

BAGELS & COFFEE

Bagels

Gourmet Cream Cheese Bagel 460 Cal.

Gourmet Bagel w/ Butter & Jelly 460 Cal.

Super Bagels

Blueberry or Cinnamon Crunch 540 Cal.

Asiago Bagel 520 Cal.

Tomazzo® (Pizza) 520 Cal.

W/ Cream Cheese or Butter & Jelly

Beverages

Coffee 5 Cal.

Hot Chocolate

Hot Tea

Calorie counts are based off a plain bagel unless otherwise specified



BREAKFAST

Breakfast

Supreme Sunrise 820 Cal.
Scrambled egg, bacon, sausage and
American cheese served on a plain bagel

Bacon Sunrise 610 Cal.
Scrambled egg, bacon and American cheese
served on a plain bagel

Sausage Sunrise 740 Cal.
Scrambled egg, sausage and American cheese
served on a plain bagel

Asiago Omelet 720 Cal.
Egg, roasted red pepper, turkey & Parmesan cheese on an
Asiago bagel

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DELI SANDWICHES

Made To Order

Served on your choice of bagel or baguette

Turkey 470 Cal. **or Ham** 495 Cal.

Lettuce, tomato, onion, mayo, mustard and choice of cheese

BLT 530 Cal.

Crispy bacon, lettuce, tomato, mayo

Specialty Sandwiches

Served on your choice of bagel or baguette

Italian Trio On Asiago 970 Cal.

Ham, salami, pepperoni, Provolone cheese, lettuce, tomato, onion, Italian dressing served on an Asiago bagel

California Turkey 595 Cal.

Turkey, Provolone cheese, cucumber, lettuce, tomato, cucumber cream cheese

Veggie Supreme 460 Cal.

Roasted red pepper, lettuce, tomato, red onion, cucumbers, veggie cream cheese, vinaigrette dressing

Calorie counts are based off a plain bagel unless otherwise specified
Mayonnaises, mustard and deli cheese are not included in the calorie count



PANINI

Panini

Served on a baguette

Turkey Club Panini 625 Cal.
Turkey, bacon, tomato and Provolone cheese

Chicken Pesto Panini 690 Cal.
Chicken, pesto sauce, roasted red peppers
and Swiss cheese

Cuban Panini 650 Cal.
Sliced pork, ham, pickle slices,
Swiss cheese and mustard

Ham & Swiss Panini 575 Cal.
Ham and Swiss cheese

Calorie counts are based off a plain baguette unless otherwise specified



PASTRIES

MUFFIN
COOKIE
CINNAMON ROLL

SALADS & MORE

CHICKEN CAESAR SALAD
GARDEN SALAD
YOGURT PARFAIT
BANANA
CHIPS
FRESH FRUIT CUP

BEVERAGES

SODA BOTTLE
GATORADE®
ICE TEA
ORANGE JUICE
LEMONADE
WATER



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