

Hot Heros - \$8.29

(Served with 1/4 lb. potato, mac or slaw and pickle)

Lions Paw - Grilled chicken cutlet, melted pepper jack cheese and ranch dressing

Classic Reuben - Corned beef, melted Swiss, sauerkraut & Russian dressing on toasted rye

The South Shore - Hot roast beef, cheddar cheese, grilled onions & Boar's Head horseradish sauce

Philly Cheesesteak - Grilled roast beef, sauteed onions, American Cheese

Cubano - Hot turkey, and ham, melted muenster cheese, bacon & BBQ Sauce

Memphis Melt - Breaded chicken cutlet, melted mozzarella cheese, bacon & BBQ sauce

The Great South Reef - Hot roast beef, melted provolone cheese, caramelized onions, jalapeno peppers and coleslaw

Specialty Sandwiches - \$8.19

(Bagel, Roll or Bread - Hero, add 50¢)

Beechwood Bum - Beechwood smoked ham, Vermont cheddar, roasted red peppers, lettuce and Boar's Head deli dressing.

Italian Stallion - Ham cappy, Genoa salami, pepperoni, roasted red peppers, provolone, lettuce, oil and vinegar with a touch of mustard.

The Pride - Cracked pepper turkey, cole slaw, crisp bacon and Swiss cheese.

Maple Madness - Honey maple turkey, bacon, Muenster cheese, and honey mustard.

Buffalo Bill - Buffalo chicken with bleu cheese, romaine lettuce and a touch of hot sauce

Chicken Tuscany - Fresh chicken cutlet, with mozzarella, romaine lettuce, Tomato, roasted red peppers and balsamic vinaigrette

Pastrami Supreme - Pastrami, melted Swiss, coleslaw, pickles and Russian dressing on toasted rye.

Karen's Special - Oven Gold turkey, American cheese, crisp bacon, lettuce tomato & mayo

The New Yorker - Roast beef, turkey, ham, provolone, lettuce, tomato and mayo

South of Texas - Chipotle chicken breast, American cheese, avocado, lettuce, tomato and cajun mayo

Extras

Cheese	\$.60	Wrap	\$.75
Lettuce	\$.60	Roasted Peppers.....	\$.75
Tomato.....	\$.60	Bacon.....	\$1.50
Onion.....	\$.60	Avocado	\$1.50
Hero	\$1.00		

* All prices are subject to change without notice *



Call for our daily (seasonal) Homemade Soups selections

12 oz.\$3.99

16 oz.\$4.99

Soup & Salad Combos (seasonal)

12 Oz. Soup & 1/2 Sandwich

Tuna, Chicken or Egg Salad on white, rye or whole wheat

\$6.99



Create Your Own Chopped Salad

Over 35 Varieties of Vegetables to Choose From!

* Up to 10 items *

Banana Peppers • Broccoli • Carrots • Celery • Chick Peas • Corn

Cucumbers • Mushrooms • Red Onions • Fresh Peppers

Roasted Peppers • Chopped Tomatoes • Avocado • & Many More

Small\$6.99

Large.....\$8.99

For \$2.50 Extra You can add

• Grilled Chicken • Chicken Cutlet • Tuna Salad • Chicken Salad

• Egg Salad

Boar's Head Cold Cuts

	Sandwich	Per Pound
Roast Beef	\$5.99	\$9.99 lb.
Ham.....	\$5.99	\$9.99 lb.
Virginia Ham	\$5.99	\$9.99 lb.
Ham Cappy.....	\$5.99	\$9.99 lb.
Oven Gold Turkey.....	\$5.99	\$9.99 lb.
Honey Maple Turkey.....	\$5.99	\$9.99 lb.
Cracked Peppermill Turkey	\$5.99	\$9.99 lb.
Salsalito Turkey.....	\$5.99	\$9.99 lb.
Chicken Breast.....	\$5.99	\$9.99 lb.
Salami.....	\$5.99	\$9.99 lb.
Pepperoni	\$5.99	\$9.99 lb.
Bologna.....	\$5.49	\$9.99 lb.
Liverwurst	\$5.49	\$9.99 lb.
American Cheese.....	\$4.75	\$9.99 lb.
Swiss Cheese.....	\$4.75	\$9.99 lb.
Muenster Cheese.....	\$4.75	\$9.99 lb.
Mozzarella Cheese.....	\$4.75	\$9.99 lb.
Cheddar Cheese.....	\$4.75	\$9.99 lb.
Provolone Cheese.....	\$4.75	\$9.99 lb.
Chipotle Gouda Cheese.....	\$4.75	\$9.99 lb.

Full Catering Menu Available. Please Call for Details.

BAGEL BUZZ



"More than just bagels"

Daily Lunch Specials • Bakery Goods • Bialys
Large Variety of Homemade Cream Cheeses
Breakfast Specials Hot from the Grill
Fresh Salads • Commuter Specials

Open 7 Days • 5:30 a.m. Daily
Catering for all Occasions

498 Union Boulevard
West Islip, New York 11795
(631) 587-7449
Fax: (631) 587-6223

Captree Village Shopping Center

All Prices Subject to Sales Tax



Beverages

Coffee, Tea & Hot Chocolate

12 oz.\$1.55 16 oz.\$1.75 20 oz.\$1.99

Cappuccino & French Vanilla Cappuccino

sm.\$1.75 med.\$2.40 lg.\$3.25

Buttered Bagel

With 12 Oz. Coffee
(Until 11am - Mon. -Fri.)

\$3.25

\$.30 Medium Up-Grade
\$.45 Large Up-Grade

Dozen Bagels
\$12.00

Bagels & Spreads

Bagel	\$1.10
Buttered bagel	\$1.85
Plain cream cheese on a bagel	\$2.53
Flavored cream cheese on a bagel.....	\$3.59
Lite plain cream cheese on a bagel.....	\$2.76
Lite flavored cream cheese on a bagel.....	\$3.90
Lox spread on a bagel.....	\$4.39
Cream cheese and bacon on a bagel.....	\$3.79
Sausage or bacon on a bagel.....	\$3.59
B.L.T. on a bagel.....	\$6.99
Sliced Nova cream cheese, tomato & red onion on a bagel	\$7.99

French Toast Bagel

Plain.....	\$1.25
w/butter.....	\$1.95
w/cream cheese.....	\$2.69
w/flavored cream cheese.....	\$3.69
w/lite plain cream cheese.....	\$2.99
w/lite flavored cream cheese.....	\$3.99

Mini Bagel

Plain.....	\$.65
w/butter.....	\$1.35
w/cream cheese.....	\$1.75
w/flavored cream cheese.....	\$1.99
w/lite plain cream cheese.....	\$2.09
w/lite flavored cream cheese.....	\$2.19
w/lox spread.....	\$3.15

Flagel

Plain.....	\$1.40
w/butter.....	\$2.49
w/cream cheese.....	\$3.39
w/flavored cream cheese.....	\$3.79
w/lite plain cream cheese.....	\$4.19
w/lite flavored cream cheese.....	\$4.39
w/lox spread.....	\$5.19

Flavored Cream Cheeses

• Plain	\$8.49lb.	• Lite Plain.....	\$8.79lb.
• Scallion.....	\$8.99lb.	• Lite Scallion.....	\$9.29lb.
• Vegetable.....	\$8.99lb.	• Lite Vegetable.....	\$9.29lb.
• Lox Spread.....	\$9.99lb.	• Bacon & Cheddar.....	\$8.99lb.
• Cinnamon Raisin Walnut.....	\$8.99lb.	• Everything.....	\$8.99lb.
• Olive.....	\$8.99lb.	• Blueberry.....	\$8.99lb.
• Chocolate Chip.....	\$8.99lb.	• Strawberry.....	\$8.99lb.

From the Bakery

- Chocolate Chip Cookies
- Croissants
- Apple Turnovers
- Assorted Muffins
- Linzer Tarts
- Sprinkle Cookies
- Crumb Cake
- Black & White Cookies



* All prices are subject to sales tax.



Breakfast Specials From the Grill

(Comes with either a 12 oz. coffee or juice)

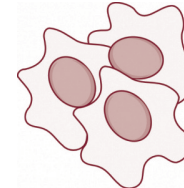


*1 egg on a Bagel or Roll	\$3.25
*1 egg with Meat or Cheese.....	\$3.55
*1 egg with Meat & Cheese.....	\$3.85
*2 eggs on a Bagel or Roll.....	\$4.35
*2 eggs with Meat or Cheese.....	\$4.65
*2 eggs with Meat & Cheese.....	\$5.25
* Hungry Man Hero.....	\$6.89
3 eggs, ham, bacon, sausage & cheese, 12 oz. coffee & orange juice	
* French Toast Platter	\$6.59
4 slices with home fries, 12 oz. coffee & orange juice, butter & syrup	
*Create Your Own 3 Egg Omelette.....	\$7.79
With home fries, buttered bagel or toast, 12 oz. coffee & orange juice	

Choose any 3 Items



- Mushrooms
- Peppers
- Onions
- Tomato
- Avocado
- Sausage
- Ham
- Cheese
- Bacon
- Turkey
- Turkey Bacon



* 3 Egg White Greek Omelette.....	\$8.19
With home fries, buttered bagel or toast, 12 oz. coffee & juice	

- Black Olives
- Spinach
- Onions
- Tomato
- Feta Cheese

Side Orders

Home Fries..... \$2.99 Bacon (8 slices).....\$4.75

Bagel Buzz Breakfast Wraps

Served with coffee & orange juice..... \$7.29

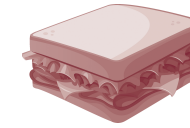
- **South of the Border** - 2 scrambled eggs, diced peppers, chipotle chicken breast, pepper jack cheese, with a touch of hot sauce
- **Heart Healthy** - 2 egg whites, low salt turkey, tomatoes and avocado
- **The Garden** - 3 egg whites, Swiss cheese, grilled mushrooms, onions, and spinach.
- **The Lions Den** - 3 eggs over easy, with grilled roast beef, mushrooms, onions and cheddar cheese
- **The All American** - 3 scrambled eggs, grilled pastrami, home fries & American cheese.



Extras

Bacon.....	\$1.50	Egg.....	\$1.00	Wrap.....	\$1.00
Ham.....	\$1.00	Cheese.....	\$.60	Spinach.....	\$1.25
Sausage.....	\$1.50	Broccoli.....	\$1.25	Hero.....	\$1.00
Turkey.....	\$1.00	Onion, Lettuce or Tomato.....		Croissant.....	\$1.00
Avocado.....	\$1.50	\$.60	Home Fries.....	\$1.25

* These items are cooked to order. Consuming raw or under cooked fresh shell eggs, meats, or fish, can lead to food borne illness, especially if you have certain medical conditions.



Homemade Salads / Sandwiches

(Bagel, Roll or Bread)



	Sandwich	Per lb.
Tuna.....	\$6.49	\$8.99 lb.
Veggie Tuna.....	\$6.69	\$9.49 lb.
Chicken.....	\$6.49	\$8.99 lb.
Egg.....	\$6.25	\$6.99 lb.
Cranberry Chicken.....	\$6.69	\$9.49 lb.

Please call for weekly selections.

Paninis

(Served with ¼ lb. potato, mac or slaw and pickle)

The Sicilian - Grilled chicken cutlet, roasted red peppers, fresh mozzarella & pesto sauce

Ralph's Rodeo - Ever Roast chicken, fresh spinach, sauteed onions, chipotle gouda cheese & Russian dressing

The American - Breaded Chicken Cutlet, Crisp Bacon, Cheddar Cheese, Lettuce, Tomato & Mayo

Monte Cristo - Deluxe Ham, Turkey, Swiss Cheese, Lettuce, Tomato & Honey Mustard

The Texan - Roast Beef, Cheddar Cheese, Crisp Bacon, Sauteed Onions & BBQ Sauce

Philly Cheesesteak - Grilled Roast Beef, Sauteed Onions and your choice of melted cheese

Lax Lunch Paninis

(Served with ¼ lb. potato, mac or slaw and pickle)

"The Middie" - Grilled Chicken, Roasted Red Peppers, Fresh Mozzarella & Pest Sauce

"The Finisher" - Buffalo Chicken Breast, Cheddar Cheese, Sauteed Onions & Chipotle Sauce

"The Hat Trick" - Ham, Roast Beef, Ovengold Turkey, American, Swiss, Lettuce Tomato & Mayo

"The NY State Champ" - Pastrami, Bacon, Swiss Cheese & Spicy Mustard

"The Cindy G" - Eggplant, Zucchini, Spinach, Roasted Red Peppers & Tomatoes all crispy grilled with lite Olive Oil and Balsamic Vinegar

