

FRESH-BAKED BAGELS

Egg	270 Cal	Garlic	280 Cal
Ancient Grain	280 Cal	Honey Whole Wheat	
Asiago	300 Cal		260 Cal
Blueberry	290 Cal	Onion	270 Cal
Chocolate Chip	300 Cal	Plain	270 Cal
Cinnamon Raisin	280 Cal	Poppy Seed	290 Cal
Cinnamon Sugar	320 Cal	Potato	280 Cal
Cranberry	310 Cal	Pretzel	280 Cal
Everything	280 Cal	Pumpernickel	270 Cal
French Toast	370 Cal	Sesame Seed	290 Cal

Gourmet

Snickerdoodle	380 Cal	Green Chile	330 Cal
Apple Cinnamon	450 Cal	Power Protein	350 Cal
Cheddar Jalapeño	360 Cal	Six Cheese	370 Cal
Cheesy Hash Brown		Spinach Florentine	
	400 Cal		360 Cal

DOUBLE-WHIPPED SHMEAR

Plain	120 Cal	Honey Almond**	120 Cal
Onion & Chive	120 Cal	Jalapeño Salsa**	110 Cal
Smoked Salmon	110 Cal	Maple**	110 Cal
Blueberry**	130 Cal	Reduced Fat Plain**	
Garden Veggie**	110 Cal		100 Cal
Garlic & Herb**	110 Cal	Strawberry**	120 Cal

TOPPINGS

Avocado	120 Cal	Jelly	70 Cal
Butter	100 Cal	Nutella®	230 Cal
Honey	90 Cal	Natural PB	240 Cal
Hummus	70 Cal		

BAGEL BOXES

Baker's Dozen	Half Dozen
13 Bagels & 2 Shmear Tubs	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.

HAND-CRAFTED SIPS

Fancy Hot, Iced or Frozen	MED	LRG
Cinnamon Caramel Latte	340-370 Cal	450-500 Cal
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
Cinnamon Sweet Cream	140 Cal	200 Cal
Vanilla Sweet Cream	140 Cal	200 Cal
Classic or Flavored	0-100 Cal	5-130 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	540 Cal
Mixed Berry Smoothie	390 Cal	580 Cal



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GATHER. DELIVER.

ebcatering.com or 1.800.Bagel.Me

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MENU



CAGE-FREE EGG SANDWICHES

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** 470 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 560 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



THE RANCHER

Pork Sausage, Ham, Cage-Free Eggs, Swiss, Caramelized Onion & Bacon Shmear on an Egg Bagel

CROQUE MELVYN

Thick-Cut Bacon, Ham, Cage-Free Eggs, Swiss, Raspberry Jam, Mustard Shmear on an Egg Bagel

NEW

SHMEARFULS



Chocolate Chip 90 Cal

Cheesecake

Pretzel 90 Cal

& Beer Cheese

French Toast 100 Cal

& Maple Shmear

Everything 90 Cal

& Plain Shmear

Asiago Parmesan 90 Cal

& Plain Shmear

Plain 80 Cal

& Plain Shmear

Cinnamon Sweet Cream Cold Brew

Cinnamon Caramel Latte

Snickerdoodle Gourmet Bagel