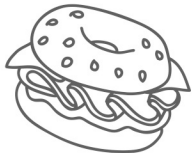


BAGELS

Plain, Poppy, Sesame, Onion, Garlic, Salt, Egg, Whole-Wheat,
Cinnamon Raisin, Everything, Egg Everything, Pumpernickel...\$1.00
Baker's Dozen.....\$12.00
Multi-Grain, Cheddar, French Toast, Blueberry, Chocolate Chip,
Sun-Dried Tomato, Bialy, Onion Boards, Twists.....\$1.00

Cream Cheeses & Spreads on a bagel by the 1/2 lb.

Butter or Jelly	\$2.00.....	\$3.00 (1/2lb.)
Plain Cream Cheese (reg/lite) ...	\$2.75.....	\$3.25 (1/2lb.)
Veggie (reg/lite)	\$3.00.....	\$3.50 (1/2lb.)
Scallion	\$3.00.....	\$3.50 (1/2lb.)
Lox Spread.....	\$3.75.....	\$4.25 (1/2lb.)
Walnut Raisin	\$3.75.....	\$4.25 (1/2lb.)
Sliced Lox	\$7.00.....	\$13.00(1/2 lb.)
Peanut Butter.....	\$2.00.....	



BREAKFAST

On a bagel, roll, white/wheat or rye bread or white/wheat wrap

Egg	\$2.50
w/cheese	\$2.75
Egg with bacon, ham, turkey or steak.....	\$2.95
w/cheese	\$3.25
3 eggs Omelette served w/ home fries & toast.....	\$5.75

Create your own w/choice of spinach, onion, mushrooms, tomato, cheese and choice of bacon, ham or sausage

Deli-licious Wrap.....	\$4.95
2 scrambled eggs, cheese, bacon, tomato, salsa & home fries	
Protein Sandwich.....	\$3.95
2 eggwhites, turkey & apline lace swiss	
French Toast.....	\$5.50
Home fries	\$2.50
Jack Sparrow.....	\$4.95
2 eggs, bacon, pepper jack & hashbrown	
B.E.L.T.....	\$3.95
Bacon, egg, lettuce & tomato	

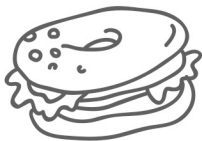
Add Hashbrown **+\$1.25**
Additional Egg or Cheese **+50¢**
Additional meats **+\$1.00**
EGG WHITES AVAILABLE



BAKED GOODS

Roll.....75¢ • Buttered Roll.....\$1.00
Dozen Rolls.....\$9.00 • Wedge..\$1.50
Muffin...\$2.50 • w/butter...\$3.00

Blueberry, Chocolate Chocolate Chip,
Chocolate Chip, Lemon Poppy, Banana Nut,
Cinnamon Coffee, Red Velvet, Oat Bran,
Pistachio, Corn, French Toast



Scone...\$2.25
Croissant plain...\$2.00
Bialy...\$1.00 • w/butter \$1.75 • w/cream cheese...\$2.25
Twists...\$1.25 • w/butter...\$2.00 • w/cream cheese...\$2.50
Onion Boards...\$1.75 • w/butter 2.25 • w/cream cheese...2.75
Cookie...\$2.00 • Cookies by the lb...\$8.99
Crumb Cake plain/choc/raspberry...\$2.50 • Doughnut...\$1.25

Prices do not include sales tax.

FUN FOODS

Cheese Quesadilla	\$4.95
Chicken & Cheese Quesadilla	\$6.95
Pepper Jack Cheese w/ cilantro, onions, tomatoes & jalapeños	
Grilled Chicken w/ onions, sweet peppers & cheddar cheese	
Grilled Chicken Mozz w/ onion, garlic, mozzarella cheese, cheddar cheese & bacon	
Eggplant w/ onions, peppers & balsamic vinegar	



Roast Beef w/ salsa & mozzarella
**Side of guacamole.....\$2.00



Mozzarella Sticks	\$4.95
Bagel Pizza	\$3.95
Toppings: Pepperoni, Onions, Peppers .50 each	
Chicken Tenders w/ Fries	\$6.95
Chicken Tenders w/ Sweet Potato Fries	\$7.50
Boneless Wings.....8 pc \$7.00.....10 pc \$14.00	
Flavors: Hot, Medium, Mild, BBQ, Hot BBQ	

Tater Tots.....	\$3.50
Zeppoli Tot w/ maple syrup & powdered sugar	\$3.95
BBQ Tot w/ BBQ sauce, bacon & onion	\$3.95
Hot Tots w/ bacon, hot sauce, tomato & onion.....	\$3.95
Chili Tots w/ chili & melted cheese	\$4.50
Disco Tots w/ gravy	\$4.50

The Carmel Grilled Cheese	\$4.00.....w/ maple syrup..	\$5.00
French Toast Grilled Cheese w/ maple syrup		\$5.00
Penne Ala Vodka Wrap w/ breaded chicken & mozzarella		\$7.50
Homemade Mac n Cheese	sm \$3.95.....lg	\$5.95
Mac n Cheese wrap		\$7.50
All New Fresh Angus Beef Burgers	\$5.25.....w/ fries	\$7.95
Hot Dog		\$2.00
Hot Dog w/ fries.....		\$5.00
Fries or Curly Fries.....		\$3.00
Sweet Potato Fries		\$3.50

ICE CREAM

Cone....Sm \$2.50.....Lg \$3.50.....	\$1.00 per scoop
Cup.....Sm \$2.00.....Lg \$3.00	
Freshly made Milkshakes to order!.....	\$4.00

HOUSE SALADS

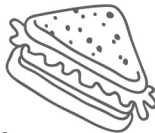
Add Chicken \$2.00	
Tossed Salad	\$5.50
Fresh greens, tomatoes, cucumbers, onions & dressing	
Caesar Salad	\$5.50
Romaine lettuce, olives, croutons, Parmesan cheese & caesar dressing	
Add grilled chicken to Tossed or Caesar Salad.....	\$2.00
Chef Salad	\$6.75
Tossed greens topped w/turkey, salami ,ham & American cheese	
Trio Salad	\$6.75
Fresh tuna, chicken & egg salad on fresh greens	

Additional Toppings Extra

Prices do not include sales tax.

SANDWICHES

Your choice of Sandwiches	
Wrap (Plain, Whole Wheat, Garlic, Spinach, Jalapeño or Sundried Tomato).....	\$8.50
Roll.....	\$7.95
Panini...	\$8.95
Wedge.....	\$8.95



American Combo
Ham, roast beef, turkey,
American cheese, lettuce & tomato

Balboa
Hot Roast Beef w/ melted Swiss cheese

BBQ Chicken
Tender strips of grilled chicken, romaine
lettuce, cheddar cheese served
with BBQ sauce

Black Forest
Black Forest ham, melted Muenster
cheese & honey mustard

BLT
Bacon, lettuce, tomato, mayo on
white toast

Caesar Salad
Grilled chicken, romaine lettuce, black
olives, croutons, parmesan cheese
served with Caesar dressing

California
Tender strips of grilled chicken, romaine
lettuce, tomatoes, avocado
and roasted peppers

Capri
Fresh turkey, provolone, spinach,
roasted pepper and balsamic vinegar

Chicken Continental
Grilled chicken breast, bacon &
Muenster cheese

Chicken Cordon Bleu
Chicken cutlet w/ ham & melted Swiss

Chicken Roasted Pepper Mozz
Breaded chicken cutlet w/fresh mozzarella
and roasted peppers

Chicken Cutlet Deluxe
Fresh breaded chicken cutlet,
lettuce, tomato & mayo

Chicken Fajita
Spicy grilled chicken, fried onions, roasted
peppers and salsa

Cobb
Roasted chicken breast, avocado,
crisp bacon served with Dijon mustard

Cowboy
Grilled chicken breast, melted pepper jack
cheese, roasted peppers
w/ Russian dressing

Prices do not include sales tax.

Experience

Breaded Chicken cutlet w/melted Swiss,
bacon, tomato, onion & Russian dressing

Grilled Chicken

Grilled chicken , lettuce, tomato, onions &
your choice of dressing

Honey Delight

Honey turkey, Virginia Ham, sweet
peppers, Swiss, lettuce & tomato
w/ Russian dressing

Italian Combo

Ham, Salami, pepperoni, mortadella, ham
cappy, provolone, mozzarella,
roasted peppers, oil & vinegar

Montana

Fresh turkey, bacon, avocado, tomato
with monterey jack cheese
w/ ranch dressing

Monte Cristo

Layers of ham, fresh turkey, Swiss,
cheddar, lettuce & tomato
w/ honey mustard

Mozz

Sliced mozzarella, lettuce,tomato,
roasted peppers, oil & vinegar

Philly Cheese Steak

w/ peppers, onions &
melted American cheese

Rabbey

Chopped broccoli rabe, grilled chicken
with melted provolone cheese &
balsamic vinegar

Reuben

Sliced corned beef or pastrami w/ melted
Swiss, sauerkraut, thousand island on rye

Sliced Chicken

Warm Boar's Head sliced chicken w/
roasted peppers, tomatoes, Portabello
mushrooms & mozzarella cheese

Turkey Club

Turkey w/ bacon lettuce, tomato, mayo on
3 slices of white toast

Turkey Combo

Turkey, roasted peppers, mozzarella
w/ Italian dressing

Tuscan Chicken

Grilled chicken w/provolone cheese
topped w/tomato, fresh basil
w/balsamic vinegar

Veggie

Eggplant, mozzarella, roasted peppers,
oil & vinegar