

BAGELS & MORE LUNCH MENU

DESIGN A SANDWICH

+ Choice of bread, cheese, toppings & condiments & served with a pickle spear & a fresh baked cookie.

Deli Meat 9.50

Your choice of roasted turkey breast, Applewood smoked ham, our own roasted beef or salami with choice of veggies, cheese & bread.

+ Our turkey, ham and roast beef are MSG and nitrate free.

Tuna Salad 9.50

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

Chicken Salad 9.50

Our own blend of chicken breast meat with eggs, freshly chopped vegetables, spices & our special dressing.

Egg Salad 8.75

Created in our kitchen with farm fresh eggs.

✓ Fresh Veggie Stack 8.50

Optional Ingredients: Lettuce, tomato, spinach, sweet pepper, red onion, cucumber, black olives, jalapenos, kale(when available) & choice of cheese & dressing.

Cheese 8.50

Choice of 4 slices of any one or a combination of the following: Swiss, co jack, smoked gouda, provolone & pepper jack.

✓ Hummus 8.75

Our own blend of garbanzo beans blended with tahini, lemon juice & spices.

Half & Half 9.75

Choice of any 2 - either half a build your own sandwich, cup of soup, a small garden salad or any of our daily sides.

CHEF'S FAVORITES

✓ Grilled Veggie Bistro Sandwich 9.95

Sautéed veggies, lightly seasoned with choice of cheese & topped with choice of one of our house-made pestos: basil asiago pesto or vegan basil kale pesto. Omit cheese for vegan option.

The Ultimate Chicken Bistro Sandwich 10.95

Chicken breast with sautéed veggies & provolone cheese lightly seasoned & served with our own fresh basil pesto.

+ Our chicken breasts have no preservatives, steroids, hormones or antibiotics.

Mac & Cheese Bowl 10.95

Our signature 3 cheese mac & cheese bowl served with grilled garlic bread.

Italian Beef Sandwich 11.25

Our own chef roasted beef sliced & simmered with onions, sweet peppers, pepperoncinis & our own secret Italian spice blend. Served hot on Italian bread with provolone cheese & au jus.

✓ Grilled Portabella Mushroom Sandwich 10.50

Sliced portabella mushrooms grilled & served with spinach, grilled onions, tomato & swiss cheese. Omit cheese for vegan option.

BAKERY

Fresh Baked Breads

Assorted Bakery Sweets

We carry a variety of dessert bars, cookies, sweet breads, rice krispie treats & other options at any given time. Vegan & Gluten-Sensitive Vegan options also available.

SIGNATURE ITEMS

Spinach Quiche 9.00

Fresh spinach & cheese mixed with fresh eggs, our house made sauce, spice blend & sprinkled with cheese & baked. Served with fresh fruit.

Broccoli Almond Quiche 9.00

Fresh broccoli & cheese mixed with fresh eggs, our house made sauce, spice blend & sprinkled with sliced almonds & baked. Served with fresh fruit. Contains nuts!

Plated Lox & Cream Cheese 12.00

Norwegian-Style Cold-Smoked Atlantic Salmon served plated with tomato, onion, capers, lemon wedge & your choice of any of our house-made bagels & cream cheeses.

Applewood Smoked BLT 11.95

6 pieces of our Nitrate & Antibiotic Free Smoked Applewood Bacon served on your choice of bread with leaf lettuce, tomatoes & mayo.

Chicken Caesar Wrap 9.95

Our grilled chicken breast on either a spinach or a plain tortilla with lettuce, tomato, sweet peppers, provolone cheese & topped with our house made Caesar dressing.

Chicken Bacon Ranch Wrap 11.95

Our grilled chicken breast on either a spinach or plain tortilla with co jack cheese, Applewood smoked bacon, choice of veggies & topped with our housemade ranch dressing.

Grilled Chicken Breast Sandwich 9.95

Slow grilled, lightly seasoned chicken breast sandwich with lettuce, tomato, provolone cheese & choice of condiments.

+ Our chicken breasts have no preservatives, steroids, hormones or antibiotics.

Tuna Melt 10.00

Our house-made tuna salad grilled & topped with provolone cheese.

✓ Gourmet Black Bean Burger 10.75

Our own house-made vegan black bean burger served with avocado, lettuce, tomato, onion, a side of salsa & choice of cheese. Vegan cheese available.

Italian Sub 11.25

Our kaiser sub bun with 1/3 lb. combo of ham, turkey, salami topped with lettuce, tomato, onion, co jack cheese & Italian dressing.

✓ Build Your Own Salad 11.50

Choice of our available veggies, cheese & dressing. Omit cheese for vegan option.

Caesar Salad 11.50

Green leaf lettuce, tossed with black olives, tomatoes, asiago cheese & our house made Caesar dressing.

+ Add a protein to any salad: tofu for \$2.50 or grilled chicken for \$3.50.

+ Add a bag of chips, any side salad, a small garden salad, a cup or bowl of soup or mac & cheese to any of our sandwiches for an extra charge.

HOUSEMADE SOUPS

+ Our soups are made in house & served with a fresh bagel, a slice of bread or our house made bagel chips when available!

Cup 5.00

Bowl 6.00

Being present in the day-to-day operations means we can listen to our customers & make requested changes to improve our quality & options. With that in mind, our menu has evolved to reflect these requests - adding more whole grains; creating gluten-sensitive options; changing our meats to nitrate, hormone & antibiotic free; updating our coffees to fair trade & organic while also using many other organic & fair trade products throughout the facility; adding vegan options & we have always supported local farmers!