



così<sup>®</sup>

to go

---

get cosi. get it online.  
**orders.getcosi.com**

# breakfast

served until 11am

## sandwiches

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

	price	calories
<b>tbm</b> 	<b>3.59</b>	<b>410 - 620</b>
eggs, tomato, basil, fresh mozzarella, sun-dried tomato spread		
<b>cosi® club</b>	<b>3.59</b>	<b>370 - 580</b>
eggs, bacon, tomato, cheddar		
<b>spinach florentine</b> 	<b>3.59</b>	<b>380 - 590</b>
eggs, spinach, swiss, artichoke spread		
<b>santa fe</b>	<b>3.79</b>	<b>470 - 680</b>
eggs, bacon, gouda, pico de gallo, sun-dried tomato spread		
<b>western</b>	<b>3.79</b>	<b>350 - 560</b>
eggs, ham, red peppers, cheddar		

## steel cut oatmeal

with your choice of toppings

cup	bowl
<b>3.19</b>	<b>3.49</b>
<b>150cal</b>	<b>200cal</b>

## egg white cups

	price	calories
<b>pico de gallo</b>  	<b>3.79</b>	<b>90</b>
<b>florentine</b> 	<b>3.79</b>	<b>150</b>
spinach, swiss, artichoke spread		

## bagels 1.09

	calories
<b>plain</b>	<b>330</b>
<b>sesame</b>	<b>320</b>
<b>everything</b>	<b>330</b>
<b>multigrain</b>	<b>340</b>
<b>jalapeño cheddar</b>	<b>310</b>
<b>asiago cheese</b>	<b>340</b>
<b>cinnamon raisin</b>	<b>320</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>4030 - 4420</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>

# salads

served with our freshly baked flatbread

	half	whole	calories
<b>signature</b>  	<b>5.49</b>	<b>8.49</b>	<b>309/618</b>
mixed greens, grapes, pears, pecans, dried cranberries, gorgonzola, sherry shallot vinaigrette			
<b>smart fit</b>   	<b>5.49</b>	<b>8.49</b>	<b>195/390</b>
baby kale, romaine, roasted sweet potatoes, avocado, roasted corn, black beans, roasted red peppers, carrots, scallions, chipotle lime dressing			
<b>adobo lime chicken</b> 	<b>5.69</b>	<b>8.79</b>	<b>225/450</b>
chicken, romaine, roasted corn, black beans, tortilla strips, housemade pico de gallo, adobo vinaigrette			
<b>shanghai chicken</b> 	<b>5.69</b>	<b>8.79</b>	<b>130/260</b>
chicken, mixed greens, asian noodles, carrots, scallions, ginger soy dressing			
<b>cosi® cobb</b> 	<b>5.69</b>	<b>8.79</b>	<b>370/740</b>
chicken, mixed greens, bacon, egg, tomatoes, scallions, gorgonzola, sherry shallot vinaigrette			
<b>chicken caesar</b>	<b>5.69</b>	<b>8.79</b>	<b>377/644</b>
chicken, romaine, croutons, parmesan, classic caesar dressing			
<b>greek</b>  	<b>4.89</b>	<b>7.29</b>	<b>267/533</b>
romaine, diced tomatoes, cucumbers, red onions, black olives, feta, italian vinaigrette			
<b>caesar</b>	<b>4.89</b>	<b>7.29</b>	<b>267/534</b>
romaine, croutons, parmesan, classic caesar dressing			

## add-ons

	chicken	tuna salad
<b>tofu</b>	<b>2.00</b>	<b>2.00</b>
<b>2.00</b>	<b>110cal</b>	<b>120cal</b>
<b>90cal</b>		

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

# sandwiches

served with chips or baby carrots

	half	whole	calories
<b>tbm</b>  tomatoes, basil, fresh mozzarella, cosi* vinaigrette	<b>4.69</b>	<b>6.99</b>	<b>348/697</b>
<b>chicken tbm</b>	<b>5.19</b>	<b>7.99</b>	<b>345/640</b>
<b>hummus &amp; veggie</b>   tomatoes, cucumbers, red onions, basil	<b>4.69</b>	<b>6.99</b>	<b>208/416</b>
<b>turkey &amp; brie</b>  arugula, spicy honey mustard	<b>5.09</b>	<b>7.79</b>	<b>284/567</b>
<b>turkey avocado</b>  tomatoes, arugula, ranch dressing	<b>5.09</b>	<b>7.79</b>	<b>224/447</b>
<b>buffalo bleu</b> chicken with buffalo sauce, romaine, bleu cheese spread	<b>5.19</b>	<b>7.99</b>	<b>255/510</b>
<b>roasted turkey club</b> bacon, tomatoes, romaine, mayo	<b>5.19</b>	<b>7.99</b>	<b>219/438</b>

# melts

served with chips or baby carrots





	half	whole	calories
<b>tuna</b> line caught albacore tuna, tomatoes, cheddar, cosi* vinaigrette	<b>5.09</b>	<b>7.79</b>	<b>310/620</b>
<b>bacon turkey cheddar</b> tomatoes, spicy honey mustard	<b>5.19</b>	<b>7.99</b>	<b>315/630</b>
<b>pesto chicken</b> fresh mozzarella, sun-dried tomato spread	<b>5.19</b>	<b>7.99</b>	<b>300/610</b>

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>4.69</b>	<b>5.69</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>chicken &amp; dumpling</b>			<b>300/450</b>
<b>macaroni &amp; cheese</b>  add buffalo chicken	<b>5.59</b> +1.00	<b>6.99</b>	<b>680/990</b> +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<sup>®</sup>

combine any two of the following for 8.49

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.

# 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	2.19	2.39
cappuccino 107/145/179cal.....	3.29	3.69	4.09
latte 177/232/301cal.....	3.29	3.69	4.09
caramel latte 434/593/750cal.....	3.69	4.09	4.49
mocha 352/462/587cal.....	3.69	4.09	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

#### **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

#### **SF** 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

## 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
chicken & dumpling	7g	0g	1330mg	38g
chicken noodle	1.5g	0g	1150mg	18g
mediterranean lentil	3g	0g	1050mg	30g
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
chicken & dumpling	4.5g	0g	890mg	25g
chicken noodle	1g	0g	760mg	12g
mediterranean lentil	2g	0g	700mg	20g
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
<b>cosi® club</b>	9.5 - 18g	0g	697 - 787mg	25 - 38g
<b>egg white cup, pico de gallo</b>	0g	0g	290mg	9g
<b>egg white cup, florentine</b>	4g	0g	400mg	8g
<b>oatmeal steel cut, bowl</b>	0g	0g	63mg	36g
<b>oatmeal steel cut, cup</b>	0g	0g	47mg	27g
<b>santa fe</b>	12 - 20.5g	0g	1005 - 1095mg	30 - 43g
<b>spinach florentine</b>	9 - 17.5g	0g	326 - 736mg	28 - 63g
<b>tbm</b>	6.5 - 15g	0g	772 - 862mg	34 - 47mg
<b>western</b>	7.5 - 16g	0g	1060 - 1150mg	31 - 44g

## bagels

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

## original flatbread, chips, & baby carrots

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

## beverages

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