





# Breakfast

## Bagels & Spreads

Butter .....	2.07	Plain Cream Cheese .....	3.07
Mixed Cream Cheese .....	3.57	Lox Spread .....	4.39
<i>Vegetable, Lite Vegetable, Lite Plain Cream Cheese, Scallion, Maple Walnut, Chocolate Chip, Strawberry, Jalapeno</i>			
Cream Cheese & Jelly .....	3.67		
Avocado Toast w/ Everything Seeds .....	4.99		
Nova Lox Strips & Cream Cheese .....	8.79		

## Commuter Special

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

### Buttered Bagel

with 12oz Coffee	3.25
with 16oz	+ \$0.30
with 20oz	+ \$0.60

### Cream Cheese Bagel

with 12oz Coffee	3.99
with 16oz	+ \$0.30
with 20oz	+ \$0.60

## Breakfast Sandwiches

Served on a Bagel or Roll

<b>B1</b> 1 Egg .....	3.00
<b>B2</b> 2 Eggs .....	3.49
<b>B3</b> Ham, 2 Eggs, Cheese .....	4.49
<b>B4</b> Bacon, 2 Eggs, Cheese .....	4.49
<b>B5</b> Sausage Patty, 2 Eggs, Cheese .....	4.49
<b>B6</b> Ham, Bacon, Sausage, 2 Eggs, Cheese .....	5.99
<b>B7</b> 3 Egg Whites, Turkey, Cheese .....	5.99
<b>B8</b> 3 Egg Whites, Turkey, Spinach .....	5.99
<b>B9</b> 3 Egg Whites, Spinach, Feta .....	5.99
<b>B10</b> Egg Whites Veggie .....	5.99
<i>Peppers, Onions, Mushroom &amp; Spinach</i>	
<b>B11</b> Friendly Wrap .....	6.49
<i>3 Egg Whites, Turkey, Peppers, Onions</i>	
<b>B12</b> Hungry Man .....	6.99
<i>3 Eggs, Ham, Bacon, Sausage, Cheese on a Hero</i>	
<b>B13</b> 3 Egg Whites, Grilled Chicken, Spinach on a Wrap .....	6.49
<b>B14</b> Ham, 1 Egg, Cheese on a toasted English Muffin .....	4.29
<b>B15</b> Spanish Wrap .....	6.49
<i>3 Eggs Whites, Ham, Peppers, Onions, Jack Cheese, Salsa</i>	
<b>B16</b> Good Morning Wrap .....	6.49
<i>2 Eggs, Bacon, Cheddar, Home Fries, Salsa</i>	
<b>B17</b> Energy Wrap .....	6.49
<i>Peanut Butter, Sliced Banana, Granola, Raisins, Walnuts, Honey</i>	

### Additional Charges for:

Egg Whites .....	1.00	Wrap .....	0.50
Veggies .....	0.60	Cheese .....	0.75
Butter .....	0.30	Feta   Alpine Lace   F. Mozzarella .....	1.00
Toast .....	0.15	Sausage .....	1.69
Extra Egg .....	0.50	Bacon (3 Strips) .....	1.99
Meats .....	1.75	Turkey Bacon .....	2.25
Home Fries (Cubed or Shredded) .....	Small 2.25   Medium 2.99   Large 3.79		
Add as a Topping on Your Sandwich for .....	1.00		
Hash Brown .....	1 pc 1.50   2 pcs 2.50		

## Breakfast Special

Mon-Fri, In-store Purchase Only, Excluding Holidays

Small Coffee with Any Breakfast From the Grill

\$1

\$2

Turn Any Breakfast Sandwich Into A Platter  
-Includes Small Coffee & Home Fries or Hash Brown

# Create Your Own Omelettes

\$6.99

Create Your Own  
3 Egg Omelette Sandwich or Platter  
Choose Up To 5 Items  
Substitute Egg Whites + \$1

Add a Small Coffee **+\$1** Add a Small Coffee & Home Fries or Hash Brown **+\$2**

<b>Veggies</b>	Tomatoes • Spinach • Onions • Mushrooms • Peppers Broccoli • Jalapeno • Asparagus • Black Beans LOX(Add'l cost) • Avocado(Add'l cost)
<b>Cheese</b>	American • Swiss • Mozzarella • Chipotle Gouda • Cheddar Monterey Jack • Feta • Alpine Lace • Provolone • Muenster
<b>Meat</b>	Bacon • Sausage • Ham • Turkey • Pastrami • Turkey Bacon Salsalito Turkey • Grilled Chicken • Buffalo Chicken Honey Maple Turkey

## Gourmet Omelette Platters

3 Egg with Buttered Bagel or Bread & Home Fries  
Add Small Coffee +\$1

<b>G1</b> The Rodeo <i>Sauteed Mushrooms, Bacon, Swiss</i> .....	8.99
<b>G2</b> Traditional Western <i>Ham, Peppers, Onions, Cheese</i> .....	8.99
<b>G3</b> California <i>Avocado, Tomatoes, Scallion, Monterey Jack</i> .....	9.99
<b>G4</b> The Mess <i>Home Fries, Onions, Peppers, Bacon, Ham, American</i> .....	9.99
<b>G5</b> Taste of Italy <i>Sundried Tomatoes, Sausage, Mozzarella</i> .....	8.99
<b>G6</b> Popeye <i>Sauteed Spinach, Tomatoes, Feta</i> .....	8.99
<b>G7</b> Healthnut <i>Egg Whites, Alpine Lace, Honey Turkey</i> .....	8.99

## Breakfast From The Grill

Pancakes (3) or Thick French Toast (2) .....	6.49
with Eggs .....	+ \$1.00
with Bacon or Sausage .....	+ \$1.50
with Eggs & Bacon or Sausage .....	+ \$2.50
Gourmet Pancakes (3) .....	7.59
<i>Blueberry, Apple Cinnamon, Banana, Strawberry, Oreo, Chocolate Chip</i>	
Belgian Waffle .....	6.99
with Eggs .....	+ \$1.00
with Bacon or Sausage .....	+ \$1.50
with Eggs & Bacon or Sausage .....	+ \$2.50
Mini Waffle .....	6.99
Gourmet Waffle .....	7.99
<i>Your Choice of Chocolate Chip, Blueberry, Strawberry or Banana &amp; Whipped Cream</i>	
Our Signature Croissant Stuffed French Toast .....	7.99
<i>Croissant French Toast Stuffed with Cream Cheese, Fresh Strawberries &amp; Bananas</i>	
Eggs Benedict .....	7.99
<i>Ham, Poached Eggs, Hollandaise Sauce, on a Toasted English Muffin</i>	

## Fresh Homemade Oatmeal

Small \$2.99 | Medium \$3.99 | Large \$4.79

With Your Choice of Toppings: Brown Sugar, Cinnamon, Almonds, Granola, Raisins, Craisins, Maple syrup, Walnuts  
\$0.50 per Additional Topping: Strawberries, Chopped Apples, Blueberries, Bananas

## Soup of the Day

Call For Daily Soup Selection (Seasonal)

Small (8oz.) .....	3.09	Large (16oz.) .....	5.29
Medium (12oz.) .....	4.29	Quart (32oz.) .....	8.99

# Lunch

Served on a Bagel  
All lunch sandwiches come with your choice of:

*Pickle, Cole Slaw, Macaroni Salad, Classic Potato Salad, Red Skin Potato Salad, Apple, or Banana. Choose Italian Pasta, Bowtie Pasta, Buffalo Chicken Pasta, Cucumber Salad, Health Salad or Broccoli Salad for an Add'l \$ .75*

## Cold Cut Sandwiches

Served On A Bagel

Ham .....	6.79	Pastrami .....	6.79
Turkey .....	6.79	Corned Beef .....	6.79
Honey Maple Turkey .....	6.79	Genoa Salami .....	6.79
Peppermill Turkey .....	6.79	Prosciutto .....	7.49
Salsalito Turkey .....	6.79	Roast Beef .....	7.49
Chicken Breast .....	6.79	Cappy Ham .....	6.79
Buffalo Chicken .....	6.79	Bologna .....	5.99
Chipotle Chicken .....	6.79	Cheese .....	5.99

## Salad Sandwiches

Served On A Bagel

Egg Salad .....	6.29	Chicken .....	7.29
Tuna .....	7.29	Craisin Chicken .....	7.29
Mexican Tuna .....	7.29	Buffalo Chicken .....	7.29
Springtime Tuna .....	7.29	Avocado Chicken .....	7.29
Lite Veggie Tuna .....	7.29	Whitefish .....	7.59
Apple Walnut Chicken Salad .....	7.99		

## Over Stuffed Sandwiches

Old Favorites Served on a Bagel

Grilled Cheese .....	5.99
<i>Melted Cheese of Your Choice Add Bacon or Ham +1.50</i>	
BLT .....	5.99
<i>Bacon, Lettuce, Tomato</i>	
Chicken Sandwich .....	6.49
<i>Grilled or Fried Chicken Cutlet with Lettuce, Tomato</i>	
Manhattan .....	8.99
<i>Grilled Chicken Breast, Melted Alpine Lace, Avocado, Leaf Lettuce</i>	
Viceroy .....	8.99
<i>Grilled Chicken, Bacon, Avocado, Melted Mozzarella, Lettuce, Tomato, Hot Sauce, Ranch</i>	
The Old Bethpage Melt .....	8.99
<i>Fried Chicken Cutlet, Melted American, Bacon, Lettuce, Tomato, Horseradish Sauce</i>	
BBQ Chicken .....	7.49
<i>Boar's Head BBQ Chicken Breast, Melted Cheddar, Honey BBQ</i>	
Ham & Cheese Melt .....	7.49
<i>Ham, Melted Swiss, Butter, Garlic</i>	
Pastrami Melt .....	7.49
<i>Pastrami, Melted Swiss, Sauerkraut, Mustard or Russian</i>	
Reuben Melt .....	7.49
<i>Corned Beef, Melted Swiss, Sauerkraut, Mustard or Russian</i>	
Tony's Tuna Melt .....	7.99
<i>Tuna Salad, Melted American, Tomato</i>	
Roast Beef Melt .....	8.49
<i>Roast Beef, Melted Mozzarella, Butter, Garlic</i>	
The Old American .....	8.99
<i>Roast Beef, Melted Cheddar, Bacon, BBQ</i>	
American Supreme Hero .....	8.99
<i>Roast Beef, Turkey, Ham, American, Lettuce, Tomato, Russian</i>	
Godfather Hero .....	8.99
<i>Prosciutto, Mozzarella, Lettuce, Tomato, Onions, Red Roasted Peppers, Oil &amp; Vinegar</i>	
Black Forest .....	7.49
<i>Honey Maple Turkey, Muenster, Lettuce, Tomato, Russian</i>	
Turkey Melt .....	7.49
<i>Turkey, Melted Swiss, Choice Of Dressing</i>	
Turkey Supreme Melt .....	8.99
<i>Turkey, Melted Swiss, Bacon, Lettuce, Tomato, Mayo or Russian</i>	
The Varick .....	7.99
<i>Peppermill Turkey, Jack Cheese, Onion, Lettuce, Honey Mustard</i>	
Turkey Brie .....	8.29
<i>Turkey, Brie, Sliced Apple, Lettuce, Honey Mustard</i>	
California Turkey .....	8.99
<i>Turkey, Bacon, Avocado, Lettuce, Tomato, Ranch</i>	

## Sandwich Toppers

Lettuce • Tomato • Cucumber • Sliced Pickle • Red Roasted Peppers  
Onions • Green Leaf • Baby Spinach • Jalapeno • Sundried Tomato  
Sliced Apple • Avocado

## Bread Choices

<b>Freshly Baked Bagel</b> .....	Included
<i>(Enjoy a larger sandwich on one of these breads below for an additional cost)</i>	
European Thick Bread (Wheatberry, Thick Sliced Rye, Country White) .....	\$0.50
Wraps (Plain, Whole Wheat, Spinach, Sun-Dried Tomato) .....	
European Flat Bread, Roll .....	
Hero   Brioche .....	\$1.25
Butter Croissant .....	\$1.50

## Pressed Panini

\$8.49

No Substitutions Please.  
Includes your choice of Dipping Sauce & Side Salad

<b>Italian Chicken Panini</b> .....	<i>Grilled Chicken Breast, Roasted Red Peppers, Fresh Mozzarella</i>
<b>Chipotle Chicken Panini</b> .....	<i>Chipotle Chicken, Chipotle Gouda Cheese, Bacon</i>
<b>Chicken Fajita Panini</b> .....	<i>Grilled Chicken, Peppers, Onions, Cilantro, Salsa, Cheddar</i>
<b>Chicken Pesto Panini</b> .....	<i>Grilled Chicken, Pesto, Fresh Mozzarella, Roasted Red Peppers</i>
<b>California Chicken Panini</b> .....	<i>Grilled Chicken, Chipotle, Roasted Red Peppers, Monterey Jack</i>
<b>Valencia</b> .....	<i>Grilled Chicken, Red Roasted Peppers, Fresh Mozzarella, Balsamic Vinaigrette on Ciabatta Bread</i>
<b>Buffalo Chicken Panini (Boar's Head) Blazin' Buffalo Chicken Breast,</b> .....	<i>Monterey Jack, Buffalo Dipping Sauce</i>
<b>Chicken Parmigiana Panini</b> .....	<i>Fried Chicken, Fresh Mozzarella, Marinara</i>
<b>Eggplant Parmigiana Panini</b> .....	<i>Fried Eggplant, Fresh Mozzarella, Marinara</i>
<b>The Main St. Panini</b> .....	<i>Fried Eggplant, Fresh Mozzarella, Sautéed Mushrooms, Red Roasted Peppers, Garlic Mayo</i>
<b>Monte Cristo Panini</b> .....	<i>Turkey, Ham, Lettuce, Swiss, Cheddar</i>
<b>Honey Turkey Panini</b> .....	<i>Boar's Head Honey Turkey, Alpine Lace</i>
<b>The Kickin Turkey Panini</b> .....	<i>Salsalito Turkey, Monterey Jack, Tomatoes, Chipotle Dipping Sauce</i>
<b>Cuban Panini</b> .....	<i>Roast Pork, Ham, Swiss, Mustard, Pickles</i>
<b>The Reuben Panini</b> .....	<i>Corned Beef, Swiss, Sauerkraut, Russian Dipping Sauce</i>
<b>Fresh Mozzarella Pesto Panini</b> .....	<i>Fresh Mozzarella, Tomato, Roasted Peppers, Pesto</i>
<b>Ham &amp; Swiss Panino</b> .....	<i>Boar's Head Ham &amp; Swiss</i>
<b>Roast Beef &amp; Mozzarella Panino</b> .....	<i>Oven Cooked Roast Beef &amp; Mozzarella</i>
<b>Maple Lovers Panino</b> .....	<i>Boar's Head Honey Maple Turkey, Mozzarella w/ a Sweet Honey Dijon Dressing</i>
<b>Tuscan Panino</b> .....	<i>Fresh Mozzarella, Tomato, Spinach</i>
<b>Prosciutto Panino</b> .....	<i>Prosciutto, Fresh Mozzarella, Roasted Red Peppers, Pesto Mayo</i>
<b>The Howitt Panino</b> .....	<i>Roast Beef, Swiss, Spinach, Sautéed Onion</i>
<b>Grilled Vegetable Panino</b> .....	<i>Grilled Vegetables, Provolone</i>

## Dipping Sauces

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