



Breakfast, All Day

bagels & cream cheese
Bagels & cream cheese flavors may vary by location.

Bagel Powerbagel® \$

add on toppings

Bagel and

Cream Cheese

Hummus

PB&J Peanut Butter \$

Honey Butter

Butter Spread

Preserves

Cream Cheese Flavors:

Plain • Onion & Chive • Smoked Salmon

25% Less Fat Cream Cheese Flavors:

- Reduced Fat Plain Garden Veggie Garlic Herb
- Honey Almond \$ Jalapeño Salsa Strawberry



Santa Fe Wrap

Turkey Sausage, Ancho-Lime Salsa, Jalapeño Cream Cheese & Pepper Jack Cheese

Egg Sandwiches

Spinach, Mushroom & Swiss * • Bacon & Cheddar Turkey Sausage & Cheddar . Ham & Swiss . Cheese Only

Nova Lox* (where available)

* Cold smoked salmon is not cooked. Consuming raw or undercooked seafood may increase the risk of foodborne illness.

hot sandwiches

Italian Chicken

Hot roasted chicken, pepperoni, pesto sauce, roasted red peppers and mozzarella cheese

Hot Turkey Club

Turkey breast, bacon, spinach, tomato, mozzarella cheese & spicy roasted tomato spread

Lunch Creations

bagel dogs

Original • Asiago

signature sandwiches

Turkey Breast, Ham, Albacore Tuna Salad, or Chicken Salad

Club Mex Wrap

Turkey breast, bacon, pepper jack cheese, ancho mayo, red onions, tomato & spring mix

VegOut® on Sesame Bagel •

Garden Veggie cream cheese, roasted tomato spread, red onions, cucumbers, alfalfa sprouts, lettuce & tomato

Tasty Turkey on Asiago Cheese Bagel

With Onion & Chive cream cheese with cucumbers. alfalfa sprouts, lettuce & tomato

govrmet salads

SMART CHOICES Chicken Chipotle Chopped Salad Natural orilled chicken breast, roasted corn

& black bean salsa, diced tomatoes & red peppers. Finished with an all natural, light chipotle vinaigrette on mixed greens

Strawberry Chicken Chopped Salad \$

Chopped greens with fresh sliced strawberries. Craisins, toasted almonds, chopped natural chicken with a light raspberry dressing





Under 350 Calories & 15g Fat

Bagel Thin Eggwhites

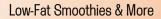
Asparagus, Mushroom, Swiss Thin

Turkey Sausage Thin

Bagel Thin Lunch

Buffalo Chicken Thin

Garden Herb Turkey Thin



Strawberry Banana **Smoothie**

Ultimate Blueberry Smoothie

Low-Fat Yogurt Parfait \$

