

FRESH-BAKED BAGELS

Bagels

- Asiago 300 Cal
- Blueberry 290 Cal
- Chocolate Chip 290 Cal
- Cinnamon Raisin 290 Cal
- Cinnamon Sugar 320 Cal
- Everything 280 Cal
- Honey Whole Wheat 260 Cal
- Plain 260 Cal
- Power Protein 350 Cal
- Sesame Seed 290 Cal
- Sourdough 280 Cal

DOUBLE-WHIPPED SHMEAR

Regular

- Plain 150 Cal
- Onion & Chive 140 Cal
- Smoked Salmon 130 Cal

Reduced Fat**

- Reduced Fat Plain 130 Cal
- Honey Almond 150 Cal
- Strawberry 140 Cal
- Garden Veggie 130 Cal
- Jalapeño Salsa 130 Cal

OTHER TOPPINGS

- Butter Blend 180 Cal
- Nutella® 230 Cal
- Honey Butter 150 Cal
- Peanut Butter 170 Cal
- Hummus 100 Cal
- PB&J 240 Cal

BAGEL BOXES

Baker's Dozen Box

13 Bagels & 2 Shmear Tubs 390-450 Cal per serving

Half Dozen Box

6 Bagels & 1 Shmear Tub 390-450 Cal per serving

Add-Ons

Extra Tub of Shmear 520-600 Cal per tub

**25% less fat than our regular shmear.
Fat content has been reduced from 7g to 5g per serving.
Nutella® is a registered trademark of Ferrero S.p.A. All rights reserved.

BEVERAGES

Available Hot, Iced or Frozen***

	MED	LRG
Vanilla Hazelnut Latte	220-350 Cal	300-500 Cal
Vanilla Latte	220-310 Cal	270-400 Cal
White Chocolate Mocha	360-420 Cal	440-680 Cal
Caramel Macchiato	360-420 Cal	440-700 Cal
Hazelnut Mocha	290-350 Cal	400-530 Cal
Latte	140-300 Cal	170-410 Cal
Mocha	350-410 Cal	430-680 Cal
Oregon Chai® Tea Latte	240-340 Cal	310-460 Cal
Cappuccino	120-300 Cal	160-410 Cal

Smoothies

	MED
Strawberry Banana	380 Cal
Mixed Berry	390 Cal

Neighborhood Favorites

Fresh-Brewed Coffee	5 Cal	5 Cal
Iced Coffee	5 Cal	5 Cal
Hot Cocoa	350 Cal	430 Cal
Premium Tea (Hot or Iced)	5-35 Cal	5-50 Cal
Orange Juice	230 Cal	
Blackberry Lemonade	290 Cal	
Fountain	0-230 Cal	0-350 Cal



MENU



***At participating locations
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EGG SANDWICHES

Classic Served on a Plain Bagel

Applewood Bacon & Cheddar 520 Cal

Turkey-Sausage & Cheddar 540 Cal

Ham & Swiss 490 Cal

Cheddar Cheese 🥚 470 Cal

Signature

SANTA FE WRAP 650 Cal

Eggs, Turkey-Sausage, Roasted Tomato Salsa, Pepper Jack Cheese with Jalapeño Salsa Shmear on a Whole Wheat Tortilla

SPINACH, MUSHROOM & SWISS 🥚 490 Cal

Eggs, Sautéed Mushrooms, Sautéed Spinach with Swiss Cheese on a Plain Bagel

ASPARAGUS & MUSHROOM EGG WHITE 🥚 380 Cal

Egg Whites, Roasted Asparagus, Sautéed Mushrooms, Swiss Cheese with Roasted Tomato Spread on a Honey Whole Wheat Thintastic™ Bagel

SOUTHWEST EGG WHITE 400 Cal

Egg Whites, Turkey-Sausage, Pepper Jack Cheese with Tomatillo Salsa and Reduced Fat Plain Shmear on a Plain Thintastic™ Bagel

🥬 VEGETARIAN

🥜 CONTAINS NUTS



SIGNATURE SANDWICHES

NOVA LOX 480 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 700 Cal

Roasted Turkey, Applewood Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Honey Whole Wheat Bagel

HUMMUS VEG OUT 🥚 410 Cal

Hummus, Tomato, Red Onion, Spinach, Lettuce, Roasted Red Peppers, Cucumber with Garden Veggie Shmear on a Sesame Seed Bagel

TURKEY CLUB MEX WRAP 720 Cal

Roasted Turkey, Applewood Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion, Spinach with Ancho Mayo on a Whole Wheat Tortilla

DELI SANDWICHES

Served on choice of Multigrain Bread, Bagel or Whole Wheat Tortilla

TURKEY & CHEDDAR 540-670 Cal

Roasted Turkey, Lettuce, Tomato, Red Onion, Cheddar Cheese with Mayo & Deli Mustard

HARVEST CHICKEN SALAD 🥚 480-580 Cal

Grilled Chicken Breast, Celery, Lettuce, Tomato, Red Onion, Craisins® Dried Cranberries, Toasted Almonds with Mayo

ALBACORE TUNA SALAD 460-590 Cal

Albacore Tuna, Celery, Lettuce, Tomato, Red Onion with Mayo

HAM & SWISS 540-670 Cal

Smoked Ham, Lettuce, Tomato, Red Onion, Swiss Cheese with Mayo & Deli Mustard

HOT SANDWICHES

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

ITALIAN CHICKEN TOSTINI 690 Cal

Grilled Chicken Breast, Pepperoni, Spinach, Roasted Red Peppers, Mozzarella Cheese with Basil Pesto on Ciabatta Bread

TURKEY CLUB TOSTINI 760 Cal

Roasted Turkey, Applewood Bacon, Spinach, Tomato, Mozzarella Cheese with Roasted Tomato Spread on Ciabatta Bread

BUFFALO CHICKEN & BACON TOSTINI 600 Cal

Grilled Chicken Breast, Applewood Bacon, Mozzarella Cheese, Frank's® RedHot® Sauce and Red Onions on Ciabatta Bread

BBQ CHICKEN TOSTINI 540 Cal

Grilled Chicken Breast, BBQ Sauce, Mozzarella Cheese and Red Onions on Ciabatta Bread

ROASTED VEGGIE TOSTINI 510 Cal

Roasted Asparagus, Sautéed Mushrooms, Spinach, Roasted Red Peppers, Balsamic Onions, Mozzarella Cheese with Garlic & Herb Shmear on Ciabatta Bread

CHEESY CHICKEN & ASPARAGUS MELT 520 Cal

Grilled Chicken Breast, Three Cheese Blend, Roasted Asparagus and Balsamic Onions on a Plain Bagel

THINTASTIC™ BUFFALO CHICKEN 430 Cal

Grilled Chicken Breast, Frank's® RedHot® Sauce, Lettuce, Tomato, Red Onion, Ranch with Reduced Fat Plain Shmear on a Plain Thintastic™ Bagel

PIZZA BAGEL: CHEESE 🥚 on a Plain Bagel 440 Cal
PEPPERONI on a Plain Bagel 530 Cal

SALADS

Available in our Grab & Go Cooler

*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. Written nutrition information available upon request.