



BAGELS

# Barry Bagels Product Ingredients

## SPECIAL & SEASONAL

**ASIAGO CHEESE:** High Gluten malted WHEAT Flour (barley malt), Water, Asiago Cheese (Pasteurized MILK, Cheese Cultures, Salt, Enzymes), WHEAT Gluten, Sugar, Salt, Yeast, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrrous 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.

**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, Ferrrous 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.

**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, Ferrrous 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.

**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, Ferrrous 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.

**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, Ferrrous 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.

**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, Ferrrous 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.

**GARLIC:** High Gluten malted WHEAT Flour (barley malt), Water, WHEAT Gluten, Sugar, Salt, Yeast, Sesame Seeds, Garlic, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrrous 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.

\*Special and Seasonal bagel availability may vary by time and location.

**ALLERGEN STATEMENT:** The raw bagel dough baked in our locations is produced by *The Bagel Factory* - a Barry Bagels company. The Bagel Factory does not use peanuts or tree nuts in any of its products - and does not use products that are made from or derived from peanuts or tree nuts. Employees are not permitted to have any foods in the processing area which contain nuts of any kind. The allergens that the bagels contain or may contain as a possible cross-contaminant include WHEAT, SOY, EGGS, and MILK. Our machines and work surfaces are cleaned during the preparation process to minimize cross contamination between bagel varieties.

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

**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, Ferrrous 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.

**ONION:** High Gluten malted WHEAT Flour (barley malt), Water, Sugar, Onions, Salt, WHEAT Gluten, Yeast, Poppy Seeds, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrrous 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.

**PLAIN:** High Gluten malted WHEAT Flour (barley malt), Water, WHEAT Gluten, Sugar, Salt, Yeast, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrrous 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.

**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, Ferrrous 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.

**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, Ferrrous 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.

**SALT:** High Gluten malted WHEAT Flour (barley malt), Water, WHEAT Gluten, Sugar, Salt, Yeast, Poppy Seeds, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrrous 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.

**SESAME:** High Gluten malted WHEAT Flour (barley malt), Water, WHEAT Gluten, Sugar, Salt, Sesame Seeds, Yeast, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrrous 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.

**SPINACH FETA (when available):** 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, Ferrrous 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.

**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, Ferrrous 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.

**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, Ferrrous 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.

**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).

**TOMATO BASIL:** 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).

**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).

**WHITE CHOCOLATE CARAMEL (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).

## 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, Ferrrous 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.

**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, Cornmeal, Rye, Caraway Seeds, Caramel Color, Black Pepper, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrrous 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.

**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, Cornmeal, Rye, Caraway Seeds, Caramel Color, Black Pepper, Dough Conditioner (Enriched Bleached WHEAT Flour (Niacin, Ferrrous 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.

**CINNAMON CRUNCH THINS:** Unbleached High Gluten WHEAT Flour (Barley Malt), Water, Sugar, Raisins (Sunflower Oil), Salt, Yeast, Cinnamon, Cinnamon Chips, Wild Blueberries, Dough Conditioner (Enriched WHEAT Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Diacetyl Tartaric Acid Esters of Mono-Diglycerides (DATEM), Ascorbic Acid (Vitamin C), Sunflower Oil, SOY Oil, Mono And Diglycerides, 2% Or Less Of: Enzymes, Calcium Sulfate), Caramel Coloring, Molasses Powder (Molasses, WHEAT Starch), Coloring Agent, Natural: (Yellow Corn Flour, Turmeric, Mono And Diglycerides, Paprika, Natural And Artificial Flavors, Citric Acid, Lemon Peel, Lemon Puree, Lemon Juice Concentrate, Guar Gum, Phosphoric Acid, Potassium Sorbate, Yellow #5, L-Cysteine (Derived From Vegetable Sources).

## BARRY BAGELS NUTRITION INFORMATION

Bagel	Weight	Calories	Carbohydrates	Sugars	Proteins	Fat	Cholesterol	Fiber	Sodium
Asiago Cheese	4 oz	300	51g	1g	14g	4g	10 mg	2g	500 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	<1g	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
Tomato Basil	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](http://www.barrybagels.com)

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