



# TAKEOUT MENU

## BAGEL BOXES

### Baker's Dozen

13 Bagels + 2 Shmear Tubs

### Half Dozen

6 Bagels + 1 Shmear Tub

## AVOCADO TOAST

410 Cal

Smashed Avocado with Salt & Pepper on a Toasted Plain

## FRESH-MADE BAGELS


### CLASSIC

<b>Asiago</b>	290 Cal	<b>Everything</b>	280 Cal
<b>Blueberry</b>	280 Cal	<b>Plain</b>	270 Cal
<b>Cinnamon Raisin</b>	290 Cal	<b>Sesame Seed</b>	280 Cal

### GOURMET

<b>Cheesy Hash Brown</b>	400 Cal
<b>Six Cheese</b>	370 Cal

## DOUBLE-WHIPPED SHMEAR

<b>Plain</b>	120 Cal	<b>Honey Almond** </b>	120 Cal
<b>Onion &amp; Chive</b>	120 Cal	<b>Jalapeño Salsa**</b>	110 Cal
<b>Smoked Salmon</b>	110 Cal	<b>Reduced Fat Plain**</b>	100 Cal
<b>Garden Veggie**</b>	110 Cal	<b>Strawberry**</b>	120 Cal
<b>Garlic &amp; Herb**</b>	110 Cal		

## TOPPINGS

<b>Avocado</b>	120 Cal	<b>Peanut Butter </b>	240 Cal
<b>Butter Blend</b>	100 Cal	<b>PB&amp;J</b>	320 Cal

## EGG SANDWICHES

### SIGNATURE

#### Farmhouse 680 Cal

Eggs, Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear 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 Shmear in a Flour Tortilla

### EGG WHITES

#### Santa Fe 420 Cal

Egg Whites, Turkey-Sausage, Cheddar with Salsa and Jalapeño Salsa Shmear 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. 1 Egg / 2 Eggs

#### 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 Ca

### VEGETARIAN CONTAINS NUTS

\*25% less fat than our regular shmear. 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
<b>Classic</b>	0 Cal	0 Cal
<b>Flavored</b>		
Vanilla Cream	190 Cal	310 Cal
Caramel Cream	210 Cal	360 Cal
Chocolate Cream	200 Cal	340 Cal
<b>Cold Brew Shakes</b>		
Vanilla	350 Cal	540 Cal
Caramel	390 Cal	610 Cal
Chocolate	380 Cal	590 Cal

Available Coffee-Free

## LATTES

	S Iced	M Hot	Hot or L Iced
<b>Mocha</b>	270 Cal	350 Cal	420 Cal
<b>Caramel Macchiato</b>	290 Cal	370 Cal	450 Cal
<b>Latte</b>	110 Cal	140 Cal	170 Cal
<b>Chai Tea Latte</b>	170 Cal	230 Cal	280 Cal
<b>Hot Chocolate</b>		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
<b>Fresh-Brewed</b>	5 Cal	5 Cal
Bros. Breakfast Blend Medium Roast, Bros. Decaf Medium Roast, Darn Good Dark Roast, Vanilla Hazelnut		

## SMOOTHIE

	S	L
<b>Strawberry Banana</b>	280 Cal	430 Cal

## TEA

	S	L
<b>Hot Tea</b>	0 Cal	0 Cal
<b>Iced Tea</b>	0 Cal	0 Cal

## FOUNTAIN

	S	L
	0-280 Cal	0-340 Cal