

Family Bagels of Plainview

Breakfast • Bagels • Sandwiches • Salads • Coffee & More

Popular Items

Bagel	\$1.91
The Simple Breakfast	\$6.16
Two eggs, any style. Served on choice of roll or bagel.	
Regular Iced Coffee	\$0.00
All Iced coffees are unsweetened and made with infused-flavor beans. 16 oz or 24, 32 or 44 oz for additional charge. Choose from our selection of flavors.	
Bagel w/ Cream Cheese	\$4.51
Specify Low Fat Plain Cream Cheese or Regular Cream Cheese in the Notes!!	
Lo Carb Whole Wheat Flagels	\$2.07
Salad Bar Small	\$11.32
Create your own salad from choice of greens & toppings, served chopped or not chopped. Served with choice of bagel, wrap or bagel chips. GF wrap or bagel available for additional charge.	

Breakfast

The Simple Breakfast	\$6.16
Two eggs, any style. Served on choice of roll or bagel.	
Hungryman Breakfast	\$12.37
3 eggs, bacon, ham, sausage and cheese on a hero.	
Protein Wrap	\$11.34
3 eggs or egg whites, turkey, cheese, lettuce and tomato served on a wrap.	

Veggie Wrap	\$11.34
--------------------	----------------

3 egg whites, mushrooms, onions, tomatoes and peppers served on a wrap.

The Energizer Sandwich	\$10.82
-------------------------------	----------------

2 egg whites, turkey and Alpine Lace Swiss on a low carb flagel.

French Toast (3) Platter	\$11.34
---------------------------------	----------------

Pancake (3) Platter	\$11.34
----------------------------	----------------

The Workout Sandwich	\$10.30
-----------------------------	----------------

2 hardboiled eggs, tomato and avocado on whole wheat toast.

Breakfast Quesadilla	\$11.28
-----------------------------	----------------

2 scrambled eggs with bacon, ham or sausage and Cheddar. Served with sour cream and salsa in a tortilla.

Western Omelette	\$13.41
-------------------------	----------------

3 eggs, ham, cheese, onion, tomato and peppers served with homefries or lettuce/tomatoes and choice of bagel or toast.

Greek Omelette	\$13.41
-----------------------	----------------

3 eggs with Feta cheese, spinach, tomatoes and onions served with homefries or lettuce/tomatoes and choice of bagel or toast.

L.E.O Omelette	\$15.44
-----------------------	----------------

Lox, 3 eggs and onions served with home fries or lettuce, tomato served with homefries or lettuce/tomatoes and choice of bagel or toast.

Create Your Own Omelette	\$13.41
---------------------------------	----------------

3 eggs with choice of 3 fillings served with homefries or lettuce/tomatoes and choice of bagel or toast.

Avocado Toast	\$10.80
----------------------	----------------

The Hawk Wrap	\$13.41
----------------------	----------------

3 egg whites, grilled chicken, salsa and avocado on a whole wheat wrap

The "Heads Up" Hero	\$14.44
----------------------------	----------------

3 eggs over easy, crispy bacon, chicken cutlet, American cheese and two hash browns served on a toasted hero.

The Jersey Boy Breakfast

\$12.37

2 eggs, Taylor ham, hashbrowns and cheese.

The I-495 Breakfast

\$12.37

2 eggs, bacon, American cheese, hash brown, Mike's hot honey, served on a bagel or roll.

The Hot Honey Breakfast

\$12.37

2 eggs, turkey, Pepper Jack cheese, avocado, Mike's hot honey, served on a grilled wrap of your choice.

The Sal & Cheech Breakfast

\$12.37

2 eggs over easy, bacon, sausage, American cheese, hashbrown, Mike's hot honey, served on a sesame bagel.

The Zeus Breakfast

\$13.41

3 eggs fried, beef lamb gyro meat, havarti dill cheese, tzatziki sauce on a everything bagel.

Coffee Bar

Regular Iced Coffee

\$0.00

All Iced coffees are unsweetened and made with infused-flavor beans. 16 oz or 24, 32 or 44 oz for additional charge. Choose from our selection of flavors.

Decaf Iced Coffee

\$0.00

All Iced coffees are unsweetened. 16 oz or 24, 32 or 44 oz for additional charge. Choose from our selection of flavors.

Regular Hot Coffee

\$0.00

Small or medium or large for additional charge. Call restaurant for hot flavors of the day.

Decaf Hot Coffee

\$0.00

Small or medium or large for additional charge.

Regular Flavored Hot Coffee

\$0.00

Small or medium or large for additional charge. Choose from our selection of flavors. Call restaurant for our daily flavors.

Decaf Flavored Hot Coffee	\$0.00
----------------------------------	---------------

Small or medium or large for additional charge. Choose from our selection of flavors.
Call restaurant for our daily flavors.

Hot Chocolate	\$0.00
----------------------	---------------

Small or medium or large.

Box of Joe	\$26.77
-------------------	----------------

Iced Coffee Bags	\$33.10
-------------------------	----------------

1 gallon. Choose from our selection.

1-Pound Bags of Coffee (Whole Beans OR Ground)	\$16.51
---	----------------

K-Cups	\$17.46
---------------	----------------

Choose from our selection. Call restaurant for selection of flavors.

Bagels

Bagel	\$1.91
--------------	---------------

Flagel	\$2.07
---------------	---------------

Lo Carb Whole Wheat Flagels	\$2.07
------------------------------------	---------------

Specialty Bagel	\$2.07
------------------------	---------------

Mini Bagel	\$1.20
-------------------	---------------

Twists	\$2.07
---------------	---------------

Plain, Everything, Sesame

Sourdough Bagel	\$2.07
------------------------	---------------

Gluten Free Bagel	\$3.61
--------------------------	---------------

Bagels with Spreads

Bagel w/ Butter	\$2.55
------------------------	---------------

Bagel w/ Butter	\$3.57
Bagel w/ Cream Cheese	\$4.51
Specify Low Fat Plain Cream Cheese or Regular Cream Cheese in the Notes!!	
Boars Head Ovengold Turkey	\$0.00
Bagel w/ Flavored Cream Cheese	\$5.23
Bagel w/ Tofu Cream Cheese	\$5.43
Bagel w/ Jelly	\$3.57
Bagel w/ Peanut Butter	\$6.20
Bagel w/ Peanut Butter and Jelly	\$6.70
Flagel w/ Butter	\$4.47
Flagel w/ Cream Cheese	\$5.44
Specify Low Fat Plain Cream Cheese or Regular Cream Cheese in the Notes!!	
Flagel w/ Flavored Cream Cheese	\$6.19
Flagel w/ Tofu Vegetable Cream Cheese	\$7.20
Flagel w/ Peanut Butter	\$6.20
Flagel w/ Peanut Butter and Jelly	\$6.70
Twist w/Butter	\$4.47
Twist w/ Cream Cheese	\$5.44
Specify Low Fat Plain Cream Cheese or Regular Cream Cheese in the Notes!!	
Twist w/Flavored Cream Cheese	\$6.19
Twist w/ Tofu Cream Cheese	\$7.20
Mini Bagels w/ Butter	\$2.85
Mini Bagels w/ Cream Cheese	\$3.11

Specify Low Fat Plain Cream Cheese or Regular Cream Cheese in the Notes!!

Mini Bagels w/ Flavored Cream Cheese	\$3.88
---	---------------

Mini Bagels w/ Tofu Cream Cheese	\$5.43
---	---------------

Sourdough Bagels w/ Butter	\$4.47
-----------------------------------	---------------

Sourdough Bagels w/ Cream Cheese	\$5.44
---	---------------

Specify Low Fat Plain Cream Cheese or Regular Cream Cheese in the Notes!!

Sourdough Bagels w/ Flavored Cream Cheese	\$6.19
--	---------------

Sourdough Bagels w/ Tofu Cream Cheese	\$7.20
--	---------------

Specialty Bagels w/ Butter	\$4.47
-----------------------------------	---------------

Specialty Bagels w/ Cream Cheese	\$5.44
---	---------------

Specify Low Fat Plain Cream Cheese or Regular Cream Cheese in the Notes!!

Specialty Bagels w/ Flavored Cream Cheese	\$6.19
--	---------------

Specialty Bagels w/ Tofu Cream Cheese	\$7.20
--	---------------

Gluten Free Bagel w/ Butter	\$5.93
------------------------------------	---------------

Gluten Free Bagel w/ Cream Cheese	\$6.87
--	---------------

Specify Low Fat Plain Cream Cheese or Regular Cream Cheese in the Notes!!

Gluten Free Bagel w/ Flavored Cream Cheese	\$7.59
---	---------------

Gluten Free Bagel w/ Tofu Cream Cheese	\$9.04
---	---------------

Sliced Nova Lox, Cream Cheese, Onion & Tomato on a Bagel	\$12.89
---	----------------

Add capers for additional charge.

Gourmet Belgian Waffles

OG Waffle	\$10.34
------------------	----------------

Classic Belgian Waffle served with butter and syrup

Oreo Waffle **\$14.48**

Oreo Belgian Waffle topped with whipped cream and Oreo cookie crumbles

Funky Monkey Waffle **\$14.48**

Classic Belgian Waffle served with sliced bananas and topped with whipped cream

Chocolate Chip Waffle **\$14.48**

Chocolate Chip Belgian Waffle topped with whipped cream and drizzled with Hershey's Chocolate Syrup

Blueberry Waffle **\$14.48**

Blueberry Belgian Waffle topped with whipped cream

Fresh and Fruity Waffle **\$14.48**

Classic Belgian Waffle served with fresh strawberries and blueberries topped with whipped cream

Fruity Pebble Waffle **\$14.48**

Fruity Pebble Belgian Waffle topped with whipped cream and fruity pebbles

Deli Sandwiches

Oven Gold Turkey Sandwich **\$12.26**

Honey Maple Turkey Sandwich **\$12.26**

Corned Beef Sandwich **\$12.26**

Pastrami Sandwich **\$12.26**

Roast Beef Sandwich **\$12.26**

Ham Sandwich **\$12.26**

Genoa Salami Sandwich **\$12.26**

Pepperoni Sandwich **\$12.26**

Cheese Sandwich	\$10.34
BLT	\$10.34
Chicken Cutlet Sandwich	\$12.26
Grilled Chicken Sandwich	\$12.26
Fresh Turkey Sandwich	\$12.26

Cold Cuts and Cheeses By the Pound

Fresh Turkey	\$0.00
Boars Head Honey Maple Turkey	\$0.00
Boars Head Ham	\$0.00
Boars Head Honey Ham	\$0.00
Housemade Roast Beef	\$0.00
Boars Head Everroast Chicken Breast	\$0.00
Boars Head Salami	\$0.00
Boars Head Pastrami	\$0.00
Boars Head Pepperoni	\$0.00
Boars Head Corned Beef	\$0.00
Yellow American Cheese	\$0.00
White American Cheese	\$0.00
Cheddar Cheese	\$0.00
Swiss Cheese	\$0.00

Boars Head Alpine Lace Swiss Cheese	\$0.00
Pepperjack Cheese	\$0.00
Muenster Cheese	\$0.00
Provolone Cheese	\$0.00

Gourmet Signature Sandwiches

The Cougar Gourmet Sandwich	\$14.44
Fried eggplant, fresh Mozzarella & roasted peppers with balsamic vinaigrette on a garlic hero.	
The Predator Gourmet Sandwich	\$14.44
Roast beef, melted Mozzarella & bacon on a garlic hero.	
The Italiano Gourmet Sandwich	\$16.51
Genoa salami, ham, pepperoni, Provolone, lettuce, tomato & onion with oil and vinegar on a hero.	
The Sorrentino Gourmet Sandwich	\$16.51
Chicken cutlet, fried eggplant, fresh Mozzarella & sun dried tomatoes with balsamic vinaigrette served on a hero.	
The Long Islander Gourmet Sandwich	\$14.44
Turkey, melted Swiss, bacon & coleslaw with Russian dressing.	
The All American Gourmet Sandwich	\$16.51
Ham, turkey, roast beef, American and Swiss cheeses, lettuce & tomatoes on a hero.	
The Reuben Classic Gourmet Sandwich	\$14.44
Corned Beef, melted Swiss & sauerkraut with Russian dressing.	
The Nassau Suffolk Gourmet Sandwich	\$14.44
Pastrami, corned beef, melted Swiss & coleslaw with Thousand Island.	
The Bulldog Gourmet Sandwich	\$16.51
Chicken cutlet, melted Jack and Cheddar, crispy bacon, lettuce, tomato & pepperhouse dressing on a toasted garlic hero.	

The Regulator Gourmet Sandwich **\$16.51**

Grilled chicken, melted Monterey Jack, bacon, sweet peppers, black olives, onion, tomato & mayo on a hero.

The Prescott Gourmet Sandwich **\$16.51**

Chicken cutlet, melted Cheddar, guacamole, lettuce, tomato & onions with ranch dressing on a toasted garlic hero.

The Wrangler Gourmet Sandwich **\$16.51**

Roast beef, bacon, melted Swiss, sauteed onions & mushrooms, smothered in gravy on a toasted garlic hero.

The Mac Daddy Gourmet Sandwich **\$17.46**

Chicken cutlet, melted America, bacon, Russian dressing & Mac and Cheese on a toasted garlic hero.

The Safer Gourmet Sandwich **\$16.51**

Chicken cutlet, sliced buffalo chicken breast, bacon, lettuce, Pepper Jack cheese & Russian dressing on a toasted hero.

Cabo Chicken Sandwich **\$16.51**

Chicken cutlet, melted Mozzarella cheese, crispy bacon, avocado, ranch & hot sauce. Served on a toasted ciabatta roll. Includes a fountain drink.

The Rebel Gourmet Sandwich **\$17.46**

3 pieces of chicken cutlet, guacamole, 6 strips of crispy bacon, melted Cheddar, lettuce, tomato, onion, jalapenos & ranch dressing. Served on a toasted garlic hero. Includes a 16oz fountain drink.

Newest Sandwiches

The Cowboy Sandwich **\$16.51**

Chicken cutlet, roast beef, bacon, melted white American, lettuce, tomato, Mike's hot honey mustard, served on a toasted roll. Served with pickle or side salad. Add from our selection of toppings for additional charge.

The Boss Sandwich **\$16.51**

Prosciutto di Parma, fresh Mozzarella, arugula, tomatoes, roasted red peppers, pesto, balsamic glaze, served on ciabatta. Served with pickle or side salad. Add from our selection of toppings for additional charge

selection of toppings for additional charge.

The Midwestern Sandwich

\$16.51

Warm cracked pepper turkey, melted pepper Jack cheese, bacon, avocado, Mike's hot honey, served on a everything bagel. Served with pickle or side salad. Add from our selection of toppings for additional charge.

The Guido Sandwich

\$16.51

Prosciutto di Parma, capicola, roasted red peppers, fresh Mozzarella, EVOO, pesto, served on a semolina hero. Served with pickle or side salad. Add from our selection of toppings for additional charge.

The Gandolfini Sandwich

\$16.51

Breaded eggplant, prosciutto, arugula, fresh Mozzarella, tomatoes, pesto, served on a semolina hero. Served with pickle or side salad. Add from our selection of toppings for additional charge.

The Testarossa Sandwich

\$16.51

Chicken cutlet, prosciutto, burrata, arugula, pesto, balsamic glaze, served on a semolina hero. Served with pickle or side salad. Add from our selection of toppings for additional charge.

The Arthur Avenue Sandwich

\$16.51

Prosciutto, sopressata, capicola, pepperoni, Provolone cheese, hot cherry peppers, lettuce, tomatoes, onions, EVOO, red wine vinegar, salt, pepper, mayo, served on a semolina hero. Served with pickle or side salad. Add from our selection of toppings for additional charge.

The Newmie Sandwich

\$16.51

Sliced grilled chicken, sauteed peppers, onions, melted white American & homemade chipotle mayo on a toasted garlic ciabatta. Served with pickle or side salad. Add from our selection of toppings for additional charge.

The Bar-Katz Sandwich

\$16.51

Boars Head honey maple turkey, coleslaw, crunchy vegetable, avocado & Russian dressing, on a whole wheat low carb sunflower flagel. Served with pickle or side salad. Add from our selection of toppings for additional charge.

Classic Philly Cheesesteak Sandwich

\$16.51

Philly beef steak, sauteed peppers, onions, melted white American, lettuce, tomato & mayo on a toasted garlic hero. Served with pickle or side salad. Add from our selection of toppings for additional charge.

The Coney Island Mike Sandwich

\$17.00

The Coney Island Mike Sandwich

\$17.33

Grilled pastrami, melted swiss, coleslaw on a potato knish.

Chicken Philly Cheesesteak Sandwich

\$17.33

Sliced grilled chicken, sauteed peppers, sauteed onions, provolone cheese on a toasted garlic hero with lettuce, tomato and mayo.

The Cubano Sandwich

\$17.33

Boars head honey glazed ham, sliced grilled chicken, sliced pickles, Swiss cheese, mustard on a toasted pressed ciabatta.

The Jakenator Sandwich

\$17.33

Boar's head honey maple turkey, roast beef, bacon, cheddar cheese, Swiss cheese and mayo served on your choice of bagel.

French Dip Hero Sandwich

\$17.33

Roast beef, caramelized onions, homemade au jus on a toasted garlic hero.

The Big Chicken Sandwich

\$17.33

Boar's head everroast chicken breast, Swiss cheese, lettuce, tomato and mayo on your choice of bagel.

The Smokehouse Wrap Sandwich

\$17.33

Barbeque grilled chicken, melted cheddar cheese, caramelized onions, tomato and ranch dressing on a wrap.

The Uncle Jay Sandwich

\$17.33

Sliced breaded chicken cutlet, alpine lace swiss, crunchy vegetable salad, honey mustard on a whole wheat wrap with honey mustard on your choice of wrap.

Chicken Cutlet Caesar Hero Sandwich

\$17.33

Chicken cutlet, romaine lettuce, parmesan cheese, crushed croutons with caesar dressing on everything scooped semolina hero.

The Hot Honey Pastrami Melt Pastrami Sandwich

\$17.33

Grilled onions, melted provolone cheese, deli mustard on toasted rye bread.

Gourmet Sandwich Wraps

The New Yorker Gourmet Wrap

\$14.44

Cheese, chicken, ham, turkey, or beef with lettuce, tomato, and ranch dressing on a whole wheat wrap.

Grilled chicken, roasted peppers, fresh Mozzarella, Romaine lettuce and pesto.

The Carlito Gourmet Wrap

\$14.44

Fried eggplant, fresh Mozzarella and roasted peppers.

The Thunderbird Gourmet Wrap

\$14.44

Grilled vegetables, fresh Mozzarella and mesculin with balsamic vinaigrette.

The South Beach Gourmet Wrap

\$14.44

Turkey, bacon, lettuce and tomato with honey mustard.

The Tom Cat Gourmet Wrap

\$14.44

Balsamic grilled chicken with fresh Mozzarella and avocado.

The Caesar Gourmet Wrap

\$14.44

Grilled chicken, Romaine, croutons and Parmesan cheese with Caesar dressing.

The Ram Gourmet Wrap

\$14.44

Roast beef, Cheddar and sauteed onions with horseradish.

The Plainview Gourmet Wrap

\$14.44

Fresh turkey, tomato, avocado and alpine lace Swiss with honey mustard in a lettuce leaf wrap.

The Robby Gourmet Wrap

\$14.44

Grilled chicken and onions, avocado, lettuce and pesto on a grilled whole wheat wrap with hot sauce side.

The Bogaty Gourmet Wrap

\$14.44

Turkey, bacon, tomato, avocado and mayo in a lettuce wrap.

The Plotkin Gourmet Wrap

\$14.44

Boar's head honey glazed turkey, alpine lace Swiss, sliced apples, walnuts and honey mustard in a lettuce wrap.

The Goldberg's Gourmet Wrap

\$14.44

Honey maple turkey, avocado, roasted red peppers and spicy mustard in a lettuce wrap.

Grilled Chicken Avocado Bacon Caesar Gourmet Wrap

\$14.44

Grilled chicken, crispy bacon, avocado, Romaine lettuce, Parmesan cheese and homemade Caesar dressing.

Waist Watcher Gourmet Wrap	\$14.44
-----------------------------------	----------------

Fresh turkey, Swiss and crunchy veggie salad on a lettuce wrap.

Everroast Chicken Avocado Lettuce Wrap	\$14.44
---	----------------

Boars head everroast chicken breast, avocado, tomato, red onion and alpine lace Swiss cheese served on a lettuce wrap.

Harry's Healthy Wrap	\$14.44
-----------------------------	----------------

Honey maple turkey, Alpine Lace Swiss, honey mustard, served on a lettuce wrap.

Sandwich Originals

Tuna Sandwich	\$11.94
----------------------	----------------

Honey Mustard Tuna Sandwich	\$11.94
------------------------------------	----------------

Low Fat Vegetable Tuna Salad Sandwich	\$11.94
--	----------------

Low Fat Hellman's Mayo, Scallions, Carrots, Celery

Low Fat Family Tuna Salad Sandwich	\$11.94
---	----------------

Low Fat Hellman's Mayo, Craisins, Green Apples

Low Fat Summertime Tuna Sandwich	\$11.94
---	----------------

Low Fat Hellman's Mayo, Cucumbers, Fresh Dill, Green Apples

No Mayo Tuna Sandwich	\$11.94
------------------------------	----------------

Chicken Salad Sandwich	\$11.94
-------------------------------	----------------

Grilled Honey Mustard Chicken Salad Sandwich	\$11.94
---	----------------

Grilled Chicken, Broccoli, Red Onions, Tomato, Peppers, Honey Mustard

Low Fat Vegetable Chicken Salad Sandwich	\$11.94
---	----------------

Low Fat Hellman's Mayo, Scallions, Carrots, Celery

Low Fat Family Chicken Salad Sandwich	\$11.94
--	----------------

Low Fat Hellman's Mayo, Craisins, Walnuts, Green Apples

Low Fat Summertime Chicken Salad Sandwich	\$11.94
--	----------------

Low Fat Summer Time Chicken Salad Sandwich	\$11.94
Low Fat Hellman's Mayo, Cucumbers, Fresh Dill, Green Apples	
Buffalo Chicken Salad Sandwich	\$11.94
White Fish Sandwich	\$12.89
Baked Salmon Sandwich	\$12.89
Egg Salad Sandwich	\$11.94
Egg Mushroom Onion Salad Sandwich	\$11.94
Low Fat Egg White Spinach Salad Sandwich	\$11.94
Low Fat Hellman's Mayo, Spinach	
Low Fat Egg White Mushroom, Onion, Spinach Salad Sandwich	\$11.94
Low Fat Hellman's Mayo, Spinach, Sauteéd Mushrooms & Onions	

Gourmet Paninis

The Bronx Tale Panini	\$14.44
Grilled chicken, fresh Mozzarella and sun dried tomato with pesto sauce.	
Michael's Choice Panini	\$14.44
Honey maple turkey, crispy bacon, melted Cheddar cheese and tomato with honey mustard dressing.	
Joseph's Choice Panini	\$14.44
Chicken cutlet, bacon, melted American cheese and lettuce with Russian dressing.	
The Wall Street Panini	\$14.44
Roast beef, sauteed onions and Cheddar cheese.	
The Sicilian Panini	\$14.44
Fresh Mozzarella cheese, tomato and roasted peppers with balsamic dressing.	
The Godfather Panini	\$14.44
Grilled chicken, portobello mushrooms, roasted peppers and fresh Mozzarella with	

balsamic dressing.

Gluten Free Pepper Mill Panini

\$15.47

Boar's head cracked pepper mill turkey, melted Pepper Jack cheese, Romaine lettuce, tomato and red onion, served on a gluten free cauliflower panini with your choice of dressing on the side.

Gourmet Chopped Sandwiches

Chopped Waist Watcher Lettuce Wrap

\$16.51

Homemade fresh turkey, Alpine Lace Swiss and crunchy vegetable salad wrapped in romaine lettuce.

Chopped American Hero

\$16.51

Oven-gold turkey, roast beef, ham, American & Swiss cheese, crisp iceberg lettuce, tomato and mayo on a hero.

Chopped Grilled Chicken Caesar Wrap

\$16.51

Grilled chicken, romaine lettuce, Parmesan cheese and Caesar dressing on your choice of wrap.

Chopped Grilled Chicken Greek Wrap

\$16.51

Grilled chicken, romaine lettuce, black olives, red onions, feta cheese, cucumbers and Greek dressing on your choice of wrap.

Chopped Italiano Hero

\$16.51

Genoa salami, pepperoni, ham, Provolone cheese, crisp iceberg lettuce, tomato, red onion, olive oil, red wine vinegar and mayo on a Semolina Hero

Chopped Nova Sandwich

\$16.51

Cream cheese, nova lox, tomato, onion with cucumber dill cream cheese and capers on a bagel.

The Hothead Chicken Cutlet Caesar

\$16.51

Homemade breaded chicken cutlet, romaine lettuce, parmesan cheese, caesar dressing, crispy bacon, frank's red hot sauce and mike's hot honey on your choice of wrap.

Cream Cheese by the Pound

Plain Cream Cheese	\$0.00
Scallion Cream Cheese	\$0.00
Vegetable Cream Cheese	\$0.00
Bacon Scallion Cream Cheese	\$0.00
Walnut Raisin Cream Cheese	\$0.00
Strawberry Cream Cheese	\$0.00
Olive Cream Cheese	\$0.00
Light Plain Cream Cheese	\$0.00
Light Vegetable Cream Cheese	\$0.00
Tofu Vegetable Cream Cheese	\$0.00
Lox Spread	\$0.00
Light Lox Medley	\$0.00
Butter	\$0.00
Jelly	\$0.00
Blueberry Cream Cheese	\$0.00

Salads by The Pound

No Mayo Tuna Salad	\$0.00
Egg Mushroom Onion Salad	\$0.00
Tuna Salad	\$0.00
Low-Fat Honey Mustard Tuna Salad	\$0.00

Low-Fat Vegetable Tuna Salad	\$0.00
Low-Fat Family Tuna Salad	\$0.00
Low-Fat Summertime Tuna Salad	\$0.00
Low-Fat Egg White Spinach Tuna Salad	\$0.00
Chicken Salad	\$0.00
Low-Fat Vegetable Chicken Salad	\$0.00
Low-Fat Summertime Chicken Salad	\$0.00
Low-Fat Family Chicken Salad	\$0.00
Buffalo Chicken Salad	\$0.00
Michael's Chicken Salad	\$0.00
Low-Fat Honey Mustard Chicken Salad	\$0.00
Montauk Chicken Salad	\$0.00
White Fish Salad	\$0.00
Baked Salmon Salad	\$0.00
Egg Salad	\$0.00
Low-Fat Egg White Spinach Salad	\$0.00
Low-Fat Egg White Spinach Mushroom Onion Salad	\$0.00
Potato Salad	\$0.00
Macaroni Salad	\$0.00
Cole Slaw	\$0.00
Cucumber Salad	\$0.00

Crunchy Vegetable Salad	\$0.00
--------------------------------	---------------

Lobster Salad - Seasonal	\$0.00
---------------------------------	---------------

Nova Lox by the Pound

Nova Lox	\$0.00
-----------------	---------------

Salad Bar

Salad Bar Small	\$11.32
--------------------------	----------------

Create your own salad from choice of greens & toppings, served chopped or not chopped. Served with choice of bagel, wrap or bagel chips. GF wrap or bagel available for additional charge.

Salad Bar Large	\$13.38
--------------------------	----------------

Create your own salad from choice of greens & toppings, served chopped or not chopped. Served with choice of bagel, wrap or bagel chips. GF wrap or bagel available for additional charge.

Bakery

Muffins	\$4.13
----------------	---------------

Choose from our selection

Crumb Cake	\$4.13
-------------------	---------------

Original crumb, blueberry cinnamon

Croissants	\$4.13
-------------------	---------------

Our Favorites

The Neal	\$14.44
-----------------	----------------

Grilled Chicken, roasted red peppers, fresh Mozzarella & avocado on a lettuce wrap. Served with a side salad or pickle.

Ro's Favorite	\$17.46
Honey maple turkey rolled up & stuffed with crunchy veggie salad, served on a bed of lettuce, tomatoes and cucumbers and a side of honey mustard. Served with a side salad or pickle.	

Grilled Cheese Corner

Grilled Cheese Sandwich	\$10.34
--------------------------------	----------------

On the Side

Home Fries	\$7.16
-------------------	---------------

Available til 1:30 daily.

French Fries	\$7.16
---------------------	---------------

Available til 1:30 daily.

Regular Potato Chips	\$3.10
-----------------------------	---------------

Whole Pickle	\$3.11
---------------------	---------------

Soups

Soup (12 oz.)	\$5.65
----------------------	---------------

Call restaurant for soups of the day.

Soup (16 oz.)	\$6.17
----------------------	---------------

Call restaurant for soups of the day.

Dessert

Rugelach (1 Lb.)	\$0.00
-------------------------	---------------

Rahka	\$15.12
--------------	----------------

Banana	\$15.40
Cookies	\$4.13
Cookies by the Pound	\$0.00

Grab & Go

Fruit Salad In season.	\$6.17
Low Fat Vanilla Yogurt with Granola & Fresh Fruit	\$6.17
Hardboiled Eggs (2)	\$2.56
Overnight Oats Unsweetened Almond milk, peanut butter, granola, chocolate chips, bananas.	\$6.17
Homemade Rice Pudding	\$6.17

Smoothies

Smoothie	\$0.00
-----------------	---------------

Drinks

Bottled Soda (20 oz.)	\$3.93
Snapple Drink	\$3.93
Gatorade Drink	\$3.93
Celsius Drink Call restaurant for flavor selection.	\$5.14
Dr. Browns Canned Soda	\$2.33