

Bagel With

Butter.....	2.25
Plain Cream Cheese.....	2.75
Flavored Cream Cheese.....	3.50
Nova Spread.....	4.00
Nova/Belly Lox with Cream Cheese.....	11.25
Smoked Fish Platter (Kippered Salmon - \$1.00 Additional).....	12.75
Served with Bagel and Cream Cheese, Lettuce, Tomato, Onion, Cucumbers & Capers	

Flavored Cream Cheeses Include:

Scallion, Vegetable, Cinnamon Raisin

Hot From The Griddle

Breakfast Box	8.50
Two Large Eggs, Served with either Bacon, Ham, or Sausage, Home Fries or Hash Browns a Bagel with Butter or Cream Cheese and a Small Coffee	
<i>(Flavored Cream Cheese add 75¢, Egg White add 1.00, 20 oz Ice Coffee add 1.00)</i>	

Egg Platters

<i>(Served with either Home Fries or Hash Browns, Bagel with Butter or Cream Cheese)</i>	
Two Eggs any Style.....	6.15
W/Bacon, Ham or Sausage.....	7.25
W/Corned Beef Hash.....	8.00
Nova, Eggs and Onions.....	10.85

Egg Sandwiches (Choice of Bagels or Assorted Breads)

Two Eggs.....	4.00
W/Bacon, Ham or Sausage.....	4.85
W/Roast Beef, Corned Beef or Pastrami.....	5.85
3 Egg Whites with Grilled Turkey.....	6.85
Western Omelette Sandwich (Ham, Peppers, & Onions).....	6.85
Hungry Man Hero (3 Eggs, Ham, Bacon and Cheese, on a Hero).....	7.50
<i>(Egg Whites add 1.00, Turkey Bacon add 50¢, Cheese add 79¢)</i>	

Omelette's

Create Your Own Omelette.....	8.50
<i>(Includes 3 eggs, 3 Items of any - Cheese Meat, or Veggies; served with Home Fries or Hash Browns, and Bagel with Butter or Cream Cheese)</i>	
Egg Whites Additional.....	1.00 Each additional Item..... .50

Griddle

3 Buttermilk Pancakes.....	6.50
Blueberry/Strawberry/Chocolate Chip/Oreo Pancakes.....	8.00
Short Stack (2 Pancakes).....	5.50
Short Stack (French Toast 2 slices).....	6.00
3 Slices of Challah Bread French Toast.....	7.50
Waffles.....	6.50
Blueberry/Strawberry/Chocolate Chip/Oreo Waffles.....	8.00
2-2-2 2 Eggs, 2 Pancakes, (2 Bacon, or 2 Ham or 2 Saug).....	8.50
<i>(Substitute French Toast or Waffle add 50¢)</i>	

Side Orders

Ham or Sausage.....	2.90	Bacon.....	3.50
Hash Browns.....	2.90	Home Fries.....	3.50
Oatmeal.....	3.50	French Fries.....	3.50
		Knish.....	3.75

Gourmet Wraps

(Choice of Plain, Wholewheat, or Spinach)

#1 Grilled Chicken Caesar Salad.....	8.95
with Freshly Grated Parmesan Reggiano Crumbled Croutons & Caesar Dressing	
#2 Southwestern Turkey.....	8.95
Dried Cranberries, Mixed Greens and Brie with Chipotle Mayo	
#3 Off The Frame Turkey.....	8.95
Swiss Cheese, Leaf Lettuce and Tomato with Dijon Mustard	
#4 Grilled Chicken.....	8.95
Crisp Bacon, Pepper Jack Cheese, Leaf Lettuce, Tomatoes and Onions	
#5 Grilled Buffalo Chicken,.....	8.95
Crumbled Bleu Cheese, Sautéed Peppers and Onions with Spicy Mayo	
#6 Falafel Wrap.....	8.95
with Tzatziki, Lettuce, Tomato, Onions	
#7 Breaded Chicken Cutlet.....	8.95
with Grilled Onions, Mushrooms and Crumbled Blue Cheese	

*Served with a choice of Cole Slaw, Potato Salad, Macaroni Salad, or Cucumber Salad and a Pickle
Substitute French Fries \$1.75 additional*

Hand Crafted Panini's

#1 Breaded Eggplant	9.25
Fresh Mozzarella, Roasted Peppers and Baby Spinach with Pesto Mayo on Focaccia	
#2 Grilled Chicken	9.25
Fresh Mozzarella, Mixed Greens and Roasted Peppers with Balsamic Vinaigrette on Focaccia Bread	
#3 Honey Dijon Turkey	9.25
Thinly sliced Granny Smith Apples, Brie Cheese and Honey Dijon on a Ciabatta Roll	
#4 BBQ Beef	9.25
with Fried Onions, Cheddar Cheese and BBQ Mayo on a Ciabatta Roll	
#5 Chipotle Turkey	9.25
Crisp Bacon, Swiss Cheese, Sliced Tomatoes with Chipotle Mayo on Flat Bread	
#6 Breaded Chicken Cutlet	9.25
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
Substitute French Fries \$1.75 additional*

Kids Menu

(12 years & under)

Kids Pancakes	5.25
Chocolate Chip/Blueberry	
Kids 1-1-1	5.25
One Egg, One Pancake, One Choice of Bacon, Ham or Sausage	
One Egg any style with Bagel	3.00
Chicken Fingers/French Fries	6.50
Grilled Cheese/French Fries	5.50

Specialty Sandwiches

#1 The Springs Special	9.50
House Roast Beef, Melted Mozzarella Cheese on Garlic Hero	
#2 Godfather	9.50
Prosciutto, Genoa Salami, Pepperoni, Provolone, Lettuce, Tomatoes and Roasted Peppers with Oil & Vinegar on a Hero	
#3 Chicken Souvlaki	9.50
Served on a Pita with Tzatziki, Lettuce, Tomato, Onions and French Fries or Greek Salad	
#4 Turkey Club	9.00
Sliced Turkey Breast, Bacon, Lettuce and Tomato on choice of Bagel or Bread	
#5 Reuben	9.50
Hot Corned Beef with Sauerkraut and Melted Swiss on Grilled Rye with Mustard or Russian Dressing	
#6 Rachel	9.50
Hot Pastrami with Melted Swiss, Cole Slaw and Russian Dressing on Grilled Rye	
#7 Tuna Melt	8.75
Homemade Tuna with Melted Cheddar and Sliced Tomatoes on choice of Bagel or Bread	
#8 Chicken Delight	9.75
Breaded Chicken Cutlet with Bacon, Melted Mozzarella, Lettuce, Tomato, Italian Dressing on a hero	
#9 The Italiano	9.75
Imported Prosciutto with Fresh Mozzarella Fresh Basil and Roasted Peppers with Balsamic Vinaigrette and Leaf Lettuce, Sliced Tomatoes and Sliced Red Onion	
#10 Sloppy Joe	9.75
House Roast Beef, Cole Slaw and Russian Dressing on a Hero	
#11 Brisket Dip	9.25
Homemade Brisket, Grilled Onions, Provolone Cheese on garlic toasted hero, with side of Aujus Gravy	
#12 Gyro	9.50
Served on a Pita with Tzatziki, Lettuce, Tomato, Onions and French Fries or Greek Salad	
#13 The New Yorker	9.50
Hot Corned Beef and Pastrami with Cole Slaw and Russian Dressing on Grilled Rye Bread	
#14 The Cubano	9.50
Thinly Sliced Baked Ham, Melted Swiss and Pickles on a Lightly Buttered Grilled Hero with Mustard	

*Served with a choice of Cole Slaw, Potato Salad, Macaroni Salad, or Cucumber Salad and a Pickle
Substitute French Fries \$1.75 additional*

Hot From Our Grill

Philly Cheese (Chicken or Beef)	9.25
Grilled Roast Beef with Sautéed Red Peppers and Onions Topped W/Melted Provolone on a Toasted Garlic Hero. Served with French Fries and a Pickle	
Jumbo Beef Burger Deluxe	7.20
On A Bun with Lettuce, Tomato, Fries, and Pickles	
Cheese add	1.00
or Bacon.....	1.00
Turkey Burger Deluxe	8.25
On Bun with Lettuce, Tomato, Fries, Pickles and Cole Slaw	
Cheese add	1.00
or Bacon.....	1.00
Grilled Cheese	5.75
Served with Pickle and Cole Slaw	
Grilled Cheese Deluxe	7.75
Grilled American Cheese on Your Choice of Bread with Bacon or Ham. Served with French Fries and Pickle	
Hot Dog	7.25
Served with French Fries or Knish	

Homemade Salad Sandwiches

Prepared only using Hellman's Mayo

Egg Salad.....	7.35
Chicken Salad	7.95
Solid White Tuna Salad	7.95
Vegetable Tuna Salad	8.15
Cranberry Tuna Salad	8.15
Whitefish Salad.....	8.25
Baked Salmon Salad.....	8.25

*Served with a choice of Cole Slaw, Potato Salad,
Macaroni Salad, or Cucumber Salad and a Pickle
Substitute French Fries \$1.75 additional*

Sandwich Suggestions

BLT	6.99
Oven Gold Turkey.....	7.50
Off The Frame Turkey.....	8.35
Deluxe Ham	6.99
Genoa Salami/Hebrew National Salami.....	7.50
Marinated Grilled Chicken	8.50
Breaded Chicken Cutlet.....	8.50
Pastrami.....	8.50
Corned Beef	8.50
Roast Beef.....	8.50
Brisket	8.50

*Served with a choice of Cole Slaw, Potato Salad,
Macaroni Salad, or Cucumber Salad and a Pickle
Cheese 99¢ Hero 50¢ Avocado 99¢
Substitute French Fries \$1.75 additional*

On The Healthy Side

Garden Salad	7.00
Romaine Lettuce, Tomato, Peppers, Cucumber, Carrots and Sliced Egg (Tuna salad or Chicken salad add 2.99)	
Caesar Salad	7.50
Romaine Lettuce, Seasoned Croutons, and Freshly Grated Parmesan Reggiano (Grilled Chicken add 2.99)	
Greek Salad	8.75
Iceberg Lettuce, Tomato, Red Onions, Peppers, Cucumbers, Kalamata Olives & Feta	
Chef Salad	9.50
Sliced Ham, Turkey, American and Swiss Cheese on a Bed of Romaine Lettuce with Tomato and Sliced Egg	
Cobb Salad	9.50
Mixed Greens, Tomato, Bacon, Avocado, and Chopped Egg Topped with Grilled Chicken and Crumbled Bleu Cheese	
Ready Made Salads	9.50
Daily Variety Available	

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

Chopped Salad Bar

\$8.25

**Includes Lettuce and 6 Ingredient Choices
Choice Of Dressing and Bagel Chips**

Salad Dressing Choices
**Italian, Ranch, Bleu Cheese, Balsamic Vinaigrette, Caesar, Greek,
Honey Mustard, Thousand Island, Oil & Vinegar,
& Fat Free Raspberry Vinaigrette**

Lettuce Choices: (choice of one additional lettuce add 50¢)

- | | | |
|---------------------------------------|---------------------------------------|----------------------------------|
| <input type="checkbox"/> Baby Spinach | <input type="checkbox"/> Mixed Greens | <input type="checkbox"/> Romaine |
| <input type="checkbox"/> Iceberg | | |

Ingredient Choices: Each additional ingredient choice 50¢

- | | | |
|--|--|---|
| <input type="checkbox"/> American Cheese | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Dried Cranberries | <input type="checkbox"/> Provolone Cheese |
| <input type="checkbox"/> Bacon | <input type="checkbox"/> Feta Cheese | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Black Olives | <input type="checkbox"/> Greek Olives | <input type="checkbox"/> Roasted Peppers |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Green Apples | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Hot Peppers | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Cheddar Cheese | <input type="checkbox"/> Mozzarella Cheese | <input type="checkbox"/> Swiss Cheese |
| <input type="checkbox"/> Chick Peas | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Chopped Eggs | <input type="checkbox"/> Onions | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Croutons | <input type="checkbox"/> Pepperoncini | |

Protein: \$2.99

- | | | |
|--|---|--|
| <input type="checkbox"/> Breaded Chicken Cutlet | <input type="checkbox"/> Solid White Tuna | <input type="checkbox"/> Chicken Salad |
| <input type="checkbox"/> House Roast Beef | <input type="checkbox"/> Vegetable Tuna | <input type="checkbox"/> Falafel |
| <input type="checkbox"/> Marinated Grilled Chicken | <input type="checkbox"/> Cranberry Tuna | <input type="checkbox"/> Turkey Breast |



Bagels

& A WHOLE LOT MORE

BAGELS & DELI MENU

10281 West Sample Road
Coral Springs, Florida 33065
Phone: (954) 575-8130

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Traditional Kettle Boiled Bagels

Plain • Sesame • Poppy • Everything • Salt • Onion • Garlic
Cinnamon Raisin • Egg • Egg Onion • Egg Everything
Pumpnickel • Honey Whole Wheat • Bialys
Honey Whole Wheat Everything • Flagels • Asiago
Multi Grain Cranberry Walnut with Toasted Oats

**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

Catering Services

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- Professional Presentation
- Quality Ingredients
- 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

