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, Candied Nuts, Green Leaf, Balsamic Vinaigrette*

Chicken Cutlet Wrap *Fried Or Grilled Chicken Cutlet, Green Leaf, Tomato*

Grilled Chicken Caesar Wrap *Grilled Chicken, Romaine, Parmesan, Caesar Dressing*

Chipotle Chicken Wrap *Grilled Chicken, Green Leaf, Tomato, Chipotle Mayo*

Chicken Pesto Wrap *Grilled Chicken, Pesto Mayo, Fresh Mozzarella, Green Leaf*

Ranch Wrap *Grilled Chicken, Bacon, American Cheese, Tomato, Green Leaf, Ranch Dressing*

Chicken Rustica Wrap *Grilled Chicken, Cheddar Cheese, Red Onion, Green Leaf, Horseradish Dressing*

Roma Wrap *Fried Chicken Cutlet, Fresh Mozzarella, Roasted Red Peppers, Green Leaf*

Buffalo Chicken Wrap *Fried Chicken, Buffalo Sauce, Blue Cheese Dressing, Shredded Carrots, Celery, Green Leaf*

Lone Star Wrap *Fried Chicken Cutlet, Cheddar Cheese, Bacon, BBQ Sauce, Green Leaf*

Italian Wrap *Cappi Ham, Salami, Provolone, Roasted Red Peppers, Green Leaf, Pesto Mayo*

Club Wrap *Turkey, Bacon, Muenster Cheese, Green Leaf, Tomato, Honey Mustard*

Feel Good Wrap *Boar's Head Oven Gold Turkey, Alpine Lace, Green Leaf, Tomato, Honey Mustard*

Veggie Tuna Wrap *Tuna Salad, Lito Mayo, Freshly Chopped Vegetables, Green Leaf, Tomato*

Grilled Vegetable Wrap *Grilled Vegetables, Provolone, 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 Fries or Onion Rings & Small Fountain Drink + $3.70

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
w/ Colby Jack Cheese & Salsa on the side
Vegetables 8.95
Chicken 9.95
Steak 11.50

French Fries ..... 5.25 | Onion Rings 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 | with French Fries 10.50
with Onion Rings 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
- Black or Green Olives
- Broccoli
- Black Beans
- Chick Peas
- Shredded Mozzarella
- Shredded Cheddar $1.00
- Apples
- Almonds
- Gorgonzola
- Jalapeños
- Corn
- Craisins
- Mushrooms
- Parmesan
- Roasted Peppers
- Raisins
- Sunflower Seeds
- Strawberries
- Scallion
- Chopped Walnuts
- Glazed Walnuts
- Hard Boiled Egg $1.00

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

$2.95 Grilled or Fried Chicken • Chef Salad Roll • Egg Salad • Cold Cuts
Tuna • Chicken Salad • Springtime Tuna • Craisin Chicken
Mexican Tuna • Veggie Tuna • Buffalo Chicken • Turkey Breast

Salad Dressing

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

Fat Free
- Ranch
- Italian

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 Lettuce, Sliced Cucumbers, Green & Red Peppers, Black Olives, Red Onions, Tomatoes, Feta & Greek Dressing

Caesar Salad 8.95
Romaine, Shaved Parmesan, Garlic Croutons, Caesar Dressing

Grilled Chicken Caesar Salad 11.50
Romaine, Shaved Parmesan, Garlic Croutons, Caesar Dressing, Grilled Chicken Slices

Monterey Spinach Salad 9.95
Baby Spinach, Sliced Strawberries, Fresh Mozzarella, Caramelized Walnuts, Balsamic Dressing

Mexican Chicken Salad 12.50
Mixed Greens, Grilled Chicken, Jack & Cheddar Cheese, Green & Red Peppers, Red Onions, Tomatoes, Tortilla

Roma Chicken Salad 12.50
Mixed Greens, Fried Chicken, Cucumbers, Cherry Tomatoes, Shredded Mozzarella, Black Olives, Celery, Red Roasted Peppers

Chef Salad *Turkey, Ham, Swiss, Lettuce,* 12.50
Tomato, Cucumbers, Eggs, Green & Red Peppers, Red Onions

Grilled Chicken BLT Salad 12.50
Grilled Chicken, Bacon,Tomatoes, Mixed Greens, Cheddar

Cobb Salad *Grilled Chicken, Tomatoes,* 12.50
Sliced Egg, Feta, Black Olives, Bacon, Mixed Greens

Oriental Chicken Salad 12.50
Grilled Chicken, Iceberg Lettuce, Green Onions, Bacon, Toasted Sesame Seeds, Sliced Almonds, Oriental Noodles

Apple Walnut Chicken Salad 12.50
Grilled Chicken, Apples, Craisins, Gorgonzola, Candied Walnuts, Mixed Greens

Nutty Chicken Salad 12.50
Mixed Greens, Grilled Chicken, Grapes, Apples, Feta, Glazed Walnuts, Raisins, Sunflower Seeds, Craisins

Desserts & Snacks

Fresh Fruit Cups (seasonal)
Yogurt Parfait *Fat Free Vanilla or Strawberry Yogurt w/Granola & Seasonal Berries*
Dessert Parfaits *Banana, Brownie, Mud Cup*
Rice Pudding • Vanilla 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

Cookies

- M&M
- Oatmeal Raisin
- Black & White
- Chocolate Chip
- Double Chocolate
- Red Velvet
- White Chocolate Macadamia
- Peanut Butter
- Sugar

Sweet Treats

Buy 3 and Get 1 Free

Freshly made daily in our bakery department

Muffins

- Apple Cinnamon
- Banana Nut
- Birthday Cake
- Blueberry
- Blueberry Crumb
- Chocolate Chip
- Corn
- Cranberry Nut
- Double Chocolate
- Glorious Morning
- Oreo
- Chocolate Crumb
- Peanut Butter
- Pistachio
- Pound Cake
- Cinnamon Coffeecake
- Cheesecake

Danish/Pastries/Cakes

- Apple Turnovers
- Cheese Danish
- Raspberry Rugelach
- Cinnamon Rolls
- Croissants
- Chocolate Rugelach
- Chocolate Croissants
- Rainbow Cookies
- & More

Beverages

	12oz	16oz	20oz
Hot			
Coffee	2.55	3.05	3.60
Regular • Dark Roast • Decaf • Flavored Coffee			
Tea	2.55	3.05	3.60
Lipton: Reg./Decaf Twinings: Reg./Decaf/Herb Flavors			
Swiss Miss Hot Chocolate	2.55	3.05	3.60
Iced			
Iced Coffee	3.25	3.95	4.75
• Regular • Decaf • French Vanilla			
Iced Tea / Fountain Drinks	2.65	3.45	4.25
• Deli Iced Tea • Lemonade • Sprite • Coke			
• Diet Coke • Fruit Punch • Cherry Coke • Root Beer			

Espresso Bar	Hot			Iced	
	12oz	16oz	20oz	16oz	24oz
Latte	4.25	5.00	5.65	5.00	6.00
• Cafe • Vanilla • Mocha					
Caramel Macchiato	4.25	5.00	5.65	5.00	6.00
Cappuccino	4.50	5.25	5.95	5.25	6.30

Espresso Shot +1.00 • Flavored Syrups or Whipped Cream +0.60

234 Main Street
Farmingdale, NY 11735
Tel: 516-420-4287
Fax: 516-420-9262



Stuff-a-Bagel
Main Street CATERERS

Cash Discount
As an incentive for our valued customers, we now provide a 4% discount if you pay with cash!

Save Time - Call or Fax Your Order
www.stuffabagel.com
Check out our Broadway Location
350 Broadway Bethpage, NY, 11714 ☎ *516-933-8468*

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

Breakfast

Bagels & Spreads

Butter 3.15
Mixed Cream Cheese 4.90
Plain Cream Cheese 4.25
Lox Spread 6.85

Vegetable, Scallion, Maple Walnut, Chocolate Chip, Strawberry, Jalapeño, Olive Pimento, Cinnamon Raisin

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

Breakfast Special — Mon-Fri, In-store Purchase Only, Excluding Holidays

Small Coffee with Any Breakfast From the Grill + $1.50

+ $3.00 Turn Any Breakfast Sandwich Into A Combo *-Includes Small Coffee & Home Fries or Hash Brown*

B1 1 Egg 4.25
B2 2 Eggs 5.20
B3 Ham, 2 Eggs, Cheese 7.70
B4 Bacon, 2 Eggs, Cheese 7.70
B5 Sausage Patty, 2 Eggs, Cheese 7.70
B6 Ham, Bacon, Sausage, 2 Eggs, Cheese 10.95
B7 3 Egg Whites, Turkey, Cheese 10.50
B8 3 Egg Whites, Turkey, Spinach 10.50
B9 3 Egg Whites, Spinach, Feta 10.50
B10 Egg Whites Veggie *Peppers, Onions, Mushroom & Spinach* 10.75
B11 Friendly Wrap *3 Eggs Whites, Turkey, Peppers, Onions* 10.75
B12 Hungry Man *3 Eggs, Ham, Bacon, Sausage, Cheese on a Hero* 13.60
B13 3 Egg Whites, Grilled Chicken, Spinach on a Wrap 11.20
B14 Ham, 1 Egg, Cheese on a toasted English Muffin 6.75
B15 Spanish Wrap 12.25
3 Egg Whites, Ham, Peppers, Onions, Jack Cheese, Salsa
B16 Good Morning Wrap 10.65
2 Eggs, Bacon, Cheddar, Home Fries, Salsa
B17 Energy Wrap 9.95
Peanut Butter, Sliced Banana, Granola, Raisins, Walnuts, Honey
B18 Brioche Breakfast Sandwich 11.95
2 Eggs, Bacon, Sausage, Chipotle Gouda, Cheddar on Toasted Brioche

Additional Charges for:

Egg Whites	1.15	Wrap	0.60
Veggies	0.80	Cheese	0.85
Butter	0.35	Feta | Alpine Lace | F. Mozzarella	1.10
		Sausage	2.75
Extra Egg	0.95	Bacon (3 Strips)	3.40
Meats	2.45	Turkey Bacon (3 Strips)	3.90
Home Fries (Cubed or Shredded)		**Small** 3.15 | **Medium** 4.20 | **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 • Broccoli • Jalapeño • Black Beans • Lox(Add'l cost) • Avocado(Add'l cost)

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

Meat — Bacon • Sausage • Ham • Turkey • Turkey Bacon +0.50

Gourmet Omelette Platters

3 Egg with Buttered Bagel or Bread & Home Fries
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 The Mess *Home Fries, Onions, Peppers, Bacon, Ham, American* 13.85
G5 Taste of Italy *Tomatoes, Sausage, Mozzarella* 12.85
G6 Popeye *Sauteed Spinach, Tomatoes, Feta* 12.85
G7 Healthnut *Egg Whites, Alpine Lace, Honey Turkey* 12.85

Breakfast From The Grill

Add Small Coffee +$1.50

Pancakes (3) or Thick French Toast (2) 9.95
with Eggs ..... + $2.95
with Bacon or Sausage ..... + $2.90
with Eggs & Bacon or Sausage ..... + $5.80
Gourmet Pancakes (3) 11.50
Blueberry, Apple Cinnamon, Banana, Strawberry, Oreo, Chocolate Chip
Belgian Waffle 10.50
with Eggs ..... + $2.95
with Bacon or Sausage ..... + $2.90
with Eggs & Bacon or Sausage ..... + $5.80
Mini Waffle 10.50
Gourmet Waffle 11.55
Your Choice of Chocolate Chip, Blueberry, Strawberry or Banana & Whipped Cream (+0.50)
Our Signature Croissant Stuffed French Toast 12.60
Croissant French Toast Stuffed with Cream Cheese, Fresh Strawberries & Bananas
Eggs Benedict 12.40
Ham, Poached Eggs, Hollandaise Sauce, on a Toasted English Muffin

Fresh Homemade Oatmeal

Small $3.70 | Medium $4.75 | Large $5.80

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.) 3.95
Medium (12oz.) 5.25
Large (16oz.) 6.60
Quart (32oz.) 11.75

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, Banana. Choose Italian Pasta, Bowtie Pasta, Buffalo Chicken Pasta, Cucumber Salad, Broccoli Salad for an Add'l $.75

Cold Cut Sandwiches

Served On A Bagel

Ham 8.95
Turkey 8.95
Honey Maple Turkey 8.95
Peppermill Turkey 8.95
Salsalito Turkey 8.95
Chicken Breast 8.95
Buffalo Chicken 8.95
Chipotle Chicken 8.95
Pastrami 10.50
Corned Beef 10.50
Prosciutto 10.50
Roast Beef 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 8.95
Mexican Tuna 9.25
Springtime Tuna 9.25
Lite Veggie Tuna 9.25
Apple Walnut Chicken Salad
Chicken 8.95
Buffalo Chicken 9.25
Craisin Chicken 9.25
Avocado Chicken 9.25
Whitefish 10.15

Over Stuffed Sandwiches

Old Favorites Served on a Bagel

Grilled Cheese 6.95
Melted Cheese of Your Choice *Add Bacon or Ham +2.90*
BLT 8.25
Bacon, Lettuce, Tomato
Chicken Sandwich 8.95
Grilled or Fried Chicken Cutlet
Manhattan 12.95
Grilled Chicken Breast, Melted Alpine Lace, Avocado, Leaf Lettuce
Viceroy *Grilled Chicken, Bacon, Avocado,* 12.95
Melted Mozzarella, Lettuce, Tomato, Hot Sauce, Ranch
The Old Bethpage Melt *Fried Chicken Cutlet,* 12.95
Melted American, Bacon, Lettuce, Tomato, Horseradish Sauce
BBQ Chicken Melt 9.75
Boar's Head BBQ Chicken Breast, Melted Cheddar, Honey BBQ
Ham & Cheese Melt 9.75
Ham, Melted Swiss, Butter, Garlic
Pastrami Melt 11.50
Pastrami, Melted Swiss, Sauerkraut, Mustard or Russian
Reuben Melt 11.50
Corned Beef, Melted Swiss, Sauerkraut, Mustard or Russian
Tony's Tuna Melt 10.25
Tuna Salad, Melted American, Tomato
Roast Beef Melt 11.50
Roast Beef, Melted Mozzarella, Butter, Garlic
The Old American 12.95
Roast Beef, Melted Cheddar, Bacon, BBQ
American Supreme Hero 13.50
Roast Beef, Turkey, Ham, American, Lettuce, Tomato, Russian
Godfather Hero *Genoa Salami, Cappy Ham, Pepperoni, Provolone,* 13.50
Prosciutto, Mozzarella, Lettuce, Tomato, Onions, Red Roasted Peppers, Oil & Vinegar
Black Forest 9.95
Honey Maple Turkey, Muenster, Lettuce, Tomato, Russian
Turkey Melt 9.95
Turkey, Melted Swiss, Choice Of Dressing
Turkey Supreme Melt 12.95
Turkey, Melted Swiss, Bacon, Lettuce, Tomato, Mayo or Russian
The Varick 9.95
Peppermill Turkey, Jack Cheese, Onion, Lettuce, Honey Mustard
Turkey Brie 10.25
Turkey, Brie, Sliced Apple, Lettuce, Honey Mustard
California Turkey 13.50
Turkey, Bacon, Avocado, Lettuce, Tomato, Ranch
Cordon Bleu Brioche *Fried Chicken Cutlet, Ham* 13.50
Swiss Cheese, Lettuce, Tomato, Chipotle Sauce on Toasted Brioche
Chicken Brioche Supreme 13.50
Fried or Grilled Chicken, Bacon, Avocado, Green Leaf, Red Onion, Tomato, Monterey Jack, Chipotle Sauce on Toasted Brioche

Sandwich Toppers

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

Bread Choices

Freshly Baked Bagel Included
(Enjoy a larger sandwich on one of these breads below for an additional cost)
European Thick Bread (Wheatberry, Thick Sliced Rye, Country White) $0.50
European Flat Bread, Roll
Wraps (Plain, Whole Wheat, Spinach, Sun-Dried Tomato) $0.60
Hero | Brioche | Croissant $2.00

Pressed Panini

$12.75
No Substitutions Please.
Includes your choice of Dipping Sauce & Side Salad

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

Dipping Sauces

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