

# BAGEL CHALET

- » 36 Veterans Memorial Hwy, Commack, NY 11725 (631)499-9820
- » 2037 Merrick Road, Merrick, NY 1566 (516)378-3300
- » 607 Old Country Rd, Plainview, NY 11803  
Mon-Sat: 5am-7pm  
Sun: 5am-5pm

[www.bagelchalet.com](http://www.bagelchalet.com)

## Bakery

<b>Muffins</b>	<b>\$5.19</b>
Corn • Blueberry • Cranberry Orange • Chocolate Chip • Double Chocolate Chip • French Toast • Raisin Bran • Carrot Cream Cheese	
<b>Cookies</b>	<b>\$5.19</b>
Black & White • Linzer Tart • Rainbow Sprinkle • Chocolate Chip • Assorted Character	
<b>Croissants</b>	<b>\$5.19</b>
Plain • Chocolate • Parisian Almond	
<b>Scones</b>	<b>\$5.19</b>
Raisin • Chocolate • Blueberry • Cranberry Orange	
<b>Other Pastries</b>	<b>\$5.19</b>
Apple Turnover • Bear Claw • Cheese Danish • Apple Almond Danish	

## Oatmeal & Soup Bar

<b>Small</b>	<b>Medium</b>	<b>Large</b>
<b>\$6.23+</b>	<b>\$7.27+</b>	<b>\$8.31+</b>
<b>Steel Cut Irish Oatmeal</b>		
Unsweetened with Choice of Toppings		
<b>Chicken Noodle Soup</b>		
Served with Choice of Buttered Bread		
<b>Soup of the Day</b>		
Served with Choice of Buttered Bread		

## Bagels & Bread

<b>Bagels</b>	<b>\$1.82</b>
Plain • Cinnamon Raisin • Egg • Pumpernickel • Pumpernickel Everything • Multigrain Raisin • Rainbow Blueberry • Strawberry • French Toast • Asiago Cheese Poppy • Sesame • Everything • Egg Everything • Super Egg Onion • Onion • Garlic • Sunflower • Rye • Whole Wheat • Whole Wheat Sesame • Whole Wheat Everything • Low Carb Multigrain • Low Carb Sesame Low Carb Everything	

## Bagel Flats **\$1.82**

Plain • Cinnamon Raisin • Poppy • Sesame • Whole Wheat • Whole Wheat Sesame • Whole Wheat Everything • Whole Wheat Sunflower
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## Twists **\$1.82**

Plain • Poppy • Sesame • Everything
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## Minis **\$1.30**

Plain • Poppy • Sesame • Everything • Rainbow
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## Kaiser Rolls **\$1.82**

Plain • Poppy
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## Heros **\$2.00**

<b>Buttered or Jelly Bagel</b>	<b>\$3.83+</b>
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<b>Cream Cheese Bagel</b>	<b>\$4.31+</b>
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<b>Flavored Cream Cheese Bagel</b>	<b>\$5.26+</b>
Vegetable • Scallion • Lox • Strawberry • Chocolate Chip • Vanilla Raisin Walnut • Jalapeño • Cinnamon Raisin Walnut • Olive • Low Fat Veggie	

<b>Commuter Special</b>	<b>\$5.26+</b>
Buttered Bagel or Roll with a Small Hot Beverage	

## From the Grill

<b>1 Egg on a Bagel or Roll</b>	<b>\$3.35+</b>
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<b>2 Eggs on a Bagel or Roll</b>	<b>\$3.85+</b>
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<b>Pick 3 Omelette</b>	<b>\$11.43+</b>
Served with Your Choice of Buttered Bread and Home Fries	

<b>Hungryman</b>	<b>\$11.43+</b>
3 Eggs, Ham, Bacon, Sausage, and Cheese on a Hero	

<b>Short Stack Pancakes (3)</b>	<b>\$11.43+</b>
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<b>Challah Bread French Toast</b>	<b>\$11.43+</b>
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<b>Hash Browns or Home Fries</b>	<b>Small: \$5.19+</b>
<b>Large: \$6.23+</b>	
<b>Sandwich Add-on: \$3.11+</b>	

**Gourmet Paninis      \$11.43+****Forest Special**

Mesquite Smoked Turkey Breast, Muenster Cheese, Leaf Lettuce, Tomato & Russian Dressing on a Pumpernickel 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, Proscuitto, Leaf Lettuce & Sundried Tomato Spread on Ciabotta

**Chalet Classics****The Three Amigos      \$11.43+**

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

**Cougar Melt      \$11.43+**

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

**Stage Pastrami      \$11.43+**

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

**Country Woods Classic B.L.T.      \$11.43+**

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

**Nick's Reuben      \$11.43+**

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

**Peggy's Double Decker      \$11.43+**

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

**North Shore's "Old Fashion"      \$12.47+**

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

**Chalet's Chicken Club      \$11.43+**

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

**Barbecue Chicken Sandwich      \$11.43+**

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

**Italian Stallion      \$11.43+**

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

**Healthy Choice      \$11.43+**

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

## **Grab & Go Wraps    \$11.43+**

### **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 Mesclun Greens, Bermuda Onion & Crumbled Blue Cheese

## **Pasta Salads**

## **\$13.52/lb.**

### **Chalet Pasta**

Radiatore Pasta, Marinated Julienned Sundried Tomatoes, Basil & Parmesan Cheese Tossed in Roasted Garlic Oil

### **Israeli Couscous**

Toasted Israeli Couscous, Diced Red & Yellow Peppers, Red Onion, Green Olives, Shredded Carrot, Diced Cucumber, Celery & Dill in a Mediterranean Vinaigrette

### **Baby Spinach Salad**

Grilled Chicken, Cranberries, Toasted Pine Nuts & Raspberry Balsamic Vinaigrette

### **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 Cobb Wrap**

Leaf Lettuce, Cracked Pepper Turkey, Avocado, Bacon & Blue Cheese Dressing

### **Express Turkey BLT Wrap**

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

### **Express Roast Beef BBQ Wrap**

Roast Beef, Cheddar Cheese, Caramelized Onions, Leaf Lettuce & Barbecue Sauce

### **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

### **Orzo Pasta**

Orzo Pasta, Sautéed Spinach, Toasted Pine Nuts, Marinated Julienned Sundried Tomatoes & Basil in a Roasted Garlic Aoli

### **Grilled Chicken Caesar Pasta**

Penne Pasta, Sliced Grilled Chicken, Shredded Romaine Lettuce & Grated Parmesan Cheese in a Classic Caesar Dressing

## Cold-Cut Sandwiches

	<b>Sandwich</b>	<b>Per lb.</b>
<b>Boars Head® Ham</b> Ham • Black Forest • Ham Capicolla	<b>\$8.31+</b>	<b>\$15.00</b>
<b>Boars Head® Sliced Cheeses</b> American Cheddar Monterey Jack Mozzarella Muenster Provolone Swiss Pepper Jack Alpine Lace	<b>\$6.23+</b>	<b>\$9.99</b>
<b>Boars Head® Turkey</b> Ovengold • Honey Maple • Cracked Pepper • Smoked	<b>\$8.31+</b>	<b>\$15.00</b>
<b>Boars Head® Roast Beef</b>	<b>\$8.31+</b>	<b>\$15.00</b>
<b>Grilled Chicken Cutlet</b>	<b>\$11.43+</b>	<b>\$15.00</b>
<b>Breaded Chicken Cutlet</b>	<b>\$8.31+</b>	<b>\$15.00</b>

Add Lettuce 75¢ | Add Tomato 99¢ | Add Onion 75¢  
Add Cheese 99¢ | Add Avocado 99¢

## Homemade Salads

	<b>Sandwich</b>	<b>Per lb.</b>
<b>Tuna Salad</b>	<b>\$9.35+</b>	<b>\$16.63</b>
<b>Veggie Tuna Salad</b>	<b>\$9.35+</b>	<b>\$16.63</b>
<b>Low Fat Veggie Tuna</b>	<b>\$9.35+</b>	<b>\$16.63</b>
<b>Honey Mustard Tuna Salad</b>	<b>\$9.35+</b>	<b>\$16.63</b>
<b>Egg Salad</b>	<b>\$8.31+</b>	<b>\$13.51</b>
<b>Egg White Spinach Salad</b>	<b>\$8.31+</b>	<b>\$13.51</b>
<b>Whitefish Salad</b>	<b>\$8.31+</b>	<b>\$20.79</b>
<b>Baked Salmon Salad</b>	<b>\$8.31+</b>	<b>\$20.79</b>
<b>Chicken Salad</b>	<b>\$9.35+</b>	<b>\$15.59</b>
<b>Cranberry Walnut Chicken Salad</b>	<b>\$9.35+</b>	<b>\$16.63</b>
<b>Honey Mustard Chicken Salad</b>	<b>\$9.35+</b>	<b>\$14.56</b>

## Vegetable & Bean Salads

<b>Mediterranean Chickpea</b>	<b>\$12.47/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>\$12.47/lb+</b>
<b>Oven Roasted Cauliflower</b>	<b>\$12.47/lb+</b>
<b>Marinated Grilled Vegetables</b>	<b>\$12.47/lb+</b>

## Signature Express Salads

**Chef Salad** **\$12.47+**  
Romaine Lettuce, Shredded Carrots, Peppers, Tomatoes, Cucumbers, Red Onions, Ham, Turkey, Roast Beef, Hard Boiled Eggs, American & Swiss Cheese

**Cobb Salad** **\$12.47+**  
Romaine Lettuce, Grilled Chicken, Avocado, Bacon, Tomato, hard Boiled Eggs & Crumbled Blue Cheese

**Baby Spinach Salad** **\$12.47+**  
Baby Spinach, Red Onion, Boiled Eggs, Portobello Mushrooms, Tomatoes, Bacon, Crumbled Blue Cheese, Grilled Chicken & Balsamic Vinaigrette

**Asian Noodle Salad** **\$12.47+**  
Romaine Lettuce, Teriyaki Glazed Chicken, Chinese Noodles, Cranberries, Mandarin Oranges, Almonds & Sesame Ginger Dressing

**Caesar Salad\*** **\$11.43+**  
Romaine Lettuce, Parmesan & Homemade Croutons

**Greek Salad\*** **\$11.43+**  
Romaine Lettuce, Feta Cheese, Black Olives, Bermuda Onions, Green Peppers, Tomatoes & Cucumbers

**Bistro Salad** **\$12.47+**  
Field Greens, Cherry Tomatoes, Sliced Mangoes, Avocado, Walnuts & Goat Cheese

**Tossed Salad** **\$11.43+**  
Romaine Lettuce, Cucumbers, Green Peppers, Tomatoes, Carrots & Red Onion

\*\$12.47+ With:  
Grilled Chicken | Chicken Salad  
Tuna Salad | Egg Salad  
Vegetable Tuna