**CLASSICS**

<table>
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<tr>
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<tbody>
<tr>
<td>MOCHA</td>
<td>340 Cal</td>
<td>420 Cal</td>
<td>530 Cal</td>
</tr>
<tr>
<td>milk or white chocolate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>VANILLA LATTE</td>
<td>350 Cal</td>
<td>450 Cal</td>
<td>490 Cal</td>
</tr>
<tr>
<td>LATTE</td>
<td>120 Cal</td>
<td>180 Cal</td>
<td>220 Cal</td>
</tr>
<tr>
<td>CARAMEL HIGH RISE®</td>
<td>260 Cal</td>
<td>370 Cal</td>
<td>460 Cal</td>
</tr>
<tr>
<td>CHAI TEA LATTE</td>
<td>250 Cal</td>
<td>320 Cal</td>
<td>380 Cal</td>
</tr>
<tr>
<td>HOT CHOCOLATE</td>
<td>410 Cal</td>
<td>510 Cal</td>
<td>590 Cal</td>
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**CUSTOMIZE IT**

- flavor shot
- espresso shot
- almond milk
- Adds 5320 Cal

**COFFEE**

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<tbody>
<tr>
<td>COLD PRESS</td>
<td>5 Cal</td>
<td>5 Cal</td>
<td>5 Cal</td>
</tr>
<tr>
<td>HOT COFFEE</td>
<td>5 Cal</td>
<td>5 Cal</td>
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- Caribou Blend Medium Roast
- Caribou Blend Decaf Medium Roast
- Fireside Dark Roast
- Vanilla Hazelnut Flavored Medium Roast

**FROZEN**

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<tbody>
<tr>
<td>CARIBOU COOLERS®</td>
<td>520 Cal</td>
<td>600 Cal</td>
<td>690 Cal</td>
</tr>
<tr>
<td>Coffee + Ice + Flavor + Whip</td>
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<td></td>
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<tr>
<td>Real Vanilla</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Real Chocolate</td>
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<tr>
<td>Real Caramel</td>
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</tr>
<tr>
<td>STRAWBERRY BANANA SMOOTHIE</td>
<td>280 Cal</td>
<td>360 Cal</td>
<td>430 Cal</td>
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**TEA**

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<tr>
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</thead>
<tbody>
<tr>
<td>HOT TEA</td>
<td>0 Cal</td>
<td>0 Cal</td>
<td>0 Cal</td>
</tr>
<tr>
<td>ICED TEA</td>
<td>0 Cal</td>
<td>0 Cal</td>
<td>0 Cal</td>
</tr>
</tbody>
</table>

**FOUNTAIN**

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<tr>
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<tbody>
<tr>
<td></td>
<td>0.280 Cal</td>
<td>0.420 Cal</td>
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</table>
**Egg Sandwiches**

**Signature**
- **Farmhouse** 680 Cal
  - Eggs, Thick-Cut Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel
- **Chorizo Sunrise** 840 Cal
  - Eggs, Chorizo, Pepper Jack Cheese, Avocado, Jalapeño Salsa Shmear on a Green Chile Gourmet Bagel
- **All-Nighter** 920 Cal
  - Eggs, Bacon, American Cheese, Jalapeño Garlic Aioli on a Cheesy Hash Brown Gourmet Bagel
- **Spinach, Mushroom & Swiss** 490 Cal
  - Eggs, Swiss, Spinach, Mushroom on an Ancient Grain Bagel

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

**Customize It**
- Add a Second Egg
  - Adds 80 Cal
- Upgrade to a Gourmet Bagel
  - Adds 60-80 Cal
- Substitute Egg White
  - Subtract 45 Cal per Egg
- Make Your Bagel Thintastic
  - Subtract 70-120 Cal

**Make It a Meal**
- Add Twice-Baked Hash Brown and Medium Coffee or Orange Juice 75-400 Cal

**Deli 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** 620 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** 410 Cal
  - Hummus, Tomato, Cucumber, Red Onion, Spinach with Garden Veggie Shmear on an Ancient Grain Bagel
- **Albacore Tuna Salad** 560 Cal
  - Albacore Tuna, Celery and Mayo with Lettuce, Tomato, Red Onion on an Ancient Grain Bagel
- **Turkey & Cheddar** 550 Cal
  - Roasted Turkey, Cheddar Cheese, Lettuce, Tomato, Red Onion with Mayo and Deli Mustard on a Fresh-Baked Potato Roll
- **Pizza Bagel**
  - Cheese 440 Cal
  - Pepperoni 530 Cal

**Vegetarian**
- **CONTAINS NUTS**

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

*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 and may not be available in all locations.