



BAGELS

• since 1972 •

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, 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.

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.

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

CHOCOLATE CHIP: High Gluten WHEAT Flour (malted barley), Water, Sugar, Semi-Sweet Chocolate Chips (Unsweetened Chocolate, Sugar, Soy Lecithin, Vanilla, 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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, 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.

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.

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.

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).

SUN DRIED 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).

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, 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.

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.

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.

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).

*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

Nutrition Information

Bagels	Weight oz	Calories	Carbs grams	Sugar grams	Protein grams	Fat grams	Fiber grams	Sodium milligrams
Asiago Cheese	4	300	51	1	14	4.5	2	500
Blueberry	3.75	250	51	3	10	1	2	390
Chocolate Chip	3.75	270	55	10	9	3	2	490
Cheddar Jalapeno	3.75	270	55	5	11	2	2	510
Cranberry	3.75	260	55	8	9	1	2	380
Poppy	3.75	250	51	2	10	1	2	400
Everything	4	270	56	2	11	1.5	2	540
Garlic	4	270	56	2	11	1.5	2	450
Honey Wheat	3.75	250	53	6	10	1	2	380
Onion	3.75	250	51	3	10	1	2	390
Plain	3.75	250	51	1	10	1	2	420
Pumpkin	3.75	270	57	12	9	1.5	2	480
Pumpernickel	3.75	250	52	2	10	1	2	390
Raisin	3.75	250	53	6	9	1	2	370
Salt	4	270	56	2	11	<1	2	480
Sesame	4	280	56	2	11	2.5	2	420
Spinach Feta	3.75	260	51	4	11	3	2	820
Sunny Grain	3.75	270	52	5	10	3	2	370
Sun Dried Tomato	3.75	250	50	3	10	1.5	2	690
Vanilla Cinnamon	3.75	280	58	13	9	2.5	2	390
Onion Stix	4	270	56	2	11	<1	2	420
White Chocolate Caramel	3.75	290	59	14	9	2.5	2	470

Helpful Hints

STORING:

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

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 to six times faster in the refrigerator. Fortunately, stale bagels can be brought back to life fairly easily (see reviving).