**HAND-CRAFTED SIPS**

**ESPRESSO**
- Hot, Iced or Frozen

<table>
<thead>
<tr>
<th>Item</th>
<th>MED</th>
<th>LRG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanilla Hazelnut Latte</td>
<td>220-350 Cal</td>
<td>300-500 Cal</td>
</tr>
<tr>
<td>Vanilla Latte</td>
<td>220-310 Cal</td>
<td>270-400 Cal</td>
</tr>
<tr>
<td>White Chocolate Mocha</td>
<td>360-420 Cal</td>
<td>440-680 Cal</td>
</tr>
<tr>
<td>Caramel Macchiato</td>
<td>360-420 Cal</td>
<td>440-700 Cal</td>
</tr>
<tr>
<td>Hazelnut Mocha</td>
<td>290-350 Cal</td>
<td>400-520 Cal</td>
</tr>
<tr>
<td>Latte</td>
<td>140-300 Cal</td>
<td>170-410 Cal</td>
</tr>
<tr>
<td>Mocha</td>
<td>350-410 Cal</td>
<td>430-680 Cal</td>
</tr>
<tr>
<td>Oregon Chai® Tea Latte</td>
<td>240-340 Cal</td>
<td>310-460 Cal</td>
</tr>
<tr>
<td>Cappuccino</td>
<td>120-270 Cal</td>
<td>170-410 Cal</td>
</tr>
</tbody>
</table>

**COLD BREW COFFEE**
- 4.19 Cal
- 4.79 Cal

**SMOOTHIES & CLASSICS**
- Classic, Caramel, Vanilla, Vanilla Hazelnut

<table>
<thead>
<tr>
<th>Item</th>
<th>MED</th>
<th>LRG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry Banana Smoothie</td>
<td>400 Cal</td>
<td>3.79</td>
</tr>
<tr>
<td>Mixed Berry Smoothie</td>
<td>390 Cal</td>
<td>3.79</td>
</tr>
<tr>
<td>Coffee</td>
<td>5 Cal</td>
<td>1.99</td>
</tr>
<tr>
<td>Hot Tea</td>
<td>5 Cal</td>
<td>1.99</td>
</tr>
<tr>
<td>Iced Tea</td>
<td>0-30 Cal</td>
<td>1.99</td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>350 Cal</td>
<td>2.99</td>
</tr>
<tr>
<td>Fountain</td>
<td>0-350 Cal</td>
<td>1.39</td>
</tr>
</tbody>
</table>

**HOT AND TOASTY**

**Thintastic Buffalo Chicken**
- 430 Cal | 5.29

**Cheese Pizza Bagel**
- 450 Cal | 5.59

**Pepperoni Pizza Bagel**
- 540 Cal | 5.79

**Thintastic Club**
- 410 Cal | 5.29

**TOSTINIS**
- Italian Chicken | 680 Cal | 6.99
- Turkey Club | 690 Cal | 6.99
- Buffalo Chicken & Bacon | 620 Cal | 6.99
- BBQ Chicken | 540 Cal | 6.99
- Roasted Veggie | 500 Cal | 6.99

**Block Meals Come with Chips or Whole Fruit**
& Medium Fountain Drink or Medium Coffee

**Vegetarian**
**Contains Nuts**

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nova Lox*</td>
<td>500</td>
<td>6.99</td>
</tr>
<tr>
<td>Turkey, Bacon &amp; Avocado</td>
<td>670</td>
<td>6.99</td>
</tr>
<tr>
<td>Tasty Turkey</td>
<td>500</td>
<td>6.99</td>
</tr>
<tr>
<td>Hummus Veg Out</td>
<td>400</td>
<td>6.49</td>
</tr>
<tr>
<td>Turkey Club Mex Wrap</td>
<td>740</td>
<td>6.99</td>
</tr>
</tbody>
</table>

**FRESH-BAKED BAGELS**

**EGG SANDWICHES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two Eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applewood Bacon &amp; Cheddar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage &amp; Cheddar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Swiss</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach, Mushroom &amp; Swiss</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheddar Cheese B</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Farmhouse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Toast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Santa Fe Wrap</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Southwest Egg White B</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**DELI** served on choice of Roll, Bagel or Whole Wheat Tortilla

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey &amp; Cheddar</td>
<td>560-610</td>
<td>6.49</td>
</tr>
<tr>
<td>Ham &amp; Swiss</td>
<td>550-600</td>
<td>6.49</td>
</tr>
<tr>
<td>Harvest Chicken Salad</td>
<td>540-590</td>
<td>6.49</td>
</tr>
<tr>
<td>Albacore Tuna Salad</td>
<td>510-560</td>
<td>6.49</td>
</tr>
</tbody>
</table>

**CAGE-FREE EGGS**

**BAGEL + TOPPING**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shmear</td>
<td>370-440</td>
<td>2.79</td>
</tr>
<tr>
<td>Nutella®</td>
<td>500-550</td>
<td>2.79</td>
</tr>
<tr>
<td>Hummus</td>
<td>340-390</td>
<td>2.79</td>
</tr>
<tr>
<td>Natural PB</td>
<td>510-560</td>
<td>2.79</td>
</tr>
<tr>
<td>PB&amp;J</td>
<td>590-640</td>
<td>2.79</td>
</tr>
<tr>
<td>Butter</td>
<td>370-420</td>
<td>1.89</td>
</tr>
<tr>
<td>Honey Butter</td>
<td>520-570</td>
<td>1.89</td>
</tr>
</tbody>
</table>

**BAGEL BOXES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baker’s Dozen Box</td>
<td>14.99</td>
</tr>
<tr>
<td>13 Bagels &amp; 2 Shmear Tubs</td>
<td></td>
</tr>
<tr>
<td>Half Dozen Box</td>
<td>10.50</td>
</tr>
<tr>
<td>6 Bagels &amp; 1 Shmear Tub</td>
<td></td>
</tr>
</tbody>
</table>

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*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS. NOVA LOX CONTAINS ARTIFICIAL COLORS.*