



CLASSICS

HOT OR ICED	S	M	L
MOCHA <i>milk or white chocolate</i>	340 Cal	420 Cal	530 Cal
VANILLA LATTE	350 Cal	430 Cal	490 Cal
LATTE	120 Cal	180 Cal	220 Cal
CARAMEL MACCHIATO	260 Cal	370 Cal	460 Cal
CHAI TEA LATTE	250 Cal	320 Cal	380 Cal
HOT CHOCOLATE	410 Cal	510 Cal	590 Cal

CUSTOMIZE IT *flavor shot • espresso shot • almond milk*
adds 5-320 Cal adds 0 Cal less 5-75 Cal

COFFEE

	S	M	L
COLD BREW	5 Cal	5 Cal	5 Cal
HOT COFFEE	5 Cal	5 Cal	5 Cal
<i>Caribou Blend Medium Roast</i>			
<i>Caribou Blend Decaf Medium Roast</i>			
<i>Fireside Dark Roast</i>			
<i>Vanilla Hazelnut Flavored Medium Roast</i>			

FROZEN

	S	M	L
COFFEE COOLERS <i>Coffee + Ice + Flavor + Whip</i>	520-600 Cal	600-710 Cal	690-820 Cal
<i>Real Vanilla</i>			
<i>Real Chocolate</i>			
<i>Real Caramel</i>			
STRAWBERRY BANANA SMOOTHIE	280 Cal	360 Cal	430 Cal

TEA

	S	M	L
HOT TEA	0 Cal	0 Cal	0 Cal
ICED TEA	0 Cal	0 Cal	0 Cal

FOUNTAIN

	M	L
	0-280 Cal	0-420 Cal

Espresso drinks not available at all locations.

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MENU



BAGEL BOXES

Baker's Dozen 13 Bagels + 2 Shmear Tubs
Half Dozen 6 Bagels + 1 Shmear Tub

AVOCADO TOAST 🥑 400-500 Cal

Everything seasoning, salt & pepper on a Classic Bagel

FRESH-BAKED BAGELS

CLASSIC

Ancient Grain	280 Cal	Onion	270 Cal
Cinnamon Raisin	280 Cal	Plain	270 Cal
Cranberry	310 Cal	Poppy Seed	290 Cal
Everything	280 Cal	Pumpnickel	270 Cal
Garlic	280 Cal	Sesame Seed	290 Cal
Honey Wheat	260 Cal		

SIGNATURE

Asiago	300 Cal	Cinnamon Sugar	320 Cal
Blueberry	290 Cal	French Toast	370 Cal
Chocolate Chip	300 Cal	Pretzel	260 Cal

GOURMET

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

DOUBLE-WHIPPED SHMEAR

Plain	120 Cal	Honey Almond** 🥑	120 Cal
Onion & Chive	120 Cal	Jalapeño Salsa**	110 Cal
Smoked Salmon	110 Cal	Reduced Fat Plain**	100 Cal
Garden Veggie**	110 Cal	Strawberry**	120 Cal
Garlic & Herb**	110 Cal		

TOPPINGS

Butter Blend	100 Cal	Jelly	70 Cal
Honey	90 Cal	Natural PB 🥑	240 Cal
Hummus	110 Cal		

EGG SANDWICHES

SIGNATURE

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

Chorizo Sunrise 840 Cal
Eggs, Chorizo, Pepper Jack Cheese, Avocado, Jalapeño Salsa Shmear on a Green Chile Gourmet Bagel

All-Nighter 920 Cal
Eggs, Bacon, American Cheese, Jalapeño Garlic Aioli on a Cheesy Hash Brown Gourmet Bagel

Spinach, Mushroom & Swiss 🥑 490 Cal
Eggs, Swiss, Spinach, Mushroom on an Ancient Grain Bagel

EGG WHITES

Santa Fe 410 Cal
Egg White, Turkey-Sausage, Pepper Jack Cheese with Roasted Tomato Salsa and Jalapeño Salsa Shmear on an Asiago Thintastic Bagel

Bacon, Avocado & Tomato 420 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
Chorizo & Pepper Jack 610 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

DELI LUNCH

Side Included: Pickle 5 Cal **and choice of:**
Chips 180 Cal • **Potato Salad** 220 Cal • **Fresh Fruit** 50 Cal

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

Turkey, Bacon & Avocado 620 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

Hummus Veg Out 🥑 410 Cal
Hummus, Tomato, Cucumber, Red Onion, Spinach with Garden Veggie Shmear on an Ancient Grain Bagel

Albacore Tuna Salad 560 Cal
Albacore Tuna, Celery and Mayo with Lettuce, Tomato, Red Onion on an Ancient Grain Bagel

Turkey & Cheddar 550 Cal
Roasted Turkey, Cheddar Cheese, Lettuce, Tomato, Red Onion with Mayo and Deli Mustard on a Fresh-Baked Potato Roll

Ham & Swiss 560 Cal
Smoked Ham, Swiss Cheese, Lettuce, Tomato, Red Onion, with Mayo and Deli Mustard on a Fresh-Baked Potato Roll

Pizza Bagel
Cheese 🥑 440 Cal
Pepperoni 530 Cal

VEGETARIAN 🥑 CONTAINS NUTS 🥜

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

*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.

Bacon & Cheddar



Farmhouse



Turkey, Bacon & Avocado

