

FIND YOUR Sweet Spot!



**BREWED
COFFEE**



**COLD
PRESS**



**VANILLA
LATTE**



**CARAMEL
HIGH RISE®**



**CHOCOLATE
COOLER**



SWEET-O-METER

Proudly Crafting
Caribou COFFEE®

SIGNATURE HOT / ICED OR BLENDED MED LRG

CARAMEL HIGH RISE® <i>Whip + Caramel Sauce</i>	300-710 Cal	350-820 Cal
VANILLA WHITE MOCHA <i>Whip + Chocolate Chips</i>	250-770 Cal	430-900 Cal

CLASSICS HOT / ICED MED LRG

MOCHA	250-540 Cal	300-650 Cal
LATTE	180/110 Cal	220/120 Cal
CAPPUCCINO	110 Cal	130/120 Cal
CHAI TEA LATTE	320-240 Cal	380/290 Cal
HOT CHOCOLATE	290-600 Cal	370-740 Cal

COFFEE MED LRG

COLD PRESS <i>Classic, Caramel, Vanilla, Vanilla Hazelnut</i>	0-100 Cal	5-100 Cal
COFFEE OF THE DAY	5 Cal	5 Cal

BLENDED MED LRG

CARIBOU COOLERS® <i>Coffee + Ice + Flavor + Whip Real Vanilla, Chocolate or Caramel</i>	600-710 Cal	690-820 Cal
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SMOOTHIES	380/450 Cal	450/540 Cal
<i>Strawberry Banana or Mango Orange Key Lime</i>		

TEA MED LRG

ICED TEA	0 Cal	0 Cal
HOT TEA	0 Cal	0 Cal

FOUNTAIN MED LRG

	0-350 Cal	0-530 Cal
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- CAFFEINE FREE**
- CONTAINS NUTS**

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MENÜ



FRESH-BAKED BAGELS

Bagels

Gourmet Cheesy Hash Brown 400 Cal

Asiago 290 Cal

Blueberry 280 Cal

Chocolate Chip 300 Cal

Cinnamon Raisin 290 Cal

Cinnamon Sugar 310 Cal

Everything 280 Cal

Honey Whole Wheat 290 Cal

Plain 270 Cal

Sesame Seed 280 Cal

DOUBLE-WHIPPED SHMEAR

Regular

Plain 120 Cal

Onion & Chive 120 Cal

Smoked Salmon 110 Cal

Reduced Fat**

Reduced Fat Plain 100 Cal

Garlic & Herb 110 Cal

Garden Veggie 110 Cal

Honey Almond 120 Cal

Jalapeño Salsa 110 Cal

Strawberry 120 Cal

TOPPINGS

 **Butter Blend** 100 Cal

 **Peanut Butter** 240 Cal

Avocado 120 Cal

 **PB&J** 320 Cal

Hummus 110 Cal

BAGEL BOXES

Baker's Dozen Box

13 Bagels & 2 Shmear Tubs

Half Dozen Box

6 Bagels & 1 Shmear Tub

Add-Ons

Extra Tub of Shmear 540-630 Cal

 **VEGETARIAN**

 **CONTAINS NUTS**

**25% less fat than our regular shmear.

Fat content has been reduced from 12g to 9g per serving.

EGG SANDWICHES

Served with your choice of one egg or two.
A second egg adds 90 Cal

Served on a Plain Bagel

Applewood Bacon & Cheddar 470 Cal

Turkey-Sausage & Cheddar 490 Cal

Ham & Swiss 470 Cal

 **Cheddar Cheese** 420 Cal

FARMHOUSE 680 Cal

Egg, Applewood Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Bagel

CRISPY CHICKEN & TATER EGG SANDWICH 810 Cal

Egg, Applewood Bacon, Smoked Ham, Cheddar Cheese with Country Pepper Shmear on a Cheesy Hash Brown Bagel

 **SPINACH, MUSHROOM & SWISS** 490 Cal

Egg, Sautéed Spinach & Mushrooms with Swiss on a Plain Bagel

SANTA FE WRAP 710 Cal

Eggs, Turkey-Sausage, Roasted Tomato Salsa, Pepper Jack Cheese with Jalapeño Salsa Shmear on a Whole Wheat Tortilla

BACON, TOMATO, AVOCADO, EGG WHITE 410 Cal

Egg White, Applewood Bacon, Avocado & Tomato, Roasted Tomato Spread on a Plain Thintastic Bagel

DELI SANDWICHES

Served on choice of Roll, Bagel or Whole Wheat Tortilla

TURKEY & CHEDDAR 540-590 Cal

Roasted Turkey, Lettuce, Tomato, Red Onion, Cheddar Cheese with Mayo & Deli Mustard

HAM & SWISS 550-600 Cal

Smoked Ham, Lettuce, Tomato, Red Onion, Swiss Cheese with Mayo & Deli Mustard

 **HARVEST CHICKEN SALAD** 540-590 Cal

Grilled Chicken Breast, Celery, Lettuce, Tomato, Red Onion, Craisins® Dried Cranberries, Toasted Almonds with Mayo

ALBACORE TUNA SALAD 520-570 Cal

Albacore Tuna, Celery, Lettuce, Tomato, Red Onion with Mayo

*COLD SMOKED SALMON IS NOT COOKED. CONSUMING RAW OR UNDER COOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS. NOVA LOX CONTAINS ARTIFICIAL COLORS.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Written nutrition information available upon request.

SIGNATURE SANDWICHES

NOVA LOX 500 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 640 Cal

Roasted Turkey, Applewood Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on a Potato Roll

 **HUMMUS VEG OUT** 420 Cal

Hummus, Tomato, Red Onion, Spinach, Lettuce, Roasted Red Peppers, Cucumber with Garden Veggie Shmear on a Multigrain Roll

TURKEY CLUB MEX WRAP 710 Cal

Roasted Turkey, Applewood Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion, Spinach with Ancho Mayo on a Whole Wheat Tortilla

HOT SANDWICHES

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

CRISPY CHICKEN & TATER 790 Cal

Crispy Chicken Breast, Cheddar Cheese, Lettuce, Tomato, Red Onion and Mayo on a Cheesy Hash Brown Bagel

TURKEY CLUB TOSTINI 660 Cal

Roasted Turkey, Applewood Bacon, Spinach, Tomato, Mozzarella Cheese with Roasted Tomato Spread on a Potato Roll

BUFFALO CHICKEN & BACON TOSTINI 590 Cal

Grilled Chicken Breast, Applewood Bacon, Mozzarella Cheese, Buffalo Wing Sauce and Red Onions on a Potato Roll

BBQ CHICKEN TOSTINI 530 Cal

Grilled Chicken Breast, BBQ Sauce, Mozzarella Cheese and Red Onions on a Potato Roll

 **ROASTED VEGGIE TOSTINI** 500 Cal

Sautéed Mushrooms, Spinach, Roasted Red Peppers, Red Onions, Mozzarella Cheese with Garlic & Herb Shmear on a Potato Roll

THINTASTIC BUFFALO CHICKEN 430 Cal

Grilled Chicken Breast, Buffalo Wing Sauce, Lettuce, Tomato, Red Onions with Reduced Fat Plain Shmear on a Plain Thintastic Bagel

PIZZA BAGEL: CHEESE  on a Plain Bagel 450 Cal
PEPPERONI on a Plain Bagel 540 Cal

SALADS

Available in our Grab & Go Cooler