

Bagel With

Butter.....	2.65
Plain Cream Cheese.....	3.20
Flavored Cream Cheese.....	3.99
Nova Spread.....	4.50
Hand Sliced Nova or Belly Lox	12.25
Smoked Fish Platter (Kippered Salmon - \$1.50 Additional).....	14.25
Choice of Hand Sliced Nova or Belly Lox or Whitefish or Kippered Salmon Served with Lettuce, Tomatoes, Onions, Cucumbers, & Capers	

Flavored Cream Cheeses Include:
Scallion, Vegetable, Cinnamon Raisin

Hot From The Griddle

Breakfast Box	8.99
Two Large Eggs, Served with either Bacon, Ham, or Sausage, Home Fries or Hash Brown Patties, a Bagel with Butter or Cream Cheese, and a Small Coffee -Dine in Only- (Flavored Cream Cheese add \$1.00, Egg White add 1.25, 20 oz Ice Coffee add 1.00)	

Egg Platters

(Served with either Home Fries or Hash Brown Patties, Bagel with Butter or Cream Cheese)	
Two Eggs any Style.....	6.55
W/Bacon, Ham or Sausage.....	7.75
W/Corned Beef Hash.....	8.65
Nova, Eggs and Onions.....	11.60

Egg Sandwiches (Choice of Bagels or Assorted Breads)

Two Eggs.....	4.45
W/Bacon, Ham or Sausage.....	5.35
W/Roast Beef, Corned Beef or Pastrami.....	6.40
3 Egg Whites with Grilled Turkey.....	7.35
Western Omelette Sandwich (Ham, Peppers, & Onions).....	7.35
Hungry Man Hero (3 Eggs, Ham, Bacon and Cheese, on a Hero).....	7.99
(Egg Whites add 1.25, Turkey Bacon or Turkey Sausage add 75¢, Cheese add \$1.00)	

Omelette's

Create Your Own Omelette.....	8.99
(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.....	1.25 Each additional Item..... .50

Griddle

Buttermilk Pancakes (3).....	6.99	Short Stack Pancakes (2).....	5.99
French Toast (3).....	7.99	Short Stack French Toast (2).....	6.40
Belgian Waffle.....	6.99		

2-2-2

Eggs any Style- Choice of Ham, Bacon or Sausage, Choice of Pancakes (2).....	8.50
French Toast (2).....	9.50
Belgian Waffle (1).....	9.50

Griddle Toppings

Fresh Blueberries, Fresh Strawberries, Chocolate Chips, M & M or Oreos.....	1.50
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Side Orders

Ham or Sausage.....	3.50	Turkey Sausage.....	3.99
Hash Brown Patties.....	3.50	Home Fries.....	3.50
Oatmeal.....	3.75	French Fries.....	3.50
Bacon.....	3.50	Sweet Potato Fries.....	3.50
Turkey Bacon.....	3.99	Knish.....	3.50
		Tater Tots.....	3.50

Gourmet Wraps

(Choice of Plain, Wholewheat, or Spinach)

#1 Grilled Chicken Caesar Salad	9.55
with Freshly Grated Parmesan Reggiano Crumbled Croutons & Caesar Dressing	
#2 Southwestern Turkey	9.55
Dried Cranberries, Mixed Greens and Brie with Chipotle Mayo	
#3 Off The Frame Turkey	9.55
Swiss Cheese, Leaf Lettuce and Tomato with Dijon Mustard	
#4 Grilled Chicken	9.55
Crisp Bacon, Pepper Jack Cheese, Leaf Lettuce, Tomatoes and Onions	
#5 Grilled Buffalo Chicken	9.55
Crumbled Bleu Cheese, Sautéed Peppers and Onions with Spicy Mayo	
#6 Falafel Wrap	9.55
With Lettuce, Tomato, Onions, Tzatziki or Hummus	
#7 Breaded Chicken Cutlet	9.55
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 \$2.00 additional

Hand Crafted Panini's

#1 Breaded Eggplant	9.99
Fresh Mozzarella, Roasted Peppers and Baby Spinach with Pesto Mayo on Ciabatta Roll	
#2 Grilled Chicken	9.99
Fresh Mozzarella, Mixed Greens and Roasted Peppers with Balsamic Vinaigrette on Ciabatta Roll	
#3 Honey Dijon Turkey	9.99
Thinly sliced Granny Smith Apples, Brie Cheese and Honey Dijon on a Ciabatta Roll	
#4 BBQ Beef	9.99
with Fried Onions, Cheddar Cheese and BBQ Mayo on a Ciabatta Roll	
#5 Chipotle Turkey	9.99
Crisp Bacon, Swiss Cheese, Sliced Tomatoes with Chipotle Mayo on Flat Bread	
#6 Breaded Chicken Cutlet	9.99
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
Substitute French Fries \$2.00 additional

Kids Menu

(12 years & under) -Dine in Only

Kids Pancakes	5.99
Chocolate Chip/Blueberry	
Kids 1-1-1	5.99
(1)Egg, (1)Bacon or Ham or Sausage, (1)Kids Pancake	
One Egg any style with Bagel and Butter	3.65
Chicken Fingers/French Fries	6.99
Grilled Cheese/French Fries	6.25
Macaroni & Cheese/Fruit	5.75

Specialty Sandwiches

#1 The Springs Special	9.99
House Roast Beef, Melted Mozzarella Cheese on Garlic Hero	
#2 Godfather	9.99
Prosciutto, Genoa Salami, Pepperoni, Provolone, Lettuce, Tomatoes and Roasted Peppers with Oil & Vinegar on a Hero	
#3 Chicken Souvlaki	9.99
Served on a Pita with Tzatziki, Lettuce, Tomato, Onions and French Fries or Greek Salad	
#4 Turkey Club	9.75
Sliced Turkey Breast, Bacon, Lettuce and Tomato on choice of Bagel or Bread	
#5 Reuben	9.99
Hot Corned Beef with Sauerkraut and Melted Swiss on Grilled Rye with Mustard or Russian Dressing	
#6 Rachel	9.99
Hot Pastrami with Melted Swiss, Cole Slaw and Russian Dressing on Grilled Rye	
#7 Tuna Melt	9.50
Homemade Tuna with Melted Cheddar and Sliced Tomatoes on choice of Bagel or Bread	
#8 Chicken Delight	10.25
Breaded Chicken Cutlet with Bacon, Melted Mozzarella, Lettuce, Tomato, Italian Dressing on a hero	
#9 The Italiano	10.25
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	10.25
House Roast Beef, Cole Slaw and Russian Dressing on a Hero	
#11 Brisket Dip	9.99
Homemade Brisket, Grilled Onions, Provolone Cheese on garlic toasted hero, with side of Aujus Gravy	
#12 Gyro	9.99
Served on a Pita with Tzatziki, Lettuce, Tomato, Onions and French Fries or Greek Salad	
#13 The New Yorker	9.99
Hot Corned Beef and Pastrami with Cole Slaw and Russian Dressing on Grilled Rye Bread	
#14 The Cubano	9.99
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 \$2.00 additional

Hot From Our Grill

Philly Cheese (Chicken or Beef)	9.99
Grilled Roast Beef with Sautéed Red Peppers and Onions Topped W/Meltd Provolone on a Toasted Hero Served with French Fries	
Jumbo Beef Burger Deluxe	8.00
On A Bun with Lettuce, Tomato, Fries Add Cheese	
	1.00
Add Bacon	1.50
Turkey Burger Deluxe	8.99
On a Bun with Lettuce, Tomato, Fries, Pickles Add Cheese	
	1.00
Add Bacon.....	1.50
Add Turkey Bacon.....	2.00
Veggie Burger	8.99
On a Bun with Lettuce, Tomato, Onion, Served with fruit	
Grilled Cheese	6.50
Served with Choice Cole Slaw, Potato Salad, Macaroni Salad or Cucumber Salad	
Grilled Cheese Deluxe	8.50
Grilled American Cheese on Your Choice of Bread with Bacon or Ham. Served with French Fries	
Hot Dog	7.99
Served with French Fries or Knish	

Homemade Salad Sandwiches

Prepared using only Hellman's Mayo

Egg Salad.....	7.99
Chicken Salad	8.60
Solid White Tuna Salad	8.60
Vegetable Tuna Salad	8.99
Cranberry Tuna Salad	8.99
Whitefish Salad.....	9.25
Baked Salmon Salad.....	9.25

*Served with a choice of Cole Slaw, Potato Salad,
Macaroni Salad, or Cucumber Salad and a Pickle
Substitute French Fries \$2.00 additional*

Sandwich Suggestions

BLT	7.50
Off The Frame Turkey.....	8.99
Deluxe Ham	7.50
Genoa Salami/Hebrew National Salami.....	8.25
Marinated Grilled Chicken	9.50
Breaded Chicken Cutlet.....	9.50
Pastrami.....	9.50
Corned Beef	9.50
Roast Beef.....	9.50
Brisket	9.50

*Served with a choice of Cole Slaw, Potato Salad,
Macaroni Salad, or Cucumber Salad and a Pickle
Cheese \$1.00 Avocado \$1.50
Substitute French Fries \$2.00 additional*

On The Healthy Side

Garden Salad	7.50
Romaine Lettuce, Tomato, Peppers, Cucumber, Carrots and Sliced Egg (Tuna salad or Chicken salad add 3.25)	
Caesar Salad	7.99
Romaine Lettuce, Seasoned Croutons, and Freshly Grated Parmesan Reggiano (Grilled Chicken add 3.25)	
Greek Salad	9.75
Iceberg Lettuce, Tomato, Red Onions, Peppers, Cucumbers, Kalamata Olives & Feta	
Chef Salad	9.99
Sliced Ham, Turkey, American and Swiss Cheese on a Bed of Romaine Lettuce with Tomato and Sliced Egg	
Cobb Salad	9.99
Mixed Greens, Tomato, Bacon, Avocado, and Chopped Egg Topped with Grilled Chicken and Crumbled Bleu Cheese	
Ready Made Salads	9.99
Daily Variety Available	

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

Chopped Salad Bar

\$8.75

(1) Lettuce Choices - Additional Lettuce add 50¢

Baby Spinach Mixed Greens Romaine Iceberg

(6) Ingredient Choice - Additional Ingredient Choice add 50¢

<input type="checkbox"/> American Cheese	<input type="checkbox"/> Croutons	<input type="checkbox"/> Pepperoncini
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Peppers
<input type="checkbox"/> Bacon	<input type="checkbox"/> Dried Cranberries	<input type="checkbox"/> Provolone Cheese
<input type="checkbox"/> Black Olives	<input type="checkbox"/> Feta Cheese	<input type="checkbox"/> Raisins
<input type="checkbox"/> Bleu Cheese	<input type="checkbox"/> Greek Olive	<input type="checkbox"/> Roasted Peppers
<input type="checkbox"/> Carrots	<input type="checkbox"/> Green Apple	<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

Choose Protein - Additional \$3.25

<input type="checkbox"/> Breaded Chicken Cutlet	<input type="checkbox"/> Tuna Salad	<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

(1) Salad Dressing Choice - Additional Dressing add 50¢

<input type="checkbox"/> Balsamic Vinaigrette	<input type="checkbox"/> Oil & Vinegar	<input type="checkbox"/> Greek
<input type="checkbox"/> Ranch	<input type="checkbox"/> Caesar	<input type="checkbox"/> Italian
<input type="checkbox"/> Honey Mustard	<input type="checkbox"/> Thousand Island	<input type="checkbox"/> Bleu Cheese
<input type="checkbox"/> Red Wine Vinegar	<input type="checkbox"/> Fat Free Raspberry Vinaigrette	

Bagel Chips



Bagels

& A WHOLE LOT MORE

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* 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

