

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® 300-710 Cal 350-820 Cal
Whip + Caramel Sauce
VANILLA WHITE MOCHA 250-770 Cal 430-900 Cal
Whip + Chocolate Chips

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
Classic, Caramel, Vanilla,
Vanilla Hazelnut 0-100 Cal 5-100 Cal
COFFEE OF THE DAY 5 Cal 5 Cal

BLENDED **MED** **LRG**

CARIBOU COOLERS® 600-710 Cal 690-820 Cal
Coffee + Ice + Flavor + Whip
Real Vanilla, Chocolate or Caramel

SMOOTHIES 380/450 Cal 450/540 Cal
Strawberry Banana or Mango Orange Key Lime

TEA **MED** **LRG**

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

FOUNTAIN **MED** **LRG**

0-350 Cal 0-530 Cal

Espresso drinks are not available at all locations.

☉ CAFFEINE FREE

🌿 CONTAINS NUTS

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MENU



BAGEL BOXES

Baker's Dozen

13 Bagels + 2 Shmear Tubs

Half Dozen

6 Bagels + 1 Shmear Tub

AVOCADO TOAST

410 Cal

Smashed Avocado with Salt & Pepper on a Toasted Plain

FRESH-MADE BAGELS

CLASSIC

Asiago	290 Cal	Everything	280 Cal
Blueberry	280 Cal	Honey Wheat	290 Cal
Chocolate Chip	300 Cal	Plain	270 Cal
Cinnamon Raisin	290 Cal	Sesame Seed	280 Cal
Cinnamon Sugar	300 Cal		

GOURMET

Cheesy Hash Brown	400 Cal
Six Cheese	370 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

Avocado	120 Cal	Natural PB	240 Cal
Butter Blend	100 Cal	PB&J	320 Cal
Hummus	110 Cal		

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

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



EGG SANDWICHES

SIGNATURE

Farmhouse 680 Cal

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

Big Breakfast Burrito 1200 Cal

Eggs, Bacon, Turkey-Sausage, Shredded Cheese, Green Chiles, Hash Browns, Salsa, Plain Shmear in a Flour Tortilla

Spinach, Mushroom & Swiss 510 Cal

Eggs, Swiss, Sautéed Spinach and Mushroom on a Honey Whole Wheat Bagel

EGG WHITES

Santa Fe 420 Cal

Egg Whites, Turkey-Sausage, Pepper Jack Cheese with Salsa and Jalapeño Salsa Shmear on an Asiago Thintastic Bagel

Bacon, Avocado & Tomato 410 Cal

Egg Whites, Bacon, Avocado, Tomato with Roasted Tomato Spread on a Plain Thintastic Bagel

CLASSIC Served on a Plain Bagel

Bacon & Cheddar 470 Cal

Turkey-Sausage & Cheddar 490 Cal

Ham & Swiss 470 Cal

Cheddar Cheese 420 Cal

CUSTOMIZE IT

Add a Second Egg	Adds 90 Cal
Upgrade to a Gourmet Bagel	Adds 70-130 Cal
Substitute Egg White	Subtract 55 Cal per Egg
Make Your Bagel Thintastic	Subtract 70-120 Cal

VEGETARIAN CONTAINS NUTS

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

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



DELI LUNCH

Nova Lox* 500 Cal

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

Turkey, Bacon & Avocado 580 Cal

Roasted Turkey, Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on Toasted Ciabatta

Tasty Turkey 510 Cal

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

Hummus Veg Out 420 Cal

Tomato, Red Onion, Spinach, Lettuce, Cucumber with Garden Veggie Shmear on a Honey Whole Wheat Bagel

California Turkey Club Wrap 650 Cal

Roasted Turkey, Bacon, Avocado, Tomato, Cucumber, Red Onion, Spinach, Roasted Tomato Spread, Garlic & Herb Shmear in a Flour Tortilla

DELI SELECTS

Served on a your choice of Bagel, Toasted Ciabatta or Flour Tortilla

Turkey & Cheddar 470-590 Cal

Ham & Swiss 480-590 Cal

Albacore Tuna Salad 420-540 Cal ***

Chicken Salad 460-570 Cal ***

TOASTED GOURMET

Albuquerque Turkey 680 Cal

Roasted Turkey, Bacon, Pepper Jack Cheese, Lettuce, Tomato, Green Chiles, Plain Shmear on a Six Cheese Gourmet

TOASTED CIABATTA

Pepperoni Chicken 680 Cal

Grilled Chicken Breast, Pepperoni, Swiss & Asiago Cheese, Red Onion, Spinach, Roasted Tomato Spread on Toasted Ciabatta

Buffalo Chicken & Bacon 570 Cal

Grilled Chicken Breast, Bacon, Cheddar, Buffalo Wing Sauce, Ranch, Red Onion on Toasted Ciabatta

Roasted Veggie 470 Cal

Swiss, Sautéed Mushrooms & Spinach, Tomato, Red Onion, Garlic & Herb Shmear on Toasted Ciabatta

PIZZA BAGELS Served on a Plain Bagel

Cheese 450 Cal

Pepperoni 540 Cal

