

# Breakfast All Day!

\* We always use XL Grade A eggs \*

- Double egg .....2.49
- Eggs and ham, turkey, or sausage .....3.25
- Eggs and bacon or turkey sausage .....3.49

- Add cheese } ..... +.50
- Add an egg } ..... +.50
- Egg Whites } ..... +.50
- Pepper, onion, tomato ..... +.75
- Broccoli, spinach, mushroom... +.75
- Avocado .....+1.50

- Mexicali Wrap** (3 eggs, sausage, jack & cheddar cheese, pico de gallo) ..... 5.99
- Hungryman Hero** (3 eggs, bacon, sausage, ham, cheese) ..... 6.49
- Western Omelette** (3 eggs, ham, peppers, onions) ..... 4.99
- Steak & Eggs with Home Fries** ..... 5.99
- Lox & Scallion Omelette** ..... 5.49

- Pancakes or French Toast** (served with butter and syrup) ..... 4.99
- with bacon, ham, sausage, or fruit ..... 5.99
- Oatmeal** ..... 2.50
- with blueberries or strawberries ..... 3.50
- Home Fries** ..... 2.50

All Baked Goods Baked Daily on Premises

### Bagels

- Plain • Sesame • Poppy • Cinnamon-Raisin • Onion • Garlic • Whole Wheat • Whole Wheat Everything
- Egg • Egg Onion • Egg Everything • Oat Bran • Rye • Pumpernickel • Salt • Everything
- French Toast • Blueberry • Sunflower • Bialy • Whole Wheat Sesame

### Flats

- Plain • Sesame • Poppy • Everything • Whole Wheat • W/W Everything • Sunflower • W/W Sunflower

### Minis

- Plain • Poppy • Sesame • Everything

### Rolls

- Plain • Poppy • Sesame • Whole Wheat • Pretzel

### Breads

- White • Whole Wheat • Rye • Pumpernickel

### Wraps

- Plain • Whole Wheat • Spinach • Tomato

### Croissants • Heroes • Pitas

### Muffins

- Corn • Blueberry • Banana Nut • Chocolate Chip • Double Chocolate • Double Chocolate Cranberry
- Bluberry Crumb • Honey Nut Pumpkin Cranberry • Bran • Raisin Bran • Oat Bran
- Red Velvet • Pistachio • Cinnamon Coffee Cake • Pumpkin

## Cream Cheese

Homemade with Philadelphia cream cheese and fresh ingredients

- Plain • Apple Walnut Raisin • Basil & Red Onion
  - Vegetable • Strawberry • Olive
  - Scallion • Blueberry • Lox
  - Low Fat
- (Plain, Vegetable or Scallion)



## Beverages

- Fresh Brewed Coffee (regular, decaf, hazelnut, vanilla, & flavor of the day)
- Iced Coffee • Fresh Brewed Iced Tea • Pink Lemonade • Bagelman Mixer
- Cappuccino • Hot Chocolate • Tropicana Juices • Water • Sodas • Dairy

# Refreshing Salads

Served with choice of dressing. Turn any salad into a chopped salad ADD \$1.00. Grilled Chicken ADD \$4.00.

- Tossed Salad** ..... 4.99
  - Chef Salad** ..... 7.25
  - Turkey, ham, American, Swiss, lettuce, tomato and cucumber
  - Caesar Salad** ..... 5.99
  - Greek Salad** ..... 6.99
  - 7th Street Feast** ..... 8.99
  - Our flavorful grilled chicken with sautéed mushrooms & melted Alpine Lace Swiss over a bed of iceberg lettuce and honey mustard dressing
  - Goat Cheese Salad** ..... 6.99
  - Creamy goat cheese, candied walnuts, dried cranberries with mescaline greens and raspberry vinaigrette dressing
  - Fresh Fruit Salad** ..... 4.25
- Available By The Pound...
- Potato • Macaroni • Cole Slaw** ..... 5.00
  - Carrot • Cucumber • Bowtie Pasta • Rice Pudding** ..... 6.00

## Delightfully Lite Platters

All salads made with the finest ingredients and served on a bed of iceberg lettuce, field greens OR romaine lettuce with tomatoes, cucumbers, peppers and your choice of dressing.

- Egg Salad** ..... 6.50
- Tuna Salad** ..... 7.25
- Vegetable Tuna** ..... 7.50
- Low-Fat Tuna** ..... 7.50
- Low-Fat Vegetable Tuna** ..... 7.75
- Cranberry Walnut Chicken Salad** ..... 7.99
- Chicken Salad** ..... 7.50
- Vegetable Chicken Salad** ..... 7.75
- Whitefish Salad** ..... 7.50
- Baked Salmon Salad** ..... 7.50

## Soup

Cream & Seafood soups ADD \$.50 each.

- Chicken Noodle & Daily Soups** ..... SM 2.99 LG 3.99

All lunch sandwiches come with your choice of side salad & pickle.

- Macaroni • Potato • Cole Slaw • Carrot • Cucumber • Bowtie Pasta • Rice Pudding

# Bagelman's Overstuffed Deli Sandwiches

We feature Boar's Head premium cold cuts on your choice of bread (flat, croissant, wrap, or hero ADD \$1.00).  
With lettuce & tomato ADD \$1.00. With any cheese ADD \$.50.

- Turkey Breast** ..... 5.49
- Mesquite Turkey** ..... 5.75
- Honey Maple Turkey** ..... 5.75
- Peppermill Turkey** ..... 5.75
- Ham** ..... 5.49
- Virginia Ham** ..... 5.75
- Roast Beef** ..... 5.99
- Salami (Hard or Genoa)** ..... 5.49
- Pepperoni** ..... 5.49
- Hot Corned Beef** ..... 5.99
- Hot Pastrami** ..... 5.99
- Bologna** ..... 4.49
- Liverwurst** ..... 4.49
- NEW Everroast Chicken** ..... 5.75
- Chicken Cutlet** ..... 5.49
- Grilled Chicken Cutlet** ..... 6.49
- American** ..... 4.25
- Swiss** ..... 4.49
- Alpine Lace Swiss** ..... 4.75
- Cheddar** ..... 4.49
- Provolone** ..... 4.25
- Mozzarella** ..... 4.25
- Muenster** ..... 4.25
- NEW Pepperjack** ..... 4.49

## Salad Sandwiches Galore

With lettuce & tomato ADD \$1.00. With onions or peppers ADD \$.50 each.

- Tuna** ..... 5.25
- Low-Fat Tuna** ..... 5.49
- Vegetable Tuna** ..... 5.99
- Low-Fat Vegetable Tuna** ..... 6.25
- Chicken** ..... 5.49
- Vegetable Chicken** ..... 5.99
- Cranberry Walnut Chicken** ..... 6.49
- Egg** ..... 4.49
- Whitefish** ..... 5.49
- Baked Salmon** ..... 5.49

All Deli Meats, Cheeses and Salads Available by the Pound & on Platters