

FRESH-BAKED BAGELS

Bagels

- Asiago 290 Cal
- Blueberry 290 Cal
- Chocolate Chip 300 Cal
- Cinnamon Raisin 280 Cal
- Cinnamon Sugar 310 Cal
- Everything 280 Cal
- French Toast 300 Cal
- Honey Whole Wheat 260 Cal
- Plain 270 Cal
- Power Protein 350 Cal
- Sesame Seed 280 Cal

Rolls

- Potato 300 Cal
- Multigrain 290 Cal

DOUBLE-WHIPPED SHMEAR

Regular

- Plain 120 Cal
- Onion & Chive 120 Cal
- Smoked Salmon 110 Cal

Reduced Fat**

- Reduced Fat Plain 100 Cal
- Honey Almond 120 Cal
- Maple 110 Cal
- Strawberry 120 Cal
- Garden Veggie 110 Cal
- Garlic & Herb 110 Cal
- Jalapeño Salsa 110 Cal

OTHER TOPPINGS

- Butter Blend 100 Cal
- Honey Butter 150 Cal
- Hummus 70 Cal
- Nutella® 230 Cal
- Peanut Butter 240 Cal
- PB&J 320 Cal

BAGEL BOXES

Baker's Dozen Box

13 Bagels & 2 Shmear Tubs

Half Dozen Box

6 Bagels & 1 Shmear Tub

Add-Ons

Extra Tub of Shmear

**25% less fat than our regular shmear.
Fat content has been reduced from 12g to 9g 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	360-420 Cal	440-680 Cal
Caramel Macchiato	360-420 Cal	440-700 Cal
Hazelnut Mocha ☘	290-350 Cal	400-520 Cal
Latte	140-300 Cal	170-410 Cal
Mocha	350-410 Cal	430-680 Cal
Oregon Chai® Tea Latte	240-340 Cal	310-460 Cal
Cappuccino	120-270 Cal	170-410 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	350 Cal	430 Cal
Premium Tea (Hot or Iced)	0-30 Cal	0-45 Cal
Orange Juice	230 Cal	
Blackberry Lemonade	290 Cal	
Fountain	0-350 Cal	0-530 Cal



MENU



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

***At participating locations

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EGG SANDWICHES

Served with your choice of one egg or two.
A second egg adds 90 Cal

SERVED ON A PLAIN BAGEL

Applewood Bacon & Cheddar 510 Cal

Turkey-Sausage & Cheddar 500 Cal

Ham & Swiss 460 Cal

Spinach, Mushroom & Swiss 🥑 470 Cal

Cheddar Cheese 🥑 430 Cal

FARMHOUSE 600 Cal

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

FRENCH TOAST 660 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 400 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 630 Cal

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

HUMMUS VEG OUT 🥑 400 Cal

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

TURKEY CLUB MEX WRAP 740 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 550-600 Cal

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

HARVEST CHICKEN SALAD 🥑 530-580 Cal

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

ALBACORE TUNA SALAD 530-580 Cal

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

HAM & SWISS 540-590 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 690 Cal

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

TURKEY CLUB TOSTINI 690 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 510 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 540 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.

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