

## BAGEL BOXES

### Baker's Dozen

13 Bagels &  
2 Shmear Tubs

### Half Dozen

6 Bagels &  
1 Shmear Tub

## AVOCADO TOAST

400-500 Cal

Everything seasoning, salt & pepper on a Classic Bagel

## FRESH-BAKED BAGELS

Asiago	300 Cal	Honey Whole Wheat	
Blueberry	290 Cal		260 Cal
Chocolate Chip	300 Cal	Plain	270 Cal
Cinnamon Raisin	280 Cal	Poppy Seed	290 Cal
Cinnamon Sugar	320 Cal	Potato	280 Cal
Everything	280 Cal	Pretzel	280 Cal
French Toast	370 Cal	Sesame Seed	290 Cal

## Gourmet

Cheddar Jalapeño	340 Cal	Power Protein	350 Cal
Cheesy Hash Brown		Six Cheese	370 Cal
	400 Cal		
Green Chile	390 Cal		

## DOUBLE-WHIPPED SHMEAR

Plain	120 Cal	Honey Almond**	120 Cal
Onion & Chive	120 Cal	Jalapeno Salsa**	110 Cal
Smoked Salmon	110 Cal	Maple**	110 Cal
Blueberry**	130 Cal	Reduced Fat Plain**	
Garden Veggie**	110 Cal		100 Cal
Garlic & Herb**	110 Cal	Strawberry**	120 Cal

## TOPPINGS

Avocado	120 Cal	Jelly	70 Cal
Butter	100 Cal	Nutella®	230 Cal
Honey	90 Cal	Natella PB	240 Cal
Hummus	110 Cal		

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

## HAND - CRAFTED SIPS

Fancy	Hot, Iced or Frozen	MED	LRG
Vanilla Latte		220-310 Cal	270-400 Cal
Vanilla Hazelnut Latte		220-350 Cal	300-500 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

Classic	Hot, Iced or Frozen	MED	LRG
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

Favorites	MED	LRG
Coffee & Hot Tea	5 Cal	5 Cal
Heavenly Hot Chocolate	350 Cal	430 Cal
Fountain & Iced Tea	0-350 Cal	0-530 Cal
Strawberry Banana Smoothie	400 Cal	540 Cal
Mixed Berry Smoothie	390 Cal	580 Cal

## Bottle Drinks

Coke	240 Cal
Sprite	240 Cal
Diet Coke	0 Cal
Coke Zero	0 Cal
Dasani	0 Cal
0 Cal Smart Water	
Fruit Cup	170 Cal
Greek Yogurt	+270 Cal
Regular Yogurt	+200 Cal

## Individual Salads

Cup or Bowl of Soups Available daily ask for daily specials



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

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MENU005

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## VET-MED TAKE OUT MENU MOCHA



### CHEESY WAKIN' BACON



NO YOLK

TRY OUR NEW FLAVORS!  
Available for a limited time only.

## CHEF'S EGG CREATIONS

### Farmhouse 710 Cal

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

### French Toast 700 Cal

Cage-Free Eggs, Thick-Cut Bacon, Cheddar Cheese with Maple Shmear on a French Toast Bagel

### Southwest Egg White 400 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 60-80 cal

Add a Second Egg 80Cal

### Applewood Bacon & Cheddar 470 Cal

### Turkey-Sausage & Cheddar 470 Cal

### Ham & Swiss 450 Cal

### Spinach, Mushroom & Swiss 490 Cal

### Cheddar Cheese 410 Cal

## LIGHTEN UP

Substitute Egg White  
Make Your Bagel Thintastic

Subtract 50 Cal per Egg  
Subtract 70-120 Cal

COLOD SMOKED SALMON IS NOT COOKED CONSUMING RAW OR UNDER COOKED SEAFOOD MAY INCREASE THE RISK OF FOODBOSRNE 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.  
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## SIGNATURE LUNCH

### Chips 180 Cal

### Nova Lox\* 480 Cal

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

### Turkey, Bacon & Avocado 660 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

### Albacore Tuna Salad 560 Cal

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

## HOT & TOASTY SANDWICHES

### Italian Chicken 670 Cal

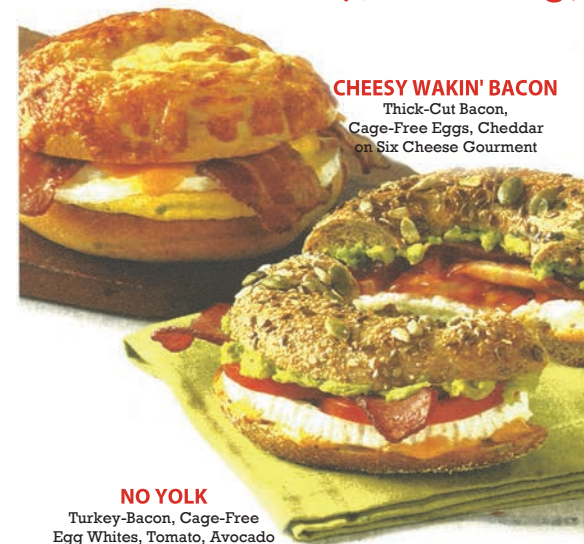
Grilled Chicken Breast, Mozzarella Cheese, Pepperoni, Spinach, Roasted Red Peppers with Basil Pesto on a FreshBaked Potato Roll

### Pizza Bagel: Cheese or Pepperoni 440/530 Cal

### Bagel Dog: Plain or Asiago 530/580 Cal

Hebrew National® Hot Dog

## SPECIAL THIS SEASON



### CHEESY WAKIN' BACON

Thick-Cut Bacon,  
Cage-Free Eggs, Cheddar  
on Six Cheese Gourmet

### NO YOLK

Turkey-Bacon, Cage-Free  
Egg Whites, Tomato, Avocado  
Roasted Tomato Spread on  
Ancient Grain Thintastic

## SHMEARFULS



Asiago Parmesan  
Chocolate Chip  
Cheesecake  
French Toast  
Everything  
Plain

Pretzel Beer Cheese

## NOVA LOX

Lox, Red Onion, Capers, Tomato  
with Plain Shmear on Sesame

