

Bagels

PLAIN *ASIAGO
 POPPY SESAME
 ITALIAN GARLIC
 SALT ONION
 SUPER-CINNAMON
 PARMESAN-PEPPER
 CHEDDAR-JALAPENO
 CHEDDAR-SPINACH
 CINNAMON RAISIN

ENERGY
 WHOLE WHEAT

SINGLE 1.19

½ DOZEN 6.49

BAKER'S DOZEN (13)
 11.29

*Asiago only available
 Thur., Fri., Sat.

Bread/Wrap

7 GRAIN, ITALIAN
 OR SOUR DOUGH BREAD

WRAPS:

PLAIN, SPINACH OR
 WHOLE WHEAT

- CIABATTA ROLL
 +1.20

Cream Cheese

BAGEL & PLAIN

\$2.79

BAGEL & FLAVOR

\$3.89

VEGGIE

SCALLION

GARLIC-HERB

MEXICAN

OLIVE

BACON-HORSERADISH

BACON-SCALLION

MAPLE-WALNUT

TOMATO-PESTO

Also available in
 ½ lb. tubs

Breakfast

EGG \$3.49

EGG WHITES +\$.65

EGG & CHEESE \$4.34

BACON, HAM, SAUSAGE

OR CANADIAN BACON,

With EGG & CHEESE \$5.79

WESTERN \$5.99

EGG, GREEN PEPPER,
 ONION, HAM, CHEESE

EARLY RISER \$5.99

EGG, CANADIAN BACON,
 TOMATO, CHEESE

WEST ST. WRAP \$8.39

EGG WHITES, SPINACH,
 CHEESE, AVOCADO SPREAD,
 ROASTED RED PEPPERS,
 CHIPOTLE MAYO

BREAKFAST BURRITO \$8.39

EGG, HASH BROWNS,
 SALSA, AVOCADO SPREAD,
 PEPPER JACK, BLACK BEANS

STEAK & CHEESE WRAP 8.39

EGG, ROAST BEEF,
 CHEESE, BACON,
 ROASTED RED PEPPERS,
 HOT PEPPERS, MAYO,
 CARAMELIZED ONIONS

BREAKFAST BLT WRAP \$8.39

EGG, BLT, AVOCADO
 SPREAD, CHIPOTLE MAYO

BYOS \$7.29

(BUILD YOUR OWN
 SANDWICH)

SUPER VEGGIE

GRILLED CHICKEN

TURKEY

HUMMUS

EGG SALAD (Seasonal)

TUNA OR CHICKEN SALAD

HAM

BLT

ROAST BEEF

CHOICE OF VEGGIES

TOMATO, ONIONS,
 CUCUMBERS, SPROUTS,
 LETTUCE, PICKLES,
 HOT PEPPERS, SPINACH,
 CARROTS, GREEN PEPPERS
 SLICED CHEESE +.85

Specialty

\$8.69

NEW YORKER

SMOKED NOVA SALMON,
 ONIONS, PLAIN CC,
 TOMATO

AVOCADO CHICKEN

CHICKEN BREAST, MAYO,
 AVOCADO SPREAD, BACON,
 TOMATO, MELTED SWISS

BBQ CHICKEN

GRILLED CHICKEN, BACON,
 BBQ SAUCE, LETTUCE,
 FRENCH FRIED ONIONS,
 MELTED CHEDDAR

CHICKEN RANCH

CHICKEN BREAST,
 RANCH DRESSING, ONION,
 LETTUCE, TOMATO, BACON,
 AVOCADO SPREAD,
 MELTED CHEDDAR

CHIPOTLE CHICKEN MELT

CHICKEN BREAST, BACON,
 MELTED PEPPER JACK,
 SPINACH, CHIPOTLE MAYO
 AVOCADO SPREAD

THAI CHICKEN

CHICKEN BREAST,
 THAI PEANUT SAUCE,
 LETTUCE, SPROUTS,
 RED ONION,
 MELTED PROVOLONE

TURKEY REUBEN

TURKEY, COLESLAW,
 1000 ISLAND DRESSING,
 MELTED SWISS

VEGGIE BURGER

VEGGIE BURGER, LETTUCE,
 ONIONS, TOMATO, MAYO,
 MELTED PROVOLONE

TUSCAN CHICKEN

CHICKEN BREAST, PESTO
 MAYO, LETTUCE, TOMATO,
 ARTICHOKE HEARTS,
 MELTED PROVOLONE

TBLT

TURKEY, BACON,
 LETTUCE, TOMATO,
 SUNDRIED TOMATO SPREAD,
 MELTED SWISS

ECB CLUB

TURKEY, LETTUCE,
 TOMATO, 1000 ISLAND
 DRESSING, BACON,
 MELTED PROVOLONE

PESTO CHICKEN

CHICKEN SALAD, PESTO,
 BACON, ROASTED RED
 PEPPERS, SPROUTS,
 MELTED PROVOLONE

BUFFALO CHICKEN

BUFFALO CHICKEN,
 PROVOLONE, BACON,
 LETTUCE, ONION,
 BLUE CHEESE DRESSING,
 CUCUMBERS, SPROUTS

METRO HUMMUS WRAP

PESTO, ROASTED RED
 PEPPERS, ONION, TOMATO,
 CUCUMBERS, SPROUTS,
 HUMMUS, FETA

CHEDDAR CHICKEN

CHICKEN BREAST,
 PESTO MAYO, SPROUTS,
 TOMATO, ROASTED RED
 PEPPERS, CHEDDAR CHEESE

RB DELUXE

ROAST BEEF, LETTUCE,
 HORSERADISH SAUCE,
 RED ONION, BACON,
 MELTED PROVOLONE

CLUBHOUSE

TURKEY, PESTO,
 CHIPOTLE RANCH
 DRESSING, LETTUCE,
 TOMATO, BACON,
 CARAMELIZED ONIONS,
 AVOCADO SPREAD,
 MELTED SWISS

HAM & TURKEY CLUB

HAM, TURKEY, BACON,
 TOMATO, ONION, LETTUCE,
 MAYO, MELTED CHEDDAR

**THESE SANDWICHES ARE NOT
 GLUTEN FREE**

LA BLT MELT

BACON CHIPOTLE MAYO,
 SPROUTS, TOMATO,
 ROASTED RED PEPPERS,
 AVOCADO SPREAD,
 MELTED CHEDDAR

N. H. MELT

BLUE CHEESE DRESSING,
 SPINACH, AVOCADO,
 ROASTED RED PEPPERS,
 BACON, GRILLED CHICKEN,
 MELTED CHEDDAR

Grills

\$9.69 *With side salad*

& balsamic dressing

CHOICE OF WHITE, WHEAT OR
 CIABATTA ROLL (+\$1.20 FOR
 ROLL)

TURKEY & CRANBERRY

TURKEY, SPINACH,
 CRANBERRY SPREAD,
 CHEDDAR

PHILLY GRILL

ROAST BEEF MAYO,
 CARAMELIZED ONION,
 ROASTED RED PEPPER,
 AMERICAN CHEESE

CLUB GRILL

TURKEY, BACON,
 1000 ISLAND DRESSING,
 SPINACH, SWISS, CHEDDAR

UPTOWN TURKEY

TURKEY, PESTO, AVOCADO
 SPREAD, LETTUCE,
 TOMATO, BACON
 SWISS CHEESE

CHICKEN GRILL

CHICKEN BREAST,
 HONEY MUSTARD,
 CARAMELIZED ONION,
 SPINACH, BACON, CHEDDAR

KEENE GRILL

GRILLED CHICKEN, PESTO,
 SPINACH, HOT PEPPERS,
 ROASTED RED PEPPERS,
 FETA CHEESE

MASCOMA BLT

BACON, LETTUCE, TOMATO,
 AVOCADO SPREAD,
 CHEDDAR, CHIPOTLE MAYO

TEXAS RUEBEN

ROAST BEEF, BBQ SAUCE,
 COLESLAW, SWISS, BACON

Soup/Salads

SOUP \$5.69 (12.oz)
 (Seasonal)

SALADS \$8.49

CHEF, CHICKEN BREAST,
 TUNA OR CHICKEN SALAD
 GARDEN SALAD \$7.29