THE bagel BAR

Eat Healthy

Menu endorsed by healthpro

Allergen, Lifestyle & Energy Coding Key

ENERGY CODES		
SYMBOL	CALORIES	MEAL TYPE
	< 300 kcals	Snack
	300 - 500 kcals	Light Meal
	500 - 800 kcals	Main Meal
	800 + kcals	Indulgence

- WF Wheat Free
- GF Gluten Free
- C Coeliac Friendly
- DF Dairy Free
- LF Low Fat
- LSF Low Saturated Fat
- LS Low Salt
- S Low Sugar
- HF High Fibre
- V Vegetarian
- Na Low Sodium

Disclaimer:
healthpro would like to acknowledge that the information stated is given in good faith and for educational purposes only. It is based upon the breakdown of the product formulation and data supplied by **The Bagel Bar**, raw material suppliers to **The Bagel Bar** and nutrient software supporting the UK and European nutrient databank from the Office of Public Sector Information (OPSI). Whilst healthpro makes every effort to obtain assurance from our suppliers regarding nutritional data supplied, manufacturers and suppliers do not always test their materials to obtain nutritional data and therefore not always can be provided thus absolute values cannot always be provided. All symbols are a trademark of healthpro and can only be used in conjunction to working within a healthpro project.

coffee

	grande	tall
cappuccino (WF GF C LF LSF LS Na)	€3.00 *140 Kcals*	€2.75 *110 Kcals*
latte (WF GF C LF LSF LS Na)	€3.00 *174 kcals*	€2.75 *137 kcals*
mocha (WF GF C LF LSF LS Na)	€3.25 *161 kcals*	€3.00 *128 kcals*
caramel macchiato (WF GF C LF LSF LS Na)	€3.25 *213 kcals*	€3.00 *166 kcals*
espresso (WF GF C DF LF LSF LS S Na)	€2.40 *trace*	€2.20 *trace*
americano (WF GF C DF LF LSF LS S Na)	€2.70 *trace*	€2.40 *trace*
tea (WF GF C DF LF LSF LS S Na)	€1.75 *trace*	€1.65 *trace*
speciality tea (WF GF C DF LF LSF LS S Na)	€2.10 *trace*	€1.90 *trace*
hot chocolate (WF GF C LF LS Na)	€3.25 *222 kcals*	€3.00 *184 kcals*
milk (WF GF C LF LS Na)	€1.60 *166 kcals*	€1.30 *128 kcals*

WF Wheat Free GF Gluten Free C Coeliac Friendly DF Dairy Free LF Low Fat LSF Low Saturated Fat LS Low Salt Na Low Sodium S Low Sugar Snack

try our delicious shots 60c **caramel - hazelnut - chocolate - vanilla**

bagels - wraps - panini - subs - sandwiches - salads

The **breakfast** — 674 Kcals

The **triple cheese** — HF — 603 Kcals

The **italian job** — 548 Kcals

The **manhattan** — 529 Kcals

The **specialist** — 397 Kcals

The **chicken ceasar** — LSF — 472 Kcals

The **cajun** — 487 Kcals

The **ploughmans** — 399 Kcals

The **beef philly** — 515 Kcals

The **chicken philly** — 565 Kcals

The **bangkok** — LSF LF — 360 Kcals

The **maui** — 463 Kcals

The **veggie** — V — 529 Kcals

The **west coast** — 506 Kcals

The **mexicana** — LSF S — 391 Kcals

The **classic club** — 620 Kcals