

## 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](tel:1800.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

