

FRESH BAGELS

CLASSIC

Chocolate Chip 300 Cal	Everything 280 Cal
Cinnamon Raisin 290 Cal	Plain 270 Cal
Cinnamon Sugar 310 Cal	Sesame Seed 280 Cal
Honey Whole Wheat 290 Cal	Asiago 290 Cal
	Blueberry 280 Cal

GOURMET

Cheesy Hash Brown 400 Cal	Six Cheese 370 Cal
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BAGEL BOXES

Baker's Dozen Box 13 Bagels and 2 Shmear Tubs	Half Dozen Box 6 Bagels and 1 Shmear Tub
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AVOCADO TOAST

Smashed Avocado with Salt & Pepper
on a Toasted Plain Bagel

SHMEAR

REGULAR

Plain 120 Cal
Onion & Chive 120 Cal

REDUCED FAT**

Reduced Fat Plain 100 Cal
Garden Veggie 110 Cal
Honey Almond 120 Cal
Jalapeno Salsa 110 Cal
Strawberry 120 Cal

TOPPINGS

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

COLD BREW

CLASSIC

FLAVORED

Vanilla Cream
Caramel Cream
Chocolate Cream

COLD BREW SHAKES

Vanilla
Caramel
Chocolate

ESPRESSO

MOCHA

CARAMEL MACCHIATO

LATTE

CHAI TEA LATTE

HOT CHOCOLATE

CUSTOMIZE

FLAVOR SHOT

Vanilla, Caramel, Chocolate

ESPRESSO SHOT

ALMOND MILK

COFFEE

FRESH-BREWED

SMOOTHIE

STRAWBERRY BANANA

TEA

HOT TEA

ICED TEA

FOUNTAIN

VEGETARIAN

CONTAINS NUTS

**25% less fat than our regular shmear.

Fat content has been reduced from
12g to 9g per serving.

EGG SANDWICHES

SIGNATURE

FARMHOUSE 680 Cal

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

ALL-NIGHTER 870 Cal

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

GARDEN AVOCADO 510 Cal

Eggs, Avocado, Tomato, Spinach, Roasted Tomato Spread on an Everything 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 Jalapeno 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.

BACON & CHEDDAR 470 Cal

HAM & SWISS 470 Cal

TURKEY-SAUSAGE & CHEDDAR 490 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 90 Cal

Upgrade to a Gourmet Bagel 70-130 Cal

Substitute Egg White Subtract 55 Cal per Egg

Make Your Bagel Thinastic Subtract 70-120 Cal

VEGETARIAN

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*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDER COOKED FOODBORNE ILLNESS. NOVA LOX CONTAINS ARTIFICIAL COLORS.

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

DELI LUNCH

NOVA LOX 500 Cal

Nova Lox*, Red Onion, Capers, Tomato with Plain Shmear on a Plain Bagel

TASTY TURKEY 510 Cal

Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato, Onion & Chive Shmear on an Asiago Bagel

TURKEY, BACON & AVOCADO 580 Cal

Roasted Turkey, Bacon, Avocado, Lettuce, Tomato with Roasted Tomatao Spread on Toasted Ciabatta

AVOCADO VEG OUT 420 Cal

Avocado, Tomato, Red Onion, Spinach, Lettuce, Cucumber with Garden Veggie Shmear on a Sesame Bagel

Turkey, Bacon & Avocado



Pepperoni Pizza Bagel



DELI SELECTS

Served on 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 Shmear 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, Jalapenos, Red Onion, Jalapeno Salsa Shmear on a Toasted Ciabatta

CHEESY VEGGIE MELT 610 Cal

Cheddar, Swiss, Tomato, Spinach, Roasted Tomato Spread on Toasted Ciabatta

PIZZA BAGELS

CHEESE 450 Cal

PEPPERONI 540 Cal

SALADS

**Available in our
Grab & Go Cooler**

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