

AIS MENU



Fresh Baked Regular Bagels

Plain, Sesame, Onion, Cinnamon Crunch
with Cream Cheese

Fresh Baked Specialty Bagels

Cinnamon Raisin, Chocolate, Whole Wheat, Multi
Grain and Olive
with Cream Cheese



Bagel Sandwiches with your choice of Bagel

Cucumber & Cream Cheese
Smoked Turkey or Salami & Cream Cheese
Smoked Turkey or Salami & Cheddar
Tuna with Mixed Vegetables
Egg Omelet Cheddar
Egg Omelet Turkey or Basterma & Cheddar
Sub Sandwich Smoked Turkey, Salami & Cheddar

Healthy Choices and Wraps

Veggie Wrap - Fresh Vegetables with Ranch Dressing
Tuna Wrap with Mixed Fresh Vegetables
Turkey Cheese Wrap with Mixed Vegetables
Breakfast Burrito with Salsa and Cheddar Cheese

Hot Items & Sandwiches

Grilled Cheese Sandwich
Grilled Cheese Turkey or Basterma
Cheese Quesadilla, Pepper Jack & Cheddar with Salsa
Turkey Quesadilla, Pepper Jack & Cheddar, Salsa
Chicken Quesadilla with Pepper Jack & Cheddar, Salsa
Bagel Hot Dog
Cheese Pizza Bagel
Nachos With Salsa or Cheese Sauce
Olive Bread

Salad Bar With Your Choice of Dressing

Salad 125 gm
Salad 250 gm
Chicken For Salad Whole Breast
Sauteed Vegetables



Beverages

Fresh Squeezed Orange Juice
Fresh Squeezed Mint Lemonade
Fresh Squeezed Lemon Ice Tea
Sobia
Hibiscus
Filtered Coffee



Snacks

Granola Bar
Energy Granola Bar
Small Energy Granola Bar
Yogurt & Granola Cup
Small Yogurt & Granola Cup
Yogurt & Granola Cup with Honey
Small Yogurt & Granola Cup with Honey
Muffins - Whole Wheat Banana, Lemon or Carrot
Muffin - Carrot with Frosting
Carrot Cake with Cream Cheese Frosting
Marble Pound Cake
Cookies - Oatmeal, Gingersnap, Snicker
Doodle or Chocolate Chips
Cheesecake Cup
Rice Pudding
Dark Delight Pudding
Milk Tart
Om Ali
Popcorn
Belgian Waffle on Stick
Belgian Waffle with Honey or Powder Sugar
Brownies
Gluten Free Date Balls



Special Hot Sandwich Rotation

Grilled Chicken Breast
Grilled Chicken Breast Wrap
Grilled Chicken Breast Sandwich with Lettuce & Tomato
Grilled Chicken Breast Wrap with Lettuce & Tomato
Beef Burger With Lettuce & Tomato
Beef Burger Wrap With Lettuce & Tomato
Chicken BBQ Sauce
Beef Shawerma
Chicken Kofta
Hawawshey
Sloppy Joe on a Bun
Grilled Hot Dog
Spaghetti Bolognese
Chili with Rice
Mac & Cheese
Mashed Potatoes
Creamy Beef Soup