

WHAT A BAGEL

EATERY BAKERY CATERING

SANDWICHES

Smoked Turkey Club \$11.99

Smoked Turkey Breast, Lettuce, Turkey Bacon, Tomato, Pickled Mayo on Toasted Challah or Multi-grain Bread

Chicken Schnitzel \$11.99

Breaded Chicken Breast, Lettuce, Cucumber, Pickled Red Onion, Pickled Mayo on an Onion Bun

Chicken Parmesan \$11.99

Breaded Chicken Breast, Mozzarella Cheese, Sautéed Mushrooms & Onions, Tomato Salsa, Chipotle Mayo on an Onion Bun



BRILLIANT BAGELS

Optimal Egg White \$9.99

Egg White Omelette with Spinach, Tomato, Red Onion, Basil Pesto, Goat Cheese

California Roast Chicken \$10.99

Roasted Chicken, Basil Pesto, Avocado, Sliced Tomatoes, Chipotle Mayo, Lettuce

Smoked Salmon \$10.99

Egg Omelette with Capers, Sprouts, Dill Cream Cheese, Sliced Red Onion, Norwegian Smoked Salmon

Avocado BLT \$9.99

Avocado, Fried Eggs, Turkey Bacon, Chipotle Mayo, Sprouts

Avocado Grilled Cheese \$9.49

Avocado, Sliced Tomatoes, Fried Eggs, Cheddar Cheese

Egg N' Cheese \$8.99

2 Eggs Scrambled, Cheddar Cheese

BLT \$6.29

Bacon, Lettuce, Tomato, Mayo

Steak & Eggs \$10.99

Fried Egg, Steak, Cheddar Cheese, Chipotle Mayo

Breakfast B.E.L.T \$8.99

Egg, Turkey Bacon, Lettuce, Tomato, Mayo

Vegan Friendly \$7.99

Avocado, Sprouts, Tomato, Pickled Onion, Cucumber, Roasted Red Pepper



MAKE IT A COMBO

FRIES (REG OR SWEET POTATO)

HOUSE SALAD \$4.49

GREEK OR CAESAR SALAD \$4.99

ADDITIONS

AVOCADO \$2.29

TURKEY BACON \$3.49

CHICKEN \$4.49

SIDES

REGULAR FRIES

SWEET POTATO FRIES

HOME FRIES \$5.49

ALL CHICKEN IS HALAL FROM SARGENT FARMS

▶ **PRESSED TOAST** SERVED ON SESAME BREAD

Egg

Hard Boiled Egg, Mozzarella,
Sautéed Spinach, Tomato Salsa, Red Onion

\$10.99

Chicken

Shredded Chicken Breast, Tomato Salsa,
Green Onion, Basil Pesto, Mozzarella

\$10.99

Avocado

Avocado, Tomatoes, Basil Pesto,
Sautéed Spinach, Goat Cheese

\$10.99

Tuna

Tuna Salad, Green Olive, Mozzarella,
Tomato Salsa, Basil Pesto

\$10.99



▶ **WRAPS** SERVED ON WHOLE WHEAT FLOUR TORTILLA

Breakfast Wrap

Scrambled Eggs, Avocado, Roasted
Red Pepper, Basil Pesto, Feta Cheese

\$11.49

Roasted Chicken Wrap

Roasted Chicken Breast, Basil Pesto,
Tomatoes, Mixed Greens, Chipotle Mayo

\$11.49

Tuna Avocado Wrap

Tuna Salad, Mixed Greens, Tomatoes,
Cucumber, Avocado, Kalamata Olive Aioli

\$11.49

Vegetarian Wrap

Spinach, Roasted Red Pepper, Carrots,
Tomatoes, Avocado, Kalamata Olive Aioli,
Cucumber, Hummus

\$11.49



▶ **BREAKFAST**

Berry French Toast

Challah Bread, Seasonal Berries,
Maple Syrup, Powdered Sugar

\$9.99

Breakfast Special

2 Eggs (Any Style) Bagel, Home Fries, Coffee

\$8.49



▶ **KIDS MENU** 12 & UNDER

GRILLED CHEESE & FRIES

Challah Bread & Cheddar Cheese

\$8.49

CHICKEN FINGERS & FRIES

Breaded Chicken Breast

\$10.99



FRENCH TOAST & FRUIT CUP **\$8.49**

Challah Bread, Strawberry and Banana

SALADS

Greek Salad

\$14.99

Romaine Lettuce, Hardboiled Eggs, Cucumber, Cherry Tomato, Red Onion, Kalamata Olives, Feta Cheese, Homemade Oregano Vinaigrette

Caesar Salad

\$13.99

Romaine Lettuce, Homemade Croutons, Shaved Parmesan Cheese, Creamy Caesar Dressing

ADD CHICKEN \$4.49 ADD AVOCADO \$2.29 ADD TURKEY BACON \$3.49

SMOOTHIES

ALL SMOOTHIES ARE \$8.99

Banilla

Banana, Vanilla Yogurt, Honey, Cinnamon, Apple Juice

Berry Blue Crunch

Blueberries, Strawberries, Vanilla Yogurt, Honey, Home Made Granola, Apple Juice

ChocoBanana

Banana, Almond Milk, Vanilla Yogurt, Chocolate Syrup

Limonana

Pineapple, Mint Leaves, Apple Juice, Lemon Juice, Honey

Date Almond

Banana, Almond Milk, Vanilla Yogurt, Dates, Maple Syrup, Cinnamon

Morning Greens

Apple, Spinach, Avocado, Apple Juice, Lemon Juice, Honey, Vanilla Yogurt

Strawberry Banana

Strawberries, Banana, Apple Juice, Vanilla Yogurt, Honey

ADD PROTEIN \$2.09

GRANOLA BOWL \$6.99

Yogurt, Home Made Granola, Berries



PASTRIES

Mini Cinnamon Bun

Chocolate Buffalo

Chocolate Croissant

Cinnamon Streusel Loaf

Marble Loaf

Scones

Bourekas

(Potato, Spinach, Cheese, Cheese & Olive)

Mini Danish

(Apple, Poppy, Cheese, Chocolate, Almond)

Biscotti

Chocolate Bubka

Gingerbread

Banana Chocolate Chip Loaf

Almond Raspberry Pretzel

Danish Long Cakes

(Chocolate, Poppy, Apple, Blueberry)

Cookies

Plain Croissant



BREADS

Challah Bun

Onion Bun

Whole Wheat Bread

Raisin Twist Challah

Rye Breads (Caraway Seeds, Pumpernickel, Multigrain, Plain) All Rye Breads Are Vegan

Pretzel

Raisin Challah Bun

Sesame Twist Challah

Square Challah

Baguette (Vegan)

Multigrain Bread

Party Challah

BAGELS

ALL BAGELS ARE VEGAN

Plain

Poppyseed

Whole Wheat

Marble

\$1.50 EACH

Everything

Pumpernickel

Rainbow

Rye

\$6.50 1/2 DOZEN

Chocolate Chip

Cinnamon Raisin

Sesame

Multigrain

\$11.00 DOZEN

FLAVOURS CAN BE MIXED & MATCHED



MINI

Plain

\$1.00 EACH

Sesame

\$4.50 1/2 DOZEN

Everything

\$8.00 DOZEN

TWISTER

Sesame

\$2.00 EACH

\$9.00 1/2 DOZEN

\$16.00 DOZEN

SPECIALTY BAGELS

CHEESE BAGEL

\$2.69 EACH

JALAPEÑO CHEDDAR

\$4.19 EACH

GLUTEN FREE (Vegan)

Poppyseed

Sesame

Plain

Multigrain

\$2.99 EACH

PACK OF 6 \$15.99



CREAM CHEESE & SALADS SOLD BY WEIGHT PER 100 GRAMS

Egg Salad	\$3.89
Chicken Salad	\$3.99
Cream Cheese Regular or Light	\$3.29
Smoked Salmon Bits	\$3.99

Tuna Salad	\$3.99
Fresh Smoked Salmon Slices	\$9.99
Flavoured Cream Cheese	\$3.49
Dill, Chives, Veggies, Sun-dried Tomato, Jalapeño, Strawberry, Herb & Garlic	

CLASSIC SANDWICHES SANDWICHES SERVED ON A BAGEL

Buttered or Jammed	\$2.59	Egg Salad	\$6.99
Cream Cheese Regular or Light	\$4.99	Tuna	\$7.69
Flavoured Cream Cheese	\$5.79	Peanut Butter or Nutella	\$3.99
Smoked Turkey Breast or Chicken Salad	\$7.69		
Smoked Salmon & Cream Cheese	\$10.49		
Vegetarian Lettuce, Tomato, Cucumber, Red Onion	\$4.39		

SUBSTITUTE TWISTER, BUN, CHEESE BAGEL, CROISSANT & GLUTEN FREE BAGEL	\$2.49
SUBSTITUTE BAGUETTE	\$2.99
SUBSTITUTE JALAPENO CHEDDAR	\$2.69
ADD A SLICE OF CHEESE (HAVARTI, CHEDDAR OR SWISS)	\$1.49

ALL SANDWICHES COME WITH CHOICE OF 4 VEGGIES



OPEN 7 DAYS A WEEK: 7AM-5PM

**1 ROSSLAND RD. EAST
UNIT F1.4
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