

## Sandwich Suggestions \$10.99

All Prices are on a Bagel/Roll

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 8.99

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

<b>100% Beef Burger:</b> Lettuce, Tomato & Pickle (no Fries).....	9.99
<b>Cheeseburger:</b> Choice of American, Swiss, Monterey Jack, Mozzarella.....	12.99
<b>Western Burger:</b> BBQ Sauce, Bacon & Cheddar .....	14.99
<b>Greek Burger:</b> Feta Cheese & Tomato .....	14.99
<b>British Burger:</b> Bacon, Swiss & Caramelized Onions.....	14.99
<b>Turkey Burger:</b> Low Fat.....	14.99

## From the Grill

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<b>Pastrami Supreme</b> .....	10.99
Grilled Pastrami, Melted Swiss, Sauerkraut & Russian Dressing	
<b>Roast Beef Wrangler</b> .....	10.99
Hot Roast Beef, Caramelized Onions, Jalapeños, Mayonnaise, Melted Cheddar & Coleslaw	
<b>Monte Cristo</b> .....	10.99
Grilled Ham, Turkey, Melted Swiss, Coleslaw & Russian Dressing	
<b>Roast Beef or Turkey Royal</b> .....	10.99
Hot Roast Beef or Turkey & Melted Mozzarella (Served on Garlic Bread)	

<b>Philly Cheesesteak</b> .....	10.99
Grilled Roast Beef, Caramelized Onions, Peppers & Cheese Sauce	
<b>Grilled Chicken Deluxe</b> .....	10.99
Grilled or Fried Chicken, Lettuce & Tomato	
<b>Cordon Bleu</b> .....	10.99
Chicken Cutlet & Ham, melted Swiss with Russian dressing	
<b>Buckaneer</b> .....	10.99
Pastrami, Turkey, melted Swiss, Sauerkraut & Russian dressing	
<b>Reuben</b> .....	10.99
Hot Pastrami, Corned Beef, melted Swiss, Coleslaw & Russian dressing on toasted Rye Bread	
<b>Manhattan Special</b> .....	11.99
Grilled Roast Beef with Sautéed Onions, Crispy Bacon Strips & Melted Mozzarella Served on a 10" Toasted Garlic Hero & Topped with Brown Gravy or Mayonnaise	
<b>Inside Out Grilled Cheese</b> .....	8.99
"A Classic with a Twist". Your Choice of Cheese, Grilled on an Inside Out Bagel of Choice	
<b>Triple Decker Reuben</b> .....	11.99
Three Mouth Watering Layers of Naval Pastrami, Juicy Corned Beef, Sauerkraut & Russian Dressing, Grilled & Layered on Rye	
<b>Turkey Reuben</b> .....	10.99
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 1.00 • Bacon 2.75 • Tomato 75¢ • Fries 4.49 • Avocado MP

## Panini \$10.99

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

<b>Delightful</b>	Fresh Honey-Glazed Turkey, Jarlsberg Cheese, Coleslaw & Honey Mustard
<b>Chicken Parmigiana</b>	Breaded Chicken, Fresh Mozzarella, Marinara Sauce, Fresh Basil & Parmigiana Cheese
<b>Tuscan</b>	Fresh Mozzarella, Fresh Plum Tomatoes, Fresh Basil, fresh Spinach & Fresh Sun Dried Tomato
<b>Chicken Fajita</b>	Grilled Chicken, Cheddar Cheese, Roasted Peppers, Caramelized Onions & Salsa
<b>Toasted Monte Cristo</b>	Layers of Ham & Smoked Turkey, Swiss, Cheddar, Lettuce, Tomato & Honey Mustard
<b>The Italiano</b>	Grilled Chicken, Roasted Peppers, Fresh Mozzarella & Pesto Sauce
<b>Vegetarian</b>	Grilled Vegetables, Zucchini, Eggplant & Fresh Mozzarella
<b>Eggplant Parmigiana</b>	Oven Roasted Eggplant, Fresh Mozzarella, Fresh Basil, Marinara Sauce & Parmigiana Cheese
<b>Buffalo Chicken</b>	Chicken Breast with Homemade Fire Sauce, Roasted Peppers & Fresh Mozzarella
<b>American Wedge</b>	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 \$9.99  Large \$10.99

### 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"/> Black 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"/> Feta Cheese
<input type="radio"/> Kidney Beans	<input type="radio"/> Beets	<input type="radio"/> Parmesan
<input type="radio"/> Tomato	<input type="radio"/> Olives	<input type="radio"/> Cheddar Cheese
<input type="radio"/> Red Onions	<input type="radio"/> Sunflower Seeds	<input type="radio"/> Fresh Mozzarella
<input type="radio"/> Celery	<input type="radio"/> Croutons	

### DRESSINGS

<input type="radio"/> Golden Italian	<input type="radio"/> Blue 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

## Soup Made Fresh Daily

16 ounce \$4.99 • 32 Ounce \$8.99

Call for the "Soup of the Day"

## Cold Beverages

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

### Also Available:

Espresso • Cappuccino • Latte  
Ice Tea • Iced Coffee • Iced Decaf Coffee  
Assorted Custom Blend Iced Coffee

### Also Available:

Yogurt Parfait with Granola • Fruit Cups  
Rice Pudding with Whip Cream • Oreo 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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## — DAILY MENU —

CHOPPED SALADS •  
HAND ROLLED BAGEL  
APPETIZING CATERING I  
SALADS • LOADED KN  
CATERING DELIVERY •  
• LOADED KNISH • APP  
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CHOPPED SALADS • LO/  
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CHOPPED SALADS •  
HAND ROLLED BAGEL



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• HOT SOUPS CHOPPED  
ED KNISH APPETIZING •  
CUPS CHOPPED SALADS  
HAND ROLLED BAGELS  
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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 - \$1.49 • Minis - \$1.19 • Low Carb Bagels - \$2.39 • Flagels - \$2.39**

**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	2.75	4.99
Plain	3.19	4.99
Plain Lite	3.29	4.99
Vegetable	4.79	5.99
Scallion	4.79	5.99
Lox	4.99	6.49
Olive	4.79	5.99
Cinnamon Raisin Walnut	4.79	5.99
Lite Vegetable	4.79	5.99
Lite Scallion	4.79	5.99
Lite Lox	4.99	6.49
Apple Walnut Raisin	4.79	5.99
Sundried Tomato Jalapeño	4.79	5.99
Strawberry	4.79	5.99
Jalapeño	4.79	5.99
*Pumpkin	4.79	5.99
Tofutti (Diary Free)	4.99	6.49
Tofutti Vegetable (Diary Free)	5.99	7.49
Tofutti Scallion (Diary Free)	5.99	7.49

\*Seasonal  
Check our weekly cream cheese specials & more!

## Assorted Muffins

– Buy 3 get 1 FREE Everyday • Platters Available –

Corn, Blueberry, Chocolate Chip,

Raisin Bran, Berry Blast, Banana Nut & Many More.

**Delicious Danishes, Turnovers & Cookies**

## Coffee

12 ounce • 16 ounce • 22 ounce  
Iced Coffee • Iced Decaf • Flavored Coffees (Available in Regular or Decaf)

16 ounce • 24 ounce • 32 ounce  
Latte • Cappuccino • Espresso • Hot Chocolate

**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	5.99
Peanut Butter & Jelly on a Mini-Bagel	5.99
Melted American Cheese on a Mini-Bagel	5.99
Buttered Mini Bagel	5.99
Cream Cheese Mini Bagel	5.99
Plain Cream Cheese & Jelly on a Mini-Bagel	5.99
Junior Sandwich	7.99

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

1 Egg on a Bagel	2.99
2 Eggs on a Bagel	3.99
2 Egg Whites	3.99
3 Egg Whites and Grilled Chicken	7.99
Heart Attack - 3 Eggs, Ham, Bacon, Sausage & Cheese on a Hero	9.99
Challah French Toast (3 pieces)	9.99
Pancakes	9.99
Waffles	9.99
Chocolate Chip or Silver Dollar Pancakes	10.99

### Extras

Cheese 1.00 • Bacon 2.75 • Ham 2.75 • Sausage 2.75 • Turkey Bacon 2.99  
Home Fries 4.49 • Hero 1.00 • Tomato 75¢ • Lettuce 50¢ • Avocado (Market Price)  
Banana 1.00 • Blueberry 1.00 • Strawberry 1.00

## Breakfast Wraps

Plain, Whole Wheat, Spinach or Sundried Tomato

1. 3 Egg Whites, Spinach, Mushrooms & Broccoli	7.99
2. 2 Eggs, 2 Egg Whites, Grilled Chicken & Caramelized Onions	8.99
3. 3 Egg Whites, Sliced Lox & Caramelized Onions	12.99
4. 3 Egg Whites, Pepper Turkey, Ham, Peppers, Onions & Hot Sauce	8.99
5. 4 Egg Whites, Grilled Chicken & Spinach	8.99
6. 6 Egg Whites & Grilled Chicken with Jalapeños & Cheddar Cheese	9.49
7. SKINNY BEACH - 5 Egg Whites, Turkey, Alpine Swiss & Avocado	9.99

**Add-ons:** Feta • Fresh Mozzarella • Cheddar Cheese 1.00

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

## Breakfast Boxes

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

### Box 1

**\$10.99 + TAX**

2 Eggs, Any Style, with Ham, Sausage or Bacon. Bagel with Cream Cheese or Butter, Home Fries & 16oz. Coffee

### Box 2

**\$10.99 + TAX**

2 Eggs, Any Style, (1) piece of French Toast, Bacon, Sausage or Ham, Home Fries & 16oz. Coffee

### Steak Box

**\$19.99 + TAX**

2 XL Eggs, Any Style, 6oz Prime Steak, Home Fries, Bagel/Toast & 16oz. Coffee

### Hangover Breakfast Box

**\$19.99 + TAX**

2 XL Eggs, Any Style, Ham & Sausage, Home Fries, (1) piece of French Toast, Bagel/Toast & 16oz. Coffee

### Ultimate Hangover Box

**\$24.99 + TAX**

3 XL Eggs, Any Style, 6oz Prime Steak, Bacon, Ham & Sausage, Home Fries, (1) piece of French Toast, Bagel/Toast & 16oz. Coffee

## Omelette

All 3 Eggs & Include Home Fries & Bagel

Western Omelette - Peppers, Ham & Onion	10.99
Ham & Cheddar	10.99
Leo - Lox, Eggs & Onions	14.99
South West - Peppers, Onions, Jalapeño, Ham, Salsa, Cheddar	10.99
Big Boy Special - Ham, Sausage, Bacon, Cheddar, Onions, Hot Sauce	10.99
♥ Stent - Egg Whites, Grilled Chicken, Spinach & Cheddar	10.99
♥ Angi - Egg Whites, Turkey, Broccoli, Onions & Low Fat Swiss	10.99

## 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	9.49	7.49
Vegetable Tuna	9.49	7.49
Jalapeño Vegetable Tuna	9.49	7.49
♥ Egg Salad	7.99	5.49
♥ Egg White-Spinach	8.49	6.49
♥ Grilled Vegetable Salad (w/Balsamic)	7.99	6.49
Chicken Salad	8.99	7.49
Taco Chicken Salad	8.99	7.49
Cajun Chicken Salad	8.99	7.49
Grilled Honey Mustard Chicken Salad	8.99	7.49
Shrimp Salad	10.49	9.99
Baked Salmon	10.49	9.99
Seafood Salad	10.49	9.99
♥ Grilled Chicken or Fried Chicken Cutlets	8.99	N/A
Asian Chicken Salad	8.99	7.49
♥ Grilled Chicken Slaw	8.99	7.49
Cranberry Chicken Salad	8.99	7.49
Chipotle Chicken Salad	8.99	7.49
Buffalo Chicken Salad	8.99	7.49

♥ Heart Smart

## Appy's

	On A Bagel	By the lb.
Hand Carved Nova Scotia Lox	13.99	1/4 lb 13.99
Novalicious	13.99	
Hand carved Nova, Scallion Cream Cheese, Tomato, Onion & Cucumber on HBBC Everything Bagel		
Chunky White Fish Salad	10.99	1/2 lb 9.99

## Full line of BOARS HEAD

All Sandwiches Served with Side Salad & Pickle

	On a Bagel	By the lb.
Ham, Turkey	7.99	11.99
Salami, Pepperoni, Bologna	7.49	10.99
Roast Beef, Pastrami, Corn Beef	9.99	12.99
American, Swiss, Provolone, Munster	6.49	8.49

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

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

## Wraps \$10.99

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 \$12.99

All Wraps Served with Side Salad & Pickle

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 & Caesar Dressing
6. Assorted Grilled Veggies with a Balsamic Glaze
7. **CREATE YOUR OWN WRAP!**

## Waist Watcher #1 \$12.99

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

**Includes Sliced Pitas**

## Waist Watcher #2 \$12.99

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

**Includes Sliced Pitas**

## Sides

	By the Lb.
Macaroni	7.99
Potato	7.99
Coleslaw	7.99
3 Bean Salad	9.99
Cucumber & Tomato	9.99
Israeli	9.99
Broccoli	9.99

## Munchies

French Fries	4.49
Onion Rings	4.49
10 Piece Chicken Nuggets	6.99
3 Piece Chicken Tenders	6.99
Chicken Nuggets w/ French Fries	9.99
Chicken Nuggets w/ Onion Rings	9.99