HOT BEVERAGES

Bagels ’n Grinds Uses Organic Fair Trade Coffee

Coffee:
Espresso: Café Americano
Cappuccino: Chai Tea Latte
Café Latte: Hot Tea (Assorted)
Café Mocha: Hot Chocolate

COLD BEVERAGES

Fresh-Brewed Iced Coffee
Fresh-Brewed Iced Tea
Frozen Drinks:
Mocha, Cappuccino, Caramel, Seasonal
Iced Drinks:
Café Mocha, Café Latte, Chai Tea

FROM OUR BAKERY

Assorted Variety Baked Fresh Daily
Muffin: $2.99
Blueberry, Chocolate Chip, Daily Chef Selection
Scone: $2.99
Blueberry, Chocolate Chunk, Cinnamon Chip, Orange Cranberry
Cookie: $2.99
Triple Chocolate Chunk, Peanut Butter Cup, S’mores, White Chocolate Macadamia Nut, Oatmeal Raisin

GOOD ’n HEALTHY

Fresh Fruit Cup
Yogurt Parfait
Oatmeal

AUTHENTIC NEW YORK BAGELS

Bagel $1.49
Bagel ’n Butter $1.69
Bagel ’n Cream Cheese $2.99
Flagel $2.49
Only Available Saturday ’n Sunday
Bialy $2.99
Only Available Saturday ’n Sunday

EGGSTREME BREAKFAST SANDWICHES

Omelet Bagel Sandwiches Served on Your Choice of Bagel (Available Skinny) or Wrap (White, Wheat, Spinach)

Your Choice of Cheese: American, Cheddar, Provolone, Swiss, Pepper Jack

Sub Any Meat for Turkey Bacon or Turkey Sausage ($1.49 extra)

Egg Sandwiches May Be Prepared with Egg Whites ($0.99 extra)

Avocado ($1.99 extra)

Breakfast Sandwich $3.99
Extra Cheese ($1.00 extra): American, Cheddar, Swiss, Provolone, Pepper Jack
Add a Specialty Cheese ($1.99 extra): Flavored Cream Cheese, Feta, Fresh Mozzarella
Add Meat ($1.00 extra): Ham, Sausage, Bacon

Vegetarian $5.49
Egg, Shredded Cheddar Cheese, Peppers, Onions, and Marinated Portobello

Eggstrемely Healthy $5.49
Egg White, Feta Cheese, Spinach, and Low Fat Chipotle Aioli

Eggstremely Meaty $6.49
Egg, Sausage, Bacon and Your Choice of Cheese
(Choose One: American, Cheddar, Provolone, Swiss, Pepper Jack)

Garden State $5.49
Egg, Mushrooms, Spinach, Tomato, and Cheddar Cheese

Leo $6.49
Lox, Egg, and Onions All Cooked to Perfection

Note: Your meal may come in contact with Nuts, Shellfish, or Other Allergens. Please let us know if you have any Food Allergies.
**Open**

**HOUSE SPECIALTY SALADS**

- Shrimp 'n Roasted Corn Bisque
- Broccoli 'n Cheddar
- Tuesday
- Chicken Tortilla (GF)
- Monday
- Macaroni 'n Cheese
- Chicken Noodle (LF)
- Baked Potato
- Every Day

**Chef Suggested Dressing:** Peppercorn Parmesan and Red Onion

**Romaine, Roasted BBQ Chicken Breast, Bacon, Shredded Cheddar Cheese, Sweet Corn, Tomatoes, Sesame Seeds, and Toasted Almonds.**

**Spinach Salad** $7.99

- Spinach, Bacon, Red Onion, Grape Tomatoes, Chopped Egg, and Asiago Crisp

**BBQ Chicken Salad** $9.99

- Roasted BBQ Chicken, Bacon, Shredded Cheddar Cheese, and Red Onion

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**GRIND YOUR OWN SALAD**

**Choose Your Green** $6.99
- Baby Spinach

**Choose Your Toppings**
- Chopped Romaine
- Spring Mix
- Corn
- Cucumber
- Dried Cranberries
- Red Basill
- Grapes
- Green Peppers
- Jalapenos

**Add Some Crunch**
- Asiago Crisps
- Bagel Chips
- Bagel Croutons
- Bacon ($2.00)
- Egg Salad
- Chicken Salad
- American Cheese
- Bleu Cheese
- Feta Cheese
- Fresh Mozzarella Cheese

**Add Some Protein** ($3.99 Each, Unless Noted)
- Hard-Boiled Egg ($1.00)
- Roast Beef
- Roasted Chicken Breast
- Shredded Asiago Cheese
- Parmesan Cheese
- Provolone Cheese
- Shredded Cheddar Cheese
- Swiss Cheese

**Choose Your Dressing** (Extra Dressing $5.00)
- Fat-Free Raspberry Vinaigrette
- Lime Chipotle Vinaigrette
- Oil 'n Vinegar
- Peppercorn Parmesan
- Thousand Island

**Asian Sesame Ginger**

- Balsamic Vinaigrette
- Bleu Cheese
- Buttermilk Ranch
- Classic Caesar

- Jalapenos
- Fresh Basil

**Dressing: Lime Chipotle Vinaigrette**

**Romaine, Roasted BBQ Chicken Breast, Bacon, Shredded Cheddar Cheese, Sweet Corn, Tomatoes, Sesame Seeds, and Toasted Almonds.**

**COLD SANDWICHES 'n WRAPS**

**Served on Your Choice of Bagel (Available Skinny) or Wrap (White, Wheat, Spinach)**

- Bronx Tale $8.49
  - House-Roasted Turkey Breast, Provolone Cheese, Roasted Red Peppers, Red Onion, and Herb Aioli

- California Chicken $9.99
  - Roasted Chicken Breast, Bacon, Cheddar Cheese, Avocado, Tomato, and Chipotle Mayo

- Reuben $10.49
  - First-Cut Corned Beef, Swiss Cheese, Sauerkraut, and Thousand Island Dressing

- Queens $9.99
  - Roast Beef, Provolone Cheese, Roasted Red Peppers, Red Onion, and Dijon Horseradish Aioli

- White-Meat Tuna Melt $8.49
  - White Albacore Tuna Salad, Cheddar Cheese, and Tomato (Bacon $1.99 extra)

- Staten Island Veggie $7.99
  - Mushrooms, Fresh Mozzarella Cheese, Roasted Red Peppers, Baby Spinach, Red Onion, and Herb Aioli

- Long Island Melt $7.99
  - Ultimate Grilled Cheese, Provolone and Cheddar Cheese, Smoked Bacon, and Sliced Tomato (Avocado $1.99 extra) Pair with Our Tomato 'n Basil Soup for a Classic Combo

- College Park Turkey $9.49
  - House-Roasted Turkey Breast, Roasted Red Peppers, Red Onion, Avocado, Provolone Cheese, and Chipotle Mayo

- Lady Liberty $8.99
  - Roast Beef, Bacon, Red Onion, Bleu Cheese, and Dijon Horseradish Aioli

- Rockefeller $8.49
  - Roasted Turkey, Feta Cheese, Roasted Red Peppers, Spinach, Cucumber, Red Onion, and Herb Aioli

- Manhattan Club $9.99
  - Roasted Turkey Breast, Ham, Bacon, Cheddar Cheese, Lettuce, Tomato, and Mayo

- Chicken Salad BLT $8.49
  - White-Meat Chicken Salad, Bacon, Lettuce, and Tomato

- Chicken Caesar Wrap $8.49
  - Roasted Chicken Breast, Parmesan Cheese, Romaine Lettuce, and Caesar Dressing

- Chicken Caprese $9.49
  - Roasted Chicken Breast, Fresh Mozzarella Cheese, Tomato, Basil, and Balsamic Vinaigrette

- Brooklyn $9.49
  - Bagel, Nova Scotia Lox, Cream Cheese, Tomato, and Red Onion (Capers $.50 extra, Avocado $1.99 extra)

- Fifth Avenue Veggie Wrap $7.99
  - Garlic Hummus, Spinach, Feta Cheese, Roasted Red Peppers, Sliced Cucumbers, and Red Onion (Avocado $1.99 extra)

- Egg Salad Sandwich $6.99
  - Homemade Chopped Egg Salad, Lettuce, and Tomato

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**COMBO IT**

**Choose Any Two: Starting at $8.99**

- Upgrade to Bowl of Soup $2.00

**Cup of Soup / Half Salad / Half Sandwich**

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**HOT BAGINI SANDWICHES 'n WRAPS**

**Served on Your Choice of Bagel (Available Skinny) or Wrap (White, Wheat, Spinach)**

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