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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. IN 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.

Bagels: \$.99 each *1/2 Dozen (7) \$5.90 *Baker's Dozen (13) \$11.88
2 FLAGELS = 3 BAGELS

Flagels: \$1.25 each *1/2 Dozen (7) \$7.50 *Baker's Dozen (13) \$15.00

Plain, Poppy, Sesame, Onion, Garlic, Salt, Everything, Blueberry, Whole Wheat, Whole Wheat Everything, Pumpnickel, Cinnamon Raisin, Multi Grain, Tomato Basil, Cheese, Cheese Jalapeño, Honey Oat Bran, 'N' A Hole Lot More...

Breakfast - The following served on a:	Bagel	or	Flagel
Butter or Healthy Spread.....	\$1.70		\$2.00
Plain Cream Cheese.....	\$2.60		\$3.20
Peanut Butter.....	\$2.20		\$2.70
Peanut Butter & Jelly.....	\$2.60		\$3.20
Butter or Healthy Spread with Jelly.....	\$2.40		\$2.90
Plain Cream Cheese with Jelly.....	\$3.00		\$3.50
Jelly.....	\$1.70		\$2.00
Specialty Cream Cheese or Hummus.....	\$3.00		\$3.80
Sliced Nova with Plain Cream Cheese.....	\$6.00		\$8.90
Sliced Nova with Specialty Cream Cheese.....	\$6.50		\$9.50
Nova Spread.....	\$4.50		\$5.50
Extra Lox.....	\$4.00		
Add lettuce, tomato, onions, cucumber.....	\$0.30/each		

Breakfast Bundles To Go (Please no toasting or dining in)

6+1 Bagels with 1/2 lb Plain Cream Cheese.....	\$8.00
6+1 Bagels with 1/2 lb Specialty Cream Cheese.....	\$8.70
12+1 Bagels with (1) 1/2 lb Plain & (1) 1/2 lb Specialty Cream Cheese.....	\$16.00

Cream Cheese 1/2 Lb.....	Plain \$3.00	Specialty \$3.80
Nova Cream Cheese, 1/2 Lb.....	\$4.00	

Specialty Cream Cheeses: Olive, Scallion, Veggie, Sundried Tomato, Jalepeño Blueberry, Strawberry, Cinnamon Raisin Walnut, Nut "N" Honey

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 Slice of Cheese.....	\$0.79
<i>(American, Cheddar, Muenster, Swiss, Provolone)</i>	
Mountain Bagels Omelet (2-Eggs/Cheese/Ham/Peppers/Onions).....	\$5.69
Cheeze Omelet (2-Eggs with Cheese).....	\$5.00
Scrambled Benedict.....	\$5.99
(2-Scrambled Eggs over Canadian Bacon on open face bagel with Hollandaise Sauce)	

From Our Bakery..... From \$1.00
 Varieties Include: Muffins, Cinnamon Rolls, Croissants, Scones & Sweets



LUNCH

Soup & Chili*		
Soup of the day.....Cup	\$2.99	Bowl.....\$3.99
Chili.....Cup	\$3.99	Bowl.....\$4.99

*\$1.00 off when purchased with sandwich or salad

Salads

Served with a Bagel Chips and your choice of salad dressing

Garden Salad.....Small	\$5.00	Large	\$6.00
<i>Lettuce, Carrots, Peppers, Tomato, & Cucumber</i>			
Chef Salad.....Small	\$6.00	Large	\$7.00
<i>Ham, Turkey, Cheese, & Hard Boiled Egg over Lettuce, Tomato, Cucumber, Peppers</i>			
Greek Salad.....Small	\$6.00	Large	\$7.00
<i>Lettuce, Tomato, Green Peppers, Onions, Cucumbers, Feta Cheese, & Olives.</i>			
Double Header.....		Large	\$7.00
<i>1 scoop of Tuna/Chicken Salad over Lettuce, Cucumber & Tomato</i>			
Tabouleh (1/2 lb).....	\$6.00		
<i>Chopped Parsley, Onions, Tomatoes, Bulgar Wheat, Lemon Juice, Olive Oil</i>			
Add Grilled Chicken Breast.....	\$3.00		

Hot Sandwiches

Served on a Bagel or Bread with Potato or Macaroni Salad & a Pickle

Reuben.....	\$6.69
<i>Corned Beef, Swiss Cheese, Sauerkraut & Thousand Island Dressing</i>	
Pastrami Passion.....	\$6.69
<i>Lean Pastrami, smothered with Muenster Cheese, topped with Spicy Mustard</i>	
Flatlander.....	\$6.69
<i>Chicken Breast, melted Mozzarella Cheese, Lettuce, Tomato, Onion, Ranch Dressing</i>	
Mountaineer.....	\$6.69
<i>Roast Beef, melted Provolone Cheese, Tomato & Onion</i>	

Cold Sandwiches

Served on a Bagel or Bread with Potato or Macaroni Salad & a Pickle

BLT: Crisp Bacon w/ Lettuce & Tomato.....	\$5.50
Big Bear.....	\$6.49
<i>Turkey or Ham w/Cheese & crisp Bacon, Lettuce, Tomato, & Onion</i>	
Classic Turkey.....	\$5.99
<i>Turkey & Cheese, Lettuce, Tomato & Onion</i>	
Red, White, & Blue.....	\$6.75
<i>Turkey/Roast Beef/Bacon, American Cheese, Lettuce, Tomato & Onion</i>	
Chicken Little.....	\$6.50
<i>Chicken Salad (white meat), Lettuce, Tomato & Onion</i>	
By The Sea.....	\$6.50
<i>White Albacore Tuna Salad, Lettuce, Tomato & Onion</i>	
The Boss.....	\$7.00
<i>Turkey, Ham, Salami, Swiss & Provolone Cheese, Lettuce, Tomato & Onion</i>	

*Prices and menu subject to change without notice

Mediterranean Selections

Served on a Pita or Wrap with Lettuce/Tomato/Red Onions

Hummus.....	\$6.50
<i>Pureed Chick Peas mixed with Tahini Sauce, Garlic & Lemon Juice</i>	
Babaganouch.....	\$6.50
<i>Roasted Eggplant, pureed and seasoned with Tahini Sauce, Garlic & Lemon Juice</i>	
Falafel Sandwich (Served with Tahini or Yogurt Sauce).....	\$6.50
<i>Chick Peas, Fava Beans, Parsley, Onions, Seasoning</i>	
Stuffed Grape Leaves.....	\$6.50
<i>Vine Leaves, Rice, Chopped Onions, Oil, Mint, Seasoning</i>	

Create Your Own Sandwich \$7.00

Served on a Bagel or Bread, with Potato or Macaroni Salad & Pickle

One Choice of Meat:	
<i>Turkey, Ham, Roast Beef, Salami, Pastrami, Corned Beef</i>	
Add A Slice of Cheese:	
<i>American, Muenster, Provolone, Swiss</i>	
Double The Meat.....	\$1.75
Double The Cheese.....	\$0.79

*Add At No Additional Charge: Lettuce, Tomato, Red Onion, Mayo or Mustard



Hot Beverages

	(SM)	(MED)	(LG)
Coffee (regular or decaf).....	\$1.50	\$1.65	\$1.80
Espresso.....		\$2.40	\$2.90
Cappuccino.....	\$2.65	\$3.15	\$3.65
Latte.....	\$2.90	\$3.40	\$3.90
Mocha.....	\$3.40	\$3.90	\$4.40
Hot Tea.....	\$1.50	\$1.65	\$1.80
Hot Chocolate.....	\$2.29	\$2.69	\$2.99
Extras.....	\$0.69		

Cold Beverages

	(SM)	(LG)
Freshly Brewed Iced Tea.....	\$1.59	\$1.89
Soft Drinks (fountain).....	\$1.59	\$1.89
Soft Drinks (bottles).....	\$1.89	
Spring Water (bottle).....	\$1.00	
Juice.....	\$1.89	
Iced Water.....	\$0.30	
Yoo Hoo/V8.....	\$1.50	

