

SIGNATURE LUNCH

CUSTOMIZE

Sub Egg Whites Subtract 55 Cal Per Egg **+.60**

Make Your Bagel Thintastic Subtract 70-120 Cal

Deli Favorites

*Nova Lox (No Side)

Cold Smoked Salmon, Red Onions, Capers, Tomatoes And Plain Cream Cheese Shmear On A Plain Bagel.

500 Cal **\$11.70**

Avocado Veg Out Sandwich

Smashed Avocado, Tomatoes, Cucumbers, Red Onions, Spinach, Lettuce And Garden Veggie Cream Cheese Shmear On A Fresh-Baked Sesame Seed Bagel.

410 Cal **\$8.90**

Turkey, Bacon & Avocado

Turkey, Bacon, Smashed Avocado, Lettuce, Tomatoes And Roasted Tomato Spread On Ciabatta.

580 Cal **\$10.20**

Turkey & Cheddar

Turkey, Cheddar Cheese, Lettuce, Tomatoes, Red Onions, Mayo And Deli Mustard On A Fresh-Baked Plain Bagel.

550 Cal **\$9.10**

Tasty Turkey

Turkey, Spinach, Cucumbers, Lettuce, Tomatoes And Onion & Chive Cream Cheese Shmear On an Asiago Bagel.

510 Cal **\$9.80**

Ham & Swiss

Ham, Swiss Cheese, Lettuce, Tomatoes, Red Onions, Mayo, And Deli Mustard On A Fresh-Baked Plain Bagel.

560 Cal **\$9.10**

*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS.

Hot & Toasty

Cheese Pizza Bagel

Fresh-Baked Plain Bagel Topped With Pizza Sauce And A Blend Of Mozzarella, Provolone, Cheddar, Asiago, Parmesan, And Romano Cheeses.

460 Cal **\$7.40**

Pepperoni Pizza Bagel

Fresh-Baked Plain Bagel Topped With Pizza Sauce, Pepperoni And A Blend Of Mozzarella, Provolone, Cheddar, Asiago, Parmesan And Romano Cheeses.

560 Cal **\$7.90**

Pepperoni Chicken

Grilled Chicken Breast, Pepperoni, Swiss & Asiago Cheese, Red Onion, Spinach, Roasted Tomato Spread on Toasted Ciabatta.

680 Cal **\$9.30**

 **VEGETARIAN**

 **CONTAINS NUTS**

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.

FRESH-MADE BAGELS

BAGELS

Classic \$2.60

BAGEL BOXES

Bakers Dozen Box	13 Bagels & 2 Tubs Of Shmear	\$21.80
Bakers Dozen (Bagels Only)	13 Bagels	\$17.50
Half Dozen Bagel Box	6 Bagels & 1 Tub Of Shmear	\$13.20
Half Dozen (Bagels Only)	6 Bagels	\$10.20
Tub of Shmear		\$5.50

BAGEL WITH...

Shmear	110-120 Cal	\$5.09
Peanut Butter	240 Cal	\$4.30
PB&J	320 Cal	\$4.50
Butter Blend	110 Cal	\$3.51
Avocado	50 Cal	\$4.80

WHIPPED SHMEAR FLAVORS

REGULAR	REDUCED FAT*	*25% less fat than our regular shmear. Fat content has been reduced from 12g to 9g per serving.
Plain 120 Cal	Garden Veggie 110 Cal	Honey Almond 120 Cal
Onion & Chive 120 Cal	Jalapeño Salsa 110 Cal	Plain 100 Cal
	Strawberry 120 Cal	

EGG SANDWICHES

CLASSIC Served on Plain

Bacon & Cheddar	Ham & Swiss
1 Egg 470 Cal \$7.30	1 Egg 470 Cal \$7.30
2 Eggs 560 Cal \$8.80	2 Eggs 560 Cal \$8.80
Turkey-Sausage & Cheddar	Cheddar Cheese
1 Egg 490 Cal \$7.30	1 Egg 420 Cal \$7.00
2 Eggs 590 Cal \$8.80	2 Eggs 520 Cal \$8.60
Avocado Toast 410 Cal \$5.70	

SIGNATURE

Texas Brisket	Garden Avocado
Cage-free eggs with smoked beef brisket, cheddar cheese and smoky chipotle aioli on a fresh-baked Asiago Bagel.	Cage-Free Eggs With Smashed Avocado, Tomato, Spinach And Roasted Tomato Spread On A Fresh-Baked Everything Bagel.
1 Egg 740 Cal \$9.19	1 Egg 500 Cal \$7.50
2 Eggs 820 Cal \$10.34	2 Eggs 580 Cal \$9.00
Farmhouse	Bacon, Avocado & Tomato
Cage-Free Eggs With Bacon, Ham, Cheddar Cheese And Country Pepper Cream Cheese Shmear On A Fresh-Baked Asiago Bagel.	Cage-Free Egg Whites With Bacon, Smashed Avocado, Tomatoes And Roasted Tomato Spread On A Thin Bagel Of Your Choice.
1 Egg 690 Cal \$8.70	1 Egg 440 Cal \$8.00
2 Eggs 770 Cal \$10.20	2 Eggs 475 Cal \$9.50
All Nighter 2 Eggs 880 Cal \$9.90	
Cage-Free Eggs With Bacon, American Cheese And Smoky Chipotle Aioli On an Asiago Bagel.	

Cold Brew

	S		L	
Classic	0 Cal	\$4.10	0 Cal	\$4.80
Vanilla	190 Cal	\$5.00	310 Cal	\$5.60
Caramel	210 Cal	\$5.00	360 Cal	\$5.60
Chocolate	200 Cal	\$5.00	340 Cal	\$5.60

Cold Brew Shakes

	S		L	
Vanilla	350 Cal	\$6.30	540 Cal	\$6.80
Caramel	390 Cal	\$6.30	610 Cal	\$6.80
Chocolate	380 Cal	\$6.30	590 Cal	\$6.80

Smoothies

	S		L	
Strawberry Banana	280 Cal	\$6.50	430 Cal	\$7.00

Other Hot Drinks

	S		L	
Coffee	5 Cal	\$3.60	5 Cal	\$4.00
Tea	0 Cal	\$3.40	0 Cal	\$4.00
Iced Tea	0 Cal	\$3.40	0 Cal	\$4.00
Hot Chocolate	400 Cal	\$5.00	490 Cal	\$5.50



ESPRESSO

Hot

	M		L	
Cappuccino	5 Cal	\$5.30	10 Cal	\$5.80
Mocha	350 Cal	\$5.70	420 Cal	\$6.50
Caramel Macchiato	370 Cal	\$6.20	450 Cal	\$6.70
Latte	140 Cal	\$4.90	170 Cal	\$5.90
Chai Tea Latte	230 Cal	\$4.50	280 Cal	\$5.60

Iced

	M		L	
Americano	5 Cal	\$5.30	10 Cal	\$5.80
Mocha	240 Cal	\$5.70	390 Cal	\$6.50
Caramel Macchiato	260 Cal	\$6.20	420 Cal	\$6.70
Latte	80 Cal	\$4.90	140 Cal	\$5.90
Chai Tea Latte	140 Cal	\$4.50	250 Cal	\$5.60

Customize It

	+1.39 Each	
Espresso Shot		0 Cal
Flavor Shot		110 -240 Cal
Almond Milk		100 Cal