CLASSICS
HOT OR ICED  S  M  L
MOCHA  340 Cal  420 Cal  530 Cal
milk or white chocolate
VANILLA LATTE  350 Cal  450 Cal  490 Cal
Caramel Macchiato  260 Cal  370 Cal  460 Cal
CHAI TEA LATTE  250 Cal  320 Cal  380 Cal
HOT CHOCOLATE  410 Cal  510 Cal  590 Cal

CUSTOMIZE IT  flavor shot  •  espresso shot  •  almond milk
adds 5320 Cal  adds 0 Cal  less 5.75 Cal

COFFEE
S  M  L
COLD BREW  5 Cal  5 Cal  5 Cal
HOT COFFEE  5 Cal  5 Cal  5 Cal
Caribou Blend Medium Roast
Caribou Blend Decaf Medium Roast
Fireside Dark Roast
Vanilla Hazelnut Flavored Medium Roast

FROZEN
COFFEE COOLERS  S  M  L
COFFEE + Ice + Flavor + Whip  520-600 Cal  600-710 Cal  690-820 Cal
Real Vanilla
Real Chocolate
Real Caramel
STRAWBERRY BANANA SMOOTHIE  280 Cal  360 Cal  430 Cal

TEA
S  M  L
HOT TEA  0 Cal  0 Cal  0 Cal
ICED TEA  0 Cal  0 Cal  0 Cal

FOUNTAIN  M  L
0-280 Cal  0-420 Cal

Espresso drinks not available at all locations.
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**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

**CLASSIC**

*Bacon & Cheddar* 450 Cal

*Turkey-Sausage & Cheddar* 480 Cal

*Chorizo & Pepper Jack* 610 Cal

*Ham & Swiss* 450 Cal

**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 195-420 Cal

**AVOCADO TOAST** 400-500 Cal

Everything seasoning, salt & pepper on a Classic Bagel

**FRESH-BAKED BAGELS**

**CLASSIC**

<table>
<thead>
<tr>
<th>Bagel</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ancient Grain</td>
<td>280 Cal</td>
</tr>
<tr>
<td>Cinnamon Raisin</td>
<td>280 Cal</td>
</tr>
<tr>
<td>Cranberry</td>
<td>310 Cal</td>
</tr>
<tr>
<td>Everything</td>
<td>280 Cal</td>
</tr>
<tr>
<td>Garlic</td>
<td>280 Cal</td>
</tr>
<tr>
<td>Honey Wheat</td>
<td>260 Cal</td>
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**SIGNATURE**

<table>
<thead>
<tr>
<th>Bagel</th>
<th>Calories</th>
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</thead>
<tbody>
<tr>
<td>Asiago</td>
<td>300 Cal</td>
</tr>
<tr>
<td>Blueberry</td>
<td>290 Cal</td>
</tr>
<tr>
<td>Chocolate Chip</td>
<td>300 Cal</td>
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**GOURMET**

<table>
<thead>
<tr>
<th>Bagel</th>
<th>Calories</th>
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</thead>
<tbody>
<tr>
<td>Apple Cinnamon</td>
<td>450 Cal</td>
</tr>
<tr>
<td>Cheddar Jalapeño</td>
<td>340 Cal</td>
</tr>
<tr>
<td>Cheesy Hash Brown</td>
<td>400 Cal</td>
</tr>
<tr>
<td>Green Chile</td>
<td>390 Cal</td>
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</table>

**DOUBLE-WHIPPED SHMEAR**

**CLASSIC**

<table>
<thead>
<tr>
<th>Shmear</th>
<th>Calories</th>
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</thead>
<tbody>
<tr>
<td>Plain</td>
<td>120 Cal</td>
</tr>
<tr>
<td>Onion &amp; Chive</td>
<td>120 Cal</td>
</tr>
<tr>
<td>Smoked Salmon</td>
<td>110 Cal</td>
</tr>
<tr>
<td>Garden Veggie</td>
<td>110 Cal</td>
</tr>
<tr>
<td>Garlic &amp; Herb</td>
<td>110 Cal</td>
</tr>
</tbody>
</table>

**TOPPINGS**

<table>
<thead>
<tr>
<th>Topping</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter Blend</td>
<td>100 Cal</td>
</tr>
<tr>
<td>Honey</td>
<td>90 Cal</td>
</tr>
<tr>
<td>Hummus</td>
<td>110 Cal</td>
</tr>
</tbody>
</table>

**MAKE IT A MEAL**

Farmhouse Bacon & Cheddar

**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

*Ham & Swiss* 560 Cal
Roasted Turkey, Cheddar Cheese, Lettuce, Tomato, Red Onion with Mayo and Deli Mustard on a Fresh-Baked Potato Roll

*Pizza Bagel*

**VEGETARIAN**

**CONTAINS NUTS**

*Everything* seasoning, salt & pepper on a Classic Bagel

*Avocado Toast* 400-500 Cal

Baker's Dozen 13 Bagels + 2 Shmear Tubs
Half Dozen 6 Bagels + 1 Shmear Tub

**BAGEL BOXES**

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.