



Bagel Nation

Fresh Baked Bagels, Cinnamon Rolls, Muffins

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

Bagel w/Toppings

Bagel w/ Butter, Preserves or Honey
 Bagel w/ Butter & Preserves
 Bagel w/ Cream Cheese
 Bagel w/ specialty Cream Cheese
 Bagel w/ Lox Cream Cheese

Bagel with Honey Butter
 Bagel with Peanut butter
 Bagel w/ Hummus
 Bagel w/ Cream Cheese and Preserves

*All bagels toasted unless requested not toasted.

Sunrise Sides

Bacon, Ham, Sausage Patties
 Fruit: (when available)
 Golden Hash browns
 (Add onions & Cheese)
 Grits (Add Cheese)
 1 large Pancake or Waffle

Eggs and Such

1 egg anyway, plus one Sunrise side & bagel
2 eggs anyway, plus one Sunrise side & bagel
3 eggs anyway, plus one Sunrise side & bagel
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
Denver Omelet: Loaded with onions, bell peppers, fresh tomatoes, and melted cheddar cheese
Classic Omelet: Ham, bacon, sausage or turkey with melted cheddar cheese
Cheese Omelet: Melted cheddar cheese
 (Customize your cheese omelet the way you want it)
 (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)
Egglewich deluxe: (Egg topped with melted American cheese with ham, turkey, bacon or pork roll)
Southern Belle: (Bagel with egg, Cajun spices, green peppers, tomatoes, sausage and cheese)
Huevos a la Mexicana: (Egg, refried beans, ham, topped w/cheese & salsa)
Mount Pleasant: (Egg, hot corned beef or pastrami, melted Swiss cheese w/ honey mustard or mayo)
Monte Cristo: (Hot ham & Swiss topped w/ raspberry preserves)
Denver Bagel: (Mix of green peppers, tomato & onions folded into egg and topped w/ cheese)
Low-country Bagel: (Egg, turkey, bacon, onions, tomatoes & cheese)

Breakfast Wraps

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



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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

***Liberty Lox:** Sliced lox, cream cheese, served with onion and tomato

***Egg Salad:** served with lettuce & tomato

***Chicken salad:** served with lettuce & tomato

***Tuna Salad:** served with lettuce & tomatoes

Grilled Cheese

BLT

(Breads available: White, Wheat)

Soups and salads

***Cup Soup and Bagel:** (when available)

***Chef Salad:** Field greens, turkey, Swiss, tomatoes, eggs, red onions, cucumbers

***Garden Salad:** Field greens, tomatoes, red onions, cucumbers, carrots, sprouts, parmesan cheese, toasted almonds and raisins

***Smoked Salmon Salad:** Field greens, Smoked salmon, tomatoes, red onions, capers

Exotic International Specialties

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

Lunch Wraps

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

Panini Sandwiches:

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