

## FRESH BAGELS

**BAGELS** **\$1.50**  
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

**BUY A DOZEN, GET ONE BAGEL FREE** **\$18.00**

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

## CREAM CHEESE

Tomato Add \$0.75 Cucumber Add \$0.75  
Avocado Add \$1.75 Bacon Add \$2.00  
Onion Add \$0.50 Lettuce Add \$0.50

	1/4 LBS	SANDWICH		1/4 LBS	SANDWICH
BUTTERED BAGEL	\$2.50	\$2.75	LOW CAL. PLAIN	\$3.85	\$5.45
PLAIN CREAM	\$3.25	\$4.25	LOW CAL. SCALLION	\$4.05	\$5.75
SCALLIONS	\$3.55	\$5.25	LOW CAL. VEGETABLE	\$4.05	\$5.75
VEGETABLE	\$3.55	\$5.25	LOW CAL. LOX	\$5.25	\$6.65
OLIVES	\$3.55	\$5.25			
GARLIC & HERB	\$3.55	\$5.25			
WALNUT & RAISIN	\$4.25	\$5.95	PLAIN TOFU	\$3.75	\$5.15
JALAPEÑO	\$4.25	\$5.95	TOFU SCALLION	\$4.05	\$5.75
SUN-DRIED TOMATO	\$4.25	\$5.95	TOFU VEGETABLE	\$4.05	\$5.45
STRAWBERRY	\$3.55	\$5.25			
BLUEBERRY	\$3.55	\$5.25			
CHIPOTLE	\$3.55	\$5.25	PEANUT BUTTER	\$3.85	\$5.05
BACON & SCALLION	\$4.50	\$6.25	PEANUT BUTTER & JELLY	-	\$5.55
LOX	\$5.05	\$6.45			

## PASTRIES

**MUFFINS** **\$3.50**

Choice of Corn, Blueberry, Chocolate Chip, Cranberry, Banana Nut, Double Chocolate Chip

**TOASTED MUFFIN WITH BUTTER OR JELLY** **\$3.95**

**CROISSANT (PLAIN)** **\$3.25**

**CROISSANT (ALMOND/ CHOCOLATE)** **\$3.75**

**DANISH (BLUEBERRY CHEESE / CHEESE)** **\$3.75**

**COOKIE (CHOCOLATE CHIP/ BLACK & WHITE COOKIE)** **\$3.50**

**CANELE** **\$3.95**

**GLUTEN FREE BROWNIES** **\$3.95**

**GLUTEN FREE RICE KRISPIES TREATS** **\$3.50**

## SPECIAL SMOOTHIES

16oz with two fruits **\$6.95** Extra fruits **e75**

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

**FRESHLY SQUEEZED ORANGE JUICE**  
**S \$4.50 L \$6.95**

## BEVERAGES

### HOT

	SMALL	LARGE
<b>ESPRESSO</b> (LA COLOMBE)	-	<b>\$3.00</b>
<b>BREWED COFFEE</b> (LA COLOMBE)	<b>\$2.45</b>	<b>\$2.95</b>
<b>DECAF COFFEE</b> (LA COLOMBE)	<b>\$2.65</b>	<b>\$3.15</b>
<b>HAZELNUT COFFEE</b> (LA COLOMBE)	<b>\$2.45</b>	<b>\$2.95</b>
<b>AMERICANO</b> (LA COLOMBE)	<b>\$2.90</b>	<b>\$3.60</b>
<b>CAFE LATTE</b> (LA COLOMBE)	<b>\$3.80</b>	<b>\$4.50</b>
<b>VANILLA LATTE</b> (LA COLOMBE)	<b>\$4.10</b>	<b>\$4.80</b>
<b>CAPPUCCINO</b> (LA COLOMBE)	<b>\$3.80</b>	<b>\$4.50</b>
<b>CAFE MOCHA</b> (LA COLOMBE)	<b>\$4.30</b>	<b>\$5.00</b>
<b>CARAMEL MACCHIATO</b> (LA COLOMBE)	<b>\$4.70</b>	<b>\$5.40</b>
<b>HOT CHOCOLATE</b> (LA COLOMBE)	<b>\$3.95</b>	<b>\$4.65</b>
<b>CHAI LATTE</b> (LA COLOMBE)	<b>\$3.95</b>	<b>\$4.65</b>
<b>ORGANIC TEA</b> (LA COLOMBE)	<b>\$3.50</b>	<b>\$4.20</b>

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

### ICED

	SMALL	MEDIUM	LARGE
<b>GB SIGNATURE ICED COFFEE</b> (LA COLOMBE)	<b>\$3.65</b>	<b>\$4.25</b>	<b>\$4.85</b>
<b>ICED BREWED COFFEE</b> (LA COLOMBE)	<b>\$3.05</b>	<b>\$3.55</b>	<b>\$4.05</b>
<b>ICED DECAF COFFEE</b> (LA COLOMBE)	<b>\$3.25</b>	<b>\$3.75</b>	<b>\$4.25</b>
<b>ICED HAZELNUT COFFEE</b> (LA COLOMBE)	<b>\$3.05</b>	<b>\$3.55</b>	<b>\$4.05</b>
<b>ICED AMERICANO</b> (LA COLOMBE)	<b>\$3.55</b>	<b>\$4.25</b>	-
<b>ICED LATTE</b> (LA COLOMBE)	<b>\$4.25</b>	<b>\$4.95</b>	-
<b>ICED VANILLA LATTE</b> (LA COLOMBE)	<b>\$4.55</b>	<b>\$5.25</b>	-
<b>ICED CAPPUCCINO</b> (LA COLOMBE)	<b>\$4.25</b>	<b>\$4.95</b>	-
<b>ICED CAFE MOCHA</b> (LA COLOMBE)	<b>\$4.75</b>	<b>\$5.45</b>	-
<b>ICED CARAMEL MACCHIATO</b> (LA COLOMBE)	<b>\$5.15</b>	<b>\$5.85</b>	-
<b>ICED CHAI LATTE</b>	<b>\$4.55</b>	<b>\$5.25</b>	-
<b>ICED TEA</b>	<b>\$3.05</b>	<b>\$3.55</b>	<b>\$4.05</b>
<b>ICED ORGANIC TEA</b>	<b>\$3.75</b>	<b>\$4.45</b>	-

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

**OTHER AVAILABLE BEVERAGES**

	CAN	BOTTLE
COKE	<b>\$1.75</b>	<b>\$2.25</b>
VITAMIN WATER	<b>\$3.25</b>	
GATORADE	<b>\$3.25</b>	
TROPICANA	<b>\$3.25</b>	
SNAPPLE	<b>\$2.75</b>	

## BREAKFAST SPECIAL

Any Additional Topping Add \$0.75  
Hero Add \$1.75 Croissant Add \$1.75  
One Egg white \$0.75 Tomato Add \$0.75  
Avocado Add \$1.75 Wrap \$0.75  
Onion Add \$0.50 Lettuce Add \$0.50

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

**BREAKFAST COMBO** **\$7.95**

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

**TWO EGGS ON A ROLL OR BAGEL** **\$4.75**

**TWO EGGS WITH HAM BACON OR SAUSAGE** **\$6.40**

**TWO EGG WHITE AND BACON ON BAGEL OR ROLL** **\$6.95**

**TWO EGGS HAM AND CHEESE, BACON OR SAUSAGE ON A ROLL OR BAGEL** **\$7.25**

**TWO EGGS AND CHOICE OF ONE MEAT TOPPING WITH CHEESE WRAP** **\$7.75**

**TURKEY, EGG AND CHEESE WRAP** **\$7.95**

Two Eggs with Turkey and Cheese

**TWO EGGS WHITE BACON AND CHEESE WRAP** **\$8.25**

**TWO EGGS WHITE TURKEY BACON AND CHEESE WRAP** **\$8.45**

**TWO EGGS WHITE ROLL OR BAGEL** **\$5.25**

**TWO EGGS AND CHEESE ON A ROLL OR BAGEL** **\$6.25**

**TWO EGGS WHITE AND CHEESE ON A ROLL OR BAGEL** **\$6.75**

**TWO EGGS WHITE AND CHEESE WITH BACON OR HAM OR SAUSAGE** **\$7.75**

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

**TWO EGGS WHITE AND TURKEY BACON ON A ROLL OR BAGEL** **\$7.15**

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

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

## OMELETTE

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

**WESTERN OMELETTE** **\$8.75**

Ham, Peppers, Onion Side with Toast and Home Fries

**CHEESE OMELETTE** **\$8.75**

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

**GREEK OMELETTE** **\$8.75**

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

**FOUR SEASONS EGG WHITE OMELETTE** **\$9.75**

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

**NOVA OMELETTE** **\$11.25**

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 \$1.75  
Avocado Add \$1.75 | Bacon Add \$2.00

<b>COMBO #1</b> Corned Beef, Pastrami, Swiss, Coleslaw	<b>\$12.50</b>
<b>COMBO #2</b> Salami, Ham, Lettuce, Tomato, Provolone, Italian Dressing	<b>\$12.50</b>
<b>COMBO #3</b> Buffalo Chicken, Tomato, Lettuce, Mozzarella, Blue Cheese Dressing	<b>\$12.50</b>
<b>COMBO #4</b> Rube, Corned Beef, Melted Cheese, Sauerkraut, Mustard	<b>\$12.50</b>
<b>COMBO #5</b> Roast Beef, Turkey, Lettuce, Tomato, Russian Dressing	<b>\$12.50</b>
<b>COMBO #6</b> Turkey, Ham, Swiss, Coleslaw, Russian Dressing	<b>\$12.50</b>

## COLD-CUT

Sandwich on a Hero or Croissant Add \$1.75  
Cheese Add \$1.00 each | Bacon Add \$2.00  
Free Can of Soda

<b>SINGLE MEAT</b>		<b>\$9.95</b>
<b>1/4 LBS</b>		<b>\$5.25</b>
Choice of Meat	<b>ROAST BEEF</b> <b>TURKEY BREAST</b> <b>PEPPER TURKEY</b>	<b>CORNER BEEF</b> <b>PASTRAMI</b> <b>HAM</b>
	<b>SMOKED TURKEY</b> <b>HONEY TURKEY</b> <b>GENOA SALAMI</b>	

## CHEESE SANDWICHES

	1/4 LBS	SANDWICH
<b>AMERICAN</b>	<b>\$3.25</b>	<b>\$5.00</b>
<b>SWISS</b>	<b>\$3.50</b>	<b>\$5.25</b>
<b>CHEDDAR</b>	<b>\$3.75</b>	<b>\$5.50</b>
<b>MUENSTER</b>	<b>\$3.50</b>	<b>\$5.25</b>
<b>ALPINE LACE SWISS</b>	<b>\$3.75</b>	<b>\$5.50</b>
<b>PROVOLONE</b>	<b>\$3.50</b>	<b>\$5.25</b>
<b>MOZZARELLA</b>	<b>\$3.50</b>	<b>\$5.25</b>
<b>FRESH MOZZARELLA</b>	<b>\$4.25</b>	<b>\$6.00</b>
<b>PEPPER JACK</b>	<b>\$3.75</b>	<b>\$5.50</b>

## GRILLED CHEESE SANDWICHES

<b>GRILLED CHEESE</b>	<b>\$5.95</b>
<b>GRILLED CHEESE BACON</b>	<b>\$7.75</b>
<b>GRILLED CHEESE TOMATO</b>	<b>\$6.45</b>
<b>GRILLED CHEESE TOMATO &amp; BACON</b>	<b>\$8.25</b>

## SALADS & FRUIT SALADS

<b>FOUR TOPPINGS</b>	<b>\$7.50</b>
<b>FOUR TOPPINGS WITH CHOICE OF GRILLED CHICKEN OR HAM OR TUNA SALAD</b>	<b>\$9.50</b>
<b>FIVE TOPPINGS WITH CHOICE OF GRILLED CHICKEN OR HAM OR TUNA SALAD</b>	<b>\$10.00</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>\$4.95</b>
<b>FRUIT SALADS</b>	<b>SM. \$3.95 LG. \$5.95</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

<b>GRILLED CHICKEN CAESAR WRAP</b> Grilled Chicken, Romaine, Grated Cheese and Caesar Dressing	<b>\$10.45</b>
<b>FAJITA WRAP</b> Grilled Chicken, Lettuce, Tomato, Onions and Salsa on a Sun-dried Tomato Wrap	<b>\$10.45</b>
<b>ROMA WRAP</b> Grilled Chicken, Melted Mozzarella, Lettuce, Tomato, Onions, Sun-dried Tomato Wrap with Balsamic Vinaigrette	<b>\$10.45</b>
<b>GRILLED HONEY MAPLE TURKEY WRAP</b> Grilled Honey Turkey, Cheddar, Onions, Lettuce, Tomato and Honey Mustard	<b>\$10.45</b>
<b>TUNA MELT WRAP</b> Tuna Salad, Melted American, Lettuce, Tomato and Onion	<b>\$10.45</b>
<b>MOZZARELLA WRAP</b> Homemade Fresh Mozzarella, Fresh Basil, Extra Virgin Olive Oil, Balsamic Vinegar and Sun-dried Tomato	<b>\$10.45</b>
<b>CHICKEN SALAD BLT WRAP</b> Chicken Salad, Bacon, Lettuce and Tomato	<b>\$10.45</b>
<b>BUFFALO</b> Grilled Chicken, Lettuce, Tomato, Mozzarella, Blue Cheese Dressing	<b>\$10.45</b>

## POTATO CHIPS

<b>HAL'S CHIPS</b>	<b>\$1.95</b>
<b>BEANFIELDS CHIPS</b>	<b>\$2.45</b>

## CATERING

All platters include a Magnificent Variety of Vegetables and Bagels

### BREAKFAST \$10.00 / PERSON

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

### LUNCH \$12 / 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

<b>CHICKEN CLUB PANINI</b> Grilled Chicken, Bacon, Cheddar, Lettuce, Tomato and Honey Mustard	<b>\$10.75</b>
<b>TURKEY PESTO PANINI</b> Turkey, Provolone, Red Peppers and Pesto Sauce	<b>\$10.75</b>
<b>CHICKEN PESTO PANINI</b> Grilled Chicken, Mozzarella, Tomato and Pesto Sauce	<b>\$10.75</b>
<b>CUBAN PANINI</b> Roast Pork, Ham, Swiss, Mustard and Pickles	<b>\$10.75</b>
<b>TUNA MELT PANINI</b> Tuna Salad, Cheddar, Lettuce and Tomato	<b>\$10.75</b>
<b>SICILIANO PANINI</b> Prosciutto, Ham, Fresh Mozzarella and Sun-dried Tomato	<b>\$10.75</b>
<b>TURKEY CLUB PANINI</b> Turkey, Swiss, Bacon, Lettuce, Tomato and Mayo	<b>\$10.75</b>
<b>VEGGIE PANINI</b> Fresh Mozzarella, Spinach, Basil and Sun-dried Tomato	<b>\$10.75</b>
<b>SUPER CHICKEN PANINI</b> Fresh Mozzarella, Grilled Chicken, Red Peppers and Pesto Sauce	<b>\$10.75</b>
<b>MONTE CRISTO PANINI</b> Ham, Smoked Turkey, Swiss, Cheddar, Lettuce, Tomato and Honey Mustard	<b>\$10.75</b>
<b>CHICKEN PARMIGIANA PANINI</b> Chicken Cutlet, Marinara Sauce, Mozzarella and Fresh Basil	<b>\$10.75</b>
<b>CHICKEN FAJITA PANINI</b> Grilled Chicken, Cheddar, Roasted Peppers, Onions and Salsa	<b>\$10.75</b>
<b>GRILLED BUFFALO CHICKEN</b> Grilled Chicken, Mozzarella, Blue Cheese and Buffalo Sauce	<b>\$10.75</b>
<b>MEXICAN</b> Grilled Chicken, Jalapeño, Pepper, Cheese and Salsa	<b>\$10.75</b>

## CHICKEN SANDWICHES

Hero \$1.75 Extra | Avocado Add \$1.75  
Tomato Add \$0.75 | Cheese Add \$1.00  
Onion Add \$0.50 | Lettuce Add \$0.50 | Bacon Add \$2.00

<b>GRILLED CHICKEN</b>	<b>\$9.45</b>
<b>CAJUN CHICKEN</b>	<b>\$9.45</b>
<b>CHICKEN CUTLET</b>	<b>\$9.45</b>
<b>BUFFALO CHICKEN</b>	<b>\$9.45</b>
<b>BLT</b>	<b>\$7.25</b>
<b>TURKEY BACON BLT</b>	<b>\$7.75</b>

## SIDE

<b>HOME FRIES</b>	<b>\$4.50</b>
<b>COLESLAW, MACARONI, POTATO SALAD</b>	<b>\$3.50 per 1/2lbs</b>
<b>HASH BROWNS (3PCS)</b>	<b>\$3.50</b>

## SMOKED FISH & FISH PLATTER

Tomato Add \$ 0.75 | Cucumber Add \$0.75  
Onion Add \$0.50 | Lettuce Add \$0.50  
Caper or Any Other Cream Cheese Add \$1.00

	1/4 LBS	SANDWICH
<b>NOVA SCOTIA SALMON WITH PLAIN CREAM CHEESE</b>	<b>\$12.25</b>	<b>\$13.95</b>
Any Other Types of Cream Cheese Add \$1.00		
<b>NOVA SCOTIA PLATTER</b>		<b>\$20.55</b>
With Lettuce, Sliced Tomato and Bermuda Onion Served with Bagel and Plain or Chive Cream Cheese		

## SPREADS

Hero or Croissant Add \$1.75  
Tomato Add \$0.75 | Cheese Add \$1.00  
Cucumber Add \$0.75 | Avocado Add \$1.75  
Bacon Add \$2.00 | Onion Add \$0.50  
Lettuce Add \$0.50

	1/4 LBS	SANDWICH
<b>EGG SALAD</b>	<b>\$3.75</b>	<b>\$6.95</b>
<b>TUNA SALAD</b>	<b>\$4.25</b>	<b>\$8.75</b>
<b>LOW CALORIE TUNA SALAD</b>	<b>\$4.50</b>	<b>\$8.95</b>
<b>VEGETABLE TUNA SALAD</b>	<b>\$4.50</b>	<b>\$8.95</b>
<b>LOW CALORIE CHICKEN SALAD</b>	<b>\$4.50</b>	<b>\$8.95</b>
<b>CHICKEN SALAD</b>	<b>\$4.25</b>	<b>\$8.75</b>
<b>PESTO CHICKEN SALAD</b>	<b>\$4.75</b>	<b>\$9.25</b>
<b>BUFFALO CHICKEN SALAD</b>	<b>\$4.75</b>	<b>\$9.25</b>
<b>WHITE FISH SALAD</b>	<b>\$5.45</b>	<b>\$9.95</b>
<b>BAKED SALMON SALAD</b>	<b>\$5.45</b>	<b>\$9.95</b>

## HOT SANDWICHES

	Choice of Cheese
	Avocado Add \$1.75   Hero Add \$1.75 Onion Add \$0.50   Lettuce Add \$0.50   Tomato Add \$ 0.75
<b>PHILLY CHEESE STEAK</b> Green Pepper, Onion and Mushroom	<b>\$10.75</b>
<b>MEXICAN</b> Grilled Chicken, Jalapeño, Pepper, Cheese, Salsa	<b>\$10.45</b>
<b>CHICKEN PARMIGIANA</b>	<b>\$10.45</b>