**FRESH-BAKED BAGELS**

### Bagels
- Asiago 300 Cal
- Blueberry 290 Cal
- Chocolate Chip 290 Cal
- Cinnamon Raisin 290 Cal
- Cinnamon Sugar 320 Cal
- Everything 280 Cal
- Honey Whole Wheat 260 Cal
- Plain 260 Cal
- Power Protein 350 Cal
- Sesame Seed 290 Cal
- Sourdough 280 Cal

### DOUBLE-WHIPPED SHMEAR

#### Regular
- Plain 150 Cal
- Onion & Chive 140 Cal
- Smoked Salmon 130 Cal

#### Reduced Fat**
- Reduced Fat Plain 130 Cal
- Honey Almond 150 Cal
- Strawberry 140 Cal
- Garden Veggie 130 Cal
- Jalapeño Salsa 130 Cal

#### Other Toppings
- Butter Blend 180 Cal
- Honey Butter 150 Cal
- Hummus 100 Cal
- Nutella® 230 Cal
- Peanut Butter 170 Cal
- PB&J 240 Cal

### BAGEL BOXES

#### Baker’s Dozen Box
- 13 Bagels & 2 Shmear Tubs 390-450 Cal per serving

#### Half Dozen Box
- 6 Bagels & 1 Shmear Tub 390-450 Cal per serving

#### Add-Ons
- Extra Tub of Shmear 520-600 Cal per tub

**DOUBLE-WHIPPED SHMEAR**

**BEVERAGES**

### Available Hot, Iced or Frozen***

<table>
<thead>
<tr>
<th>Beverage</th>
<th>MED</th>
<th>LRG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanilla Hazelnut Latte</td>
<td>220-350 Cal</td>
<td>300-500 Cal</td>
</tr>
<tr>
<td>Vanilla Latte</td>
<td>220-310 Cal</td>
<td>270-400 Cal</td>
</tr>
<tr>
<td>White Chocolate Mocha</td>
<td>360-420 Cal</td>
<td>440-680 Cal</td>
</tr>
<tr>
<td>Caramel Macchiato</td>
<td>360-420 Cal</td>
<td>440-700 Cal</td>
</tr>
<tr>
<td>Hazelnut Mocha</td>
<td>290-350 Cal</td>
<td>400-530 Cal</td>
</tr>
<tr>
<td>Latte</td>
<td>140-300 Cal</td>
<td>170-410 Cal</td>
</tr>
<tr>
<td>Mocha</td>
<td>350-410 Cal</td>
<td>430-680 Cal</td>
</tr>
<tr>
<td>Oregon Chai Tea Latte</td>
<td>240-340 Cal</td>
<td>310-460 Cal</td>
</tr>
<tr>
<td>Cappuccino</td>
<td>120-300 Cal</td>
<td>160-410 Cal</td>
</tr>
</tbody>
</table>

### Smoothies

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>MED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberry Banana</td>
<td>380 Cal</td>
</tr>
<tr>
<td>Mixed Berry</td>
<td>390 Cal</td>
</tr>
</tbody>
</table>

### Neighborhood Favorites

<table>
<thead>
<tr>
<th>Beverage</th>
<th>MED</th>
<th>LRG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh-Brewed Coffee</td>
<td>5 Cal</td>
<td>5 Cal</td>
</tr>
<tr>
<td>Iced Coffee</td>
<td>5 Cal</td>
<td>5 Cal</td>
</tr>
<tr>
<td>Hot Cocoa</td>
<td>350 Cal</td>
<td>430 Cal</td>
</tr>
<tr>
<td>Premium Tea (Hot or Iced)</td>
<td>5-35 Cal</td>
<td>5-50 Cal</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>230 Cal</td>
<td></td>
</tr>
<tr>
<td>Blackberry Lemonade</td>
<td>290 Cal</td>
<td></td>
</tr>
<tr>
<td>Fountain</td>
<td>0-230 Cal</td>
<td>0-350 Cal</td>
</tr>
</tbody>
</table>

**EINSTEIN BROS BAGELS**

**MENU**

**FRESH-BAKED BAGELS BEVERAGES**

**Add-Ons**

**Extra Tub of Shmear 520-600 Cal per tub**

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**25% less fat than our regular shmear.
Fat content has been reduced from 7g to 5g per serving.
Nutella® is a registered trademark of Ferrero S.p.A. All rights reserved.**

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**At participating locations
©2015 Einstein Noah Restaurant Group, Inc. 1512-1879**
EGG SANDWICHES

Classic  Served on a Plain Bagel
Applewood Bacon & Cheddar  520 Cal
Turkey-Sausage & Cheddar  540 Cal
Ham & Swiss  490 Cal
Cheddar Cheese  470 Cal

Signature
SANTA FE WRAP  650 Cal
Eggs, Turkey-Sausage, Roasted Tomato Salsa, Pepper Jack Cheese with Jalapeno Salsa Shmear on a Whole Wheat Tortilla

SPINACH, MUSHROOM & SWISS  490 Cal
Eggs, Sautéed Mushrooms, Sautéed Spinach with Swiss Cheese on a Plain Bagel

ASPARAGUS & MUSHROOM EGG WHITE  380 Cal
Egg Whites, Roasted Asparagus, Sautéed Mushrooms, Swiss Cheese with Roasted Tomato Spread on a Honey Whole Wheat Thintastic™ Bagel

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

SIGNATURE SANDWICHES

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

TASTY TURKEY  500 Cal
Roasted Turkey, Spinach, Cucumber, Lettuce, Tomato with Onion & Chive Shmear on an Asiago Bagel

TURKEY, BACON & AVOCADO  700 Cal
Roasted Turkey, Applewood Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Honey Whole Wheat Bagel

HUMMUS VEG OUT  410 Cal
Hummus, Tomato, Red Onion, Spinach, Cucumber with Garden Veggie Shmear on a Sesame Seed Bagel

TURKEY CLUB MEX WRAP  720 Cal
Roasted Turkey, Applewood Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion, Spinach with Ancho Mayo on a Whole Wheat Tortilla

DELI SANDWICHES

Served on choice of Multigrain Bread, Bagel or Whole Wheat Tortilla

TURKEY & CHEDDAR  540-670 Cal
Roasted Turkey, Lettuce, Tomato, Red Onion, Cheddar Cheese with Mayo & Deli Mustard

HARVEST CHICKEN SALAD  480-580 Cal
Grilled Chicken Breast, Celery, Lettuce, Tomato, Red Onion, Craisins® Dried Cranberries, Toasted Almonds with Mayo

ALBACORE TUNA SALAD  460-590 Cal
Albacore Tuna, Celery, Lettuce, Tomato, Red Onion with Mayo

HAM & SWISS  540-670 Cal
Smoked Ham, Lettuce, Tomato, Red Onion, Swiss Cheese with Mayo & Deli Mustard

HOT SANDWICHES

ITEMS VARY BY LOCATION & ARE SUBJECT TO CHANGE WITHOUT NOTICE.

ITALIAN CHICKEN TOSTINI  690 Cal
Grilled Chicken Breast, Pepperoni, Spinach, Roasted Red Peppers, Mozzarella Cheese with Basil Pesto on Ciabatta Bread

TURKEY CLUB TOSTINI  760 Cal
Roasted Turkey, Applewood Bacon, Spinach, Tomato, Mozzarella Cheese with Roasted Tomato Spread on Ciabatta Bread

BUFFALO CHICKEN & BACON TOSTINI  600 Cal
Grilled Chicken Breast, Applewood Bacon, Mozzarella Cheese, Frank's® RedHot® Sauce and Red Onions on Ciabatta Bread

BBQ CHICKEN TOSTINI  540 Cal
Grilled Chicken Breast, BBQ Sauce, Mozzarella Cheese and Red Onions on Ciabatta Bread

ROASTED VEGGIE TOSTINI  510 Cal
Roasted Asparagus, Sautéed Mushrooms, Spinach, Roasted Red Peppers, Balsamic Onions, Mozzarella Cheese with Garlic & Herb Shmear on Ciabatta Bread

CHEESY CHICKEN & ASPARAGUS MELT  520 Cal
Grilled Chicken Breast, Three Cheese Blend, Roasted Asparagus and Balsamic Onions on a Plain Bagel

THINTASTIC™ BUFFALO CHICKEN  430 Cal
Grilled Chicken Breast, Frank's® RedHot® Sauce, Lettuce, Tomato, Red Onion, Ranch with Reduced Fat Plain Shmear on a Plain Thintastic™ Bagel

PIZZA BAGEL: CHEESE on a Plain Bagel  440 Cal
PEPPERONI on a Plain Bagel  530 Cal

SALADS

Available in our Grab & Go Cooler

*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. Written nutrition information available upon request.