



# TAKEOUT MENU

## BAGEL BOXES

**Baker's Dozen Box** 13 Bagels + 2 Shmeared Tubs  
**Half Dozen Box** 6 Bagels + 1 Shmeared Tub

## AVOCADO TOAST 400-500 Cal

Everything seasoning, salt & pepper on a Classic Bagel

## FRESH-BAKED BAGELS


### CLASSIC

<b>Ancient Grain</b>	280 Cal	<b>Onion</b>	270 Cal
<b>Cinnamon Raisin</b>	280 Cal	<b>Plain</b>	270 Cal
<b>Cranberry</b>	310 Cal	<b>Poppy Seed</b>	290 Cal
<b>Everything</b>	280 Cal	<b>Pumpernickel</b>	270 Cal
<b>Garlic</b>	280 Cal	<b>Sesame Seed</b>	290 Cal
<b>Honey Wheat</b>	260 Cal		


### SIGNATURE

<b>Asiago</b>	300 Cal	<b>Cinnamon Sugar</b>	320 Cal
<b>Blueberry</b>	290 Cal	<b>French Toast</b>	370 Cal
<b>Chocolate Chip</b>	300 Cal	<b>Pretzel</b>	280 Cal

### GOURMET

<b>Apple Cinnamon</b>	450 Cal	<b>Power Protein </b>	350 Cal
<b>Cheddar Jalapeño</b>	340 Cal	<b>Six Cheese</b>	370 Cal
<b>Cheesy Hash Brown</b>	400 Cal	<b>Spinach Florentine</b>	370 Cal
<b>Green Chile</b>	390 Cal		

## DOUBLE-WHIPPED SHMEAR

<b>Plain</b>	120 Cal	<b>Honey Almond** </b>	120 Cal
<b>Onion &amp; Chive</b>	120 Cal	<b>Jalapeño Salsa**</b>	110 Cal
<b>Smoked Salmon</b>	110 Cal	<b>Reduced Fat Plain**</b>	100 Cal
<b>Garden Veggie**</b>	110 Cal	<b>Strawberry**</b>	120 Cal

## TOPPINGS

<b>Butter Blend</b>	100 Cal	<b>Jelly</b>	70 Cal
<b>Honey</b>	90 Cal	<b>Peanut Butter </b>	240 Cal

**VEGETARIAN ** **CONTAINS NUTS **

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


## EGG SANDWICHES

### SIGNATURE

**Farmhouse** 680 Cal  
Eggs, Thick-Cut Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmeared on a Cheesy Hash Brown Gourmet Bagel

**Chorizo Sunrise** 800 Cal  
Eggs, Chorizo, Cheese, Avocado, Jalapeño Salsa Shmeared on a Green Chile Gourmet Bagel

**All-Nighter** 880 Cal  
Eggs, Bacon, American Cheese, Jalapeño Garlic Aioli on a Cheesy Hash Brown Gourmet Bagel

**Garden Avocado ** 500 Cal  
Eggs, Avocado, Tomato, Spinach, Roasted Tomato Spread on an Everything Bagel

### EGG WHITES

**Santa Fe** 530 Cal  
Egg White, Turkey-Sausage, Cheese with Roasted Tomato Salsa and Jalapeño Salsa Shmeared on an Asiago Thintastic Bagel

**Bacon, Avocado & Tomato** 410 Cal  
Egg White, Thick-Cut Bacon, Avocado, Tomato with Roasted Tomato Spread on a Plain Thintastic Bagel

### CLASSIC

**Bacon & Cheddar** 450 Cal  
**Turkey-Sausage & Cheddar** 480 Cal  
**Ham & Swiss** 450 Cal  
**Cheddar Cheese ** 410 Cal

## CUSTOMIZE IT

**Add a Second Egg** Adds 80 Cal  
**Upgrade to a Gourmet Bagel** Adds 60-80 Cal  
**Substitute Egg White** Subtract 45 Cal per Egg  
**Make Your Bagel Thintastic** Subtract 70-120 Cal

## MAKE IT A MEAL

Add Twice-Baked Hash Brown and Medium Coffee or Orange Juice  
195-420 Cal





**Nova Lox**

## DELI LUNCH

**Side of Chips Included 180 Cal**

**Nova Lox\* 480 Cal**

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

**Turkey, Bacon & Avocado 610 Cal**

Roasted Turkey, Thick-Cut Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Plain Bagel

**Tasty Turkey 510 Cal**

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

**Avocado Veg Out 🥑 420 Cal**

Avocado, Tomato, Cucumber, Red Onion, Spinach, Lettuce with Garden Veggie Shmear on a Sesame Bagel

**Turkey & Cheddar 540 Cal**

Roasted Turkey, Cheddar Cheese, Lettuce, Tomato, Red Onion with Mayo and Deli Mustard on a Plain Bagel

**Ham & Swiss 550 Cal**

Smoked Ham, Swiss Cheese, Lettuce, Tomato, Red Onion, with Mayo and Deli Mustard on a Plain Bagel

**Pizza Bagel**

Cheese 🥑 440 Cal | Pepperoni 530 Cal



**Pepperoni  
Pizza Bagel**

\*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. Additional nutrition information available upon request.

Items subject to change without notice and may not be available in all locations.



**Chocolate  
Cold Brew  
Shake**

## COLD BREW

	S	L
<b>Classic</b>	0 Cal	0 Cal
<b>Flavored</b>		
Vanilla Cream	190 Cal	310 Cal
Caramel Cream	210 Cal	360 Cal
Chocolate Cream	200 Cal	340 Cal
<b>Cold Brew Shakes</b>		
Vanilla	350 Cal	540 Cal
Caramel	390 Cal	610 Cal
Chocolate	380 Cal	590 Cal

*Available Coffee-Free*

## LATTES

Hot or Iced	S	M	L
<b>Mocha</b>	270 Cal	350 Cal	420 Cal
<b>Caramel Macchiato</b>	290 Cal	370 Cal	450 Cal
<b>Latte</b>	110 Cal	140 Cal	170 Cal
<b>Chai Tea Latte</b>	170 Cal	230 Cal	280 Cal

## CUSTOMIZE IT

Flavor Shot: Vanilla, Caramel, Chocolate Adds 110-240 Cal  
 Espresso Shot Adds 0 Cal  
 Almond Milk Less 5-75 Cal

## COFFEE

	S	M	L
<b>Fresh-Brewed</b>	5 Cal	5 Cal	5 Cal
Breakfast Blend Medium Roast, Decaf Medium Roast, Darn Good Dark Roast, Vanilla Hazelnut			

## SMOOTHIE

	S	L
<b>Strawberry Banana</b>	280 Cal	430 Cal

## TEA

	S	L
<b>Hot Tea</b>	0 Cal	0 Cal
<b>Iced Tea</b>	0 Cal	0 Cal

## FOUNTAIN

	S	L
	0-280 Cal	0-340 Cal

Espresso drinks not available at all locations.

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