

# Breakfast, All Day

## bagels & cream cheese

Bagels & cream cheese flavors may vary by location.

Bagel  
Power Protein Bagel

### add on toppings

Bagel and  
Cream Cheese  
Hummus  
PB & J  
Peanut Butter  
Honey Butter  
Butter Blend  
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

### egg sandwiches

#### 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.

# Lunch Creations

## 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

## bagel dogs

Original • Asiago

## signature sandwiches

Served on choice of bagel,  
bread or whole wheat wrap

Deli 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, spinach, lettuce & tomato

Tasty Turkey on Asiago  
Cheese Bagel  
With Onion & Chive cream cheese with cucumbers,  
spinach, lettuce & tomato

## gourmet salads

Chicken Chipotle Chopped Salad  
Natural\* grilled 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



## SMART CHOICES

Under 350 Calories & 15g Fat

### Bagel Thin Eggwhites

Asparagus, Mushroom,  
Swiss Thin  
270 calories

Southwest Turkey-Sausage  
Thin  
349 calories

### Bagel Thin Lunch

Buffalo Chicken Thin  
330 calories

Bagel Thin Club  
330 calories

### Low-Fat Smoothies & More

Strawberry Banana  
Smoothie  
330 calories

Mixed Berry Smoothie  
320 calories

Low-Fat Yogurt  
Parfait  
170 calories

