



# WHAT A BAGEL

EATERY BAKERY CATERING

@whatabagel  
www.whatabagel.com

## BENEDICT\*

2 poached eggs, english muffin, hollandaise sauce

FLORENTINE	spinach	\$15.79
RANCHEROS	avocado, tomato salsa, green onion, pickled jalapeños	\$16.49
SALAMI	salami, crispy onion	\$16.99
SMOKED SALMON	spinach, capers, dill	\$18.99
WHAT A BENEDICT	smoked salmon, dill cream cheese, red onion, capers, dill	\$18.99
ADD EXTRA EGG		\$3.99
EXTRA SMOKED SALMON		\$4.99
EXTRA SALAMI		\$2.99

## EGGS YOUR WAY\*

SCRAMBLED EGG WHITES	\$13.99
SCRAMBLED EGGS WITH SMOKED SALMON AND ONIONS	\$15.99

### EGGS, \*ANY STYLE

\*Any style: scrambled, over, poached, boiled, sunny side up

TWO EGGS	\$11.99
THREE EGGS	\$13.99

## OMELETTE BAR\*

3 egg omelette served with toasted bagel, bread or rye

OPTIMAL	egg whites, spinach, goat cheese, diced tomato	\$16.79
SMOKED SALMON	red onion, goat cheese, spinach	\$18.99
VEGETARIAN	basil, red pepper, green onion, mushroom	\$16.29
GREEK	red onion, red pepper, diced tomato, feta cheese	\$16.79
SALAMI	salami, sweet onion	\$17.29
MUSHROOM	mushroom, cheddar cheese	\$16.29
CUSTOM	select 1-3: cheddar, havarti, mozzarella, goat or feta cheese, parsley, basil, green onion, red or green pepper, salami, mushroom, tomato, spinach, red or sweet onion, shredded chicken, broccoli, jalapeños, pesto	\$16.79

EGG WHITES ONLY	\$1.49
ADDITIONAL ITEMS	\$1.49
ADD TURKEY BACON (2)	\$2.99
ADD SMOKED SALMON	\$2.19

## HOUSE FAVOURITES

served with pita, toasted bagel, bread or rye

SHAKSHUKA	mediterranean tomato sauce, 2 eggs	\$16.49
ADD GOAT OR FETA CHEESE		\$1.99
ADD EXTRA EGG		\$1.99

\*side choice: house salad, home fries, sweet potato fries or french fries. Upgrade salad to middle east, WAB, fruity WAB, greek, caesar or fresh fruit for \$1.99

\*\*served with: toasted bagel or bread. Upgrade to a flat bagel or twister for \$0.99 or a gluten-free bagel for \$1.99

## THE BREAKFAST CLUB

HOME MADE WAFFLES	\$13.99
CHALLAH FRENCH TOAST	\$12.99
CHEESE BLINTZES	\$16.99
HOME MADE PANCAKES	\$12.99
WILD BLUEBERRY PANCAKES	\$13.99
EGG WHITE FRENCH TOAST	\$13.99
ADD BANANA, STRAWBERRIES OR BLUEBERRIES (seasonal)	\$1.49
ADD CHOCOLATE CHIPS, NUTELLA DRIZZLE OR PEANUT BUTTER	\$1.99

## WRAPS\*

Whole wheat flour tortilla

ALBACORE TUNA AVOCADO	\$16.49
white albacore tuna salad, mixed greens, avocado, sliced cherry tomato, cucumber	
BREAKFAST WRAP	\$16.49
scrambled eggs, avocado, roasted red pepper, basil pesto, feta cheese	
CHICKEN CAESAR WRAP	\$17.99
romaine lettuce, parmesan, chicken schnitzel, turkey bacon, pickle, caesar dressing	
ADD MOZZARELLA, HAVARTI, CHEDDAR, GOAT OR FETA CHEESE	\$1.99
ADD TURKEY BACON (2)	\$2.99

## SALADS\*\*

WAB	\$15.99
mixed greens, cherry tomato, roasted red pepper, goat cheese, shaved almonds in a basil balsamic vinaigrette	
FRUITY WAB	\$15.99
mixed greens, cherry tomato, strawberries, goat cheese, shaved almonds in a basil balsamic vinaigrette	
ASIAN CHICKEN SALAD	\$16.99
shredded chicken breast, romaine lettuce, bok choy, cabbage, cherry tomato, wonton crisps, shredded carrots, edamame, shaved almonds in a ginger sesame vinaigrette	
MIDDLE EASTERN	\$13.99
finely chopped cucumber, tomato, red onion, parsley with an olive oil lemon vinaigrette	
CAESAR SALAD	\$14.99
romaine lettuce, challah croutons, caesar dressing, parmesan	
GREEK	\$15.99
romaine lettuce, hard boiled egg, cucumber, cherry tomato, red onion, kalamata olives, feta cheese in a oregano vinaigrette	
MEDITERRANEAN CHICKEN	\$16.99
shredded herbed chicken, romaine lettuce, cherry tomato, cucumber, roasted red pepper, feta cheese, kalamata olives, red onion, chickpeas in a lemon olive oil vinaigrette	

## CREATE YOUR OWN SALAD

Ask your server for a create your own salad form

\$15.99

ADD HARD BOILED EGG	\$1.99
ADD ROASTED CHICKEN BREAST	\$6.49
ADD CHICKEN SCHNITZEL	\$6.99
ADD SCOOP OF WHITE ALBACORE TUNA	\$5.99
ADD AVOCADO	\$2.49

## GO-TO SANDWICHES\*

WHITE ALBACORE TUNA SALAD CLASSIC	\$13.49
tomato and red onion	
TRIPLE DECKER GRILLED CHEESE	\$11.99
havarti or cheddar on challah, whole wheat or multigrain bread	
CREAM CHEESE AND SMOKED SALMON	\$15.49
with tomato and red onion	
CREAM CHEESE CLASSIC (regular or light)	\$11.49
tomato and red onion	
TUNA MELT (regular or light)	\$15.49
white albacore tuna, sliced tomato, melted cheddar, havarti or mozzarella	
SMOKED SALMON AVOCADO TOAST	\$17.49
multigrain rye toast, avocado, smoked salmon, poached eggs, pickled onion, fresh dill	
GRILLED SALAMI	\$14.99
all beef salami, fried egg, cheddar cheese	
AVOCADO BELT	\$14.99
fried egg, avocado, turkey bacon, lettuce, tomato, chipotle mayo	
SUBSTITUTE FLAVOURED CREAM CHEESE	\$0.99
ADD EXTRA EGG	\$1.99



## SIGNATURE SANDWICHES\*

CALIFORNIA ROASTED CHICKEN CLUB	\$16.99
roasted chicken breast, romaine lettuce, avocado, sliced tomato, chipotle mayo on toasted challah or whole wheat bread	
SUBSTITUTE CHICKEN SCHNITZEL	\$3.99
AVOCADO GRILLED CHEESE	\$16.49
avocado, sliced tomato, over easy fried egg, cheddar on challah or whole wheat bread	
CHICKEN SCHNITZEL	\$17.99
chicken schnitzel, pickled red onion, romaine lettuce, cucumber, pickled mayo on an onion bun	
CHICKEN PARMESAN	\$17.99
chicken schnitzel, sautéed onion & mushroom, tomato salsa, mozzarella, chipotle mayo on an onion bun	
PROTEIN PLUS	\$16.49
white albacore tuna, avocado, egg white omelette, sliced tomato on multigrain bread	

\*side choice: house salad, home fries, sweet potato fries or french fries. Upgrade salad to middle east, WAB, fruity WAB, greek, caesar or fresh fruit for \$1.99

\*\*served with: toasted bagel or bread. Upgrade to a flat bagel or twister for \$0.99 or a gluten-free bagel for \$1.99

**JERUSALEM TOAST\***

Served on a sesame seed bun

<b>ZA'ATAR</b> za'atar spice blend, green olive, mozzarella, goat cheese, tomato salsa	\$16.49
<b>TUNA</b> white albacore tuna salad, mozzarella, goat cheese, tomato salsa, basil pesto	\$16.49
<b>AVOCADO</b> avocado, goat cheese, mozzarella, basil pesto	\$16.49
<b>EGG</b> hard boiled egg, red onion, feta, mozzarella, tomato salsa	\$16.49
<b>CHICKEN</b> roasted chicken, mozzarella, green olives, basil pesto	\$16.99

**LITTLE BAGEL BITES**

Kids Menu 12 and under

<b>CHALLAH FRENCH TOAST (2)</b> served with maple syrup	\$9.49
<b>HOMEMADE PANCAKES (2)</b> served with maple syrup	\$9.49
<b>ADD BANANA, STRAWBERRIES OR BLUEBERRIES</b> (seasonal)	\$1.49
<b>ADD CHOCOLATE CHIPS OR NUTELLA</b>	\$1.49
<b>GRILLED CHEESE*</b> cheddar or havarti, served with your choice of sides	\$9.49
<b>SCHNITZEL FINGERS*</b> served with your choice of sides	\$9.99
<b>OPEN FACE PIZZA BAGEL*</b> served with your choice of sides	\$9.49

**FRESH FRUIT & BOWLS**

made with fresh seasonal fruits

<b>FRUIT SALAD BOWL</b> seasonal fruit, yogurt	\$11.99
<b>BERRY BOWL</b> strawberries, blueberries, yogurt	\$12.99
<b>FRESH FRUIT GRANOLA BOWL</b> homemade granola, yogurt	\$12.49

**PLATTERS**

<b>SCOOP PLATTER</b> scoop of white albacore tuna, scoop of egg salad with choice of cream cheese plain or flavoured, served with tomato, cucumber, red onion, romaine lettuce	\$16.99
<b>SMOKED SALMON PLATTER</b> sliced tomato, cucumber, red onion, capers, scoop of light or regular cream cheese, romaine lettuce	\$20.99
<b>SUBSTITUTE SCOOP OF TUNA</b>	\$1.49
<b>SUBSTITUTE SCOOP OF CHICKEN SALAD</b>	\$1.99

**BAKERY FAVOURITES**

<b>ASSORTED RUGELACH (4)</b> chocolate, raspberry & raisin	\$8.99
<b>SMALL WARM BOUREKAS (4)</b> cheese, potato, cheese & green olives, cheese & spinach	\$8.99
<b>SLICED BUFFALO DANISH</b> chocolate or cinnamon raisin	\$5.99

\*side choice: house salad, home fries, sweet potato fries or french fries. Upgrade salad to middle east, WAB, fruity WAB, greek, caesar or fresh fruit for \$1.99

18% Gratuity added to parties of 6 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. Please note, outside food or beverages are not permitted. Thank you for your understanding.

**SIDES, SCOOPS & EXTRAS**

Peanut Butter or Nutella	\$1.49
Cream Cheese, Regular or Light	\$4.95
Flavoured Cream Cheese	\$5.50
Plain or Vanilla Yogurt	\$2.95
Sour Cream	\$2.95
Feta Cheese	\$2.95
Goat Cheese	\$2.95
Sliced Tomato	\$1.45
Sliced Cucumbers	\$1.45
Olives & Pickles	\$4.95
Bagel: Poppy, Sesame, Plain, Multigrain, Everything, Whole Wheat, Pumpernickel, Cinnamon Raisin	\$1.75
Gluten Free Bagel	\$3.95
Twister	\$2.50
Bread: Rye, Challah, Multigrain, Whole Wheat	\$1.75
French Fries	\$5.45
Sweet Potato Fries	\$5.45
Home Fries	\$5.45
Scoop of White Albacore Tuna	\$5.99
Scoop of Egg Salad	\$4.99
Scoop of Chicken Salad	\$5.99
Smoked Salmon Slices (4) with Capers & Onions	\$9.99
Grilled Salami (3)	\$2.49
Avocado	\$2.49
Turkey Bacon (2)	\$2.99
Chicken Schnitzel	\$6.99

**SMOOTHIE BAR**

made with fresh seasonal fruits &amp; natural ingredients

<b>TROPICAL SUNSET</b> spinach, mango, pineapple, banana, orange juice, yogurt, honey	\$8.99
<b>DATE N ALMOND</b> banana, dates, almond milk, cinnamon	\$8.99
<b>BANANUT CAVA</b> banana, almond milk, coffee, yogurt, cashew, sea salt, nutella	\$8.99
<b>STRAWBERRY KISS</b> strawberry, banana, orange juice, yogurt, honey	\$8.99
<b>ISLAND LOVE</b> pineapple, banana, sea salt, chia seeds, almond coconut milk, yogurt, honey, coconut flakes	\$8.99
<b>MATCHA-MA-CALLIT</b> green matcha, mango, banana, spinach, almond milk, honey	\$8.99
<b>GREEN RANGER</b> spinach, kiwi, banana, avocado, mint, ginger, orange juice, honey	\$8.99
<b>ADD PROTEIN</b>	\$2.09

Restaurant Hours:  
**MONDAY - SUNDAY**  
**8AM - 3PM**

**COFFEE & ESPRESSO**

<b>ILLY BREWED COFFEE</b>	\$2.95
<b>ESPRESSO</b> short or long	s: \$2.75 d: \$3.75
<b>CAFFÈ AMERICANO</b>	\$4.45
espresso combined with hot water	
<b>ESPRESSO MACCHIATO</b>	s: \$3.45 d: \$4.45
illy espresso with a dollop of frothy milk	
<b>CAPPUCCINO</b>	\$5.05
espresso blended with warm frothy milk	
<b>CAFFÈ LATTE</b>	\$5.55
espresso blended with hot milk, finished with a rich layer of froth	

**HOT SPECIALTY DRINKS**

<b>CAFFÈ MOCHA</b> espresso blended with rich chocolate powder and steamed milk, finished with a dollop of frothy milk	\$5.95
<b>CARAMEL LATTE</b> espresso blended with rich caramel sauce and steamed milk, finished with a dollop of frothy milk and drizzled caramel sauce	\$5.95
<b>VANILLA LATTE</b>	\$5.95
<b>GREEN MATCHA LATTE</b>	\$5.95
<b>CHAI LATTE</b>	\$5.95
<b>GOURMET HOT CHOCOLATE</b>	\$4.85
<b>EXTRA SHOT OF ESPRESSO</b>	\$1.50

**GOURMET HOT TEA**

<b>MOROCCAN MINT NANA TEA</b> fresh mint leaves, orange pekoe	\$4.75
<b>HERBAL TEAS</b> assorted varieties	\$3.95
<b>ORANGE PEKOE BLEND</b>	\$3.25

**ICED COFFEE**

<b>ILLY ICED COFFEE</b>	\$3.75
<b>ICED CAFFÈ AMERICANO</b> espresso combined with water over ice	\$4.45
<b>ICED CAFFÈ LATTE</b> espresso with cold milk over ice	\$5.45
<b>ICED VANILLA LATTE</b>	\$5.95
<b>ICED CARAMEL LATTE</b>	\$5.95
<b>ICED MOCHA LATTE</b>	\$5.55

**COLD BEVERAGES**

SM	LG
<b>FRESHLY SQUEEZED JUICE</b> orange or grapefruit	\$5.25
<b>MILK</b>	\$3.05
<b>CHOCOLATE MILK</b>	\$3.95
<b>PERIER</b>	\$3.45
<b>BOTTLED WATER</b>	\$3.45
<b>ICED TEA</b>	\$3.45
<b>SOFT DRINKS</b>	\$3.45
<b>SIMPLY APPLE OR ORANGE JUICE, PINK OR REG LEMONADE</b>	\$3.95
<b>MIMOSA</b>	\$8.99



Scan the QR code to view our full Catering Menu!

