



Bagel Nation

Fresh Baked Bagels, Cinnamon Rolls, Muffins and Coffee Cakes

Bagels: \$1.40 each, \$11.99 dozen, Cinnamon Rolls: \$2.00, muffins; \$2.00 each
 Bagel flavors: Plain, ET, Sesame, Poppy, Onion, Garlic, Salt, Frazzel, Cheese, Banana Nut, Chunky Monkey, Cinnamon Raisin, Whole Wheat, Sun Dried Tomato, Sour Dough, Blue Berry, Chocolate Chip, Fiesta,
 Cream Cheese: plain, lite, lite veggie, honey walnut, scallion, bacon scallion, strawberry, sweet, chocolate chip, Lox, Spanish Olive
 Jalapeno Cheddar, pimento

Over 15 flavors of coffee

Bagel w/Toppings

Bagel w/ Butter, Preserves or Honey: \$2.15
 Bagel w/ Butter & Preserves: \$2.90
 Bagel w/ Cream Cheese: \$2.90
 Bagel w/ specialty Cream Cheese: \$3.40
 Bagel w/ Lox Cream Cheese: \$4.90
 Bagel with Honey Butter: \$2.40
 Bagel with Peanut butter: \$2.90
 Bagel w/ Hummus: \$3.40
 Bagel w/ Cream Cheese and Preserves: \$3.65
 Veggies: add .40 each, all bagels toasted unless requested not toasted.

Sunrise Sides

Bacon, Ham, Sausage Patties: \$3.50
 Fruit: \$1.75 (when available)
 Golden Hash browns: \$3.50
 (Add onions & Cheese .40 each)
 Grits: \$3.50 (Add Cheese .40)
 1 large Pancake or Waffle: \$3.75

Eggs and Such

1 egg anyway, plus one Sunrise side & bagel : \$6.25
 2 eggs anyway, plus one Sunrise side & bagel : \$7.25
 3 eggs anyway, plus one Sunrise side & bagel : \$8.25
 Sub small pancake or toast for bagel
 (Cream cheese extra)

Sunrise Omelets

Country Omelet: A delicious blend of diced ham, bacon, onions, bell peppers & Cheddar
 With hash browns tucked inside..... \$9.50
Denver Omelet: Loaded with onions, bell peppers, fresh tomatoes, and melted cheddar cheese:... \$8.50
Classic Omelet: Ham, bacon, sausage or turkey with melted cheddar cheese: \$9.25
Cheese Omelet: Melted cheddar cheese..... \$7.25
 (Customize your cheese omelet the way you want it: .40 per veggie/\$1.50 per meat)
 (All omelets served with one sunrise side and bagel or toast or small pancake)

Sunrise Breakfast Bagel Sandwiches

Egglewich: (Egg topped with melted American cheese) ..\$5.00
Egglewich deluxe: (Egg topped with melted American cheese with ham, turkey, bacon or pork roll)\$6.00
Southern Belle: (Bagel with egg, Cajun spices, green peppers, tomatoes, sausage and cheese).....\$6.00
Huevos a la Mexicana: (Egg, refried beans, ham, topped w/cheese & salsa)\$6.00
Mount Pleasant: (Egg, hot corned beef or pastrami, melted Swiss cheese w/ honey mustard or mayo)\$6.50
Monte Cristo: (Hot ham & Swiss topped w raspberry preserves) \$6.00
Denver Bagel: (Mix of green peppers, tomato & onions folded into egg and topped w/ cheese)\$5.00
Low-country Bagel: (Egg, turkey, bacon, onions, tomatoes & cheese)\$5.50

Breakfast Wraps

Wrapelwich: (Egg and cheese) \$5.50
Wrapelwich deluxe: (Egg cheese and meat) \$6.50
Country wrap: (Egg, ham, bacon, onions, bell peppers, cheddar and hash browns).....\$8.00
Denver wrap: (Egg, bell pepper, onions, tomatoes and cheddar cheese).....\$7.00
Rajun Cajun: (Egg, Sausage, tomatoes, bell peppers, Cajun spices and cheddar cheese) \$7.50
Southwestern Wrap: (Egg, refried beans, ham, salsa, and cheese).....\$7.00



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Big Apple Bagel Sandwiches

- ***Wall Street Club:** (Turkey topped with bacon, lettuce, tomato, mayo and mustard,)
- ***Manhattan:** (Hot corned beef and pastrami, with melted Swiss cheese and Russian dressing or horseradish mustard sauce)
- ***Queens:** (Ham, salami, Swiss cheese with honey mustard, lettuce tomato and onion)
- ***Brooklyn:** (Hot roast beef topped with smoked gruyere cheese and Russian dressing or horseradish mustard)
- ***Ellis Island:** (Turkey, topped with Swiss cheese, sprouts, mayonnaise, and Dijon mustard)
- ***Central Park:** (Turkey, roast beef OR ham with Swiss cheese, lettuce, tomato, mayonnaise and mustard.)
- ***Philly cheese:** (Hot roast beef, topped with melted white American cheese, grilled onions and green peppers and mayonnaise)
- ***Times Square:** (Hot pastrami or corned beef, with melted Swiss cheese, onions, lettuce, tomato and Dijon mustard)
- ***Ruben:** (Hot corned beef, Swiss cheese, sauerkraut, mayonnaise, or thousand island dressing)
- ***Staten Island:** (Roast Beef, Turkey, Swiss, Lettuce, Horse Radish Sauce)

All sandwiches served on choice of bagel, bread, or wraps with chips, pasta or potato salad
\$8.50

- ***Liberty Lox:** Sliced lox, cream cheese, served with onion and tomato.....\$9.95
 - ***Egg Salad:** served with lettuce & tomato.....\$5.75
 - ***Chicken salad:** served with lettuce & tomato....\$7.50
 - ***Tuna Salad:** served with lettuce & tomatoes.....\$7.50
 - ***Grilled Cheese:** \$3.50
 - ***BLT:** \$5.50
- (Breads available: White, Wheat)

Soups and salads

- ***Cup Soup and Bagel:** \$4.50 (when available)
- ***Chef Salad:** Field greens, turkey, Swiss, tomatoes, eggs, red onions, cucumbers.....\$7.00
- ***Garden Salad:** Field greens, tomatoes, red onions, cucumbers, carrots, sprouts, parmesan cheese, toasted almonds and raisins.....\$6.00
- ***Smoked Salmon Salad:** Field greens, Smoked salmon, tomatoes, red onions, capers.....\$8.50

Exotic International Specialties

- ***Bordeaux Brie:** Baked brie, raspberry preserves & sliced almonds.....\$7.50
- ***Polynesian Pleasure:** bagel w/ cream cheese, topped with Swiss over pineapple and ham.....\$6.50
- ***Lebanese Gonzo Garbanzo:** Delicious hummus, made from chick peas, olive oil, garlic and spices with cream cheese, tomato and sprouts.....\$5.50
- ***Mexican Madness:** Refried beans, chopped onions, and salsa with melted mozzarella.....\$5.50
- ***White Pizza Pizza:** olive oil, garlic, pesto and oregano, topped melted mozzarella and parmesan.....\$5.00 (add sausage, ham or bacon for 1.00)
- ***San Francisco Sprout:** Veggie Cream Cheese, sprouts, cucumber, tomato, black olives, feta cheese.....\$5.40
- ***Venice Veggie:** Cucumbers, Green peppers, onions, lettuce, tomatoes, & shredded carrots w/ ranch dressing.....\$5.50
- ***Charleston Cheese Melt:** Melted provolone, Swiss, American served open faced.....\$4.50
- ***Carolina Catch:** Tuna salad, topped with choice of melted American, Swiss, or Provolone cheese served open faced.....\$7.50

Lunch Wraps

- ***Wall Street Wrap:** turkey, bacon, tomatoes, lettuce, honey mustard.....\$8.50
 - ***Aegean Wrap:** field greens, tomatoes, cucumbers, Feta cheese, black olives, sprouts, almonds raisin and Greek dressing.....\$7.00
 - ***Hawaiian Wrap:** ham, pineapple, Swiss, cream cheese, \$8.50
 - ***Buffalo Chicken:** Grilled chicken onions, Peppers, tomatoes, provolone cheese mayonnaise and mustard.....\$8.50
- Wraps: Sun Dried Tomato, Spinach, Jalapeno Cheddar
Low Carb, Wheat

Panini Sandwiches:

- ***Grilled Beef Panini:** Sliced roast Beef, onions, horseradish sauce, and cheddar\$8.50
- ***Turkey Panini:** Sliced turkey, roasted red peppers, provolone cheese.....\$8.50
- ***Grilled Veggie Panini:** Portabella mushrooms, roasted red peppers, provolone cheese and onions...\$8.50
- ***Grilled chicken:** Sliced chicken, Pesto, provolone cheese, roasted red peppers, and red onions.....\$8.50
Served with Side