



# WHAT A BAGEL

EATERY - BAKERY - CATERING



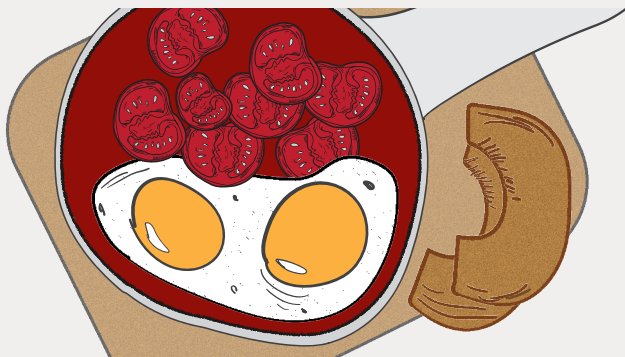
## BY THE BOWL

|                                                                       |      |
|-----------------------------------------------------------------------|------|
| WAB Parfait Bowl.....                                                 | \$11 |
| yogurt (plain, vanilla, plain greek), granola, seasonal fresh fruit   |      |
| Fruit Salad Bowl.....                                                 | \$11 |
| seasonal fresh fruit served with yogurt (plain, vanilla, plain greek) |      |

## SIMPLY EGGS

Served with toasted bagel or bread, toasted twister (add \$1)  
Plus your choice of house salad, home fries or french fries.  
Upgrade to sweet potato fries, middle east salad, fresh fruit,  
WAB salad, fruity WAB salad, greek or caesar (add \$2)

|                                                                                 |      |
|---------------------------------------------------------------------------------|------|
| Two Eggs (any style).....                                                       | \$14 |
| Three Eggs (any style).....                                                     | \$16 |
| Scrambled Egg Whites.....                                                       | \$15 |
| add extra egg.....\$3                                                           |      |
| Two Eggs (any style).....                                                       | \$16 |
| with turkey bacon or avocado                                                    |      |
| Three Eggs (any style).....                                                     | \$18 |
| with turkey bacon or avocado                                                    |      |
| Breakfast Bagel.....                                                            | \$15 |
| eggs, melted cheddar, turkey bacon                                              |      |
| Vegetarian Breakfast Croissant.....                                             | \$18 |
| eggs, sautéed spinach & onion, feta cheese on a homemade butter croissant       |      |
| Salami Breakfast Bagel.....                                                     | \$15 |
| eggs, melted cheddar, grilled all beef salami                                   |      |
| BELT Breakfast Bagel.....                                                       | \$15 |
| eggs, melted cheddar, turkey bacon, lettuce, tomato sun-dried tomato pesto mayo |      |
| Big New Yorker Breakfast Bagel.....                                             | \$17 |
| eggs, smoked salmon, cream cheese, tomato red onion, capers                     |      |



## LATKA HASH BENEDICTS

Served with your choice of house salad, home fries or french fries. Upgrade to sweet potato fries, middle east salad, fresh fruit, WAB salad, fruity WAB, greek or caesar (add \$2)

|                                                                                |      |
|--------------------------------------------------------------------------------|------|
| Big Shot Hash.....                                                             | \$21 |
| latka hash, melted cheddar, smoked salmon poached eggs, red onion, hollandaise |      |

|                                                                              |      |
|------------------------------------------------------------------------------|------|
| Old School Hash.....                                                         | \$21 |
| latka hash, grilled all beef salami, poached eggs crispy onions, hollandaise |      |

|                                                                                                   |      |
|---------------------------------------------------------------------------------------------------|------|
| Middle Eastern Hash.....                                                                          | \$21 |
| latka hash, finely chopped cucumber, tomato & red onion, avocado, poached eggs, feta, hollandaise |      |

|                                                                                     |      |
|-------------------------------------------------------------------------------------|------|
| Melted Hash.....                                                                    | \$21 |
| latka hash, melted cheddar, avocado, turkey bacon poached eggs, chives, hollandaise |      |

## EGGS COUTURE

Served with your choice of house salad, home fries or french fries. Upgrade to sweet potato fries, middle east salad, fresh fruit, WAB salad, fruity WAB, greek or caesar (add \$2)

|                                            |      |
|--------------------------------------------|------|
| Benedict Florentine.....                   | \$18 |
| poached eggs, sautéed spinach, hollandaise |      |

|                                         |      |
|-----------------------------------------|------|
| Eggs Benjamin.....                      | \$18 |
| poached eggs, turkey bacon, hollandaise |      |

|                                                                  |      |
|------------------------------------------------------------------|------|
| Old School Benedict.....                                         | \$18 |
| poached eggs, grilled all beef salami, crispy onion, hollandaise |      |

|                                                                                        |      |
|----------------------------------------------------------------------------------------|------|
| Bagel Benedict.....                                                                    | \$20 |
| poached eggs, smoked salmon, red onion, dill cream cheese hollandaise, choice of bagel |      |

|                                                                       |      |
|-----------------------------------------------------------------------|------|
| California Benedict.....                                              | \$21 |
| poached eggs, tomato, avocado, smoked salmon goat cheese, hollandaise |      |

|                                                                                        |      |
|----------------------------------------------------------------------------------------|------|
| Avocado Toast.....                                                                     | \$21 |
| avocado, cherry tomato, smoked salmon, red onion poached eggs, open faced on rye bread |      |

|                                                                                                     |      |
|-----------------------------------------------------------------------------------------------------|------|
| Ellis Ave.....                                                                                      | \$19 |
| scrambled eggs, all beef salami, sautéed onion, melted cheddar roasted red peppers, choice of bagel |      |

|                                                                          |      |
|--------------------------------------------------------------------------|------|
| Spadina Ave.....                                                         | \$19 |
| scrambled eggs, sautéed onion, kristapsons smoked salmon choice of bagel |      |

|                                                                                 |      |
|---------------------------------------------------------------------------------|------|
| Shakshuka.....                                                                  | \$19 |
| two over easy eggs nestled within a mediterranean tomato sauce, choice of bagel |      |
| *add goat or feta cheese.....\$3                                                |      |

|                                                                                                                                                              |      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| AM Boost.....                                                                                                                                                | \$21 |
| scrambled egg whites, sliced smoked salmon, sliced avocado middle east salad (finely chopped cucumber tomato & red onion topped with parsley) toast or bagel |      |

Sub french toast or pancake for any side bagel.....Add \$4

## PILLOWY OMELETTES

Served with toasted bagel or bread. Toasted twister (add \$1)  
Plus your choice of house salad, home fries or french fries.  
Upgrade to sweet potato fries, middle east salad, fresh fruit,  
WAB salad, fruity WAB salad, greek or caesar (add \$2)

|                                                              |      |
|--------------------------------------------------------------|------|
| Cheese Omelette .....                                        | \$18 |
| select one: cheddar, havarti, feta, goat mozzarella or swiss |      |

|                                          |      |
|------------------------------------------|------|
| Greek Omelette.....                      | \$19 |
| feta, tomato, kalamata olives, red onion |      |

|                                  |      |
|----------------------------------|------|
| Golden Hash Omelette .....       | \$19 |
| latka hash brown, melted cheddar |      |

|                                                |      |
|------------------------------------------------|------|
| Vegetarian Omelette.....                       | \$18 |
| mushrooms, roasted red pepper, sautéed spinach |      |

|                                                                                  |      |
|----------------------------------------------------------------------------------|------|
| Mushroom Omelette .....                                                          | \$19 |
| portobello, shiitake, button, sautéed spinach choice of feta, goat or mozzarella |      |

|                                                |      |
|------------------------------------------------|------|
| Big Shot Omelette (P) .....                    | \$21 |
| smoked salmon, cream cheese, red onion, tomato |      |

|                                                                         |      |
|-------------------------------------------------------------------------|------|
| Boost Omelette (P).....                                                 | \$21 |
| egg whites, chicken breast, sautéed spinach roasted red pepper, ricotta |      |

|                                                                                                                                                                                     |      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Custom Omelette .....                                                                                                                                                               | \$19 |
| <b>select two:</b> cheddar, havarti, goat, feta, mushrooms, parsley green onion, red or green pepper, tomato, broccoli, sautéed spinach, red onion, sautéed onion, grilled zucchini |      |
| each additional item add \$2                                                                                                                                                        |      |

**select one:** smoked salmon, chicken breast, all beef salami  
each additional item add \$3

All omelettes available with egg whites.....\$2  
Sub french toast/pancake for any side bagel.....\$4  
Add cheese or vegetable to any omelette.....\$2

## FRENCH TOAST & PANCAKES

Served with pure maple syrup & powdered sugar

|                                           |      |
|-------------------------------------------|------|
| Challah French Toast (3).....             | \$16 |
| thick cut challah, strawberry & blueberry |      |

|                                           |      |
|-------------------------------------------|------|
| Egg White Challah French Toast (3).....   | \$17 |
| thick cut challah, strawberry & blueberry |      |

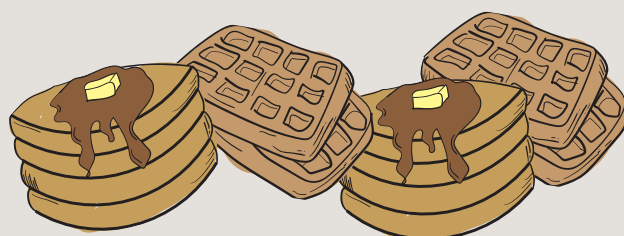
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| Peanut Butter Crunch French Toast (3).....                 | \$18 |
| thick cut challah, peanut butter, banana, granola, nutella |      |

|                                                 |      |
|-------------------------------------------------|------|
| Nutella Oreo Crunch French Toast (3).....       | \$18 |
| thick cut challah, nutella, oreo cookie crumble |      |

|                                            |  |
|--------------------------------------------|--|
| Choice of Toppings                         |  |
| banana, strawberry or blueberry.....\$2    |  |
| chocolate chips or nutella drizzle.....\$2 |  |

|                                          |      |
|------------------------------------------|------|
| Chocolate Cookie Dough Pancakes (3)..... | \$18 |
|------------------------------------------|------|

|                                                                                              |      |
|----------------------------------------------------------------------------------------------|------|
| Homemade Buttermilk Pancakes (3).....                                                        | \$14 |
| add toppings inside or on top (strawberry, blueberry, banana, or chocolate chips.....Add \$2 |      |



## KIDDIE CORNER

(12 & UNDER)

|                                |      |
|--------------------------------|------|
| Grilled Cheese w/ Fries.....   | \$11 |
| cheddar, havarti or mozzarella |      |

|                           |     |
|---------------------------|-----|
| Two Eggs (any style)..... | \$7 |
| no side                   |     |

|                                               |      |
|-----------------------------------------------|------|
| Challah French Toast (2).....                 | \$11 |
| served with pure maple syrup & powdered sugar |      |

|                                               |      |
|-----------------------------------------------|------|
| Mini Buttermilk Pancakes (3).....             | \$11 |
| served with pure maple syrup & powdered sugar |      |

|                                            |  |
|--------------------------------------------|--|
| Choice of Toppings                         |  |
| banana, strawberry or blueberry.....\$2    |  |
| chocolate chips or nutella drizzle.....\$2 |  |

SALADS

Served with toasted bagel or bread. Toasted twister (add \$1).

Middle East (V).....\$16  
finely chopped cucumber, tomato, red onion, parsley, olive oil and lemon

Mediterranean Chicken.....\$20  
romaine, roasted chicken breast, cherry tomato cucumber, roasted red pepper, feta cheese kalamata olives, red onion, chickpeas homemade lemon vinaigrette

WAB.....\$17  
mixed greens, cherry tomato, goat cheese roasted red peppers, pine nuts homemade basil balsamic vinaigrette

Fruity WAB.....\$17  
mixed greens, cherry tomato, strawberries goat cheese, pine nuts homemade basil balsamic vinaigrette

Asian Chicken Salad.....\$20  
romaine, roasted chicken breast, edamame carrots, broccoli, shiitake, mandarin orange bok choy, cashews, wonton crisps homemade ginger sesame vinaigrette

Chicken Caesar.....\$20  
romaine, shredded parmesan cheese roasted chicken breast, garlic croutons homemade anchovy dressing

Boost (P) .....\$22  
romaine, spinach, roasted chicken breast, broccoli chick peas, cucumber, avocado, shaved almonds egg whites, feta cheese, green apple homemade basil balsamic vinaigrette

Greek.....\$17  
romaine, hard boiled egg, cucumber, cherry tomato red onion, kalamata olives, feta cheese homemade oregano vinaigrette

Cobb Salad.....\$21  
romaine, roasted chicken breast, turkey bacon avocado, blue cheese, pickled red onions hard boiled egg homemade lemon vinaigrette

Create Your Own Salad.....\$18  
pick a leaf, any two veggies, a protein and a dressing ask your server for a form

Add: roasted chicken breast.....\$6  
scoop of white albacore tuna.....\$6  
scoop of chicken salad.....\$6  
scoop of egg salad.....\$5

SIGNATURE WAB SANDWICHES

Served with your choice of house salad, home fries or french fries. Upgrade to sweet potato fries, middle east salad, fresh fruit, WAB salad, fruity WAB salad, greek or caesar (add \$2)

Old School.....\$17  
grilled all beef salami, pickles, hard boiled egg grainy mustard, crispy onion, mayo, challah bun

Dizengoff.....\$19  
chicken schnitzel, lettuce, middle east salad hummus, homemade salsa, challah bun

Triple Decker Turkey Club.....\$19  
smoked turkey breast, turkey bacon, avocado lettuce, tomato, mayo, challah bread

Super Veggie.....\$16  
grilled zucchini, roasted red pepper, goat cheese avocado, hummus, tahini, multi-grain bread

West Coast.....\$19  
herbed chicken breast, avocado, turkey bacon lettuce, tomato, basil pesto mayo, challah bun

Vegetarian.....\$15  
hummus, avocado, cucumber, tomato, lettuce shredded carrots, roasted red pepper honey mustard, multi-grain bread

Brooklyn.....\$19  
chicken schnitzel, melted cheddar, lettuce, tomato red onion, homemade ranch dressing, challah bun

WRAPS

Served on a white or whole wheat flour tortilla with your choice of house salad, home fries or french fries. Upgrade to sweet potato fries, middle east salad, fresh fruit, WAB salad, fruity WAB salad, greek or caesar (add \$2)

Chicken Caesar.....\$19  
herbed chicken breast, romaine, parmesan, anchovy caesar

Albacore Tuna Avocado.....\$18  
avocado, mixed greens, cherry tomato, cucumbers kalamata olive aioli

Roasted Chicken Breast.....\$19  
mixed greens, cherry tomato, roasted red peppers grilled zucchini, sun-dried tomato aioli

Veggie.....\$17  
mixed greens, roasted red peppers, grilled zucchini cherry tomato, sautéed onion, hummus, kalamata olive aioli

Roasted Turkey Breast.....\$19  
mixed greens, roasted red peppers, avocado, tomato cucumbers, mustard, mayo

Chicken Schnitzel.....\$19  
mixed greens, cherry tomato, sun-dried tomato aioli

PLATTERS

Served with toasted bagel or bread. Toasted twister add \$1

Chicken Schnitzel.....\$21  
served with middle east salad, hummus, salsa, french fries

Smoked Salmon Platter.....\$22  
sliced tomato, cucumber, red onion, capers, scoop of light or regular cream cheese

Scoop Platter.....\$17  
scoop of tuna, egg salad with choice of cream cheese, plain or flavoured. served with sliced tomato, cucumber, red onion.

\*Substitute Scoop of Tuna.....add \$2

JERUSALEM TOASTS

Served on a sesame seed jerusalem bun with your choice of house salad, home fries or french fries. Upgrade to sweet potato fries, middle east salad, fresh fruit, WAB salad, fruity WAB salad, greek or caesar (add \$2)

Green Olive.....\$17  
green olives, tomato salsa, mozzarella, feta cheese

Egg.....\$18  
hard boiled egg, feta cheese, tomato salsa, red onion

Chicken.....\$19  
herbed chicken breast, mozzarella, goat cheese green olives, tomato salsa

Za’atar.....\$17  
green olives, mozzarella, goat cheese, tomato salsa

Tuna .....\$18  
tuna salad, mozzarella, goat cheese, tomato salsa

Salami.....\$19  
grilled all beef salami, scrambled eggs green olives, pickles, tomato salsa

MELTS

Served with your choice of house salad, home fries or french fries. Upgrade to sweet potato fries, middle east salad, fresh fruit, WAB salad, fruity WAB salad, greek or caesar (add \$2)

Tuna Melt.....\$17  
cheddar, havarti or mozzarella, sliced tomato, challah

Avocado Grilled Cheese.....\$18  
cheddar, avocado, over easy egg on challah bread

Grilled Cheese.....\$14  
cheddar, havarti or mozzarella on challah, multi-grain or whole wheat

add grilled salami or turkey bacon.....\$4  
add avocado.....\$4

CLASSIC WAB SANDWICHES

Served on toasted bagel or bread. Toasted twister (add \$2). Plus your choice of house salad, home fries or french fries. Upgrade to sweet potato fries, middle east salad, fresh fruit, WAB salad, fruity WAB salad greek or caesar (add \$2)

Egg Salad.....\$14  
lettuce, tomato, red onion

Cream Cheese.....\$13  
lettuce, tomato, cucumber

White Albacore Tuna Salad.....\$15  
lettuce, tomato, red onion, grainy mustard

Big Shot.....\$17  
smoked salmon, capers, chive cream cheese, tomato, red onion

SIDES & ADD ONS

Cream cheese regular or light.....\$5  
Flavoured cream cheese.....\$5.50  
1/2 Order cream cheese.....\$3  
Yogurt (Plain, Vanilla, Plain Greek).....\$3  
Goat cheese.....\$3  
Feta cheese.....\$3

Sliced tomatoes.....\$2  
Olives & pickles.....\$3  
Sliced cucumbers .....\$2  
Side avocado.....\$4  
Bagel.....\$1.50  
Add butter to bagel.....\$1.50  
Twister bagel.....\$2.50  
Bread.....\$1.50

Hand Cut french fries.....\$5  
Eatery sweet potato fries.....\$6  
Homemade home fries.....\$5  
Scoop of white albacore tuna salad.....\$6  
Scoop of egg salad.....\$5  
Smoked salmon slices (4).....\$12  
Served with capers and onions

