

# BEVERAGES

## COLD BREW

	M	L
<b>Classic</b>	<b>3.95</b>	<b>4.35</b>
	0 Cal	0 Cal
<b>Flavored</b>	<b>3.95</b>	<b>4.35</b>
Vanilla Cream	180 Cal	310 Cal
Caramel Cream	210 Cal	360 Cal
Chocolate Cream	200 Cal	340 Cal
<b>Cold Brew Shakes</b>	<b>5.00</b>	<b>5.70</b>
Vanilla	350 Cal	540 Cal
Caramel	390 Cal	620 Cal
Chocolate	380 Cal	590 Cal



**Strawberry Banana Smoothie** S **5.00** 280 Cal L **5.70** 370 Cal

**Brewed Coffee** M **2.80** 5-10 Cal L **3.25** 5-15 Cal

**Hot Tea** 0 Cal  
M **2.40** L **2.70**

# FRESH-MADE BAGELS

## BAGELS

**Classic** 270-320 Cal ME MyMeals **2.50**  
**Gourmet It** Adds 70-130 Cal Upgrade to a Gourmet Bagel **+1.50**

## BAGEL BOXES

**Baker's Dozen Box** 13 Bagels with 2 Shmear Tubs **25.85**  
**Half Dozen Box** 6 Bagels with 1 Shmear Tub **14.15**  
**Tub of Shmear** **5.85**

## BAGEL + TOPPING

**Shmear** 370-520 Cal ME MyMeals **4.00**  
**Natural PB** 510-640 Cal ME MyMeals **4.00**  
**PB&J** 590-720 Cal ME MyMeals **4.00**  
**Butter Blend** 370-500 Cal ME MyMeals **2.50**  
**Avocado** 310-460 Cal ME MyMeals **6.55**

ME Meal Exchange Entrée  
Includes designated beverage

MyMeals MyMeals Entrée  
Includes designated beverage

**CONTAINS NUTS**

# SIGNATURE LUNCH

## CLASSIC

<b>Nova Lox*</b> 🥑 on a Plain Bagel	500 Cal	<b>10.55</b>
<b>Turkey, Bacon &amp; Avocado</b> on Toasted Ciabatta	580 Cal	<b>8.00</b>
<b>Tasty Turkey</b> 🥑 on an Asiago Bagel	510 Cal	<b>8.00</b>
<b>Avocado Veg Out</b> 🥑🌱 on a Sesame Bagel	410 Cal	<b>8.00</b>

## HOT & TOASTY

<b>Albuquerque Turkey</b> 🥑 on a Six Cheese Gourmet Bagel	680 Cal	<b>8.90</b>
<b>Pepperoni Chicken</b> on Toasted Ciabatta	680 Cal	<b>8.90</b>
<b>Spicy Chicken</b> on Toasted Ciabatta	620 Cal	<b>8.90</b>
<b>Cheesy Veggie Melt</b> 🌱 on Toasted Ciabatta	610 Cal	<b>8.90</b>

## PIZZA BAGEL

<b>Cheese</b> 🌱🥑 on Plain	ME 🍷 450 Cal	<b>7.80</b>
<b>Pepperoni</b> 🥑 on Plain	ME 🍷 540 Cal	<b>7.80</b>

## DELI SELECT

Served on your choice of Bagel, Toasted Ciabatta or Flour Tortilla

<b>Turkey &amp; Cheddar</b>	470-590 Cal	<b>8.00</b>
<b>Ham &amp; Swiss</b>	480-590 Cal	<b>8.00</b>

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.  
\*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

🌱 VEGETARIAN 🥑 CONTAINS SESAME

# EGG SANDWICHES

## CLASSIC on a Plain Bagel

ONE EGG

TWO EGGS

<b>Bacon &amp; Cheddar</b> 🥑	ME 🍷 470 Cal	<b>6.60</b>	560 Cal	<b>7.75</b>
<b>Turkey-Sausage &amp; Cheddar</b> 🥑	ME 🍷 490 Cal	<b>6.60</b>	580 Cal	<b>7.75</b>
<b>Ham &amp; Swiss</b> 🥑	ME 🍷 470 Cal	<b>7.55</b>	560 Cal	<b>8.70</b>
<b>Cheddar Cheese</b> 🌱🥑	ME 🍷 420 Cal	<b>6.60</b>	510 Cal	<b>7.75</b>

<b>Avocado Toast</b> 🌱🥑 on a Toasted Plain Bagel	ME 🍷 410 Cal	<b>6.55</b>
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## SIGNATURE

<b>Farmhouse</b>	680 Cal	<b>8.25</b>	770 Cal	<b>9.40</b>
<b>Garden Avocado</b> 🌱🥑	510 Cal	<b>8.25</b>	600 Cal	<b>9.40</b>
<b>All-Nighter</b>			900 Cal	<b>9.00</b>
<b>Big Breakfast Burrito</b>			1200 Cal	<b>9.80</b>

## EGG WHITE

<b>Santa Fe</b> 🥑	420 Cal	<b>8.10</b>	460 Cal	<b>9.25</b>
<b>Bacon, Avocado &amp; Tomato</b> 🥑	ME 🍷 400 Cal	<b>7.15</b>	440 Cal	<b>8.30</b>

## MAKE IT A MEAL

Add Twice-Baked Hash Brown & Medium Coffee 195 Cal **+6.00**

## CUSTOMIZE IT

<b>GOURMET IT</b> Upgrade to a Gourmet Bagel	Adds 80-120 Cal	<b>+1.50</b>
<b>LIGHTEN UP</b> Sub Egg Whites	Subtract 55 Cal	<b>+0.70</b>
<b>CUT CARBS</b> Make Your Bagel Thin	Subtract 80-110 Cal	