

breakfast

served until 11am

sandwiches

on your choice of a squagel[®], croissant 330cal, or whole wheat wrap 120cal

tbm

eggs, tomato, basil,
fresh mozzarella, romano,
sun-dried tomato spread
411 - 621cal

cosi[®] club

eggs, bacon, tomato,
cheddar
372 - 582cal

spinach florentine

eggs, spinach, swiss,
artichoke spread
380 - 590cal

3.99

santa fe

eggs, bacon, gouda,
pico de gallo, sun-dried
tomato spread
470 - 680cal


steak & egg

eggs, tender beef
medallions, provolone,
pesto
508 - 718cal

western

eggs, ham, red peppers,
cheddar
346 - 556cal

4.19

steel cut oatmeal 
with your choice of toppings

cup	bowl
3.39	3.69
149cal	198cal

egg white cups **4.19**

pico de gallo  
90cal

florentine 
spinach, swiss, artichoke spread
150cal

squagels[®]  1.09

plain 309cal
sesame 363cal
everything 351cal
multigrain 339cal

jalapeño cheddar 397cal
asiago cheese 453cal
cranberry orange 418cal
cinnamon raisin 447cal

avocado 60cal	.79	baker's dozen	8.99
cream cheese	.99	4017 - 5889cal	
plain 197cal		cream cheese tub	2.69
low-fat 169cal		plain 756cal	low-fat 424cal
veggie 140cal		veggie 452cal	
peanut butter 190cal	.99		

breakfast sandwich calorie range is based on whole wheat wrap to croissant.

beverages

handcrafted beverages

iced tea 4cal.....	2.69
raspberry iced tea 182cal.....	2.69
country club iced tea 98cal	2.69
lemonade 179cal.....	2.69
mojito lemonade 272cal	2.69
raspberry mojito lemonade 331cal.....	2.69

coffeehouse

all beverages are available hot or iced


coffee

	small	medium	large
freshly brewed coffee 6/9/11cal	2.09	2.29	2.49
shot in the dark 8/12/15cal	2.39	2.59	2.79

espresso

espresso 3/6cal.....	2.19	2.39
americano 5/8/10cal.....	2.19	2.39
cappuccino 107/145/179cal	3.39	3.79
latte 177/232/301cal.....	3.39	3.79
caramel latte 434/593/750cal.....	3.79	4.19
mocha 352/462/587cal	3.79	4.19

hot beverages

hot tea 3/4/5cal 	2.09	2.29	2.49
hot chocolate 422/547/672cal.....	3.09	3.39	3.69
hot white chocolate 397/504/611cal	3.09	3.39	3.69
chai tea latte 220/299/379cal	3.29	3.69	4.09

bottled beverages are also available

vegetarian

contains no meat or seafood products;
may contain egg and/or dairy

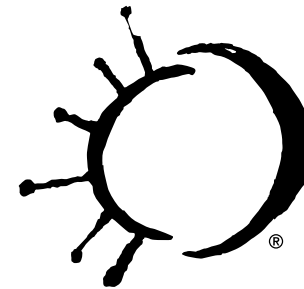
gluten free

contains no wheat, triticale, rye and/
or barley, if ordered without bread

smart fit menu items

cosi[®] smart fit menu items supplement a balanced diet and active lifestyle; visit
getcosi.com/smartfit for more information

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children 9 to 13 years, but calorie needs vary. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. additional nutritional information available upon request. prices and menu items are subject to change. calories may vary due to assembly. "cosi" and related marks are registered trademarks of cosi, inc. in the u.s.a. and certain other countries. © 2016 cosi, inc. all rights reserved. TEL: 916-917



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to go

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salads

served with our freshly baked flatbread

signature **V** **GF**

mixed greens, grapes, pears, pistachios, dried cranberries, gorgonzola, sherry shallot vinaigrette
309/618cal

smart fit **V** **GF** **LF**

baby kale, romaine, roasted sweet potatoes, avocado, roasted corn, black beans, roasted red peppers, carrots, scallions, chipotle lime dressing
195/390cal

half whole
5.99 9.59

adobo lime chicken **GF**

chicken, romaine, roasted corn, black beans, tortilla strips, housemade pico de gallo, adobo vinaigrette
225/450cal

shanghai chicken **LF**

chicken, mixed greens, asian noodles, carrots, scallions, reduced-fat ginger soy dressing
130/260cal

half whole
6.19 9.89

cosi® cobb **GF**

chicken, mixed greens, bacon, egg, tomatoes, scallions, gorgonzola, sherry shallot vinaigrette
370/740cal

greek **V** **GF**

romaine, diced tomatoes, cucumbers, red onions, black olives, feta, italian vinaigrette
267/533cal

caesar

romaine, croutons, parmesan, classic caesar dressing
267/534cal

half whole
5.39 8.39

make your own

choose mixed greens, romaine, or baby kale, choose up to five toppings, choose a dressing
1-740cal

protein add-ons

organic tofu	chicken	tuna salad	steak	salmon
2.25	2.25	2.25	3.00	3.00
90cal	110cal	120cal	120cal	258cal

we serve naturally-raised, no antibiotics added chicken

taste two®

combine any two of the following for **9.49**

half salad / half sandwich / half pizza / cup of soup

sandwiches

served with cosi® chips or baby carrots
all sandwiches available as melts

tbm **V**

tomatoes, basil, fresh mozzarella, cosi® vinaigrette 348/697cal
chicken tbm 5.79/9.09 345/640cal

half whole
5.39 8.29

hummus & veggie **V** **LF**

tomatoes, cucumbers, red onions, basil
208/416cal

turkey & brie **LF**

arugula, spicy honey mustard
284/567cal

tuna

line caught albacore tuna, tomatoes, cheddar, cosi® vinaigrette
310/620cal

half whole
5.69 8.99

turkey avocado **LF**

tomatoes, arugula, greek yogurt dressing
224/447cal

bacon turkey cheddar

tomatoes, spicy honey mustard
315/630cal

pesto chicken

fresh mozzarella, sun-dried tomato spread
300/610cal

half whole
5.79 9.09

roasted turkey club

bacon, tomatoes, shredded romaine, mayo
219/438cal

buffalo bleu

chicken with buffalo sauce, shredded romaine, bleu cheese spread
255/510cal

flatbread pizza

margherita **V**

fresh mozzarella, basil, tomato

half individual
5.19 7.89
403cal 805cal

pepperoni

mozzarella, romano

half individual
5.29 8.09
428cal 856cal

bbq chicken

smoked gouda, red onion, fresh cilantro

half individual
5.39 8.29
425cal 850cal

calories of sandwiches and pizzas are based on choice of original flatbread.

soups

served with our freshly baked flatbread

tomato basil **V** **GF**

400/600cal

mediterranean lentil **V** **GF** **LF**

250/370cal

turkey chili

240/360cal

broccoli cheddar **V** **GF**

510/770cal
cup bowl

4.99 5.99

smart fit chicken noodle **LF**

120/190cal

seasonal soup

please see menu boards

bowls

served with our freshly baked flatbread

adobo chicken with avocado **GF**

chicken, wild rice blend, hearth-roasted veggies, roasted corn, black beans, housemade pico de gallo, avocado
680cal

9.79

thai curry

tofu or chicken, jasmine rice, cauliflower florets, curry, cilantro
740cal

9.79

brazilian steak

spicy aji amarillo marinated steak, wild rice blend, shredded romaine, caramelized red onions, roasted cherry tomatoes, mozzarella
670cal

9.99

macaroni & cheese **V**

add buffalo chicken +1100 cal
680/990cal

5.99/7.39

kids

5.99

grilled cheese

280cal

ham & cheese

310cal

cheese or pepperoni pizza

250/300cal

served with chips, carrots, or grapes (150, 15, 40cal) soda, milk, or juice (120-290, 80cal) and cookie (170cal)

before placing your order, please inform your server if a person in your party has a food allergy.

peanut butter & jelly

370cal

turkey

170cal

macaroni & cheese

400cal