

NY Bagel

Bagels & Coffee

Bagel	\$1.79 290-340 cal	Small Coffee	\$1.99 0 cal
Bagel with Cream Cheese	\$2.59 340-440 cal	Medium Coffee	\$2.29 0 cal
PB & J Bagel	\$3.29 520-620 cal	Large Coffee	\$2.49 5 cal

Oatmeal & Yogurt Bar

	Steel Cut Oatmeal	\$1.99 300 cal	Plain or Vanilla Greek Yogurt	\$1.99 105/135cal	
<i>1 Topping</i>	<i>\$0.99 15-230 cal</i>	<i>2 Toppings</i>	<i>\$1.79 40-300 cal</i>	<i>Extra Topping</i>	<i>\$0.70 15-230 cal</i>
Toppings					
	Almonds 35 cal	Blueberries 30 cal	Brown Sugar 55 cal	Craisins 25 cal	
	Granola 230 cal	Honey 60 cal	Strawberries 15 cal	Walnuts 45 cal	

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