

List of Allergens (as of 9/2/26):

- Milk
 - Jalapeno Cheddar
 - Asiago
 - Denver Frittata
 - Any sandwich with cheese
 - Any cream cheese
 - *Nutella*
 - Ghiradelli Choc Sauce
- Eggs
 - Bacon, egg, and cheese
 - Denver egg frittata
 - Anything with mayo (Tuna, Roast beef (fig mayo), egg salad, Russian Dressing on Reuben)
 - Brownies
 - Cookies
- Fish (e.g., bass, flounder, cod)
 - Tuna salad
 - Lox (smoked salmon)
- Tree nuts (e.g., almonds, walnuts, pecans)
 - *Maple Pecan cream cheese*
 - *Nutella*
- Peanuts
 - Peanut butter
- Wheat
 - All our flour
 - Scrambled eggs
- Soy
 - *Nutella*
 - Soy Milk
 - Chocolate Chips
- Sesame
 - Everything bagel
 - Sesame bagel
 - Hummus

Carry out (grab and go) food ingredients:

Cream cheese (schmear):

Plain

- Cream cheese

Pueblo Green Chili

- Cream cheese
- Green chili

Herb & Garlic

- Cream cheese
- Garlic
- Thyme
- Basil
- Parsley
- Sea salt
- White pepper

Veggie

- Cream cheese
- Green, red pepper
- Carrot
- Green onion
- Sea salt
- Garlic
- White pepper
- Sugar

Strawberry

- Cream cheese
- Strawberry preserve

Bacon & Scallion

- Cream cheese

- Bacon
- Scallion
- Sea salt
- White pepper

Chive

- Cream cheese
- Chives
- Sea salt
- Ground pepper

Maple Pecan

- Cream cheese
- Maple syrup
- pecans

Miscellaneous ‘grab and go’ food ingredients:

Chocolate Chip Cookie

- Butter
- Sugar
- Brown sugar
- Vanilla extract
- Egg
- All purpose flour
- Baking soda
- Salt
- Semi-sweet chocolate chips

“Bella Barks” (doggie bagels)

- Pumpkin
- Egg
- Olive Oil
- Whole wheat flour