

# Bagels N Grinds

7791 Arundel Mills Blvd 21076-1995 · +14107998333 · Updated: Jan 14, 2026

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## BAGELS 10

### Bulk Bagel

Please pick bagel flavors and quantity of each flavor (for quantity hit the extra button next to the flavor name). Choose bagel from : Plain Bagel, Poppy Bagel, Sesame Bagel, Everything Bagel, Whole Wheat Bagel, Garlic Bagel, Onion Bagel, Cinnamon Raisin Bagel, Asiago Cheese Bagel, Black & White Bagel, Blueberry Bagel, Egg Bagel, Power Bagel, Pumpernickel Bagel, Sea Salt Bagel, Sundried Tomato Bagel, Whole Wheat Everything Bagel or Jalapeno Cheddar.

#### AVAILABLE OPTIONS

1 Piece: \$1.99  
6 Pieces: \$9.99  
13 Pieces: \$17.99

### Bagel Combo

**\$23.99**

This includes 13 bagels and 2 cream cheese. Please pick bagel flavors and quantity of each flavor (for quantity hit the extra button next to the flavor name). Please pick two cream cheese flavors or extra next to the one flavor you want double of. Choose bagel from : Plain Bagel, Poppy Bagel, Sesame Bagel, Everything Bagel, Whole Wheat Bagel, Garlic Bagel, Onion Bagel, Cinnamon Raisin Bagel, Asiago Cheese Bagel, Black & White Bagel, Blueberry Bagel, Egg Bagel, Power Bagel, Pumpernickel Bagel, Sea Salt Bagel, Sundried Tomato Bagel, Whole Wheat Everything Bagel or Jalapeno Cheddar. Choose Cream Cheese from : Plain Cream Cheese, LF-Plain Cream Cheese, Chive Cream Cheese, Veggie Cream Cheese, Lox Cream Cheese (\$0.49 Extra) , Strawberry Cream Cheese, Blueberry Cream Cheese, Jalapeno Sriracha.

### 8oz Plain Cream Cheese

**\$4.99**

### 8oz LF-Plain Cream Cheese

**\$4.99**

### 8oz Chive Cream Cheese

**\$4.99**

### 8oz Veggie Cream Cheese

**\$4.99**

### 8oz Lox Cream Cheese

**\$7.99**

### 8oz Strawberry Cream Cheese

**\$4.99**

### 8oz Blueberry Cream Cheese

**\$4.99**

### 8oz Jalapeno Sriracha

**\$4.99**

## SALADS 11

### Make Your Own Salad

**\$9.99**

Choose lettuce : Baby Spinach, Chopped Romaine, Spring Mix. Choose dressing : Asian Sesame Ginger, Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Greek Dressing, Lime Chipotle Vinaigrette, Oil 'n Vinegar, Peppercorn Parmesan, FF Raspberry Vinaigrette, Thousand Island. Choose your toppings from : Apples, Broccoli, Cucumbers, Jalapeno's, Mushrooms, Red Grapes, Carrots, Cranberries, Kalamata Olives, Pears, Red Onions, Black Beans, Corn, Grape Tomatoes, Mandarin Oranges, Peppers, Roasted Red Peppers. Add some crunch from : Bagel Chips, Bagel Croutons, Candied Walnuts, Tortilla Chips, Toasted Almonds, Toasted Parmesan Crisp. Add protein for extra charges. Add Some Dairy for extra charges.

**Caesar****\$9.49**

Chopped Romaine, Classic Caesar, Toasted Parmesan Crisp, Bagel Croutons, Shaved Parmesan. Chopped Romaine, Classic Caesar, Toasted Parmesan Crisp, Bagel Croutons, Shaved Parmesan. Choose lettuce : Baby Spinach, Chopped Romaine, Spring Mix. Choose dressing : Asian Sesame Ginger, Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Greek Dressing, Lime Chipotle Vinaigrette, Oil 'n Vinegar, Peppercorn Parmesan, FF Raspberry Vinaigrette, Thousand Island.

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**Chef****\$12.99**

Chopped Romaine, Buttermilk Ranch, Cucumbers, Grape Tomatoes, Red Onions, Roasted Turkey, Ham and Cheddar. Choose lettuce : Baby Spinach, Chopped Romaine, Spring Mix. Choose dressing : Asian Sesame Ginger, Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Greek Dressing, Lime Chipotle Vinaigrette, Oil 'n Vinegar, Peppercorn Parmesan, FF Raspberry Vinaigrette, Thousand Island.

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**Cobb****\$12.99**

Chopped Romaine, Roasted Chicken, Bacon, Hard Broiled Egg, Bleu Cheese Crumble, Cucumbers, Avocado \$, Grape Tomatoes and Blue Cheese. Choose lettuce : Baby Spinach, Chopped Romaine, Spring Mix. Choose dressing : Asian Sesame Ginger, Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Greek Dressing, Lime Chipotle Vinaigrette, Oil 'n Vinegar, Peppercorn Parmesan, FF Raspberry Vinaigrette, Thousand Island.

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**Greek****\$10.99**

Chopped Romaine, Greek Dressing, Kalamata Olives, Pepperoncini Peppers, Grape Tomatoes, Red Onions and Feta Cheese. Choose lettuce : Baby Spinach, Chopped Romaine, Spring Mix. Choose dressing : Asian Sesame Ginger, Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Greek Dressing, Lime Chipotle Vinaigrette, Oil 'n Vinegar, Peppercorn Parmesan, FF Raspberry Vinaigrette, Thousand Island.

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**Asian Crunch****\$11.99**

Chopped Romaine, Asian Sesame Ginger, Roasted Chicken, Mandarin Oranges, Red Onions, Grape Tomatoes, Cilantro, Toasted Almonds and Sesame Seeds. Choose lettuce : Baby Spinach, Chopped Romaine, Spring Mix. Choose dressing : Asian Sesame Ginger, Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Greek Dressing, Lime Chipotle Vinaigrette, Oil 'n Vinegar, Peppercorn Parmesan, FF Raspberry Vinaigrette, Thousand Island.

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**California Chicken****\$13.49**

Chopped Romaine, Lime Chipotle Vinaigrette, Roasted Chicken, Bacon, Cheddar, Black Beans, Red Onions, Avocado \$, Cilantro and Tortilla Chips. Choose lettuce : Baby Spinach, Chopped Romaine, Spring Mix. Choose dressing : Asian Sesame Ginger, Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Greek Dressing, Lime Chipotle Vinaigrette, Oil 'n Vinegar, Peppercorn Parmesan, FF Raspberry Vinaigrette, Thousand Island.

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**Waldorf Chicken****\$12.99**

Spring Mix, FF Raspberry Vinaigrette, Roasted Chicken, Bleu Cheese Crumble, Apples, Red Grapes and Candied Walnuts. Choose lettuce : Baby Spinach, Chopped Romaine, Spring Mix. Choose dressing : Asian Sesame Ginger, Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Greek Dressing, Lime Chipotle Vinaigrette, Oil 'n Vinegar, Peppercorn Parmesan, FF Raspberry Vinaigrette, Thousand Island.

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**Spinach****\$9.99**

Baby Spinach, Balsamic Vinaigrette, Bacon, Hard Broiled Egg, Red Onions, Grape Tomatoes and Toasted Parmesan Crisp. Choose lettuce : Baby Spinach, Chopped Romaine, Spring Mix. Choose dressing : Asian Sesame Ginger, Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Greek Dressing, Lime Chipotle Vinaigrette, Oil 'n Vinegar, Peppercorn Parmesan, FF Raspberry Vinaigrette, Thousand Island.

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**BBQ Chicken****\$11.99**

Chopped Romaine, Peppercorn Parmesan, Roasted Chicken, Bacon, BBQ Sauce, Red Onions and Cheddar. Choose lettuce : Baby Spinach, Chopped Romaine, Spring Mix. Choose dressing : Asian Sesame Ginger, Balsamic Vinaigrette, Blue Cheese, Buttermilk Ranch, Classic Caesar, Greek Dressing, Lime Chipotle Vinaigrette, Oil 'n Vinegar, Peppercorn Parmesan, FF Raspberry Vinaigrette, Thousand Island.

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## Fresh Toppings

### AVAILABLE OPTIONS

\$0.99

Avocado: \$1.99

## SOUPS 6

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### Mac N Cheese

#### AVAILABLE OPTIONS

Cup: \$5.99

Bowl: \$7.99

### Baked Potato

#### AVAILABLE OPTIONS

Cup: \$5.99

Bowl: \$7.99

### Chicken Noodle

#### AVAILABLE OPTIONS

Cup: \$5.99

Bowl: \$7.99

### Chicken Tortilla

#### AVAILABLE OPTIONS

Cup: \$5.99

Bowl: \$7.99

### Classic Tomato

#### AVAILABLE OPTIONS

Cup: \$5.99

Bowl: \$7.99

### Shrimp 'n Corn

#### AVAILABLE OPTIONS

Cup: \$5.99

Bowl: \$7.99

## BREAKFAST SANDWICHES 10

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### Bagel Options

Plain, Everything, Poppy, Onion, Sesame, Salt, Garlic, Whole Wheat, Whole Wheat Everything, Pumpernickel, Black 'n White, Asiago Cheese, Egg, Cinnamon Raisin, Blueberry, Power Bagel, Sundried Tomato, Jalapeno Cheddar, Gluten-Free Everything

### Bagel **\$1.99**

Choose from our assortment of bagel options.

### Bagel 'N Egg **\$5.49**

THIS IS OUR MAKE YOUR OWN EGG SANDWICH. Choose Egg from : regular egg or egg whites. Choose bagel from : Plain Bagel, Poppy Bagel, Sesame Bagel, Everything Bagel, Whole Wheat Bagel, Garlic Bagel, Onion Bagel, Cinnamon Raisin Bagel, Asiago Cheese Bagel, Black & White Bagel, Blueberry Bagel, Egg Bagel, Power Bagel, Pumpernickel Bagel, Sea Salt Bagel, Sundried Tomato Bagel, Whole Wheat Everything Bagel, Jalapeno Cheddar, Gluten Freee Everything, White Wrap, Wheat Wrap or Spinach Wrap. Add Condiments from : Mayo, Chipotle Mayo, FF Chipotle Mayo, Spicy Mustard, Herb Aioli, Dijon Horseradish Aioli, Balsamic Vinaigrette, Caesar Dressing, Ranch, Thousand Island, Yellow Mustard.

### Eggstremely Meaty Breakfast **\$9.99**

Regular Egg, Bacon and Sausage.

### Garden State **\$6.99**

Regular Egg, Cheddar, Baby Spinach, Tomato and Mushrooms. Choose Egg from : regular egg or egg whites.

**Veggie Breakfast Sandwich** **\$6.99**

Regular Egg, Cheddar, Peppers, Onions and Mushrooms. Choose Egg from : regular egg or egg whites.

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**Eggstremely Healthy Breakfast** **\$6.99**

Egg Whites, Baby Spinach and FF Chipotle Mayo. Choose Egg from : regular egg or egg whites.

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**The LEO** **\$9.99**

Regular Egg, Lox and Onions.

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**Brooklyn** **\$11.99**

Bagel of Choce, Lox, Cream Cheese, Onions. d.

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**Hash Brown** **\$1.00**

## **COLD SANDWICHES** 9

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### **Bagel Options**

Plain, Everything, Poppy, Onion, Sesame, Salt, Garlic, Whole Wheat, Whole Wheat Everything, Pumpernickel, Black 'n White, Asiago Cheese, Egg, Cinnamon Raisin, Blueberry, Power Bagel, Sundried Tomato, Jalapeno Cheddar, Gluten-Free Everything

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**Make Your Own Cold Sandwich** **\$9.99**

Choose cold or hot.

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**Rockefeller** **\$10.99**

Turkey, Cucumbers, Peppers, Baby Spinach, Onions and Herb Aioli.

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**Manhattan Club** **\$11.99**

Ham, Turkey, Bacon, Lettuce, Tomato, Cheddar and Mayo.

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**Chicken Salad BLT Cold Sandwich** **\$10.99**

Chicken Salad, Bacon, Lettuce and Tomato

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**Chicken Caesar Cold Sandwich** **\$10.49**

Roasted Chicken, Romaine and Caesar Dressing.

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**Chicken Caprese Cold Sandwich**

Roasted Chicken, Fresh Basil, Tomato, Fresh Mozzarella and Balsamic Vinaigrette.

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**Fifth Avenue Veggie Wrap** **\$9.99**

Hummus, Baby Spinach, Roasted Red Peppers, Cucumbers and Onions.

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**Egg Salad** **\$7.99**

Egg Salad, Lettuce and Tomato.

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## **HOT BAGINNI SANDWICHES** 7

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**Bronx Tale** **\$10.99**

Turkey, Peppers, Onions, Provolone and Herb Aioli.

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**California Chicken Hot Baginni** **\$11.99**

Roasted Chicken, Bacon, Avocado, Tomato, Cheddar and Chipotle Mayo.

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<b>Reuben Hot Baginni</b>	<b>\$12.99</b>
Corned Beef, Sauerkraut, Swiss and Thousand Island	
<b>White-Meat Tuna Melt</b>	<b>\$9.99</b>
Tuna Salad, Tomato and Cheddar.	
<b>Staten Island Veggie</b>	<b>\$9.99</b>
Mushroom, Peppers, Baby Spinach, Onions, Fresh Mozzarella and Herb Aioli.	
<b>Long Island Melt</b>	<b>\$9.99</b>
Cheddar, Provolone, Bacon and Tomato.	
<b>College Park Turkey</b>	<b>\$11.49</b>
Turkey, Peppers, Onions, Avocado, Provolone and Chipotle Mayo	

## SIDES 9

<b>8oz Plain Cream Cheese</b>	<b>\$4.99</b>
<b>8oz LF-Plain Cream Cheese</b>	<b>\$4.99</b>
<b>8oz Chive Cream Cheese</b>	<b>\$4.99</b>
<b>8oz Veggie Cream Cheese</b>	<b>\$4.99</b>
<b>8oz Lox Cream Cheese</b>	<b>\$7.99</b>
<b>8oz Strawberry Cream Cheese</b>	<b>\$4.99</b>
<b>8oz Blueberry Cream Cheese</b>	<b>\$4.99</b>
<b>8oz Jalapeno Sriracha</b>	<b>\$4.99</b>
<b>Hash Brown</b>	<b>\$1.00</b>

## SWEETS 7

<b>Assorted Muffins</b>	<b>\$3.99</b>
Muffin of your choice : Chocolate Chip, Blueberry, Strawberry.	
<b>Assorted Scones</b>	<b>\$3.99</b>
Scone of your choice : Chocolate Chunk, Orange Cranberry, Blueberry, White Choc Raspbery, Cinnamon, Seasonal.	
<b>Yogurt Loaf</b>	<b>\$3.99</b>
Yogurt loaf of your choice : Marble, Chocalte Loaf, Lemon, Pumpkin, Banana Nut.	
<b>Assorted Cookie</b>	<b>\$3.99</b>
Cookie of your choice : Triple Chocolate Chunk, Peanutbutter Cup, Smores, Red Velvet, Sugar, M & M, Oatmeal Raisin, White Chocolate Macadamia, Black & White, Seasonal.	

**Oatmeal**

**AVAILABLE OPTIONS**

\$3.99

Add Strawberries: \$1.00

Add Blueberries: \$1.00

Add Candy Walnuts: \$1.00

Add Toasted Walnuts:

\$1.00

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**Yogurt Parfait**

**\$4.99**

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**Fresh Fruit Cup**

**\$4.99**

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**HOT BEVERAGES** 9

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**Coffee**

**AVAILABLE OPTIONS**

Regular: \$3.79

Large: \$3.99

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**Cappuccino**

**AVAILABLE OPTIONS**

Regular: \$5.49

Large: \$6.49

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**Espresso**

**AVAILABLE OPTIONS**

Regular: \$3.99

Large: \$4.99

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**Cafe Americano**

**AVAILABLE OPTIONS**

Regular: \$3.99

Large: \$4.99

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**Hot Chocolate**

**AVAILABLE OPTIONS**

Regular: \$3.99

Large: \$4.99

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**Cafe Latte**

**AVAILABLE OPTIONS**

Regular: \$5.49

Large: \$6.49

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**Chai Tea Latte**

**AVAILABLE OPTIONS**

Regular: \$5.99

Large: \$6.99

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**Cafe Mocha**

**AVAILABLE OPTIONS**

Regular: \$5.99

Large: \$7.49

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**Hot Tea**

**\$3.99**

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**COLD BEVERAGES** 13

**Iced Beverage****AVAILABLE OPTIONS**

Regular: \$3.79

Large: \$3.99

**Iced Cafe Mocha****AVAILABLE OPTIONS**

Regular: \$5.99

Large: \$7.49

**Iced Cafe Latte****AVAILABLE OPTIONS**

Regular: \$5.49

Large: \$6.49

**Iced Chai Latte****AVAILABLE OPTIONS**

Regular: \$5.99

Large: \$6.99

**Frozen Coffee Drink****AVAILABLE OPTIONS**

Regular: \$6.49

Large: \$8.49

**Mango Colada Smoothie**

Pina Colada, Mango and Banana. Add Toppings : Whip Cream, Chocolate Drizzle, Caramel Drizzle. Add Ingredients : Pina Colada, Mango, Banana, Raspberry, Strawberry, Mocha, Chocolate, Ice Cream.

**AVAILABLE OPTIONS**

Regular: \$6.49

Large: \$8.49

**Sweet Sunrise Smoothie**

Raspberry and Mango. Add Toppings : Whip Cream, Chocolate Drizzle, Caramel Drizzle. Add Ingredients : Pina Colada, Mango, Banana, Raspberry, Strawberry, Mocha, Chocolate, Ice Cream.

**AVAILABLE OPTIONS**

Regular: \$6.49

Large: \$8.49

**Island Flamingo Smoothie**

Pina Colada and Raspberry. Add Toppings : Whip Cream, Chocolate Drizzle, Caramel Drizzle. Add Ingredients : Pina Colada, Mango, Banana, Raspberry, Strawberry, Mocha, Chocolate, Ice Cream.

**AVAILABLE OPTIONS**

Regular: \$6.49

Large: \$8.49

**Frozen Fruit Smoothie**

Raspberry, Mango and Strawberry. Add Toppings : Whip Cream, Chocolate Drizzle, Caramel Drizzle. Add Ingredients : Pina Colada, Mango, Banana, Raspberry, Strawberry, Mocha, Chocolate, Ice Cream.

**AVAILABLE OPTIONS**

Regular: \$6.49

Large: \$8.49

**Mocha Monkey Smoothie**

Mocha and Banana. Add Toppings : Whip Cream, Chocolate Drizzle, Caramel Drizzle. Add Ingredients : Pina Colada, Mango, Banana, Raspberry, Strawberry, Mocha, Chocolate, Ice Cream.

**AVAILABLE OPTIONS**

Regular: \$6.49

Large: \$8.49

**Tropical Punch Smoothie**

Strawberry and Mango. Add Toppings : Whip Cream, Chocolate Drizzle, Caramel Drizzle. Add Ingredients : Pina Colada, Mango, Banana, Raspberry, Strawberry, Mocha, Chocolate, Ice Cream.

**AVAILABLE OPTIONS**

Regular: \$6.49

Large: \$8.49

**Custom Smoothie**

Add Toppings : Whip Cream, Chocolate Drizzle, Caramel Drizzle. Choose Ingredients from : Pina Colada, Mango, Banana, Raspberry, Strawberry, Mocha, Chocolate, Ice Cream, Watermelon, Peach.

**AVAILABLE OPTIONS**

Regular: \$6.49

Large: \$8.49

**Milk**

Choose Milk : Whole, Soy Milk, Skim, Chocolate, 2%, Oat Milk.

**AVAILABLE OPTIONS**

Regular: \$2.99

Large: \$3.49

**ACCOMPANIMENTS** 10

<b>Yogurt Parfait w/ Berries ?n Granola</b>	<b>\$5.99</b>
<b>Fresh Fruit Cup</b>	<b>\$4.99</b>
<b>Apple Juice</b>	<b>\$4.50</b>
<b>Orange Juice</b>	<b>\$4.50</b>
<b>Coffee</b>	<b>\$3.79</b>
<b>Tea</b>	<b>\$3.79</b>
<b>Cans of Soda</b>	<b>\$3.50</b>
<b>Bottled Water</b>	<b>\$4.99</b>
<b>Bagged Chips</b>	<b>\$2.50</b>
<b>Paper Products</b>	<b>\$3.50</b>

### **HORS D'OEUVRES 3**

<b>Assorted Veggie Platter</b>	<b>AVAILABLE OPTIONS</b>
	\$5.49
	Add Hummus: \$2.50
<b>Fruit Salad Bowl</b>	<b>\$6.49</b>
<b>Hummus</b>	<b>\$5.00</b>

### **BAGGED LUNCHES 2**

<b>Basic Bag</b>	<b>\$13.99</b>
Choice of Bagel . (Sandwich, chips, cookie)	
<b>Deluxe Bag</b>	<b>\$18.99</b>
Choice of Bagel. (sandwich, chips, pasta/potato salad, apple, cookie)	

### **COLD SALADS/POUND 4**

<b>Lox</b>	<b>\$45.00</b>
Pound.	
<b>Tuna Salad</b>	<b>\$18.00</b>
Pound.	
<b>Chicken Salad</b>	<b>\$18.00</b>
Pound.	
<b>Egg Salad</b>	<b>\$14.00</b>
Pound.	

### **PLATTERS 6**

## Bagel Options

Plain, Everything, Poppy, Onion, Sesame, Salt, Garlic, Whole Wheat, Whole Wheat Everything, Pumpernickel, Black 'n White, Asiago Cheese, Egg, Cinnamon Raisin, Blueberry, Power Bagel, Sundried Tomato, Jalapeno Cheddar, Gluten-Free Everything

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### Breakfast Platter

**\$5.99**

(assorted bagels w/ cream cheeses, butter ?n jam)

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### Continental Breakfast

**\$9.99**

(assorted bagels, mini muffins ?n scones w/ same condiments)

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### Early Office Break

**\$12.99**

(bagel, muffin, banana/apple ?n fresh squeezed orange juice)

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### Smoked Salmon Platter

**\$21.99**

### Sandwich Platter

**\$15.99**

(bagel or wrap)

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