

BAGEL BOXES

Baker's Dozen 13 Bagels + 2 Shmeared Tubs
Half Dozen 6 Bagels + 1 Shmeared Tub

SHMEARFULS

Mini Bagels filled with Shmeared. Ask about our rotating seasonal selections.

Asiago Parmesan 90 Cal **French Toast Maple** 100 Cal
Plain 80 Cal

AVOCADO TOAST 400-500 Cal

Everything seasoning, salt & pepper on a Classic Bagel

FRESH-BAKED BAGELS

CLASSIC

Ancient Grain 280 Cal	Onion 270 Cal
Cinnamon Raisin 280 Cal	Plain 270 Cal
Cranberry 310 Cal	Poppy Seed 290 Cal
Everything 280 Cal	Pumpkin Seed 270 Cal
Garlic 280 Cal	Sesame Seed 290 Cal
Honey Wheat 260 Cal	

SIGNATURE

Asiago 300 Cal	French Toast 370 Cal
Blueberry 290 Cal	Potato 280 Cal
Chocolate Chip 300 Cal	Pretzel 280 Cal
Cinnamon Sugar 320 Cal	

GOURMET

Apple Cinnamon 450 Cal	Power Protein 350 Cal
Cheddar Jalapeño 340 Cal	Six Cheese 370 Cal
Cheesy Hash Brown 400 Cal	Spinach Florentine 370 Cal
Green Chile 390 Cal	

DOUBLE-WHIPPED SHMEAR

Plain 120 Cal	Honey Almond** 120 Cal
Onion & Chive 120 Cal	Jalapeño Salsa** 110 Cal
Smoked Salmon 110 Cal	Reduced Fat Plain**
Garden Veggie** 110 Cal	100 Cal
Garlic & Herb** 110 Cal	Strawberry** 120 Cal

TOPPINGS

Butter Blend 100 Cal	Jelly 70 Cal
Honey 90 Cal	Natural PB 240 Cal
Hummus 110 Cal	Nutella® 230 Cal

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



MENU

CLASSICS

HOT or ICED	S	M	L
MOCHA	250 Cal	380 Cal	500 Cal
LATTE	120 Cal	180 Cal	220 Cal
CARAMEL HIGH RISE®	260 Cal	370 Cal	460 Cal
CAPPUCCINO	90 Cal	110 Cal	130 Cal
CHAI TEA LATTE	250 Cal	320 Cal	380 Cal
HOT CHOCOLATE	310 Cal	450 Cal	580 Cal

CUSTOMIZE IT:

flavor shot, espresso shot or almond milk

COFFEE

	S	M	L
COLD PRESS	5 Cal	5 Cal	5 Cal
COFFEE OF THE DAY	5 Cal	5 Cal	5 Cal

Caribou Blend Medium Roast
 Caribou Blend Decaf Medium Roast
 Fireside Dark Roast
 Vanilla Hazelnut Flavored Medium Roast

BLENDED

	S	M	L
CARIBOU COOLERS®	520-600 Cal	600-710 Cal	690-820 Cal

Coffee + Ice + Flavor + Whip
 Real Vanilla, Chocolate or Caramel

STRAWBERRY BANANA SMOOTHIE	280 Cal	360 Cal	430 Cal
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TEA

	S	M	L
HOT TEA	0 Cal	0 Cal	0 Cal
ICED TEA	0 Cal	0 Cal	0 Cal

FOUNTAIN

0-280 Cal 0-420 Cal



THE *Caribou*
 Coffeehouse

NOW INSIDE THE BAGELHOUSE

Espresso drinks not available at all locations.

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CHEF'S EGG CREATIONS

Farmhouse 680 Cal

Cage-Free Eggs, Thick-Cut Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel

Chorizo Sunrise 840 Cal

Cage-Free Eggs, Chorizo, Pepper Jack Cheese, Avocado, Jalapeño Salsa Shmear on a Green Chile Gourmet Bagel

Santa Fe 560 Cal

Cage-Free Eggs, Turkey-Sausage, Pepper Jack Cheese with Roasted Tomato Salsa and Jalapeño Salsa Shmear on an Asiago Bagel

Bacon & Spinach 700 Cal

Cage-Free Eggs, Thick-Cut Bacon, Swiss Cheese with Roasted Tomato Spread on a Spinach Florentine Gourmet Bagel

Crispy Chicken & Tater 800 Cal

Cage-Free Eggs, Crispy Chicken Breast, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel

Southwest Egg White 410 Cal

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

CLASSIC EGG SANDWICHES

Upgrade to a Gourmet Bagel

Adds 60-80 Cal

Add a Second Egg

Adds 80 Cal

Applewood Bacon & Cheddar 450 Cal

Turkey-Sausage & Cheddar 480 Cal

Ham & Swiss 450 Cal

🍴 Spinach, Mushroom & Swiss 490 Cal

🍴 Cheddar Cheese 410 Cal

LIGHTEN UP

Substitute Egg White

Subtract 35 Cal per Egg

Make Your Bagel Thintastic

Subtract 70-120 Cal

🍴 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. Additional nutrition information available upon request.

Items subject to change without notice and may not be available in all locations. Hebrew National® is a registered trademark of ConAgra Foods RDM, Inc.

SIGNATURE LUNCH

Side Included: Pickle 5 Cal and choice of:

Chips 180 Cal • Potato Salad 220 Cal • Fresh Fruit 50 Cal

Nova Lox* 480 Cal

Nova Lox, Red Onion, Capers, Tomato with Plain Shmear on a Plain Bagel

Turkey, Bacon & Avocado 620 Cal

Roasted Turkey, Thick-Cut Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Fresh-Baked Potato Roll

Tasty Turkey 510 Cal

Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmear on an Asiago Bagel

🍴 Hummus Veg Out 450 Cal

Hummus, Tomato, Red Onion, Spinach, Arugula, Roasted Red Peppers, Cucumber with Garden Veggie Shmear on a Fresh-Baked Multigrain Roll

Turkey & Cheddar 550 Cal

Roasted Turkey, Cheddar Cheese, Lettuce, Tomato, Red Onion with Mayo and Deli Mustard on a Fresh-Baked Potato Roll

Ham & Swiss 560 Cal

Smoked Ham, Swiss Cheese, Lettuce, Tomato, Red Onion, with Mayo and Deli Mustard on a Fresh-Baked Potato Roll

🍴 Harvest Chicken Salad 590 Cal

Grilled Chicken Breast, Celery, Craisins® Dried Cranberries, Toasted Almonds and Mayo with Lettuce, Tomato, Red Onion on a Fresh-Baked Multigrain Roll

Albacore Tuna Salad 560 Cal

Albacore Tuna, Celery and Mayo with Lettuce, Tomato, Red Onion on a Fresh-Baked Multigrain Roll

HOT & TOASTY LUNCH

Chicken Florentine 620 Cal

Grilled Chicken Breast, Mozzarella & Asiago Cheeses, Spinach, Tomato with Garlic & Herb Shmear on a Spinach Florentine Gourmet Bagel

Crispy Chicken & Tater 620 Cal

Crispy Chicken Breast, Cheddar, Lettuce, Tomato, Red Onion and Mayo on a Cheesy Hash Brown Gourmet Bagel

Green Chile Club 680 Cal

Roasted Turkey, Thick-Cut Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion with Mayo on a Green Chile Gourmet Bagel

Italian Chicken 670 Cal

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

Thintastic Chicken Pesto 480 Cal

Grilled Chicken Breast, Mozzarella Cheese, Tomato with Pesto and Balsamic Vinaigrette on a Plain Thintastic Bagel

Pizza Bagel: 🍴 Cheese or Pepperoni 440/530 Cal

Bagel Dog: Plain or Asiago 530/580 Cal

Hebrew National® Hot Dog

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