



TAKEOUT MENU

BAGEL BOXES

Baker's Dozen 🍯

13 Bagels + 2 Shmear Tubs

Half Dozen 🍯

6 Bagels + 1 Shmear Tub

AVOCADO TOAST 🥑

410 Cal

Smashed Avocado with Salt & Pepper on a Toasted Plain **5.51**

FRESH-MADE BAGELS

CLASSIC

Asiago	290 Cal	Everything 🍯	280 Cal
Blueberry	280 Cal	Honey Wheat	290 Cal
Chocolate Chip	300 Cal	Plain	270 Cal
Cinnamon Raisin	290 Cal	Sesame Seed 🍯	280 Cal
Cinnamon Sugar	300 Cal		

GOURMET

Cheesy Hash Brown	400 Cal	Six Cheese	370 Cal
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DOUBLE-WHIPPED SHMEAR

Plain	120 Cal	Honey Almond** 🥜	120 Cal
Onion & Chive	120 Cal	Jalapeño Salsa**	110 Cal
Garden Veggie**	110 Cal	Strawberry**	120 Cal

TOPPINGS

Avocado	120 Cal
Butter Blend	100 Cal
Peanut Butter 🥜	240 Cal
PB&J	320 Cal



EGG SANDWICHES

SIGNATURE

Farmhouse 680 / 770 Cal **8.04 / 9.42**

Eggs, Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel

Garden Avocado 🥑 🍯 510 / 600 Cal **7.35 / 8.73**

Eggs, Avocado, Tomato, Spinach, Roasted Tomato Spread on an Everything Bagel

All-Nighter 900 Cal **8.27**

Eggs, Bacon, 2 Slices American Cheese, Jalapeño Garlic Aioli on a Cheesy Hash Brown Gourmet Bagel

Big Breakfast Burrito 1200 Cal **8.61**

Eggs, Bacon, Turkey-Sausage, Shredded Cheese, Green Chiles, Hash Browns, Salsa, Plain Shmear in a Flour Tortilla

EGG WHITES

Santa Fe 420 / 460 Cal **7.58 / 8.96**

Egg Whites, Turkey-Sausage, Cheddar with Salsa and Jalapeño Salsa Shmear on an Asiago Thintastic Bagel

Bacon, Avocado & Tomato 400 / 440 Cal **7.58 / 8.96**

Egg Whites, Bacon, Avocado, Tomato with Roasted Tomato Spread on a Plain Thintastic Bagel

CLASSIC Served on a Plain Bagel with 1 or 2 Eggs

Bacon & Cheddar 510/600 Cal **6.89 / 8.27**

Turkey-Sausage & Cheddar 490/ 580 Cal **6.89 / 8.27**

Ham & Swiss 470/560 Cal **6.89 / 8.27**

Cheddar Cheese 🥑 420/510 Cal **6.43 / 7.81**

MAKE IT A MEAL

Add Twice-Baked Hash Brown & Med. Coffee 195 Cal **+.60**

CUSTOMIZE IT

Upgrade to a Gourmet Bagel Adds 80-120 Cal **+1.60**

Substitute Egg White Subtract 55 Cal per Egg

Make Your Bagel Thintastic Subtract 80-110 Cal

🥑 **VEGETARIAN** 🥜 **CONTAINS NUTS** 🍯 **CONTAINS SESAME**

*25% less fat than our regular shmear. Fat content has been reduced from 12g to 9g per serving.

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

DELI LUNCH

Nova Lox* 500 Cal 9.88

Nova Lox, Red Onion, Capers, Tomato with Plain Shmear on a Plain Bagel

Turkey, Bacon & Avocado 580 Cal 10.49

Roasted Turkey, Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on Toasted Ciabatta

Tasty Turkey 510 Cal 9.19

Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmear on an Asiago Bagel

Avocado Veg Out 🥑🥑 420 Cal 8.61

Avocado, Tomato, Cucumber, Red Onion, Spinach, Lettuce with Garden Veggie Shmear on a Sesame Bagel

DELI SELECTS

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

Turkey & Cheddar 470-590 Cal 9.19

Ham & Swiss 480-590 Cal 8.61

Chicken Salad 460-570 Cal 8.61

TOASTED GOURMET

Albuquerque Turkey 680 Cal 9.19

Roasted Turkey, Bacon, Cheddar, Lettuce, Tomato, Green Chiles, Plain Shmear on a Six Cheese Gourmet Bagel

TOASTED CIABATTA

Pepperoni Chicken 680 Cal 9.19

Grilled Chicken Breast, Pepperoni, Swiss & Asiago Cheese, Red Onion, Spinach, Roasted Tomato Spread on Toasted Ciabatta

Spicy Chicken 620 Cal 9.19

Grilled Chicken Breast, Bacon, Cheddar, Jalapeños, Red Onion, Jalapeño Salsa Shmear on Toasted Ciabatta

Cheesy Veggie Melt 🥑 610 Cal 8.55

Cheddar, Swiss, Tomato, Spinach, Roasted Tomato Spread on Toasted Ciabatta

PIZZA BAGELS Served on a Plain Bagel

Cheese 🥑 450 Cal 7.00

Pepperoni 540 Cal 7.69



Albuquerque Turkey



Chocolate Cold Brew Shake

COLD BREW

	S	L
Classic	4.01 0 Cal	4.87 0 Cal
Flavored	5.75	6.61
Vanilla Cream	180 Cal	310 Cal
Caramel Cream	210 Cal	360 Cal
Chocolate Cream	200 Cal	340 Cal
Cold Brew Shakes	5.74	6.60
Vanilla	350 Cal	540 Cal
Caramel	390 Cal	620 Cal
Chocolate	380 Cal	590 Cal

ESPRESSO

	S Iced	M Hot	L Hot or Iced
Mocha	5.39 240 Cal	5.39 350 Cal	6.25/6.14 420 Cal
Caramel Macchiato	5.28 260 Cal	5.85 370 Cal	6.31/6.20 450 Cal
Latte	4.93 80 Cal	4.82 140 Cal	5.68/5.79 170 Cal
Chai Tea Latte	4.82 140 Cal	4.82 230 Cal	5.68 280 Cal
Hot Chocolate		4.59 400 Cal	5.05 490 Cal

CUSTOMIZE IT + 1.15

Flavor Shot: Vanilla, Caramel, Chocolate Adds 110-240 Cal
Espresso Shot Adds 0 Cal • Almond Milk Less 5-75 Cal

COFFEE

	M 3.44	L 3.90
Fresh-Brewed	5 Cal	5 Cal
Bros. Breakfast Blend Medium Roast, Bros. Decaf Medium Roast, Darn Good Dark Roast, Vanilla Hazelnut		

SMOOTHIE

	S 5.74	L 6.60
Strawberry Banana	280 Cal	370 Cal

TEA

	S	L
Hot Tea	3.15 0 Cal	4.01 0 Cal
Iced Tea	3.09 0 Cal	3.95 0 Cal

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