

"Fresh from Our Oven"

BAGELS:

Plain * Poppy * Sesame * Egg * 7 Grain * Chocolate Chip * Rye * Salt
Onion * Garlic * Everything * Apple Cinnamon * Cinnamon Raisin
Blueberry * Pumpernickel * Strawberry * Whole Wheat * Bialys
Spinach * Jalapeno * French Toast * Super Cinnamon Raisin
Italian * Vegetable * Sundried Tomato * Energy * Egg Everything
Bialys * Kaiser Rolls * Wheat Rolls * Sub Rolls * Wheat Subs * Croissant

On the Sweeter Side!

JUMBO MUFFINS - Blueberry, Corn, Honey Bran,
Cranberry Nut, Chocolate Chip, Banana Nut,
Double Chocolate, Iced Coffee Cake1.69 each
CRUMBCAKES, DANISH, BROWNIE, CINNAMON ROLLS.1.75 each
JUMBO COOKIES1.75 each
Chocolate Chip, M&M'S, Sugar, Oatmeal Raisin

Platters or Baskets Available For Any Occasion!

Fresh Spreads

On a Bagel

BUTTER	1.39	CINNAMON BUTTER	1.69
PEANUT BUTTER	1.89	CREAM CHEESE.....	1.89
LOW FAT CREAM CHEESE.	2.09	FAT FREE CREAM CHEESE.	2.39
JELLY	1.39	VEGETABLE CREAM CHEESE..	2.79
SCALLION CR/ CHEESE	2.79	STRAWBERRY CR/ CHEESE	2.79
JALAPENO CR/ CHEESE	2.79	WALNUT RAISIN CR/ CHEESE	3.25
LOX SPREAD CR/ CHEESE	3.25	LITE VEGGIE CR/ CHEESE	2.99

Hot Breakfast

AVAILABLE FROM OPEN TO CLOSE (FRESH AND FAST)

SANDWICHES

On a Bagel, Roll, Wrap, Sub or Toast. Croissant .50 extra

2 EGGS ANY STYLE	1.99
BACON, SAUSAGE, PORK ROLL OR HAM	1.25
CHEESE (Per Slice)35
EGG, MEAT & CHEESE	3.59
MEAT SANDWICH	3.35
MEAT & CHEESE	3.69
BELLY BUSTER - Scrambled Egg, Bacon, Sausage, Pork Roll & Cheese..	4.99
BUDDY BUSTER - Scrambled Egg, Seasoned Home Fries, Bacon, Sausage & Cheese..	4.69
BREAKFAST BOMB - Scrambled Egg, Pork Roll, Cheese & Seasoned Fries..	4.29
WESTERN PATTY - Scrambled Egg, Ham, Peppers, Onions, Cheese & Hashbrown Patty.	5.49
PHILLY - Scrambled Egg, Philly Steak, Sauteed Onions, & Cheese	4.39
♥ THE TURKEY BACON - Scrambled Egg, 3 Strips of Turkey Bacon & Cheese..	3.99
♥ THE HEALTHY VEGGIE - 3 Scrambled Egg Whites, Peppers,.....	4.69
<small>Onions, Mushrooms, Broccoli & Tomato. Cooked in Pan</small>	
♥ THE XXX - 6 Egg Whites, Grilled Chicken & Cheese	6.49

OMELETTES

3 Eggs, Served with Butter or Jelly. Choice of Bagel or Toast.
Egg White Substitute .75 extra.

THE WESTERN - Peppers, Onion & Ham	4.99
♥ THE VEGGIE - Broccoli, Mushrooms, Peppers, Onions & Tomato	4.99
THE CHEESY - Cheddar, Swiss, American & Provolone	3.99
THE HAMMY - Loaded with Ham & Cheddar Cheese	4.99
THE BACON LOVERS - Loads of Crispy Bacon, Peppers, Onions & Cheddar Cheese ..	5.99
THE SHROOMY - Fresh White Mushrooms (not canned),	4.99
<small>Melted Imported Swiss cheese & more Sauteed Mushrooms to top it!</small>	
♥ THE MEDITERRANEAN - Peppers, Onions, Tomato, Spinach & Feta cheese ..	5.99
♥ THE TURKEY GARDEN - Diced Turkey Breast,	6.49
<small>Spinach, Broccoli, Mushrooms, Pepper, Onion & Tomato</small>	

GRIDDLE CAKES & TOASTS

Served with Butter & Syrup

3 BUTTERMILK PANCAKES	3.49
3 CHOCOLATE CHIP PANCAKES	4.49
3 BLUEBERRY PANCAKES.....	4.49
3 SLICES FRENCH TOAST.....	3.99

SIDES

HASH BROWN PATTY.....	1.00	HOME FRIES CHIPS	1.99
SEASONED HOME FRIES..	1.99	♥ TURKEY BACON	1.65
CREAM CHEESE	1.00	EXTRA BUTTER or SYRUP.	.50

FREE DELIVERY

♥ - HEALTHIER ALTERNATIVE!

Wraps

Add a Side to Any Wrap or Hoagie for \$1.49 more!
Choice of Cole Slaw, Potato Salad, Macaroni Salad,
Pasta Salad or French Fries.

- ♥ 1. BALSAMIC CHICKEN - Flame broiled Chicken Breast, 5.49
Roasted Red Peppers, Mozzarella cheese & Balsamic Glaze
- 2. CRISPY HONEY - Crispy Breaded Chicken Breast 5.99
topped with Crisp Bacon, Lettuce & Tomato & Sweet Honey Mustard Sauce
- ♥ 3. CHICKEN GARDEN - Flame broiled Chicken Breast, 5.99
Broccoli, Mushrooms, Peppers, Onions & Tomatoes
- 4. CRISPY BUFFALO - Crispy Breaded Chicken Breast, 5.49
Buffalo Sauce, Creamy Blue Cheese, Lettuce & Tomato
- ♥ 5. FLAME BROILED GRILLED CAESAR - Chicken Breast, 5.49
Romaine Lettuce, Ripe Tomato, Creamy Caesar & Fresh Romano
- ♥ 6. THE EXTREME VEGGIE 4.99
Fresh Broccoli, Peppers, Mushrooms, Cucumber, Tomato,
Lettuce, Black Olives & Red Onions Topped with Balsamic Glaze
- ♥ 7. THE LIGHT VEGGIE TUNA - Our Homemade Light Veggie Tuna .. 5.29
Topped with Fresh Lettuce, Tomato & Red Onion
- 8. THE NEW YORKER - Our Freshly Sliced Corned Beef 5.99
& Pastrami Topped with Imported Swiss, Cole Slaw & Russian Dressing
- 9. THE TURKEY CLUB - Freshly Sliced Turkey Breast, 5.99
Crisp Bacon, Lettuce, Tomato & Hellmann's Mayonnaise
- 10. THE VIRGINIA CLUB - Freshly Sliced Virginia Ham,5.99
Crisp Bacon, Lettuce, Tomato, Cheddar Cheese & Hellmann's Mayonnaise

Hoagies

On our Freshly Baked, Crisp Italian Bread, Regular or Wheat.

	7"	14"
	Half	Whole
1. HAM & CHEESE	4.49	7.99
2. HAM, CAPPICOLA & CHEESE	4.99	8.49
3. HAM, SALAMI & CHEESE	5.49	8.99
4. HAM, TURKEY & CHEESE	5.49	8.99
5. HAM, ROAST BEEF & CHEESE	5.49	8.99
6. HAM, ROAST BEEF & TURKEY	5.49	8.99
7. HONEY HAM & MAPLE TURKEY	5.49	8.99
8. ITALIAN: Ham, Salami, Cappicola & Cheese	5.49	8.99
9. AMERICAN: Ham, Salami, Turkey, Roast Beef & Cheese.....	5.99	9.99
10. SLOPPY.....	5.99	9.99
<small>Corned Beef, Turkey, Roast Beef, Coleslaw & Russian Dressing</small>		
11. PEPPERONI, CAPPICOLA & CHEESE	4.99	8.49
12. SALAMI PEPPERONI & CHEESE	4.99	8.49
13. ROAST BEEF & CHEESE	5.99	9.99
14. TURKEY & CHEESE	5.49	8.99
15. TURKEY & ROAST BEEF.....	5.99	9.99
16. TURKEY, ROAST BEEF & CHEESE	5.99	9.99
17. TURKEY, ROAST BEEF & SALAMI	5.99	9.99
18. PASTRAMI & CHEESE	5.49	8.99
19. CORNED BEEF & CHEESE	5.49	8.99
20. CORNED BEEF & PASTRAMI	5.49	8.99
21. PASTRAMI & TURKEY	5.49	8.99
22. CORNED BEEF & TURKEY	5.49	8.99
23. BOLOGNA & CHEESE	4.49	7.99
24. HAM, BOLOGNA & CHEESE	4.99	8.49
25. LIVERWURST	3.99	7.49
26. HONEY MAPLE TURKEY & CHEESE	5.49	8.99
27. EVEROAST CHICKEN	4.99	8.49
28. WHITE TUNA SALAD	4.75	8.25
29. WHITE CHICKEN SALAD	4.75	8.25
30. SHRIMP SALAD	4.75	8.25
31. EGG SALAD	3.99	7.49
32. LITE VEGGIE TUNA SALAD	4.99	8.99
33. ALL VEGETABLE	3.99	7.49
34. ALL CHEESE	3.99	7.49
35. VEGETABLE & CHEESE	4.99	8.99

Extras (on a half):

Cheese (2 Slices), Roasted Peppers, Hot Peppers50 Each

* All Hoagies Come with Lettuce, Tomato,
Onion, Oregano, Oil & Vinegar
PLEASE SPECIFY & ORDER BY NUMBER

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Hot Sandwiches

Add a Side to Any Sandwich for \$1.49 more!
Choice of Cole Slaw, Potato Salad, Macaroni Salad,
Pasta Salad or French Fries.
Available on Sub, Kaiser, Wrap, Bread or Bagel!

GRILLED CHICKEN	4.49
CHICKEN B.L.T	5.49
GRILLED CHICKEN - With Roasted Peppers & Mozzarella	5.49
GRILLED TERIYAKI CHICKEN BREAST	4.99
GRILLED BALSAMIC CHICKEN BREAST	4.99
STEAMED CORNED BEEF (Extra Lean)	4.99
STEAMED PASTRAMI (Extra Lean)	4.99
GRILLED CHEESE	3.49
GRILLED CHEESE - With Bacon or Ham	4.49
GRILLED CHEESE - With Tomato	3.79
B.L.T.	3.99
FRIED FLOUNDER FILLET	4.99
CRISPY CHICKEN	4.99
CRISPY BUFFALO CHICKEN	5.49

Triple Decker Club Sandwiches

All with Crisp Bacon, Lettuce, Tomato
& Mayonnaise & Choice of Toast

1. CRISPY CHICKEN & PEPPER JACK CHEESE	6.49
2. GRILLED CHICKEN & CHEDDAR	6.49
3. ROASTED TURKEY & PROVOLONE	6.49
4. VIRGINIA HAM & SWISS	6.49
5. ROAST BEEF & AMERICAN	6.49

Salad Sandwiches

Served on Choice of Fresh Baked Bagel, Bread, Roll or Wraps

WHITE TUNA.....	4.75	LITE VEGGIE TUNA	4.99
CHICKEN SALAD	4.75	SHRIMP SALAD	4.99
EGG SALAD	3.99	WHITEFISH SALAD	4.99
SEAFOOD SALAD	4.99		

Deli Sandwiches

OVEN ROASTED TURKEY	4.99
MAPLE GLAZED TURKEY	4.99
EVEROAST CHICKEN BREAST	4.99
DELUXE BOILED HAM	4.49
MAPLE GLAZED HAM	4.49
CAPPICOLA SPICY HAM	3.99
OVEN ROAST BEEF	5.49
LEAN PASTRAMI	4.99
LEAN CORNED BEEF	4.99
BEEF BOLOGNA	3.99
HARD SALAMI	4.49
GENOA SALAMI	4.99
ZESTY PEPPERONI	4.49
LIVERWURST	3.99

Served on Choice of Fresh Baked Bagel, Bread, Roll or Wraps
Deli Pickle Included

EXTRAS:

Cheese (2 Slices), Roasted Peppers, Hot Peppers50 Each

Sloppy Joes

Served on 3 Layers of Rye Bread

1. CLASSIC - Corned Beef, Turkey & Roast Beef,	6.99
<small>Topped with Coleslaw & Russian Dressing</small>	
2. HEALTHY - Oven Roasted Turkey	6.99
<small>Topped with Coleslaw & Honey Dijon Dressing</small>	

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