

HAND-CRAFTED SIPS



ESPRESSO	Hot, Iced or Frozen	MED	LRG
Vanilla Hazelnut Latte	220-350 Cal	4.09	300-500 Cal 4.59
Vanilla Latte	220-310 Cal	3.99	270-400 Cal 4.49
White Chocolate Mocha	360-420 Cal	3.99	440-680 Cal 4.49
Caramel Macchiato	360-420 Cal	4.09	440-700 Cal 4.59
Hazelnut Mocha	290-350 Cal	4.09	400-520 Cal 4.59
Latte	140-300 Cal	3.69	170-410 Cal 4.09
Mocha	350-410 Cal	3.99	430-680 Cal 4.49
Oregon Chai® Tea Latte	240-340 Cal	3.69	310-460 Cal 4.09
Cappuccino	120-270 Cal	3.69	170-410 Cal 4.09

COLD BREW COFFEE

Classic, Caramel, Vanilla, Vanilla Hazelnut	0-100 Cal	5-130 Cal
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SMOOTHIES & CLASSICS

	MED	LRG
Strawberry Banana Smoothie	400 Cal 4.19	
Mixed Berry Smoothie	390 Cal 4.19	
Coffee	5 Cal 2.19	5 Cal 2.52
Hot Tea	5 Cal 2.19	5 Cal 2.52
Iced Tea	0-30 Cal 2.19	0-45 Cal 2.52
Hot Chocolate	350 Cal 3.59	430 Cal 4.09
Fountain	0-350 Cal 1.99	0-530 Cal 2.19

SIGNATURE CREATIONS



Nova Lox*	500 Cal	7.29
Turkey, Bacon & Avocado	670 Cal	7.29
Tasty Turkey	500 Cal	7.29
Hummus Veg Out	400 Cal	6.99
Turkey Club Mex Wrap	740 Cal	7.29

DELI

Turkey & Cheddar	560-610 Cal	6.69
Ham & Swiss	550-600 Cal	7.29
Harvest Chicken Salad	540-590 Cal	7.29
Albacore Tuna Salad	510-560 Cal	6.69

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

FRESH-BAKED BAGELS



Bagel	270-320 Cal	1.49
Power Protein Bagel	350 Cal	2.09
BAGEL+TOPPING		
Shmear	370-440 Cal	2.99
Nutella®	500-550 Cal	2.99
Hummus	340-390 Cal	2.99
Natural PB	510-560 Cal	2.19
PB&J	590-640 Cal	2.99
Butter	370-420 Cal	1.99
Honey Butter	520-570 Cal	1.99

Baker's Dozen Box	15.99
13 Bagels & 2 Shmear Tubs	
Half Dozen Box	8.99
6 Bagels & 1 Shmear Tub	
Extra Tub of Shmear	540-630 Cal 4.19

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

TOAST THE SEASON

CINNAMON SWEET CREAM COLD BREW

CINNAMON CARAMEL LATTE

CHOCOLATE CHIP CHEESECAKE SHMEARFUL

HOT AND TOASTY



Thintastic Buffalo Chicken	430 Cal	6.29
Cheese Pizza Bagel	450 Cal	6.39
Pepperoni Pizza Bagel	540 Cal	6.49

TOSTINIS

Italian Chicken	680 Cal	7.29
Turkey Club	690 Cal	7.29
Buffalo Chicken & Bacon	620 Cal	6.59
BBQ Chicken	530 Cal	6.59
Roasted Veggie	500 Cal	6.59

VEGETARIAN
CONTAINS NUTS

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

CAGE-FREE EGGS



Served on a Plain Bagel	ONE EGG	TWO EGGS
Applewood Bacon & Cheddar	520 Cal 4.99	610 Cal 5.49
Turkey-Sausage & Cheddar	510 Cal 4.99	600 Cal 5.49
Ham & Swiss	470 Cal 4.99	560 Cal 5.49
Spinach, Mushroom & Swiss	480 Cal 4.99	570 Cal 5.49
Cheddar Cheese	440 Cal 4.69	530 Cal 5.19

CHEF'S CREATIONS

Farmhouse	610 Cal	5.19	700 Cal	5.69
French Toast	680 Cal	5.19	770 Cal	5.69
Santa Fe Wrap			710 Cal	5.69
Southwest Egg White	400 Cal	5.19	430 Cal	5.69

LIGHTEN UP

Substitute Egg Whites	Subtract 60 Cal per egg
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