

Bagel With

Butter.....	4.50
Plain Cream Cheese	5.25
Flavored Cream Cheese.....	6.25
*Hummus/Avocado	8.49
*Nova Spread.....	7.25
*Hand Sliced Nova or Belly Lox on a Bagel	19.99
*Smoked Fish Platter	23.99

Choice of Nova or Belly Lox or ChunkWhitefish or Kippered Salmon, Served with Lettuce, Tomatoes, Onions, Cucumbers, & Capers Served with a choice of Coleslaw, Potato Salad, Macaroni Salad or Cucumber Salad & Pickle

Flavored Cream Cheeses Include: Scallion, Vegetable, Cinnamon Raisin, Garlic Cheddar, Buffalo

Hot From The Griddle

Breakfast Box	14.50
Two Large *Eggs, Served with either Bacon, Ham, or Sausage, Home Fries or Hash Brown Patties, a Bagel with Butter or Cream Cheese (<i>Flavored Cream Cheese add \$1.50, Egg White add 2.00</i>)	

Egg Platters <i>Served with either Home Fries or Hash Browns, Bagel with Butter or Cream Cheese</i>	
Two *Eggs any Style	10.50
Two *Eggs any Style w/Corned Beef Hash.....	16.99
*Nova, Eggs and Onions.....	18.99
Protein Stack *Egg Whites, Turkey, Spinach, Tomato, Avocado and Swiss Cheese stuffed into Multigrain Bread served with side of fruit.....	16.99
Sloppy BLT *Two Eggs any style, Bacon, Lettuce, Tomato on Toasted Challah..... (<i>Flavored Cream Cheese add \$1.50, Egg White add 2.00</i>)	16.99

Egg Sandwiches (2) *Eggs any Style Served on Choice of Bagel or Asstd Breads	
Two *Eggs.....	7.99
Two *Eggs w/Bacon, Ham or Sausage	9.50
Two *Eggs w/Roast Beef, Corned Beef, Pastrami, or Pork Roll	12.50
(3) *Egg Whites with Grilled Turkey	14.50
*Western Omelette Sandwich (Ham, Peppers, & Onions)	9.99
Hungry Man Hero (3) *Eggs, Ham, Bacon and Cheese, on a Hero (*Egg Whites add \$2.00, Turkey Bacon add \$2.00, Cheese add \$1.50)	12.00

Omelette’s *Create Your Own Omelette	15.25
Includes (3) *Eggs, (3) Items of any - Cheese Meat, or Veggies; served with Home Fries or Hash Brown Patties, and Bagel with Butter or Cream Cheese	
*Egg Whites Additional.....	2.00 Each additional Item..... .59

Griddle

Buttermilk Pancakes (3).....	11.99	Short Stack Pancakes (2).....	8.99
French Toast (3).....	12.99	Short Stack French Toast (2).....	9.99
Belgian Waffle	12.50		

2-2-2

Two Eggs any Style - Choice of Ham, Bacon or Sausage, Choice of Pancakes.....	15.99	French Toast.....	16.99	Belgian Waffle.....	16.99
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Griddle Toppings Fresh Blueberries, Fresh Strawberries, Chocolate Chips, M & M’s, Fruity Pebbles, or Oreo Brownie	1.75
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Side Orders

Bacon.....	6.75	French Fries.....	6.50
Ham or Sausage	6.75	Sweet Potato Fries	6.50
Turkey Bacon	7.99	Tater Tots	6.50
Turkey Sausage.....	7.99	Potato Latkes	7.99
Knish	6.75	Chicken Soup	8.00
Home Fries	6.50	Chicken Matzo Ball Soup	9.00
Hash Brown Patties	6.50	Soup of the Day.....	8.00

Gourmet Wraps

(Choice of Plain, Wholewheat, or Spinach Wraps)

#1 Grilled Chicken Caesar Salad	16.99
with Freshly Grated Asiago, Crumbled Croutons & Caesar Dressing	
#2 Southwestern Turkey	17.99
Dried Cranberries, Mixed Greens and Pepper Jack Cheese with Chipotle Mayo	
#3 Off The Frame Turkey	17.99
Swiss Cheese, Leaf Lettuce and Tomato with Dijon Mustard	
#4 Grilled Chicken	16.99
Crisp Bacon, Pepper Jack Cheese, Leaf Lettuce, Tomatoes and Onions	
#5 Buffalo Chicken	16.99
Chicken Fingers Tossed in Buffalo Sauce, Shredded Lettuce, Tomato, Onion, Ranch topped with Cheddar Cheese	
#6 Falafel Wrap	15.99
With Lettuce, Tomato, Onions, Tzatziki or Hummus	
#7 Greek Chicken Wrap	16.99
Grilled Chicken, Cucumber, Tomato, Onion, Red Peppers, Kalamata Olives, Pepperoncini, Shredded Lettuce with Feta & Greek Dressing	

*Served with a choice of Cole Slaw, Potato Salad,
Macaroni Salad, or Cucumber Salad and a Pickle*

Hand Crafted Panini’s

#1 Chicken Caesar	16.99
Grilled Chicken, Croutons, Shredded Asiago, Caesar Dressing on a Toasted Ciabatta Roll	
#2 Grilled Chicken	16.99
Fresh Mozzarella, Mixed Greens and Roasted Peppers with Balsamic Glaze on Ciabatta Roll	
#3 Honey Dijon Turkey	17.99
Thinly sliced Granny Smith Apples, Swiss Cheese Honey Dijon on a Ciabatta Roll	
#4 Brisket Philly	17.99
Tender Brisket, Sauteed Garlic, Pepperoncini, Pepper Jack Cheese on a Toasted Ciabatta Roll	
#5 Chipotle Turkey	17.99
Crisp Bacon, Swiss Cheese, Sliced Tomatoes with Chipotle Mayo on Flat Bread	
#6 Breaded Chicken Cutlet	16.99
with Crisp Bacon, Melted American Cheese and Ranch Dressing with Tomato on a Flat Bread	

*Served with a choice of Coleslaw, Potato Salad,
Macaroni Salad or Cucumber Salad & Pickle*

Kids Menu

(12 years & under)

Silver Dollar Pancakes	4.99
Chocolate Chips / Strawberries / Blueberry.....	Add 1.50
*Kids 1-1-1	9.99
(1)*Egg, (1)Bacon or Ham or Sausage, (1)Kids Pancake	
*One Egg any style with Bagel and Butter	7.25
Chicken Fingers/French Fries	9.99
Grilled Cheese/French Fries	9.99
Kids Hot Dog/French Fries	8.99
Peanut Butter & Jelly/Fruit	8.99

Specialty Sandwiches

#1 The Springs Special	16.99
House Roast Beef, Fresh Mozzarella Cheese on Garlic Hero	
#2 Godfather	17.99
Prosciutto, Genoa Salami, Pepperoni, Provolone, Lettuce, Tomatoes and Roasted Peppers with Oil & Vinegar on a Hero	
#3 Chicken Souvlaki	16.99
Served on a Pita with Tzatziki, Lettuce, Tomato, Onions and French Fries or Greek Salad	
#4 Turkey Club	18.99
Sliced Turkey Breast, Bacon, Lettuce and Tomato on choice of Bagel or Bread	
#5 Reuben	18.99
Hot Corned Beef with Sauerkraut and Melted Swiss on Grilled Rye with Thousand Island Dressing	
#6 Rachel	18.99
Hot Pastrami with Melted Swiss, Cole Slaw and Thousand Island Dressing on Grilled Rye	
#7 Tuna Melt	17.99
Homemade Tuna with Melted Cheddar and Sliced Tomatoes on choice of Bagel or Bread	
#8 Chicken Delight	18.99
Breaded Chicken Cutlet with Bacon, Muenster Cheese, Lettuce, Tomato, Italian Dressing on a hero	
#9 The Italiano	16.99
Imported Prosciutto with Fresh Mozzarella Cheese and Roasted Peppers with Balsamic Glaze and Lettuce, Sliced Tomatoes and Sliced Red Onion	
#10 The Goopy Gourmet	16.99
Grilled Ham with Melted Muenster & Honey Mustard on a Grilled Challah Bread	
#11 Brisket Dip	18.99
Homemade Brisket, Grilled Onions, Provolone Cheese on garlic toasted hero, with side of Aujus Gravy	
#12 Gyro	16.99
Served on a Pita with Tzatziki, Lettuce, Tomato, Onions and French Fries or Greek Salad	
#13 The New Yorker	18.99
Hot Corned Beef and Pastrami with Cole Slaw and Thousand Island Dressing on Grilled Rye Bread	
#14 The Cubano	16.99
Thinly Sliced Baked Ham, Melted Swiss and Pickles on a Lightly Buttered Grilled Hero with Mustard	
#15 Patty Melt	16.99
Grilled Rye Bread, Cheddar Cheese, Caramelized Onions, Bacon, Served with French Fries	
#16 Brisket Grilled Cheese	16.99
Grilled Challah, Muenster Cheese, Caramelized Onions, Tender Brisket Served with BBQ Sauce and French Fries	

*Served with a choice of Cole Slaw, Potato Salad,
Macaroni Salad, or Cucumber Salad and a Pickle*

Philly Cheese (Chicken or Beef)	17.99
Grilled Roast Beef with Sautéed Red Peppers and Onions topped with Melted Provolone on a Hero, Served with French Fries	
Jumbo *Beef Burger Deluxe	14.99
On A Bun with Lettuce, Tomato, Fries	
Turkey Burger Deluxe	14.99
On a Bun with Lettuce, Tomato, Fries	
Veggie Burger	11.99
On a Bun with Lettuce, Tomato, Onion, Served with fruit	
Grilled Cheese	12.50
Grilled American Cheese on Choice of Assorted Bread, Served with French Fries	
Add Ham or Bacon	3.00
Hot Dog	9.99
Served with French Fries	
Chicken Fingers	14.99
Served with French Fries	

	Sandwich	Platter
Egg Salad.....	13.99	14.99
Chicken Salad	15.99	16.99
Tuna Salad	16.99	17.99
Vegetable Tuna Salad	16.99	17.99
Cranberry Tuna Salad	16.99	17.99
Whitefish Salad	17.99	18.99
Baked Salmon Salad	17.99	18.99
Shrimp Salad	17.99	18.99

Sandwich Suggestions

BLT	13.99
Off The Frame Turkey.....	16.99
Deluxe Ham	12.99
Marinated Grilled Chicken	15.99
Breaded Chicken Cutlet.....	15.99
Pastrami.....	17.99
Corned Beef	17.99
Roast Beef.....	17.99
Brisket	17.99
Genoa Salami	14.99
Hebrew National Salami.....	17.99
1/2 Sandwich & Soup.....	15.99

On The Healthy Side

<i>Garden Salad</i>	13.99
Romaine Lettuce, Tomato, Peppers, Cucumber, Carrots and Sliced Egg (Tuna salad or Chicken salad add 5.99)	
<i>Chicken Caesar Salad</i>	18.99
Romaine Lettuce, Seasoned Croutons, and Freshly Grated Asiago Cheese	
<i>Greek Salad</i>	14.99
Iceberg Lettuce, Tomato, Red Onions, Peppers, Cucumbers, Kalamata Olives & Feta w/Pita (Grilled Chicken add 5.99 Chicken Souvlaki/Gyro add 5.99)	
<i>Chef Salad</i>	17.99
Sliced Ham, Turkey, American and Swiss Cheese on a Bed of Romaine Lettuce with Tomato and Sliced Egg	
<i>Cobb Salad</i>	17.99
Mixed Greens, Tomato, Bacon, Avocado, and Chopped Egg Topped with Grilled Chicken and Crumbled Feta	

(All Salads come with Complimentary Bagel Chips & Choice of Dressing)

Chopped Salad Bar \$14.99

☐ **Bagel Chips**

(1) Lettuce Choice

☐ Baby Spinach ☐ Mixed Green ☐ Romaine ☐ Iceberg

(6) Ingredient Choice - Additional Ingredient Choice add 59¢

☐ American Cheese	☐ Dried Cranberries	☐ Peppers
☐ Bacon	☐ Feta Cheese	☐ Provolone Cheese
☐ Carrots	☐ Greek Olive	☐ Raisins
☐ Celery	☐ Green Apple	☐ Roasted Peppers
☐ Cheddar Cheese	☐ Hot Peppers	☐ Sesame Seeds
☐ Chick Peas	☐ Mozzarella Cheese	☐ Sunflower Seeds
☐ Chopped Egg	☐ Mushrooms	☐ Swiss Cheese
☐ Croutons	☐ Onions	☐ Tomatoes
☐ Cucumbers	☐ Pepperoncini	☐ Walnuts

Premium Items - Additional \$2.75 each

☐ Avocado ☐ Strawberries ☐ Blueberries

Choose Protein - Additional \$5.99

☐ Breaded Chicken Cutlet	☐ Solid White Tuna	☐ Chicken Salad
☐ Chicken Souvlaki	☐ Vegetable Tuna	☐ Falafel
☐ Marinated Grilled Chicken	☐ Cranberry Tuna	☐ Turkey Breast
☐ Gyro		

(1) Salad Dressing Choice - Additional Dressing add 75¢

☐ Balsamic Vinaigrette	☐ Oil & Vinegar	☐ Greek
☐ Ranch	☐ Caesar	
☐ Honey Mustard	☐ Thousand Island	
☐ Red Wine Vinagar	☐ Raspberry Vinaigrette	



Traditional Kettle Boiled Bagels

Plain • Sesame • Poppy • Everything • Salt • Onion • Garlic
Cinnamon Raisin • Egg • Egg Onion • Egg Everything
Pumpernickel • Whole Wheat • Bialys • Chocolate Chip
Whole Wheat Everything • Flagels • Asiago • Jalapeño Cheddar
Multi Grain Cranberry Walnut • Rainbow • Poppy Sticks

**OUR BAGELS ARE
100% FAT FREE,
HAVE NO ADDITIVES OR
PRESERVATIVES AND
MADE WITH THE FINEST
INGREDIENTS AVAILABLE**

Baked Fresh On The Premises Throughout The Day

- Customized Service
- Quality Ingredients
- Professional Presentation
- Knowledgeable Staff

**We Welcome All Orders For Home, Office, Business Meetings,
School Functions, Pharmaceutical Reps, Sympathy Or Just Because
ALL CATERING ORDERS REQUIRE A MINIMUM OF 24 HOURS NOTICE**

** Consuming raw or uncooked meats, poultry, seafood, shellfish or eggs increases your risk of contracting foodborne illness. Especially if you have certain medical conditions* - Section 3-603.11, 2001 FDA Food Code*