

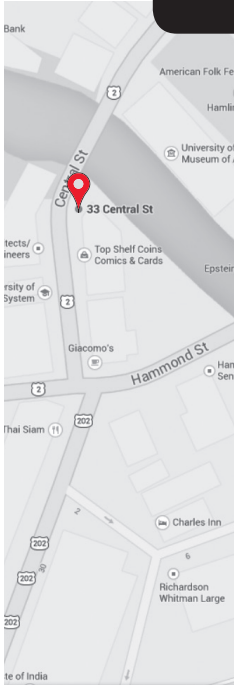
## BEVERAGES

	SMALL	LARGE
Coffee, Tea, Herbal Tea	1.30	1.95
Flavored Coffee	1.35	2.05
Milk (whole, skim, or soy)	1.35	2.05
Hot Chocolate (seasonal)	1.35	2.05
Mocha (½ cocoa, ½ coffee)	1.35	2.05
Soda, Juice & Iced Tea		1.90
Water/Seltzer		1.90
Raspberry-Lime Rickey (seasonal)		2.50
Lemonade (homemade, seasonal)		2.50
Orangina		2.50
Odwalla		3.39
Iced Coffee		2.10
Iced Herbal Tea (seasonal)		2.10
Energy Drinks		2.45



### 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



### DAILY SPECIALS

[www.BagelCentralBangor.com](http://www.BagelCentralBangor.com)  
 or Find us on Facebook!



**29 Central St. - Bangor**

Central Meeting House is an affordable meeting space for up to 20 people with optional catering next door.  
 Call for more information.



### BAGEL VARIETIES

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

### VEGAN BAGELS

Water	Cranberry-Water	Sesame-Water
Marbled Rye	Whole Wheat	Whole Wheat Everything

1.00 ea | 4.75 ½ dozen | 9.50 dozen

### GLUTEN FREE BAGELS

UDI BRAND (DAIRY-FREE)

Plain	Raisin-Cinnamon	Everything	Whole Grain
2.00 ea   11.00 ½ dozen   22.00 dozen			

### BAGEL TOPPINGS

Plain Cream Cheese	2.25	Scallion Cream Cheese	2.60
Green Olive Cream Cheese	2.60	Specialty Cream Cheese	2.60
Lox Spread	2.60	Low Fat Cream Cheese*	2.60
Vegetable Cream Cheese*	2.60	Hummus	2.60
Raspberry Cream Cheese*	2.60	Honey Butter	2.60
Tofu Cream Cheese (non dairy)	2.60	Fresh Tomato & Onion	.55 ea
Butter, Jelly, Honey, or Peanut Butter	1.70	Nova & Cream Cheese	5.75

\*Low Fat

### CREAM CHEESE BULK SIZES

SIZE	PLAIN	FLAVORED
¼ pint	1.75	2.10
½ pint	3.50	4.20
1 pint	7.00	8.40

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

### BREADS OF THE DAY

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

### BREAD VARIETIES

Buckwheat	4.95	Seven Grain	4.95
Rye	4.95	Challah	4.95
Bialys (½ dozen)	4.75	Gluten Free White	16.00
White	4.95		
Whole Wheat	4.95		

## BREAKFAST

SERVED ALL DAY

<i>Omelets (served with choice of bagel &amp; cream cheese)</i>			
<b>One Egg</b>	4.85	<b>Two Eggs</b>	5.35
<b>Spinach &amp; Feta Omelet</b>	6.25	<b>Lox &amp; Onion</b>	6.35
<b>Eggs with Home Fries</b>	8.60	<b>Yolkless Egg</b>	5.35
<b>French Toast</b>	6.10	<b>Half-french Toast</b>	5.35
<b>Gluten Free French Toast</b>	7.15	<b>Half Gluten Free French Toast</b>	6.40

**Add any of the following ingredients to omelets** .50 each  
*Onion, cheese, herbs, mushroom, green pepper, tomato, spinach, bacon, sausage, ham*

**Egg Special** 6.85  
*Two eggs, bagel, cream cheese, and oatmeal pancake*

**Bagelwich** 5.10  
*2 eggs & cheese served on a bagel  
With bacon, sausage, ham or steak*

**Egg, Lox & Onion Bagelwich** 6.10  
*Eggs, sautéed lox & onions on a bagel with cream cheese*

**Oatmeal with side** 3.60  
*Brown Sugar, Cinnamon, Raisins, or Nuts*

**Oatmeal Pancakes**  
1 Pancake 1.75      2 Pancakes 3.00

**Buttermilk Pancakes**  
1 Pancake 2.75      2 Pancakes 4.25

**Cheese Blintzes** 4.85  
*With apple sauce and sour cream*

**Homes Fries** 3.25  
*Made with red-skinned potato, sweet potato, green pepper, & onion*

## SANDWICHES 7.30

*All sandwiches come with your choice of bread, dressing, a side salad (coleslaw, pasta, potato, or fruit salad), and a pickle spear.*

**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 Kenduskeag**  
*Tuna burger with tomato and sautéed onion on toasted bread*

**The Penobscot**  
*Hot pastrami and Swiss cheese with tomato, onion, and lettuce 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, and black olives*

**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, and green pepper*

**B.L.T.C.**  
*Bacon, lettuce, tomato, and cheddar*

**Paul Bunyan**  
*Ham, cheddar cheese, tomato, pickle, lettuce, and onion*

**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*

## SOUPS

AVAILABLE IN 12 OZ. BOWL-SIZE ONLY

<b>Soup only</b>	4.10	<b>Soup by the quart</b>	8.25
<b>Soup with bagel &amp; butter</b>	5.20		
<b>Minestrone</b>		<b>Pea with Matzo Ball</b>	
<b>Corn Chowder</b>		<b>Creamy Tomato</b>	
<b>Beef Stew</b>		<b>Black Bean</b>	
<b>Gazpacho (seasonal)</b>		<b>Sweet Potato Chowder</b>	
		<b>Mushroom Barley</b>	
		<b>Chicken Rice</b>	
		<b> Lentil Vegetable</b>	
		<b>Haddock Chowder</b>	

*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** 6.10

**Pizza Bagel with two toppings** 6.10  
*(Bacon, Sausage, Ham, Onions, Pepperoni, Green Peppers, Mushrooms)*  
*Other toppings available upon request. 3 or more toppings, .50 each*

**Spinach Pie** 4.75

**Tuna Melt with onion, tomato, and cheese with side salad** 7.30

**Grilled Cheese with side salad** 5.10

**Chicken Salad Bacon Melt with onion, tomato and cheese with side salad** 7.30

**The Mr P** 7.30

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

**The Mrs P** 7.30

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

## SALADS

	1/2 PINT	PINT	QUART
<b>Coleslaw</b>	2.75	4.50	7.75
<b>Potato Salad</b>	2.75	4.50	7.75
<b>Pasta Salad</b>	2.75	4.50	7.75
<b>Fresh Fruit Salad</b>	3.85	5.50	9.75
<b>Garden Salad</b>	4.10	5.10	
<b>Garden Salad w/ meat and/or cheese</b>	6.10	7.35	

## PASTRIES

<b>Cheesecake</b>	3.30	<b>Sweet Rolls</b>	1.75
<b>Brownies</b>	1.70	<b>Éclairs</b>	3.30
<b>Fudge</b>	1.40	<b>Cream Horn</b>	2.50
<b>Chocolate Dipped Biscotti</b>	2.25	<b>Cream Roll</b>	2.25
<b>Cannoli</b>	2.95	<b>Napoleons</b>	2.50
<b>Cheese Danish (Asst Flavors)</b>	3.30	<b>Cookies</b>	.95

## GLUTEN FREE PASTRIES

*Peanut Butter Fudge*

## VEGAN PASTRIES

<b>Cocoa-Berry Bread (Slice)</b>	1.35	<b>Cheesecake</b>	3.30
<b>Cocoa-Berry Bread (Loaf)</b>	7.10		

## MUFFINS

<b>Apple</b>	2.20	<b>Blueberry</b>	2.00
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*Assorted flavors daily*

## NON-DAIRY PASTRIES

(NO MILK)

<b>Baklava</b>	1.20	<b>Mixed Fruit Strudel</b>	2.00
<b>Apple Snack Cake</b>	1.95	<b>Chocolate Chip Cookies</b>	.95
<b>Ginger Snaps</b>	.40	<b>Halfmoon</b>	1.50

*(Chocolate or Vanilla Bottom)*

## WHOLE ITEMS

<b>Cheesecake (Serves 8-16)</b>	26.40	<b>Cream Roll (Serves 7-14)</b>	14.50
<b>Apple Cake (Serves 12-24)</b>	23.40	<b>Carrot Cake (Serves 12)</b>	27.00

*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 with any order for \$1.10/serving. We are not a Gluten free kitchen.*