



## BREAKFAST

The Benny's Hearth-Baked Bagel is made from the highest quality flour and yeast, shaped, then boiled in a steel cauldron and baked over hearth stones. We use no artificial additives or oils.

### Early Riser:

A light, fluffy two-egg omelet with ham, green peppers, onions and cheddar cheese on a bagel or croissant  
**\$3.75**

### Healthy Riser:

Three-egg whites with turkey, onions, green peppers and cheddar cheese on a bagel  
**\$3.99**

### Breakfast Burrito:

Two scrambled eggs with jalapeños, cheese, ham, green peppers, onions and salsa sealed in a flour tortilla  
**\$4.25**

### Screamer Dog:

Choice of spicy italian or turkey-jalapeno sausage with cheddar cheese wrapped in bagel dough  
**\$4.25**

### Hash Browns:

**\$0.75**

## SOUPS

Our soups are made daily with the finest and freshest ingredients, and served with your choice of baguette bread or bagel crisps.

\* Call ahead for the Soup of the Day

### Tomato Basil

### Cream of Broccoli

### Coconut Thai Chicken

### Chicken Noodle

### Cream of Potato

### New England Clam Chowder

Cup - **\$2.25**, Bowl - **\$2.99**

## BAGELS

### Bagel and Cream Cheese:

Any choice from our wide variety of bagels with a topping of high-quality cream cheese spread - **\$2.25**

### Bagel Selection:

Plain, Blueberry, Garlic, Poppy Seed, Sesame, Honey Wheat/Multigrain, Chocolate Chip, Cinnamon Raisin, Onion and Everything

### Cream Cheese Flavors:

Plain, Spinach, Garden Veggie, Lox, Jalapeno, Cinnamon Raisin/Walnut and Berry

\*Also available in reduced-fat

### Bagels:

Dozen - **\$7.99**

Half Dozen - **\$4.99**

Single - **\$1.20**

### Cream Cheese:

8 oz. - **\$3.50**

4 oz. - **\$1.99**

2 oz. - **\$1.10**

## SALADS

**Dressings** – Ranch, Italian, fat-free Vinaigrette, Thousand Island, Greek Feta, Caesar, Honey Mustard, Red-Balsamic Vinaigrette. All salads are served with baguette bread.

**Fresh Fruit:** Prepared fresh daily  
Cup - **\$1.85**

**Garden Salad:** Green leaf lettuce, tomatoes, green peppers, onions, cheddar cheese, cucumbers, croutons and your choice of dressing  
**\$5.50.** With turkey or ham... add **\$1.50**

**Caesar Salad:** Crispy Romaine lettuce, avocado, green onions tossed with creamy Caesar dressing, parmesan cheese and garlic-herbed croutons  
**\$5.50.** With Chicken... add **\$1.75**

**Greek Feta Salad:** Crisp lettuce, tomatoes, cucumbers, red onions, avocado, feta cheese, pepperoncini and Greek dressing  
**\$6.25**

**Low-Carb Salad:** Scoop of tuna or chicken salad with shredded cheese on a bed of lettuce  
**\$6.25**

**Ranchers Spicy Chicken Salad:** Grilled chicken mixed with green leaf lettuce, tomatoes, bacon, green peppers, red onions, jalapenos, crushed red peppers and Ranch dressing  
**\$6.99**

**Oriental Chicken Salad:** Mixed greens with cucumbers, carrots, green peppers, Mandarin oranges and grilled chicken topped with wontons, crushed red pepper and an Oriental Sesame dressing  
**\$6.99**

**Balsamic Salmon Salad:** Green leaf lettuce with tomatoes, cucumbers, red onions topped with nova lox salmon, parmesan cheese and Balsamic Vinaigrette dressing  
**\$6.99**

## PIZZA

**Pizza by the slice**  
**\$2.95**

**16"**

**\$15.75** (2-toppings)

Additional toppings **\$1.50**

### Toppings Include:

Pepperoni, Hamburger, Mushroom, Canadian Bacon, Onion, Green Peppers, Jalapeno, Black Olives, Tomatoes and Sausage

## BAKERY

Our desserts are baked fresh daily in our hearth oven.

**Cookies and Brownies:** Chocolate Chunk and Oatmeal Raisin  
**\$1.50**

**Cinnamon Crumb Cake:** Crumb cake covered with homemade cream cheese and caramel icing  
**\$1.85**

**Cheese Danish:** Sweet pastry shell filled with cream cheese  
**\$1.85**

**Muffins:** Blueberry (low-fat), Cranberry and Banana-Nut  
**\$1.85**

**Turnovers:** Apple  
**\$1.85**

**MORE GREAT FOOD ON THE OTHER SIDE ...**

## DELI SANDWICHES

Our tasty sandwiches come on your choice of either bagel, baguette, croissant, wheat or rye.

- 1. Pacific Coast Salmon:** Lox salmon on a bagel with cream cheese, capers, tomatoes and sliced red onions  
**\$6.95**
- 2. Tuna Melt:** Fresh albacore tuna topped with tomatoes and melted Swiss cheese  
**\$6.75**
- 3. French Dip:** 1/4 lb. of roast beef with slices of melted Swiss cheese on a French baguette with a side of au jus sauce  
**\$5.75**
- 4. Classic Reuben on Rye:** Corned beef with melted Swiss cheese on rye bread with sauerkraut and spicy mustard served with Thousand Island dressing on the side  
**\$5.75**
- 5. Vegetarian:** Choice of bagel, baguette or croissant with cream cheese, veggies and Swiss or cheddar cheese  
**\$5.25**
- 6. Real McCoy:** Turkey, ham or roast beef with cream cheese, fresh vegetables and cheddar cheese or swiss cheese  
**\$5.75**
- 7. Texas Big Bird:** Grilled chicken breast topped with lettuce, tomatoes, bacon, green peppers, jalapenos, special Texas sauce and cheddar cheese served on a baguette  
**\$5.95**
- 8. Tuna or Chicken Salad:** Homemade tuna or chicken salad, lettuce and tomatoes on your choice of bread  
**\$5.75**
- 9. Turkey Club:** Turkey, bacon, lettuce, tomatoes, Swiss cheese and mayonnaise  
**\$5.95**

## SANDWICH WRAPS

Our popular wraps are made with the freshest ingredients, wrapped to order in our tasty tortillas.

### Vegetarian:

- 10. Veggie Cado:** Veggie cream cheese, scallions, cucumbers, carrots, green peppers, lettuce, avocado, tomatoes with Honey Mustard dressing  
**\$5.75**
  - 11. Greek Feta:** Lettuce, tomatoes, onions, green peppers, cucumbers, avocado and Feta cheese with veggie cream cheese and Feta-Cheese dressing  
**\$5.75**
  - 12. Veggie Hummer:** Roasted red pepper hummus, lettuce, tomatoes, avocado, cucumbers, green peppers, and sprouts with a side of Caesar dressing  
**\$5.75**
- ### Turkey:
- 13. California Club:** Turkey, bacon, cheddar cheese, scallions, tomatoes, avocado and sprouts, grilled and served with a side of Ranch dressing  
**\$5.95**
  - 14. Healthy Turkey:** Chopped turkey, sprouts, tomatoes, cucumbers, onions, green peppers, jalapenos, grilled and served with fat-free dressing  
**\$5.95**
  - 15. Turkey Slim:** Turkey, spinach, tomato, red pepper, onion, with fat-free Raspberry vinaigrette dressing  
**\$5.95**

### Chicken:

- 16. Hilary's Hot Ham and Cheese:** Grilled chicken breast, ham, bacon, cheddar cheese, tomatoes, sprouts, avocado, and our special sauce, grilled  
**\$5.95**
- 17. Chicken Caesar:** Grilled chicken, romaine lettuce, Swiss cheese, tomatoes, red onions, green peppers, cucumbers, avocado and Caesar dressing  
**\$5.95**



- 18. Santa Fe Chicken:** Sliced chicken breast with melted cheddar cheese, green peppers, tomatoes, onions and salsa, grilled and served with a side of Ranch dressing  
**\$5.95**
  - 19. Jalapeno Chicken:** Chicken breast, jalapeno cream cheese, sprouts, tomatoes, onions and green peppers, grilled to perfection and served with BBQ sauce  
**\$5.95**
  - 20. Charlie's Chicken Salad:** Our homemade chicken salad, cheddar cheese, bacon, avocado, lettuce, tomatoes and sprouts  
**\$5.95**
- ### From the Sea:
- 21. Salmon Roll:** Smoked salmon, lox cream cheese, capers, tomatoes, cucumbers, red onions and sprouts  
**\$6.99**
  - 22. Tuna Melt:** White albacore tuna, Swiss cheese, sprouts, tomatoes, grilled to perfection  
**\$6.95**
- ### Roast Beef:
- 23. Beef Dip Wrap:** 1/4 pound of rare roasted beef, 2 slices of swiss cheese, grilled golden brown with au jus to dip  
**\$5.95**

**Make it a Combo!**  
**\$1.95 Chips & Soda**

**Half Sandwich with Side - \$6.49**

### Sandwich Choices:

Turkey or Ham  
Chicken or Tuna Salad (add \$.50)

### Side Choices:

House or Caesar salad  
Bowl of Soup

Assortment of Bottled Drinks | Fountain Sodas | Latte, Cappuccino or Café Mocha  
Espresso shot | Drip Coffee, Gourmet Teas, Iced Tea, or Hot Chocolate  
Freshly Squeezed Orange Juice | Energy Drinks

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