

MAP OUT YOUR NEXT SNACK



COLD PRESS



SHMEARFULS
MIX & MATCH
6 FLAVORS

HAND-CRAFTED SIPS



ESPRESSO	Hot, Iced or Frozen	MED	LRG
Vanilla Hazelnut Latte	220-350 Cal	4.99	300-500 Cal 5.19
Vanilla Latte	220-310 Cal	4.49	270-400 Cal 4.79
White Chocolate Mocha	360-420 Cal	4.49	440-680 Cal 4.79
Caramel Macchiato	360-420 Cal	4.99	440-700 Cal 5.19
Hazelnut Mocha	290-350 Cal	4.99	400-530 Cal 5.19
Latte	140-300 Cal	3.99	170-410 Cal 4.19
Mocha	350-410 Cal	4.49	430-680 Cal 4.79
Oregon Chai® Tea Latte	240-340 Cal	3.99	310-460 Cal 4.19
Cappuccino	120-270 Cal	3.99	170-410 Cal 4.19

COLD BREW COFFEE

Classic, Caramel, Vanilla, Vanilla Hazelnut	5-130	5-200
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SMOOTHIES & CLASSICS

	MED	LRG
Strawberry Banana Smoothie	400 Cal 4.79	
Mixed Berry Smoothie	390 Cal 4.79	
Coffee	0 Cal \$1.99	0 Cal \$2.49
Hot Tea	5 Cal 1.99	5 Cal 2.29
Iced Tea	0-30 1.99	0-45 Cal 2.19
Hot Chocolate	350 3.59	430 Cal 3.89
Fountain	0-350 \$1.89	

CAGE-FREE EGGS



Served on a Plain Bagel	ONE EGG	TWO EGGS
Applewood Bacon & Cheddar	510 Cal 4.99	600 Cal 5.59
Turkey-Sausage & Cheddar	500 Cal 5.49	590 Cal 6.09
Ham & Swiss	460 Cal 4.99	550 Cal 5.59
Cheddar Cheese	430 Cal 4.69	520 Cal 5.29

CHEF'S CREATIONS

Farmhouse	600 Cal 5.49	690 Cal 6.09
Spinach, Mushroom, & Swiss	470 Cal 4.99	560 Cal 5.59
Santa Fe Wrap		710 Cal 5.59
Bacon, Tomato, Avocado Egg White	410 Cal 5.59	440 Cal \$6.19

LIGHTEN UP

Substitute Egg Whites Subtract 60 Cal per egg
Make Your Bagel Thintastic Subtract 70-120 Cal

ALL-DAY BREAKFAST



Bagel	260-310 Cal	1.29
Gourmet Bagel	350 Cal	1.49

BAGEL + TOPPING

Shmearf	360-460 Cal	3.28
Nutella®	490-640 Cal	1.79
Hummus	330-380 Cal	2.79
Natural PB	500-650 Cal	2.69
PB&J	580-630 Cal	2.69
Butter Blend	360-410 Cal	1.68
Avocado	510-560 Cal	2.38

BAGEL BOXES

Baker's Dozen Box	13 Bagels & 2 Shmearf Tubs	14.99
Half Dozen Box	6 Bagels & 1 Shmearf Tub	9.19
Tub of Shmearf		3.59

WHIPPED SHMEAR

REGULAR

Plain	120 Cal
Onion & Chive	120 Cal
Smoked Salmon	110 Cal

REDUCED FAT*

Reduced Fat Plain	100 Cal
Garden Veggie	110 Cal
Garlic & Herb	110 Cal
Honey Almond	120 Cal
Jalapeño Salsa	110 Cal
Maple	110 Cal
Strawberry	120 Cal

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

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HOT AND TOASTY



Thintastic Buffalo Chicken	430 Cal	4.99
Cheese Pizza Bagel	440 Cal	5.59
Pepperoni Pizza Bagel	540 Cal	5.99

TOSTINIS

Turkey Club	690 Cal	7.69
BBQ Chicken	540 Cal	5.99
Italian Chicken	690 Cal	7.69
Buffalo Chicken	630 Cal	5.99

SIGNATURE SANDWICHES



Nova Lox*	490 Cal	7.99
Tasty Turkey	500 Cal	6.99
Turkey, Bacon & Avocado	630 Cal	6.99
Hummus Veg Out	400 Cal	\$6.59
Turkey Club Mex Wrap	740 Cal	6.99

DELI Served on choice of Roll, Bagel, or Whole Wheat Tortilla

Turkey & Cheddar	550-600 Cal	6.99
Ham & Swiss	540-590 Cal	6.99
Harvest Chicken Salad	530-580 Cal	6.89
Albacore Tuna Salad	530-580 Cal	6.99

VEGETARIAN
CONTAINS NUTS

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

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

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