

Burgers

All Burgers Are 1/3 Pound...Topped With Lettuce, Tomato & Mayo

- Old Fashioned Burger... 5.50 ~ Cheeseburger... 5.75**
Bacon Cheese... 6.25 ~ Mushroom, Onion & Swiss... 6.25
Patty Melt... 6.50 Sautéed Onions & Swiss on Grilled Rye.

Specialty Subs

- * **Italian Combo... 7.25** Ham, Genoa Salami, Spicy Cappy Ham, Provolone Cheese, Lettuce, Tomatoes, Red Onions, Banana Peppers, Black Olives, Deli Mustard & Mayo, Oil n' Vinegar and Spices.
- * **Meat Combo 7.50...** Roast Beef, Ham, Turkey with Swiss & American Cheese, Lettuce, Tomatoes, Red Onions, Mayo & Mustard.
- Turkey Club Sub... 7.25** Turkey, Bacon, Swiss Cheese, Lettuce, Tomatoes, Red Onions & Mayo. (Yummy!)
- Chicken Cheese Steak... 7.50** Chopped and Sliced Chicken Breast Topped with a Mixture of Onions, Bell Peppers, Mushrooms, and Provolone Cheese. Just as Good as Our Philly!!!
- Philly Cheese Steak... 7.50** Thinly Sliced Beef Topped with a Mixture of Sauteed Onions, Bell Peppers, Mushrooms & Provolone Cheese.
- Roast Beef Melt... 7.25** Roast Beef, Topped with Melted Cheddar Cheese, Tomato and Horse Radish Sauce.

* Indicates One of Our Local Favorites

Specialty Wraps

Wraps...Choice of Wheat, Tomato Basil, Spinach or Garlic Herb

- Garden Turkey Wrap... 7.00** Fresh Spinach Leaves, Tomatoes, Red Onions & Ranch Lite Dressing In a Tomato Basil Wrap !!!
- Club Wrap... 7.25** Ham & Turkey with American & Provolone Cheese, Bacon, Chopped Lettuce, Tomatoes & Mayo In a Tomato Basil Wrap!
- Veggie Wrap... 6.95** Fresh Spinach, Tomatoes, Onions, Sprouts, BlackOlives, Cucumber, Carrots & Ranch Lite Dressing In a Spinach Wrap
- Santa Fe Wrap... 7.25** Grilled Chicken Strips, Chopped Lettuce, Tomato, Red Onions, Sprouts, Salsa & Lite Cream Cheese In a Wheat Wrap
- Chicken Caesar Wrap... 7.25** Grilled Chicken Strips, Romaine Lettuce, Tomatoes, Parmesan Cheese & Caesar Dressing In a Garlic Herb Wrap
- BLT Wrap... 6.75** Boars Head Bacon, Lettuce, Tomato & Mayo in a Garlic Wrap
- NEW Buffalo Chicken Wrap... 7.50** Seasoned Grilled Chicken tossed in Red Hot, wrapped up with Cheddar Cheese, Lettuce, Tomato, Red Onion. A touch of ranch dressing to cool things down. All rolled up in a flour Tortilla.
- NEW Chicken Bruchetta Wrap... 7.50** Grilled Seasoned Chicken with Romaine Lettuce, Aisago Cheese & Homemade Bruchetta on a grilled garlic Pesto Wrap
- * **NEW Pittsburgh Wrap... 7.50** Our Version of the Pittsburgh Classic. Seasoned Steak, Onions, Provolone Cheese Topped with Coleslaw & Home Fries. Wrapped in a Flour Tortilla

Salads and More...

Dressings: Ranch, Lite Ranch, Bleu Cheese, Italian, 1000 Island, Balsamic, Honey Mustard, Oil & Vinegar

- Garden Salad... 5.50** Lettuce, Tomatoes, Cucumbers, Red Onions, Carrots, Black Olives, Sprouts & Croutons choice of dressing.
- Salad Platter... 6.95** Our Garden Salad* Topped with a scoop of our "Fresh Homemade" Chicken Salad , Tuna Salad (Albacore) or Egg Salad.
- Chef Salad... 7.95** Our Garden Salad* Topped With Turkey, Ham, American & Swiss Cheese, Crumbled Bacon & Hard Boiled Egg.
- Chicken Caesar Salad... 6.95** Romaine Lettuce tossed with Asiago Cheese, Tomatoes & Caesar Dressing topped with Croutons.
- White Fish Salad (seasonal)...8.95** A generous scoop of fresh White Fish Salad Placed on a bed of Lettuce. Served with a Slice of Lemon and Tomatoes and your choice of Bagel or Bagel chips.

"Wet Your Whistle"

Fountain Sodas 16.oz... 1.55 20 oz... 1.75

Pepsi ~ Diet Pepsi ~ Mountain Dew ~ Sierra Mist ~ Dr. Pepper
 Freshly Brewed Sweet & Unsweetened Tea

Orchid Island OJ... 2.50 ~ Orchid Island Flavors...2.50 ~ Snapple... 2.50
 Can Sodas...1.00

RX Drinks... 2.50 ~ Gatorade... 2.50 ~ Water...2.00 ~ Vitamin Water... 2.50

Iced Coffee... Vanilla or Mocha... 2.25

"Homemade Baked Pastries !!"

Cinnamon Crunch... 1.95

Mini Brownies, Cookies... .75
 Muffins... 2.85 ~ Iced Sugar Cookies... 1.00

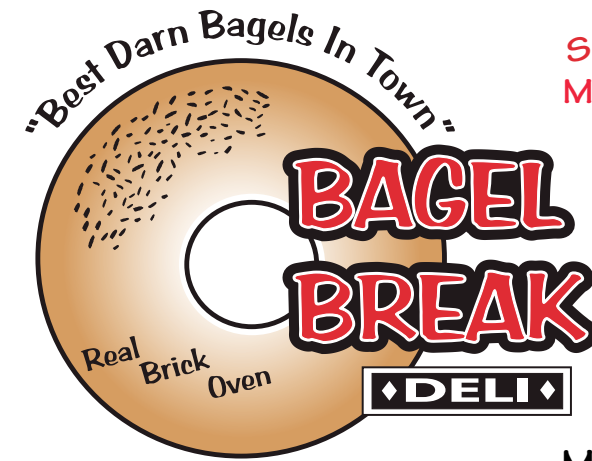
Croissants...1.50 ~ Spinach Feta Tomato Basil Bialy... 2.75

Special Made To Order... HOME MADE PIES, CAKES & COOKIES

"We have the 'Best Darn Bagels in Town!' "

"Have a Bagelful Day!"

"All Prices Subject To Change"



Serving Breakfast & Lunch
 Mon. thru Sat. 6am - 3pm
 Sunday: 7am - 2pm

Now Serving
 Two Locations!

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Martin Countys Only Bagel Shop That Still Makes Bagels From Scratch...Yep!!!
 Bags Of Flour, Our Ingredients, Hand Stretched, Kettle Boiled &
 Baked In Our Stone Oven By Our Bakers !!

Ask us about our Party Trays & Platters!!

MINI BAGELS AVAILABLE 8.95 Dozen
 (ONE DAY Notice Required~ PERFECT for Parties !!)

*Bagels By The Bag

Each ...95 Cents

6 Bagels...5.55

Bakers Dozen ...9.95

Cream Cheese 1/2 Ib. Tub

Plain Reg or Low Fat... 3.25

Scallion... 3.75

Veggie/ Olive/ Garlic Herb

Walnut Raisin...4.00

Nova Lox spread...5.50

Create Your Own Flavor... 4.00

Plain * Sesame * Everything * Poppy * Salt * Marble * Rye
 Onion * Blueberry * Sundried Tomato * Banana Nut
 Multi-Grain * Wheat * Egg * Garlic * Pumpernickel * Spinach
 Asiago * Jalapeno * Chocolate Chip * Cinnamon Raisin
 Bialys * Cran Orange * Oatmeal / Walnut /Raisin

All Subject To Availability

Good Morning Coffee... Fresh Ground & Brewed

Med. (12 oz.) 1.55 Lrg. (16 oz.) 1.75 Huge. (20 oz.) 1.96

Hot Tea, Green & Decaf available, Hot Chocolate Iced Coffee... .. 1.96

Bagels Topped With... (We Split & Toast Your Bagel)

Butter or Jelly 1.55 Butter and Jelly 1.69 Plain Cream Cheese 2.05

Flavored Cream Cheese 3.05....

Scallion, Veggie, Green Olive, Garlic Herb, Walnut Raisin

Peanut Butter 2.25 & Jelly 2.50 Honey Butter 2.50

Nova Lox Cream Cheese 4.29 W/tomato, Onion & Capers Add 2.50

Sliced Nova Lox & Cream Cheese On A Fresh Bagel with...
Tomato, Onion, Capers & Lemon Served Open Face 8.95

#1 Omelets Create Your Own

3 Fluffy Eggs Served W/ Home Fries or Grits & Choice of Buttered Bagel,
English Muffin or Toast **Select Up To 3 Items... 6.75**

Ham Sausage Bacon Tomato Onion Spinach Bell Peppers Mushrooms
Jalapenos Salsa Cheddar American Provolone Swiss Mozz.

For Egg White Lover Only... Add 1.00

Good Ol' Favorites

Western Omelet... 7.25 Ham, Bell Peppers, Onion & Cheese.

Mexican Omelet... 7.25 Jalapenos, Onions, Peppers, Salsa, Pepper Jack
& Cheddar Cheese.

Veggie Omelet... 7.25 Tom, Onion, Shrooms, Spinach, Peppers & Cheese.

Philly Cheese Steak Omelet... 7.50 Shrooms, Onion, Peppers, Provolone.

Nova Lox Omelet... 8.95 Lox, Onion, Tomato, Provolone & Capers.

Country Omelet... 7.75 Bacon, Ham, Sausage, Onion & Cheese.

Spinach Medley... 7.25 Spinach, Shrooms, Tomato & Feta Cheese.

Kick'n Chicken...8.25 Shredded Seasoned Chicken, Onions, Mushrooms,
Pepper jack & cheddar cheeses. Served with a Side of Salsa

#2 Pancake Special... 5.50 (Such A Deal)

2 Eggs, 2 Pancakes or 2 slices of French Toast & Choice of Bacon, Ham or Sausage.

#3 Veggie Omelet Sandwich... 4.50 (As A Wrap 4.95)
Tomato, Onion, Mushroom, Spinach, Peppers & Cheese

#3 Western Omelet Sandwich... 4.50 (As A Wrap 4.95)
Ham, Onion, Bell Peppers & Cheese

#3 Breakfast Sandwiches Croissant Sandwich Add 1.00 Extra Egg Add .75

Egg on a Bagel... 3.05 ~ Egg & Cheese... 3.30 ~ Egg & Bacon, Ham or

Sausage... 4.00 ~ Bacon, Ham or Sausage Egg & Cheese... 4.25

Steak, Egg & Cheese... 4.50 ~ Pork Roll... 4.50

Breakfast Wraps

Breakfast Wrap... 4.50 (In a Plain Tortilla) 2 Eggs, Cheese & Bacon,
Ham, Sausage or Steak

***New!! Loaded Wrap... 5.25** (In a Plain Tortilla) 2 Eggs, loaded with your
choice of Bacon, Sausage, Ham or Steak, Shredded Cheddar with Home Fries,

#4 Breakfast Special... 3.99 Couple of Good Eggs, Home Fries, Choice
of Buttered Bagel, English Muffin or Toast & Small Coffee... Add a side of Bacon, Ham
or Sausage 1.25 Plain Cream Cheese 1.00
Egg Whites or Egg Beaters Add .75

#5 Pancakes... 4.25 Three Huge Buttermilks W/ Butter & Syrup
Blueberry or Chocolate Chip Pancakes Add 1.25

#6 French Toast... 4.25 3 Slices of Texas Toast with Cinnamon,
Powdered Sugar & Syrup. Add Strawberries or bananas with whipped cream 1.25

#7 Two Biscuits n' Gravy...4.00

#7.5 One biscuit n' gravy with 2 eggs any style only... **4.50**

#8 NEW!! Belgian Waffles... 5.00 One Huge Waffle Topped with
Fresh Local Strawberries (When In Season) and Whipped Cream. **(Order Plain 4.00)**

#9 Southern Biscuit n' Gravy...5.75 Two Eggs any style On top of a
Split Biscuit. Covered with Sausage Gravy & Home Fries Topped with Cheddar Cheese.

#10 Corn Beef Hash... 5.75 An American Favorite, A huge pile of
Corn Beef Hash topped with 2 eggs any style. Also a Buttered Bagel, English
Muffin or Toast.

Junior Bagel Breaker's (10 & Under)

Junior French Toast... 2.99 1 slice. Dusted with Powdered Sugar Bacon or Sausage.

Logan's Favorite... 2.99 3 Silver Dollar Pancakes with Sausage or Bacon.

Junior Breakfast Special... 2.99 1 Egg any Style, Bacon or Sausage, Home fries & Toast

Junior Bagel Breaker's Lunch

Grilled Cheese Sandwich... 2.75 Served with Chips or Pretzels.

Peanut & Jelly Sandwich... 2.50 Served with Chips or Pretzels.

Turkey or Ham Sandwich... 2.75 On White Bread Served with Chips or Pretzels.

Just Stuff on the Side...

Mike's Loaded Home Fries...2.50 Bacon, Scallions, Cheddar,

Ala Carte Eggs...1.25 Each ~ Pork Roll... 1.50 ~ Side of Bacon, Ham or

Sausage...1.50 ~ Home Made Home Fries...1.50 ~ Corn Beef Hash... 2.75

Side of Cream Cheese/ Plain... 1.00 - Flavored... 1.25 Lox... 2.25 (2oz)

Bowl of Oatmeal... 2.50 ~ Cold Cereal (See Our Selection) 1.75

Grits 1.50 ~ Cheese Grits 2.25 ~ Buttered Toast or English Muffin 1.50

Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase yor risk of foodborn illnesses, especially if you have certain medical conditions

Boars Head Brands Sandwich Board

Bagel Sandwiches 6.75 Subs 6.95 Wraps 6.95

All Sandwiches Served With: Boars Head Pickle Spear & Choice of
Potato Salad, Macaroni Salad, Cucumber/Tomato Salad, Coleslaw or Chips

1st... "Choose From Our Selection of Meats And Cheeses"

Deluxe Ham ~ Roasted Turkey ~ Roast Beef ~ Top Round Corn Beef

Top Round Pastrami ~ Genoa Salami ~ Spicy Capocollo Ham

White Tuna Salad (Little Mayo) ~ Chicken Salad ~ Egg Salad

Cheddar ~ Swiss ~ Provolone ~ American ~ Pepper Jack

2nd... Choose From:

Lettuce, Tomato, Red Onions, Pickles, Black Olives, Sprouts,
Banana Peppers, Jalapenos, Mayo, Deli Mustard, Honey mustard,
Horse Radish Sauce, Gourmaise, Oil & Vinegar

Specialty Sandwiches

All Sandwiches Served With: Boars Head Pickle Spear & Choice of
Potato Salad, Macaroni Salad, Cucumber/Tomato Salad, Coleslaw or Chips

***CJ's Club... 7.25** Ham, Turkey, Provolone & American Cheese, Bacon, Lettuce,
Tomato, Mayo on Grilled Rye

*** NEW!! Turkey Bacon Ranch... 7.25** Topped with Provolone, Lettuce, Tomatoes,
Banana Peppers, Red Onions & Ranch Dressing

NEW!! Stacked to the Max Club 7.75 Boars Head Ham, Turkey, Bacon,
Swiss & American Cheese with Lettuce, Tomato & Mayo, Stacked High on 3 slices
of Toasted White, Wheat or Rye Bread.

BLT... 6.75 Piled High with Boars Head Bacon, Lettuce, Tomato & Mayo.

Reuben... 7.25 Cornbeef, Swiss Cheese, Sauerkraut & Thousand Island Dressing
on Grilled Rye *(The Best !!)*

Turkey Reuben... 7.25 Prepared Same As Above with Oven Roasted Boars
Head Turkey

Rachel... 7.25 Same as the "Reuben" But Made with Pastrami & Coleslaw
Just Delicious !!

New!! Rachels Sister... 7.25 Steamed Turkey, Provolone, 1000 Islands Dressing
Covered with Coleslaw in Between Grilled White Bread.

Grilled Chicken Breast...7.50 Topped with Lettuce, Tomato, Red Onion & Mayo
on a Bun (or Bagel)

CJ's Grilled Chicken Breast...7.75 (Awesome!!) Smothered with Sautéed
Mushrooms 'n Onions, Bacon, Swiss Cheese & Topped with Lettuce, Tomato & Mayo

Ol' Fashioned Grilled Cheese on Texas Toast... 5.95 Add Bacon & Tomato...1.50

**Indicates One of Our Local Favorites*