

From The Grill

Black Angus Hamburger	\$5.29
Hot Dog	\$1.99
French Fries	\$2.50
Chicken Fingers & BBQ Sauce - 4 pieces	\$5.49
Chicken Fingers & BBQ Sauce - 4 pieces with French Fries	\$6.49
Grilled Chicken or Fried Chicken on a Bagel	\$5.19
Mozzarella Sticks - 6 pieces	\$5.49
Buffalo Wings or Honey BBQ Wings with Ranch or Blue Cheese 6 pieces	\$4.49
12 pieces	\$6.99
Pizza Bagels - 1/2	\$1.75
Whole	\$3.25

Deluxe Cheeseburger Platter

*Black Angus Beef,
Lettuce & Tomato with
French Fries and a Pickle*

\$6.99

Cheeses: American, Mozzarella,
Picante Provolone, Cheddar,
Baby Swiss, Swiss, Alpine Lace,
Monterey Jack, Muenster

Salads To Go!

**Ask For It
Chopped!**

	SMALL	LARGE
GREEK SALAD - Crisp Romaine Lettuce, Sliced Cucumbers, Green Peppers, Black Olives, Red Peppers, Red Onions and Tomatoes topped with Feta Cheese and Greek Vinaigrette	\$4.29	\$5.99
CHEF SALAD - Mixture of Iceberg and Romaine Lettuce, Ham, Turkey, American Cheese, Hard Boiled Eggs, Green & Red Peppers, Red Onions, Cucumbers and Tomatoes	\$4.99	\$6.99
GARDEN SALAD - Iceberg Lettuce, Red & Green Peppers, Red Onions, Cucumbers, Tomatoes, Shredded Carrots & Black Olives	\$3.99	\$5.49
CAESAR SALAD - Fresh Romaine, Shaved Parmesan Cheese, Garlic Croutons with Caesar Dressing	\$2.99	\$4.49
GRILLED CHICKEN CAESAR SALAD - Fresh Romaine, Shaved Parmesan Cheese, Garlic Croutons with Caesar Dressing, Topped with Grilled Chicken Slices	\$4.99	\$6.99
MONTEREY SPINACH SALAD - Fresh Organic Baby Spinach, Sliced Strawberries, Diced Fresh Mozzarella Cheese, and Caramelized Pecans, Topped with a Balsamic Vinaigrette Dressing	\$4.59	\$7.49
APPLE WALNUT CHICKEN SALAD - Grilled Chicken, Apples, Craisins, Gorgonzola, Candied Walnuts, Over a Bed of Mixed Greens	-	\$6.99
GRILLED CHICKEN BLT SALAD - Grilled Chicken, Crispy Bacon & Tomatoes on a Bed of Lettuce	-	\$6.99
MANDARIN ORANGE SALAD - Sweet Glazed Pecans, Red Onions, Craisins, Gorgonzola Over a Bed of Mixed Greens	\$4.29	\$6.99

Specialty Salads are offered based on availability of ingredients.

Chopped Salad Bar

**Ask For It
Chopped!**

Monday - Friday

	SMALL	LARGE
Choose Your Greens - Iceberg, Romaine or Baby Spinach	\$2.79	\$4.29
Free Add Ins - 2 for Small - 3 for Large (<i>additional 50¢ each</i>) Carrots, Celery, Chinese Noodles, Cucumbers, Green Peppers, Onions, Tomatoes, Croutons		
50¢ Additional - Black Olives, Green Olives, Chick Peas, Craisins or Raisins		
75¢ Additional - Artichoke Hearts, Bacon, Caramelized Pecans, Walnuts, Toasted Almonds, Hard Boiled Egg, Feta, Cheddar, Gorgonzola Cheese, Fresh Mozzarella, Mandarin Oranges or Roasted Peppers		
\$2.00 Additional - Chicken Salad, Grilled or Fried Chicken, Shrimp Salad, Tuna Salad, Avocado		
Dressings - Oil & Vinegar, Raspberry Vinaigrette, Balsamic Vinaigrette, Oriental Sesame, Honey Dijon Honey Mustard, Blue Cheese, Ranch, Russian, Caesar, French, Lite Ranch, Lite Italian		

Soup of the Day

Call for Daily Soup Selection (Seasonal)

SMALL - 12 oz	\$2.79
MEDIUM - 16 oz	\$3.79
LARGE - 32 oz	\$6.59
Chili, Pasta Fagioli & Cream Soups	
SMALL - 12 oz	\$3.09
MEDIUM - 16 oz	\$4.19
LARGE - 32 oz	\$7.29

Try Our Frozen Frappes

(Seasonal)

Cream Based
Vanilla Bean • Strawberry
Frozen Hot Chocolate

Coffee Based
Coffee • Java Chip • Kona Mocha
Vanilla Latte • Heath Mocha

\$3.50
+ tax

Sweet Treats

Freshly made daily in our bakery department.

Muffins - Apple Cider Crumb, Apple Cinnamon, Banana Nut, Blueberry Crumb, Blueberry, Butter Rum, Carrot Cupcake, Chocolate Chip, Corn, Cranberry Nut, Double Chocolate, Glorious Morning, Oat Bran, Honey Bran, Oreo, Peanut butter, Pina Colada, Pistachio, Raisin Bran

Fat-Free Muffins - Chocolate, Blueberry, Cranberry, Vanilla

Muffin Tops

Fat-Free/Sugar-Free Muffins - Chocolate, Blueberry, Cranberry, Pistachio, Corn

Danish/Pastries - Cheese, Cherry Cheese, Blueberry Cheese, Apple Turnovers, Cinnamon Rolls, Croissants, Chocolate Croissants, Strawberry Croissants, Large Black & White Cookie, Large Reeses Peanut butter Cookie, Bundt Cake, Donuts, Cupcakes

\$1.90 each
Buy 3 Get
One FREE!

After 3 PM
DAILY SPECIAL
\$1.00 each

Cakes

Crumbcake	\$1.90	Oreo Crunch Cake	\$1.90
Raspberry Crumbcake	\$1.90	Carrot Cake- Slice	\$1.90
Brownie	\$1.90	All 1/2 Sheet Cakes (24 hour notice) ..	\$27.99

Mini Treats

Fudge Tarts
Raspberry Linser Tarts
Black & White Cookies
Chocolate Chip Cookies

.75¢ each OR
3 for \$2.00

Double Chocolate Chip Cookies
M&M Cookies
Peanut Butter Cookies
Oatmeal Cookies

Desserts

Seasonal Fruit Salad		Chocolate Pudding	\$2.49
Asst. Fresh Fruit or Grape Cups	\$2.99	Rice Pudding	\$2.99
Watermelon or Golden Pineapple Cups	\$3.49	Homemade Rugelach	\$8.49/lb.
Jello	\$1.99	Rainbow Cookies	\$8.49/lb.

Beverages

**Hot Coffee, Iced Coffee,
Hot Chocolate or Tea**
Small - 12 oz. \$1.50
Medium - 16 oz. \$1.70
Large - 20 oz. \$1.90
Extra Large - 32 oz. (Iced) \$2.70
*Choose from: Regular or Decaf 100%
Colombian Coffee, Swiss Miss Hot Chocolate,
Cappuccino, French Vanilla Cappuccino,
Flavored Coffee (6 Flavors Daily) or
Tea (reg., decaf or flavored)*

Box of Java (10-12 cups)

Super Box of Java (18-22 cups)

Fountain Soda
*Choose from: Coke, Diet Coke, Sprite,
Fruit Punch, Dr. Pepper, Nestea*

Small - 12 oz.99¢
Medium - 16 oz. \$1.19
Large - 20 oz. \$1.39
Extra Large - 32 oz. \$1.69
Poland Spring Bottled Spring Water
16 oz. \$1.25
Sport Bottle

1.75
Liter

\$2.25
Soft Drinks
20 oz. Bottle

\$1.85

2 Liter Bottle

\$2.99

A full selection of Coke and Pepsi products

Red Bull Energy Drink

Regular or Sugar Free

\$2.50

Dr. Stewarts Soft Drinks
12 oz. Bottle

\$1.85

*Regular or Diet - Root Beer, Cream,
Blackcherry or Orange N' Cream*

Snapple

16 oz. \$1.85

Quart

\$2.99

Arizona Teas

20 oz. \$2.00

Gatorade

20 oz. \$2.00

Sport

\$2.25

Quart

\$2.99

Yoohoo or Nesquik

16 oz. \$2.00

Vanilla, Chocolate, Strawberry or Banana

Milk

8 oz. 75¢

16 oz. \$1.25

1/2 Gal. \$2.79

Tropicana Orange/Apple Juices

6 oz. Carton

16 oz. \$2.00

Quart

\$2.99

1/2 Gal. \$4.49

Freshly Squeezed on Premises Orange Juice

9 oz. \$1.95

16 oz. \$2.95

32 oz. \$5.09

Daily Menu

STUFF A BAGEL

**SERVING THE
COMMUNITY**
Since
1985

“New York’s Legendary Bagelry”

Welcome to Stuff-A-Bagel, where bagels are one of our main focus. They are boiled and baked the old fashioned way. This family recipe was started by my father-in-law over 35 years ago. We use no preservatives and nothing but the best ingredients. We continually strive to provide you with the best of our freshly baked bagels, baked goods and consistently increasing menu, as we at this location have been providing you with since 1985. Your patronage has been, and will always be greatly appreciated by all of us here at Stuff-A-Bagel.

Sincerely,
Phil Cirrone

234 Main Street
Farmingdale, NY 11735

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Our Extensive
Bakery
Dept.**

Breakfast

Ask
About Our
Gourmet
Omelettes!

Bagels, Rolls or Bagel Rolls

Each	\$.85	Low Carb Bagel	\$1.40
Half Dozen	\$5.10	Flagels, Twists or French Toast Bagels	\$1.10
Dozen	\$9.99	Mini Bagels	\$.45

1 Free with 6 • 2 Free with 12 • 3 Free with 18 • 4 Free with 24
Mon.-Wed. - Buy 12 Get 6 Free • Mon.-Sat. - 3pm- 5pm Bagels 1/2 price
(not on special orders or deliveries and not to be combined with other specials)

Bagels & Spreads

Butter	\$1.40	Butter & Jelly	\$2.00
Cream Cheese - Plain or Lite	\$2.25	Cream Cheese & Jelly	\$2.75
Mixed Cream Cheese	\$2.75	Peanut Butter & Jelly	\$2.75
<i>Vegetable, Lite Vegetable, Scallion, Maple Walnut, Chocolate Chip, Cinnamon Raisin, Strawberry, Olive Pimento</i>		Mini Bagel with Butter	\$.90
Lox Spread	\$3.25	Mini Bagel with Cream Cheese	\$1.45
Lox Strips	\$5.49	Mini Bagel with Mixed Cream Cheese ..	\$1.55
Lox Strips & Butter	\$5.74	Mini Bagel with Lox Spread	\$1.75
Lox Strips & Cream Cheese	\$6.59	Mini Bagel with Butter & Lox	\$3.24
		Mini Bagel with Cream Cheese & Lox ..	\$3.45

Breakfast Sandwiches - Order By Number

B1	1 Jumbo Egg on a Bagel or Roll	\$2.29
B2	2 Jumbo Eggs on a Bagel or Roll	\$2.59
B3	Ham, 2 Jumbo Eggs, Cheese on a Bagel or Roll	\$3.09
B4	Bacon, 2 Jumbo Eggs, Cheese on a Bagel or Roll	\$3.29
B5	Sausage Patty, 2 Jumbo Eggs, Cheese on a Bagel or Roll	\$3.59
B6	Ham, Bacon, Sausage, 2 Eggs, Cheese on a Bagel or Roll	\$4.29
B7	3 Egg Whites, Turkey, Cheese on a Bagel or Roll	\$3.99
B15	Hungry Man - 3 Eggs, Bacon, Ham, Sausage & Cheese on a Hero	\$5.49
B16	The Carb-Friendly Wrap - 3 Egg Whites, Turkey, Peppers, Onions on a Low-Carb Wrap	\$5.29

Omelettes (Includes Bagel or Roll) - Order By Number

Ask About Our
Gourmet Omelettes!

B8	Cheese Omelette	\$3.19
B9	Ham & Cheese Omelette	\$3.69
B10	Mushroom Omelette	\$3.69
B11	Western (Ham, Peppers, Onions & Cheese)	\$3.99
B12	Spanish (Ham, Peppers, Onions, Tomatoes & Cheese)	\$4.29
B13	Super with the Works (Ham, Peppers, Onions, Tomatoes, Mushrooms & Cheese)	\$4.49
B14	The Lox (Lox & Onions)	\$4.59
B17	3 Egg Whites, Fresh Spinach & Feta Cheese Omelette	\$4.59

Additional Charges for:

Onions	25¢	Egg White	40¢	Tomato	50¢	Extra Egg	30¢	Wrap	50¢
Toast	15¢	Mushrooms ..	25¢	Peppers	60¢	Cheese	60¢	Low Carb Wrap ..	55¢
Ham	60¢	Lettuce	40¢	Butter	30¢	Sausage Patty ..	80¢	Bacon Strip	45¢

Add Homefries for just \$1.19! (\$1.79 without eggs)

Breakfast from the Grill

Pancakes (3) or Thick French Toast (2)	\$4.59
Pancakes (3) or Thick French Toast with 2 Eggs	\$5.59
Pancakes (3) or Thick French Toast (2) with 2 Eggs and Bacon (3 strips)	\$6.59
Pancakes (3) or Thick French Toast (2) with Bacon (3 strips)	\$5.59
Pancakes (3) or Thick French Toast (2) with Sausage Patty	\$5.59
Belgian Waffle	\$4.59
Waffle with 2 Eggs	\$5.59
Waffle with 2 Eggs and Bacon (3 strips)	\$6.59
Waffle with Fresh Strawberries & Whipped Cream	\$6.09
Chocolate Chip Waffle, Blueberry Waffle or Banana Waffle	\$5.59

Additional Charges for:

Pancakes or Waffles with Whipped Cream, Fresh Fruit or Warm Fruit Compote (Cherry, Strawberry or Blueberry)	\$1.00
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Sandwich Choices

Old Favorites on a Bagel

Includes: 1/4 lb. Side Salad (Classic Potato, Red Skin Potato, Cole Slaw or Macaroni) or Pickle Wedge

Bologna, Liverwurst or Cheese	\$4.59
Premium Cold Cut Sandwich	\$5.19
BLT	\$4.79
Chicken Salad	\$5.49
Tuna Salad	\$5.49
Egg Salad	\$4.79
Shrimp Salad	\$5.99
Whitefish Salad	\$5.99
Craisin Chicken Salad	\$5.49
Honey Dijon Chicken Salad	\$5.49
Lite Veggie Tuna Salad	\$5.49
Turkey Salad	\$5.49

Soup & 1/2 Sandwich Combo

Choose from Sandwich List
to the Left. Served with a
Small Soup of the Day.

\$6.49

Choice of White, Rye
or Whole Wheat
breads only.

We Serve Only BOARS HEAD COLD CUTS

Ham, Oven Gold Turkey, Roast Beef, Honey Maple Turkey, Peppermill Turkey, Chicken Breast,
Blazin' Buffalo Chicken Breast, Pastrami, Corned Beef, Genoa Salami, Sopressata, Prosciutto

CHEESES

American, Muenster, Mozzarella, Swiss, Provolone,
Alpine Lace, Baby Swiss, Cheddar, Monterey Jack

DRESSINGS

Mayo, Mustard, Honey Mustard, Ketchup, Pesto Mayo
and all the dressings listed in our Salad Bar section!

ALSO AVAILABLE for an additional charge

White, Rye, Wheat Breads, Kaiser Rolls, Specialty Rolls, Wraps, Cheese, Lettuce, Tomato, Toast

Over Stuffed Sandwiches

Served on a Bagel

ANDOVER - Craisin Chicken Salad & Green Leaf Lettuce	\$5.79
JUNIOR - Egg Salad, Crispy Bacon & Lettuce	\$6.19
SOUTHWESTERN - Cracked Peppermill Turkey, Monterey Jack Cheese, Lettuce, Tomato Onions & Hot Sauce	\$6.49
BLACK FOREST - Honey Maple Turkey, Muenster Cheese, Lettuce, Tomato & Russian Dressing ..	\$6.59
SANTE FE - Blazin' Buffalo Chicken Breast, Monterey Jack Cheese, Lettuce, Cucumbers & Blue Cheese Dressing	\$6.59
CALIFORNIA TURKEY - Turkey, Crisp Bacon, Avocado, Lettuce, Tomato & Ranch Dressing	\$7.99

Over Stuffed Melts

Hot Sandwiches Served on a Bagel & Grilled to Perfection

1. HAM & CHEESE MELT - Ham, Melted Swiss Cheese with Butter and Garlic	\$5.79
2. TURKEY MELT - Turkey and Melted Swiss Cheese & Russian Dressing or Mayonnaise	\$5.79
3. ROAST BEEF MELT - Roast Beef and Melted Mozzarella Cheese with Butter and Garlic	\$5.79
4. PASTRAMI MELT - Pastrami and Melted Swiss Cheese, Sauerkraut & Mustard	\$5.99
5. REUBEN MELT - Steaming Hot Corned Beef, Melted Swiss Cheese with Sauerkraut & Mustard	\$5.99
6. TURKEY SUPREME MELT - Turkey, Melted Swiss Cheese, Bacon, Lettuce, Tomato & Russian Dressing or Mayonnaise	\$6.49
7. TONY'S TUNA MELT - Tuna Fish and Melted American Cheese with Tomato on a Lightly Toasted Bagel	\$6.49
8. THE HALEY - Roast Beef, Melted Cheddar Cheese, Bacon & BBQ Sauce	\$6.49
9. LIL' PHILLY - Fried Chicken Cutlet, Melted American, Bacon, Lettuce, Tomato & Horseradish Dijon	\$6.49
10. THE MIMA - Ham, Turkey, Melted Swiss Cheese on Rye or White Toast with Lettuce, Tomato, Onion, Topped with Russian Dressing	\$6.49
11. THE BRATNEY - Honey Glazed Turkey and American Cheese & Balsamic Dressing	\$5.99

Panini

Hot Sandwiches Grilled to Perfection on European Flat Bread

P1. ITALIAN CHICKEN PANINO - Grilled Chicken Breast, Roasted Peppers and Fresh Mozzarella Cheese	\$6.99
P2. THE REUBEN PANINO - Corned Beef, Swiss, Russian Dressing and Sauerkraut	\$6.49
P3. FRESH MOZZARELLA PESTO PANINO - Fresh Mozzarella, Tomato, Roasted Peppers & Pesto ..	\$6.49
P4. PROSCIUTTO PANINO - Prosciutto, Fresh Mozzarella, Roasted Peppers and Pesto	\$6.99
P5. GRILLED VEGETABLE PANINO - Grilled Vegetables and Provolone	\$6.99
P6. AUSTIN PANINO - Roast Beef with Roasted Red Onion and Aged Cheddar Cheese	\$6.49
P7. OLD AMERICAN PANINO - Grilled Cheese on Texas Toast	\$4.59
P8. TEXAS PANINO - Grilled Cheese with Bacon on Texas Toast	\$5.39
P9. BUFFALO CHICKEN PANINO - Boars Head Blazin' Buffalo Chicken Breast and Monterey Jack Cheese, served with Buffalo Dipping Sauce	\$6.49
P10. HAM & SWISS PANINO - Boars Head Ham and Swiss Cheese	\$6.49
P11. HONEY TURKEY PANINO - Boars Head Honey Turkey and Alpine Lace Swiss Cheese ...	\$6.49
P12. THE COMBO - Corned Beef, Pastrami, Swiss Cheese, Cole Slaw, Lettuce, Tomato & Russian Dressing	\$6.99
P13. THE GODFATHER - Genoa Salami, Cappi Ham, Picante Provolone, Green Leaf Lettuce and Tomato with Balsamic Vinaigrette Dressing	\$6.49
P14. BARCELONA - Fresh Mozzarella and Tomato on a Grilled Sunflower Hero	\$5.99
P15. MADRID - Fresh Mozzarella and Red Roasted Peppers on a Grilled Sunflower Hero	\$6.49
P16. VALENCIA - Grilled Chicken Cutlet, Red Roasted Peppers, Fresh Mozzarella and Balsamic Vinaigrette on a Grilled Kaiser Roll	\$6.49

Wraps

Choose from the following Wraps: Plain, Spinach, Red Roasted Pepper, Sundried Tomato,
Whole Wheat or Plain Low-carb.

CHICKEN CUTLET WRAP - Fried or Grilled Chicken Cutlet, Lettuce & Tomato	\$6.99
GRILLED CHICKEN CAESAR WRAP - Grilled Chicken, Romaine Lettuce, Caesar Dressing	\$6.99
BUFFALO CHICKEN WRAP - Fried Chicken, Homemade Hot Sauce, Blue Cheese Dressing, Diced Carrots & Celery with Green Leaf	\$6.99
RANCH WRAP - Grilled Chicken, American Cheese, Bacon, Lettuce and Tomato Tossed in Ranch Dressing	\$6.99
CHICKEN PESTO WRAP - Grilled Chicken, Fresh Mozzarella, Pesto Mayo	\$6.99
ITALIAN WRAP - Cappi Ham, Genoa Salami, Picante Provolone, Marinated Artichoke Hearts, Red Roated Peppers with Pesto Mayo	\$6.99
AMERICAN WRAP - Ham, Salami, Roast Beef, American Cheese, Lettuce & Tomato	\$6.99
CLUB WRAP - Turkey, Bacon, Muenster, Lettuce, Tomato, Honey Dijon	\$6.99
ROMA WRAP - Fried Chicken Cutlet, Fresh Mozzarella, Red Roasted Peppers	\$7.49
CHICKEN RUSTICA - Grilled Chicken, Cheddar Cheese, Red Onions, Lettuce & Horseradish Dijon Dressing	\$7.49
LONE STAR WRAP - Fried Chicken Cutlet, Cheddar Cheese, Bacon & BBQ Sauce	\$7.49
CHIPOTLE CHICKEN WRAP - Grilled Chicken, Chipotle Mayo, Lettuce & Tomato	\$6.99
CREATE YOUR OWN WRAP - Choose your Salad or Cold Cuts with Lettuce and Tomato	\$6.49

Also Available at an Additional Charge: Lettuce, Tomato, Onion, Cheese, Sauerkraut, Bacon, Butter,
Avacado, Red Peppers, Fresh Mozzarella, Toast, Roll, Rye, Wheat, White Bread or Hero
Specialty Wraps are offered based on availability of ingredients.

On The Lighter Side

Lighter Wrap & Sandwich Selections

1. FEEL GOOD WRAP - Boars Head Oven Gold Turkey, Alpine Lace Swiss Cheese, Lettuce Tomato & Honey Mustard Dressing	\$6.99
2. GRILLED VEGGIE WRAP - Assorted Seasonal Grilled Vegetables & Leaf Lettuce	\$6.99
3. VEGGIE TUNA SALAD WRAP - Tuna Salad with Light Mayo, Freshly Chopped Vegetables, Lettuce, Tomato Wrapped Up in a Spinach Tortilla	\$6.49
4. FRESCA - Sliced Boars Head Chicken Breast, Red & Green Bell Peppers, Sliced Red Onion, Lettuce, Tomato & Honey Dijon Dressing on a 12 Grain Roll	\$6.99
5. MANHATTAN - Grilled Chicken Breast, Melted Alpine Lace, Avacado, Leaf Lettuce on a Roll ...	\$7.49
6. CHICKEN FAJITA WRAP - Grilled Chicken, Green Peppers, Diced Tomatoes, Monterey Jack Cheese & Onions, Wrapped Up with a Kick!	\$7.49



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