

**SCHMEAR ON THE BAGELS**  
**Start Your Day in a Delicious Way**

B&G Bagel	.99
B&G DOZEN (14 BAGELS)	10.00
B&G Mini Bagel (sesame, poppy, everything, plain)	.65
B&G DOZEN Mini Bagels (14)	6.50
Bagel with Cream Cheese and Hash Browns	3.15
Bagel with Plain Cream Cheese	2.12
Bagel with Flavor Cream Cheese	3.15
(veggie, scallion, lox spread, walnut raisin, olive, sundried tomato)	
Bagel with butter	1.75
Bagel with peanut butter	2.01
Bagel with jelly	1.75
Empanadas	1.99
Gluten Free Bagel	2.25



<b>BAKED GOODS</b>	2.25
B&G Homemade Muffins, made fat free in the store	
Danish • Cakes • Brownies	
Apple Turnovers • Crumb Cake	
Croissants, plain or flavored	
Butter Cookies 11.99/lb.	
Tres Leches Cake (slice)	3.99
Tiramisu Cake (slice)	3.99

**COFFEE CORNER**

Regular Coffee Roaster	
Decaf Coffee Roaster	
Hazelnut flavored Coffee	
French Vanilla Coffee	
Iced Coffee	
Lemonade	
Flavored Iced Coffee	
Hot Tea (Green Tea, English Tea Time, Cinnamon Apple, Lemon Lift, Mint, Chamomile, Raspberry Royale, Regular and Decaf Lipton Tea)	
Hot Chocolate	
Box of Joe (coffee, tea, hot chocolate)	
includes milk, sugar, 12 cups	19.99

**MILKSHAKES**

Chocolate, Vanilla, Strawberry	3.50
--------------------------------	------

**SUPER CHARGE BREAKFAST**  
**Bagels, Artisan Rolls or Wraps** 5.99

<b>LOADED:</b> Taylor ham, sausage, 2 scrambled eggs, American cheese, home fries	
<b>EL PASTOR:</b> Steak, 2 scrambled eggs, American cheese, home fries, grilled onions	
<b>BURRITO:</b> Sausage, bacon, 2 scramble eggs, home fries, peppers, onions, salsa	
<b>PROTEIN:</b> Turkey, 2 egg whites, Swiss cheese, spinach.	
<b>HEALTHY PORTOBELLO:</b> Portobello mushrooms, 2 egg whites, Provolone cheese.	
<b>TAQUINNO:</b> Turkey bacon, 2 eggs, Muenster cheese.	
<b>BOBO:</b> Bacon, 2 eggs, cheese, hash browns	4.99
<b>SOBO:</b> Sausage, 2 eggs, cheese, hash browns	4.99
<b>TOBO:</b> Taylor ham, 2 eggs, cheese, hash browns	4.99
<b>AVOCADO KING:</b> Avocado, egg whites, spinach, tomatoes, cucumbers	6.99

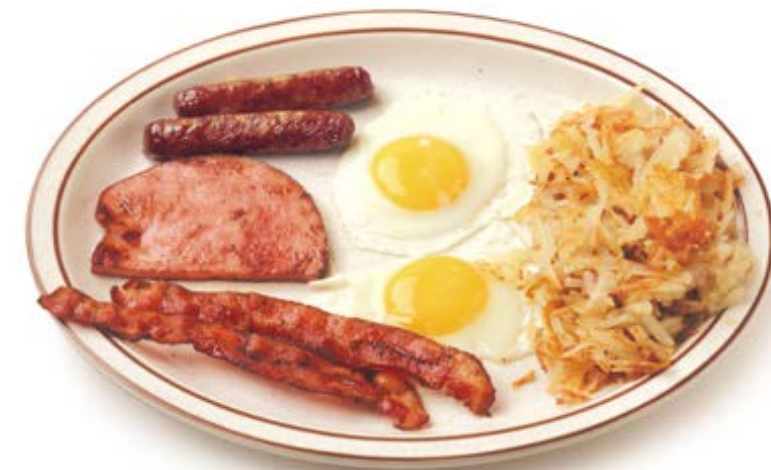
Your choice of hash browns or home fries for your sandwich.

**SPANISH BREAKFAST PLATTER**

<b>CALENTADO</b>	6.99
Rice and beans, 2 eggs over easy with choice of pastrami, corned beef, bacon, sausage or Taylor ham.	
<b>HUEVOS RANCHEROS</b>	6.99
Ham, 2 eggs, beans, rice, shredded cheese, pico de gallo.	
<b>MEXICAN QUESADILLA</b>	6.99
Flour tortilla toasted with jack cheese, Spanish rice, black beans, eggs tocino, and jalapeños.	

<b>MEXICAN BREAKFAST TAQUITOS</b>	6.99
Sausage, 3 scrambled eggs, spinach, beans topped with shredded cheese on soft tortilla.	

<b>VEGETARIAN BREAKFAST</b>	4.99
Egg Whites, Peppers, Onions	
Egg Whites, Mushrooms, Spinach	
Egg Whites, Broccoli, Tomatoes, Spinach	
Egg Whites, Grilled Vegetables (Yellow/Green Zucchini, Carrots, Roasted Pepper)	
Add fresh Mozzarella	1.45



**EGG PLATTERS**

Served with home fries and choice of toast	
2 Eggs any style	3.99
2 Eggs, Turkey Bacon, Bacon, Sausage or Taylor Ham	6.99

**OMELETTES**

Served with toast and home fries	6.99
<b>MEXICAN OMELETTE:</b> 2 eggs, bacon, onions, green peppers, jalapeños, mozzarella cheese	
<b>ITALIAN OMELETTE:</b> 2 eggs, ham, onions, peppers, provolone cheese	
<b>GREEK OMELETTE:</b> 2 eggs, fresh spinach, feta cheese	
<b>VEGGIE OMELETTE:</b> 3 eggs, spinach, mushrooms, tomatoes, peppers, onions	
<b>CHAMPION OMELETTE:</b> egg whites, grilled chicken, jalapeños, Swiss cheese.	

**PANCAKES & FRENCH TOAST**

Short Stack	4.99
Pancakes or French Toast	
with 2 Eggs with Bacon, Sausage or Taylor ham	6.99
Pancakes or French Toast with fresh fruit	6.99

**TRADITIONAL BREAKFAST SANDWICHES**

Egg Sandwich	1.99
Egg & Cheese	2.55
Bacon, Sausage or Taylor Ham and Egg	3.30
Bacon, Sausage or Taylor Ham Egg and Cheese	3.99
Bacon, Sausage or Taylor Ham and Cheese	4.25
Extra meat	1.99
Extra egg	.95
Extra cheese	.95
B.L.T.	4.99
Grilled Cheese	4.99

**FAMILY OWNED**



**51 East Main St.  
 Ramsey, NJ 07446**

**Phone 201-962-8700  
 Fax 201-962-8701**

**www.bgbagels.com  
 bgbagels@optimum.net**

**Breakfast & Lunch Menu**

**Always Open**

**We Deliver**

**Parking in rear • Outdoor seating**

**Corporate Accounts Welcome  
 B&G will do our best to meet your needs.**

**We do wholesale:  
 bagels, rolls, muffins, mini muffins.  
 Deliveries every day (Monday-Sunday)**



**FIRED GRILL SANDWICHES** \$7.99

**THE RAMS:** HOT grilled or breaded chicken cutlet, crispy bacon, fresh mozzarella with extra honey mustard on semolina club roll.

**CORRAL:** HOT grilled or breaded chicken cutlet, crispy bacon, melted fresh mozzarella, lettuce, tomatoes with extra picante ranchero on semolina club roll.

**JABANERO:** HOT grilled or breaded chicken cutlet melted Monterrey pepper jack cheese, sheered lettuce with jabanero honey mustard on semolina club roll.

**PAISANO:** HOT roast beef or turkey melted fresh mozzarella, home-made gravy, greens on semolina club roll.

**PRIMO:** Grilled turkey topped with muenster and Swiss, guacamole dressing over tortilla wrap.

**REUBEN:** Fired corned beef or pastrami topped with sauerkraut and melted Swiss over toasted rye.

**PHILLY CHEESE STEAK:** Fired roast beef with peppers and onions topped with American or cheddar on semolina club roll.

**BURGER DELUXE (8oz)** Bacon, lettuce, tomatoes and American cheese with French fries

**HAMBURGER (8oz)** 5.49

**CAESAR WRAP** 6.25



**BAYRON'S PERCH** \$7.99

**HAVERIANO:** Hot grilled vegetables dressed with house balsamic, melted Havarti Dill cheese over toasted artisan eight grain bread.

**VEGGITANO:** Hot grilled vegetables dressed with house balsamic, melted Smoked Gouda over tortilla wrap.

**VALENCIANO:** Honey Maple Turkey, Lacy Swiss and grilled vegetables on toasted artisan eight grain bread.

**LITTLE PASCALE:** Cappicola, Sopressata, Fresh Mozzarella, roasted peppers on semolina club roll.

**TI MANGIO:** Roasted turkey, bacon, lettuce, tomatoes, American cheese dressed with basil mayo on semolina club roll.

**PORCHETTA:** Grilled Chicken, Roasted Peppers, Fresh Mozzarella, house balsamic over tortilla wrap.

**ITALIANO:** Ham, Cappi Ham, Salami, Pepperoni, Provolone cheese, lettuce, and tomatoes dressed with olive oil and vinagrette on semolina club roll.

**AMERICANO:** Turkey, roast beef, ham, American cheese, lettuce, and tomatoes dressed with a real mayo on semolina club roll.

**SOUPS**

Different soup served every day SM: 3.75 / LG: 5.99  
Chicken Rice or noodle, Minestrone, Lentil, Beef Barley, Clam Chowder, Split Pea, Vegetable.

**APPETIZERS & SIDES**

- BUFFALO WINGS (12) with celery, hot sauce, bleu cheese 7.99
- CHICKEN FINGERS (12) with honey mustard 8.99
- MOZZARELLA STICKS (12) 7.99
- EMPANADA (Beef or Chicken) 1.99
- FRENCH FRIES 3.99
- ONION RINGS 3.25
- YOGURT & GRANOLA 3.99
- FRUIT CUP 3.99
- JALAPEÑO POPPERS (6) 6.99
- PINCHOS (grilled chicken or steak, peppers onions and tomatoes on a stick) 4.99

**SPANISH COMBOS FOR LUNCH**

**Grilled Flank Steak** 8.99  
over rice, beans and avocado, with lemonade.

**Grilled Chicken** 8.99  
over rice, beans, jack cheese and avocado, with lemonade.

**Grilled Pork Chops** 8.99  
over rice, beans, jack cheese and avocado, with lemonade.

**Tacos Al Pastor** 9.99  
Roasted pork with shredded lettuce, salsa fresca and jack cheese served with Spanish rice and black beans, and sour cream on the side.

**Tacos BBQ "San Andreas"** 9.99  
Your choice of BBQ pork or chicken with shredded lettuce, salsa fresca and jack cheese served with Spanish rice and black beans, and sour cream on the side.

**Crispy Chicken Tacos** 9.99  
Breaded chicken tender with shredded lettuce, salsa fresca and jack cheese. Served with Spanish rice, black beans and chipotle mayo sauce on the side.

**Brazilian Burger** 8.99  
Grilled flank steak topped with a fried egg, melted fresh mozzarella, lettuce, corn and pink sauce, served on a warm roll, with lemonade.

**FISH CORNER**

**NOVA LOX SANDWICH** 7.99  
Fresh Nova Lox, flavored cream cheese, tomatoes, onions, capers

**WHITE FISH SALAD SANDWICH** 6.99  
with red onions on multigrain bread

**SALMON SALAD SANDWICH** 7.49  
with leaves of lettuce, tomatoes and onions

All our lunch sandwiches come with a pickle and a side salad (choice of macaroni, potato or cole slaw).

**OVERSTUFFED SANDWICHES**  
Club 6.99 / Hero 8.99

**TRUCK DRIVER:** cheese steak, chicken fingers, mozzarella sticks, french fries, and honey mustard.

**EL GORDO:** Chicken fingers, mozzarella sticks, french fries, and marinara sauce.

**FAT BZ:** Cheese steak, chicken fingers, bacon, mozzarella sticks, and buffalo ranch dressing.

**HEART ATTACK:** Chicken fingers, mozzarella sticks, onion rings, french fries, and honey BBQ sauce.

**SALADS**

**Ramsey Salad (SOS)** 7.99  
Mixed greens, cucumber, carrots, tomatoes, onions with a scoop of tuna, chicken or egg salad with light Italian dressing.

**Caesar Salad** 7.99  
Romaine lettuce, grilled chicken, croutons and parmesan cheese with Caesar dressing.

**Chef Salad** 7.99  
Mixed greens, egg, olives, swiss cheese, ham, turkey, roast beef with Italian vinaigrette.

**Spicy Thai Salad** 7.99  
Mixed greens, baby corn, walnuts, tangerines with spicy grilled chicken and sesame ginger dressing.

**Garden Salad** 5.49  
Mixed greens, peppers, cucumber, carrots, tomatoes.

**Fountain Salad** 7.99  
Marinated grilled chicken over baby arugula, cucumbers, tomatoes, dried cranberries, and feta cheese with balsamic.

**Taco Salad** 7.99  
Marinated grilled chicken or marinated pork over romaine lettuce, tomatoes, black beans, corn, jack cheese and avocado topped with cilantro and scallions.

