

Sandwich Suggestions \$8.99

All Prices are on a Bagel

Includes Pickle & Side Salad • Heros - 1.00 Extra

Big Bird

Chicken Cutlet, Melted American, Lettuce, Tomato & Russian Dressing

The Soprano

Ham Cappicola, Salami, Pepperoni, Provolone, Lettuce, Tomato, Roasted Peppers, Oil & Vinegar

BLT 6.99

Bacon, Lettuce, Tomato & Mayonnaise

Buffalo Bill

Chicken Cutlet, Hot Sauce, Bleu Cheese Dressing & Lettuce

Turkey Time or Chicken Time

Turkey or Chicken Salad, Bacon, Lettuce, Tomato & Mayonnaise

Veggie Delight

An assortment of grilled Vegetables with Balsamic Vinaigrette. Your choice of melted cheese

Brooklyn Bomb

Pepper Turkey, Ham Cappicola, Provolone, Roasted Peppers, Fresh Mozzarella, Lettuce, Tomato, Jalapeños & Spicy Mustard

Americana

Ham, Turkey, Roast Beef, American & Swiss Cheese, Lettuce, Tomato & Coleslaw

Chicken Tuscany

Grilled or Fried Chicken Cutlet, Fresh Mozzarella, Romaine Lettuce, Tomato, Roasted Peppers, Red Onions & Homemade Balsamic Vinaigrette

Bubbalicious

Fried Chicken Cutlets, Melted Mozzarella, Bacon & Spicy BBQ sauce

Tuna Melt

Our Famous Classic Tuna with choice of cheese

Gatsby

Breaded Eggplant, Sliced Turkey, Fresh Mozzarella & Sliced Tomato with Pesto

Gourmet Burgers 8oz.

Made with pure beef. Served with Crispy French Fries & Your Choice of 1/4lb. Coleslaw, Potato Salad or Macaroni Salad & Pickle

100% Beef Burger: Lettuce, Tomato & Pickle (no Fries).....	6.99
Cheesburger: Choice of American, Swiss, Monterey Jack, Mozzarella	8.99
Western Burger: BBQ Sauce, Bacon & Cheddar	9.99
Greek Burger: Feta Cheese & Tomato	9.99
British Burger: Bacon, Swiss & Caramelized Onions	9.99
Turkey Burger: Low Fat.....	9.99

From the Grill

All Prices are on a Bagel • Includes Pickle & Side Salad • Heros - 1.00 Extra

Pastrami Supreme	8.99
Grilled Pastrami, Melted Swiss, Sauerkraut & Russian Dressing	
Roast Beef Wrangler	8.99
Hot Roast Beef, Caramelized Onions, Jalapeños, Mayonnaise, Melted Cheddar & Coleslaw	
Monte Cristo	8.99
Grilled Ham, Turkey, Melted Swiss, Coleslaw & Russian Dressing	
Roast Beef or Turkey Royal	8.99
Hot Roast Beef or Turkey & Melted Mozzarella (Served on Garlic Bread)	

Philly Cheesesteak	8.99
Grilled Roast Beef, Caramelized Onions, Peppers & Cheese Sauce	
Grilled Chicken Deluxe	8.99
Grilled or Fried Chicken, Lettuce & Tomato	
Cordon Bleu	8.99
Chicken Cutlet & Ham, melted Swiss with Russian dressing	
Buckaneer	8.99
Pastrami, Turkey, melted Swiss, Sauerkraut & Russian dressing	
Reuben	8.99
Hot Pastrami, Corned Beef, melted Swiss, Coleslaw & Russian dressing on toasted Rye Bread	
Manhattan Special	9.95
Grilled Roast Beef with Sauteed Onions, Crispy Bacon Strips & Melted Mozzarella Served on a 10" Toasted Garlic Hero & Topped with Brown Gravy or Mayonnaise	
Inside Out Grilled Cheese	6.95
"A Classic with a Twist". Your Choice of Cheese, Grilled on an Inside Out Bagel of Choice	
Grilled Meatloaf	8.99
Homemade Meatloaf, Topped With Sautted Onions, Mushrooms & Mozzarella Grilled & Smothered in Brown Gravy & Served on a Kaiser Roll	
Triple Decker Reuben	9.95
Three Mouth Watering Layers of Naval Pastrami, Juicy Corned Beef Brisket, Sauerkraut & Russian Dressing, Grilled & Layered on Rye	
Turkey Reuben	8.99
Lean Low Fat Turkey Breast, Melted Alpine Lace Swiss Cheese, Cole Slaw & Low Fat Russian Dressing, Lightly Grilled & Served on Grilled Whole Wheat Bread	

ADD-ONS:

Cheese 75¢ • Bacon 1.75 • Tomato 75¢ • Fries 2.99

Panini \$8.99

Hot Grilled Sandwiches on European Flatbread. Served with Choice of Side Salad & Pickle

Delightful
Fresh Honey-Glazed Turkey, Jarlsberg Cheese, Coleslaw & Honey Mustard
Chicken Parmigiana
Breaded Chicken, Fresh Mozzarella, Marinara Sauce, Fresh Basil & Parmigiana Cheese
Tuscan
Fresh Mozzarella, Fresh Plum Tomatoes, Fresh Basil, fresh Spinach & Fresh Sun Dried Tomato
Chicken Fajita
Grilled Chicken, Cheddar Cheese, Roasted Peppers, Caramelized Onions & Salsa
Toasted Monte Cristo
Layers of Ham & Smoked Turkey, Swiss, Cheddar, Lettuce, Tomato & Honey Mustard
The Italiano
Grilled Chicken, Roasted Peppers, Fresh Mozzarella & Pesto Sauce
Vegetarian
Grilled Vegetables, Zucchini, Eggplant & Fresh Mozzarella
Eggplant Parmigiana
Oven Roasted Eggplant, Fresh Mozzarella, Fresh Basil, Marinara Sauce & Parmigiana Cheese
Buffalo Chicken
Chicken Breast with Homemade Fire Sauce, Roasted Peppers & Fresh Mozzarella
American Wedge
Breaded Chicken Cutlet, Crisp Bacon, Cheddar Cheese, Lettuce, Tomatoes & Russian Dressing

Prices Subject to Change • Tax Not Included

CHOP IT UP

SALAD BAR

CHOP YOUR OWN DESTINY

1. Choose size & lettuce
2. Choose any toppings (Max 5; additional toppings extra)
3. Choose dressing
4. Chopped & tossed or just tossed

Iceberg Romaine Mesclun

Small \$7.99 Large \$8.99

TOPPINGS

- | | | |
|--------------------------------------|-------------------------------------------|----------------------------------------|
| <input type="radio"/> Cucumber | <input type="radio"/> Red & Green Peppers | <input type="radio"/> Chick Peas |
| <input type="radio"/> Carrots | <input type="radio"/> Roasted Peppers | <input type="radio"/> Walnuts |
| <input type="radio"/> Cannelli Beans | <input type="radio"/> Broccoli | <input type="radio"/> Cranberries |
| <input type="radio"/> Crumbled Egg | <input type="radio"/> Artichoke Hearts | <input type="radio"/> Sundried Tomato |
| <input type="radio"/> Bacon Bits | <input type="radio"/> Mushrooms | <input type="radio"/> And More |
| <input type="radio"/> Kidney Beans | <input type="radio"/> Beets | <input type="radio"/> Feta Cheese |
| <input type="radio"/> Tomato | <input type="radio"/> Olives | <input type="radio"/> Parmesan |
| <input type="radio"/> Red Onions | <input type="radio"/> Sunflower Seeds | <input type="radio"/> Cheddar Cheese |
| <input type="radio"/> Celery | <input type="radio"/> Croutons | <input type="radio"/> Fresh Mozzarella |

DRESSINGS

- | | | |
|--------------------------------------|--------------------------------------------|-----------------------------------------------|
| <input type="radio"/> Golden Italian | <input type="radio"/> Bleu Cheese | <input type="radio"/> ♥ Golden Italian |
| <input type="radio"/> French | <input type="radio"/> Honey Mustard | <input type="radio"/> ♥ Ranch |
| <input type="radio"/> Russian | <input type="radio"/> Balsamic Vinaigrette | <input type="radio"/> ♥ Raspberry Vinaigrette |
| <input type="radio"/> Caesar | <input type="radio"/> Red Wine Vinaigrette | <input type="radio"/> ♥ Olive Oil and Vinegar |
| <input type="radio"/> Ranch | <input type="radio"/> Oriental Ginger | <input type="radio"/> ♥ Honey Mustard |

♥ Heart Smart

PERFECT ADD ONS

Tuna • Grilled Chicken • Fried Chicken • Roasted Turkey • Cold Cuts • Avocado

Grilled & Loaded Potato Knish 6.99

Pastrami Swiss, Sauerkraut & Red Onion
Turkey, Bacon & Cheddar • Ham, Provolone & Red Onion

All Grill Items Served with Side Salad & Pickle

Cold Beverages

20 oz. Coke & Pepsi Products • Bottled Water • Gatorade
Assorted Snapple • Arizona • Tropicana • Nesquik & Much More

Also Available:

Ice Tea • Lemonade • Iced Coffee • Iced Decaf Coffee
Assorted Custom Blend Iced Coffee

Also Available:

Yogurt Parfait with Granola • Fruit Cups
Rice Pudding with Whip Cream • Chocolate Pudding Cups

WE DELIVER

Call or Fax • All Major Credit Cards Accepted

HOWARD BEACH • 162-54 Cross Bay Blvd

Ph: 718.843.5700 • Fx: 718.843.5701

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BEFORE PLACING YOUR ORDER, PLEASE INFORM US OF ANY FOOD ALLERGIES.

All our Bagels are Hand Rolled & Baked Fresh Daily

Bagels

Always a Baker's Dozen

Plain • Sesame • Poppy • Onion • Garlic • Egg • Egg Onion • Egg Everything
Whole Wheat Everything • Cinnamon Raisin • Whole Wheat • Oat Bran
Black Russian • Salt • Everything • Bialys • Low Carb Bagels • Flats & more

Bagels - \$1.19 • Low Carb Bagels - \$1.95 • Flagels - \$1.95

Every Wednesday: Buy 12, Get 6 FREE • Buy 6, Get 3 FREE

Excludes Holidays, Pre-Holidays & Delivery

Cream Cheese (We only use Philadelphia Cream Cheese)

	On a Bagel	By the 1/2 lb.
Butter	2.05	3.99
Plain	2.29	4.99
Plain Lite	2.39	4.99
Vegetable	3.75	5.49
Scallion	3.75	5.49
Lox	3.95	5.95
Olive	3.75	5.49
Cinnamon Raisin Walnut	3.75	5.49
Lite Vegetable	3.75	5.49
Lite Scallion	3.95	5.49
Lite Lox	3.95	5.95
Apple Walnut Raisin	3.95	5.49
Nutella	3.75	5.49
Sundried Tomato Jalapeño	3.75	5.49
Strawberry	3.75	5.49
Jalapeño	3.75	5.49
*Pumpkin	3.75	5.49

*Seasonal

Check our weekly cream cheese specials & more!

Assorted Muffins

– Buy 3 get 1 FREE Everyday • Platters Available –

Corn, Blueberry, Cranberry, Chocolate Chip, Bran,
Raisin Bran, Morning Glory & more.

Delicious Danishes, Turnovers & Cookies

Coffee

12 ounce • 16 ounce • 20 ounce

Iced Coffee • Iced Decaf • Flavored Coffees (Available in Regular or Decaf)
16 ounce • 24 ounce • 32 ounce

Boxes of Coffee Also Available. Includes All Condiments (10-14 cups)

Kids Menu

Includes Juice box & Lil' Cookie

Scrambled Egg with a Buttered Mini-Bagel	3.99
Peanut Butter & Jelly on a Mini-Bagel	3.99
Melted American Cheese on a Mini-Bagel	3.99
Buttered Mini Bagel	3.99
Cream Cheese Mini Bagel	3.99
Plain Cream Cheese & Jelly on a Mini-Bagel	3.99
Junior Sandwich	5.99
Your Choice of Tuna Salad, Egg Salad, Sliced Turkey or Sliced Ham on a Mini-Bagel	

5+ under • Child must be present

Breakfast

From the Grill • Open all day

Egg on a Bagel	2.49
2 Eggs on a Bagel	2.99
1 Egg with Bacon or Ham	3.49
1 Egg with Sausage	3.69
2 Eggs with Bacon or Ham	3.99
2 Eggs with Sausage or Turkey Bacon	4.19
2 Egg Whites	2.99
2 Egg Whites with Ham, Bacon or Turkey	4.19
Heart Attack - 3 Eggs, Ham, Bacon, Sausage & Cheese on a Hero	7.99
3 Egg Whites and Grilled Chicken	5.99
Challah French Toast (3 pieces)	7.99
Jumbo Pancakes	7.99
Chocolate Chip Pancakes	8.99
Leo - Lox, Eggs & Onions	8.99

Extras

Cheese 75¢ • Bacon 1.75 • Ham 1.75 • Sausage 2.00 • Turkey Bacon 2.00
Home Fries 2.99 • Hero 1.00 • Tomato 75¢ • Lettuce 50¢ • Avocado 2.00

Breakfast Wraps

Plain, Whole Wheat, Spinach or Sundried Tomato

1. 3 Egg Whites, Spinach, Mushrooms & Broccoli	5.99
2. 2 Eggs, 2 Egg Whites, Grilled Chicken & Carmelized Onions	6.99
3. 3 Egg Whites, Sliced Lox & Carmelized Onions	7.99
4. 3 Egg Whites, Pepper Turkey, Ham, Peppers, Onions & Hot Sauce	6.99
5. 4 Egg Whites, Grilled Chicken & Spinach	6.99
6. 6 Egg Whites & Grilled Chicken with Jalapenos & Cheddar Cheese	7.49
7. SKINNY BEACH - 5 Egg Whites, Grilled Chicken, Alpine Swiss & Avocado	7.99

Add-ons: Feta • Fresh Mozzarella • Cheddar Cheese 75¢

CREATE YOUR OWN WRAP! You Want it, We'll Wrap It!

Breakfast Box 1

• Also available with egg whites & turkey bacon for an additional charge •

2 Eggs, Any Style, with Ham, Sausage or Bacon.

Includes Bagel with Cream Cheese or Butter & 12oz. Coffee & Homefries

\$7.49 + TAX

Breakfast Box 2

• Also available with egg whites & turkey bacon for an additional charge •

2 Eggs, Any Style, with 1/2 Order of French Toast,

Bacon, Sausage or Ham, Homefries & 12oz. Coffee

\$7.49 + TAX

Omelette

All 3 Eggs & Include Homefries & Bagel

Western Omelette - Peppers, Ham & Onion	7.99
Ham & Cheddar	7.99
Leo - Lox, Eggs & Onions	8.99
South West - Peppers, Onions, Jalapeno, Ham, Salsa, Cheddar	7.99
Big Boy Special - Ham, Sausage, Bacon, Cheddar, Onions, Hot Sauce	7.99
♥ Stent - Egg Whites, Grilled Chicken, Spinach & Cheddar	7.99
♥ Angi - Egg Whites, Turkey, Broccoli, Onions & Low Fat Swiss	7.99

Salads

We Use Solid White Tuna, White Chicken Breast Meat & Hellman's Mayo

*All Sandwiches Served with Choice of Side Salad & Whole Pickle

	On A Bagel	By the 1/2 Lb.
Classic Tuna	7.89	6.99
Vegetable Tuna	7.89	6.99
Jalapeño Vegetable Tuna	7.89	6.99
♥ Egg Salad	6.49	4.99
♥ Egg White-Spinach	6.99	5.99
♥ Grilled Vegetable Salad (w/Balsamic)	6.49	5.99
Chicken Salad	7.75	6.99
Taco Chicken Salad	7.75	6.99
Cajun Chicken Salad	7.75	6.99
Grilled Honey Mustard Chicken Salad	7.75	6.99
Shrimp Salad	8.99	8.99
Baked Salmon	8.99	8.99
Seafood Salad	8.99	8.99
♥ Grilled Chicken or Fried Chicken Cutlets	7.75	N/A
Asian Chicken Salad	7.75	6.99
♥ Grilled Chicken Slaw	7.75	6.99
Cranberry Chicken Salad	7.75	6.99
Chipotle Chicken Salad	7.75	6.99
Buffalo Chicken Salad	7.75	6.99

♥ Heart Smart

Appy's

On A Bagel

Hand Carved Nova Scotia Lox	10.99	1/4 lb 10.99
Novalicious	10.99	1/4 lb 10.99
Hand carved Nova, Scallion Cream Cheese, Tomato, Onion & Cucumber on HBBC Everything Bagel		
Chunky White Fish Salad	8.99	1/2 lb 8.99

Sides

By the Lb.

Macaroni	6.49
Potato	6.49
Coleslaw	6.49
3 Bean Salad	7.99
Cucumber & Tomato	7.99
Israeli	7.99
Broccoli	7.99

Full line of BOARS HEAD

All Sandwiches Served with Side Salad & Pickle

	On a Bagel	By the lb.
Ham, Turkey	6.75	10.99
Salami, Pepperoni	5.99	9.99
Pastrami, Corned Beef, Roast Beef	6.99	11.99
American, Swiss, Provolone, Munster	4.99	7.99
Alpine Swiss	5.99	7.99

Add-ons: Cheese 75¢ • Lettuce 50¢ • Tomato 75¢ • Hero 1.00

Wraps \$8.99

Plain, Whole Wheat & Spinach & Sundried Tomato

Caesar's Revenge

Grilled Chicken, Lettuce, Tomato & Caesar Dressing

Grilled Vegetable Medley

Diced Grilled Chicken

with Romaine Lettuce & Roasted Peppers

Honey Mustard Chicken

with Lettuce & Tomato

Vegetable Tuna

Jillian's Delight

Grilled Chicken, Roasted Peppers,
Melted Mozzarella & Balsamic Vinaigrette

Sante Fe

Pepper Turkey, Roasted Peppers, Grilled Onions
& Spicy Jalapeño Mayonnaise (Pink Sauce)

CREATE YOUR OWN WRAP! You Want it, We'll Wrap It!

All Wraps Served with Side Salad & Pickle

Lettuce Wraps \$9.99

1. Fresh Turkey Breast, Alpine Swiss & Cole Slaw
2. Veggie Tuna, Chopped Tomato & Cucumber
3. Grilled Chicken, Tomatoes, Onions, Roasted Peppers & Fresh Mozzarella Cheese
4. Any of Our Delicious Chicken Salads with Tomatoes & Cucumber
5. Grilled Chicken & Romaine Lettuce with Croutons, Cucumbers & Ceaser Dressing
6. Assorted Grilled Veggies with a Balsamic Glaze
7. **CREATE YOUR OWN WRAP!**

All Wraps Served with Side Salad & Pickle

Waist Watcher #1

Scoop of Any Tuna or Chicken Salad Over Shredded Lettuce,
Chopped Tomatoes, & Two Side Salads

Includes Sliced Pitas

\$9.99 + TAX

Waist Watcher #2

Sliced Grilled Chicken, Over Shredded Lettuce, Sliced Tomato,
Grilled Vegetable & Choice of 1 Side Salad

Includes Sliced Pitas

\$9.99 + TAX

Consuming Raw or Under Cooked Meats, Poultry, Seafood, Shellfish or Eggs May Increase Your Risk of Food Borne Illness.