

BAGELS

BAGEL 2.00 | 240–360 CAL

with Cream Cheese 4.25 | 140–160 CAL

with Tofutti4.25 | 120 CAL

with Butter.....2.70 | 200 CAL

BAGEL FLAVORS

Plain

Contains: Wheat, Soy

Roasted Red Pepper Asiago

Contains: Wheat, Soy, Milk

Everything

Contains: Wheat, Soy, Sesame

Cinnamon Sugar

Contains: Wheat, Soy

Cheddar Jalapeño

Contains: Wheat, Soy, Milk

Gluten-free

Contains: Eggs

SPREADS

Plain Cream Cheese

Contains: Milk

Tofutti

Contains: Soy

Veggie Cream Cheese

Contains: Milk

Butter

Contains: Milk

BAGELS SANDWICHES

BAGEL SANDWICHES | 430–620 CAL

Egg & Cheese..... 5.35
Contains: Wheat, Eggs, Milk, Soy

Sausage, Egg & Cheese..... 7.25
Contains: Wheat, Eggs, Milk, Soy

Bacon, Egg & Cheese 7.25
Contains: Wheat, Eggs, Milk, Soy

Veggie Sausage, Egg & Cheese 7.25
Contains: Wheat, Eggs, Milk, Soy

Substitute: Just Egg (vegan) +1.10 | 70 cal

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