

EST. 1983

BRUEGGER'S BAGELS

AUTHENTIC NEW YORK STYLE

Tradition you can taste

BAGELS

with any cream cheese

360–490 CAL.

flavors vary by location

Blueberry
Cinnamon Raisin
Cinnamon Sugar
Everything
Honey Grain
Onion
Plain
Poppy
Pumpernickel
Rosemary Olive Oil
Sesame
Whole Wheat

CREAM CHEESE

90–150 CAL.

Plain
Light Plain
Garden Veggie
Light Garden Veggie
Bacon Scallion
Honey Walnut
Jalapeño
Light Herb Garlic
Olive Pimiento
Onion & Chive
Smoked Salmon
Strawberry

SPREAD

Butter
330–430 CAL.

Honey
330–430 CAL.

Jelly
330–430 CAL.

Peanut Butter
520–580 CAL.

PB&J
570–630 CAL.

Hummus
390–450 CAL.

BAKER'S DOZEN

also available in
half dozen

all-day

BREAKFAST SANDWICHES

EGG AND CHEESE ON A BAGEL

400–510 CAL.

Add bacon, sausage,
turkey sausage or ham
470–670 CAL.

PASTRAMI, EGG & SWISS

Egg, pastrami and swiss
on a pumpernickel bagel
460 CAL.

WESTERN

Egg, bacon, cheddar,
chipotle sauce, green
pepper, red pepper and
red onion on a bagel
640–700 CAL.

SKINNY ZESTY EGG WHITE

Egg white, turkey sausage,
swiss and sundried tomato
spread on a skinny bagel
380–440 CAL.

CRISPY CHICKEN & TATER EGG

Egg, crispy chicken breast,
cheddar, and country pepper
cream cheese on a cheesy
hash brown bagel
800–880 CAL.

SMOKED SALMON

12-hour oak-smoked salmon,
plain cream cheese, tomato, red
onion and capers on a plain bagel
460 CAL.

At Bruegger's

WE USE THE SAME TIME-HONORED METHODS
THAT NEW YORK BAGEL BAKERIES HAVE FOLLOWED
SINCE THE EARLY 1900s. AND WE BAKE IN SMALL
BATCHES ALL DAY LONG TO ENSURE FRESHNESS.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request. Before placing your
order, please inform your server if a person in your party has a food allergy.

Menu subject to change and may vary by bakery.

For a complete list of locations near you visit
brueggers.com/locations

DELI classic SANDWICHES

TURKEY IN THE SLAW

Turkey, muenster, apple cider coleslaw and honey mustard, grilled on wheat bread
520 CAL.

PASTRAMI AND SWISS MELT

Pastrami, swiss, apple cider coleslaw and spicy brown mustard, grilled on rye bread
530 CAL.

All Deli Classic Sandwiches are served with a small side of coleslaw.

BUILD YOUR OWN deli sandwich

1 BAGEL OR BREAD

Any Flavor Ciabatta 320 CAL.
270-340 CAL. Rye 320 CAL.
Wheat 320 CAL.
Seasonal

2 CHOOSE A SANDWICH

Turkey 45-90 CAL. Garden Veggie 60-90 CAL.
Ham 45-90 CAL.
BLT 130-190 CAL.

Garden Veggie includes your choice of hummus (120 CAL.) or sundried tomato spread (140 CAL.)

3 CHOOSE A CONDIMENT

Chipotle Mayo 100 CAL. Sriracha Sauce 30 CAL.
Spicy Brown Sriracha Blue
Mustard 5 CAL. Cheese Aioli 100 CAL.
Honey Mustard 45 CAL. Mayo 100 CAL.

4 ADD CHEESE

Cheddar 70 CAL. Swiss 50 CAL.
American 20 CAL.
Muenster 100 CAL.

5 CHOOSE VEGGIES

Tomato 5 CAL. Arugula 5 CAL.
Lettuce 5 CAL. Cucumbers 5 CAL.
Green Pepper 5 CAL. Red Onion 5 CAL.
Red Pepper 5 CAL.

signature BAGEL SANDWICHES

HERBY TURKEY

Roasted turkey, light herb garlic cream cheese, sundried tomato spread, lettuce and red onion on a sesame bagel
570 CAL.

PASTRAMI AND EVERYTHING

Pastrami, muenster, pickle, arugula, tomato and spicy brown mustard on an everything bagel
440 CAL.

TURKEY CHIPOTLE

Roasted turkey, peppered bacon, arugula, tomato and chipotle mayo on an everything bagel
810 CAL.

LEONARDO DA VEGGIE

Light herb garlic cream cheese, red pepper, muenster, lettuce, tomato and red onion on an asiago parmesan bagel
490 CAL.

SOUPS

served with Bruegger bites

DAILY SELECTIONS

Cup 90-205 CAL. Bowl 135-310 CAL.

SALADS

served with Bruegger bites

BLUE APPLE SALAD

Romaine and arugula, diced grilled chicken, blue cheese, dried cranberries, sliced almonds and diced apple, served with champagne vinaigrette
620 CAL.

CHICKEN CAESAR SALAD

Romaine and arugula, diced grilled chicken, croutons and asiago cheese, served with Caesar dressing
360 CAL.

COFFEE

HOUSE BLEND DECAF DARK ROAST HAZELNUT

Small, Regular, Large | Mug Refills 96 Oz. Brew For The Crew **5-10 CAL.**

ICED COFFEE 5-10 CAL.

COLD BREW COFFEE 5-10 CAL.

HOT & COLD drinks

selections vary by location

Soft Drinks 0-375 CAL.

Naked Juice® 190-320 CAL.

Nantucket Nectars® 170-290 CAL.

Milk 200-400 CAL.

Bottled Water 0 CAL.

Hot Tea 0 CAL.



DESSERTS

Cookies 460-500 CAL.

Dessert Bars 290-620 CAL.

Muffins 490-570 CAL.



Bruegger's offers Rainforest Alliance Certified™ coffee every day! Ask for our Dark Roast blend.