

BAGELS



BAGELS & BIALYS

FLAGELS & MINIS

BAGELS

- Plain
- Poppy Seed
- Everything
- Sesame
- Egg
- Egg Everything
- Onion
- Garlic
- Cinnamon Raisin
- Pumpernickel
- Rye
- Salt
- Whole Wheat
- Whole Wheat Sesame
- Whole Wheat Everything
- Slim & Trim
- Slim & Trim Everything
- Slim & Trim Sunflower
- Rainbow
- Multi Grain

BIALYS

- Plain Bialys
- Whole Wheat Bialys
- Bialy Loaf
- Salt Stick

**Specialty Gluten Free Bagels sold frozen by the dozen*

FLAGELS

- Plain
- Everything
- Sesame
- Sunflower
- Whole Wheat
- Whole Wheat Everything
- Whole Wheat Sesame
- Whole Wheat Sunflower

MINIS

- Plain Mini
- Poppy Mini
- Sesame Mini
- Everything Mini



BREAKFAST



Signature Sandwiches & Wraps- *All sandwiches served on choice of bagel, bialy, roll, flugel, croissant or wrap.*

Bacon Egg & Cheese

2 eggs served your way, bacon, and choice of cheese

Sausage Egg & Cheese

2 eggs served your way, sausage, and choice of cheese

Hungry Man

3 Eggs, Ham, Bacon, Choice of cheese, and hash brown

Healthy Man

3 Egg Whites, Turkey, Swiss

Breakfast Burrito

3 eggs, rice, beans, cheese, and choice of bacon, sausage, ham, or turkey in a wrap

The Guru

2 Egg Whites, Swiss, Spinach, choice of bacon, sausage, ham, or turkey in wrap

Western Wrap

2 eggs, ham, onion, peppers, and choice of cheese

The Amherst

2 eggs, sausage, hash brown, avocado, hot sauce in wrap

Breakfast Croissant-wich

Bacon, eggs, American cheese

Build Your Own

Customized sandwiches made to order

Omelets – 3 Egg Omelets Made to order includes choice of bagel on the side.

Classic Meat & Cheese

Choice of bacon, sausage, ham, or turkey and cheese

Western

Ham, onion, peppers, cheese

Ranchero

Egg whites, avocado, cheddar cheese, salsa

The Greek

Egg whites, feta, tomato, pepper, onions

The Nova-Scotia

Fresh sliced Lox, onions, choice of cheese

The Vegetarian

Tomato, spinach, mushrooms, onions, peppers

Hungry Man Omelet

Ham, bacon, cheese, hash brown.

Build Your Own

Customized Omelets made to order

SPREADS & SCHMEARS



Choose from our many varieties of homemade cream cheeses available by the pound or on a bagel, bialy, roll, flugel, croissant or wrap.

- Plain Cream Cheese
- Vegetable Cream Cheese
- Scallion Cream Cheese
- Lox Spread
- Walnut Raisin Cream Cheese
- Olive Cream Cheese
- Tofu Cream Cheese
- Vegetable Tofu
- Jalapeño Cream Cheese
- Lite Plain
- Lite Vegetable
- Lite Scallion
- Lite Lox Spread
- Butter
- Peanut Butter
- Jelly
- Nutella



HOMEMADE SALADS



Salads made fresh served on a bagel, bialy, roll, flagel, croissant, wrap or by the pound.

- Tuna Salad
- Lite Tuna
- Lite Vegetable Tuna
- Whitefish Salad
- Baked Salmon Salad
- Dijon Tuna Salad
- Cranberry Tuna Salad
- Egg Salad
- Egg White & Spinach Salad
- Chunky Chicken Salad
- Cranberry Chicken Salad
- Macaroni Salad
- Potato Salad
- Coleslaw



LUNCH



Cold Sandwiches *Hand Cut meats and assorted cheeses available.*

*Ham, Swiss, lettuce, tomato,
mayo*

*Turkey, cheddar, lettuce,
tomato, honey mustard*

Tuna Melt

Tuna Salad, melted cheddar.

Lox of Love

*Freshly sliced lox, cream
cheese, onions*

Lunch Croissant-Wich

*Honey Maple Turkey,
cheddar, lettuce, honey
mustard*

Chicken Salad Sandwich

*Chicken Salad, lettuce,
tomato*

Veggie Sandwich

*Lettuce, tomato, spinach,
peppers, mushrooms with
balsamic*

Caprese

*Mozzarella, tomato, basil,
balsamic*

Build Your Own

*Customized sandwiches
made to order*

From the Grill - *All sandwiches served on choice of bagel, bialy, flagel, roll, croissant or wrap.*

Grill open
all day!

Chicken Caesar Wrap

*Grilled chicken, romaine, croutons,
parmesan, Caesar dressing*

Red's Sandwich

*Grilled chicken, cheddar, bacon, avocado
on roll*

BLT

Bacon, lettuce, tomato

Chicken Quesadilla

Assorted cheeses and grilled chicken

Chef's Grilled Cheese

*American, cheddar, tomato, everything
bagel*

Philly Cheese Steak

Roast Beef, swiss, sauteed onions

Build Your Own

Customized sandwiches made to order

Fresh Green Salads- Seasonal fresh vegetables on a bed of romaine lettuce. Also Available in wrap.



Add Grilled chicken for additional charge

House Salad

Romaine Lettuce, seasonal vegetables

Caesar Salad

Romaine Lettuce, croutons, parmesan cheese, Caesar dressing.

Greek Salad

Romaine Lettuce, feta cheese, tomato, onion, olives, Greek dressing.

Dressings

- Caesar
- Balsamic
- Lite Balsamic
- Oil & Vinegar
- Balsamic Vinegar
- Russian
- Honey Mustard



Smoked Fish & Appetizing

- Sliced Nova
- Belly Lox
- Pickled Lox
- Sliced Salmon
- Whitefish
- Chunky White Fish
- Sliced Herring (Onion and Cream Sauce)
- Sable *Seasonal
- Sturgeon *Seasonal
- Herring Salad



BEVERAGES

- Hot Coffee (Regular or Decaf)
- Hazelnut Coffee
- Iced Coffee (Regular or Decaf)
- Ice Hazelnut Coffee (Regular or Decaf)
- Iced French Vanilla (Regular or Decaf)
- Hot Tea (Regular or Decaf)
- Flavored Tea (Regular or Decaf)
- Hot Chocolate
- Cappuccino
- Iced Tea (Sweetened or Unsweetened)
- Lemonade
- Arnold Palmer (Iced tea/lemonade mix)
- 96oz. Box of Joe (Serves 8-10 cups)
**Includes cups, sugar, and milk*



SIDES & EXTRAS



Sides

- Home fries
- Hash brown
- Bacon
- Sausage
- Ham
- Turkey Bacon



Extras

- Avocado
- Spinach
- Tomatoes, onions, peppers
- Mushrooms
- Jalapeños
- Capers
- Olives
- Salsa
- Cucumbers
- Pickles
- Scallions
- Hummus



ASSORTED PASTRIES



- Croissants
- Chocolate Croissants
- Coffee Cake
- Raspberry Coffee Cake
- Apple Turnovers
- Assorted Muffins
- Assorted Mini Muffins
- Rainbow Cookies
- Choc. Chip Cookies
- Black & White Cookies
- Sprinkled Sugar Cookies
- Oatmeal Raisin Cookies
- Assorted Cake Donuts

