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"Cream Cheese" in the Epstein Emails

Is cream cheese a code word? 82 messages analyzed.

Unsealed Research Team

2018

Literal cream cheese — grocery lists, bagel spreads, \$0.75 Seamless orders

"Cream Cheese" in the Epstein Emails: A Research Report

Analysis of 82 messages across 77 threads in the DOJ Epstein email archive

1. Executive Summary

The phrase "cream cheese" appears in **82 messages** across **77 distinct threads** in the Epstein email archive, spanning **July 2009 to September 2018**. Every single instance refers to literal cream cheese — the dairy spread.

Cream cheese appears in grocery lists, breakfast orders for visiting guests, shopping instructions for island staff, restaurant catering menus, food packed onto private planes, Seamless delivery orders, a birthday cake description, a wedding cake inquiry, and one memorable argument about whether TooJays or Publix sells better vegetable cream cheese.

Unlike jerky, which generated its own micro-economy of artisanal production, cream cheese is always a commodity item — bought at stores (Russ & Daughters, Publix, TooJays, Barney Greengrass), listed alongside bagels and smoked salmon, and never discussed with the obsessive attention Epstein gave to his jerky supply. It is, in every instance, the most boring possible version of itself.

2. Frequency Analysis

Metric	Count
Total messages containing "cream cheese"	82
Distinct threads	77
Date range	July 16, 2009 – September 30, 2018
Peak month	July 2009 (15 messages)

Monthly Distribution

Month	Messages	Context
Jul 2009	15	The "TooJays Incident" — one bagel drama, many OCR duplicates

Month	Messages	Context
Sep 2009	1	Warren Eisenstein: lox and cream cheese at the ranch
May 2011	3	Andrew Farkas breakfast order
Sep 2011	3	Breakfast prep for guests
Dec 2011	4	Google Calendar: "Offered to bring cream cheese to school party"
Jan 2012	2	Bagels and cream cheese sent with Karyna
Mar 2012	2	Brice's shopping list for LSJ
Apr 2012	1	Plane food
May 2012	1	Breakfast for Mr. Wurman
Jun 2012	1	Brice's shopping list
Sep 2012	1	Francis Derby's food transport list (palm beach)
Oct 2012	11	Breakfast planning for Nathan Myhrvold — many OCR duplicates
Nov 2012	3	Seamless order; Derby's fine dining supply list; jerky class
Jan 2013	1	New Food List discussion
Apr 2013	4	Warren Eisenstein's grocery list
Sep 2013	1	Wedding cake inquiry
Oct 2013	1	Brice's sandwich recipe
Feb 2014	5	Basecamp to-do: buy from Russ & Daughters
Sep 2014	1	Andrew Farkas: "No cream cheese" this time
Apr 2015	1	Soon Yi dinner order from E.A.T.
Jun 2015	1	Soon Yi dinner menu

Month	Messages	Context
Jul 2015	1	Soon Yi dinner menu (repeated)
Oct 2015	2	Karyna's grocery list for Anna
Dec 2015	4	Epstein requesting cream cheese on LSJ
Mar 2016	1	Soon Yi order from E.A.T.
Apr 2016	3	\$1,000 Barney Greengrass order for Noam Chomsky
Jan 2017	2	Karyna's grocery list for Jojo
Oct 2017	2	Lesley Groff birthday cake
Dec 2017	2	Food organizer (Soon Yi/Woody menus)
Sep 2018	1	Mr. Epstein's daily sandwich recipe

Note on duplicates: The July 2009 and October 2012 peaks are heavily inflated by OCR duplicates — the same email scanned from multiple EFTA document pages. The July 2009 "TooJays Incident" is one argument consisting of ~6 unique exchanges reproduced across 15 database entries.

3. Persons Involved

Person	Messages	Role
Jeffrey Epstein (various addresses)	~18	Consumer; occasionally requests cream cheese
Lesley Groff	7	Executive assistant; coordinates guest meals

Person	Messages	Role
Karyna Shuliak	4	Logistics; grocery lists; sandwich instructions
Francis Derby	2	Chef; mentions cream cheese in food transport lists
Warren Eisenstein	2	Guest; requests Philadelphia cream cheese
Andrew Farkas	2	Guest; detailed breakfast orders
Brice (Gordon)	3	LSJ staff; shopping lists and sandwich recipe
Basecamp (JE angels)	3	Project management to-do notifications
Google Calendar	1	School party reminder
Seamless (confirmation@seamless.com)	1	Order confirmation
Blank / Redacted / Unknown	~38	OCR artifacts, redacted correspondents

4. Contextual Analysis: Every Use Categorized

4.1 The TooJays Incident (July 16, 2009) — 15 messages

The single largest cluster of cream cheese messages is one argument on a single day. Epstein texted a redacted person (who was taking a pilot check ride exam):

“good luck on your check ride,, i hope you do better than turning a ‘new york ev-
everything bagel with vegatble cream cheese from TOO jays, into a nothing bagel with
some cream cheese spread that was vile’ i love you,, i should just ask jojo,, he simply
does as i ask.”

The recipient apologized: *"I am sorry it wasn't good. You said get cream cheese from too jays OR publix — I checked toojays first but they were all out; this is vegetable cream cheese from publix."*

Epstein pressed: *"are you sure that was vegetable creanm cheese,, check the lable"*

The recipient, mid-flight-exam, texted back: *"Phew, this guy is tough. We are just starting the flight portion of the test. He has been trying to trick me for almost 2 hours now.. PS: Yes, it was a garden vegetable cream cheese. I am sorry it didn't taste good"*

Later that day, the recipient called Epstein "cream cheese baby," and he responded: *"there are millions of babies, very little good vegatble cream cheese"* — a joke about priorities.

He later wrote: *"sorry about today,, with the vegatble cream cheese we are even"*

This exchange — one man berating someone for buying Publix vegetable cream cheese instead of TooJays — accounts for 15 of the 82 messages due to OCR duplication. The "cream cheese baby" subject line is a pet name riffing on the argument, not a coded reference.

4.2 Grocery Lists and Shopping Instructions (25+ messages)

The largest category by volume. Cream cheese appears as a line item in routine grocery lists, always alongside other mundane items:

Brice Gordon's LSJ shopping list (Jun 2012): > *"je bread, bagels, je muffins, smoked salmon, veg cream cheese, dill, assorted cheeses, mayonnaise, raspberries, bananas..."*

Karyna's grocery list for Jojo (Jan 2017): > *"French ham 0.5lb, Scottish salmon 0.5lb, plain cream cheese, vegetable cream cheese, fresh squeezed orange juice, fresh squeezed grapefruit juice"*

Karyna's grocery list for Anna on LSJ (Oct 2015): > *"cream cheese, organic carrots x 2 packs (regular size, not baby), Pecorino Romano cheese, Haagen Dazs chocolate ice-cream, the same pizza as yesterday"*

Epstein from LSJ, Christmas Eve 2015: > *"some vegatable cream cheese if avalilble or at lesat some regular cream cheese. also pay for smiley danny to have land lines in their house."*

4.3 Guest Breakfast Orders (10+ messages)

Cream cheese appeared in breakfast setups for visiting guests at 9 E 71st Street:

Andrew Farkas (May 2011): > *"Scrambled eggs. Well toasted, scooped-out bagel, cream cheese, smoked salmon, diet coke, cinnamon ruggulah."*

Andrew Farkas (Sep 2014) — notably updating his order: > *"Two fried eggs, over easy. Well toasted scooped out bagel, margarine on the side. No cream cheese. Diet coke. Apple cinnamon muffin with nuts. 8 pomegranate seeds. One sprig of mint. Three yellow M&Ms"*

Nathan Myhrvold breakfast (Oct 2012) — 11 messages (OCR duplicates of the same email):
 > *"For breakfast with Nathan Mhyrvold on Monday are you good with bagels, smoked salmon, cream cheese, dill and tomato platter type thing and mixed berries? Since we have no Francis"*

For Mr. Wurman (May 2012): > *"I have ordered bagels and cream cheese that will be delivered at 7.15am. JE says Mr Wurman may be early — 8am."*

General guest breakfast standard (Jan 2013): > *"We need to decide what the standard should be for when Lyn prepares breakfast when he has a guest. She usually does berries, bagels, cream cheese (a no) and salmon (also a no)"*

Interestingly, this last email reveals that cream cheese was considered a "no" for Epstein's approved food list — it was guest food, not something he wanted for himself (outside of occasional requests).

4.4 Woody Allen & Soon Yi Dinner Menus (6+ messages)

A recurring order template for dinners hosted for Woody Allen and Soon Yi Previn, ordered from E.A.T. restaurant on the Upper East Side:

■ *"Bagels, Cream Cheese, Smoked Salmon" — listed as part of the standard "E.A.T. Order" alongside herring, potato salad, lobster salad, Bombka cake, etc.*

This exact menu was copy-pasted across at least 4 occasions (Apr 2015, Jun 2015, Jul 2015, Dec 2017), each time as a reference for Lesley Groff to re-order.

4.5 \$1,000 Barney Greengrass Gift to Noam Chomsky (Apr 2016)

Epstein instructed staff:

■ *"from barney greengrass get 1000 dollars worth of stuff, chopped liver smoked salmon etc bagels cream cheese and send to noam and valeria chomsky fed ex"*

A gift basket of classic Jewish deli items from one of New York's most famous appetizing shops, FedExed to the linguist and his wife.

4.6 Russ & Daughters (Feb 2014)

Karyna's Basecamp to-do for a trip:

■ *"Buy baileys, salmon scallion cream cheese from Russ & Daughters"*

And a follow-up purchase:

“Russ and Daughters — 2 whole pieces of loin cut smoked salmon (sealed, no slicing!)
1 pint of scallion cream cheese. Dozen of baileys.”

Both iconic NYC appetizing shop purchases — scallion cream cheese from Russ & Daughters is one of their signature products.

4.7 Private Plane Food (Apr 2012)

“Have bagels, cream cheese, salmon, pastries, muffins, granola, yoghurt and fruit, orange juice and juices from juice press. So I think we should be good. What is not used on the plane we can take to the institute as I can never keep up with the quantity Martin eats in any case.”

4.8 Francis Derby's Culinary Mentions (Nov 2012)

Derby referenced cream cheese twice in professional contexts: - In a food transport list for Palm Beach: *“Bagels and Cream cheese”* alongside jerky, muffins, steaks, and ginger drink. - In a fine tableware proposal: *“Mini dessert serving glass for ice creams or sorbets, or I can see them used for butter, jam and cream cheese at breakfast”* — discussing Korin Japanese glassware for table presentation.

4.9 Brice's Sandwich Recipe (Oct 2013)

Brice wrote out the recipe for what appears to be Epstein's caprese-style open sandwich:

“1 slice of toasted JE bread, cooled. thin spread of cream cheese. 4 fine slices of tomato. 4 fine slices of mozzarella, layer alternately on toast. season with salt, pepper, olive oil and sprinkle balsamic glaze. cut into triangles, garnish with finely sliced basil. at one point of time 4 to 5 slices of avocado was also added on top of tomato/mozzarella slices.”

By September 2018, Karyna was still coordinating a very similar sandwich (now with Eli's 7 grain bread, cream cheese, mozzarella, heirloom tomatoes, avocado, basil, olive oil, and balsamic vinegar).

4.10 Seamless Delivery Order (Nov 2012)

A Seamless order confirmation from Corrado Bread & Pastry on Lexington Ave, placed by Lesley Groff:

“1 Bagel: \$1.00, Cream Cheese: \$0.75, 1 French Ham & Cream Cheese Sandwich: \$3.50, 1 Mixed Berry Tart: \$6.25 — Grand Total: \$14.52”

4.11 Google Calendar: School Party (Dec 2011)

A Google Calendar reminder: “Offered to bring cream cheese to school party” — scheduled for December 1, 2011, 9:00-9:15 AM. This generated both an alarm and a reminder email.

4.12 Birthday Cake (Oct 2017)

“Happiest Birthday Lesley. Enjoy your yummy white cake with cream cheese frosting!”

4.13 Wedding Cake Inquiry (Sep 2013)

“Hi Monica! Just wanted to let you know how amazing your cakes were! The car cakes were a huge hit! There was a friend who wasn’t able to make it to the wedding and was wondering if it might be possible to send a small cake to them of the lemon with blackberry mousse and cream cheese filling?”

4.14 Warren Eisenstein at the Ranch (Sep 2009)

“Went up the Hogs Back this AM with Manolito. I can’t remember the last time I used that many muscles. We were out for 3 hours... Just had some lox and cream cheese, now I’m gonna take some sun. Later I’ll meet Manolito at the shooting range for some bang bang fun.”

4.15 News Digest (Jul 2012)

One message from the Office of Terje Rod-Larsen is a lengthy news roundup. The phrase “cream cheese” appears incidentally in the body of a reprinted article — not in any personal correspondence.

5. Communication Patterns

Unlike jerky, which had a dedicated supply chain with production, quality control, and shipping logistics, cream cheese follows an entirely passive pattern:

- **It is bought, never made.** No one produces cream cheese. It comes from TooJays, Publix, Russ & Daughters, Barney Greengrass, Corrado Bread & Pastry, or generic grocery stores.
- **It appears in lists, not conversations.** Cream cheese is almost never the subject of discussion — it is a line item in a grocery list, a component of a breakfast spread, or a menu ingredient.
- **It is other people's food.** The "New Food List" email explicitly marks cream cheese as a "no" for Epstein's approved diet. When Epstein requests it, he usually says "vegetable cream cheese" — a specific variety — and it's for his own bagel, not a recurring obsession.
- **It clusters around events.** Guest breakfasts, dinner parties for Woody Allen and Soon Yi, trip preparation — cream cheese appears when staff are provisioning for occasions, not as a daily concern.

Who-to-Whom

Sender	Recipient	Context
Epstein □ redacted person	"cream cheese baby"	Teasing about bad Publix purchase
Lesley Groff □ house staff/Lyn	Guest breakfasts	Standard bagel spread setup
Karyna □ Jojo/Anna/Arline	Grocery runs	Line items on shopping lists
Brice □ staff	Shopping lists / recipes	LSJ provisioning
Epstein □ staff	Barney Greengrass order	Gift for Chomsky
Basecamp □ Karyna	To-do reminders	Russ & Daughters purchase
Warren Eisenstein □ Lesley	Grocery preferences	Philadelphia cream cheese, ham, cookies
Andrew Farkas □ Lesley	Breakfast order	Precise specifications

6. Code Word Analysis

Is "cream cheese" a code word in these emails?

No. The evidence is unambiguous:

1. **Every instance is food.** There is not a single message where "cream cheese" fails to make literal sense. It appears in grocery lists, restaurant orders, recipes, Seamless confirmations, Google Calendar reminders for school parties, and birthday cake descriptions.
2. **It is always accompanied by other food items.** Cream cheese never appears alone or in an incongruous context. It is listed with bagels, smoked salmon, dill, tomatoes, berries, coffee — the standard New York breakfast spread. When it appears in dinner menus, it's with lobster salad, herring, Bombka cake.
3. **Specific brands and stores are named.** Philadelphia cream cheese (Warren Eisenstein). Vegetable cream cheese from TooJays vs. Publix. Scallion cream cheese from Russ & Daughters. Barney Greengrass. These are real products from real stores.
4. **There is a Seamless order receipt.** You cannot order code words from Corrado Bread & Pastry via Seamless for \$0.75.
5. **It is explicitly categorized as food in internal documents.** The "New Food List" discussion categorizes cream cheese as a breakfast item that Lyn prepares for guests — and notes it's "a no" for Epstein himself. This is dietary management, not code.
6. **Third parties use it identically.** Andrew Farkas requests it in his breakfast order. Warren Eisenstein buys it at the ranch. Someone brings it to a school party. A baker uses it as cake filling. None of these people are using coded language.
7. **The "cream cheese baby" exchange is clearly a joke.** Epstein teased someone about buying bad cream cheese from Publix instead of TooJays. They called him "cream cheese baby" as a comeback. He responded: "there are millions of babies, very little good vegetable cream cheese" — a self-deprecating joke about his food pickiness. The full context of this exchange (the recipient was taking a pilot check ride and apologizing mid-exam) makes the humor obvious.
8. **Price and quantity are mundane.** \$0.75 for cream cheese on a Seamless order. 0.5lb of salmon alongside cream cheese. One pint of scallion cream cheese. These are real grocery quantities at real prices.

7. Conclusion

"Cream cheese" in the Epstein email archive is cream cheese.

It appears 82 times across 77 threads over nine years, always as a commodity grocery item in the context of bagel spreads, guest breakfasts, restaurant orders, shopping lists, and baked goods. It is never produced, never shipped with special logistics, never the subject of quality control debates (beyond one argument about Publix vs. TooJays), and never discussed with the obsessive intensity that characterized Epstein's relationship with beef

jerky.

The most notable thing about cream cheese in these emails is how entirely unremarkable it is. It tells us that Epstein's household served a classic New York Jewish appetizing breakfast to guests (bagels, cream cheese, smoked salmon, dill), that he personally preferred vegetable cream cheese when he ate it at all, that his staff could order from Seamless, and that he once FedExed \$1,000 worth of Barney Greengrass to Noam Chomsky.

For comparison: jerky generated 300 messages, a custom recipe, a dehydrator purchase, nutritional lab testing, a paid training session, and regular emotional outbursts. Cream cheese generated grocery lists. The difference in email volume and emotional intensity between the two items tells us more about Epstein's eating habits than any code word theory could.

Anyone claiming "cream cheese" is coded language in these emails has not read them.

Report generated from the DOJ Epstein email archive. All quoted text is from OCR-processed scans of original correspondence released by the Department of Justice and may contain minor transcription artifacts.

Appendix: Source Emails

Every claim in this report can be verified against the original emails. Click any link to read the full thread.

4.1 — The TooJays Incident (July 16, 2009)

Claim	Thread	Date
"cream cheese baby" — the bagel argument	EFTA02440165	Jul 16, 2009
"there are millions of babies, very little good vegatable cream cheese"	EFTA02440211	Jul 16, 2009
TooJays vs Publix debate — "check the lable"	EFTA01828145	Jul 16, 2009
Recipient mid-flight-exam response	EFTA01828191	Jul 16, 2009

Claim	Thread	Date
"sorry about today, with the vegatable cream cheese we are even"	EFTA02439869	Jul 16, 2009

4.2 — Grocery Lists and Shopping Instructions

Claim	Thread	Date
Brice Gordon's LSJ shopping list (bread, bagels, smoked salmon, veg cream cheese)	EFTA02309014	Jun 2, 2012
Karyna's grocery list for Jojo (French ham, salmon, cream cheese)	vol00009-efta00566060-pdf	Jan 18, 2017
Karyna's grocery list for Anna on LSJ (cream cheese, carrots, Pecorino)	vol00009-efta00568169-pdf	Oct 10, 2015
Epstein from LSJ requesting "vegetable cream cheese if avalilble"	EFTA02370135	Dec 24, 2015
Brice's shopping list (Mar 2012)	EFTA02301711	Mar 3, 2012
Karyna's bagels sent with her (Jan 2012)	vol00009-efta00421284-pdf	Jan 19, 2012

4.3 — Guest Breakfast Orders

Claim	Thread	Date
Andrew Farkas breakfast: "Scrambled eggs... cream cheese, smoked salmon"	EFTA02189607	May 23, 2011
Andrew Farkas updated order: "No cream cheese"	vol00009-efta00642525-pdf	Sep 23, 2014

Claim	Thread	Date
Nathan Myhrvold breakfast: "bagels, smoked salmon, cream cheese, dill"	EFTA02560879	Oct 5, 2012
Mr. Wurman breakfast: "ordered bagels and cream cheese"	EFTA02169724	May 8, 2012
Guest breakfast standard: "cream cheese (a no)"	EFTA02317950	Jan 29, 2013

4.4 — Woody Allen & Soon Yi Dinner Menus

Claim	Thread	Date
"Soon Yi - E.A.T." order (bagels, cream cheese, smoked salmon)	EFTA01745500	Apr 24, 2015
"Jeffrey Epstein Dinner Menu" — E.A.T. order for Soon Yi	EFTA02078211	Jun 2, 2015
"Jeffrey Epstein Dinner Friday"	EFTA02075368	Jul 8, 2015
"soon yi order from EAT"	EFTA02296135	Mar 2, 2016
"Food organizer" — repeated dinner menu template	EFTA02231079	Dec 1, 2017

4.5 — \$1,000 Barney Greengrass Gift to Chomsky

Claim	Thread	Date
"from barney greengrass get 1000 dollars worth of stuff... send to noam and valeria chomsky"	EFTA02350047	Apr 11, 2016

Claim	Thread	Date
Chomsky gift coordination	EFTA02371589	Apr 11, 2016
"the =s is longing to see you" — Chomsky context	EFTA02465867	Apr 11, 2016

4.6 — Russ & Daughters

Claim	Thread	Date
Basecamp to-do: "Buy baileys, salmon scallion cream cheese from Russ & Daughters"	vol00009-efta00528765-pdf	Feb 18, 2014
"Russ and Daughters — 2 whole pieces of loin cut smoked salmon, 1 pint scallion cream cheese"	EFTA02304415	Feb 28, 2014

4.7 — Private Plane Food

Claim	Thread	Date
"Have bagels, cream cheese, salmon, pastries, muffins... on the plane"	EFTA02305558	Apr 14, 2012

4.8 — Francis Derby's Culinary Mentions

Claim	Thread	Date
Derby's food transport list for Palm Beach (bagels and cream cheese)	EFTA02316963	Nov 7, 2012
Derby's fine tableware proposal (cream cheese at breakfast)	EFTA02317814	Nov 7, 2012

Claim	Thread	Date
JE food — Derby's daily meal prep	EFTA02157397	Sep 28, 2012

4.9 — Brice's Sandwich Recipe

Claim	Thread	Date
"1 slice of toasted JE bread... thin spread of cream cheese" — caprese sandwich recipe	vol00009-efta00536378-pdf	Oct 27, 2013

4.10 — Seamless Delivery Order

Claim	Thread	Date
Corrado Bread & Pastry: "Cream Cheese: \$0.75" — Seamless confirmation	EFTA02154056	Nov 27, 2012

4.11 — Google Calendar: School Party

Claim	Thread	Date
"Offered to bring cream cheese to school party" — calendar reminder	EFTA02177972	Dec 1, 2011
Alarm notification for same event	EFTA02178104	Dec 1, 2011

4.12 — Birthday Cake

Claim	Thread	Date
"Happiest Birthday Lesley. Enjoy your yummy white cake with cream cheese frosting!"	EFTA02227361	Oct 14, 2017

4.13 — Wedding Cake Inquiry

Claim	Thread	Date
"lemon with blackberry mousse and cream cheese filling" — wedding cake follow-up	EFTA02126887	Sep 19, 2013

4.14 — Warren Eisenstein at the Ranch

Claim	Thread	Date
"Just had some lox and cream cheese" — El Rancho Warren's grocery list additions	EFTA02437797 vol00009-efta00391909-pdf	Sep 29, 2009 Apr 21, 2013

4.15 — News Digest

Claim	Thread	Date
Office of Terje Rod-Larsen news roundup (incidental mention)	vol00009-efta00672484-pdf	Dec 30, 2011

Mr. Epstein's Daily Sandwich (2018)

Claim	Thread	Date
"Mr. Epstein's sandwich" — cream cheese, mozzarella, heirloom tomatoes, avocado, basil	vol00009-efta00548617-pdf	Sep 30, 2018
