**FRESH-BAKED BAGELS**

**Bagels**
- Asiago 290 Cal
- Blueberry 290 Cal
- Chocolate Chip 300 Cal
- Cinnamon Raisin 280 Cal
- Cinnamon Sugar 310 Cal
- Everything 280 Cal
- French Toast 300 Cal
- Honey Whole Wheat 260 Cal
- Plain 270 Cal
- Power Protein 350 Cal
- Sesame Seed 280 Cal

**Rolls**
- Potato 300 Cal
- Multigrain 290 Cal

**DOUBLE-WHIPPED SHMEAR**

**Regular**
- Plain 120 Cal
- Onion & Chive 120 Cal
- Smoked Salmon 110 Cal

**Reduced Fat**
- Reduced Fat Plain 100 Cal
- Honey Almond 120 Cal
- Maple 110 Cal
- Strawberry 120 Cal
- Garden Veggie 110 Cal
- Garlic & Herb 110 Cal
- Jalapeño Salsa 110 Cal

**OTHER TOPPINGS**

- Butter Blend 100 Cal
- Honey Butter 150 Cal
- Hummus 70 Cal
- Nutella® 230 Cal
- Peanut Butter 240 Cal
- PB&J 320 Cal

**BAGEL BOXES**

**Baker’s Dozen Box**
13 Bagels & 2 Shmear Tubs

**Half Dozen Box**
6 Bagels & 1 Shmear Tub

**Add-Ons**
Extra Tub of Shmear

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

**BEVERAGES**

**Available Hot, Iced or Frozen***

<table>
<thead>
<tr>
<th></th>
<th>MED</th>
<th>LRG</th>
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</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>
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<tr>
<td>Hazelnut Mocha</td>
<td>290-350 Cal</td>
<td>400-520 Cal</td>
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<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>
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</table>

**Smoothies**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Strawberry Banana</td>
<td>400 Cal</td>
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<tr>
<td>Mixed Berry</td>
<td>390 Cal</td>
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</table>

**Neighborhood Favorites**

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<tr>
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<th>MED</th>
<th>LRG</th>
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<tbody>
<tr>
<td>Fresh-Brewed Coffee</td>
<td>5 Cal</td>
<td>5 Cal</td>
</tr>
<tr>
<td>Iced Coffee</td>
<td>5 Cal</td>
<td>5 Cal</td>
</tr>
<tr>
<td>Hot Cocoa</td>
<td>350 Cal</td>
<td>430 Cal</td>
</tr>
<tr>
<td>Premium Tea (Hot or Iced)</td>
<td>0-30 Cal</td>
<td>0-45 Cal</td>
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<tr>
<td>Orange Juice</td>
<td>230 Cal</td>
<td></td>
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<tr>
<td>Blackberry Lemonade</td>
<td>290 Cal</td>
<td></td>
</tr>
<tr>
<td>Fountain</td>
<td>0-350 Cal</td>
<td>0-530 Cal</td>
</tr>
</tbody>
</table>

**Einstein Bros. Bagels**

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**EGG SANDWICHES**

Served with your choice of one egg or two. A second egg adds 90 Cal

**SERVED ON A PLAIN BAGEL**

**Applewood Bacon & Cheddar** 510 Cal

**Turkey-Sausage & Cheddar** 500 Cal

**Ham & Swiss** 460 Cal

**Spinach, Mushroom & Swiss** 470 Cal

**Cheddar Cheese** 430 Cal

**FARMHOUSE** 600 Cal

Egg, Applewood Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Plain Bagel

**FRENCH TOAST** 660 Cal

Egg, Applewood Bacon, Cheddar Cheese with Maple Shmear on a French Toast Bagel

**2-EGG SANTA FE WRAP** 710 Cal

Eggs, Turkey-Sausage, Roasted Tomato Salsa, Pepper Jack Cheese with Jalapeño Salsa Shmear on a Whole Wheat Tortilla

**ASPARAGUS & MUSHROOM EGG WHITE** 390 Cal

Egg Whites, Roasted Asparagus, Sautéed Mushrooms, Swiss Cheese with Roasted Tomato Spread on a Honey Whole Wheat Thintastic Bagel

**SOUTHWEST EGG WHITE** 400 Cal

Egg Whites, Turkey-Sausage, Pepper Jack Cheese with Tomatillo Salsa and Reduced Fat Plain Shmear on a Plain Thintastic Bagel

**NOVA LOX** 480 Cal

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

**TASTY TURKEY** 500 Cal

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

**TURKEY, BACON & AVOCADO** 630 Cal

Roasted Turkey, Applewood Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Potato Roll

**HUMMUS VEG OUT** 400 Cal

Hummus, Tomato, Red Onion, Spinach, Lettuce, Roasted Red Peppers, Cucumber with Garden Veggie Shmear on a Multigrain Roll

**TURKEY CLUB MEX WRAP** 740 Cal

Roasted Turkey, Applewood Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion, Spinach with Ancho Mayo on a Whole Wheat Tortilla

**DELI SANDWICHES**

Served on choice of Roll, Bagel or Whole Wheat Tortilla

**TURKEY & CHEDDAR** 550-600 Cal

Roasted Turkey, Lettuce, Tomato, Red Onion, Cheddar Cheese with Mayo & Deli Mustard

**HARVEST CHICKEN SALAD** 530-580 Cal

Grilled Chicken Breast, Celery, Lettuce, Tomato, Red Onion, Craisins® Dried Cranberries, Toasted Almonds with Mayo

**ALBACORE TUNA SALAD** 530-580 Cal

Albacore Tuna, Celery, Lettuce, Tomato, Red Onion with Mayo

**HAM & SWISS** 540-590 Cal

Smoked Ham, Lettuce, Tomato, Red Onion, Swiss Cheese with Mayo & Deli Mustard

**SIGNATURE SANDWICHES**

**ITALIAN CHICKEN TOSTINI** 690 Cal

Grilled Chicken Breast, Pepperoni, Spinach, Roasted Red Peppers, Mozzarella Cheese with Basil Pesto on a Potato Roll

**TURKEY CLUB TOSTINI** 690 Cal

Roasted Turkey, Applewood Bacon, Spinach, Tomato, Mozzarella Cheese with Roasted Tomato Spread on a Potato Roll

**BUFFALO CHICKEN & BACON TOSTINI** 630 Cal

Grilled Chicken Breast, Applewood Bacon, Mozzarella Cheese, Buffalo Wing Sauce and Red Onions on a Potato Roll

**BBQ CHICKEN TOSTINI** 540 Cal

Grilled Chicken Breast, BBQ Sauce, Mozzarella Cheese and Red Onions on a Potato Roll

**ROASTED VEGGIE TOSTINI** 510 Cal

Roasted Asparagus, Sautéed Mushrooms, Spinach, Roasted Red Peppers, Balsamic Onions, Mozzarella Cheese with Garlic & Herb Shmear on a Potato Roll

**THINTASTIC BUFFALO CHICKEN** 430 Cal

Grilled Chicken Breast, Buffalo Wing Sauce, Lettuce, Tomato, Red Onion, Ranch with Reduced Fat Plain Shmear on a Plain Thintastic Bagel

**PIZZA BAGEL**: CHEESE 440 Cal

on a Plain Bagel

**PEPPERONI** 540 Cal

on a Plain Bagel

**BAGEL DOG**: PLAIN 530 Cal

**ASIAGO** 580 Cal

**SAUSAGES & BAGELS**

**ITALIAN CHICKEN TOSTINI** 690 Cal

Grilled Chicken Breast, Pepperoni, Spinach, Roasted Red Peppers, Mozzarella Cheese with Basil Pesto on a Potato Roll

**TURKEY CLUB TOSTINI** 690 Cal

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on a Plain Bagel

**BAGEL DOG**: PLAIN 530 Cal

**ASIAGO** 580 Cal

**SALADS**

Available in our Grab & Go Cooler

*Vegetarian

Contains Nuts

*COLD SMOKED SALMON IS NOT COOKED.

CONSUMING RAW OR UNDER COOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS.

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