

Wraps

Chicken Caesar.....\$12.35

Grilled Chicken, Romaine, Croutons,
Parmesan Cheese, Caesar Dressing

Eileen's Roasted Veggie.....\$11.20

Roasted Red Peppers, Onions, Carrots, Cucumber,
Lettuce, Tomato, Balsamic

Jack's Hungry Man.....\$12.35

Ham, Pepper Jack Cheese, Bacon, Lettuce, Tomato,
Mustard

Salads

Garden Salad\$8.05

Fresh Greens, Tomatoes, Carrots, Dressing

Add scoop tuna, chicken, egg salad....\$2.30

Chef Salad.....\$10.05

Fresh Greens, Turkey, Ham, Provolone, Cheddar,
Tomatoes, Dressing

Caesar Salad.....\$9.75

Romaine, Parmesan Cheese, Croutons, Dressing

Add grilled chicken.....\$3.15

Extra's

Hash Browns.....\$2.15

Home Fries.....\$2.60

Muffins.....\$4.35

We also carry turkey bacon and
turkey sausage.

Coffee/Tea

Small.....\$1.45

Medium.....\$2.60

Large.....\$3.05

Hot Chocolate

Small.....\$1.45

Medium.....\$2.60

Large.....\$3.05

Cold Drinks

Yoo-hoo.....\$2.85

Yup Milk.....\$2.85

Water.....\$1.99

Gold Tea\$2.85

Soda.....\$2.85

Gatorade.....\$2.85

Monster Drinks.....\$3.40

We accept all major credit cards.

Prices subject to change without notice.

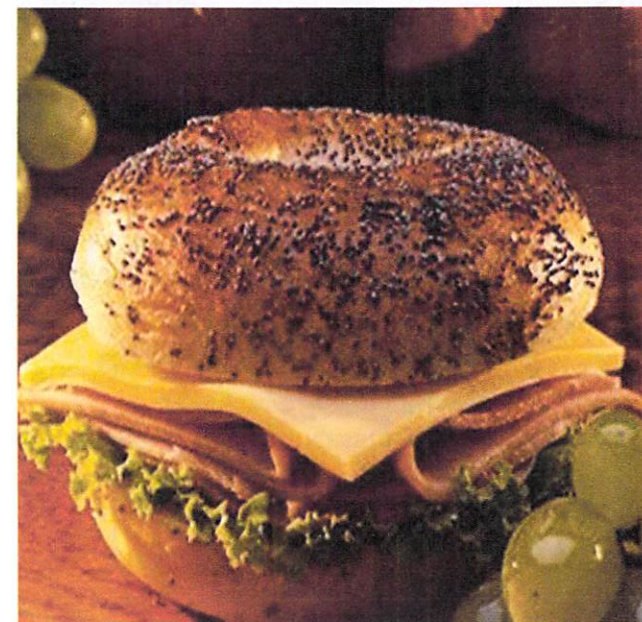
Sales tax not included.

Jack's N.Y.C. Bagel and Deli

1211 Long Beach Blvd.
Beach Haven, NJ 08008

609-492-7114

609-492-6088



Fresh Bagels

Plain, Sesame, Pumpernickel, Egg, Garlic,
Everything, Poppy, Onion, Bailsys,
French Toast, Rainbow, Whole Wheat,
Blueberry, Asiago Cheese,
Cinnamon Raisin, Sundried Tomato,
Whole Wheat Everything, Egg Everything

A Bagel With

Butter.....\$2.25
Peanut Butter & Jelly.....\$3.15
Jelly.....\$2.25
 Cream Cheese.....\$3.60
Flavored Cream Cheese.....\$3.60
 Veggie, Scallion, Walnut Raisin, Jalapeno, **3.75**
 Honey Almond, Strawberry, Blueberry Lemon,
 Mixed Berry, Brown Sugar Cinnamon,
 Cheese Cake
Lox Spread.....\$8.90
White Fish Cream Cheese.....\$8.90
Lox, Cream Ch., Tomato, Onion\$11.20

Breakfast Sandwiches

Available on bagel, bread, wrap or croissant.

2 Eggs\$3.45
2 Eggs w/cheese\$3.60
2 Eggs w/meat.....\$5.45
2 Eggs w/1 meat/1 cheese.....\$6.05
Extra egg \$.70, Extra cheese \$.70, Extra meat \$1.80,
Substitute egg whites \$1.15, Croissant \$.70

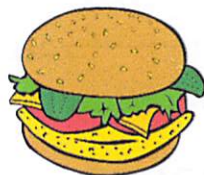
Just Bagels

Single Bagel.....\$1.45 ½ Dozen.....\$7.75
 Baker's Dozen.....\$13.20
Bialys.....\$2.55 Gluten Free.....\$3.15

Reg. Large

Tuna, Chicken, or Egg Salad.....\$9.75....\$19.00
 Homemade with Lettuce & Tomato
Turkey & Cheese.....\$9.75....\$19.00
 Turkey, American Cheese, Lettuce, Tomato & Mayo
Turkey Club.....\$9.75....\$19.85
 Turkey, American Cheese, Bacon, Lettuce, Tomato
 & Mayo
Roast Beef & Cheese.....\$10.35....\$20.65
 Roast Beef, American Cheese, Lettuce, Tomato
 & Mayo
BLT.....\$8.65....\$17.20
 Bacon, Lettuce, Tomato & Mayo
Turkey Ranch.....\$9.95....\$19.85
 Grilled Turkey, Swiss, Lettuce, Tomato
 & Ranch Dressing
Turkey Melt.....\$9.95....\$19.85
 Grilled Turkey, Melted American, Lettuce,
 Tomato & Mayo
Cordon Blue.....\$10.65....\$21.25
 Grilled Chicken, Ham, Swiss, Blue Cheese Dressing
Reuben.....\$9.95....\$20.10
 Hot Pastrami, Swiss, Sauer Kraut, Russian Dressing
Grilled Chicken.....\$9.95....\$20.10
 Grilled Chicken , Lettuce, Tomato & Mayo
Grilled Chicken Pesto.....\$9.95....\$20.10
 Grilled Chicken, Mozzarella, Roasted Red Peppers
 & Pesto

All sandwiches are served with your choice of bread:
White, rye, wheat, bagel, round roll or hero.
Any sandwich can be made on a wrap add \$2.20



Reg. Large

Mombo Italiano.....\$9.95....\$20.10
 Ham, Prosciutto, Provolone, Lettuce, Tomato
 & Balsamic
Chicken Mozzarella.....\$9.95....\$20.10
 Grilled Chicken, Melted Mozzarella, Roasted Red
 Peppers & Balsamic
Roast Beef Supreme.....\$10.65....\$21.25
 Roast Beef, Cheddar Cheese, Turkey, Bacon, Lettuce,
 Tomato & Horseradish Sauce
Philly Cheese Steak.....\$10.30....\$20.10
 Hot Roast Beef, American Cheese, Onions & Peppers
Chicken Cheese Steak.....\$10.30....\$20.10
 Grilled Chicken, American Cheese, Onions & Peppers
Walt's Cuban.....\$9.50....\$19.00
 Grilled Turkey & Ham, Provolone, Pickles & Mustard
Buffalo Chicken.....\$9.50....\$19.00
 Grilled Chicken, Hot Sauce, Provolone, Romaine
 & Blue Cheese Dressing
Ham & Swiss.....\$9.50....\$19.00
 Ham, Swiss, Lettuce, Tomato & Mayo
Create Your Own.....\$9.50....\$19.00
 1 Meat, 1 Cheese, Lettuce & Tomato
Two Meat Option.....\$10.90....\$21.25
 2 Meats, Cheese, Lettuce & Tomato
Roast Beef BBQ.....\$10.90....\$21.25
 Grilled Roast Beef, Provolone, Grilled Onions
 & BBQ Sauce
Brooklyn Italiano.....\$11.20....\$22.40
 Salami, Capicola, Soppressata, Mortadella, Provolone,
 Lettuce, Tomato, Bell Peppers, Oil & Vinegar

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