

# 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 (516)403-2160
- Mon-Sat: 5am-7pm  
Sun: 5am-5pm

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

## Bakery

**Muffins \$5.19**  
Corn • Blueberry • Cranberry Orange •  
Chocolate Chip • Double Chocolate  
Chip • French Toast • Raisin Bran • Carrot  
Cream Cheese

**Cookies \$5.19**  
Black & White • Linzer Tart • Rainbow  
Sprinkle • Chocolate Chip

**Croissants \$5.19**  
Plain • Chocolate • Parisian Almond

**Scones \$5.19**  
Raisin • Chocolate • Blueberry •  
Cranberry Orange

**Other Pastries \$5.19**  
Apple Turnover • Bear Claw • Cheese  
Danish • Apple Almond Danish • Crumb  
Cake • Raspberry Crumb Cake

## Oatmeal & Soup Bar

<b>Small</b>	<b>Medium</b>	<b>Large</b>
<b>\$6.23+</b>	<b>\$7.27+</b>	<b>\$8.31+</b>

**Steel Cut Irish Oatmeal**  
Unsweetened with Choice of Toppings

**Chicken Noodle Soup**  
Served with Choice of Buttered  
Bread

**Soup of the Day**  
Served with Choice of Buttered  
Bread

## Bagels & Bread

**Bagels \$2.08**  
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 \$2.08**  
Plain • Cinnamon Raisin • Poppy • Sesame • Whole  
Wheat • Whole Wheat Sesame • Whole Wheat  
Everything • Whole Wheat Sunflower

**Twists \$2.08**  
Plain • Poppy • Sesame • Everything

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

**Dozen Bagels \$20.83**

**Kaiser Rolls \$2.08**  
Plain • Poppy

**Heros \$2.00**

**Buttered or Jelly Bagel \$4.31+**

**Cream Cheese Bagel \$5.27+**

**Flavored Cream Cheese Bagel \$5.73+**  
Vegetable • Scallion • Lox • Strawberry • Chocolate Chip • Vanilla  
Raisin Walnut • Jalapeño • Cinnamon Raisin Walnut • Olive • Low  
Fat Veggie

**Commuter Special \$5.72+**  
Buttered Bagel or Roll with a Small Hot Beverage

## From the Grill

**1 Egg on a Bagel or Roll \$3.35+**

**2 Eggs on a Bagel or Roll \$3.85+**

**Pick 3 Omelette \$11.43+**  
Served with Your Choice of Buttered Bread and Home Fries

**Hungryman \$11.43+**  
3 Eggs, Ham, Bacon, Sausage, and Cheese on a Hero

**Short Stack Pancakes (3) \$11.43+**

**Challah Bread French Toast \$11.43+**

**Hash Browns or Home Fries Small: \$5.19+  
Large: \$6.23+  
Sandwich Add-on: \$3.11+**

## **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, Prosciutto, 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 (Bred 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

### **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

## **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

### **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

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

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

## Homemade Salads

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

## Vegetable & Bean Salads

<b>Mediterranean Chickpea</b> Chickpeas, Red Kidney Beans, Sliced Black Olives, Diced Red Peppers, Red Onion, Celery & Dill in a Red Wine Vinaigrette	<b>\$12.47/lb+</b>
<b>Avocado Salad</b> Sliced Avocados, Julienned Tomatoes & Bermuda Onion in an Olive Oil Infused Dressing	<b>\$15.60/lb+</b>
<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 **\$14.55+**

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

### Cobb Salad **\$14.55+**

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

### Baby Spinach Salad **\$14.55+**

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

### Asian Noodle Salad **\$14.55+**

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

### Caesar Salad\* **\$13.51+**

Romaine Lettuce, Parmesan & Homemade Croutons

### Greek Salad\* **\$13.51+**

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

### Bistro Salad **\$14.55+**

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

### Tossed Salad **\$13.51+**

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

\*\$14.55+ With:

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