WHAT A BAGEL

FRENCH TOAST - PANCAKES - BLINTZES - FRUIT

Challa French Toast $ 9.99
Served with maple syrup

Cheese Blintzes $ 11.49
Served with strawberry coulis & sour cream

Fruit Salad (small) $ 5.49
Seasonal fruit

Granola Fruit Crunch $ 9.99
Seasonal fruit, greek yogurt & granola

Pancakes $ 9.99

Pancakes Supreme $ 12.99
3 pancakes topped with strawberries, bananas, roasted walnuts, whipped cream and drizzled with strawberry coulis and chocolate sauce

Toppings: $ 1.50
Banana, Strawberry, Blueberry, Nutella

SIDES, SCOOPS & ADDITIONS

Cream Cheese	S. $1.50 - L. $ 3.50	Home Fries	$ 2.99
Flavoured Cream Cheese	$ 3.99	Tuna Salad	$ 4.50
Feta Cheese	$ 1.50	Egg Salad	$ 3.50
Goat Cheese	$ 1.50	Hard Boiled Egg	$ 1.99
Cottage Cheese	$ 3.99	Grilled Chicken	$ 4.99
Avocado	$ 1.50	Turkey Bacon (3)	$ 3.99
Sliced Tomatoes	$ 0.99	Salami (3)	$ 3.99
Sliced Cucumbers	$ 0.99	Smoked Salmon (4)	$ 7.99
Hummus	$ 1.99	Bagel & Butter	$ 1.49
Nutella	$ 1.50	Twister	$ 1.75
		Bagel / Bread / Pita	$ 0.99

FROM THE BAKERY

***All bakery items available. Please ask your server**

Rugulah (4) $ 6.99
Chocolate, Raspberry, Raisin, Apricot

Chocolate Buffalo $ 4.49

Croissant $ 1.99

Cheese Danish $ 3.99

Drinks:

Freshly Squeezed Juice (Orange, Grapefruit)	$ 2.99 / $ 3.99
Milk 2%	$ 2.25 / $ 3.95
Chocolate Milk	$ 2.25 / $ 3.95
San Pellegrino	$ 2.50
Spring "Nectar" (Mango, Strawberry / Banana, Peach)	$ 2.75
Bottled Water	$ 2.25
Soft Drinks	$ 2.50

Tea:

Nana Mint Tea	$ 2.95
Mighty Leaf Herbal Tea (assorted)	$ 2.50
Twining (assorted)	$ 1.95

Coffee:

Illy Brewed Coffee	$ 1.95
Espresso	$ 1.95 / $ 2.95
Cappuccino	$ 3.45
Latte	$ 3.45
Americano	$ 2.35
Cafe au Lait	$ 2.95
Hot Chocolate	$ 2.45
Extra Shot of Espresso	$ 0.95

Iced Coffee:

Illy Iced Coffee	$ 2.75
Iced Latte	$ 3.45

Substitute or add-on : Almond Milk $1.00 Steamed Milk $0.75

WHAT A BAGEL

HEART SMART BREAKFAST $ 10.49

Poached eggs, cottage cheese, fresh fruit and a whole wheat bagel or bread

EARLY BIRD BREAKFAST SPECIAL $ 7.49

Two eggs, sliced tomatoes and cucumbers, toasted bagel and a coffee
Available Monday to Friday (except holidays) from 8:00am to 10:30am

EGGS / OMELETTES (3 EGGS)

Served with a Toasted Bagel, Bread or *Twister (*add $0.75) Cream Cheese, House Salad or Home Fries
Upgrade to Middle Eastern, Fruit, Greek, WAB, Sweet Potato Fries, Home Fries Supreme or Soup for $ 1.99

Two Eggs $ 8.99

Three Eggs $ 10.99

Scrambled Egg Whites $ 9.99

Scrambled Eggs with Smoked Salmon & Onions $ 11.49

Egg Only- individual, any style $ 1.99

Cheese $ 11.99

Vegetarian $ 11.99
Red peppers, red onions & mushrooms

Greek $ 12.49
Feta cheese, red onions, tomatoes & red peppers

Salami $ 12.49
Diced salami & red onions

Southwestern $ 13.49
Avocado, jalapeños, sautéed onions, green & red peppers & cheddar cheese served with sour cream & salsa

Meat Lovers $ 13.49
Chopped chicken, salami, turkey bacon, portabello mushrooms & green peppers

Mushroom $ 12.49
Mushrooms & choice of cheese

Smoked Salmon $ 13.49
Smoked salmon, red onions, goat cheese & spinach

Heart Smart $ 12.49
Egg whites, spinach, feta cheese & tomatoes

Custom (select three:) $ 12.99
Cheddar, goat, feta, swiss, mozzarella, havarti, basil, red onions, red peppers, green peppers, mushrooms, tomatoes, spinach, chicken, salami, smoked salmon

Egg Whites $ 1.00 Add Vegetable $ 1.00 Add Protein $ 1.50

BENEDICTS

Served with House Salad or Home Fries
Upgrade to Middle Eastern, Fruit, Greek, WAB, Sweet Potato Fries, Home Fries Supreme or Soup for $ 1.99

Benedict Florentine $ 11.99
Poached eggs on a toasted english muffin with spinach & hollandaise

What a Benedict $ 12.49
Poached eggs on a toasted english muffin with grilled tomatoes, sautéed mushrooms, grilled red peppers & hollandaise

Southwestern Benedict $ 12.49
Poached eggs on a toasted english muffin with avocado, tomato salsa, chives & hollandaise

Smoked Salmon Benedict $ 12.99
Poached eggs on a toasted english muffin with spinach, smoked salmon & hollandaise

Meat Benedict $ 12.99
Poached eggs on a toasted english muffin with turkey bacon, salami, caramelized onions & hollandaise

Latka Salmon Benedict $ 14.49
Poached eggs on potato latkas with dill cream cheese and smoked salmon

SHAKSHUKA

Poached eggs in a warm mediterranean tomato salsa $ 11.99

Served with white or whole wheat pita
Add goat, feta or cheddar cheese $ 1.50

WHAT A BAGEL

SHAREABLES

Scoop Platter $ 13.49
Tuna salad, egg salad, cream cheese & an assortment of vegetables * Sub for tuna $0.99

Smoked Salmon Platter $ 16.49
Smoked salmon, capers, cream cheese & an assortment of vegetables

Breakfast Quesadilla $ 12.49
Scrambled eggs with sauteed red & green peppers, red onions, tomatoes, cheddar & mozzarella cheese in a quesadilla, topped with salsa and spicy aioli
Add Chicken $ 3.00 Add Avocado $ 1.50

Smoked Salmon Slices (4) $ 7.99

Sweet Potato Fries $ 3.99

Home Fries Supreme $ 3.99

Warm Mini Bourekas (4) $ 4.99
Cheese, Potato, Cheese & Olives, Spinach

SALADS

Middle Eastern $ 9.99
Finely chopped cucumbers, tomatoes, red onions & parsely with a lemon vinaigrette

Caesar $ 9.99
Romaine lettuce, parmesan cheese & croutons with a creamy caesar dressing

Greek $ 11.99
Romaine lettuce, hard boiled egg, cucumbers, cherry tomatoes, red onions, kalamata olives & feta cheese with an oregano vinaigrette

House $ 9.99
Mixed greens, romaine lettuce, cherry tomatoes, cucumbers & shredded carrots with a balsamic vinaigrette

Cobb $ 13.99
Romaine lettuce, avocado, grilled chicken breast, hard boiled egg, tomatoes & crumbled blue cheese or feta with a lemon vinaigrette

Mediterranean Chicken $ 13.99
Mixed greens, romaine lettuce, grilled chicken, chopped tomatoes, cucumbers, roasted red peppers, chickpeas, red onion, feta cheese and kalamata olives with a lemon vinaigrette

Santa Fe $ 13.99
Mixed greens, avocado, cajun chicken, black beans, corn, chopped dates & feta with a peanut lime vinaigrette

What-A-Bagel $ 11.49
Mixed greens, roasted red peppers, goat cheese & cherry tomatoes with a basil balsamic vinaigrette

Mediterranean Quinoa $ 12.49
Quinoa, chickpeas, diced tomatoes,diced cucumbers, edamame, kalamata olives, feta cheese and onion straws with a lemon vinaigrette

Create Your Own Salad $ 11.49

Add:

Grilled Chicken Breast	$ 4.99
White Tuna Salad	$ 4.50
Egg Salad	$ 2.99
Avocado	$ 1.50
Hard Boiled Egg	$ 1.99
Feta Cheese	$ 1.50
Goat Cheese	$ 1.50

Soup of the Day $ 4.99

CLASSIC SANDWICHES

Served with a Toasted Bagel, Bread or *Twister (*add $1.75) House Salad or Home Fries
Upgrade to Middle Eastern, Fruit, Greek, WAB, Sweet Potato Fries, Home Fries Supreme or Soup for $ 1.99
Sub to Flavoured Cream Cheese $ 0.99

Tuna Salad $ 10.99

Egg Salad $ 9.49

Cream Cheese $ 9.49

Cream Cheese & Smoked Salmon $ 11.99

SPECIALTY WRAPS & SANDWICHES

Served in a Wrap, on Whole Wheat Bread or Baguette with House Salad or Home Fries
Upgrade to Middle Eastern, Fruit, Greek, WAB, Sweet Potato Fries, Home fries Supreme or Soup for $ 1.99

Chipotle Chicken & Avocado $ 13.49
Grilled chicken breast, avocado, chipotle mayo, red onions, tomatoes & lettuce

Chicken Schnitzel $ 13.49
Schnitzel, hummus, middle eastern salad & pickles on a challah bun

Chicken Club $ 13.49
Grilled chicken, turkey bacon, mayo, lettuce & tomatoes on challah or whole wheat bread

Tuna Melt $ 11.49
White tuna salad with sliced tomatoes & melted cheese (cheddar or mozzarella)

Mediterranean Breakfast Wrap $ 12.49
Scrambled eggs, avocado, roasted red pepper, basil pesto, feta cheese

Grilled Cheese $ 8.99
Cheddar cheese on challah

Avocado & Fried Egg Grilled Cheese $ 13.49
Avocado, cheddar cheese, tomatoes & fried eggs on challah or whole wheat bread

Avocado Toast $ 13.49
Open face toasted rye bread with avocado, pesto marinated cherry tomatoes, 2 poached eggs & topped with crumbled feta and a balsamic reduction

Add cheese to any sandwich for $ 1.50

JERUSALEM TOAST

Served on a Jerusalem Bagel with House Salad or Home Fries
Upgrade to Middle Eastern, Fruit, Greek, WAB, Sweet Potato Fries, Home Fries Supreme or Soup for $ 1.99

Mushroom $ 12.49
Sauteed mushrooms, red onions, mozzarella, goat cheese & tomato salsa

Za'atar $ 12.49
Green olives, mozzarella, goat cheese, tomato salsa & za'atar

Tuna $ 12.49
White tuna salad, mozzarella, goat cheese, & tomato salsa

Egg $ 12.49
Hard boiled egg, mozzarella, feta cheese & tomato salsa