

Atlanta Bread Company Allergens



Salads	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Balsamic Blue Salad	N	N	Y	Y	N	N	N	N	Y	Y	N
Caesar Salad	Y	N	Y	N	Y	N	N	N	N	N	Y
Chopstix Chicken Salad	N	N	N	N	Y	N	N	Y	N	Y	Y
Cobb Salad	Y	N	Y	N	Y	N	N	Y	N	N	Y
Fruit Salad	N	N	N	N	N	N	N	N	N	N	N
Greek Salad	N	N	Y	N	Y	N	N	N	Y	N	Y
House Salad	N	N	Y	Y	Y	N	N	N	Y	N	Y
Cafe Trio	Y	Y	N	N	Y	N	N	Y	N	Y	Y

Tuna Salad Sandwich	Y	Y	N	N	Y	N	N	Y	N	N	Y
with Kettle Chips	Y	Y	N	N	Y	N	N	Y	N	N	Y
Turkey Bacon Avocado Signature Sandwich	Y	N	N	N	Y	N	N	N	N	N	Y
with Kettle Chips	Y	N	N	N	Y	N	N	N	N	N	Y
Turkey Club Panini	Y	N	Y	N	Y	N	N	N	Y	N	Y
with Kettle Chips	Y	N	Y	N	Y	N	N	N	Y	N	Y
Veggie Sandwich	Y	N	Y	N	Y	N	N	N	N	N	Y
with Kettle Chips	Y	N	Y	N	Y	N	N	N	N	N	Y
Waldorf Chicken Salad Signature Sandwich	Y	N	N	N	Y	N	N	N	N	Y	Y
with Kettle Chips	Y	N	N	N	Y	N	N	N	N	Y	Y
Soup	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Chicken Noodle	Y	N	Y	N	Y	N	N	Y	N	N	Y
Beef Chili	N	N	N	N	N	N	N	Y	N	N	Y

Chicken Chili	N	N	N	N	N	N	N	Y	N	N	Y
Chicken Dumpling	Y	N	Y	N	N	N	N	Y	N	N	Y
Baja Chicken	N	N	Y	N	N	N	N	Y	N	N	N
Broccoli & Cheese	N	N	Y	N	N	N	N	N	N	N	N
Clam Chowder	N	Y	Y	N	N	N	N	Y	N	N	Y
French Onion	N	N	Y	N	N	N	N	Y	N	N	N
Baked Potato	N	N	Y	N	N	N	N	Y	N	N	Y
Tomato Basil	N	N	Y	N	N	N	N	N	N	N	Y
Butternut Squash	N	N	Y	N	N	N	N	Y	N	N	N
Corn Chowder	N	N	Y	N	N	N	N	Y	N	N	Y
Golden Lentil	N	N	Y	N	N	N	N	N	N	N	N
Chicken & Wild Rice	N	N	Y	N	N	N	N	Y	N	N	Y

Fire Roasted Vegetable	Y	N	N	N	N	N	N	N	N	N	Y
Flatbread	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Beef and Blue Pizza	N	N	Y	Y	Y	N	N	N	Y	Y	Y
Four Cheese Pizza	N	N	Y	N	Y	N	N	N	N	N	Y
Margherita Pizza	N	N	Y	N	Y	N	N	N	N	N	Y
Pepperoni Pizza	N	N	Y	N	Y	N	N	N	N	N	Y
Thai Green Pizza	N	N	Y	N	Y	Y	N	Y	Y	N	Y
Kids Menu Items	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Kids Cheese Pizza	N	N	Y	N	Y	N	N	N	N	N	Y
Kids Grilled Cheese Sandwich	Y	N	Y	N	Y	N	N	Y	N	N	Y
Kids Peanut Butter and Jelly Sandwich	Y	N	Y	N	Y	Y	N	Y	N	N	Y

Breakfast Entrees	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Florentine Omelette	Y	N	Y	N	Y	N	N	N	N	N	Y
French Toast	Y	N	Y	N	Y	N	N	N	N	N	Y
Greek Yogurt	N	N	Y	N	Y	N	N	N	N	Y	N
Ham and Swiss Omelette	Y	N	Y	N	Y	N	N	N	N	N	Y
Morning Classic	Y	N	Y	N	N	N	N	N	N	N	N
with Breakfast Meat Choice Bacon	Y	N	Y	N	N	N	N	N	N	N	N
with Breakfast Meat Choice Ham	Y	N	Y	N	N	N	N	N	N	N	N
with Breakfast Meat Choice Pork Sausage Patty	Y	N	Y	Y	N	N	N	N	N	N	N
with Toast Choice Honey Wheat	Y	N	Y	N	Y	N	N	N	N	N	Y

with Toast Choice Sourdough	Y	N	Y	N	Y	N	N	N	N	N	Y
Spanish Omelette	Y	N	Y	N	Y	N	N	N	N	N	Y
Tomato and Bacon Omelette	Y	N	Y	N	Y	N	N	N	N	N	Y
Breakfast Sandwiches	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Bacon, Egg and Cheese Breakfast Sandwich	Y	N	Y	N	N	N	N	N	N	N	N
with Bagel	Y	N	Y	N	Y	N	N	N	N	N	Y
with Croissant	Y	N	Y	N	N	N	N	Y	N	N	Y
Egg and Cheese Breakfast Sandwich	Y	N	Y	N	N	N	N	N	N	N	N
with Bagel	Y	N	Y	N	Y	N	N	N	N	N	Y
with Croissant	Y	N	Y	N	N	N	N	Y	N	N	Y
Ham, Egg and Cheese Breakfast Sandwich	Y	N	Y	N	N	N	N	N	N	N	N
with Bagel	Y	N	Y	N	Y	N	N	N	N	N	Y

with Croissant	Y	N	Y	N	N	N	N	Y	N	N	Y
Sausage, Egg and Cheese Breakfast Sandwich	Y	N	Y	N	N	N	N	N	N	N	N
with Bagel	Y	N	Y	N	Y	N	N	N	N	N	Y
with Croissant	Y	N	Y	N	N	N	N	Y	N	N	Y
Turkey Sausage with Egg Whites Breakfast Sandwich	Y	N	Y	N	N	N	N	N	N	N	N
with Bagel	Y	N	Y	N	Y	N	N	N	N	N	Y
with Croissant	Y	N	Y	N	N	N	N	Y	N	N	Y
Breakfast Side Items	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Oatmeal	N	N	N	N	Y	N	N	N	N	Y	N
Beverages	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
Cappuccino, Medium	N	N	Y	N	N	N	N	N	N	N	N
Caramel Macchiato, Medium	N	N	Y	N	N	N	N	Y	N	N	N

Strawberry Smoothie	N	N	N	N	N	N	N	N	N	N	N

Breads	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
French Bread	N	N	N	N	Y	N	N	Y	N	N	Y
Rye Bread	N	N	N	N	Y	N	N	Y	N	N	Y
Ciabatta	N	N	N	N	Y	N	N	Y	N	N	Y
Cinnamon Raisin	N	N	N	N	Y	N	N	Y	N	N	Y
Ancient Grain Cranberry	N	N	N	N	Y	N	N	Y	N	N	Y
French Baguette	N	N	N	N	Y	N	N	Y	N	N	Y
Honey Wheat	N	N	N	N	Y	N	N	Y	N	N	Y
Nine Grain	N	N	N	N	Y	N	N	Y	N	N	Y
Panini	N	N	N	N	Y	N	N	Y	N	N	Y

Pizza Dough	N	N	N	N	Y	N	N	Y	N	N	Y
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Pumpernickel	N	N	N	N	Y	N	N	Y	N	N	Y
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Sourdough	N	N	N	N	Y	N	N	Y	N	N	Y
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Sourdough Bread Bowl	N	N	N	N	Y	N	N	Y	N	N	Y
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Atlanta Bread has utilized an accredited third party company to compile our nutritional information. USDA research has found that nutritional values of foods can vary between individual samples of a particular food by as much as 20%, due to such factors as season, soil conditions, region of the country, product suppliers and other factors. Therefore, data listed on the nutrition reports represent approximations only and fall within the Food and Drug Administrations' allowable variance. The values listed in the Nutrition Facts label on the reports are rounded according to FDA's guidelines. Due to this Atlanta Bread cannot guarantee the complete accuracy of the nutritional data provided on this site or at our cafes. Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish.

GF - Gluten Free Items - While some items that are listed as Gluten Free or Gluten Friendly may appear on our menu, we are a bakery café that bakes breads and pastries fresh every day. As a result, cannot guarantee