



Breakfast

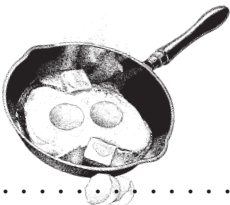
Roll or Bagel with...

On Bagel Buy 1/2 lb.

Butter	.90	
Plain Cream Cheese	1.45	2.75
Vegetable Cream Cheese (Low fat) ...	2.65	4.00
Scallion Cream Cheese (Low Fat)	2.65	4.00
Lox Cream Cheese (Low Fat)	2.85	4.25
Olive Cream Cheese	2.65	4.00

Popular's Famous Nova Sandwich

Bagel, Thinly Sliced Nova, Plain Cream Cheese, Onion, Tomato, Cucumber, Squeeze of Lemon
5.48

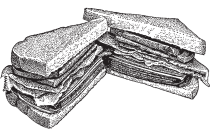


Egg Sandwiches Hot from the Grill...

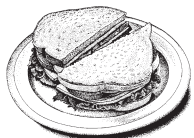
One Egg on Bagel or Roll	1.50
Egg & Cheese	1.95
Egg & Bacon or Ham or Sausage	2.60
Egg & Cheese & Bacon or Ham or Sausage	2.90
3 Egg White with Spinach	2.60
2 Egg White with Tomato	1.85
Veggie Omelette	2.50
Veggie Omellette with Cheese	2.99
Bacon, Lettuce and Tomato	2.99
Extra Egg	.50
Extra Meat	.75

Specialty Omelettes

Mushroom Omelette	2.75
Lox Omelette	4.85
Italian Omelette (Mozzarella and Tomato)	3.75
Greek Omelette (Feta Cheese and Tomato)	3.75
Western Omelette	3.25
Pastrami or Corned Beef Omelette	2.95
Salami or Bologna Omelette	2.95
Ham and Cheese Omelette	3.25

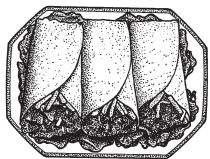


Let's Have Lunch



	On a Sandwich	Buy 1/2 lb.
Oven Gold Turkey Breast	4.25	4.50
Roast Beef (Top Round)	4.25	4.50
Deluxe Ham	3.95	3.99
Honey Maple Turkey	4.25	4.25
Hot Pastrami	4.25	4.50
Hot Corned Beef	4.25	4.50
Bologna	4.25	4.50
Salami	3.99	3.99
Capricola (Hot Ham)	3.95	
Chicken Breast	4.50	
Tuna Salad	3.99	4.25
Chicken Salad	4.25	4.25
Egg Salad	3.25	2.75
Cheese Steak	3.99	
Grilled Cheese	3.25	
Hot Dog	1.25	

Ask us what our Special Hot Lunches of the day are?



Wrap it!

Wraps are made fresh to order on garlic-herb, tomato, spinach, honey wheat, or plain. Wraps come with free salad or chips and pickles and are served with your choice of dressings: honey dijon mustard, balsamic vinegar, mayonnaise, 8 mustard, oil and vinegar, russian, blue cheese, low fat italian

Grilled Chicken Wrap
sliced grilled chicken breast,
fresh spinach, feta cheese,
roasted red peppers, slice tomato
4.99

The Fiesta Wrap
ham, salami, pepperoni,
fresh mozzarella
with roasted red peppers
4.99

The Salad Wrap
your choice: tuna or chicken salad
or egg salad topped with alfalfa
sprouts, sliced tomato, fresh spinach
4.75

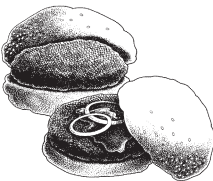
Turkey Club Wrap
oven gold turkey breast, bacon,
romaine lettuce, sliced tomato,
roasted peppers
4.99

The Atlantic Wrap
strips of tender grilled chicken
breast topped with crisp
bacon, melted swiss cheese
and sliced tomato
5.25

The Veggie Wrap
grilled yellow and green squash,
tomato, griled eggplant, roasted
red pepper, fresh spinach,
feta cheese, black olives
4.99

Burgers

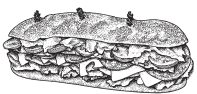
100% Fresh Ground Beef
Served with lettuce and tomato



Beef Burger	2.99
Cheeseburger	3.25
Bacon Burger	3.50
Bacon Cheeseburger	3.75
Beef Burger Deluxe	4.50
Cheese Burger Deluxe	4.70
Philly Burger	3.75
on a roll or bagel with fried onions, fried mushrooms, cheese, lettuce and tomato	



Popular's
Combo Favorites



	Club	Hero
Popular #1	4.75	6.50
Ham, Turkey and American cheese		
Popular #2	4.75	6.50
Ham, Roast Beef and American Cheese		
Popular #3	4.75	6.50
Turkey, Roast Beef and American Cheese		



Homemade Soup of the Day
2.50

Salad Platters



House Salad	3.75
A COMBINATION OF LETTUCE, TOMATOES, ONIONS & CUCUMBERS IN AN OIL & VINEGAR DRESSING	
Tuna Salad	4.99
A house salad with a scoop of tuna salad	
Chicken Salad	4.99
A house salad with a scoop of chicken salad	
Fruit Salad	5.95
Over lettuce with Cutter cheese	

Tomato and Fresh Mozzarella Salad	5.95
Tomatoes and fresh mozzarella marinated in olive oil & balsamic vinegar with basil, garlic & oregano	
Grilled Chicken Salad ...	5.99
House salad with grilled chicken	
Shrimp Salad	5.99
House salad with one scoop shrimp salad	
Assortment Salad	5.95
Chicken, Tuna, Potato, and Cole Slaw	



Beverages

	small	large
Colombian Coffee	.75	1.00
Tea	.75	1.00
Hot Chocolate	1.00	1.50
Flavor of the Day Coffee	1.10	1.50
Iced Coffee	1.35	1.75
Cappuccino	1.25	1.75
Hazelnut or French Vanilla		

Frappe Freezes

Mocha • Decaf Mocha • White Chocolate Mocha
Vanilla Smoothie (with banana or strawberry)
16 oz. 2.85

A wide variety of juices and drinks are also available.

Juice Bar

Orange • Carrot • Watermelon • Papaya
Pineapple • Vegetable Drinks

Create your own - choose any combination of 2 or 3 above



Desserts

Chocolate or Vanilla Pudding	
Baklava	Cookies
Muffins	Croissants
Cheesecake	Fruit Pockets
Crumb Cake	Rice Pudding
Poun Cake	Chocolate Pudding

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