

Soups, Salads & Wraps

“Where Healthy Tastes Great”™

FRESHLY BAKED WRAPS

- PLAIN
- SPINACH
- WHOLE WHEAT

ALL WRAPS ARE SERVED WITH PASTA SALAD AND A DILL PICKLE SPEAR



- CHICKEN CAESAR**
Grilled Chicken Breast, Parmesan Cheese & Romaine Lettuce With Creamy Caesar Dressing
- CHICKEN PHILLY**
Thinly Sliced Chicken, Mushrooms, Onions & Melted Provolone
- TUNA**
Albacore Tuna Salad With Iceberg Lettuce & Tomato Slices
- CHICKEN SALAD**
Chicken Salad With Iceberg Lettuce & Tomato Slices
- MONTE CRISTO**
Fresh Slices Of Turkey, Ham & Swiss Cheese With Iceberg Lettuce, Tomato Slices, Topped With 1000 Island Dressing
- EGG WHITE PROTEIN WRAP WITH CHICKEN**
Grilled Chicken, Egg Whites, Onions, Tomatoes, Sautéed Mushrooms & Spinach
- PHILLY CHEESE**
Thinly Sliced Grilled Ribeye Smothered In Sauted Onions & Melted Provolone

Signature Chopped Salads

A FRESH, CRISP SALAD SERVED WITH A SMALL BAG OF BAGEL CHIPS AND YOUR CHOICE OF DRESSING (UNLESS OTHERWISE STATED)

SALAD DRESSINGS: Bleu Cheese, Creamy Italian, Creamy Caesar, 1000 Island, Honey Dijon Vinaigrette, Deluxe Ranch, Light Raspberry Vinaigrette, Light Oil & Vinegar



- COBB SALAD**
A Blend Of Romaine & Iceberg Lettuces Tossed With Diced Chicken, Tomato, Cucumbers, Chopped Olives & Hardboiled Egg, Topped With Avocado Slices
- CHEF'S SALAD**
A Blend Of Romaine & Iceberg Lettuces Tossed With Chopped Fresh Turkey & Ham, Diced Swiss And American Cheeses, One Hardboiled Egg, Diced Onions, Tomato, Cucumbers And Green Peppers
- CHICKEN CAESAR SALAD**
Chopped Romaine Lettuce & Grated Parmesan Cheese, Tossed With Grilled, Julienne Chicken, Topped With Creamy Caesar Dressing
- CORDON BLEU SALAD**
A Blend Of Romaine & Iceberg Lettuces Tossed With Diced Fresh Chicken, Ham & Swiss Cheese, Accompanied By Diced Onions, Tomato, & Cucumbers, Topped With Honey Dijon Vinaigrette Dressing

Soups



ALL SERVED WITH FRESH BAGEL CHIPS
LOBSTER BISQUE, NEW ENGLAND CLAM CHOWDER, CHICKEN NOODLE, BROCCOLI & CHEESE, PEA SOUP, MEDITERRANEAN LENTIL, MINISTRONE

Baked Fresh Daily Muffins



BLUEBERRY, CHOCOLATE CHIP, CORN, HEALTHY MORNING, APPLE CINNAMON.....



Brownie & Cookie

Giant Chocolate Dipped Chip Cookie.....
Fresh Baked Brownie In The Round.....

“Healthy” Stud Muffin

Filled With Pecans, Walnuts, Almonds, Raisins, Blueberries, Flax Seeds, Whey Protein, Oat Bran & Whole Grain Flour. 18 Grams of Protein, 12 Grams of Fiber. Low in Cholesterol. Low in Fat. Healthy But Yummy!



Natural Peanut Butter & Carob Chocolate Stud Muffin

Sugar-Free Natural Peanut Butter, Carob Chocolate Chips, Pecans, Walnuts, Chocolate Whey Protein, Flax Seeds, Vanilla Extract. 18 Grams of Protein, 18 Grams of Fiber. Low in Cholesterol & Fat. For the Health-Conscious Sweet Tooth!



Real New York Pretzel

The Healthy Taste of New York
In A Bottle

Filled With Plenty Of “NYC Attitude”



Hot & Cold Beverages

ALL PRODUCED WITH WATER CREATED FROM OUR PROPRIETARY 14-STAGE WATER TREATMENT PROCESS

- Small Orange Juice..... Large Orange Juice.....
Coffee..... Small... Large... Extra Large...
Soft Drinks..... Small... Large... Extra Large...

GOURMET COFFEE
COCA-COLA SOFT DRINKS
ASSORTED FRESH ICED TEAS
HOT CHOCOLATE
ASSORTED HOT HERBAL TEAS
REAL BROOKLYN FOX'S UBET



Egg Cream....



“OUR OWN”
ICED COFFEE
MADE WITH
REAL ICED
COFFEE CUBES

Large.....
Extra Large...



“The Original Brooklyn Water Bagel Co. brought back childhood memories - one bite and I was back in Brooklyn.”
-Larry King



Menu

877-BAGEL80

877-224-3580

www.brooklynwaterbagels.com



Just-Baked Gourmet Bagels

Each 1/2 Dozen Bakers Dozen



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|--------------------|------------------|
| PLAIN | ASIAGO PARMESIAN |
| EGG | ASIAGO SPINACH |
| GARLIC | MARBLE |
| SALT | OMEGA 3 |
| SESAME | POPPY |
| ONION | CINNAMON RAISIN |
| PUMPERNICKEL | MULTI-GRAIN |
| NUTTY PROFESSOR | RYE |
| ET WHOLE WHEAT | SUNFLOWER |
| RAISIN DATE WALNUT | EVERYTHING |
| | TOMATO BASIL |

- Butter.....
- Peanut Butter.....
- Plain Cream Cheese.....
- Low-Fat Cream Cheese.....
- Nova Spread.....
- Vegetable Cream Cheese.....
- Scallion Cream Cheese.....
- Walnut & Raisin Cream Cheese.....
- Low-Fat Nova Cream Cheese.....
- Low-Fat Scallion Cream Cheese.....
- Low-Fat Vegetable Cream Cheese.....
- Sliced Nova with Cream Cheese, Tomato & Onion.....

Signature 3-Egg Omelets And Egg Sandwiches

EGG OMELET PLATTER SERVED WITH A BAGEL AND YOUR CHOICE OF HOME FRIES, WAFFLE FRIES, TOMATO SLICES OR PASTA SALAD



On a Bagel.....Platter

- Egg & Cheese.....
- Bacon, Egg & Cheese.....
- Ham, Egg & Cheese.....
- Sausage, Egg & Cheese.....
- Western Omelet.....
- Nova, Egg & Onion.....
- Meat Lovers.....
- Bacon, Sausage, Ham
- Veggie Lovers.....
- Green Peppers, Onions, Tomatoes, Mushrooms, Spinach
- Egg Whites.....
- With Spinach, Mushrooms & Alpine Lace
- Egg White Protein Omelet.....
- Grilled Chicken, Mushrooms, Onions, Tomatoes, Spinach

Old Time Brooklyn Favorites

ALL SERVED ON CHOICE OF OVEN-FRESH BAGEL, LETTUCE, TOMATO & PICKLE



- Roast Beef.....
- Corned Beef Reuben.....
- Hot Corned Beef.....
- Turkey Breast.....
- Ham & Cheese.....
- Grilled Chicken Breast.....
- Albacore Tuna Salad.....
- Lowfat Veggie Tuna Salad.....

- Whitefish Salad.....
- Old Fashioned Chunky Chicken Salad.....
- Fresh Egg Salad.....
- Sliced Nova & Cream Cheese.....



“Authentic” Brooklyn Pizza Melts ...fugeddaboudit!

YOUR CHOICE OF PLAIN, WHEAT OR ASIAGO BAGEL CUT IN HALF, TOPPED WITH REAL ITALIAN MARINARA AND THE FINEST MELTED MOZZARELLA CHEESE

- Classic Cheese.....
- Meat Lovers.....
- Ham, Sausage, Pepperoni, Meatball
- Veggie Lovers.....
- Peppers, Onions, Mushrooms, Tomato
- Pepperoni.....
- Sausage.....
- Grilled Chicken.....
- Mushroom.....
- Meatball.....
- Bagoli Melt.....
- Our version of the classic Stromboli!

Scooper Melts

WHAT IS A SCOOPER MELT?

AN OVEN-FRESH BAGEL EXPERTLY SCOOPED TO THE CRISPY INTERIOR & FILLED WITH YOUR CHOICE OF MEAT, CHEESE, VEGETABLES AND CONDIMENTS, THEN BAKED TO MELTED PERFECTION



- Philly Cheese.....
- Thinly Sliced Rib Eye With Sauted Onions & Melted Provolone
- Corned Beef Reuben.....
- Hot Corned Beef Smothered In Sauerkraut & Melted Swiss Cheese & Topped With Thousand Island Dressing
- Tuna Melt.....
- Tuna Fish Salad, Melted Mozzarella & American Cheese & Topped With Tomato Slices
- Cordon Bleu.....
- Grilled Chicken With Melted Ham & Swiss Cheese & Topped With Dijon Mustard
- Monte Cristo.....
- Fresh Turkey, Melted Ham & Swiss Cheese & Topped With Russian Dressing
- The Coney Island.....
- Grilled Chicken, Sautéed Onions & Mushrooms Covered In Melted Provolone
- The Veggie Lover.....
- Green Peppers, Sautéed Onions, Diced Tomato, Mushrooms & Spinach Covered in Melted Low-Fat Alpine Lace Swiss Cheese
- The Cuban Reuben.....
- Sliced Pork, Ham, Melted Swiss, Pickles, Yellow Mustard
- The Protein Melt.....
- Grilled Chicken, Sautéed Mushrooms & Onions Covered in Spinach And Low-Fat Alpine Lace Cheese (Totally Guiltless!)



Side Items

- Home Fries.....
- Fresh Cut Fries.....
- Fresh Cut Fries With Cheddar Cheese & Bacon.....