

Bagels

Plain • Sesame • Everything • Onion • Pumpernickel • Pumpernickel Everything • Garlic
• Poppy • Salt • Twists (Plain, Sesame, Poppy, Everything) • Egg • \$1.25
Egg Everything • Super Egg Onion • Cinnamon Raisin • Rye • Multi-Grain Raisin •
Blueberry • Whole Wheat • Whole Wheat Everything • Whole Wheat Sesame •
Low Carb Multi-Grain • Low Carb Everything • Low Carb Sesame • French Toast •
Rainbow • Strawberry • Asiago Cheese • Jalapeño Cheddar • Sunflower Seed

KAISER ROLLS \$1.25

Plain • Poppy

BIALY \$1.25

Everything Disc • Poppy Disc • Salt Stick • Sesame Stick

FLAGELS \$1.25

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

MINI BAGELS \$0.75

Plain • Sesame • Poppy • Everything • Whole Wheat

Buttered or Jelly Bagel \$2.53+

Plain Cream Cheese Bagel \$2.99+

Flavored Cream Cheese Bagel \$3.68+

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

Commuter Special: Buttered or Jelly Bagel / Roll & Small Hot Beverage \$4.14+

Bakery

MUFFINS - Add Butter \$0.50 \$2.75

Corn • Blueberry • Cranberry Orange Chocolate Chip •
Double Chocolate Chip • French Toast • Raisin Bran •
Carrot Cream Cheese • Chocolate Chip Cream Cheese

COOKIES \$2.75

Black & White Cookies • Linzer Tarts •
Rainbow Sprinkle Cookies • Chocolate Chip Cookies •
Assorted Character Cookies

CRUMB CAKE \$2.75

Original • Chocolate • Raspberry

OTHER PASTRIES \$2.75

Apple Turnover • Croissant • Raspberry Bar •
Bear Claw • Parisian Almond Croissant • Crumb Cake
• Cheese Danish • Almond Apple Danish

SCONES \$2.75

Raisin • Chocolate • Irish Soda • Blueberry • Cranberry
Orange • Apricot Currant

From The Grill

1 Egg on a Bagel or Roll \$2.50+

2 Eggs on a Bagel or Roll \$2.75+

+ Add Cheese \$0.75+
+ Add Ham, Bacon, Turkey or Sausage \$1.99+

COMMACK COMPLETE BREAKFAST \$6.90+
 2 Eggs, Ham, Bacon, Turkey Bacon, Sausage or Turkey & Cheese on a Bagel or Roll. Served with 12oz. Coffee & 6 oz. Orange Juice

PICK 3 OMELETE \$8.99+
 Choice of any 3 toppings Bacon, Turkey, Turkey Bacon, Ham, Sausage, Onions, Mushrooms, Peppers, Tomato, Cheese, Spinach, Broccoli, or Nova. Served with a Buttered Bagel & Home Fries

HUNGRYMAN \$8.99+
 Three Eggs, Ham, Bacon, Sausage & Cheese on a Bagel, Roll or Hero

HOMEMADE HOME FRIES Small: \$3.99+
 Large: \$4.99+

Hot & Iced Beverages

	Small	Medium	Large
Regular, Decaf or Flavored Coffee	\$2.07+	\$2.44+	\$2.67+
Hot Chocolate	\$2.07+	\$2.44+	\$2.67+
Herbal Teas	\$2.07+	\$2.44+	\$2.67+
Iced Coffee & Iced Teas	\$2.35+	\$2.76+	\$3.04+
Unsweetened Iced Teas - Regular & Raspberry	\$2.35+	\$2.76+	\$3.04+
Homemade Lemonade	\$2.35+	\$2.76+	\$3.04+

Oatmeal Bar

STEEL CUT IRISH OATMEAL Small Medium Large
 Unsweetened with your choice of toppings:
 Golden Raisins • Walnuts • Almonds •
 Sunflower Seeds • Fresh Blueberries • Fresh
 Strawberries • Dark Raisins • Dried
 Cranberries • Strawberries • Banana • \$0.75 for each additional topping.

Gourmet Paninis

All Paninis \$8.99+

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

Cuban Cubano
 Sliced Black Forest Ham, Baby Swiss Layered with Thinly Sliced Pickles, Roasted Red Peppers & Dressed with Honey Chipotle Mayo on a Crisp Rustic Ciabatta Hero

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

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

Queens Special

Black Forest Ham, Imported Brie Cheese,
Leaf Lettuce & Honey Cup Mustard
on a Soft Garlic Onion Ciabattini

Nick's Special

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

Mesa Lovers

Grilled Chicken, Pepper Jack Cheese,
Grilled Green & Red Peppers, & Chipotle
Mayo on Crisp Rustic Ciabatta

Chalet's Special

Homemade Mozzarella layered with Plum
Tomatoes, Roasted Red Peppers, Fresh
Basil, Drizzled with Balsamic Vinaigrette
on a Crisp Rustic Ciabatta

Longwood Special

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

Junior Special

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

*Manhattan Steak

Cooked Roast Beef, Grilled Peppers,
Caramelized Onions, Garlic Aioli on a
Rustic Hero

Grande Steakhouse

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

Smoked House Special

Mesquite Smoked Turkey Breast, Crisp
Maple Bacon, Cheddar Cheese & Barbecue
Mayo on a Toasted Onion Panini

Maple Lovers

Honey Maple Turkey Breast, Brie Cheese &
Toasted Almond Honey Mustard Spread
on a Low Carb Multi-Grain Bagel

Anti-Lovers

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

Little Italy

Grilled Chicken, Fresh Mozzarella,
Prosciutto, Leaf Lettuce & Sun Dried
Tomato Spread on a Rosemary Ciabatta

French Kiss

Black Forest Ham, Honey Turkey, Bleu
Cheese, Sliced Apples & Honey Dijon on a
Croissant

European Flat Breads

Reuben Panini

Corned Beef, Swiss Cheese, Sauerkraut &
Russian Dressing on a Flat Bread

Commack Supreme

Smoked Turkey, Cappy Ham, Cheddar Cheese,
Monterey Jack Cheese, Roasted Red Peppers,
& Honey Chipotle Mayo

European Panini

Grilled Chicken Breast, Grilled Portobello
Mushrooms, Roasted Sun dried Tomatoes, &
Homemade Mozzarella

Bourbon Lovers

Cajun Chicken Breast, Crisp Maple Bacon,
Monterey Jack Cheese & Red Onions with Red
Pepper Vinaigrette Dressing

Mediterranean Delight

Grilled Chicken Breast, Fresh Baby
Spinach, Marinated Portobello Mushrooms
& Greek Spread

The Rachel

Turkey Breast, Swiss Cheese, Homemade Cole
Slaw & Russian Dressing

Chalet Classics

The Three Amigos

\$7.99+

Boars Head® Roast Beef, Ham, Turkey, &
American Cheese

Cougar Melt

\$7.99+

Steaming Hot Roast Beef smothered with
Melted Mozzarella topped with Thousand
Island Dressing

Stage Pastrami

\$7.99+

Hot Pastrami smothered with Muenster
Cheese and Topped with Spicy Mustard

Country Woods Classic B.L.T.

\$6.99+

Lean Crisp Bacon topped with Shredded
Lettuce & Ripe Tomatoes with Mayo

North Shores "Old Fashion"

\$9.99+

Sliced Nova Lox with Homemade
Scallion Cream Cheese, Red Ripe
Tomatoes & Onions

Nick's Reuben

\$7.99+

Hot Corned Beef smothered with Swiss
Cheese & Sauerkraut with Spicy Brown
Mustard

Peggy's Double Decker

\$8.99+

Boars Head® Turkey, American Cheese,
Crisp Bacon, Fresh Lettuce & Cheese

Chalet's Chicken Club	\$8.99+
Tender Chicken Cutlets topped with Crisp Bacon, Tomato, Lettuce & Cheese	
Wild Cat	\$7.99+
Ham & Swiss with Mustard	
Barbecue Chicken Sandwich	\$8.99+
Sliced Barbecue Chicken topped with Bacon & Cheddar Cheese with BBQ Sauce	
Italian Stallion	\$8.99+
Ham, Pepperoni, Salami, Provolone topped with Lettuce, Tomato, Onions & Italian Dressing	
Healthy Choice	\$8.99+
Sliced Grilled Chicken with Leaf Lettuce, Tomato & Honey Mustard	

Grab & Go Wraps

All Wraps \$8.99+

Express Buffalo Wrap

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

Express Honey Turkey Wrap

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

Express Ham & Swiss Wrap

Ham, Swiss, Fresh Lettuce, Tomato, & Honey Mustard

Express California Wrap

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

Express Low Carb Wrap

Sliced Arosta Chicken Breast, Baby Spinach, Alpine Lace Swiss Cheese & Sundried Tomato Pesto

Express Chicken Salad Wrap

Homemade Chicken Salad, Green Leaf Lettuce & Ripe Tomatoes

Express Lite Honey Mustard Chicken Salad Wrap

Lite Honey Mustard Chicken with Lettuce and Tomato in a Whole Wheat Wrap

Express Chicken Caesar Wrap

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

Express Cobb Salad Wrap

Green Leaf Lettuce, Cracked Pepper Turkey, Avocado, Bacon & Bleu Cheese

Express Roast Beef BBQ Wrap

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

Express Chicken Thai Wrap

Teriyaki Grilled Chicken, Sliced Cucumbers, Shredded Carrots, Mixed Greens & Peanut Sauce

Express Roast Beef Wrap

Roast Beef, Swiss Cheese, Lettuce, Tomato & Mayo

***Express Chalet Steak House Wrap**

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

Express Turkey Wrap

Oven Gold Turkey Breast, Swiss Cheese, Tomato, Green Leaf Lettuce & Mayo

Express Cranberry Walnut Chicken Wrap

Homemade Cranberry Walnut Chicken with Mesclun Greens, Bermuda Onions & Crumbled Bleu Cheese

Express Egg Salad Wrap

Chalet Homemade Gourmet Egg Salad with Fresh Lettuce & Mayo

Express Turkey BLT Wrap

Oven Gold Turkey Breast, Crispy Bacon, Lettuce & Tomato with Ranch Dressing

Express Italiano Wrap

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

Express Tuna Wrap

Homemade Tuna, Leaf Lettuce, & Tomatoes

Express Veggie Wrap

Grilled Marinated Vegetables, Fresh Mozzarella, Baby Spinach & Balsamic Vinaigrette

Cold-cut Sandwiches

	Sandwich	Per Lb.
Boars Head® Ham Ham • Black Forest • Ham Capicola	\$6.99+	\$11.99
Boars Head® Sliced Cheeses American • Cheddar • Monterey Jack • Mozzarella • Muenster • Provolone • Swiss • Pepper Jack • Alpine Lace •	\$4.99+	\$8.99
Boars Head® Turkey Oven Gold Turkey • Honey Maple • Cracked Pepper • Smoked Turkey •	\$6.99+	\$11.99
Boars Head® Roast Beef	\$6.99+	\$11.99
Grilled Chicken Cutlet	\$6.99+	\$13.00
Breaded Chicken Cutlet		

Add Lettuce .35¢ Add Tomato .75¢ Add Onion .35¢ Add Cheese .75¢ Add Avocado \$1.00

Ask about our specials of the day. All the above sandwiches come with a complimentary side salad

Potato Salad • Macaroni Salad • Cucumber Salad

Beets Salad • Cole Slaw • Tossed Salad • Pickle

All salads available for \$5.99 Per Lb.

Homemade Salads

	Sandwich	Per Lb.	Sandwich	Per Lb.
Tuna Salad	7.99+	\$14.99	Honey Mustard Tuna Salad	\$7.99+ \$14.99
Veggie Tuna Salad	\$7.99+	\$14.99	Chicken Salad	\$7.99+ \$13.00
Low Fat Veggie Tuna	\$7.99+	\$14.99	Cranberry Walnut Chicken Salad	\$7.99+ \$13.99
White Balsamic Tuna	\$7.99+	\$14.99	Honey Mustard Chicken Salad	\$7.99+ \$16.99
Shrimp Salad	\$8.99+	\$16.99	Baby Spinach with Grilled Chicken	\$7.99+ \$13.99
Egg Salad	\$6.99+	\$8.99	Grilled Chicken, Baby Spinach, Toasted Pine Nuts & Cranberries Tossed in a Balsamic Raspberry Vinaigrette Dressing	
Egg White Spinach Salad	\$6.99+	\$8.99		
Whitefish Salad	\$8.99+	\$16.99		
Baked Salmon Salad	\$8.99+	\$16.99		

Smoked Fish Sandwiches

All Our Fresh Fish is Hand Sliced to Order

	Sandwich	Per Lb.		
Nova or Baked Salmon on a Bagel	\$7.99+	\$38.00	Chalets Smoked Fish Platter	\$10.35+
With Butter	\$7.99+		Herring in Cream Sauce & Onion	\$4.99+
With Cream Cheese	\$8.75+			
With Flavored Cream Cheese	\$8.99+			

Pasta Salads

All Pasta Salads \$11.00 (Per Lb.)

Chalet Pasta

Radiatore Pasta, Marinated Julienned Sun dried Tomatoes, Chopped Fresh Basil & Parmesan Cheese Tossed in Roasted Garlic Oil -

Bow Tie Broccoli Rabe

Bow Tie Pasta, Broccoli Rabe, Roasted Red Peppers, Chopped Fresh Basil & Parmesan Cheese Tossed in Roasted Garlic Oil - **CATERING ONLY**

AVAILABLE DAILY

Orzo Pasta

Orzo Pasta, Fresh Sautéed Spinach, Toasted Pine Nuts, Marinated Julienned Sun dried Tomatoes & Fresh Chopped Basil in a Roasted Garlic Aioli -

AVAILABLE DAILY

Israeli Couscous

Toasted Israeli Pasta Couscous, Diced Red and Yellow Peppers, Red Onions, Green Olives, Shredded Carrot, Diced Cucumber, Celery & Fresh Chopped Dill in Mediterranean Vinaigrette -

AVAILABLE DAILY

Hibachi Pasta Salad

Bow Tie Pasta, Julienned Red Peppers, Fresh Broccoli, Julienned Yellow Peppers, Sliced Scallion & Teriyaki Sliced Grilled Chicken in an Asian Dressing -

CATERING ONLY

Grilled Chicken Caesar Pasta

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

Tomato & Basil Pasta

Penne Pasta, Chopped Fresh Basil, Fresh Mozzarella in a Tomato Basil Vinaigrette - **CATERING ONLY**

Vegetable & Bean Salads

Mediterranean Chickpea \$11.00 Lb.

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

Oven Roasted Carrots \$11.00 Lb.

Oven Roasted Cauliflower \$11.00 Lb.

Marinated Grilled Vegetables \$11.00 Lb.

Cranberry Almond Grain \$11.00 Lb.

A Mélange of Grains, Dried Cranberries, Sliced Almonds, Red Pepper, Yellow Pepper, Red Onions & Fresh Peas in a Red Wine Vinaigrette

Avocado Salad Price: Market Value

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

Signature Express Salads

Poached Pear Salad \$9.99+

Red Wine Poached Pears, Walnut Crusted Grated Cheese & Grilled Chicken over Fresh Mesclun Greens

Chef Salad \$9.99+

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

Cobb Salad \$9.99+

Romaine Lettuce, Grilled Chicken, Avocado, Bacon, Tomato, & Crumbled Bleu Cheese

Baby Spinach Salad \$9.99+

Baby Spinach, Red Onion, Boiled Egg, Portobello Mushrooms, Tomatoes, Bacon, Crumbled Bleu Cheese, Grilled Chicken, & Bacon with Bacon Vinaigrette Dressing

Asian Noodle Salad \$9.99+

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

Caesar Salad \$8.99+

w/ Grilled Chicken \$9.99+
Fresh Romaine Lettuce, Parmesan, & Homemade Croûtons

Greek Salad \$8.99+

w/ Grilled Chicken \$9.99+
Fresh Romaine Lettuce, Feta Cheese, Black Olives, Bermuda Onions, Red & Green Peppers, Tomatoes & Cucumbers

Bistro Salad \$9.99+ Field

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

Tossed Salad \$8.99+

Fresh Romaine Lettuce, Cucumbers, Green Peppers, Tomatoes, Carrots & Red Cabbage

w/ Grilled Chicken \$9.99+

w/ Chicken Salad \$9.99+

w/ Tuna Salad \$9.99+

w/ Egg Salad \$9.99+

w/ Vegetable Tuna \$9.99+

Side Salads

Potato Salad • Macaroni Salad • Cucumber Salad

Beets Salad • Cole Slaw • Tossed Salad • Pickle

All salads available for \$6.99 Per Lb.

Chopped Salad Bar

Small: \$9.99+ **Large:** \$10.99+

Texture: Chopped, Lightly Chopped or Not Chopped

Lettuce Type: Iceberg • Mesclun Greens • Romaine • Spinach

Toppings

Artichoke Hearts (.99¢) • Corn • Portobello Mushrooms • Avocado (.99¢) • Croutons • Red Cabbage • Goat Cheese (.99¢) • Cucumbers • Red Onions • Hearts of Palm (.99¢) • Dark Raisins • Red Peppers • Dried Cranberries • Roasted Peppers • Bacon Bits • Feta Cheese • Scallions • Beets • Green Peppers • Sesame Seeds • Black Olives • Green Olives • Bleu Cheese • Hard Boiled Eggs • Sliced Almonds • Broccoli • Hot Peppers • Sun Dried Tomatoes • Carrots • Kidney Beans • Sunflower Seeds • Celery • Mandarin Orange • Cheddar Cheese • Mozzarella Cheese • Walnuts • Chickpeas • Pineapple • Yellow Raisins • Chinese Noodles

Dressings:

Balsamic Vinaigrette • Greek • Caesar • Bleu Cheese • Honey Mustard • Sesame Ginger • Russian • Italian • Ranch • Mango Pineapple Vinaigrette •

Fat Free Dressings:

Balsamic Vinegar • Italian • Raspberry Vinaigrette • Balsamic Vinaigrette • Lemon Parsley Vinaigrette • Olive Oil • Red Vinegar • Honey Dijon • Ranch • French

Top it Off With... \$2.99+

BBQ Chipotle Chicken • Teriyaki Chicken • Grilled Chicken • Ham • Sliced Turkey OR scoop of any Homemade Salad: Egg • Chicken • Tuna

Acai Bowls

Our great tasting Tropical Acai "Organic" Sorbet is served with assorted Fresh Berries, Fruits & other healthy toppings. Have a bowl here with us & take some home for the Family!

Unlimited Toppings: \$10.99+

Strawberries • Blueberries • Bananas • Blackberries • Raspberries • Kiwi • Granola • Honey • Toasted Coconut • Toasted Almonds • Peanut Butter • Chia Seeds • Goji Berries

Fresh Fruits, Yogurts & Desserts

Low Fat Vanilla Yogurt Parfait \$4.99+

Layered Fat Free Vanilla Yogurt, Granola, Strawberries & Blueberries.

Low Fat Strawberry Yogurt Parfait \$4.99+

Layered Fat Free Strawberry Yogurt, Granola, Strawberries & Blueberries.

Rice Pudding \$3.99+

Chocolate Pudding \$3.99+

Vanilla Pudding \$3.99+

Butterscotch Pudding \$3.99+

Black & White Pudding \$3.99+

Layered Chocolate & Vanilla Pudding with Whipped Cream

Mississippi Mud Pie \$3.99+

Chocolate Pudding, Oreo® Cookies & Whipped Cream

Vanilla Cookie Crunch \$3.99+

Layered Vanilla Pudding, Whipped Cream & Crumbled Chocolate Chip Cookies

Fresh Fruit Cups & Bowls

Mixed Fruit Salad • Watermelon • Honey Dew • Cantaloupe • Grapes • Mango • Pineapple • Strawberries

All the above mentioned fruits are packaged in a **10 oz.** bowl or a **7 oz.** cup.

Sales Tax not included. Prices are subject to change.

***This Menu Item can be cooked to your liking. Consuming raw or undercooked meat, fish, shellfish or fresh shell eggs may increase your risk of food borne illness, especially if you have certain medical conditions.**

Bagel Chalet



Ask About Our Catering Menu

Store Hours

5 AM – 7 PM Monday – Saturday

5 AM – 5 PM Sunday

36 Veterans Highway, Commack, NY 11725

Tel: 631-499-9820 | Fax: 631-499-0406

www.bagelchalet.com



UBER
EATS

Corporate Accounts Welcome
All major credit cards accepted



**We Deliver - \$15 minimum
Delivery Charge
Depends on Distance**