



Finding Autumn Treats



Saturday marked the official start of autumn, meaning it's finally time to bring out the sweaters and boots, spend all weekend watching football and indulge in the flavors of fall. [Spill the Beans](#), the Gaslamp District's go-to spot for San Diego's tastiest bagels, delicious breakfast sandwiches and the best coffee drinks, is launching some seasonal treats you're sure to love!

- The **Pumpkin Bagel**, with a sweet and oh-so-good pumpkin cheesecake cream cheese. Spill the Beans bakes all their menu

items fresh each morning, creating soft and dense bagels packed with flavor. You can also mix and match cream cheeses – the pumpkin bagel would also taste great schmearred with Agave & Vanilla.

- Caffeinate with any of Spill the Beans' three seasonal beverages. For an unusually warm day, which San Diego will undoubtedly get, opt for the **Sweet Cream Toffee Nut Cold Brew**.

- As the temperatures get colder, spice up your morning with the **Maple-Chai** or **Pumpkin-Praline Latte**. Both are sweet beverages, with the slightest spice to warm you up on a chilly fall morning.

As you'll only be able to get your hands on these flavors through fall, make sure you stop in to try them as soon as possible!