

COLD CUT SANDWICHES

Served on A Bagel

All Lunch Sandwiches come with your choice of: Pickle Wedge, Potato Salad, Red Bliss Potato Salad, Cole-Slaw, Macaroni Salad, Gourmet Pasta Salad, or Fresh Fruit (Banana or Apple)

Ham	\$5.99	Pastrami	\$5.99
Virginia Ham	\$5.99	Corned Beef	\$5.99
Turkey	\$5.99	Genoa Salami	\$5.99
Maple Turkey	\$5.99	Prosciutto	\$5.99
Peppermill Turkey	\$5.99	Roast Beef	\$5.99
Salsalito Turkey	\$5.99	Cappy Ham	\$5.99
Chicken Breast	\$5.99	Bologna, Liverwurst	\$5.49
Buffalo Chicken	\$5.99	Cheese	\$5.49
BBQ Chicken Breast	\$5.99		

SALAD SANDWICHES

Served on A Bagel

Egg Salad	\$5.99	Lite Mandarin Orange Chicken	\$6.49
Tuna	\$6.49	Chicken	\$6.49
Mexican Tuna	\$6.49	Craisin Chicken	\$6.49
Springtime Tuna	\$6.49	Tuscany Chicken	\$6.49
Lite Veggie Tuna	\$6.49	Shrimp Salad	\$6.99
Whitefish	\$6.99		

Sandwich Toppers \$.60

Lettuce		Sliced Pickle	
Green Leaf Lettuce		Japapenos	
Tomato		Onions	
Baby Spinach		Sundried Tomatoes	
Red Roasted Peppers		Sliced Apple	
Cucumber		Artichoke Heart	
		Avocado	\$1.50

BREAD CHOICES

Freshly Baked Bagel		Egg Onion Rolls	
Additional Charges:		Whole Wheat Rolls	
European Thick Sliced		Wraps - Plain, Whole Wheat	
Wheatberry, Country Rye, Country White		Spinach, Cool Cucumber, Red Roasted Pepper, or Low-Carb Whole Wheat	
European Flat Bread		All Butter Croissant	
Roll			
Hero			

FROM THE GRILL

French Fries	\$2.75	Buffalo Wings or Honey BBQ Wings	
Cheese Fries	\$3.99	with Ranch or Blue Cheese	
Chicken Fingers - 4 pieces	\$6.49	6 pieces	\$4.79
Chicken Finger Platter		12 pieces	\$7.99
With French Fries	\$7.99	Sample Platter	\$8.49
Mozzarella Sticks - 6 pieces	\$5.99	Choose any 3: Mozzarella Sticks, French Fries, Hot Buffalo Wings, Honey BBQ Wings or Chicken Tenders	

CHOPPED SALAD BAR

SMALL \$2.99 / LARGE \$4.69

Choose Your Greens

Iceberg, Romaine, Baby Spinach, or Mixed Greens

Free Add Ins

2 add ins for Small / 3 add ins for Large - Carrots, Celery, Chinese Noodles, Cucumbers, Green Peppers, Onions, Tomatoes, Croutons

75¢ Per Additional Topping

Black Olives, Green Olives, Chick Peas, Craisins, Raisins, Tortilla Strips, Artichoke Hearts, Bacon, Caramelized Walnuts, Toasted Almonds, Hard Boiled Egg, Feta, Cheddar, Gorgonzola Cheese, Fresh or Shredded Mozzarella, Mandarin Oranges, Mushrooms, Sun-dried Tomatoes or Roasted Peppers

\$1.50 Additional Avocado

\$2.50 Per Additional Topping

Grilled or Fried Chicken, Turkey Breast, Chicken Salad, Shrimp Salad, Tuna Salad, Egg Salad, Veggie Tuna, Spring Time Tuna, or Craisin Chicken

Dressings

Oil & Vinegar, Raspberry Vinaigrette, Balsamic Vinaigrette, Oriental Sesame, Honey Dijon, Honey Mustard, Blue Cheese, Ranch, Russian, Caesar, Lite Ranch, Lite Italian, Roasted Red Pepper, Mango Pineapple Vinaigrette, Greek, Golden Italian, Creamy Italian, Fat Free Ranch, Fat Free Raspberry Vinaigrette, Honey Poppy Seed, Wasabi Cucumber, Lime Cilantro

SALADS TO GO

Garden Salad

Iceberg Lettuce, Red & Green Peppers, Red Onions, Cucumbers, Tomatoes, Shredded Carrots & Black Olives

Mandarin Orange Salad

Sweet Glazed Walnuts, Red Onions, Craisins, Gorgonzola Over a Bed of Mixed Greens

Greek Salad

Crisp Romaine Lettuce, Sliced Cucumbers, Green Peppers, Black Olives, Red Peppers, Red Onions & Tomatoes, Topped With Feta Cheese & Greek Vinaigrette

Chef Salad

Mixture Of Iceberg & Romaine Lettuce, Ham, Turkey, American Cheese, Hard Boiled Eggs, Green & Red Peppers, Red Onions, Cucumbers & Tomatoes

Caesar Salad

Fresh Romaine, Shaved Parmesan Cheese, Garlic Croutons with Caesar Dressing

Grilled Chicken Caesar Salad

Fresh Romaine, Shaved Parmesan Cheese, Garlic Croutons with Caesar Dressing, Topped with Grilled Chicken Slices

Monterey Spinach Salad

Fresh Organic Baby Spinach, Sliced Strawberries, Diced Fresh Mozzarella Cheese, & Caramelized Walnuts, Topped with a Balsamic Vinaigrette Dressing

Apple Walnut Chicken Salad

Grilled Chicken, Apples, Craisins, Gorgonzola, Candied Walnuts, Over A Bed Of Mixed Greens

Grilled Chicken BLT Salad

Grilled Chicken, Crispy Bacon & Tomatoes on a Bed Of Lettuce

Cobb Salad

Grilled Chicken, Ripe Tomatoes, Sliced Egg, Gorgonzola, Black Olives, Crispy Bacon Over a Bed of Mixed Greens

Oriental Chicken Salad

Marinated Chicken, Iceberg Lettuce, Green Onions, Crisp Bacon, Toasted Sesame Seeds & Sliced Almonds Topped with Oriental Noodles

SOUP OF THE DAY

Call for Daily Soup Selection (Seasonal)

SMALL	8 oz	\$2.69	LARGE	16 oz	\$4.59
MEDIUM	12 oz	\$3.09	QUART	32 oz	\$7.99

"Choose Two"

8 oz Soup of the Day or Small Caesar, Greek, or Garden Salad Or Half a Sandwich
Choice of White, Rye or Whole Wheat breads only.

\$6.99

SWEET TREATS

\$2.50

After 3pm Special - \$1.50

Freshly made daily in our bakery department.

Muffins Apple Cider Crumb, Banana Nut, Blueberry, Blueberry Crumb, Chocolate Chip, Corn, Cranberry Nut, Double Chocolate, Glorious Morning, Oat Bran, Oreo, Raisin Bran, Peanut Butter, Pistachio

Fat-Free/Sugar-Free Muffins Chocolate, Blueberry, Cranberry, Pistachio

Danish/Pastries Cheese, Cherry Cheese, Apple Turnovers, Cinnamon Rolls, Croissants, Chocolate Croissants, Donuts, Cupcakes, Homemade Rugelach, Rainbow Cookies, Butter Cookies & much, much more

CAKES & COOKIES

\$2.50

Crumb Cake/Raspberry Crumb Cake
Chocolate Crumb Cake
Brownie

Our FAMOUS Black & Whites
Linzer Tarts, Chocolate Chip, M&M Chocolate Chip,
Sprinkle, Chinese Cookies

MINI TREATS

\$.85 each or 3 for \$2.50

Fudge Tarts
Raspberry Linzer Tarts
Black & White Cookies
Chocolate Chip Cookies

Double Chocolate Chip Cookies
M&M Cookies
Peanut Butter Cookies
Oatmeal Raisin Cookies
Sugar Cookies

CUPCAKES

\$2.49

Gourmet Carrot Cupcakes
Gourmet Red Velvet Cupcakes
Gourmet Cupcake of the Day

DESSERTS & SNACKS

\$3.49

Seasonal Fruit Salad
Asst. Fresh Fruit Cups (Seasonal)
Grape, Watermelon, Cantaloupe, Honey Dew,
Strawberry, and Pineapple
Hummus with Chips

Parfait

Banana, Brownie, Mud-Pie, Strawberry Shortcake

Pudding

Rice, Chocolate

Chips/Pretzels

Sm 99¢ Lg \$1.59

BEVERAGES

Hot Coffee, Hot Chocolate or Tea

Small	12 oz	\$1.70
Medium	16 oz	\$1.98
Large	20 oz	\$2.07

Choose from: Regular, Dark Roast or Decaf 100% Colombian Coffee, Swiss Miss Hot Chocolate, Cappuccino, French Vanilla Cappuccino, Flavored Coffee (assorted flavors), Tea or Gourmet Assorted Teas

Box of Java (10-12 cups)	\$15.99
Super Box of Java (18-22 cups)	\$24.99

Iced Coffee Double Brewed from our Dark Roast	Seasonal Iced Lattes	\$3.99
Regular, Decaf, French Vanilla (seasonal)	Made with Fresh Brewed Espresso	
16 oz		\$2.30
32 oz		\$3.20

Fountain Drinks

Choose from: Coke, Diet Coke, Sprite, Fruit Punch, Nestea, Dr. Pepper (Fountain Soda, Farmingdale Only), Sweetened or Unsweetened Deli Iced Tea, & Homemade Iced Green Tea

Small	12 oz	\$1.09
Medium	16 oz	\$1.59
Large	20 oz	\$1.79
Extra Large	32 oz	\$2.39

SMOOTHIES & FROZEN FRAPPES

Cream Based

Vanilla Bean, Frozen Hot Chocolate

Coffee Based

Coffee, Mocha, Vanilla Latte

Whipped Cream or Chocolate Syrup No Additional Charge

PROTEIN SHAKE 16 & 32 oz.

Banana Nut Crunch Oreo Booster
Health Nut Muscle Blaster
Peanut Butter Paradise

SMOOTHIES 16 & 32 oz.

Strawberry Strawberry Banana
Crème Brûlée Creamsicle
Peanut Butter Cup Cookies & Cream



Welcome to Stuff-A-Bagel, where bagels are just one of our main focuses. They are boiled and baked, the old fashioned way. This family recipe was started by my father-in-law over 40 years ago. We use no preservatives and nothing but the best ingredients. We continuously strive to provide you with the best freshly baked bagels, baked goods and ever-changing menu, as we have been providing you with since 1985. Your patronage has been, and will always be greatly appreciated by all of us here at Stuff-A-Bagel.

Sincerely,
Phil and Lisa Cirrone

Save Time - Call or Fax Your Order

www.stuffabagel.com

Call For Daily Specials

350 Broadway
Bethpage, NY 11714

Tel: **516-933-8468**
Fax: **516-933-0861**

234 Main Street
Farmingdale, NY 11735

Tel: **516-420-4287**
Fax: **516-420-9262**

Free Local Delivery on Orders of \$15.00 or More.
Eat In, Take Out or Delivery Ask For Our Full Color Catering Menu

Major Credit Cards Accepted

All prices subject to NY State Sales Tax. Prices & menu subject to change without notice.



Serving Our Local Community
For Over 25 Years

BREAKFAST

Bagels, Rolls Or Bagel Rolls

Each	\$.99	Mini Bagels	\$.45
Half Dozen	\$5.94	Toast Bagels	\$1.50
Dozen	\$11.88	Low Carb Bagel	\$1.55

Flagels, Twists or French

1 FREE with 6 • 2 FREE with 12 • After 3PM SPECIAL, Buy One Get One Free!
Not to be combined with any other offer, pick up only.

Bagels & Spreads

Butter	\$1.80	Cream Cheese & Jelly	\$3.25
Cream Cheese - Plain or Lite	\$2.75	Lox Spread	\$3.65
Mixed Cream Cheese	\$3.25	Nova Lox Strips & Cream Cheese	\$7.99

Vegetable, Lite Vegetable, Scallion, Maple Walnut, Chocolate Chip, Cinnamon Raisin, Strawberry, Olive Pimento

Breakfast Sandwiches

#2	2 Eggs on a Bagel or Roll	\$2.99
#3	Ham, 2 Eggs, Cheese on a Bagel or Roll	\$3.99
#4	Bacon, 2 Eggs, Cheese on a Bagel or Roll	\$3.99
#5	Sausage Patty, 2 Eggs, Cheese on a Bagel or Roll	\$3.99
#6	Ham, Bacon, Sausage, 2 Eggs, Cheese on a Bagel or Roll	\$4.99
#7	3 Egg Whites, Turkey, Cheese on a Bagel or Roll	\$4.99
#8	3 Egg Whites Turkey with Spinach	\$4.99
#9	3 Egg Whites, Fresh Spinach & Feta Cheese	\$4.99
#10	3 Egg Whites Veggie - Peppers, Onions, Mushrooms & Spinach	\$4.99
#11	The Low-Carb-Friendly Wrap - 3 Egg Whites, Turkey, Peppers, Onions	\$5.99
#12	Hungry Man - 3 Eggs, Bacon, Ham, Sausage & Cheese on a Hero	\$6.29

Omelette Sandwiches \$4.99
 Create Your Own Omelette Sandwich, Pick up to 5 Items

Veggies	Cheese	Meat
Tomatoes Onions Peppers	American Mozzarella Monterey Jack Alpine Swiss	Bacon Turkey Sausage
Spinach Mushrooms Broccoli	Swiss Cheddar Feta Provolone	Ham Turkey Bacon

Gourmet Omelette Platters \$7.99
 With buttered bagel or bread, homefries & your choice of bacon or sausage (link or patty).

1. Rodeo Sautéed Mushrooms, Bacon & Swiss Cheese	4. Florentine Artichoke Heart, Roasted Red Peppers & Mozzarella
2. Traditional Western Ham, Peppers, Onions & Cheese	5. Taste Of Italy Sundried Tomatoes, Sausage & Mozzarella
3. Caprice Prosciutto, Scallions & Provolone	6. Popeye Sautéed Spinach, Tomatoes & Feta Cheese
	7. Healthnut Egg Whites, Alpine Swiss & Honey Turkey

Additional Charges for:

Egg White	\$1.00	Cheese	\$.75
Veggies	\$.60	Meat	\$1.10
Butter	\$.30	Bacon	\$1.65
Extra Egg	\$.40	Toast	\$.15
Wrap	\$.50	Low Carb Wrap	\$.55
Small Homefries	\$1.99	Large Homefries	\$3.49

Commuter Special (5am-10am, Mon- Fri)

Buttered Bagel With 12 oz Coffee \$2.70 w/tax	Cream Cheese With 12oz Coffee \$3.20 w/tax
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16oz add \$.30 20oz add \$.50

Breakfast from the Grill

Pancakes (3) or Thick French Toast (2) \$4.99

- with Eggs \$5.99
- with Eggs & Bacon \$6.99
- with Bacon \$5.99
- with Sausage Patty \$5.99
- with Additional Fresh Fruit \$6.99

Pancakes (3) \$5.99
 Blueberry, Apple Cinnamon, Banana, Oreo, Chocolate Chip

Belgian Waffle \$5.49

- with Eggs \$6.49
- with Eggs & Bacon \$6.49
- with Fresh Fruit & Whipped Cream \$7.49

Gourmet Waffle \$6.49
 Your Choice of Chocolate Chip, Blueberry or Banana

Our Signature Croissant Stuffed French Toast \$6.99
 Croissant French Toast Stuffed with Cream Cheese, Fresh Strawberries, & Bananas (Call for Our Daily Stuffed Croissant Special)

FRESH HOMEMADE OATMEAL

Steelcut Oatmeal, Sautéed Apples, Strawberries & our Own Secret Ingredients

Small 3.49 Large \$4.29

With Your Choice Of Toppings: Brown Sugar, Cinnamon, Chopped Apples, Almonds, Granola, Raisins, Craisins, Maple Syrup, Walnuts, Strawberries, Blueberries or Bananas

LUNCH

OVER STUFFED SANDWICHES

Old Favorites Served on a Bagel

Grilled Cheese Melted Cheese of Your Choice	\$5.49	BBQ Chicken Boar's Head BBQ Chicken Breast, Cheddar Cheese & Honey BBQ Sauce.	\$6.99
Grilled Cheese & Bacon Grilled To Perfection	\$6.99	The Mema Ham, Melted Swiss Cheese on White Toast Melted To Perfection	\$6.99
BLT Crispy Bacon, Lettuce & Tomatoes	\$5.49	Tony's Tuna Melt Tuna Salad and Melted American Cheese With Tomato on a Lightly Toasted Bagel	\$7.49
Chicken Sandwich Grilled	\$5.99	Turkey Supreme Melt Turkey, Melted Swiss Cheese, Bacon, Lettuce, Tomato & Your Choice of Dressing	\$7.49
Fried	\$5.99	Lil' Philly Fried Chicken Cutlet, Melted American, Bacon, Lettuce, Tomato & Horseradish Sauce	\$7.49
Ham & Cheese Melt Ham, Melted Swiss Cheese with Butter & Garlic	\$6.99	California Turkey Turkey, Crisp Bacon, Avocado, Lettuce, Tomato & Ranch Dressing	\$8.49
Turkey Melt Turkey & Melted Swiss Cheese & Your Choice of Dressing	\$6.99	Manhattan Grilled Chicken Breast, Melted Alpine Lace, Avocado, Leaf Lettuce on a Roll	\$8.49
Roast Beef Melt Roast Beef & Melted Mozzarella Cheese With Butter & Garlic	\$6.99	Godfather Hero Genoa Salami, Cappi Ham, Pepperoni, Provolone, Mozzarella, Lettuce, Tomato, Onions, Red Roasted Peppers Drizzled with Oil & Vinegar	\$8.49
Pastrami Melt Pastrami & Melted Swiss Cheese, Sauerkraut & Mustard	\$6.99		
Reuben Melt Steaming Hot Corned Beef, Melted Swiss Cheese With Sauerkraut & Mustard	\$6.99		
The Haley Roast Beef, Melted Cheddar Cheese, Bacon & BBQ Sauce	\$6.99		
Black Forest Honey Maple Turkey, Muenster Cheese, Lettuce, Tomato, & Russian Dressing	\$6.99		

PRESSED PANINI \$7.49

Hot Sandwiches Grilled To Perfection On European Flat Bread
 Includes Your Choice of Dipping Sauce

Italian Chicken Panino
 Grilled Chicken Breast, Roasted Peppers & Fresh Mozzarella Cheese

The Reuben Panino
 Corned Beef, Swiss, Russian Dressing & Sauerkraut

Fresh Mozzarella Pesto Panino
 Fresh Mozzarella, Tomato, Roasted Peppers & Pesto

Prosciutto Panino
 Prosciutto, Fresh Mozzarella, Roasted Peppers & Pesto

Grilled Vegetable Panino
 Grilled Vegetables & Provolone

Buffalo Chicken Panino
 Boar's Head Blazin' Buffalo Chicken Breast & Monterey Jack Cheese, Served with Buffalo Dipping Sauce

Ham & Swiss Panino
 Boar's Head Ham & Swiss Cheese

Honey Turkey Panino
 Boar's Head Honey Turkey & Alpine Lace Swiss Cheese

Roast Beef & Mozzarella Panino
 Oven Cooked Roast Beef & Mozzarella

Maple Lovers Panino
 Boar's Head Honey Maple Turkey, Mozzarella with a Sweet Honey Dijon Dressing

The Howitt Panino
 Fresh Roast Beef, Finlandia Swiss, Baby Spinach Sautéed Onions & Horseradish Sauce

The Melissa Panino
 Virginia Ham, Cheddar Cheese, Sliced Apple & Sweet Honey Dijon Dressing

The Kickin Turkey Panino
 Salsalito Turkey, Monterey Jack Cheese, Tomatoes with a Chipotle Sauce

The Daler Panino
 White Meat Chicken Breast, Fresh Mozzarella, Tomato, Caramelized Red Onions & Horseradish Sauce

The Main St. Panino
 Fried Eggplant, Fresh Mozzarella, Sautéed Mushrooms, Red Roasted Peppers & Garlic Mayo

Barcelona
 Fresh Mozzarella & Tomato on a Grilled Sunflower Hero

Valencia
 Grilled Chicken Cutlet, Red Roasted Peppers, Fresh Mozzarella & Balsamic Vinaigrette on a Grilled Kaiser Roll

DIPPING SAUCES

Honey Maple Mayo	BBQ	Ranch	Spicy Mustard
Pesto Mayo	Chipotle	Blue Cheese	Buffalo Sauce
Lite Olive Oil Mayo	Honey Mustard	Creamy Russian	Balsamic Vinaigrette
Hellman's Mayo	Horseradish Sauce	Hot Sauce	Wasabi Cucumber

WRAPS \$7.49

Choose From The Following Wraps:
 Plain, Spinach, Red Roasted Pepper, Cool Cucumber, Sundried Tomato, or Whole Wheat Low-Carb

Apple Chicken Walnut
 Grilled Chicken, Apples, Craisins, Gorgonzola & Candied Walnuts in a Balsamic Vinaigrette

Chicken Cutlet Wrap
 Fried Or Grilled Chicken Cutlet, Lettuce & Tomato

Grilled Chicken Caesar Wrap
 Grilled Chicken, Romaine Lettuce, Caesar Dressing

Buffalo Chicken Wrap
 Fried Chicken, Buffalo Sauce, Blue Cheese Dressing, Shredded Carrots, Celery & Green Leaf Lettuce

Ranch Wrap
 Grilled Chicken, American Cheese, Bacon, Lettuce & Tomato Tossed & Ranch Dressing

Chicken Pesto Wrap
 Grilled Chicken, Fresh Mozzarella & Pesto Mayo

Italian Wrap
 Cappi Ham, Genoa Salami, Picante Provolone, Marinated Artichoke Hearts, Red Roasted Peppers & Pesto Mayo

Club Wrap
 Turkey, Bacon, Muenster, Lettuce, Tomato & Honey Mustard

Roma Wrap
 Fried Chicken Cutlet, Fresh Mozzarella & Red Roasted Peppers

Chicken Rustica
 Grilled Chicken, Cheddar Cheese, Red Onions, Lettuce & Horseradish Sauce

Lone Star Wrap
 Fried Chicken Cutlet, Cheddar Cheese, Bacon & BBQ Sauce

Chipotle Chicken Wrap
 Grilled Chicken, Lettuce, Tomato & Chipotle Mayo

Feel Good Wrap Lite
 Boar's Head Oven Gold Turkey, Alpine Lace Swiss Cheese, Lettuce, Tomato & Honey Mustard Dressing

Grilled Veggie Wrap Lite
 Marinated Assorted Seasonal Grilled Vegetables & Leaf Lettuce

Veggie Tuna Salad Wrap Lite
 Tuna Salad With Lite Mayo, Freshly Chopped Vegetables, Leaf Lettuce & Tomato

Create Your Own Wrap -\$7.49
 Choose Your Salad Or Cold Cuts With Lettuce & Tomato

All Paninis and wraps come with your choice of: Pickle Wedge, Potato Salad, Red Bliss Potato Salad, Cole-Slaw, Macaroni Salad, Gourmet Pasta Salad, or Fresh Fruit (Banana or Apple)