

BAGEL CHALET

» 607 Old Country Road
Plainview, NY 11803
» Phone: (516) 403-2160
Sun-Sat: 5am-4pm
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

Medium Large
\$5.19 \$6.23

Chicken Noodle Soup

Served with Choice of Buttered Bread

Soup of the Day

Served with Choice of Buttered Bread

Medium Large
\$7.99 \$9.49

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[†] \$3.49

2 Eggs on a Bagel or Roll[†] \$3.99

Pick 3 Omelette[†] \$12.99

Served with Your Choice of Buttered Bread and Home Fries

Hungryman[†] \$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

Extras

Fresh Fruit Cup \$6.99

Vanilla Yogurt Parfait with Granola..... \$6.99

Greek Yogurt Parfait with Nuts \$6.99

Overnight Oats..... \$7.99

Blueberry Cobbler or Peanut Butter Banana

Rice Pudding or Chocolate Pudding \$6.99

Homemade Bagel Chips..... \$3.99

[†]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%).

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

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)

Cold-Cut Sandwiches

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

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

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
Chicken Salad	\$10.99	\$17.99
Cranberry Walnut Chicken Salad	\$10.99	\$19.99
Honey Mustard Chicken Salad	\$10.99	\$17.99

Grilled Chicken Protein Bites\$11.99

Oven Roasted Carrots

Grilled Chicken & Side of Homemade Chipotle Aioli

Oven Roasted Cauliflower

Grilled Chicken & Side of Homemade Sweet Honey Pesto Aioli

Oven Roasted Sweet Potatoes

Grilled Chicken & Side of Homemade Chipotle Aioli

Oven Roasted Broccoli

Grilled Chicken & Side of Homemade Lemon Basil Vinaigrette

Signature Express Salads

Chef Salad..... \$15.75

Romaine Lettuce, Shredded Carrots, Peppers, Tomatoes, Cucumbers, Red Onions, Ham, Turkey, Roast Beef, Hard Boiled Eggs, American & Swiss Cheese

Cobb Salad..... \$15.75

Romaine Lettuce, Grilled Chicken, Avocado, Bacon, Tomato, hard Boiled Eggs & Crumbled Blue Cheese

Baby Spinach Salad \$15.75

Baby Spinach, Red Onion, Boiled Eggs, Portobello Mushrooms, Tomatoes, Bacon, Crumbled Blue Cheese, Grilled Chicken & Balsamic Vinaigrette

Asian Noodle Salad \$15.75

Romaine Lettuce, Teriyaki Glazed Chicken, Chinese Noodles, Cranberries, Mandarin Oranges, Almonds & Sesame Ginger Dressing

Caesar Salad* \$14.75

Romaine Lettuce, Parmesan & Homemade Croutons

Greek Salad* \$14.75

Romaine Lettuce, Feta Cheese, Black Olives, Bermuda Onions, Green Peppers, Tomatoes & Cucumbers

Bistro Salad \$15.75

Field Greens, Cherry Tomatoes, Sliced Mangoes, Avocado, Walnuts & Goat Cheese

Tossed Salad..... \$14.75

Romaine Lettuce, Cucumbers, Green Peppers, Tomatoes, Carrots & Red Onion

*\$15.75 With:

Grilled Chicken | Chicken Salad
Tuna Salad | Egg Salad
Vegetable Tuna

Vegetable & Bean Salads

Marinated Grilled Vegetables \$12.99/lb

Mediterranean Chickpea \$12.99/lb

Chickpeas, Red Kidney Beans, Sliced Black Olives, Diced Red Peppers, Red Onion, Celery & Dill in a Red Wine Vinaigrette

Oven Roasted Carrots..... \$12.99/lb

Oven Roasted Cauliflower \$12.99/lb

Avocado Salad..... \$15.60/lb

Sliced Avocados, Julienned Tomatoes & Bermuda Onion in an Olive Oil Infused Dressing

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