

BEVERAGES

	SMALL	LARGE
Coffee, Tea, Herbal Tea	2.35	3.35
Flavored Coffee	2.35	3.35
Milk (whole or almond)	2.35	3.35
Hot Chocolate (seasonal)	2.75	3.75
Mocha (½ cocoa, ½ coffee)	2.75	3.75
Soda, Juice & Iced Tea		2.95
Water/Seltzer		2.95
Raspberry-Lime Rickey (seasonal)		4.25
Lemonade (homemade, seasonal)		4.25
Naked Juice		4.25
Iced Coffee		3.35
Iced Herbal Tea (seasonal)		3.35
Energy Drinks		3.55



Here at Bagel Central...

Our products are made by hand right here on the premises. We use only natural ingredients and the freshest produce - never any chemicals or preservatives.

207.947.1654
33 Central St. - Bangor, Maine

HOURS

Monday - Friday	6AM - 6PM
Saturday	6AM - 2PM
Sunday	6AM - 2PM

WE ACCEPT:

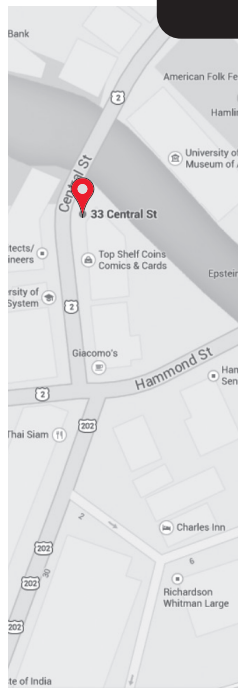
VISA, MasterCard, Discover & American Express.
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**ONLINE ORDERING
& DAILY SPECIALS**

Visit BagelCentralBangor.com
 or Find us on Facebook!

Prices subject to change without notice



BAGEL VARIETIES

* DENOTES VEGAN (NO EGG)

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

1.40 ea | 7.00 ½ dozen | 14.00 dozen

GLUTEN FREE BAGELS

UDI BRAND (DAIRY-FREE)

Plain	Raisin-Cinnamon	Everything
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2.30 ea | 12.40 ½ dozen | 24.80 dozen

BAGEL WITH TOPPING

Plain Cream Cheese	3.75	Scallion Cream Cheese	4.15
Green Olive Cream Cheese	4.15	Specialty Cream Cheese	4.15
Lox Spread	4.15	Hummus	4.15
Vegetable Cream Cheese	4.15	Honey Butter	4.15
Raspberry Cream Cheese	4.15	Nova lox & Cream Cheese	7.95
Tofu Cream Cheese (non dairy)	4.15	Add fresh onion, tomato, and/or capers	.75 ea
Butter, Jelly, Honey, or Peanut Butter	3.05		

CREAM CHEESE BULK SIZES

SIZE	PLAIN	FLAVORED
¼ pint	2.75	3.25
½ pint	5.50	6.50
1 pint	11.00	13.00

Flavors- Honey Butter, Green Olive, Scallion, Vegetable, Lox, Specialty, Tofu

BREADS OF THE DAY

Mon- Whole Wheat, Rye, White	Tue- Seven Grain, Rye, White
Wed- Onion Bialys, Rye, White	Thu- Challah, Rye, White, Rosemary Focaccia
Fri- Challah, Rye, White	Sun- Rye, White
Sat- Rye, White, Whole Wheat	

BREAD VARIETIES

SEE DAILY SCHEDULE ABOVE

Whole Wheat	5.95	Seven Grain	5.95
Marbled Rye	5.95	Challah	5.95
Bialys (½ dozen)	7.00	Gluten Free White	16.00
White	5.95		

BREAKFAST

SERVED ALL DAY

Omelets (served with choice of bagel & cream cheese)			
One Egg	7.00	Two Eggs	7.60
Spinach & Feta Omelet	9.10	Lox & Onion	9.10
Eggs with Home Fries	12.25	Yolkless Eggs	7.60
French Toast	8.25	Half-french Toast	7.00
Gluten Free French Toast	9.25	Half Gluten Free French Toast	8.00
Bacon Side	2.95	Breakfast Burrito	6.75

Consuming raw or undercooked eggs may increase your risk of foodborne illness

Add veggies or cheese to omelets, bagelwiches or burritos .75 each item

Add meat to omelets, bagelwiches or burritos 1.75 each item

Egg Special 10.10
Two eggs, bagel, cream cheese, and oatmeal pancake

Bagelwich 2 eggs & cheese served on a bagel 7.50
With bacon, sausage, ham or steak 9.25

Egg, Lox & Onion Bagelwich 8.95
Eggs, sautéed lox & onions on a bagel with cream cheese

Oatmeal with side 4.95
Brown Sugar, Cinnamon, Raisins, or Nuts
Tuesday, Thursdays, and Saturday with Fresh Blueberries

Oatmeal Pancakes 4.45
1 Pancake 2.50 2 Pancakes 4.45

Buttermilk Pancakes 4.95
1 Pancake 2.95 2 Pancakes 4.95

Home Fries 4.95
Made with red-skinned potato, sweet potato, green pepper, & onion

SANDWICHES Comes with side salad (potato, pasta, coleslaw or fruit) and a pickle spear 11.25

Avocado Sandwich
Avocado, lettuce, tomato, cucumber and dressing of your choice

The Standpipe
Roast beef and smoked turkey with cheddar, onion, tomato, lettuce, and Russian dressing

The Astoria
Turkey breast, specialty cream cheese, fresh baby spinach, and tomato

The Penobscot
Hot pastrami and Swiss cheese with tomato, onion, lettuce, and stone-ground mustard on toasted bread

33 Central Street (aka Reuben)
Corned beef, Swiss cheese, sauerkraut, and Russian dressing on toasted bread

The Sutherland Weston (aka Turkey Reuben)
Turkey, Swiss cheese, sauerkraut, and Russian dressing on toasted bread

The Brady Gang (Vegetarian)
Cheddar cheese, tomato, onion, green pepper, lettuce, pickle, black olives, and stone-ground mustard

Homemade Hummus and Veggie Sandwich
Cheddar cheese, tomato, onion, green pepper, lettuce, and homemade hummus

The Katahdin
Genoa salami and American cheese with tomato, onion, lettuce, green pepper, and stone-ground mustard

B.L.T.C.
Bacon, lettuce, tomato, cheddar cheese and mayo

Paul Bunyan
Ham, cheddar cheese, tomato, pickle, lettuce, onion, and stone-ground mustard

Cascade Park
Tuna salad mixed with chopped tomato and scallion. Tomato, lettuce and onion

The Opera House
Chicken salad with garlic and rosemary. Tomato, lettuce, and onion

Turkey Pesto
Turkey, Swiss, tomato, lettuce, onion, and homemade pesto

Build Your Own
Don't see what you want? Feel free to build your own!

SOUPS

AVAILABLE IN 12 OZ. BOWL-SIZE ONLY

Soup only	5.45	Soup by the quart	12.50
Soup with bagel & butter	8.50		
Minestrone		Pea with Matzo Ball	
Corn Chowder		Creamy Tomato	
Beef Stew		Black Bean	
Gazpacho (seasonal)		Sweet Potato Chowder	
		Mushroom Barley	
		Chicken Rice	
		Lentil Vegetable	
		Haddock Chowder	

Not all soups are available daily

HOUSE FAVORITES

*Select House Favorites come with a side salad (coleslaw, pasta, potato, or fruit salad).

Melted Cheese Bagel with tomato and onions 6.95

Pizza Bagel with two toppings 7.95

(Bacon, Sausage, Ham, Onions, Pepperoni, Green Peppers, Mushrooms)

Other toppings available upon request. 3 or more toppings, .65 each

Tuna Melt with onion, tomato, and cheese* 11.25

Grilled Cheese Sandwich* 7.00

Chicken Salad Bacon Melt with onion, tomato and cheese* 11.25

The Mr P 11.25

French toast sandwich with sautéed onion and mushroom, feta, and tri-blend cheese*

The Mrs P 11.25

Toasted bread topped with olive oil, garlic, tomato, onion, and feta cheese*

SALADS

	1/2 PINT	PINT	QUART
Coleslaw	3.95	6.75	10.95
Potato Salad	3.95	6.75	10.95
Pasta Salad	3.95	6.75	10.95
Fresh Fruit Salad	5.25	7.95	13.50

Garden Salad 5.50 small 6.50 large

Garden Salad w/ meat and/or cheese 7.95 small 9.95 large

PASTRIES

Cheesecake	4.95	Cinnamon Rolls	2.35
Brownies	2.45	Éclairs	4.95
Fudge	1.95	Cream Horn	3.25
Chocolate Dipped Biscotti	2.75	Cream Roll	3.25
Cannoli	3.85	Napoleons	3.25
Cheese Danish (Asst Flavors)	4.95	Cookies	1.50

GLUTEN FREE PASTRIES

Peanut Butter Fudge 1.95

VEGAN PASTRIES

Assorted flavors, call for availability

Mini Vegan Bread (Slice) 1.95 **Cheesecake** 4.95

Mini Vegan Bread (Loaf) 8.95

MUFFINS

Assorted flavors daily 2.95 **Apple** 3.50

NON-DAIRY PASTRIES

(NO MILK)

Baklava 1.95 **Strudel** 2.85

Apple Snack Cake 2.75 **Chocolate Chip Cookies** 1.50

Ginger Snaps .70 **Halfmoon** 2.50

(Chocolate or Vanilla bottom)

WHOLE ITEMS

Cheesecake (Serves 8-16) 39.60 **Cream Roll** (Serves 7-14) 23.00

Please refer to our Catering Menu for pastry platters and other bulk order items. Because our products are handmade, occasionally a menu item may not be available. Please ask. Gluten Free bagels and/or bread is available for substitution for any order for \$.90/serving. We are not a Gluten free kitchen.