

SIGNATURE LUNCH

CLASSIC

Nova Lox* on a Plain Bagel	500 Cal	7.29
Turkey, Bacon & Avocado on Toasted Ciabatta	580 Cal	7.49
Tasty Turkey on an Asiago Bagel	510 Cal	7.19
Avocado Veg Out NEW! 🥑 on a Sesame Bagel	420 Cal	6.79

HOT & TOASTY

Albuquerque Turkey on a Six Cheese Gourmet Bagel	680 Cal	6.99
Pepperoni Chicken on Toasted Ciabatta	680 Cal	6.99
Spicy Chicken NEW! on Toasted Ciabatta	620 Cal	6.99
Cheesy Veggie Melt NEW! 🥑 on Toasted Ciabatta	610 Cal	6.99

PIZZA BAGEL

Cheese 🥑 on Plain	450 Cal	6.19
Pepperoni on Plain	540 Cal	6.19

DELI SELECT

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

Turkey & Cheddar	470-590 Cal	6.79
Ham & Swiss	480-590 Cal	6.79
Chicken Salad	460-570 Cal	6.79

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 THE RISK OF FOODBORNE ILLNESS.
NOVA LOX CONTAINS ARTIFICIAL COLORS.



VEGETARIAN

EGG SANDWICHES

CLASSIC on a Plain Bagel

ONE EGG

TWO EGGS

Bacon & Cheddar	470 Cal	5.69	560 Cal	6.19
Turkey-Sausage & Cheddar	490 Cal	5.69	590 Cal	6.19
Ham & Swiss	470 Cal	5.69	560 Cal	6.19
Cheddar Cheese 🥑	420 Cal	5.29	520 Cal	5.79

Avocado Toast 🥑 on a Toasted Plain Bagel	410 Cal	3.99
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SIGNATURE

Farmhouse	680 Cal	6.29	770 Cal	6.79
Garden Avocado NEW! 🥑	510 Cal	6.29	600 Cal	6.79
All-Nighter			870 Cal	6.29
Big Breakfast Burrito			1200 Cal	6.09

EGG WHITE

Santa Fe	420 Cal	5.99	440 Cal	6.49
Bacon, Avocado & Tomato	410 Cal	5.69	440 Cal	6.19

MAKE IT A MEAL

Add Twice-Baked Hash Brown & Medium Coffee	195 Cal	+3.29
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CUSTOMIZE IT

GOURMET IT	Upgrade to a Gourmet Bagel	Adds 70-130 Cal	+0.70
LIGHTEN UP	Sub Egg Whites	Subtract 55 Cal	
THINTASTIC	Make Your Bagel Thintastic	Subtract 70-120 Cal	



SIGNATURE

HOT, ICED or BLENDED	M	L
CARAMEL MACCHIATO	4.99 710 Cal	5.29 820 Cal
whip + caramel sauce		
VANILLA WHITE MOCHA	4.99 520 Cal	5.29 650 Cal
whip + chocolate sauce		

BLENDED

	M	L
COFFEE COOLERS	4.99	5.29
vanilla	600 Cal	690 Cal
chocolate	680 Cal	790 Cal
caramel	710 Cal	820 Cal
SMOOTHIES	5.19	5.49
strawberry banana	380 Cal	450 Cal
mango orange key lime	450 Cal	540 Cal

FOUNTAIN

	M	L
	1.99 0-350 Cal	2.19 0-530 Cal

⚡ CONTAINS NUTS

CLASSICS

HOT or ICED	M	L
MOCHA	4.49 380 Cal	4.79 500 Cal
LATTE	3.99 180 Cal	4.19 220 Cal
CAPPUCCINO	3.99 110 Cal	4.19 130 Cal
CHAI TEA LATTE	3.99 320 Cal	4.19 380 Cal
HOT CHOCOLATE	3.59 450 Cal	3.89 580 Cal

CUSTOMIZE IT 70¢

flavor shot
adds 5-320 Cal

espresso shot
adds 0 Cal

almond milk
less 5-75 Cal

COFFEE

	M	L
COLD BREW		
classic	3.19 5 Cal	3.49 5 Cal
caramel, vanilla, ⚡ vanilla hazelnut	3.69 160 Cal	3.99 240 Cal
COFFEE OF THE DAY	2.39 5 Cal	2.59 5 Cal

TEA

	M	L
HOT	1.99 0 Cal	2.29 0 Cal
ICED	1.99 0 Cal	2.19 0 Cal