



# WHAT A BAGEL

EATERY BAKERY CATERING

\*Served with a toasted bagel or toasted bread. Upgrade to a flat bagel or twister \$0.99, or gluten-free bagel \$1.99. Your choice of house salad, home fries, sweet potato fries, or french fries. Upgrade salad to the middle east, fresh fruit, WAB, fruity WAB, greek, or caesar (\$1.99).

## EGGS\*

|  |         |   |         |
|--|---------|---|---------|
| <b>TWO EGGS</b> (**Any style)                                | \$8.99  | <b>SCRAMBLED EGG WHITES</b>               | \$9.99  |
| <b>THREE EGGS</b> (**Any style)                              | \$10.99 | <b>SCRAMBLED EGGS WITH LOX AND ONIONS</b> | \$11.49 |
| **Any style: scrambled, over, poached, boiled, sunny side up |         | <b>ADD EXTRA EGG</b>                      | \$1.99  |

## OMELETTE'S\* (3 EGGS)

|   |         |   |         |
|---|---------|---|---------|
| <b>OPTIMAL OMELETTE</b>   | \$12.99 | <b>VEGETARIAN OMELETTE</b>                          | \$12.49 |
| Egg whites, fresh spinach, goat cheese, diced tomato  |         | Basil, red pepper, green onion, mushroom            |         |
| <b>SMOKED SALMON OMELETTE</b>   | \$14.49 | <b>ALL OMELETTES AVAILABLE WITH EGG WHITES ONLY</b> | \$1.00  |
| Smoked salmon, red onion, goat cheese, spinach  |         | <b>ALL ADDITIONAL ITEMS</b>                         | \$1.00  |
| <b>CUSTOM OMELETTE</b>  | \$13.49 | <b>ADD TURKEY BACON (2)</b>                         | \$1.99  |
| Select 1-3 choices: cheddar, havarti, mozzarella, goat, or feta, parsley, basil, green onion, red pepper, green pepper, salami, mushroom, tomato, spinach, red onion, sweet onion, lox, shredded chicken, broccoli, jalapeños |         |   |         |

## SPECIALTY EGGS\*

|   |         |  |         |
|---|---------|--|---------|
| <b>BENEDICT FLORENTINE</b>  | \$12.49 | <b>BENEDICT SMOKED SALMON</b>  | \$14.49 |
| Poached eggs on a toasted english muffin, spinach, hollandaise sauce  |         | Poached eggs on a toasted english muffin, sautéed spinach, smoked salmon, hollandaise sauce, capers & dill |         |
| <b>WHAT A BENEDICT</b>  | \$14.49 | <b>ADD ADDITIONAL EGG</b>  | \$3.99  |
| Poached eggs on a toasted english muffin, smoked salmon, dill cream cheese, red onion, hollandaise sauce, capers & dill |         | <b>DOUBLE SMOKED SALMON OR SALAMI</b>  | \$1.99  |
| <b>RANCHEROS BENEDICT</b>   | \$12.99 |  |         |
| Poached eggs on a toasted english muffin, avocado, tomato salsa, green onion, hollandaise sauce, pickled jalapeños      |         |  |         |

## SHAKSHUKA

\$12.49

Mediterranean tomato sauce, 2 sunny side up eggs. Served with whole wheat or regular pita (Upgrade to Twister or flatbread \$0.99, or gluten free bagel \$1.99)

|                                |        |
|--------------------------------|--------|
| <b>ADD GOAT OR FETA CHEESE</b> | \$0.99 |
| <b>ADD EXTRA EGG</b>           | \$1.99 |

## CLASSIC SANDWICHES

\*Served with a toasted bagel or toasted bread. Upgrade to a flat bagel or twister \$0.99, or gluten-free bagel \$1.99. Your choice of house salad, home fries, sweet potato fries, or french fries. Upgrade salad to the middle east, fresh fruit, WAB, fruity WAB, greek, or caesar (\$1.99).

|   |         |   |         |
|---|---------|---|---------|
| <b>WHITE ALBACORE TUNA SALAD CLASSIC</b>                              | \$10.99 | <b>TUNA MELT</b> (Regular or Light)   | \$12.99 |
| With tomato and red onion   |         | With sliced tomato, melted cheddar or havarti or mozzarella                 |         |
| <b>TRIPLE DECKER GRILLED CHEESE</b>                                   | \$9.49  | <b>SMOKE SALMON &amp; AVOCADO TOAST</b>                                     | \$14.49 |
| Havarti or mild cheddar on challah or whole wheat or multigrain bread |         | Multigrain rye toast, avocado, lox, poached eggs, pickled onion, fresh dill |         |
| <b>CREAM CHEESE AND LOX</b>   | \$12.99 | <b>AVOCADO BELT</b>   | \$12.49 |
| With tomato and red onion   |         | Over easy egg, avocado, turkey bacon, lettuce, tomato                       |         |
| <b>CREAM CHEESE CLASSIC</b> (Regular or Light)                        | \$9.49  | <b>SUBSTITUTE FLAVOURED CREAM CHEESE</b>                                    | \$0.99  |
| With tomato and red onion   |         | <b>ADD EXTRA EGG</b>  | \$1.99  |

## SUPERB SANDWICHES

Your choice of house salad, home fries, sweet potato fries, or french fries. Upgrade salad to middle east, fresh fruit, WAB, fruity WAB, greek or caesar (add \$1.99).

|  |         |   |         |
|--|---------|---|---------|
| <b>CALIFORNIA ROAST CHICKEN CLUB</b>   | \$14.49 | <b>PROTEIN PLUS</b>   | \$13.99 |
| Roasted chicken breast, romaine lettuce, avocado, sliced tomato, sun-dried tomato mayo on toasted challah or whole wheat bread |         | White albacore tuna, avocado, egg white omelette, sliced tomato on multigrain bread |         |
| <b>AVOCADO GRILLED CHEESE</b>  | \$13.99 | <b>ADD MOZZARELLA, HAVARTI, CHEDDAR, GOAT OR FETA CHEESE</b>                        | \$0.99  |
| Avocado, sliced tomato, over easy fried eggs, cheddar cheese on challah or whole wheat bread                                   |         | <b>ADD TURKEY BACON (2)</b>   | \$1.99  |
| <b>CHICKEN SCHNITZEL</b>   | \$14.49 |   |         |
| Schnitzel, romaine lettuce, cucumber, red onion, pickled mayo on an onion bun  |         |   |         |

## WRAPS (Whole wheat flour tortilla)

Your choice of house salad, home fries, sweet potato fries, or french fries. Upgrade salad to middle east, fresh fruit, WAB, fruity WAB, greek or caesar (add \$1.99).

|  |         |  |        |
|--|---------|--|--------|
| <b>ALBACORE TUNA AVOCADO</b>   | \$13.99 | <b>ADD MOZZARELLA, HAVARTI, CHEDDAR, GOAT OR FETA CHEESE</b> | \$0.99 |
| White albacore tuna salad, mixed greens, avocado, sliced cherry tomato, cucumber |         |  |        |
| <b>MEDITERRANEAN BREAKFAST WRAP</b>  | \$12.99 |  |        |
| Scrambled eggs, avocado, roasted red pepper, basil pesto, feta cheese            |         |  |        |

## JERUSALEM TOAST (Served on a sesame seed bun)

Your choice of house salad, home fries, sweet potato fries, or french fries. Upgrade salad to middle east, fresh fruit, WAB, fruity WAB, greek or caesar (add \$1.99).

**ZA'ATAR** \$12.99  
Green olive, mozzarella, goat cheese, tomato salsa

**TUNA** \$12.99  
Tuna salad, mozzarella, goat cheese, tomato salsa

**AVOCADO** \$12.99  
Avocado, goat cheese, mozzarella, basil pesto

## FRENCH TOAST - PANCAKES - BLINTZES - WAFFLES

**BUTTERMILK WAFFLE** \$10.99  
Fresh strawberries, sliced bananas, whipped cream, served with maple syrup

**THICK SLICED CHALLAH FRENCH TOAST** \$9.99  
Served with maple syrup

**CHEESE BLINTZES** \$11.99  
Served with blueberry and strawberry sauce, with sour cream on side

**HOMEMADE BUTTERMILK PANCAKES** \$9.99  
Served with maple syrup

**WILD BLUEBERRY BUTTERMILK PANCAKES** \$11.49  
Wild blueberries, served with whip cream and maple syrup

**EGG WHITE FRENCH TOAST** \$11.49  
Served with fresh strawberries and blueberries, and reduced calorie maple syrup

**ADD BANANA OR STRAWBERRIES OR BLUEBERRIES (Seasonal)** \$0.99

**ADD CHOCOLATE CHIPS OR NUTELLA DRIZZLE OR PEANUT BUTTER** \$0.99

## SALADS Served with bagel or bread, upgrade to twister/flat bagel (add \$0.99)

**MIDDLE EASTERN** \$10.49  
Finely chopped cucumber, tomato, red onion, parsley with an olive oil lemon vinaigrette

**CHINESE CHICKEN SALAD** \$13.99  
Shredded chicken breast, romaine lettuce, bok choy, cabbage, cherry tomato, wonton crisps, carrot, edamame, shaved almond in a ginger sesame vinaigrette

**WAB** \$11.99  
Mixed greens, cherry tomato, roasted red pepper, goat cheese, almond slivers in a basil balsamic vinaigrette

**FRUITY WAB** \$11.99  
Mixed greens, cherry tomato, strawberries, goat cheese, almond slivers in a basil balsamic vinaigrette

**GREEK** \$12.49  
Romaine lettuce, hard boiled egg, cucumber, cherry tomato, red onion, kalamata olive, feta cheese in an oregano vinaigrette

**MEDITERRANEAN CHICKEN** \$13.99  
Shredded herbed chicken, romaine lettuce, cherry tomato, cucumber, roasted red pepper, feta cheese, kalamata olive, red onion, chickpeas in a lemon olive oil vinaigrette

**CREATE YOUR OWN SALAD** \$12.49  
Ask server for a form

**ADD HARD BOILED EGG (1)** \$1.99

**ADD ROASTED CHICKEN BREAST (5 oz)** \$4.49

**ADD CHICKEN SCHNITZEL (5oz)** \$6.49

**ADD SCOOP OF WHITE ALBACORE TUNA** \$4.49

**ADD AVOCADO** \$1.99

## PLATTERS Served with toasted bagel or toasted bread, upgrade to twister or flat bagel (add \$0.99)

**SCOOP PLATTER** \$13.99  
Scoop of tuna, scoop of egg salad with choice of cream cheese plain or flavoured, served with sliced tomato, sliced cucumber, sliced red onion

**SMOKED SALMON PLATTER** \$16.99  
Sliced tomato, cucumber, red onion, capers, scoop of light or regular cream cheese

**SUBSTITUTE SCOOP OF TUNA** \$0.99  
**SUBSTITUTE FLAVOURED CREAM CHEESE** \$0.99

## FRUIT

**FRUIT SALAD BOWL** \$9.49  
Assorted seasonal fruits with natural yogurt

**FRESH BERRIES GRANOLA BOWL** \$10.49  
Fresh fruit, natural yogurt, granola

## SIDES, SCOOPS & ADDITIONS

Peanut Butter \$0.99  
Cream Cheese Regular or Light \$3.99  
Flavoured Cream Cheese with Chives or Dill \$4.49  
Natural Yogurt \$1.99  
Sour Cream \$1.49  
Feta Cheese \$1.49  
Goat Cheese \$1.49  
Sliced Tomatoes \$0.99  
Olives & Pickles \$2.99  
Sliced Cucumbers \$0.99  
Bagel: Poppy, Sesame, Plain, Multigrain, Whole Wheat, Pumpernickel, Flaxseed, Cinnamon Raisin \$0.99

Twister \$1.75  
Bread: Rye, Challah, Multigrain, Whole Wheat \$0.99  
French Fries \$3.99  
Sweet Potato Fries \$3.99  
Home Fries \$3.99  
Scoop of White Albacore Tuna Salad \$4.49  
Scoop of Egg Salad \$3.49  
Smoked Salmon Slices (4) served with Capers & Onions \$7.99  
Side Grilled Salami \$2.49  
Avocado \$1.99  
Turkey Bacon (2) \$1.99

## KIDS MENU 12 and under

**THICK SLICED CHALLAH FRENCH TOAST (2)** \$6.99  
Served with maple syrup

**HOMEMADE BUTTERMILK PANCAKES (2)** \$6.99  
Served with maple syrup

**GRILLED CHEESE** \$6.99  
Mild cheddar or havarti. Served with home fries or caesar salad or sliced tomatoes/cucumber

**ADD BANANA, STRAWBERRY, BLUEBERRY, OR CHOCOLATE CHIPS** \$0.99

## FROM THE BAKERY

**ASSORTED RUGULAH (6)** \$5.99  
Chocolate, raspberry, raisin, and apricot

**SMALL WARM BOUREKAS (4)** \$5.99  
Cheese, potato, cheese & green olives, cheese & spinach

**SLICED CHOCOLATE BUFFALO DANISH** \$4.99

18% Gratuity added to parties of 8 or more.

WAB offers products containing peanuts, tree nuts, milk, eggs and wheat. While we take cautious steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe for guests with severe allergies. Please inform us before ordering so we can accommodate your meal to the best of our ability.