

## BAGELS & THINGS

OUR BAGELS ARE HAND-ROLLED, BOILED & BAKED FRESH THROUGHOUT THE DAY. NO CHOLESTEROL, NO PRESERVATIVES

<b>BAGELS</b>	90¢ EACH	\$10.80 /DOZEN
PLAIN • POPPY • SESAME • EVERYTHING • CINNAMON RAISIN • WHOLE WHEAT • SALT • GARLIC • ONION		
EGG • PUMPERNICKEL • RUSSIAN PUMPERNICKEL • WHOLE WHEAT EVERYTHING • 7 GRAIN		
<b>FLAGELS</b>	\$1.25 EACH	\$15.00 /DOZEN
PLAIN • SESAME • EVERYTHING • WHOLE WHEAT		
<b>MUFFINS</b>		\$2.50
CORN • BLUEBERRY • RAISIN BRAN • CRANBERRY • DOUBLE CHOCOLATE CHIP • BANANA WALNUT		
<b>MUFFIN TOASTED WITH BUTTER OR JELLY</b>		\$2.75
<b>PASTRIES</b> APPLE TURNOVERS, CHEESE POCKETS, PECAN DANISH		\$2.50
<b>CROISSANTS</b>		\$2.50
<b>BROWNIES</b>		\$3.50
<b>COOKIES</b>	\$2.00	CUPCAKES \$3.50
BIG BLACK & WHITE COOKIE • CHOCOLATE CHIP • OATMEAL RAISIN COOKIE		
<b>BUTTER COOKIES</b>		(PRICE/LB) \$9.99

## SWEETS & DESSERTS

<b>NEW YORK CHEESECAKE • CHOCOLATE MOUSSE CAKE</b>	
<b>RED VELVET CAKE • 7 LAYERED CAKE, CARROT CAKE</b>	(PER SLICE) \$3.50
<b>FLAN</b>	\$3.50
<b>BREAD PUDDING</b>	\$3.50

## BAGELS WITH A SCHMEAR

	SANDWICH	BY 1/2LB.
<b>BUTTER OR JELLY</b>	\$1.50	
<b>BUTTER &amp; JELLY</b>	\$1.75	
<b>BAGEL W/ BUTTER &amp; 2 CHEESE SLICES</b>	\$2.99	
<b>PLAIN OR LITE CREAM CHEESE</b>	\$2.25	\$4.00
<b>VEGETABLE OR LITE CREAM CHEESE</b>	\$3.50	\$4.95
<b>SCALLION OR LITE CREAM CHEESE</b>	\$3.50	\$4.95
<b>OLIVE PIMENTO CREAM CHEESE</b>	\$3.50	\$4.95
<b>WALNUT RAISIN CREAM CHEESE</b>	\$3.50	\$4.95
<b>JALAPENO CREAM CHEESE</b>	\$3.50	\$4.95
<b>LOX SPREAD CREAM CHEESE</b>	\$4.25	\$5.25
<b>TOFU CREAM CHEESE</b>	\$4.00	\$5.25
<b>PEANUT BUTTER</b>	\$2.75	
<b>NUTELLA CHOCOLATE</b>	\$3.50	
<b>FLAGEL SANDWICHES</b>	\$1.00 EXTRA	
<b>ADD AVOCADO</b>	\$1.00 EXTRA	
<b>ADD JELLY</b>		25¢
<b>ADD TOMATOES • CUCUMBER</b>		75¢ EXTRA

## SMOKED FISH

	SANDWICH
<b>NOVA SCOTIA SALMON</b>	7.95
<b>W/ CREAM CHEESE &amp; RED ONIONS</b>	8.95
<b>ADD: TOMATO OR CUCUMBERS</b>	.75¢ EXTRA
<b>FLAGELS OR ADD FLAVORED CREAM CHEESE</b>	1.00 EXTRA

## HOMEMADE YOGURT PARFAIT

<b>HOMEMADE FRUIT &amp; GRANOLA YOGURT PARFAIT</b> CRUNCHY HONEY GRANOLA, SERVED W/ (PLAIN OR STRAWBERRY NON-FAT YOGURT) & FRESH SEASONAL FRUIT	\$3.25
<b>FRESH SEASONAL FRUIT CUPS</b>	\$3.50

## BREAKFAST BUFFET

SERVED FROM 6:00 AM- 11:00 AM

<b>SANDWICHES</b>	1 EGG	2 EGGS
<b>EGG SANDWICH</b>	\$2.00	\$2.50
<b>EGG WITH BACON, HAM OR SAUSAGE</b>	\$3.50	\$4.00
<b>EGG WHITE SANDWICH (2 EGGS)</b>		\$3.00
<b>OMELET SANDWICH (2 EGGS)</b>		\$4.99
<b>SUGGESTIONS: WESTERN, GREEK, MUSHROOM OR CHEESE</b>		
<b>ADD-ON: TURKEY BACON OR BEEF SAUSAGE</b>		\$1.50 EA
<b>EGG WHITES OR ADDITIONAL EGG</b>		.75 EA
<b>CHEESE &amp; TOMATO</b>		.75 EA
<b>CROISSANT, WRAP OR FLAGEL</b>		1.00 EA
<b>HERO OR AVOCADO</b>		\$1.50 EA

## EGGS & OMELETS

SERVED WITH HOME FRIES & TOAST, ROLL OR BAGEL  
SERVED FROM 6:00 AM- 11:00 AM

<b>#1 TWO EGGS (ANY STYLE)</b>	\$4.50
<b>#2 TWO EGGS (ANY STYLE) WITH BACON OR HAM OR SAUSAGE</b>	\$5.99
<b>CHEESE OMELET</b>	\$5.95
CHOICE OF: AMERICAN, SWISS, PROVOLONE, MUIENSTER, FETA, CHEDDAR	
<b>MUSHROOM OMELET</b>	\$6.25
<b>VEGETARIAN OMELET (ONION, PEPPERS &amp; MUSHROOM)</b>	\$6.50
<b>SPINACH OMELET</b>	\$6.25
<b>WESTERN OMELET (HAM, PEPPERS, ONIONS)</b>	\$6.95
<b>GREEK OMELET (FETA, ONIONS, TOMATOES)</b>	\$6.95
<b>HAM OR BACON OR SAUSAGE OR TURKEY</b>	\$6.95
<b>HAM &amp; CHEESE OMELET</b>	\$7.50
<b>NOVA SCOTIA LOX &amp; ONIONS OMELET</b>	\$9.
<b>ADD ANY CHEESE</b>	\$1.00 EXTRA
<b>ADD ANY VEGETABLE</b>	50¢ EXTRA each
<b>EGG WHITES or ADDITIONAL EGG</b>	75¢ EXTRA
<b>A SIDE OF HAM, BACON, SAUSAGE,</b>	\$3.50 EXTRA
<b>TURKEY BACON OR BEEF SAUSAGE</b>	\$3.50 EXTRA

## OMELET WRAPS \$5.95

CHOICE OF EGG WHITES .75 EXTRA

<b>PROTEIN BLAST</b>	SLICED TURKEY, TOMATO & MOZZARELLA CHEESE
<b>THE HEALTHY</b>	BROCCOLI, SPINACH, TOMATO, MUSHROOM & PEPPERS
<b>WESTERN</b>	HAM, PEPPERS & ONIONS
<b>SANTA FE</b>	ONIONS, PEPPERS, BACON, CHEDDAR CHEESE & SALSA
<b>ARIZONA</b>	ONIONS, PEPPERS, SALSA & PEPPER JACK CHEESE
<b>FLORENTINE</b>	MUSHROOMS, SPINACH & SWISS CHEESE
<b>AM TURBO</b>	GRILLED CHICKEN, SPINACH & SWISS CHEESE

## BREAKFAST SPECIALTIES

<b>PANCAKES OR FRENCH TOAST WITH SYRUP OR HONEY</b>	\$5.50
<b>WITH BACON OR HAM OR SAUSAGE</b>	\$6.75
<b>WITH 2 EGGS (ANY STYLE)</b>	\$6.75
<b>WITH 2 EGGS &amp; BACON OR HAM OR SAUSAGE</b>	\$7.75
<b>WITH 2 EGGS &amp; TURKEY BACON OR BEEF SAUSAGE</b>	\$8.25

## HOT CERAL BAR

<b>HEARTY OATMEAL (MADE W/ WATER OR WHOLE MILK)</b>	
<b>W/ THREE COMPLIMENTARY TOPPINGS</b>	SM \$2.95 LG \$3.95
BANANAS, RAISINS, GRANOLA, NUTS, HONEY, BROWN SUGAR, CINNAMON, PUMPKIN SEEDS, SUN FLOWER SEEDS, DRIED PINEAPPLE CHUNKS, CRANBERRIES (EACH ADDITIONAL TOPPING .50¢)	

## SALADS & SANDWICHES

	SANDWICH	BY 1/2LB.
<b>TUNA SALAD</b>	\$6.50	\$6.50
<b>LITE VEGETABLE TUNA SALAD</b>	\$6.50	\$6.50
<b>ITALIAN TUNA SALAD</b>	\$6.50	\$6.50
<b>CHICKEN SALAD</b>	\$6.50	\$6.50
<b>HONEY MUSTARD CHICKEN SALAD</b>	\$6.50	\$6.50
<b>WHITEFISH SALAD</b>	\$6.99	\$6.75
<b>SHRIMP SALAD</b>	\$6.99	\$6.75
<b>BAKED SALMON SALAD</b>	\$6.99	\$6.75
<b>EGG SALAD</b>	\$4.50	\$4.75
<b>EGG WHITE SPINACH SALAD</b>	\$5.25	\$5.50
<b>BREADED CHICKEN CUTLET</b>	\$6.95	\$5.25
<b>GRILLED CHICKEN</b>	\$6.95	\$5.25
<b>GRILLED VEGETABLES</b>		\$5.50
<b>POTATO SALAD</b>	\$2.75	(1/2 LB.)
<b>MACARONI SALAD</b>	\$2.75	(1/2 LB.)
<b>COLE SLAW</b>	\$2.75	(1/2 LB.)

**HERO \$1.50 EXTRA • CHEESE \$1.00 EXTRA • TOMATO .75¢ EXTRA • AVOCADO \$1.50**  
**DELUXE PLATTERS INCLUDE: LETTUCE, TOMATO, FRENCH FRIES & PICKLES \$3.00 EXTRA**

## COLD CUTS & CHEESE

	SANDWICH	BY 1/2LB.
<b>GENOA SALAMI</b>	\$5.95	\$9.50
<b>HAM</b>	\$5.95	\$9.50
<b>PROSCIUTTO</b>	\$7.95	\$10.50
<b>CRACKED PEPPER MILL TURKEY</b>	\$6.50	\$9.99
<b>HONEY MAPLE TURKEY</b>	\$6.50	\$9.99
<b>SMOKED TURKEY</b>	\$6.50	\$9.99
<b>OVEN GOLD TURKEY</b>	\$6.50	\$9.99
<b>ROAST BEEF</b>	\$6.95	\$10.99
<b>PASTRAMI</b>	\$6.95	\$10.99
<b>CORNED BEEF</b>	\$6.95	\$10.99
<b>AMERICAN CHEESE</b>	\$4.95	\$6.99
<b>SWISS CHEESE</b>	\$4.95	\$6.99
<b>MUIENSTER CHEESE</b>	\$4.95	\$6.99
<b>PROVOLONE CHEESE</b>	\$4.95	\$6.99
<b>MOZZARELLA CHEESE</b>	\$4.95	\$6.99
<b>PEPPER JACK CHEESE</b>	\$4.95	\$6.99
<b>CHEDDAR CHEESE</b>	\$4.95	\$6.99

If you don't see what you want! No problem!  
You pick it we pack it...

PUMPERNICKEL'S BAGEL'S & DELICATESSEN IS HERE TO PLEASE YOUR TASTE PALLET. SO LET US KNOW WHAT YOU WOULD LIKE. ANY ONE OF OUR SALADS, COLD CUTS OR CHEESES CAN BE WRAPPED, GRILLED OR TOASTED TO YOUR PERFECTION ON OUR HOMEMADE BAGELS, BREAD, PANINIS OR WRAPS. OUR SALADS ARE ALL FRESHLY MADE DAILY ON PREMISES WHICH ARE ALSO SOLD BY THE POUND.

## COFFEE & TEA

<b>HOT BEVERAGES</b>	12 oz.	16 oz.	20 oz.
<b>AMERICAN COFFEE OR TEA</b>	\$1.50	\$2.00	\$2.25
<b>DECAFFEINATED COFFEE OR TEA</b>	\$1.50	\$2.00	\$2.25
<b>FLAVORED GOURMET COFFEE</b>	\$1.50	\$2.00	\$2.25
<b>HOT CHOCOLATE</b>	\$1.50	\$2.25	\$2.25
<b>ASSORTED HERBAL TEA</b>	\$1.50	\$2.00	\$2.25
<b>HONEY</b>		0.25¢	EXTRA
<b>SOY MILK/ALMOND MILK</b>		0.50¢	EXTRA
<b>ICED COFFEE OR ICED TEA</b>	16 oz.	20 oz.	32 oz.
<b>LEMONADE</b>	\$2.00	\$2.75	\$3.50
<b>ADD FLAVOR TO COFFEE</b> CARAMEL, SUGAR FREE HAZELNUT - SUGAR FREE VANILLA		0.50¢	EXTRA



## SOUP CORNER

ASK ANY OF OUR FRIENDLY STAFF FOR THE SOUPS OF DAY. MADE FRESH DAILY ON PREMISES

<b>SMALL</b>	\$3.50
<b>LARGE</b>	\$4.50

## HOT BUFFET TABLE

<b>1 ENTREE + 2 SIDE DISHES</b>	\$8.99
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## PHILLY STEAK SANDWICHES

<b>ORIGINAL CHEESE STEAK</b> (PEPPERS, ONIONS, AMERICAN CHEESE & MAYO)	\$7.99
<b>MEXICAN PHILLY</b> (PEPPERS, ONIONS, JALAPENOS, PEPPER JACK CHEESE & CHIPOTLE MAYO)	\$7.99
<b>CHICKEN PHILLY</b> (PEPPERS, ONIONS, MOZZARELLA CHEESE & CHIMICHURRI SAUCE)	\$7.99
<b>BBQ PHILLY</b> (PEPPERS, ONIONS, MUIENSTER CHEESE & BBQ SAUCE)	\$7.99
<b>ADDITIONAL: TOMATO, LETTUCE OR MUSHROOMS</b>	75¢
<b>CHEESE</b>	\$1.00

## GRIDDLE FAVORITES

<b>GRILLED CHEESE</b>	\$3.99
<b>WITH TOMATO</b>	\$4.75
<b>WITH BACON OR HAM</b>	\$5.25
<b>WITH BACON OR HAM &amp; TOMATO</b>	\$6.00
<b>B.L.T (BACON, LETTUCE, TOMATO)</b>	\$5.95
<b>TURKEY BACON B.L.T</b>	\$6.95
<b>TUNA MELT</b>	\$6.99
<b>WITH TOMATO</b>	\$7.50
<b>N.Y. RUBEN</b> CHOICE OF: CORNED BEEF OR PASTRAMI WITH SAUERKRAUT, MELTED SWISS CHEESE & RUSSIAN DRESSING	\$8.99



## BURGERS

	SANDWICH	DELUXE
<b>HAMBURGER (100% SIRLOIN BEEF)</b>	\$4.99	\$7.99
<b>CHEESEBURGER</b>	\$5.75	\$8.75
<b>BACON CHEESEBURGER</b>	\$6.99	\$9.95
<b>TURKEY BURGER</b>	\$4.99	\$7.99
<b>VEGGIE BURGER</b>	\$4.99	\$7.99

ALL BURGERS ARE 1/2LB. PREMIUM BEEF  
\*DELUXE IS SERVED WITH FRENCH FRIES, CRISP LETTUCE PLUM TOMATOES.

## FRENCH FRIES

<b>FRENCH FRIES</b>	\$3.50
<b>SWEET POTATO, CAJUN, OR ONION RINGS</b>	\$4.50