

Bagels & Shmear

Served with Utensils & Napkins

- Bagels & Shmear Baker's Dozen** **14.99**
13 Fresh-Baked Bagels & 2 Tubs Shmear (Serves up to 13)
- Bagels & Shmear Nosh Box** **29.99**
24 Fresh-Baked Bagels & 4 Tubs Shmear (Serves up to 24)

Fresh-Baked Bagels

Asiago 290 Cal	Everything 280 Cal
Blueberry 280 Cal	French Toast 320 Cal
Chocolate Chip 300 Cal	Honey Whole Wheat 290 Cal
Cinnamon Raisin 290 Cal	Plain 270 Cal
Cinnamon Sugar 310 Cal	Sesame Seed 280 Cal

Double-Whipped Shmear

Regular	Reduced Fat*
Plain 630 Cal	Garden Veggie 540 Cal
	Plain 540 Cal
	Strawberry 560 Cal

Toppings

Honey Butter 250 Cal	🌿 Natural PB 240 Cal
Jelly 70 Cal	

Sweets & Snacks

- Seasonal Fresh Fruit Salad** **65 Cal per Serving**
- Large** (Serves up to 20) **49.99**
- Small** (Serves up to 8) **20.99**
- Individual** **3.79**

Sweets Nosh Box

Muffins & Assorted Pastries	
Blueberry Muffin	420 Cal
Chocolate Chip Coffee Cake	550 Cal
🌿 Chocolate Hazelnut Pastry	140 Cal
Baker's Dozen (Choice of 13)	28.99
Half Dozen (Choice of 6)	14.99

Breakfast Favorites

- 🌿 Mixed Bagels & Sweets Nosh Box** **39.99**
An assortment of 9 Breakfast Muffins & Assorted Pastries plus twelve Bagels with 2 Tubs of Shmear, Honey Butter & Jelly (Serves up to 21)

- Breakfast For the Group** **123.99**
Served with Utensils, Plates & Napkins

Mixed Bagels & Sweets Nosh Box, Large Seasonal Fresh Fruit Salad, & your choice of beverage: Up to 2 gallons Orange Juice or Darn Good Coffee (Serves 20)



Lunch Sandwiches

For The Group

Served with Utensils, Plates & Napkins

Signature Lunch Nosh Box

Turkey, Bacon & Avocado on a Potato Roll, Tasty Turkey on Asiago Bagel, Turkey Club Mex Wrap on Whole Wheat Tortilla, **🌿** Hummus Veg Out on a Multigrain Roll and **🌿** Harvest Chicken Salad on a Multigrain Roll

- 10 Full Sandwiches** (wrapped & cut in half) **70.99**
- 5 Full Sandwiches** (wrapped & cut in half) **35.99**

Classic Lunch Nosh Box

Roasted Turkey, Smoked Ham, **🌿** Harvest Chicken Salad, and **🌿** Hummus Veg Out on a Multigrain Roll

- 10 Full Sandwiches** (wrapped & cut in half) **69.99**
- 5 Full Sandwiches** (wrapped & cut in half) **34.99**

Cage-Free Egg Sandwich Nosh Box

Applewood Bacon & Cheddar Egg Sandwich (**480 Cal**), Cheddar Cheese Egg Sandwich (**410 Cal**), Ham & Swiss Egg Sandwich (**450 Cal**), Spinach, Mushroom & Swiss Egg Sandwich (**470 Cal**), or Turkey-Sausage & Cheddar Egg Sandwich (**560 Cal**) on a Plain Bagel.

- 10 Full Sandwiches** (wrapped & cut in half) **67.99**
- 5 Full Sandwiches** (wrapped & cut in half) **34.99**
- Individual** **5.99**

Lunch for the Group

Choice of 10 full sandwiches (wrapped & cut in half), 2 Group Salads, **🌿** Dozen Cookie Variety Box, 12 bags of chips **180 Cal** and 12 drinks (Serves 10-12) **175.99**

Individual Lunch Boxes

Served with choice of Chips **180 Cal** or Fruit **50-100 Cal** & Gourmet Cookie **310-460 Cal**

- Tasty Turkey** **500 Cal** **8.99**
Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmear on Asiago Bagel

- 🌿 Hummus Veg Out** **400 Cal** **8.99**
Hummus, Tomato, Red Onion, Spinach, Lettuce, Roasted Red Peppers, Cucumber with Garden Veggie Shmear on Multigrain Roll

- Turkey & Cheddar** **580 Cal** **8.99**
Roasted Turkey, Cheddar Cheese, Lettuce, Tomato, Red Onion, on Multigrain Roll

- Ham & Swiss** **570 Cal** **8.99**
Ham, Swiss Cheese, Lettuce, Tomato, Red Onion on Multigrain Roll

- 🌿 Harvest Chicken Salad** **560 Cal** **8.99**
Grilled Chicken Breast, Celery, Craisins[®] Dried Cranberries, Toasted Almonds with Mayo with Lettuce, Tomato, Red Onion on Multigrain Roll

- Albacore Tuna Salad** **520 Cal** **8.99**
Albacore Tuna, Celery and Mayo with Lettuce, Tomato, Red Onion on Multigrain Roll

- Turkey Club Mex Wrap** **740 Cal** **8.99**
Roasted Turkey, Applewood Bacon, Pepper Jack Cheese, Red Onions, Tomatoes, Lettuce with Ancho Mayo on a Whole Wheat Tortilla

***SEE NEXT PAGE FOR MORE OPTIONS**

🌿 VEGETARIAN **🌿 CONTAINS NUTS**

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

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Flavors and prices may vary depending on location and are subject to change. Catering items are meant for immediate consumption.

Fresh Salads

Made with Fresh, Mixed Seasonal Greens.

Single: Served with a Gourmet Cookie **310-460 Cal** AND choice of Plain, Sesame or Asiago Bagel OR Bag of Chips **180 Cal**
Group: Served with utensils, plates & napkins (Serves 6-8)

Chicken Caesar Salad

Grilled Chicken, Chopped Romaine Lettuce, Croutons and a Blend of Aged Hard Cheeses. Served with Caesar Dressing

- Group** **1,590 Cal** **38.99**
- Single** **390 Cal** **5.99**

🌿 Strawberry Chicken Salad

Grilled Chicken, Fresh Greens, Strawberries, Craisins[®] Dried Cranberries and Toasted Almonds. Served with Light Balsamic Vinaigrette

- Group** **1,260 Cal** **38.99**
- Single** **310 Cal** **5.99**

Classic Caesar Salad

Chopped Romaine Lettuce, Croutons and a Blend of Aged Hard Cheeses. Served with Caesar Dressing

- Group** **1,590 Cal** **36.99**
- Single** **290 Cal** **5.99**

🌿 Strawberry Almond Salad

Fresh Greens, Strawberries, Craisins[®], Dried Cranberries and Toasted Almonds. Served with Light Balsamic Vinaigrette

- Group** **1,260 Cal** **36.99**
- Single** **210 Cal** **5.99**

Pick Two Salads for the Group **65.99**

Choose two of our salads listed above

Group Only (Serves 12-16)

Beverages

Coffee For the Group **15.99**

Your choice of one of our Fresh-Brewed Coffee Blends conveniently served in a portable & pourable box with cups, lids, half & half, sweeteners & stir sticks (96 oz. - Serves up to 10) **Choose from:**

- Neighborhood Blend** **5 Cal**
Our Signature Blend. Balanced, Medium-Bodied & Mellow. Roasted to a Light Nutty Brown.

- Neighborhood Decaf** **5 Cal**
All the Flavor without the Caffeine. A Medium-Bodied Dark Roast with a Smoky Flavor.

- 🌿 Vanilla Hazelnut** **5 Cal**
Sweet & Nutty. Lightly Roasted Coffee Beans Flavored with Vanilla & Hazelnut Essence.

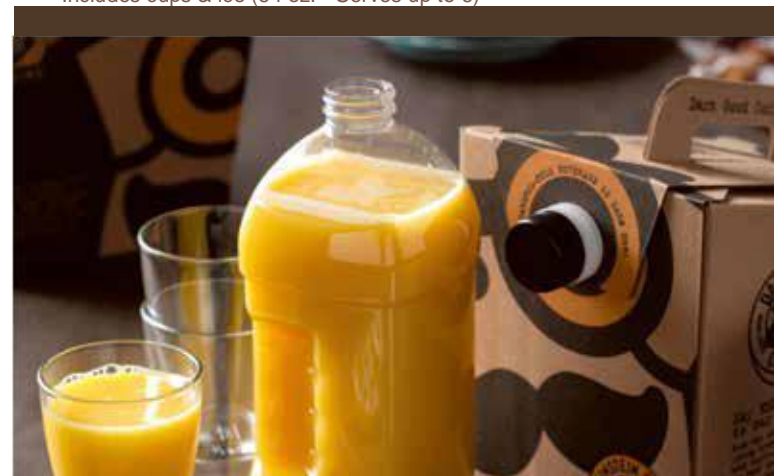
- Melvyn's Dark Roast** **5 Cal**
A Coffee Lover's Blend. Roasted in the Italian Roast Tradition to a Smoky, Bold Flavor & Deep Color.

- Bottled Water** **0** **1.79**

- Bottled Beverages** **Varies** **1.79**

- Orange Juice for the Group** **910 Cal** **9.99**

Includes cups & ice (64 oz. - Serves up to 6)



Sweets & Snacks cont'd

CHIPS	.99
Miss Vickie's Kettle	180 Cal
Miss Vickie's BBQ	180 Cal
Miss Vickie's Jalapeño	180 Cal

Individual Yogurt Parfait (Vanilla or Greek) 2.79

Vanilla Yogurt Parfait (6 Pack) 17.99

6 individual yogurt parfaits including blueberries & strawberries layered with low-fat vanilla yogurt served with a side of granola.

Greek Yogurt Parfait (6 Pack) 17.99

6 individual protein packed Greek yogurt parfaits with honey & granola. *Contains tree nuts (almonds)*

Sweets & Coffee Bundle

Large (Serves up to 20) 56.99

Re-energize your group with this snack break – two Coffees for the Group, 6 assorted cookies, 12 Chocolate Hazelnut Pastries & Shmearful Snack Pack (12 count mini bagels filled with shmear).

Small (Serves up to 10) 34.99

Re-energize your group with this snack break – Coffee for the Group, 6 assorted cookies & 12 Chocolate Hazelnut Pastries.

Mixed Cookie & Pastry Box 21.99

6 assorted cookies & 12 Chocolate Hazelnut Pastries – A variety to satisfy any craving. *May Contain Nuts* (Serves 12)

Cookie Variety Box

Assorted gourmet cookies baked fresh daily (Serves 12)

Dozen 22.69

Half Dozen 13.99

Chocolate Hazelnut Pastry Box

One dozen of our mini chocolate hazelnut pastries. Sure to Please any group of chocolate lovers.

Two Dozen 20.99

Dozen 12.99

Individual Cookie 1.89