

BREAKFAST SPECIALS

Served on a roll or bagel

1. **Egg Sandwich**\$2.62
2. **Bacon, Egg and Cheese**\$4.21
3. **Sausage, Egg and Cheese**\$4.49
4. **Taylor Ham, Egg and Cheese**\$4.21
5. **Two Egg Whites with Fresh Spinach**\$3.64
6. **Pepper and Onion Omelette topped with Cheese**.....\$3.64
7. **Sautéed Steak and Onions served with Egg and Cheese**.....\$4.30
8. **Power Wrap** – 3 Egg whites, sautéed vegetables and Swiss cheese served on toasted tortilla\$4.21
9. **Mediterranean Omelette** – 3 Egg whites, feta cheese, spinach and fresh tomatoes\$4.21
10. **Thinly sliced Nova**, Plain cream cheese, tomatoes, onion, sliced cucumber, black pepper, topped with a squeeze of lemon\$6.99
11. **Challah French Toast** served with choice of bacon, sausage or fresh fruit\$5.99
12. **Pancakes with Fresh Fruit**.....\$5.99
13. **Farmer's Omelette** – Sausage, ham, bacon, onions and peppers\$5.99
14. **Hungry Man** – 2 Pancakes, 2 eggs any style and home fries.....\$5.99

All the above Breakfast Specials served with 12 oz. coffee

15. **Kids Special** – Silver Dollar Pancakes, 1 egg any style and small 6 oz. orange juice\$3.99
16. **Angura** – Turkey, 3 egg whites, Alpine Lace Swiss cheese served on a toasted tortilla\$4.67

Add home fries to your breakfast for \$1.75

QUICHE OF THE DAY

\$5.95 Per Slice

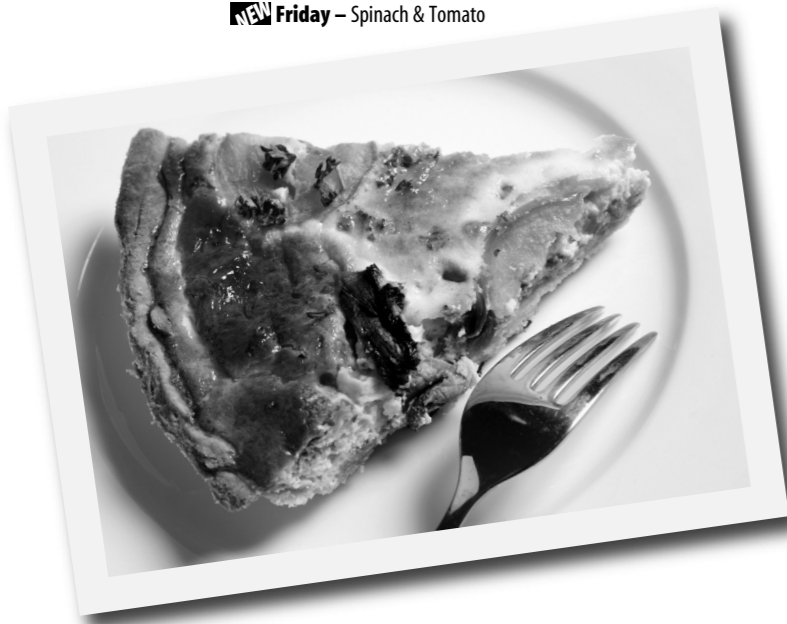
Monday – Bacon & Cheddar

Tuesday – Broccoli & Cheddar

Wednesday – Ham & Cheese

Thursday – Mushroom

Friday – Spinach & Tomato



Call us to discuss your home or office catering needs.

APPETIZERS

- Mussels Fra Diavolo
- Chicken Tenders
- Eggplant Rollatini
- Bruschetta
- Sauteed Broccoli Rabe
- Broccoli in Garlic and Oil
- Risotto
- Sauteed Mixed Vegetables

NEW Mushrooms stuffed with Breadcrumbs

NEW Mushrooms stuffed with Crabmeat

CHICKEN

- Chicken Francese
- Chicken Piccata
- Chicken Marsala
- Chicken Stir Fry
- Chicken Cordon Bleu
- Chicken Parmigiana
- NEW** Chicken Kabobs

PASTA

- Baked Ziti
- Lasagna
- (Meat or Vegetable)
- Penne Ciciliano
- Penne Primavera
- Penne Vodka
- Stuffed Shells
- Tortellini Alfredo
- NEW** Linguini Carbonara

FISH

- Filet of Sole
- Baked Salmon
- Broiled Tilapia
- NEW** Broiled Flounder
- NEW** Seafood Fra Diavolo
- NEW** Shrimp Kabobs

HEROES

NEW 3', 4' or 6' custom made to order

BREAKFAST

- French Toast
- Pancakes
- Eggs (Any Style)
- Bacon
- Sausage
- Ham
- Bagels and Lox

**Breakfast Platters • Customized Lunch Platters
Dessert Platters • Fruit Platters**

Minimum 24-48 hour advance notice required.



DELIVERY ALL DAY – EVERY DAY!

\$2.00 Delivery Charge.

Minimum Purchase for Delivery: \$10.00 (not including delivery charge)

Prices subject to change without notice.

**Michael's
BAGEL
CAFE**

297 Kinderkamack Road, Oradell, NJ 07649

Phone: 201-599-0977 Fax: 201-599-0979

www.michaelsbagelcafe.com

Featuring **35 NEW ITEMS**

**Michael's
BAGEL
CAFE**

MEMBER

297 Kinderkamack Road
Oradell, NJ 07649
Phone: 201-599-0977
Fax: 201-599-0979
michael@norwoodbagels.com
www.michaelsbagelcafe.com

HOURS:
Monday – Friday
6:00AM to 6:00PM
Saturday
6:00AM to 4:00PM
Sunday
6:00AM to 3:00PM

DELIVERY ALL DAY – EVERY DAY

BAGELS 'N MORE

- Bagels, Bialys and Rolls\$.90
- Mini Bagels\$.50
- Dozen Bagels (Baker's Dozen)\$10.20
- Mini Flagels/Flagels\$.80/\$1.50
- Mini Muffins/Muffins\$.50/\$1.85
- Croissants (Plain or Chocolate)\$1.85
- Low Carb Bagels and Gourmet Bagels\$1.50
- Crumb Cake (Plain, Chocolate or Blueberry)\$1.85
- Pound Cake\$1.85

Bagel, Bialy or Roll with –

- Butter or Margarine\$1.26
- Cream Cheese\$1.87
- Low Fat Cream Cheese\$2.01
- Gourmet Cream Cheese (Olive, Vegetable, Scallion, Sun-Dried Tomato, Walnut Raisin, Wildberry)\$2.80
- Low Fat Gourmet Cream Cheese (Vegetable, Scallion, Strawberry)\$3.04
- Lox Cream Cheese\$3.27
- Low Fat Lox Cream Cheese\$3.46
- Jelly or Peanut Butter\$1.59

- Egg\$1.87
- Egg and Cheese\$2.43
- Egg and Bacon or Ham\$2.75
- Egg and Cheese and Bacon or Ham\$3.36
- Egg White (One egg)\$2.10
- Egg Whites (Two eggs)\$2.70
- Sausage\$2.70
- Sausage and Egg\$3.27
- Sausage and Cheese\$3.27
- Sausage, Egg and Cheese\$3.88

- Fruit Cup\$4.50
- OatmealSmall \$2.80 Large \$3.50
- Yogurt Parfait\$5.50

Weekend Special – 1/4 pound thinly sliced Nova Scotia salmon, 1/2 pound of cream cheese and six bagels\$12.99

**MICHAEL'S
Baker's Dozen**
Buy a dozen bagels, get the 13th for free!



SOUPS

Fresh Soups Made Daily

12 oz.....\$3.74 16 oz.....\$4.21

PANINI

- Something Special** – Black Forest ham, Swiss cheese and a smear of honey mustard\$6.54
- Light Delight** – Smoked turkey with a slice of Swiss cheese and a smear of honey mustard\$6.54
- Green Market** – Assorted grilled vegetables, roasted red peppers, fresh mozzarella, basil and balsamic vinaigrette.....\$6.54
- Michael's** – Turkey, ham, provolone, red onions and roasted red peppers topped with Russian dressing\$6.54
- Cuban** – Ham, pork, Swiss cheese, pickles with horseradish mayo\$6.54
- Grilled Chicken** – Grilled chicken with spinach and goat cheese topped with garlic mayo\$6.99
- Pulled Pork** – Pulled pork and cheddar cheese with a drizzle of barbecue sauce\$6.99
- Roast Beef** – Roast beef with horseradish mayo, caramelized onions and American cheese\$6.99
- Grilled Portobello Mushroom** – Grilled portobello mushroom, Swiss cheese, asparagus, sun-dried tomatoes and pesto ..\$6.99
- Pesto Chicken** – Pesto grilled chicken, roasted peppers and mozzarella cheese\$6.99
- TBM** – Grilled chicken, tomatoes, basil and mozzarella topped with balsamic vinaigrette\$6.99
- Cafe Club** – Oven roasted turkey, tomatoes, crisp bacon, swiss cheese topped with honey Dijon\$7.94

WRAPS

- Fresh Mozzarella** – With roasted red peppers & mixed greens with a drizzle of balsamic vinaigrette.....\$6.54
- Hummus** – Served with lettuce, tomatoes & chopped onions.....\$6.54
- Buffalo Chicken** – Fried chicken tossed in hot sauce on a bed of lettuce with onions, cheddar cheese and bleu cheese dressing\$6.54
- Dr. Larry Special** – Whole wheat wrap with hummus, black beans, red peppers and shredded cheddar\$6.54
- Mediterranean** – Fresh spinach, sliced marinated grilled chicken, feta cheese, roasted red peppers, sliced tomato and black olives topped with a drizzle of balsamic vinaigrette\$6.54
- Manhattan** – Sliced lemon-poached chicken breast, fresh mozzarella, tomatoes, fresh basil, roasted peppers and topped with a fat-free lemon herb dressing\$6.54
- Turkey Club** – Boar's Head turkey, bacon, romaine lettuce, tomatoes with a smear of Russian dressing.....\$6.54
- Caesar** – Grilled chicken, romaine lettuce, grated Parmesan cheese and a splash of Caesar dressing.....\$6.54
- Cucumber Wrap** – Sliced cucumber, carrots, tomatoes, smear of low fat veggie cream cheese, cherry peppers and a drizzle of olive oil and vinegar.....\$6.54
- Veggie Wrap** – Grilled yellow and green zucchini, tomatoes, grilled eggplant, roast red peppers, fresh spinach, feta cheese, black olives and a drizzle of balsamic vinaigrette.....\$6.54
- Falafel Wrap** – Toasted tortilla, hot falafel, cucumbers, tomatoes, lettuce, chopped onions and topped with tahini sauce\$6.54
- Chicken Cheesesteak** – Grilled chicken, peppers, onions and American cheese\$6.54
- Roast Beef Fajita** – Roast beef, tomatoes, onions, peppers and cheddar cheese\$6.54
- American Club** – Fresh oven roasted turkey, romaine lettuce, tomatoes, red peppers with smear of honey Dijon dressing ..\$7.48

Inquire about optional choice of breads and dressings.

PIADINA

Warm Flatbread Imported From Italy

- The Original** – Prosciutto, sopressata, Asiago cheese with pesto balsamic vinaigrette.....\$7.94
- Eggplant** – Eggplant, zucchini, caramelized onions, red peppers and Kalamata olives topped with balsamic vinaigrette.....\$7.94
- Fresh Turkey** – Fresh turkey, pesto, fontina cheese, fresh tomatoes and arugula\$7.94
- Sauteed Spinach** – Fresh sauteed spinach, mushrooms topped with Swiss cheese in garlic and oil\$7.94
- Honey Glazed Turkey** – Honey glazed turkey, fresh tomatoes, goat cheese topped with honey Dijon dressing ..\$7.94
- Grilled Chicken** – With eggplant, fresh mozzarella, tomatoes, balsamic vinaigrette\$7.94
- Sausage** – Fresh sausage, caramelized onions and peppers.....\$7.94
- Chicken & Cheese** – Grilled chicken, caramelized onions topped with melted cheddar cheese\$7.94
- Roast Beef** – With peppers, onions and melted provolone cheese\$7.94
- Caprese** – Fresh mozzarella, fresh tomatoes and basil topped with balsamic vinaigrette\$7.94

All Panini, Wraps and Piadina are served with a pickle and choice of deli salad or chips.

SANDWICHES

- Egg Salad**\$4.21
- Tuna Salad**\$5.14
- Low Fat Tuna Salad**\$5.14
- Chicken Salad**\$5.14
- NEW Oscar's Special** – Thinly sliced ham, Muenster, tomatoes, onions, mayo on a croissant\$6.17
- NEW Breaded Chicken Cutlet** – Lettuce, tomatoes, melted cheddar cheese and Russian dressing\$6.44
- NEW Tuna Melt** – Open face with tomatoes & cheese\$6.44
- NEW Turkey Club** – Triple decker on white bread.....\$6.44
- NEW Grilled Chicken BLT** – With avocado topped with ranch dressing\$6.44
- Italian Classic** – Prosciutto, roasted red peppers, fresh mozzarella and basil drizzled with balsamic vinaigrette. Served with fresh melon\$6.54
- Balboa** – Sliced grilled roast beef with onions, mushrooms and melted Swiss cheese\$6.54
- Deli Duo** – Hot corned beef, pastrami, Swiss cheese with sauerkraut and Russian dressing\$6.54
- Italian Combo Hero** – Ham, salami, provolone cheese with tomatoes, onions, chopped iceberg lettuce and oil and vinegar\$6.54
- NEW Ham, Turkey & Swiss** – With lettuce, tomatoes & mustard\$6.54
- NEW Michael's Special** – Grilled chicken with cucumbers, onions, tomatoes, a squeeze of lemon and a dash of mayo\$6.54
- NEW Eggplant Parmigiana**\$6.54
- NEW Chicken Parmigiana**\$6.99
- NEW Meatball Parmigiana**\$6.99
- Rio Grande** – Grilled chicken, grilled tomatoes, bacon, barbecue sauce topped with cheddar cheese.....\$6.99
- California Grilled Chicken** – Grilled chicken on rye bread with avocado, melted Swiss cheese and ranch dressing\$6.99
- NEW Meat Lovers Special** – Ham, turkey, roast beef, lettuce, tomatoes, pepper jack cheese with choice of dressing\$7.48

Inquire about optional choice of breads and dressings.

All Sandwiches are served with a pickle and choice of deli salad or chips.

SALAD SENSATIONS

- Arugula Salad** – Arugula, goat cheese, pecans, sliced apples with our fat free raspberry dressing\$6.45
- Bistro Salad** – A delicious combination of mixed field greens and romaine lettuce with walnuts, feta cheese, Mandarin orange slices and our fat free raspberry dressing\$6.45
- Classic Cafe Salad** – Prepared with a combination of mixed field greens and romaine lettuce, topped with tomatoes, cucumbers, red onions and a refreshing balsamic vinaigrette\$6.45
- Garden Salad** – A delicious combination of iceberg lettuce, red cabbage, carrots, fresh grated cheddar cheese, chopped onions, olives (black and green), cucumbers, tomatoes, lettuce, chopped onions and topped with tahini sauce\$6.45
- Greek Salad** – This Mediterranean classic is prepared with romaine lettuce, tomatoes, cucumbers, feta cheese, red onions, pepperoncini, stuffed grape leaves, Kalamata olives, green peppers and our Greek dressing\$6.45
- Spinach Salad** – Fresh spinach leaves highlighted by chopped hard boiled eggs, sliced mushrooms, crispy bacon and cherry tomatoes. Served with a raspberry vinaigrette dressing\$6.45
- Asian Sesame Chicken Salad** – Grilled chicken, romaine lettuce, sesame seeds and red and green onions in an Asian sesame dressing\$6.95
- Chicken Caesar Salad** – Grilled chicken with a blend of Parmesan cheese, lettuce, Asiago cheese, croutons and creamy Caesar dressing.....\$6.95
- Salad Over Salad** – Choice of our homemade tuna salad (regular or low fat), chicken salad (regular or low fat) or egg salad, on a bed of iceberg lettuce with tomatoes, cucumbers and onions\$6.95
- Antipasto Salad** – Iceberg lettuce topped with tomatoes, cucumbers, red onions, green olives, pepperoncini, ham, salami and provolone cheese\$6.95
- Chef Salad** – Rolled roast beef, ham, turkey and Swiss cheese combined with onions, cucumbers, tomatoes, olives (black and green), carrots and sliced hard boiled eggs on top of mixed greens and iceberg lettuce. Served with our house dressing\$6.95
- Turkey Cobb Salad** – Fresh tomatoes, cucumbers, onions, chini peppers, turkey, crispy bacon, avocado, Romano cheese on a blend of mixed greens and iceberg lettuce. Served with a balsamic vinaigrette dressing\$6.95

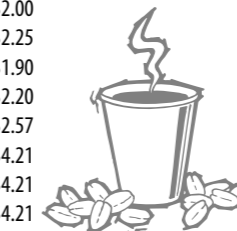
Add grilled chicken to your salad for \$2.50

Dressings: Balsamic Vinaigrette, Oil & Vinegar, Country French, Ranch, Thousand Island, Blue Cheese, Creamy Italian, Fat Free Italian, Fat Free Honey Dijon, Fat Free Raspberry

HOT BEVERAGES

	Small	Medium	Large
	12 oz.	16 oz.	20 oz.
Coffee	\$1.45	\$1.75	\$2.00
Flavored Coffee	\$1.75	\$2.00	\$2.25
Lipton Tea	\$1.30	\$1.60	\$1.90
Herbal Teas	\$1.60	\$1.90	\$2.20
Steamed Hot Chocolate	\$1.70	\$2.15	\$2.57
Chai Tea Latte	\$2.94	\$3.50	\$4.21
Cappuccino	\$2.94	\$3.50	\$4.21
Caffé Latte	\$2.94	\$3.50	\$4.21
Caramel Latte	\$3.50	\$4.21	\$4.50
Caffé Mocha	\$3.50	\$4.21	\$4.50
Espresso	1 shot \$1.50	Double \$2.25	

Add \$.25 for soy milk



CHILLED BEVERAGES

	Small	Medium	Large
	16 oz.	20 oz.	24 oz.
Fresh Brewed Iced Tea (Lemon/Raspberry/Green Tea)	\$1.78	\$2.24	\$2.52
Iced Coffee	\$1.87	\$2.48	\$2.80
Flavored Iced Coffee	\$2.10	\$2.80	\$3.18
Iced Cappuccino	\$3.50	\$4.21	\$4.50
Iced Caramel Latte	\$3.50	\$4.21	\$4.50
Iced Caffé Mocha	\$3.50	\$4.21	\$4.50



PROTEIN SHAKES • SMOOTHIES FRESH SQUEEZED JUICES



	Small	Medium	Large
	16 oz.	20 oz.	24 oz.
Met-RX	\$5.30	\$5.60	\$5.90

- Met-RX** – 1 Envelope Met-RX, 1 glass of water with choice of 2% or whole milk
- Protein Blast** – 2 Scoops of Protein, 1/2 cup of orange juice, combined with strawberries and blueberries
- Soy Sensation** – Soy milk, strawberries and 1 shot of honey
- Fresh Squeezed Juice** – Apple, Carrot or Orange
- Strawberry Sunrise** – Vanilla yogurt, orange juice, strawberries and bananas
- Raspberry Rhapsody** – Vanilla yogurt, raspberries, cranberry juice, strawberries and bananas
- Pineapple Peach Paradise** – Vanilla yogurt, orange juice, peaches and pineapples
- Peaches and Cream** – Vanilla yogurt, orange juice, peaches and bananas
- Mango Smoothie** – Vanilla yogurt, orange juice, mangoes and bananas
- Tom's Protein Shake** – Peanut butter, chocolate, protein, milk and bananas

DELECTABLE DESSERTS

- Biscotti**\$2.49
- Mini Biscotti**.....\$1.35
- Chocolate Chip Cookies**\$.89
- Assorted Big Cookies**\$1.95
- Brownies**\$2.49
- Chocolate Marshmallow Bar**\$2.80
- Totally Oreo Brownie**\$2.80
- Toffee Crunch Blondie**\$2.80
- Rockslide Brownie**\$2.80
- Banana Nut Bread**Slice \$2.49Loaf \$13.99
- Cranberry Orange Nut Bread**Slice \$2.49Loaf \$13.99
- Hot Chocolate Oreo Cookie Bread**Slice \$2.49Loaf \$13.99
- Apple Crumb Bread**Slice \$2.49Loaf \$13.99
- Assorted Pies**Slice \$3.50
- Rugelach** (Apricot, Chocolate, Cinnamon, Raspberry)Per Piece \$.99Per Pound \$15.99



Inquire about optional choice of cakes and pies

FROZEN YOGURT AND ICE CREAM

- Cup or Cone**
- Kids**\$1.87
- Small**\$2.80
- Medium**\$3.27
- Large**\$3.74

Toppings\$.65 each

SHAKES

- Small**\$3.74
- Medium**\$4.67
- Large**\$5.30



WE CARRY

Aunt Gussie's

Gluten Free & Sugar Free Cookies

All Natural • No Trans Fat • Wheat Free