

EGG SANDWICHES

CLASSIC on a Plain Bagel

	ONE EGG	TWO EGGS
Bacon & Cheddar	470 Cal 6.00	560 Cal 6.60
Turkey-Sausage & Cheddar	490 Cal 6.00	590 Cal 6.60
Ham & Swiss	470 Cal 6.00	560 Cal 6.60
Cheddar Cheese 🍴	420 Cal 5.00	520 Cal 5.60

Avocado Toast 🍴 on a Toasted Plain Bagel 410 Cal 4.80

SIGNATURE

Farmhouse	680 Cal 6.80	770 Cal 7.40
Garden Avocado 🍴	510 Cal 6.80	600 Cal 7.40
All-Nighter		870 Cal 9.00
Big Breakfast Burrito		1200 Cal 8.25

EGG WHITE

Santa Fe	420 Cal 6.80	440 Cal 7.40
Bacon, Avocado & Tomato	410 Cal 6.80	440 Cal 7.40

MAKE IT A MEAL

Add Twice-Baked Hash Brown & Medium Coffee 195 Cal +3.50

CUSTOMIZE IT

GOURMET IT	Upgrade to a Gourmet Bagel	Adds 70-130 Cal	+ .80
LIGHTEN UP	Sub Egg Whites	Subtract 55 Cal	+ .60
THINTASTIC	Make Your Bagel Thintastic	Subtract 70-120 Cal	

GREAT TASTE NEVER SLEEPS

ALL-NIGHTER

Two Cage-Free Eggs, Bacon, Two Slices American Cheese, Jalapeño Garlic Aioli on a Cheesy Hash Brown Gourmet Bagel



SIGNATURE LUNCH

CLASSIC

Nova Lox* on a Plain Bagel	500 Cal	8.50
Turkey, Bacon & Avocado on Toasted Ciabatta	580 Cal	8.50
Tasty Turkey on an Asiago Bagel	510 Cal	8.50
Avocado Veg Out 🥑 on a Sesame Bagel	420 Cal	8.50

HOT & TOASTY

Albuquerque Turkey on a Six Cheese Gourmet Bagel	680 Cal	9.25
Pepperoni Chicken on Toasted Ciabatta	680 Cal	9.25
Spicy Chicken on Toasted Ciabatta	620 Cal	9.25
Cheesy Veggie Melt 🥑 on Toasted Ciabatta	610 Cal	8.25

PIZZA BAGEL

Cheese 🥑 on Plain	450 Cal	6.75
Pepperoni on Plain	540 Cal	7.25

DELI SELECT

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

Turkey & Cheddar	470-590 Cal	8.25
Ham & Swiss	480-590 Cal	8.25
Chicken Salad	460-570 Cal	8.25

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**

HOT & TOASTY

PEPPERONI CHICKEN

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

