

BAGELS & SHMEAR

BEVERAGES

MENU

BAGELS

Ancient Grain 280 Cal	Onion 260 Cal
Asiago 300 Cal	Peppercorn Potato 300 Cal
Blueberry 280 Cal	Plain 270 Cal
Chocolate Chip 300 Cal	Poppy Seed 280 Cal
Cinnamon Raisin 270 Cal	Pretzel 280 Cal
Cinnamon Sugar 310 Cal	Pumpernickel 250 Cal
Everything 280 Cal	Salt 270 Cal
French Toast 370 Cal	Sesame Seed 280 Cal
Garlic 270 Cal	Sourdough 260 Cal
Good Egg 270 Cal	Whole Wheat Sesame 270 Cal
Honey Whole Wheat 250 Cal	

GOURMET BAGELS

Apple Cinnamon 450 Cal	Power Protein 350 Cal
Challah 240 Cal	Six Cheese 370 Cal
Cheddar Jalapeño 360 Cal	Spinach & Swiss 360 Cal
Cheesy Bacon 390 Cal	

DOUBLE-WHIPPED SHMEAR

REGULAR

Plain 120 Cal	Onion & Chive 120 Cal
Smoked Salmon 110 Cal	

REDUCED FAT*

Blueberry 130 Cal	Jalapeño Salsa 110 Cal
Honey Almond 120 Cal	Plain 100 Cal
Garden Veggie 110 Cal	Strawberry 120 Cal
Garlic & Herb 110 Cal	

TOPPINGS

Butter 100 Cal	Jelly 70 Cal
Honey 90 Cal	Nutella® 230 Cal
Hummus 70 Cal	Peanut Butter 240 Cal

BAGEL DOZENS

Baker's Dozen Box

13 Bagels, 2 Shmear Tubs

Half Dozen Box

6 Bagels, 1 Shmear Tub

Tub of Shmear 540-630 Cal

*25% less fat than our regular shmear. Fat content has been reduced from 12g to 9g per serving. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

SIGNATURE Hot, Iced or Frozen

(Espresso drinks available at participating locations)

Vanilla Hazelnut Latte ☺

M 220-350 Cal • L 300-500 Cal

White Chocolate Mocha

M 350-410 Cal • L 430-670 Cal

Caramel Macchiato

M 330-390 Cal • L 400-650 Cal

CLASSIC Hot, Iced or Frozen

Latte

M 140-300 Cal • L 170-410 Cal

Mocha

M 360-420 Cal • L 440-690 Cal

Vanilla Latte

M 220-310 Cal • L 270-400 Cal

Oregon Chai® Tea Latte

M 240-340 Cal • L 310-460 Cal

COFFEE • HOT TEA • COCOA

Hot or Iced Coffee R 5 Cal • M 5 Cal • L 5 Cal

Premium Hot Tea R 5 Cal • M 5 Cal • L 5 Cal

Hot Cocoa R 270 Cal • M 360 Cal • L 440 Cal

COOL DRINKS

Strawberry Banana Smoothie M 400 Cal

Iced Tea M 0-30 Cal • L 0-45 Cal

Fountain (select locations) M 0-350 Cal • L 0-530 Cal

WE CATER. WE DELIVER.

We can cater to any size group and deliver fresh-baked bagels, cage-free, fresh-cracked egg sandwiches, fresh-brewed coffee & more to your home, office or anywhere!

**ORDER NOW: noahscatering.com
or 1.800.Bagel.Me**

OUR QUALITY PROMISE WE BELIEVE INGREDIENTS MATTER.

Our bagels are made of “grandma approved,” simple ingredients: flour, water, brown sugar, salt and yeast.

We serve cage-free eggs and all our breakfast meats are nitrate-free with no added hormones or preservatives.

We are committed to serving food that you feel good about eating, so your best days start at Noah's.

- Noah's New York Bagels®



NOAH'S

EGG SANDWICHES

DELI LUNCH

FISH AND FAVORITES

OUR EGGS AND EGG WHITES ARE CAGE-FREE. OUR BREAKFAST MEATS ARE NITRATE-FREE. OUR BACON IS THICK-CUT.

CLASSIC Choose 1 or 2 Eggs

Bacon & Cheddar 500/570 Cal
Nitrate-Free Thick-Cut Bacon on Plain Bagel

Turkey-Sausage & Cheddar 490/570 Cal
Nitrate-Free Turkey-Sausage on Plain Bagel

Ham & Swiss 440/520 Cal
Nitrate-Free Smoked Ham on Plain Bagel

Mushroom, Spinach & Swiss 🌱 440/520 Cal
on Ancient Grain Bagel

Cheddar Cheese 🌱 420/500 Cal
on Plain Bagel

SIGNATURE Choose 1 or 2 Eggs

Farmhouse 700/780 Cal
Thick-Cut Bacon, Ham, Cheddar, Pepper Shmear on Six-Cheese Gourmet

Chorizo Avocado Sunrise 820/900 Cal
Pepper Jack, Jalapeño Salsa Shmear on Cheddar Jalapeño Gourmet Bagel

Bacon, Swiss & Spinach 720/800 Cal
Roasted Tomato Spread on Spinach & Swiss Gourmet Bagel

Santa Fe Turkey-Sausage 560/640 Cal
Salsa, Pepper Jack, Jalapeño Salsa Shmear on Asiago Bagel

Bacon, Avocado & Tomato 560/640 Cal
Roasted Tomato Spread on Plain Thin Bagel

Power Egg White 360/410 Cal
Turkey-Sausage, Avocado, Spinach, Tomato on Ancient Grain Thin Bagel

SUB EGG WHITES Subtract 50 Cal per egg

Includes Pickle 5 Cal & **Side: Fruit** 80 Cal,
Potato Salad 220 Cal or **Chips** 180 Cal

Turkey Avocado Club 690 Cal
Thick-Cut Bacon, Lettuce, Tomato, Roasted Tomato Spread on Potato Roll

Turkey, Bacon & Swiss 640 Cal
Thick-Cut Bacon, Lettuce, Tomato, Roasted Tomato Spread on Challah Roll



Turkey, Bacon & Swiss

California Chicken 490 Cal
Spinach, Tomato, Cucumber, Onion & Chive Shmear on Challah Roll

Chicken Club Served Hot 790 Cal
Thick-Cut Bacon, Cheddar, Spinach, Tomato, Roasted Tomato Spread on Potato Roll

Pastrami Reuben Served Hot 670 Cal
Sauerkraut, Swiss, Thousand Island Dressing, Mustard on Pumpernickel Roll

Hummus Veg Out 🌱 430 Cal
Spinach, Arugula, Tomato, Cucumber, Red Onion, Veggie Shmear on Multigrain Roll

Turkey, Ham or Pastrami 530-580 Cal
Cheese, Lettuce, Tomato, Red Onion, Mustard, Mayo on Potato Roll

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Includes Pickle 5 Cal & **Side: Fruit** 80 Cal,
Potato Salad 220 Cal or **Chips** 180 Cal

Nova Lox* Sandwich 490 Cal
Cucumber, Tomato, Red Onion, Capers with Plain Shmear on Plain Bagel

Nova Lox* Open-Faced 540 Cal
with Extra Lox

Smoked Trout 440 Cal
Smoked Trout Salad, Tomato, Lettuce, Red Onion on Plain Bagel

Albacore Tuna 670 Cal
Tuna Salad, Tomato, Cucumber, Red Onion on Multigrain Roll

Bagel Dog 540/590 Cal
All-Beef Hebrew National® Hot Dog Wrapped in Plain or Asiago Bagel

Pizza Bagel 440/530 Cal
Cheese or Pepperoni on Plain Bagel

Bagel Melt with Swiss 400-430 Cal
Choose: Turkey, Ham or Pastrami on Plain Bagel



Chorizo Avocado Sunrise

🌱 Vegetarian

🥜 Contains Nuts

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