

The Healthy Way To Start Your Day

I BAGELS®

\$1.75 Each Bagel

\$9.49 Half Dozen (7)

\$15.99 Baker's Dozen (13)

ASIAGO AND SPINACH PARMESAN .50 EXTRA EA.

MINI Bagel .99¢ Each

\$8.99 MINI Dozen (12)

MINIS IN FLAVORS MUST BE ORDERED 3 DAYS AHEAD

BIALYS \$2.25 Each

AVAILABLE ONLY ON WEEKENDS

**ALL SPECIAL ORDERS MUST BE
ORDERED 3 DAYS AHEAD**

Prices subject to change without notice. Prices may vary by location.

DELI SANDWICHES

HOMEMADE DELI SALAD SANDWICHES

EGG SALAD	\$6.99
TUNA SALAD (White Albacore)	\$7.49
CHICKEN SALAD (White Meat)	\$7.49

GOURMET MEAT SANDWICHES

TURKEY BREAST	\$7.99
HOT PASTRAMI	\$8.49
HAM & SWISS	\$7.49
ITALIAN SALAMI & PROVOLONE	\$7.49
HAM, SALAMI & PROVOLONE	\$8.49

ALL SANDWICHES COME WITH A CHOICE OF...
LETTUCE, TOMATO, ONION, MAYO, or DELI MUSTARD

AS WELL AS A CHOICE BETWEEN A SIDE OF..
HOMEMADE POTATO SALAD or POTATO CHIPS
and PICKLE SPEARS

MAKE IT A COMBO MEAL w/ A SMALL DRINK add...\$1

VEGGIE SANDWICH \$5.99

VEGETABLE CREAM CHEESE w/ LETTUCE, TOMATO,
ONION, CUCUMBER AND LEMON PEPPER
w/ AVO add \$1

BLT SANDWICH \$5.99

BACON, LETTUCE, TOMATO

BEVERAGES

SODA OR ICED TEA

REG. \$1.75 LG. \$1.99

FRESH ORANGE JUICE

SM. \$2.50 LG. \$3.99

COFFEE, TEA, or HOT CHOCOLATE

SM. \$1.99 LG. \$2.25

HOT SANDWICHES

SERVED WITH YOUR CHOICE OF AMERICAN, CHEDDAR, SWISS
PROVOLONE, PEPPER JACK, OR MOZZARELLA CHEESE

#1	EGG, CHEESE, & TURKEY HAM	\$4.99
#2	EGG & CHEESE	\$3.99
#3	EGG ONLY (Egg Whites add \$1)	\$2.99
#4	EGG, CHEESE, & BACON	\$5.99
#5	EGG, CHEESE, & SAUSAGE	\$5.99
#6	EGG, CHEESE, SAUSAGE, & BACON	\$7.49
#7	EGG, CHEESE, SALAMI	\$5.99



BAGEL MELTS

CHEESE MELT (served open-face)	\$4.99
PIZZA BAGEL (with Pepperoni add \$1)	\$4.99
PIZZA SAUCE, MELTED MOZZARELLA, and ITALIAN SPICES	
TUNA or CHICKEN MELT (served open-face)	\$7.99
BAGEL DOG (w/ American Cheese add .50)	\$2.99

LOX SANDWICHES

LOX SPREAD (cream cheese mix w/ LOX pieces)	\$4.99	(mini) \$2.99
CREAM CHEESE & LOX SANDWICH	\$10.99	(open-faced) \$14.99
w/ TOMATO, ONION, CAPERS		

CREAM CHEESE & QUICK SANDWICHES

	REGULAR	MINI
BUTTER, SMART BALANCE, or JELLY	\$2.99	\$1.50
BUTTER & HONEY	\$3.99	\$1.99
BUTTER & JELLY		
PEANUT BUTTER		
CREAM CHEESE (Regular or Light)		
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CREAM CHEESE & BUTTER	\$4.25	\$2.25
CREAM CHEESE & JELLY		
CREAM CHEESE & HONEY		
PB & HONEY		
PB & JELLY		
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FLAVORED  CREAM CHEESES	\$4.49	\$2.25
♥ VEGETABLE	♥ GARLIC AND HERB	
♥ SCALLION (Green Onion)	♥ GREEN OLIVE	
♥ HONEY WALNUT	♥ SUNDRIED TOMATO & BASIL	
♥ JALAPENO		
STRAWBERRY		
BLUEBERRY		
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♥ INDICATES MADE WITH  LIGHT CREAM CHEESE		

OPEN FACED SANDWICHES (THIS SECTION)

add...\$1