



SIGNATURE

HOT/ICED/BLENDED MED / LRG

TURTLE MOCHA
Caramel, Whip + Turtle Topping **M 430-920 Cal**
L 540-1070 Cal

CAMPFIRE MOCHA®
Toasted Marshmallow, Whip + Chocolate Chips **M 310-790 Cal**
L 410-920 Cal

VANILLA WHITE MOCHA
Whip + Chocolate Chips **M 350-770 Cal**
L 430-900 Cal

MINT CONDITION® MOCHA
Whip + Mint Candy Topping **M 330-800 Cal**
L 410-930 Cal

CARAMEL HIGH RISE®
Whip + Caramel Sauce **M 300-710 Cal**
L 350-820 Cal

CLASSICS HOT/ICED

MOCHA **M 250-540 Cal**
L 300-650 Cal

LATTE **M 180/110 Cal**
L 220/120 Cal

CAPPUCCINO **M 110 Cal**
L 130/120 Cal

CHAI TEA LATTE **M 320/240 Cal**
L 380/290 Cal

HOT CHOCOLATE **M 290-600 Cal**
L 370-740 Cal

NORTHERN LITE® LATTE **M 70-140 Cal**
L 70-160 Cal

CUSTOMIZE ANY DRINK

ESPRESSO SHOT **Adds 0 Cal**
FLAVOR SHOT **Adds 5-320 Cal (S•M•L)**
ALMOND MILK **Less 5-75 Cal (S•M•L)**
SOY MILK **Less 0-35 Cal (S•M•L)**

TEA

MED / LRG

SPARKLING / STILL

Green Tea Lemonade **M 210 Cal • L 280 Cal**
Peach Black **M 140 Cal • L 170 Cal**

ICED TEA

Classic Black **M 0 Cal • L 0 Cal**
Mango Black **M 0 Cal • L 0 Cal**
Tropical Green **M 0 Cal • L 0 Cal**

HOT TEA

Earl Grey **M 0 Cal • L 0 Cal**
Citron Green **M 0 Cal • L 0 Cal**
Hot Cinnamon Spice **M 0 Cal • L 0 Cal**
Mango Black **M 0 Cal • L 0 Cal**
Mint Verbena **M 0 Cal • L 0 Cal**

BLENDED

CARIBOU COOLERS®

Coffee blended with ice and simple ingredients.
Real Caramel **M 710 Cal • L 820 Cal**
Real Vanilla **M 600 Cal • L 690 Cal**
Real Chocolate **M 670-690 Cal • L 780-810 Cal**

COFFEELESS COOLERS

Cookies & Cream **M 880-900 Cal • L 1040-1060 Cal**
Brownie **M 930-950 Cal • L 1100-1130 Cal**
Cereal Milk **M 800 Cal • L 940 Cal**

SMOOTHIES

Strawberry Banana **M 380 Cal • L 450 Cal**
Mango Orange Key Lime **M 450 Cal • L 540 Cal**

COLD PRESS

Slow brewed, double filtered over 12 hours **M 5 Cal • L 5 Cal**

CRAFTED PRESS

HOT/ICED/BLENDED

Original **M 100 Cal • L 150 Cal**
Caramel **M 150 Cal • L 230 Cal**
Vanilla **M 130 Cal • L 190 Cal**
Chocolate **M 150-160 Cal • L 230-240 Cal**

CAFFEINE-FREE

MENU



COFFEE
BAGELS





ALL-DAY BREAKFAST



CLASSIC EGG

BACON + CHEDDAR 490 Cal

TURKEY SAUSAGE +
CHEDDAR 490 Cal

HAM + SWISS 450 Cal

SPINACH, MUSHROOM +
SWISS 460 Cal

➔ CHEDDAR 420 Cal

SIGNATURE EGG

FARMHOUSE 730 Cal
Cage-Free Eggs, Thick-Cut Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Gourmet Bagel

CHORIZO SUNRISE 790 Cal
Cage-Free Eggs, Avocado, Pepper Jack Cheese with Jalapeño Salsa Shmear on a Green Chile Gourmet Bagel

FRENCH TOAST 720 Cal
Cage-Free Eggs, Thick-Cut Bacon, Cheddar Cheese with Maple Shmear on a French Toast 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 720 Cal
Cage-Free Eggs, Thick-Cut Bacon, Swiss Cheese with Roasted Tomato Spread on a Spinach Florentine Gourmet Bagel

SOUTHWEST EGG WHITE 400 Cal
Egg White, Turkey-Sausage, Pepper Jack Cheese with Tomatillo Salsa and Plain Shmear on a Plain Thintastic Bagel

SALMON NOVA LOX* 480 Cal
Nova Lox, Red Onion, Capers, Tomato with Plain Shmear on a Plain Bagel

➔ VEGETARIAN ⚡ CONTAINS NUTS

LUNCH + DINNER

Includes: Chips, (180 Cal), Potato Salad (220 Cal) or Fresh Fruit (50 Cal)



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

HOT GREEN CHILE CLUB 660 Cal
Roasted Turkey, Thick-Cut Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion with Mayo on a Green Chile Gourmet Bagel

HOT CHICKEN PESTO 660 Cal
Grilled Chicken Breast, Roasted Red Peppers, Spinach, Mozzarella Cheese with Pesto on a Fresh-Baked Potato Roll

TURKEY + CHEDDAR 570 Cal
Roasted Turkey, Lettuce, Tomato, Red Onion, Cheddar Cheese with Mayo and Deli Mustard on a Fresh-Baked Potato Roll

HAM + SWISS 560 Cal
Smoked Ham, Lettuce, Tomato, Red Onion, Swiss Cheese 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

➔ HUMMUS VEG OUT 440 Cal
Hummus, Tomato, Red Onion, Spinach, Arugula, Roasted Red Peppers, Cucumber with Garden Veggie Shmear on a Fresh-Baked Multigrain Roll

*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS.
**25% less fat than our regular shmear.
2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

BAGELS + SHMEAR

CLASSIC

Ancient Grain 280 Cal Honey Whole Wheat 260 Cal
Asiago 300 Cal Onion 270 Cal
Blueberry 290 Cal Plain 270 Cal
Chocolate Chip 300 Cal Poppy Seed 290 Cal
Cinnamon Raisin 280 Cal Potato 280 Cal
Cinnamon Sugar 320 Cal Pretzel 280 Cal
Cranberry 310 Cal Pumpernickel 270 Cal
Everything 280 Cal Sesame 290 Cal
French Toast 370 Cal
Garlic 280 Cal

GOURMET

Apple Cinnamon 450 Cal Green Chile 330 Cal
⚡ Power Protein 350 Cal
Cheddar Jalapeño 360 Cal Six Cheese 370 Cal
Cheesy Hash Brown 400 Cal Spinach Florentine 360 Cal

CREAM CHEESE SHMEAR

REGULAR:

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

REDUCED FAT**:

Plain 100 Cal ⚡ Honey Almond 120 Cal
Blueberry 130 Cal Jalapeño Salsa 110 Cal
Garden Veggie 110 Cal Maple 110 Cal
Garlic & Herb 110 Cal Strawberry 120 Cal

TOPPINGS

Butter 100 Cal Jelly 70 Cal
Honey 90 Cal ⚡ Nutella® 230 Cal
Hummus 70 Cal ⚡ Peanut Butter 240 Cal

BAGEL TOPPERS

➔ The Herbivore 390 Cal
Spicy Devil 450 Cal
⚡ Nutty Monkey 590 Cal

