

• **BAGELS** •

- Bagel ..... \$1.80  
Plain, Blueberry, Cinnamon Raisin, Egg, Everything, Garlic, Multi-Grain, Onion, Poppy, Pumppernickel, Salt, Sesame, Whole Wheat, Whole Wheat Everything, Egg everything
- Specialty Bagel: Asiago Cheese ..... \$2.80
- Bialy ..... **\$1.80**
- One Dozen ..... \$21.60

• **SPREADS** •

	Sandwich	1/2 Lb
Butter or Jelly	\$3.50	\$3.00
Butter and Jelly	\$3.95	
Peanut Butter & Jelly	\$5.45	
Plain Cream Cheese	\$4.75	\$3.40
Bacon & Cheddar	\$5.25	\$4.40
Blueberry Cream Cheese	\$5.25	\$4.40
Chipotle Cream Cheese	\$5.25	\$4.40
Cinnamon, Walnut & Raisin	\$5.25	\$4.40
Garlic Cream Cheese	\$5.25	\$4.40
Jalapeno Cream Cheese	\$5.25	\$4.40
Olive Cream Cheese	\$5.25	\$4.40
Scallion Cream Cheese	\$5.25	\$4.40
Strawberry Cream Cheese	\$5.25	\$4.40
Sun-Dried Tomato	\$5.25	\$4.40
Vegetable Cream Cheese	\$5.25	\$4.40
Lox Spread	\$6.95	\$5.75
Low Fat Cream Cheese	\$4.95	\$3.95
Low Fat Scallion Cream Cheese	\$5.95	\$4.95
Low Fat Lox Spread	\$7.45	\$6.05
Low Fat Vegetable Cream Cheese	\$5.95	\$4.95
Tofu Cream Cheese	\$5.25	\$4.20
Vegetable Tofu Cream Cheese	\$5.95	\$5.20



• **MUFFINS, PASTRIES & DESSERTS** •

All Baking Done Fresh Every Morning

- Muffins Corn, Blueberry, Chocolate Chip \$3.25
- Croissant \$3.25
- Cheese Danish \$3.25
- Cinnamon Roll \$3.50

• **BREAKFAST** •

▣ Sandwiches ▣

- Two Eggs\* on a bagel ..... \$5.95  
(egg whites, additional egg, add .50)
- Two Eggs & Cheese on a bagel ..... \$7.25
- Bacon/ham/sausage (choose 1) & egg on a bagel \$7.95
- Bacon/ham/sausage (choose 1), egg & cheese on a bagel ..... \$9.25
- Bacon/ham/sausage (choose 1) & cheese on a bagel (on a croissant add .50) ..... \$8.25
- Taylor Ham on a bagel ..... \$7.50
- Taylor Ham & egg on a bagel ..... \$8.50
- Taylor Ham, egg, cheese on a bagel ..... \$9.75

Egg white Mexicano ..... \$8.95

Egg whites, Avocado, Salsa

**Breakfast Power Sandwich** ..... \$9.95  
Turkey, egg white, organic baby spinach, tomato

**Hungry Stack** ..... \$10.95  
Sausage, Bacon, Scrambled eggs, American cheese and Tator Tots

**YOGURT PARFAIT** (Stonyfield Organic Low Fat French Vanilla Yogurt) ..... \$4.75  
• TOPPINGS: Freshly Baked Honey Oat Granola / Strawberry / Banana : \$0.50  
Walnut / Blueberry / Honey : \$1.00

▣ **BREAKFAST PLATTERS** ▣

(Served with Home Fries & Toast)  
Bacon/ham/sausage (choose 1) & eggs ..... \$10.95  
Order of bacon, ham or sausage ..... \$6.50  
Order of Taylor Ham ..... \$7.00  
Home fries (Tater Tots) ..... **\$5.50**

▶ **EXTRAS (per item)** ◀

• Lettuce, tomato, peppers, onion .35, Spinach .55, Mushroom .55, All cheeses .90, Turkey .50, Turkey Bacon .50

▣ **OMELETTES** ▣

(Served with Home Fries & Toast)  
Plain ..... \$8.25  
With cheese ..... \$9.50  
Western (ham, onions, bell peppers) ..... \$10.95  
Spanish (bacon, cheddar, onion, bell peppers) ..... \$10.95  
Italian (sausage, mozzarella, bell peppers, tomato) ..... \$10.95

• **CLASSIC SANDWICHES** •

On a bagel or your choice of bread. Heroes, add 1.50.  
Shredded lettuce, tomato & onion at no cost.  
All other extras you request will be charged accordingly.

	Sandwich
Lettuce & Tomato	\$4.75
BLT (bacon, lettuce & tomato)	\$8.50
Bologna	\$9.00
Genoa Salami	\$9.50
Ham	\$9.75
Turkey	\$9.75
Cracked Pepper Turkey	\$9.75
Honey Turkey	\$9.75
Smoked Turkey	\$9.75
Corned Beef	\$10.25
Pastrami	\$10.50
Prosciutto	\$10.50
Roast Beef*	\$10.50
Breaded Chicken Cutlet	\$10.50
Grilled Chicken Breast	\$10.50

Our toppings include mayo, mustard, jalapeno, lettuce, onion, tomato, pickle, oil/vinegar and Italian seasoning.  
Get any or all of them. We will make your sandwich just the way you want it.

▶ **EXTRAS (per item)** ◀

• Romaine lettuce, coleslaw, sliced pickles, sweet (hot) peppers, cucumbers, sauerkraut ..... \$0.75  
• American, Swiss, provolone, cheddar, muenster, pepper jack, Fresh mozzarella feta, capers ..... \$0.90  
• Grilled meat, bacon, sun-dried tomato, Roasted peppers. ....90 Avocado 1.75

• **CHEESE SANDWICHES** •

Add .50 for grilled cheese.

	Sandwich
American	\$5.75
Cheddar	\$5.75
Swiss	\$5.75
Fresh Mozzarella	\$5.75
Monterey Jack	\$5.75
Muenster	\$5.75
Provolone	\$5.75

• **PREMIUM SALADS** •

Add protein: Choice of grilled chicken, chicken cutlet, tuna salad, chicken salad, egg salad or Boar's Head turkey.

**Garden Salad** ..... \$12.00  
Shredded carrot, red onion, cucumbers, freshly baked crouton over mixed field greens and romaine lettuce. Dressing of your choice

**Caesar Salad** ..... \$12.00  
Shredded parmesan cheese, freshly baked crouton over romaine lettuce - Caesar dressing

**Japanese Garden Salad** ..... \$13.00  
Grape tomato, cucumber drizzled with teriyaki sauce, sliced almonds, black sesame seeds over mixed green and romaine lettuce - freshly made Japanese carrot ginger vinaigrette dressing

**Greek Salad** ..... \$13.00  
Grape tomato, cucumber, feta cheese, red onions, black olives, pepperoncini over romaine lettuce - Greek dressing

**Asian Sesame Salad** ..... \$13.00  
Sesame seeds, crispy wonton strips, sliced almonds, drizzled with teriyaki sauce over mixed field greens and romaine lettuce - Asian Sesame dressing

**Le Parisian Salad** ..... \$13.00  
Feta cheese, dried cranberry, roasted pecan over mixed field greens and romaine lettuce - White Wine Vinaigrette dressing

**Chef's Salad** ..... \$15.00  
Turkey, ham, bacon bits, swiss cheese, grape tomato over mixed field greens and romaine lettuce - dressing of your choice

**Fiesta Salad** ..... \$13.00

Roasted corn, black beans, shredded cheddar, tortilla strips over mixed field greens and romaine lettuce - Salsa Ranch dressing

**Chicavo Salad** ..... \$13.00  
Grilled chicken with avocado, roasted red peppers over field greens and romaine - ranch dressing

**Cobb Salad** ..... \$16.00  
Grilled Chicken, Avocado, cherry tomato, bacon bits, diced hard boiled eggs over mixed field greens and romaine. - dressing of your choice

• **CHICKEN TENDERS** •

Breaded chicken tenders with well-done Tater-Tots served with your choice of dipping sauce (honey mustard, BBQ or chipotle mayo) \$13.00

• **SMOKED FISH & SALAD SANDWICHES** •

	Sandwich	1/2 Lb
Atlantic Smoked Salmon	\$14.95	\$8.75
Whitefish Salad	\$10.95	\$6.20
Tuna Salad	\$9.50	\$6.25
Egg Salad	\$8.00	\$5.00
Chicken Salad	\$9.50	\$6.25
Coleslaw		\$2.50
Macaroni Salad		\$2.50
Potato Salad		\$2.50

• **SPECIALTY SANDWICHES** •

No substitution on any of the specialty sandwiches  
Bagel or roll \$12.95 Hero or wrap \$13.95

▣ **All-Time Favorites** ▣

**Chicken Parmesan**  
Breaded Chicken Cutlet, Fresh Mozzarella, Marinara, Grated Parmesan

**Roast Beef with Gravy Deluxe**  
Grilled Roast Beef, Swiss Cheese, sautéed mushroom with Gravy

**Tuna Melt**  
Tuna Salad, Melted Cheddar, Tomato

**Reuben**  
Hot Pastrami, Melted Swiss, Cole Slaw, Russian Dressing on Rye

**Chicken Cheese Steak**

Grilled Chicken, Melted American, Grilled Bell Peppers & Onion

**Turkey Clipper**

Oven Gold Turkey, Muenster Cheese, Coleslaw, Sliced Pickles, Russian Dressing

**Steakhouse Philly Cheese**

Philly Steak, Melted American, Grilled Bell Peppers & Onion

**Italian Combo**

Ham, Salami, Provolone, Roasted Peppers, Lettuce, Tomato, Onion, Oil & Vinegar

**Roast Beef Classic**

Roast Beef, Swiss, Caramelized Onion, Worcestershire Dressing

▣ Café Sandwiches ▣

**Prosciutto Bravo**

Prosciutto, fresh mozzarella, tomato, roasted red peppers, balsamic vinaigrette

**Bacon Turkey Supreme**

Smoked Turkey, Smoked Bacon, Muenster Cheese, Lettuce, Tomato, Russian Dressing

**Roast Beef Inferno**

Roast Beef, Melted Monterey Jack Cheese, Hot Cherry Peppers, Spicy Mustard

**John's Combo**

Turkey Breast, Roast Beef, Swiss, Lettuce, Tomato, Onion, Horseradish Dressing

**Hamptons**

Ham, Smoked Turkey, Swiss, Lettuce, Tomato, Honey Mustard Dressing

**Cancun Club**

Chicken Salad, Bacon, Ham, Lettuce, Tomato

**Tuna Heaven**

Tuna Salad, Bacon, Mozzarella, Romaine, Tomato, Onion

**California Turkey Club**

Turkey Breast, Bacon, Avocado, Lettuce, Tomato, Honey Mustard

**Fresh Mozzarella Delight (vegetarian)**

Fresh Mozzarella, Roasted Peppers, Tomato, Basil, Capers, Balsamic Vinaigrette

▣ Grilled Chicken Sandwiches ▣

**Teriyaki Chicken**

Grilled Chicken, Melted Fresh Mozzarella, Romaine, Tomato, Onion, Teriyaki Sauce

**Chipotle Chicken**

Grilled Chicken, Bacon, Cheddar, Tomato, Chipotle Mayo

**Chicken Tuscany**

Grilled Chicken, Melted Fresh Mozzarella, Basil Pesto, Tomato, Onion, Chipotle Mayo

**Chicken Inferno**

Grilled Chicken, Melted Monterey Jack, Hot Cherry Peppers, Spicy Mustard

**Chicken Cortino**

Grilled Chicken, Melted Fresh Mozzarella, Roasted Peppers, Balsamic Vinaigrette

**Chicken Cesar**

Grilled Chicken Breast, Parmesan, Roasted Red peppers, Romaine Lettuce, Onions, Cesar Dressing

**Chicavo**

Grilled chicken breast with avocado, roasted red peppers, mesclun and ranch dressing

▣ Breaded Chicken Cutlet Sandwiches ▣

**New Yorker**

Chicken Cutlet, Melted Fresh Mozzarella, Roasted Peppers, Lettuce, Tomato, Garlic Mayo

**Grand Canyon**

Chicken Cutlet, Bacon, Melted Muenster, Lettuce, Tomato, Honey Mustard

**Cordon Bleu**

Chicken Cutlet, Prosciutto, Melted Swiss, Russian Dressing

**SoHo**

Chicken Cutlet, Bacon, Cheddar, Lettuce, Tomato, Mayo

**Chicken Florentine**

Chicken Cutlet, Fresh Mozzarella, Spinach, Basil, Pesto

**Rio**

Chicken Cutlet, Melted Fresh Mozzarella, Sweet Peppers, Grilled Onion, Honey Mustard

**Fire Island**

Chicken Cutlet, Monterey Jack Cheese, Lettuce, Sun-dried Tomato, Mayo

• HEALTHY WRAPS •

\$ 13.95

**California**

Grilled chicken, avocado, roasted peppers, lettuce, tomato, ranch dressing

**Turkey Club**

Boar's Head turkey breast, crispy bacon, lettuce, tomato, mayo

**Texas Beef**

Hot roasted beef, mozzarella, sautéed onions, lettuce, tomato, BBQ sauce

**Chicken Cesar**

Grilled Chicken Breast, Parmesan, Roasted Red peppers, Romaine Lettuce, Onions, Cesar Dressing

**Mona Lisa**

Breaded chicken cutlet, fresh mozzarella, roasted peppers, balsamic vinegar

**Vegetarian**

Avocado, Swiss cheese, lettuce, tomato, roasted peppers, balsamic vinegar

• ESPRESSO BAR •

	Med.	Lg.
Espresso Shot	\$3.85	----
Café Latte	\$5.35	\$5.95
Cappuccino	\$5.35	\$5.95
Iced Café Latte	\$5.35	\$5.95
Iced Caramel Latte	\$5.35	\$5.95
Iced Mocha Latte	\$5.35	\$5.95
Iced Vanilla Latte	\$5.35	\$5.95
Iced Hazelnut Latte	\$5.35	\$5.95

• PREMIUM COFFEE & DRINKS •

	Med.	Lg.
Fresh Brewed Coffee	\$2.50	\$2.95
Fresh Brewed Decaf	\$2.50	\$2.95
Hot Chocolate	\$2.70	\$3.35
Hazelnut Coffee	\$2.95	\$3.25
Iced Tea	\$3.50	\$3.95
Iced Mint Green Tea	\$3.50	\$3.95
Iced Cold Brew	\$3.95	\$4.50
Iced Hazelnut Cold Brew	\$4.25	\$4.75
Lipton Tea	\$2.75	\$2.95
Gourmet Teas	\$2.75	\$2.95
Fresh Squeezed Orange Juice	\$4.95	(10 oz)

Our Bagels are Hand Rolled, Kettle Boiled and Baked Fresh on the Premises throughout the Day with All Natural Ingredients and No Preservatives