

WRAPS & PANINIS

- Roast Beef w/Turkey & Swiss \$9.75
- Turkey w/Coleslaw & Russian. \$8.45
- Grilled Chicken w/Mozzarella & Peppers . \$9.50
- Grilled Chicken Caesar \$8.95
- California Club \$8.95
- w/Grilled Chicken, Bacon, Avocado Romaine & Ranch
- Veggie Wrap. \$8.95
- Roast Beef \$9.75
- w/Onions, Cheese & Grilled Mushrooms
- Turkey \$8.95
- w/ Cheddar, Tomato & Cucumber
- Pepper Turkey \$8.95
- w/Pepper Jack Cheese & Mayo
- Tuna Salad \$7.95
- w/Lettuce & Tomato
- Breaded Chicken Cutlet \$7.95
- Cuban Ham, Pork, Swiss & Pickles \$8.75
- Reuben Corned Beef, Swiss & Sauerkraut . \$11.95
- Virginia Ham w/Bacon, Tomato & Spinach \$8.75
- Roast Beef \$8.75
- w/Peppers, Cheddar, Cucumbers, Horseradish & Mayo

BURGERS (8oz)

Burgers Served w/Lettuce, Tomato, Onions, & French Fries

- Burger Deluxe \$8.95
- Cheeseburger Deluxe \$9.95
- Bacon Cheeseburger Deluxe . . . \$10.95
- Bacon Swiss Burger Deluxe . . . \$10.95
- Rueben Burger \$12.95
- Burger w/Pastrami or Corned Beef w/Kraut & Melted Swiss - WOW, That's a Burger!
- Veggie Burger Deluxe \$7.95
- Turkey Burger Deluxe \$8.95
- Meatless Burger Deluxe \$8.95
- Roasted Vegetables, Sauteed Onions, Mushrooms & Swiss w/Lettuce, Tomato, Onions & French Fries

HOT DOGS

- Hot Dog w/Kraut or Raw Onions \$3.50
- (2) Hot Dogs w/Kraut & French Fries . . \$8.95
- Add Chili 75¢

HEALTHY OPTIONS

- Grilled Chicken & Quinoa \$8.95
- on a Whole Wheat Wrap
- Avocado Salad & Grilled Chicken . . \$8.95
- House Salad w/ Avocado & Grilled Chicken \$7.99
- Egg White & Avocado Salad \$5.99
- Grilled Chicken, Grilled Veggies & Quinoa
- on a Whole Wheat Wrap \$8.99
- Spring Time Coleslaw \$8.99lb
- Summer Time Chicken Salad \$6.75
- Low Fat Veggie Tuna Salad \$6.99
- Low Fat Yogurt Parfaits \$3.95
- Fresh Fruit Cups. \$3.99
- Egg White Mediterranean. \$7.99
- w/Spinach, Tomato, Mushrooms & Feta
- Spring Breaker Grilled Chicken, Avocado, Lettuce, & Tomato on Multi-Grain Bread \$8.99

KIDS MENU

- Pizza Bagel \$3.50
- PB & J. \$5.25
- Chicken Fingers & Fries \$6.95
- Hot Dog & Fries \$6.95
- Grilled Cheese and Fries \$5.95
- Hamburger and Fries. \$6.95
- Mozzarella Sticks & Fries \$5.95

SIDE NOSHERS

- Coney Island Knish
- Old Fashioned Square \$2.95
- Homemade Knishes
- Potato, Kasha or Spinach \$3.95
- French Fries \$3.75
- Sweet Potato Fries \$3.75
- Onion Rings \$3.95
- Noodle Kugel \$5.95
- Potato Pancake \$3.95
- Baked Beans. \$3.25
- Spinach Pie. \$6.95
- Homemade Chicken Pot Pie \$7.95

SMOOTHIES & JUICES

REFUEL & RECOVER 20oz \$6.25

Unique Blends for Recovery

- Strawberry Slam** Strawberries, Strawberries & more Strawberries w/Banana & 20g Vanilla Whey Protein
- Java Jolt** Choice of Milk, Rich Colombian Coffee, Dark & Milk Chocolate blended with 20g Vanilla Whey Protein
- Berry, Berry Good** Strawberries, Blueberries, Blackberries & Raspberries w/Banana & 20g Vanilla Whey Protein
- Chocolate Frosty** Choice of Milk & Chocolate w/40g Chocolate Whey Protein
- Mango Crusher** Mangoes, Strawberries, Pineapple & Banana with 20g Vanilla Whey Protein
- Hawaiian Harvest** Pineapple, Coconut & Banana w/20g Vanilla Whey Protein

TRIM & LOW CAL 20oz \$6.25

For the Calorie Conscious

- PB Cup Lite** Choice of Milk, Chocolate & 'PB Lite' w/20g Chocolate Whey Protein
- Berry Trim** Raspberries, Strawberries, Blueberries, Blackberries, Banana & 'Get Lean' w/15g Vanilla Whey Protein
- Mocha Melt** Colombian Coffee, Chocolate & 'Get Lean' w/20g Vanilla Whey Protein
- Skinny Minny** Choice of Milk, 'PB Lite,' & Banana with 20g Vanilla Whey Protein

SMOOTHIES 20oz \$5.25

Simply Crushed Fruit

- The Strawberry Classic** Strawberries, Strawberries & Strawberries w/Banana
- Berries A'more** Strawberries, Blueberries, Blackberries & Raspberries w/Banana
- Mango Tango** Mangoes, Strawberries & Pineapple w/Banana
- PiNa Colada** Pineapple & Coconut w/Banana
- Tropical Oasis** Strawberries, Pineapple & Coconut w/Banana
- Carrot Ginger** Carrots, Oranges, Beets, Lemon & Ginger w/Banana

ADD-INS

- Whey Protein Vanilla & Chocolate \$1.25

GET LEAN • GET ESSENTIALS
GET ENERGIZED 75¢

Prices are subject to change without notice. 08.16

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*****ECRWSS****
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IKE'S FAMOUS BAGELS

Plain, Sesame, Poppy, Onion, Garlic, Salt, Egg, Egg Everything, Bialys, Flagels, Multigrain, Multigrain Everything, Everything, Power, Pumpnickel Black Russian, Cinnamon Raisin, French Toast, Minis, Gluten Free

- Bagels each95¢
- Bakers Dozen \$11.00
- Mini Bagels each50¢
- Flagels. \$1.25
- Bialy's \$1.25
- Power Bagels \$1.25

SPREADS & SALADS

- Plain Cream Cheese. \$2.75
- Flavored Cream Cheese \$3.85
- Lox Spread \$4.15
- Butter or Jelly \$2.05
- Cream Cheese & Nova \$12.95
- Egg Salad \$6.25
- Assorted Chicken Salads \$7.15
- Tuna Salad \$7.15
- Whitesh Salad \$7.95

Flavors: Plain, Low Fat, Veggie, Low Fat Veggie Scallion, Low Fat Scallion, Lox Spread, Olive, Sun Dried Tomato, Cucumber Dill, Horseradish Scallion, Low Fat Honey Cranberry, Walnut Raisin, Nutella, Strawberry

BREAKFAST SPECIALS

- Kids Silver Dollar Pancakes \$5.95
- Kids French Toast \$3.95
- Challah French Toast. \$6.50
- Pancakes. \$5.95
- With Chocolate Chips or Blueberries. \$6.95
- Home Fries \$2.50

BREAKFAST SANDWICH/WRAPPS

- Two Eggs \$2.95
- w/Cheese \$3.45
- w/Taylor Ham, Sausage or Bacon. \$4.75
- Extra Meat \$1.95
- 2 Egg Whites \$1.00
- Protein Wrap \$6.75
- 3 Egg Whites w/Turkey or Chicken & Cheese
- Power Wrap \$6.75
- 3 Egg Whites, Sautéed Veggies & Swiss
- The HOB0. \$6.95
- 2 Eggs, Bacon, Cheese & Hash Brown on a Roll
- Hungry Man \$6.95
- 2 Eggs w/Roast Beef, Cheese & Hash Brown on a Roll
- Hurricane Force \$6.77
- 2 Eggs w/Taylor Ham, Cheese & Home Fries on a Roll

EGG/OMELET PLATTERS

Served with Hash Browns or Home Fries & Choice of Bread

- Two Eggs any Style \$5.75
- with Breakfast Meat \$6.99
- Omelets (3 Eggs)
- Substitute Egg Whites with Any Omelet ~ Add \$1.50
- Western Ham, Peppers, Onions & Cheese \$9.25
- Cheese \$6.75
- Spinach & Feta. \$7.95
- The Leo Lox, Eggs & Onions. \$10.25
- Veggie. \$8.49
- Power Omelet \$9.95
- Egg Whites w/ Grilled Chicken, Turkey, Mozzarella, Grilled Veggies, Tomatoes & Spinach

COFFEE / PASTRIES

- Coffee (Regular, Decaf, Assorted Flavors)
- Assorted Teas ~ Hot Chocolate
- Small \$1.50 Medium \$1.95 Large \$2.25
- Iced Coffee (One Size \$2.75
- Box O' Joe \$14.95
- Assorted Muffins \$2.50
- Assorted Crumb Cake \$2.50
- Assorted Cookies. \$2.50
- Croissants. \$2.50
- Yogurt Parfaits. \$3.95

SIGNATURE SANDWICHES

\$9⁷⁵

- Godfather Ham, Cappy Ham, Salami, Pepperoni, Provolone, LTO
- Smokey Delight Smoked Turkey, Smoked Gouda, BLT & Russian
- Honey Turkey Delight Muenster, LTO & Honey Mustard
- Eisenhower Cheese Steak Roast Beef, Grilled Onions & American Cheese
- Texas Melt Roast Beef, Bacon, Mozzarella & BBQ Sauce
- The Dual Pastrami, Corned Beef, Melted Swiss, Cole Slaw & Russian
- The Lancer Roast Beef, Turkey, Swiss, Cole Slaw & Russian
- Ike's Ruben Turkey, Swiss, Cole Slaw, LT & Russian

SIDE NOSHERS

- French Fries \$3.25
- Onion Rings \$3.95
- Mozzarella Sticks. \$6.25
- Hot Wings-6 pieces \$6.95

SALADS

- Tossed Garden Salad \$5.95
- Caesar Salad \$6.95
- Chef Salad \$9.95
- Ham, Turkey, Swiss & Roast Beef
- Add Grilled Chicken or Chicken Cutlet to any Salad \$2.00
- Add Scoop of Tuna, Chicken, or Egg Salad to any Salad \$2.50

SOUP OF THE DAY

- Small. \$5.95
- Large. \$7.95

REUBENS

- Corned Beef Reuben \$12.95
- Corned Beef piled high with Sauerkraut, Melted Swiss & Russian Dressing on Toasted Rye
- Pastrami Reuben \$12.95
- Pastrami piled with sauerkraut, Melted Swiss & Russian Dressing on Toasted Rye
- Healthy Reuben \$12.95
- Fresh Roasted Turkey piled high with sauerkraut, Melted Swiss & Russian Dressing on Toasted Rye
- Dual Reuben. \$15.95
- Corned Beef & Pastrami piled high with Sauerkraut, Melted Swiss & Russian Dressing on Toasted Rye
- Turkey Pastrami \$12.95
- Turkey Pastrami piled high with sauerkraut, Melted Swiss & Russian Dressing on Toasted Rye
- Sloppy Joe \$16.95
- Corned beef, Pastrami, Roast beef, Turkey, & Salami on thin Rye with Coleslaw & Russian Dressing
- Smokey Joe \$16.95
- Whitesh Salad, Egg Salad, & Nova Lox with Lettuce, Tomato, and Onions served on Thin Rye
- "Twins" \$16.95
- Corned Beef & Pastrami served on Two Dinner Rolls with Potato Salad
- The "Big Kahuna" \$16.95
- Sixteen ounces of your choice of Meat(s) Served on Rye Bread

FROM THE DELI

- Oven Gold Turkey \$7.50
- Honey Turkey \$7.75
- Smoked Turkey \$7.50
- Pepper Turkey \$7.50
- Roast Beef \$8.25
- Ham. \$7.50
- Cappy Ham. \$7.50
- Honey Ham. \$7.95
- Hebrew National Salami. \$8.45
- Corned Beef \$9.95
- Pastrami \$9.95
- Bologna \$8.45
- Buffalo Chicken \$8.45

Extras: Cheese Add 50¢, Tomato Add 50¢, Avocada Add 75¢, Roasted Peppers Add 75¢, on a Hero Add 50¢, on a Flagel Add 50¢