



MENU

BAGELS & SHMEAR

BAGEL 260 - 380 Cal 1.09

BAGEL + TOPPING

Shmear	2.70
Nutella	2.70
Hummus	2.70
Peanut Butter	1.80
PB&J	2.70
Butter Blend	1.80
Honey Butter	1.80
Power Protein Bagel	Add .61

BAGEL BOXES

Baker's Dozen Box	10.99
13 Bagels & 2 Shmear Tubs	
Half Dozen Box	6.49
6 Bagels & 1 Shmear Tub	
Extra Tub of Shmear	3.29

DELI

Served on choice of Multi-grain Bread, Bagel or Wheat Tortilla

Turkey & Cheddar	6.49
Harvest Chicken Salad	6.49
Albacore Tuna Salad	6.49
Ham & Swiss	6.49

EGG SANDWICHES

CLASSIC Served on a Plain Bagel

Applewood Bacon & Cheddar	4.99
Turkey-Sausage & Cheddar	4.99
Ham & Swiss	4.99
Cheddar Cheese	4.99

SIGNATURE

Santa Fe Wrap 4.99
Eggs, Turkey-Sausage, Roasted Tomato Salsa, Pepper Jack Cheese with Jalapeño Salsa on a Whole Wheat Tortilla

Spinach, Mushroom & Swiss 4.99
Eggs, Sautéed Mushrooms, Spinach with Swiss Cheese on a Plain Bagel

Asparagus & Mushroom Egg White 4.79
Egg Whites, Roasted Asparagus, Sautéed Mushrooms, Swiss Cheese with Roasted Tomato Spread on a Honey Whole Wheat Thintastic™ Bagel

Southwest Egg White 4.79
Egg Whites, Turkey-Sausage, Pepper Jack Cheese with Tomatillo Salsa and Plain Shmear on a Plain Thintastic™ Bagel



SIGNATURE SANDWICHES

Nova Lox 6.99
Nova Lox, Red Onion, Capers, Tomato with Plain Shmear on a Plain Bagel

Tasty Turkey 6.99
Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmear on an Asiago Bagel

Turkey, Bacon & Avocado 6.99
Lettuce, Tomato with Roasted Tomato Spread on a Honey Whole Wheat Bagel

Hummus Veg Out 6.49
Hummus, Tomato, Red Onion, Spinach, Lettuce, Toasted Red Peppers, Cucumber with Garden Veggie Shmear on a Sesame Seed Bagel

Turkey Club Mex Wrap 6.99
Roasted Turkey, Applewood Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion, Spinach with Ancho Mayo on a Whole Wheat Tortilla

HOT SANDWICHES

Buffalo Chicken & Bacon Tostini® 7.69
Grilled Chicken, Applewood Bacon, Mozzarella Cheese, Frank's® RedHot™ Sauce and Red Onions on Ciabatta Bread

Cheesy Chicken & Asparagus Melt 7.69
Grilled Chicken Breast, Three Cheese Bled, Roasted Asparagus and Balsamic Onions on a Plain Bagel

Italian Chicken Tostini® 7.69
Grilled Chicken Breast, Pepperoni, Spinach, Roasted Red Peppers, Mozzarella Cheese with Basil Pesto on Ciabatta Bread

Turkey Club Tostini® 7.69
Roasted Turkey, Applewood Bacon, Spinach, Tomato, Mozzarella Cheese with Roasted Tomato Spread on Cibatta Bread

Thintastic™ Buffalo Chicken 7.29
Grilled Chicken Breast, Frank's® RedHot™ Sauce, Lettuce, Tomato, Red Onion with Reduced Fat Plain Shmear on a Plain Thintastic™ Bagel

Pizza Bagel: Cheese on a Plain Bagel 5.55
Pepperoni on a Plain Bagel 5.55

BEVERAGES

Available Hot, Iced or Frozen **Med** **Lrg**

Vanilla Hazelnut Latte 3.79 / 4.29

Vanilla Latte 3.79 / 4.29

White Chocolate Mocha 3.79 / 4.29

Caramel Macchiato 3.79 / 4.29

Hazelnut Mocha 3.79 / 4.29

Latte 3.79 / 4.29

Mocha 3.79 / 4.29

Oregon Chai® Tea Latte 3.49 / 3.99

Cappuccino 3.49 / 3.99

SMOOTHIES

Strawberry Banana Smoothie 3.79

Mixed Berry Smoothie 3.79

NEIGHBORHOOD FAVORITES

Coffee 1.99 / 2.29

Iced Coffee 1.99 / 2.29

Hot Tea 1.99 / 2.29

Iced Tea 1.99 / 2.29

Hot Cocoa 1.99 / 2.29