BREKFAST SANDWICHES

STEP 1: Choose Your Bread
Bagel (Plain, Everything, Cinnamon Raisin) 280-420 cal
Croissant (§0.70 extra) 400 cal
Hard Roll 190 cal
Gluten-free bread available upon request

STEP 2: Choose Your Sandwich
Egg & Cheese $4.99 190-560 cal
Add Bacon, Pork Sausage, or Turkey Sausage $5.49 490-770 cal
Bagel, Lox & Cream Cheese $7.99 490-630 cal
Double meat available at extra charge
Lettuce, tomato, sliced onion available upon request

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

**Bagels**
- Plain: $1.79, 280 calories
- Cinnamon Raisin: $1.79, 420 calories
- Everything: $1.79, 270 calories

**Bagel and...**
- Cream Cheese (Regular, Veggie, Strawberry): $3.89, 100 calories
- Butter: $3.09, 185 calories
- Jelly: $3.09, 70 calories
- Peanut Butter: $3.19, 70 calories
- Nutella: $3.19, 200 calories
- Hummus: $3.99, 55 calories

BEVERAGES

- Fountain Beverage: $2.39, 0-460 calories
- Bottled Tropicana Juice: $2.49, 180 calories

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