BAGELS
Bagel 3.20 cal $1.15
Power Protein Bagel 3.0 cal $2.10

BAGEL & TOPPING
Cream Cheese 1.0 - 1.7 cal $2.60
Hummus 1.70 cal $2.60
PB & J 1.0 - 1.7 cal $2.60
Peanut Butter 1.0 - 1.7 cal $2.60
Honey Butter 1.0 - 1.7 cal $2.60
Nutella 1.0 - 1.7 cal $2.60

BULK BAGELS
Half Dozen: 60 - 90 cal $6.49
Baker’s Dozen: 100 - 160 cal $10.99
Half Dozen Bucket: 7.75 - 120 cal $8.99
13 Bagels & 2 Jars of cream cheese $48 (where available)

NOVA LOX*
Contains nuts          Vegetarian - may contain dairy or eggs
13 bagels & 2 tubs of cream cheese $14.99
6 bagels & 1 tub of cream cheese $8.99
Half Dozen Bucket $4.99
Baker’s Dozen $8.99

BAGEL FLAVORS
Plain 1.0 - 1.7 cal $2.60
Cinnamon Sugar 1.0 - 1.7 cal $2.60
Asiago Cheese 1.0 - 1.7 cal $2.60
Everything 1.0 - 1.7 cal $2.60
Blueberry 1.0 - 1.7 cal $2.60
Honey Whole Wheat 1.0 - 1.7 cal $2.60
Chocolate Chip 1.0 - 1.7 cal $2.60
Sourdough 1.0 - 1.7 cal $2.60
Cinnamon Raisin 1.0 - 1.7 cal $2.60
Sesame Dip’d 1.0 - 1.7 cal $2.60

CREAM CHEESE FLAVORS
Plain 1.0 - 1.7 cal $2.60
Onion & Chive 1.0 - 1.7 cal $2.60
Smoked Salmon 1.0 - 1.7 cal $2.60

25% LESS FAT CREAM CHEESE
Restricted Fat Plain 1.0 - 1.7 cal $1.60
Red Pepper 1.0 - 1.7 cal $1.60
Dried Tomatoes & Provolone 1.0 - 1.7 cal $1.60
Roasted Pepper & Manchego 1.0 - 1.7 cal $1.60

EGG SANDWICHES
Spinach, Mushroom & Swiss 1.0 - 1.7 cal $4.99
Asparagus, Mushroom & Swiss 1.0 - 1.7 cal $4.99
Cheese & Sausage Wrap 1.0 - 1.7 cal $4.99
Turkey & Cheddar 1.0 - 1.7 cal $4.99
Ham & Swiss 1.0 - 1.7 cal $4.99

THINTASTIC EGG WHITES
Southwest Turkey Sausage 1.0 - 1.7 cal $4.80

CREATIONS

GOURMET SALADS
Classic Chicken Caesar 1.0 - 1.7 cal $5.45
Roasted chicken, croutons and a blend of aged hard cheese with garlic asiago dressing on mixed greens.

EGG BAGELS
440 cal or 530 cal $5.55
Pepperoni or Cheese

SWEET SAMPLINGS
Variety of Muffins 1.0 - 1.7 cal $2.09
Coffee Cake 1.0 - 1.7 cal $2.75

SMOOTHIES
Mixed Berry 1.0 - 1.7 cal $3.85
Strawberry Banana 1.0 - 1.7 cal $3.85

Hot Turkey Club 7.75 - 110 cal $7.69
Turkey breast, bacon, spinach, tomato, mozzarella & provolone cheese

Deli Sandwiches 6.55
Turkey Breast 1.0 - 1.7 cal $2.60
Ham 1.0 - 1.7 cal $2.60
Albacore Tuna Salad 1.0 - 1.7 cal $2.60
Chicken Salad 1.0 - 1.7 cal $2.60
Bagel Thin Sandwiches 4.00 cal $7.05
Turkey-Bacon & Avocado Thin

Club Mex Wrap 7.05 cal $7.05
Turkey breast, bacon, pepper jack cheese, ancho chili, red onions, tomato & smash

Hummus Veg-Out 6.05 cal $6.49
Garlic Veggie cream cheese with lettuce, tomato, cucumbers, onions, onion, roasted red peppers & hummus

Tasty Turkey on Asiago 7.05 cal $7.05
Onion & chive cream cheese with cucumbers, spinach, lettuce & tomato

BEVERAGES
All of the following can be made as hot, iced or frozen

Vanilla Hazelnut 1.0 - 1.7 cal $3.85/ $4.35
Vanilla Latte 2.0 - 2.7 cal $3.85/ $4.35
White Chocolate Mocha 2.0 - 2.7 cal $3.85/ $4.35
Caramel Macchiato 4.00 - 4.70 cal $3.85/ $4.35
Hazlenut Mocha 2.0 - 2.7 cal $3.85/ $4.35
Latte 1.0 - 1.7 cal $3.85/ $4.35
Mocha 1.0 - 1.7 cal $3.85/ $4.35
Vanilla Iced Tea 1.0 - 1.7 cal $3.85/ $4.35
Cappuccino 1.0 - 1.7 cal $3.85/ $4.35
Coffee 1.0 - 1.7 cal $3.85/ $4.35
Iced Coffee 1.0 - 1.7 cal $3.85/ $4.35
Hot Chocolate 1.0 - 1.7 cal $3.85/ $4.35
Tea 1.0 - 1.7 cal $3.85/ $4.35
Iced Tea 1.0 - 1.7 cal $3.85/ $4.35

contains nuts  - may contain dairy or eggs
Flavors may vary by location and are subject to change

Add shot $0.49
Add syrup $0.39