

<b>Fresh Baked Bagels</b>	
Plain, Whole Wheat, Sesame, Onion	5.50
<b>Specialty Bagels</b>	
Blueberry, Cinnamon Raisin, Cinnamon Crunch	6.50
Multi-Grain, Chocolate, Sundried Tomato, Olive	
<b>Add a Bagel Spread</b>	
Plain, Blueberry or Strawberry Cream Cheese	8.00
Honey Butter or Nutella	8.00
Savory Veggie Cream Cheese	8.50
<b>Spreads by the Tub</b>	
Plain, Blueberry or Strawberry Cream Cheese	28.50
Honey Butter	28.50
Savory Veggie Cream Cheese	30.50
<b>Mini Bagels - Bag of 6</b>	
Plain, Whole Wheat, Blueberry or Chocolate	17.00
<b>Bagel Sandwiches with Your Choice of Bagel</b>	
Cucumber & Cream Cheese	14.50
Smoked Turkey or Salami & Cream Cheese	24.50
Smoked Salmon & Cream Cheese	32.00
Smoked Turkey or Salami Cheddar with Lettuce & Tomato	19.00
Tuna with Mixed Vegetables with Lettuce & Tomato	19.00
Philly Cheesesteak with Pepper Jack Cheese	0.00
Roast Beef Cheddar & Lettuce/Tomato	0.00
Spanish Omelet with Mixed Vegetables & Cheddar	16.00
Egg Omelet Cheddar	14.50
Egg Omelet Turkey & Cheddar	19.00
Egg Omelet Basterma & Cheddar	19.00
Any Sandwich on a Specialty Bagel Add 1 LE	
<b>Breakfast Items Served Anytime</b>	
Cheese Omelet with Toast & Potatoes	21.50
Veggie Omelet with Toast & Potatoes	24.00
Western Omelet with Toast & Potatoes	26.00
Jared's Ultimate 3 Egg Omelet with Toast & Potatoes	0.00
Mini Ultimate Omelet with Toast & Potatoes	0.00
Two Waffles - Your choice of Blueberry, Chocolate Chip, or Plain with Honey, Syrup or Jam	19.00
<b>Omelet Extras</b>	
Mushroom, Onion, Green Pepper, Egg (each)	4.00
Turkey, Cheese or Hot Dog (each)	5.00
<b>Healthy Choices and Wraps</b>	
Veggie Quiche	15.00
Veggie Tortilla Wrap - Fresh Vegetables with Ranch Dressing or Cream Cheese	15.00
Tuna Tortilla Wrap With Mixed Fresh Vegetables	19.50
Turkey Cheddar Tortilla Wrap with Mixed vegetables	19.50
Breakfast Burrito with Salsa & Cheddar Cheese	19.50
<b>Grilled Sandwiches &amp; Hot Items</b>	
Grilled Cheese Sandwich on Multi Grain or Plain Toast	15.00
Grilled Cheese with Basterma on Multi Grain or Plain Toast	18.00
Grilled Cheese with Turkey on Multi Grain or Plain Toast	0.00
Tuna Melt on Multi Grain or Plain White Toast	0.00
Cheese Quesadilla w/ Spicy Pepper Jack Cheese or Cheddar & Salsa	29.00
Chicken Quesadilla with Cheddar & Salsa	0.00
Bagel Hot Dog	12.50
Cheese Pizza Bagel	25.00
Veggie Pizza Bagel	30.00
Pepperoni Pizza Bagel	35.00
Pepperoni Twist	13.00
Corn Dog	13.00
<b>Flame Grilled Items</b>	
Micah's Classic Beef Burger with Cheddar, Lettuce & Tomato	27.50
Western Burger with Beef Bacon - BBQ Sauce & Cheddar, Lettuce & Tomato	30.00
Swiss Mushroom Burger with Lettuce & Tomato	35.00
Grilled Chicken Breast with Cheddar, Lettuce & Tomato	27.50
Spicy Texas Wings with Blue Cheese or Ranch Dip	45.00
Asian Style Wings with Sweet Sesame Sauce	45.00
Nachos With Salsa or Cheese Sauce	14.00
French Fries	8.00
<b>Extras</b>	
Sauteed Mushrooms, Grilled Onions, Egg or Tortilla Wrap	4.00
Beef Bacon, Pepper Jack Cheese, Swiss Cheese or Dressings	9.00
Cheddar Cheese, Peppers	0.00
<b>Salads With your Choice of Dressing</b>	
Mixed Green Salad	15.00
Chicken Caesar Salad	26.00
Tuna Salad with or without Hard Boiled Egg	26.00
Light Feta Cheese with Cucumber & Tomato	12.00
Choose: Ranch, Honey Mustard or Vinaigrette Dressing	
<b>Healthy Granola Snack Items</b>	
Granola Bar	6.50
Granola Bar Tray of 6	37.50
Energy Granola Bar	8.50
Energy Granola Bar Tray of 6	49.50
Yogurt & Granola Cup	12.50
Yogurt & Granola Cup with Honey	13.50
Yogurt Cup with Blueberry or Strawberry Jam	0.00
1 Kilo Bag of Granola	58.00
1/2 Kilo Bag of Granola	29.00
<b>From Our Bakery</b>	
Muffins - Chocolate Chip or Lemon	6.00
Whole Wheat Banana Muffin	6.00
Carrot Cake with Cream Cheese Frosting	18.50
Cookies: Chocolate Chip, Oatmeal, Gingersnap, Snicker Doodle or Peanut Butter	4.50
Brownie	9.00
Cheesecake Cup	8.00
Belgian Waffle on Stick	7.00
Belgian Waffle with Honey, Syrup or Powder Sugar	0.00
Belgian Waffle with Blueberry Jam, Strawberry Jam or Nutella	0.00
Frozen Waffles Bag of 6 (Plain, Blueberry or Chocolate Chip)	30.00
<b>Toppings for Cheese Cake and Waffles</b>	
Blueberry, Strawberry or Nutella	4.50
Honey or Syrup	2.50
<b>Cold Beverages</b>	
Fresh Squeezed Orange Juice	0.00
Fresh Squeezed Mint Lemonade	0.00
Fresh Squeezed Lemon Ice Tea	0.00
Hibiscus	0.00
Water	0.00
Soft Drinks	0.00
<b>Hot Beverages</b>	
Filtered Coffee to go	0.00
Filtered Coffee Refill	0.00
Quick Fix shot of Espresso - Served in a 4 oz. cup	0.00
Flat White Grande	0.00
Flat White Regular	0.00
Espresso with steamed milk and very little froth	0.00
Latte Grande	0.00
Latte Regular	0.00
Coffee made with steamed milk, not as strong as a Cappuccino	0.00
Cappuccino Grande	0.00
Cappuccino Regular	0.00
Espresso with steamed frothy milk topped w/ chocolate powder	0.00
Hot Chocolate Grande	0.00
Hot Chocolate Regular	0.00
Cold Coffee Drinks Grande	0.00
Cold Coffee Drinks Regular	0.00
Cold Chocolate Milk Grande	0.00
Cold Chocolate Milk Regular	0.00
Flavored Syrups & Extras Grande	0.00
Flavored Syrups & Extras Regular	0.00