

Gourmet Sandwich Wraps

All Wraps Come with a Side Salad and Pickle

For Lettuce Leaf Wrap Add \$2.00

For Hero Add \$1.00

THE NEW YORKER 9.99

grilled chicken, roasted peppers, fresh mozzarella, romaine lettuce & pesto

THE CARLITO 9.99

fried eggplant, fresh mozzarella & roasted peppers

THE THUNDERBIRD 9.99

grilled vegetables, fresh mozzarella, mesculin w/balsamic vinaigrette

THE MEDITERRANEAN 9.99

mixed greens w/feta, black olives, red onions, cucumbers, tomatoes w/balsamic vinaigrette

THE SOPRANO 9.99

genoa salami, provolone, roasted peppers, sundried tomatoes, romaine w/pesto dressing

THE PREDATOR 10.99

roast beef, melted mozzarella, bacon on a garlic hero

THE ITALIANO 9.99

genoa salami, ham, pepperoni, provolone, lettuce, tomato, onion w/oil & vinegar

THE VANDERBILT 9.99

ham, american, avocado, cole slaw, tomato, red onions w/russian dressing

THE SORRENTINO 9.99

chicken cutlet, fried eggplant, fresh mozzarella sundried tomatoes w/ balsamic vinaigrette

THE LIBERATOR 9.99

grilled chicken, mesculin, sundried tomatoes, red onion w/pesto sauce

THE LONG ISLANDER 9.99

turkey, melted swiss, bacon, cole slaw w/russian dressing

THE SOUTH BEACH 9.99

turkey, bacon, lettuce, tomato w/ honey mustard

THE TOM CAT 9.99

balsamic grilled chicken w/fresh mozzarella & avocado

THE HEALTHY DIET 9.99

low-fat vegetable tuna w/ sundried tomatoes & mesculin greens

THE CAESAR WRAP 9.99

grilled chicken, romaine, croutons, parmesan cheese w/caesar dressing

THE ALL-AMERICAN 9.99

ham, turkey, roast beef, american & swiss cheeses, lettuce & tomato

THE GRILLER 9.99

grilled chicken, grilled vegetables, melted alpine lace w/balsamic vinaigrette

THE JERSEY PORK ROLL 9.99

layers of porkroll and cheese on a roll Add \$1 to top it off with an egg

THE WRANGLER 11.99

roast beef, bacon, melted swiss, sautéed onions & mushrooms smothered in gravy on a toasted garlic hero

THE KNIGHT 11.99

chicken cutlet, melted cheddar, guacamole, lettuce, tomato, onions with ranch dressing on a toasted garlic hero

THE ATHENS 9.99

spinach, mushrooms, onions, feta w/greek dressing

THE RAM 9.99

roast beef, cheddar cheese, sauteed onions, w/horseradish

THE PLAINVIEW 10.99

fresh turkey, tomato, avocado and alpine lace swiss cheese

BUFFALO CHICKEN WRAP 9.99

chicken tenders tossed in hot sauce with lettuce, tomato and blue cheese dressing, side of fries

THE MAC DADDY 11.99

chicken cutlet, melted american, bacon, russian dressing and mac & cheese on a toasted garlic hero

THE EAGLE 12.99

chicken cutlet, sliced buffalo chicken breast, bacon, lettuce and pepperjack cheese, russian dressing on a toasted hero

THE LION 11.99

chicken cutlet, melted jack and cheddar, crispy bacon, lettuce, tomato, pepperhouse dressing on a toasted garlic hero

THE REGULATOR 12.99

grilled chicken, melted monterey jack, bacon, sweet peppers, olives, onion, tomato and mayo on a hero

COCONUT CREEK CUBAN 11.99

grilled ham, turkey and Swiss cheese with pickles, mustard and mayonnaise on a pressed hoagie roll

Gourmet Paninis

All paninis come with a side salad and pickle.

THE BRONX TALE 9.99

grilled chicken, fresh mozzarella, sundried tomato w/pesto sauce

THE ROMAN 9.99

grilled vegetables, fresh mozzarella w/balsamic dressing

MICHAEL'S CHOICE 9.99

honey maple turkey, crisp bacon, melted cheddar cheese, tomato w/ honey mustard dressing

THE TUSCAN 9.99

turkey, lettuce, tomato w/pesto mayo

JOSEPH'S CHOICE 9.99

chicken cutlet, bacon, melted american cheese, lettuce w/russian dressing

THE WALL STREET 9.99

roast beef, sauteed onions & cheddar

THE SICILIAN 9.99

fresh mozzarella cheese, tomato, roasted peppers w/balsamic dressing

THE HULA-HULA 9.99

ham, american cheese, avocado, cole slaw, tomato, red onion w/honey mustard dressing

THE HEALTHY CHOICE 9.99

turkey, alpine lace swiss cheese, cucumbers, shredded carrots, mesculin lettuce w/balsamic dressing

THE GODFATHER 9.99

grilled chicken, portobello mushrooms, roasted peppers, fresh mozzarella w/ balsamic dressing

Hot Off the Grill

Grilled sandwiches served with pickle and potato chips or fries. Make them loaded fries add 2.00.

Loaded Fries 7.99

topped with melted cheese, scallions and bacon and a side of sour cream

Patty Melt 9.99

burger with grilled onions on rye with American cheese

BLT 8.49

crisp bacon, lettuce and tomato on choice of toasted bread (add 1.00 turkey bacon)

Turkey Club 11.99

Tuna Melt or Chicken Salad Melt 10.99
choice of bread, tomato upon request

Philly 11.99

melted provolone over roast beef or strips of chicken breast or turkey with grilled peppers, onions, and mushrooms on a hoagie roll

Grilled Cheese 6.99

your choice of bread
with Bacon or Ham 8.99

Chicken Tenders with fries 8.49

Hot Dog with Sauerkraut 6.99

The Posnack 9.99

8oz. burger w/ lettuce, tomato, pickle, cole slaw & fries

The Pioneer 10.99

8oz. burger w/ bacon, cheese, lettuce, tomato, pickle, cole slaw & fries

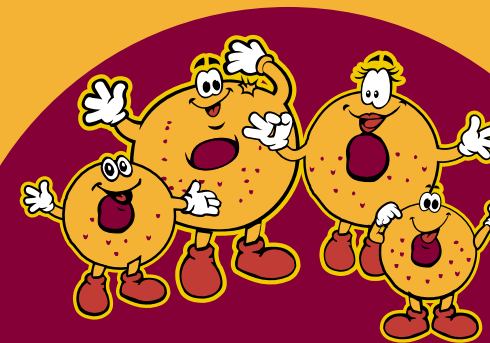
The Cowboy 10.99

8oz burger w/sauteed mushrooms and onions, lettuce, tomato, pickle, cole slaw & fries

Family Breakfast Burger 12.99

8oz burger w/ cheese, bacon, hash browns and fried egg

BREAKFAST | LUNCH | CATERING



FAMILY BAGELS OF LONG ISLAND

COOPER CITY, FL

COCONUT CREEK, FL



familybagelsli.com

FBL0218

All prices subject to change without notice. Tax where applicable.

familybagelsli.com

BREAKFAST

served all day

Bagels

Butter and/or Jelly	1.99
Cream Cheese	2.59
Peanut Butter	2.59
Scallion or Vegetable Cream Cheese	3.69
Cinnamon Raisin Walnut Cream Cheese	3.69
Nova Spread	4.99
Bagel with Cheese	4.99
Bagel Drizzle	8.99
<i>bagel with grilled veggies, mozzarella & balsamic drizzle</i>	
Bagel Caprese	8.99
<i>mozzarella, tomatoes, basil & balsamic drizzle</i>	

Breakfast Sandwiches

on bagel, bialy, toast or roll

Add bacon or sausage 1.79

Substitute eggwhites 1.29

Substitute turkey sausage or turkey bacon add 50¢

Two Eggs	3.99
Eggs & Cheese	4.99
Eggs & Meat	5.29
<i>Bacon, Sausage, Turkey or Ham</i>	
Eggs, Meat & Cheese	5.79
Eggs, Spinach & Feta Wrap	6.99
Hungryman (on a hero)	8.99
<i>3 eggs, bacon, ham, sausage and cheese</i>	
Protein Wrap	6.99
<i>3 eggs or egg whites, turkey, cheese, lettuce, tomato</i>	
Veggie Wrap	6.99
<i>3 egg whites, mushrooms, onions, tomatoes, pepper</i>	
The Energizer	6.99
<i>2 egg whites, turkey, swiss on a bagel</i>	
The Workout	6.99
<i>2 hardboiled eggs, tomato, avocado on whole wheat toast</i>	

Beverages

Fresh Brewed Coffee <i>Regular/Decaf/Flavored</i>	
Iced/Hot Coffee	2.29
Iced Tea/Hot Tea	2.29
Fresh Squeezed Orange Juice	sm 3.49 lg 4.99
Apple Juice	2.59

Eggs & Omelettes

Our omelettes are made with 3 eggs served with bagel or toast, and your choice of oatmeal, grits, sliced tomato, hash browns, or home fries

Make your home fries loaded, add 1.99
Substitute egg whites, add 1.29

2 Eggs any style	5.49
with Bacon, Sausage or Ham	6.99
Corned Beef Hash with Eggs	8.99
Cheese Omelette	6.99
NEO or LEO	9.99
<i>Nova or Lox, Eggs & Onions</i>	
Power Omelette	9.99
<i>egg whites, muenster and grilled turkey</i>	
Vegetable Omelette	9.99
<i>all fresh vegetables, including mushrooms, spinach, onions, green peppers and tomato</i>	
Spanish Omelette	9.99
<i>green peppers, onions and salsa</i>	
Greek Omelette	9.99
<i>spinach, feta and tomato</i>	
Western Omelette	9.99
<i>ham, green peppers and onions</i>	
Healthy	9.99
<i>egg whites, spinach, mushroom, grilled onions</i>	
Protein with Chicken	10.99
<i>egg whites, spinach, mushroom, grilled onions, chicken</i>	
New York Steak & Eggs	13.99

Build Your Own 3-Egg Omelette* 9.99

All omelettes are made with 3 eggs and your choice of 3 fillings. Served with a bagel or toast, and your choice of oatmeal, grits, sliced tomato, hash browns or home fries

Additional 1 Egg add 79¢,
Egg whites or Egg Beaters add \$1.29
Cheese add 99¢, Extra Meat add 1.79
Extra Veggies add 89¢

Milk	2.59
Chocolate Milk	2.59
N.Y. Egg Cream	2.99
Fountain Drink	2.29
Dr. Brown's	1.99

TAKE OUT ONLY

Hot Coffee/Tea	sm 1.79 m 2.29 l 2.79
Iced Coffee/Tea	16oz 2.29 24oz 2.79 32oz 3.29

The Benedicts

Eggs Benedict 9.99
2 eggs poached over an English muffin, with grilled ham, topped with hollandaise sauce and a side of our signature home fries

Latkes Benedict 10.99
2 eggs poached over potato pancakes, with grilled turkey, topped with hollandaise sauce and a side of grits

Nova Benedict 12.99
2 eggs poached over an English muffin, with Hand Sliced Nova, topped with hollandaise sauce and a side of our signature home fries

Hot Off The Griddle

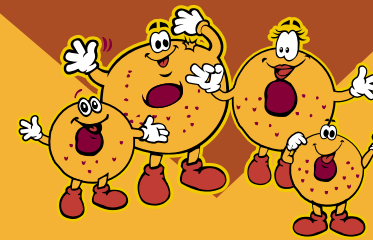
Add bacon or sausage 1.79
Add turkey bacon or turkey sausage \$2.29

Buttermilk Pancakes	5.99	short stack (2) 7.99
Chocolate Chip or Blueberry Pancakes	6.99	8.99
Oreo Pancakes	7.49	9.49
Challah French Toast		7.99
Crunchy Cornflake French Toast		8.99
Matzo Brie	6.99	
with Onion	7.99	
with Nova	9.99	
Loaded Home Fries	6.99	
<i>topped with melted cheese, scallions and bacon and a side of sour cream</i>		
Homemade Potato Latkes (3)	6.99	
<i>with apple sauce or sour cream</i>		

Extras

Signature Home Fries	3.69
Hash Browns	3.69
Potato Latke (1)	2.69
<i>with apple sauce or sour cream</i>	
Corned Beef Hash	4.79
Sausage, Ham or Bacon	3.29
Turkey Bacon or Turkey Sausage	3.79
Oatmeal or Grits	sm 2.99 lg 4.89
Cheese Grits	sm 3.99 lg 5.49
Extra Egg79
Tomato or Onion89

*These items are cooked to order, consuming raw or uncooked shell eggs or meat can lead to food borne illness, especially if you have certain medical conditions



BREAKFAST COMBOS

Pancake(s), egg(s), bacon or sausage

1-1-1 1 of each	6.99
2-2-2 2 of each	9.99

QUESADILLAS

Create Your Own 6.99

2 eggs, choice of meat, choice of cheese served with sour cream and salsa served in choice of tortilla

ADDITIONAL TOPPINGS
Avocado add 1.50
Additional Cheese add 99¢
Additional Meat add 1.79
Additional Veggies add 89¢

Hand-Sliced NOVA or LOX SANDWICH

10.99

cream cheese, lettuce, tomato, onion, capers and sliced Lox or Nova

SHAKSHUKA

(available for dine-in only) 9.99

A delicious dish of eggs, sunny side up, slowly roasted in a spicy tomato sauce with bell peppers. Served with challah bread

NOT AVAILABLE IN ALL LOCATIONS

REUBENS

All reubens made with melted swiss cheese, sauerkraut & russian dressing on grilled bread.

Corned Beef	11.99
Pastrami	11.99
Fresh Turkey	12.99
The Nassau/Suffolk	12.99
<i>pastrami, corned beef, melted swiss, coleslaw w/ russian dressing</i>	

LUNCH

served all day

Sandwiches

All sandwiches come on your choice of bagel, roll or bread and include side salad and pickle.

Add 1.00 for cheese

Hot Corned Beef	10.99
Pastrami	10.99
Hot Brisket	10.99
Roast Beef	10.99
Turkey <i>off the frame</i>	11.99
Salami	10.99
Ham & Cheese	9.99
Build your own Combo	11.99
<i>any two meats</i>	

Salads

served with choice of dressing, croutons or bagel chips

Tossed Salad	7.99
<i>tomatoes, carrots, cucumbers, red onions, romaine lettuce</i>	
Chef Salad	12.99
<i>tossed salad with roast beef, turkey, ham, American and Swiss cheeses</i>	
Wedge Salad	10.99
<i>wedge of iceberg, topped with tomatoes, red onion, crumbled bacon, gorgonzola & blue cheese dressing</i>	
Chopped Salad	11.99
<i>with choice of chicken breast, turkey, tuna salad, chicken salad, or egg salad</i>	

Cobb Salad 10.99
romaine lettuce, tomato, cucumber, onion, gorgonzola cheese, hardboiled egg and crumbled bacon topped with turkey or chicken

Caesar Salad 7.99
 with Chicken 11.99
Greek Salad 9.99
crisp iceberg lettuce, feta cheese, cucumber, tomato, red onion, olives, and pepperoncini
 with Chicken 13.49

Warm Salad 9.99
grilled veggies on a bed of romaine lettuce with balsamic vinaigrette

Extras

Fries	3.69
Cole Slaw, Potato Salad, Macaroni Salad	1.99
Cucumber Salad	1.99
Whole pickle	1.00
Fruit Salad	4.99

Salad Sandwiches & Platters

All sandwiches come on your choice of bagel, roll or bread and include side salad and pickle.

Platters served with one cold side, pickle, lettuce, tomato, onion, cucumber, and bagel or bagel chips

Substitute for side of fruit add 1.00
Substitute fries for cold side add 1.79

Tuna Salad <i>low-fat available</i>	9.99	10.99
Chicken Salad	9.99	10.99
Egg Salad	7.99	8.99
Whitefish Salad	11.99	12.99
The Triple Play	14.99	

any 3 salads above, add \$1 per scoop for whitefish salad

Buffalo Chicken Salad	9.99	10.99
Balsamic Chicken Salad	9.99	10.99

On the Lighter Side

LOW FAT Vegetable Tuna	9.99	10.99
LOW FAT Family Tuna	9.99	10.99
<i>apples and raisins</i>		
LOW FAT Egg White Vegetable Salad ..	7.99	8.99
LOW FAT Egg White Spinach Tuna Salad	9.99	10.99
LOW FAT Family Chicken Salad	9.99	10.99
<i>apples, raisins, walnuts</i>		

Smoked Fish Platters

served with pickle, tomatoes, onions, cucumbers, cream cheese, capers and a bagel

Sliced Nova Platter	12.99
Sliced Lox Platter	12.99

SIDES: cole slaw | potato salad | macaroni salad
cucumber salad | potato chips

Homemade Knishes

subject to availability

Potato: 4.99 | Flavored: 5.49 | Meat: 5.99

Homemade Soups

Bowl of Soup	5.29
Quart of Soup (Take Out Only)	8.49
Soup and 1/2 Sandwich	9.99

on sliced bread (does not include gourmet sandwiches, signature sandwiches, paninis or burgers)