

BAGELS & MORE

LUNCH MENU

Signature Items

Italian Beef – 6.95

Shredded beef simmered with onions, peppers and our Italian spice blend, served hot.

Grilled Veggies – 6.95

Sautéed onions, green and red peppers, zucchini and summer squash, lightly seasoned and topped with tomato and choice of dressing.

Portabella Mushroom Sandwich – 6.95

Sliced portabella mushrooms grilled with choice of cheese and toppings. Add any of our meats for an additional \$2.00.

Grilled Veggie Bistro – 6.95

Sautéed onions, green and red peppers, zucchini, summer squash, and broccoli, lightly seasoned and topped with tomato and our own basil pesto.

Tuna Melt – 6.95

Our tuna salad grilled with choice of cheese and toppings.

Chicken Caesar Wrap – 6.95

Our grilled chicken breast on either a plain, tomato or spinach tortilla with your choice of veggies, cheese and Caesar dressing.

Caesar Salad – 6.95

Green leaf lettuce tossed with black olives, tomatoes, Asiago cheese, Caesar dressing and croutons.

Greek Salad – 6.95

Green leaf lettuce, Kalamata olives, tomato, and Feta cheese. Anchovies upon request.

Garden Salad – 6.95

Green leaf lettuce, green pepper, red onions, tomato, sprouts, black olives, cucumbers, shredded cheese and your choice of dressing.

Add chicken to any salad for \$2.00.

LUNCH MENU CONT'D

Sandwiches

All sandwiches may be served on any of our freshly baked bagels or breads with choice of one of the following cheeses: Swiss, Colby, Havarti or Provolone; and choice of the following toppings and condiments: leaf lettuce, tomato, red onion, green pepper, sprouts, black olives, cucumber, or own homemade garlic dressing, regular, dijon, or honey mustard, Italian dressing, mayo; and garnished with a pickle spear. All sandwiches are also served with a homemade complimentary cookie of the day.

Fresh Veggie Stack – 5.50

Lettuce, tomato, sprouts, green pepper, red onion, cucumbers, black olives and choice of cheese and dressing.

Cheese – 5.50

Choice of four pieces of one or any combination of the following: Swiss, Colby, Havarti and Provolone.

Egg Salad – 5.50

Created in our kitchen with farm fresh eggs.

Hummus – 5.50

Our own blend of garbanzo beans with tahini, lemon and spices.

Tuna Salad – 5.75

Our own blend of tuna, freshly chopped vegetables, sweet relish, eggs and our special dressing.

Chicken Salad – 5.75

Our own blend of chicken, eggs, spices, freshly chopped vegetables and our special dressing.

Deli Meat Sandwiches – 5.75

Your choice of roasted turkey breast, smoked turkey breast, black peppered turkey, ham or roast beef.

Veggie Burger – 6.95

Our own creation made with organic sprouted tofu, eggs, veggies, oats, bread crumbs, herbs and spices.

Broiled Chicken Breast – 6.95

Broiled breast of chicken.

LUNCH MENU CONT'D

Chef's Favorites

All entrées are served with a homemade complimentary cookie of the day.

Broccoli Almond Quiche – 6.95

Fresh, steamed broccoli, sliced almonds, sautéed onions and cheese mixed into our homemade sauce and sprinkled with sliced almonds and baked. Served with fresh fruit.

Lox & Cream Cheese – 7.95

Served with your choice of bagel, cream cheese and veggies and capers.

The Ultimate Chicken Bistro – 7.95

Chicken with sauteed onions, green and red peppers, zucchini, summer squash and broccoli, lightly seasoned and topped with tomato and our own basil pesto.

Veggie Basil Pesto Fettuccini – 6.95

A mixture of sautéed veggies served over fettuccini pasta with our housemade basil pesto and a side of our famous garlic bread. Add chicken for \$2.00

Fresh Baked Breads

Check daily for freshly baked breads in our bakery display case.

Homemade Soups

Choice of freshly made soups of the day. All of our soups are made daily and served with a bagel or a slice of our freshly baked bread.

Cup – 3.95

Bowl – 4.50

Sourdough Bowl – 5.50

Coffee by European Roasteries

Coffee of the Day

Small – 1.60

Medium – 1.90

Large – 2.09

All of our varieties of coffee are available by the pound. We will gladly grind them for you.

LUNCH MENU CONT'D

Espresso Drinks

	Single	Double
Mocha Latte	3.25	3.75
Black Forest	3.25	3.75
Café Snicker	3.25	3.75
Mint Mocha Royale	3.25	3.75
Iced Cappuccino	2.95	3.25
Cappuccino	2.95	3.25
Latte	2.95	3.25
Americano	2.10	2.50
Espresso	2.10	2.50

Other Beverages

	Single	Double
Hot Chocolate	1.75	2.25
Tea Steamer	1.75	2.25
Steamer	1.75	2.25
Milk	1.25	1.50
Hot Tea		1.50
Chai Tea	3.25	3.75
Reed's Ginger Brew	2.25	
Juices	2.25	
Root Beer	2.25	
Cream Soda	2.25	
All Other Sodas	1.35	
Bottled Water	1.35	