

Breakfast All Day!

* We always use XL Grade A eggs *

• Double egg2.99	}	• Add cheese	}	
• Eggs and ham, turkey, or sausage3.75		• Add an egg	 +.50
• Eggs and bacon or turkey sausage3.99		• Egg Whites		
		• Pepper, onion, or tomato +.50		
		• Broccoli, spinach, or mushroom +.75		
		• Avocado+1.50		

Mexicali Wrap (3 eggs, sausage, jack & cheddar cheese, pico de gallo) 6.49
Hungryman Hero (3 eggs, bacon, sausage, ham, cheese) 6.99
Western Omelette (3 eggs, ham, peppers, onions) 5.49
Steak & Eggs with Home Fries 6.49
Lox & Scallion Omelette 6.49

Pancakes or French Toast (served with butter and syrup) 4.99
with bacon, ham, sausage, or fruit 5.99
Oatmeal 2.50
with blueberries or strawberries 3.50
Home Fries 2.99

All Baked Goods Baked Daily on Premises

Bagels

Plain • Sesame • Poppy • Cinnamon-Raisin • Onion • Garlic • Whole Wheat • Whole Wheat Everything
Egg • Egg Onion • Egg Everything • Oat Bran • Rye • Pumpernickel • Salt • Everything • Sunflower
NEW Rainbow • French Toast • Blueberry • Bialy • Whole Wheat Sesame

Flats

Plain • Sesame • Poppy • Everything • Whole Wheat • W/W Everything • Sunflower • W/W Sunflower

Minis

Plain • Poppy • Sesame • Everything

Rolls

Plain • Poppy • Sesame • Whole Wheat • Pretzel

Breads

White • Whole Wheat • Rye • Pumpernickel

Wraps

Plain • Whole Wheat • Spinach • Tomato

Croissants • Heroes • Pitas

Muffins

Corn • Blueberry • Banana Nut • Chocolate Chip • Double Chocolate • Double Chocolate Cranberry
Blueberry Crumb • Honey Nut Pumpkin Cranberry • Bran • Raisin Bran • Oat Bran
Red Velvet • Pistachio • Cinnamon Coffee Cake • Pumpkin

Cream Cheese

Homemade with Philadelphia cream cheese and fresh ingredients

}	• Plain	• Apple Walnut Raisin	• Olive
	• Vegetable	• Strawberry	• Low Fat
	• Scallion	• Blueberry	(Plain, Vegetable or Scallion)
	• Lox	• Basil & Red Onion	



Beverages

Fresh Brewed Coffee (regular, decaf, hazelnut, vanilla, & flavor of the day)
Iced Coffee • Fresh Brewed Iced Tea • Pink Lemonade • Bagelman Mixer
Cappuccino • Hot Chocolate • Tropicana Juices • Water • Sodas • Dairy

Refreshing Salads

Served with choice of dressing. Turn any salad into a chopped salad ADD \$1.00. Grilled Chicken ADD \$4.00.

Tossed Salad	4.99
Chef Salad	7.99
• Turkey, ham, American, Swiss, lettuce, tomato and cucumber	
Caesar Salad	5.99
Greek Salad	6.99
7th Street Feast	8.99
• Our flavorful grilled chicken with sautéed mushrooms & melted Alpine Lace Swiss over a bed of iceberg lettuce and honey mustard dressing	
Goat Cheese Salad	6.99
• Creamy goat cheese, candied walnuts, dried cranberries with mescaline greens and raspberry vinaigrette dressing	
Fresh Fruit Salad	4.25

Available By The Pound...

Potato • Macaroni • Cole Slaw	5.00
Carrot • Cucumber • Bowtie Pasta • Rice Pudding	6.00

Delightfully Lite Platters

All salads made with the finest ingredients and served on a bed of iceberg lettuce, field greens OR romaine lettuce with tomatoes, cucumbers, peppers and your choice of dressing.

Egg Salad	6.99
Tuna Salad	7.75
Vegetable Tuna	7.99
Low-Fat Tuna	7.99
Low-Fat Vegetable Tuna	8.25
Cranberry Walnut Chicken Salad	8.49
Chicken Salad	7.75
Vegetable Chicken Salad	7.99
Whitefish Salad	7.75
Baked Salmon Salad	7.75

Soup

Cream & Seafood soups ADD \$.50 each.

Chicken Noodle & Daily Soups	SM	LG
	2.99	3.99

All lunch sandwiches come with your choice of side salad & pickle.

Macaroni • Potato • Cole Slaw • Carrot • Cucumber • Bowtie Pasta • Rice Pudding

Bagelman's Overstuffed Deli Sandwiches

We feature Boar's Head premium cold cuts on your choice of bread (flat, croissant, wrap, or hero ADD \$1.00).
With lettuce & tomato ADD \$1.00. With any cheese ADD \$.50.

Turkey Breast	5.75
Mesquite Turkey	5.99
Honey Maple Turkey	5.99
Peppermill Turkey	5.99
Ham	5.75
Virginia Ham	5.99
Roast Beef	6.49
Salami (Hard or Genoa)	5.75
Pepperoni	5.75
Hot Corned Beef	6.49
Hot Pastrami	6.49
Bologna	4.99
Liverwurst	4.99
NEW Everroast Chicken	5.99
Chicken Cutlet	5.99
Grilled Chicken Cutlet	6.99
American	4.99
Swiss	4.99
Alpine Lace Swiss	5.25
Cheddar	4.99
Provolone	4.99
Mozzarella	4.99
Muenster	4.99
NEW Pepperjack	5.49

Salad Sandwiches Galore

With lettuce & tomato ADD \$1.00. With onions or peppers ADD \$.50 each.

Tuna	5.75
Low-Fat Tuna	5.99
Vegetable Tuna	6.25
Low-Fat Vegetable Tuna	6.49
Chicken	5.99
Vegetable Chicken	6.49
Cranberry Walnut Chicken	6.99
Egg	4.99
Whitefish	5.99
Baked Salmon	5.99

All Deli Meats, Cheeses and Salads Available by the Pound & on Platters