

NY BAGEL

BAGELS

Bagel v <i>Contains wheat, milk. May contain sesame.</i>	\$1.79 290-340 cal
Cream Cheese v <i>Contains milk</i>	\$0.79 50-100 cal
Add Avocado vg	\$1.49 120 cal
Avocado Toast v with tomato & sea salt <i>Contains wheat, soy, milk. May contain tree nuts.</i>	\$3.49 520 cal

Half Dozen Bagels (6) v <i>Contains wheat, milk. May contain sesame.</i>	\$8.99 290-340 cal per bagel
Dozen Bagels (12) v <i>Contains wheat, milk. May contain sesame.</i>	\$16.99 290-340 cal per bagel
Cream Cheese Tub* <i>Contains milk</i>	\$4.99

YOGURT BAR

Greek yogurt v with 1 Topping	\$1.99 145-400 cal
Extra Topping	\$0.69 15-230 cal

TOPPINGS

Blueberries vg 30 cal	Strawberries vg 15 cal	Dried Cranberries vg 25 cal	Honey v 60 cal
Granola v 230 cal <i>Contains milk, tree nuts, wheat</i>	Almonds vg 35 cal <i>Contains tree nuts</i>	Walnuts vg 45 cal <i>Contains tree nuts</i>	

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