Bagels

$1.50 each / $18.00 per dozen

Plain, Sesame, Pumpernickel, Garlic, Onion, Poppy, Everything, Bialy, Salt, Egg Everything, Cinnamon Raisin, Blueberry, Egg, Egg Onion, Honey Whole Wheat

Our Famous Rainbow Bagel $2.00 each
Mini Bagels 90¢ each / $9.00 per dozen

Bagel Flats

$2.00 each

Plain, Poppy, Sesame, Everything, Sunflower, Whole Wheat

Muffins

Assorted Freshly Baked $3.25 each

Blueberry, Blueberry Crumb, Corn, Chocolate Chip, Dutch Chip, Raisin Bran, Cinnamon Crumb, Marble Crunch

Assorted Fresh Baked Goods

$3.25 each

Cinnamon Rolls, Crumb Cake, Linzer Tarts, Croissant, Apple Turnovers, Black & White Cookies, Brownies, Cheese Danish, Chocolate Chip Cookie, Chocolate Cigar, Cinnamon Fruit Danish

Homemade Old Fashioned

Assorted Rugalach $16.99/lb.
Babka $12.99
Philly Fluff $12.99
Freshly Baked Cookies $15.99/lb.
Mandel Bread $12.99
Challah $6.49

Bagels With A Schmear

	Bagel, Bialy or Roll	By the lb.
Butter	$3.00	$9.00
Cream Cheese	$3.60	$10.00
Vegetable Cream Cheese	$4.50	$11.00
Scallion Cream Cheese	$4.50	$11.00
Walnut Raisin Cream Cheese	$4.50	$11.00
Sundried Tomato Cream Cheese	$4.50	$11.00
Nova Spread Cream Cheese	$6.00	$14.00
Fruit Flavored Cream Cheese	$4.50	$11.00
Chocolate Chip	$4.50	$11.00
Plain Tofutti	$4.25	$10.50
Vegetable Tofutti	$4.25	$10.50

Bagel Flat .50¢ Extra

Smoked Fish & Appetizers

	Bagel, Bialy or Roll	By the lb.
Smoked Atlantic Nova Salmon	$10.50	$42.00
Baked Kipper Salmon	$10.50	$42.00
Premium Whitefish Fillet	$9.50	$30.00

ALL OF OUR MASTER SMOKED FISH SANDWICHES INCLUDE:
Crisp Lettuce, Ripe Tomato Slices, Bermuda Onion, Plain or Lite Cream Cheese and a Crisp Pickle Wedge Garni and Side Salad.
Sandwich on a Bagel Flat $3.50 additional.

Breakfast

Breakfast Sandwiches

2 EGGS... $4.29
w/ Bacon, Sausage, Ham Or Turkey... $5.69
w/ Cheese... $4.99
w/ Bacon & Cheese... $6.29
w/ Steak Or Pastrami... $6.29
E.L.T. - 2 Egg Whites w/Lettuce & Tomato... $5.99
PRINCESS - 2 Eggs w/Bacon, Sausage, Onions & Cheese... $7.99
THE WORKS - 2 Eggs w/Bacon, Sausage, Ham & Cheese... $7.99
THE THING - Two Sausage Patties w/Bacon, Swiss & Onions (No Eggs)... $7.99
SUPER J - 4 Egg Whites, Swiss & Home Fries on a Hero... $8.49
HUNGRY MAN HERO - 3 Eggs w/Bacon, Hashbrown, Ham & Cheese... $9.99
HEART ATTACK HERO - 3 Eggs w/Bacon, Sausage, Ham, Hashbrown, Cheese & Onions... $10.99

EXTRA EGG	$0.75	SIDE OF BACON	$2.99
EGG WHITES	$0.50	EXTRA MEAT	$1.75
SMALL HOME FRIES	$2.99	ADD/EXTRA CHEESE	$0.75
LARGE HOME FIRES	$4.99	SIDE of HASH BROWN	$1.50

Breakfast Wraps

HEALTHY SPECIAL - 3 Egg Whites, Turkey... $6.99
HUNGRY HEALTHY - 3 Egg Whites, Turkey & Cheese... $7.99
TURKEY WRAP - 3 Egg Whites, Turkey, Peppers & Onions... $7.99
THE RAM - 2 Eggs, Sausage, Cheese & Hashbrown... $7.99
VEGGIE WRAP - 3 Eggs, Spinach, Broccoli, Mushrooms & Cheese... $7.99
BREAKFAST BURRITO - 2 Eggs, Bacon, Salsa, Cheddar, Grilled Peppers & Onions... $7.99
BREAKFAST PHILLY - 3 Eggs Over Easy, Roast Beef, Cheddar, Peppers, Onions & Mushrooms... $9.49

Breakfast Quesadillas

Egg Whites, Bacon & Cheese Qeusadilla... $7.99
Egg Whites, Turkey & Cheese Quesadilla... $7.99
Griled Chicken, Egg Whites, Cheese, Tomato Avocado Quesadilla... $9.99

Breakfast Omelette

(All Omelettes Include 3 Eggs, Home Fries & Toast or Bagel)

Cheese Omelette - 3 Eggs w/Cheese... $7.99
3 Eggs Any Style - Bacon, Ham or Sausage... $8.99
Western Omelette - Ham, Peppers & Onions... $8.99
Greek Omelette - Spinach, Onions, Tomato & Feta... $8.99
Veggie Omelette - Spinach, Broccoli, Mushrooms & Cheese... $8.99
Farmers Omelette - Sausage, Bacon, Cheddar & Onions... $8.99
L.E.O. Omelette - Nova Lox & Onions... $9.99

French Toast & Pancakes

Challah French Toast... $7.99
Buttermilk Pancakes... $7.99
Add Eggs... $1.99
Add Meat... $1.99
Add 2 Eggs & Meat... $3.49
Toppings: Strawberry, Blueberries, Bananas, Nutella, Chocolate Chips, Cream Cheese... $1.50

Before placing your order, please inform the server if you have a food alergy.
" Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions."

Gourmet Salads

	Bagel, Bialy or Roll	By the lb.
Chicken Salad	$8.50	$15.00
Lite Veggie Chicken Salad	$8.50	$15.00
Chipotle Chicken	$8.50	$15.00
Chicken Waldorf	$8.50	$14.00
Spring Time Tuna with Apple & Cranberries	$8.50	$15.00
Classic Tuna Salad	$8.50	$15.00
Lite Veggie Tuna Salad	$8.50	$15.00
Whitefish Salad	$9.50	$19.00
Baked Salmon Salad	$9.50	$20.00
Classic Egg Salad	$7.50	$12.00
Spinach Egg White Salad	$8.00	$14.00

All sandwiches include your choice of side salad and a crisp pickle wedge garni.

Specialty Side Salads

Israeli Salad, Pasta Primavera, Greek Pasta Salad, Sun-Dried Tomato Pasta, Tomato & Onion Salad, Tuscany Bean Salad, Old Fashioned Cucumber Salad, California Broccoli Salad, Health Salad, Cucumber & Tomato Salad

$8.49/lb.

Old Fashioned Favorites
Potato Salad, Macaroni Salad, and Cole Slaw
$6.99/lb.

Traditional Salads

Garden Salad $7.99
Fresh Lettuce, Tomato, Cucumber, Carrots & Red Onions
Grilled Chicken Caesar Salad
Lettuce, Sliced Grilled Chicken, Parmesan Cheese & Croutons
Chef's Salad
Fresh Lettuce, Tomato, Cucumber, Hard Boiled Egg, Ham, Turkey, Swiss & American Cheese
Spinach Salad
Fresh Spinach, Bacon, Red Onions, Sliced Hard Boiled Egg
Greek Salad
Fresh Lettuce, Black Olives, Cucumber, Tomato, Red Onions, Feta Cheese & Pepperoncini
Cobb Salad
Iceberg Lettuce, Grilled Chicken, Gorgonzola Cheese, Bacon, Hard Boiled Egg, Tomato & Cucumber
Buffalo Chicken Salad
Mixed Greens, Tomato Wedges, Cucumber Slices, Black Olives, Sliced Red Onions & Buffalo Chicken Tenders

$8.99 + Tax

Chopped Salads

Base: *Iceberg, Romaine, Spinach, Arugula, Mixed Greens*
Small **$5.99** *Large* **$7.99**
Protein Topping **$4.00**
Avocado **$2.00** *Additional Topping* **.50¢ - .75¢ each**

Healthy Lettuce Wraps - $11.99

(Served on a Lettuce Wrap)

Princess Summer Wrap
Turkey, Bacon, Avocado, Cheddar & Ranch
Slamming Tuna
Tuna, Dried Cranberries, Walnuts & Raspberry Vinaigrette
Italiano Prosciutto, Fresh Mozzarella, Cucumber, Roasted Red Peppers & Balsamic Vinaigrette
Baja Turkey Wrap
Turkey, Bacon, Avocado, Tomato, Roasted Red Peppers & Mayo
Big Garden
Grilled Vegetable, Fresh Mozzarella, Cucumber, Roasted Red Peppers & Balsamic Vinaigrette
The Health Friendly
Oven Gold Turkey, Swiss, Sundried Tomato & Horseradish Mayo

Lunch Specials

Create Your Own Sandwich

(Boars Head - White, Wheat, Rye, Roll or Bagel)

	Bagel or Roll	By the lb.
Ham	$8.50	$11.99
Virginia Ham	$8.50	$11.99
Roast Beef	$9.00	$12.99
Ovengold Turkey	$8.50	$11.99
Honey Maple Turkey	$8.50	$11.99
Cracked Pepper Turkey	$8.50	$11.99
Classic/Buffalo Chicken	$8.50	$11.99
Pastrami/Corned Beef	$9.00	$15.99
Prosciutto	$8.50	$15.99
Salami	$8.00	$11.99
Bologna	$7.50	$9.99
Liverwurst	$7.50	$9.99
Pepperoni	$8.00	$11.99
Chicken Cutlets	$8.00	$11.99
Grilled Chicken	$8.00	$11.99
Cheese Sandwich	$7.00	$10.99

Additions:
Hero/Wrap $1.00 • Bagel Flat $1.00 • Cheese .75¢ • Lettuce .40¢
Tomato .40¢ • Onions .40¢ • Roasted Peppers $1.00 • Jalapenos .75¢
Extra Meat $2.00 • Bacon $2.00 • Avocado $2.00

Signature Hero - $11.99

Italian Hero
Ham Cappy, Salami, Pepperoni, Provolone, Lettuce,Tomato, Onions, Oil & Vinegar
Bonnie
Chicken Cutlet, Bacon, Mozzarella Cheese, Lettuce, Tomato, Jalapeno, Mayo
Little Italy Fresh Mozzarella, Roasted Red Peppers, Tomato, Pesto
Princess Delight Turkey, Bacon, Melted Swiss, Tomato
Schooner Chicken Cutlet Melted Parmesan On A Garlic Hero
Chicken Cutlet Supreme
Bacon, American Cheese, Lettuce, Tomato, Russian Dressing
All-American Ham, Turkey, Roast Beef, American, Swiss, Lettuce, Tomato
Roast Beef Supreme
Roast Beef, Melted Swiss, Lettuce, Tomato, Onion, Russian Dressing
Louisiana Lightning Cajun Roast Beef, Melted Mozzarella, Special Sauce
Turkey A La Jack Turkey, Melted Mozzarella, Garlic Hero
The General Grilled Chicken, Monterey Jack, Bacon, Tomato, Mayo, Russian
Princess Express
Ham, Pepperoni, Provolone Cheese, Onion, Lettuce, Tomato, Cole Slaw, Oil & Vinegar
Big Daddy Roast Beef, Sautéed Onions, Melted Mozzarella, Brown Gravy
The Zach Turkey, Cole Slaw, Russian Dressing
Donnie Braj Chicken Cutlet, Bacon, Melted Mozzarella, Lettuce, Tomato, Hot Sauce, Garlic Hero
Lumberjack Chicken Cutlet, Bacon, Melted Mozzarella, Lettuce, Tomato, Mayo, Garlic Hero
Buffalo Billy Chicken Cutlet, Swiss, Buffalo Sauce, Blue Cheese Dressing
Monte Cristo Ham, Turkey, Melted Swiss, Lettuce, Tomato & Russian Dressing
Honey Club Honey Maple Turkey, Melted Swiss, Bacon, Cole Slaw & Honey Mustard
Pastrami King Pastrami, Melted Pepper Jack, Cherry Peppers, Chipotle Mayo, Garlic Hero... **$12.99**
The Princess Italian Prosciutto, Fresh Mozzarella, Roasted Red Peppers, Lettuce, Oil & Vinegar... **$12.99**
Mac & Cheese Supreme Chicken Cutlet, Bacon, Mozzarella, Mac & Cheese BBQ Sauce... **$12.99**
Steak Tidbit Marinated Steak, Peter Luger Sauce, Melted Mozzarella, Sautéed Onions on a Garlic Bread... **$12.99**

All sandwiches come with side salad & pickle