

Any Fish on a Bagel with 12oz. Coffee 7.99

Bagel Gourmet • 516-593-0400

Not to be combined with any other coupons or specials. Must present coupon to redeem. Limited Time only. EXCLUDES HOLIDAYS.

FREE .5 LB. CREAM CHEESE with the Purchase of a .5 lb Nova

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1/4 lb. Hand Sliced Nova 7.99

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FREE BAKERY ITEM with the Purchase of 3 Bakery Items at Full Price

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FREE 12oz. COFFEE with any 2 Egg Breakfast Sandwich

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Wraps

Your choice of plain, garlic and herb or Whole Wheat
All wraps are served with a choice of side salad or a pickle

Classic Caesar 7.49 <i>Grilled chicken cutlet with lettuce, tomato & Caesar dressing</i>	Aspen 7.49 <i>Everroast chicken, chipotle Gouda cheese, fresh spinach, caramelized onions & Russian dressing</i>
Vegetable Tuna 7.49 <i>With lettuce & tomato</i>	Veggie Wrap 7.49 <i>Seasoned grilled vegetables, goat cheese & balsamic</i>
Honey Mustard Chicken 7.49 <i>With lettuce and tomato</i>	The Mediterranean 7.49 <i>Grilled chicken, tomatoes, cucumbers, feta & lettuce</i>
Santé Fe 7.49 <i>Pepper turkey, roast peppers, grilled onion, w/spicy jalapeno mayo</i>	The Cali Club 7.49 <i>Honey turkey, swiss, avocado, bacon, lettuce & tomato</i>
Chefs Delight 7.49 <i>Grilled chicken, roasted peppers, melted mozzarella, lettuce with balsamic vinaigrette</i>	CREATE YOUR OWN WRAP! p/a <i>You want it, we'll wrap it!</i>
Montauk 7.49 <i>Chicken cutlet, monteray jack cheese, lettuce, tomato & ranch dressing</i>	
Sag Harbor 7.49 <i>Grilled chicken, goat cheese, mixed greens & pesto</i>	
Vermont 7.49 <i>Grilled chicken, fresh mozzarella, vine ripe tomatoes, homemade pesto & a drizzle of Maple syrup</i>	



Salads

Heart Smart

	Bagel	1/2 Lb.		Bagel	1/2 Lb.
Chicken Salad	7.25	6.49	Tuna, Tomato & Balsamic	7.25	6.49
Low Fat Chicken Salad	7.25	6.49	Taco Tuna	7.25	6.49
Cajun Chicken Salad	7.25	6.49	Tuna Fresco (lemon)	7.25	6.49
Grilled Honey Mustard Chicken Salad	7.25	6.49	Egg Salad	5.99	4.49
Buffalo Chicken Salad	7.25	6.49	Egg, Mushroom, Onion	5.99	4.49
Grilled/Fried Chicken	7.25	6.49	Egg White, Spinach or Egg White Vegetable	5.75	4.49
Chicken Bruschetta	7.25	6.49	Chunky Whitefish	7.99	7.99
Waldorf Chicken Salad	7.25	6.49	Chunky Baked Salmon Salad	8.49	7.99
Grilled Chicken Slaw	7.25	6.49	Poached Salmon Salad (lemon dill)	7.25	6.49
Classic Tuna	7.25	6.49	Grilled Vegetable with Balsamic	8.49	7.99
Vegetable Tuna	7.25	6.49			
Low Fat Classic Tuna	7.25	6.49			
Honey Mustard Tuna	7.25	6.49			

A bagel includes a pickle and side salad. *We Only use solid white tuna.

On the Sweet Side

All day everyday *Buy 3 get 1 FREE!

Muffins	2.25 Each	Rugelach	11.99 Lb.
Croissant	2.25 Each	Rainbow Cookies	11.99 Lb.
Apple Turnovers	2.25 Each	Assorted Muffins	
Fruit or Cheese Danish	2.25 Each	Regular • Fat Free • Sugar Free	
Chocolate Cigars	2.25 Each	• Corn • Blueberry • Cranberry •	
Large Cookies	2.25 Each	Chocolate Chip • Carrot • Bran •	
Black & Whites	2.25 Each	Raisin Bran • Oat Bran ... Ask about	
Crumb Cakes	2.25 Each	our LOW FAT MUFFINS!	
Assorted Cookies	11.99 Lb.		



Chop It Up

Make your own salad bar.
Iceberg • Romaine • Mesclun

Small Salad 6.49 • Large Salad 7.49

1. Choose Your Size & Type of Lettuce
2. Choose Up to 5 Toppings
3. Choose Your Dressing
4. Chopped & Tossed or Just Tossed

Dressings

- French
- Russian
- Caesar
- Ranch
- Bleu Cheese
- Honey Dijon Mustard
- Balsamic Vinaigrette
- Red Wine Vinaigrette
- Dijon Vinaigrette
- Salsa Ranch
- Oriental Ginger
- Golden Italian
- Ranch
- Tomato Basil
- Raspberry Vinaigrette
- Oil & Vinegar
- Lemon Juice

Perfect Add-Ons *Additional

Artichokes	0.75	Grilled Chicken Cutlet or Breaded Chicken Cutlet	2.00
Avocado	0.75	Egg Salad	2.00
Hard Boiled Eggs	0.75	Tuna Salad or Chicken Salad	2.50
Sundried Tomatoes	0.75		

Call for our Daily Specials
Ask about our catering and platters

bagel gourmet

151 East Main St.
East Rockaway, NY 11518

516-593-0400
Fax: 516-593-0700

We Deliver!

Open Daily 5am-5pm

Questions, Comments or Concerns?

Email: info@bagel-gourmet.com

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Appetizers

	Bagel	1/4 Lb.		Bagel	1/4 Lb.
Hand Carved Nova Scotia Lox	9.25	9.99	Chopped Liver	4.99	3.99
Belly Lox	9.25	9.99	Chopped Herring	4.99	3.99
Baked Salmon	9.25	9.99	Whole Whitefish	8.49	3.49
Sable	9.29	10.99	Herring Fillets	3.25	each

Breakfast

From the Grill

1 2 Eggs (any style) on a Bagel	2.69	8 The LEO	6.99
2 2 Eggs (any style) w/Bacon or Ham on a Bagel	3.49	9 Breakfast Burrito	4.59
3 2 Eggs (any style) w/Sausage on a Bagel	3.89	10 French Toast or Pancakes	5.99
4 2 Egg Whites on a Bagel	2.69	11 Western Omelet	6.29
5 2 Egg Whites w/Ham, Bacon or Turkey on a Bagel	3.89	12 Design Your Own Omelet	6.59
6 3 Egg Whites & Grilled Chicken on a Bagel	5.99		
7 The Works!	6.29		

3 eggs, ham, bacon, sausage & cheese on a Bagel

Breakfast Extras

Cheese	0.75	Roll	n/c
Onions	0.50	(Instead of bagel/wrap with items 1-12 above)	
Tomato	0.60	Hero	1.00
Bacon or Ham Side Order	1.50	Home Fries	2.25
Sausage Side Order (1)	1.00	Home Fries	1.25
Wrap	0.50	(Small side with items 1-12 above)	

Sides

By the lb.

Macaroni * Potato * Coleslaw	4.49	BLT Pasta	6.99
Bean Salad	4.49	Pasta Primavera	6.99
Cucumber	6.49	Israeli	6.49
Health	6.49	Tortellini Bocacini	7.99
Spinach Feta Pasta Salad	6.99		

Hot Drinks

Coffee, Tea, Hot Chocolate
12 oz. 1.55 • 16 oz. 2.00
20 oz. 2.25

Cold Drinks

Iced Coffee, Iced Decaf, Iced Tea,
Unsweetened Iced Tea, Lemonade
12 oz. 1.75 • 16 oz. 2.25
20 oz. 2.45 • 32 oz. 2.75



Bagels

Hand rolled and baked fresh daily

	Each	w/Butter	w/Cream Cheese	Baker's Dozen
Mini Bagel	.70	.95	1.20	12.00
Bagel, Bialy or Roll	1.00	1.85	2.10	12.00
Low Carb Bagel	1.40	1.85	2.10	16.80
Flats	1.40	2.60	2.85	16.80
Veggie Bagel	1.40	1.85	2.10	16.80

• Plain	• Egg	• Everything
• Sesame	• Egg Onion	• Cinnamon Raisin
• Poppy	• Egg Everything	• French Toast
• Onion	• Oat Bran	• Sundried Tomato
• Garlic	• Pumpernickel	• Low Carb
• Salt	• Whole Wheat	
• Black Russian	• Whole Wheat Everything	

Cream Cheese

Philadelphia® Brand

	Bagel	Lb.		Bagel	Lb.
Butter	1.85	6.99	Spinach Onion or		
Plain or Lite Plain	2.10	9.49	Cajun or Chipotle	3.65	9.49
Vegetable	3.55	9.49	(in season)		
Scallion	3.55	9.49	Pumpkin or		
Lox	3.75	9.49	Artichoke or Strawberry	3.65	9.49
Olive	3.55	9.49	(in season)		
Cinnamon Raisin Walnut	3.65	9.49			
Lite Vegetable	3.55	9.69			
Lite Scallion	3.55	9.69			
Lite Lox	3.75	9.69			
Apple Walnut Raisin	3.65	9.49			
Sundried Tomato Jalapeno	3.65	9.49			
Chocolate Chip	3.65	9.49			
Roasted Garlic & Herb	3.65	9.49			



Paninis

Grilled european flatbread served with a choice of a side salad & pickle

Turkey Delight	7.30	The Italiano	7.30
Fresh honey glazed turkey, jarslberg, coleslaw & honey mustard		Grilled chicken, roasted peppers, fresh mozzarella & pesto sauce	
Chicken Parmigiana	7.30	Vegetarian	7.30
Breaded chicken, fresh mozzarella, marinara sauce, fresh basil & parmigiana cheese		Grilled vegetables, zucchini, eggplant & mozzarella	
Tuscan	7.30	Eggplant Parmigiana	7.30
Fresh mozzarella, fresh plum tomatoes, fresh basil, fresh spinach & fresh sun dried tomato		Oven roasted eggplant, fresh mozzarella fresh basil, marinara sauce & parmigiana cheese	
Chicken Fajita	7.30	Buffalo Chicken	7.30
Grilled chicken, cheddar cheese, roasted peppers, caramelized onions & salsa		Chicken breast w/homemade fire sauce, roasted peppers & fresh mozzarella	
Toasted Monte Cristo	7.30	American Wedge	7.30
Layers of ham & smoked turkey, Swiss, cheddar, lettuce, tomato & honey mustard		Breaded chicken cutlet, crisp bacon, cheddar cheese, lettuce, tomato & Russian dressing	
		Milano	7.30
		Prosciutto, Fried eggplant, roasted peppers, mozzarella & balsamic	

Sandwiches

On a bagel. Includes pickle and side salad. Heros \$1 extra.

1 Roast Beef or Turkey Royal	7.49	16 Monte Cristo	7.49
Hot roast beef or turkey w/melted mozzarella on garlic bread		Ham, turkey, Swiss & coleslaw on garlic bread	
2 The Big Clucker	7.49	17 Coney Island	7.49
Chicken cutlet, melted American, lettuce, tomato & Russian dressing		Pepper turkey, ham, cappy, provolone, roasted pepper, fresh mozzarella, lettuce, tomato, jalapenos w/spicy mustard	
3 The Godfather	7.49	18 American	7.49
Ham, capicola, salami, pepperoni, provolone, lettuce, tomato, roasted peppers, oil & vinegar		Ham, turkey, roast beef, American & Swiss, lettuce, tomato & coleslaw	
4 BLT	5.29	19 Cowboy Roast Beef	7.49
Bacon, lettuce & tomato w/ mayonnaise		Hot roast beef, melted sweet munchee, caramelized onions, coleslaw w/jalapenos & horseradish mayonnaise	
5 Cordon Bleu	7.49	20 Chicken Tuscany	7.49
Chicken cutlet, ham & Swiss w/ Russian		Grilled or fried chicken cutlet w/ mozzarella, romaine, tomato, roasted peppers, red onions w/ balsamic vinaigrette	
6 Healthy Reuben	7.49	21 Chicken Club	7.49
Turkey pastrami, Swiss, sauerkraut w/Russian		Honey mustard, Cajun, regular or low fat chicken salad w/succulent bacon, lettuce & tomato	
7 Buffalo Bill	7.49	22 Texas Taco Tuna	7.49
Chicken cutlet & hot sauce w/blue cheese dressing & crispy lettuce		Taco tuna w/melted cheddar, lettuce, tomato, jalapenos & sour cream in a wrap	
8 Tuna Melt	7.49	23 Memphis Melt	7.49
Our famous classic tuna w/choice of cheese		Fried chicken cutlet, melted mozzarella, bacon & spicy BBQ sauce	
9 Veggie Delight	7.49	24 Philly Cheesesteak	7.49
Assortment of grilled vegetables w/balsamic vinaigrette & your choice of melted cheese		Sliced steak, provolone, grilled onions & peppers	
10 Turkey Club	7.49	25 West Side	7.49
Turkey, bacon, lettuce, tomato & mayo		Grilled chicken, prosciutto, sweet onion jam & mixed greens	
11 Midtown Mesquite	7.49	26 Wall Street	7.49
Mesquite turkey, brie, lettuce, tomato, honey mustard		Smoked turkey, roast beef, fried eggplant, mozzarella, gravy or Russian dressing	
12 Hamptons	7.49	27 Cubano	7.49
Ovengold turkey, brie, mixed greens, cranberry spread		Turkey, ham, Muenster, pickles, mustard	
13 Vineyard	7.49	STUDENT SPECIAL	6.75
Chipotle chicken, havarti cheese, avocado, bacon, mayo		(mon-fri) Sandwich w/snapple or can soda	
14 Pastrami Supreme	7.49		
Supreme pastrami, melted Swiss, sauerkraut & mustard			
15 Reuben	7.49		
Hot pastrami, melted Swiss, coleslaw & Russian dressing on toasted rye bread			



WEDNESDAY SPECIAL

3 FREE Bagels with the Purchase of 6 Bagels

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WEDNESDAY SPECIAL 2

6 FREE Bagels With the Purchase of 12 Bagels

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BOARS HEAD

Buy .5 lb Cheese & .5 lb Turkey for 6.99

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BOARS HEAD

Buy .5 lb Genoa Salami & .5 lb Provolone Cheese for 5.99

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1/2 PRICE PANINI OR WRAP

with the Purchase of a Second at Full Price

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