



## BEVERAGES

### Coffee for the Group

Your choice of one of our Fresh-Brewed Coffee Blends conveniently served in a portable & pourable box with cups, lids, half & half, sweeteners & stir sticks (96 oz - Serves up to 10) Choose from:

- Medium Roast** Smooth & Classic 5 Cal
- Vanilla Hazelnut** Vanilla & Nutty Medium Roast 5 Cal
- Dark Roast** Full-bodied & Chocolatey 5 Cal
- Decaf** Smooth & Classic Medium Roast 5 Cal

### Cold Press Coffee for the Group 5 Cal

Includes cups, lids, half & half, sweeteners & stir sticks. (64 oz - Serves up to 6)

### Hot Chocolate for the Group 3552 Cal

Includes cups & lids. (96 oz - Serves up to 10)

### Hot Tea for the Group 5 Cal

Includes cups, lids, half & half, sweeteners & stir sticks. (96 oz - Serves up to 10)

### Orange Juice for the Group 1227 Cal

Includes cups and ice. (64 oz - Serves up to 6)

### Iced Tea for the Group 520 Cal

Includes lemons, cups and ice. (64 oz - Serves up to 6)

### Iced Tea Lemonade for the Group 350 Cal

Includes lemons, cups and ice. (64 oz - Serves up to 6)  
May not be available in MN, ND, SD, IA or WI locations.

### Lemonade for the Group 630 Cal

Includes lemons, cups and ice. (64 oz - Serves up to 6)  
May not be available in MN, ND, SD, IA or WI locations.

### Individual Bottled Beverages



2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Flavors and prices may vary depending on location and are subject to change. Catering items are meant for immediate consumption.

## COOKIES & PASTRIES

### Chewy Marshmallow Bar Box 250 Cal each

Dozen  
Half Dozen

### Cookie Variety Box

Assorted Full-Size Gourmet Cookies Fresh-Baked Daily

Dozen  
Half Dozen

### Sweets & Coffee Break

**Large** (Serves up to 20)  
Coffee, Assorted Cookies & Shmearfuls  
**Small** (Serves up to 10)  
Coffee, Assorted Cookies & Shmearfuls

### Mixed Cookie & Pastry Box

12 Assorted Cookies & Pastries

## SIDES FOR THE GROUP

### Potato Salad for the Group 290 Cal per Serving

(Serves up to 12)

### Classic Potato Chips 180 Cal per Bag

10 Bags  
5 Bags

**VEGETARIAN** **CONTAINS NUTS**

## YOU GATHER. WE DELIVER.



We cater to any size group and deliver fresh-baked bagels, delicious breakfast and lunch sandwiches, salads, desserts, fresh-brewed coffee and drinks to your home, office or anywhere.

**EBCATERING.COM**

**1.800.BAGEL.ME**

(1.800.224.3563)

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# CATERING

**DELIVERY OR PRE-ORDER  
FOR PICKUP.**

Ask about  
recurring  
order setup.



**EBCATERING.COM**  
**1.800.BAGEL.ME (224-3563)**



# BAGELS & SHMEAR

Served with Utensils, Plates & Napkins

## 🔥 Bagels & Shmear Baker's Dozen

13 Fresh-Baked Bagels & 2 Tubs Shmear (Serves up to 13)

**With Gourmet Bagels**

## 🔥 Bagels & Shmear Nosh Box

24 Fresh-Baked Bagels & 4 Tubs Shmear (Serves up to 24)

**With Gourmet Bagels**

### Fresh-Baked Bagels

|                                |                                  |
|--------------------------------|----------------------------------|
| Ancient Grain <b>280 Cal</b>   | Honey Whole Wheat <b>260 Cal</b> |
| Asiago <b>300 Cal</b>          | Onion <b>270 Cal</b>             |
| Blueberry <b>290 Cal</b>       | Plain <b>270 Cal</b>             |
| Chocolate Chip <b>300 Cal</b>  | Poppy Seed <b>290 Cal</b>        |
| Cinnamon Raisin <b>280 Cal</b> | Potato <b>280 Cal</b>            |
| Cinnamon Sugar <b>320 Cal</b>  | Pretzel <b>280 Cal</b>           |
| Everything <b>280 Cal</b>      | Pumpernickel <b>270 Cal</b>      |
| French Toast <b>370 Cal</b>    | Sesame Seed <b>290 Cal</b>       |
| Garlic <b>280 Cal</b>          |                                  |

### Gourmet Bagels

|                                  |                                   |
|----------------------------------|-----------------------------------|
| 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</b>       |                                   |

### Double-Whipped Shmear Tubs

|                                |                                   |
|--------------------------------|-----------------------------------|
| Garden Veggie* <b>540 Cal</b>  | Plain <b>630 Cal</b>              |
| Garlic & Herb* <b>540 Cal</b>  | Reduced-Fat Plain* <b>540 Cal</b> |
| 🔥 Honey Almond* <b>630 Cal</b> | Smoked Salmon <b>540 Cal</b>      |
| Jalapeño Salsa* <b>540 Cal</b> | Strawberry* <b>560 Cal</b>        |
| Onion & Chive <b>630 Cal</b>   |                                   |

### Toppings

|                             |                             |
|-----------------------------|-----------------------------|
| Butter Blend <b>200 Cal</b> | 🔥 Natural PB <b>160 Cal</b> |
| Hummus <b>70 Cal</b>        |                             |

### Bagel Breakers

Variety of half-sized, pull-apart gourmet bagels perfect for sharing.

|                                  |                                   |
|----------------------------------|-----------------------------------|
| Apple Cinnamon <b>225 Cal</b>    | Six Cheese <b>185 Cal</b>         |
| Cheesy Hash Brown <b>200 Cal</b> | Spinach Florentine <b>185 Cal</b> |
| Green Chile <b>195 Cal</b>       | Seasonal Flavors                  |

### Two Dozen Party Pack

### Shmearfuls Variety Pack

Mini bagels filled with shmear – mix & match. Ask about our seasonal flavors.

|                                   |                     |
|-----------------------------------|---------------------|
| Asiago Parmesan <b>90 Cal</b>     | Plain <b>80 Cal</b> |
| French Toast Maple <b>100 Cal</b> |                     |

**Three Dozen**

**Two Dozen**

# SWEETS & SNACKS

## Seasonal Fresh Fruit Salad **65 Cal per Serving**

**Large** (Serves up to 20)

**Small** (Serves up to 8)

## 🔥 Vanilla Yogurt Granola Parfait **215 Cal per Serving**

Let your group create their own parfait with our Fresh-Cut Fruit, Vanilla Yogurt & Granola with Sliced Almonds & Craisins® Dried Cranberries (Serves up to 10)

## 🔥 Yogurt Parfait Packs

6 Individual Yogurt Parfaits. Fruit & Granola Yogurt Parfait **200 Cal**

## 🔥 Sweets Nosh Box

Muffins & Assorted Pastries

Blueberry Muffin **420 Cal**, Chocolate Chip Coffee Cake **550 Cal**,  
Cherry Pastry\*\*\* **380 Cal**, Cinnamon Chip Muffin **500 Cal**,  
🔥 Cinnamon Walnut Strudel **640 Cal**

**Baker's Dozen**

**Half Dozen**

# CAGE-FREE EGG SANDWICHES

Served with Utensils, Plates & Napkins

## Signature Egg Sandwich Nosh Box

Enjoy our fresh-cracked, cage-free egg & bagel sandwiches just the way our chefs imagined:

Farmhouse **790 Cal**, Chorizo Sunrise **920 Cal**, Applewood Bacon & Cheddar **580 Cal**, Turkey-Sausage & Cheddar **560 Cal**, Ham & Swiss **540 Cal**, 🌿 Spinach, Mushroom & Swiss **570 Cal**, 🌿 Cheddar Cheese **590 Cal**

**Dozen**

**Half Dozen**

## Classic Egg Sandwich Nosh Box

An assortment of our most popular fresh-cracked, cage-free egg & bagel sandwiches:

Applewood Bacon & Cheddar on Plain Bagel **550 Cal**

Turkey-Sausage & Cheddar on Plain Bagel **560 Cal**

Ham & Swiss on Plain Bagel **530 Cal**

🌿 Spinach, Mushroom & Swiss on Plain Bagel **560 Cal**

🌿 Cheddar Cheese on Plain Bagel **490 Cal**

**Dozen**

**Half Dozen**

## Thintastic Egg White Sandwich Nosh Box

🌿 Spinach, Mushroom & Swiss on Plain Thintastic Bagel **330 Cal**

Santa Fe on Asiago Thintastic Bagel **420 Cal**

**Dozen**

**Half Dozen**

# BREAKFAST FAVORITES

## 🔥 Breakfast for the Group

A Mixed Bagels & Sweets Nosh Box, Large Fresh Fruit Salad, Coffee & Orange Juice for the Group (Serves up to 20)

## Traditional Nova Lox\*\* Salmon Platter

Complete with 13 Fresh-Baked Bagels, Lox **700 Cal**, Capers **0 Cal**, Tomatoes **50 Cal**, Red Onions **25 Cal**, Cucumbers **45 Cal**, Lemons **15 Cal**, Lettuce **15 Cal** & 2 Tubs of Shmear (Serves up to 13)

## 🔥 Mixed Bagels & Sweets Nosh Box

An assortment of 9 Breakfast Muffins & Assorted Pastries plus twelve Bagels with 2 Tubs of Shmear (Serves up to 21)

# INDIVIDUAL BREAKFAST BOXES

Served with Utensils.

🔥 **Bagel & Shmear Breakfast Box** **640-960 Cal**  
Bagel with Shmear, Fruit Cup, Yogurt with Granola and Banana

🔥 **Power Protein Breakfast Box** **940 Cal**  
Power Protein Bagel with Peanut Butter, Fruit Cup, Yogurt with Granola and Banana

🔥 **Pastry Breakfast Box** **750-990 Cal**  
Choice of Muffin, Cherry Pastry\*\*\* or Strudel, Fruit Cup, Yogurt with Granola and Banana

# FRESH SALADS

Made with Mixed Seasonal Greens.

**Single:** Served with a Gourmet Cookie **310-460 Cal** AND choice of Plain, Sesame or Asiago Bagel OR Bag of Chips **180 Cal**

**Group:** Served with utensils, plates & napkins (Serves 6-8)

## 🔥 Seasonal Chicken Salad

Grilled Chicken, Fresh Greens, Fresh Fruit, Craisins® Dried Cranberries and Toasted Almonds. Served with Light Balsamic Vinaigrette.

**Group** **1,260 Cal**  
**Single** **560 Cal**

## 🔥 Seasonal Almond Salad

Fresh Greens, Fresh Fruit, Craisins® Dried Cranberries and Toasted Almonds. Served with Light Balsamic Vinaigrette.

**Group** **1,260 Cal**  
**Single** **220 Cal**

# LUNCH SANDWICHES

**For The Group**

Served with Utensils, Plates, Napkins & Pickle **5 Cal**

## Signature Lunch Nosh Box

🔥 Harvest Chicken Salad on Ancient Grain Bagel, Tasty Turkey on Asiago Bagel, Green Chile Club on Green Chile Bagel, 🌿 Hummus Veg Out on Ancient Grain Bagel, Albacore Tuna Salad on Ancient Grain Bagel, Chicken Florentine on Spinach Florentine Bagel or Turkey, Bacon & Avocado on Potato Roll

**10 Full Sandwiches** (cut in half & wrapped)

**5 Full Sandwiches** (cut in half & wrapped)

## Classic Lunch Nosh Box

Turkey & Cheddar on Potato Roll, Ham & Swiss on Potato Roll, Albacore Tuna Salad on Ancient Grain Bagel, 🌿 Hummus Veg Out on Ancient Grain Bagel

**10 Full Sandwiches** (cut in half & wrapped)

**5 Full Sandwiches** (cut in half & wrapped)

## Lunch for the Group

Choice of 10 full sandwiches (cut in half & wrapped), Group Salad, Group Potato Salad, Dozen Cookie Variety Box, 12 bags of chips and 12 bottled beverages (Serves 10-12)

# INDIVIDUAL LUNCH BOXES

Served with choice of Chips **180 Cal**, Fruit **50-100 Cal** or Potato Salad **220 Cal**, Pickle **5 Cal** & Gourmet Cookie **310-460 Cal**

**Nova Lox\*\*** **480 Cal**

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

**Tasty Turkey** **510 Cal**

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

🌿 **Hummus Veg Out** **410 Cal**

Hummus, Tomato, Red Onion, Spinach, Arugula, Cucumber with Garden Veggie Shmear on Ancient Grain Bagel

**Turkey, Bacon & Avocado** **660 Cal**

Roasted Turkey, Thick-Cut Bacon, Avocado, Lettuce, Tomato with Roasted Tomato Spread on Potato Roll

**Turkey & Cheddar** **550 Cal**

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

**Ham & Swiss** **560 Cal**

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

🔥 **Harvest Chicken Salad** **560 Cal**

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

**Albacore Tuna Salad** **550 Cal**

Albacore Tuna, Celery and Mayo with Lettuce, Tomato, Red Onion on Ancient Grain Bagel

**Green Chile Club** **Served Hot** **710 Cal**

Roasted Turkey, Thick-Cut Bacon, Pepper Jack Cheese, Lettuce, Tomato, Red Onion, with Mayo on Green Chile Gourmet Bagel

**Chicken Florentine** **Served Hot** **620 Cal**

Grilled Chicken Breast, Mozzarella & Asiago, Spinach, Tomato with Garlic & Herb Shmear on a Spinach Florentine Gourmet Bagel

\*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 UNDERCOOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS.

\*\*\*Flavor may vary by region

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