



così[®]

to go

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breakfast

served until 11am

sandwiches

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

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

steel cut oatmeal

with your choice of toppings

cup	bowl
3.19	3.49
150cal	200cal

egg white cups

	price	calories
pico de gallo	3.79	90
florentine	3.79	150
spinach, swiss, artichoke spread		

add ons

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

bagels	1.09	calories
plain		330
sesame		320
everything		330
multigrain		340
jalapeño cheddar		310
asiago cheese		340
cinnamon raisin		320

	price	calories
baker's dozen	8.99	4030 - 4420
cream cheese tub	2.69	
plain		760
low-fat		420
veggie		450

salads

served with our freshly baked flatbread

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

add-ons

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

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

sandwiches

served with chips or baby carrots

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

melts

served with chips or baby carrots




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

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
	4.69	5.69	
tomato basil  			400/600
turkey chili			240/360
chicken noodle			100/150
chicken & dumpling			300/450
macaroni & cheese  add buffalo chicken	5.59 +1.00	6.99	680/990 +100 cal

kids

5.99

grilled cheese	280
ham & cheese	310
cheese or pepperoni pizza	250/300
peanut butter & jelly	370
turkey	170
macaroni & cheese	400
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 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 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

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.

TRANSITION

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
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
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