

BAGELS

Our Bagels are Baked All Day and Night on Premises.
They are Made of the Finest Ingredients.

Our Bagel Variety:

*Plain *Sesame *Poppy *Onion *Garlic
*Salt *Cinnamon Raisin
*Pumpernickel *Everything
*Whole Wheat (Onion) *7 Grain
*Whole Wheat Everything

1 Bagel.....¢.75.. 1 Bialy...¢85

Dozen + 6 Bagels **\$11.25**

Big Challah **\$3.95** Small Challah **\$0.95**



12 BAGELS
\$7.95

BREAKFAST SPECIAL

*SERVED WITH **FREE** COFFEE OR TEA - MON - FRI (5:00 AM- 11:00 AM)

1. 1 EGG ON A BAGEL..... **\$1.80**
2. 2 EGGS ON A BAGEL..... **\$2.45**
3. 2 EGGS ON A BAGEL With Ham or Bacon or Sausage... **\$2.95**
4. 2 EGGS w/CORN BEEF HASH..... **\$3.75**
With Cheese or on **CROISSANT**..... 60¢ extra
With Home Fries..... 95¢ extra
Served as Sandwiches wraps or as Platters

EGGS SERVED
24 HOURS



SPECIALTY OMELETTES *SERVED WITH TOAST

5. **VEGETARIAN OMELETTE**-Peppers, Onions, Tomatoes, and Mushrooms..... **\$4.95**
6. **WESTERN OMELETTE**-Ham, Onions, and Green Bell Peppers..... **\$4.25**
7. **TURKEY OMELETTE**-4 Egg Whites with Grilled Turkey..... **\$4.95**
8. **SPANISH OMELETTE**-Onions, Tomatoes, Jalapenos and Salsa..... **\$4.95**
9. **IRISH OMELETTE**-Sausage, Mozzarella Cheese, Onion, Tomatoes & Peppers..... **\$4.95**
10. **CHEESE OMELETTE** - American Cheese, Swiss Munster and Cheddar Cheese **\$4.50**

\$SPREADS & SALADS

	On Bagel	Bially	Half Lb.
11. BUTTER.....	\$1.10	\$1.45	\$2.95
12. PEANUT BUTTER.....	\$1.30	\$1.50	\$3.25
13. CREAM CHEESE.....	\$1.65	\$1.85	\$2.95
14. LIGHT CREAM CHEESE.....	\$1.90	\$2.10	\$2.95
15. FAT FREE CREAM CHEESE.....	\$1.90	\$2.10	\$2.95
16. TOFU.....	\$2.25	\$2.50	\$2.95
17. SCALLION TOFU.....	\$2.25	\$2.50	\$2.95
18. CHICKEN SALAD.....	\$3.85	\$4.85	\$4.50

*HOMEMADE

19. SCALLION CREAM CHEESE.....	\$2.20	\$2.55	\$3.75
20. VEGETABLE CREAM CHEESE.....	\$2.40	\$2.65	\$3.95
21. OLIVE CREAM CHEESE.....	\$2.20	\$2.55	\$3.50
22. JALAPENO.....	\$2.20	\$2.55	\$3.50
23. SUN-DRIED TOMATOES.....	\$2.75	\$2.95	\$3.95
24. WALNUT RAISIN CREAM CHEESE.....	\$2.75	\$2.95	\$3.95
25. BACON CREAM CHEESE.....	\$2.75	\$3.10	\$3.95
26. EGG SALAD.....	\$3.45	\$4.45	\$3.50

FRESH FROM THE SEA

	On Bagel	Hero	Half Lb.
27. SLICED SMOKED NOVA SALMON.....	\$5.25	\$9.00	
28. SLICED SMOKED NOVA SALMON on Bagel with Scallion Cream Cheese, Tomatoes and Onions	\$6.50		
29. LOX SPREAD.....	\$3.35	\$3.95	
30. TUNA SALAD.....	\$3.85	\$4.85	\$4.25
31. WHITE FISH SALAD.....	\$4.25	\$5.25	\$4.50



Low- Carb Selections

4,6,8 Foot Heros

Wraps

SANDWICH SPECIALS

	On Bagel	On Hero	Half Lb.
32. HAM & CHEESE.....	\$3.75	\$4.75	\$3.25
33. OVEN BAKED TURKEY BREAST.....	\$3.85	\$4.85	\$3.50
34. SMOKED HONEY TURKEY BREAST.....	\$3.95	\$4.95	\$3.50
35. ROAST BEEF.....	\$3.95	\$4.95	\$3.50
36. PASTRAMI.....	\$3.95	\$4.95	\$3.95
37. HARD SALAMI.....	\$3.75	\$4.75	\$3.25
38. BOLOGNA.....	\$3.25	\$4.25	\$3.25
39. CHICKEN CUTLET.....	\$3.75	\$5.25	
40. CHICKEN CORDON BLEU.....	\$3.75		
41. TURKEY CLUB-w/ Bacon, Lettuce & Tomatoes		\$ 5.50	
42. ROAST BEEF CLUB-w/ Bacon, Lettuce & Tomatoes		\$ 5.50	
43. CHICKEN CUTLET CLUB-with Bacon, L & T		\$ 5.95	
44. BACON, L&T.....	\$2.95	\$4.25	
45. BACON & AMERICAN CHEESE.....	\$2.95	\$4.25	
46. GRILLED AMERICAN CHEESE & T.....	\$2.75	\$3.95	
47. AMERICAN/SWISS/MUENSET/PROVOLONE	\$2.35	\$ 3.45	
48. POTATO SALAD/MACARONI SALAD/COLE SLAW		\$ 1.85	

Can be served with sliced Bread



SIGNATURE SANDWICHES

49. **ITALIANO**-with Fresh Mozzarella, Sun Dried Tomatoes, Black Pepper, Olive Oil, and Parmesan Cheese on Roll **\$ 3.75**..... **\$ 4.75**
50. **ROAST BEEF**- with Crisp Romaine Lettuce, Tomatoes, Onions, and Dijon Mustard on a Roll..... **\$ 5.25**
51. **SMOKED TURKEY**-with Swiss Cheese, Fresh Mixed Greens, Italian Dressing, and Bacon, on a **Club Roll**..... **\$ 5.75**
52. **CLASSIC REUBEN**-Hot Pastrami with Melted Swiss Cheese, Sauerkraut and Thousand Island Dressing on **Rye Bread**..... **\$ 5.95**
53. **GRILLED CHICKEN**-with Avocado, Bacon, Lettuce and Tomatoes on Hero Bread..... **\$ 5.95**
54. **TUNA SALAD**-with a Sliced Hard-Boiled Egg, Lettuce and Tomatoes on Hero Bread..... **\$ 5.75**

WRAP SANDWICHES

Flour Tortilla, Sun-Dried Tomato and Spinach, Whole Wheat Tortilla

55. **GRILLED CHICKEN CAESAR**- Grilled Chicken, Romaine Lettuce, Plum Tomatoes and Caesar Dressing..... **\$ 5.25**
56. **PHILLY CHEESE STEAK WRAP**- Hot Roast Beef, Melted American Cheese, Grilled Onion and Peppers..... **\$ 5.50**
57. **TURKEY WRAP**- Oven baked Turkey, Swiss, L&T..... **\$ 5.75**
58. **TUNA SALAD** - with Lemon Juice, Shredded Carrots, Roasted Peppers, Lettuce and Tomatoes..... **\$ 4.95**
59. **GRILLED CHICKEN MOZZARELLA** - with Fresh Mozzarella, Chopped Lettuce and Tomatoes..... **\$ 5.95**
160. **TOMATO MOZZARELLA**- Fresh Mozzarella, Lettuce, Tomatoes and Olive Oil..... **\$ 4.50**

PANINI SANDWICHES

161. **MONTE CRISTO**-Layers of Ham & Smoked Turkey, Swiss, Cheddar, Lettuce, Tomato, and Honey Mustard..... **\$ 5.50**
162. **MEATLESS**- Fresh Mozzarella, Plum Tomatoes, Roasted Peppers and Romaine Lettuce..... **\$ 4.50**
163. **COMBO**-Pastrami, Turkey, Provolone Cheese, Lettuce, Tomato, Mustard and Dressing..... **\$5.25**
164. **SPECIAL GRILLED CHICKEN**- Grilled Chicken, Roast Pepper, Lettuce and Tomato..... **\$5.75**



ALL DAY MUNCHIES

5 pcs Spicy Buffalo Wings

60

\$3.25

W. A side of Bleu Cheese & Crispy Celery Sticks

12 pcs Spicy Buffalo Wings

61

\$6.50

W. A side of Bleu Cheese & Crispy Celery Sticks

5 pcs Mozzarella Sticks

63

\$2.95 Plus 1

W. A side of Sweet Marinara Sauce

5 pcs Chicken Fingers

62

w. either Honey Mustard or BBQ Sauce

\$3.25

12 pcs Chicken Fingers

64

w. either Honey Mustard or BBQ Sauce

\$6.50

Golden Brown Onion Rings or French Fries

65

\$1.85

168. NACHOS AND CHEESE..... **\$1.85**

169. SWEET POTATO FRIES..... **\$2.35**

COMBO FOR TWO

170. 5 BUFFALO WINGS & 5 MOZZARELLA STICKS..... **\$5.95**

171. 5 PIECES CHICKEN FINGERS
Onion Rings OR French Fries..... **\$4.95**

Our Favorite Fresh Salads

Chef Salad **\$5.95**

200

Romaine or Mesculin lettuce, plum tomato, American cheese, Swiss cheese, roasted red pepper & dressing

Garden Salad **\$4.75**

201

Romaine or Mesculin lettuce, plum tomato, shredded carrot, black olive green olive, celery, shredded cheese, croutons & dressing

Queens Salad **\$5.75**

203

Romaine or Mesculin lettuce, plum tomato, broiled eggs, scoop of tuna salad & dressing

Grilled Chicken Salad **\$5.95**

204

Romaine or Mesculin lettuce, plum tomato, celery, grilled chicken, roasted red pepper & dressing

Cesar Salad **\$4.50**

205

Romaine or Mesculin lettuce, parmesan cheese & croutons

Italian Salad **\$5.25**

206

Ripe plum tomatoes, Romaine or Mesculin lettuce, black olives, fresh mozzarella balls, & organic basil

Vegetarian Food

Hummus and Vegetable Salad w/ olive oil on a Plate **\$ 3.95**

207

Hummus and Vegetable Salad in Pita Bread **\$ 2.95**

208

FREE Cup of Coffee With Any Egg Special Order *

Corporate Accounts at Wholesale Prices

Panini