



TAKEOUT MENU

BAGEL BOXES

Baker's Dozen 13 Bagels + 2 Shmeared Tubs
Half Dozen 6 Bagels + 1 Shmeared Tub

AVOCADO TOAST 410 Cal

Smashed Avocado with Salt & Pepper on a Toasted Plain

FRESH-MADE BAGELS


CLASSIC

Asiago	290 Cal	Everything	280 Cal
Blueberry	280 Cal	Honey Wheat	290 Cal
Chocolate Chip	300 Cal	Plain	270 Cal
Cinnamon Raisin	290 Cal	Sesame Seed	280 Cal
Cinnamon Sugar	300 Cal		

GOURMET

Cheesy Hash Brown 400 Cal
Six Cheese 370 Cal

DOUBLE-WHIPPED SHMEAR

Plain	120 Cal	Honey Almond** 	120 Cal
Onion & Chive	120 Cal	Jalapeño Salsa**	110 Cal
Smoked Salmon	110 Cal	Reduced Fat Plain**	100 Cal
Garden Veggie**	110 Cal	Strawberry**	120 Cal

TOPPINGS

Avocado	120 Cal	Peanut Butter 	240 Cal
Butter Blend	100 Cal	PB&J	320 Cal



EGG SANDWICHES

SIGNATURE

Farmhouse 680 Cal
Eggs, Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmeared on a Cheesy Hash Brown Gourmet Bagel

Garden Avocado  510 Cal
Eggs, Avocado, Tomato, Spinach, Roasted Tomato Spread on an Everything Bagel

All-Nighter 870 Cal
Eggs, Bacon, 2 Slices American Cheese, Jalapeño Garlic Aioli on a Cheesy Hash Brown Gourmet Bagel

Big Breakfast Burrito 1200 Cal
Eggs, Bacon, Turkey-Sausage, Shredded Cheese, Green Chiles, Hash Browns, Salsa, Plain Shmeared in a Flour Tortilla

EGG WHITES

Santa Fe 420 Cal
Egg Whites, Turkey-Sausage, Cheddar with Salsa and Jalapeño Salsa Shmeared on an Asiago Thintastic Bagel

Bacon, Avocado & Tomato 410 Cal
Egg Whites, Bacon, Avocado, Tomato with Roasted Tomato Spread on a Plain Thintastic Bagel

CLASSIC Served on a Plain Bagel.

Bacon & Cheddar 470 Cal
Turkey-Sausage & Cheddar 490 Cal
Ham & Swiss 470 Cal
Cheddar Cheese  420 Cal

MAKE IT A MEAL

Add a Twice-Baked Hash Brown & Medium Coffee 195 Cal

CUSTOMIZE IT

Add a Second Egg	Adds 90 Cal
Upgrade to a Gourmet Bagel	Adds 70-130 Cal
Substitute Egg White	Subtract 55 Cal per Egg
Make Your Bagel Thintastic	Subtract 70-120 Cal

VEGETARIAN CONTAINS NUTS

*25% less fat than our regular shmeared. Fat content has been reduced from 12g to 9g per serving.

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

DELI LUNCH

Nova Lox* 500 Cal

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

Turkey, Bacon & Avocado 580 Cal

Roasted Turkey, Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on Toasted Ciabatta

Tasty Turkey 510 Cal

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

Avocado Veg Out 🌱 420 Cal

Avocado, Tomato, Cucumber, Red Onion, Spinach, Lettuce with Garden Veggie Shmear on a Sesame Bagel

DELI SELECTS

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

Turkey & Cheddar 470-590 Cal

Ham & Swiss 480-590 Cal

Chicken Salad 460-570 Cal

TOASTED GOURMET

Albuquerque Turkey 680 Cal

Roasted Turkey, Bacon, Cheddar, Lettuce, Tomato, Green Chiles, Plain Shmear on a Six Cheese Gourmet Bagel

TOASTED CIABATTA

Pepperoni Chicken 680 Cal

Grilled Chicken Breast, Pepperoni, Swiss & Asiago Cheese, Red Onion, Spinach, Roasted Tomato Spread on Toasted Ciabatta

Spicy Chicken 620 Cal

Grilled Chicken Breast, Bacon, Cheddar, Jalapeños, Red Onion, Jalapeño Salsa Shmear on Toasted Ciabatta

Cheesy Veggie Melt 🌱 610 Cal

Cheddar, Swiss, Tomato, Spinach, Roasted Tomato Spread on Toasted Ciabatta

PIZZA BAGELS Served on a Plain Bagel

Cheese 🌱 450 Cal

Pepperoni 540 Cal



Albuquerque Turkey

**COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS.



Chocolate Cold Brew Shake

COLD BREW

	S	L
Classic	0 Cal	0 Cal
Flavored		
Vanilla Cream	190 Cal	310 Cal
Caramel Cream	210 Cal	360 Cal
Chocolate Cream	200 Cal	340 Cal
Cold Brew Shakes		
Vanilla	350 Cal	540 Cal
Caramel	390 Cal	610 Cal
Chocolate	380 Cal	590 Cal

Available Coffee-Free

ESPRESSO

	S Iced	M Hot	L Hot or Iced
Mocha	270 Cal	350 Cal	420 Cal
Caramel Macchiato	290 Cal	370 Cal	450 Cal
Latte	110 Cal	140 Cal	170 Cal
Chai Tea Latte	170 Cal	230 Cal	280 Cal
Hot Chocolate		230 Cal	280 Cal

CUSTOMIZE IT

Flavor Shot: Vanilla, Caramel, Chocolate Adds 110-240 Cal
 Espresso Shot Adds 0 Cal
 Almond Milk Less 5-75 Cal

COFFEE

	M	L
Fresh-Brewed	5 Cal	5 Cal
Bros. Breakfast Blend Medium Roast, Bros. Decaf Medium Roast, Darn Good Dark Roast, Vanilla Hazelnut		

SMOOTHIE

	S	L
Strawberry Banana	280 Cal	430 Cal

TEA

	S Iced	M Hot	L Hot or Iced
Hot Tea		0 Cal	0 Cal
Iced Tea	0 Cal		0 Cal

FOUNTAIN

	S	L
	0-280 Cal	0-340 Cal