

Our bagels are made from scratch with care. (B&B) Boiled then Baked on a bed of slate the original New York old fashioned way. 100% all natural artisan ingredients. Unbleached, unbromated flour, organic pure sugar cane, organic unprocessed sea salt and real fruit. Free of artificial coloring, artificial flavoring and artificial preservatives, NO CHEMICALS ADDED. SIMPLY GOOD!

BACK TO BASICS
REAL WHOLESOME
TRUE QUALITY
NATURAL CHOICE
REAL NUTRITIOUS
TRUE INGREDIENTS

Bagels, Bialys,
Rolls, Flatties &
Twists



Always a Bakers Dozen \$12.00
Half Dozen \$7.00

Plain · Sesame · Poppy · Onion · Salt · Everything

Bagels \$1.25 each

Bialys · Bagel Twists · Flagels · Pumpernickel · Kansas
Sunflower · Whole Wheat · Egg Bacon · Cinnamon Raisin ·
Rye · Marble Rye · Multi Grain · Savory Tomato · Egg ·
Whole Wheat Everything · Spinach · Spinach Artichoke ·
Cinnamon French Toast · Egg Everything · Low Carb ·
Oat Bran · Blueberry · Strawberry · Asiago Cheddar ·
Super Onion · Marble Rye · Salt Poppy · Garlic

Flatties

Flaxseed · Sunflower · Sesame · Poppy · Everything

Gluten Free Bagels

Plain · Sesame · Poppy · Everything

No Sugar Low Carb Bagels

(Diabetic Bagels - No Sugar Spike, Still A Tasty Treat)

Plain · Sesame · Poppy

Mini Bagels .50 Each/\$5.50 Per Dozen

Specialty Cream Cheese
1/2 lb price

Plain	\$3.89	Walnut Raisin	\$4.49
Low Fat Plain	\$4.49	Strawberry	\$4.49
Vegetable	\$4.49	Cranberry Walnut	\$4.49
Low Fat		Cinnamon French	
Vegetable	\$4.49	Toast with Honey	\$4.49
Lox Spread	\$4.49	Olive & Pimento	\$4.49
Scallion	\$4.49	Cinnamon Raisin	
Bacon Scallion	\$4.49	Walnut	\$4.49

We have excellent discounts on all our cream cheese for house accounts

APPETIZING

HAND CARVED	ON A BAGEL	BY THE LB
*Nova Scotia Lox	\$7.69	Market Price
*Belly Lox	\$7.69	Market Price
*Sable Lox	\$7.69	Market Price
*Baked Salmon	\$7.69	Market Price
*White Fish	\$5.89	\$3.99 1/4 lb
*Herring Cream Sauce	\$4.99	\$12.99 lb

Bakery Department

Muffins \$1.95 each Buy 3 Muffins Get 4th Free

Corn · Chocolate Chip · Dutch Chip · Blueberry · Maple Oat ·
Apple Strudel · Orange Cranberry · Banana Nut · Raisin Bran ·
Lemon Poppy · Banana Chip · Blueberry Crumb · Cappuccino
Chocolate · Cheese Poppy · Cinnamon Walnut · Carrot Frosted

Apple Turnover · Brownies · Assorted Cookies · Crumb Cakes ·
Raspberry Crumb · Yogurt · Rice Pudding · Fruit Salad & More...

Beverages



Coffee	Hot Chocolate
12oz.....\$1.84	12oz.....\$1.95
20oz.....\$2.30	20oz.....\$2.35
Wide Variety of Hot & Cold Beverages	

* Items can be cooked to order. Consuming raw or under cooked meat, fish, or fresh shell eggs may increase your risk of a food bourne illness, especially if you have certain medical condition.

Sales Tax Not Included Prices Subject to Change Without Notice

Breakfast Specials

Eggs cooked any style, please specify eggs or egg whites on your choice of bagel, bialy, roll, bread, croissant or wrap

1. ***2 Eggs** with your choice of bacon, sausage or ham on a bagel or roll \$3.99
2. ***Breakfast Special** 2 eggs, cheese, your choice of bacon, sausage or ham on a bagel or roll with 12oz coffee & 6 oz tropicana oj \$5.79
3. ***Hungry Man** 3 eggs, choice of 2 meats (bacon, sausage, or ham) & 1 cheese on a hero with home fries, 12oz coffee & 6oz tropicana oj..... \$6.59
4. ***3 White Special** 3 egg whites, turkey and cheese on a bagel or roll with 12oz coffee & 6oz tropicana oj \$5.59
5. ***French Toast** by the stack with your choice of fresh blueberries, bananas, strawberries or chocolate chips & side of bacon, sausage or ham ... \$5.99
6. ***Pancakes** by the stack with your choice of fresh blueberries, bananas, strawberries or chocolate chips& side of bacon, sausage or ham \$5.99

Bagel with butter	\$1.89
Bagel with butter & jelly	\$2.69
Bagel with cream cheese	\$2.49
Bagel with cream cheese & jelly	\$2.99
Bagel with peanut butter & jelly	\$2.89
Bagel with flavored cream cheese	\$3.29
Bagel with lox spread	\$3.99
Bagel with lox and cream cheese	\$6.59
Mini bagel	\$.55
Twist	\$1.25
Croissants with butter	\$2.59
Muffins with butter	\$2.89
Flagel .50 extra with above toppings	\$.50



3 Egg Omelets

served with 12oz coffee



1. ***Plain Cheese**\$3.89
2. ***Ham or Bacon or Sausage, Mushroom & Cheese**\$5.19
3. ***Western** (ham, peppers & onions)\$5.89
4. ***Mushroom & Cheese**\$4.89
5. ***Greek** (Tomatoes, peppers, onions, spinach, feta cheese)..... \$4.99
6. ***Spanish** (peppers, onions, tomatoes, jalapenos, sausage, monteray jack cheese & hot sauce)..... \$4.99
7. ***Popeye** (spinach, mushroom & mozzarella) \$5.89
8. ***Avocado** (tomato, onions, monterey jack & cheddar) \$5.89
9. ***Vegetable** (mushroom, peppers, onions, monterey jack & cheddar) \$5.89
10. ***Vegetable** (mushrooms, peppers, onion, tomato & cheese) \$6.89
11. ***Lox & Onions Omelet** \$9.95
12. ***Diet Special** (6 egg whites, 4 slices turkey, alpine lace cheese)..... \$6.59

Sides

Ham - 3 Full Slices\$1.79
Bacon - 4 Full Slices\$1.99
Sausage Patty \$1.29
1/2 lb. Home Fries \$2.59
Cheese - 3 Slices \$1.19

Cheeses :

Alpine Provolone
American Muenster
Cheddar Feta
Swiss Mozzarella



Egg White
Breakfast Wraps

served with juice or 12oz coffee

- A. ***3 Egg whites, spinach, mushrooms & broccoli**..... \$4.99
- B. ***2 Egg whites, grilled chicken & caramelized onions** ...\$5.75
- C. ***3 Egg whites, sliced lox & caramelized onions** \$6.99
- D. ***3 egg whites, pepper turkey, ham, peppers, onions & hot sauce**\$5.75
- E. ***4 Egg whites, grilled chicken & spinach** \$5.75
- F. ***6 Egg whites & grilled chicken with jalapenos & cheddar cheese** \$6.75

Add ons: Feta, Fresh Mozzarella & Cheddar Cheese75