





TRUCKS & SUBS

Served with chips (150 cal) or baby carrots (20 cal)

Melts

Bacon Turkey Cheddar Melt

tomatoes, spicy honey mustard
Half (300 cal.)
Whole (600 cal.)

Pesto Chicken Melt

fresh mozzarella, sun-dried tomato spread
Half (290 cal.)
Whole (575 cal.)

Chicken Parm Melt

romano, mozzarella, tomato sauce
Half (370 cal.)
Whole (740 cal.)

Cheese Melt

cheddar, mozzarella
Half (305 cal.)
Whole (610 cal.)
vegetarian

Tuna Melt

tuna, tomatoes, cheddar, Cosi® vinaigrette
Half (380 cal.)
Whole (760 cal.)

Sandwiches

Gyro Sandwich - NEW!

lamb, feta, cucumber, tomato, red onion, arugula, tzatziki sauce
half (292 cal.)
whole (585 cal.)
dairy, wheat

TBM

fresh tomatoes, fresh basil, fresh mozzarella, cosi® vinaigrette
Half (310 cal.)
Whole (620 cal.)
vegetarian

Chicken TBM

chicken, tomatoes, basil, fresh mozzarella, cosi® vinaigrette
Half (365 cal.)
Whole (730 cal.)

Ham & Swiss

tomatoes, romaine, spicy honey mustard
Half (260 cal.)
Whole (520 cal.)

Hummus & Veggie



arugula, spicy honey mustard
Half (255 cal.)
Whole (510 cal.)

Turkey Avocado

tomatoes, arugula, ranch dressing
Half (265 cal.)
Whole (530 cal.)

Buffalo Bleu

buffalo chicken, romaine, bleu cheese spread
Half (235 cal.)
Whole (470 cal.)

Roasted Turkey Club

bacon, tomatoes, romaine, mayo
Half (330 cal.)
Whole (655 cal.)

Turkey Light

arugula, spicy honey mustard
Half (190 cal.)
Whole (375 cal.)

Taste Two

Combine any two of the following

Mini Sandwich
Regular Salad
Cup Of Soup



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SOUPS & SALADS

Served with our craveable, freshly baked bread (250 cal) or multigrain (290 cal)

Soups

Tomato Basil

400/600 cal
Cup (400 cal.)
Bowl (600 cal.)
gluten free, vegetarian

Turkey Chili

Cup (240 cal.)
Bowl (360 cal.)

Chicken Noodle

Cup (100 cal.)
Bowl (150 cal.)

Mediterranean Lentil

Cup (210 cal.)
Bowl (320 cal.)
vegetarian

Seasonal Soup

Salads

Signature

mixed greens, grapes, pears, pistachios, dried cranberries, bleu cheese, sherry shallot vinaigrette
Half (360 cal.)
Whole (715 cal.)
gluten free, vegetarian

Smart Fit

baby kale, romaine, bell peppers, avocado, edamame, shredded cabbage, roasted cauliflower, chili lime vinaigrette
Half (197 cal.)
Whole (402 cal.)
gluten free, vegetarian

Adobo Lime Chicken

chicken, mixed greens, roasted corn, black beans, tortilla strips, house-made pico de gallo, chill lime vinaigrette
Half (285 cal.)
Whole (570 cal.)
gluten free

Shanghai Chicken

chicken, mixed greens, Asian noodles, carrots, scallions, oriental dressing
Half (270 cal.)
Whole (540 cal.)

Chicken Caesar



Half (215 cal.)
Whole (425 cal.)

Cosi Cobb Chicken

chicken, mixed greens, bacon, egg, grape tomatoes, scallions,
bleu cheese, sherry shallot vinaigrette

Half (400 cal.)
Whole (795 cal.)
Add Avocado (65 cal.)
gluten free

Greek

mixed greens, grape tomatoes, cucumbers, red onions,
kalamata olives, feta, Italian vinaigrette

Half (255 cal.)
Whole (510 cal.)
gluten free, vegetarian

Make Your Own

choose mixed greens, romaine, spinach, or baby kale | choose
up to 5 toppings. choose dressing + protein is extra

Regular (130 - 370 cal.)
Large (260 - 740 cal.)
Add Tofu (90 cal.)
Add Chicken (160 cal.)
Add Tuna Salad (120 cal.)
Add Avocado (65 cal.)



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BOWLS

Served with our crave-able, freshly baked bread (250 cal) or multigrain (290 cal)

Adobo Chicken w/ Avocado

pulled southwest chicken, jasmine rice, hearth-roasted veggies, roasted corn, black beans, housemade pico de gallo, avocado (725 cal.)
gluten free

Macaroni & Cheese

(615 cal.)
(900 cal.)
Add buffalo chicken (100 cal.)
Add bacon (100 cal.)

Chicken Teriyaki

teriyaki marinated chicken, jasmine rice, edamame, spinach, cabbage, carrots, cilantro (627 cal.)

Thai Curry

tofu or chicken, Jasmine rice, cauliflower florets, curry, cilantro (655 - 745 cal.)

Gyro Bowl

Warm seasoned shaved lamb, served over jasmine rice, accompanied by fresh diced tomato, kalamata olives, arugula, creamy hummus and a drizzle of tzatziki sauce (572 cal.)



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Sandwiches

Substitute egg white option available | On your choice of a bagel, croissant 330 cal, freshly baked flatbread 250 cal, wrap 120 cal, or multigrain 290 cal

Bacon Egg & Cheese

egg, bacon, cheddar
(520 cal.)

Sausage Egg & Cheese

egg, sausage, cheddar
(645 cal.)

Egg & Cheese

egg, cheddar
(470 cal.)
vegetarian

TBM

egg, tomatoes, basil, fresh mozzarella, sun-dried tomato spread
(490 cal.)

Spinach Florentine

egg, spinach, swiss
(340 cal.)
vegetarian

Western

egg, ham, red peppers, cheddar
(500 cal.)

Santa Fe

egg, bacon, cheddar, pico de gallo, sun-dried tomato spread
(610 cal.)

Steel Cut Oatmeal

(V)

Cup

(150 cal.)

Bowl

(200 cal.)

Bagel

Bagel

choose from our variety of bagels
(310 - 340 cal.)
vegetarian



(140 - 200 cal.)

Peanut Butter

(190 cal.)

Egg White Cups

Pico De Gallo

(135 cal.)

gluten free, vegetarian

Florentine

spinach, swiss

(175 cal.)

vegetarian

Make it a Breakfast Bundle

Medium Coffee

Medium Latte or Cappuccino

when you buy any breakfast sandwich



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Beverages ☺ COFFEE HOUSE

Bottled beverages are also available | All drinks are available hot or iced

Hot Beverages

Hot Tea

Small (3 cal.)
Medium (4 cal.)
Large (5 cal.)

Hot Chocolate

Small (420 cal.)
Medium (550 cal.)
Large (670 cal.)

Chai Tea Latte

Small (220 cal.)
Medium (300 cal.)
Large (380 cal.)

Handcrafted Beverages

Iced Tea

Medium (4 cal.)

Raspberry Iced Tea

Medium (180 cal.)

Country Club Iced Tea

Medium (100 cal.)

Mojito Lemonade

Medium (270 cal.)

Raspberry Mojito Lemonade

Medium (310 cal.)

Fountain Soda

(250 cal.)

Coffee

Fresh Coffee

Small (5 cal.)
Medium (10 cal.)
Large (15 cal.)

Shot In

Small (10 cal.)
Medium (15 cal.)
Large (20 cal.)

The Dark

Espresso

Espresso

Medium (3 cal.)
Large (6 cal.)

Americano

Small (5 cal.)
Medium (8 cal.)
Large (10 cal.)

Cappuccino

Small (110 cal.)
Medium (145 cal.)
Large (180 cal.)

Latte

Small (180 cal.)
Medium (230 cal.)
Large (300 cal.)

Caramel Latte

Small (435 cal.)
Medium (590 cal.)
Large (750 cal.)

Mocha

Small (350 cal.)
Medium (460 cal.)
Large (590 cal.)



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Cosi Cupboard

Cosi Cupboard & Family Feast

Large Produce Box

will include 1 Gallon of Milk (skim or whole), Mixed Greens (1-3lb bag), 2 Avocados, 6 5x6 Tomatoes, 2 Red Onions, 2 Red Peppers, 2 Zucchini, 2 Yellow Squash, 6 Apples, 1 Cantaloupe, 1 Pineapple, 1 Honeydew, 12 bags of Chips. (substitutions may apply & 24 hr. advanced notice preferred)

Small Produce Box

will include 1 Gallon of Milk (skim or whole), Mixed Greens (1-3lb Bag), 1 Avocado, 3 5x6 Tomatoes, 1 Red Onion, 1 Zucchini, 1 Yellow Squash, 3 Apples, 1 Cantaloupe, 6 Bags of Chips (substitutions may apply & 24 hr. advanced notice preferred)

Family Feast

Includes: 2 whole sandwiches, 2 kids sandwiches, a large salad, soup or mac & cheese and 4 chocolate chunk cookies. Serves 4

Bakery

Loaf of Flatbread

Original or Multigrain | 220 to 260 calories per slice

3-Pack of Flatbread

Baked | Original or Multigrain | 220 to 260 calories per slice

3-Pack of Flatbread

Unbaked | Original or Multigrain & Frozen or Defrosted | 220 to 260 calories per slice

6-Pack of Bagels

Plain, Asiago Cheese, Cinnamon Raisin, Everything, Jalapeno, Multi-Grain, Sesame | 150 to 310 calories per Bagel

8 oz of Cream Cheese

Plain, Veggie, Low Fat | 100 calories per 1oz Serving

Soup

Protein

Pesto Chicken

1lb | 203 calories per 3oz serving

Buffalo Chicken

1 lb | 170 calories per 3oz serving

Adobo Chicken

1 lb | 130 calories per 3 oz

Beverages

Nestle Water

6-pack

Pellegrino

6-pack

Cheese

Fresh Mozzarella

1 lb log | 70 calories per oz

Brie Wheel

2.2 lb wheel | 90 calories per oz

Snacks & Dessert

6 - Bags of Chips

110 calories per bag

6 - Chocolate Chip Cookies

4 oz | 450 calories per cookie

6 - Oatmeal Raisins Cookies

4 oz | 440 calories per cookie



eight 8 oz. servings 64 oz.

Macaroni & Cheese

eight 8 oz. servings 64 oz.

Fruit & Veggie

Avocado

50 calories per each

5x6 Tomato

1b | 25 calories per each

Grapes

1b | 69 calories per 2 oz serving

Mixed Greens

3lb bag | 15 calories per 3oz serving



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