

# salads

ADD TO ANY SALAD: CHICKEN 1.75 110 cal STEAK 2.00 120 cal • SALMON 2.00 258 cal • OVEN-ROASTED ORGANIC TOFU 1.50 150 cal

**V SIGNATURE** taste | two half whole  
**4.89 6.39 8.49**  
 GF Gorgonzola, grapes, pears, pistachios, dried cranberries, mixed greens, sherry shallot vinaigrette 309-618 cal  
 LS *with half the cheese & reduced-fat sherry shallot vinaigrette* 183-367 cal

**CHICKEN CAESAR** **4.99 6.59 8.79**  
 naturally-raised grilled chicken, romaine, croutons, Parmesan, classic caesar dressing 275-550 cal

**GF COSÌ® COBB** **4.89 6.39 8.49**  
 naturally-raised grilled chicken, bacon, egg, Gorgonzola, tomatoes, scallions, mixed greens, sherry shallot vinaigrette 370-740 cal  
 LS *with reduced-fat sherry shallot vinaigrette* 256-511 cal

**SHANGHAI CHICKEN** **4.99 6.59 8.79**  
 naturally-raised grilled chicken, Asian noodles, carrots, scallions, mixed greens, reduced-fat ginger soy dressing 130-260 cal

**V GREEK** taste | two half whole  
**4.49 5.99 7.99**  
 GF feta, diced tomatoes, cucumbers, Kalamata olives, red onions, romaine, Italian vinaigrette 267-533 cal

**V SMART FIT** **5.29 6.79 9.19**  
 GF baby kale, romaine, roasted sweet potatoes, fresh avocado, carrots, scallions, roasted corn, black beans, roasted red peppers, chipotle lime dressing 195-390 cal

**GF TANDOORI CHICKEN** **4.99 6.39 8.59**  
 naturally-raised grilled chicken with a blend of Eastern spices, red peppers, tomatoes, cucumbers, red onions, mixed greens, peppercorn ranch dressing 235-470 cal  
 LS *with fat-free balsamic vinaigrette* 80-160 cal

**ASIAN SALMON** **5.69 7.29 9.49**  
 wild Alaskan salmon, edamame, pineapple, carrots, scallions, cucumbers, red peppers, cilantro, mixed greens, sesame brittle, chili lime vinaigrette 221-441 cal

**GF ADOBO LIME CHICKEN** **5.29 6.99 8.79**  
 naturally-raised grilled chicken, roasted corn, black beans, tortilla strips, pico de gallo, romaine, adobo vinaigrette 225-450 cal

**V PERUVIAN PALM SALAD** **5.09 6.59 8.79**  
 GF Peruvian peppers, hearts of palm, avocados, tomatoes, diced cucumbers, romaine, white balsamic vinaigrette 168-335 cal

# breakfast

SERVED DAILY UNTIL 11 AM

## WRAPS

**V SPINACH FLORENTINE** **3.69** 387 cal  
 eggs, spinach, Swiss, artichoke spread inside a warm wrap  
 LS *with egg whites* 289 cal

**SANTA FE** **3.89** 471 cal  
 eggs, bacon, Gouda, pico de gallo, sun-dried tomato spread inside a warm wrap  
 LS *with egg whites* 378 cal

**STEAK & EGG** **3.99** 508 cal  
 eggs, tender beef medallions, pesto, provolone inside a warm wrap  
 LS *with egg whites* 420 cal

## SQUAGELS® made from scratch every morning

**SQUAGELS®** **.99 ea.**  
 plain 309 cal, sesame 363 cal, everything 351 cal, poppy seed 361 cal, multigrain 339 cal

**SIGNATURE SQUAGELS®** **1.19 ea.**  
 basil parmesan 333 cal, jalapeño cheddar 397 cal, asiago cheese 453 cal, cranberry orange 418 cal, cinnamon raisin 447 cal

**CREAM CHEESE** **.99 ea.**  
 plain 197 cal, low-fat plain 169 cal, veggie 140 cal

**SQUAGELS® BAKER'S DOZEN** **8.99 ea.** 309-453 cal/ea

## SANDWICHES

**COSÌ® CLUB SQUAGEL®** **3.99** 561 cal  
 eggs, bacon, cheddar, tomato on a homemade Cosi® Squagel®

**MAKE-YOUR-OWN EGG SANDWICH**  
 Squagel® **3.99** 395-776 cal  
 croissant **4.19** 417-704 cal  
 choose two toppings: mozzarella, Swiss, cheddar, tomato, bacon, ham, spinach, red peppers, onions

**WESTERN CROISSANT** **4.19** 558 cal  
 eggs, ham, red peppers, cheddar on a flaky croissant

**V T.B.M. SQUAGEL®** **3.99** 627 cal  
 eggs, fresh mozzarella, tomato, basil, Romano, sun dried tomato spread on a homemade Cosi® Squagel®

## EGG WHITE CUPS

**V PICO DE GALLO** **3.69** 90 cal  
 GF

**V FLORENTINE** **3.69** 150 cal  
 spinach, swiss and artichoke spread

## COSÌ® OATMEAL

steel-cut with your choice of toppings  
 regular **3.19** 149 cal large **3.69** 198 cal

## ANCIENT GRAIN

organic whole grain oats, quinoa, flax seeds, amaranth, chia seeds with your choice of toppings  
 regular **3.39** 226 cal large **3.89** 363 cal

## Make it a Breakfast Bundle

with any breakfast entrée, add:  
 medium coffee **1.00**  
 medium cappuccino or latte **1.75**

# coffeehouse

## COFFEE

**FRESHLY BREWED COFFEE**  

	SMALL	MEDIUM	LARGE
<b>1.99</b>	<b>2.19</b>	<b>2.39</b>	
6 cal	9 cal	11 cal	

 Our Xando® Blend  
 Our Xando® Decaf

**ICED SIGNATURE COFFEE**  

	SMALL	MEDIUM	LARGE
<b>1.99</b>	<b>2.19</b>	<b>2.39</b>	
6 cal	8 cal	11 cal	

**SHOT IN THE DARK**  

	SMALL	MEDIUM	LARGE
<b>2.29</b>	<b>2.49</b>	<b>2.69</b>	
8 cal	12 cal	15 cal	

## ESPRESSO

single **1.99** 3 cal double **2.19** 6 cal

**LATTE**  

	SMALL	MEDIUM	LARGE
<b>3.29</b>	<b>3.69</b>	<b>3.99</b>	
177 cal	232 cal	301 cal	

**CAPPUCCINO**  

	SMALL	MEDIUM	LARGE
<b>3.29</b>	<b>3.69</b>	<b>3.99</b>	
107 cal	145 cal	179 cal	

**MOCHA**  

	SMALL	MEDIUM	LARGE
<b>3.69</b>	<b>4.19</b>	<b>4.39</b>	
352 cal	462 cal	587 cal	

**CARAMEL LATTE**  

	SMALL	MEDIUM	LARGE
<b>3.69</b>	<b>4.09</b>	<b>4.39</b>	
434 cal	593 cal	750 cal	

**AMERICANO**  

	SMALL	MEDIUM	LARGE
<b>1.99</b>	<b>2.19</b>	<b>2.59</b>	
5 cal	8 cal	10 cal	

add flavor shot to any drink .30

soy milk available upon request

## HOT BEVERAGES

**HOT TEA**  

	SMALL	MEDIUM	LARGE
<b>1.99</b>	<b>2.19</b>	<b>2.39</b>	
3 cal	4 cal	5 cal	

**HOT CHOCOLATE**  

	SMALL	MEDIUM	LARGE
<b>2.99</b>	<b>3.29</b>	<b>3.49</b>	
422 cal	547 cal	672 cal	

**WHITE HOT CHOCOLATE**  

	SMALL	MEDIUM	LARGE
<b>2.99</b>	<b>3.29</b>	<b>3.49</b>	
397 cal	504 cal	611 cal	

**CHAI TEA LATTE**  

	SMALL	MEDIUM	LARGE
<b>3.19</b>	<b>3.59</b>	<b>3.99</b>	
220 cal	299 cal	379 cal	

## HANDCRAFTED BEVERAGES

**ICED TEA** fresh brewed **LARGE 2.29** 4 cal

**LEMONADE** **2.29** 179 cal

**MOJITO LEMONADE** **2.29** 272 cal

**RASPBERRY ICED TEA** **2.29** 182 cal



# melts

## PESTO CHICKEN

naturally-raised grilled chicken in Cosi® pesto sauce, melted mozzarella, sun-dried tomato spread

taste | two half whole  
4.79 6.19 8.29 305-610 cal

## BACON TURKEY & CHEDDAR

tomatoes, spicy honey mustard

4.79 6.19 8.29 315-630 cal

## CHICKEN T.B.M.

naturally-raised grilled chicken, tomatoes, fresh basil, fresh mozzarella, Romano, sun-dried tomato spread

4.99 6.49 8.59 305-640 cal

## TUNA

line caught, dolphin-safe albacore tuna, tomatoes, melted cheddar, fat free Cosi® vinaigrette

4.69 5.99 7.99 390-780 cal

## STEAKHOUSE GORGONZOLA

tender beef medallions, Gorgonzola, caramelized red onions, bleu cheese spread

5.19 6.69 8.99 398-795 cal

# flatbread pizza

## V MARGHERITA

fresh mozzarella, fresh basil, tomato thin crust 296 / 591 / 1182 | original crust 403 / 805 / 1610  
add chicken 4.59 / 7.99 / 13.99  
thin crust 320 / 640 / 1280 | original crust 425 / 850 / 1700

taste | two regular (1 serving) large (2 servings)  
4.29 7.49 12.99

## PEPPERONI

mozzarella, Romano thin crust 321 / 642 / 1284 | original crust 428 / 856 / 1712

4.49 7.49 11.99

## BBQ CHICKEN

naturally-raised chicken with BBQ sauce, smoked Gouda, red onion, fresh cilantro thin crust 320 / 640 / 1280 | original crust 425 / 850 / 1700

4.59 7.99 13.99

## V TRADITIONAL CHEESE

mozzarella, Romano thin crust 250 / 500 / 1000 | original crust 357 / 714 / 1428

4.09 6.99 9.99

# bowls

served with our freshly baked signature FLATBREAD (214-235 cal)  
BOWLS SERVED WITH GLUTEN-FREE GRAINS (flatbread not gluten-free)

## GF ADOBO CHICKEN WITH AVOCADO 9.59 513 cal

marinated chicken, hearth-roasted veggies, roasted corn, black beans, housemade pico de gallo, fresh avocado, rice

## V GF GOLDEN BEET CITRUS 8.99 380 cal

marinated golden beets, carrot ginger salad, kale, golden raisins, orange segments, toasted almonds, citrus vinaigrette, ginger jasmine rice

## MACARONI & CHEESE 5.59 6.99

650 / 950 cal

- buffalo chicken add \$1 100 cal
- pork belly add \$2.50 230 cal

# soups everyday soups

## V TOMATO BASIL 400 - 600 cal

## GF TURKEY CHILI 340 - 510 cal

## SMART FIT CHICKEN NOODLE 120 - 190 cal

taste | two regular large  
3.89 4.29 5.59

# soup of the day

Monday  
ITALIAN WEDDING  
210 - 320 cal

Tuesday  
GF V MEDITERRANEAN LENTIL  
360 - 540 cal

Wednesday  
GF V BROCCOLI CHEDDAR  
413 - 619 cal

Thursday  
GF SPLIT PEA AND KALE  
188 - 281 cal

Friday  
CLAM CHOWDER  
438 - 656 cal

Saturday & Sunday WEEKEND SPECIAL!

# sandwiches

taste | two half whole

## V TBM

tomatoes, fresh basil, fresh mozzarella, Cosi® vinaigrette

4.39 5.69 7.59  
348-697 cal

LS with fat-free Cosi® vinaigrette

273-546 cal

add chicken 5.09 / 6.59 / 8.79

345-690 cal

## COSI® CLUB

roasted turkey, bacon, tomatoes, shredded romaine, low-fat mayo

4.69 5.99 7.99  
219-435 cal

## BUFFALO BLEU

naturally-raised chicken with buffalo sauce, shredded romaine, bleu cheese spread

4.69 5.89 7.99  
255-510 cal

## TURKEY & BRIE

arugula, spicy honey mustard

4.69 5.79 7.99  
284-567 cal

## TUSCAN PESTO CHICKEN

naturally-raised grilled chicken in Cosi® pesto sauce, shredded romaine, sun-dried tomato spread

4.69 5.89 7.99  
225-450 cal

## TANDOORI CHICKEN

naturally-raised grilled chicken blended with Eastern spices, red peppers, Cosi® vinaigrette

4.69 5.89 7.99  
250-500 cal

LS with fat-free Cosi® vinaigrette

175-350 cal

## TURKEY LIGHT

arugula, spicy honey mustard

4.09 5.19 6.99  
210-420 cal

## V HUMMUS & VEGGIES

tomatoes, cucumbers, red onions, basil

4.09 5.19 6.99  
208-416 cal

## PORK BELLY BANH MI

pork belly, daikon, carrots, cabbage, jalapenos, Asian ginger sauce

5.29 6.69 8.99  
345-682 cal

## TURKEY AVOCADO

tomatoes, greek ranch yogurt dressing, arugula

4.79 5.99 8.19  
224-447 cal

add a side soup or side salad to your meal

## smart fit

cosi® smart fit menu items supplement a balanced diet and active lifestyle.

## smart fit items:

- contain superfood ingredients
- include vegetables/fruits or whole grains
- are a source of lean protein (when there are proteins)

taste | two

combine any two of the following: 1/2 sandwich, 1/2 melt, 1/2 salad, 1/2 regular pizza, or regular soup

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

LS OUR LIGHTER SIDE  
lower calorie version of the select signature Cosi® item