

# BAGELS & MORE LUNCH MENU

## DESIGN A SANDWICH

+ Choice of freshly baked bagels, breads, Kaiser bun, sub or Gluten-sensitive option. Choice of cheeses: Swiss, CoJack, Provolone, Smoked Gouda or Pepper Jack; Choice of toppings & condiments: leaf lettuce, tomato, red onion, sweet pepper, spinach, black olives, cucumber, kale(when available), housemade garlic dressing, yellow, dijon, or honey mustard, Italian dressing, mayo; & served with a pickle spear & a fresh baked cookie.

### Deli Meat 8.50

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 8.50

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

### Chicken Salad 8.50

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

### Egg Salad 7.75

Created in our kitchen with farm fresh eggs.

### ✓ Fresh Veggie Stack 7.50

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

### Cheese 7.50

Choice of 4 slices of any one or a combination of the following: Swiss, CoJack, Smoked Gouda, Provolone & Pepper Jack.

### ✓ Hummus 7.75

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

### Half Sandwich with a Side 8.75

Choice of any of our build your own sandwiches as a half plus choice of either a cup of soup, a small garden salad or any of our daily sides.

## CHEF'S FAVORITES

### ✓ Grilled Veggie Bistro Sandwich 8.95

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 9.95

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 9.95

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

### Italian Beef Sandwich 9.95

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 8.95

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

+ Check daily for freshly baked breads on our display rack. Also check out our housemade bars, pies, cupcakes, tarts, cookies, sweet breads, rice krispie treats & other sweet creations!

## SIGNATURE ITEMS

### Spinach Quiche 8.00

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

### Broccoli Almond Quiche 8.00

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

### Plated Nova Lox & Cream Cheese 12.00

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

### Applewood Smoked BLT 9.95

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

### Chicken Caesar Wrap 8.95

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

### Grilled Chicken Breast Sandwich 8.95

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 8.95

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

### ✓ Gourmet Black Bean Burger 9.25

Our own house-made vegan black bean burger created with black beans, oats, bread crumbs, onions, peppers, tomatoes & our seasoning blend grilled & served with avocado, lettuce, tomato, onion, a side of salsa & choice of cheese. Omit cheese for vegan option.

### Italian Sub 9.75

Our Kaiser sub bun with ham, turkey, salami, lettuce, tomato, onion, co jack cheese & Italian dressing.

### ✓ Build Your Own Salad 9.75

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

### Caesar Salad 9.75

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

+ Add a protein to any salad: tofu for \$2 or grilled chicken for \$3.

+ Add a bag of chips to any sandwich for \$1.50. Add any side salad or a small garden salad to any sandwich for \$2.50 or add a cup of soup for \$3.00

## HOUSEMADE SOUPS

+ All of our soups are made in house & served with a fresh bagel, a slice of our freshly baked artisan bread, our house made bagel chips when available or a gluten-sensitive bagel or slice of bread!

### Cup 4.50

### Bowl 5.50

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!