



Chocolate Cold Brew Shake

COLD BREW

	S	L
Classic	0 Cal	0 Cal
Flavored		
Vanilla Cream	180 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	620 Cal
Chocolate	380 Cal	590 Cal

Available Coffee-Free

ESPRESSO

	S Iced	M Hot	L Hot or Iced
Mocha	240 Cal	350 Cal	420/390 Cal
Caramel Macchiato	260 Cal	370 Cal	450/420 Cal
Latte	80 Cal	140 Cal	170/140 Cal
Chai Tea Latte	140 Cal	230 Cal	280/250 Cal

Hot Chocolate	400 Cal	490 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	5-10 Cal	5-15 Cal
Medium Roast, Decaf, Dark Roast, Vanilla Hazelnut ☕		

SMOOTHIE

	S	L
Strawberry Banana	280 Cal	370 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

Eggs, Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel
680 Cal/770 Cal

EGG WHITE

Bacon, Avocado & Tomato 🥑

Egg Whites, Bacon, Avocado, Tomato with Roasted Tomato Spread on a Plain Thin Bagel
400 Cal/440 Cal

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

Bacon & Cheddar 🥑 470 Cal/560 Cal

Turkey-Sausage & Cheddar 🥑 490 Cal/580 Cal

Ham & Swiss 🥑 470 Cal/560 Cal

Cheddar Cheese 🥑 420 Cal/510 Cal

CUSTOMIZE IT

Upgrade to a Gourmet Bagel

Adds 80-120 Cal

Substitute Egg White

Subtract 55 Cal per Egg

Make Your Bagel Thin

Subtract 80-110 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	310 Cal	Everything 🥯	280 Cal
Blueberry	280 Cal	Honey Wheat	290 Cal
Chocolate Chip	290 Cal	Plain	280 Cal
Cinnamon Raisin	290 Cal	Sesame Seed 🥯	280 Cal
Cinnamon Sugar	300 Cal		

GOURMET

Cheesy Hash Brown	390 Cal	Six Cheese	360 Cal
-------------------	---------	------------	---------

SHMEAR

Plain	120 Cal	Honey Almond* 🥯	120 Cal
Onion & Chive	110 Cal	Jalapeño Salsa*	100 Cal
Garden Veggie*	100 Cal	Strawberry*	120 Cal

TOPPINGS

Avocado	120 Cal
Butter Blend	110 Cal
Peanut Butter 🥯	240 Cal
PB&J 🥯	320 Cal

VEGETARIAN 🥬 CONTAINS NUTS 🥜
CONTAINS SESAME 🥯

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 🥑🥯 410 Cal

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

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 YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.