



FOOD MENU

FRESH-MADE BAGELS

BAGEL

- Classic 270-300 cal 1.79
- Gourmet +80-100 cal 2.39

BAGEL BOXES

- Baker's Dozen Box 16.49
13 Bagels with 2 Smear Tubs
- Half Dozen Box 10.49
6 Bagels with 1 Smear Tub

BAGEL + TOPPING

- Shmear 370-420 cal 3.39
- Hummus 380-410 cal 3.39
- Natural PB 🌰 510-540 cal 3.39
- PB&J 🌰 590-670 cal 3.59
- Butter Blend 370-400 cal 2.29
- Avocado 310-360 cal 4.19

🌰 Contains Nuts

WHIPPED SMEAR

REGULAR

- Plain 120 cal
- Onion & Chive 120 cal

REDUCED FAT*

- Garden Veggie 110 cal
- Honey Almond 🌰 120 cal
- Jalapeño Salsa 110 cal
- Plain 100 cal
- Strawberry 100 cal

*25% less fat than our regular shmear



Baker's Dozen Box

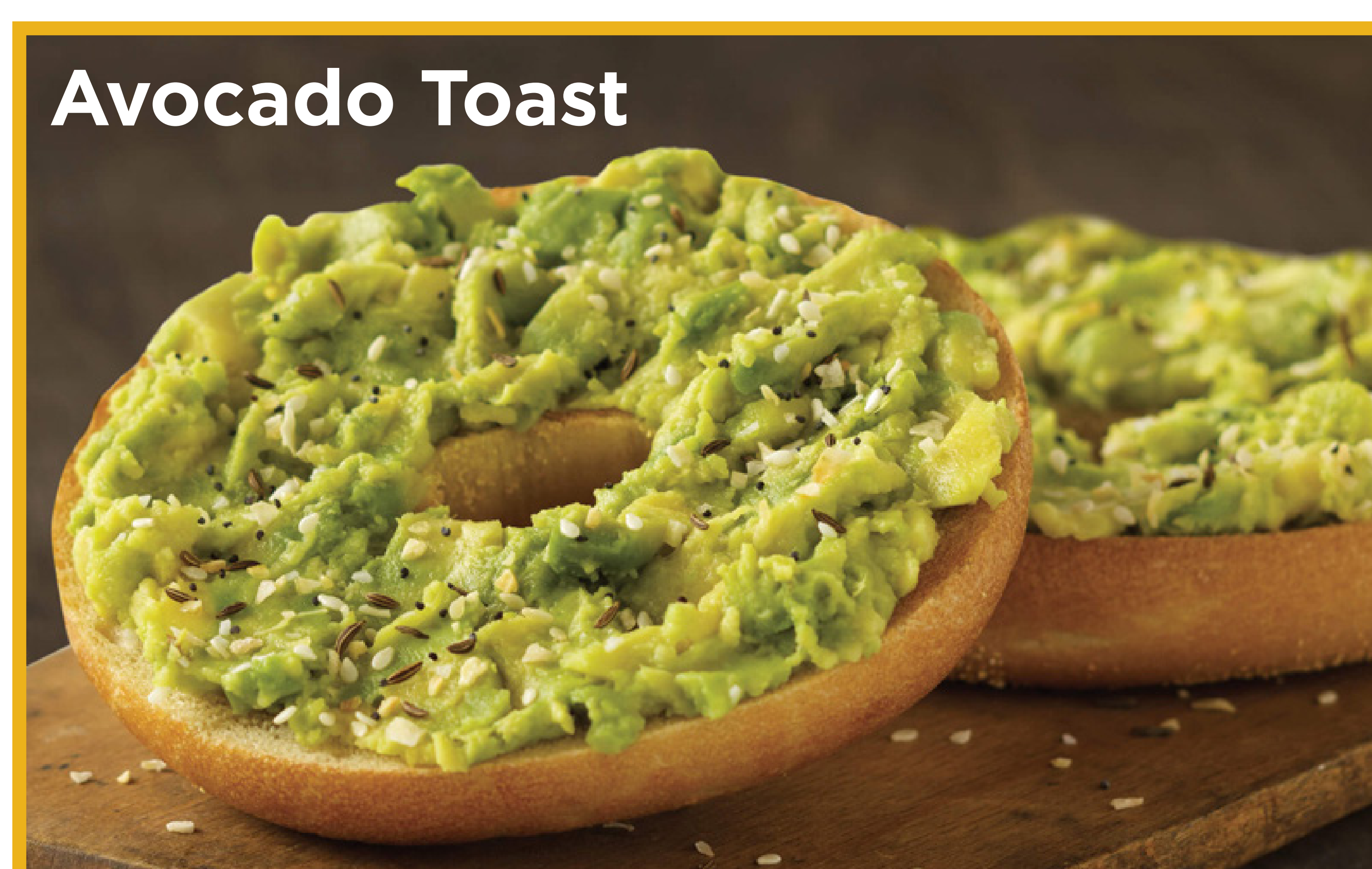
CLASSIC EGGS

CAGE-FREE EGG SANDWICHES

Served on a Plain Bagel

- Bacon & Cheddar**
- 1 Egg 470 cal 5.89
- 2 Eggs 560 cal 6.59
- Turkey-Sausage & Cheddar**
- 1 Egg 490 cal 5.89
- 2 Eggs 590 cal 6.59
- Ham & Swiss**
- 1 Egg 470 cal 5.89
- 2 Eggs 560 cal 6.59
- Cheddar Cheese**
- 1 Egg 470 cal 5.49
- 2 Eggs 560 cal 6.19

- Avocado Toast**
- Smashed Avocado with Salt & Pepper on a Toasted Plain Bagel
- 410 cal 4.19



Avocado Toast

- Farmhouse**
- Bacon, Ham, Cheddar, Country Pepper Smear on a Cheesy Hash Brown Gourmet
- 1 Egg 680 cal 6.19
- 2 Eggs 770 cal 6.89

DELI LUNCH

- Nova Lox**
- Red Onion, Capers, Tomato, Plain Shmear on a Plain Bagel
- 500 cal 7.99
- Turkey, Bacon & Avocado**
- Lettuce, Tomato, Roasted Tomato Spread on Toasted Ciabatta
- 680 cal 7.19



Nova Lox

- Buffalo Chicken & Bacon**
- Cheddar, Buffalo Wing Sauce, Ranch, Red Onion on Toasted Ciabatta
- 570 cal 6.49
- Tasty Turkey**
- Spinach, Cucumber, Lettuce, Tomato, Onion & Chive Smear on Asiago
- 510 cal 7.19

- Hummus Veg Out**
- Tomato, Cucumber, Red Onion, Spinach, Lettuce, Garden Veggie Shmear on Honey Whole Wheat
- 360 cal 6.59

PIZZA BAGEL

Served on a Plain Bagel

- Pepperoni Chicken**
- Swiss & Asiago Cheese, Red Onion, Spinach, Roasted Tomato Spread on Ciabatta
- 680 cal 6.99

- Cheese**
- 450 cal 5.99
- Pepperoni**
- 540 cal 6.29