

MORNING SPECIALS

- Bagel with cream cheese, or butter, coffee and juice
- Two eggs on bagel with cheese, coffee (Good til 11:30)

EGG SPECIALS till 2:00 pm

- 1 Egg on Bagel \$2.95
- 2 Eggs on Bagel \$3.05
- Spanish omelet \$10.50
Egg, Green Peppers, Onions, Tomatoes, Cheese & Salsa, Coffee, Bagel or Roll & Home Fries
- Vegetable Omelet \$9.50
Eggs, Green Peppers, Onions, Red Peppers, Coffee, Bagel or Roll & Home Fries
- Mushroom and Cheese Omelet \$9.50
Bagel or Roll, Coffee & Home Fries
- Lox, Eggs and Onions \$10.50
Sautéed Nova, Onions & Coffee with Bagel or Roll & Home Fries
- Pancakes(Blueberry, Cranberry & Chocolate Chip) \$8.75
- Belgium Waffle \$8.75

BREAKFAST SANDWICHES

- | Bagel or Roll | On the Bagel | By the 1/2 lb. |
|-------------------------------------|--------------|----------------|
| - w/Butter | \$1.95 | \$3.00 |
| - w/Cream Cheese | \$2.50 | \$4.00 |
| - w/Scallion or Veggie Cream Cheese | \$3.40 | \$4.80 |
| - w/Cream Cheese Lox Spread | \$4.80 | \$4.80 |
| - w/Walnut Raisin Cream Cheese | \$4.08 | \$4.80 |
| - w/Olive and Pimiento Cream Cheese | \$4.08 | \$4.80 |
| | | |
| Non Dairy Tofu | | |
| - Plain | \$3.00 | \$3.30 |
| - Vegetable | \$3.50 | \$3.90 |
| - Chive | \$3.50 | \$3.90 |
| - Walnut Raisin | \$3.50 | \$3.90 |



Under the strict Kosher Supervision from

The Vaad Harabonim of Queens

176 Middle Neck Road

Great Neck, New York 11021

(516) 487-BAGEL (2243)

SANDWICHES

- | | On the Bagel | By the 1/2 lb. |
|-----------------------------|--------------|----------------|
| Our Classic Tuna Salad | \$7.39 | \$7.00 |
| Toasted Tuna Melt | \$8.10 | |
| Honey Mustard Tuna Salad | \$7.39 | \$7.00 |
| Lite or Fat Free Tuna Salad | \$7.39 | \$7.00 |
| Lite Dill Tuna | \$7.39 | \$7.00 |
| No Mayo Tuna | \$7.39 | \$7.00 |
| Spicy Tuna | \$7.39 | \$7.00 |
| Whitefish Salad | \$7.99 | \$7.99 |
| Baked Salmon Salad | \$7.99 | \$7.99 |
| Our Classic Egg Salad | \$6.29 | \$6.20 |
| Egg, Onion & Mushroom Salad | \$6.49 | \$6.20 |
| Chopped Herring | \$6.85 | |
| Spinach Egg White Salad | \$6.49 | \$4.50 |

*All sandwiches come w/ side salad & crisp pickle wedge.

Lettuce .50 extra – Tomato .50 extra – Onion .50 extra

Cheese .50 extra – Sandwich on a flat add 1.00

HOUSEMADE SOUPS – 2 SOUPS DAILY

SMOKED FISH SANDWICH

- | | On the Bagel | By the 1/2 lb. |
|-----------------------------|--------------|----------------|
| Smoked Atlantic Nova Salmon | \$8.75 | \$20.00 |
| Baked Kippered Salmon | \$8.75 | \$20.00 |
| Smoked Sable Plate | \$8.75 | \$20.00 |
| Premium Whitefish Fillet | \$8.75 | \$8.50 |

**All of our smoked sandwiches include:

Crisps Lettuce, Ripe tomato slices, Bermuda Onion, Plain or Lite Cream Cheese and a Crip Pickle Wedge, Garni & Side Salad.

Sandwich on a flat bagel \$1.00 additional.

PRICES SUBJECT TO CHANGE WITHOUT NOTIFICATION

PANINI SANDWICHES

Plain and Simple	\$8.10
- Fresh mozzarella, crisp romaine, tomatoes & balsamic vinegar	
Tuna Melt	\$9.10
- Albacore tuna, cheddar, lettuce & tomatoes	
Italian	\$8.75
- Portobello mushrooms, spinach, mozzarella, plum tomatoes	
Greek	\$8.95
- Feta cheese, tomatoes, black olives & caramelized onions	

WRAPS

1/2 Wrap	\$4.50
Whole Wrap	\$8.95

Your choice of plain, sundry, tomato, spinach & whole wheat wraps. Tuna salad, egg salad or any one of our other freshly made salads. Wrapped with lettuce & tomato.

* Served with a side salad & crisp pickle wedge

Cold Salad Platters

Tuna Platter	\$8.50
You choose from one of our five delicious tuna salads, lettuce, tomato and onion & a choice of two side salads.	
Egg Salad Platter	\$7.80
Scoop of egg salad, lettuce, tomato and onion and a choice of two side salads.	

SPECIALTY SIDE SALADS

Israeli Salad, Pasta Salad Supreme, house Red Bliss Potato Salad, Classic Macaroni Salad, Classic Cole slaw, Cole Slaw, Old Fashion Cucumber Salad, Health Salad, Cucumber Tomato Salad

CREATE YOUR OWN CHOPPED SALAD

Small \$7.99 – Large \$8.99

Beets, Sprouts, Raisins, Green Peas, Sweet Peppers, Green Peppers, Cucumbers, Mushrooms, Croutons, Sunflower Seeds, Cranberries, Corn, Red Onion, Black & Green Olives, Broccoli Carrots, Chick Pea, Snow Peas, Pea, Tuna, Artichoke hearts, Hearts of Palm, Parmesan Cheese, Feta Cheese, Sunrise Tomatoes, Roasted Peppers, Egg Whites

Dressings

Fat Free:

Ranch, Yogurt Cucumber Dill, Raspberry, Vinaigrette, Tomato Basil, Lemon Parsley

Low Fat:

Honey Poppy, Balsamic Vinaigrette, Sun Dried Tomato Balsamic Vinaigrette (Sugar Fee), Country French

Regular:

Thousand Island, Ranch, Italian, French, Greek

GREEN MOUNTAIN COFFEES

6 Gourmet Green Mountain Flavored Coffees Daily

	Small	Large	Jumbo
Vermont County Blend	\$1.81	\$2.30	\$2.85
Reg & Decaf Flavors	\$1.81	\$2.30	\$2.85

ICED COFFEE

4 Flavors – Regular & Decaf	\$3.00	\$3.22	\$3.65
	Small	Large	Jumbo
Hot Chocolate	\$1.81	\$2.30	\$2.85
Tea	\$1.81	\$2.30	\$2.85

FOR ALL YOUR CATERING NEEDS

Please Ask For Our Catering Menu

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BAGELS

\$1.00 Each - \$11.50 per dozen

Plain, Sesame, Poppy, Onion, Garlic, Salt, Rye, Cinnamon Raisin, Egg, Egg Onion, Everything, Pumpernickel, Whole Wheat

Salt & Sugar Free - \$1.00 Each

Plain, sesame, Flat Everything

FLATS- \$1.50

Plain Sesame, Poppy, Everything, Whole Wheat, Sunflower

Mini Bagels - .75 Each

Plain, Sesame, Poppy, Everything

BREAD VARIETIES

\$1.00 Each

Kaiser Rolls, Braids, Bialy, Challah Rolls,

Challah Bagels, Onion Pockets,

Large Challah Loafs \$5.20

MUFFINS

\$2.75 each

Blueberry, Blueberry Crumb, Chocolate Chip, Raison Oat Bran, Corn, Cappuccino, Coffee Cake, Double Chocolate, Banana Nut

Large Selection of Low Fat & Fat Free Sugar Free Muffins

MADE TO ORDER:

Mini Muffins, Mini Danish, Cupcakes, Mini Cupcakes

ASSORTED FRESH BAKED GOODS:

Cinnamon Raison Danish, Cinnamon Rolls, Assorted Fruit Danish, Black and Whites, Apple Turnover, Assorted Fruit Turnovers, Chocolate Chip Cookies, Cheese Danish, Croissants, Chocolate Croissants

GOURMET COOKIES:

Assorted Flavors \$10.00 per lb

Assorted Rugelach \$13.00 per lb

