

SANDWICHES

Made To Order

Served on a plain bagel

Turkey, Ham or Roast Beef 440-465 Cal.
Includes choice of cheese, lettuce, tomato, onion, mayo & mustard

Tuna or Chicken Salad 670 Cal.
Includes choice of cheese, lettuce, tomato & onion

BLT 550 Cal.
Crispy bacon, lettuce, tomato & mayo

Specialty Sandwiches

Served on your choice of bagel or baguette

Italian Trio 969 Cal.
Ham, salami, pepperoni, lettuce, tomato, onion, Provolone cheese and Italian dressing served on an Asiago bagel

California Turkey 595 Cal.
Turkey, Provolone cheese, cucumber, lettuce, tomato & cucumber cream cheese

Turkey Club 650 Cal.
Turkey, crispy bacon, choice of cheese, lettuce, tomato, onion, mayo & mustard

Smoked Salmon & Cream Cheese 660 Cal.
Premium smoked salmon, choice of cream cheese, tomato & onion

Veggie Supreme 460 Cal.
Roasted red pepper, lettuce, tomato, red onion, cucumbers, veggie cream cheese & vinaigrette dressing

Try Any Of The Above

On Asiago add \$2.29 On Tomazzo add \$2.29 Double Meat add \$2.79

Calorie counts are based off a plain bagel unless otherwise specified



LUNCH & DINNER

Panini

Turkey Club Panini 625 Cal.

Turkey, bacon, tomato and Provolone cheese served on a baguette

Chicken Pesto Panini 690 Cal.

Grilled chicken breast, roasted red pepper, pesto sauce and Swiss cheese served on a baguette

Ham and Swiss Cheese Panini 575 Cal.

Ham and Swiss cheese served on a baguette

Italian Club Panini 790 Cal.

Ham, salami, pepperoni, tomato, onion, vinaigrette and Provolone cheese
Served on a baguette

Chicken Choice

Chicken Breast 505 Cal.

Chicken breast w/lettuce & tomato topped w/mayo & Dijon mustard on a plain bagel

Chicken Caesar 850 Cal.

Chicken breast on an Asiago bagel w/Caesar dressing, Parmesan cheese, lettuce & tomato



BREAKFAST SANDWICHES

Breakfast Any Time!

Bagel w/Egg & Cheese 550 Cal.

Egg & choice of cheese on a plain bagel

Virginia Sunrise 640 Cal.

Egg w/choice of meat & cheese on a plain bagel

Jalapeno Breakfast Sandwich 600 Cal.

Egg w/ham & Cheddar cheese on a Jalapeno Cheddar bagel

Supreme Sunrise 820 Cal.

Sausage, bacon, cheese & egg on a plain bagel

Asiago Omelet 725 Cal.

Egg w/turkey, roasted red pepper & Parmesan cheese
on an Asiago bagel



BAGELS & COFFEE



Bagels

Gourmet Cream Cheese Bagel 460 Cal.

Gourmet Bagel w/ Butter & Jelly 460 Cal.

Super Bagels

Blueberry or Cinnamon Crunch 540 Cal.

Asiago Bagel 520 Cal.

Tomazzo® Pizza 520 Cal.

Hot Tomazzo® 520 Cal.

Pepperoni Tomazzo® 630 Cal.

Jalapeño Cheddar Bagel 370 Cal.

W/ Cream Cheese add

Beverages

Seattle's Best Coffee 5 Cal.

Hot Chocolate 25 Cal.

Hot Tea

Iced Coffee 5 Cal.

Add flavor shot to any drink is extra

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