

## **Little Shop of Bagels List of Ingredients in Regular Menu Items**

\*We do our very best to avoid cross contamination, but the nature of being a bakery plus food service establishment means that it is not guaranteed regarding allergens (eg. regular and gluten free bagels are manufactured in the same facility). Please check our ingredients and use your best judgement regarding what is right for your body. We'll update this ingredient list as needed. There may be other menu items that are offered at times and not reflected on this list.

### **Bagels**

#### **Plain:**

ORGANIC UNBLEACHED FLOUR, \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, WATER, SEA SALT, BARLEY MALT, YEAST

#### **Onion:**

\*ORGANIC UNBLEACHED FLOUR , \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, BARLEY MALT, WATER, ONION, SEA SALT, YEAST.

#### **Hiker-Everything:**

\*ORGANIC UNBLEACHED FLOUR , \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, BARLEY MALT, WATER, SEA SALT, YEAST, GARLIC, SESAME AND POPPY SEEDS, KOSHER SALT

#### **Sesame:**

\*ORGANIC UNBLEACHED FLOUR , \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, WATER, SEA SALT, BARLEY MALT, SESAME SEEDS, YEAST.

#### **Poppy Seed:**

\*ORGANIC UNBLEACHED FLOUR , \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, WATER, SEA SALT, BARLEY MALT, POPPY SEEDS, YEAST.

#### **Sprouted Wheat:**

\*ORGANIC UNBLEACHED FLOUR , \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, \*ORGANIC WHEAT BERRIES, WATER, BARLEY MALT OR HONEY, SEA SALT, YEAST.

**Sprouted Wheat Hiker:**

\*ORGANIC UNBLEACHED FLOUR, \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, \*ORGANIC WHEAT BERRIES, SEA SALT, WATER, YEAST, BARLEY MALT OR HONEY, GARLIC, SESAME AND POPPY SEEDS, KOSHER SALT.

**Garlic-Herb:**

\*ORGANIC UNBLEACHED FLOUR, \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, GARLIC, BARLEY MALT, WATER, \*ORGANIC OREGANO, SEA SALT, YEAST.

**Raisin Cinnamon:**

\*ORGANIC UNBLEACHED FLOUR , \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, \*ORGANIC RAISINS, BARLEY MALT OR HONEY, CINNAMON, NUTMEG, WATER, SEA SALT, YEAST.

**Jalapeño:**

\*ORGANIC UNBLEACHED FLOUR, \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, BARLEY MALT, SEA SALT, JALAPENO, GARLIC, RED PEPPER FLAKES, \*ORGANIC OREGANO, WATER, YEAST.

**Spinach-Kale:**

\*ORGANIC UNBLEACHED FLOUR , \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, \*ORGANIC SPINACH, \*ORGANIC KALE, WATER, GARLIC, BARLEY MALT, SEA SALT, YEAST.

**Cranberry Walnut:**

\*ORGANIC UNBLEACHED FLOUR , \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, \*ORGANIC DRIED CRANBERRIES (SUGAR), WALNUTS, BARLEY MALT OR HONEY, NUTMEG, WATER, SEA SALT, YEAST

**Chocolate Chip:**

\*ORGANIC UNBLEACHED FLOUR , \*ORGANIC WHOLE WHEAT FLOUR, \*ORGANIC RYE FLOUR, CHOCOLATE CHIPS (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin, natural flavor), WALNUTS, BARLEY MALT OR HONEY, WATER, SEA SALT, YEAST

**Pumpkin Spice:**

\*ORGANIC WHEAT FLOUR, \*ORGANIC WHOLE WHEAT FLOUR, WATER, PUMPKIN, \*ORGANIC SUGAR, HONEY, YEAST, SEA SALT, CINNAMON, GINGER, CLOVES, NUTMEG.

## **Gluten Free Bagels**

Gluten free flour blend (garbanzo bean flour, potato starch, tapioca flour, whole grain sorghum flour, fava bean flour), apple cider vinegar, safflower oil, agave nectar, water, xanthan gum, yeast, salt.

**Gluten Free Bagel Flavors:** Sesame, Poppy, Plain, Hlker (sesame, poppy, dehydrated garlic, kosher salt)

## **Scones**

Organic all purpose flour, organic butter (cream, sea salt), organic eggs, organic sugar, heavy cream, baking powder.

### **Scone Flavors:**

Mixed Berry: Blueberries, raspberries, blackberries

Lemon Ginger: Lemon juice, lemon zest, crystallized ginger (sugar, ginger)

Apple Blueberry: apples, blueberries

Chocolate Raspberry: chocolate chips (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin, natural flavor), raspberries

Chocolate Cherry: chocolate chips (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin, natural flavor), cherries

Pumpkin: pumpkin, cinnamon, nutmeg, cloves, ginger, allspice

## **Gluten Free Scones**

gluten free flour blend (sweet rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), organic butter (cream, salt), organic eggs, organic sugar, heavy cream, baking powder.

**Gluten Free Scone Flavors: See Scone Flavors Above**

## **SPREADS**

**Cream Cheese** (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum)

### **Green Onion Chive Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), green onions, chives.

### **Pesto Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), basil, olive oil, garlic (garlic, olive oil).

### **Mexi Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), garlic (garlic olive oil), jalapeño, cilantro, red pepper flakes.

### **Sun Dried Tomato Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), dried tomatoes, garlic (garlic, olive oil), oregano.

### **Marionberry Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), marion blackberry jam (organic seedless blackberry puree, organic cane sugar, pectin solution (water, apple pectin), ascorbic acid (vitamin c), citric acid).

### **Lox and Chive Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), wild salmon (cured smoked salmon, salt), green onions, chives, lemon juice.

**Smoked Salmon Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), smoked salmon (Atlantic salmon (color added), salt, honey, hardwood smoke).

**Black Olive Garlic Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum) black olives (black olives, salt, lactic acid, ferrous gluconate), garlic (garlic, olive oil).

**Green Olive Garlic Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), green olives (green olives, salt, lactic acid), garlic (garlic, olive oil).

**Pumpkin Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), pumpkin, organic powdered sugar, cinnamon, nutmeg, ginger, cloves, allspice.

**Chocolate Cream Cheese:**

Cream Cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), cocoa powder, organic powdered sugar.

**Organic Cream Cheese:** Organic pasteurized milk and cream, organic whey, cheese culture, salt, organic locust bean gum.

**Organic Butter:**

Organic cream, sea salt.

**Non Dairy Cream Cheese (Tofutti):**

Water, palm oil, maltodextrin, non-gmo soy protein, non-gmo tofu, non-dairy lactic acid, locust bean, guar, and xanthan gum.

## **SPREADS**

### **Hummus:**

Organic garbanzo beans, olive oil, lemon juice, tahini, parsley, salt.

### **Pesto Spread:**

Basil, olive oil, garlic.

### **Cashew Spread:**

Raw cashews (nuts), water, coconut aminos, apple cider vinegar, rosemary, basil, sage, tarragon, marjoram, thyme, parsley, lavender, chives, garlic, oregano, Himalayan sea salt & cultures

### **Tuna Salad:**

Albacore tuna (pole and line caught albacore tuna, salt), vegan mayo (expeller-pressed canola and safflower oils, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate), organic carrots, organic celery, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder), lemon juice.

### **Vegan Mayo:**

Expeller-pressed canola and safflower oils, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate.

### **Mustard:**

Distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder.

### **Non-Dairy Butter (Earth Balance):**

Natural oil blend (palm fruit, canola, soybean, flax and olive oils), filtered water, contains Less than 2% of pure salt, natural flavor (plant derived from corn) pea protein, sunflower lecithin, lactic Acid (non-dairy), annatto for color.

**Organic Peanut Butter:** Dry roasted organic peanuts and sea salt.

**Organic Strawberry Jam:** Fresh organic strawberries, organic cane sugar, fruit pectin, citric acid.

## **FIXINS**

**Organic Turkey:** organic turkey breast, contains 2% or less of: water, vinegar, sea salt, organic rosemary and organic caramel.

**Applegate Ham:** pork, water, salt, turbinado sugar, cultured celery powder, baking soda, cherry powder.

**Lox:** wild caught sockeye salmon, salt.

### **Cheese:**

Cheddar: Pasteurized cultured milk, salt, enzymes, annatto color.

Monterey Jack: Pasteurized cultured milk, salt, enzymes.

Swiss: Cultured milk, enzymes, salt, aged over 60 days.

Jalapeño Jack: Pasteurized cultured milk, jalapeño and bell peppers, salt, enzymes.

**Vegan Cheese:** Filtered water, coconut oil, modified potato and corn starches, potato starch, sea salt, natural flavor, olive extract, beta carotene for color.

**Capers:** capers, water, vinegar, salt.

**Pickles:** Pickles, water, salt, distilled vinegar, contains less than 2% of the following: less than 1% sodium benzoate (preservative) calcium chloride, natural flavors, polysorbate 80, fd&c yellow #5 and blue #1.

**As of January 2024 Pickles:** Cucumbers, water, salt, vinegar, contains less than 2% of the following: garlic, spices, 1/10 of 1% sodium benzoate (preservative), natural flavoring, polysorbate 80 and turmeric.

**Pepperoncini:** Peppers, water, distilled vinegar, salt, citric acid, benzoate, sodium bisulfite (preservative), yellow 5.

