### BEVERAGES FOR THE GROUP

#### Coffee Canteen 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. (96 oz - Serves up to 6)

**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)

**Lemonade for the Group** 630 Cal
Includes lemons, cups and ice. (64 oz - Serves up to 6)

#### Individual Bottled Beverages

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### 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**
  - Small (Serves up to 6)
    - 1 Coffee for the Group, 2 Cookies, 4 Assorted Muffins & Pastries
  - Large (Serves up to 12)
    - 2 Coffee for the Group, 1 Half Dozen Cookie Variety Box, 1 Half Dozen Sweets Nosh Box with Muffins and Assorted 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

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### VEGETARIAN & CONTAINS NUTS

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### 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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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.
**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 280 Cal
- Asiago 300 Cal
- Blueberry 290 Cal
- Chocolate Chip 300 Cal
- Cinnamon Raisin 280 Cal
- Cinnamon Sugar 320 Cal
- Everything 280 Cal
- French Toast 370 Cal

**Gourmet Bagels**
- Apple Cinnamon 450 Cal
- Cheddar Jalapeño 340 Cal
- Cheesy Hash Brown 400 Cal
- Green Chile 390 Cal

**Double-Whipped Shmear Tubs**
- Garden Veggie* 540 Cal
- Garlic & Herb* 540 Cal
- Honey Almond* 630 Cal
- Jalapeño Salsa* 540 Cal
- Onion & Chive 630 Cal

**Toppings**
- Butter Blend 200 Cal
- Hummus 110 Cal

**SWEETS, FRUIT & MORE**

**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)

**Individual Yogurt Parfait 6-Pack**
6 Individual Fruit & Granola Yogurt Parfaits 200 Cal each

**Sweets Nosh Box**
Muffins & Assorted Pastries
- Blueberry Muffin 450 Cal
- Chocolate Chip 550 Cal
- Greek Yogurt Cherry Pastry 360 Cal
- Ceramic Muffin 540 Cal
- Chocolate Croissant 390 Cal

Dozen
- Half Dozen

**Mini Sweets Platter**
Bite size Chocolate Croissants 130 Cal and Greek Yogurt Cherry Pastries 120 Cal

**BREAKFAST FAVORITES**

**Breakfast for the Group**
Large (Serves up to 20)
9 Breakfast Muffins & Assorted Pastries, Dozen Bagels, 2 Tubs of Shmear, Large Fresh Fruit Salad, Coffee & Orange Juice for the Group
Small (Serves 12)
Half Dozen Bagels, Half Dozen Sweets Nosh Box, Small Fresh Fruit Salad, Coffee for the Group

**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 12 Bagels with 2 Tubs of Shmear (Serves up to 21)

**INDIVIDUAL BREAKFAST BOX**
Served with Utensils

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

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

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

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

**Signature Lunch Nosh Box**
Tasty Turkey on Asiago Bagel, Green Chile Chicken Club on Green Chile Gourmet Bagel, Hummus Veg Out on Ancient Grain Bagel, Italian Chicken on Six Cheese Gourmet Bagel or Turkey, Bacon & Avocado on Potato Roll

**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

**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 BOX**
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

**Tasty Turkey**
510 Cal

**Hummus Veg Out**
410 Cal

**Turkey, Bacon & Avocado**
660 Cal

**Turkey & Cheddar**
550 Cal

**Ham & Swiss**
560 Cal

**Albacore Tuna Salad**
550 Cal

**Green Chile Chicken Club**
840 Cal

**Italian Chicken**
750 Cal

**FRESH SALADS**

**Seasonal Chicken Salad**
Grilled Chicken, Spinach, Fresh Fruit, Craisins® Dried Cranberries and Toasted Almonds. Served with Light Balsamic Vinaigrette
Group 1,260 Cal
Single 560 Cal

**Seasonal Almond Salad**
Spinach, Fresh Fruit, Craisins® Dried Cranberries and Toasted Almonds. Served with Light Balsamic Vinaigrette
Group 1,260 Cal
Single 220 Cal

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*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.**

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