



EGG SANDWICHES

Applewood Bacon & Cheddar 5.49 280 Cal

Turkey-Sausage & Cheddar 5.49 500 Cal

Ham & Swiss Cheese 5.49 460 Cal

Spinach, Mushroom & Swiss 5.49 460 Cal

Cheddar Cheese 4.99 430 Cal

Farmhouse 5.99 570 Cal

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

Two-Egg Santa Fe Wrap 6.09 710 Cal

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

BLENDED

Caribou Coolers 4.79/5.09 400-550 Cal

Smoothies 4.79/5.09 390-525 Cal

NEIGHBORHOOD FAVORITIES

Coffee 2.29/2.49 5 Cal

Cold Press 2.69/3.09 5 Cal

Hot Tea 2.29/2.49 5 Cal

Iced Tea 2.39/2.69 5-35 Cal/5-50 Cal

Hot Cocoa 3.19/3.39 360-440 Cal

Fountain 1.89/2.09 0-230/0-350 Cal

BEVERAGES

Available Hot, Iced or Blended

Vanilla White Mocha

Medium 4.99 350—410 Cal

Large 5.19 430—670 Cal

Caramel High Rise

Medium 4.99 330—390 Cal

Large 5.19 400—650 Cal

Latte

Medium 3.99 140—300 Cal

Large 4.19 170—410 Cal

Mocha

Medium 4.49 360—420 Cal

Large 4.79 440—690 Cal

Cappuccino

Medium 3.99 120—300 Cal

Large 4.19 160—410 Cal

Chai Tea Latte

Medium 3.99 240—340 Cal

Large 4.19 310—460 Cal

Customize Any Drink .69

Soy Milk

Almond Milk

Espresso Shot

Flavor





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

BAGELS & SHMEAR

| | | |
|-------------------------|------|-------------|
| Bagel | 1.99 | 260-380 Cal |
| <i>Bagel + Topping</i> | | |
| Shmear | 2.79 | 390-470 Cal |
| Hummus | 2.79 | 360-420 Cal |
| Peanut Butter | 2.79 | 430-490 Cal |
| PB&J | 2.89 | 500-560 Cal |
| Honey Butter | 2.19 | 410-470 Cal |
| Power Protein Bagel Add | 3.37 | 350 Cal |



DELI

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

| | | |
|-----------------------|------|-------------|
| Turkey & Cheddar | 6.59 | 640-760 Cal |
| Harvest Chicken Salad | 6.59 | 530-650 Cal |
| Albacore Tuna Salad | 6.59 | 580-700 Cal |
| Ham & Swiss | 6.59 | 640-760 Cal |

HOT SANDWICHES

Buffalo Chicken & Bacon Tostini 7.69 630 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 7.60 710 Cal

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

Turkey Club Tostini 7.60 700 Cal

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

Thinastic Buffalo Chicken 7.69 430 Cal

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

Bagel Dog:

Plain 4.99 530 Cal

Pizza Bagel:

Cheese 5.79 440 Cal

Pepperoni 5.89 530 Cal



BAGEL BOXES

Baker's Dozen Box 15.99
13 Bagels and 2 Shmear Tubs

Half Dozen Box 8.99
6 Bagels and 1 Shmear Tub

Extra Tub of Shmear 1.99 520-600 Cal