

## Bagels

Made the original way on premises!

Plain \$0.79 each  
Flavored \$1.00 each

Plain	Rosemary Olive Oil
Garlic	Cinnamon Raisin
Blueberry	Cinnamon Burst*
Everything	Asiago Cheese*
Poppy Seed	French Toast*
Whole Wheat	Sesame
Cheddar Cheese*	Onion
Whole Wheat Everything	Salt

## Cream Cheeses

On a bagel \$.65 to \$1.40

Freshly packed. Plain: \$2.99 1/2lb. Flavored: \$3.69 1/2 lb .

Plain
Scallion
Vegetable
Basil Pesto
Garlic-Herb
Olive & Pimento
Lox (Smoked Salmon)
Strawberry
Apple-Cinnamon-Raisin
Low-Fat Plain
Low-Fat Vegetable



## Pastries

Sticky Buns .....	\$2.75
Apple Turnovers .....	\$1.75
Scones & Croissants .....	\$1.75
Muffins .....	\$2.25
Cinnamon Buns .....	\$2.25

## Breakfast Sandwiches

Your choice. Bagel, Kaiser Roll or Wrap.

Egg, Cheese, Sausage. Bacon or Taylor Pork Roll.

1 egg .....	\$2.45
2 egg .....	\$2.79
1 egg + cheese .....	\$2.99
2 egg + cheese .....	\$3.29
1 egg + meat .....	\$3.59
1 egg + cheese + meat .....	\$3.99
2 egg + cheese + meat .....	\$4.25
"Jersey Mornin" .....	\$5.50

Bagel with Cream Cheese, Nova lox, Tomato, Onion

## Specialty Drinks

	Iced or Hot			
		SM	MED	LG
Cappuccino .....		\$2.65	...\$3.15	...\$3.65
	1/3 Espresso, 1/3 steamed milk, 1/3 froth			
Latte .....		\$2.65	...\$3.15	...\$3.65
	Espresso & steamed milk topped with froth			
Chai Latte .....		\$2.95	...\$3.55	...\$3.95
	Steamed milk & shot of chai			
White-Cap .....	n/a	...\$3.95	...	
		\$4.55		
	Espresso, steamed milk, vanilla shot & whipped cream			
Cafe Mocha .....		\$2.95	...\$3.55	...\$3.95
	Chocolate Syrup, espresso & steamed milk			
Coco-Moco .....	n/a	...\$3.95	...\$4.55	
	Café mocha with coconut & whipped cream			
Mocha-Nut .....	n/a	...\$3.95	...\$4.55	
	Café mocha with almond or hazelnut & whipped cream			
Hot Chocolate .....		\$2.50	...\$3.00	...\$3.50
	Single Double Triple			
Extra Espresso .....		\$1.00	...\$1.75	...\$2.25
	Flavor shot \$.45 each			

## Breakfast, Lunch & Dinner

Open 7:00am - 3:00pm Daily

Til 7:00pm Thurs., Fri & Sat.



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MARKETPLACE, Southern Shores, NC

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## Deli Sandwiches

All our sandwiches are made with Boars Head meats.

1. **"Big E"** – Turkey, brie, honey mustard, lettuce, tomato .....6' .....\$6.99
2. **"Ry-Man"** - Roast beef, swiss, lettuce, tomato, and horseradish sauce .....6' .....\$6.99
3. **"Heather Lela"** - Fresh mozzarella, roasted red peppers, cucumbers, mushroom, spinach, tomato, balsamic dressing .....6' .....\$6.99
4. **"Cousins"** - Turkey breast, mushrooms, black olive tapenade, onions, roasted red peppers, spinach, balsamic dressing .....6'..... \$6.99
5. **"Rob Club"** - ¼ lb turkey, ¼ lb roast beef, tomato, lettuce, bacon, mayo, on three slices of bread...\$7.99
8. **"Chicky V"** – Turkey, provolone, tomato, fresh veggies, artichoke hearts, roasted red peppers, pesto, And a splash of OV on a sub roll .....\$6.99
9. **"French Connection"** – Ham, Granny Smith apple, brie & herb mayo on a sub roll .....\$6.99
10. **"The Soprano"**- Cappicola, pepperoni, salami, provolone, roasted red peppers, olive tapanade, LTO, 'O & V' and a squirt of mayo on a sub roll .....\$7.99
11. **"The Hokie"** – Turkey, cranberry horseradish, lettuce & herb mayo on wheat bread .....\$6.99
12. **"Sassy"**- Salsalito Turkey, bacon, cheddar cheese, lettuce, tomato, hummus or mayo on focaccia bread...\$7.99
13. **"Ham It Up"**- Deluxe ham, baby swiss cheese, roasted red peppers, lettuce, pesto on focaccia bread ..... \$6. 99
14. **"The Hummer"** - Tommy's Hummus, spinach, cucumbers, artichoke hearts, roasted red peppers, Onion, O & V on focaccia bread..... \$5.99

## Wraps, Subs & Focaccia

Choice of lettuce, tomato, onions, hot peppers, O&V, Italian spices, deli mustard, yellow mustard, mayo

Wrap or 6" Sub 12" Sub

- SW1. Italian** – Salami, cappicola ham, pepperoni, provolone .....\$6.99 .....\$9.40
- SW2. Roast Beef** .....\$6.59 .....\$8.59
- SW3. Turkey** .....\$6.59 .....\$8.59
- SW4. Tuna Salad** .....\$5.99 .....\$7.99
- SW5. Chicken Salad** .....\$5.99 .....\$7.99
- SW6. Egg Salad** .....\$4.29 .....\$5.99
- SW7. Vegetarian** -2 cheeses\* .....\$5.99 ...\$6.99

## Salads

- SL2. Chef Salad** - mixed greens, tomato, cucumber, onion, ham, turkey and salami.....\$5.99
- SL3. Chicken Salad** - Bed of lettuce, chicken salad, tomatoes, onion.....\$5.59
- SL5. Grilled Chicken Salad** - Mixed greens, onion, tomato, cucumber, bacon and grilled chicken strips.....\$5.99
- SL6. Spinach Salad**- Fresh spinach, bacon, onion, roasted red peppers, balsamic dressing .....\$5.59

*Dressing:* Ranch, Blue Cheese, Italina, Ceaser

*Cheese:* Provolone, Brie, Cheddar, Mozzarella

Swiss add \$.75

## Old Favorites

- PBJ. Peanut Butter & Jelly** .....\$1.95
- GC. Grilled Cheese** .....\$3.50
- With tomato .. \$3.99 Tomato & bacon .....\$4.75
- BLT. Bacon, Lettuce & Tomato** .....\$4.25

## From the Grill

Choice of side salad or chips

- Cb1. Classic Burger**- topped with lettuce, tomato, onion and mustard .....\$5.49
- with cheese .....\$5.99
- GCB. Grilled Chicken Breast**- topped with lettuce, tomato, onion, ketchup and mustard .....\$5.99
- G1. Lifeguard** - Roast beef with melted cheddar, grilled onions, peppers, mushrooms, mayo & Horseradish Sauce on a 6' roll .....\$6.99
- G2. Reuben**- Corned beef or Pastrami on rye, Swiss cheese, kraut, Russian dressing or deli mustard ..... \$6.99
- G3. Salsalito Turkey**– Salsalito turkey, onions, roasted red peppers, Swiss & Balsamic dressing, grilled with tomato & mayo on 6" sub .....\$6.99
- G4. "The Geek"** – Roast beef, bacon, honey mustard, melted mozzarella, horseradish sauce, grilled on whole wheat bread .....\$7.99
- GS. Chicken Club** - Grilled chicken, bacon, cheddar cheese, lettuce, tomato, mayo, deli mustard on focaccia bread .....\$6.99

## "Totally Tommy's"

- B1. Italian Ba-izza** - Toasted bagel topped with olive oil, Italian spices, sundried tomato pesto, spinach, tomato and topped with asiago cheese.
- Served warm .....\$2.99
- B2. Mediterranean Ba-izza** – toasted bagel topped with olive oil, mushroom pesto, tomato, mozzarella and asiago cheese.
- Served warm ..... \$2.99
- BD. Bagel Dog** - Angus Hot Dog wrapped In our bagel dough, sprinkled with asiago cheese and baked.....\$2.99