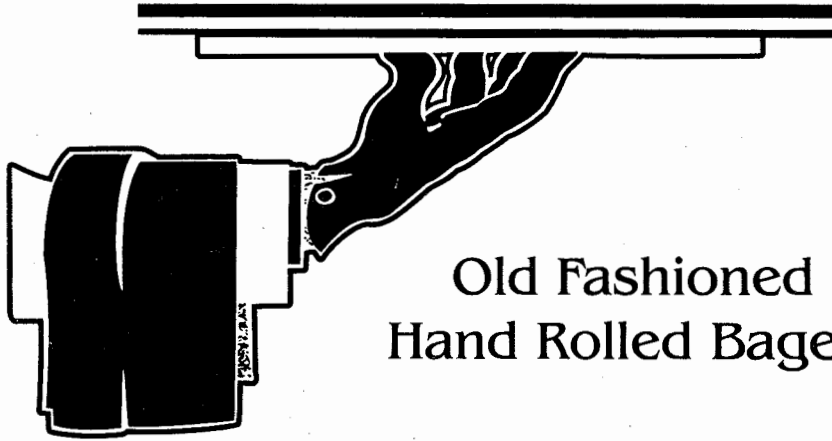


BAGEL CAFE

FAST, FRIENDLY SERVICE

DELI & CATERING



Old Fashioned
Hand Rolled Bagels

• Please Call Store In Your Area •

MASSAPEQUA

PARK

Southgate
Shopping Center
(516) 541-1304
Fax (516) 541-3719

BAY SHORE

Ocean Avenue &
Main Street
(631) 968-9050
Fax (631) 968-5222

FREEPORT

South Ocean & Atlantic Avenue
(516) 379-3354
Fax (516) 379-3356

All Major Credit Cards Accepted
Open 7 Days • We Deliver

All Baking Done On Premises

OLD FASHIONED HAND ROLLED BAGELS

Bagel with Butter or Jelly	\$1.25
Bagel with Cream Cheese	\$1.85
Bagel with Specialty Cream Cheese	\$2.75
<i>scallion, vegetable, walnut raisin, olive pimento</i>	
Bagel with Lox Spread	\$3.25
Bagel with Peanut Butter	\$1.99
French Toast Bagel with Butter	\$1.50
Flagel with Butter	\$1.50
Flagel with Cream Cheese	\$2.25
Flagel with Specialty Cream Cheese	\$3.25
Flagel with Lox Spread	\$3.50

GOURMET COFFEE AND TEA

Fresh brewed coffee or tea (regular or decaf)

Small - \$1.25 Medium - \$1.75 Large - \$1.95

Cappuccino, French Vanilla Cappuccino & Hot Chocolate

Small - \$1.25 Medium - \$1.75 Large - \$1.95

HOMEMADE BAKERY DEPARTMENT

Baked Fresh Daily

Muffins - \$1.95 each with Butter - \$2.25 Cookies & Danish - \$1.95

COOKIE & MUFFIN PLATTERS AVAILABLE

OMELETTES

Consist of three farm fresh jumbo eggs served with home fries & your choice of

Cheese - Your Choice	\$4.49	Greek	\$4.99
Cheese & Bacon or Ham	\$4.99	<i>Feta & Spinach</i>	
Cheese & Sausage or Turkey ...	\$4.99	Ham or Bacon	\$4.99
Western	\$4.99	Mushrooms & Onions	\$4.99
<i>Onions, Peppers & Ham</i>		Mixed Grilled Vegetables	\$4.99
Spanish	\$4.99	Lox & Onions	\$5.99
<i>Onions, Peppers & Tomatoes</i>		<i>or make your own!!!</i>	

EGG WHITE OMELETTES

Egg Whites	\$5.49
<i>Broccoli & Spinach</i>	
Egg White Veggies	\$5.49
<i>Peppers, Zucchini, Onions & Shredded Carrots</i>	
Egg Whites	\$5.49
<i>Mushrooms & Onions</i>	

All Prices subject to tax and can change without notice

BREAKFAST MENU

From our Griddle

- * 1. Ham, egg & cheese wrap \$3.99
- 2. Egg whites & spinach wrap \$3.99
- * 3. 2 eggs on a bagel \$1.79
- * 4. 2 eggs with ham on a bagel \$2.29
- * 5. 2 eggs with bacon on a bagel \$2.39
- * 6. 1 egg with ham & cheese on an English Muffin \$2.39
- 7. Egg whites, turkey & tomato a pita \$3.99
- * 8. 2 eggs with sausage on a bagel \$2.39
- 9. Western Omelette: 2 eggs, onion, ham, peppers & onion a bagel \$3.59
- * 10. Breakfast Box: 2 eggs with ham or bacon, home fries, \$4.29
buttered bagel, with coffee or tea and juice
- 11. Challah French Toast with maple syrup & butter \$4.29
- 12. 3 buttermilk pancakes with maple syrup & butter \$4.29
- * 13. Hungry Man Hero: 3 eggs, ham, bacon & cheese on a hero \$4.29
- 14. 3 egg whites with grilled turkey on a whole wheat bagel \$3.49
- 15. Potato Egg Omelette \$3.99
- 16. Egg Whites Spinach Feta Wrap \$4.49
- 17. The Mess: 4 Eggs Bacon, Ham, Sausage, Cheese on a Hero \$5.49

Egg Whites - .50 extra

EXTRAS

Sausage - \$.99 Ham or Bacon - \$.99 Hero - \$.75 Cheese - \$.50
Home Fries Small - \$1.59 Large - \$1.99

PANINI SANDWICHES

- 1. **BILTMORE** \$6.49
Roast Beef, Grilled Portobello Mushrooms, Melted Provolone
- 2. **SUNRISE** \$6.49
Grilled Chicken, Melted Mozzarella & Roasted Peppers
- 3. **BROADWAY** \$5.99
Breaded Eggplant, Prosciutto, Melted Mozzarella & Balsamic Vinaigrette
- 4. **NASSAU** \$5.99
Boar's Head Chicken Breast, Pepperoni, Melted Provolone
- 5. **RIVIERA** \$6.49
Honey Maple Turkey, Virginia Ham, melted Swiss & Tomato
- 6. **BAYVIEW** \$6.49
Breaded Chicken Cutlet, Bacon, Melted Cheddar & Russian Dressing
- 7. **GRAND** \$5.99
Cracked Peppermill Turkey, Hot Cherry Peppers, Melted Jalapeno Jack
- 8. **CHEROKEE** \$5.99
Turkey Breast, Sundried Tomatoes, Red Onion & Melted Swiss

*This menu item can be cooked to your liking. Consuming raw or undercooked meat, fish, shellfish, or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

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SPECIALTY SANDWICHES

Served with Pickle, & Choice of Potato, Macaroni or Coleslaw Salad

18. **ROAST BEEF ROYALE** \$6.99
Hot roast beef on toasted garlic hero with melted mozzarella
19. **CHICKEN CUTLET CLASSIC** \$5.99
Chicken cutlet with melted American cheese, Russian dressing, lettuce & tomato on a roll
20. **CAFE CLUB** \$5.99
Sliced turkey, bacon, lettuce & tomato on a bagel
21. **THE GODFATHER** \$6.99
Ham cappy, genoa salami, pepperoni, provolone cheese, lettuce, tomato & peppers, oil & vinegar on a hero
22. **TEXAS MELT** \$6.49
Hot roast beef with bacon & bbq sauce with melted mozzarella on a bagel
23. **REUBEN** \$5.99
Grilled corned beef with melted Swiss & sauerkraut on a bagel
24. **VIRGINIA MELT** \$5.99
Grilled Virginia ham with melted Swiss on a grilled bagel
25. **DELI DUO** \$6.49
Hot pastrami and corned beef with cole slaw & Russian dressing on a bagel
26. **GRILLED CHICKEN DELITE** \$5.99
Charbroiled chicken breast with lettuce, tomato, roasted peppers & honey mustard on a roll
27. **LA ROMA** \$6.49
Fresh mozzarella with imported prosciutto & roasted peppers with oil & vinegar on a roll
28. **NOVALICIOUS** \$6.99
Sliced nova lox with onions, tomatoes & Philadelphia cream cheese on a bagel
29. **CHUNKY CHICKEN EXTRA** \$5.99
Homemade chicken salad with bacon, lettuce, tomatoes on a bagel
30. **TUNA MELT** \$5.99
Fresh tuna with melted American cheese on a bagel
31. **SEAFOOD SUPREME** \$5.99
Fresh seafood salad with lettuce, tomato on a bagel
32. **BLT SUPREME** \$4.99
Bacon, lettuce tomato with melted American cheese on a bagel
33. **MIGUELS FAMOUS** \$7.99
Marinated Steak with melted mozzarella on hero
34. **GRILLED CHEESE** \$4.99
With bacon or tomato, choice of bread
35. **ITALIAN STYLE GRILLED CHICKEN** \$6.49
Grilled chicken, fresh mozzarella & roasted peppers on a roll
36. **MONTE CRISTO** \$6.49
Turkey breast & Virginia ham with melted Swiss & Russian dressing on a roll
37. **FRESH CARVED TURKEY SUPREME** \$6.99
Fresh turkey breast with lettuce, tomato & Russian dressing on a roll
38. **KOJACK'S DELITE** \$5.99
Breaded Eggplant with fresh mozzarella on a roll
39. **CHICKEN CUTLET PARMIGIANA** \$6.99
Golden chicken cutlet with tomato sauce & melted mozzarella on garlic hero

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THAT'S A WRAP...

*Served in your choice: flour tortilla,
honey wheat, sundried tomato, spinach or plain*

40. SALLY "B"	\$6.99
<i>Grilled chicken, fresh mozzarella, roasted peppers, lettuce & tomato</i>	
41. FATTY ADDY	\$6.99
<i>Chunky chicken salad, crispy bacon, lettuce & tomato</i>	
42. VINCENZO	\$6.99
<i>Homemade breaded eggplant, roasted peppers, sundried tomatoes & lettuce</i>	
43. TERMINATOR	\$6.99
<i>Fresh turkey, romaine lettuce, tomatoes, honey mustard</i>	
44. SOUTHGATE SLAMMER	\$7.99
<i>Fresh seafood wrap with shrimp salad or seafood salad, lettuce & tomato</i>	
45. VIKING	\$6.99
<i>Lite tuna with fresh veggies, lettuce & tomato</i>	
46. CAFE CLASSIC	\$6.99
<i>Chicken cutlet with melted American cheese, Russian dressing, lettuce & tomato</i>	
47. GLADIATOR	\$6.99
<i>Fresh mozzarella, imported prosciutto, roasted peppers, lettuce & tomato</i>	
48. ZEUS	\$6.99
<i>Grilled chicken, fresh mozzarella, sundried tomatoes, black olives, & lettuce</i>	
49. HERCULES	\$6.99
<i>Grilled Chicken, Romaine lettuce, croutons & Parmesan cheese</i>	
50. LEGEND	\$6.99
<i>Turkey, bacon, Russian dressing, lettuce & tomato</i>	
51. TEXAN	\$6.99
<i>Roast beef, bacon, bbq sauce & melted mozzarella</i>	
52. CHIEF	\$6.99
<i>Grilled Chicken with veggie rice, melted Provolone, lettuce & tomato</i>	

FRESH SALADS

	<u>Small</u>	<u>Large</u>
TOSSED SALAD	\$3.99	\$4.99
<i>Iceberg lettuce, tomato, cucumber green pepper, shredded carrots & onion w/choice of dressing</i>		
GREEK SALAD	\$4.99	\$5.99
<i>Crisp lettuce, tomato wedges, green pepper, cummber, red onions, topped with feta cheese, black olives, choice of dressing</i>		
CAESAR SALAD	\$4.99	\$5.99
<i>Crisp romaine lettuce, our homemade Caesar dressing, and fresh grated parmesan cheese</i>		
CHEF SALAD	\$4.99	\$5.99
<i>Ham, Swiss, turkey breast, lettuce tomato, choice of dressing</i>		

ALL OF THE ABOVE CAN BE TOPPED WITH ANY OF THE FOLLOWING

*Grilled Chicken - \$2.50 *Scoop of tuna, chicken or egg salad - \$2.50
Shrimp or Seafood Salad - \$3.99

DRESSINGS

*Italian - Bleu Cheese - Oil & Vinegar - Ranch - Creamy Italian - French - Russian
Fat Free Raspberry Vinegarette - Lite -Italian*

Seating Available • Fast, Friendly Service

• Thank You For Your Business •

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SANDWICH SUGGESTIONS

Available on fresh bagel, roll, white, wheat, pita
Add .50 for Pita

Tuna Salad	\$4.75	Fresh Carved Turkey	\$5.50
Lite Veggie Tuna Salad	\$4.99	Hot Corned Beef	\$4.75
Chicken Salad	\$4.75	Hot Pastrami	\$4.75
Egg Salad	\$4.25	Cracked Peppermill Turkey	\$4.99
Chicken Cutlet	\$4.99	Honey Maple Turkey	\$4.99
Grilled Chicken	\$4.99	Bacon, Lettuce, Tomato	\$4.00
Turkey Breast	\$4.75	Ham Cappy	\$4.75
Ham	\$4.75	Bologna	\$4.25
Roast Beef	\$4.99	Liverwurst	\$4.25
Virginia Ham	\$4.75		

FRESH FROM THE SEA

Shrimp Salad	\$6.99	Seafood Salad	\$5.99
Baked Salmon Salad	\$6.99	Whitefish Salad	\$5.99

EXTRAS:

Hero - .75 Wraps - 1.00 Tomato - .50 Roasted Peppers - .50
Cheese - .50 Fresh Mozzarella - 1.00 Sun Dried Tomato - 1.00

BURGERS

*Served with Cole Slaw, Lettuce,
Tomato & Pickles*

*Hamburger	\$4.49
with cheese	\$4.99
*Bacon Cheeseburger	\$5.49
*Mushroom Cheeseburger	\$5.49
*Veggie Burger	\$4.99
*Turkey Burger	\$5.49
*Add French Fries	\$1.00

SIDE ORDERS

Steak Fries	\$1.99
Onion Rings	\$2.49
Spicy Curly Fries	\$2.99
Waffle Fries	\$2.99
Mozzarella Sticks (5)	\$4.99
*Chicken Fingers	\$4.99
*Chicken Wings w/Bleu cheese ..	\$4.99
Macaroni and Cheese	\$4.99/lb.

HOMEMADE DESSERTS & COOKIES

Strawberry, Banana & Granola Yogurt Cup	\$3.99 each
Homemade Rice & Bread Pudding	\$4.99/lb.
Jello	\$1.29 each
Chocolate Ice Box (pudding)	\$4.99/lb.
Fresh Fruit Salad (strawberries, canteloupe, honeydew & red grapes)	\$5.49/lb.
Fresh Fruit (bananas, apples, oranges)	\$.75 each
Large Cookies	\$1.95 each
Jumbo Muffin	\$1.95 each

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