

CLASSIC EGGS

EGG SANDWICHES

Served on a Plain Bagel

Bacon & Cheddar
1 Egg 500 Cal6.49
2 Eggs 590 Cal7.89

Turkey-Sausage & Cheddar
1 Egg 520 Cal6.49
2 Eggs 610 Cal7.89

Ham & Swiss
1 Egg 470 Cal6.49
2 Eggs 560 Cal7.89

Cheddar Cheese 🍋
1 Egg 430 Cal5.99
2 Eggs 520 Cal7.39

Big Breakfast Burrito
Bacon, Turkey-Sausage, Shredded Cheese, Green Chiles, Hash Browns, Salsa, Plain Shmear in a Flour Tortilla
2 Eggs 1250 Cal8.09

Avocado Toast 🍋
Smashed Avocado with Salt & Pepper on a Toasted Plain
380 Cal5.19

MAKE IT A MEAL

Add Twice-Baked Hash Brown and Medium Coffee
180 Cal+4.19



CUSTOMIZE

GOURMET IT Upgrade to a Gourmet Bagel Adds 70-130 Cal+.70
LIGHTEN UP Sub Egg Whites Subtract 55 Cal/Egg+.59
CUT CARBS Make Your Bagel Thin Subtract 70-120 Cal



SIGNATURE EGGS

Farmhouse

Bacon, Ham, Cheddar, Country
Pepper Shmear on a Cheesy Hash
Brown Gourmet

- 1 Egg 710 Cal7.59
- 2 Eggs 800 Cal8.99

Garden Avocado 🥑🔥

Tomato, Spinach, Roasted Tomato
Spread on Everything

- 1 Egg 510 Cal6.69
- 2 Eggs 600 Cal8.09

Texas Brisket

Smoked Beef Brisket, Cheddar,
Smoky Chipotle Aioli on a Cheddar
Jalapeño Gourmet

- 1 Egg 780 Cal8.19
- 2 Eggs 870 Cal9.59

All-Nighter

Bacon, Two Slices American Cheese,
Smoky Chipotle Aioli on Cheesy
Hash Brown Gourmet

- 2 Eggs 930 Cal7.89

EGG WHITE SANDWICHES

Santa Fe

Turkey-Sausage, Cheddar, Salsa,
Jalapeño Salsa Shmear on an
Asiago Thin

- 1 Egg White 440 Cal6.89
- 2 Egg Whites 470 Cal8.29

Bacon, Avocado & Tomato

Roasted Tomato Spread on a
Plain Thin

- 1 Egg White 430 Cal7.09
- 2 Egg Whites 460 Cal8.49

🥑 VEGETARIAN 🔥 CONTAINS SESAME



DELI LUNCH

Nova Lox* 🍷
Red Onion, Capers, Tomato, Plain Shmear on a Plain
510 Cal.....**8.89**

Turkey, Bacon & Avocado
Lettuce, Tomato, Roasted Tomato Spread on Toasted Ciabatta
600 Cal.....**8.39**

Tasty Turkey 🍷
Spinach, Cucumber, Lettuce, Tomato, Onion & Chive Shmear on an Asiago
530 Cal.....**8.29**

Avocado Veg Out 🥑 🍷
Tomato, Cucumber, Red Onion, Spinach, Lettuce, Garden Veggie Shmear on a Sesame
400 Cal.....**7.89**

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

Turkey & Cheddar
510-600 Cal.....**7.69**

Ham & Swiss
500-590 Cal.....**7.69**

Chicken Salad
440-530 Cal.....**7.69**



*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

HOT & TOASTY

TOASTED GOURMET

Albuquerque Turkey 🔥
Bacon, Cheddar, Lettuce, Tomato, Green Chiles, Plain Shmear on a Six Cheese Gourmet
710 Cal **7.59**

PIZZA BAGELS

Served on a Plain Bagel

Cheese 🍃 🔥
480 Cal **6.19**

Pepperoni 🔥
570 Cal **7.19**

TOASTED CIABATTA

Pepperoni Chicken
Swiss & Asiago Cheese, Red Onion, Spinach, Roasted Tomato Spread on Toasted Ciabatta
650 Cal **8.19**

Spicy Chicken
Bacon, Cheddar, Jalapeños, Red Onion, Jalapeño Salsa Shmear on Toasted Ciabatta
610 Cal **8.19**

Cheesy Veggie Melt 🍃
Cheddar, Swiss, Tomato, Spinach, Roasted Tomato Spread on Toasted Ciabatta
620 Cal **8.19**

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.



ESPRESSO

HOT LATTES

	M	L
Mocha	5.19 350 Cal	5.79 420 Cal
Caramel Macchiato	5.79 370 Cal	6.39 450 Cal
Latte	5.09 140 Cal	5.69 170 Cal
Chai Tea Latte	4.49 230 Cal	4.79 280 Cal
Hot Chocolate	4.29 400 Cal	4.79 490 Cal

ICED LATTES

	S	L
Mocha	5.19 240 Cal	5.79 390 Cal
Caramel Macchiato	5.79 260 Cal	6.09 420 Cal
Latte	5.09 80 Cal	5.69 140 Cal
Chai Tea Latte	4.49 140 Cal	4.79 250 Cal

CUSTOMIZE IT +1.10

Flavor Shot Adds 5-320 Cal Vanilla • Caramel • Chocolate	Espresso Shot Adds 0 Cal	Almond Milk Less 5-75 Cal
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BEVERAGES

COLD BREW

Classic

S

L

3.69

5 Cal

4.29

5 Cal

Flavored

Vanilla Cream

4.69

180 Cal

5.09

310 Cal

Caramel Cream

210 Cal

360 Cal

Chocolate Cream

200 Cal

340 Cal

Cold Brew Shakes

Vanilla

5.19

350 Cal

6.09

540 Cal

Caramel

390 Cal

620 Cal

Chocolate

380 Cal

590 Cal

Available Coffee-Free

Strawberry Banana Smoothie

S 5.19 280 Cal L 6.09 370 Cal

Brewed Coffee

M 3.19 10 Cal L 3.59 15 Cal

Hot Tea

M 2.89 0 Cal L 3.99 0 Cal

Iced Tea

S 2.89 0 Cal L 3.99 0 Cal

