



BAGELS

Plain, Asiago, Chocolate Chip, Blueberry, Cinnamon Sugar, Cinnamon Raisin, Sesame, Everything, Sourdough, Honey Wheat (Any bagel also can be served as a Bagel Thin)

Gourmet Bagels (.60 extra)

Power Protein, Green Chili

Shmears:

Plain, Reduced Fat Plain, Blueberry, Onion and Chive, Honey Almond, Strawberry, Salmon, Jalapeño Salsa, Garden Veggie

Bagel w/ Shmear: \$2.50

Bagel w/ Hummus: \$2.50

Bagel w/ Peanut Butter: \$2.00

Bagel w/ Peanut Butter and Jelly: \$2.50

Bagel w/ Jelly: \$2.00

Bagel w/ Honey Butter: \$2.00

Bagel w/ Butter: \$2.00

Bagel w/ Nutella \$2.50

BREAKFAST SANDWICHES

Applewood Bacon and Cheddar Egg Sandwich: Plain Bagel, Egg, Bacon and Cheddar Cheese. \$4.85

Turkey-Sausage and Cheddar Egg Sandwich: Plain Bagel, Egg, Turkey-Sausage and Cheddar Cheese. \$4.85

Ham and Swiss Egg Sandwich: Plain Bagel, Egg, Ham and Swiss. \$4.85

Santa Fe Egg Wrap: Wheat Tortilla, Egg, Turkey-Sausage, Pepper Jack Cheese, Salsa, Jalapeño Shmear \$4.85

Spinach, Mushroom, and Swiss Egg Sandwich: Plain Bagel, Spinach, Mushroom and Swiss Cheese. \$4.85

Egg and Cheddar Sandwich: Plain Bagel, Egg and Cheddar Cheese. \$4.55

Asparagus, Mushroom, and Swiss: Bagel Thin, Egg White, Asparagus, Mushroom, Swiss Cheese and Roasted Tomato Sauce. \$4.85

Southwest Turkey-Sausage: Bagel Thin, Egg White, Turkey-Sausage, Pepper Jack Cheese, Tomatillo Salsa. \$4.85

LUNCH

Deli Turkey: Harvest Grain Bread, Turkey, Cheddar Cheese, Lettuce, Tomato. \$5.50

Deli Ham: Harvest Grain Bread, Ham, Swiss Cheese, Lettuce, Tomato. \$5.50

Chicken Salad Sandwich: Harvest Grain Bread, Chicken Salad, Lettuce, Tomato. \$5.50

Tuna Salad Sandwich: Harvest Grain Bread, Tuna Salad, Lettuce, Tomato. \$5.50

Tasty Turkey: Asiago Bagel, Turkey, Onion and Chive Shmear, Lettuce, Tomato, Cucumbers, Spinach. \$6.99

Club Mex: Wheat Tortilla, Turkey, Bacon, Ancho-Mayo, Lettuce, Tomato, Red Onion, Spinach. \$6.99

Turkey BAT: Honey Wheat Bagel, Turkey, Bacon, Avocado, Roasted Tomato Sauce, Lettuce, Tomato. \$6.99

Buffalo Chicken Thintastic: Bagel Thin, Franks Hot Sauce, Chicken, Reduced Fat Plain Shmear, Lettuce, Tomato, Red Onion. \$5.85

Nova Lox: Plain Bagel, Plain Shmear, Smoked Salmon, Capers, Tomato, Red Onion served open faced. \$6.99

Honey Smoked Salmon: Plain Bagel, Onion and Chive Shmear, Tomato, Cucumbers, Red Onion. \$6.99

Turkey Club: Ciabatta Bread, Roasted Tomato Sauce, Turkey, Bacon, Mozzarella Cheese, Spinach, Tomato. \$6.99

Italian Chicken: Ciabatta Bread, Pesto, Chicken, Pepperoni, Mozzarella Cheese, Roasted Red Peppers, Spinach. \$6.99

Hummus Veg Out: Sesame Bagel, Hummus Lettuce, Spinach, Tomato, Cucumbers, Red Onion. \$5.50

Thintastic Club: Bagel Thin, Roasted Tomato Sauce, Turkey, Bacon, Avocado, Lettuce, Tomato. \$5.85

Pepperoni Pizza Bagel: Plain Bagel, Pizza Sauce, Shredded Cheese, Asiago Cheese, Pepperoni. \$5.50

Cheese Pizza Bagel: Plain Bagel, Pizza Sauce, Shredded Cheese, Asiago Cheese. \$5.50

Bagel Dog: \$5.00

Asiago Bagel Dog: \$5.00

SALADS

Chicken Caesar: Romaine Lettuce, Chicken, Asiago Cheese, Croutons, Caesar Dressing. \$5.50

Chicken Club: Romaine Lettuce, Chicken, Bacon, Cucumbers, Red Onion, Tomato, Asiago Cheese, Croutons, Ranch Dressing. \$5.50

Chef: Romaine Lettuce, Ham, Turkey, Swiss Cheese, Cheddar Cheese, Tomato, Red Onions, Cucumbers, Croutons, Ranch Dressing. \$5.50

SIDES

Fruit Salad: \$3.50

Greek Yogurt Parfait: Greek Yogurt, Honey and Granola. \$3.00

Fruit and Yogurt Parfait: Yogurt, Strawberries, Blueberries and Granola. \$3.50

Berries and Cream: Strawberries w/ Strawberry Shmear and Chocolate Dipping Sauce. \$3.25

Cookies: Chocolate Chip, Snicker doodle, Sugar w/ Frosting, Chocolate Chunk Brownie. \$1.50

Chips: Baked Lays, Lays, Miss Vickie's Jalapeño, Sun Chips Harvest Cheddar. \$1.25

Muffins: Chocolate Chip or Blueberry. \$1.95

Cinnamon Twist: \$1.29

Coffee Cakes: Chocolate Chip or Blueberry. \$2.50

DRINKS

Orange Juice: Reg. \$2.00, Lg. \$2.50

Blackberry Lemonade: Reg. \$2.00, Lg. \$2.50

Mocha: Can be made Hot, Iced, or Frozen. Reg. \$3.95, Lg. \$4.25

White Chocolate Mocha: Hot, Iced, or Frozen. Reg. \$3.95, Lg. \$4.25

Caramel Macchiato: Hot, Iced, or Frozen. Reg. \$3.95, Lg. \$4.25

Vanilla Hazelnut Latte: Hot, Iced, or Frozen. Reg. \$3.95, Lg. \$4.25

Vanilla Cream Latte: Hot, Iced, or Frozen. Reg. \$3.95, Lg. \$4.25

Chai Tea Latte: Hot, Iced, or Frozen. Reg. \$3.50, Lg. \$3.80

Hot Chocolate: Hot, Iced, or Frozen. Reg. \$3.00, Lg. \$3.50

Latte: Hot, Iced, or Frozen. Reg. \$3.45, Lg. \$3.75

Americano: Reg. \$2.45, Lg. 2.75

Cappuccino: Hot, Iced, or Frozen. Reg. \$3.29, Lg. \$3.59

Hot Tea: Reg. \$1.79, Lg. \$1.99

Fresh Brewed Coffee: Reg. \$1.99, Lg. \$2.25

Iced Coffee: Reg. \$1.60, Lg. \$2.05

Iced Tea: Reg. \$1.60, Lg. \$2.05

Fountain Drinks: Reg. \$1.60, Lg. \$2.05

Chocolate Milk: \$0.75 1%

Milk: \$0.75

Strawberry Banana Smoothie: \$3.70

Mixed Berry Smoothie: \$3.70