



SIGNATURE Hot/Iced/Blended REG LRG

Caramel High Rise® Caramel Macchiato + Whip	300-710 Cal	4.99	350-820 Cal	5.29
Vanilla White Mocha Whip + Chocolate Chips	250-770 Cal	4.99	430-900 Cal	5.29
Turtle Mocha Caramel, Whip + Turtle Topping	430-920 Cal	4.99	540-1040 Cal	5.29

COLD PRESS REG LRG

Classic, Caramel, Vanilla, Vanilla Hazelnut	0-100 Cal	2.99	5-130 Cal	3.29
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BLENDED REG LRG

Caribou Coolers® Coffee + Ice + Flavor + Whip Real Vanilla, Real Chocolate or Real Caramel	600-710 Cal	4.99	690-820 Cal	5.29
Smoothies Strawberry Banana or Mango Orange Key Lime	380/450 Cal	4.99	450/540 Cal	5.29

○ CAFFEINE FREE

CLASSICS Hot/Iced REG LRG

Mocha	250-540 Cal	4.48	300-650 Cal	4.79
Latte	180/110 Cal	3.68	220/120 Cal	4.19
Cappuccino	110 Cal	3.68	130/120 Cal	4.19
Chai Tea Latte	320/240 Cal	3.78	380/290 Cal	4.29
Hot Chocolate	290-600 Cal	2.59	370-740 Cal	2.89

CUSTOMIZE ANY DRINK **+65¢**

ESPRESSO SHOT Adds 0 Cal	FLAVOR SHOT Adds 5-320 Cal (REG/LRG)	ALMOND MILK Less 5-75 Cal (REG/LRG)	SOY MILK Less 0-35 Cal (REG/LRG)
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TEA REG LRG

Iced Tea	0 Cal	2.04	0 Cal	2.24
Hot Tea	0 Cal	2.14	0 Cal	2.29

COFFEE OF THE DAY REG LRG

Self-Serve	5 Cal	2.39	5 Cal	2.59
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Now proudly serving



HOT AND TOASTY



SIGNATURE CREATIONS



Thintastic Buffalo Chicken

430 Cal 8.28

 **Cheese Pizza Bagel**

440 Cal 6.08

Pepperoni Pizza Bagel

540 Cal 6.18

TOSTINIS

Turkey Club

690 Cal 8.28

Buffalo Chicken & Bacon

630 Cal 8.28

Italian Chicken

690 Cal 8.28

BBQ Chicken

540 Cal 8.28

 VEGETARIAN
 CONTAINS NUTS

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

Nova Lox*

490 Cal 7.86

Turkey, Bacon & Avocado

630 Cal 7.54

Tasty Turkey

500 Cal 7.54

 **Hummus Veg Out**

400 Cal 7.02

Turkey Club Mex Wrap

740 Cal 7.91

DELI Served on choice of Roll, Bagel or Whole Wheat Tortilla

Turkey & Cheddar

550-600 Cal 7.02

Ham & Swiss

540-590 Cal 7.02

 **Harvest Chicken Salad**

530-580 Cal 7.02

Albacore Tuna Salad

530-580 Cal 7.02

*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS. NOVA LOX CONTAINS ARTIFICIAL COLORS.

CAGE-FREE EGGS



FRESH-BAKED BAGELS



Served on a Plain Bagel

ONE EGG | TWO EGGS

	ONE EGG	TWO EGGS
Applewood Bacon & Cheddar	510 Cal 5.34	600 Cal 5.49
Turkey-Sausage & Cheddar	540 Cal 5.34	590 Cal 5.49
Ham & Swiss	490 Cal 5.34	550 Cal 5.49
🌿 Spinach, Mushroom & Swiss	470 Cal 5.34	560 Cal 5.49
🌿 Cheddar Cheese	470 Cal 5.02	520 Cal 5.19

CHEF'S CREATIONS

Farmhouse	600 Cal 5.86	690 Cal 5.99
French Toast	660 Cal 5.34	750 Cal 5.99
Santa Fe Wrap		710 Cal 6.13
Southwest Egg White	400 Cal 5.34	430 Cal 5.99

LIGHTEN UP

Substitute Egg Whites

Subtract 60 Cal per egg

Bagel	260-310 Cal	1.46
🌿 Power Protein Bagel	350 Cal	2.09

BAGEL + TOPPING

Shmear	360-460 Cal	3.03
🌿 Nutella®	490-640 Cal	3.14
Hummus	330-380 Cal	3.03
🌿 Natural PB	500-650 Cal	3.03
🌿 PB&J	580-630 Cal	3.03
Butter	360-410 Cal	2.19
Honey Butter	510-560 Cal	2.19

BAGEL BOXES

Baker's Dozen Box	20.76
13 Bagels & 2 Shmear Tubs	
Half Dozen Box	10.00
6 Bagels & 1 Shmear Tub	
Extra Tub of Shmear	540-630 Cal 3.87

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WHIPPED SHMEAR

REGULAR

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

REDUCED FAT*

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

*25% less fat than our regular shmear. Fat content has been reduced from 12g to 9g per serving.