

Bagel With

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| Butter..... | 2.80 |
| Plain Cream Cheese..... | 3.35 |
| Flavored Cream Cheese..... | 4.25 |
| Nova Spread..... | 4.75 |
| Hand Sliced Nova or Belly Lox..... | 12.99 |
| Smoked Fish Platter (Kippered Salmon - \$1.50 Additional)..... | 14.75 |
| 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

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| 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 (Flavored Cream Cheese add \$1.00, Egg White add 1.25) | |

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| Egg Platters Served with either Home Fries or Hash Browns, Bagel with Butter or Cream Cheese | |
| Two Eggs any Style..... | 7.15 |
| Two Eggs any Style w/Corned Beef Hash..... | 8.90 |
| Nova, Eggs and Onions..... | 12.00 |
| (Flavored Cream Cheese add \$1.00, Egg White add 1.25) | |

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| Egg Sandwiches (2) Eggs any Style Served on Choice of Bagel or Asstd Breads | |
| Two Eggs..... | 4.55 |
| w/Bacon, Ham or Sausage..... | 5.55 |
| w/Roast Beef, Corned Beef or Pastrami..... | 6.65 |
| (3) Egg Whites with Grilled Turkey..... | 7.60 |
| Western Omelette Sandwich (Ham, Peppers, & Onions)..... | 7.60 |
| Hungry Man Hero ((3) Eggs, Ham, Bacon and Cheese, on a Hero)..... | 8.25 |
| (Egg Whites add 1.25, Turkey Bacon add 75¢, Cheese add \$1.00) | |

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| Omelette's | |
| Create Your Own Omelette..... | 9.99 |
| 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 |

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| Griddle | |
| Buttermilk Pancakes (3)..... | 7.99 |
| French Toast (3)..... | 8.50 |
| Belgian Waffle..... | 7.50 |
| Short Stack Pancakes (2)..... | 6.50 |
| Short Stack French Toast (2)..... | 6.90 |

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| 2-2-2 | |
| Eggs any Style - Choice of Ham, Bacon or Sausage, Choice of Pancakes (2)..... | 9.99 |
| French Toast (2)..... | 10.50 |
| Belgian Waffle (1)..... | 10.50 |

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| Griddle Toppings | |
| Fresh Blueberries, Fresh Strawberries, Chocolate Chips, M & M or Oreos..... | 1.50 |

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| Side Orders | |
| Bacon..... | 4.00 |
| Ham or Sausage..... | 4.00 |
| Turkey Bacon..... | 3.25 |
| Turkey Sausage..... | 4.25 |
| Oatmeal..... | 4.25 |
| Knish..... | 3.00 |
| Home Fries..... | 3.75 |
| Hash Brown Patties..... | 4.00 |
| French Fries..... | 3.75 |
| Sweet Potato Fries..... | 3.75 |
| Tater Tots..... | 3.75 |
| Potato Latkes..... | 3.99 |

Gourmet Wraps

(Choice of Plain, Wholewheat, or Spinach)

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| #1 Grilled Chicken Caesar Salad | 10.55 |
| with Freshly Grated Parmesan Reggiano Crumbled Croutons & Caesar Dressing | |
| #2 Southwestern Turkey | 10.55 |
| Dried Cranberries, Mixed Greens and Brie with Chipotle Mayo | |
| #3 Off The Frame Turkey | 10.55 |
| Swiss Cheese, Leaf Lettuce and Tomato with Dijon Mustard | |
| #4 Grilled Chicken | 10.55 |
| Crisp Bacon, Pepper Jack Cheese, Leaf Lettuce, Tomatoes and Onions | |
| #5 Grilled Buffalo Chicken | 10.55 |
| Crumbled Bleu Cheese, Sautéed Peppers and Onions with Spicy Mayo | |
| #6 Falafel Wrap | 10.55 |
| With Lettuce, Tomato, Onions, Tzatziki or Hummus | |
| #7 Breaded Chicken Cutlet | 10.55 |
| 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

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| #1 Breaded Eggplant | 10.75 |
| Fresh Mozzarella, Roasted Peppers and Baby Spinach with Pesto Mayo on Ciabatta Roll | |
| #2 Grilled Chicken | 10.75 |
| Fresh Mozzarella, Mixed Greens and Roasted Peppers with Balsamic Vinaigrette on Ciabatta Roll | |
| #3 Honey Dijon Turkey | 10.75 |
| Thinly sliced Granny Smith Apples, Brie Cheese and Honey Dijon on a Ciabatta Roll | |
| #4 BBQ Beef | 10.75 |
| with Fried Onions, Cheddar Cheese and BBQ Mayo on a Ciabatta Roll | |
| #5 Chipotle Turkey | 10.75 |
| Crisp Bacon, Swiss Cheese, Sliced Tomatoes with Chipotle Mayo on Flat Bread | |
| #6 Breaded Chicken Cutlet | 10.75 |
| 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)

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| Kids Pancakes | 6.25 |
| Chocolate Chip/Blueberry | |
| Kids 1-1-1 | 6.25 |
| (1)Egg, (1)Bacon or Ham or Sausage, (1)Kids Pancake | |
| One Egg any style with Bagel and Butter | 3.90 |
| Chicken Fingers/French Fries | 6.99 |
| Grilled Cheese/French Fries | 6.50 |
| Macaroni & Cheese/Fruit | 5.99 |

Specialty Sandwiches

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| #1 The Springs Special | 10.99 |
| House Roast Beef, Melted Mozzarella Cheese on Hero | |
| #2 Godfather | 10.99 |
| Prosciutto, Genoa Salami, Pepperoni, Provolone, Lettuce, Tomatoes and Roasted Peppers with Oil & Vinegar on a Hero | |
| #3 Chicken Souvlaki | 10.99 |
| Served on a Pita with Tzatziki, Lettuce, Tomato, Onions and French Fries or Greek Salad | |
| #4 Turkey Club | 10.75 |
| Sliced Turkey Breast, Bacon, Lettuce and Tomato on choice of Bagel or Bread | |
| #5 Reuben | 10.99 |
| Hot Corned Beef with Sauerkraut and Melted Swiss on Grilled Rye with Mustard or Russian Dressing | |
| #6 Rachel | 10.99 |
| Hot Pastrami with Melted Swiss, Cole Slaw and Russian Dressing on Grilled Rye | |
| #7 Tuna Melt | 10.50 |
| Homemade Tuna with Melted Cheddar and Sliced Tomatoes on choice of Bagel or Bread | |
| #8 Chicken Delight | 10.99 |
| Breaded Chicken Cutlet with Bacon, Melted Mozzarella, Lettuce, Tomato, Italian Dressing on a hero | |
| #9 The Italiano | 10.75 |
| 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 | 10.75 |
| House Roast Beef, Cole Slaw and Russian Dressing on a Hero | |
| #11 Brisket Dip | 10.99 |
| Homemade Brisket, Grilled Onions, Provolone Cheese on garlic toasted hero, with side of Aujus Gravy | |
| #12 Gyro | 10.99 |
| Served on a Pita with Tzatziki, Lettuce, Tomato, Onions and French Fries or Greek Salad | |
| #13 The New Yorker | 10.99 |
| Hot Corned Beef and Pastrami with Cole Slaw and Russian Dressing on Grilled Rye Bread | |
| #14 The Cubano | 10.50 |
| 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 \$2.00 additional

Hot From Our Grill

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|---|-----------------------------------|
| Philly Cheese (Chicken or Beef) | 10.50 |
| Grilled Roast Beef with Sautéed Red Peppers and Onions Topped W/Melted Provolone on a Toasted Hero Served with French Fries | |
| Jumbo Beef Burger Deluxe | 9.50 |
| On A Bun with Lettuce, Tomato, Fries | |
| Add Cheese | 1.00 |
| Add Bacon | 1.50 |
| Turkey Burger Deluxe | 9.75 |
| On a Bun with Lettuce, Tomato, Fries, Pickles | |
| Add Cheese | 1.00 |
| Add Bacon..... | 1.50 Add Turkey Bacon.....2.00 |
| Veggie Burger | 9.25 |
| On a Bun with Lettuce, Tomato, Onion, Served with fruit | |
| Grilled Cheese | 7.25 |
| Served with Choice Cole Slaw, Potato Salad, Macaroni Salad or Cucumber Salad | |
| Grilled Cheese Deluxe | 9.25 |
| 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

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|------------------------------|-------|
| Egg Salad..... | 8.99 |
| Chicken Salad | 9.60 |
| Solid White Tuna Salad | 9.60 |
| Vegetable Tuna Salad | 9.99 |
| Cranberry Tuna Salad | 9.99 |
| Whitefish Salad..... | 10.25 |
| Baked Salmon Salad..... | 10.25 |

*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

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| BLT | 8.00 |
| Off The Frame Turkey..... | 9.99 |
| Deluxe Ham | 8.25 |
| Genoa Salami/Hebrew National Salami..... | 9.00 |
| Marinated Grilled Chicken | 10.25 |
| Breaded Chicken Cutlet..... | 10.25 |
| Pastrami..... | 10.25 |
| Corned Beef | 10.25 |
| Roast Beef..... | 10.25 |
| Brisket | 10.25 |

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

On The Healthy Side

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| Garden Salad | 8.00 |
| Romaine Lettuce, Tomato, Peppers, Cucumber, Carrots and Sliced Egg (Tuna salad or Chicken salad add 3.25) | |
| Caesar Salad | 8.25 |
| Romaine Lettuce, Seasoned Croutons, and Freshly Grated Parmesan Reggiano (Grilled Chicken add 3.25) | |
| Greek Salad | 10.25 |
| Iceberg Lettuce, Tomato, Red Onions, Peppers, Cucumbers, Kalamata Olives & Feta | |
| Chef Salad | 10.50 |
| Sliced Ham, Turkey, American and Swiss Cheese on a Bed of Romaine Lettuce with Tomato and Sliced Egg | |
| Cobb Salad | 10.99 |
| Mixed Greens, Tomato, Bacon, Avocado, and Chopped Egg Topped with Grilled Chicken and Crumbled Bleu Cheese | |
| Ready Made Salads | 10.50 |
| Daily Variety Available | |

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

Chopped Salad Bar \$9.25

Bagel Chips

(1) Lettuce Choice - Additional Lettuce add 50¢

Baby Spinach Mixed Green Romaine Iceberg

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

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| <input type="checkbox"/> American Cheese | <input type="checkbox"/> Cucumbers | <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 Egg | <input type="checkbox"/> Onions | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Croutons | <input type="checkbox"/> Pepperoncini | |

Premium Items - Additional \$1.50 each

Avocado Strawberries Blueberries

Choose Protein - Additional \$3.25

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| <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 |

(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 Vinagar | <input type="checkbox"/> Fat Free Raspberry Vinaigrette | |



Bagels

& A WHOLE LOT MORE

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Honey Whole Wheat Everything • Flagels • Asiago
Multi Grain Cranberry Walnut with Toasted Oats

**OUR BAGELS ARE
100% FAT FREE,
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PRESERVATIVES AND
MADE WITH THE FINEST
INGREDIENTS AVAILABLE**

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- Professional Presentation
- Quality Ingredients
- Knowledgeable Staff

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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

