

FRESH-BAKED BAGELS

Bagels

- Asiago 300 Cal
- Blueberry 290 Cal
- Chocolate Chip 290 Cal
- Cinnamon Raisin 290 Cal
- Cinnamon Sugar 320 Cal
- Everything 280 Cal
- French Toast 380 Cal
- Honey Whole Wheat 260 Cal
- Plain 260 Cal
- Power Protein 350 Cal
- Sesame Seed 290 Cal
- Sourdough 280 Cal

Rolls

- Potato 300 Cal
- Multigrain 290 Cal

DOUBLE-WHIPPED SHMEAR

Regular

- Plain 150 Cal
- Onion & Chive 140 Cal
- Smoked Salmon 130 Cal

Reduced Fat**

- Reduced Fat Plain 130 Cal
- Honey Almond 150 Cal
- Maple 130 Cal
- Strawberry 140 Cal
- Garden Veggie 130 Cal
- Garlic & Herb 130 Cal
- Jalapeño Salsa 130 Cal

OTHER TOPPINGS

- Butter Blend 180 Cal
- Honey Butter 150 Cal
- Hummus 100 Cal
- Nutella® 230 Cal
- Peanut Butter 170 Cal
- PB&J 240 Cal

BAGEL BOXES

Baker's Dozen Box

13 Bagels & 2 Shmear Tubs 390-450 Cal per serving

Half Dozen Box

6 Bagels & 1 Shmear Tub 390-450 Cal per serving

Add-Ons

Extra Tub of Shmear 520-600 Cal per tub

**25% less fat than our regular shmear.

Fat content has been reduced from 7g to 5g per serving.

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BEVERAGES

Available Hot, Iced or Frozen***

	MED	LRG
Vanilla Hazelnut Latte	220-350 Cal	300-500 Cal
Vanilla Latte	220-310 Cal	270-400 Cal
White Chocolate Mocha	350-410 Cal	430-670 Cal
Caramel Macchiato	330-390 Cal	400-650 Cal
Hazelnut Mocha	290-350 Cal	400-520 Cal
Latte	140-300 Cal	170-410 Cal
Mocha	360-420 Cal	440-690 Cal
Oregon Chai® Tea Latte	240-340 Cal	310-460 Cal
Cappuccino	120-300 Cal	160-410 Cal

Smoothies

	MED
Strawberry Banana	400 Cal
Mixed Berry	390 Cal

Neighborhood Favorites

Fresh-Brewed Coffee	5 Cal	5 Cal
Iced Coffee	5 Cal	5 Cal
Hot Cocoa	360 Cal	440 Cal
Premium Tea (Hot or Iced)	5-35 Cal	5-50 Cal
Orange Juice	230 Cal	
Blackberry Lemonade	290 Cal	
Fountain	0-230 Cal	0-350 Cal



MENU



***At participating locations

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EGG SANDWICHES

Served with your choice of one egg or two.

SERVED ON A PLAIN BAGEL

Applewood Bacon & Cheddar 480 Cal

Turkey-Sausage & Cheddar 500 Cal

Ham & Swiss 460 Cal

Spinach, Mushroom & Swiss 🥑 460 Cal

Cheddar Cheese 🥑 430 Cal

FARMHOUSE 570 Cal

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

FRENCH TOAST 610 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 390 Cal

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

SIGNATURE SANDWICHES

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 650 Cal

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

HUMMUS VEG OUT 🥑 420 Cal

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

TURKEY CLUB MEX WRAP 720 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 640-760 Cal

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

HARVEST CHICKEN SALAD 🥑 530-650 Cal

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

ALBACORE TUNA SALAD 580-700 Cal

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

HAM & SWISS 640-760 Cal

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

HOT SANDWICHES

ITEMS VARY BY LOCATION & ARE SUBJECT TO CHANGE WITHOUT NOTICE.

ITALIAN CHICKEN TOSTINI 710 Cal

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

TURKEY CLUB TOSTINI 700 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 520 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 🥑 on a Plain Bagel 440 Cal
PEPPERONI on a Plain Bagel 530 Cal

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.

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

