## Find Your Sweet Spot!

### Caribou Coffee

<table>
<thead>
<tr>
<th><strong>CAFFEINE FREE</strong></th>
<th><strong>CONTAINS NUTS</strong></th>
</tr>
</thead>
</table>

### Signature

<table>
<thead>
<tr>
<th>Signature</th>
<th>Hot/Iced</th>
<th>Med</th>
<th>Lrg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caramel High Rise®</td>
<td>300-710 Cal</td>
<td>350-820 Cal</td>
<td></td>
</tr>
<tr>
<td>Vanilla White Mocha</td>
<td>250-770 Cal</td>
<td>430-900 Cal</td>
<td></td>
</tr>
</tbody>
</table>

### Classics

<table>
<thead>
<tr>
<th>Classic</th>
<th>Hot/Iced</th>
<th>Med</th>
<th>Lrg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mocha</td>
<td>250-540 Cal</td>
<td>300-650 Cal</td>
<td></td>
</tr>
<tr>
<td>Latte</td>
<td>180/110 Cal</td>
<td>220/120 Cal</td>
<td></td>
</tr>
<tr>
<td>Cappuccino</td>
<td>110 Cal</td>
<td>130/120 Cal</td>
<td></td>
</tr>
<tr>
<td>Chai Tea Latte</td>
<td>320-240 Cal</td>
<td>380/290 Cal</td>
<td></td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>290-600 Cal</td>
<td>370-740 Cal</td>
<td></td>
</tr>
</tbody>
</table>

### Coffee

<table>
<thead>
<tr>
<th>Coffee</th>
<th>Med</th>
<th>Lrg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold Press Classic, Caramel, Vanilla, Strawberry, Chocolate or Caramel</td>
<td>0-100 Cal</td>
<td>5-100 Cal</td>
</tr>
<tr>
<td>Coffee of the Day</td>
<td>5 Cal</td>
<td>5 Cal</td>
</tr>
</tbody>
</table>

### Blended

<table>
<thead>
<tr>
<th>Blended</th>
<th>Med</th>
<th>Lrg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caribou Coolers®</td>
<td>600-710 Cal</td>
<td>690-820 Cal</td>
</tr>
<tr>
<td>Smoothies</td>
<td>380/450 Cal</td>
<td>450/540 Cal</td>
</tr>
</tbody>
</table>

### Tea

<table>
<thead>
<tr>
<th>Tea</th>
<th>Med</th>
<th>Lrg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iced Tea</td>
<td>0 Cal</td>
<td>0 Cal</td>
</tr>
<tr>
<td>Hot Tea</td>
<td>0 Cal</td>
<td>0 Cal</td>
</tr>
</tbody>
</table>

### Fountain

<table>
<thead>
<tr>
<th>Fountain</th>
<th>Med</th>
<th>Lrg</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-350 Cal</td>
<td>0-530 Cal</td>
<td></td>
</tr>
</tbody>
</table>

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

**VEGETARIAN**

**CONTAINS NUTS**

**25% less fat than our regular shmear.**

Fat content has been reduced from 12g to 9g per serving.

**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

**CRISPY CHICKEN & TATER EGG SANDWICH** 810 Cal
Egg, Crispy Chicken Breast, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Bagel

**SPINACH, MUSHROOM & SWISS** 490 Cal
Egg, Sautééd Spinach & Mushrooms with Swiss on a Plain Bagel

**SANTA FE WRAP** 710 Cal
Egg, Turkey-Sausage, Roasted Tomato Salsa, Pepper Jack Cheese with Jalapeño Salsa Shmear on a Whole Wheat Tortilla

**HUMMUS VEG OUT** 420 Cal
Hummus, Tomato, Red Onion, Spinach, Lettuce, Cucumber with Garden Veggie Shmear on a Honey Whole Wheat Bagel

**DELICIOUS BAGEL BOXES**

**HOT SANDWICHES**

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

**CRISPY CHICKEN & TATER** 790 Cal
Crispy Chicken Breast, Cheddar Cheese, Lettuce, Tomato, Red Onion and Mayo on a Whole Wheat Bagel

**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

**BUFFALO CHICKEN & BACON TOSTINI** 590 Cal
Grilled Chicken Breast, Applewood Bacon, Cheddar Cheese, Buffalo Wing Sauce and Red Onion on a Potato Roll

**BBQ CHICKEN TOSTINI** 530 Cal
Grilled Chicken Breast, BBQ Sauce, Cheddar Cheese and Red Onion on a Potato Roll

**ROASTED VEGGIE TOSTINI** 500 Cal
Sautééd Mushrooms, Spinach, Red Onion, Swiss Cheese with Garlic & Herb Shmear on a Potato Roll

**THINTASTIC BUFFALO CHICKEN** 430 Cal
Grilled Chicken Breast, Buffalo Wing Sauce, Lettuce, Tomato, Red Onion 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

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**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

**HARVEST CHICKEN SALAD** 540-590 Cal
Grilled Chicken Breast, Celery, Craisins® Dried Cranberries, Toasted Almonds and Mayo with Lettuce, Tomato, & Red Onion

**ALBACORE TUNA SALAD** 520-570 Cal
Albacore Tuna, Celery, Lettuce, Tomato, Red Onion with Mayo

**SANTA FE WRAP** 710 Cal
Egg, Turkey-Sausage, Roasted Tomato Salsa, Pepper Jack Cheese with Jalapeño Salsa Shmear on a Whole Wheat Tortilla

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

**CONSUMING RAW OR UNDER COOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS. NOVA LOX CONTAINS ARTIFICIAL COLORS.**

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