



così[®]

to go

getcosi[®].getitonline.
orders.getcosi.com

beverages

menu item	saturated fat	trans fat	sodium	total carbohydrates
americano, large	0g	0g	29mg	2g
americano, medium	0g	0g	22mg	1g
americano, small	0g	0g	16mg	1g
cappuccino, large	6g	0g	153mg	15g
cappuccino, medium	5g	0g	124mg	12g
cappuccino, small	3g	0g	91mg	9g
caramel latte, large	4g	0g	210mg	64g
caramel latte, medium	5g	0g	280mg	83g
caramel latte, small	6g	0g	350mg	107g
chai tea latte, large	6g	0g	209mg	65g
chai tea latte, medium	4g	0g	165mg	52g
chai tea latte, small	3g	0g	121mg	38g
coffee, large	0g	0g	11mg	2g
coffee, medium	0g	0g	9mg	2g
coffee, small	0g	0g	6mg	1g
country club tea	0g	0g	10mg	24g
espresso - single	0g	0g	0mg	0g
espresso - double	0g	0g	10mg	1g
hot chocolate, large	11g	0g	210mg	98g
hot chocolate, medium	9g	0g	160mg	81g
hot chocolate, small	8g	0g	130mg	66g
hot tea, large	0g	0g	15mg	2g
hot tea, medium	0g	0g	15mg	1g
hot tea, small	0g	0g	10mg	1g
iced tea	0g	0g	10mg	2g
latte, large	10g	0g	255mg	25g
latte, medium	8g	0g	197mg	19g
latte, small	6g	0g	149mg	14g
lemonade	0g	0g	10mg	45g
mocha, large	11g	0g	248mg	91g
mocha, medium	10g	0g	0mg	2g
mocha, small	8g	0g	0mg	49g
mojito lemonade	0g	0g	10mg	68g
raspberry mojito lemonade	0g	0g	10mg	81g
raspberry iced tea	0g	0g	10mg	39g
shot in the dark, large	0g	0g	18mg	3g
shot in the dark, medium	0g	0g	15mg	2g
shot in the dark, small	0g	0g	10mg	2g
white hot chocolate, large	13g	0g	414mg	86g
white hot chocolate, medium	11g	0g	335mg	69g
white hot chocolate, small	10g	0g	256mg	52g

breakfast

menu item	saturated fat	trans fat	sodium	total carbohydrates
cosi® club	9.5 - 18g	0g	697 - 787mg	25 - 38g
egg white cup, pico de gallo	0g	0g	290mg	9g
egg white cup, florentine	4g	0g	400mg	8g
oatmeal steel cut, bowl	0g	0g	63mg	36g
oatmeal steel cut, cup	0g	0g	47mg	27g
santa fe	12 - 20.5g	0g	1005 - 1095mg	30 - 43g
spinach florentine	9 - 17.5g	0g	326 - 736mg	28 - 63g
steak & egg	13 - 21.5g	0g	850 - 940mg	27 - 40g
tbm	6.5 - 15g	0g	772 - 862mg	34 - 47mg
western	7.5 - 16g	0g	1060 - 1150mg	31 - 44g

squagels®

asiago cheese	4g	0g	513mg	75g
cinnamon raisin	0g	0g	239mg	95g
cranberry orange	0g	0g	238mg	87g
everything	1g	0g	321mg	65g
jalapeno cheddar	5g	0g	469mg	61g
multigrain	0g	0g	215mg	65g
plain	0g	0g	228mg	61g
sesame	1g	0g	241mg	69g
baker's dozen	0 - 65g	0g	2795 - 6669mg	793 - 1235g
avocado	1g	0g	0mg	5g
cream cheese, lite	5g	0g	266mg	4g
cream cheese, plain	12g	0g	229mg	0g
cream cheese, veg lite	6g	0g	246mg	2g
cream cheese tub, lite	20g	0g	1064mg	16g
cream cheese tub, plain	48g	0g	916mg	0g
cream cheese tub, veg	24g	0g	984mg	8g
peanut butter	4.5g	0g	240mg	14g

s'mores

menu item	saturated fat	trans fat	sodium	total carbohydrates
for four	10g	0g	468mg	122g
for two	5g	0g	234mg	61g

original flatbread, cosi® chips, & baby carrots

menu item	saturated fat	trans fat	sodium	total carbohydrates
original flatbread	0g	0g	82mg	43g
baby carrots	0g	0g	15mg	3g
cosi® chips	2g	0g	110mg	15g

soups: bowl (15 oz)

menu item	saturated fat	trans fat	sodium	total carbohydrates
broccoli & cheddar	30g	0g	1330mg	28g
mediterranean lentil	3g	0g	900mg	45g
smart fit chicken noodle	0g	0g	1160mg	19g
tomato basil	32g	0g	750mg	30g
turkey chili	2g	0g	1370mg	67g

please ask for additional information for seasonal soup

soups: cup (10 oz)

menu item	saturated fat	trans fat	sodium	total carbohydrates
broccoli & cheddar	20g	0g	890mg	19g
mediterranean lentil	2g	0g	600mg	30g
smart fit chicken noodle	0g	0g	770mg	12g
tomato basil	21g	0g	500mg	20g
turkey chili	1g	0g	910mg	45g

please ask for additional information for seasonal soup

bowls

menu item	saturated fat	trans fat	sodium	total carbohydrates
adobo chicken	4g	0g	1090mg	99g
brazilian steak bowl	5g	0g	1680mg	92g
macaroni & cheese (15 oz)	35g	1g	1920mg	82g
macaroni & cheese (10 oz)	24g	.5g	1320mg	56g
thai curry chicken	12g	0g	1100mg	101g
thai curry tofu	12g	0g	820mg	103g

kids

menu item	saturated fat	trans fat	sodium	total carbohydrates
cheese pizza	5g	0g	970mg	29g
cup of grapes	0g	0g	0mg	10g
grilled cheese	8g	0g	1080mg	26g
ham & cheese	8g	0g	1390mg	27g
juice	0g	0g	15mg	21g
macaroni & cheese	14g	0g	770mg	33g
milk	0-6g	0g	130-170mg	10-40g
peanut butter & jelly	2.5g	0g	430mg	50g
pepperoni pizza	8g	0g	1150mg	29g
turkey	0g	0g	620mg	26g

sandwiches: whole

menu item	saturated fat	trans fat	sodium	total carbohydrates
bacon turkey cheddar	9g	0g	929mg	58g
buffalo bleu	4g	0g	1080mg	47g
chicken tbm	2.5g	0g	570mg	46g
hummus & veggie	0g	0g	553mg	73g
pesto chicken	10g	0g	1240mg	49g
roasted turkey club	2g	0g	791mg	50g
tbm	15g	0g	390mg	47g
tuna	7g	0g	1520mg	48g
turkey avocado	2g	0g	820mg	55g
turkey & brie	7g	0g	820mg	57g

sandwiches: half

menu item	saturated fat	trans fat	sodium	total carbohydrates
bacon turkey cheddar	4.5g	0g	464.5mg	29g
buffalo bleu	2g	0g	540mg	23.5g
chicken tbm	1.25g	0g	285mg	23g
hummus & veggie	0g	0g	276.5mg	36.5g
pesto chicken	5g	0g	620mg	25g
roasted turkey club	1g	0g	395.5mg	25g
tbm	7.5g	0g	195mg	23.5g
tuna	3.5g	0g	760mg	24g
turkey avocado	1g	0g	410mg	27.5g
turkey & brie	3.5g	0g	410mg	28.5g

pizza: individual

menu item	saturated fat	trans fat	sodium	total carbohydrates
margherita	12g	0g	720mg	91g
pepperoni	19g	0g	3310mg	29g
bbq chicken	11g	0g	1860mg	110g

pizza: half

menu item	saturated fat	trans fat	sodium	total carbohydrates
margherita	6g	0g	360mg	45.5g
pepperoni	9.5g	0g	1655mg	14.5g
bbq chicken	5.5g	0g	930mg	55g

nutritional information

salads: whole

menu item	saturated fat	trans fat	sodium	total carbohydrates
adobo lime chicken salad	3g	0g	746mg	41g
caesar salad	8g	0g	1404mg	26g
cosi® cobb salad	16g	0g	1316mg	20g
greek salad	9g	0g	1502mg	20g
shanghai chicken salad	2g	0g	788mg	28g
signature salad	11g	0g	565mg	40g
smart fit salad	2g	0g	489mg	57g

salads: half

menu item	saturated fat	trans fat	sodium	total carbohydrates
adobo lime chicken salad	1.5g	0g	373mg	20.5g
caesar salad	4g	0g	702mg	13g
cosi® cobb salad	8g	0g	658mg	10g
greek salad	4.5g	0g	751mg	10g
shanghai chicken salad	1g	0g	394mg	14g
signature salad	5.5g	0g	282.5mg	20g
smart fit salad	1g	0g	244.5mg	28.5g

proteins add ons

menu item	saturated fat	trans fat	sodium	total carbohydrates
organic tofu	0g	0g	0mg	5g
chicken	0g	0g	200mg	1g
tuna salad	1.5g	0g	640mg	2g
steak	1g	0g	340mg	1g
salmon	.5g	0g	330mg	0g

soups

served with our freshly baked flatbread

tomato basil **V** **GF**
400/600cal

turkey chili
240/360cal

**smart fit chicken
noodle** **e**
120/190cal

**mediterranean
lentil** **V** **GF** **e**
250/370cal

broccoli cheddar
V **GF**
510/770cal
cup bowl
4.99 5.99

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 +1 100 cal
680/990cal

5.99/7.39

kids

5.99

grilled cheese
280cal

peanut butter & jelly
370cal

ham & cheese
310cal

turkey
170cal

cheese or pepperoni pizza
250/300cal

macaroni & cheese
400cal

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.

sandwiches

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

tbm

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

hummus & veggie

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

half

5.39

whole

8.29

turkey & brie

arugula, spicy honey
mustard
284/567cal

tuna

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

half

5.69

whole

8.99

turkey

avocado

tomatoes, arugula,
greek yogurt dressing
224/447cal

bacon turkey cheddar

tomatoes, spicy honey mustard
315/630cal

roasted turkey club

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

pesto chicken

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

buffalo bleu

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

half

5.79

whole

9.09

flatbread pizza

margherita

fresh mozzarella, basil,
tomato

half

5.19

403cal

individual

7.89

805cal

pepperoni

mozzarella, romano

half

5.29

428cal

individual

8.09

856cal

bbq chicken

smoked gouda, red
onion, fresh cilantro

half

5.39

425cal

individual

8.29

850cal

calories of sandwiches and pizzas are based on choice of original flatbread.
original flatbread 214cal cosi[®] chips 250cal baby carrots 15cal

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** **PF**

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 **PF**

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

cosi® cobb **GF**

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

half whole

6.19 **9.89**

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

make your own

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

half whole

5.39 **8.39**

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

breakfast

served until 11am

sandwiches

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

tbm **V**

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

cosi[®] club

eggs, bacon, tomato,
cheddar
372 - 582cal

spinach florentine **V**

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 **V**

with your choice of toppings

cup

3.39

149cal

bowl

3.69

198cal

egg white cups **4.19**

pico de gallo **V GF**

90cal

florentine **V**

spinach, swiss, artichoke spread
150cal

squagels[®] **V** 1.09

plain 309cal

sesame 363cal

everything 351cal

multigrain 339cal

jalapeño cheddar 397cal

asiago cheese 453cal

cranberry orange 418cal

cinnamon raisin 447cal

avocado 60cal

cream cheese

plain 197cal low-fat 169cal

veggie 140cal

peanut butter 190cal

.79

.99

.99

baker's dozen

4017 - 5889cal

cream cheese tub

plain 756cal low-fat 424cal

veggie 452cal

8.99

2.69

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	2.59
cappuccino 107/145/179cal.....	3.39	3.79	4.19
latte 177/232/301cal.....	3.39	3.79	4.19
caramel latte 434/593/750cal.....	3.79	4.19	4.59
mocha 352/462/587cal.....	3.79	4.19	4.59

hot beverages

hot tea 3/4/5cal <small>NONI</small>	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

V vegetarian

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

GF 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.