

# Breakfast Menu

## Bagels

**Plain, Egg, Sundried Tomato, Wheat,  
Poppy Seed, Sesame Seed,  
Cinnamon Raisin, Everything,  
French Toast** 270 – 280 Cal **\$ 1.29**

## Bagel with 2oz Spread

**Butter** 100 Cal **\$ 2.09**

**Peanut Butter** 120 Cal **\$ 2.09**

**Peanut Butter & Jelly** 155 Cal **\$ 2.89**

**Cream Cheese** 70-200 Cal **\$ 2.99**  
*Light Plain, Veggie, Lox, Horseradish  
Cheddar, Strawberry, Chive, Plain*

**Hummus** 80 Cal **\$ 2.99**

**Nutella** 200 Cal **\$ 2.99**

## Bagel Boxes

**Baker's Dozen** **\$ 14.99**  
*13 bagels and 2 tubs of spread*

**Half Dozen** **\$ 8.99**  
*6 bagels and 1 tub of spread*

**Extra Tub of Spread** **\$ 3.79**

## Breakfast Sandwiches

*On your choice of bagel. Calorie counts shown for sandwich on plain bagel.*

**Bacon, Egg, and Cheddar** 540 Cal **\$ 5.19**

**Turkey Sausage, Egg, and Cheddar** 530 Cal **\$ 5.19**

**Ham, Egg, and Cheddar** 530 Cal **\$ 5.19**

**Spinach, Egg, and Swiss** 490 Cal **\$ 5.19**

**Pork Roll, Egg, and American** 550 Cal **\$ 5.19**

**Egg and Cheddar** 470 Cal **\$ 4.79**

Additional nutrition information available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.



# Lunch Menu

## **Deli Sandwiches**

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Served on your choice of ciabatta bread (240 Cal), bagel (270 – 280 Cal), or wrap (210 Cal). Calorie counts shown for sandwich on plain bagel.

### **Tuna Salad**

With American cheese, lettuce, and tomato

600 Cal **\$ 6.69**

### **Chicken Salad**

With red grapes and toasted almonds

750 Cal **\$ 6.69**

### **Turkey Club**

With cheddar horseradish cream cheese, bacon, lettuce, and tomato

870 Cal **\$ 6.69**

### **Ham & Swiss**

With lettuce, tomato, and Dijon mustard

710 Cal **\$ 6.69**

### **Caprese**

With fresh tomatoes, mozzarella, and pesto

640 Cal **\$ 5.59**

### **Greek Grilled Chicken**

With hummus, cucumbers, lettuce, and red onion

470 Cal **\$ 6.69**

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## **Hot Sandwiches**

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Served on your choice of ciabatta bread (240 Cal), bagel (270 – 280 Cal), or wrap (210 Cal). Calorie counts shown for sandwich on plain bagel.

### **Pepperoni Pizza Bagel**

450 Cal **\$ 5.59**

### **Grilled Steak & Egg Burger**

With cheddar cheese

1040 Cal **\$ 6.69**

### **Grilled Cheese with Bacon**

With Applewood bacon, American cheese, and local fresh tomato

450 Cal **\$ 5.59**

### **Tuna Melt**

Open faced sandwich with Swiss and tomato

600 Cal **\$ 6.69**

### **Grilled Chicken Chive**

With chive cream cheese, lettuce, and tomato

480 Cal **\$ 6.69**

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## **A La Carte**

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### **Pretzel Nuggets (6)**

With cheese sauce or mustard

170 Cal **\$ 2.99**

### **Apple Slices**

60 Cal **\$ 0.69**

### **Carrot Sticks**

5 Cal **\$ 0.49**

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# \$5 KIDS MENU

## **STEP 1: CHOOSE YOUR ENTREE!**

### **Chicken Nuggets (5)**

*Choice of ranch, ketchup, honey mustard, or BBQ sauce*

### **Pizza Bagel**

*(1/2) Bagel*

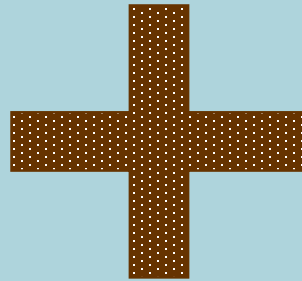
### **Turkey & American**

*Served on a bagel*

### **Bagel Grilled Cheese**

*With American cheese*

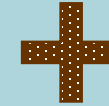
### **PB& J Uncrustable**



## **STEP 2: CHOOSE YOUR SIDE!**

**Apple Slices**

**Carrot Sticks**



## **STEP 3: CHOOSE YOUR DRINK!**

**Honest Kids Juice Box**

**Bottled Water**



# Beverage Menu

<b>Hot/Iced</b>		<b>REG</b>	<b>LG</b>
<b>Coffee</b>	10 Cal	\$ 2.09	15 Cal \$ 2.39
<b>Cold Brew</b>	5 Cal	\$ 2.09	5 Cal \$ 2.39
<b>Latte</b>	270 Cal	\$ 3.69	350 Cal \$ 4.09
<b>Americano</b>	15 Cal	\$ 3.69	20 Cal \$ 4.09
<b>Cappuccino</b>	175 Cal	\$ 3.69	230 Cal \$ 4.09
<b>Caramel Macchiato</b>	445 Cal	\$ 3.69	540 Cal \$ 4.09
<b>Cinnamon Spice Latte</b>	475 Cal	\$ 3.69	630 Cal \$ 4.09
<b>Mocha/White Mocha</b>	390 Cal	\$ 3.69	510 Cal \$ 4.09
<b>Chai Latte</b>	375 Cal	\$ 3.49	470 Cal \$ 3.99
<b>Hot Chocolate</b>	425 Cal	\$ 2.09	540 Cal \$ 2.39

<b>Tea</b>		<b>REG</b>	<b>LG</b>
<b>Organic Hot Tea</b>	0 Cal	\$ 1.99	0 Cal \$ 2.49
<b>Iced Tea</b>	0 Cal	\$ 1.99	0 Cal \$ 2.29

<b>Javalanche®</b>		<b>REG</b>	<b>LG</b>
<b>Espresso, Vanilla Cream, White Mocha, Mocha, Caramel</b>	475-600 Cal	\$ 3.89	480-665 Cal \$ 4.29

<b>Smoothies</b>		<b>REG</b>	<b>LG</b>
<b>Strawberry Banana, Four Berry</b>	315 Cal	\$ 3.89	365 Cal \$ 4.29

<b>Customize Any Drink</b>	<b>Espresso Shot</b>	<b>Flavor Shot</b>	<b>Almond Milk</b>	<b>Soy Milk</b>
+25¢	+5 Cal	+20 Cal	5-75 Cal	0-35 Cal

<b>Espresso Fizz</b>		<b>REG</b>	<b>LG</b>
<i>Espresso, sweet vanilla, sparkling water</i>	160 Cal	\$ 3.69	240 Cal \$ 4.09

<b>Fountain</b>		<b>REG</b>	<b>LG</b>
	0-350 Cal	\$ 2.09	0-530 Cal \$ 2.49

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