

Bagel List The Best Bagels

\$1.25 Each / Bakers Dozen (1 Free) **\$15.00**

- Bialy
- Cinnamon Raisin
- Egg
- Everything
- Garlic
- Multigrain
- Onion
- Plain
- Poppy
- Pumpernickel
- Salt
- Sesame
- Whole Wheat



- Baguette SM **\$1.00** MED **\$1.75** LG **\$3.50**
- Challah Roll **\$1.50**
- Croissant **\$2.75**

Baked Goods



- Black & White Cookie **\$2.75**
- Danish **\$2.75**
- Muffin **\$2.75**
- Donuts **\$2.25ea**
- Variety of Cookies (1/4 lb) **\$3.00**
- Variety of Rugelach (1/4 lb) **\$3.50**
- Raisin Challah **\$6.00**
- Plain Challah **\$5.50**
- Yogurt, Fruit & Granola Cup **\$4.75**

Cream Cheese Spreads

- Butter or Jelly **\$1.75**
- Butter & Jelly **\$2.00**
- Peanut Butter & Jelly **\$3.00**
- Plain Cream Cheese **\$3.00**
- Vegetable Cream Cheese **\$4.00**
- Scallion Cream Cheese **\$4.00**
- Blueberry Cream Cheese **\$4.50**
- Chocolate Chip Cream Cheese **\$4.50**
- Garlic & Herb Cream Cheese **\$4.50**
- Hot Pepper Cream Cheese **\$4.50**
- Kalamata Olive Cream Cheese **\$4.50**
- Lox Spread Cream Cheese **\$4.50**
- Sundried Tomato Cream Cheese **\$4.50**
- Tofu Plain (Parve) **\$4.50**
- Tofu Vegetable (Parve) **\$4.50**
- Tofu Scallion (Parve) **\$4.50**
- Walnut & Raisin Cream Cheese **\$4.50**



Low Fat Cream Cheese Add **25¢** / On a Roll Add **50¢**

Salad Bar Create Your Own Salad:

Bowl of Greens, Cucumbers, Carrots & Onions \$6.75

Other Toppings 75¢ ea.: Almonds, Beets, Celery, Chickpeas, Corn, Croutons, Dried Apricots, Dried Cranberries, Feta, Hearts of Palm, Mozzarella, Mushrooms, Peppers, Raisins, Red Beans, Tomatoes, Walnuts & More

Choice of Dressing:

Italian, Creamy Italian, Thousand Island, Vinaigrette, Honey Mustard, Olive Oil & Balsamic Vinegar



Tossed Salads

- Caesar Salad
- Fruit Salad
- Greek Salad
- Israeli Salad
- Small **\$6.75**
- Large **\$7.50**
- Small **\$6.75**
- Large **\$9.75**
- Small **\$6.75**
- Large **\$9.75**
- Small **\$6.75**
- Large **\$9.75**

Egg & Cheese Sandwiches

- Bagel with Eggs **\$4.00**
- Bagel with Egg & Cheese **\$4.50**
- Bagel with Egg whites **\$5.25**
- Bagel with Egg whites & cheese **\$5.50**
- Croissant with Eggs **\$5.00**
- Croissant with Egg & Cheese **\$5.50**
- Croissant with Egg Whites **\$6.25**
- Croissant with Egg Whites & Cheese **\$6.50**
- American, Cheddar, Mozzarella, Muenster or Swiss **\$6.00**
- Two Slices of Cheese on a Bagel (*til 11am) **\$2.75**
- Grilled Cheese **\$4.75**



Soups \$5.75



Ask for the Soup of the Day

- Kasha, Potato or Spinach Knish **\$4.00**
- Blueberry or Cherry Cheese Blintz **\$5.25**



Panini \$7.00

- Cheese Melt (Open-Faced)
- Pizza Bagel (Open-Faced)
- Tuna Melt (Open-Faced)
- add \$1.75 (Tuna, Mozzarella, lettuce & tomatoes)
- Triple cheese Deluxe
- (Mozzarella, Feta, American cheese, w/ tomatoes & sauteed red onions)
- Greek Supreme
- (Feta Cheese, tomatoes, mixed olives, roasted peppers)
- French Connection
- (Grilled vegetables, Zucchini, onions, mushrooms, peppers, tomatoes w/ melted cheese)



Sandwiches & Platters

- | | on a Bagel | Platter* |
|----------------------------------|---------------|----------------|
| Nova Scotia Salmon | \$9.75 | \$16.25 |
| Sable | \$9.25 | \$15.75 |
| White Fish Salad | \$8.00 | \$14.50 |
| Tuna Salad | \$6.75 | \$13.25 |
| Tuna à la Chef | \$6.75 | \$13.25 |
| (no Mayo • Vinaigrette Dressing) | | |
| Vegetable Tuna Salad | \$6.75 | \$13.25 |
| Herring | \$6.75 | \$12.75 |
| Egg Salad | \$5.50 | \$12.25 |
| Hummus | \$5.25 | \$11.75 |
| Baba Ganoush | \$5.25 | \$11.75 |
| Spanish Eggplant | \$5.25 | \$11.75 |



*Platters served with choice of Israeli, Greek or Fruit Salad and a Bagel. Lettuce, Tomato or Onion add **25¢** each. Low Fat add **25¢** On a roll add **50¢**. Open-Faced add **\$1**.

Wraps

- Avocado Wrap **\$8.00**
- Tuna Salad Wrap **\$7.75**
- Grilled Vegetable Wrap **\$7.25**
- Mediterranean Wrap **\$7.00**
- Egg Salad Wrap **\$6.50**
- Quesadilla (Wrap w/ 2 kinds of cheese & vegetables melted) **\$8.00**
- Mozzarella (Lettuce Tomatoes, Onions) **\$7.00**
- Caesar Salad Wrap **\$7.00**
- Falafel Wrap **\$7.00**



Israeli Menu

- Falafel in Pita **\$6.00**
- Falafel Plate **\$7.50**
- (6 falafel balls, hummus, tahini, Israeli salad, Pickles & Pita)
- Malawach **\$6.00**
- (Israeli fillo dough filled with your choice of boiled egg & veggies)
- Tuna in Pita **\$7.00**
- Egg Salad in Pita **\$6.00**
- Hummus Plate **\$6.00**
- (Hummus, tahini & pita)



Sides & Appetizers

- French Fries **\$4.75**
- Spicy Fries **\$4.75**
- Cheese Fries **\$5.25**
- Mozzarella Sticks (6 pc) **\$5.50**
- Onion rings (10 pc) **\$4.75**
- Garlic Knots (4 pc) **\$2.00**
- Cheese garlic knots **\$6.00**
- (10 knots w/ cheese & sauce)
- Nachos with Hot Cheese **\$6.00**
- Potato Cigars (6 pc) **\$5.00**
- (fried fillo dough filled w/ potato)
- Mini Borekas **\$1.50**
- (cheese, spinach cheese, potato, mushroom)
- Large Turkish Style Borekas **\$4.50**
- (cheese, spinach cheese, potato)
- Cut in half add boiled egg & vegetables **\$1.00**



Chef's Daily Specials

Fish of the Day	\$10.75	\$15.50
Filet of Fish	\$7.75	\$12.50
Veggie Burger	\$6.75	\$11.50

*Platter Served with two side dishes

	Small	Large
Lasagna	\$6.75	\$9.75
Vegetable Lasagna	\$6.75	\$9.75
Baked Ziti	\$6.75	\$9.75
Baked Ziti with Vegetables	\$6.75	\$9.75
Spaghetti Marinara	\$6.75	\$9.75

	Small	Large
Pasta Salad	\$6.50	\$9.75
Hot Pasta Dish	\$6.75	\$9.75
Home Fries	\$4.75	\$6.75
Rice	\$4.75	\$6.75
Coleslaw	\$3.75	\$5.75

Beverages

	Small 12oz	Medium 16oz	Large 20oz
Coffee or Tea	\$1.75	\$2.00	\$2.25
Flavored Coffee or Herbal Tea	\$2.00	\$2.25	\$2.50
Hot Chocolate	\$2.75	\$3.25	\$3.75
Espresso (One shot / Double shot)	\$2.00	\$2.75	EXTRA SHOT 75¢
Latté (Plain or Flavored)	\$3.25	\$4.00	\$4.75
Iced Coffee or Tea		\$3.25	\$3.75
Iced Flavored Coffee		\$3.50	\$4.00
Iced Latté (Plain or Flavored)		\$4.50	\$5.25
Poland Spring Water		\$1.50	\$2.00
Soda (Can / Bottle)		\$1.75	\$2.25
Snapple			\$2.25
Tropicana			\$2.75
Smoothie (16oz / 24oz)		\$4.50	\$6.50

Flavored Coffee Syrup: Amaretto, Butterscotch, Caramel, Cinnamon, Cookie Dough, Hazelnut, Marshmallow, Raspberry & Vanilla

Sushi Coming Soon

Pizza

	20" Pie	Slice
Marinara Mozzarella and Tomato Sauce	\$20	\$2.75
Broccoli Garden Fresh Broccoli and Mixed Vegetables	\$26	\$3.75
Caponata Roasted Eggplant, Garlic & Fresh Herbs	\$26	\$3.75
Caesar Salad Romaine Lettuce, Croutons & Caesar Dressing	\$26	\$3.75
Hawaiian Grilled Fresh Pineapple	\$26	\$3.75
Margarita Fresh Mozzarella, Plum Tomato & Fresh Basil	\$26	\$3.75
Onion and Peppers Caramelized Red Onions & Roasted Peppers	\$26	\$3.75
Olimato Kalamata Olives, Plum Tomato & Fresh Basil	\$26	\$3.75
Pesto and Tomato Ricotta Pesto and Plum Tomato	\$26	\$3.75
Pomodoro Penne Pasta, Tomato Sauce & Mixed Fresh Herbs	\$26	\$3.75
Savory Tomato Caramelized Onions, Plum Tomato & Mixed Fresh Herbs	\$26	\$3.75
Spinach and Ricotta Fresh Spinach, Ricotta Cheese & Plum Tomato	\$26	\$3.75
Tonno Tuna, Peppers, Scallions, Fresh Basil & Cilantro	\$26	\$3.75
Wild Mushrooms Portobello, Shitake & Cremini Mushrooms	\$26	\$3.75
White Mozzarella & Ricotta Cheese	\$26	\$3.75
Extra Topping	\$8	\$1

Calzones

Cheese Calzone	\$6.50
Cheese Calzone with Toppings	\$7.50

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