## Menu

### Brewed Coffee

- **Caramel High Rise®**
  - Whip + Caramel Sauce
  - 300-710 Cal 350-820 Cal
- **Vanilla White Mocha**
  - Whip + Chocolate Chips
  - 250-770 Cal 430-900 Cal

### Cold Press

- **Coffee of the Day**
  - 5 Cal 5 Cal
- **Cappuccino**
  - 110 Cal 130/120 Cal
- **Chai Tea Latte**
  - 320-240 Cal 380/290 Cal
- **Hot Chocolate**
  - 290-600 Cal 370-740 Cal

### Classics

- **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

- **Cold Press**
  - Classic, Caramel, Vanilla.
  - 0-100 Cal 5-100 Cal
- **Coffee of the Day**
  - 5 Cal 5 Cal

### Blended

- **Caribou Coolers®**
  - Coffee + Ice + Flavor + Whip
  - Real Vanilla, Chocolate or Caramel
  - 600-710 Cal 690-820 Cal
- **Smoothies**
  - Strawberry Banana or Mango Orange Key Lime
  - 380/450 Cal 450/540 Cal

### Tea

- **Iced Tea**
  - 0 Cal 0 Cal
- **Hot Tea**
  - 0 Cal 0 Cal

### Fountain

- **Iced Tea**
  - 0-350 Cal 0-530 Cal
- **Hot Tea**
  - 0 Cal 0 Cal

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**Sweet O’Meter**

- **Sweet Spot!**

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Espresso drinks are not available at all locations.

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**BAGEL BOXES**

Baker's Dozen  
13 Bagels + 2 Shmear Tubs

Half Dozen  
6 Bagels + 1 Shmear Tub

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**AVOCADO TOAST**

410 Cal
Smashed Avocado with Salt & Pepper on a Toasted Plain

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**FRESH-MADE BAGELS**

**CLASSIC**
- Asiago  290 Cal
- Blueberry  280 Cal
- Chocolate Chip  300 Cal
- Cinnamon Raisin  290 Cal
- Cinnamon Sugar  300 Cal

**GOURMET**
- Cheesy Hash Brown  400 Cal
- Six Cheese  370 Cal

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**DOUBLE-WHIPPED SHMEAR**

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

**TOPPINGS**

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

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

**VEGETARIAN**  **CONTAINS NUTS**

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

***Items subject to change without notice and may not be available in all locations.

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**EGG SANDWICHES**

**SIGNATURE**
- **Farmhouse**  680 Cal
  Eggs, Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel
- **Big Breakfast Burrito**  1200 Cal
  Eggs, Bacon, Turkey-Sausage, Shredded Cheese, Green Chiles, Hash Browns, Salsa, Plain Shmear in a Flour Tortilla
- **Spinach, Mushroom & Swiss**  510 Cal
  Eggs, Swiss, Sautéed Spinach and Mushroom on a Honey Whole Wheat Bagel

**Egg Whites**
- **Santa Fe**  420 Cal
  Egg Whites, Turkey-Sausage, Pepper Jack Cheese with Salsa and Jalapeño Salsa Shmear on an Asiago Thintastic Bagel
- **Bacon, Avocado & Tomato**  410 Cal
  Egg Whites, Bacon, Avocado, Tomato with Roasted Tomato Spread on a Plain Bagel

**CUSTOMIZE IT**

- Add a Second Egg  Adds 90 Cal
- Upgrade to a Gourmet Bagel  Adds 70-130 Cal
- Substitute Egg White  Subtract 55 Cal per Egg
- Make Your Bagel Thintastic  Subtract 70-120 Cal

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**DELI LUNCH**

**Nova Lox**  500 Cal
- Nova Lox, Red Onion, Capers, Tomato with Plain Shmear on a Plain Bagel

**Turkey, Bacon & Avocado**  580 Cal
- Roasted Turkey, Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on Toasted Ciabatta

**Tasty Turkey**  510 Cal
- Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmear on an Asiago Bagel

**Hummus Veg Out**  420 Cal
- Tomato, Red Onion, Spinach, Lettuce, Cucumber with Garden Veggie Shmear on a Honey Whole Wheat Bagel

**California Turkey Club Wrap**  650 Cal
- Roasted Turkey, Bacon, Avocado, Tomato, Cucumber, Red Onion, Spinach, Roasted Tomato Spread, Garlic & Herb Shmear in a Flour Tortilla

**DELI SELECTS**

- Turkey & Cheddar  470-590 Cal
- Ham & Swiss  480-590 Cal
- Albacore Tuna Salad  420-540 Cal***
- Chicken Salad  460-570 Cal***

**TOASTED GOURMET**

**Albuquerque Turkey**  680 Cal
- Roasted Turkey, Bacon, Pepperoni, Swiss & Asiago Cheese, Red Onion, Spinach, Roasted Tomato Spread on a Six Cheese Gourmet

**TOASTED CIABATTA**

**Pepperoni Chicken**  680 Cal
- Grilled Chicken Breast, Pepperoni, Swiss & Asiago Cheese, Red Onion, Spinach, Roasted Tomato Spread on Toasted Ciabatta

**Buffalo Chicken & Bacon**  570 Cal
- Grilled Chicken Breast, Bacon, Cheddar, Buffalo Wing Sauce, Ranch, Red Onion on Toasted Ciabatta

**Roasted Veggie**  470 Cal
- Swiss, Sautéed Mushrooms & Spinach, Tomato, Red Onion, Garlic & Herb Shmear on Toasted Ciabatta

**PIZZA BAGELS**

- Cheese  450 Cal
- Pepperoni  540 Cal

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Big Breakfast Burrito

Farmhouse

Albuquerque Turkey