



Chocolate Cold Brew Shake

COLD BREW

	S	L
Classic	0 Cal	0 Cal
Flavored		
Vanilla Cream	190 Cal	310 Cal
Caramel Cream	210 Cal	360 Cal
Chocolate Cream	200 Cal	340 Cal
Cold Brew Shakes		
Vanilla	350 Cal	540 Cal
Caramel	390 Cal	610 Cal
Chocolate	380 Cal	590 Cal

Available Coffee-Free

ESPRESSO

	S Iced	M Hot	L Hot or Iced
Mocha	270 Cal	350 Cal	420 Cal
Caramel Macchiato	290 Cal	370 Cal	450 Cal
Latte	110 Cal	140 Cal	170 Cal
Chai Tea Latte	170 Cal	230 Cal	280 Cal
Hot Chocolate	230 Cal	280 Cal	

CUSTOMIZE IT

Flavor Shot: Vanilla, Caramel, Chocolate Adds 110-240 Cal
Espresso Shot Adds 0 Cal • Almond Milk Less 5-75 Cal

COFFEE

	M	L
Fresh-Brewed	5 Cal	5 Cal
Medium Roast, Decaf, Dark Roast, Vanilla Hazelnut		

SMOOTHIE

	S	L
Strawberry Banana	280 Cal	430 Cal

TEA

	S Iced	M Hot	L Hot or Iced
Hot Tea		0 Cal	0 Cal
Iced Tea	0 Cal		0 Cal

FOUNTAIN

	S	L
	0-280 Cal	0-340 Cal



EGG SANDWICHES

SIGNATURE

Farmhouse 680 Cal

Eggs, Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel

Garden Avocado 510 Cal

Eggs, Avocado, Tomato, Spinach, Roasted Tomato Spread on an Everything Bagel

All-Nighter 870 Cal

Eggs, Bacon, 2 Slices American Cheese, Jalapeño Garlic Aioli on a Cheesy Hash Brown Gourmet Bagel

Big Breakfast Burrito 1200 Cal

Eggs, Bacon, Turkey-Sausage, Shredded Cheese, Green Chiles, Hash Browns, Salsa, Plain Shmear in a Flour Tortilla

EGG WHITES

Santa Fe 420 Cal

Egg Whites, Turkey-Sausage, Cheddar with Salsa and Jalapeño Salsa Shmear on an Asiago Thintastic Bagel

Bacon, Avocado & Tomato 410 Cal

Egg Whites, Bacon, Avocado, Tomato with Roasted Tomato Spread on a Plain Thintastic Bagel

CLASSIC Served on a Plain Bagel. 1 Egg / 2 Eggs

Bacon & Cheddar 470 Cal

Turkey-Sausage & Cheddar 490 Cal

Ham & Swiss 470 Cal

Cheddar Cheese 420 Cal

MAKE IT A MEAL

Add a Twice-Baked Hash Brown & Medium Coffee 195 Cal

CUSTOMIZE IT

Add a Second Egg Adds 90 Cal

Upgrade to a Gourmet Bagel Adds 70-130 Cal

Substitute Egg White Subtract 55 Cal per Egg

Make Your Bagel Thintastic Subtract 70-120 Cal





BAGEL BOXES

Baker's Dozen 13 Bagels + 2 Shmeared Tubs
Half Dozen 6 Bagels + 1 Shmeared Tub

AVOCADO TOAST 410 Cal

Smashed Avocado with Salt & Pepper on a Toasted Plain

FRESH-MADE BAGELS


CLASSIC

Asiago 290 Cal	Everything 280 Cal
Blueberry 280 Cal	Honey Wheat 290 Cal
Chocolate Chip 300 Cal	Plain 270 Cal
Cinnamon Raisin 290 Cal	Sesame Seed 280 Cal
Cinnamon Sugar 300 Cal	

GOURMET

Cheesy Hash Brown 400 Cal	Six Cheese 370 Cal
----------------------------------	---------------------------

DOUBLE-WHIPPED SHMEAR

Plain 120 Cal	Honey Almond**  120 Cal
Onion & Chive 120 Cal	Jalapeño Salsa** 110 Cal
Smoked Salmon 110 Cal	Reduced Fat Plain** 100 Cal
Garden Veggie** 110 Cal	Strawberry** 120 Cal

TOPPINGS

Avocado 120 Cal	Peanut Butter  240 Cal
Butter Blend 100 Cal	PB&J 320 Cal

VEGETARIAN CONTAINS NUTS

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.


**25% less fat than our regular shmeared. Fat content has been reduced from 12g to 9g per serving.

DELI LUNCH

Nova Lox* 500 Cal
 Nova Lox, Red Onion, Capers, Tomato with Plain Shmeared on a Plain Bagel

Turkey, Bacon & Avocado 580 Cal
 Roasted Turkey, Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on Toasted Ciabatta

Tasty Turkey 510 Cal
 Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmeared on an Asiago Bagel

Avocado Veg Out  420 Cal
 Avocado, Tomato, Cucumber, Red Onion, Spinach, Lettuce with Garden Veggie Shmeared on a Sesame Bagel

DELI SELECTS

Served on a your choice of Bagel, Toasted Ciabatta or Flour Tortilla

Turkey & Cheddar 470-590 Cal

Ham & Swiss 480-590 Cal

Chicken Salad 460-570 Cal

TOASTED GOURMET

Albuquerque Turkey 680 Cal
 Roasted Turkey, Bacon, Cheddar, Lettuce, Tomato, Green Chiles, Plain Shmeared on a Six Cheese Gourmet Bagel

TOASTED CIABATTA

Pepperoni Chicken 680 Cal
 Grilled Chicken Breast, Pepperoni, Swiss & Asiago Cheese, Red Onion, Spinach, Roasted Tomato Spread on Toasted Ciabatta

Spicy Chicken 620 Cal
 Grilled Chicken Breast, Bacon, Cheddar, Jalapeños, Red Onion, Jalapeño Salsa Shmeared on Toasted Ciabatta

Cheesy Veggie Melt  610 Cal
 Cheddar, Swiss, Tomato, Spinach, Roasted Tomato Spread on Toasted Ciabatta

PIZZA BAGELS Served on a Plain Bagel

Cheese  450 Cal

Pepperoni 540 Cal



**COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS.