



SALT & SESAME

Plain Bagel 270 cal.	\$2.19
Bagel w/Cream Cheese 340 cal.	\$2.79
Whole Wheat Bagel 310 cal.	\$2.19
Gluten Free Bagel 300 cal.	\$2.19
Plain or Veggie Cream Cheese 70 cal.	\$0.60
Add Avocado 90 cal.	\$3.19
NY Bagel and Lox 643 cal. – 683 cal.	\$5.59

includes: choice of bagel, choice of cream cheese, fresh smoked salmon, tomato, red onion, slice egg, capers.

Spinach, Feta & Egg White Wrap 290 cal.	\$5.29
Bacon, Gouda & Egg Sandwich 370 cal.	\$5.39
Ham & Cheese Baguette 480 cal.	\$5.69
Sausage, Cheddar & Egg Sandwich 480 cal.	\$4.59
Roasted Tomato & Mozzarella Panini 370 cal.	\$6.99
Turkey & Provolone Basil Pesto On Panini 520 cal.	\$7.19

2000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.