

FRESH-BAKED BAGELS

Cherry Chia	280 Cal
Espresso Buzz Bagel	230 Cal
Savory Parm	260 Cal
Ancient Grain	280 Cal
Asiago	300 Cal
Blueberry	290 Cal
Chocolate Chip	300 Cal
Cinnamon Raisin	280 Cal
Cinnamon Sugar	320 Cal
Cranberry	310 Cal
Everything	280 Cal
French Toast	370 Cal
Garlic	280 Cal
Honey Whole Wheat	260 Cal
Onion	270 Cal
Plain	270 Cal
Poppy Seed	290 Cal
Potato	280 Cal
Pretzel	280 Cal
Pumpernickel	270 Cal
Sesame Seed	290 Cal

Gourmet

Apple Cinnamon	450 Cal
Cheddar Jalapeño	360 Cal
Cheesy Hash Brown	400 Cal
Green Chile	330 Cal
Power Protein	350 Cal
Six Cheese	370 Cal
Spinach Florentine	360 Cal

DOUBLE-WHIPPED SHMEAR

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

Reduced Fat**

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

TOPPINGS

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

BAGEL BOXES

Baker's Dozen Box
13 Bagels & 2 Shmear Tubs

Half Dozen Box
6 Bagels & 1 Shmear Tubs

Tub of Shmear 540-630 Cal

HAND-CRAFTED SIPS

Fancy	Hot, Iced or Frozen	MED	LRG
Vanilla Latte		220-310 Cal	270-400 Cal
Vanilla Hazelnut Latte		220-350 Cal	300-500 Cal
White Chocolate Mocha		360-420 Cal	440-680 Cal
Caramel Macchiato		360-420 Cal	440-700 Cal
Hazelnut Mocha		290-350 Cal	400-520 Cal

Classic	Hot, Iced or Frozen	MED	LRG
Latte		140-300 Cal	170-410 Cal
Mocha		350-410 Cal	430-680 Cal
Oregon Chai® Tea Latte		240-340 Cal	310-460 Cal
Cappuccino		120-270 Cal	170-410 Cal

Cold Brew Coffee	MED	LRG
Classic	0 Cal	5 Cal
Caramel	70 Cal	100 Cal
Vanilla	60 Cal	90 Cal
Vanilla Hazelnut	100 Cal	130 Cal

Favorites	MED	LRG
Coffee & Hot Tea	5 Cal	5 Cal
Hot Cocoa	350 Cal	430 Cal
Fountain & Iced Tea	0-350 Cal	0-530 Cal
Strawberry Banana Smoothie	400 Cal	
Mixed Berry Smoothie	390 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.



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MENU



CAGE-FREE EGG SANDWICHES

Served on a Plain Bagel or upgrade to a Gourmet Bagel
Add a Second Egg

Adds 60-80 Cal

Adds 80 Cal

Applewood Bacon & Cheddar 490 Cal

Turkey-Sausage & Cheddar 490 Cal

Ham & Swiss 450 Cal

🍴 **Spinach, Mushroom & Swiss** 460 Cal

🍴 **Cheddar Cheese** 420 Cal

CHEF'S CREATIONS

Farmhouse 730 Cal

Cage-Free Eggs, Thick-Cut Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel

Chorizo Sunrise 790 Cal

Cage-Free Eggs, Chorizo, Pepper Jack Cheese, Avocado, Jalapeño Salsa Shmear on a Green Chile Gourmet Bagel

Santa Fe 560 Cal

Cage-Free Eggs, Turkey-Sausage, Pepper Jack Cheese with Roasted Tomato Salsa and Jalapeño Salsa Shmear on an Asiago Bagel

Bacon & Spinach 720 Cal

Cage-Free Eggs, Thick-Cut Bacon, Swiss Cheese with Roasted Tomato Spread on a Spinach Florentine Gourmet Bagel

French Toast 720 Cal

Cage-Free Eggs, Thick-Cut Bacon, Cheddar Cheese with Maple Shmear on a French Toast Bagel

Southwest Egg White 400 Cal

Egg White, Turkey-Sausage, Pepper Jack Cheese with Tomatillo Salsa and Plain Shmear on a Plain Thintastic Bagel

LIGHTEN UP

Substitute Egg White
Make Your Bagel Thintastic

Subtract 50 Cal per Egg

Subtract 70-120 Cal

🍴 **VEGETARIAN**
🍴 **CONTAINS NUTS**

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

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Items subject to change without notice.

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SIGNATURE CREATIONS

Side Included: Pickle 5 Cal and choice of:
Chips 180 Cal • Potato Salad 220 Cal • Fresh Fruit 50 Cal

Nova Lox* 480 Cal

Nova Lox, Red Onion, Capers, Tomato with Plain Shmear on a Plain Bagel

Turkey, Bacon & Avocado 660 Cal

Roasted Turkey, Thick-Cut Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Fresh-Baked Potato Roll

Tasty Turkey 510 Cal

Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmear on an Asiago Bagel

🍴 **Hummus Veg Out** 440 Cal

Hummus, Tomato, Red Onion, Spinach, Arugula, Roasted Red Peppers, Cucumber with Garden Veggie Shmear on a Fresh-Baked Multigrain Roll

Turkey & Cheddar 570 Cal

Roasted Turkey, Cheddar Cheese, Lettuce, Tomato, Red Onion with Mayo and Deli Mustard on a Fresh-Baked Potato Roll

Ham & Swiss 560 Cal

Smoked Ham, Swiss Cheese, Lettuce, Tomato, Red Onion, with Mayo and Deli Mustard on a Fresh-Baked Potato Roll

🍴 **Harvest Chicken Salad** 590 Cal

Grilled Chicken Breast, Celery, Craisins® Dried Cranberries, Toasted Almonds and Mayo with Lettuce, Tomato, Red Onion on a Fresh-Baked Multigrain Roll

Albacore Tuna Salad 590 Cal

Albacore Tuna, Celery and Mayo with Lettuce, Tomato, Red Onion on a Fresh-Baked Multigrain Roll

HOT & TOASTY SANDWICHES

Spinach & Artichoke Chicken 610 Cal

Grilled Chicken Breast, Mozzarella & Asiago Cheeses, Roasted Artichokes, Spinach with Garlic & Herb Shmear on a Spinach Florentine Gourmet Bagel

Green Chile Club 660 Cal

Roasted Turkey, Thick-Cut Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion with Mayo on a Green Chile Gourmet Bagel

Italian Chicken 670 Cal

Grilled Chicken Breast, Mozzarella Cheese, Pepperoni, Spinach, Roasted Red Peppers with Basil Pesto on a Fresh-Baked Potato Roll

Thintastic Chicken Pesto 480 Cal

Grilled Chicken Breast, Mozzarella Cheese, Tomato with Pesto and Balsamic Vinaigrette on a Plain Thintastic Bagel

Pizza Bagel: 🍴 **Cheese or Pepperoni** 440/530 Cal

Bagel Dog: Plain or Asiago 530/580 Cal

Hebrew National® Hot Dog

LIMITED TIME ONLY



Cherry Chia Ham & Swiss 560 Cal

Smoked Ham, Cage-Free Eggs, Swiss Cheese and Butter on a Cherry Chia Bagel



Espresso Buzz Bagel & Bacon 610 Cal

Brown Sugar Thick-Cut Bacon, Cage-Free Eggs, Cheddar Cheese and Butter on an Espresso Buzz Bagel



Hot Parm & Bacon 610 Cal

Thick-Cut Bacon, Cage-Free Eggs and Warm Parmesan Shmear on a Savory Parm Bagel

FIGHTING THE GOOD-FOOD FIGHT

Every ingredient matters. That's why we bring only the best. Like bagels made with simple ingredients. Delicious cage-free, fresh-cracked eggs. Savory thick-cut, nitrate-free bacon. No artificial ingredients or preservatives in any of our meats. Absolutely no artificial flavors in our shmear or cheese. It's our way of bringing you the best and most delicious food possible – from our bagels to everything that goes in between them.