

# Bruegger's Bagels

- The following items from Bruegger's Bagels contain phosphorus additives:

Cream cheese (all flavors)  
Asiago parmesan bagel  
Sourdough bagel  
Asiago softwich  
Plain softwich  
Spinach & cheddar omelet sandwich  
Wraps  
Chicken (all products)  
Roast beef  
Turkey  
Ham  
American cheese  
Fire roasted tomato soup  
Four cheese broccoli soup  
New England clam chowder  
Hot chocolate

- These foods add phosphorus to your diet.
- Avoid menu items that consist of these foods.