



since 1972

BAGELS

ASIAGO CHEESE: High Gluten WHEAT Flour (malted barley), Water, Asiago Cheese (Pasteurized MILK cultures, salt, MILK enzymes, Powdered Cellulose), Yeast, Sugar, Salt, WHEAT Gluten, SOYBEAN oil, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), Parsley, Cheddar Cheese (Cultured MILK, Salt, Enzymes), Maltodextrin, Canola Oil, Salt, Disodium Phosphate, Blue Cheese, Non Fat Dry Milk, Citric Acid, Artificial Color (Yellow #5, Yellow #6 and Annatto Extract), Silicon Dioxide, L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

BLUEBERRY: High Gluten malted WHEAT Flour (barley malt), Water, Sugar, Wild Blueberries (Sugar, Natural Flavor, Citric Acid, Sunflower Oil), Salt, WHEAT Gluten, Yeast, Natural Blueberry Flavor (Maltodextrin, Sucrose, Citric Acid, Silicon Dioxide), Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), Lemon Flavor (Corn Syrup, Lemon Peel, Lemon Puree, Pectin, Lemon Juice Concentrate, Natural Flavor, Phosphoric Acid, Guar Gum, Potassium Sorbate, Dextrose, Yellow #5, Ascorbic Acid), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

CHEDDAR JALAPENO : High Gluten WHEAT Flour (malted barley), Water, Cheddar Cheese Seasoning (Whey, Buttermilk Solids, Cheese (Granular and Cheddar (MILK, Cheese Culture, Salt, Enzymes))), Whey Protein Concentrate, Salt, Sodium Phosphate, Citric Acid, FD&C Yellow #5 and #6, Lactic Acid, Enzyme), Sugar, Onions, WHEAT Gluten, Salt, Yeast, Sundried Tomato (Salt, Glucose, Citric Acid, SULFUR DIOXIDE, Potassium Sorbate, Ascorbic Acid, Dehydrated Jalapeno Pepper, SOYBEAN Oil, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

CHOCOLATE CHIP: High Gluten WHEAT Flour (malted barley), Water, Sugar, Semi-Sweet Chocolate Chips (Unsweetened Chocolate, Sugar, Soy Lecithin, Vanillin, May contain MILK, Yeast, Salt, WHEAT Gluten, (Vanilla), Artificial Flavor, Propylene Glycol, Ethyl Alcohol, Citric Acid, SOYBEAN Oil, Cocoa, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

POPPY: High Gluten malted WHEAT Flour (barley malt), Water, Sugar, Salt, WHEAT Gluten, Yeast, Coloring Agent (Natural: Yellow Corn Flour, Turmeric, Mono-and Diglycerides, Paprika, Natural and Artificial Flavors), Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

EVERYTHING: High Gluten malted WHEAT Flour (barley malt), Water, Onion, Sesame Seeds, Poppy Seeds, Garlic, WHEAT Gluten, Sugar, Salt, Yeast, Black Pepper, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

GARLIC: High Gluten malted WHEAT Flour (barley malt), Water, WHEAT Gluten, Sugar, Salt, Yeast, Sesame Seeds, Garlic, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

Barry Bagels Product Ingredients

SPECIAL & SEASONAL

HONEY WHEAT: High Gluten malted WHEAT Flour (barley malt), Water, Honey, Invert Syrup (Corn), Sugar, WHEAT Bran, Yeast, Salt, WHEAT Gluten, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

ONION: High Gluten malted WHEAT Flour (barley malt), Water, Sugar, Onions, Salt, WHEAT Gluten, Yeast, Poppy Seeds, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), Pepper, L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

PLAIN: High Gluten malted WHEAT Flour (barley malt), Water, WHEAT Gluten, Sugar, Salt, Yeast, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

PUMPERNICKEL: High Gluten malted WHEAT Flour (barley malt), Water, Sugar, Coarse Rye, Salt, WHEAT Gluten, Yeast, Caramel Color, Caraway Seeds, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

RAISIN: High Gluten malted WHEAT Flour (barley malt), Water, Raisins (Sunflower Oil), Sugar, WHEAT Gluten, Salt, Yeast, Cinnamon, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), Coloring Agent (Natural: Yellow Corn Flour, Turmeric, Mono-and Diglycerides, Paprika, Natural and Artificial Flavors), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

SALT: High Gluten malted WHEAT Flour (barley malt), Water, WHEAT Gluten, Sugar, Salt, Yeast, Poppy Seeds, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

SESAME: High Gluten malted WHEAT Flour (barley malt), Water, WHEAT Gluten, Sugar, Salt, Sesame Seeds, Yeast, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

SPINACH FETA: High Gluten malted WHEAT Flour (barley malt), Water, Feta Cheese (Pasteurized MILK, salt, cheese cultures, enzymes from MILK), Sugar, Yeast, Salt, WHEAT Gluten, Onions, Garlic, SOYBEAN Oil, Spinach, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), Pepper, L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

SUNNY GRAIN: High Gluten malted WHEAT Flour (barley malt), Water, Sunflower Seeds, Honey, Invert Syrup (Corn), Sugar, Coarse Rye, Salt, WHEAT Gluten, Yeast, WHEAT Bran, Sesame Seeds, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

VANILLA CINNAMON: High Gluten malted WHEAT Flour (barley malt), Water, Sugar, Yeast, Cinnamon Chips (Sugar, palm Oil, cinnamon, Non Fat Dried MILK, SOY Lecithin), Dextrose, Malted Barley Flour, Vanilla (Artificial Flavor: Propylene Glycol, Ethyl Alcohol, Citric Acid), WHEAT Gluten, Salt, SOYBEAN Oil, Caramel Color, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

CRANBERRY : High Gluten WHEAT Flour (malted barley), Water, Honey, Invert Syrup (Corn), Cranberries (dried, sweetened, sunflower oil), Sugar, Salt, WHEAT Gluten, Yeast, Orange Flavor: (Corn Syrup, Ground Oranges, Orange Juice Concentrate, Natural Flavor, Guar Gum, Pectin, Phosphoric Acid, Artificial Color Yellow #6, Yellow #5, Potassium Sorbate, Dextrose, Ascorbic Acid), Dough Conditioner: (Enriched WHEAT Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid (Vitamin C), Mono and Diglycerides, 2% or less of: Enzymes, Calcium Sulfate), L-Cysteine (derived from vegetable sources), Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

SUNDRIED TOMATO: High Gluten WHEAT Flour (malted barley), Water, Sugar, WHEAT Gluten, Sundried Tomato (SULFUR DIOXIDE, Citric Acid, Glucose), Salt, Yeast, Onions, Dough Conditioner: (Enriched WHEAT Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid (Vitamin C), Mono and Diglycerides, 2% or less of: Enzymes, Calcium Sulfate), Marjoram, Basil, Oregano, other Natural Spices, Pepper, L-Cysteine (derived from vegetable sources), Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

PUMPKIN SPICE: High Gluten malted WHEAT Flour (barley malt), Water, Sugar, Yeast, Pumpkin, Salt, WHEAT Gluten, Spices, SOYBEAN Oil, Dough Conditioner: (Enriched WHEAT Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid (Vitamin C), Mono and Diglycerides, 2% or less of: Enzymes, Calcium Sulfate), FD&C yellow #6, L-Cysteine (derived from vegetable sources), Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

BUCKEYE: High Gluten malted WHEAT Flour (barley malt), Water, Sugar, Yeast, White Chocolate Drops (Sugar, partially hydrogenated palm kernel oil, whey, nonfat MILK, mono and diglyceride and SOYA lecithin emulsifiers, pure vanilla), Malted Barley Flour, (dextrose), Salt, Natural Flavor (Maltodextrin, caramelized sugar, propylene glycol), Dextrose, WHEAT Gluten, SOYBEAN Oil, Red Color (Contains Yellow #5), Dough Conditioner: (Enriched WHEAT Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid (Vitamin C), Mono and Diglycerides, 2% or less of: Enzymes, Calcium Sulfate), L-Cysteine (derived from vegetable sources), Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

OTHER ITEMS

ONION STIX: High Gluten malted WHEAT Flour (barley malt), Water, Onions, Sugar, Salt, WHEAT Gluten, Yeast, Poppy Seeds, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), Pepper, L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

PLAIN THINS: High Gluten malted WHEAT Flour (barley malt), Water, WHEAT Gluten, Sugar, Salt, Yeast, Sesame Seeds, Sunflower Seeds, Poppy Seeds, WHEAT Bran, Salt, Yeast, Garlic, Onion, Coriander, Rye, Caraway Seeds, Caramel Color, Black Pepper, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), Coloring Agent (Natural: Yellow Corn Flour, Turmeric, Mono-and Diglycerides, Paprika, Natural and Artificial Flavors), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

GARLIC THINS: High Gluten malted WHEAT Flour (barley malt), Water, WHEAT Gluten, Sugar, Salt, Yeast, Sesame Seeds, Sunflower Seeds, Poppy Seeds, WHEAT Bran, Salt, Yeast, Garlic, Onion, Coriander, Rye, Caraway Seeds, Caramel Color, Black Pepper, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), Coloring Agent (Natural: Yellow Corn Flour, Turmeric, Mono-and Diglycerides, Paprika, Natural and Artificial Flavors), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

RAISIN THINS: High Gluten malted WHEAT Flour (barley malt), Water, Raisins (Sunflower Oil), Sugar, WHEAT Gluten, Salt, Yeast, Cinnamon, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Molasses Powder (Molasses, WHEAT Starch), Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid, Mono-and Diglycerides, Enzymes, Calcium Sulfate), Coloring Agent (Natural: Yellow Corn Flour, Turmeric, Mono-and Diglycerides, Paprika, Natural and Artificial Flavors), L-Cysteine derived from non-animal sources, Corn meal used as a manufacturing aid. Produced in a facility in which the following allergens are used: WHEAT, SOY, EGGS, MILK.

*All bagels may contain trace amounts of cornmeal and vegetable shortening (partially hydrogenated SOYBEAN oil) used to prevent sticking to food preparation and baking surfaces. Bagels may contain the following allergens: WHEAT, SOY, EGGS, MILK

BARRY BAGELS NUTRITION INFORMATION

Bagel	Weight	Calories	Carbohydrates	Sugars	Proteins	Fat	Cholesterol	Fiber	Sodium
Asiago Cheese	3.75 oz	250	43g	3g	10g	4g	5 mg	2g	650 mg
Blueberry	4 oz	270	56g	5g	10g	1g	0 mg	2g	430 mg
Chocolate Chip	3.75 oz	280	54g	10g	9g	3g	0 mg	2g	490 mg
Poppy	4 oz	270	56g	5g	10g	<1g	0 mg	2g	430 mg
Everything	4 oz	280	56g	2g	11g	1.5g	0 mg	2g	540 mg
Garlic	4 oz	280	56g	2g	11g	1.5g	0 mg	2g	450 mg
Honey Wheat	4 oz	280	57g	5g	10g	<1g	0 mg	2g	410 mg
Cheddar Jalapeno	3.75 oz	270	54g	4g	11g	1.5g	0 mg	2g	510 mg
Onion	4 oz	280	56g	2g	11g	<1g	0 mg	2g	420 mg
Plain	4 oz	270	56g	1g	11g	<1g	0 mg	2g	420 mg
Pumpernickel	4 oz	270	56g	2g	11g	<1	0 mg	2g	420 mg
Raisin	4 oz	280	57g	5g	10g	<1g	0 mg	2g	410 mg
Salt	4 oz	270	56g	2g	11g	<1g	0 mg	2g	480 mg
Sesame	4 oz	280	56g	2g	11g	2.5g	0 mg	2g	420 mg
Spinach Feta	3.75 oz	240	45g	3g	9g	3g	5 mg	2g	730 mg
Sunny grain	4 oz	290	56g	6g	11g	3g	0 mg	3g	400 mg
Vanilla Cinnamon	3.75 oz	280	56g	14g	9g	3g	0 mg	2g	400 mg
Cranberry	3.75 oz	260	55g	8g	9g	1g	0 mg	2g	380 mg
Pumpkin Spice	3.75 oz	270	57g	12g	9g	1.5g	0 mg	2g	480 mg
Sundried Tomato	3.75 oz	250	51g	3g	10g	1g	0 mg	2g	420 mg
Buckeye	4 oz	300	62g	16g	9g	3.5g	0 mg	2g	480 mg
Onion Stix	4 oz	280	56g	2g	11g	<1g	2 mg	2g	420 mg

HELPFUL HINTS

STORING:

Bagels stay freshest when stored in tightly sealed plastic bags. Always allow to cool before transferring to a plastic bag. Don't store bagels for long in paper bags.

REVIVING:

Several day old bagels tend to harden. They may be freshened up by toasting, broiling, microwaving very briefly (15 seconds), or moisten with water and bake for 10 minutes in a 350 degree oven.

FREEZING:

Bagels should be cool before freezing. Slice, then place in a freezer bag, sealing tightly. Sliced bagels may be popped in the toaster while frozen.

REFRIGERATING:

Don't do it! Bagels should be kept at room temperature or frozen. Bread products (including bagels) go stale up six times faster in the refrigerator. Fortunately stale bagels can be brought back to life fairly easily (see reviving).



VISIT OUR WEB SITE:
www.barrybagels.com

OR E-MAIL US AT:
Office@barrybagels.com



Barry Bagels Nutrition

Bagels	Weight oz	Calories	Carbs g	Sugar g	Protein g	Fat g	Fiber g	Sodium mg
Asiago Cheese	3.75	250	43	3	10	4	2	650
Blueberry	4	270	56	5	10	1	2	430
Chocolate Chip	3.75	280	54	10	9	3	2	490
Cheddar Jalapeno	3.75	270	54	4	11	1.5	2	510
Poppy	4	270	56	5	10	<1	2	430
Everything	4	280	56	2	11	1.5	2	540
Garlic	4	280	56	2	11	1.5	2	450
Honey Wheat	4	280	57	5	10	<1	2	410
Onion	4	280	56	2	11	<1	2	420
Plain	4	270	56	1	11	<1	2	420
Pumpernickel	4	270	56	2	11	<1	2	420
Raisin	4	280	57	5	10	<1	2	410
Salt	4	270	56	2	11	<1	2	480
Sesame	4	280	56	2	11	2.5	2	420
Spinach Feta	3.75	240	45	3	9	3	2	730
Sunny Grain	4	290	56	6	11	3	3	400
Vanilla Cinnamon	3.75	280	56	14	9	3	2	400
Onion Stix	4	280	56	2	11	<1	2	420
Salads								
Potato	4	214	13	1	2	19	1	206
Macaroni	4	204	22	1	4	11	1	161
Cole Slaw	4	41	7	3	1	2	1	14
Egg	4	264	1	0	10	25	0	244
Tuna	4	285	1	0	25	20	0	447
Chicken	4	358	1	0	16	34	0	296
Cream Cheese								
Plain	1	100	<1	<1	2	10	0	110
Life	1	70	<1	<1	2	6	0	120
Vegetable Ranch	1	69	1	<1	3	6	0	113
Scallion	1	71	1	<1	3	6	0	117
Raisin Cinnamon	1	82	4	3	3	6	0	114
Strawberry	1	104	5	4	2	9	0	86
Honey Brown Sugar	1	109	6	5	2	9	0	88
Southwest Jalapeño	1	67	1	<1	3	6	0	183