# JBAGELS \& CAFE BREAKFAST MENU 

| Bogels |  |
| :--- | ---: |
| Single Bagel | $\$ 1.69$ |
| Half a Dozen | $\$ 8$ |
| Baker's Dozen | $\$ 15$ |

## Cream Cheese:

- Plain - Veggie - Chive - Jalapeno
- Lox - Walnut Raisin - Olive - Sun Dried Tomato - Walnut Raisin


## Other Spreads:

- Butter - Peanut Butter - Almond Butter - Hummus - Jelly


## Smoothies

Banana Ginger
Almond Butter \& Banana Protein
Sunrise
Berry Mix
Green Smoothie
Green Margarita
Medium: \$5.75
Large: \$7.25

## Espresso Bar

Premium Brewed Coffee
Iced Coffee
Espresso
Double Espresso
Americano
Latte
Cappuccino
Chai Tea Latte
Gourmet Teas
Hot Chocolate

Bagel Flavors: Plain, Sesame, Poppy, Onion, Everything, Salt, MultiGrain, Multi-Grain Everything, Multi-Grain Sesame, Whole Wheat, Cinnamon Raisin, Cinnamon Sugar, Rainbow, Bacon Asiago, Jalapeno Cheddar, Blueberry, Egg, Pumpernickel, English Muffin, Spinach

## Breakfast Sandwiches

## Egg Sandwich

2 scrambled eggs on your choice of bagel
Egg \& Cheese
$\$ 4.50$
2 scrambled eggs and American cheese on your choice of bagel

Meat \& Egg
2 scrambled eggs and your choice of bacon, ham, turkey or sausage on your choice of bagel

## Meat, Egg \& Cheese

Bacon, Ham, Turkey, or Sausage, 2
scrambled eggs and American cheese on your choice of bagel

## Steak,Egg \& Cheese

SThin sliced steak with 2 eggs and cheese

## Omelettes

## Western Omelette

Ham, Bell Peppers and Onion with your choice of bagel or bread

## Veggie Omelette

Spinach, Mushrooms, Tomato, Zucchini with your choice of bagel or bread

Egg White Omelette
Spinach, Tomato, Feta with your choice of bagel or bread
$\$ 7.99$
$\$ 7.99$

## JBAGELS \& CAFE LUNCH MENU

## Cold Sandwiches

## BLT

\$7.25
Bacon, Lettuce, Tomato, Mayo
The Glenn
\$7.99
Turkey, Avocado, Cheddar, Tomato, Mayo
The Jay
Romaine Caesar Dressing, Croutons, Avocado\$8.99
Grilled Chicken, Bacon, Parmesan Cheese

## The Club

Turkey, Bacon, Swiss, Lettuce, Tomato,
Russian Dressing
The Gunther \$7.99
Grilled Chicken, Swiss, Lettuce, Tomato, Spicy Chipotle Mayo

## Spring Hill

\$7.99
Lemon Basil Chicken Salad, Lettuce, Tomato
The Twin Brooks
$\$ 7.99$
Chicken Salad, Lettuce, Tomato, Bacon
\$10.25
Kaatz Pond
Lox, Cream Cheese, Tomato,Onion, Capers
\$7.25
Tuna Salad, Lettuce, Tomato
$\$ 7.25$
The Raging Eagle
Breaded Chicken Cutlet, Onion, Lettuce,
$\$ 8.99$
Tomato, Spicy Buffalo Sauce
Island Brook
$\$ 7.99$
Tuna, Olive Oil, Carrots, Celery, Lemon Vinaigrette

## Vegetarian Options

## Avocado Toast

Mashed Avocado, Salt, Pepper

## Parlor Rock

Cheddar, Cucumber, Avocado, Tomato, Arugula, Tzatziki Sauce

## Unity Park

Hummus, Cucumbers, Roasted Peppers, Tomato, Arugula

## Long Hill Green

\$6.99
\$7.99

## Paninis

## Chicken Pesto

Grilled Chicken, Pesto, Mozzarella, Tomato
Ham and Swiss
Ham, Swiss, Dijon Mustard
3 Grilled Cheese
Cheddar, Swiss and Mozzarella
Great Oak
Ham, Cheddar, Apple Melt, Dijon Mustard, Mayonnaise
Madison Melt
\$7.25
Muenster, Bacon, Tomato
Chicken Chipotle Quesadilla
\$8.25
Chipotle Mayo, Grilled Chicken, Cheddar Cheese, Bacon and Avocado pressed on a white wrap

## Salad Bar

## Custom Salads \$9.25 extra ingredients \$.75

Romaine, baby spinach or baby Arugula (up to 4 toppings)
Toppings: Grilled Chicken, Egg, Bacon, Tomatoes, Cucumbers, Corn, Avocado, Onion, Carrots, Chick Peas, Black Beans, Bell Peppers, Roasted Red Peppers, Cherry Peppers, Cranberries, Walnuts, Pecans, Feta, Crumbled Blue Cheese, Parmesan, Shredded Yellow Cheddar

Dressings: Roasted Shallot Vinaigrette, Sweet Chili Vinaigrette, Ranch, Caesar, Lemon Pear Vinaigrette, Blue Cheese, Oil \& Vinegar, Italian, Balsamic Vinaigrette

Cobb Salad
Romaine, Bacon, Grilled Chicken, Egg, Avocado, Tomato, Corn, Blue Cheese

Chicken Caesar Salad
\$8.75
Romaine, Parmesan, Bagel Croutons, Grilled Chicken, Caesar Dressing

