

Bagel With

Butter.....	3.05
Plain Cream Cheese.....	3.70
Flavored Cream Cheese.....	4.50
Nova Spread.....	5.50
Hand Sliced Nova or Belly Lox Sandwich.....	13.99
Smoked Fish Platter (Kippered Salmon - \$2.00 Additional).....	16.00
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	9.49
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)	

Egg Platters Served with either Home Fries or Hash Browns, Bagel with Butter or Cream Cheese	
Two Eggs any Style.....	7.55
Two Eggs any Style w/Corned Beef Hash.....	9.50
Nova, Eggs and Onions.....	12.99
(Flavored Cream Cheese add \$1.00, Egg White add 1.25)	

Egg Sandwiches (2) Eggs any Style Served on Choice of Bagel or Asstd Breads	
Two Eggs.....	4.85
w/Bacon, Ham or Sausage.....	5.99
w/Roast Beef, Corned Beef or Pastrami.....	7.00
(3) Egg Whites with Grilled Turkey.....	8.75
Western Omelette Sandwich (Ham, Peppers, & Onions).....	8.00
Hungry Man Hero (3) Eggs, Ham, Bacon and Cheese, on a Hero.....	8.50
(Egg Whites add 1.50, Turkey Bacon add \$1.00, Cheese add \$1.00)	

Omelette's

Create Your Own Omelette.....	10.99
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.....	1.50 Each additional Item..... .50

Griddle

Buttermilk Pancakes (3).....	8.99	Short Stack Pancakes (2).....	7.00
French Toast (3).....	9.50	Short Stack French Toast (2).....	7.50
Belgian Waffle.....	8.50		

2-2-2

Eggs any Style - Choice of Ham, Bacon or Sausage, Choice of Pancakes (2).....	10.99
French Toast (2).....	11.50
Belgian Waffle (1).....	11.50

Griddle Toppings

Fresh Blueberries, Fresh Strawberries, Chocolate Chips, M & M's, Fruity Pebbles, or Oreo Brownie.....	1.50
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Side Orders

Bacon.....	4.50	Hash Brown Patties.....	4.50
Ham or Sausage.....	4.50	French Fries.....	4.25
Turkey Bacon.....	5.25	Sweet Potato Fries.....	4.25
Turkey Sausage.....	5.25	Onion Rings.....	4.25
Knish.....	4.25	Tater Tots.....	4.25
Home Fries.....	4.50	Potato Latkes.....	4.99

Gourmet Wraps

(Choice of Plain, Wholewheat, or Spinach)

#1 Grilled Chicken Caesar Salad	11.50
with Freshly Grated Parmesan Reggiano Crumbled Croutons & Caesar Dressing	
#2 Southwestern Turkey	11.50
Dried Cranberries, Mixed Greens and Brie with Chipotle Mayo	
#3 Off The Frame Turkey	11.50
Swiss Cheese, Leaf Lettuce and Tomato with Dijon Mustard	
#4 Grilled Chicken	11.50
Crisp Bacon, Pepper Jack Cheese, Leaf Lettuce, Tomatoes and Onions	
#5 Grilled Buffalo Chicken	11.50
Crumbled Bleu Cheese, Sautéed Peppers and Onions with Spicy Mayo	
#6 Falafel Wrap	11.50
With Lettuce, Tomato, Onions, Tzatziki or Hummus	
#7 Breaded Chicken Cutlet	11.50
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 \$2.25 additional

Hand Crafted Panini's

#1 Breaded Eggplant	11.75
Fresh Mozzarella, Roasted Peppers and Baby Spinach with Pesto Mayo on Ciabatta Roll	
#2 Grilled Chicken	11.75
Fresh Mozzarella, Mixed Greens and Roasted Peppers with Balsamic Vinaigrette on Ciabatta Roll	
#3 Honey Dijon Turkey	11.75
Thinly sliced Granny Smith Apples, Brie Cheese and Honey Dijon on a Ciabatta Roll	
#4 BBQ Beef	11.75
with Fried Onions, Cheddar Cheese and BBQ Mayo on a Ciabatta Roll	
#5 Chipotle Turkey	11.75
Crisp Bacon, Swiss Cheese, Sliced Tomatoes with Chipotle Mayo on Flat Bread	
#6 Breaded Chicken Cutlet	11.75
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 \$2.25 additional

Kids Menu

(12 years & under)

Kids Pancakes	5.00
Chocolate Chips/Strawberries/Blueberry.....	Add 1.50
Kids 1-1-1	6.50
(1)Egg, (1)Bacon or Ham or Sausage, (1)Kids Pancake	
One Egg any style with Bagel and Butter	4.25
Chicken Fingers/French Fries	7.25
Grilled Cheese/French Fries	7.50
Macaroni & Cheese/Fruit	6.50

Specialty Sandwiches

#1 The Springs Special	11.75
House Roast Beef, Melted Mozzarella Cheese on Hero	
#2 Godfather	11.75
Prosciutto, Genoa Salami, Pepperoni, Provolone, Lettuce, Tomatoes and Roasted Peppers with Oil & Vinegar on a Hero	
#3 Chicken Souvlaki	11.99
Served on a Pita with Tzatziki, Lettuce, Tomato, Onions and French Fries or Greek Salad	
#4 Turkey Club	11.75
Sliced Turkey Breast, Bacon, Lettuce and Tomato on choice of Bagel or Bread	
#5 Reuben	11.75
Hot Corned Beef with Sauerkraut and Melted Swiss on Grilled Rye with Mustard or Russian Dressing	
#6 Rachel	11.75
Hot Pastrami with Melted Swiss, Cole Slaw and Russian Dressing on Grilled Rye	
#7 Tuna Melt	11.75
Homemade Tuna with Melted Cheddar and Sliced Tomatoes on choice of Bagel or Bread	
#8 Chicken Delight	11.75
Breaded Chicken Cutlet with Bacon, Melted Mozzarella, Lettuce, Tomato, Italian Dressing on a hero	
#9 The Italiano	11.75
Imported Prosciutto with Fresh Mozzarella Fresh Basil and Roasted Peppers with Balsamic Vinaigrette and Leaf Lettuce, Sliced Tomatoes and Sliced Red Onion	
#10 The Goey Gourmet	11.75
Grilled Ham with Melted Brie & Honey Mustard on a Grilled Challah Bread	
#11 Brisket Dip	11.99
Homemade Brisket, Grilled Onions, Provolone Cheese on garlic toasted hero, with side of Aujus Gravy	
#12 Gyro	11.99
Served on a Pita with Tzatziki, Lettuce, Tomato, Onions and French Fries or Greek Salad	
#13 The New Yorker	11.75
Hot Corned Beef and Pastrami with Cole Slaw and Russian Dressing on Grilled Rye Bread	
#14 The Cubano	11.75
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 \$2.25 additional

Hot From Our Grill

Philly Cheese (Chicken or Beef)	11.50
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	10.25
On A Bun with Lettuce, Tomato, Fries	
Add Cheese	1.00
Add Bacon	2.00
Turkey Burger Deluxe	10.50
On a Bun with Lettuce, Tomato, Fries, Pickles	
Add Cheese	1.00
Add Bacon.....	2.00
Add Turkey Bacon.....	3.00
Veggie Burger	10.50
On a Bun with Lettuce, Tomato, Onion, Served with fruit	
Grilled Cheese	9.50
Grilled American Cheese on Choice of Assorted Bread, Served with French Fries	
Add Ham or Bacon	2.00
Hot Dog	8.25
Served with French Fries or Knish	

Homemade Salad Sandwiches

Prepared using only Hellman's Mayo

Egg Salad.....	9.50
Chicken Salad	10.25
Tuna Salad.....	10.25
Vegetable Tuna Salad.....	10.50
Cranberry Tuna Salad	10.50
Whitefish Salad.....	11.00
Baked Salmon Salad.....	11.00

*Served with a choice of Cole Slaw, Potato Salad,
Macaroni Salad, or Cucumber Salad and a Pickle
Substitute French Fries \$2.25 additional*

Sandwich Suggestions

BLT	9.00
Off The Frame Turkey.....	10.99
Deluxe Ham	9.00
Genoa Salami/Hebrew National Salami.....	10.25
Marinated Grilled Chicken	11.25
Breaded Chicken Cutlet.....	11.25
Pastrami.....	11.25
Corned Beef	11.25
Roast Beef.....	11.25
Brisket	11.25

*Served with a choice of Cole Slaw, Potato Salad,
Macaroni Salad, or Cucumber Salad and a Pickle
Cheese \$1.00, Substitute French Fries \$2.25 additional*

On The Healthy Side

Garden Salad	9.99
Romaine Lettuce, Tomato, Peppers, Cucumber, Carrots and Sliced Egg (Tuna salad or Chicken salad add 3.75)	
Caesar Salad	9.99
Romaine Lettuce, Seasoned Croutons, and Freshly Grated Parmesan Reggiano (Grilled Chicken add 3.75)	
Greek Salad	11.99
Iceberg Lettuce, Tomato, Red Onions, Peppers, Cucumbers, Kalamata Olives & Feta (Grilled Chicken add 3.75)	
Chef Salad	11.99
Sliced Ham, Turkey, American and Swiss Cheese on a Bed of Romaine Lettuce with Tomato and Sliced Egg	
Cobb Salad	12.50
Mixed Greens, Tomato, Bacon, Avocado, and Chopped Egg Topped with Grilled Chicken and Crumbled Bleu Cheese	

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

Chopped Salad Bar \$9.99

Bagel Chips

(1) Lettuce Choice - Additional Lettuce add 50¢

Baby Spinach Mixed Green Romaine Iceberg

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

<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 \$3.75

<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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* 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

