

BAGELS & MORE LUNCH MENU

DESIGN A SANDWICH

+ Choice of freshly baked bagels, breads, Kaiser sub or Gluten-sensitive option. Choice of cheeses: Swiss, CoJack, Provolone, Smoked Gouda or Pepper Jack; Choice of toppings & condiments: leaf lettuce, tomato, red onion, sweet pepper, spinach, black olives, cucumber, kale(when available), housemade garlic dressing, yellow, dijon, or honey mustard, Italian dressing, mayo; & served with a pickle spear & a fresh cookie.

✓ Fresh Veggie Stack 6.50

Optional Ingredients: Lettuce, tomato, spinach, sweet pepper, red onion, cucumber, black olives, kale(when available) & choice of cheese & dressing.

Cheese 6.50

Choice of 4 slices of any one or a combination of the following: Swiss, CoJack, Smoked Gouda, Provolone & Pepper Jack.

Egg Salad 6.95

Created in our kitchen with farm fresh eggs.

Tuna Salad 6.95

Our own blend of tuna, freshly chopped vegetables, sweet relish, eggs & our special dressing.

Chicken Salad 6.95

Our own blend of chicken breast meat with eggs, freshly chopped vegetables, spices & our special dressing.

✓ Hummus 6.95

Our own blend of garbanzo beans blended with tahini, lemon juice & spices.

Deli Meat 6.95

Your choice of roasted turkey breast, Applewood smoked ham, our own roasted beef or salami with choice of veggies, cheese & bread.

+ Our turkey, ham and roast beef are MSG and nitrate free.

+ Add a bag of chips, any side salad or a small garden salad to any sandwich for \$1.35. Add a cup of soup to any sandwich for \$2.50.

CHEF'S FAVORITES

Half Sandwich & A Cup of Soup 7.95

Broccoli Almond Quiche 7.95

Fresh broccoli, sliced almonds, sautéed onions & cheese mixed in to our house made sauce, spice blend & sprinkled with sliced almonds & baked. Served with fresh fruit. Contains nuts!

Spinach Quiche 7.95

Fresh spinach & cheese mixed in to our house made sauce, spice blend & sprinkled with cheese & baked. Served with fresh fruit.

Plated Nova Lox & Cream Cheese 10.95

Scottish-Style Cold-Smoked Atlantic Salmon Lox served plated with tomato, onion, capers, lemon wedge & your choice of any of our house-made bagels & cream cheeses.

Caesar Salad 7.95

Green leaf lettuce, tossed with black olives, tomatoes, Asiago cheese & our house made Caesar dressing.

✓ Build Your Own Salad 7.95

Choice of our available veggies, cheese & dressing. Omit cheese for vegan option.

+ Add grilled chicken or tofu to any salad for \$2.50.

FRESH BAKED BREADS & ARTISAN DESSERTS

+ Check daily for freshly baked breads on our display rack. Also check out our housemade bars, pies, cupcakes, tarts, cookies, sweet breads, rice krispie treats & other sweet creations!

SIGNATURE ITEMS

+ Any of our sandwiches can be served on your choice of one of our signature artisan breads, bagels or our Kaiser sub bun. All are baked fresh daily right here! Gluten-sensitive bread or bagel also available.

✓ Grilled Portabella Mushroom Sandwich 7.95

Sliced portabella mushrooms grilled & served with spinach, grilled onions, tomato & swiss cheese. Omit cheese for vegan option.

✓ Gourmet Black Bean Burger 7.95

Our own house-made vegan black bean burger created with black beans, oats, bread crumbs, onions, peppers, tomatoes & our seasoning blend grilled & served with avocado, lettuce, tomato, onion, a side of salsa & choice of cheese. Omit cheese for vegan option.

Grilled Chicken Breast Sandwich 7.95

Slow grilled, lightly seasoned chicken breast sandwich with lettuce, tomato, provolone cheese & choice of condiments.

+ Our chicken breasts have no preservatives, steroids, hormones or antibiotics.

Chicken Caesar Wrap 7.95

Our grilled chicken breast on either a plain, tomato or spinach tortilla with lettuce, tomato, sweet peppers, provolone cheese & topped with our house made Caesar dressing.

Italian Sub 8.50

Our Kaiser sub bun with ham, turkey, salami, lettuce, tomato, onion, provolone cheese, co jack cheese & Italian dressing.

Tuna Melt 7.95

Our house-made tuna salad grilled & topped with provolone cheese.

Italian Beef Sandwich 8.50

Our own chef roasted beef sliced & simmered with onions, sweet peppers, pepperoncinis & our own secret Italian spice blend. Served hot on Italian bread with provolone cheese & au jus.

✓ Grilled Veggie Bistro Sandwich 7.95

Sautéed veggies, lightly seasoned with choice of cheese & topped with choice of one of our house-made pestos: basil asiago pesto or vegan basil kale pesto. Omit cheese for vegan option.

The Ultimate Chicken Bistro Sandwich 8.95

Chicken Breast with sautéed veggies & provolone cheese lightly seasoned & served with our own fresh basil pesto.

6 oz. Ribeye Steak Sandwich 11.95

Ribeye grilled to your liking with sautéed onions & sliced Portabella mushrooms on a fresh Kaiser roll. Served with house fried potatoes.

+ Add a bag of chips, any side salad or a small garden salad to any sandwich for \$1.35. Add a cup of soup to any sandwich for \$2.50.

HOUSEMADE SOUPS

+ All of our soups are made in house & served with a fresh bagel, a slice of our freshly baked artisan bread, our house made bagel chips when available or a gluten-sensitive bagel or slice of bread!

Cup 3.95

Bowl 4.75

Sourdough Bread Bowl 5.95

Being present in the day-to-day operations means we can listen to our customers & make requested changes to improve our quality & options. With that in mind, our menu has evolved to reflect these requests - adding more whole grains; creating gluten-sensitive options; changing our meats to nitrate, hormone & antibiotic free; updating our coffees to fair trade & organic while also using many other organic & fair trade products throughout the facility; adding vegan options & we have always supported local farmers!