Bagel Run			(1)	FROM FAT		T (G)		(MG)			(6		וטא	TRITION INFORMATION UPDATED 09.15.2025
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FRO (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN
BAGELS	0'	Σ	U	0=		N		U	S	U		S N	_	40
PLAIN BAGEL	1	Bagel	310	10	1.5	0	O	0	720	64	3	2	13	Wheat
ASIAGO CHEESE BAGEL	1	Bagel	350	40	4.5	2.5	0	5	810	64	3	2	15	Milk, Wheat
ASIAGO EVERYTHING BAGEL	1	Bagel	360	45	5	2.5	0	5	970	65	3	2	16	Milk, Sesame, Wheat
BLUEBERRY BAGEL	1	Bagel	320	15	1.5	0	0	0	680	66	3	7	12	Wheat
CACIO E PEPE BAGEL	1	Bagel	350	35	4	2	0	5	1280	64	3	2	15	Milk, Wheat
CINNAMON RAISIN BAGEL	1	Bagel	320	10	1	0	0	0	670	66	3	6	12	Wheat
CINNAMON SUGAR BAGEL	1	Bagel	350	10	1.5	0	0	0	720	74	3	12	13	Wheat
EVERYTHING BAGEL	1	Bagel	350	50	6	0	0	0	1520	69	3	2	15	Sesame, Wheat
GARLIC BAGEL	1	Bagel	340	10	1.5	0	0	0	730	69	3	2	14	Wheat
JALAPENO CHEDDAR BAGEL	1	Bagel	390	80	8	4	0	20	840	62	3	2	18	Milk, Wheat
ROSEMARY SALT BAGEL	1	Bagel	320	15	1.5	0	0	0	1120	64	3	2	13	Wheat
SALT BAGEL	1	Bagel	310	10	1.5	0	0	0	1120	64	3	2	13	Wheat

	Bagel Run
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Bagee Ru			E.	M FAT		(C)		(SM)						UPDATED 09.15.2025
	ITY	a a	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)		SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	(MG)	G	TOTAL FIBER (G)	(0)	(C) N	7 Z Z
DACELS	QUANTITY	MEASURE	CALOR	CALOR!	FAT (G)	SATUR	FRANS	CHOLE	SODIUM (MG)	CARB (G)	LOTAL	SUGAR (G)	PROTEIN (G)	ALLERGEN
BAGELS					TEA	Jan X							AR E	
SESAME SEED BAGEL	1	Bagel	370	60	6	512	0	0	720	66	4	2	15	Sesame, Wheat
SPRINKLES BAGEL	1	Bagel	330	20	2		0	0	670	63	3	6	12	Wheat
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	100			100										
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UPDATED 09.15.2025

Se Se	Ragel Run

Duyec sto	NA.		(CAL)	ROM FA		FAT (G)	G	OL (MG)	6		(0) &				OF DATED 09.13.2023
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN	
BUTTERS	20	Σ	3	3 %	E	SA	TR	3	S	3	0	SU	PR	AL ST	
CINNAMON HONEY BUTTER (200G)	1	Tub	1270	1130	128	81	5	340	1010	39	-	37	10 to	Milk	
CINNAMON HONEY BUTTER (50G)	1	Side	320	280	32	20	1.5	85	250	10	0	9	0	Milk	
GARLIC HERB BUTTER (200G)	1	Tub	1360	1340	152	96	6	400	1200	2	0	0	2	Milk	
GARLIC HERB BUTTER (50G)	1	Side	340	340	38	24	1.5	100	300	1	0	0	0	Milk	
WHIPPED BUTTER (200G)	1	Tub	1440	1410	157	91	5	450	1170	6	0	0	1	Milk	
WHIPPED BUTTER (50G)	-	Side	360	350	39	23	1.5	115	290	-	0	0	0	Milk	
											isonali I				
				4						WE 175					
							745					Saute Saute			
									12			376			
			Y			1 20									

CREAM CHEESE	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	соріпм (мс)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	UPDATED 09.15.2025
CREAM CHEESE			73 S			The San	y Esti							
BANANA PUDDING CREAM CHEESE	1	Side	220	140	16	9	0	45	170	18	0	11	3	Egg, Milk, Soy, Wheat
BROWN SUGAR CINNAMON CREAM CHEESE	1	Side	250	190	21	12	0.5	60	190	13	0	n	4	Milk
CAKE BATTER CREAM CHEESE	1	Side	270	160	18	12	0	45	140	25	0	23	3	Milk, Soy
CANNOLI CREAM CHEESE	1	Side	230	160	18	11	0	45	130	15	1	12	5	Milk, Soy
CHIVE AND ONION CREAM CHEESE	1	Side	220	200	22	13	0.5	65	200	4	0	3	4	Milk
COOKIES AND CREAM CREAM CHEESE	1	Side	270	170	19	10	0.5	40	220	24	1	16	4	Milk, Soy, Wheat
HOT SAUCE CREAM CHEESE	1	Side	220	200	22	13	0.5	65	370	4	0	2	4	Milk
PLAIN CREAM CHEESE	1	Side	250	220	24	14	0.5	70	220	4	0	3	4	Milk
ROASTED JALAPENO CREAM CHEESE	1	Side	220	200	22	13	0.5	65	200	4	0	3	4	Milk
STRAWBERRY CREAM CHEESE	1	Side	200	140	16	9	0	45	140	14	0	13	3	Milk
VEGGIE CREAM CHEESE	1	Side	210	190	21	12	0.5	60	190	4	0	3	4	Milk
VEGAN BROWN SUGAR CINNAMON CREAM CHEESE	1	Side	230	160	17	12	0	0	390	17	0	11	4	

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Bagel Run

Bayee Ku			17	M FAT		(G) T		(MG)							UPDATED 09.15.2025
CREAM CHEESE	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN	
CREAM CHEESE						THE YEAR	(30	1152				39 9	XIII SII		
VEGAN CHIVE AND ONION CREAM CHEESE	1	Side	210	170	18	12	0	0	410	9	0	2	4		
VEGAN PLAIN CREAM CHEESE	1	Side	230	180	20	14	0	0	450	9	0	2	5		
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				100							in the same				
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							A Section		12			376			
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Bagel Run

Duyer M.			AL)	M FA		^T (G)		L (MG)			G			OFBATED 09.13.2023
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN
CAPPUCCINO	5	Σ	3	3 3	. ₹	SA	Ĭ.	ţ	So	ð	2	ns	4	45
CAPPUCCINO - 2% MILK	1	Serving	100	35	4	3	0	15	95	10	0	10	6	Milk
CAPPUCCINO - OAT MILK	1	Serving	130	60	7	1	0	0	85	14	0	6	2	
CAPPUCCINO - WHOLE MILK	1	Serving	120	50	6	4	0	20	85	10	0	10	6	Milk
CAPPUCCINO - ALMOND MILK	1	Serving	55	31	3	0	0	0	110	5	0	4	2	Tree Nuts
CAPPUCCINO - SKIM MILK	1	Serving	62	2	0	0	0	2	84	9	0	9	6	Milk
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				4°						100				
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UPDATED 09.15.2025

Bagel Ru	ın		(KCAL)	OM FAT		FAT (G)	
COFFEE	QUANTITY	MEASURE	CALORIES (KO	CALORIES FRO	FAT (G)	SATURATED F	
BANANA BREAD OAT MILK COLD BREW, ICED, SMALL	1	16oz	200	40	4	51	S 20 10
BANANA BREAD OAT MILK COLD BREW,	1	24oz	260	60	6		1

TOTAL FIBER (G) ALLERGEN PROTEIN (G) SUGAR (G) ICED, LARGE **CINNAMON VANILLA OAT MILK COLD** 160z **BREW, ICED, SMALL CINNAMON VANILLA OAT MILK COLD** 24oz **BREW, ICED, LARGE** COFFEE, HOT, SMALL 12oz COFFEE, HOT, LARGE 160z COFFEE, ICED, SMALL 16oz COFFEE, ICED, LARGE 24oz COFFEE, NITRO COLD BREW, SMALL 16oz COFFEE, NITRO COLD BREW, LARGE 24oz LAVENDER HONEY OAT MILK COLD BREW. 160z SMALL LAVENDER HONEY OAT MILK COLD BREW. 24oz LARGE

CHOLESTEROL (MG)

CARB (G)

RANS FAT (G)

Bagel Ru				FAT		(0)		4G)					NUT	TRITIO	UPDATED 09.15.2025
COFFEE	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN	
PUMPKIN SPICE OAT MILK COLD BREW, SMALL	1	16oz	150	35	4	0	0	0	65	26	0	21	1		
PUMPKIN SPICE OAT MILK COLD BREW, LARGE	1	24oz	200	50	6	1	0	0	95	35	0	27	1		
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	7						A 32 C		Tu y						
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Bagel Run

Duyec of	K.		KCAL)	ROM FA		FAT (G)	(0)	OF (MG	©		R (G)				01 07.13.2023
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FA'	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN	
ESPRESSO	δυ,	Σ	CAL	CAL	FAT	SAT	TRA	CHC	108	CAR	101	SUC	PRC	ALL STA	
ESPRESSO AMERICANO, HOT, SMALL	1	12oz	5	0	0	0	0	0	20	1	0	1	0		
ESPRESSO AMERICANO, HOT, LARGE	1	16oz	5	0	0	0	0	0	25	1	0	1	0		
ESPRESSO AMERICANO, ICED, SMALL	1	16oz	5	0	0	0	0	0	20	1	0	1	0		
ESPRESSO AMERICANO, ICED, LARGE	1	24oz	5	0	0	0	0	0	30	1	0	1	0		
ESPRESSO, DOUBLE	1	3oz	5	0	0	0	0	0	5	1	0	1	0		
ESPRESSO, TRIPLE		4.5oz	5	0	0	0	0	0	10	1	0	1	0		
	N. Carlot										Trans.				
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Bagel Run

Duyec of the	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FA'	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	STATE A STATE
LATTES	QU,	Σ	CAL	CAL	FAT	SAT	TR/	CH	SOI	CA	101	SUC	PRC	STA
ICED BANANA BREAD LATTE, SMALL, WHOLE	1	16oz	268	59	7	4	0	16	88	46	0	46	7	Milk
ICED BANANA BREAD LATTE, SMALL, 2%	1	16oz	244	36	4	3	0	12	92	47	0	46	8	Milk
ICED BANANA BREAD LATTE, SMALL, SKIM	1	16oz	214	2	0	0	0	4	98	47	0	46	8	Milk
ICED BANANA BREAD LATTE, SMALL, OAT	1	16oz	248	41	5	0	0	0	82	52	1	43	3	
ICED BANANA BREAD LATTE, SMALL, AL- MOND	1	16oz	212	36	4	0	0	0	92	41	0	39	2	Tree Nuts
				100										
ICED BANANA BREAD LATTE, LARGE, WHOLE	1	24oz	305	59	7	4	0	16	89	56	0	55	8	Milk
ICED BANANA BREAD LATTE, LARGE, 2%	1	24oz	281	36	4	3	0	12	93	56	0	55	8	Milk
ICED BANANA BREAD LATTE, LARGE, SKIM	1	24oz	251	2	0	0	0	4	99	56	0	55	8	Milk
ICED BANANA BREAD LATTE, LARGE, OAT	1	24oz	285	41	5	0	0	0	83	61		52	3	
ICED BANANA BREAD LATTE, LARGE, AL-MOND	1	24oz	249	36	4	0	0	0	93	50	0	48	2	Tree Nuts
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UPDATED 09.15.2025

Bagel Run
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Duyec of	KU		(CAL)	ROM FA		FAT (G)	G	OF (MG	6		(C) &		ANG.	01 BATED 07.13.2023
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN
LATTES	\00'\	Σ	CAL	CAL	FAT	SAT	TRA	CHC	108	CAF	101	SUC	PRO	STA
BANANA BREAD LATTE, SMALL, WHOLE	1	16oz	299	74	8	5	0	20	110	49	0	48	9	Milk
BANANA BREAD LATTE, SMALL, 2%	1	16oz	269	45	5	4	0	15	115	49	0	49	9	Milk
BANANA BREAD LATTE, SMALL, SKIM	1	16oz	232	2	0	0	0	5	122	49	0	49	9	Milk
BANANA BREAD LATTE, SMALL, OAT	1	16oz	274	52	6	1	0	0	102	56	1	45	3	
BANANA BREAD LATTE, SMALL, ALMOND	1	16oz	229	45	5	0	0	0	115	42	To the second	40	2	Tree Nuts
								of (
BANANA BREAD LATTE, LARGE, WHOLE	1 100	24oz	398	104	12	7	0	28	154	63	0	62	12	Milk
BANANA BREAD LATTE, LARGE, 2%	1	24oz	356	63	7	5	0	21	161	64	0	63	13	Milk
BANANA BREAD LATTE, LARGE, SKIM	1	24oz	304	3	0	0	0	7	171	64	0	63	13	Milk
BANANA BREAD LATTE, LARGE, OAT	1	24oz	363	73	8	1	0	0	143	73	2	57	4	
BANANA BREAD LATTE, LARGE, ALMOND	1	24oz	300	63	7	0	0	0	161	53	1	50	3	Tree Nuts
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UPDATED 09.15.2025

	Bagel Run
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Duyec stor			CAL)	FROM FA		AT (G)	0	E (MG			(0)			OFBATED 05.13.2023
	ITITY	URE	CALORIES (KCAL)	RIES FR	6	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	(0)	TOTAL FIBER (G)	R (G)	PROTEIN (G)	ALLERGEN
LATTES	QUANTITY	MEASURE	CALO	CALORIES (KCAL)	FAT (G)	SATU	TRAN	СНОГ	SODI	CARB (G)	TOTA	SUGAR (G)	PROT	ALLE
ICED CHAI LATTE, SMALL, WHOLE	1	16oz	97	30	3	2	0	8	53	14	0	14	3	Milk
ICED CHAI LATTE, SMALL, 2%	1	16oz	85	18	2	2	0	6	55	14	0	14	4	Milk
ICED CHAI LATTE, SMALL, SKIM	1	16oz	70	1	0	0	0	2	58	14	0	14	4	Milk
ICED CHAI LATTE, SMALL, OAT	1	16oz	87	21	2	0	0	0	50	17	0	13	1	
ICED CHAI LATTE, SMALL, ALMOND	1	16oz	69	18	2	0	0	0	55	11	0	11	120	Tree Nuts
								0						
ICED CHAI LATTE, LARGE, WHOLE	1	24oz	146	45	5	3	0	12	80	21	0	21	5	Milk
ICED CHAI LATTE, LARGE, 2%	1	24oz	128	27	3	2	0	9	82	21	0	21	5	Milk
ICED CHAI LATTE, LARGE, SKIM	1	24oz	70	i	0	0	0	2	58	14	0	14	4	Milk
ICED CHAI LATTE, LARGE, OAT	1	24oz	130	32	3	0	0	0	75	25		19	2	
ICED CHAI LATTE, LARGE, ALMOND	1	24oz	103	27	3	0	0	0	83	17	0	16	1	Tree nuts
			VI			1 20							The same	

UPDATED 09.15.2025

Bagel Run
Buyee Au

Duyec Man	KUN KUN		CAL)	FROM FA		FAT (G)	6	OL (MG)			(0)			OFBATED 05.13.2023
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FR (KCAL)	(C)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	(0)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN
LATTES	QUA	MEAS	CALO	CALO	FAT (G)	SATU	TRAN	СНО	SODI	CARB (G)	TOTA	SUGA	PROJ	ALLE
CHAI LATTE, SMALL, WHOLE	1	16oz	120	4	2	0	0	13	54	17	0	18	4	Milk
CHAI LATTE, SMALL, 2%	1	16oz	106	3	2	0	0	13	56	18	0	18	4	Milk
CHAI LATTE, SMALL, SKIM	1	160z	88	0	0	0	0	6	50	18	0	18	4	Milk
CHAI LATTE, SMALL, OAT	1	16oz	119	4	0	0	0	0	50	20	1	16	1	
CHAI LATTE, SMALL, ALMOND	1	16oz	71	2	0	0	0	0	63	13	0	11	1	Tree nuts
								Control of						
CHAI LATTE, LARGE WHOLE	1	24oz	168	6	3	0	0	18	75	24	0	25	6	Milk
CHAI LATTE, LARGE, 2%	1	24oz	149	4	2	0	0	18	79	25	0	25	6	Milk
CHAI LATTE, LARGE, SKIM	1	24oz	123	0	0	0	0	9	70	25	0	25	6	Milk
CHAI LATTE, LARGE, OAT	1	24oz	166	5	1	0	0	0	70	28	2	23	2	
CHAI LATTE, LARGE, ALMOND	1	24oz	100	2	0	0	0	0	88	18		16	1	Tree nuts
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UPDATED 09.15.2025

	Bagel Run
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LATTES	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	STATE BOY 13.2023
ICED CINNAMON VANILLA LATTE, SMALL, WHOLE	1	16oz	237	7	4	О	o	20	96	39	О	37	8	Milk
ICED CINNAMON VANILLA LATTE, SMALL 2%	1	160z	215	4	2	0	0	20	100	39	0	37	9	Milk
ICEDCINNAMON VANILLA LATTE SMALL, SKIM	1	16oz	185	0	0	0	0	10	90	39	0	37	9	Milk
ICED CINNAMON VANILLA LATTE, SMALL, OAT	1	16oz	235	6		0	0	0	90	43	2	35	4	
ICED CINNAMON VANILLA LATTE, SMALL, ALMOND	1	16oz	159	3	0	0	0	0	110	31	1	27	3	Tree nuts
	ur o			North A				10						
ICED CINNAMON VANILLA LATTE, LARGE, WHOLE	1	24oz	277	7	4	0	0	20	101	49	0	46	9	Milk
ICED CINNAMON VANILLA LATTE, LARGE, 2%	1	24oz	255	4	2	0	0	20	105	49	0	46	10	Milk
ICEDCINNAMON VANILLA LATTE, LARGE, SKIM	1	24oz	225	i	0	0	0	10	95	49	0	46	10	Milk
ICED CINNAMON VANILLA LATTE, LARGE, OAT	1	24oz	275	6	1	0	0	0	95	53	2	44	5	
ICED CINNAMON VANILLA LATTE, LARGE, ALMOND	1	24oz	199	3	0	0	0	0	115	41		36	4	Tree nuts
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UPDATED 09.15.2025

Bagel Run

LATTES SBUYEE SQUA	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	UPDATED 09.15.2025
HOT CINNAMON VANILLA LATTE, SMALL, WHOLE	1	16oz	268	9	5	0	О	25	118	41	О	40	10	Milk
HOT CINNAMON VANILLA LATTE, SMALL 2%	1	16oz	240	5	3	0	0	25	123	42	0	40	11	Milk
HOT CINNAMON VANILLA LATTE SMALL, SKIM	1	16oz	203	ı	0	0	0	13	110	42	0	40	n	Milk
HOT CINNAMON VANILLA LATTE, SMALL, OAT	1	16oz	265	8		0	0	0	110	47	3	37	5	
HOT CINNAMON VANILLA LATTE, SMALL, ALMOND	1	16oz	170	3	0	0	0	0	135	32	T I	27	3	Tree nuts
HOT CINNAMON VANILLA LATTE, LARGE, WHOLE	1	24oz	369	12	7	0	0	35	166	56	0	54	14	Milk
HOT CINNAMON VANILLA LATTE, LARGE, 2%	1	24oz	330	7	4	0	0	35	173	57	0	54	15	Milk
HOT CINNAMON VANILLA LATTE , LARGE, SKIM	1	24oz	278	1	0	0	0	18	155	57	0	54	15	Milk
HOT CINNAMON VANILLA LATTE, LARGE, OAT	1	24oz	365	11		0	0	0	155	64	4	50	7	
HOT CINNAMON VANILLA LATTE, LARGE, ALMOND	1	24oz	232	5	0	0	0	0	190	43		36	5	Tree nuts
			N.											

UPDATED 09 15 2025

Bagel Run	

Buyee Au	W. T.		(CAL)	NOM FAT		FAT (G)	6	OF (MG)			(0)			UPDATED 09.15.2025
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN
LATTES	0	Σ	Ü	ů Š	7	S		Ū	Š	Ú		S	_	⋖ io
ICED MOCHA LATTE, SMALL, WHOLE	1	16oz	278	110	12	7	0	30	179	34	0	32	9	Milk
ICED MOCHA LATTE, SMALL, 2%	1	16oz	254	86	10	6	0	30	185	35	0	32	10	Milk
ICED MOCHA LATTE, SMALL, SKIM	1	16oz	224	52	6	4	0	20	185	35	0	32	10	Milk
ICED MOCHA LATTE, SMALL, OAT	1	16oz	274	77	9	4	0	10	185	39	1	30	5	Milk
ICED MOCHA LATTE, SMALL, ALMOND	1	16oz	188	65	7	4	0	10	195	26	0	23	4	Tree nuts
				1000 M						A TOTAL				
ICED MOCHA LATTE, LARGE, WHOLE	100	24oz	412	162	18	11	0	45	266	51	0	47	14	Milk
ICED MOCHA LATTE, LARGE, 2%	1	24oz	376	127	14	9	0	45	275	51	0	47	14	Milk
ICED MOCHA LATTE, LARGE, SKIM	1	24oz	331	76	8	5	0	30	275	51	0	47	14	Milk
ICED MOCHA LATTE, LARGE, OAT	1	24oz	406	114	13	6	0	15	275	57	2	44	7	Milk
ICED MOCHA LATTE, LARGE, ALMOND	1	24oz	277	95	11	5	0	15	290	37	1	34	5	Tree nuts
			V			1 200							110.3	
		THE WATER	1000	3850	200	Sign		100		1972	200		Denny.	

UPDATED 09.15.2025

Bagel Run

Duyec of the	NA.		KCAL)	ROM FA		FAT (G)	(0)	OF (MG	(5)		R (G)			01 BATED 07.13.2023
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FA'	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
LATTES	70	Σ	ð	Y Ž	F	SA	TR	₹.	SO.	ð	0	SO	PR	₹
HOT MOCHA LATTE, SMALL, WHOLE	1	16oz	237	95	n	6	0	28	129	24	0	22	7	Milk
HOT MOCHA LATTE, SMALL, 2%	1	16oz	214	75	8	5	0	25	132	24	0	22	8	Milk
HOT MOCHA LATTE, SMALL, SKIM	1	16oz	181	49	5	2	0	16	122	24	0	22	8	Milk
HOT MOCHA LATTE, SMALL, OAT	1	16oz	228	84	9	1	0	0	125	28	2	21	2	Milk
HOT MOCHA LATTE, SMALL, ALMOND	1	16oz	195	66	7	0	0	0	139	21	1	18	1	Tree nuts
								Soft (100 HO				
HOT MOCHA LATTE, LARGE, WHOLE	1	24oz	387	159	18	11	0	51	215	46	2	42	14	Milk
HOT MOCHA LATTE, LARGE, 2%		24oz	344	120	13	8	0	29	208	46	2	42	14	Milk
HOT MOCHA LATTE, LARGE, SKIM	1	24oz	285	57	6	4	0	7	200	46	2	42	14	Milk
HOT MOCHA LATTE, LARGE, OAT	-	24oz	344	120	13	4	0	0	186	51	5	34	7	Milk
HOT MOCHA LATTE, LARGE, ALMOND	1	24oz	256	87	10	4	0	0	288	40	3	31	6	Tree nuts
			Y											

UPDATED 09.15.2025

Bagel Run
Buyee Au

Duyec sta	No.		CAL)	FROM FA		ΑΤ (G)	0	L (MG)			(0)			OFBATED 05.13.2023
	TITY	URE	CALORIES (KCAL)	RIES FR	0	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	(0)	TOTAL FIBER (G)	R (G)	PROTEIN (G)	ALLERGEN
LATTES	QUANTITY	MEASURE	CALO	CALORIES (KCAL)	FAT (G)	SATUI	TRAN	СНОГ	SODIU	CARB (G)	TOTAL	SUGAR (G)	PROT	ALLER
ICED LATTE, SMALL, WHOLE	1	16oz	126	59	7	4	0	20	90	10	0	10	7	Milk
ICED LATTE, SMALL, 2%	-	16oz	102	36	4	2	0	20	96	10	0	10	7	Milk
ICED LATTE, SMALL, SKIM	1	160z	72	2	0	0	0	6	72	10	0	10	7	Milk
ICED LATTE, SMALL, OAT	1	16oz	106	36	4	1	0	0	86	14	1	10	2	
ICED LATTE, SMALL, ALMOND	1	16oz	36	18	2	0	0	0	102	1	0	111	1	Tree nuts
			A STATE OF	in The				100				-		
ICED LATTE, LARGE, WHOLE	1	24oz	174	86	10	6	0	30	115	15	0	15	10	Milk
ICED LATTE, LARGE, 2%	1	24oz	141	54	6	4	0	30	123	16	0	15	11	Milk
ICED LATTE, LARGE, SKIM	1	24oz	99	3	0	0	0	9	99	16	0	15	11	Milk
ICED LATTE, LARGE, OAT	1	24oz	147	51	6	1	0	0	115	21	2	15	3	
ICED LATTE, LARGE, ALMOND	1	24oz	54	27	3	0	0	0	132	2	1	1	2	Tree nuts
		/0)2	V)											

UPDATED 09.15.2025

O JEFF'S O Own
Bagel Run

Duyec sto			CALORIES (KCAL)	CALORIES FROM FAT (KCAL)		SATURATED FAT (G)	AT (G)	CHOLESTEROL (MG)	(DH)		TOTAL FIBER (G)	0	(C)	J-
LATTES	QUANTITY	MEASURE	CALORII	CALORII (KCAL)	FAT (G)	SATURA	TRANS FAT (G)	CHOLES	SODIUM (MG)	CARB (G)	TOTALF	SUGAR (G)	PROTEIN (G)	ALLERGEN
HOT LATTE, SMALL, WHOLE	1	12oz	161	75	8	5	0	37	125	13	0	13	8	Milk
HOT LATTE, SMALL, 2%	1	12oz	130	47	5	3	0	21	120	13	0	13	8	Milk
HOT LATTE, SMALL, SKIM	1	12oz	88	2	0	0	0	5	104	13	0	13	8	Milk
HOT LATTE, SMALL, OAT	1	12oz	130	47	5	1	0	0	104	17	2	7	3	
HOT LATTE, SMALL, ALMOND	1	12oz	68	28	3	0	0	0	177	8	-	5	1	Tree nuts
								borg.						
HOT LATTE, LARGE, WHOLE	1 100	16oz	226	105	12	7	0	51	175	18	0	18	14	Milk
HOT LATTE, LARGE, 2%	1	16oz	183	66	7	4	0	29	168	18	0	18	15	Milk
HOT LATTE, LARGE, SKIM	1	16oz	124	3	0	0	0	7	146	18	0	18	16	Milk
HOT LATTE, LARGE, OAT	1	16oz	183	66	7	1	0	0	146	23	3	10	4	
HOT LATTE, LARGE, ALMOND	1	16oz	95	39	4	0	0	0	248	12		7	1	Tree nuts
			Y											

Bagel Ru			CALORIES (KCAL)	CALORIES FROM FAT (KCAL)		SATURATED FAT (G)	ΛΤ (G)	CHOLESTEROL (MG)	(MG)		BER (G)			UPDATED 09.15.2025
	QUANTITY	MEASURE	LORIE	CAL)	FAT (G)	TURAT	TRANS FAT (G)	HOLEST	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN
LATTES	9	Σ	3	38	. ₹	S		ō	S	3	ř	SI	ă.	₹ 5
ICED SKINNY CARAMEL LATTE, SMALL	1	16oz	80	4	0	0	0	6	90	12	0	10	9	Milk
ICED SKINNY CARAMEL LATTE, LARGE	1	24oz	120	5	1	0	0	9	135	18	0	15	13	Milk
				7.5							000			
HOT SKINNY CARAMEL LATTE, SMALL	1	12oz	98	4	1	0	0	7	108	14	0	5	11	Milk
HOT SKINNY CARAMEL LATTE, LARGE	1	16oz	132	6	7048	0	0	10	145	18	0	6	15	Milk
			A THE	in the				0						
ICED PUMPKIN SPICE LATTE, SMALL, WHOLE	1	16oz	248	81	9	6	0	30	115	34	0	32	7	Milk
ICED PUMPKIN SPICE LATTE, SMALL, 2%	1	16oz	229	61	7	4	0	21	122	34	0	32	8	Milk
ICED PUMPKIN SPICE LATTE, SMALL, SKIM	1	16oz	199	27	3	1//	0	11	128	34	0	32	8	Milk
ICED PUMPKIN SPICE LATTE, SMALL, OAT	1	16oz	232	70	8	1	0	0	110	38		30	3	
ICED PUMPKIN SPICE LATTE, SMALL, ALMOND	1	16oz	196	58	7	0	0	0	140	31	0	28	2	Tree nuts
			WAY.	10		1 20	133	100	A Too				717.02	

UPDATED 09.15.2025

Bagel Ru	n		(KCAL)	FROM FAT		AT (G)
LATTES	QUANTITY	MEASURE	CALORIES (KO	CALORIES FRO	FAT (G)	SATURATED F
ICED PUMPKIN SPICE LATTE, LARGE, WHOLE	1	24oz	343	115	13	8

CHOLESTEROL (MG) TOTAL FIBER (G) RANS FAT (G) SODIUM (MG) PROTEIN (G) ALLERGEN STATEMENT SUGAR (G) CARB (G) Milk **ICED PUMPKIN SPICE LATTE, LARGE, 2%** Milk 24oz ICED PUMPKIN SPICE LATTE, LARGE, 24oz Milk SKIM ICED PUMPKIN SPICE LATTE, LARGE, OAT 24oz ICED PUMPKIN SPICE LATTE, LARGE, 240z Tree nuts ALMOND HOT PUMPKIN SPICE LATTE, SMALL, Milk 12oz WHOLE **HOT PUMPKIN SPICE LATTE, SMALL, 2%** Milk 12oz HOT PUMPKIN SPICE LATTE, SMALL, SKIM 12oz Milk HOT PUMPKIN SPICE LATTE, SMALL, OAT 12oz HOT PUMPKIN SPICE LATTE, SMALL, 12oz Tree nuts **ALMOND**

UPDATED 09.15.2025

	Bagel Run
U.S.	

Bayee Ku	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	(9)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	UPDATED 09.15.2025
LATTES	QU,	ME	CAL	CAL	FAT (G)	SAT	TRA	СНС	300	CAR	101	SUG	PRO	STA
HOT PUMPKIN SPICE LATTE, LARGE, WHOLE	1	16oz	368	102	11	7	0	35	151	31	0	36	11	Milk
HOT PUMPKIN SPICE LATTE, LARGE, 2%	1	16oz	329	63	7	5	0	28	165	32	0	36	12	Milk
HOT PUMPKIN SPICE LATTE, LARGE, SKIM	1	16oz	273	3	0	0	0	12	147	32	0	36	12	Milk
HOT PUMPKIN SPICE LATTE, LARGE, OAT	1	16oz	319	47	5	0	0	0	140	38	3	36	2	
HOT PUMPKIN SPICE LATTE, LARGE, ALMOND	1	16oz	207	38	4	0	0	0	123	16	To the second	19	1	Tree nuts
	97°		SECTION AND ADDRESS OF THE PARTY OF THE PART	borty										
	N. Cal			535										
	III.			4				謹						
	福度	T VIIII					741					Sam		
	N.F.						4 3 C							
	100		100											
			W.											

Bagel Ru		(1)	M FAT		T (G)		(MG)			0		וטא	TRITIC	ON INFORMATION UPDATED 09.15.2025	
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN	
TEA	2	Σ	3	3 ×	Ŧ	SA	Ŧ	2	So	ð	2	S	P.	A ST	
TEA, HOT	1	16oz	0	0	0	0	0	0	0	0	0	0	0		
TEA, ICED, SMALL, BLACK	1	16oz	0	0	0	0	0	0	0	0	0	0	0		
TEA, ICED, LARGE, BLACK	1	24oz	0	0	0	0	0	0	0	0	0	0	0		
TEA, ICED, SMALL, PEACH	1	16oz	0	0	0	0	0	0	0	0	0	0	0		
TEA, ICED, LARGE, PEACH	1	24oz	0	0	0	0	0	0	0	0	0	0	0		
TEA, CADDY, SMALL	1	16oz	165	0	0	0	0	0	15	41	0	39	0		
TEA, CADDY, LARGE	1	24oz	237	0	0	0	0	0	20	59	0	56	0		
TEA, PEACHBERRY, SMALL	1	16oz	130	0	0	0	0	0	10	35	0	33	0		
TEA, PEACHBERRY, LARGE	1	24oz	160	0	0	0	0	0	15	43	0	41	0		
TEA, BLUEBERRY LAVENDER SMALL	1	16oz	100	0	0	0	0	0	10	26g	0	25g	0		
TEA, BLUEBERRY LAVENDER, LARGE	1	24oz	130	0	0	0	0	0	15	35g	0	34g	0		
			Y												

UPDATED 09.15.2025

Bagel Run
Buyee Aur

Mayee Ma		URE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)		SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	(c)	TOTAL FIBER (G)	R (G)	PROTEIN (G)	ALLERGEN STATEMENT	PDATED 09.15.2025
LEMONADE	QUANTITY	MEASURE	CALOI	CALORI (KCAL)	FAT (G)	SATUE	TRANS	СНОГ	SODIC	CARB (G)	ТОТА	SUGAR (G)	PROTI	ALLER	
LAVENDER LEMONADE, SMALL	1	160z	196	0	0	0	0	0	0	50	0	46	0		
LAVENDER LEMONADE, LARGE	1	24oz	183	0	0	0	0	0	0	47	0	43	0		
BLUE RASPBERRY LEMONADE, SMALL	1	16oz	158	0	0	0	0	0	0	40g	0	38g	0		
BLUE RASPBERRY LEMONADE, LARGE	1	24oz	214	0	0	0	0	0	0	54g	0	50g	0		n na ma
STRAWBERRY LEMONADE, SMALL	1	16oz	173	0	0	0	0	0	0	44	0	40	0		
STRAWBERRY LEMONADE, LARGE	1	24oz	214	0	0	0	0	0	0	54	0	50	0		
	T NING										Special Control				
				4											
							Yes					Sam.			
							n prij		459						
			N/J												

UPDATED 09.15.2025

	Bagel Run
U =	

Duyec of	WATER		CAL)	FROM FA		FAT (G)	6	OL (MG)			(0)				0FDATED 05.13.2023
	QUANTITY	URE	CALORIES (KCAL)	RIES FR L)	6	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	(0)	TOTAL FIBER (G)	R (G)	PROTEIN (G)	ALLERGEN	
SYRUP	QUAR	MEASURE	CALO	CALORIES (KCAL)	FAT (G)	SATU	TRAN	СНОГ	SODI	CARB (G)	TOTA	SUGAR (G)	PROT	ALLE	
BANANA SYRUP .75 FL OZ	1	Serving	90	0	0	0	0	0	20	25	0	25	0		
BANANA SYRUP 1 FL OZ	1	Serving	130	0	0	0	0	0	30	33	0	33	0		
CARAMEL SYRUP .75 FL OZ	1	Serving	90	0	0	0	0	0	20	25	0	24	0		
CARAMEL SYRUP 1 FL OZ	1	Serving	130	0	0	0	0	0	30	33	0	32	0		
DARK CHOCOLATE SAUCE .75 FL OZ	1	Serving	75	0.4	0	0	0	0	34	25	0	17	0		
DARK CHOCOLATE SAUCE 1 FL	1	Serving	110	0.5	0	0	0	0	45	45	0	25	0		
HAZELNUT SYRUP .75 FL OZ	1	Serving	90	0	0	0	0	0	30	22	0	22	0		
HAZELNUT SYRUP 1 FL OZ	1	Serving	120	0	0	0	0	0	35	30	0	30	0		
LAVENDER SYRUP .75 FL OZ	1	Serving	90	0	0	0	0	0	20	25	0	25	0		
LAVENDER SYRUP 1 FL OZ	1	Serving	130	0	0	0	0	0	30	33	0	33	0		
PUMPKIN SPICE SYRUP .75 FL OZ	1	Serving	60	0	0	0	0	0	10	15	0	15	0		
PUMPKIN SPICE SYRUP 1 FL OZ	1	Serving	80	0	0	0	0	0	10	20	0	20	0		

UPDATED 09.15.2025

Bagel Run
Buyee Aur

Duyec Man			(CAL)	NOM FAT		FAT (G)	(0)L (MG)	6		(0)		Tally I		OPDATED 09.15.2025
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	(0)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN	
RUP	δυς -	MEA	CAL	CALORI (KCAL)	FAT (G)	SAT	TRA	СНО	SOD	CAR	TOT	SUG	PRO	ALL	
AR FREE CARAMEL SYRUP .75 FL OZ	1 S	Serving	0	0	0	0	0	0	10	5	0	0	0		
AR FREE CARAMEL SYRUP 1 FL OZ	1 S	Serving	0	0	0	0	0	0	10	6	0	0	0		
AR FREE VANILLA SYRUP .75 FL OZ	1 S	Serving	0	0	0	0	0	0	10	4	0	0	0		
AR FREE VANILLA SYRUP 1 FL OZ	1 S	Serving	0	0	0	0	0	0	10	5	0	0	0		
ILLA SYRUP .75 FL OZ	1 S	Serving	100	0	0	0	0	0	25	25	0	24	0		
ILLA SYRUP 1 FL OZ	1 S	Serving	130	0	0	0	0	0	35	33	0	31	0		
					east y			4							
	# 49 W			4									Unit I		
		COL					To be					Sam			
THE THE LABOR.	* J.						200	1/2	42						
						o offi Niese									
		197	V												
AR FREE VANILLA SYRUP .75 FL OZ AR FREE VANILLA SYRUP 1 FL OZ ILLA SYRUP .75 FL OZ	1 S	Serving Serving Serving	0 0 100	0 0 0	0 0	0 0	0 0	0 0	10	5 25	0 0	0 0 24	0 0		

UPDATED 09.15.2025

	Bagel Run
U = 1	SECTION SECTION

Duyec of the	WAT TO		(CAL)	FROM FA		FAT (G)	(5)	OF (MG)	6		(0) ~		Tarres.	OF DATED 09.13.2023
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FI	(0)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN
MILK	QUA	MEA	CALC	CAL (KC)	FAT (G)	SATI	TRA	СНО	SOD	CAR	TOT	SUG	PRO	STA
2% MILK 50G	1	Serving	25	10		0.5	0	5	25	2	0	2	2	Milk
2% MILK 70G	1	Serving	35	10	1.5	1	0	5	35	3	0	3	2	Milk
HALF & HALF 50G	1	Serving	60	45	5	3.5	0	20	30	2	0	2	2	Milk
HALF & HALF 70G	1	Serving	90	70	7	4.5	0	25	45	3	0	3	2	Milk
OAT MILK 50G	1	Serving	35	15	2	0	0	0	20	4	0	1	0	
OAT MILK 70G	1	Serving	45	25	2.5	0	0	0	30	5	0	2	1	
WHOLE MILK 50G	1	Serving	30	15	1.5	310		5	20	2	0	2	2	Milk
WHOLE MILK 70G	1	Serving	45	20	2.5	1.5		5	30	3	0	3	2	Milk
ALMOND MILK 50G	1	Serving	17	14	1	0	0	0	22	-1	0	1	0	Tree nuts
ALMOND MILK 70G	1	Serving	23	21	1	0	0	0	31	2	0	1	0.5	Tree nuts
SKIM MILK 50G	1	Serving	17	0	0	0	0	1	21	2.5	0	2.5	1.7	Milk
SKIM MILK 70G	1	Serving	24	0	0	0	0	1.4	29	3.5	0	3.5	2.4	Milk

UPDATED 09 15 2025

Bagel Run
Jugico J (co.

Buyee Au			(AL)	OM FAT		AT (G)		L (MG)			(0)			UPDATED 09.15.2025
	QUANTITY	MEASURE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	(0)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	TOTAL FIBER (G)	SUGAR (G)	PROTEIN (G)	ALLERGEN STATEMENT
TREATS	QUA	MEA	CAL	CAL (KC,	FAT (G)	SAT	TRA	СНО	SOD	CAR	TOT	SOS	PRO	STA
COOKIE BAR	-	Serving	720	310	35	21	1	125	810	99	3	60	8	Egg, Milk, Soy, Wheat
FRUITY CEREAL TREAT	1	Serving	430	60	7	3.5	0	15	410	88	0	51	3	Milk
S'MORES BAR	1	Serving	600	230	26	14	0.5	75	530	88	3	49	7	Egg, Milk, Soy, Wheat
						120	Dian.							
				1	7048						arthur g			
				1007 M				0						
	No. of Street, or other Persons and Street, o				- A - T			4			The state of			
				4			(1) TO							
							761					San A		
							0.00		1			2/6		
			D _k											
			VI			1 × × × ×								