

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.....\$2.95

Yup Milk.....\$2.95

Water.....\$2.05

Gold Tea\$2.95

Soda.....\$2.95

Gatorade.....\$2.95

Monster Drinks.....\$3.65

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

New Menu Items

Hot Dog.....\$2.99 w/drink \$4.99

Mozzarella Sticks.....5/\$7.99

French Fries: Single.....\$3.99

Family.....\$7.99

Jalapeno or Broccoli & Cheese Poppers:

Single.....\$4.99

Family.....\$7.99

Onion Rings: Single.....\$4.99

Family.....\$8.99

Chicken Wings: 3.....\$3.99

5.....\$9.99

10.....\$16.99

Chicken Fingers: 3.....\$3.99

5.....\$9.99

10.....\$16.99

Chicken Fingers & Fries.....\$11.99

Chicken Wings & Fries.....\$11.99

Sampler Box:.....\$11.99

Includes: 2 Mozzarella Sticks, 2 Jalapeno Poppers,
2 Broccoli/Cheese Poppers, 2 Onion Rings,
2 Chicken Wings, 2 Chicken Fingers

Fresh Bagels

Plain, Sesame, Poppy, Pumpernickel, Rye, 7 Grain,
Whole Wheat, Egg, Garlic, Onion, Everything,
French Toast, Whole Wheat, Jalapeno,
Cinnamon Raisin, Blueberry

Bagel With

Butter.....	\$2.25
Peanut Butter & Jelly.....	\$3.15
Jelly.....	\$2.25
Low Fat Cream Cheese.....	\$3.60
Flavored Cream Cheese.....	\$3.60
Veggie, Scallion, Walnut Raisin, Jalapeno, 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		
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

Turkey, Swiss, Lettuce, Tomato
& Ranch Dressing

Turkey Melt.....\$9.95....\$19.85

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, Turkey, Cheddar Cheese, 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

Turkey & Ham, Provolone, Pickles & Mustard

Buffalo Chicken.....\$9.50....\$19.00

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, Pepperoni, Provolone,
Lettuce, Tomato, Bell Peppers, Oil & Vinegar

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