

BAGELS

VILLAGE BAGELS ARE HEARTH-BAKED DAILY THE OLD-FASHIONED WAY
PLAIN, SESAME, EVERYTHING, EGG EVERYTHING,
POPPY, ONION, GARLIC, SALT, CINN. RAISIN, EGG,
WHOLE WHEAT, 8-GRAIN, LO-CARB, LO-CARB EVERYTHING,
SPINACH, WHOLE WHEAT SESAME, WHOLE WHEAT EVERYTHING, RYE
BLUEBERRY, PUMPERNICKEL, AND RAINBOW



SPREADS



VEGETABLE, LOW-FAT VEGETABLE, SCALLION,
LOW-FAT SCALLION, WALNUT RAISIN, LOW-FAT PLAIN, GARLIC & HERB, STRAWBERRY, APPLE
CINNAMON, OLIVE & PIMENTO AND

LOX SPREAD

\$7.50 per lb.

ON A BAGEL PER LB.

BUTTER OR JELLY	\$1.57	\$5.00
CREAM CHEESE	\$2.25	\$6.50
FLAVORED CREAM CHEESE	\$2.75	\$7.50
PEANUT BUTTER & JELLY	\$2.99	
WHITEFISH	\$5.49	\$11.99
TUNA SALAD	\$4.99	\$9.99
EGG SALAD	\$4.59	\$8.99
CHICKEN	\$5.49	\$10.99
RED ROASTED HUMMUS	\$2.99	

FRESH BAKERY MUFFINS:



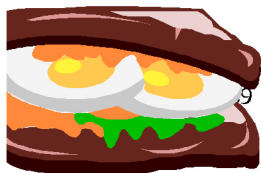
CORN, BLUEBERRY, OATBRAN RAISIN, BANANA NUT,
LEMON POPPY, CHOCOLATE CHIP, FAT FREE CHOCOLATE
FAT FREE APPLE, APPLE CINNAMON AND CRANBERRY

PLAIN CROISSANT	\$1.89
FLAVORED CROISSANT	\$2.65
CINNAMON BUNS	\$2.50
CHOCOLATE CHIP COOKIES	\$1.89
M&M CHOCOLATE CHIP COOKIES	\$1.89
CRUMB CAKE	\$1.89



EGG CITING

EGG	\$2.69
EGG AND CHEESE	\$2.89
EGG, BACON, HAM OR SAUSAGE WITH CHEESE	\$3.69
EGG WHITES (2) WITH SMOKED SALMON	\$3.19
PROTEIN BLAST (EGG WHITES, TURKEY, AND JACK CHEESE)	\$4.99
PASTRAMI AND EGGS	\$3.99



BREAKFAST WRAPS

1. EGGS, PEPPERS, ONIONS HAM & CHEESE	\$4.99.
2. EGGS, SAUSAGE, BACON & CHEESE	\$4.99
3. EGGS, SALSA, SPICY JACK CHEESE & TOM	\$4.69
4. EGG WHITES, TOMATO & LOW- FAT SWISS	\$4.19
5. BACON, EGG & CHEESE	\$4.89
6. BACON, EGGWHITE & CHEESE	\$4.89

SIGNATURE SANDWICHES



ALL SANDWICHES AVAILABLE ON YOUR
CHOICE OF A BAGEL, ROLL, BREAD
(WHEAT, RYE OR WHITE) OR ON A WRAP (WHEAT,
PLAIN, OR SPINACH)

1. TURKEY AND SWISS	6.19
oven gold or spicy turkey with fresh lettuce and tomato	
2. THE VILLAGER	6.59
honey maple turkey with Monterey jack cheese, fresh lettuce and tomato topped with spicy honey	
3. TURKEY DELIGHT	6.99
fresh baked turkey, sprouts, tomato, topped with a light garlic and herb spread	
4. SOUTHWESTERN	6.99
turkey, jalepeno, jack cheese, lettuce, tomato & guacamole	
5. DARREN'S SPECIAL	6.99
roastbeef, turkey, swiss & Russian dressing	
6. TURKEY WRAP	6.59
turkey, jack cheese, lettuce & tomato	
7. ROAST Breast of Chicken	6.19
with muenster, fresh lettuce, and tomato	
8. NON-FAT TUNA	6.19
w/ alpine lace cheese & pickle chips	
9. HUNGRY HUSKY	6.59
maple turkey, ham, muenster cheese & tomato mustard	
10. HAM & SWISS	6.59
with lettuce, tomato, and potato chips	
11. BLT	5.89
crispy bacon, fresh lettuce and tomato, with a smear of mayo	
12. BRONX BOMBER	6.99
roast beef, ham, turkey, swiss onions & dressing	
13. THE NEW YORKER	7.25
sliced nova Scotia lox w/ cc sliced onion & tomato	
14. NORWALKER	6.99
chicken cutlet, jack cheese, bacon, & ranch	
15. CLASSIC	6.99
chicken cutlet, american cheese, & honey mustard	
16. CHICKEN CORDON BLEU	6.99
cutlet with ham and melted swiss	

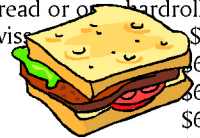
SIGNATURE SANDWICHES (CONT'D)



17. HOT ROAST BEEF WITH BBQ SAUCE, JACK CHEESE, & ONIONS	\$6.99
18. ROCKY BALBOA	\$6.99
roast beef, roasted red peppers, muenster & honey mustard	
19. TEXAN	\$6.99
HOT roastbeef, bbq sauce, bacon and melted mozzarella	
20. GRILLED CHICKEN CAESAR WRAP	\$6.59
21. RUEBEN	\$6.99
HOT pastrami, melted swiss, kraut, russian dressing	
22. LITE HUMMUS DELIGHT	\$5.99
red roasted peppers, sprouts, tomato, cucumber	
23. LITE VEGETARIAN	\$6.19
muenster, sprouts, tomato, cucumber and guacomole	
24. ITALIAN COMBO	\$6.99
ham, salami, cappicola, provolone, roasted peppers, dressing	

HOT OFF THE PANINI...

sandwiches served on ciabatta bread or on a hardroll	
1. Grilled chicken with bacon and swiss	\$6.99
2. Grilled chicken and cheddar	\$6.59
3. Hot pastrami, swiss w./ kraut	\$6.99
4. Roastbeef and cheddar	\$6.99
5. Smoked turkey and Monterey jack	\$6.59
6. Grilled veggies w./ fresh mozzarella	\$5.99



MAKE IT A COMBO

ADD A 16 OZ. FOUNTAIN SODA & BAG OF
CHIPS FOR AN ADDITIONAL \$1.95
\$0.99 20 OZ. FOUNTAIN SODA
WITH ANY SIGNATURE SANDWICH PURCHASE



DRINKS

DR. BROWNS: DIET DR BROWNS,
BLACK CHERRY, ROOT BEER, SNAPPLE,
BOTTLED WATER, TROPICANA DRINKS,
MILK, CHOC. MILK, STRAWBERRY MILK
POWERADE, 20 OZ. COCA COLA BEVERAGES &
VITAMIN WATERS



FOUNTAIN SODAS	SM	MED	LG
	1.45	1.55	1.89

FROM OUR GOURMET SALAD BAR



SMALL (5 FIXINGS) \$6.99 LARGE (7 FIXINGS) \$7.99

FIXINGS TO CHOOSE FROM:

DRESSINGS TO CHOOSE:

ARTICHOKE HEARTS
BACON
BEETS
BLACK BEANS
BROCCOLI
CARROT
CHEDDAR
CHICKEN
CORN
CRANBERRIES
CROUTONS
CUCUMBERS
EGG
FETA
GARBANZO
GORGONZOLA
GREEN OLIVE
HAM
JACK CHEESE
KIDNEY BEANS
MUSHROOMS
ONION
ORANGES
PASTA
PEAS
RAISINS
RICE NOODLES
ROASTED PEPPERS
SPROUTS
SUNDRIED TOMATO
SUNFLOWER SEEDS
SWISS
TOMATO
TURKEY
WALNUTS



ASIAN SESAME
BALSAMIC VINAIGRETTE
BLUE CHEESE
CAESAR
DIET RANCH
FAT FREE BALSAMIC
FAT FREE RASPBERRY
FRENCH
HONEY MUSTARD
OIL & BALSAMIC
RANCH
ITALIAN
RED WINE VINAIGRETTE
RUSSIAN

EXTRAS:
AVOCADO \$1.00
EXTRA DRESSING \$0.50

ADD A SCOOP OF:
CHICKEN SALAD \$2.50
TUNA SALAD \$2.50
FAT FREE TUNA \$2.50
FAT FREE CHX \$2.50
EGG SALAD \$2.50

CHOICE OF DRESSING ON THE SIDE OR
TOSSED WITH DRESSING ON IT



COFFEE DRINKS

	SM.	MED.	LG.	JUMBO
Reg & Decaf	1.54	1.74	1.94	2.89
Gourmet	1.64	1.84	2.05	2.99
Tea	1.29	1.39	1.49	1.89
Chai Tea	2.50	2.75	3.00	3.99
Hot chocolate	1.89	2.00	2.25	2.99
Iced coffee	1.99	2.00		2.89
Espresso		1.50	1.75	
Cappuccino		2.49	2.89	
Cafe Latte		2.49	2.89	
Red Eye		2.89		



BLENDED BIG TRAIN DRINKS 3.75

kona mocha, vanilla, mocha, & sugar free



PROTEIN SHAKES

STRAWBERRY SHORTCAKE \$3.95 EACH

non-fat yogurt, strawberries, & strawberry protein powder

MUSCLE BOMB

non-fat yogurt, strawberries, bananas, and vanilla protein powder

BERRY BLAST

non-fat yogurt, raspberry, strawberry, and strawberry protein powder

BANANA BERRY

non-fat yogurt, bananas, and vanilla protein powder

CHOCOLATE BLAST

non-fat yogurt, and chocolate protein powder

PEACH COBBLER

non-fat yogurt, peaches, and vanilla protein powder

FRUIT SMOOTHIES

STRAWBERRY, RED RASPBERRY, BANANA, PEACH, MANGO
AND PINA COLADA \$3.50



LA NINJA MART
WE DO CATERING FOR ALL OCCASSIONS....

ITALIAN COMBO & AMERICAN HEROES

4 FT \$99 (SERVES 20)

6 FT \$149 (SERVES 30)

CAN BE SERVED ON PLATTERS

INCLUDES POTATO, MAC & COLESLAW

VILLAGE BAGELS



DELI SANDWICHES & GOURMET SALAD BAR

BUSINESS HOURS::

MONDAY-FRIDAY 6AM-3PM

SATURDAY 6AM-3PM

SUNDAY 6AM-2PM

415 WESTPORT AVE., NORWALK CT 06851
PHONE (203)847-3383 * FAX(203)847-8302

WE CATER FOR ALL OCCASIONS