

## SIGNATURE SANDWICHES

### **Nova Lox** 7.99 480 Cal

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

### **Tasty Turkey** 6.99 500 Cal

Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmeat 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 Shmeat 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 Shmeat 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

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

## BAGEL BOXES

### **Baker's Dozen Box** .....14.99

13 Bagels and 2 Shmeat Tubs

### **Half Dozen Box** .....9.19

6 Bagels and 1 Shmeat Tub

### **Extra Tub of Shmeat** .....3.59 520-600 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

