

HEARTH BAKED BAGELS

Our Bagels are made in house from scratch with fresh ingredients and baked daily in our hearth oven.

Bagel varieties: \$0.79 each \$7.99 Baker's Dozen (13)
Plain, Poppy seed, Sesame, Onion, Garlic, Salt, Egg, Everything, Blueberry, Whole Wheat, Whole Wheat Everything, Pumpernickel, Cinnamon Raisin, Multi Grain, Tomato Basil, Honey Oat Bran, Cheese, Cheese Jalapeno, 'N' A Hole Lot More...

Breakfast - Choice of Bagel with:

Butter or Healthy Spread	\$1.29
Plain Cream Cheese	\$1.89
Peanut Butter	\$1.69
Peanut Butter/Jelly	\$1.99
Butter or Healthy Spread w/Jelly	\$1.69
Plain Cream Cheese w/Jelly	\$2.29
Jelly	\$1.29
Specialty Cream Cheese	\$2.39
Sliced Nova Lox w/Cream Cheese	\$5.99
Nova Lox Spread	\$3.29

Breakfast Bundles To Go:

6+1 Bagels (Mix 'N' Match) with ½ Lb plain or Specialty Cream Cheese ... \$7.29
12+1 Bagels (Mix 'N' Match) with ½ Lb Plain & ½ Lb Specialty Cream Cheese .. \$11.49

Cream Cheese ½ Lb Plain \$2.49 Specialty \$2.69
Specialty Cream Cheese: Olive, Scallion, Veggie, Lox, Chocolate Chip, Cinnamon Raisin walnut, Jalapeno

Break of Day - served on a bagel of your choice

1 scrambled egg	\$1.95
2 scrambled eggs	\$2.69
Add Bacon, sausage or ham	\$0.59
Add Cheese Slice (American, Swiss, Muenster)	\$0.50
Mountain Bagel Omelet (2-eggs, diced ham/peppers/onions/cheese)	\$4.49
Cheezee Omelet (2-eggs with cheese)	\$3.49
Scrambled Benedict (2 scrambled eggs over Canadian bacon on open face bagel w/Hollandaise Sauce)	\$4.99

High Country Muffins - Baked Fresh Daily - Any Variety \$1.59

From Our Bakery - Daily Varieties to include: price varies
Brownies, Cookies, Croissants, Danish, Cinnamon Rolls, Scones, 'N' A Hole Lot More...

Consuming raw or undercooked meats, poultry, seafood or eggs may pose increased risk of food borne illness.

LUNCH

Soup

Soup of the day	Cup \$1.99	Bowl	\$2.99
Chilli (Meat or Turkey)	\$2.79	\$3.79
Chilli (Veggie)	\$2.49	\$3.49
Cup of Soup with sandwich or salad - Add \$1.49			



Salads

Served with pita or bagel chips & your choice of dressing

Garden Salad*	SM \$4.79	LG \$5.79
Lettuce, Red Cabbage, Carrots, peppers, tomato & cucumber			
Chef Salad	SM \$5.49	LG \$6.49
Ham, turkey, cheese, hard boiled egg over lettuce, tomatoes, cucumbers & peppers			
Greek Salad*	SM \$4.99	LG \$5.89
Lettuce, tomatoes, green peppers, onions, cucumbers, feta cheese & olives			
Triple Header - served with a bagel or pita bread	LG \$6.79		
1 scoop each of tuna/chicken/egg salad over lettuce, cucumber & tomato			
Tabouleh (Lebanese Salad)	SM \$2.99		
Chopped parsley, onions, tomatoes, burglar wheat, lemon juice & olive oil			
*Add Grilled chicken	\$1.99		

Hot Sandwiches

Served on a Bagel or Bread w/side salad & a Pickle

Reuben	\$6.49
Corned beef, Swiss cheese, sauerkraut & Thousand Island dressing on rye bread	
Pastrami Passion	\$6.49
Lean Pastrami, smothered w/ Muenster cheese topped w/spicy mustard	
FlatLander	\$6.29
Grilled chicken, melted Mozzarella, onion, lettuce, tomato & ranch dressing	
Mountaineer	\$6.29
Roast beef, with melted Provolone, onion & tomato	

Cold Sandwiches

Served on a bagel or bread w/side salad & lettuce/tomato/onion & a Pickle

BLT - Crisp Bacon with lettuce & Tomato	\$3.59
Big Bear - Turkey or Ham with cheese, Crisp Bacon	\$6.29
Classic Turkey - Honey Maple or Peppermill Turkey & cheese	\$5.99
Red, White & Blue - Turkey, Roast Beef, Bacon & American Cheese	\$6.69
Humpty Dumpty - Egg salad	\$4.99
Chicken Little - Chicken Salad	\$5.29
By The Sea - White Albacore Tuna Salad	\$5.59
The Boss - Turkey, Ham, Salami, Swiss & Provolone cheese	\$6.89

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Mediterranean Sandwiches

served on Pita or Wrap with grilled peppers/tomato/red onions

Chicken Kabob (Grilled cubes of marinated chicken breast)	\$6.49
Shrimp Kabob (Grilled large shrimp)	\$6.79
Beef Kabob (Grilled cubes of marinated lean beef)	\$6.49
Kibbeh (served with lettuce & tomato)	\$6.49
Baked lean ground beef with bulgur wheat stuffed with onion, pine nuts & spices	

Vegetarian Selections

served on Pita or Wrap with lettuce/tomato/red onions

Hummus	\$4.99
Pureed Chick peas mixed with Tahini sauce, garlic & lemon Juice	
Babaganouch	\$4.99
Roasted eggplant, pureed & seasoned with Tahini sauce, garlic & lemon Juice	
Falafel Sandwich	\$5.89
with tahini (or yogurt) sauce	
Grilled Vegetable Kabob	\$4.99
Peppers/Eggplant/Zucchini/Onions/Tomatoes/Mushrooms)	
Stuffed Grape Leaves	\$5.99

Bagel Pockets

Ham Pocket	\$4.79
Ham, Provolone, Red Onion & Sun-Dried Tomato	
Turkey Pocket	\$4.99
Turkey, Cheddar & Mozzarella Cheese, Broccoli & Red Onion	
Vegetarian	\$5.29
Broccoli, Mushrooms, Feta Cheese, Tomato, Red Onion & Dressing	
Pizza Pocket	\$4.99
Pepperoni, Pizza sauce, Mozzarella, Mushrooms, Sun-dried Tomato & Basil	
Bagel Dog	\$3.99
Hot Dog Wrapped in Bagel Dough & Baked to perfection (top w/diced onions, cheese, mustard)	

Create Your Own Sandwich \$5.99

Served on your choice of bagel or bread, side salad & a pickle

One Choice of meat:

Turkey, Ham, Roast beef, Salami, Pastrami, Corned Beef

Add a Cheese Slice:

American, Muenster, Provolone, Swiss

Extra Portion of meat

Extra Cheese Slice

Add at no extra charge: Lettuce, Tomato, Red Onion, Mayo or Mustard

Side Salads

Potato • Cole Slaw • Macaroni • 3-Bean

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Kids Menu
includes chips & small soft drink

Chicken Fingers	\$4.79
Grilled Cheese	\$3.49
Bagel Pizza	\$3.99
Choice of bagel topped with pizza sauce, Mozzarella cheese	
Add Pepperoni	\$0.99
Little Bear	\$4.99
Choice of Turkey or Ham w/American cheese on a bagel or bread	



Hot Beverages

Coffee - Regular or Decaf	(S)\$1.40	(M)\$1.55	(L)\$1.70
Espresso	\$2.30	\$2.80	
Cappuccino	\$2.55	\$3.10	\$3.55
Latte	\$2.80	\$3.30	\$3.80
Mocha	\$3.30	\$3.80	\$4.30
Hot Tea	\$1.40	\$1.55	\$1.70
Hot Chocolate	\$2.10	\$2.59	\$2.99
Extras:	\$0.65		
(Whipped Cream, Flavors, Shot Espresso)			

Cold Beverages

Freshly Brewed Ice Tea	\$1.39	\$1.49	\$1.69
Soft Drinks, Fountain	\$1.39	\$1.49	\$1.69
Soft Drinks, Bottles (20 oz)	\$1.49		
Sports Drink (20 oz)	\$1.49		
Spring Water, Bottle	\$1.00		
Juice, Bottle	\$1.59		
Orange, Apple, Pineapple Peach Mango			



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WELCOME TO MOUNTAIN BAGELS

At Mountain Bagels, our mission is to provide you great food in a warm, upbeat, comfortable setting, with fast and friendly service.

We make our bagels the way they've been made for over 300 years. We mix them in house from scratch, using only high quality ingredients, and then, we kettle boil the bagels and finally bake them on the hearth oven. This "old world style" of baking creates a delicious bagel that you have to taste to believe. Mountain Bagels menu is innovative and the variety allows us to be an "everyday" choice for your breakfast, or lunch.

Our breakfast features freshly baked bagel varieties with cream cheeses, or with eggs, and a sampling of fresh baked goods such as muffins, croissants, and Danish.

Our lunch features soups, chilies, colorful salads made fresh daily, and signature sandwiches made with fresh premium deli meats and cheeses. A variety of Mediterranean dishes adds palate pleasers for those seeking something a little different. Vegetarian selections and a children's menu are also available. Lunch specials are offered daily....**'N' A HOLE LOT MORE!**

The coffees served at Mountain Bagels are brewed from a proprietary blend chosen from a local roaster. The coffee beans have been gently roasted to allow for a rich flavor without the bitterness. We also offer a line of specialty espresso-based drinks, hot teas, freshly brewed iced tea and many other beverages.

So please join us for breakfast, lunch, or an afternoon tea or coffee and sweets. Take a moment to sit, relax and enjoy your food in the dining area, or take your order with you.

Your suggestions and comments are welcome. We hope to see you again!

HAVE A GREAT DAY!!!