

# DELI LUNCH

## Nova Lox\*

Red Onion, Capers, Tomato, Plain Shmear on a Plain

500 Cal ..... 7.45

## Turkey, Bacon & Avocado

Lettuce, Tomato, Roasted Tomato Spread on Toasted Ciabatta

580 Cal ..... 7.45

## Tasty Turkey

Spinach, Cucumber, Lettuce, Tomato, Onion & Chive Shmear on an Asiago

510 Cal ..... 7.45

## Avocado Veg Out **NEW!**

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

420 Cal ..... 7.15

# HOT & TOASTY

## Pepperoni Chicken

Swiss & Asiago Cheese, Red Onion, Spinach, Roasted Tomato Spread on Toasted Ciabatta

680 Cal ..... 6.95

## Spicy Chicken **NEW!**

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

620 Cal ..... 7.49

# PIZZA BAGELS

Served on a Plain Bagel

## Cheese

450 Cal ..... 6.45

## Pepperoni

540 Cal ..... 6.25

# CLASSIC EGGS

## CAGE-FREE EGG SANDWICHES

Served on a Plain Bagel

### Bacon & Cheddar

1 Egg 470 Cal ..... 5.59

2 Eggs 560 Cal ..... 6.09

### Turkey-Sausage & Cheddar

1 Egg 490 Cal ..... 5.59

2 Eggs 590 Cal ..... 6.09

### Ham & Swiss

1 Egg 470 Cal ..... 5.59

2 Eggs 560 Cal ..... 6.09

### Cheddar Cheese

1 Egg 420 Cal ..... 5.29

2 Eggs 520 Cal ..... 5.79

### Avocado Toast

Smashed Avocado with Salt & Pepper on a Toasted Plain

410 Cal ..... 4.29

### Farmhouse

Bacon, Ham, Cheddar, Country

Pepper Shmear on a Cheesy Hash Brown Gourmet

1 Egg 680 Cal ..... 6.39

2 Eggs 770 Cal ..... 6.79

# CUSTOMIZE

Upgrade to a Gourmet Bagel

Adds 80-100 Cal ..... +.80

Sub Egg Whites

Subtract 55 Cal/Egg ..... +.50

Make Your Bagel Thintastic

Subtract 70-120 Cal

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

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.

 **VEGETARIAN**



### CLASSICS

HOT or ICED

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MOCHA	4.79	380 Cal	5.09	500 Cal
LATTE	4.29	180 Cal	4.55	220 Cal
CAPPUCCINO	4.29	110 Cal	4.49	130 Cal
CHAI TEA LATTE	4.29	320 Cal	4.55	380 Cal
HOT CHOCOLATE	3.85	450 Cal	4.15	580 Cal

### CUSTOMIZE IT 80¢

flavor shot  
adds 5-320 Cal

espresso shot  
adds 0 Cal

almond milk  
less 5-75 Cal

### COFFEE

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#### COLD BREW

classic	3.59	5 Cal	3.85	5 Cal
caramel, vanilla,  vanilla hazelnut	4.39	130-160 Cal	4.65	200-240 Cal

COFFEE OF THE DAY	2.45	5 Cal	2.65	5 Cal
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### TEA

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HOT	2.19	0 Cal	2.45	0 Cal
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### SIGNATURE

HOT, ICED or BLENDED

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CARAMEL MACCHIATO whip + caramel sauce	5.35	710 Cal	5.60	820 Cal
VANILLA WHITE MOCHA whip + chocolate sauce	5.35	770 Cal	5.60	900 Cal

### BLENDED

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#### COFFEE COOLERS

vanilla, chocolate, caramel	5.15	600-710 Cal	5.45	690-820 Cal
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#### SMOOTHIES

strawberry banana	5.15	380 Cal	5.55	450 Cal
mango orange key lime	5.15	450 Cal	5.55	540 Cal

### CONTAINS NUTS

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