Wraps

$12.75

Choose From the Following Wraps: Plain, Spinach, Sundried Tomato, or Whole Wheat

All Wraps include side salad



- Apple Chicken Walnut Wrap *Grilled Chicken, Apples, Craisins, Gorgonzola, Caramelized Walnuts, Green Leaf, Balsamic Vinaigrette*
- Chicken Cutlet Wrap *Fried or Grilled Chicken Cutlet, Green Leaf, Tomato*
- Grilled Chicken Caesar *Grilled Chicken, Romaine, Parmesan, Provolone, Caesar Dressing*
- Buffalo Chicken Wrap *Fried Chicken, Buffalo Sauce, Blue Cheese Dressing, Shredded Carrots, Celery, Green Leaf*
- Ranch Wrap *Grilled Chicken, American Cheese, Bacon, Green Leaf, Tomato, Ranch Dressing*
- Chicken Pesto Wrap *Grilled Chicken, Pesto Mayo, Fresh Mozzarella, Green Leaf*
- Italian Wrap *Cappi Ham, Genoa Salami, Provolone, Artichoke Hearts, Roasted Red Peppers, Green Leaf, Pesto Mayo*
- Club Wrap *Turkey, Bacon, Muenster Cheese, Green Leaf, Tomato, Honey Mustard*
- Roma Wrap *Grilled or Fried Chicken Cutlet, Fresh Mozzarella, Roasted Red Peppers, Green Leaf*
- Chicken Rustica Wrap *Grilled Chicken, Cheddar Cheese, Red Onion, Green Leaf, Horseradish Dressing*
- Lone Star Wrap *Fried Chicken Cutlet, Melted Cheddar Cheese, Bacon, BBQ Sauce*
- Chipotle Chicken Wrap *Grilled Chicken, Green Leaf, Tomato, Chipotle Mayo*
- Feel Good Wrap *Turkey, Alpine Lace, Green Leaf, Tomato, Honey Mustard*
- Grilled Veggie Wrap *Assorted Grilled Vegetables, Green Leaf*
- Veggie Tuna Wrap *Lite Veggie Tuna Salad, Green Leaf, Tomato*
- American Wrap *Boar's Head Ham, Genoa Salami, Roast Beef, American Cheese, Green Leaf, Tomato*
- Chicken Fajita Wrap *Grilled Chicken, Peppers, Diced Tomato, Onions, Melted Monterey Jack & Green Leaf*

Create Your Own Wrap

$12.75

Choose Your Salad or Cold Cuts with Lettuce & Tomato

From The Grill

- Hamburger on Brioche Bread 9.95
  100% Black Angus Beef Burger 8oz, Lettuce, Tomato, side of Pickle
- Bacon Cheeseburger 11.95
  2 Slices Bacon, Cheese, Lettuce, Tomato, side of Pickle
  - **Deluxe Burger,** Includes French Fries + $2.60
  - Substitute Onion Rings + $0.55
- Philly Cheesesteak Hero 13.95
  Beef, Peppers, Onions, Cheese on a Hero
- Chicken Cheesesteak Hero 12.95
  Grilled Chicken, Peppers, Onions, Cheese on a Hero
- Chicken Parm Hero 12.50
  Fried Chicken, Mozzarella & Marinara Sauce
- Quesadilla ..... Chicken 9.95
  Sauce on the side Steak 11.50

French Fries ..... 5.25 Onion Ring 5.75
Cheese Fries ..... 6.95 Mozzarella Sticks ... (6 pes) 7.50
Buffalo Wings or Honey BBQ Wings ..... 6 pes 7.50 | 12 pes 14.95
Chicken Fingers ..... (4 pes) 7.75
Chicken Finger Platter ..... with French Fries 10.50
with Onion Ring 11.00 | with Cheese Fries 12.00

Salad Bar

$7.95

Choose Your Greens

Iceberg • Romaine • Baby Spinach • Mixed Greens

3 Free Add Ins

Carrots • Celery • Chinese Noodles • Cucumbers • Green Peppers
Red Peppers • Red Onions • Tomatoes • Croutons • Tortilla Strips

Additional Toppings $0.80

- Feta $1.00
- Fresh Mozzarella $1.00
- Artichoke Hearts
- Black or Green Olives
- Broccoli
- Carrots
- Celery
- Apples
- Chick Peas
- Chopped Walnuts
- Corn
- Craisins
- Egg White $1.00
- Almonds
- Shredded Mozz.
- Green Pepper
- Hard Boiled Egg $1.00
- Shredded Cheddar $1.00
- Glazed Walnuts
- Gorgonzola
- Jalapeño
- Kidney Beans
- Mandarin Oranges
- Mushrooms
- Parmesan
- Raisins
- Red Roasted Peppers
- Red Peppers
- Scallion
- Strawberries
- Sunflower Seeds

Avocado $1.75 | Bacon $3.40 | Turkey Bacon $3.90

$2.95 Grilled/Fried Chicken, Turkey Breast, Chicken Salad, Egg Salad, Craisin Chicken Salad, Tuna Salad, Veggie Tuna Salad

Salad Dressing

- Balsamic Vinaigrette
- Oriental Sesame
- Blue Cheese
- Caesar
- Cucumber Wasabi
- Golden Italian
- Russian
- Honey Mustard
- Oil & Vinegar
- Balsamic Vinegar
- Red Wine Vinegar
- Olive Oil
- Ranch
- Greek
- Lime Cilantro

Fat Free
- Ranch • Italian
- Honey Dijon

Lite
- Raspberry Vinaigrette

Salads to Go



- Garden Salad 9.50
  Iceberg Lettuce, Red & Green Peppers, Red Onions, Cucumbers, Tomatoes, Shredded Carrots
- Greek Salad 9.95
  Romaine, Cucumbers, Green & Red Peppers. Black Olives, Red Onions, Tomatoes, Feta
- Chef Salad 12.95
  Mixed Greens, Ham, Turkey, Swiss, Hard Boiled Egg, Green & Red Peppers, Red Onions, Cucumber, Tomatoes
- Caesar Salad 8.95
  Romaine Lettuce, Parmesan, Provolone, Garlic Croutons
- Chicken Caesar Salad 11.50
  Grilled Chicken, Romaine Lettuce, Parmesan, Provolone, Garlic Croutons
- Monterey Spinach Salad 9.95
  Baby Spinach, Strawberries, Fresh Mozzarella, Glazed Walnuts
- Apple Walnut Chicken Salad 12.50
  Mixed Greens, Apples, Grilled Chicken, Glazed Walnuts, Craisins, Gorgonzola
- Grilled Chicken BLT Salad 12.50
  Mixed Greens, Grilled Chicken, Bacon, Tomatoes, Cucumbers, Shredded Cheddar
- Chicken Cobb Salad 12.50
  Mixed Greens, Grilled Chicken. Tomatoes, Hard Boiled Egg, Gorgonzola, Black Olives, Bacon
- Oriental Chicken Salad 12.50
  Iceberg Lettuce, Grilled Chicken, Scallion, Bacon. Chinese Noodles, Toasted Almonds & Sesame Seeds
- Mexican Chicken Salad 12.50
  Mixed Greens, Grilled Chicken, Tomatoes, Monterey Jack Cheese, Cheddar Cheese, Red Onions, Red & Green Peppers, Tortilla
- Nutty Chicken Salad 12.50
  Mixed Greens, Grilled Chicken, Grapes, Glazed Walnuts, Apples, Feta, Raisins, Craisins, Sunflower Seeds

Desserts & Snacks

- Fresh Fruit Cup *Mixed Fruit, Watermelon, Pineapple, Cantaloupe, Honey Dew*
- Yogurt Parfaits *Fat Free Vanilla or Strawberry Yogurt w/ Granola & Seasonal Berries*
- Dessert Parfaits *Banana, Brownie, Mud Cup*
- Rice Pudding • Chocolate Pudding
- Large Assortment of Potato Chips, Kettle Chips, Pretzels Candies, Mints & Gums

Our Famous Crumb Cakes

By the piece, square tins, or ½ sheet

Crumb Cake • Raspberry Crumb Cake • Chocolate Crumb Cake • Brownie

Sweet Treats

Muffins

- Banana Nut
- Blueberry
- Blueberry Crumb
- Birthday Cake
- Cheesecake
- Chocolate Chip
- Cinnamon Coffee Cake
- Corn
- Cranberry Nut
- Double Chocolate
- Oreo
- Pistachio
- Pound Cake
- Glorious Morning

Danish/Pastries/Cakes

- Black & White Cookies
- Brownies
- Cheese Danish
- Chocolate Croissant
- Cinnamon Rolls
- Croissant
- Crumb Cake
- Raspberry Crumb Cake

Mini Treats

- Black & Whites
- Cake Pops
- M & M Cookies
- Chocolate Chip Cookies
- Double Chocolate Cookies
- Macadamia Nut Cookies
- Oatmeal Raisin Cookies
- Peanut Butter Cookies
- Sugar Cookies

Beverages

	12oz	16oz	20oz
Hot			
Coffee ..... *Regular • Decaf • Dark Roast • Flavored Coffees*	2.55	3.05	3.60
Tea ..... *Lipton: Reg./Decaf Twinings: Reg./Decaf/Herb Flavors*	2.55	3.05	3.60
Swiss Miss Hot Chocolate	2.55	3.05	3.60
Iced	16oz	24oz	32oz
Iced Tea ..... *• Sweet • Unsweetened*	2.65	3.45	4.25
Lemonade	2.65	3.45	4.25
Iced Coffee ..... *• Regular • Decaf • French Vanilla*	3.25	3.95	4.75
Smoothies ..... *• Strawberry • Peanut Butter Cup • Cookies & Cream • Strawberry Banana*	5.25		8.50
Protein Shakes ..... ***with GNC Pro Performance Whey Protein*** *• Banana Nut Crunch • Oreo Booster • Peanut Butter Paradise • Muscle Blaster*	6.30		10.50
Frappes ..... *• Chocolate Peanut Butter • Java Chip • Vanilla Latte • Coffee • Mocha*		16 oz 4.95	

350 Broadway
Bethpage, NY 11714
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Fax: 516-933-0861



Stuff-a-Bagel

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Check out our Farmingdale Location

234 Main St, Farmingdale, NY 11735 ☎ 516-420-4287

All prices subject to NY state sales tax. Prices & menu subject to change without notice

Breakfast

Bagels & Spreads

Butter 3.15
Plain Cream Cheese 4.25
Mixed Cream Cheese 4.90
Vegetable, Scallion, Maple Walnut, Jalapeño, Cinnamon Raisin, Strawberry, Chocolate Chip, Olive Pimento
Lox Spread 6.85
Cream Cheese & Jelly 4.75
Avocado Toast w/ Everything Seeds 7.35
Nova Lox Strips & Cream Cheese 12.60

Commuter Special

5am-10am, Mon-Fri
In Store Orders Only, Excludes Holidays

Buttered Bagel		Cream Cheese Bagel	
with 12oz Coffee	4.75	with 12oz Coffee	5.80
with 16oz	+ $0.55	with 16oz	+ $0.55
with 20oz	+ $0.80	with 20oz	+ $0.80

Breakfast Sandwiches

Served on a Bagel or Roll
Mon-Fri, In-store Purchase Only, Excluding Holidays

Breakfast Special — Small Coffee with Any Breakfast From the Grill + $1.50

+ $3.00 Turn Any Breakfast Sandwich Into A Combo
-includes a small coffee & your choice of home fries or hash brown

B1 1 Egg on a Bagel 4.25
B2 2 Eggs on a Bagel 5.20
B3 2 Eggs, Ham, Cheese 7.70
B4 2 Eggs, Bacon, Cheese 7.70
B5 2 Eggs, Sausage, Cheese 7.70
B6 2 Eggs, Ham, Bacon, Sausage, Cheese 10.95
B7 3 Egg Whites, Turkey Swiss 10.50
B8 3 Egg Whites, Turkey, Spinach 10.50
B9 3 Egg Whites, Spinach, Feta 10.50
B10 3 Egg Whites Veggie 10.75
Peppers, Onions, Mushroom & Spinach
B11 Friendly Wrap 10.75
3 Egg Whites, Turkey, Peppers, Onions
B12 Hungryman Hero 13.60
3 Eggs, Ham, Bacon, Sausage, Cheese on a Hero
B13 3 Egg Whites, Grilled Chicken, Spinach on a Wrap 11.20
B14 Brioche Breakfast Sandwich 11.95
2 Eggs, Bacon, Sausage, Chipotle Gouda, Cheddar on Toasted Brioche
B15 Ham, 1 Egg, Cheese on Toasted English Muffin 6.75
B16 Spanish Omelette Wrap 12.85
3 Eggs, Grilled Chicken, Jack Cheese, Onion, Peppers Jalapeños & Salsa

Additional Charges for:

Egg Whites	1.15	Wrap	0.60
Veggies	0.80	Cheese	0.85
Butter	0.35	Feta | Alpine Lace | Fresh Mozz.	1.10
Extra Egg	0.95	Sausage	2.75
		Bacon (3 strips)	3.40
Cold Cut Meats	2.45	Turkey Bacon (3 strips)	3.90
Home Fries (Cubed or Shredded)		Small 3.15 | Large	5.25
Add as a Topping on Your Sandwich for			1.60
Hash Brown			2.00

Create Your Own Omelettes

$11.80
Create Your Own
3 Eggs Omelette
Sandwich or Platter
Choose Up To 5 Items
Substitute Egg Whites **+ $1.15**

Add a Small Coffee + $1.50 Add a Small Coffee & Home Fries or Hash Brown + $3.00

Veggies Tomatoes • Spinach • Onions • Mushrooms • Peppers Scallion • Broccoli • Jalapeño

Cheese American • Chipotle Gouda(+0.25) • Cheddar(+0.25) • Mozzarella Provolone • Swiss • Monterey Jack • Muenster Alpine Lace(+0.25) • Feta(+0.25) • Fresh Mozzarella(+0.25)

Meat Bacon • Sausage • Turkey • Ham • Turkey Bacon (+0.50)

Gourmet Omelette Platters

All Platters Come with
3 Eggs, Home Fries or Hash Brown & a Choice of Buttered Bagel or Toast
Add Small Coffee +$1.50

G1 The Rodeo *Sautéed Mushrooms, Bacon, Swiss* 12.85
G2 Traditional Western *Ham, Peppers, Onions, Cheese* 12.85
G3 California *Avocado, Tomatoes, Scallion, Monterey Jack* 13.85
G4 Florentine *Artichoke Hearts, Roasted Red Peppers, Mozzarella* 12.85
G5 Taste of Italy *Tomatoes, Sausage, Mozzarella* 12.85
G6 Popeye *Spinach, Tomatoes, Feta* 12.85
G7 Healthnut *Egg Whites, Alpine Lace, Honey Turkey* 12.85
G8 The Mess *Shredded Home Fries, Onions, Peppers, Bacon, Ham* 13.85

Breakfast From The Grill

Pancakes (3) or Thick French Toast (2) 9.95
with 2 Eggs ..... + $2.95
with Bacon or Sausage ..... + $2.90
with 2 Eggs & Bacon or Sausage ..... + $5.80

Gourmet Pancakes (3) 11.50
Blueberry, Strawberry, Apple Cinnamon, Banana, Oreo, Chocolate Chip

Belgian Waffle 10.50
with 2 Eggs ..... + $2.95
with Bacon or Sausage ..... + $2.90
with 2 Eggs & Bacon or Sausage ..... + $5.80

Gourmet Waffle 11.55
Choice of Chocolate Chip, Blueberry, Banana, or Strawberry
with Whipped Cream Add $0.50

Nutella & Banana Waffle 12.10
Topped with Hazelnut Spread, Sliced Bananas & Choice of Sweet Cream or Syrup
with Whipped Cream Add $0.50

Nutella & Banana Pancakes 12.10
Layered With Hazelnut Spread Sliced Bananas & Syrup
with Whipped Cream Add $0.50

Stuffed Croissant French Toast 12.60
Croissant Trench Toast Stuffed with Cream Cheese, Strawberries & Bananas

Soup of the Day

Call For Daily Soup Selection

Small 3.95
Medium 5.25
Large 6.60
Quart 11.75

Lunch

All Lunch Sandwiches, Panini & Wraps Come with Your Choice of One Free Side:
Potato Salad, Redskin Potato Salad, Macaroni Salad, Cole Slaw, Italian Pasta, Buffalo Pasta, Bow Tie Pasta, Broccoli Salad, Banana or Pickle

Cold Cut Sandwiches

Served On A Bagel

Ham 8.95
Turkey 8.95
Honey Maple Turkey 8.95
Cracked Peppermill Turkey 8.95
Salsalito Turkey 8.95
Blazin Buffalo Chicken 8.95
Ever Roast Chicken Breast 8.95
Chipotle Chicken 8.95
Pastrami 10.50
Corned Beef 10.50
Roast Beef 10.50
Prosciutto 10.50
Genoa Salami 10.50
Cappy Ham 8.95
Bologna 8.00
Cheese 6.95

Salad Sandwiches

Served On A Bagel

Egg Salad 8.50
Tuna Salad 8.95
Lite Veggie Tuna 9.25
Apple Walnut Chicken 9.50
Chicken Salad 8.95
Craisin Chicken 9.25
Mexican Tuna 9.25

Over Stuffed Sandwiches

Served On A Bagel

Grilled Cheese 6.95
Cheese of Your Choice — *Add Bacon or Ham + $2.90*
BLT 8.25
Crispy Bacon, Lettuce, Tomatoes
Chicken Sandwich 8.95
Grilled or Fried Chicken Cutlet
Turkey Melt 9.95
Turkey, Melted Swiss Cheese, with Russian or Mayo
Pastrami Melt 11.50
Pastrami, Melted Swiss Cheese, Sauerkraut, Mustard or Russian
The Old American 12.95
Roast Beef, Melted Cheddar Cheese, Bacon, BBQ Sauce
BBQ Chicken Melt 9.75
Ever Roast Chicken, Melted Cheddar Cheese, BBQ sauce
Turkey Supreme Melt 12.95
Turkey, Melted Swiss Cheese, Bacon, Lettuce, Tomato, Russian Or Mayo
California Turkey 13.50
Turkey, Bacon, Lettuce, Tomato, Avocado, Ranch
Manhattan 12.95
Grilled Chicken, Melted Alpine Lace Cheese, Avocado, Green Leaf Lettuce
Cordon Bleu Brioche *Fried Chicken Cutlet, Ham* 13.50
Swiss Cheese, Lettuce, Tomato, Chipotle Sauce on Toasted Brioche
Ham & Cheese Melt 9.75
Ham, Melted Swiss Cheese, Butter, Garlic
Roast Beef Melt 11.50
Roast Beef, Melted Mozzarella, Butter, Garlic
Reuben Melt 11.50
Corned Beef, Melted Swiss Cheese, Sauerkraut, Mustard or Russian
Black Forest 9.95
Honey Maple Turkey, Muenster Cheese, Lettuce, Tomato, Russian
Tony's Tuna Melt 10.25
Tuna Salad, Melted American Cheese, Tomato, Toasted Bagel
The Southwestern *Cracked Peppermill Turkey,* 10.25
Monterey Jack Cheese, Lettuce, Tomato, Onions, Hot Sauce
The Old Bethpage Melt *Fried Chicken Cutlet,* 12.95
Melted American Cheese, Bacon. Lettuce, Tomato, Russian or Mayo

Godfather Hero 13.50
Genoa Salami, Cappi Ham, Pepperoni, Prosciutto, Provolone, Mozzarella, Lettuce, Tomato, Onions, Roasted Red Peppers, Oil & Vinegar
Chicken Brioche Supreme 13.50
Fried or Grilled Chicken, Bacon, Avocado, Green Leaf, Red Onion, Tomato, Monterey Jack, Chipotle Sauce on Toasted Brioche
American Supreme Hero 13.50
Roast Beef, Turkey, Ham, American Cheese, Lettuce, Tomato & Russian Dressing

Sandwich Toppers

Lettuce, Onions,	$0.50
Green Leaf, Baby Spinach, Tomato, Cucumber, Sliced Pickle, Jalapeño	$0.75
Roasted Red Peppers, Artichoke Heart, Sliced Apple, Caper	$0.80
Avocado	$1.75

Bread Choices

Freshly Baked Bagel	Included
European Thick Bread (White, Wheat, Rye) | European Flat Bread Roll - Kaiser (with or without Seeds), Egg, Egg Onion, Whole Wheat	$0.50
Wrap - Plain, Spinach, Whole Wheat, Sundried Tomato	$0.60
Hero, Brioche ,Croissant	$2.00

Pressed Panini

Hot Sandwiches Grilled To Perfection On European Flat Bread
Includes Your Choice of Dipping Sauce & Side Salad **$12.75**

Italian Chicken Panini
Grilled Chicken Breast, Roast Red Peppers, Fresh Mozzarella
Fresh Mozzarella Pesto Panini
Fresh Mozzarella, Tomato, Roasted Red Peppers, Pesto
Grilled Veggie Panini Grilled Vegetables, Provolone
Ham & Swiss Panini Boar's Head Ham, Swiss
Roast Beef & Mozzarella Roast Beef, Mozzarella
The Golden Eagle Panini
Roast Beef, Swiss, Baby Spinach, Sautéed Onions
The Kickin Turkey Panini
Salsalito Turkey, Monterey Jack, Tomatoes
The Bethpage Panini
Fried Eggplant, Fresh Mozzarella, Sautéed Mushrooms, Roasted Red Peppers
Chipotle Chicken Panini Chipotle Chicken, Chipotle Gouda Cheese, Bacon
Valencia Grilled Chicken, Fresh Mozzarella,
Roasted Red Peppers, Balsamic Dressing on a Grilled Egg Roll
The Reuben Panini Corned Beef, Swiss, Sauerkraut
Prosciutto Panini Prosciutto, Fresh Mozzarella, Roasted Red Peppers
Buffalo Chicken Panini Blazin' Buffalo Chicken Breast, Monterey Jack
Honey Turkey Panini Honey Maple Turkey, Alpine Lace
Maple Lovers Panini Honey Maple Turkey, Mozzarella Cheese
The Broadway Panini
Boar's Head Ham, Cheddar Cheese, Sliced Apple
The Daler Panini
Ever Roast Chicken Breast, Fresh Mozzarella, Tomato, Caramelized Red Onions
Hot Chicken with Muscles
Blazin' Buffalo Chicken, Fresh Mozzarella, Spinach, Roasted Red Peppers
Barcelona Fresh Mozzarella, Tomato on a Ciabatta

Dipping Sauces

• Balsamic Vinaigrette	• Hot Sauce	• Honey Mustard	• Hellman's Mayo
• BBQ	• Blue Cheese	• Spicy Mustard	• Garlic Mayo
• Ranch	• Buffalo Sauce	• Creamy Russian	• Pesto Mayo
• Chipotle	• Horseradish	• Chipotle Mayo	• Pesto