

SIGNATURE SANDWICHES

Nova Lox 7.99 480 Cal

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

Tasty Turkey 6.99 500 Cal

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

Turkey, Bacon & Avocado 6.99 650 Cal

Lettuce, Tomato with Roasted Tomato Spread on a Potato Roll

Hummus Veg Out 6.49 420 Cal

Hummus, Tomato, Red Onion, Spinach, Roasted Red Peppers, Cucumber with Garden Veggie Shmear on a Multi-grain Roll

Turkey Club Mex Wrap 6.99 720 Cal

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

DELI

Served on choice of Roll, Bagel or Whole-wheat Tortilla

Turkey & Cheddar 6.99 640-760 Cal

Harvest Chicken Salad 6.99 530-650 Cal

Albacore Tuna Salad 6.99 580-700 Cal

Ham & Swiss 6.99 640-760 Cal

HOT SANDWICHES

BBQ Chicken Tostini 5.99 540 Cal

Grilled Chicken Breast, BBQ Sauce, Mozzarella Cheese and Red Onions on a Potato Roll

Buffalo Chicken & Bacon Tostini 5.99 630 Cal

Grilled Chicken Breast, Applewood Smoked Bacon, Mozzarella Cheese, Buffalo Wing Sauce, Red Onion and Lite Ranch Dressing on a Potato Roll

Italian Chicken Tostini 7.69 710 Cal

Grilled Chicken Breast, Pepperoni, Spinach, Roasted Red Peppers, Mozzarella Cheese with Basil Pesto on a Potato Roll

Turkey Club Tostini 7.69 700 Cal

Roasted Turkey, Applewood Bacon, Spinach, Tomato, Mozzarella Cheese with Roasted Tomato Spread on a Potato Roll

Thintastic Buffalo Chicken 4.99 430 Cal

Grilled Chicken Breast, Buffalo Wing Sauce, Lettuce, Tomato, Red Onion with Reduced-fat Plain Shmear on a Plain Thintastic Bagel

Pizza Bagel:

on a Plain Bagel

Cheese 5.59 440 Cal

Pepperoni 5.99 530 Cal

Bagel Dog :

Plain 4.99 530 Cal

Asiago 4.99 580 Cal



BAGELS & SHMEAR

Bagel	1.29	260-380 Cal
Bagel + Topping		
Shmear	2.79	390-470 Cal
Nutella	1.79	490-550 Cal
Hummus	2.79	360-420 Cal
Peanut Butter	2.69	430-490 Cal
PB&J		500-560 Cal
Butter Blend	1.89	440-500 Cal
Honey Butter	1.89	410-470 Cal
Power Protein Bagel Add ...	1.89	350 Cal

BAGEL BOXES

Baker's Dozen Box14.99

13 Bagels and 2 Shmear Tubs

Half Dozen Box9.19

6 Bagels and 1 Shmear Tub

Extra Tub of Shmear3.59 520-600 Cal



EGG SANDWICHES

Applewood Bacon & Cheddar 4.99 280 Cal

Turkey-Sausage & Cheddar 4.99 500 Cal

Ham & Cheese 4.99 460 Cal

Spinach, Mushroom & Swiss 4.99 460 Cal

Cheddar Cheese 4.69 430 Cal

Farmhouse 5.49 570 Cal

Bacon, Ham, Cheddar, Country Pepper Shmear on a Plain Bagel

French Toast 5.49 610 Cal

Bacon, Cheddar, Maple Shmear on a French Toast Bagel

Two-Egg Santa Fe Wrap 5.49 710 Cal

Turkey-Sausage, Roasted Tomato Salsa, Pepper Jack, Jalapeno Salsa Shmear on a Whole Wheat Tortilla

Asparagus & Mushroom Egg White 4.99 390 Cal

Swiss, Roasted Tomato Spread on a Honey Whole Wheat Thintastic Bagel

Southwest Egg White 4.99 390 Cal

Turkey Sausage, Pepper Jack, Tomatillo Salsa, Reduced-fat Plain Shmear on a Plain Thintastic Bagel

BEVERAGES

Available Hot, Iced or Frozen

Vanilla Hazelnut Latte

Medium 3.99 220-350 Cal

Large 4.49 300-500 Cal

Vanilla Latte

Medium 3.99 220-310 Cal

Large 4.49 270-400 Cal

White Chocolate Mocha

Medium 3.89 350-410 Cal

Large 3.99 430-670 Cal

Caramel Macchiato

Medium 3.99 330-390 Cal

Large 4.49 400-650 Cal

Hazelnut Mocha

Medium 3.99 290-350 Cal

Large 4.29 400-520 Cal

Latte

Medium 3.49 140-300 Cal

Large 3.99 170-410 Cal

Mocha

Medium 3.89 360-420 Cal

Large 3.99 440-690 Cal

Oregon Chai Tea Latte

Medium 3.49 240-340 Cal

Large 3.99 310-460 Cal

Cappuccino

Medium 3.49 120-300 Cal

Large 3.99 160-410 Cal



SMOOTHIES

Strawberry Banana 4.29 400 Cal

Mixed Berry 4.29 390 Cal

NEIGHBORHOOD FAVORITES

Coffee 1.99/2.29 5 Cal

Iced Coffee 1.99/2.29 5 Cal

Hot Tea 1.99/2.29 5 Cal

Iced Tea 1.99/2.19 5-35 Cal/5-50 Cal

Hot Cocoa 3.49/3.99 360/440 Cal

Fountain 1.79/1.99 0-230/0-350 Cal

