

## FRESH BAGELS

**BAGELS** **\$1.70**  
Plain, Poppy, Sesame, Onion, Pumpernickel, Everything, Garlic, Salt, Seven Grain, Whole Wheat, Whole Wheat Everything, Cinnamon Raisin, Egg, Blueberry, Egg Everything, whole wheat raisin oatmeal, Walnut Cranberry

**SLICED BAGELS Original** **\$1.80**

**BUY A DOZEN, GET ONE BAGEL FREE** **\$20.00**

**ROLL \$1.50** | **HERO \$2.00**

## CREAM CHEESE

Tomato Add \$1.00 | Cucumber Add \$1.00  
Avocado Add \$2.00 | Bacon Add \$2.50  
Onion Add \$0.75 | Lettuce Add \$0.75

	1/4 LBS	SANDWICH		1/4 LBS	SANDWICH
BUTTERED BAGEL	\$2.50	\$2.95	LOW CAL. PLAIN	\$4.35	\$5.95
PLAIN CREAM	\$3.75	\$4.95	LOW CAL. SCALLION	\$4.55	\$6.25
SCALLIONS	\$4.05	\$5.75	LOW CAL. VEGETABLE	\$4.55	\$6.25
VEGETABLE	\$4.05	\$5.75	LOW CAL. LOX	\$5.75	\$7.45
OLIVES	\$4.25	\$5.95			
GARLIC & HERB	\$4.25	\$5.95			
WALNUT & RAISIN	\$4.25	\$5.95	PLAIN TOFU	\$4.25	\$5.75
JALAPEÑO	\$4.25	\$5.95	TOFU SCALLION	\$4.55	\$6.25
SUN-DRIED TOMATO	\$4.25	\$5.95	TOFU VEGETABLE	\$4.55	\$6.25
STRAWBERRY	\$4.25	\$5.95			
BLUEBERRY	\$4.25	\$5.95			
CHIPOTLE	\$4.25	\$5.95	PEANUT BUTTER	\$3.85	\$5.05
BACON & SCALLION	\$4.95	\$6.65	PEANUT BUTTER & JELLY	-	\$5.55
LOX SPREAD	\$5.25	\$6.95			

## PASTRIES

**MUFFINS** **\$3.95**  
Choice of Corn, Blueberry, Chocolate Chip, Cranberry, Banana Nut, Double Chocolate Chip

**TOASTED MUFFIN WITH BUTTER OR JELLY** **\$4.45**

**CROISSANT (PLAIN)** **\$3.75**

**CROISSANT (ALMOND/ CHOCOLATE)** **\$4.25**

**DANISH (BLUEBERRY CHEESE / CHEESE)** **\$4.25**

**COOKIE (CHOCOLATE CHIP/ BLACK & WHITE COOKIE)** **\$3.95**

**CANELE** **\$4.45**

**GLUTEN FREE BROWNIES** **\$4.45**

**GLUTEN FREE RICE KRISPIES TREATS** **\$4.45**

## SPECIAL SMOOTHIES

16oz with two fruits **\$7.95** Extra fruits **\$1.00**

**MANGOES BANANAS STRAWBERRIES**  
**BLUEBERRIES RASPBERRIES PEACHES**

**FRESHLY SQUEEZED ORANGE JUICE**  
**S \$6.45 L \$7.95**

## BEVERAGES

OAT MILK ADD  
Regular Hot | Iced Coffee \$0.75  
Hot | Iced Latte \$1.50

### HOT

**ESPRESSO** (LA COLOMBE) **SMALL - \$3.50**

**BREWED COFFEE** (LA COLOMBE) **\$2.75 \$3.25**

**DECAF COFFEE** (LA COLOMBE) **\$2.95 \$3.35**

**HAZELNUT COFFEE** (LA COLOMBE) **\$2.75 \$3.25**

**AMERICANO** (LA COLOMBE) **\$3.95 \$4.45**

**CAFE LATTE** (LA COLOMBE) **\$4.20 \$4.90**

**VANILLA LATTE** (LA COLOMBE) **\$4.50 \$5.20**

**CAPPUCCINO** (LA COLOMBE) **\$4.20 \$4.90**

**CAFE MOCHA** (LA COLOMBE) **\$4.70 \$5.40**

**CARAMEL MACCHIATO** (LA COLOMBE) **\$5.10 \$5.80**

**HOT CHOCOLATE** (LA COLOMBE) **\$4.35 \$5.05**

**CHAI LATTE** (LA COLOMBE) **\$4.35 \$5.05**

**ORGANIC TEA** (LA COLOMBE) **\$3.90 \$4.60**

(Breakfast. Earl Grey. Green Tea. Chamomile. Ginger Twist)

**BOX COFFEE** **SMALL - \$32.00**

### ICED

**GB SIGNATURE ICED COFFEE**(LA COLOMBE) **SMALL \$3.95 MEDIUM \$4.55 LARGE \$5.15**

**ICED BREWED COFFEE** (LA COLOMBE) **\$3.35 \$3.85 \$4.35**

**ICED DECAF COFFEE** (LA COLOMBE) **\$3.55 \$4.05 \$4.55**

**ICED HAZELNUT COFFEE** (LA COLOMBE) **\$3.35 \$3.85 \$4.35**

**ICED AMERICANO** (LA COLOMBE) **\$4.25 \$4.75 -**

**ICED LATTE** (LA COLOMBE) **\$4.65 \$5.35 -**

**ICED VANILLA LATTE** (LA COLOMBE) **\$4.95 \$5.65 -**

**ICED CAPPUCCINO** (LA COLOMBE) **\$4.65 \$5.35 -**

**ICED CAFE MOCHA** (LA COLOMBE) **\$5.15 \$5.85 -**

**ICED CARAMEL MACCHIATO** (LA COLOMBE) **\$5.55 \$6.25 -**

**ICED CHAI LATTE** **\$4.95 \$5.65 -**

**ICED TEA** **\$3.45 \$3.95 \$4.45**

**ICED ORGANIC TEA** **\$4.15 \$4.85 -**

(Breakfast. Earl Grey. Green Tea. Chamomile. Ginger Twist)

**OTHER AVAILABLE BEVERAGES** **CAN \$1.95 BOTTLE \$2.50**

COKE **\$1.95**

VITAMIN WATER **\$3.50**

GATORADE **\$3.50**

TROPICANA **\$3.50**

SNAPPLE **\$2.95**

## BREAKFAST SPECIAL

Hero Add \$2.00 | Croissant Add \$2.00  
One Egg white \$1.50 | Egg Add \$1.00  
Tomato Add \$1.00 | Avocado Add \$2.00  
Wrap \$0.75 | Onion Add \$0.75  
Lettuce Add \$0.75

**Mon - Fri : 6AM - 1:30PM** | **Sat - Sun : 6AM - 2:30PM**

**BREAKFAST COMBO** **\$8.95**

Two Eggs, Home Fries and Toast Choice of Bacon, Sausage, Ham or Cheese

**TWO EGGS ON A ROLL OR BAGEL** **\$5.25**

**TWO EGGS WITH HAM BACON OR SAUSAGE** **\$7.20**

**TWO EGG WHITE AND BACON ON BAGEL OR ROLL** **\$7.75**

**TWO EGGS HAM AND CHEESE, BACON OR SAUSAGE ON A ROLL OR BAGEL** **\$7.95**

**TWO EGGS AND CHOICE OF ONE MEAT TOPPING WITH CHEESE WRAP** **\$8.55**

**TURKEY, EGG AND CHEESE WRAP** **\$8.75**

Two Eggs with Turkey and Cheese

**TWO EGGS WHITE BACON AND CHEESE WRAP** **\$8.95**

**TWO EGGS WHITE TURKEY BACON AND CHEESE WRAP** **\$9.25**

**TWO EGGS WHITE ROLL OR BAGEL** **\$5.75**

**TWO EGGS AND CHEESE ON A ROLL OR BAGEL** **\$6.95**

**TWO EGGS WHITE AND CHEESE ON A ROLL OR BAGEL** **\$7.55**

**TWO EGGS WHITE AND CHEESE WITH BACON OR HAM OR SAUSAGE** **\$8.55**

**TWO EGGS AND TURKEY BACON ON A ROLL OR BAGEL** **\$7.45**

**TWO EGGS WHITE AND TURKEY BACON ON A ROLL OR BAGEL** **\$7.95**

**TWO EGGS AND TURKEY BACON WITH CHEESE ON A ROLL OR BAGEL** **\$8.25**

**TWO EGGS WHITE AND TURKEY BACON WITH CHEESE ON A ROLL OR BAGEL** **\$8.75**

## OMELETTE

**Grill Open: Mon- Fri 6AM to 1:30 PM** | **Sat & Sun 6AM to 2:30 PM**

**WESTERN OMELETTE** **\$9.55**

Ham, Peppers, Onion Side with Toast and Home Fries

**CHEESE OMELETTE** **\$9.55**

Toast and Home Fries with Choice of American, Swiss, Cheddar, Muenster, Alpine Lace Swiss, Provolone, Mozzarella or Fresh Mozzarella Cheese

**GREEK OMELETTE** **\$9.55**

Feta Cheese, Onion, Tomato Side with Toast and Home Fries

**FOUR SEASONS EGG WHITE OMELETTE** **\$10.55**

Toast and Home Fries with Spinach, Onion, Mushrooms and Broccoli

**NOVA OMELETTE** **\$13.25**

Smoked Salmon, Toast and Home Fries

# GRAMERCY BAGELS

Gourmet Deli



## HAND ROLLED BOILED WATER BAGELS

**MADE DAILY** **LET US CATER FOR YOU!**  
*Beautiful Sandwich Trays or Traditional, Bountiful Layered Trays.*

## FREE DELIVERY

MINIMUM MAY VARY UPON DISTANCE & TIME

TEL. 212. 388. 0080

FAX. 212. 228. 1443

ORDER ONLINE, [WWW.GRAMERCYBAGEL.COM](http://WWW.GRAMERCYBAGEL.COM)  
246 3RD AVE. NEW YORK, NY 10010

## SANDWICH COMBO

Include Can of Soda  
Choice of Potato, Macaroni Salad, Coleslaw or Pickle  
Hero or Croissant Add \$2.00  
Avocado Add \$2.00 | Bacon Add \$2.50

<b>COMBO #1</b> Corned Beef, Pastrami, Swiss, Coleslaw	<b>\$13.50</b>
<b>COMBO #2</b> Salami, Ham, Lettuce, Tomato, Provolone, Italian Dressing	<b>\$13.50</b>
<b>COMBO #3</b> Buffalo Chicken, Tomato, Lettuce, Mozzarella, Blue Cheese Dressing	<b>\$13.50</b>
<b>COMBO #4</b> Rube, Corned Beef, Melted Cheese, Sauerkraut, Mustard	<b>\$13.50</b>
<b>COMBO #5</b> Roast Beef, Turkey, Lettuce, Tomato, Russian Dressing	<b>\$13.50</b>
<b>COMBO #6</b> Turkey, Ham, Swiss, Coleslaw, Russian Dressing	<b>\$13.50</b>

## SMOKED FISH & FISH PLATTER

Tomato Add \$1.00 | Cucumber Add \$1.00  
Onion Add \$0.75 | Lettuce Add \$0.75  
Caper or Any Other Cream Cheese Add \$1.25

<b>NOVA SCOTIA SALMON WITH PLAIN CREAM CHEESE</b> Any Other Types of Cream Cheese Add \$1.00	<b>\$15.95</b>	SANDWICH
<b>NOVA SCOTIA PLATTER</b> With Lettuce, Sliced Tomato and Bermuda Onion Served with Bagel and Plain or Chive Cream Cheese	<b>\$23.55</b>	

**NOVA SCOTIA SALMON 1/4LBS** **\$14.25**

## SPREADS

Hero or Croissant Add \$2.00  
Tomato Add \$1.00 | Cheese Add \$1.25  
Cucumber Add \$1.00 | Avocado Add \$2.00  
Bacon Add \$2.50 | Onion Add \$0.75  
Lettuce Add \$0.75

<b>EGG SALAD</b>	<b>\$4.75</b>	<b>\$7.45</b>	1/4 LBS SANDWICH
<b>TUNA SALAD</b>	<b>\$5.00</b>	<b>\$9.25</b>	
<b>LOW CALORIE TUNA SALAD</b>	<b>\$5.50</b>	<b>\$9.45</b>	
<b>VEGETABLE TUNA SALAD</b>	<b>\$5.50</b>	<b>\$9.45</b>	
<b>LOW CALORIE CHICKEN SALAD</b>	<b>\$5.50</b>	<b>\$9.45</b>	
<b>CHICKEN SALAD</b>	<b>\$5.00</b>	<b>\$9.25</b>	
<b>PESTO CHICKEN SALAD</b>	<b>\$5.75</b>	<b>\$9.75</b>	
<b>BUFFALO CHICKEN SALAD</b>	<b>\$5.75</b>	<b>\$9.75</b>	
<b>WHITE FISH SALAD</b>	<b>\$5.95</b>	<b>\$10.45</b>	
<b>BAKED SALMON SALAD</b>	<b>\$5.95</b>	<b>\$10.45</b>	

## HOT SANDWICHES

Choice of Cheese  
Avocado Add \$2.00 | Hero Add \$2.00  
Onion Add \$0.75 | Lettuce Add \$0.75 | Tomato Add \$1.00

<b>PHILLY CHEESE STEAK</b> Green Pepper, Onion and Mushroom	<b>\$11.75</b>
<b>MEXICAN</b> Grilled Chicken, Jalapeño, Pepper, Cheese, Salsa	<b>\$11.45</b>
<b>CHICKEN PARMIGIANA</b>	<b>\$11.45</b>

## COLD-CUT

Sandwich on a Hero or Croissant Add \$2.00  
Cheese Add \$1.25 each | Bacon Add \$2.50  
Free Can of Soda

<b>SINGLE MEAT</b>				<b>\$10.95</b>
<b>1/4 LBS</b>				<b>\$6.75</b>
Choice of Meat	<b>ROAST BEEF</b>	<b>CORNED BEEF</b>	<b>SMOKED TURKEY</b>	
	<b>TURKEY BREST</b>	<b>PASTRAMI</b>	<b>HONEY TURKEY</b>	
	<b>HAM</b>	<b>GENOA SALAMI</b>		

## CHEESE SANDWICHES

	1/4 LBS	SANDWICH
<b>AMERICAN</b>	<b>\$3.60</b>	<b>\$5.45</b>
<b>SWISS</b>	<b>\$4.45</b>	<b>\$5.90</b>
<b>CHEDDAR</b>	<b>\$4.45</b>	<b>\$5.90</b>
<b>MUENSTER</b>	<b>\$4.45</b>	<b>\$5.90</b>
<b>ALPINE LACE SWISS</b>	<b>\$4.45</b>	<b>\$5.90</b>
<b>PROVOLONE</b>	<b>\$4.45</b>	<b>\$5.90</b>
<b>MOZZARELLA</b>	<b>\$4.45</b>	<b>\$5.90</b>
<b>FRESH MOZZARELLA</b>	<b>\$5.45</b>	<b>\$6.85</b>
<b>PEPPER JACK</b>	<b>\$4.45</b>	<b>\$5.90</b>

## GRILLED CHEESE SANDWICHES

<b>GRILLED CHEESE</b>	<b>\$6.45</b>
<b>GRILLED CHEESE BACON</b>	<b>\$8.45</b>
<b>GRILLED CHEESE TOMATO</b>	<b>\$7.25</b>
<b>GRILLED CHEESE TOMATO &amp; BACON</b>	<b>\$8.95</b>

## SALADS & FRUIT SALADS

<b>FOUR TOPPINGS</b>	<b>\$7.95</b>
<b>FOUR TOPPINGS WITH CHOICE OF GRILLED CHICKEN OR HAM OR TUNA SALAD</b>	<b>\$9.95</b>
<b>FIVE TOPPINGS WITH CHOICE OF GRILLED CHICKEN OR HAM OR TUNA SALAD</b>	<b>\$10.45</b>
<b>Vegetable Choices:</b> Broccoli, Green Olives, Black Olives, Feta Cheese, Corn, Cheddar, Cucumbers, Green Peppers, Jalapeño, Green Peas, Chick Peas, Croutons, Red Onions, Sun-dried Tomatoes, Cherry Tomatoes, Hard Boiled Egg, Beets, Mushrooms, Celery, Raisins, Scallions, Roasted Peppers, Bacon Bits and Walnuts	
<b>LIGHT YOGURT WITH FRESH FRUIT AND GRANOLA</b>	<b>\$5.95</b>
<b>FRUIT SALADS</b>	<b>SM. \$4.95 LG. \$6.95</b>

## DRESSINGS

Creamy Italian	French Italian	Vinegar Olive oil
Creamy Caesar	Balsamic Vinegar	Ranch
Honey Mustard	Balsamic Vinaigrette	Russian
Blue cheese		

### FAT FREE DRESSINGS

Fat Free Italian

## WRAPS

**GRILLED CHICKEN CAESAR WRAP** **\$11.45**  
Grilled Chicken, Romaine, Grated Cheese and Caesar Dressing

**FAJITA WRAP** **\$11.45**  
Grilled Chicken, Lettuce, Tomato, Onions and Salsa on a Sun-dried Tomato Wrap

**ROMA WRAP** **\$11.45**  
Grilled Chicken, Melted Mozzarella, Lettuce, Tomato, Onions, Sun-dried Tomato Wrap with Balsamic Vinaigrette

**GRILLED HONEY MAPLE TURKEY WRAP** **\$11.45**  
Grilled Honey Turkey, Cheddar, Onions, Lettuce, Tomato and Honey Mustard

**TUNA MELT WRAP** **\$11.45**  
Tuna Salad, Melted American, Lettuce, Tomato and Onion

**MOZZARELLA WRAP** **\$11.45**  
Homemade Fresh Mozzarella, Fresh Basil, Extra Virgin Olive Oil, Balsamic Vinegar and Sun-dried Tomato

**CHICKEN SALAD BLT WRAP** **\$11.45**  
Chicken Salad, Bacon, Lettuce and Tomato

**BUFFALO** **\$11.45**  
Grilled Chicken, Lettuce, Tomato, Mozzarella, Blue Cheese Dressing

## POTATO CHIPS

**HAL'S CHIPS** **\$2.25**

## CATERING

All platters include a Magnificent Variety of Vegetables and Bagels

### BREAKFAST \$11.00 / PERSON

Coffee or Orange Juice, Fresh Bagels Served with a Variety of Cream Cheese, Butter, Jam

### LUNCH \$13/ PERSON

Trader's Lunch Assortment of Sandwiches, Served with a Choice of Salad and with Choice of Soda or Water

*We do Catering for Small and Corporate Events. We deliver for Catering in All Manhattan.*

## PANINI

**CHICKEN CLUB PANINI** **\$11.75**  
Grilled Chicken, Bacon, Cheddar, Lettuce, Tomato and Honey Mustard

**TURKEY PESTO PANINI** **\$11.75**  
Turkey, Provolone, Red Peppers and Pesto Sauce

**CHICKEN PESTO PANINI** **\$11.75**  
Grilled Chicken, Mozzarella, Tomato and Pesto Sauce

**CUBAN PANINI** **\$11.75**  
Roast Pork, Ham, Swiss, Mustard and Pickles

**TUNA MELT PANINI** **\$11.75**  
Tuna Salad, Cheddar, Lettuce and Tomato

**SICILIANO PANINI** **\$11.75**  
Prosciutto, Ham, Fresh Mozzarella and Sun-dried Tomato

**TURKEY CLUB PANINI** **\$11.75**  
Turkey, Swiss, Bacon, Lettuce, Tomato and Mayo

**VEGGIE PANINI** **\$11.75**  
Fresh Mozzarella, Spinach, Basil and Sun-dried Tomato

**SUPER CHICKEN PANINI** **\$11.75**  
Fresh Mozzarella, Grilled Chicken, Red Peppers and Pesto Sauce

**MONTE CRISTO PANINI** **\$11.75**  
Ham, Smoked Turkey, Swiss, Cheddar, Lettuce, Tomato and Honey Mustard

**CHICKEN PARMIGIANA PANINI** **\$11.75**  
Chicken Cutlet, Marinara Sauce, Mozzarella and Fresh Basil

**CHICKEN FAJITA PANINI** **\$11.75**  
Grilled Chicken, Cheddar, Roasted Peppers, Onions and Salsa

**GRILLED BUFFALO CHICKEN** **\$11.75**  
Grilled Chicken, Mozzarella, Blue Cheese and Buffalo Sauce

**MEXICAN** **\$11.75**  
Grilled Chicken, Jalapeño, Pepper, Cheese and Salsa

## CHICKEN SANDWICHES

Hero \$2.00 Extra | Avocado Add \$2.00  
Tomato Add \$1.00 | Cheese Add \$1.25  
Onion Add \$0.75 | Lettuce Add \$0.75 | Bacon Add \$2.50

<b>GRILLED CHICKEN</b>	<b>\$9.95</b>
<b>CAJUN CHICKEN</b>	<b>\$9.95</b>
<b>CHICKEN CUTLET</b>	<b>\$9.95</b>
<b>BUFFALO CHICKEN</b>	<b>\$9.95</b>
<b>BLT</b>	<b>\$8.25</b>

## SIDE

<b>HOME FRIES</b>	<b>\$5.00</b>
<b>COLESLAW, MACARONI, POTATO SALAD</b>	<b>\$4.00</b> per 1/2lbs
<b>HASH BROWNS (3PCS)</b>	<b>\$4.00</b>
<b>BACON</b>	<b>\$5.50</b>