



▪ FRESH-BAKED BAGELS & SHMEAR ▪

BAGELS

Classic 250-370 Cal

Gourmet 240-450 Cal

DOUBLE-WHIPPED SHMEAR

Garden Veggie* 110 Cal

Plain 120 Cal

Garlic & Herb* 110 Cal

Reduced Fat Plain* 100 Cal

Honey Almond*  120 Cal

Smoked Salmon 110 Cal

Jalapeño Salsa* 110 Cal

Strawberry* 120 Cal

Onion & Chive 120 Cal

TOPPINGS

Butter Blend 100 Cal

AVOCADO TOAST

400 Cal

Hummus 110 Cal

Peanut Butter  240 Cal

▪ CAGE-FREE 2-EGG SANDWICHES ▪

CLASSIC On Plain Bagel or upgrade to Gourmet Bagel

Bacon & Cheddar 530 Cal

Turkey-Sausage & Cheddar 550 Cal

Ham & Swiss 520 Cal

Cheddar Only  On Plain Bagel 480 Cal

SIGNATURE

Farmhouse 730 Cal

Thick-Cut Bacon, Ham, Cheddar, Pepper Shmeat on Six Cheese Gourmet

Chorizo Avocado Sunrise 880 Cal

Pepper Jack, Jalapeño Salsa Shmeat on Cheddar Jalapeño Gourmet Bagel

Mushroom, Spinach & Swiss  520 Cal

On Ancient Grain Bagel

Santa Fe Turkey-Sausage 640 Cal

Salsa, Pepper Jack, Jalapeño Salsa Shmeat on Asiago Bagel

Breakfast BLT 590 Cal

Thick-Cut Bacon, Arugula, Tomato, Parmesan Mayo on Challah

Power Egg White 410 Cal

Turkey-Sausage, Avocado, Spinach, Tomato on Ancient Grain Thin Bagel

Bacon, Avocado & Tomato Egg White 550 Cal

Roasted Tomato Spread on Plain Thin Bagel

 **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 shmeat. Fat content has been reduced from 12g to 9g per serving. **COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS. Menu items may vary by location. See store for details.

▪ ANYTIME LUNCH ▪

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

Turkey Avocado Club 680 Cal

Thick-Cut Bacon, Lettuce, Tomato, Roasted Tomato Spread on Potato Roll

Turkey, Bacon & Swiss 620 Cal

Thick-Cut Bacon, Lettuce, Tomato, Roasted Tomato Spread on Challah

Hummus Veg Out 🌱 400 Cal

Spinach, Arugula, Tomato, Cucumber, Red Onion, Veggie Shmear on Ancient Grain Bagel

Deli Turkey, Ham or Pastrami 600-750 Cal

Lettuce, Tomato, Red Onion, Mustard, Mayo on Potato Roll

Hot Pastrami Served Hot 690 Cal

Swiss, Diced Pickles, Red Onion, Mustard on Everything Bagel

Nova Lox Sandwich 490 Cal**

Cucumber, Tomato, Red Onion, Capers with Plain Shmear on Plain Bagel

Albacore Tuna 570 Cal

Tuna Salad, Tomato, Cucumber, Red Onion on Ancient Grain Bagel

Bagel Dog 540/590 Cal Plain or Asiago Bagel

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

▪ BEVERAGES ▪

COFFEE & ESPRESSO Hot or Iced

Fresh-Brewed Coffee S 5 Cal • M 5 Cal • L 5 Cal

Latte M 180 Cal • L 210 Cal

Mocha M 370 Cal • L 460 Cal

Vanilla Latte M 260 Cal • L 310 Cal

Vanilla Hazelnut Latte ☞ M 290 Cal • L 360 Cal

White Chocolate Mocha M 360 Cal • L 450 Cal

Caramel Macchiato M 330 Cal • L 410 Cal

COLD BREW COFFEE Classic/Flavored

Iced Cold Brew M 0-80 Cal • L 5-160 Cal

Frozen Cold Brew M 330-510 Cal • L 400-640 Cal

Flavors: Vanilla • Caramel • Chocolate

Available Coffee-Free

TEA & MORE

Chai Latte (Hot/Iced) M 240 Cal • L 310 Cal

Hot Tea S 0 Cal • M 0 Cal • L 0 Cal

Hot Cocoa S 290 Cal • M 380 Cal • L 440 Cal

Iced Tea M 0-30 Cal • L 0-45 Cal

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

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CLASSICS

Fresh-Brewed Coffee S 5 Cal • M 5 Cal • L 5 Cal

Hot Tea S 0 Cal • M 0 Cal • L 0 Cal

ICED COLD BREW COFFEE

Classic M 0 Cal • L 5 Cal

Flavored M 60-80 Cal • L 80-160 Cal

Flavors: Vanilla • Caramel • Chocolate

FROZEN COLD BREW COFFEE

Classic M 260 Cal • L 320 Cal

Flavored M 330-510 Cal • L 400-640 Cal

Flavors: Vanilla • Caramel • Chocolate

Available Coffee-Free

REFRESHMENTS

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

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COFFEE & ESPRESSO Hot or Iced

Latte M 180 Cal • L 210 Cal

Mocha M 370 Cal • L 460 Cal

Vanilla Latte M 260 Cal • L 310 Cal

Caramel Macchiato M 330 Cal • L 410 Cal

COLD BREW COFFEE ON TAP

Original or Nitro M 0 Cal • L 5 Cal

COLD BREW TEAS from 

Black or Green Tea M 0-60 Cal • L 0-80 Cal

Mango Black Tea M 40 Cal • L 60 Cal

Mojito Green Tea M 35 Cal • L 50 Cal

Blackberry Tea-Lemonade M 60 Cal • L 90 Cal

Honey Green Tea-Lemonade M 60 Cal • L 90 Cal

NITRO COLD BREW TEA LATTES

Sweet S 180 Cal • M 220 Cal

Vanilla S 150 Cal • M 210 Cal

Coconut S 160 Cal • M 220 Cal