FIND YOUR

# Sweet Spot

BREWED COFFEE

COLD PRESS

VANILLA LATTE

CARAMEL HIGH RISE

CHOCOLATE COOLER

*Proudly Crafting*

Caribou COFFEE®

| SIGNATURE | MED | LRG |
|---|---|---|
| CARAMEL HIGH RISE*<br>*Whip + Caramel Sauce* | 300-700 Cal | 350-820 Cal |
| VANILLA WHITE MOCHA<br>*Whip + Chocolate Chips* | 250-750 Cal | 430-900 Cal |

| CLASSICS | MED | LRG |
|---|---|---|
| MOCHA | 250-540 Cal | 300-650 Cal |
| LATTE | 180/110 Cal | 220/120 Cal |
| CAPPUCCINO | 110 Cal | 130/120 Cal |
| CHAI TEA LATTE | 320-240 Cal | 380/290 Cal |
| HOT CHOCOLATE | 790-600 Cal | 370-740 Cal |

| COFFEE | MED | LRG |
|---|---|---|
| COLD PRESS<br>*Classic, Caramel, Vanilla*<br>*Vanilla Hazelnut* | 0-100 Cal | 5-100 Cal |
| COFFEE OF THE DAY | 5 Cal | 5 Cal |

| BLENDED | MED | LRG |
|---|---|---|
| CARIBOU COOLERS<br>*Coffee + Ice + Flavor + Whip*<br>*Real Vanilla, Chocolate or Caramel* | 600-710 Cal | 690-820 Cal |
| SMOOTHIES ○<br>*Strawberry Banana or Mango Orange*<br>*Key Lime* | 380/450 Cal | 450/540 Cal |

| TEA | MED | LRG |
|---|---|---|
| ICED TEA | 0 Cal | 0 Cal |
| HOT TEA | 0 Cal | 0 Cal |

| FOUNTAIN | MED | LRG |
|---|---|---|
| | 0-350 Cal | 0-530 Cal |

ESPRESSO DRINKS ARE NOT AVAILABLE AT ALL LOCATIONS.

○ CAFFEINE FREE

CONTAINS NUTS

EINSTEIN BROS BAGELS®

# MENU

## BAGEL BOXES

**Baker's Dozen**
*13 BAGELS + 2 SHMEAR TUBS*

**Half Dozen**
*6 BAGELS + 1 SHMEAR TUB*

## AVOCADO TOAST 400 Cal

*SMASHED AVOCADO WITH SALT & PEPPER ON A TOASTED PLAIN*

## FRESH-MADE BAGELS

### CLASSIC

| | | | |
|---|---|---|---|
| Asiago | 290 Cal | Everything | 280 Cal |
| Blueberry | 280 Cal | Honey Wheat | 290 Cal |
| Chocolate Chip | 300 Cal | Plain | 270 Cal |
| Cinnamon Raisin | 290 Cal | Sesame Seed | 280 Cal |
| Cinnamon Sugar | 300 Cal | | |

### GOURMET

| | |
|---|---|
| Cheesy Hash Brown | 400 Cal |
| Six Cheese | 370 Cal |

## DOUBLE-WHIPPED SHMEAR

| | | | |
|---|---|---|---|
| Plain | 120 Cal | Honey Almond** | 120 Cal |
| Onion & Chive | 120 Cal | Jalapeno Salsa** | 110 Cal |
| Smoked Salmon | 110 Cal | Red. Fat Plain** | 100 Cal |
| Garden Veggie** | 110 Cal | Strawberry** | 120 Cal |
| Garlic & Herb** | 110 Cal | | |

## TOPPINGS

| | | | |
|---|---|---|---|
| Avocado | 120 Cal | Natural PB | 240 Cal |
| Butter Blend | 100 Cal | PB&J | 320 Cal |
| Hummus | 110 Cal | | |

## EGG SANDWICHES

### SIGNATURE

**Farmhouse** 680 Cal
*EGGS, BACON, SMOKED HAM, CHEDDAR CHEESE WITH COUNTRY PEPPER SHMEAR ON A CHEESY HASH BROWN GOURMET BAGEL*

**Big Breakfast Burrito** 1200 Cal
*EGGS, BACON, TURKEY BREAST, SHREDDED CHEESE, GREEN CHILES, HASH BROWNS, SALSA, PLAIN SHMEAR IN A FLOUR TORTILLA*

**Crispy Chicken & Tater** 810 Cal
*EGGS, CRISPY CHICKEN BREAST, CHEDDAR CHEESE WITH COUNTRY PEPPER SHMEAR ON A CHEESY HASH BROWN GOURMET BAGEL*

**Spinach, Mushroom & Swiss** 510 Cal
*EGGS, SWISS, SAUTÉED SPINACH AND MUSHROOM ON A HONEY WHOLE WHEAT BAGEL*

### EGG WHITES

**Santa Fe** 420 Cal
*EGG WHITES, TURKEY-SAUSAGE, PEPPER JACK CHEESE WITH SALSA AND JALAPENO SALSA SHMEAR ON AN ASIAGO THINTASTIC BAGEL*

**Bacon, Avocado & Tomato** 410 Cal
*EGG WHITES, BACON, AVOCADO, TOMATO WITH ROASTED TOMATO SPREAD ON A PLAIN THINTASTIC BAGEL*

### CLASSIC *SERVED ON A PLAIN BAGEL*

| | |
|---|---|
| Bacon & Cheddar | 470 Cal |
| Turkey-Sausage & Cheddar | 490 Cal |
| Ham & Swiss | 470 Cal |
| Cheddar Cheese | 420 Cal |

## CUSTOMIZE IT

| | |
|---|---|
| Add a Second Egg | ADDS 90 Cal |
| Upgrade to a Gourmet Bagel | ADDS 70 - 130 Cal |
| Substitute Egg White | SUBTRACT 55 Cal |
| Make Your Bagel Thintastic | SUBTRACT 70 - 120 Cal |

VEGETARIAN CONTAINS NUTS

## DELI LUNCH

**Nova Lox*** 500 Cal
*NOVA LOX, RED ONION, CAPERS, TOMATO WITH PLAIN SHMEAR ON A PLAIN BAGEL*

**Turkey, Bacon & Avocado** 580 Cal
*ROASTED TURKEY, BACON, AVOCADO, LETTUCE, TOMATO WITH ROASTED TOMATO SPREAD ON TOASTED CIABATTA*

**Tasty Turkey** 510 Cal
*ROASTED TURKEY, SPINACH, CUCUMBER, LETTUCE, TOMATO WITH ONION & CHIVE SMEAR ON AN ASIAGO BAGEL*

**Hummus Veg Out** 360 Cal
*TOMATO, RED ONION, SPINACH, LETTUCE, CUCUMBER WITH GARDEN VEGGIE SHMEAR ON A HONEY WHOLE WHEAT BAGEL*

**California Turkey Club Wrap** 650 Cal
*ROASTED TURKEY, BACON, AVOCADO, TOMATO, CUCUMBER, RED ONION, SPINACH, ROASTED TOMATO SPREAD, GARLIC & HERB SHMEAR IN A FLOUR TORTILLA*

## DELI SELECTS

*SERVED ON YOUR CHOICE OF BAGEL, TOASTED CIABATTA OR FLOUR TORTILLA*

| | |
|---|---|
| Turkey & Cheddar | 470-590 Cal |
| Ham & Swiss | 480-590 Cal |
| Albacore Tuna Salad | 420-540 Cal*** |
| Chicken Salad | 460-570 Cal*** |

## TOASTED GOURMET

**Albuquerque Turkey** 680 Cal
*ROASTED TURKEY, BACON, PEPPER JACK CHEESE, LETTUCE, TOMATO, GREEN CHILES, PLAIN SHMEAR ON A SIX CHEESE GOURMET*

## TOASTED CIABATTA

**Pepperoni Chicken** 680 Cal
*GRILLED CHICKEN BREAST, PEPPERONI, SWISS & ASIAGO CHEESE, RED ONION, SPINACH, ROASTED TOMATO SPREAD ON TOASTED CIABATTA*

**Buffalo Chicken & Bacon** 570 Cal
*GRILLED CHICKEN BREAST, BACON, CHEDDAR, BUFFALO WING SAUCE, RANCH, RED ONION ON TOASTED CIABATTA*

**Roasted Veggie** 470 Cal
*SWISS, SAUTÉED MUSHROOMS & SPINACH, TOMATO, RED ONION, GARLIC & HERB SHMEAR ON TOASTED CIABATTA*

## PIZZA BAGELS

*SERVED ON A PLAIN BAGEL*

| | |
|---|---|
| Cheese | 450 Cal |
| Pepperoni | 540 Cal |

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

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

*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDER COOKED SEAFOOD MAY INCREASE THE RISK OF FOOD-BORNE ILLNESS.

*** Items subject to change without notice and may not be available in all locations..