

# Bagel Chalet

» 134 E Park Ave, Long Beach, NY 11561

» (516) 780-6300

Sun-Sat: 6am-4pm

Order for delivery exclusively on Uber Eats

www.bagelchalet.com

## From the Grill

1 Egg on a Bagel or Roll† ..... \$3.49

2 Eggs on a Bagel or Roll† ..... \$3.99

### Breakfast Add-Ins:

**\$3.25:** Bacon, Ham, Sausage, Turkey, Turkey Bacon

**99¢:** American, Swiss, Cheddar, Pepperjack Tomato, Peppers, Onions, Mushroom

**\$1.50:** Avocado

Unlimited Topping Omelette† ..... \$12.99

Served with Home Fries, Hash Browns or Toast

Hungryman† ..... \$12.99

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

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

Hash Browns or Home Fries

Small: \$5.49 Large: \$6.49

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

### Muffins

Corn|Blueberry|Chocolate Chip

### Cookies

Black & White|Chocolate Chip

### Croissants

Plain|Chocolate

### Scones

Blueberry|Cranberry

### Other Pastries

Apple Turnover|Cheese Danish|Crumb Cake

Chocolate Brownie

## Bagels & Bread

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

Plain|Cinnamon Raisin|Egg|Poppy|Sesame|Everything Pumpernickel|Pumpernickel Everything|Rainbow|Onion Egg Everything|Whole Wheat|Whole Wheat Everything Low Carb Multigrain|Low Carb Sesame|Low Carb Everything|French Toast

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

Plain|Sesame|Everything|Whole Wheat|Whole Wheat Everything|Whole Wheat Sunflower

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

Plain|Sesame|Everything|Rainbow|Whole Wheat

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

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

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

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

Vegetable|Scallion|Lox|Strawberry|Chocolate Chip Jalpeñol|Cinnamon Raisin Walnut|Olive Pimento|Low Fat Low Fat Veggie|Tofu

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

Plain|Poppy

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

**North Shore Old Fashioned ..... \$12.99**

Sliced Nova Lox, Scallion Cream Cheese, Tomato, Onion & Capers on a bagel of your choice. Choice of side salad

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

**Steel Cut Irish Oatmeal ....SM: \$5.49 LG: \$6.99**

Unlimited toppings included

**Chicken Noodle Soup .....SM: \$7.99 LG: \$9.49**

**Soup of The Day .....SM: \$7.99 LG: \$9.49**

All soups include choice of a bagel or bagel chips

## Coffee Bar

### Hot Coffee & Tea

12oz: \$3.25 16oz: \$3.90 32oz: \$4.10

### Iced Coffee & Tea

16oz: \$5.49 24oz: \$5.99 32oz: \$6.99

### Iced Tea or Lemonade

16oz: \$5.49 24oz: \$5.99 32oz: \$6.99

### Hot Chocolate

12oz: \$4.99 16oz: \$5.99

**Single Espresso ..... \$2.99**

**Double Espresso ..... \$3.99**

### Cold Brewed Coffee

16oz: \$5.49 24oz: \$5.99 32oz: \$6.99

### Cold Brewed Iced Tea

16oz: \$5.49 24oz: \$5.99 32oz: \$6.99

### Latte or Cappucino

12oz: \$4.99 16oz: \$5.99

### Iced Latte or Cappucino

16oz: \$5.49 32oz: \$6.49

### Dairy Alternatives..... 99¢\*

Almond Milk, Oat Milk

\*Upcharge for Espresso drinks only

### Flavored Syrups ..... 99¢

Hazelnut, Caramel, Chocolate, Vanilla, Cane Sugar

†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 (8.625%).

**Gourmet Wraps..... 12.99**

All sandwiches come with a side salad of choice

**Buffalo**

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

**California**

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

**Cranberry Walnut Chicken Salad**

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

**Chicken Caesar**

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

**Turkey BLT**

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

**Italiano**

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

**Cold-Cut Sandwiches**

All sandwiches come with a side salad of choice

	Sandwich	Per lb.
Turkey .....	\$9.99	\$20.99
Roast Beef .....	\$9.99	\$20.99
Ham .....	\$9.99	\$20.99
Grilled Chicken .....	\$9.99	\$15.99
Chicken Cutlet .....	\$9.99	\$15.99
Sliced Cheeses .....	\$7.49	\$14.99

American•Cheddar•Swiss•Muenster  
Fresh Mozzarella•Pepper Jack

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

**Homemade Salads**

All sandwiches come with a side salad of choice

	Sandwich	Per lb.
Chicken Salad .....	\$10.99	\$17.99
Cranberry Chicken Salad .....	\$10.99	\$19.99
Cranberries, Walnuts, Apple & Celery		
Tuna Salad.....	\$10.99	\$17.99
Low Fat Veggie Tuna Salad ...	\$10.99	\$17.99
Egg Salad .....	\$9.99	\$15.99
Whitefish Salad .....	\$13.99	\$21.99
Baked Salmon Salad .....	\$13.99	\$21.99
Side Salads .....	\$10.99	

Potato, Macaroni, Cucumber, Coleslaw

**Protein Bites ..... \$12.99**

**Grilled Salmon**

Roasted Brussels Sprouts, Quinoa & Honey Mustard

**Grilled Herb Chicken**

Sweet Potato, Quinoa & Chimmichurri

**Grilled Citrus Shrimp**

Steamed Broccoli, Quinoa, Fresh Lemon & Olive Oil

**Grilled Herb Chicken**

Roasted Carrots, Quinoa & Hummus

**Extras**

Fresh Fruit Cup ..... \$6.99  
Seasonal Fruit Mix

Overnight Oats..... \$7.99  
Blueberry Cobbler or Peanut Butter Banana

Vanilla Yogurt Parfait with Granola.. \$6.99

Rice Pudding or Chocolate Pudding .. \$6.99

Homemade Bagel Chips..... \$3.99

**Bottled Beverages**

20oz Sodas ..... \$3.34  
Coke, Sprite & more

Snapple ..... \$3.34  
Regular & Diet

Gatorade ..... \$3.34

Nesquick..... \$3.65

Tropicana Juices ..... \$3.65

Fresh Squeezed Juice \$5.99

Energy Drinks ..... \$5.75

16oz Water ..... \$2.39

Sport Water ..... \$3.34

1L Water ..... \$3.45

†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 (8.625%).

## **Custom Bowls ..... \$14.99**

### **Choice of Base**

**Chopped**            Chopped Romaine            Baby Arugula

**Mixed**                Jasmine Rice                White Quinoa

### **Choice of Toppings - Unlimited**

Carrots                      Corn                      Tomatoes                Roasted Red Peppers

Peppers                    Green Olives            Chick Peas                Kalamata Olives

Red Onion                Broccoli                Beets                      Portobello Mushroom

Cucumber                Craisins                Pickled Onion            Roasted Artichoke

Bacon Bits                Egg                        Black Beans                Sesame Noodles

Almonds                  Walnuts                Raisins                    Sunflower Seeds

Feta                        Gorgonzola            Fresh Mozzarella        Crispy Tortilla

Parmigiana                Cheddar-Jack            Goat Cheese              Bagel Chip Croutons

Hummus

### **Add-Ins**

Avocado +\$1.50            Grilled Chicken +\$4        Crispy Falafel +\$4

Shrimp Skewer +\$6        Wild Salmon +\$6

### **Choice of Dressing**

House Vinaigrette        Classic Caesar            Cucumber Yogurt Tzatziki

Toasted Sesame Ginger    Chalet Style Ranch        Spicy Ranch

Honey Mustard            Red Wine Vinegar        Fresh Squeezed Lemon

Extra Virgin Olive Oil     **Mixed In**                      **On the Side**

**Included With**            Bagel                      Bagel Chips

## **Signature Salads**

### **BC House ..... \$12.99**

Romaine Lettuce, Arugula, Crumbled Bacon, Shredded Cheese, Chopped Egg, Avocado, Tomato, Bagel Chip Croutons

### **Chicken Caesar ..... \$12.99**

Grilled Chicken, Romaine Lettuce, Shredded Parmesan, Grilled Lemon & Bagel Chip Croutons

### **Southwestern ..... \$12.99**

Romaine Lettuce, Avocado, Grilled Corn, Pickled Red Onion, Roasted Red Peppers, Shredded Cheese, Black Beans & Crispy Tortilla Strips

### **Mediterranean ..... \$12.99**

Romaine Lettuce, Arugula, Pickled Cucumbers, Pickled Onions, Tomato, Olive Medley & Crumbled Feta

### **Oriental ..... \$12.99**

Romaine Lettuce, Arugula, Shredded Carrots, Sliced Almonds, Dried Cranberries, Scallions, Avocado, Sesame Noodles & Cucumbers

### **Caprese ..... \$12.99**

Arugula, Fresh Mozzarella, Tomato, Caramelized Onion, Roasted Portobello, Roasted Red Pepper & Artichoke

### **Add a Protein**

Add choice of protein & dressing from below!

Grilled Chicken +\$4        Shrimp Skewer +\$6        Crispy Falafel +\$4        Wild Salmon +\$6

†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 (8.625%).