**Bagel Boxes**

- Baker’s Dozen Box: 13 Bagels + 2 Shmear Tubs
- Half Dozen Box: 6 Bagels + 1 Shmear Tub

**Avocado Toast**

Everything seasoning, salt & pepper on a Classic Bagel

400-500 Cal

**Fresh-Baked Bagels**

**Classic**

- Ancient Grain: 280 Cal
- Cinnamon Raisin: 280 Cal
- Cranberry: 310 Cal
- Everything: 280 Cal
- Garlic: 280 Cal
- Honey Wheat: 260 Cal

- Onion: 270 Cal
- Plain: 270 Cal
- Poppy Seed: 290 Cal
- Pumpernickel: 270 Cal
- Sesame Seed: 290 Cal

**Signature**

- Asiago: 300 Cal
- Blueberry: 290 Cal
- Chocolate Chip: 300 Cal

- Cinnamon Sugar: 320 Cal
- French Toast: 370 Cal
- Pretzel: 280 Cal

**Gourmet**

- Apple Cinnamon: 450 Cal
- Cheddar Jalapeño: 340 Cal
- Cheesy Hash Brown: 400 Cal
- Green Chile: 390 Cal

- Power Protein: 350 Cal
- Six Cheese: 370 Cal
- Spinach Florentine: 370 Cal

**Double-Whipped Shmear**

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

**Toppings**

- Butter Blend: 100 Cal
- Jelly: 70 Cal
- Honey: 90 Cal
- Peanut Butter: 240 Cal

**Vegetarian**

Contains nuts

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

**Signature Sandwiches**

**Farmhouse**: 680 Cal
Eggs, Thick-Cut Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel

**Chorizo Sunrise**: 800 Cal
Eggs, Chorizo, Cheese, Avocado, Jalapeño Salsa Shmear on a Green Chile Gourmet Bagel

**All-Nighter**: 880 Cal
Eggs, Bacon, American Cheese, Jalapeño Garlic Aioli on a Cheesy Hash Brown Gourmet Bagel

**Garden Avocado**: 500 Cal
Eggs, Avocado, Tomato, Spinach, Roasted Tomato Spread on an Everything Bagel

**Egg Whites**

- Santa Fe: 530 Cal
Egg White, Turkey-Sausage, Cheese with Roasted Tomato Salsa and Jalapeño Salsa Shmear on an Asiago Thintastic Bagel

- Bacon, Avocado & Tomato: 410 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
- Ham & Swiss: 450 Cal
- Cheddar Cheese: 410 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

**Farmhouse**
DELI LUNCH

**Side of Chips Included 180 Cal**

**Nova Lox** 480 Cal
Nova Lox, Red Onion, Capers, Tomato with Plain Shmear on a Plain Bagel

**Turkey, Bacon & Avocado** 610 Cal
Roasted Turkey, Thick-Cut Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Plain Bagel

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

**Avocado Veg Out** 420 Cal
Avocado, Tomato, Cucumber, Red Onion, Spinach, Lettuce with Garden Veggie Shmear on a Sesame Bagel

**Turkey & Cheddar** 540 Cal
Roasted Turkey, Cheddar Cheese, Lettuce, Tomato, Red Onion with Mayo and Deli Mustard on a Plain Bagel

**Ham & Swiss** 550 Cal
Smoked Ham, Swiss Cheese, Lettuce, Tomato, Red Onion, with Mayo and Deli Mustard on a Plain Bagel

**Pizza Bagel**
Cheese 440 Cal | Pepperoni 530 Cal

*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.

COLD BREW

**S** | **L**

**Classic**
0 Cal | 0 Cal

**Flavored**
Vanilla Cream 190 Cal | 310 Cal
Caramel Cream 210 Cal | 360 Cal
Chocolate Cream 200 Cal | 340 Cal

**Cold Brew Shakes**
Vanilla 350 Cal | 540 Cal
Caramel 390 Cal | 610 Cal
Chocolate 380 Cal | 590 Cal

*Available Coffee-Free*

**LATTE**

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<tr>
<th>S</th>
<th>M</th>
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<tbody>
<tr>
<td>Mocha</td>
<td>270 Cal</td>
<td>350 Cal</td>
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<tr>
<td>Caramel Macchiato</td>
<td>290 Cal</td>
<td>370 Cal</td>
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<tr>
<td>Latte</td>
<td>110 Cal</td>
<td>140 Cal</td>
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<tr>
<td>Chai Tea Latte</td>
<td>170 Cal</td>
<td>230 Cal</td>
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**CUSTOMIZE IT**

Flavor Shot: Vanilla, Caramel, Chocolate
Add 110-240 Cal
Espresso Shot
Add 0 Cal
Almond Milk
Less 5-75 Cal

**COFFEE**

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<tbody>
<tr>
<td>Fresh-Brewed</td>
<td>5 Cal</td>
<td>5 Cal</td>
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<tr>
<td>Breakfast Blend Medium Roast, Decaf Medium Roast, Darn Good Dark Roast, Vanilla Hazelnut</td>
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**SMOOTHIE**

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<tr>
<td>Strawberry Banana</td>
<td>280 Cal</td>
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**TEA**

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<tbody>
<tr>
<td>Hot Tea</td>
<td>0 Cal</td>
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<tr>
<td>Iced Tea</td>
<td>0 Cal</td>
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**FOUNTAIN**

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<tr>
<td>0-280 Cal</td>
<td>0-340 Cal</td>
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Espresso drinks not available at all locations.