



Bagels.

Plain, Everything, Egg, Rainbow
Cinnamon Raisin, Poppy, Sesame,
Jalapeno, Bialy (All Bagels 290 Cal)

GF Udi's Option Available Upon Request

Spreads.

Butter 280 Cal, Cream Cheese 200 Cal, Scallion
Cream Cheese 200 Cal, Vegetable Cream Cheese
220 Cal, Olive Cream Cheese 220 Cal, Lox Spread
320 Cal, Bacon Tomato Cream Cheese 366 Cal,
Jalapeno Cream Cheese 200 Cal, Tofutti 140 Cal

Salads & Lox.

Egg Salad 320 Cal, Chicken Salad 300 Cal,
Tuna Salad 290 Cal, Liver Pate 216 Cal,
Sliced Atlantic Smoked Salmon 120 Cal

Meats.

Pastrami 475 Cal, Corned Beef 475 Cal,
Roast Beef 175 Cal, Pepperoni 520 Cal,
Turkey 175 Cal, Salami 280 Cal, Ham 300 Cal,
Grilled Chicken 144 Cal, Spicy Capicola 240 Cal,
Applewood Smoked Bacon 160 Cal

Cheeses.

Swiss 100 Cal, American 80 Cal, Fresh
Mozzarella 220 Cal, Sharp Cheddar 110 Cal,
Boursin Cheese 120 Cal

Toppings.

Hard Boiled Egg 160 Cal, Lettuce 15 Cal,
Tomato 6 Cal, Roasted Peppers 5 Cal,
Red Onion 40 Cal, Sauerkraut 15 Cal,
Caper Relish 110 Cal, Mustard 10 Cal,
Jalapeno 0 Cal, Mayo 100 Cal,
Thousand Island Dressing 120 Cal,
Nut Free Pesto 60 Cal, Dijonaise 110 Cal

Basic Combos.

Bagel w/ Butter	\$2.59
Bagel w/ Cream Cheese	\$2.79
Bagel w/ Flavored Spread	\$2.99
Bagel w/ Tuna or Egg Salad Includes Lettuce & Tomato	\$4.99
Bagel w/ Chicken Salad Includes Lettuce & Tomato	\$5.49
Bagel w/ Liver Pate Red Onion & Hard Boiled Egg	\$5.49

Chef's Specials.

The Deli 766 Cal Choice of Bagel, Cream Cheese, Atlantic Smoked Salmon, Red Onion, Tomato, Caper Relish	\$12.99
THE REUBEN 1010 Cal Choice of Bagel, Pastrami or Corned Beef, Sauerkraut, Swiss Cheese, Thousand Island Dressing	\$10.99
THE AMERICAN 659 Cal Choice of Bagel, Turkey, Roast Beef, Lettuce, Tomato, Dijonnaise	\$10.99
THE LITTLE ITALY 542 Cal Choice of Bagel, Ham, Salami, Pepperoni, Roasted Peppers, Lettuce, Tomato, Italian Dressing, Nut Free Pesto Aioli	\$10.99
CHICKEN BLT 715 Cal Choice of Bagel, Grilled Chicken, Thick Cut Applewood Bacon, Lettuce, Tomato, Mayo	\$9.99

BYO: Build Your Own.

Extras: Protein +3.39| Cheese +\$1.29| Extra Spread +\$0.69

Bagel + Spread + Toppings	\$7.49
Bagel + Salad + Toppings	\$7.99
Bagel + 1 Meat + 1 Cheese + Toppings	\$9.99
Bagel + 2 Meats + 1 Cheese + Toppings	\$12.99

Drinks.

Coffee Hot/Iced Large	\$2.99
Juice Apple/ OJ	\$2.99