

BAGEL PLUS

Bakery • Restaurant • Catering



ALL DAY BREAKFAST



1 Egg (any style) Includes Bagel	6.95
2 Eggs (any style) Includes Bagel & Homefries.....	8.45
Eggs & Onions Includes Bagel & Homefries.....	10.45
Hot Oats Cereal	5.95
French Toast (with syrup).....	10.95
Plus Pancakes	10.95
(Add chocolate chips or berries).....	1.50
Fresh Fruit over Yogurt (with granola).....	10.95
Belgium Waffle (with berries & cream).....	11.95
Fresh Fruit bowl	6.25
Avocado Toast.....	8.75

SOMETHING ON A BAGEL BREAD OR ROLL



Buttered Bagel, Bread or Roll.....	3.25
Buttered Twister / Multigrain Bagel.....	3.75
Buttered Flatsoe / Challah Bun.....	3.75
Bagel + Jam.....	3.75
Bagel with Peanut Butter + Jam.....	4.50
Twister / Flatsoe / Challah Bun + Jam.....	4.50
Garlic Bagel	4.50
Garlic Twister / Flatsoe / Multigrain	5.00

OMELETTES = 3 EGGS

Please specify style • Fold • Pancake • Scrambled

ALL Omelettes are served with Homefries and your choice of Bagel, Bread or Roll.

Add \$0.50 for Twister, Challah Bun, Multi-Grain or Flatsoe
Add \$2.00 for Gluten Free Bagel
Add \$1.50 for Egg Whites

Plain	10.95
Mushroom	12.10
Onion	12.10
Cheese (Cheddar or Swiss or Mozzarella).....	12.10
Mushroom + Cheese	14.40
Onion + Cheese	14.40
Avocado	14.40
Western (Green Pepper + Onion + Mushroom).....	14.40
Mexican (Hot Pepper rings + Mushroom).....	15.55
Spinach	15.55
Feta	15.55
Cottage Cheese	15.85
Mushroom + Cheese + Onion.....	15.85
Lox	15.85
Spanish (Tomato Sauce + Pepper + Onion + Mushroom)...	15.85
Lox + Onion.....	17.20
Spinach + Feta.....	17.90
Greek (Feta + Tomato + Green Pepper).....	17.90

Customize your Omelette above with the following:

Mushroom Onion Green Peppers Hot Peppers Tomato Slice of Cheese	add \$1.75 / item
Avocado Feta Spinach	add \$2.75 / item
Spanish Sauce Slice of Lox	add \$3.75 / item



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SALADS



	<u>REGULAR</u>	<u>LARGE</u>
Greek Salad	18.50	26.35
<i>Iceberg & romaine lettuce topped with feta, tomato, cucumber, hard boiled egg, olives, with our famous anchovie dressing + Bagel, Bread or Roll.</i>		
Spinach Salad	18.50	26.35
<i>Fresh spinach topped with chopped egg, mushrooms, shredded mozzarella, sliced tomato, cucumber & onion, with our homemade creamy white dressing + Bagel, Bread or Roll.</i>		
Caesar Salad	13.95	19.75
<i>Crisp romain lettuce topped with our homemade croutons and creamy caesar dressing + Bagel, Bread or Roll.</i>		

Kale Salad..... **13.95**

*Green kale, red & green cabbage, cranberries, sunflower seeds, + our homemade honey mustard poppy seed dressing. (*We suggest mixing in the dressing to soften the kale).*

Chef Salad

Iceberg & romaine lettuce topped with carrots, cucumber, tomato, radish. Choice of Ranch, Italian or Thousand Island dressing.

Chickpea Salad..... **13.95**

Hearty chickpeas, tomato, cucumber, red onion, garlic croutons, parsley, sliced hard boiled egg, + tahina with our lemon vinaigrette dressing.

Chef's Farmer Salad **14.95** (Add as a side) **4.95**

BP CLUBS! *No membership required*

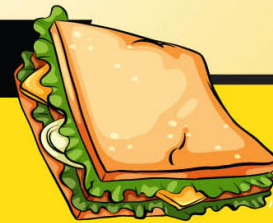
Tuna Salad Club	16.95
Lox / Cream Cheese	17.95
Egg Salad	12.50
Sockeye Salmon	17.95

Served with Coleslaw and Pickles

MELTS *you will love !!*

Grilled Cheese	8.50
<i>With French Fries</i>	10.50
Triple Decker Grilled Cheese	11.55
<i>Cheddar + Swiss + Mozzarella, served with coleslaw + pickle</i>	
	<u>ON a Bagel ON a Twister</u>
Tuna Melt	15.95 18.15
Salmon Melt	11.45 14.75
Pizza Bagel	10.45 13.75

SANDWICHES



	<u>ON Bagel, Bread or Roll</u>	<u>ON Twister Challah Bun, Flatsoe or Multigrain</u>		<u>ON Bagel, Bread or Roll</u>	<u>ON Twister Challah Bun, Flatsoe or Multigrain</u>
Cheddar (1 Slice)	5.45	6.45	Salmon - Pacific Red Sockeye	11.45	13.45
Swiss Cheese (1 Slice)	5.45	6.45	Smoked White Fish	12.45	14.45
Cream Cheese	7.00	8.00	Lox with Cream Cheese	12.45	14.45
Chopped Egg	8.00	9.00	Lox Only	11.45	13.45
Chopped Egg on Cream Cheese	11.00	12.00	Single Fried Egg	7.45	8.00
Tuna - Solid White Albacore	10.00	12.00	Two Fried Eggs	8.45	9.00
Tuna on Cream Cheese	11.95	13.95	One Egg Western	8.00	8.45
Veggie (Tomato, Cucumber, Onion, Green Pepper)	7.00	8.00	Two Egg Western	9.00	9.45

HOME MADE *From our kitchen!*

Cheese Blintzes	1 pc 9.85	2pcs 14.85
<i>Served with your choice of apple sauce or sour cream.</i>		
Potato Latkes	14.25	
<i>Served with your choice of apple sauce or sour cream.</i>		
Potato Kreplach - Perogies	13.15	
<i>Cheese Perogies served with fried onion and sour cream. Boiled or Fried - Please specify.</i>		
Cabbage Rolls	14.25	
<i>2 cabbage rolls stuffed with rice, served with our homemade tomato sauce, shredded mozzarella cheese. Includes a side salad & bagel.</i>		
Stuffed Peppers	14.25	
<i>Green peppers stuffed with rice, served with our homemade tomato sauce, shredded mozzarella cheese. Includes a side salad & bagel.</i>		
Vegetarian Chili	11.50	
<i>Lots of beans, veggies, simmered & spiced. Includes a side salad & bagel.</i>		
Kasha & Onions	13.15	
<i>An old time favourite - buckwheat with fried onions. Includes a side salad & bagel.</i>		
Eggplant Parmesan	14.25	
<i>Breaded eggplant served with our homemade tomato sauce and shredded mozzarella cheese. Includes a side salad & bagel.</i>		
Mushroom Knishes	12.05	
<i>Potato stuffed with our own homemade mushroom sauce. Includes a side salad & bagel.</i>		
Vegetarian Lasagna	15.35	
<i>Includes a side salad & bagel.</i>		

SCOOP IT! *It's no teaspoon!*

All scoops are garnished with veggies + choice of Bagel, Bread or Roll.

Cream Cheese	8.75
Cottage Cheese	10.95
Chopped Egg	10.30
Tuna	12.60
Salmon	13.75

Twister, Multigrain, Flatsoe, Challah Bun - .50 cents EXTRA
Gluten Free Bagel - \$2.00 EXTRA



PLATTERS

Bagel Plus Platter	30.75
<i>Scoop of egg, tuna, salmon and 2 bagels, bread or rolls.</i>	
Diet Plus Plate	28.55
<i>Scoop of cottage cheese, egg salad and a choice of salmon, tuna or lox and 2 bagels, bread or rolls.</i>	
Lox + Cream Cheese Platters	
<i>Garnished with lettuce, tomato, cucumber, red onion, (caper optional).</i>	
3 Slice + choice of 1 bagel, bread or roll.....	18.35
4 Slice + choice of 1 bagel, bread or roll.....	21.80
6 Slice + choice of 2 bagels, bread or rolls.....	28.70
Falafel Platter	19.95
<i>4 falafels, a helping of homemade hummus, dab of tahina, hot peppers and pickles with pita.</i>	
Smoked White Fish Salad Platter	17.95
<i>Scoop of White Fish on a bed of lettuce, garnished with tomato, cucumber, onion. Includes your choice of a bagel, bread or roll.</i>	

FROM THE SEA



Fish & Chips	15.95
<i>1 pc Haddock. Includes coleslaw.</i>	
Baked Carp	15.95
<i>Includes coleslaw & bagel.</i>	
Salmon Patties	15.95
<i>Topped with homemade tomato sauce. Includes a side salad & bagel.</i>	
Schmaltz Herring	15.95
<i>A salty favourite!</i>	
Gelfite Fish	15.95
<i>Includes a side salad & bagel.</i>	



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SPECIALS

- 2 Egg Special** (Includes coffee, homefries & bagel till 10:30am).. **8.75**
- Smoked Salmon Benny** (with homefries)... **19.75**
- Eggs Florentine** (with homefries)..... **17.55**
- Cottage Cheese and Noodles** **13.15**
(with side salad and roll)
- Soup & Wrap Combo Special** **15.35**
- Falafel Pita** (with coleslaw and fries) **14.95**



SIDES



- | | | | | |
|---|--|---|---|---|
| Homefries
4.35 | Regular Fries
4.35 | Large Fries
5.80 | Sweet Potato Fries (Reg.)
4.35 | Sweet Potato Fries (Lg)
4.35 |
| Sliced Onion
3.60 | Fried Onions
4.35 | Side Coleslaw or Chef Salad
4.95 | Sliced Tomato
3.60 | Olives
4.35 |
| Smidge of Peanut Butter
1.40 | Smidge of Cream Cheese
3.60 | Sliced Cucumber or Pickles
3.60 | Potato Latke
4.35 | Sliced Avacado
3.85 |



Our famous, made from scratch

SOUP OF THE DAY!

- CUP** **7.25**
- BOWL** **8.50**
- 1 LITRE - (TO GO)** **11.50**



BEVERAGES

- Apple Juice**..... **3.95**
- Freshly Squeezed O.J. - Glass** **4.20**
- Snapple** **3.95**
- Canned Pop** **2.90**
- Milk** **2.90**
- Chocolate Milk** **2.90**
- Hot Chocolate** **2.90**
- Coffee or Tea** **2.95**
- Perrier** **3.95**
- Bottled Water** **1.85**



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bagelplus.ca



*****BEFORE PLACING YOUR ORDER*****

Please alert your server if you have any food allergies or special dietary needs.