

All our Bagels are Hand Rolled & Baked Fresh Daily

Bagels

Always a Baker's Dozen

Plain • Sesame • Poppy • Onion • Garlic • Egg • Egg Onion • Egg Everything
Whole Wheat Everything • Cinnamon Raisin • Whole Wheat • Oat Bran
Black Russian • Salt • Everything • Bialys • Low Carb Bagels • Flats & more

Bagels • Minis • Low Carb Bagels • Flags

Every Wednesday: Buy 12, Get 6 FREE • Buy 6, Get 3 FREE

Excludes Holidays, Pre-Holidays & Delivery

Cream Cheese (We only use Philadelphia Cream Cheese)
On a Bagel or by the 1/2 lb

Butter
Plain
Plain Lite
Vegetable
Scallion
Lox
Olive
Cinnamon Raisin Walnut.....
Lite Vegetable
Lite Scallion
Lite Lox
Apple Walnut Raisin
Sundried Tomato Jalapeño
Strawberry
Jalapeño.....
*Pumpkin
Tofutti (Diary Free)
Tofutti Vegetable (Diary Free)
Tofutti Scallion (Diary Free)

*Seasonal

Check our weekly cream cheese specials & more!

Assorted Muffins

– Buy 3 get 1 FREE Everyday • Platters Available –

Corn, Blueberry, Chocolate Chip,

Raisin Bran, Berry Blast, Banana Nut & Many More.

Delicious Danishes, Turnovers & Cookies

Coffee

12 ounce • 16 ounce • 22 ounce

Iced Coffee • Iced Decaf • Flavored Coffees (Available in Regular or Decaf)

16 ounce • 24 ounce • 32 ounce

Latte • Cappuccino • Espresso • Hot Chocolate

Boxes of Coffee Also Available. Includes All Condiments (10-14 cups)

Kids Menu

Includes Juice box & Lil' Cookie

Scrambled Egg with a Buttered Mini-Bagel.....
Peanut Butter & Jelly on a Mini-Bagel
Melted American Cheese on a Mini-Bagel.....
Buttered Mini Bagel.....
Cream Cheese Mini Bagel.....
Plain Cream Cheese & Jelly on a Mini-Bagel.....
Junior Sandwich.....

Your Choice of Tuna Salad, Egg Salad, Sliced Turkey or Sliced Ham on a Mini-Bagel

5+ under • Child must be present

Breakfast

From the Grill • Open all day

1 Egg on a Bagel
2 Eggs on a Bagel
2 Egg Whites
4 Egg Whites and Grilled Chicken.....
Heart Attack - 3 Eggs, Ham, Bacon, Sausage & Cheese on a Hero
Challah French Toast (3 pieces).....
Pancakes
Waffles
Chocolate Chip or Silver Dollar Pancakes.....

Extras

Cheese • Bacon • Ham • Sausage • Turkey Bacon
Home Fries • Hero • Tomato • Lettuce • Avocado
Banana • Blueberry • Strawberry

Breakfast Wraps

Plain, Whole Wheat, Spinach or Sundried Tomato

1. 3 Egg Whites, Spinach, Mushrooms & Broccoli
2. 2 Eggs, 2 Egg Whites, Grilled Chicken & Caramelized Onions
3. 3 Egg Whites, Sliced Lox & Caramelized Onions
4. 3 Egg Whites, Pepper Turkey, Ham, Peppers, Onions & Hot Sauce
5. 4 Egg Whites, Grilled Chicken & Spinach.....
6. 6 Egg Whites & Grilled Chicken with Jalapeños & Cheddar Cheese.....
7. SKINNY BEACH - 5 Egg Whites, Turkey, Alpine Swiss & Avocado.....

Add-ons: Feta • Fresh Mozzarella • Cheddar Cheese

CREATE YOUR OWN WRAP! You Want It, We'll Wrap It!

Breakfast Boxes

• Also available with egg whites & turkey bacon for an additional charge •

Box 1

2 Eggs, Any Style, with Ham, Sausage or Bacon. Bagel
with Cream Cheese or Butter, Home Fries & 16oz. Coffee

Box 2

2 Eggs, Any Style, (1) piece of French Toast,
Bacon, Sausage or Ham, Home Fries & 16oz. Coffee

Steak Box

2 XL Eggs, Any Style, 6oz Prime Steak, Home Fries,
Bagel/Toast & 16oz. Coffee

Hangover Breakfast Box

2 XL Eggs, Any Style, Ham & Sausage, Home Fries, (1) piece
of French Toast, Bagel/Toast & 16oz. Coffee

Ultimate Hangover Box

3 XL Eggs, Any Style, 6oz Prime Steak, Bacon, Ham & Sausage, Home
Fries, (1) piece of French Toast, Bagel/Toast & 16oz. Coffee

Omelette

All 3 Eggs & Include Home Fries & Bagel

Western Omelette - Peppers, Ham & Onion.....
Ham & Cheddar
Leo - Lox, Eggs & Onions.....
South West - Peppers, Onions, Jalapeño, Ham, Salsa, Cheddar
Big Boy Special - Ham, Sausage, Bacon, Cheddar, Onions, Hot Sauce.....
♥ Stent - Egg Whites, Grilled Chicken, Spinach & Cheddar.....
♥ Angi - Egg Whites, Turkey, Broccoli, Onions & Low Fat Swiss.....

Salads

We Use Solid White Tuna, White Chicken Breast Meat & Hellman's Mayo

*All Sandwiches Served with Choice of Side Salad & Whole Pickle

On a Bagel or by the 1/2lb

Classic Tuna
Vegetable Tuna
Jalapeño Vegetable Tuna
♥ Egg Salad
♥ Egg White-Spinach
♥ Grilled Vegetable Salad (w/Balsamic).....
Chicken Salad
Taco Chicken Salad
Cajun Chicken Salad
Grilled Honey Mustard Chicken Salad
Shrimp Salad
Baked Salmon
Seafood Salad
♥ Grilled Chicken or Fried Chicken Cutlets
Asian Chicken Salad
♥ Grilled Chicken Slaw
Cranberry Chicken Salad
Chipotle Chicken Salad
Buffalo Chicken Salad

♥ Heart Smart

Appy's

On A Bagel

Hand Carved Nova Scotia Lox
Novalicious
Hand carved Nova, Scallion Cream Cheese, Tomato, Onion
& Cucumber on HBBC Everything Bagel
Chunky White Fish Salad

Full line of BOARS HEAD

All Sandwiches Served with Side Salad & Pickle

Ham, Turkey
Salami, Pepperoni, Bologna
Roast Beef, Pastrami, Corn Beef
American, Swiss, Provolone, Munster

Add-ons: Cheese • Lettuce • Tomato • Hero

Consuming Raw or Under Cooked Meats, Poultry, Seafood, Shellfish or Eggs May Increase Your Risk of Food Borne Illness.

Wraps

Plain, Whole Wheat & Spinach & Sundried Tomato

Caesar's Revenge

Grilled Chicken, Lettuce, Tomato & Caesar Dressing

Grilled Vegetable Medley

Diced Grilled Chicken

with Romaine Lettuce & Roasted Peppers

Honey Mustard Chicken

with Lettuce & Tomato

Vegetable Tuna

Jillian's Delight

Grilled Chicken, Roasted Peppers, Melted Mozzarella & Balsamic Vinaigrette

Sante Fe

Pepper Turkey, Roasted Peppers, Grilled Onions & Spicy Jalapeño Mayonnaise (Pink Sauce)

CREATE YOUR OWN WRAP! You Want it, We'll Wrap It!

All Wraps Served with Side Salad & Pickle

Lettuce Wraps

All Wraps Served with Side Salad & Pickle

1. Fresh Turkey Breast, Alpine Swiss & Cole Slaw
2. Veggie Tuna, Chopped Tomato & Cucumber
3. Grilled Chicken, Tomatoes, Onions, Roasted Peppers & Fresh Mozzarella Cheese
4. Any of Our Delicious Chicken Salads with Tomatoes & Cucumber
5. Grilled Chicken & Romaine Lettuce with Croutons, Cucumbers & Caesar Dressing
6. Assorted Grilled Veggies with a Balsamic Glaze
7. CREATE YOUR OWN WRAP!

Waist Watcher #1

Scoop of Any Tuna or Chicken Salad Over Shredded Lettuce,
Chopped Tomatoes & Two Side Salads

Includes Sliced Pitas

Waist Watcher #2

Sliced Grilled Chicken, Over Shredded Lettuce, Sliced Tomato,
Grilled Vegetable & Choice of one Side Salad

Includes Sliced Pitas

Sides

By the Lb.

Macaroni
Potato
Coleslaw
3 Bean Salad
Cucumber & Tomato
Israeli
Broccoli

Munchies

French Fries.....
Onion Rings
10 Piece Chicken Nuggets
3 Piece Chicken Tenders
Chicken Nuggets w/ French Fries
Chicken Nuggets w/ Onion Rings