



Egg Sandwiches

Our Egg-citing Creations are made-to-order. Choose your bagel. Choose fluffy eggs or lean egg whites. And then top it off with the highest quality meats, cheeses, and real vegetables.

Classic

Served on a Plain Bagel

Applewood Bacon & Cheddar	540 Cal	\$5.69
Turkey - Sausage & Cheddar	540 Cal	\$5.69
Ham & Swiss	490 Cal	\$5.69
Cheddar Cheese	470 Cal	\$5.19

Signature

Santa Fe Wrap	650 Cal	\$6.15
Eggs, Turkey-Sausage, Roasted Tomato Salsa, Pepper Jack Cheese with Jalapeno Salsa Shmear on a Whole Wheat Tortilla		
Spinach, Mushroom & Swiss	490 Cal	\$5.79
Eggs, Sautéed Mushrooms, Sautéed Spinach with Swiss Cheese on a Plain Bagel		
Asparagus & Mushroom Egg White	380 Cal	\$5.79
Egg Whites, Roasted Asparagus, Sautéed Mushrooms, Swiss Cheese with Roasted Tomato Spread on a Honey Whole Wheat Thintastic™ Bagel		
Southwest Egg White	400 Cal	\$5.79
Egg Whites, Turkey-Sausage, Pepper Jack Cheese with Tomatillo Salsa and Reduced Fat Plain Shmear on a Plain Thintastic™ Bagel		

Hot Sandwiches

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Ham & Swiss Melt	350 Cal	\$7.29	
Ham, Swiss Cheese and Tomato on a Plain Bagel			
Italian Chicken Tostini	660 Cal	\$8.29	
Grilled Chicken Breast, Pepperoni, Spinach, Roasted Red Peppers, Mozzarella Cheese with Basil Pesto on Ciabatta Bread			
Turkey & Cheddar Melt	430 Cal	\$7.29	
Roasted Turkey, Cheddar Cheese and Tomato on a Plain Bagel			
Turkey Club Tostini	760 Cal	\$8.29	
Roasted Turkey, Applewood Bacon, Spinach, Tomato, Mozzarella Cheese with Roasted Tomato Spread on Ciabatta Bread			
Thintastic™ Buffalo Chicken	410 Cal	\$7.19	
Grilled Chicken Breast, Frank's® RedHot® Sauce, Lettuce, Tomato, Red Onion with Reduced Fat Plain Shmear on a Plain Thintastic™ Bagel			
Pizza Bagel: Chees	On a Plain Bagel	440 Cal	\$5.89
Pepperoni	On a Plain Bagel	530 Cal	\$6.20
Turkey Chili	260 Cal (Bowl)	\$7.19	

Signature Sandwiches

We bring you our clever lunch creations with our line of Signature Bagel Sandwiches. These sandwiches are made on our signature line of fresh-baked bagels and Challah.

Nova Lox	480 Cal	\$7.19
Nova Lox®, Red Onion, Capers, Tomato with Plain Shmear on a Plain Bagel		
Tasty Turkey	500 Cal	\$7.69
Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmear on an Asiago Bagel		
Turkey, Bacon & Avocado	670 Cal	\$7.69
Lettuce, Tomato with Roasted Tomato Spread on a Honey Whole Wheat Bagel		
Hummus Veg Out	410 Cal	\$7.19
Hummus, Romato, Red Onion, Spinach, Lettuce, Roasted Red Peppers, Cucumber with Garden Veggies Shmear on a Sesame Seed Bagel		
Turkey Club Mex Wrap	740 Cal	\$7.69
Roasted Turkey, Applewood Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion, Spinach with Ancho Mayo on a Whole Wheat Tortilla		
Thintastic™ Club	400 Cal	\$7.19
Roasted Turkey, Applewood Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Honey Whole Wheat Thintastic™ Bagel		
Deli		
Served on choice of Multigrain Bread, Bagel or Wheat Tortilla		
Turkey & Cheddar	540-670 Cal	\$7.69
Harvest Chicken Salad	460-590 Cal	\$6.99
Albacore Tuna Salad	460-590 Cal	\$7.69
Ham & Swiss	540-670 Cal	\$7.69

Beverages

Available Hot, Iced or Frozen

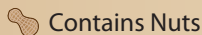
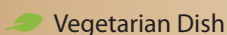
		Medium	Large
Vanilla Hazelnut Latte	210 - 350 Cal	\$4.19	300 - 500 Cal \$4.69
Vanilla Latte	220 - 310 Cal	\$3.99	270 - 400 Cal \$4.49
White Chocolate Mocha	360 - 420 Cal	\$3.99	440 - 680 Cal \$4.49
Caramel Macchiato	360 - 420 Cal	\$4.19	400 - 700 Cal \$4.69
Hazelnut Mocha	280 - 350 Cal	\$4.19	390 - 520 Cal \$4.69
Latte	140 - 300 Cal	\$3.49	170 - 410 Cal \$3.99
Mocha	350 - 410 Cal	\$4.19	430 - 680 Cal \$4.69
Oregon Chai Tea Latte	240 - 340 Cal	\$3.49	310 - 460 Cal \$3.99
Cappuccino	120 - 300 Cal	\$3.49	160 - 410 Cal \$3.99

Smoothies

Strawberry Banana Smoothie	380 Cal	\$4.49
Mixed Berry Smoothie	390 Cal	\$4.99

Neighborhood Favorites

Coffee	5 Cal	\$2.05 / 2.19
Iced Coffee	5 Cal	\$2.05 / 2.19
Hot Tea	5 Cal	\$2.05 / 2.19
Iced Tea	5-35 / 5-50	\$2.05 / 2.19
Hot Cocoa	350 / 430	\$3.19 / 3.49



*Cold smoked salmon is not cooked. Consuming raw or undercooked seafood may increase the risk of foodborne illness.