BAGELS

Plain, Asiago, Chocolate Chip, Blueberry, Cinnamon Sugar, Cinnamon Raisin, Sesame, Everything, Sourdough, Honey Wheat (Any bagel also can be served as a Bagel Thin)

Gourmet Bagels (.60 extra)

Power Protein, Green Chili

Shmears:

Plain, Reduced Fat Plain, Blueberry, Onion and Chive, Honey Almond, Strawberry, Salmon, Jalapeño Salsa, Garden Veggie

Bagel w/ Shmear: $2.50

Bagel w/ Hummus: $2.50

Bagel w/ Peanut Butter: $2.00

Bagel w/ Peanut Butter and Jelly: $2.50

Bagel w/ Jelly: $2.00

Bagel w/ Honey Butter: $2.00

Bagel w/ Butter: $2.00

Bagel w/ Nutella $2.50
BREAKFAST SANDWINCHES

Applewood Bacon and Cheddar Egg Sandwich: Plain Bagel, Egg, Bacon and Cheddar Cheese. $4.85

Turkey-Sausage and Cheddar Egg Sandwich: Plain Bagel, Egg, Turkey-Sausage and Cheddar Cheese. $4.85

Ham and Swiss Egg Sandwich: Plain Bagel, Egg, Ham and Swiss. $4.85

Santa Fe Egg Wrap: Wheat Tortilla, Egg, Turkey-Sausage, Pepper Jack Cheese, Salsa, Jalapeño Shmear $4.85

Spinach, Mushroom, and Swiss Egg Sandwich: Plain Bagel, Spinach, Mushroom and Swiss Cheese. $4.85

Egg and Cheddar Sandwich: Plain Bagel, Egg and Cheddar Cheese. $4.55

Asparagus, Mushroom, and Swiss: Bagel Thin, Egg White, Asparagus, Mushroom, Swiss Cheese and Roasted Tomato Sauce. $4.85

Southwest Turkey-Sausage: Bagel Thin, Egg White, Turkey-Sausage, Pepper Jack Cheese, Tomatillo Salsa. $4.85

LUNCH

Deli Turkey: Harvest Grain Bread, Turkey, Cheddar Cheese, Lettuce, Tomato. $5.50

Deli Ham: Harvest Grain Bread, Ham, Swiss Cheese, Lettuce, Tomato. $5.50

Chicken Salad Sandwich: Harvest Grain Bread, Chicken Salad, Lettuce, Tomato. $5.50

Tuna Salad Sandwich: Harvest Grain Bread, Tuna Salad, Lettuce, Tomato. $5.50

Tasty Turkey: Asiago Bagel, Turkey, Onion and Chive Shmear, Lettuce, Tomato, Cucumbers, Spinach. $6.99

Club Mex: Wheat Tortilla, Turkey, Bacon, Ancho-Mayo, Lettuce, Tomato, Red Onion, Spinach. $6.99

Turkey BAT: Honey Wheat Bagel, Turkey, Bacon, Avocado, Roasted Tomato Sauce, Lettuce, Tomato. $6.99

Buffalo Chicken Thintastic: Bagel Thin, Franks Hot Sauce, Chicken, Reduced Fat Plain Shmear, Lettuce, Tomato, Red Onion. $5.85

Nova Lox: Plain Bagel, Plain Shmear, Smoked Salmon, Capers, Tomato, Red Onion served open faced. $6.99
**Honey Smoked Salmon:** Plain Bagel, Onion and Chive Shmear, Tomato, Cucumbers, Red Onion. $6.99

**Turkey Club:** Ciabatta Bread, Roasted Tomato Sauce, Turkey, Bacon, Mozzarella Cheese, Spinach, Tomato. $6.99

**Italian Chicken:** Ciabatta Bread, Pesto, Chicken, Pepperoni, Mozzarella Cheese, Roasted Red Peppers, Spinach. $6.99

**Hummus Veg Out:** Sesame Bagel, Hummus Lettuce, Spinach, Tomato, Cucumbers, Red Onion. $5.50

**Thintastic Club:** Bagel Thin, Roasted Tomato Sauce, Turkey, Bacon, Avocado, Lettuce, Tomato. $5.85

**Pepperoni Pizza Bagel:** Plain Bagel, Pizza Sauce, Shredded Cheese, Asiago Cheese, Pepperoni. $5.50

**Cheese Pizza Bagel:** Plain Bagel, Pizza Sauce, Shredded Cheese, Asiago Cheese. $5.50

**Bagel Dog:** $5.00

**Asiago Bagel Dog:** $5.00

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**SALADS**

**Chicken Caesar:** Romaine Lettuce, Chicken, Asiago Cheese, Croutons, Caesar Dressing. $5.50

**Chicken Club:** Romaine Lettuce, Chicken, Bacon, Cucumbers, Red Onion, Tomato, Asiago Cheese, Croutons, Ranch Dressing. $5.50

**Chef:** Romaine Lettuce, Ham, Turkey, Swiss Cheese, Cheddar Cheese, Tomato, Red Onions, Cucumbers, Croutons, Ranch Dressing. $5.50

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**SIDES**

**Fruit Salad:** $3.50

**Greek Yogurt Parfait:** Greek Yogurt, Honey and Granola. $3.00

**Fruit and Yogurt Parfait:** Yogurt, Strawberries, Blueberries and Granola. $3.50

**Berries and Cream:** Strawberries w/ Strawberry Shmear and Chocolate Dipping Sauce. $3.25

**Cookies:** Chocolate Chip, Snicker doodle, Sugar w/ Frosting, Chocolate Chunk Brownie. $1.50

**Chips:** Baked Lays, Lays, Miss Vickie’s Jalapeño, Sun Chips Harvest Cheddar. $1.25

**Muffins:** Chocolate Chip or Blueberry. $1.95

**Cinnamon Twist:** $1.29
Coffee Cakes: Chocolate Chip or Blueberry. $2.50

DRINKS

Orange Juice: Reg. $2.00, Lg. $2.50

Blackberry Lemonade: Reg. $2.00, Lg. $2.50

Mocha: Can be made Hot, Iced, or Frozen. Reg. $3.95, Lg. $4.25

White Chocolate Mocha: Hot, Iced, or Frozen. Reg. $3.95, Lg. $4.25

Caramel Macchiato: Hot, Iced, or Frozen. Reg. $3.95, Lg. $4.25

Vanilla Hazelnut Latte: Hot, Iced, or Frozen. Reg. $3.95, Lg. $4.25

Vanilla Cream Latte: Hot, Iced, or Frozen. Reg. $3.95, Lg. $4.25

Chai Tea Latte: Hot, Iced, or Frozen. Reg. $3.50, Lg. $3.80

Hot Chocolate: Hot, Iced, or Frozen. Reg. $3.00, Lg. $3.50

Latte: Hot, Iced, or Frozen. Reg. $3.45, Lg. $3.75

Americano: Reg. $2.45, Lg. 2.75

Cappuccino: Hot, Iced, or Frozen. Reg. $3.29, Lg. $3.59

Hot Tea: Reg. $1.79, Lg. $1.99

Fresh Brewed Coffee: Reg. $1.99, Lg. $2.25

Iced Coffee: Reg. $1.60, Lg. $2.05

Iced Tea: Reg. $1.60, Lg. $2.05

Fountain Drinks: Reg. $1.60, Lg. $2.05

Chocolate Milk: $0.75 1%

Milk: $0.75

Strawberry Banana Smoothie: $3.70

Mixed Berry Smoothie: $3.70