

# 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

	taste   <b>two</b>	half	whole
<b>V SIGNATURE</b>	<b>4.79</b>	<b>6.19</b>	<b>8.29</b>
<b>GF</b> Gorgonzola, grapes, pears, pistachios, dried cranberries, mixed greens, sherry shallot vinaigrette			309-618 cal
<b>LS</b> with half the cheese & reduced-fat sherry shallot vinaigrette			183-367 cal
<b>CHICKEN CAESAR</b>	<b>4.79</b>	<b>6.29</b>	<b>8.29</b>
naturally-raised grilled chicken, romaine, croutons, Parmesan, classic caesar dressing			275-550 cal
<b>GF COSÌ® COBB</b>	<b>4.89</b>	<b>6.29</b>	<b>8.39</b>
naturally-raised grilled chicken, bacon, egg, Gorgonzola, tomatoes, scallions, mixed greens, sherry shallot vinaigrette			370-740 cal
<b>LS</b> with reduced-fat sherry shallot vinaigrette			256-511 cal
<b>SHANGHAI CHICKEN</b>	<b>4.79</b>	<b>6.19</b>	<b>8.29</b>
naturally-raised grilled chicken, Asian noodles, carrots, scallions, mixed greens, reduced-fat ginger soy dressing			130-260 cal

	taste   <b>two</b>	half	whole
<b>V GREEK</b>	<b>4.39</b>	<b>5.59</b>	<b>7.49</b>
<b>GF</b> feta, diced tomatoes, cucumbers, Kalamata olives, red onions, romaine, Italian vinaigrette			267-533 cal
<b>V SMART FIT</b>	<b>4.90</b>	<b>6.39</b>	<b>8.59</b>
<b>GF</b> baby kale, romaine, roasted sweet potatoes, fresh avocado, carrots, scallions, roasted corn, black beans, roasted red peppers, chipotle lime dressing			195-390 cal
<b>GF TANDOORI CHICKEN</b>	<b>4.79</b>	<b>6.19</b>	<b>8.29</b>
naturally-raised grilled chicken with a blend of Eastern spices, red peppers, tomatoes, cucumbers, red onions, mixed greens, peppercorn ranch dressing			235-470 cal
<b>LS</b> with fat-free balsamic vinaigrette			80-160 cal

	taste   <b>two</b>	half	whole
<b>GF ADOBO LIME CHICKEN</b>	<b>4.79</b>	<b>6.19</b>	<b>8.29</b>
naturally-raised grilled chicken, roasted corn, black beans, tortilla strips, pico de gallo, romaine, adobo vinaigrette			225-450 cal
<b>V PERUVIAN PALM SALAD</b>	<b>4.79</b>	<b>6.19</b>	<b>8.29</b>
<b>GF</b> Peruvian peppers, hearts of palm, avocados, tomatoes, diced cucumbers, romaine, white balsamic vinaigrette			168-335 cal

# breakfast

SERVED DAILY UNTIL 11 AM

## WRAPS

<b>V SPINACH FLORENTINE</b>	<b>3.49</b>	387 cal
eggs, spinach, Swiss, artichoke spread inside a warm wrap		
<b>LS</b> with egg whites		289 cal
<b>SANTA FE</b>	<b>3.69</b>	471 cal
eggs, bacon, Gouda, pico de gallo, sun-dried tomato spread inside a warm wrap		
<b>LS</b> with egg whites		378 cal
<b>STEAK &amp; EGG</b>	<b>3.79</b>	508 cal
eggs, tender beef medallions, pesto, provolone inside a warm wrap		
<b>LS</b> with egg whites		420 cal

## SQUAGELS® made from scratch every morning

<b>SQUAGELS®</b>	<b>.99 ea.</b>
plain 309 cal, sesame 363 cal, everything 351 cal, poppy seed 361 cal, multigrain 339 cal	
<b>SIGNATURE SQUAGELS®</b>	<b>1.19 ea.</b>
basil parmesan 333 cal, jalapeño cheddar 397 cal, asiago cheese 453 cal, cranberry orange 418 cal, cinnamon raisin 447 cal	
<b>CREAM CHEESE</b>	<b>.99 ea.</b>
plain 197 cal, low-fat plain 169 cal, veggie 140 cal	
<b>SQUAGELS® BAKER'S DOZEN</b>	<b>8.99 ea.</b> 309-453 cal/ea

## SANDWICHES

<b>COSÌ® CLUB SQUAGEL®</b>	<b>3.59</b>	561 cal
eggs, bacon, cheddar, tomato on a homemade Cosi® Squagel®		
<b>MAKE-YOUR-OWN EGG SANDWICH</b>	Squagel® <b>3.59</b>	395-776 cal
choose two toppings: mozzarella, Swiss, cheddar, tomato, bacon, ham, spinach, red peppers, onions	croissant <b>3.89</b>	417-704 cal
<b>WESTERN CROISSANT</b>	<b>3.79</b>	558 cal
eggs, ham, red peppers, cheddar on a flaky croissant		
<b>V T.B.M. SQUAGEL®</b>	<b>3.59</b>	627 cal
eggs, fresh mozzarella, tomato, basil, Romano, sun dried tomato spread on a homemade Cosi® Squagel®		

## EGG WHITE CUPS

<b>V PICO DE GALLO</b>	<b>3.49</b>	90 cal
<b>V FLORENTINE</b>	<b>3.49</b>	150 cal
spinach, swiss and artichoke spread		

## COSÌ® OATMEAL

steel-cut with your choice of toppings  
regular **3.19** 149 cal large **3.49** 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 **3.69** 363 cal

## Make it a Breakfast Bundle

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

# coffeehouse

## COFFEE

	SMALL	MEDIUM	LARGE
<b>FRESHLY BREWED COFFEE</b>	<b>1.99</b>	<b>2.19</b>	<b>2.39</b>
Our Xando® Blend Our Xando® Decaf	6 cal	9 cal	11 cal
<b>ICED SIGNATURE COFFEE</b>	<b>1.99</b>	<b>2.19</b>	<b>2.39</b>
	6 cal	8 cal	11 cal
<b>SHOT IN THE DARK</b>	<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
	SMALL	MEDIUM	LARGE	SMALL	MEDIUM	LARGE
<b>LATTE</b>	<b>3.29</b>	<b>3.69</b>	<b>3.99</b>	177 cal	232 cal	301 cal
<b>CAPPUCCINO</b>	<b>3.29</b>	<b>3.69</b>	<b>3.99</b>	107 cal	145 cal	179 cal
<b>MOCHA</b>	<b>3.69</b>	<b>4.19</b>	<b>4.39</b>	352 cal	462 cal	587 cal
<b>CARAMEL LATTE</b>	<b>3.69</b>	<b>4.09</b>	<b>4.39</b>	434 cal	593 cal	750 cal
<b>AMERICANO</b>	<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

	SMALL	MEDIUM	LARGE
<b>HOT TEA</b>	<b>1.99</b>	<b>2.19</b>	<b>2.39</b>
	3 cal	4 cal	5 cal
<b>HOT CHOCOLATE</b>	<b>2.99</b>	<b>3.29</b>	<b>3.49</b>
	422 cal	547 cal	672 cal
<b>WHITE HOT CHOCOLATE</b>	<b>2.99</b>	<b>3.29</b>	<b>3.49</b>
	397 cal	504 cal	611 cal
<b>CHAI TEA LATTE</b>	<b>3.19</b>	<b>3.59</b>	<b>3.99</b>
	220 cal	299 cal	379 cal

## HANDCRAFTED BEVERAGES

	LARGE
<b>ICED TEA</b> fresh brewed	<b>2.29</b> 4 cal
<b>LEMONADE</b>	<b>2.29</b> 179 cal
<b>MOJITO LEMONADE</b>	<b>2.29</b> 272 cal
<b>RASPBERRY ICED TEA</b>	<b>2.29</b> 182 cal



# melts

	taste   two	half	whole	
<b>PESTO CHICKEN</b> naturally-raised grilled chicken in Cosi® pesto sauce, melted mozzarella, sun-dried tomato spread	<b>4.59</b>	<b>5.99</b>	<b>7.99</b>	305-610 cal
<b>BACON TURKEY &amp; CHEDDAR</b> tomatoes, spicy honey mustard	<b>4.59</b>	<b>5.99</b>	<b>7.99</b>	315-630 cal
<b>CHICKEN T.B.M.</b> naturally-raised grilled chicken, tomatoes, fresh basil, fresh mozzarella, Romano, sun-dried tomato spread	<b>4.79</b>	<b>6.09</b>	<b>8.19</b>	305-640 cal
<b>TUNA</b> line caught, dolphin-safe albacore tuna, tomatoes, melted cheddar, fat free Cosi® vinaigrette	<b>4.59</b>	<b>5.99</b>	<b>7.99</b>	390-780 cal
<b>STEAKHOUSE GORGONZOLA</b> tender beef medallions, Gorgonzola, caramelized red onions, bleu cheese spread	<b>4.89</b>	<b>6.29</b>	<b>8.49</b>	398-795 cal

# flatbread pizza

	taste   two	regular (1 serving)	large (2 servings)
<b>V MARGHERITA</b> 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	<b>4.29</b>	<b>7.49</b>	<b>12.99</b>
<b>PEPPERONI</b> mozzarella, Romano thin crust 321 / 642 / 1284   original crust 428 / 856 / 1712	<b>4.19</b>	<b>7.29</b>	<b>11.99</b>
<b>BBQ CHICKEN</b> naturally-raised chicken with BBQ sauce, smoked Gouda, red onion, fresh cilantro thin crust 320 / 640 / 1280   original crust 425 / 850 / 1700	<b>4.59</b>	<b>7.99</b>	<b>13.99</b>
<b>V TRADITIONAL CHEESE</b> mozzarella, Romano thin crust 250 / 500 / 1000   original crust 357 / 714 / 1428	<b>3.89</b>	<b>6.69</b>	<b>9.99</b>

# 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** **8.99** 513 cal  
marinated chicken, hearth-roasted veggies, roasted corn, black beans, housemade pico de gallo, fresh avocado, rice

**V GF GOLDEN BEET CITRUS** **8.69** 380 cal  
marinated golden beets, carrot ginger salad, kale, golden raisins, orange segments, toasted almonds, citrus vinaigrette, ginger jasmine rice

	half	whole
<b>MACARONI &amp; CHEESE</b> 650 / 950 cal	<b>5.39</b>	<b>6.69</b>

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

# soups

everyday soups **3.59** **3.99** **5.09**

<b>V GF TOMATO BASIL</b>	400 - 600 cal
<b>GF TURKEY CHILI</b>	340 - 510 cal
<b>SMART FIT CHICKEN NOODLE</b>	120 - 190 cal

# 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
<b>V TBM</b> tomatoes, fresh basil, fresh mozzarella, Cosi® vinaigrette <b>LS</b> with fat-free Cosi® vinaigrette add chicken 4.69 / 5.99 / 7.99	<b>3.99</b>	<b>5.19</b>	<b>6.99</b>
			348-697 cal 273-546 cal 345-690 cal
<b>COSI® CLUB</b> roasted turkey, bacon, tomatoes, shredded romaine, low-fat mayo	<b>4.49</b>	<b>5.79</b>	<b>7.79</b>
			219-435 cal
<b>BUFFALO BLEU</b> naturally-raised chicken with buffalo sauce, shredded romaine, bleu cheese spread	<b>4.49</b>	<b>5.79</b>	<b>7.79</b>
			255-510 cal
<b>TURKEY &amp; BRIE</b> arugula, spicy honey mustard	<b>4.59</b>	<b>5.79</b>	<b>7.79</b>
			284-567 cal
<b>TUSCAN PESTO CHICKEN</b> naturally-raised grilled chicken in Cosi® pesto sauce, shredded romaine, sun-dried tomato spread	<b>4.59</b>	<b>5.99</b>	<b>7.99</b>
			225-450 cal
<b>TANDOORI CHICKEN</b> naturally-raised grilled chicken blended with Eastern spices, red peppers, Cosi® vinaigrette <b>LS</b> with fat-free Cosi® vinaigrette	<b>4.49</b>	<b>5.79</b>	<b>7.79</b>
			250-500 cal 175-350 cal
<b>TURKEY LIGHT</b> arugula, spicy honey mustard	<b>3.69</b>	<b>4.69</b>	<b>6.29</b>
			210-420 cal
<b>V HUMMUS &amp; VEGGIES</b> tomatoes, cucumbers, red onions, basil	<b>3.79</b>	<b>4.79</b>	<b>6.49</b>
			208-416 cal
<b>PORK BELLY BANH MI</b> pork belly, daikon, carrots, cabbage, jalapenos, Asian ginger sauce	<b>4.99</b>	<b>6.29</b>	<b>8.49</b>
			345-682 cal
<b>TURKEY AVOCADO</b> tomatoes, greek ranch yogurt dressing, arugula	<b>4.69</b>	<b>5.99</b>	<b>7.99</b>
			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



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



OUR LIGHTER SIDE

lower calorie version of the select signature Cosi® item