

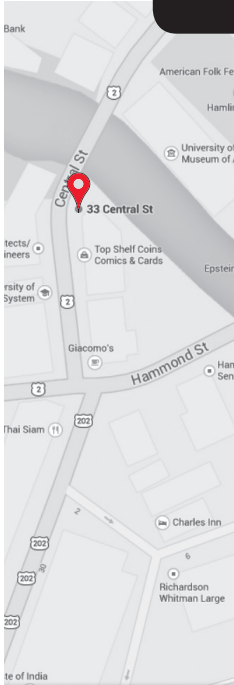
BEVERAGES

	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
 or Find us on Facebook!

DELIVERIES

Deliveries for orders over \$50 in Bangor are usually available. Ask us!



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 CENTRAL

947-1654

33 CENTRAL ST. BANGOR, ME

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

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

BREAD VARIETIES

SEE DAILY SCHEDULE ABOVE

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 & cream cheese)</i>			
One Egg	4.85	Two Eggs	5.35
Spinach & Feta Omelet	6.25	Lox & Onion	6.35
Eggs with Home Fries	8.60	Yolkless Egg	5.35
French Toast	6.10	Half-french Toast	5.35
Gluten Free French Toast	7.15	Half Gluten Free French Toast	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
5.85
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
Tuesday, Thursdays, and Saturday with Fresh Blueberries

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

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

Soup only	4.10	Soup by the quart	8.25
Soup with bagel & butter	5.20		
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 6.10
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
Coleslaw	2.75	4.50	7.75
Potato Salad	2.75	4.50	7.75
Pasta Salad	2.75	4.50	7.75
Fresh Fruit Salad	3.85	5.50	9.75
Garden Salad	4.10	5.10	
Garden Salad w/ meat and/or cheese	6.10	7.35	

PASTRIES

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

GLUTEN FREE PASTRIES

Peanut Butter Fudge

VEGAN PASTRIES

Cocoa-Berry Bread (Slice)	1.35	Cheesecake	3.30
Cocoa-Berry Bread (Loaf)	7.10		

MUFFINS

Apple	2.20	Blueberry	2.00
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Ask about other assorted flavors available daily

NON-DAIRY PASTRIES

(NO MILK)

Baklava	1.20	Mixed Fruit Strudel	2.00
Apple Snack Cake	1.95	Chocolate Chip Cookies	.95
Ginger Snaps	.40	Halfmoon	1.50
		<i>(Chocolate or Vanilla Bottom)</i>	

WHOLE ITEMS

Cheesecake (Serves 8-16)	26.40	Cream Roll (Serves 7-14)	14.50
Apple Cake (Serves 12-24)	23.40	Carrot Cake (Serves 12)	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 \$1.00/serving. We are not a Gluten free kitchen.