

Gourmet Sandwich Wraps

All Wraps Come with a Side Salad and Pickle

For Lettuce Leaf Wrap Add \$3.00
For Hero Add \$2.00

- THE NEW YORKER** 11.99
grilled chicken, roasted peppers, fresh mozzarella, romaine lettuce & pesto
- THE CARLITO** 11.99
fried eggplant, fresh mozzarella & roasted peppers

Gourmet Signature Sandwiches

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

For Hero Add \$2.00
For Wrap add \$2.00

For Lettuce Leaf Wrap Add \$3.00

- THE ANIMAL** 11.99
turkey, bacon, sundried tomatoes w/pesto mayo
- THE COUGAR** 12.99
fried eggplant, fresh mozzarella, roasted peppers w/balsamic vinaigrette on a garlic hero
- THE CORDON BLEU** 11.99
chicken cutlet, ham, swiss & honey mustard
- THE AUSTIN** 11.99
honey maple turkey, alpine lace, sundried tomatoes, avocado w/honey mustard

Gourmet Paninis

All paninis come with a side salad and pickle.

- THE BRONX TALE** 11.99
grilled chicken, fresh mozzarella, sundried tomato w/pesto sauce
- THE ROMAN** 11.99
grilled vegetables, 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** 8.99
topped with melted cheese, scallions and bacon and a side of sour cream
- Patty Melt** 12.99
burger with grilled onions on rye with American cheese

- THE THUNDERBIRD** 11.99
grilled vegetables, fresh mozzarella, mesculin w/balsamic vinaigrette
- THE MEDITERRANEAN** 11.99
mixed greens w/feta, black olives, red onions, cucumbers, tomatoes w/balsamic vinaigrette
- THE SOPRANO** 11.99
genoa salami, provolone, roasted peppers, sundried tomatoes, romaine w/pesto dressing

- THE PREDATOR** 12.99
roast beef, melted mozzarella, bacon on a garlic hero
- THE ITALIANO** 11.99
genoa salami, ham, pepperoni, provolone, lettuce, tomato, onion w/oil & vinegar
- THE VANDERBILT** 11.99
ham, american, avocado, cole slaw, tomato, red onions w/russian dressing
- THE SORRENTINO** 11.99
chicken cutlet, fried eggplant, fresh mozzarella sundried tomatoes w/ balsamic vinaigrette
- THE LIBERATOR** 11.99
grilled chicken, mesculin, sundried tomatoes, red onion w/pesto sauce
- THE LONG ISLANDER** 11.99
turkey, melted swiss, bacon, cole slaw w/russian dressing

- MICHAEL'S CHOICE** 10.99
honey maple turkey, crisp bacon, melted cheddar cheese, tomato w/ honey mustard dressing
- THE TUSCAN** 11.99
turkey, lettuce, tomato w/pesto mayo
- JOSEPH'S CHOICE** 11.99
chicken cutlet, bacon, melted american cheese, lettuce w/russian dressing

- BLT** 10.99
crisp bacon, lettuce and tomato on choice of toasted bread (add 1.00 turkey bacon)
- Turkey Club** 13.99
- Tuna Melt or Chicken Salad Melt** 12.99
choice of bread, tomato upon request
- Philly** 13.99
melted provolone over roast beef or strips of chicken breast or turkey with grilled peppers, onions, and mushrooms on a hoagie roll

- THE SOUTH BEACH** 11.99
turkey, bacon, lettuce, tomato w/ honey mustard
- THE TOM CAT** 11.99
balsamic grilled chicken w/fresh mozzarella & avocado
- THE HEALTHY DIET** 11.99
low-fat vegetable tuna w/ sundried tomatoes & mesculin greens
- THE CAESAR WRAP** 11.99
grilled chicken, romaine, croutons, parmesan cheese w/caesar dressing

- THE ALL-AMERICAN** 11.99
ham, turkey, roast beef, american & swiss cheeses, lettuce & tomato
- THE GRILLER** 11.99
grilled chicken, grilled vegetables, melted alpine lace w/balsamic vinaigrette
- THE JERSEY PORK ROLL** 11.99
layers of porkroll and cheese on a roll Add \$1 to top it off with an egg
- THE WRANGLER** 13.99
roast beef, bacon, melted swiss, sautéed onions & mushrooms smothered in gravy on a toasted garlic hero
- THE KNIGHT** 13.99
chicken cutlet, melted cheddar, guacamole, lettuce, tomato, onions with ranch dressing on a toasted garlic hero

- THE WALL STREET** 11.99
roast beef, sauteed onions & cheddar
- THE SICILIAN** 11.99
fresh mozzarella cheese, tomato, roasted peppers w/balsamic dressing
- THE HULA-HULA** 11.99
ham, american cheese, avocado, cole slaw, tomato, red onion w/honey mustard dressing

- Grilled Cheese** 7.99
your choice of bread
with Bacon or Ham 9.99
- Chicken Tenders with fries** 9.49
- Hot Dog with Sauerkraut** 7.99
- The Posnack** 11.99
8oz. burger w/ lettuce, tomato, pickle, cole slaw & fries
- The Wolf** 12.99
8oz. burger w/ bacon, cheese, lettuce, tomato, pickle, cole slaw & fries

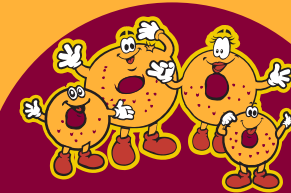
- THE ATHENS** 11.99
spinach, mushrooms, onions, feta w/greek dressing
- THE RAM** 11.99
roast beef, cheddar cheese, sauteed onions, w/horseradish
- THE PLAINVIEW** 11.99
fresh turkey, tomato, avocado and alpine lace swiss cheese
- BUFFALO CHICKEN WRAP** 11.99
chicken tenders tossed in hot sauce with lettuce, tomato and blue cheese dressing, side of fries

- THE MAC DADDY** 13.99
chicken cutlet, melted american, bacon, russian dressing and mac & cheese on a toasted garlic hero
- THE EAGLE** 14.99
chicken cutlet, sliced buffalo chicken breast, bacon, lettuce and pepperjack cheese, russian dressing on a toasted hero
- THE LION** 13.99
chicken cutlet, melted jack and cheddar, crispy bacon, lettuce, tomato, pepperhouse dressing on a toasted garlic hero
- THE REGULATOR** 14.99
grilled chicken, melted monterey jack, bacon, sweet peppers, olives, onion, tomato and mayo on a hero
- COCONUT CREEK CUBAN** 13.99
grilled ham, turkey and Swiss cheese with pickles, mustard and mayonnaise on a pressed hoagie roll

- THE HEALTHY CHOICE** 11.99
turkey, alpine lace swiss cheese, cucumbers, shredded carrots, mesculin lettuce w/balsamic dressing
- THE GODFATHER** 11.99
grilled chicken, portobello mushrooms, roasted peppers, fresh mozzarella w/ balsamic dressing
- The Cowboy** 12.99
8oz burger w/sauteed mushrooms and onions, lettuce, tomato, pickle, cole slaw & fries
- Family Breakfast Burger** 14.99
8oz burger w/ cheese, bacon, hash browns and fried egg



BREAKFAST | LUNCH | CATERING



FAMILY BAGELS OF LONG ISLAND

5906 Coral Ridge Dr.
Coral Springs, FL 33076

8735 STIRLING RD
COOPER CITY, FL 33328
954-434-7555

5369 LYONS RD
COCONUT CREEK, FL 33073
954-418-7100

BREAKFAST

served all day

Bagels

Butter and/or Jelly.....	2.49
Cream Cheese.....	3.19
Peanut Butter.....	3.19
Scallion or Vegetable Cream Cheese.....	4.29
Cinnamon Raisin Walnut Cream Cheese.....	4.29
Nova Spread.....	5.49
Bagel with Cheese.....	5.49
Bagel Drizzle.....	9.49

bagel with grilled veggies, mozzarella & balsamic drizzle

Bagel Caprese..... 9.49
mozzarella, tomatoes, basil & balsamic drizzle

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 0.50

Two Eggs.....	4.99
Eggs & Cheese.....	5.99
Eggs & Meat.....	6.99
Bacon, Sausage, Turkey or Ham	
Eggs, Meat & Cheese.....	7.49
Eggs, Spinach & Feta Wrap.....	7.99
Hungryman (on a hero).....	9.99
3 eggs, bacon, ham, sausage and cheese	

Protein Wrap..... 9.99
3 eggs or egg whites, turkey, cheese, lettuce, tomato

Veggie Wrap..... 9.99
3 egg whites, mushrooms, onions, tomatoes, pepper

The Energizer..... 9.99
2 egg whites, turkey, swiss on a bagel

The Workout..... 9.99
2 hardboiled eggs, tomato, avocado on whole wheat toast

Beverages

Fresh Brewed Coffee Regular/Decaf/Flavored	
Iced/Hot Coffee.....	2.99
Iced Tea/Hot Tea.....	2.99
Fresh Squeezed Orange Juice..... sm 4.49.....lg 5.99	
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 2.99
Substitute egg whites, add 1.29

2 Eggs any style.....	6.99
with Bacon, Sausage or Ham.....	8.49
Corned Beef Hash with Eggs.....	10.49
Cheese Omelette.....	8.49
NEO or LEO.....	12.99

Nova or Lox, Eggs & Onions

Power Omelette..... 11.99
egg whites, muenster and grilled turkey

Vegetable Omelette..... 11.99
all fresh vegetables, including mushrooms, spinach, onions, green peppers and tomato

Spanish Omelette..... 11.99
green peppers, onions and salsa

Greek Omelette..... 11.99
spinach, feta and tomato

Western Omelette..... 11.99
ham, green peppers and onions

Healthy..... 11.99
egg whites, spinach, mushroom, grilled onions

Protein with Chicken..... 12.99
egg whites, spinach, mushroom, grilled onions, chicken

New York Steak & Eggs Dine In..... 14.99

Build Your Own 3-Egg Omelette 11.99

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 0.99,
Egg whites or Egg Beaters add 1.49
Cheese add 1.49, Extra Meat add 2.49
Extra Veggies add 1.50

Milk.....	2.59
Chocolate Milk.....	2.59
N.Y. Egg Cream.....	3.49
Fountain Drink.....	2.99
Dr. Brown's.....	2.29

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..... 10.99
2 eggs poached over an English muffin, with grilled ham, topped with hollandaise sauce and a side of our signature home fries

Latkes Benedict..... 11.99
2 eggs poached over potato pancakes, with grilled turkey, topped with hollandaise sauce and a side of grits

Nova Benedict..... 13.99
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..... 6.99.....8.99
short stack (2).....full stack (3)

Chocolate Chip or Blueberry Pancakes..... 7.99.....9.99
ham, green peppers and onions

Oreo Pancakes..... 8.49.....10.49
egg whites, spinach, mushroom, grilled onions

Challah French Toast..... 8.99
Crunchy Cornflake French Toast..... 10.49

Matzo Brie..... 9.99
with Onion..... 10.99

with Nova..... 11.99
Loaded Home Fries..... 8.99
topped with melted cheese, scallions and bacon and a side of sour cream

Homemade Potato Latkes (3)..... 8.99
with apple sauce or sour cream

Extras

Signature Home Fries..... 3.99
Hash Browns..... 3.99

Potato Latke (1)..... 2.99
with apple sauce or sour cream

Corned Beef Hash..... 4.99
Sausage, Ham or Bacon..... 4.99

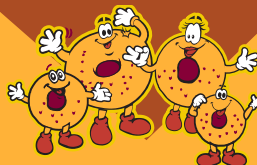
Turkey Bacon or Turkey Sausage..... 5.49
Oatmeal or Grits..... sm 2.99.....lg 4.89

Cheese Grits..... sm 3.99.....lg 5.49
Extra Egg..... .99

Tomato or Onion..... 1.50
Extra Cheese..... 1.49

Extra Meat..... 2.49
Egg White..... 1.49

*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..... 9.99

2-2-2 2 of each..... 11.99

QUESADILLAS

Create Your Own..... 10.99
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 0.99
Additional Meat add 1.79
Additional Veggies add 0.89

Hand-Sliced NOVA or LOX SANDWICH

12.99

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

SHAKSHUKA

(available for dine-in only)..... 14.99

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.....	14.99
Pastrami.....	14.99
Fresh Turkey.....	14.99
The Nassau/Suffolk.....	14.99

pastrami, corned beef, melted swiss, coleslaw w/ russian dressing

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.....	12.99
Pastrami.....	12.99
Hot Brisket.....	12.99
Roast Beef.....	12.99
Turkey off the frame.....	12.99
Salami.....	12.99
Ham & Cheese.....	11.99
Build your own Combo.....	12.99
any two meats	

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 2.00
Substitute fries for cold side add 2.79

Tuna Salad low-fat available.....	11.99	12.99
Chicken Salad.....	11.99	12.99
Egg Salad.....	9.99	10.99
Whitefish Salad.....	13.99	14.99
The Triple Play.....		16.99
any 3 salads above, add 1.00 per scoop for whitefish salad		
Buffalo Chicken Salad.....	11.99	12.99
Balsamic Chicken Salad.....	11.99	12.99

Salads

served with choice of dressing, croutons or bagel chips

Tossed Salad..... 11.99

tomatoes, carrots, cucumbers, red onions, romaine lettuce

Chef Salad..... 14.49
tossed salad with roast beef, turkey, ham, American and Swiss cheeses

Wedge Salad..... 12.99
wedge of iceberg, topped with tomatoes, red onion, crumbled bacon, gorgonzola & blue cheese dressing

Chopped Salad..... 14.99
with choice of chicken breast, turkey, tuna salad, chicken salad, or egg salad

Cobb Salad..... 14.99
romaine lettuce, tomato, cucumber, onion, gorgonzola cheese, hardboiled egg and crumbled bacon topped with turkey or chicken

Caesar Salad..... 11.99
with Chicken..... 14.99

Greek Salad..... 11.99
crisp iceberg lettuce, feta cheese, cucumber, tomato, red onion, olives, and pepperoncini with Chicken..... 14.99

Warm Salad..... 12.99
grilled veggies on a bed of romaine lettuce with balsamic vinaigrette

On the Lighter Side

LOW FAT Vegetable Tuna..... 11.99..... 12.99
LOW FAT Family Tuna..... 11.99..... 12.99
apples and raisins

LOW FAT Egg White Vegetable Salad . 9.99.....10.99

LOW FAT Egg White Spinach Tuna Salad..... 11.99..... 12.99

LOW FAT Family Chicken Salad..... 11.99..... 12.99
apples, raisins, walnuts

Smoked Fish Platters

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

Sliced Nova Platter..... 14.99
Sliced Lox Platter..... 14.99

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).....	9.49
Soup and 1/2 Sandwich.....	10.99

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