

# BAGEL CHALET

» 36 Veterans Memorial  
Highway, Commack, NY 11725

» Phone: (631) 499-9820  
» Fax: (631) 499-0406

Mon-Sat: 5am-7pm

Sun: 5am-5pm

www.bagelchalet.com

## **Bakery.....\$5.25**

### **Muffins**

Corn•Blueberry•Cranberry Orange  
Chocolate Chip•Double Chocolate  
Chip•French Toast

### **Cookies**

Black & White•Chocolate Chip

### **Croissants**

Plain•Chocolate•Parisian Almond

### **Scones**

Raisin•Chocolate•Blueberry•Cranberry  
Orange

### **Other Pastries**

Apple Turnover•Bear Claw•Cheese  
Danish•Apple Almond Danish•Crumb  
Cake•Chocolate Fudge Brownie

## **Oatmeal & Soup Bar**

### **Steel Cut Irish Oatmeal**

Unsweetened with Choice of Toppings

<b>Medium</b>	<b>Large</b>
<b>\$5.19</b>	<b>\$6.23</b>

### **Chicken Noodle Soup**

Served with Choice of Buttered Bread

### **Soup of the Day**

Served with Choice of Buttered Bread

<b>Medium</b>	<b>Large</b>
<b>\$7.99</b>	<b>\$9.49</b>

## **Bagels & Bread**

### **Bagels ..... \$2.25**

Plain•Cinnamon Raisin•Egg•Poppy•Sesame•Everything  
Pumpernickel•Pumpernickel Everything•Sunflower  
Multigrain Raisin•Rainbow•French Toast•Onion•Garlic  
Super Egg Onion•Egg Everything•Whole Wheat  
Whole Wheat Sesame•Whole Wheat Everything  
Low Carb Multigrain•Low Carb Sesame  
Low Carb Everything•Asiago Cheese\*

\*(Weekends Only)

### **Bagel Flats..... \$2.25**

Plain•Poppy•Sesame•Whole Wheat•Whole Wheat Sesame  
Whole Wheat Everything•Whole Wheat Sunflower

### **Minis..... \$1.50**

Plain•Poppy•Sesame•Everything•Rainbow•Whole Wheat

### **Dozen Bagels ..... \$23.00**

### **Kaiser Rolls ..... \$2.25**

Plain•Poppy

### **Heros ..... \$2.50**

### **Udi's Gluten Free Bagel ..... \$3.25**

### **Buttered or Jelly Bagel ..... \$4.39**

### **Cream Cheese Bagel..... \$5.29**

### **Flavored Cream Cheese Bagel ..... \$5.75**

Vegetable•Scallion•Lox•Strawberry•Chocolate Chip•Vanilla Raisin  
Walnut•Jalapeño•Cinnamon Raisin Walnut•Olive Pimento•Low Fat  
Veggie

### **Commuter Special ..... \$5.75**

Buttered Bagel or Roll with a Small Hot Beverage

## **From the Grill**

### **1 Egg on a Bagel or Roll<sup>†</sup> ..... \$3.49**

### **2 Eggs on a Bagel or Roll<sup>†</sup> ..... \$3.99**

### **Pick 3 Omelette<sup>†</sup> ..... \$12.99**

Served with Your Choice of Buttered Bread and Home Fries

### **Hungryman<sup>†</sup>..... \$12.99**

3 Eggs, Ham, Bacon, Sausage, and Cheese on a Hero

### **Short Stack Pancakes (3) ..... \$11.99**

### **Challah Bread French Toast ..... \$11.99**

### **Hash Browns or Home Fries ..... Small: \$5.49**

**Large: \$6.49**

**Sandwich Add-On: \$2.99**

<sup>†</sup>Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition. Please inform your server if a person in your party has a food allergy. Prices are subject to change. Prices do not include New York State Sales Tax (8.75%).

## **Gourmet Paninis ..... \$12.99**

### **Forest Special**

Mesquite Smoked Turkey Breast, Muenster Cheese, Leaf Lettuce, Tomato & Russian Dressing on a Pumpkinnickel Sesame Club

### **Longwood Special**

Marinated Grilled Chicken, Fresh Mozzarella, Sundried Tomatoes, Leaf Lettuce & Honey Pesto on a Seven Grain Baguette

### **Honey Lovers**

Honey Maple Turkey Breast, Monterey Jack Cheese, Leaf Lettuce, Tomato & Champagne Mustard on a Multigrain Focaccia

### **Junior Special**

Breaded Chicken Cutlet, Fresh Mozzarella, Sautéed Spinach, Roasted Red Peppers & Sweet Pesto Dressing on a Rustic Round Roll

### **Cuban Cubano**

Sliced Black Forest Ham, Baby Swiss Layered with Thinly Sliced Pickles, Roasted Red Peppers & Honey Chipotle Mayo on Ciabatta

### **Grande Steakhouse**

Roast Beef, Cheddar Cheese, Caramelized Onions & BBQ Mayo on an Everything Disc

### **Eggplant Special**

Breaded Eggplant, Mozzarella, Grilled Portobello Mushrooms, Roasted Red Peppers & Garlic Mayo on an Everything Disc

### **Smoke House Special**

Mesquite Smoked Turkey Breast, Crispy Maple Bacon, Cheddar Cheese & BBQ Mayo on a Toasted Onion Ciabattini

### **Nick's Special**

Cracked Peppercorn Turkey Breast, Swiss Cheese, Leaf Lettuce, Tomato & Honey Mustard on an Onion Ciabattini

### **Maple Lovers**

Honey Maple Turkey Breast, Brie Cheese & Toasted Almond Honey Spread on a Low Carb Multigrain Bagel

### **Mesa Lovers**

Grilled Chicken, Pepper Jack Cheese, Grilled Green & Red Peppers & Chipotle Mayo on a Ciabotta

### **Anti-Lovers**

Ham Capicola, Genoa Salami, Pepperoni, Provolone, Roasted Peppers & Pesto Mayo on an Onion Panini

### **Chalet's Special**

Mozzarella Layered with Plum Tomatoes, Roasted Red Peppers, Basil & Balsamic Vinaigrette on a Ciabotta

### **Little Italy**

Grilled Chicken, Fresh Mozzarella, Prosciutto, Leaf Lettuce & Sundried Tomato Spread on Ciabotta

## **Chalet Classics..... \$12.99**

### **The Three Amigos**

Boars Head® Roast Beef, Ham, Turkey & American Cheese (Bread of Your Choice)

### **Cougar Melt**

Steaming Hot Roast Beef Smothered with Melted Mozzarella Topped with Thousand Island Dressing (Bread of Your Choice)

### **Stage Pastrami**

Hot Pastrami Smothered with Muenster Cheese & Topped with Spicy Mustard on Rye Bread

### **Country Woods Classic B.L.T.**

Crispy Bacon Topped with Shredded Lettuce, Ripe Tomatoes & Mayo (Bread of Your Choice)

### **Nick's Reuben**

Hot Corned Beef Smothered with Swiss Cheese, Sauerkraut & Spicy Brown Mustard on Rye Bread

### **Peggy's Double Decker**

Boars Head® Turkey, American Cheese, Crispy Bacon & Fresh Lettuce (Bread of Your Choice)

### **North Shore's "Old Fashion"**

Sliced Nova Lox, Scallion Cream Cheese, Tomatoes & Onions (Bread of Your Choice)

### **Chalet's Chicken Club**

Tender Chicken Cutlets with Crispy Bacon, Tomato, Lettuce & Cheese (Bread of Your Choice)

### **Barbecue Chicken Sandwich**

Sliced Barbecue Chicken Topped with Bacon, Cheddar Cheese & BBQ Sauce (Bread of Your Choice)

### **Italian Stallion**

Ham, Pepperoni, Salami, Provolone, Topped with Lettuce, Tomato, Onion & Italian Dressing (Bread of Your Choice)

### **Healthy Choice**

Sliced Grilled Chicken with Leaf Lettuce, Tomato & Honey Mustard (Bread of Your Choice)

**Grab & Go Wraps..... \$12.99**

**Express Buffalo Wrap**

Buffalo Chicken Strips with Shredded Carrots, Lettuce & Blue Cheese Dressing

**Express Chicken Thai Wrap**

Teriyaki Grilled Chicken, Sliced Cucumbers, Shredded Carrots, Mixed Greens & Peanut Sauce on a Whole Wheat Wrap

**Express Honey Turkey Wrap**

Honey Maple Turkey, Swiss Cheese, Lettuce, Tomato & Honey Mustard on a Whole Wheat Wrap

**Express Roast Beef Wrap**

Roast Beef, Swiss Cheese, Lettuce, Tomato & Mayo

**Express Ham & Swiss Wrap**

Ham, Swiss, Fresh Lettuce, Tomato & Mayo

**Express Chalet Steak House Wrap**

House Seasoned Roast Beef, Crumbled Blue Cheese, Caramelized Onion, Lettuce & Horseradish Dressing

**Express California Wrap**

Chicken Cutlet, Cheddar Cheese, Bacon, Avocado, Tomato, Onion, Lettuce & Chipotle Ranch Dressing

**Express Turkey Wrap**

Ovengold Turkey Breast, Swiss Cheese, Tomato, Green Leaf Lettuce & Mayo

**Express Low Carb Wrap**

Sliced Chicken Breast, Baby Spinach, Alpine Lace Swiss & Sundried Tomato Pesto on a Whole Wheat Wrap

**Express Cranberry Walnut Chicken Salad Wrap**

Cranberry Walnut Chicken Salad with Mesculun Greens, Bermuda Onion & Crumbled Blue Cheese

**Express Lite Honey Mustard Chicken Salad Wrap**

Lite Honey Mustard Chicken with Lettuce & Tomato on a Whole Wheat Wrap

**Express Chicken Caesar Wrap**

Grilled Herb Chicken, Romaine Lettuce, Parmesan Cheese & Caesar Dressing

**Express Egg Salad Wrap**

Egg Salad, Lettuce & Tomato

**Express Turkey BLT Wrap**

Ovengold Turkey Breast, Crispy Bacon, Lettuce, Tomato & Ranch Dressing

**Express Italiano Wrap**

Grilled Chicken, Fresh Mozzarella, Roasted Peppers, Lettuce & Pesto Mayo

**Express Chicken Salad Wrap**

Chicken Salad, Leaf Lettuce & Tomato

**Express Tuna Wrap**

Tuna Salad, Leaf Lettuce & Tomato

**Express Veggie Wrap**

Grilled Marinated Vegetables, Fresh Mozzarella, Baby Spinach & Balsamic Vinaigrette on a Whole Wheat Wrap

**Homemade Salads**

	Sandwich	Per lb.
Tuna Salad.....	\$10.99	\$17.99
Veggie Tuna Salad .....	\$10.99	\$17.99
Low Fat Veggie Tuna Salad .....	\$10.99	\$17.99
Honey Mustard Tuna Salad.....	\$10.99	\$17.99
Egg Salad .....	\$9.99	\$15.99
Egg White Spinach Salad .....	\$9.99	\$15.99
Whitefish Salad.....	\$13.99	\$21.99
Baked Salmon Salad .....	\$13.99	\$21.99
Shrimp Salad .....	\$13.99	\$21.99
Chicken Salad .....	\$10.99	\$17.99
Cranberry Walnut Chicken Salad ....	\$10.99	\$19.99
Honey Mustard Chicken Salad .....	\$10.99	\$17.99

**Protein Bites .....\$11.99**

**Grilled Salmon**

Roasted Brussels Sprouts, Quinoa & Honey Mustard

**Grilled Citrus Shrimp**

Steamed Broccoli, Quinoa, Fresh Lemon & Olive Oil

**Grilled Chicken Protein Bites**

**Oven Roasted Carrots**

Side of Homemade Chipotle Aioli

**Oven Roasted Cauliflower**

Side of Homemade Sweet Honey Pesto Aioli

**Oven Roasted Sweet Potatoes**

Side of Homemade Chipotle Aioli

**Oven Roasted Broccoli**

Side of Homemade Lemon Basil Vinaigrette

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### Cold-Cut Sandwiches

	Sandwich	Per lb.
<b>Boar's Head® Ham</b> .....	<b>\$8.99</b>	<b>\$20.99</b>
Ham•Black Forest•Capicola		
<b>Boar's Head® Sliced Cheeses</b> .....	<b>\$7.25</b>	<b>\$14.99</b>
American•Cheddar•Swiss•Monterey Jack•Mozzarella Muenster•Provolone•Swiss•Pepper Jack•Alpine Lace		
<b>Boar's Head® Turkey</b> .....	<b>\$8.99</b>	<b>\$20.99</b>
<b>Boar's Head Roast Beef</b> .....	<b>\$8.99</b>	<b>\$20.99</b>
<b>Grilled Chicken Cutlet</b> .....	<b>\$9.99</b>	<b>\$15.99</b>
<b>Breaded Chicken Cutlet</b> .....	<b>\$9.99</b>	<b>\$15.99</b>

Add Lettuce 75¢ | Tomato 75¢ | Onion 75¢  
Cheese \$1.50 | Avocado \$1.50 | Hero \$2.00

### Homemade Salads

	Sandwich	Per lb.
<b>Tuna Salad</b> .....	<b>\$10.99</b>	<b>\$17.99</b>
<b>Veggie Tuna Salad</b> .....	<b>\$10.99</b>	<b>\$17.99</b>
<b>Low Fat Veggie Tuna Salad</b> .....	<b>\$10.99</b>	<b>\$17.99</b>
<b>Honey Mustard Tuna Salad</b> .....	<b>\$10.99</b>	<b>\$17.99</b>
<b>Egg Salad</b> .....	<b>\$9.99</b>	<b>\$15.99</b>
<b>Egg White Spinach Salad</b> .....	<b>\$9.99</b>	<b>\$15.99</b>
<b>Whitefish Salad</b> .....	<b>\$13.99</b>	<b>\$21.99</b>
<b>Baked Salmon Salad</b> .....	<b>\$13.99</b>	<b>\$21.99</b>
<b>Shrimp Salad</b> .....	<b>\$13.99</b>	<b>\$21.99</b>
<b>Chicken Salad</b> .....	<b>\$10.99</b>	<b>\$17.99</b>
<b>Cranberry Walnut Chicken Salad</b> ....	<b>\$10.99</b>	<b>\$19.99</b>
<b>Honey Mustard Chicken Salad</b> .....	<b>\$10.99</b>	<b>\$17.99</b>

### Signature Salads

**BC House Salad** ..... **\$12.99**  
Romaine Lettuce, Arugula, Crumbled Bacon, Shredded Cheese, Chopped Egg, Avocado, Tomato, Bagel Chip Croutons

**Chicken Caesar Salad** .. **\$12.99**  
Grilled Chicken, Romaine Lettuce, Shredded Parmesan, Grilled Lemon & Bagel Chip Croutons

**Southwestern Salad** .... **\$12.99**  
Romaine Lettuce, Avocado, Grilled Corn, Pickled Red Onion, Roasted Red Peppers, Shredded Cheese, Black Beans & Crispy Tortilla Strips

**Mediterranean Salad** ... **\$12.99**  
Romaine Lettuce, Arugula, Falafel, Pickled Cucumbers, Pickled Onions, Tomato, Olive Medley & Crumbled Feta

**Oriental Salad** ..... **\$12.99**  
Romaine Lettuce, Arugula, Shredded Carrots, Sliced Almonds, Dried Cranberries, Scallions, Avocado, Sesame Noodles & Cucumbers

**Caprese Salad** ..... **\$12.99**  
Arugula, Fresh Mozzarella, Tomato, Caramelized Onion, Roasted Portobello, Roasted Red Pepper & Artichoke

#### Add a Protein

Add choice of protein from below!

Grilled Chicken +\$4

Shrimp Skewer +\$6

Crispy Falafel +\$4

Wild Salmon +\$6

### Vegetable & Bean Salads

<b>Mediterranean Chickpea</b> .....	<b>\$12.99/lb</b>
Chickpeas, Red Kidney Beans, Sliced Black Olives, Diced Red Peppers, Red Onion, Celery & Dill in a Red Wine Vinaigrette	
<b>Avocado Salad</b> .....	<b>\$15.60/lb</b>
Sliced Avocados, Julienned Tomatoes & Bermuda Onion in an Olive Oil Infused Dressing	
<b>Oven Roasted Carrots</b> .....	<b>\$12.99/lb</b>
<b>Oven Roasted Cauliflower</b> .....	<b>\$12.99/lb</b>
<b>Marinated Grilled Vegetables</b> .....	<b>\$12.99/lb</b>

### Extras

<b>Fresh Fruit Cup</b> .....	<b>\$6.99</b>
Seasonal Fruit Mix	
<b>Vanilla Yogurt Parfait with Granola</b> ....	<b>\$6.99</b>
<b>Greek Yogurt Parfait with Nuts</b> .....	<b>\$6.99</b>
<b>Overnight Oats</b> .....	<b>\$7.99</b>
Blueberry Cobbler or Peanut Butter Banana	
<b>Rice Pudding or Chocolate Pudding</b> ....	<b>\$6.99</b>
<b>Homemade Bagel Chips</b> .....	<b>\$3.99</b>

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