

HEALTH SALADS

- Chef Salad** \$6.50
 Rolled Up Slices of Fresh Turkey, Ham & Provolone Served Over A Bed of Lettuce, Tomato, Cucumbers, Peppers & Onions
- Grilled Chicken Caesar Salad** \$6.50
 Tender Strips of Grilled Marinated Chicken Breast Served Over Crisp Lettuce, Parmesan Cheese, Croutons & Caesar Dressing
- Grilled Chicken Over Salad** \$6.50
 Grilled Marinated Chicken Served Over A Bed of Crisp Lettuce, Tomatoes, Cucumbers, Peppers, Onions & Black Olives
- Salad over Salad** \$6.50
 Our Fresh Homemade Tuna or Chicken Salad Served Over A Bed Of Fresh Lettuce, Tomatoes, Cucumbers, Peppers & Onions

Choose from our special dressings: Russian, Ranch, French, Lite Italian, Balsamic Vinegar, Oil & Vinegar, Caesar or Blue Cheese

MAKE YOUR OWN SALAD OR WRAP

Salads (Romain · Spring Mix · Spinach)
 & Wraps (Plain · Wheat · Spinach)

1 Meat + 5 Toppings + 1 Dressing \$5.99

Meat: Grilled Chicken · Crispy Chicken Cutlet · Ham · Turkey
 Tuna Salad · Chicken Salad

Toppings: Boiled Egg · Mushrooms · Tomato · Carrot · Cucumber · Celery
 Red Onion · Green Papers · Artichoke Hearts · Beets · Corn
 Black Olive · Broccoli · Croton · Kidney Beans · Bacon Bits
 Apple · Grapes · Mandarin Orange · Chopped Almonds
 Chopped Walnuts · Raisins · Dry Cranberries · Sun Flower Seeds
 Mozzarella Cheese · American Cheese · Cheddar Cheese ·
 Swiss Cheese · Feta Cheese · Provolone Cheese · Parmesan Cheese

Dressing: Oil & Vinegar · French · Russian · Cesar · Italian · Ranch
 Honey Mustard · Balsamic · Lemon & Herbs

Add-on: \$1 for Meat or Avocado

BAKERY DEPARTMENT

Your Choice of - Corn Muffin, Blueberry Muffin, Raisin Bran Muffin, Banana Nut Muffin, Choc. Chip Muffin, Double Choc. Chip Muffin, Plain Crumb Cake, Double Choc. Crumb Cake, Plain Pound Cake, Marble Pound Cake, Croissant, Black & White Cookie, Choc. Chunk Cookie

Add \$0.50 for butter

WRAP ZONE

Choose from plain or wheat wraps

- American Club Wrap** \$6.50
 Oven Roasted Turkey, American Cheese w/Lettuce, Tomato, Bacon & Mayo
- Bergenfield Wrap** \$5.99
 Tender Marinated Grilled Chicken, Crispy Bacon, Lettuce, Tomatoes, Roasted Peppers & Lite Italian Dressing
- Buffalo Grilled Chicken** \$5.99
 Grilled Chicken Marinated With Spicy Buffalo Sauce w/White Rice and Blue Cheese Dressing
- Grilled Chicken Caesar Wrap** \$5.99
 Tender Grilled Chicken, Lettuce, Parmesan cheese, Croutons & Caesar Dressing
- Chicken Fajita Wrap** \$5.99
 Tender Grilled Chicken, Sauteed Peppers and Onions, Melted Jalapeno Cheese, Lettuce and Salsa
- Italian Wrap** \$5.99
 Sliced Chicken Cutlet, Lettuce, Tomatoes, Provolone Cheese & Italian Dressing
- Michael's Wrap** \$5.99
 Grilled Chicken Breast, Feta Cheese, Roasted Peppers, Black Olives, Lettuce, Tomatoes & Balsamic Vinegar
- Original Wrap** \$5.99
 Sliced Chicken Cutlet, Lettuce, Tomatoes, Onions & Russian Dressing
- Peppermill Turkey Wrap** \$5.99
 Lettuce, Tomatoes, Muenster & Spicy Mustard
- Teriyaki Grilled Chicken Wrap** \$5.99
 Tender Grilled Chicken, White Rice, Steamed Broccoli, Onions & Teriyaki Sauce
- Vegetarian Wrap** \$5.99
 Fried Eggplant, Zucchini & Portabella Mushroom w/Lettuce, Roasted Peppers, Fresh Mozzarella & Horseradish

Add French Fries To Any Wrap For Only \$1.00!!

CATERING MENU

3 Foot Hero Includes 2lbs. of Potato Salad, Macaroni Salad and Cole Slaw Feeds Up To 20 People

6 Foot Hero Includes 5 lbs. of Potato Salad, Macaroni Salad and Cole Slaw Feeds Up To 40 People

Cold Cut Platters

Your Choice of Any Six Varieties of Boar's Head Meats and Cheeses. Includes Pickles, Olives and Condiments as well as 2 Dozen Mini Rolls

ASK FOR OUR CATERING SPECIAL

Try Our Famous Wrap Platter
 Choice of 10 Health & Delicious Wraps

Call Us About Catering Prices



239 S. Washington Avenue
 Bergenfield, NJ 07621

201.384.0939

MAKE YOUR OWN SALAD OR WRAP!

Catering for all occasions
 We cater to corporate luncheons, breakfast, meetings, parties

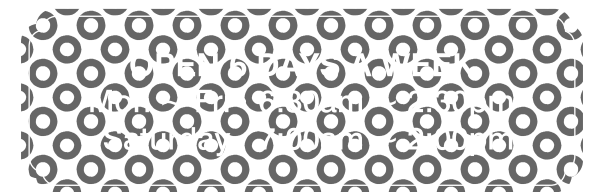
Specials

Check out our daily Breakfast and Lunch Specials
www.i8at.com/michaelsbagels

Join our daily specials fax list!

Free Delivery

We accept Visa and Mastercard



BREAKFAST SPECIAL

BAGEL SANDWICHES

Mini Bagel	\$0.75	Butter	\$1.50
Bagel	\$0.95	Cream Cheese	\$1.99
Peanut Butter (add 0.50 for Jelly)			\$1.99
Slice Nova and Cream Cheese			\$6.50
Flavored Cream Cheese			\$2.59
(Vegetable, Scallion, Lox, Strawberry, Sun Dried Tomato)			

EGG SANDWICHES (Served on a Bagel, Roll, or Bread)

One Egg	\$1.99
Double Egg	\$2.50
Double Egg & Cheese	\$2.75
Ham, Bacon, or Sausage, 2 Egg & Cheese	\$3.99
Turkey Bacon, Double Egg & Cheese	\$4.50
2 Egg Whites, Peppers & Onions	\$2.99
BLT	\$4.99

Add \$0.50 Extra Cheese / Add \$1.25 Extra Meat / Add \$1.00 Potatoes or Avocado

BURRITOS (Plain or Wheat Wrap)

American	\$4.75
Omelet Style w/ 2 Eggs, Bacon, American Cheese & Potatoes	
Italian	\$4.75
Omelet Style w/2 Eggs, Sausage, Peppers, Onions, Provolone Cheese & Potatoes	
Spanish	\$4.75
Omelet Style w/2 Eggs, Ham, Peppers, Onions, Cheddar Cheese, Salsa & Potatoes	
Healthy Wrap	\$4.99
Omelet Style with Three Egg Whites, Turkey, Swiss Cheese, Tomato & Onions on a Soft Whole Wheat Wrap	

PANCAKES

3 Buttermilk Pancakes	\$3.99
Shortstack (2 Pancakes)	\$2.99

Served with Side of Butter and Syrup / Add \$1.25 for Ham, Bacon, or Sausage

FRENCH TOAST Add \$1.25 for Ham, Bacon, or Sausage

French Toast Served with Butter and Syrup	\$3.99
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EGG PLATTERS Add \$1.25 for Ham, Bacon, or Sausage

2 Eggs Any Style Served with Homefries and Buttered Toast	\$3.99
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GOURMET SOUPS

16 oz. Cup	\$3.75
Chicken Noodle, Italian Wedding, Beef Barley, Lentil, Minestrone, New England Clam Chowder	

OMELETS

Ham, Bacon, or Sausage Omelet	\$4.99
w/any Two Choices of Peppers, Onions, Mushrooms or Tomatoes	
Vegetable Omelet	\$4.99
w/Peppers, Onions, Mushrooms & Tomatoes	
Western Omelet	\$4.99
Ham, Peppers, Onions	

All Omelets Are Prepared w/Two Scrambled Eggs & Served with Homefries & Buttered Toast. Add \$0.50 for Cheese

LUNCH SPECIAL

1. American Hero	\$6.99
Fresh Slices of Boar's Head Turkey, Roast Beef & American Cheese Topped w/Lettuce, Tomato & Mayo	
2. BBQ Chicken on a Roll	\$5.99
Grilled Chicken with a Tangy BBQ Sauce, Melted Cheddar Topped w/Lettuce and Tomato	
3. Beef Gyro on a Pita	\$5.99
Tender Strips of Beef Topped w/Lettuce, Tomato, Onions & Delicious Cucumber Sauce	
4. Chicken Parm Hero	\$5.99
Sliced Chicken Cutlet Smothered with Melted Mozzarella, Parmesan Cheese & Zesty Marinara Sauce	
5. Meatball Parm Hero	\$5.99
Italian Meatballs with Melted Mozzarella, Parmesan Cheese & Zesty Marinara Sauce	
6. Chicken Quesadilla (Plain or Cajun)	\$5.99
Tender Grilled Chicken Topped w/Melted Cheddar In a Soft Tortilla Wrap Served with Side of Salsa & Sour Cream "Delicious, Must Try it!"	
7. Eggplant Parm Hero	\$5.99
Fried Eggplant Smothered with melted Mozzarella, Parmesan Cheese, & a Zesty Marinara Sauce	
8. Grilled Balsamic Chicken Sandwich on a Roll	\$5.99
Tender Grilled Balsamic Chicken Topped w/Roasted Peppers, Lettuce & Fresh Mozzarella	
9. Italian Hero	\$6.99
Fresh Slices of Boar's Head Ham, Genoa Salami, Pepperoni, & Provolone Cheese w/Lettuce, Tomato, Onions, Oil & Vinegar	

Add French Fries to Any Lunch Special For Only \$1.00.

HOMEMADE SALADS

Tuna Salad	Roll \$4.99	Hero / Wrap \$5.99
Chicken Salad	Roll \$4.99	Hero / Wrap \$5.99
Egg Salad	Roll \$3.99	Hero / Wrap \$4.99

Add \$0.50 for lettuce, Tomato

SIDE ORDERS

Home Fries	\$2.99	Mozzarella Sticks (6) ..	\$4.50
French Fries	\$2.99	Potato Salad	\$4.99 Lb.
Onion Rings	\$2.99	Macaroni Salad	\$4.99 Lb.
Side Bacon	\$2.50	Cole Slaw	\$4.99 Lb.

CLUB SANDWICHES

Roast Beef Club	\$6.50
Turkey Club	\$5.99
Tuna Club	\$5.99
Chicken Salad Club	\$5.99
Egg Salad Club	\$4.99

Above Prepared w/Lettuce, Tomato & Bacon
Served with a Side of Coleslaw & Pickle / Served Triple Decker style on White Toast

COLD SANDWICHES Always Boar's Head Brand

	Roll	Hero		Roll	Hero
Oven Roasted Turkey	4.99	5.99	Bologna	4.50	5.50
Honey Maple Turkey	4.99	5.99	Roast Beef	5.99	6.99
Pepper Mill Turkey	4.99	5.99	Corned Beef	5.50	6.50
Deluxe Ham	4.99	5.99	Pastrami	5.50	6.50
Genoa Salami	4.99	5.99	Italian Combo	5.99	6.99

Served with Potato Salad or Macaroni Salad or Coleslaw & Pickle

* Add \$0.50 for Cheese • Add \$0.50 for Lettuce, Tomato & Onions

HOT SANDWICHES

Cheeseburger Deluxe Prepared w/Lettuce, Tomato & Onion on a Bun	\$5.99
Served w/Side of Coleslaw & Pickle and French Fries	
Fillet of Fish	\$5.50
Prepared w/Lettuce, Tomato & Tartar Sauce on a Roll * Add \$0.50 for Cheese	
Philly Cheese Steak	Roll \$5.50 Hero \$6.50
Prepared w/Peppers, Onions & Melted American Cheese on a Roll	

Corned Beef or Pastrami Reuben	\$5.99
Severed on Rye Toast, Russian Dressing & Swiss Cheese	

Chicken Cutlet on a Roll	\$5.99
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Grilled Chicken on a Roll	\$5.99
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Prepared w/Lettuce & Tomato on a Roll / Add \$0.50 for Cheese * Add \$1.00 for Hero

Chicken Strips (4 pieces)	\$4.75
Served with Your Choice of Dipping Sauce (BBQ, Honey Mustard or Ketchup)	

Grilled Cheese	\$3.75
Melted Cheese Served on a Bagel, Roll or Toast * Add \$1.00 for Bacon	