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www.mountainbagels.com

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 scones.

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. 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!!!

HEARTH BAKED BAGELS

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

Bagel varieties \$0.99 each \$9.99 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	\$1.69
Plain Cream Cheese	\$2.49
Peanut Butter	\$2.19
Peanut Butter/Jelly	\$2.49
Butter or Healthy Spread w/Jelly	\$2.29
Plain Cream Cheese w/Jelly	\$2.89
Jelly	\$1.69
Specialty Cream Cheese	\$2.89
Sliced Nova Lox w/Cream Cheese	\$5.99
Nova Lox Spread	\$4.49
Add lettuce, tomato, onions, cucumber30 each

Breakfast Bundles To Go:
 6+1 Bagels (Mix 'N' Match) with 1/2 Lb plain or Specialty Cream Cheese ...\$8.99
 12+1 Bagels (Mix 'N' Match) with 1/2 Lb Plain & 1/2 Lb Specialty Cream Cheese ..\$14.19

Cream Cheese 1/2 Lb Plain **\$2.89** Specialty **\$3.29**
 Lox Cream Cheese 1/2 Lb**\$3.99**
Specialty Cream Cheese: Olive, Scallion, Veggie, Cinnamon, Raisin Walnut, Jalapeno

Break of Day - served on a bagel of your choice

1 scrambled egg	\$2.69
2 scrambled eggs	\$3.49
Add Bacon, sausage or ham	\$0.89
Add Cheese Slice (American, Swiss, Muenster)	\$0.79
Mountain Bagel Omelet (2-eggs, diced ham/peppers/onions/cheese)	\$5.69
Cheezee Omelet (2-eggs with cheese)	\$4.89
Scrambled Benedict (2 scrambled eggs over Canadian bacon on open face bagel w/Hollandaise Sauce)	\$5.99

High Country Muffins - Baked Fresh Daily from **\$2.29**

From Our Bakery - Daily Varieties to include prices vary
 Brownies, Cookies, Croissants, 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 \$2.99	Bowl	\$3.99
Chili (Meat)	\$3.99	\$4.99
Cup of Soup with sandwich or salad	Add \$1.99		



Salads

Served with 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	LG \$6.79		
1 scoop each of tuna/chicken/egg salad over lettuce, cucumber & tomato			
Tabouleh (Lebanese Salad)	\$4.89		
Chopped parsley, onions, tomatoes, burglar wheat, lemon juice & olive oil			
*Add grilled chicken breast..... \$2.89			

Hot Sandwiches

Served on a bagel or bread w/side salad & a pickle

Reuben	\$6.69
Corned beef, Swiss cheese, sauerkraut & Thousand Island dressing on rye bread	
Pastrami Passion	\$6.69
Lean Pastrami, smothered w/ Muenster cheese topped w/spicy mustard	
Flatlander	\$6.69
Grilled chicken, melted Mozzarella, onion, lettuce, tomato & ranch dressing	
Mountaineer	\$6.69
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	\$4.99
Big Bear - Turkey or Ham with cheese, Crisp Bacon	\$6.49
Classic Turkey - Turkey & cheese	\$5.99
Red, White & Blue - Turkey, Roast Beef, Bacon & American Cheese	\$6.69
Humpty Dumpty - Egg salad	\$5.99
Chicken Little - Chicken Salad	\$5.99
By The Sea - White Albacore Tuna Salad	\$5.99
The Boss - Turkey, Ham, Salami, Swiss & Provolone cheese	\$6.89

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Mediterranean Selections

Served on pita or wrap with lettuce/tomato/red onions

Hummus	\$5.99
Pureed Chick peas mixed with tahini sauce, garlic & lemon juice	
Babaganouch	\$5.99
Roasted eggplant, pureed & seasoned with tahini sauce, garlic & lemon juice	
Falafel Sandwich	\$5.99
with tahini (or yogurt) sauce	
Stuffed Grape Leaves	\$5.99

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 **\$1.25**
Extra cheese slice **\$0.79**
 Add at no extra charge: lettuce, tomato, red onion, mayo or mustard

Hot Beverages



Coffee -Regular or Decaf	(S) \$1.50	(M) \$1.65	(L) \$1.80
Espresso	\$2.40	\$2.90	\$3.40
Cappuccino	\$2.65	\$3.15	\$3.65
Latte	\$2.90	\$3.40	\$3.90
Mocha	\$3.40	\$3.90	\$4.40
HoiTea	\$1.50	\$1.65	\$1.80
Hot Chocolate	\$2.29	\$2.69	\$2.99
Extras:	\$0.65				
(Whipped Cream, Flavors, Shot Espresso)					

Cold Beverages

Freshly Brewed IceTea	\$1.59	\$1.89
Soft Drinks, Fountain	\$1.59	\$1.89
Soft Drinks, Bottles (20 oz)	\$1.89		
Sports Drink (20 oz)	\$1.89		
Spring Water, Bottle	\$1.00		
Juice, Bottle	\$1.89		
Iced Water	\$0.30		
Yoo Hoo	\$1.39		



Prices and menu subject to change without notice 1008

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