



Bagel Varieties

Raisin-Cinnamon	Sesame-Water
Plain	Onion
Sesame	Garlic
Poppy	Salt
Herb	Apple-Cinnamon
Blueberry	Everything
Marbled Rye	Whole Wheat
Water	Sunflower

.80 ea | \$3.75 1/2 dozen | \$7.50 dozen

Bagel Toppings

Plain Cream Cheese	1.70
Scallion Cream Cheese	2.00
Green Olive Cream Cheese	2.00
Specialty Cream Cheese	2.00
Lox Spread	2.00
Low Fat Cream Cheese	2.00
Vegetable Cream Cheese (<i>low fat</i>)	2.00
Raspberry Cream Cheese (<i>low fat</i>)	2.00
Tofu Cream Cheese (<i>non dairy</i>)	2.00
Hummus	2.00
Honey Butter	2.00
Butter, Jam, Honey, or Peanut Butter	1.30
Strips of Nova & Cream Cheese	4.65
Add tomato or onion	.50 ea

Cream Cheese Bulk Sizes

Size	Plain	Flavored
1/4 pint	1.40	1.75
1/2 pint	2.80	3.50
1 pint	5.60	7.00

Bread Varieties

Buckwheat	3.99
Seven Grain	3.99
French	3.25
Rye	3.25
Challah	3.99
Bialys – 1/2 dozen	3.75
Braided Rolls – 1/2 dozen	3.75

Breakfast

served all day

Omelets – served with choice of bagel & cream cheese

One Egg 3.50

Two Eggs 4.00

Two Egg Omelet 4.79

with one of the following: onion, cheese, herbs, mushroom, green pepper, tomato, spinach, bacon

Spinach & Feta Omelet 5.50

Lox & Onion 5.50

Eggs with Home Fries 6.25

Yolkless Egg 4.00

Egg Special 2 eggs, bagel, cream cheese, and oatmeal pancake 5.00

French Toast 5.00

Half-french Toast 4.50

Bagelwich 2 eggs & cheese served on a bagel 4.50

with bacon or sausage 5.25

Egg, Lox & Onion Bagelwich 5.50

Oatmeal with side *oatmeal sides: brown sugar, cinnamon, raisins, nuts* 3.00

Oatmeal Pancakes 1 Pancake 1.00

2 Pancakes 1.75

Buttermilk Pancakes 1 Pancake 2.50

2 Pancakes 3.50

Home Fries *made with: red-skinned potato, sweet potato, green pepper, & onion* 2.00

Pastries

Dairy

Cheesecake 2.75

Cheese Danish (Assorted Flavors) 2.75

Sweet Rolls 1.25

Brownies 1.25

Éclairs 2.75

Icicles 1.75

Chocolate Dipped Biscotti 1.75

Russian Coffee Cake 1.85

Chocolate Cream or Pumpkin Roll 1.75

Cannoli 2.50

Fudge .75

Poppy Strudel 1.50

Muffins

Apple 1.75

Blueberry 1.60

Pareve (No Milk)

Halfmoon (*Chocolate or Vanilla Bottom*) 1.25

Baklavah .95

Mixed Fruit Strudel 1.50

Mandel Bread .70

Plain Biscotti 1.50

Apple Snack Cake 1.65

Chocolate Chip Cookies .75

Ginger Snaps .25

Whole Items

Cheesecake 21.40

Chocolate Cream or Pumpkin Roll 11.60

Apple Snack Cake 19.80

Russian Coffee Cake 22.20

Please refer to our Catering Menu for Pastry Platters and other Bulk Order Items.

HOURS

Monday–Thursday	6 ^{AM} –6 ^{PM}
Friday	6 ^{AM} –5:30 ^{PM}
Saturday	CLOSED
Sunday	6 ^{AM} –2 ^{PM}



Sandwiches

6.25

All sandwiches come on your choice of bread with dressing, a side of salad and a pickle spear.

The Standpipe	Roast beef and smoked turkey with cheddar, onion, tomato, lettuce, Russian dressing, and a side salad
The Astoria	Turkey breast, specialty cream cheese, chopped spinach, tomato, and a side of fruit salad.
The Kenduskeag	Tuna burger with onion, tomato, pickle, and a side salad.
The Penobscot	Hot pastrami and Swiss cheese with tomato, onion, lettuce, and a side salad.
33 Central Street	Corned beef, Swiss cheese, sauerkraut, Russian dressing. Aka Reuben
The Brady Gang	All vegetarian. Cheddar cheese, tomato, onion, green pepper, lettuce, pickle, black olive, and a side salad
The Mr P	French toast sandwich with onion, mushroom, feta, and colby jack cheese.
The Mrs P	Toasted French bread topped with olive oil, garlic, tomato, onion, and feta cheese.
The Katahdin	Genoa salami and American cheese with tomato, onion, lettuce, and green pepper.
B.L.T.C.	Bacon, lettuce, tomato, cheese.
Paul Bunyan	Ham, cheddar cheese, tomato, pickle, lettuce, onion.
Cascade Park	Tuna salad with chopped tomato and scallion.
The Opera House	Chicken salad with garlic and rosemary.

House Favorites

Melted Cheese Bagel with tomato and onions	5.25
Pizza Bagel with two toppings	5.25
Tuna Melt with onion, tomato, and cheese	6.25
Pizza Pot Pie double crusted filo dough pie filled with sauce, vegetables, and 3 cheeses	3.75
Spinach Pie	3.75
Grilled Cheese with side salad	4.50
Cheese Blintzes with apple sauce and sour cream	4.25
Mushroom & Onion or Spinach Knish	2.25
mushroom and onion filled or spinach, and garlic filled baked potato crust	

Because our products are handmade, occasionally a menu item may not be available. Please ask.

Breads of the day...

Mon – Buckwheat, Rye, Rolls
Tue – Seven Grain, Rye, Rolls
Wed – Onion Bialys, Rye, Rolls
Thu – French, Challah, Rye, Rolls
Fri – Challah, Rye, Rolls
Sun – Rye, Rolls

Salads

	Small	Large	Quart
Coleslaw	2.25	3.25	6.50
Potato Salad	2.25	3.25	6.50
Pasta Salad	2.25	3.25	6.50
Fresh Fruit Salad	3.25	4.25	8.50
Garden Salad	3.25	4.25	
<i>Add meat and/or cheese 1.75</i>			

Beverages

Coffee, Tea, Herbal Tea	1.10	1.65	Juice & Iced Tea	1.35
Flavored Coffee	1.15	1.75	Freshly Squeezed OJ	2.00
Milk (whole, skim, or soy)	1.15	1.75	Raspberry-Lime Rickey (seasonal)	2.00
Hot Chocolate (seasonal)	1.15	1.75	Lemonade (homemade, seasonal)	2.00
Mocha (1/2 cocoa, 1/2 coffee)	1.15	1.75	Orangina/Steaz Organic Soda	2.00
Soda		1.35	Owalla	price as marked



Soups available in bowl-size only

Soup only	3.25
Soup with bagel & butter	4.25
Soup in a bread bowl additional	1.50
Soups by the Quart	7.00

Choice of Soups

	<i>fat free soups –</i>
Minestrone	Lentil Vegetable
Pea with Matzo Ball	Vegetable Bean
Mushroom Barley	Cabbage Vegetable
Corn Chowder	Gazpacho
Creamy Tomato	(seasonal)
Beef Barley	
Black Bean	