



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*

TWO EGGS (**Any style)	\$9.99	SCRAMBLED EGG WHITES	\$10.99
THREE EGGS (**Any style)	\$11.99	SCRAMBLED EGGS WITH LOX AND ONIONS	\$12.49
<i>**Any style: scrambled, over, poached, boiled, sunny side up</i>		ADD EXTRA EGG	\$1.99

OMELETTE'S* (3 EGGS)

OPTIMAL OMELETTE	\$13.99	VEGETARIAN OMELETTE	\$13.49
Egg whites, fresh spinach, goat cheese, diced tomato		Basil, red pepper, green onion, mushroom	
SMOKED SALMON OMELETTE	\$16.49	ALL OMELETTES AVAILABLE WITH EGG WHITES ONLY	\$1.00
Smoked salmon, red onion, goat cheese, spinach		ALL ADDITIONAL ITEMS	\$1.00
CUSTOM OMELETTE	\$14.49	ADD TURKEY BACON (2)	\$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, pesto			

SPECIALTY EGGS*

BENEDICT FLORENTINE	\$13.49	BENEDICT SMOKED SALMON	\$16.49
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	
WHAT A BENEDICT	\$16.49	ADD ADDITIONAL EGG	\$3.99
Poached eggs on a toasted english muffin, smoked salmon, dill cream cheese, red onion, hollandaise sauce, capers & dill		DOUBLE SMOKED SALMON	\$3.99
RANCHEROS BENEDICT	\$13.99	DOUBLE SALAMI	\$1.99
Poached eggs on a toasted english muffin, avocado, tomato salsa, green onion, hollandaise sauce, pickled jalapeños			

SHAKSHUKA

\$13.49

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)	ADD GOAT OR FETA CHEESE	\$1.49
	ADD EXTRA EGG	\$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).

WHITE ALBACORE TUNA SALAD CLASSIC	\$11.99	TUNA MELT (Regular or Light)	\$13.99
With tomato and red onion		With sliced tomato, melted cheddar or havarti or mozzarella	
TRIPLE DECKER GRILLED CHEESE	\$10.49	SMOKE SALMON & AVOCADO TOAST	\$16.49
Havarti or mild cheddar on challah or whole wheat or multigrain bread		Multigrain rye toast, avocado, lox, poached eggs, pickled onion, fresh dill	
CREAM CHEESE AND LOX	\$13.99	AVOCADO BELT	\$13.49
With tomato and red onion		Over easy egg, avocado, turkey bacon, lettuce, tomato	
CREAM CHEESE CLASSIC (Regular or Light)	\$9.99	SUBSTITUTE FLAVOURED CREAM CHEESE	\$0.99
With tomato and red onion		ADD EXTRA EGG	\$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).

CALIFORNIA ROAST CHICKEN CLUB	\$15.49	PROTEIN PLUS	\$14.99
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	
AVOCADO GRILLED CHEESE	\$14.99	ADD MOZZARELLA, HAVARTI, CHEDDAR, GOAT OR FETA CHEESE	\$1.49
Avocado, sliced tomato, over easy fried eggs, cheddar cheese on challah or whole wheat bread		ADD TURKEY BACON (2)	\$1.99
CHICKEN SCHNITZEL	\$15.49		
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).

ALBACORE TUNA AVOCADO	\$14.99	ADD MOZZARELLA, HAVARTI, CHEDDAR, GOAT OR FETA CHEESE	\$1.49
White albacore tuna salad, mixed greens, avocado, sliced cherry tomato, cucumber			
MEDITERRANEAN BREAKFAST WRAP	\$13.99		
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 \$13.99
Green olive, mozzarella, goat cheese, tomato salsa

TUNA \$13.99
Tuna salad, mozzarella, goat cheese, tomato salsa

AVOCADO \$13.99
Avocado, goat cheese, mozzarella, basil pesto

EGG \$13.99
Hard boiled egg, red onion, feta, mozzarella, salsa

FRENCH TOAST - PANCAKES - BLINTZES - WAFFLES

BUTTERMILK WAFFLE \$11.99
Fresh strawberries, sliced bananas, whipped cream, served with maple syrup

THICK SLICED CHALLAH FRENCH TOAST \$10.99
Served with maple syrup

CHEESE BLINTZES \$12.99
Served with blueberry and strawberry sauce, with sour cream on side

HOMEMADE BUTTERMILK PANCAKES \$10.99
Served with maple syrup

WILD BLUEBERRY BUTTERMILK PANCAKES \$12.49
Wild blueberries, served with whip cream and maple syrup

EGG WHITE FRENCH TOAST \$12.49
Served with fresh strawberries and blueberries, and reduced calorie maple syrup

ADD BANANA OR STRAWBERRIES OR BLUEBERRIES (Seasonal) \$1.49

ADD CHOCOLATE CHIPS OR NUTELLA DRIZZLE OR PEANUT BUTTER \$1.49

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

MIDDLE EASTERN \$11.49
Finely chopped cucumber, tomato, red onion, parsley with an olive oil lemon vinaigrette

CHINESE CHICKEN SALAD \$14.99
Shredded chicken breast, romaine lettuce, bok choy, cabbage, cherry tomato, wonton crisps, carrot, edamame, shaved almond in a ginger sesame vinaigrette

WAB \$12.99
Mixed greens, cherry tomato, roasted red pepper, goat cheese, almond slivers in a basil balsamic vinaigrette

FRUITY WAB \$12.99
Mixed greens, cherry tomato, strawberries, goat cheese, almond slivers in a basil balsamic vinaigrette

GREEK \$13.49
Romaine lettuce, hard boiled egg, cucumber, cherry tomato, red onion, kalamata olive, feta cheese in an oregano vinaigrette

MEDITERRANEAN CHICKEN \$14.99
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 \$13.99
Ask server for a form

ADD HARD BOILED EGG (1) \$1.99

ADD ROASTED CHICKEN BREAST (5 oz) \$4.99

ADD CHICKEN SCHNITZEL (5oz) \$6.49

ADD SCOOP OF WHITE ALBACORE TUNA \$4.99

ADD AVOCADO \$2.49

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

SCOOP PLATTER \$14.99
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 \$18.99
Sliced tomato, cucumber, red onion, capers, scoop of light or regular cream cheese

SUBSTITUTE SCOOP OF TUNA \$1.49

SUBSTITUTE FLAVOURED CREAM CHEESE \$1.49

FRUIT

FRUIT SALAD BOWL \$9.99
Assorted seasonal fruits with natural yogurt

FRESH BERRIES GRANOLA BOWL \$10.99
Fresh fruit, natural yogurt, granola

SIDES, SCOOPS & ADDITIONS

Peanut Butter \$0.99

Cream Cheese Regular or Light \$4.49

Flavoured Cream Cheese with Chives or Dill \$4.99

Natural Yogurt \$2.49

Sour Cream \$1.99

Feta Cheese \$1.99

Goat Cheese \$1.99

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 \$4.99

Scoop of Egg Salad \$4.49

Smoked Salmon Slices (4) served with Capers & Onions \$9.99

Side Grilled Salami \$2.49

Avocado \$2.49

Turkey Bacon (2) \$1.99

KIDS MENU 12 and under

THICK SLICED CHALLAH FRENCH TOAST (2) \$7.99
Served with maple syrup

HOMEMADE BUTTERMILK PANCAKES (2) \$7.99
Served with maple syrup

GRILLED CHEESE \$7.99
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.