

BREAKFAST SANDWICHES

• Served all day •

EARLY BIRD 9.25
Chicken sausage, cream cheese, honey, apple, sharp Cheddar and cage-free egg, panini pressed on sourdough

RISE 'N GRIND 10.95
Hot pastrami with cage-free egg, jalapeño cream cheese, roasted red peppers and provolone, melted on a buttery croissant

BUS STOP 8.95
Chicken sausage, cage-free egg, tomato, & Pepper Jack cheese on sourdough bread panini pressed

ROUND HOUSE 9.95
Cage-free egg, bacon, sausage, Pepper Jack cheese & a hash brown on a rosemary salt bagel

BROOKLYN BAGEL 5.95
Cage-free egg with bacon on a bagel With cheese 6.85

BRONX BAGEL 5.95
Cage-free egg with sausage on a bagel With cheese 6.85

EGGS MELISSA 5.25
Cage-free egg with melted Cheddar cheese on a bagel

BIG SUR 7.25
Sausage, cage-free egg, tomato & melted Pepper Jack cheese on a bagel


EGGS CHRISTINA 5.45
Cage-free egg with ham on a bagel With cheese 6.35


RYAN'S FAVORITE 9.45
Cage-free egg with sausage, roasted red peppers, arugula & provolone cheese served warm on buttered toasted focaccia bread


BIG BUCK 6.80
Cage-free egg, green peppers, red onion & sausage in a whole wheat wrap With cheese 7.70


DENVER 7.75
Cage-free egg, ham, red onion, green peppers, jalapeño peppers & Cheddar cheese in a garlic herb wrap

VEGETARIAN & VEGAN

 **GREEN STREET** 8.25
Pesto, tomato, feta, and egg whites scrambled with arugula on an English muffin

 **CALIFORNIA SUNRISE** 7.50
Cage-free egg with avocado, red onion & melted Pepper Jack cheese on a bagel

 **HUEVOS SENORA** 7.45
Cage-free egg, avocado, fresh salsa & Cheddar cheese in a whole wheat wrap

 **THE POWER PLANT** 9.95
JUST egg, Beyond sausage, vegan cheese with arugula and vegan roasted garlic aioli, on our plain bagel

BAGELS WITH SPREADS

BAGEL VARIETIES

PLAIN • SESAME • CINNAMON RAISIN • GARLIC • GRANOLA • HONEY WHEAT
LONG ISLAND • ONION • POPPY • ROSEMARY SALT • SALT • SPICY ITALIAN
ZA'ATAR SESAME ...PLUS SEASONAL FAVORITES!

BUTTER or VEGAN BUTTER 2.50

CREAM CHEESE (OR LIGHT) 3.75

WHIPPED CREAM CHEESE
Scallion, Parsley-Garlic, Green Olive, Chive, Jalapeño, Cinnamon-Raisin, Honey-Walnut 4.75

Veggie, Veggie Light, Bacon-Scallion 5.25

Nova 5.95

VEGAN CREAM CHEESE 5.10

JAM OR PRESERVES 3.30

PEANUT BUTTER 3.40

PEANUT BUTTER AND JELLY 3.90

NUTELLA 4.50

NUTELLA & BANANA 5.25

PEANUT BUTTER & BANANA 4.15

CINNAMON-SUGAR & BUTTER 3.00

HONEY & BUTTER 3.20

WHITEFISH SALAD 6.95

SAN DIEGO BAGEL 4.95
Cream cheese and raspberry jalapeño spread



sandwich menu

Takeout & Delivery

7 DAYS A WEEK!

ORDER ONLINE @ COLLEGETOWNBAGELS.COM

OUR LOCATIONS:

420 COLLEGE AVE. (COLLEGETOWN) 607-273-0982
301 EAST STATE STREET (DOWNTOWN) 607-273-2848
329 PINE TREE ROAD (EAST HILL) 607-273-1036




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If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.

PRICES SUBJECT TO CHANGE WITHOUT NOTICE

9/23

AVOCADO TOAST

 **AVOCADO TOAST** 6.20
Avocado spread on oatmeal wheat toast topped with extra virgin olive oil, salt & pepper

 **AVOCADO TOAST #1** 9.25
Avocado with goat cheese, sun dried tomatoes, olive oil, salt and pepper on oatmeal wheat

AVOCADO TOAST #2 9.95
Avocado with feta crumbles, bacon, olive oil, salt and pepper on oatmeal wheat


AVOCADO TOAST #3 10.95
Avocado with arugula, cage-free eggs, olive oil, salt and pepper on oatmeal wheat




GREEN & GRAIN BOWLS

BRAIN POWER 11.95
Spring Mix, quinoa, seared Ahi tuna, avocado, grapes, walnuts, goat cheese, onion and balsamic vinaigrette

GREEN GODDESS 9.95
Kale and Spring Mix, edamame, cucumber, avocado, cage free chicken, pistachios, sunflower seeds, Green Goddess dressing

 **MED FED** 9.95
Spring Mix, quinoa, falafel, feta, tomatoes, cucumbers, hummus & cucumber tzatziki dressing

 **SESAME STREET** 9.95
Kale, warm grain blend, cucumbers, sunflower seeds, warm portobello mushroom, sesame tofu, edamame, miso sesame ginger dressing

SANTA FE 9.95
Kale, warm grain blend, avocado, roasted chicken, roasted corn, red onion, tortilla strips, tomatoes, fresh lime squeeze, radish slices, cilantro lime jalapeño vinaigrette

LOX & EGG SALAD

NOVA LOX & CREAM CHEESE 12.95
Topped with tomatoes, onions & capers on a bagel

IRA'S BIG FISH 14.95
Cage-free egg with lox, chive cream cheese, tomato, capers & sprouts on buttered, toasted pumpernickel bread

NOVIE & THE EGGS 13.00
Egg salad, lox & red onion open faced on a bagel

QUEENS 7.75
Egg salad, bacon & tomato open faced on a bagel

6 MILE CREEK 14.00
Nova Lox, avocado, tomato, capers, onions & aioli dressing on toasted sourdough


OK GRAMPS 14.00
Nova Lox, cage-free egg, tomato & red onion open faced on a toasted bialy

GRILLED PANINIS

SHELDON COURT 9.25
Smoked turkey, chipotle aioli, arugula, and Pepper Jack cheese panini pressed on southwest sourdough

MILANESE 12.25
Cage-free chicken breast, roasted red peppers, pesto mayonnaise, provolone & Italian herbs panini pressed on our rosemary focaccia bread

* **PARISIAN** 10.25
Roast turkey, house-made 3-fruit chutney, fresh spinach & Brie panini pressed on our sourdough bread

 **ULTIMATE GRILLED CHEESE** 6.75
Cheddar, mozzarella cheese, and caramelized onions panini pressed on garlic-buttered sourdough bread

ZABS 9.95
Roast turkey, avocado, chipotle aioli dressing and sliced mozzarella on ciabatta

WINNER'S CIRCLE 14.50
Cage-free chicken breast, goat cheese, raspberry jalapeño jam, spinach, Cheddar cheese and bacon panini pressed on southwest sourdough

FRICKIN' CHICKIN' 12.95
Cage-free chicken breast, pesto, Asiago cheese & mushrooms on focaccia


RENWICK REUBEN 9.50
Hot corned beef, sauerkraut, melted Swiss cheese & Russian dressing panini pressed on our rye bread

PINOT NAWARA 12.25
Cage-free chicken breast, tomato, jalapeños, fresh mozzarella, sea salt, pesto & mayo on ciabatta


LITTLE ITALY 9.95
Cage-free chicken breast, marinara sauce, spices & melted mozzarella cheese on focaccia


PIZZA BAGELS & MELTS


BIG RED PIZZA BAGEL 8.65
Marinara sauce with bacon, sausage, ham, pepperoni & chicken with melted mozzarella cheese


 **GARDEN PIZZA BAGEL** 8.65
Pesto with melted mozzarella cheese, topped with mushrooms, green peppers, broccoli, red onions & tomato


HAWAIIAN PIZZA BAGEL 5.95
Marinara sauce with ham, pineapple & melted mozzarella cheese

 **PESTO PIZZA BAGEL** 7.25
Pesto with melted mozzarella cheese

 **PIZZA BAGEL** 4.75
Your choice of marinara sauce or garlic butter with melted mozzarella cheese

 **VEGETARIAN BAGEL** 5.95
Veggie cream cheese, tomato & melted Muenster cheese on a bagel

 **MEXICAN BAGEL** 5.95
Jalapeño cream cheese, fresh salsa & melted Cheddar cheese on a bagel

 **CHEESE MELT** 3.80
Choice of American, Cheddar, mozzarella Muenster, Pepper Jack, provolone or Swiss melted open-face on a bagel
Vegan Cheese 4.25

CHICKEN OR TUNA MELT 8.25
Chicken or tuna salad with tomato & melted Cheddar cheese on a bagel

SPECIALTY SANDWICHES

TURKEY & SMOKED TURKEY

CALIFORNIA DREAMIN' 10.95
Smoked turkey, avocado & house-made coleslaw, on our hand-sliced multigrain bread

* **TOUR DE FRANCE** 12.95
Roast turkey, Brie, pear, bacon & honeycup mustard on hand-sliced multigrain

TURKEY HILL B.L.T. 9.95
Roast turkey, bacon, aioli dressing, lettuce & tomato, on our hand-sliced pumpnickel bread

* **PATRICK EWING** 9.75
Roast turkey, Brie, apples & honeycup mustard on a baguette

SWEET RACHEL 9.50
Smoked turkey, Muenster, honey mustard & red onion, on our hand-sliced pumpnickel bread

* **BIG APPLE** 9.75
Roast turkey, home-made plum chutney, spinach & Cheddar cheese on hand-sliced multigrain

LINDSEY 8.50
Roast turkey, mushrooms, house-made parsley-garlic dressing & Muenster, served warm on our bialy

FLAT ROCK 10.50
Roast turkey, goat cheese, sun-dried tomatoes, fresh basil, extra virgin olive oil & balsamic vinaigrette on a baguette

THE OCTOPUS 8.65
Roast turkey, house-made coleslaw, Russian dressing & Swiss, on our pumpnickel bread

AUTUMN SKY 11.95
Smoked turkey, bacon, spinach, apples, Cheddar cheese & whole grain mustard on sourdough

JAVI 10.50
Roast turkey, goat cheese, spinach, sun-dried tomatoes, sprouts & balsamic vinaigrette on toasted sourdough

MAGGIE'S FARM 8.25
Roast turkey, cranberry sauce, lettuce & aioli dressing on ciabatta

BACON, SALAMI & HAM

C.T.B.L.T. 7.95
Bacon, lettuce & tomato with aioli dressing and avocado on our toasted sourdough bread

* **THE ITALIAN** 11.25
Salami, prosciutto, house-made pesto, spinach, tomato & provolone panini pressed on our rosemary focaccia

HAVANA BREEZE 8.50
Baked ham, sliced pickles, Swiss cheese with yellow mustard & mayo panini pressed on a sub roll

BEEF

THE NEW YORKER 11.95
Hot pastrami with melted Swiss, Russian dressing & coleslaw on a toasted sesame roll

BBQ JACK 8.95
Hot roast beef with BBQ sauce & melted pepper Jack cheese on a sesame roll

WEST END MELT 9.35
Rare roast beef, honeycup mustard, tomato and melted Cheddar cheese panini pressed on pumpnickel bread

GLUTEN FREE BREADS & BAGELS ADD 1.50

* ITEM NOT AVAILABLE AT STATE ST. LOCATION

SPECIALTY SANDWICHES

CHICKEN & FISH

T-BURG WITH A TWIST 9.50
House-made tuna salad with avocado and tomato, on our pumpnickel bread

TUSCAN VERDE 11.50
Cage-free roast chicken breast, pesto, spinach, tomato & provolone on focaccia


ZOE 8.25
Chicken salad, cranberry sauce, lettuce & tomato on a rosemary-salt bagel


TAUGHANNOCK 8.95
Cage-free roast chicken breast, lettuce, tomato, chipotle aioli dressing & BBQ sauce on a multigrain roll


BUFFALO STREET 9.95
Warm chicken cutlet with Frank's Hot Sauce, parsley-garlic dressing, and lettuce served on a toasted sub roll


THE CUTLET 10.95
Chicken cutlet with Italian herbs, provolone, basil mayo & roasted red peppers served warm on our sub roll


VEGETARIAN


 **MICHIGAN HOLLOW** 8.40
Balsamic-marinated portobello mushroom with roasted red peppers, parsley-garlic dressing & melted provolone cheese on a multigrain roll


 **JONAH'S JIVE** 6.95
Hummus, fresh spinach, tomato, cucumber & parsley-garlic dressing on hand-sliced multigrain


 **FRESHY** 8.50
Fresh mozzarella cheese, roasted red peppers, spinach, extra virgin olive oil, salt & pepper panini pressed on ciabatta


 **AMG** 9.25
Portobello mushroom, pesto, spinach, and Cheddar panini pressed on focaccia

 **DEWITT MELT** 5.95
House-made coleslaw, tomato & Swiss, served warm on our fresh bialy


 **CAYUGA CROISSANT** 7.95
Avocado, tomato, mushrooms, sprouts & parsley-garlic dressing on a croissant


 **VIVA CHELSEA** 8.25
Fresh mozzarella cheese with fresh basil, tomato, extra-virgin olive oil, salt & pepper on rosemary focaccia


 **ITALIAN SUMMER** 9.95
Fresh mozzarella, pesto, roasted red peppers & tomato on a baguette


 **BAY BURGER** 9.75
Veggie burger with goat cheese, basil, sun-dried tomatoes & chipotle aioli on multigrain roll

VEGAN

 **FITZ BLITZ** 10.50
Local lemon teriyaki seitan, hummus, avocado, spinach, tomato & Dijon mustard on toasted rye bread

 **VAN DORN'S VEGAN** 6.25
Hummus, roasted red peppers, tomato & sprouts on oatmeal wheat bread

 **PLANT BASED PARM** 11.95
Vegan chicken patty panini pressed on focaccia bread with basil oil, marinara sauce, and vegan mozzarella cheese

 **SUSIE'S GARDEN** 11.95
Local lemon teriyaki seitan, vegan mozzarella, avocado, lettuce, tomato, & sprouts, on our multigrain bread

WE SERVE

Beer, Wine, and Cider

(STATE ST. & COLLEGE AVE. STORES ONLY)



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