

## BAGEL BOXES

### Baker's Dozen

13 Bagels &  
2 Shmear Tubs

### Half Dozen

6 Bagels &  
1 Shmear Tub

## SHMEARFULS

Mini Bagels filled with Shmear

|                 |        |                     |         |
|-----------------|--------|---------------------|---------|
| Asiago Parmesan | 90 Cal | French Toast Maple  |         |
| Chocolate Chip  |        |                     | 100 Cal |
| Cheesecake      | 90 Cal | Plain               | 80 Cal  |
| Everything      | 90 Cal | Pretzel Beer Cheese | 90 Cal  |

## AVOCADO TOAST

400-500 Cal

Everything seasoning, salt & pepper on a Classic Bagel

## FRESH-BAKED BAGELS

|                 |         |                   |         |
|-----------------|---------|-------------------|---------|
| 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 |
| Garlic          | 280 Cal |                   |         |

### Gourmet

|                   |         |                    |         |
|-------------------|---------|--------------------|---------|
| Apple Cinnamon    | 450 Cal | Power Protein      | 350 Cal |
| Cheddar Jalapeño  | 340 Cal | Six Cheese         | 370 Cal |
| Cheesy Hash Brown |         | Spinach Florentine |         |
|                   | 400 Cal |                    | 370 Cal |
| Green Chile       | 390 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  | 110 Cal |            |         |

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

## HAND-CRAFTED SIPS

|                                  |             |             |
|----------------------------------|-------------|-------------|
| <b>Fancy</b> Hot, Iced or Frozen | <b>MED</b>  | <b>LRG</b>  |
| 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 |

|                                    |             |             |
|------------------------------------|-------------|-------------|
| <b>Classic</b> Hot, Iced or Frozen | <b>MED</b>  | <b>LRG</b>  |
| 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 |

|                         |            |            |
|-------------------------|------------|------------|
| <b>Cold Brew Coffee</b> | <b>MED</b> | <b>LRG</b> |
| Vanilla Sweet Cream     | 140 Cal    | 200 Cal    |
| Classic or Flavored     | 0-100 Cal  | 5-130 Cal  |

|                            |            |            |
|----------------------------|------------|------------|
| <b>Favorites</b>           | <b>MED</b> | <b>LRG</b> |
| Coffee & Hot Tea           | 5 Cal      | 5 Cal      |
| Heavenly Hot Chocolate     | 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    |



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



YOU  WE  
GATHER. DELIVER.

[ebcatering.com](http://ebcatering.com) or [1.800.Bagel.Me](http://1.800.Bagel.Me) (224-3563)

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# MENU

MOCHA

CHEESY  
WAKIN' BACON



NO YOLK

TRY OUR NEW FLAVORS!  
Available for a limited time only.



## CHEF'S EGG CREATIONS

### Farmhouse 710 Cal

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

### Chorizo Sunrise 840 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 730 Cal

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

### French Toast 700 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 Reduced Fat Plain Shmear on a Plain Thintastic Bagel

## CLASSIC EGG SANDWICHES

### Upgrade to a Gourmet Bagel

Add a Second Egg

Adds 60-80 Cal

Adds 80 Cal

### Applewood Bacon & Cheddar 470 Cal

### Turkey-Sausage & Cheddar 470 Cal

### Ham & Swiss 450 Cal

### 🍴 Spinach, Mushroom & Swiss 490 Cal

### 🍴 Cheddar Cheese 410 Cal

## 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.

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

Items subject to change without notice.

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## SIGNATURE LUNCH

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 450 Cal

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

### Turkey & Cheddar 550 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 650 Cal

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

### Green Chile Club 710 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

## SPECIAL THIS SEASON



### CHEESY WAKIN' BACON

Thick-Cut Bacon, Cage-Free Eggs, Cheddar on Six Cheese Gourmet

### NO YOLK

Turkey-Bacon, Cage-Free Egg Whites, Tomato, Avocado, Roasted Tomato Spread on Ancient Grain Thintastic

## SHMEARFULS



### Asiago Parmesan

Chocolate Chip Cheesecake

French Toast

Everything

Plain

Pretzel Beer Cheese

## NOVA LOX

Lox, Red Onion, Capers, Tomato with Plain Shmear on Sesame

