             | 0              | 28               | 183         | 1         |           | 0          | 6           |
| Egg patty                   | 1 patty                | <b>90</b>        | 7       | 2             | 0              | 184              | 95          | 0         |           | 0          | 6           |
| <b>Choice of Veggies</b>    |                        |                  |         |               |                |                  |             |           |           |            |             |
| Cucumber                    | 3 slices               | <b>5</b>         | 0       | 0             | 0              | 0                | 0           | 1         | 0         | 0          | 0           |
| Lettuce                     | 1 leaf                 | <b>5</b>         | 0       | 0             | 0              | 0                | 0           | 1         | 0         | 0          | 0           |
| Red Onions                  | 5 rings                | <b>10</b>        | 0       | 0             |                |                  | 1           | 2         | 0         | 1          | 0           |
| Roasted Red Peppers         | 3 Pieces (15g)         | <b>5</b>         | 0       | 0             | 0              | 0                | 54          | 1         | 0         | 1          | 0           |
| Spinach                     | 5-6 leaves             | <b>5</b>         | 0       | 0             | 0              | 0                | 18          | 1         | 1         | 0          | 1           |
| Tomato                      | 3 Slices               | <b>5</b>         | 0       | 0             | 0              | 0                | 1           | 1         | 0         | 1          | 0           |
| Jelapeno                    | 5 pieces (15g)         | <b>5</b>         | 0       | 0             | 0              | 0                | 264         | 1         | 1         | 0          | 1           |