



On A Bagel

Plain • Poppy • Sesame •

Cinnamon Raisin • Egg • Onion • Garlic

Blueberry • Whole Wheat • Pumpkinnickel • Salt • Everything

Butter.....	1.50	Walnut Raisin CC.....	2.70
Cream Cheese.....	1.85	Low Fat Vegetable CC.....	3.25
Low Fat Cream Cheese.....	2.10	Scallion CC.....	2.45
Cream Cheese & Jelly.....	2.10	Whitefish Salad.....	3.25
Peanut Butter & Jelly.....	2.50	Nova, CC, Tom. & Onion.....	6.50
Vegetable CC.....	2.70	Butter & Jelly.....	1.95
Olive & Pimento CC.....	2.70	American Cheese.....	2.75
Lox Spread.....	3.25	Swiss Cheese.....	2.75
Jelly.....	1.40	Provolone Cheese.....	2.85
Peanut Butter.....	1.90		

Breakfast Sandwiches

Fried Egg.....	2.05
Fried Egg w/Bacon, Sausage or Taylor Ham.....	3.95
Taylor Ham.....	3.95
Ham & Egg.....	4.25
Pastrami & Egg.....	4.25
Steak & Egg.....	5.35
Corned Beef & Egg.....	4.25
Western Egg.....	4.25
w/American Cheese.....	.75 extra
w/Provolone or swiss.....	.75 extra
w/Extra Egg.....	.75 extra



(We use Trenton Taylor Ham & Hatchfield Bacon)

Omelettes

(Served with Potatoes & Buttered Toast or in a Wrap)

Plain Omelets.....	4.05
Bacon Omelettes.....	5.35
Cheese Omelettes.....	4.75
Western Omelettes.....	5.50
Pepper & Onion Omelettes.....	4.95
Grilled Fresh Vegetable Omelettes.....	5.95

Egg Whites Only .75 Extra



Farm Fresh Eggs

(Served with Potatoes & Buttered Toast in a Wrap)

2 Large Eggs Any Style.....	3.85
w/Bacon, Sausage or Taylor Ham.....	5.35

Pancakes

Fresh Buttermilk Pancakes (3).....	4.55
w/Bacon, Sausage or Taylor Ham.....	6.15
w/Two eggs.....	5.55



French Toast

Thin Style French Toast (3).....	4.55
w/Bacon, Sausage or Taylor Ham.....	6.15
w/Two Eggs.....	5.55

Hungry Man Special

Taylor Ham, Egg & Cheese Sandwich.....	6.25
w/Home Fries and Small Coffee.....	

Side Orders

Toast.....	.90
Home Fries.....	2.75
Bacon, Sausage or Taylor Ham.....	3.95



Assorted Desserts

Muffins, Croissants, Pastries,
Cookies & Cakes



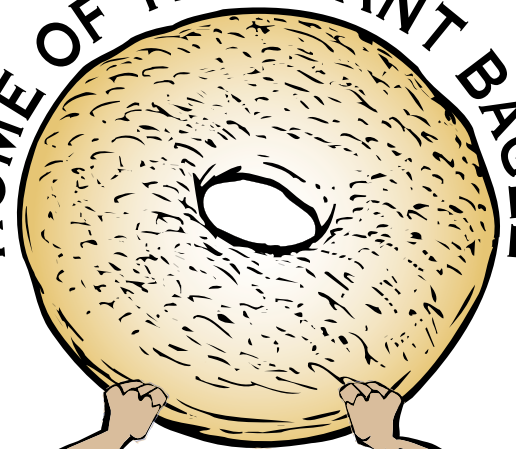
Espresso Bar

Espresso.....	Sm 1.50	Lg 2.95
Flavored Cappuccino.....		2.75
Cafe Mocha.....		2.75
Cappuccino.....	Sm 2.60	Lg 3.20
Cafe Latte.....	Sm 2.60	Lg 3.20

Torani All Natural Flavors

Hazelnut, French Vanilla & Mocha

HOME OF THE GIANT BAGEL



ALFA

Bagels Deli & Café

587 ROUTE 10 EAST
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Hot Subs

Meatball	4.95	Sausage Parmigiana ...	5.95
Sausage	4.95	Chicken Parmigiana ...	5.95
Sausage & Peppers	5.75	Grilled Veggie w/Cheese .	5.95
Pepper & Egg Sub	4.75	W/Grilled Chicken	6.50
Meatball Parmigiana ...	5.95		

Add fries to any of the above for 1.50 extra



Overstuffed Sandwiches

Boar's Head Cold Cuts. Served on your choice of bagel, roll, rye, whole wheat or white bread & garnished w/your choice of Lettuce, tomato, onion, mustard, mayonnaise, oil & vinegar or oregano.

Boiled Ham	5.50	Tuna Salad	5.50
Pastrami	5.50	Corned Beef	5.50
Turkey Breast	5.50	Roast Beef	5.75
Salami	4.75	Virginia Ham	5.50
Egg Salad	4.75	Chicken Salad	5.50

Cheese .75 extra • Second Meat .75 extra • Sub .75 extra

Stuffed Wraps

Plain & Whole Wheat

Caesar Wrap (w/Romaine, Tomato & Caesar Dressing)	5.95
Greek Wrap (w/Romaine, Tomato, Feta & Greek Dressing)	5.95

The above comes with Grilled Chicken or Roasted Turkey

Grilled Steak Wrap	5.95
(w/Sauteed Onions, Peppers, American Cheese & Ketchup)	
Grilled Chicken BLT Wrap	5.95
Grilled Veggie w/Cheese Wrap	5.95
w/Grilled Chicken	6.50

Fresh Garden Salads

Tossed Salad	4.50
Caesar Salad Fresh Romaine, Lettuce, Olives & Croutons	5.25
With Grilled Chicken	7.25
Greek Salad Romaine Lettuce, Tomatoes, Cucumbers, Bermuda Onions, Kalamata Olives & Feta Cheese	6.25
With Grilled Chicken	7.95
Balsamic Marinated Grilled Chicken Salad Romaine lettuce, tomato, cucumbers & onions	7.95
Chef Salad Romaine, tomato, onion, cucumbers, peppers	7.25
Bacon Ranch Salad Mixed Baby Greens, Tomatoes, Cucumbers, Bermuda Onions, Green Peppers, Bacon Bits & Ranch Dressing	6.25
With Grilled Chicken	7.95

Fresh Garden Salads (cont.)

Grilled Portobello Mushroom Salad Grilled Portobello Mushroom, Mixed Baby Greens, Tomatoes, Cucumbers Bermuda Onions, Roasted Red Peppers & Fresh Mozzarella	6.95
With Grilled Chicken	8.50
Special Salad Mixed Baby Greens, Tomatoes, Cucumbers, Bermuda Onions, Green Peppers, Bacon Bits, 3 Bean Salad, Artichoke Hearts & Croutons	6.95
With Grilled Chicken	8.50
Grilled Chicken Delight Salad (Seasonal) Mixed Baby Greens, Assorted Fruit, Tomatoes & Homemade Honey Lime Vinaigrette Dressing	8.50
Chicken Salad over Tossed Salad	7.25
Tuna Salad over Tossed Salad	7.25
Whitefish Salad over Tossed Salad	7.25
Egg Salad over Tossed Salad	6.95
Tuna Salad Platter w/Potato Salad. Cole Slaw & Egg	6.95
Chicken Salad Platter w/Potato Salad. Cole Slaw & Egg	6.95
Egg Salad Platter w/Potato Salad. Cole Slaw & Egg	6.25



During winter, Mixed Baby Greens are substituted w/Romaine Lettuce

Assorted Dressings

Ranch, Caesar, French, Blue Cheese, Honey Mustard, Italian, Russian and Oil & Vinegar

Order by #

Combo Sandwiches

1. Hot Pastrami & Corned Beef	5.50
2. Turkey Breast & Ham	5.50
3. Virginia Ham & Swiss w/Honey Mustard	6.25
4. Grilled Chicken Breast	6.25
w/ Melted Provolone, Lettuce & Tomato w/ Mayo	
5. Grilled Chicken & Roasted Peppers	5.95
6. Chicken Philly Sub w/ Mayo	6.25
7. Grilled Chicken Breast Sub	6.25
w/Roasted Peppers & Fresh Mozzarella	
8. Alfa Chicken Club	6.25
(Triple Decker on Rye w/ Russian Dressing, Swiss, Bacon, Lett & Tom)	
9. Roasted Peppers & Fresh Mozzarella Sub	5.25
10. Turkey Breast Sub	6.50
w/Roasted Peppers & Fresh Mozzarella	
11. Virginia Ham & Turkey w/ Melted Swiss	6.25
12. Roast Beef & Swiss, Tomato & Mayo	6.50
13. Reuben - Grilled Corned Beef or Pastrami	6.50
w/ Melted Swiss, Sauerkraut & Russian Dressing	
14. Italian Sub / Ham, Salami, Provolone, Capaccola	6.25
w/ Lettuce, Tomato, Onion, Oil & Vinegar	
15. Chicken Cordon Bleu	6.25

Served on your choice of a bagel, white, wheat or rye, except Subs & Triple Decker. For sub add \$.75

Add Fries to any combo \$1.50

Triple Decker Club Sandwiches

Toasted White w/Swiss, Bacon, Lettuce & Tomato	6.25
Your choice of Roast Beef, Corned Beef, Turkey, Pastrami or Ham	

Sloppy Joes

Rye Bread w/Russian Dressing, Swiss & Cole Slaw	6.25
Your choice of Roast Beef, Turkey, Virginia Ham, Corned Beef or Pastrami	

Hot Hot Hot

Beef Gyro	5.50	Chicken Gyro	5.50
Gyro Platter	6.95	Sauteed Chicken Pita ..	5.50
Chicken Souvlaki	5.50	Grilled Cheese	4.25
BLT	5.25	W/Bacon	5.25
Philly Cheese Steak	5.95	W/Tomato	4.95
Tuna Melt	6.25	Turkey Melt	6.25
Grilled Chicken	5.50	Chicken Fingers w/Fries	6.25
Italian Breaded Chicken Cutlet (Let, Tom & Mayo on a HR)	5.50		

Paninis

Chicken Focaccia Grilled chicken breast topped with roasted peppers and fresh mozzarella on focaccia	6.50
Portobello Focaccia Grilled sliced Portobello mushrooms w/roasted peppers and fresh mozzarella w/balsamic vinaigrette	6.25
Gyro Panini Sliced gyro strips w/lettuce, tomato, red onion & tzatziki sauce on sub	5.75
Veggie Panini Fresh grilled vegetables topped w/provolone cheese w/oil & vinegar on sub	5.75
Add Grilled Chicken	6.50

Burgers

Hamburger	3.85	Cheeseburger	4.50
Pizza Burger	4.75	Pattie Melt	4.75
MOM Burger (Mushrooms, Onions & Mozzarella)	4.75		
(w/burgers with lettuce & tomato) Deluxe the above 1.50 Extra			

Homemade Soups

Chicken Soup	2.75	Ask for our Soup of the Day
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Side Orders

French Fries	2.75
Onion Rings	2.75
Mozzarella Sticks	5.75
Chicken Wings	5.75
Homemade Cole Slaw (1/2 lb)	3.75
Homemade Potato Salad (1/2 lb)	3.75
Homemade Fresh fruit Salad (seasonal)	2.75

