

SIGNATURE LUNCH

CLASSIC

Nova Lox* on a Plain Bagel	500 Cal	9.49
Turkey, Bacon & Avocado on Toasted Ciabatta	580 Cal	8.29
Tasty Turkey on an Asiago Bagel	510 Cal	7.99
Avocado Veg Out 🌿🥑 on a Sesame Bagel	420 Cal	7.29

HOT & TOASTY

Albuquerque Turkey on a Six Cheese Gourmet Bagel	680 Cal	7.59
Pepperoni Chicken on Toasted Ciabatta	680 Cal	7.59
Spicy Chicken on Toasted Ciabatta	620 Cal	7.59
Cheesy Veggie Melt 🌿 on Toasted Ciabatta	610 Cal	7.19

PIZZA BAGEL

Cheese 🌿 on Plain	450 Cal	6.39
Pepperoni on Plain	540 Cal	6.69

DELI SELECT

Served on your choice of Bagel, Toasted Ciabatta or Flour Tortilla

Turkey & Cheddar	470-590 Cal	7.49
Ham & Swiss	480-590 Cal	7.49
Chicken Salad	460-570 Cal	7.49

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.
*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

 **VEGETARIAN**  **CONTAINS SESAME**

EGG SANDWICHES

CLASSIC on a Plain Bagel

ONE EGG

TWO EGGS

Bacon & Cheddar	470 Cal	6.29	560 Cal	7.04
Turkey-Sausage & Cheddar	490 Cal	6.29	590 Cal	7.04
Ham & Swiss	470 Cal	6.29	560 Cal	7.04
Cheddar Cheese 🍌	420 Cal	5.99	520 Cal	6.74

Avocado Toast 🍌 on a Toasted Plain Bagel	410 Cal	4.79
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SIGNATURE

Farmhouse	680 Cal	6.99	770 Cal	7.74
Garden Avocado 🍌	510 Cal	6.69	600 Cal	7.44
All-Nighter			870 Cal	7.89
Big Breakfast Burrito			1200 Cal	7.49

EGG WHITE

Santa Fe	420 Cal	6.69	440 Cal	7.44
Bacon, Avocado & Tomato	410 Cal	6.69	440 Cal	7.44

MAKE IT A MEAL

Add Twice-Baked Hash Brown & Medium Coffee	195 Cal	3.99
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CUSTOMIZE IT

GOURMET IT	Upgrade to a Gourmet Bagel	Adds 70-130 Cal	+0.90
LIGHTEN UP	Sub Egg Whites	Subtract 55 Cal	+0.00
CUT CARBS	Make Your Bagel Thin	Subtract 70-120 Cal	

ESPRESSO

HOT

	M	L
Mocha	4.89 350 Cal	5.19 420 Cal
Caramel Macchiato Latte	5.49 370 Cal	6.19 450 Cal
Chai Tea Latte	4.29 230 Cal	4.99 280 Cal
Hot Chocolate	3.99 400 Cal	4.49 490 Cal

ICED

	S	L
Mocha	4.89 240 Cal	5.19 390 Cal
Caramel Macchiato Latte	5.49 260 Cal	6.19 420 Cal
Chai Tea Latte	4.29 140 Cal	4.99 250 Cal

CUSTOMIZE IT +1.00

Flavor Shot

Vanilla • Caramel • Chocolate

Adds 110-240 Cal

Espresso Shot Adds 0 Cal

Almond Milk Less 5-75 Cal

Mocha



BEVERAGES

COLD BREW

	S	L
Classic	3.89 0 Cal	4.29 0 Cal
Flavored	4.39	4.79
Vanilla Cream	190 Cal	310 Cal
Caramel Cream	210 Cal	360 Cal
Chocolate Cream	200 Cal	340 Cal
Cold Brew Shakes	4.99	5.99
Vanilla	350 Cal	540 Cal
Caramel	390 Cal	610 Cal
Chocolate	380 Cal	590 Cal
<i>Available Coffee-Free</i>		



Strawberry Banana Smoothie S 5.49 280 Cal L 5.79 430 Cal

Brewed Coffee M 2.99 5 Cal L 3.39 5 Cal

Hot Tea 0 Cal
M 2.39 L 2.89

Iced Tea 0 Cal
S 2.69 L 2.99

Fountain 0-280/0-340 Cal
S 2.69 L 2.99