



• FRESH BAGELS •

ALL DOUGH MADE FRESH DAILY & BAKED TO PERFECTION ON PREMISES

FRESH, NEVER FROZEN!

\$1.50 EACH / \$8.00 HALF DOZEN / \$15.00 DOZEN

HAND ROLLED MINI BAGELS

\$1.00 EACH / \$6.00 HALF DOZEN / \$12.00 DOZEN

- BAGEL W/ CREAM CHEESE \$2.85
- BAGEL W/ LOX & CREAM CHEESE \$11.95
- BAGEL W/ JELLY \$2.50
- BAGEL W/ BUTTER \$2.65



• SPECIALTY CREAM CHEESE •

MADE IN HOUSE

- STRAWBERRY · VEGETABLE
- SCALLION · JALAPENO
- WALNUT · LOX SPREAD · OLIVE
- ON ANY BAGEL \$3.75
- NUTELLA · AVOCADO \$4.75



• BREAKFAST SANDWICHES •

CHOICE OF WHITE, WHEAT, RYE, ROLL OR ANY BAGEL

- 2 EGGS \$3.75
 - 2 EGGS & CHEESE \$4.25
 - BACON, EGG & CHEESE \$5.95
 - SAUSAGE, EGG & CHEESE \$5.95
 - PORK ROLL, EGG & CHEESE \$5.95
 - TURKEY BACON, EGG & CHEESE \$6.25
 - BEEF BACON EGG & CHEESE \$6.25
 - TOWER SANDWICH - HAM, PORK ROLL, BACON, EGG, CHEESE, HOMEFRIES ON EVERYTHING BAGEL SERVED WITH SMALL COFFEE .. \$7.95
 - TOWN SANDWICH - EGGS, HOMEFRIES, PEPPERS, ONIONS, SWISS CHEESE ON A BAGEL \$6.95
- ADD EXTRA EGG \$1.00 · ADD EGGWHITES \$1.50



TOWN BAGEL BREAKFAST PLATTER

3 EGGS ANY STYLE WITH BACON, HAM, SAUSAGE
SERVED WITH HOMEFRIES & PANCAKES
\$13.95

2 EGGS ANY STYLE
SERVED WITH HOMEFRIES
& TOAST ADD MEAT \$3.00 EXTRA
\$6.95

STEAK & EGGS
ANY STYLE SERVED
WITH HOMEFRIES
\$18.95

AVOCADO BAGEL
2 EGGS WITH AVOCADO ON A BAGEL
\$10.95

WAFFLE SANDWICH
BACON, EGGS & CHEESE ON A WAFFLE
\$11.95

**2 EGGS ANY STYLE w/
CORNERED BEEF HASH**
SERVED WITH HOMEFRIES & TOAST
\$11.95

CREPES
STRAWBERRY BANANA
OR BERRY BERRY
\$12.95

BREAKFAST QUESADILLA
FLOUR TORTILLA STUFFED WITH SCRAMBLED EGGS, TOMATOES, PEPPERS, ONIONS
HAM, BACON & MELTED AMERICAN CHEESE SERVED WITH SOUR CREAM & SALSA
\$11.95

• TOWN BREAKFAST WRAPS •

- WESTERN - EGG, PEPPERS, ONIONS & HAM \$7.75
- W/ CHEESE \$8.95
- HAM, EGG & CHEESE \$8.75
- #3 - EGG WHITES W/ SPINACH, MUSHROOMS & CHEESE \$8.95
- GREEK - EGG, FETA, TOMATO & SPINACH \$8.95
- ITALIAN CONNECTION - EGG, SAUSAGE, PEPPERS & MOZZARELLA CHEESE \$8.95
- PROTEIN - EGGWHITES, GRILLED CHICKEN & AVOCADO \$10.95
- HEALTHY WRAP - EGG WHITES, TURKEY, SWISS ON A WHOLE WHEAT \$8.95



THE HANGOVER
TRIPLE DECKER FRENCH TOAST
SANDWICH HOME FRIES, PORK ROLL,
BACON & EGGS
\$12.95

BIG BOY BREAKFAST
2 EGGS ANY STYLE WITH
BACON, HAM, SAUSAGE,
HOMEFRIES & TOAST
\$11.95

• OMELETTES •

3 EGG OMELETTE SERVED WITH HOME FRIES & TOAST

1. BELLY BUSTER COUNTRY STYLE OMELETTE - PEPPERS, ONIONS, SAUSAGE, POTATOES, HAM, BACON & CHEESE \$11.50
 2. WESTERN OMELETTE - HAM, PEPPERS & ONIONS \$11.50
 3. GREEK OMELETTE - FETA, TOMATO & SPINACH \$11.50
 4. #4 OMELETTE - SPINACH, MUSHROOMS, TOMATOES & MOZZARELLA .. \$11.50
 5. CHEESE OMELETTE \$9.95
 5. BROCCOLI & CHEDDAR OMELETTE \$11.95
 6. VEGGIE OMELETTE - PEPPERS, ONIONS, MUSHROOMS, TOMATO & SPINACH \$9.95
 7. BACON & CHEESE OMELETTE \$9.95
 8. GYRO OMELETTE - GYRO MEAT, SCALLIONS, TOMATO & FETA CHEESE .. \$11.95
 9. TOWN OMELETTE - POTATOES, ONIONS, PEPPERS & SWISS CHEESE ... \$10.95
 10. MEXICAN OMELETTE - SLICED JALAPEÑOS, ONION, TOMATO SERVED WITH SALSA \$10.95
 11. MEDITERANEAN OMELETTE - SCALLION, TOMATO, FETA CHEESE, BLACK OLIVES \$11.95
 12. MEAT LOVERS OMELETTE - BACON, SAUSAGE, PORK ROLL, SCALLIONS, PEPPERS, MOZZARELLA \$13.95
 13. GARDEN OMELETTE - SCALLIONS, SPINACH, GREEN PEPPERS, BROCCOLI, AVOCADO, CHEDDAR \$12.95
- ADD CHEESE \$1.75 · EGG WHITES \$2.00

• BENEDICT •

SERVED WITH HOME FRIES

- EGGS BENEDICT - 2 POACHED EGGS, CANADIAN BACON & HOLLANDAISE SAUCE ON AN ENGLISH MUFFIN \$13.50
- CORNERED BEEF HASH BENEDICT - 2 POACHED EGGS, CORNERED BEEF HASH & HOLLANDAISE SAUCE ON AN ENGLISH MUFFIN \$13.50
- TURKEY BENEDICT - 2 POACHED EGGS, SLICED TURKEY, AVOCADO & HOLLANDAISE SAUCE ON AN ENGLISH MUFFIN \$13.50
- FLORENTINE BENEDICT - 2 POACHED EGGS, SLICED TOMATO, SPINACH, FETA CHEESE & HOLLANDAISE SAUCE ON AN ENGLISH MUFFIN \$13.50
- CALIFORNIA BENEDICT - 2 POACHED EGGS, BACON, AVOCADO & HOLLANDAISE SAUCE ON AN ENGLISH MUFFIN \$13.50

• PANCAKES - \$8.95 •

SERVED WITH WHIPPED CREAM

- CHOCOLATE CHIP \$12.25
- BERRY BERRY \$12.95
- BLUEBERRIES, BLACKBERRIES, STRAWBERRIES & RASPBERRIES
- APPLE CINNAMON & BANANA \$11.25
- STRAWBERRY & BANANAS \$11.25
- NUTELLA STRAWBERRY \$11.25
- CANOLI CREAM & CHOCOLATE CHIPS \$11.95
- MARSHMALLOWS, CHOCOLATE & GRAHAM CRACKERS \$11.95
- OREO PANCAKES WITH VANILLA ICE CREAM \$11.95



• FRENCH TOAST - \$8.95 •

SERVED WITH WHIPPED CREAM

- BERRY BERRY \$12.25
- BLUEBERRIES, BLACKBERRIES, STRAWBERRIES & RASPBERRIES
- APPLE CINNAMON & BANANA \$11.25
- STRAWBERRY OR BANANAS & NUTS \$11.25
- NUTELLA STRAWBERRY \$11.95

• WAFFLE - \$8.95 •

SERVED WITH WHIPPED CREAM

- CHOCOLATE CHIP \$11.95
- BERRY BERRY \$11.25
- BLUEBERRIES, BLACKBERRIES, STRAWBERRIES & RASPBERRIES
- APPLE CINNAMON & BANANA \$11.25
- STRAWBERRY OR BANANAS & NUTS \$11.95
- NUTELLA STRAWBERRY \$11.95
- WAFFLE WITH HONEY FRIED CHICKEN \$13.95



CHICKEN RANCHERO

CHICKEN CUTLET, LETTUCE, TOMATO, AVOCADO, BACON, RANCH DRESSING,
MELTED CHEDDAR ON A ROLL SERVED WITH CURLY FRIES
\$13.95

• AVOCADO TOAST •

SERVED WITH HOME FRIES

- AVT #1 - WITH GUACAMOLE, SLICED AVOCADO & SLICED TOMATO ON MULTI-GRAIN TOAST \$11.95
- AVT #2 - WITH GUACAMOLE, SLICED AVOCADO, SLICED TOMATO & POACHED EGGS ON MULTI-GRAIN TOAST \$12.95
- AVT #3 - WITH GUACAMOLE, SLICED AVOCADO, SLICED TOMATO, BACON, CHORIZO SAUSAGE & POACHED EGGS ON MULTI-GRAIN TOAST ... \$13.95
- AVT #1 - WITH GUACAMOLE, SLICED AVOCADO, SLICED TOMATO, LOX, RED ONION & POACHED EGGS ON MULTI-GRAIN TOAST \$14.95

• FRUIT SMOOTHIES •

ADD A SCOOP OF WHEY PROTEIN \$2.75 EXTRA

24oz

- TRADITIONAL - BANANA, STRAWBERRIES, ALMOND MILK & YOGURT . \$7.00
- AVOCADO - BLUEBERRY, BANANA, AVOCADO, ALMOND MILK & YOGURT . \$7.00
- GREEN GOODNESS - SPINACH, AVOCADO, BANANA, CARROTS, HONEY, ALMOND MILK & YOGURT \$7.00
- MANGO - MANGO, ALMOND MILK & YOGURT \$7.00
- PEANUT BUTTER & BANANA - BANANA, PEANUT BUTTER & ALMOND MILK \$7.00

• APPETIZERS •

- BUFFALO CHICKEN WINGS \$8.95
- MOZZARELLA STICKS \$6.95
- CHICKEN FINGERS OR BUFFALO CHICKEN FINGERS \$8.95
- MAC & CHEESE BITES \$7.25



• SIDE ORDERS •

- SWEET POTATO FRIES \$5.95
- LONG BRANCH FRIES \$6.25
- FRENCH FRIES \$5.95
- ONION RINGS \$6.25
- BACON \$5.95
- BEEF BACON OR TURKEY BACON \$6.25
- CORNERED BEEF HASH \$6.95
- HOMEFRIES OR HASH BROWNS \$4.75
- CHEESE FRIES WITH BACON \$6.25



• COLD CUT SUBS •

- COLD SUBS WITH LETTUCE, TOMATOES, ONIONS, VINEGAR & SPICES
SERVED WITH PICKLES & COLESLAW
- HAM & CHEESE \$8.25
 - HAM, SALAMI & CHEESE \$8.50
 - HAM, TURKEY & CHEESE \$9.25
 - ROAST BEEF & SWISS CHEESE \$9.25
 - TURKEY & SWISS CHEESE \$8.50
 - TUNA SALAD \$8.50
 - ROAST BEEF & TURKEY \$10.25
 - CHICKEN SALAD \$8.45



• HOT SUBS •

- CHICKEN PARM SUB \$9.95
- MEATBALL SUB \$9.25
- FAT BOY SUB - CHICKEN FINGERS, MOZZARELLA STICKS, FRENCH FRIES TOPPED WITH RANCH \$10.95

• CLUB SANDWICHES •

ALL SERVED ON TOAST WITH FRENCH FRIES ON THE SIDE

1. TURKEY WITH BACON, LETTUCE & TOMATO \$12.95
2. ROAST BEEF WITH SWISS, LETTUCE & TOMATO \$12.95
3. GRILLED CHICKEN BLT \$12.95
4. TUNA WITH HARD BOILED EGG, LETTUCE & TOMATO \$12.95



• QUESADILLAS •

- CHEESE QUESADILLA \$8.95
 - CHICKEN QUESADILLA \$10.95
 - STEAK QUESADILLA \$11.95
 - BUFFALO CHICKEN QUESADILLA \$11.95
 - VEGETABLE QUESADILLA \$9.95
- ALL COME WITH PEPPERS, ONIONS, SOUR CREAM, SALSA, TOMATOES & MELTED CHEDDAR CHEESE

• MELTS •

- ALL SERVED ON GRILLED SOURDOUGH BREAD WITH FRENCH FRIES, 2 ONION RINGS, PICKLE & CLOESLAW
- MELTED MONTE CRISTO \$11.95
 - TURKEY, HAM, MELTED SWISS CHEESE, CHEDDAR CHEESE
 - MELTED PHILLY CHEESE STEAK \$11.95
 - SAUTÉED ONIONS, PEPPERS & MELTED AMERICAN CHEESE
 - TURKEY MELT \$11.95
 - GRILLED TURKEY WITH BACON, GRILLED TOMATO & MOZZARELLA CHEESE SERVED WITH HONEY MUSTARD
 - TURKEY BACON MELT \$12.95
 - TURKEY WITH BACON, AVOCADO, TOMATO, MONTEREY JACK, ORGANIC MIXED GREENS & MAYO
 - TUNA MELT \$12.95
 - TUNA SALAD, GRILLED TOMATOES, MELTED AMERICAN CHEESE



• SALADS •

- GREEK SALAD \$9.95
 - ROMAINE LETTUCE, TOMATOES, CUCUMBERS, OLIVES, RED ONION & FETA CHEESE
 - CAESAR SALAD \$8.95
 - ROMAINE LETTUCE, SHREDDED PARMESIAN & CROUTONS
 - COBB SALAD \$10.95
 - MIXED GREENS, TOMATO, BACON, GRILLED CHICKEN, HARD BOILED EGG, AVOCADO, BLEU CHEESE & CHOICE OF DRESSING
 - CHEF SALAD \$10.95
 - TURKEY, ROAST BEEF & PROVOLONE CHEESE
 - BERRY BERRY SALAD \$12.95
 - WALNUTS, CRANBERRY, STRAWBERRY, BLUEBERRIES, GRILLED CHICKEN WITH WILD RASPBERRY VINAIGRETTE \$12.95
- ADD CHICKEN \$3.00 EXTRA • ADD STEAK \$6.00 EXTRA

PHILLY CHEESE STEAK

PEPPERS, ONIONS, MUSHROOMS & MELTED AMERICAN SERVED WITH FRIES & PICKLE OR COLESLAW
\$11.75

GYRO

LETTUCE WITH TOMATOES, RED ONION & TATZIKI SAUCE SERVED WITH FRENCH FRIES
\$10.95

CAJUN CHICKEN SANDWICH

LETTUCE, TOMATO, CHEDDAR CHEESE, CHIPOTLE MAYO WITH WAFFLE FRIES
\$10.95

• BURGERS •

ALL SERVED WITH LETTUCE & TOMATO, FRENCH FRIES, ONION RINGS PICKLE & CLOESLAW

- HAMBURGER \$10.95
- CHEESEBURGER \$13.95
- TURKEY BURGER \$11.95
- VEGGIE BURGER \$9.95
- MARYLAND CRAB BURGER \$14.95

• WRAPS •

- CORNED BEEF & PASTRAMI WRAPS \$12.95
- WITH MELTED SWISS CHEESE
- ITALIAN WRAP \$12.95
- GRILLED CHICKEN, ROASTED PEPPERS & FRESH MOZZARELLA
- BUFFALO CHICKEN WRAP \$11.95
- CHICKEN FINGERS, LETTUCE, TOMATO, BUFFALO SAUCE, AMERICAN CHEESE & BLUE CHEESE
- FALAFEL WRAP \$10.95
- WITH ONIONS, TOMATOES & TIHINIE SAUCE
- VEGETABLE WRAP \$10.65
- GRILLED ZUCCHINI, EGGPLANT, ROASTED PEPPERS, SPINACH & FRESH MOZZARELLA
- CHICKEN CAESAR WRAP \$10.95
- GRILLED CHICKEN WITH LETTUCE & CAESAR DRESSING

COUNTRY WRAP

GRILLED CHICKEN, BACON, LETTUCE, TOMATO MELTED CHEDDAR & RANCH DRESSING
\$10.95

CHICKEN SOUVLAKI

ON A PITA SERVED WITH GREEK SALAD
\$10.95

NONA SANDWICH

GRILLED CHICKEN, HAM, SWISS, LETTUCE, TOMATO ON A ROLL WITH FRENCH FRIES & ONION RINGS
\$11.95

SPINACH PIE

SERVED WITH GREEK SALAD
\$12.95

EGG SALAD

WITH LETTUCE & TOMATO ON A ROLL
\$8.95



• PANINIS •

- GREEK PANINI \$10.95
- GRILLED CHICKEN, FETA, TOMATO & TATZIKI SAUCE
- PASTRAMI & CORNED BEEF COMBO PANINI \$12.95
- WITH SWISS CHEESE & FRIED ONIONS
- EATON TOWN PANINI \$11.95
- GRILLED CHICKEN, ROASTED PEPPERS, TOMATO, FRESH MOZZARELLA & BALSAMIC VINEGAR

GRILLED CHICKEN

WITH LETTUCE & TOMATO ON A ROLL WITH FRENCH FRIES & 2 ONION RINGS
\$10.95

BLT

BACON, LETTUCE TOMATO ON CHOICE OF BREAD
\$7.95

RUEBEN

CORNED BEEF OR PASTRAMI, SAUERKRAUT, MELTED SWISS, RUSSIAN DRESSING SERVED WITH FRIES & PICKLE OR COLESLAW
\$12.95

GRILLED BUBBLES SANDWICH

HOT PASTRAMI, SAUTEÉD ONIONS, TOMATO, BABY SPINACH, MELTED SWISS & HONEY MUSTARD ON GRILLED RYE SERVED WITH FRENCH FRIES
\$12.95

FRIED CHICKEN BASKET

SERVED WITH FRENCH FRIES & ONION RINGS
\$15.95

• DISNEY MENU •

- BIG BIRD \$6.50
- SINGLE EGG ANY STYLE
- MICKEY MOUSE PANCAKES \$6.50
- MINNIE CHEESE OMELETTE \$6.50
- MAN ON THE MOON \$6.50
- 1/2 WAFFLE
- TIGGER - CHICKEN FINGERS & FRIES \$6.50
- HOT DOG & FRIES \$6.50
- GRILLED CHEESE & FRIES \$6.50



MENUS BY LOU BOW- 646.436.5192

TOWN BAGELS

and **GRILL**

THE WAFFLE & OMELETTE HOUSE

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TOWNBAGELSANDGRILL.COM

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