

## From The Grill

Juicy 8 Oz. Pure Beef Burger



	Sandwich	Deluxe
TURKEY BURGER .....	\$5.50	\$7.25
HAMBURGERS .....	\$5.50	\$6.95
CHEESEBURGERS .....	\$6.00	\$7.45
BLT BURGER .....	\$6.50	\$7.95
w/ lettuce, tomato & bacon		
PIZZA BURGER.....	\$6.00	\$7.95
w/ mozzarella & marinara sauce		
JALAPEÑOS CHEDDAR BURGER .....	\$6.50	\$7.95
w/ Jalapeños pepper & Cheddar cheese		
BACON PEPPER JACK BURGER .....	\$5.50	\$7.95
w/ spicy pepper Jack cheese & Bacon.		
TUNA MELT .....	\$6.95	\$7.95
GRILLED CHEESE.....	\$4.75	\$7.95
BLT .....	\$5.25	\$7.95
GIRO PLATTER .....	\$6.50	\$7.95
Giro Meat, white sauce, Lettuce, tomatoes, cucumber onions, w/ french fries on side.		

## Mexican Food

TACOS RANCHEROS (three per order) .....	\$7.95
Pork Carnitas, fresh cilantro, onions, salsa guacamole, and pico de gallo	
STUFFED BURRITO .....	\$7.95
Served with rice, beans, salsa, guacamole Fresh cilantro, pork carnitas & salad on side	
FAJITA PLATTER.....	\$7.95
Served with rice, beans, peppers, onions, Cajun chicken, salsa, salad on side	
MEXICAN QUESADILLA .....	\$7.95
Cajun chicken, Jack cheese, pepper, onions Salsa, sour cream, salad on side	
TORTA DE MILANESA .....	\$7.95
Beef Breaded, fried beans, avocado, fresh mozzarella, red onions, lettuce, tomato on a roll	

## HOMEMADE SPECIAL SOUPS

Small \$3.75 Large 4.25

CALL US TO ASK ABOUT OR DAILY SPECIAL SOUPS



## Tasty Sandwiches

Individual can of tuna .....	\$6.00
Corned Beef .....	\$6.50
Pastrami .....	\$6.50

Tomato & cheese *¢.50 extra*



## Specialty Wraps

\$7.95

### SUPREME TUNA WRAP

Tuna salad, lettuce, tomato, roasted peppers & avocado in a whole wheat wrap

### SANTA FE CHICKEN WRAP

Cajun chicken, roasted corn, black beans, poblano peppers, avocado with salsa picante in a black bean wrap.

### CALIFORNIA TURKEY WRAP

Smoked turkey, lettuce, tomato, cucumbers, alfalfa sprouts in a lemon cilantro wrap

### CHICKEN CAESAR WRAP

Grilled chicken, roasted peppers, romaine lettuce, parmesan cheese with caesar dressing in a whole wheat wrap

### CHICKEN FAJITA WRAP

Cajun chicken, Jack cheese, roasted peppers & onions with salsa picante a lemon cilantro wrap

### CALIFORNIA WRAP

Grilled Chicken, avocado, roasted pepper, lettuce, tomato, ranch dressing, on a spinach wrap

### B.B.Q. WRAP

B.B.Q chicken, Cheddar cheese, tomato, BBQ Sauce, on roasted pepper wrap

### CHICKEN CHIPOTLE WRAP

Cajun chicken, Jack cheese, avocado, lettuce and tomato, chipotle mayonnaise on a lemon cilantro wrap

### VEGETABLE WRAP

Eggplant, zucchini, peppers, fresh mozzarella, tomato, balsamic vinaigrette on a garlic wrap



## Salad Platter

HOUSE GARDEN SALAD .....	\$4.95
Cucumbers, shredded carrots, cherry tomatoes, bell peppers, olives	
CAESAR SALAD .....	\$4.95
Romaine hearts, cherry tomatoes, shaved romano and homemade croutons with romano Caesar dressing	
GREEK SALAD.....	\$7.95
Feta cheese, cucumbers, bell Peppers, cherry tomatoes, olives, red onions and oregano over crisp Romaine with olive oil and red wine venegar	
COBB SALAD.....	\$7.95
Smoked Turkey breast, avocado, bacon, sliced organic egg and diced tomatoes over Romaine hearts with blue cheese dressing	
CAJUN CHICKEN SALAD .....	\$7.95
Baked cajun breast of chicken, shredded cheese, beans ripe avocado and bell peppers	
TUNA NICOISE SALAD .....	\$7.95
Chunks of albacore tuna, capers, sliced egg, beans, cherry tomatoes, olives	
GRILLED CHICKEN CESAR SALAD.....	\$7.95
Grilled breast of chicken, shaved Romano cheese, cherry tomatoes and croutons over Romaine Hearts with homemade Caesar Dressing	
FRESH FRUIT WITH COTAGE CHEESE (8oz.....)	\$5.50

## CATERING MENU

### BREAKFAST BUFFET

Continental Breakfast - great for corporate meeting Assorted fresh bagels & bialys, assorted danish, muffins Served with butter, jam & assorted cream cheese on elegant catering platters w/ our special house roast coffees, flavored assortment tea, premium orange juice, complete paper & cutlery service.

Per Person.....\$6.95 (Minimum 10 People)

### BREAKFAST PLATTERS

An Assortment Bagels & Bialys, Kaiser Rolls, Challa rolls, butter, jam & cream cheese, garnished

Per Person.....\$3.95

Add Muffin or Danish \$4.25 per person

### FRESH SEASONAL FRUIT MEDLEY

Sweet & delicious the finest selection of seasonal fruit

All arranged on a beautifully garnished platters

Per Person.....\$4.95+UP (Minimum 10 People)

## LUNCH

### BAGELS & SCHMEAR

### SANDWICH PLATTER

Perfect for corporate meeting, luncheons, house parties or any occasion. Stuffed sandwiches your choice classic tuna salad, fresh roast turkey, pepper turkey, smoked turkey, boiled ham, black forest ham, roast beef, grilled chicken

Per Guest.....\$9.95 (Minimum 10 Guests)

### B & S CLASSIC WRAP SANDWICH PLATTER

BBQ Chicken, Lemon grill chicken, cajun chicken, vegetable, ham & cheese, roast beef, cheese tomato wrap

Per Person.....\$9.95

### COLD CUT'S & CHEESE PLATTER

A selection of cold cuts meat, turkey breast, boiled ham, roast beef with fine cheese-american cheese, swiss cheese, cheddar cheese, brie cheese, muenster cheese, jack cheese on our platter is accompanied by slice bread, bagels & bialy's

Per Guest.....\$8.95 (Minimum 10 Guest)

### THE BAGEL & SCHMEAR NOSH

The classic Bagels and lox offering mouth watering slice of nova salmon and or belly lox is the centralize of this platter which includes all the fixins fresh assorted bagels and bialy's ourown whipped cream cheese, tomato slices and bermuda red onion swirl.

Per Person.....\$12.95

### THE SWEET ENDING

A wonderful assortment of our freshly baked brownies, assortment butter cookies, mini black & and rainbow cookies. All are beautifully plattered and ready to serve.

Per Person.....\$4.95

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# HAND ROLLED BAGELS

All Baking Done on premises

- Plain • Onion • Poppy • Salt • Garlic • Whole Wheat
- Pumpnickel • Cinamon Raisin • Everything
- Egg Bagel • Multigrain • Sesame • Whole Wheat Everithing

**HOME MADE BAGEL \$1.10 Each**

**Buy 1/2 dozen and get 1 for FREE or Buy a Dozen Bagels and Get 2 For FREE**

- Flat Bagels .....\$1.40  
 Plain • Seesame • Poppy • Everithing • Bialys  
 Whole wheat everything • whole wheat sesame • whole wheat  
 Mini Bagels 80¢ each (Please order 24 hours advance)

## Bakery Goods

**DANISHES.....\$2.50**

- Cheese, Apple, Cherry, Lemon, Blueberry, Pecan, Cinnamon Bun, Cinn Cigar, Choc Cigar, Apple Turnover, Raisen, Coffee Ring

## Croissants

- Plain.....\$2.25  
 Strawberry Cheese.....\$2.50  
 Chocolate.....\$2.50  
 Almond.....\$2.50  
 Apple.....\$2.50  
 Raspberry Cheese.....\$2.50

## Muffins

- Raisin Bran, Blueberry, Corn, Carrot, Pineapple, Blueberry Bran, Cappuccino, Peach, Banana Walnut, Orange Cranberry, Lemon Poppy, Choc Chip, Apple Cinnamon.....\$2.50  
 Low Fat Muffins.....\$2.75

## Coffee & Tea Bar

- |                                | Small                  | Large  |
|--------------------------------|------------------------|--------|
| House Blend Coffee             | \$1.35                 | \$1.75 |
| Hazelnut Coffee                | \$1.50                 | \$1.95 |
| French Vanilla                 | \$1.50                 | \$1.95 |
| Café Au Lait                   | \$2.50                 | \$3.50 |
| Cappuccino                     | \$2.75                 | \$3.50 |
| Café Latte                     | \$2.75                 | \$3.50 |
| Mochaccino                     | \$3.00                 | \$4.00 |
| Espresso Single                | \$2.50 (Double) \$3.00 |        |
| Lipton Tea (Reg. & Decaf)      | \$1.35                 | \$1.75 |
| Herbal Tea (Ask for selection) | \$1.50                 | \$1.95 |
| Hot Cocoa with Steamed Milk    | \$1.95                 | \$2.75 |
| Iced Coffee (Reg. & Decaf)     | \$2.25                 | \$2.75 |
| Iced Hazelnut                  | \$2.25                 | \$2.75 |
| Iced Tea                       | \$2.00                 | \$2.50 |
| Iced Cappuccino / Latte        | \$3.50                 | \$4.50 |
| Iced Mochaccino                | \$3.50                 | \$4.50 |

## BREAKFAST SPECIAL

- HEALTHY WRAP**.....\$5.50  
 Egg Whites, Spinach, avocado, black beans, salsa in a whole wheat wrap  
**CHORIZO WRAP**.....\$5.50  
 Two Eggs, poblano peppers, homefries, chorizo on a plain wrap  
**QUINOA WRAP**.....\$5.50  
 Egg whites, Quinoa, avocado, lettuce, tomato, on a whole wheat wrap  
**EARLY BIRD WRAP**.....\$5.50  
 Two eggs, tomato, chicken, Jack cheese, chipotle mayonnaise in a plain wrap  
**SALSA SUNRISE WRAP**.....\$5.50  
 Two eggs, ham, bacon, Jack cheese salsa on a plain wrap.  
**BUFFALO KICK START SANDWICH**.....\$5.95  
 Two eggs, ham, bacon, Jack cheese, Buffalo sauce on a toasted ciabatta bread.  
**GREEN THUMB**.....\$4.50  
 Two egg whites, peppers, tomato, onions, in a whole wheat pita bread  
**TURKEY SAUSAGE SPECIAL**.....\$4.95  
 Two egg whites, Turkey sausage in a pita bread  
**TURKEY BACON SPECIAL**.....\$4.95  
 Two egg whites, Turkey bacon in a whole wheat toast  
**ELT**.....\$3.25  
 Two Egg Whites with Lettuces & Tomato on whole wheat Toast  
**THE LITE LEE**.....\$3.75  
 Two egg white with Alpine lace and tomato in a pita or whole wheat bread.
- |   | Sandwich | Platter |
|---|----------|---------|
| <b>TWO EGGS ANY STYLE</b> .....           | \$2.50   | \$4.25  |
| <b>TWO EGGS W/ HAM OR BACON</b> .....     | \$4.00   | \$5.50  |
| <b>CHEESE OMELETTE</b> .....              | \$4.00   | \$5.50  |
| <b>WESTERN OMELETTE</b> .....             | \$4.50   | \$6.50  |
| <b>CALIFORNIA OMELETTE</b> .....          | \$4.50   | \$6.50  |
| <b>SPANISH OMELETTE</b> .....             | \$4.50   | \$6.50  |
| Avocado, Onions, Peppers                  |          |         |
| <b>HAM &amp; CHEESE OMELETTE</b> .....    | \$4.50   | \$6.50  |
| <b>FRENCH OMELETTE</b> .....              | \$5.00   | \$7.25  |
| Spinach, Tomato, Brie Cheese              |          |         |
| <b>EGG WHITE VEGETABLE OMELETTE</b> ..... | \$5.00   | \$7.25  |
| Peppers, Tomato, Mushroom, Avocado        |          |         |

## Pancakes / French Toast

- Pancakes.....\$4.95  
 Add sausage, bacon or ham.....\$1.50  
 French Toast.....\$4.95  
 Add Sausage, bacon or ham.....\$1.50  
 Hot Oatmeal.....\$2.50  
 Side Home Fries.....\$2.75  
 Side Bacon or Sausage.....\$2.50  
 Side of French Fries.....\$2.75  
 Hash Browns.....\$1.25

## EXTRAS

- Egg Whites .50¢ - Cheese .50¢  
 Tomatoes .50¢ - Avocado \$1.00  
 Add Egg .50¢

## Spread & Salads

- |                                   | 1/4 Lbs | On a Bagel |
|-----------------------------------|---------|------------|
| Butter.....                       | \$2.00  | \$1.50     |
| Cream Cheese.....                 | \$2.25  | \$2.50     |
| Light Cream Cheese.....           | \$2.25  | \$2.75     |
| Vegetable Cream Cheese.....       | \$2.75  | \$3.25     |
| Light Vegetable Cream Cheese..... | \$2.75  | \$3.25     |
| Scallion Cream Cheese.....        | \$2.75  | \$3.25     |
| Light Scallion Cream Cheese.....  | \$2.75  | \$3.25     |
| Olive Cream Cheese.....           | \$2.75  | \$3.25     |
| Avocado Cream Cheese.....         | \$2.75  | \$3.25     |
| Sundried tomato Cream Cheese..... | \$2.75  | \$3.25     |
| Chipotle Cream Cheese.....        | \$2.75  | \$3.25     |
| Raisin Walnut Cream Cheese.....   | \$2.75  | \$3.25     |
| Jalapeno Cream Cheese.....        | \$2.75  | \$3.25     |
| Strawberry Cream Cheese.....      | \$2.75  | \$3.25     |
| Lox Spread.....                   | \$3.25  | \$4.25     |
| Light lox Cream Cheese.....       | \$3.25  | \$4.25     |
| Tofu Cheese.....                  | \$2.50  | \$3.25     |
| Tofu Vegetable Cheese.....        | \$2.75  | \$3.95     |
| Tofu Scallion Cheese.....         | \$2.75  | \$3.95     |
| Tuna Salad.....                   | \$3.50  | \$6.00     |
| Lite Tuna Salad.....              | \$3.50  | \$6.00     |
| Vegetable Tuna.....               | \$3.50  | \$6.00     |
| Honey Mustard Tuna.....           | \$3.50  | \$6.00     |
| Egg Salad.....                    | \$3.25  | \$5.50     |
| Chicken Salad.....                | \$3.50  | \$6.00     |
| Baked Salmon Salad.....           | \$4.50  | \$7.50     |
| White Fish Salad.....             | \$4.50  | \$7.50     |
| Potato Salad.....                 | \$2.25  |            |
| Cole Slaw.....                    | \$2.25  |            |

Tomato & cheese ¢.50 extra

## Fresh Fruit/ Smoothies

16 oz. \$4.95

Real Fruit Blended with low fat milk or fresh orange juice and fat yogurt to make a refreshing nutritional drink

- SUNSET ORANGE/** Banana and Oranges  
**TROPICAL TANGO/** Strawberries, Bananas and Oranges  
**ALOHA BERRY/** Strawberries, Blueberries and Kiwi  
**FRESH FIELDS/** Golden Pineapple, Bananas and Oranges

## Desserts & Cakes

- GIANT COOKIE**.....\$2.50  
 Chocolate chip, oatmeal, peanut butter, black and white  
**BROWNIES**.....\$2.50  
 Chocolate, cheesecake, pecan  
**SLICE CAKES**.....\$3.50  
 NY Cheese, Strawberry Cheese, Chocolate Mouse,  
**JELLO**.....\$2.25  
**CREAM CARAMEL**.....\$3.25  
**NAPOLEON or CANOLI**.....\$3.25

**Cakes 7" 28.00**  
**Cakes 10" 48.00**

## Specialty Sandwiches

\$ 7.95

All served with a selection of fine Meats, Cheese & Fresh Vegetable

- SMOKED TURKEY & BRIE CHEESE**  
 Honey mustard, plum tomato & leaf lettuce on a French baguette  
**ALBACORE TUNA SALAD**  
 Plum tomato, roasted peppers, lettuce on a 7 grain baguette  
**MARDI GRAS CHICKEN**  
 Pepper jack cheese, Green leaf lettuce, Roasted peppers, onions with chipotle peppers spread on a roll.  
**FRESH ROASTED TURKEY**  
 Roasted peppers, avocado, crispy bacon, leaf lettuce, tomato with russian dressing on whole wheat Baguette  
**ITALIAN SUPREMO**  
 Genova salami, cappicola, peperoni, provolone, onions, hot peppers, lettuce, oil and vinegar on hero  
**VEGETARIAN**  
 Avocado, tomado, sprouts, carrots, lettuce with low fat chipotle peppers spread on a multigrain slice  
**CHURRASCO STEAK**  
 Roast beef, jack cheese, onions, peppers on a hero bread  
**CUBANO**  
 Fresh turkey, roast pork, Salami, swiss cheese & pickle with russian dressing on a baguette  
**CHICKEN PARMIGIANA**  
 Chicken cutlet, fresh mozzarella cheese & tomato sauce on a Ciabatta Bread  
**MONTE VECCIO**  
 Smoked turkey, ham, swiss cheese, lettuce & tomato on a hero  
**HOT CORNED BEEF SANDWICH**  
 Hot corned beef melted swiss cheese, sauerkraut, Russian dressing, toasted Rye  
**TURKEY CLUB**  
 Turkey, bacon, lettuce, tomato, mayo on 7 grain bread  
**FRESH MOZARELLA**  
 Fresh tomatoes, basil, oil & vinegar on whole baguette  
**GENOA SALAMI SANDWICH**  
 Genoa salami, provolone cheese, lettuce, tomato on Ciabatta bread,  
**HOUSE SPECIAL**.....\$9.95  
 Cream Cheese, Nova, Capers, Tomatoes red onions

## Hot Specialty Panini

\$7.95

Served with your choice of honey dijon or chipotle peppers a dipping sauce

- GRAMERCY STAR PRESATA**  
 Grilled Chicken, Swiss Cheese, plum tomato, avocado, lettuce on European flat bread  
**CHICKEN CALABRESE**  
 Grilled Chicken, plum tomato, roasted peppers and fresh mozzarella cheese on European flat bread  
**CHICKEN FAJITA**  
 Cajun Chicken, Pepper Jack Cheese, Roasted Pepper, onions with salsa picante on European flat bread  
**TUNA CHEDDAR**  
 Tuna Salad, Cheddar Cheese, Tomato on European flat Bread