

Bagel and Deli

BREAKFAST MENU

BAGELS

PLain, honey wheat, multigrain, sesame, everything, poppy seed, pumpernickel, garlic, onion, blueberry, cinnamon raisin, salt ! cinnamon sugar

BAGEL (each) CINNAMON SUGAR 1/2 DOZEN DOZEN

CREAM CHEESE

plain, strawberry, blueberry, cinnamon raisin walnut, jalapeno : veggie

PLAIN (20z).... (40z)....

FLAVORED... (40z)...

SIDES

BEVERAGES

BACON (Two slices)

fountain drink

coffee....(small)

SAUSAGE(one piece)

ice tea

(Large)

CHEESE GRITTS

apple or orange juice

(bottomLess)

SIDE OF FRUIT

MILK.

hot chocolate

hot tea

*eating a partially or uncooped egg may cause a food born illness



Bagel and Deli

BREAKFAST BAGEL SANDWICHES

all egg sandwhiches are made with two eggs and choice of bagel. Substitute egg whites

egg.

Egg : cheese

Egg & MEAT

(ham, bacon or sausage egg, MEAT ? CHEESE

THE CAJUN two eggs, cajun turrey, * Pepperjack THE SCRAMBLE two eggs, cheddar, * tomatoes

FRUIT ON A BAGEL fresh fruit on bagel with choice of cream cheese.

FRUIT PLATE served with choice of bagel ! cream cheese TOMMY cream cheese ! tomato served with choice of bage]

CALIFORNIA cream cheese, tomato, cucumber, avocado i spinach served with choice of bagel THE

NOVA salmon, capers, onions, tomatoes, ! cream cheese

SUMMER BFAST ham, tomatoes, & cream cheese

OMELETS

made with three eggs served with your choice of bagel ? cream cheese Substitute egg whites Substitute fruit for bagel

CHEESE... 7.25 add ham, sausage, bacon, turrey.

(add onions, tomatoes, spinach, mushrooms)

THE MARY EMMA tomatoes * merted havarti cheese

THE WAR EAGLE tomatoes, spinach, mushrooms * cheddar cheese THE

HOUSE sausage, tomatoes * cheddar cheese

THE CAJUN OMELET cajun turrey * pepperjack cheese

BREAKFAST PLATES

served w/grits, bagel ! cream cheese

Substitute egg whites Substitute fruit for bagel or grits

THE PLAINSMAN two eggs

BIG BLUE PLATE two eggs & your choice of bacon, ham or sausage THE

TIGER/TIDE two eggs, bacon i sausage

BREAKFAST BURRITO

bacon or sausage, two eggs, cheddar cheese is salsa (add sour cream...)

*eating a partially or uncoored egg may cause a food born illness

Apps & Snacks

Hummus: served with fresh made bagel chips....

Toasted Cheese Bagel: served open faced with your choice of cheese....

Basket of Bagel Chips: a fresh baked variety...

Pizza Bagel: open faced bagel, pizza sauce, provolone, Havarti, and Parmesan.....

The Lighter Side

Fruit on Bagel: a variety of fresh seasonal fruit and cream cheese served on your choice of bagel.....

Fruit Plate: a variety of fresh seasonal fruit with your choice of bagel and cream cheese.....

Super Salads

Served with your choice of Honey Mustard, Ranch, Blue Cheese, Thousand Island, Italian, and Greek Vinaigrette.

Garden: mixed greens, Roma tomatoes, carrots, cucumbers, and cheese.....

<u>Greek:</u> mixed greens, black olives, pepperoncini, Roma tomatoes, red onion, and feta cheese....

<u>Chef:</u> mixed greens, Roma tomatoes, carrots, cucumbers, turkey, ham, and cheese

Grilled Chicken: mixed greens, Roma tomatoes, carrots, cucumbers, bacon, and grilled chicken breast.....

Add grilled chicken or a scoop of chicken salad

Sub Sandwiches

Served on a sub roll with potato chips or bagel chips

Half or Whole

Havarti Melt: Cajun roast beef or turkey, melted Havarti, lettuce, Roma tomatoes, mayo, and spicy mustard

<u>Firehouse:</u> Cajun roast beef, pepper jack, red onion, Roma tomatoes, spicy mustard, and horseradish sauce

<u>Smoker:</u> hickory smoked turkey, bacon, Colby cheddar, lettuce, Roma tomatoes, mayo, and spicy mustard

<u>Club:</u> ham, turkey, lettuce, Roma tomatoes, bacon, yellow American cheese, and mayo

Reuben: corned beef, Swiss, sauerkraut, and spicy mustard served with a side of thousand island dressing

<u>Hero:</u> ham, salami, provolone, lettuce, Roma tomatoes, mayo, yellow mustard, and Italian dressing (served cold)

Specialty Items

Served with your choice of potato chips or bagel chips.

Big Blue Wrap: turkey or ham, provolone, lettuce, and
Roma tomatoes on of your choice of a whole wheat wrap
or tomato basil wrap served with a side of honey mustard........Half or Whole

Mom's Chicken Salad: chicken salad, lettuce, and Roma tomatoes.....

Nova: smoked salmon, cream cheese, tomatoes, onions, and capers on a toasted bage!

California: cucumbers, Roma tomatoes, fresh spinach, avocado, and cream cheese served on a toasted bagel......

BLT: bacon, lettuce, Roma tomatoes, and mayo served on a toasted bagel.....

Tommy: Roma tomatoes and cream cheese on a toasted bagel.....

Big Blue Bagel Sandwich

Choice of one meat and one cheese Served with lettuce, Roma tomatoes, mayo, spicy mustard, and your choice of potato chips or bagel chips.

<u>Meats:</u> Cajun roast beef, Cajun turkey, honey maple ham, honey maple turkey, corned beef, and/or salami

<u>Cheeses:</u> pepper jack, Colby cheddar, Havarti, Swiss, yellow American, and/or provolone

Add bacon Extra Meat Add grilled chicken

WE PROUDLY SERVE BOAR'S HEAD MEATS AND CHEESES

Sides

Extra Dressing:	2 oz or 4 oz
Cream Cheese:	2 oz or 4 oz
Homemade Cream Cheese Spread:	2 oz or 4 oz
Side of Fruit:	
Chocolate Chunk or White Chocolate Macadamia Nut Cookie:	

Beverages

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Fountain Drink or Iced Tea:	
Apple Juice, Orange Juice, or Milk:	
Coffee:	small, large or bottomless
Hot Chocolate:	
Hot Tea:	