

# breakfast

served until 11am

## sandwiches

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

	price	calories
<b>tbm</b> 	<b>3.89</b>	<b>410 - 620</b>
eggs, tomato, basil, fresh mozzarella, sun-dried tomato spread		
<b>cosi® club</b>	<b>3.89</b>	<b>370 - 580</b>
eggs, bacon, tomato, cheddar		
<b>spinach florentine</b> 	<b>3.89</b>	<b>380 - 590</b>
eggs, spinach, swiss, artichoke spread		
<b>santa fe</b>	<b>4.09</b>	<b>470 - 680</b>
eggs, bacon, gouda, pico de gallo, sun-dried tomato spread		
<b>western</b>	<b>4.09</b>	<b>350 - 560</b>
eggs, ham, red peppers, cheddar		

## steel cut oatmeal

with your choice of toppings

cup	bowl
<b>3.49</b>	<b>3.79</b>
<b>150cal</b>	<b>200cal</b>

## egg white cups

	price	calories
<b>pico de gallo</b>  	<b>4.09</b>	<b>90</b>
<b>florentine</b> 	<b>4.09</b>	<b>150</b>
spinach, swiss, artichoke spread		

## squagels® 1.09

	calories
<b>plain</b>	<b>310</b>
<b>sesame</b>	<b>360</b>
<b>everything</b>	<b>350</b>
<b>multigrain</b>	<b>340</b>
<b>jalapeño cheddar</b>	<b>400</b>
<b>asiago cheese</b>	<b>450</b>
<b>cranberry orange</b>	<b>420</b>
<b>cinnamon raisin</b>	<b>450</b>

## add ons

	price	calories
<b>avocado</b>	<b>.79</b>	<b>60</b>
<b>cream cheese</b>	<b>.99</b>	
<b>plain</b>		<b>200</b>
<b>low-fat</b>		<b>170</b>
<b>veggie</b>		<b>140</b>
<b>peanut butter</b>	<b>.99</b>	<b>190</b>

	price	calories
<b>baker's dozen</b>	<b>8.99</b>	<b>4020 - 5890</b>
<b>cream cheese tub</b>	<b>2.69</b>	
<b>plain</b>		<b>760</b>
<b>low-fat</b>		<b>420</b>
<b>veggie</b>		<b>450</b>

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

# beverages

## handcrafted beverages

<b>iced tea 4cal</b> .....	<b>2.49</b>
<b>raspberry iced tea 182cal</b> .....	<b>2.49</b>
<b>country club iced tea 98cal</b> .....	<b>2.49</b>
<b>lemonade 179cal</b> .....	<b>2.49</b>
<b>mojito lemonade 272cal</b> .....	<b>2.49</b>
<b>raspberry mojito lemonade 331cal</b> .....	<b>2.49</b>

## coffeehouse

all beverages are available hot or iced

### coffee

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

### espresso

<b>espresso 3/6cal</b> .....	<b>1.99</b>	<b>2.19</b>
<b>americano 5/8/10cal</b> .....	<b>1.99</b>	<b>2.19 2.39</b>
<b>cappuccino 107/145/179cal</b> .....	<b>3.29</b>	<b>3.69 4.09</b>
<b>latte 177/232/301cal</b> .....	<b>3.49</b>	<b>3.89 4.29</b>
<b>caramel latte 434/593/750cal</b> .....	<b>3.69</b>	<b>4.09 4.49</b>
<b>mocha 352/462/587cal</b> .....	<b>3.69</b>	<b>4.09 4.49</b>

## hot beverages

<b>hot tea 3/4/5cal</b> .....	<b>1.99</b>	<b>2.29 2.49</b>
<b>hot chocolate 422/547/672cal</b> .....	<b>2.99</b>	<b>3.29 3.59</b>
<b>chai tea latte 220/299/379cal</b> .....	<b>3.49</b>	<b>3.89 4.29</b>

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](http://getcosi.com/smartfit) for more information



# cosi® to go

get cosi. get it online.  
[orders.getcosi.com](http://orders.getcosi.com)

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.

# salads

served with our freshly baked flatbread

	half	whole	calories
<b>signature</b>  	<b>6.29</b>	<b>8.99</b>	<b>309/618</b>
mixed greens, grapes, pears, pistachios, dried cranberries, gorgonzola, sherry shallot vinaigrette			
<b>smart fit</b>   	<b>6.29</b>	<b>8.99</b>	<b>195/390</b>
baby kale, romaine, roasted sweet potatoes, avocado, roasted corn, black beans, roasted red peppers, carrots, scallions, chili lime vinaigrette			
<b>adobo lime chicken</b> 	<b>6.39</b>	<b>9.39</b>	<b>225/450</b>
chicken, romaine, roasted corn, black beans, tortilla strips, housemade pico de gallo, chili lime vinaigrette			
<b>shanghai chicken</b> 	<b>6.39</b>	<b>9.39</b>	<b>130/260</b>
chicken, mixed greens, asian noodles, carrots, scallions, ginger soy dressing			
<b>cosi® cobb</b> 	<b>6.39</b>	<b>9.39</b>	<b>370/740</b>
chicken, mixed greens, bacon, egg, tomatoes, scallions, gorgonzola, sherry shallot vinaigrette			
<b>chicken caesar</b>	<b>6.39</b>	<b>9.39</b>	<b>377/644</b>
chicken, romaine, croutons, parmesan, classic caesar dressing			
<b>greek</b>  	<b>5.49</b>	<b>7.79</b>	<b>267/533</b>
romaine, diced tomatoes, cucumbers, red onions, black olives, feta, italian vinaigrette			
<b>caesar</b>	<b>5.49</b>	<b>7.79</b>	<b>267/534</b>
romaine, croutons, parmesan, classic caesar dressing			

## add-ons

tofu	chicken	tuna salad
2.00	2.00	2.00
90cal	110cal	120cal

# sandwiches

served with chips or baby carrots

	half	whole	calories
<b>tbm</b> 	<b>5.29</b>	<b>7.49</b>	<b>348/697</b>
tomatoes, basil, fresh mozzarella, cosi® vinaigrette			
<b>chicken tbm</b>	<b>5.79</b>	<b>8.49</b>	<b>345/640</b>
<b>ham &amp; swiss</b>	<b>4.99</b>	<b>7.19</b>	<b>395/790</b>
tomatoes, romaine, spicy honey mustard			
<b>hummus &amp; veggie</b>  	<b>5.29</b>	<b>7.49</b>	<b>208/416</b>
tomatoes, cucumbers, red onions, basil			
<b>turkey &amp; brie</b> 	<b>5.69</b>	<b>8.39</b>	<b>284/567</b>
arugula, spicy honey mustard			
<b>turkey avocado</b> 	<b>5.69</b>	<b>8.39</b>	<b>224/447</b>
tomatoes, arugula, ranch dressing			
<b>buffalo bleu</b>	<b>5.79</b>	<b>8.49</b>	<b>255/510</b>
chicken with buffalo sauce, romaine, bleu cheese spread			
<b>roasted turkey club</b>	<b>5.79</b>	<b>8.49</b>	<b>219/438</b>
bacon, tomatoes, romaine, mayo			

# melts

served with chips or baby carrots





	half	whole	calories
<b>tuna</b>	<b>5.79</b>	<b>8.39</b>	<b>310/620</b>
tuna, tomatoes, cheddar, cosi® vinaigrette			
<b>bacon turkey cheddar</b>	<b>5.99</b>	<b>8.59</b>	<b>315/630</b>
tomatoes, spicy honey mustard			
<b>pesto chicken</b>	<b>5.99</b>	<b>8.59</b>	<b>300/610</b>
fresh mozzarella, sun-dried tomato spread			

sides: original flatbread 214cal/chips 150cal/baby carrots 15cal

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

# soups

served with our freshly baked flatbread

	cup	bowl	calories
	<b>4.99</b>	<b>5.99</b>	
<b>tomato basil</b>  			<b>400/600</b>
<b>turkey chili</b>			<b>240/360</b>
<b>chicken noodle</b>			<b>100/150</b>
<b>mediterranean lentil</b> 			<b>210/320</b>
<b>italian wedding with orzo</b>			<b>150/230</b>
<b>macaroni &amp; cheese</b> 	<b>5.99</b>	<b>7.19</b>	<b>680/990</b>
add buffalo chicken	+1.00		+100 cal

# kids

5.99

	calories
<b>grilled cheese</b>	<b>280</b>
<b>ham &amp; cheese</b>	<b>310</b>
<b>cheese or pepperoni pizza</b>	<b>250/300</b>
<b>peanut butter &amp; jelly</b>	<b>370</b>
<b>turkey</b>	<b>170</b>
<b>macaroni &amp; cheese</b>	<b>400</b>

served with chips, carrots, or grapes (150, 15, 40cal) soda, milk, or juice (1-111, 120-290, 80cal) and cookie (170cal)

## taste two®

combine any two of the following for 9.49

half sandwich / half salad / cup of soup

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