

# CAGE-FREE EGGS



Served on a Plain Bagel

ONE EGG | TWO EGGS

Applewood Bacon & Cheddar	520 Cal	5.95	610 Cal	6.45
Turkey-Sausage & Cheddar	510 Cal	5.95	600 Cal	6.45
Ham & Swiss	470 Cal	5.95	560 Cal	6.45
Cheddar Cheese	440 Cal	4.95	530 Cal	5.45

## CHEF'S CREATIONS

Farmhouse	610 Cal	5.95	700 Cal	6.45
French Toast	680 Cal	5.95	770 Cal	6.45
Spinach, Mushroom & Swiss	480 Cal	5.95	570 Cal	6.45
Southwest Egg White	400 Cal	5.95	430 Cal	6.45

## LIGHTEN UP

Substitute Egg Whites

Subtract 60 Cal per egg

# FRESH-BAKED BAGELS



Bagel 270-320 Cal 1.25

Power Protein Bagel 350 Cal 1.85

## BAGEL+TOPPING

Shmear 370-440 Cal 2.95

Nutella® 500-550 Cal 2.95

Hummus 340-390 Cal 2.95

Natural PB 510-560 Cal 1.95

PB&J 590-640 Cal 2.95

Butter 370-420 Cal 1.95

Honey Butter 520-570 Cal 1.95

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

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## WHIPPED SHMEAR

### REGULAR

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

### REDUCED FAT\*

Reduced Fat Plain	100 Cal
Garden Veggie	110 Cal
Garlic & Herb	120 Cal
Honey Almond	120 Cal
Jalapeño Salsa	110 Cal
Maple	110 Cal
Strawberry	120 Cal

VEGETARIAN  
CONTAINS NUTS

# HAND-CRAFTED SIPS



# SIGNATURE CREATIONS



## ESPRESSO

Hot, Iced or Frozen

MED

LRG

Vanilla Hazelnut Latte	220-350 Cal	4.25	300-500 Cal	4.75
Vanilla Latte	220-310 Cal	4.25	270-400 Cal	4.75
White Chocolate Mocha	360-420 Cal	4.25	440-680 Cal	4.75
Caramel Macchiato	360-420 Cal	4.25	440-700 Cal	4.75
Hazelnut Mocha	290-350 Cal	4.25	400-520 Cal	4.75
Latte	140-300 Cal	3.75	170-410 Cal	3.95
Mocha	350-410 Cal	3.75	430-680 Cal	3.95
Oregon Chai® Tea Latte	240-340 Cal	3.95	310-460 Cal	4.25
Cappuccino	120-270 Cal	3.75	170-410 Cal	3.95

## COLD BREW COFFEE

2.95

3.25

Classic, Caramel, Vanilla, Vanilla Hazelnut 0-100 Cal 5-130 Cal

## SMOOTHIES & CLASSICS

MED

LRG

Strawberry Banana Smoothie	400 Cal	4.25		
Mixed Berry Smoothie	390 Cal	4.25		
Coffee	5 Cal	2.25	5 Cal	2.50
Hot Tea	5 Cal	2.25	5 Cal	2.50
Iced Tea	0-30 Cal	2.25	0-45 Cal	2.50
Hot Chocolate Fountain	350 Cal	2.95	430 Cal	3.25
			0-530 Cal	3.25

## Nova Lox\*

500 Cal 7.95

## Turkey, Bacon & Avocado

670 Cal 7.95

## Tasty Turkey

500 Cal 7.95

## Hummus Veg Out

400 Cal 7.95

## TOSTINIS

### Turkey Club

690 Cal 5.95

### Buffalo Chicken & Bacon

620 Cal 7.95

### BBQ Chicken

530 Cal 7.95

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

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