

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
 1/2 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
 1/2 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