



così[®]

to go

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

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. © 2018 cosi, inc. all rights reserved.

beverages

handcrafted beverages

iced tea 4cal.....	2.29
raspberry iced tea 182cal.....	2.29
country club iced tea 98cal.....	2.29
lemonade 179cal.....	2.29
mojito lemonade 272cal.....	2.29
raspberry mojito lemonade 331cal.....	2.29

coffeehouse

all beverages are available hot or iced

coffee

	small	medium	large
freshly brewed coffee 6/9/11cal.....	1.99	2.19	2.39
shot in the dark 8/12/15cal.....	2.29	2.49	2.69

espresso

espresso 3/6cal.....	1.99	2.19
americano 5/8/10cal.....	1.99	2.39
cappuccino 107/145/179cal.....	3.29	3.69
latte 177/232/301cal.....	3.29	3.69
caramel latte 434/593/750cal.....	3.69	4.09
mocha 352/462/587cal.....	3.69	4.49

hot beverages

hot tea 3/4/5cal.....	1.99	2.19	2.39
hot chocolate 422/547/672cal.....	2.99	3.29	3.59
hot white chocolate 397/504/611cal.....	2.99	3.29	3.59
chai tea latte 220/299/379cal.....	3.29	3.69	4.09

bottled beverages are also available

breakfast

served until 11am

sandwiches


on your choice of a bagel, croissant 330cal, or whole wheat wrap 120cal

tbm 	cosi® club	spinach florentine 
eggs, tomato, basil, fresh mozzarella, sun-dried tomato spread 410 - 620cal	eggs, bacon, tomato, cheddar 370 - 580cal	eggs, spinach, swiss, artichoke spread 380 - 590cal

3.59


santa fe	western
eggs, bacon, gouda, pico de gallo, sun-dried tomato spread 470 - 680cal	eggs, ham, red peppers, cheddar 350 - 560cal

3.79

steel cut oatmeal 
with your choice of toppings

cup	bowl
3.19	3.49
150cal	200cal

egg white cups **3.79**

pico de gallo  	florentine 
90cal	spinach, swiss, artichoke spread 150cal

bagels  **1.09**

plain 330cal	jalapeño cheddar 310cal
sesame 320cal	asiago cheese 340cal
everything 330cal	cinnamon raisin 320cal
multigrain 340cal	

avocado 60cal	.79	baker's dozen 8.99
cream cheese	.99	4030 - 4420cal
plain 200cal low-fat 170cal		cream cheese tub 2.69
veggie 140cal		plain 760cal low-fat 420cal
peanut butter 190cal	.99	veggie 450cal

breakfast sandwich calorie range includes whole wheat wrap, plain bagel, and croissant.

salads

served with our freshly baked flatbread

signature **V** **Gf**

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

half
5.49

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

whole
8.49

adobo lime chicken **Gf**

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

cosi® cobb **Gf**

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

half
5.69

whole
8.79

greek **V** **Gf**

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

half
4.89

whole
7.29

shanghai chicken **PF**

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

chicken caesar

chicken, romaine, croutons, parmesan, classic caesar dressing
377/644cal

caesar

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

add-ons

organic tofu
2.00
90cal

chicken
2.00
110cal

tuna salad
2.00
120cal

we serve antibiotic-free chicken

sandwiches

served with chips or baby carrots

tbm **V**

tomatoes, basil, fresh mozzarella, cosi® vinaigrette 348/697cal
chicken tbm 5.19/7.99 345/640cal
half whole
4.69 6.99

hummus & veggie **V** **PF**

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

turkey & brie **PF**

arugula, spicy honey mustard
284/567cal

half
5.09

turkey avocado **PF**

tomatoes, arugula, ranch dressing
224/447cal

whole
7.79

buffalo bleu

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

half
5.19

whole
7.99

roasted turkey club

bacon, tomatoes, romaine, mayo
219/438cal

melts

served with chips or baby carrots

tuna

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

half whole
5.09 7.79

bacon turkey cheddar

tomatoes, spicy honey mustard
315/630cal

half whole
5.19 7.99

pesto chicken

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

half whole
5.19 7.99



soups

served with our freshly baked flatbread

tomato basil  
400/600cal

turkey chili
240/360cal

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

**fire roasted
vegetable**  
100/170cal

**chicken &
dumpling**
300/450cal

cup bowl
4.69 5.69

macaroni & cheese 
add buffalo chicken +1100 cal
680/990cal
5.59/6.99

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)

taste two[®]

combine any two of the following for 8.49

half sandwich / half salad / cup of soup

nutritional information

salads: whole sizes

menu item	saturated fat	trans fat	sodium	total carbohydrates
adobo lime chicken salad	3g	0g	746mg	41g
caesar salad	8g	0g	1404mg	26g
chicken caesar salad	8g	0g	1604mg	27g
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 sizes

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
chicken caesar salad	4g	0g	902mg	14g
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

add ons

menu item	saturated fat	trans fat	sodium	total carbohydrates
chicken	0g	0g	200mg	1g
tofu	0g	0g	0mg	5g
tuna salad	1.5g	0g	640mg	2g

sandwiches: whole sizes

menu item	saturated fat	trans fat	sodium	total carbohydrates
buffalo bleu	4g	0g	1080mg	47g
chicken tbm	2.5g	0g	570mg	46g
hummus & veggie	0g	0g	553mg	73g
roasted turkey club	2g	0g	791mg	50g
tbm	15g	0g	390mg	47g
turkey avocado	2g	0g	820mg	55g
turkey & brie	7g	0g	820mg	57g

sandwiches: half sizes

menu item	saturated fat	trans fat	sodium	total carbohydrates
buffalo bleu	2g	0g	540mg	23.5g
chicken tbm	1.25g	0g	285mg	23g
hummus & veggie	0g	0g	276.5mg	36.5g
roasted turkey club	1g	0g	395.5mg	25g
tbm	7.5g	0g	195mg	23.5g
turkey avocado	1g	0g	410mg	27.5g
turkey & brie	3.5g	0g	410mg	28.5g

melts: whole sizes

menu item	saturated fat	trans fat	sodium	total carbohydrates
bacon turkey cheddar	9g	0g	929mg	58g
pesto chicken	10g	0g	1240mg	49g
tuna	7g	0g	1520mg	48g

melts: half sizes

menu item	saturated fat	trans fat	sodium	total carbohydrates
bacon turkey cheddar	4.5g	0g	464.5mg	29g
pesto chicken	5g	0g	620mg	25g
tuna	3.5g	0g	760mg	24g

soups: bowls (15 oz)

menu item	saturated fat	trans fat	sodium	total carbohydrates
fire roasted vegetable soup	1g	0g	1100mg	20g
chicken & dumpling	7g	0g	1330mg	38g
smart fit chicken noodle	0g	0g	1160mg	19g
tomato basil	32g	0g	750mg	30g
turkey chili	2g	0g	1370mg	67g

soups: cups (10 oz)

menu item	saturated fat	trans fat	sodium	total carbohydrates
fire roasted vegetable soup	.5g	0g	660mg	12g
chicken & dumpling	4.5g	0g	890mg	25g
smart fit chicken noodle	0g	0g	770mg	12g
tomato basil	21g	0g	500mg	20g
turkey chili	1g	0g	910mg	45g

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

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
tbm	6.5 - 15g	0g	772 - 862mg	34 - 47mg
western	7.5 - 16g	0g	1060 - 1150mg	31 - 44g

bagels

asiago cheese	1.5g	0g	720mg	65g
cinnamon raisin	0g	0g	680mg	70g
everything	0g	0g	710mg	68g
jalapeno cheddar	0g	0g	680mg	62g
multigrain	0g	0g	670mg	69g
plain	0g	0g	720mg	68g
sesame	0g	0g	710mg	68g
baker's dozen	0 - 19.5g	0g	8710 - 9360mg	806 - 910g
avocado	1g	0g	0mg	5g
cream cheese, low-fat	5g	0g	266mg	4g
cream cheese, plain	12g	0g	229mg	0g
cream cheese, veggie	6g	0g	246mg	2g
cream cheese tub, low-fat	20g	0g	1064mg	16g
cream cheese tub, plain	48g	0g	916mg	0g
cream cheese tub, veggie	24g	0g	984mg	8g
peanut butter	4.5g	0g	240mg	14g

original flatbread, chips, & baby carrots

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

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