

FIND YOUR Sweet Spot!



BREWED
COFFEE



COLD
PRESS



VANILLA
LATTE



CARAMEL
HIGH RISE®



CHOCOLATE
COOLER



SWEET-O-METER



SIGNATURE HOT / ICED OR BLENDED MED LRG

CARAMEL HIGH RISE® <i>Whip + Caramel Sauce</i>	300-710 Cal	350-820 Cal
VANILLA WHITE MOCHA <i>Whip + Chocolate Chips</i>	250-770 Cal	430-900 Cal

CLASSICS HOT / ICED MED LRG

MOCHA	250-540 Cal	300-650 Cal
LATTE	180/110 Cal	220/120 Cal
CAPPUCCINO	110 Cal	130/120 Cal
CHAI TEA LATTE	320-240 Cal	380/290 Cal
HOT CHOCOLATE	290-600 Cal	370-740 Cal

COFFEE MED LRG

COLD PRESS <i>Classic, Caramel, Vanilla, Vanilla Hazelnut</i>	0-100 Cal	5-100 Cal
COFFEE OF THE DAY	5 Cal	5 Cal

BLENDED MED LRG

CARIBOU COOLERS® <i>Coffee + Ice + Flavor + Whip Real Vanilla, Chocolate or Caramel</i>	600-710 Cal	690-820 Cal
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SMOOTHIES <i>Strawberry Banana or Mango Orange Key Lime</i>	380/450 Cal	450/540 Cal
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TEA MED LRG

ICED TEA	0 Cal	0 Cal
HOT TEA	0 Cal	0 Cal

FOUNTAIN MED LRG

	0-350 Cal	0-530 Cal
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CAFFEINE FREE

CONTAINS NUTS

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MENÜ



FRESH-BAKED BAGELS

Bagels

- Gourmet Cheesy Hash Brown 400 Cal
- Asiago 290 Cal
- Blueberry 280 Cal
- Chocolate Chip 300 Cal
- Cinnamon Raisin 290 Cal
- Cinnamon Sugar 310 Cal
- Everything 280 Cal
- Honey Whole Wheat 290 Cal
- Plain 270 Cal
- Sesame Seed 280 Cal

DOUBLE-WHIPPED SHMEAR

Regular

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

Reduced Fat**

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

TOPPINGS

-  Butter Blend 100 Cal
-  Peanut Butter 240 Cal
- Avocado 120 Cal
-  PB&J 320 Cal
- Hummus 110 Cal

BAGEL BOXES

Baker's Dozen Box
13 Bagels & 2 Shmear Tubs

Half Dozen Box
6 Bagels & 1 Shmear Tub

Add-Ons

Extra Tub of Shmear 540-630 Cal

**25% less fat than our regular shmear.
Fat content has been reduced from 12g to 9g per serving.
Nutella® is a registered trademark of Ferrero S.p.A. All rights reserved.

EGG SANDWICHES

Served with your choice of one egg or two.
A second egg adds 90 Cal

Served on a Plain Bagel

- Applewood Bacon & Cheddar 470 Cal
- Turkey-Sausage & Cheddar 490 Cal
- Ham & Swiss 470 Cal

 Cheddar Cheese 420 Cal

FARMHOUSE 680 Cal

Egg, Applewood Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Bagel

 SPINACH, MUSHROOM & SWISS 490 Cal

Egg, Sautéed Spinach & Mushrooms with Swiss on a Plain Bagel

SANTA FE WRAP 710 Cal

Eggs, Turkey-Sausage, Roasted Tomato Salsa, Pepper Jack Cheese with Jalapeño Salsa Shmear on a Whole Wheat Tortilla

BACON, TOMATO, AVOCADO, EGG WHITE 410 Cal

Egg White, Applewood Bacon, Avocado & Tomato, Roasted Tomato Spread on a Plain Thintastic Bagel

DELI SANDWICHES

Served on choice of Roll, Bagel or Whole Wheat Tortilla

TURKEY & CHEDDAR 540-590 Cal

Roasted Turkey, Lettuce, Tomato, Red Onion, Cheddar Cheese with Mayo & Deli Mustard

HAM & SWISS 550-600 Cal

Smoked Ham, Lettuce, Tomato, Red Onion, Swiss Cheese with Mayo & Deli Mustard

 HARVEST CHICKEN SALAD 540-590 Cal

Grilled Chicken Breast, Celery, Lettuce, Tomato, Red Onion, Craisins® Dried Cranberries, Toasted Almonds with Mayo

ALBACORE TUNA SALAD 520-570 Cal

Albacore Tuna, Celery, Lettuce, Tomato, Red Onion with Mayo

-  VEGETARIAN
-  CONTAINS NUTS

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

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

SIGNATURE SANDWICHES

NOVA LOX 500 Cal

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

TASTY TURKEY 500 Cal

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

TURKEY, BACON & AVOCADO 640 Cal

Roasted Turkey, Applewood Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Potato Roll

 HUMMUS VEG OUT 420 Cal

Hummus, Tomato, Red Onion, Spinach, Lettuce, Roasted Red Peppers, Cucumber with Garden Veggie Shmear on a Multigrain Roll

TURKEY CLUB MEX WRAP 710 Cal

Roasted Turkey, Applewood Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion, Spinach with Ancho Mayo on a Whole Wheat Tortilla

HOT SANDWICHES

ITEMS VARY BY LOCATION & ARE SUBJECT TO CHANGE WITHOUT NOTICE.

ITALIAN CHICKEN TOSTINI 680 Cal

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

TURKEY CLUB TOSTINI 660 Cal

Roasted Turkey, Applewood Bacon, Spinach, Tomato, Mozzarella Cheese with Roasted Tomato Spread on a Potato Roll

BUFFALO CHICKEN & BACON TOSTINI 590 Cal

Grilled Chicken Breast, Applewood Bacon, Mozzarella Cheese, Buffalo Wing Sauce and Red Onions on a Potato Roll

BBQ CHICKEN TOSTINI 530 Cal

Grilled Chicken Breast, BBQ Sauce, Mozzarella Cheese and Red Onions on a Potato Roll

 ROASTED VEGGIE TOSTINI 500 Cal

Sautéed Mushrooms, Spinach, Roasted Red Peppers, Red Onions, Mozzarella Cheese with Garlic & Herb Shmear on a Potato Roll

THINTASTIC BUFFALO CHICKEN 430 Cal

Grilled Chicken Breast, Buffalo Wing Sauce, Lettuce, Tomato, Red Onions with Reduced Fat Plain Shmear on a Plain Thintastic Bagel

PIZZA BAGEL: CHEESE  on a Plain Bagel 450 Cal
PEPPERONI on a Plain Bagel 540 Cal

SALADS

Available in our Grab & Go Cooler