

BREAKFAST

Egg sandwiches are served on your choice of bagel, roll or wrap and includes a 12 oz coffee.

Egg White Omelette(s) - Your choice of one (1)	\$6.25
Veggie: 3 eggs whites with peppers, spinach mushrooms & onions Turkey: 3 eggs whites with turkey, swiss & tomato	
Omelette(s) - Your choice of one (1)	\$6.25
Cheese: 3 eggs swiss, american or provolone cheese Western: 3 eggs, peppers, ham & tomatoes Italian: 3 eggs, onion, tomato & mozzarella cheese Mushroom & Ham: 3 eggs, ham, mushroom, tomato & cheese	
Pancakes or French Toast	\$4.95
Fruit toppings available for an additional \$0.75	
Belgian Waffle	\$4.75
Fruit toppings available for an additional \$0.75	
Eggs any Style	\$2.50
2 eggs any style	

Add ham, bacon, turkey bacon or sausage for an additional \$1.00 / item
Add any type of cheese for an additional \$0.75 / item
Add Home Fries \$2.49 sm / \$2.99 /lg

HEALTHY CORNER

Healthy Panini	\$6.95
Mozzarella, tomato, roasted peppers & pesto	
Vegetarian Reuben Wrap	\$5.95
Sautéed mushrooms, onion, spinach, swiss sauerkraut & Russian dressing	
Fruit Salad - Seasonal—1/2 lb	\$4.75
Cottage cheese & mix of fresh seasonal fruits	
Lite Tuna Salad	\$5.95
Served on a bed of lettuce and tomatoes	
Spinach Salad	\$6.95
Baby Spinach with cranberries, feta, onion & Walnuts with balsamic vinegarett dressing	
Veggie Burger	\$6.95
Veggie burger with grill vegetables	

SANDWICHES & SALADS

Served on your choice of bread, bagel, roll or hero (\$1.00 additional)
Sandwiches include a side salad

Turkey Swiss	\$7.95
Turkey, melted swiss, bacon & coleslaw	
Italian	\$9.95
Pepperoni, cappicola ham, salami, provolone, lettuce, tomato & onion & Italian dressing	
R&B Melt	\$6.95
Roast beef, melted munster cheese coleslaw & russian dressing	
Tuna Melt	\$6.95
Tuna salad with melted american cheese	
Chicken Classic	\$6.95
Chicken breast, basil, mozzarella, tomato & Russian dressing	
BLT	\$5.95
Bacon, lettuce & tomato with mayo	
Chicken Parmesan	\$7.95
Breaded chicken breast with homemade sauce & mozzarella	
Chicken and Tuna salad	\$5.95
Select one of the your favorite salads	
WRAPS	
Turkey Swiss	\$6.95
Turkey breast, swiss, lettuce, tomato, & ranch dressing	
California	\$6.95
Turkey, mozzarella, red onion, lettuce, tomato & avocado with ranch dressing	
American	\$8.95
Roast beef, turkey, ham, american & swiss cheese with lettuce & tomato	
Grilled Chicken	\$6.95
Sliced grilled chicken with melted cheddar cheese, cherry peppers & lettuce	
Chicken Caesar Wrap	\$6.95
Chicken cutlet, shredded parmesan, lettuce, tomato & onion with Caesar dressing	

ON THE GRILL

Served on your choice of bread, rolls wrap or hero
Heroes are additional \$1.00

Philly Cheese Steak	\$7.95
Grilled roast beef and melted cheese sautéed onions & Pepper	
Reuben	\$8.95
Grilled corned beef or pastrami with swiss, sauerkraut & russian dressing on rye	
R&B	\$8.95
Grilled roast beef, grilled onions, roasted red peppers, melted mozzarella & bacon with horseradish sauce	
Grilled Chicken	\$6.95
Chicken, roasted red peppers, melted mozzarella & balsamic dressing	
Hot Dog	\$4.50
Two hot dogs with any (1) topping: sauerkraut, cheese or chili: Add additional toppings for \$0.50 each	
Classic American Burger	\$6.95
100% beef, lettuce and tomato with hand cut fries Add bacon & cheese for additional \$1.00 each	
Barbecue Burger	\$7.95
100% beef, cheddar cheese, cherry peppers, tomato & BBQ sauce with hand cut fries	
Cowboy Burger	\$7.95
100% beef, grilled mushrooms & onions, bacon & Monterey jack cheese with hand cut fries	
PANINI	
Italian Chicken	\$6.75
Chicken breast, roast peppers & mozzarella	
Hot Pastrami or Corned Beef	\$6.75
Choice of pastrami or corned beef with swiss cheese	
Tomato & Mozzarella	\$6.25
Mozzarella, tomato, roasted peppers & pesto	
Turkey	\$6.75
Turkey, bacon, cheddar cheese & sun-dried tomato	
Turkey or Ham & Swiss	\$6.75
Turkey or ham & swiss cheese	
Roast Beef	\$6.75
Roast beef & mozzarella with or without onions	

Beachside Bagel Cafe
(631) 996-2840

481 Montauk Highway
East Quogue, NY 11942

Mon - Sat: 6:00 a.m. to 3:30 p.m.
Sunday: 6:00 a.m. to 2:00 p.m.