

THREE EGG OMELETE

Served with home fries & a bagel with butter.

LEO OMELET 9

Lox & onions.

ITALIAN OMELETE 8

Sausage, onions, green peppers & mozzarella cheese.

CHEESE OMELETE 7

WESTERN OMELETE 8

Ham, onions, green peppers & American cheese.

♥ EGG WHITE & VEGGIE OMELETE 8

Onions, green peppers & tomatoes (4 eggs).

HAM & CHEESE OMELETE 8



BREAKFAST ON A BAGEL

| | |
|-----------------------------|------|
| EGG SANDWICH | 2.50 |
| EGG & CHEESE | 3.35 |
| EGG & TAYLOR HAM | 4.15 |
| EGG, TAYLOR HAM & CHEESE | 4.75 |
| EGG & BACON | 4.50 |
| EGG, BACON & CHEESE | 4.95 |
| EGG & SAUSAGE | 4.15 |
| EGG, SAUSAGE & CHEESE | 4.65 |
| TAYLOR HAM | 3.20 |
| BACON | 3.50 |
| SAUSAGE | 3.20 |
| ♥ TURKEY SAUSAGE | 3.20 |
| ♥ EGG WHITES (2 | 3.10 |
| ♥ EGG WHITES (3) | 3.70 |
| ♥ EGG WHITES & CHEESE | 3.80 |
| ♥ EGG WHITES, CHEESE & TOM. | 4.10 |



♥ = HEART HEALTHY

LIGHT BAGEL BREAKFAST

| | |
|--|------|
| BAGEL (SINGLE) | 1.05 |
| BAGEL W/ BUTTER | 2.15 |
| BAGEL W/ BUTTER & JELLY | 2.95 |
| BAGEL W/ CREAM CHEESE | 3.25 |
| BAGEL W/ NUTELLA | 3.50 |
| BAGEL W/ PEANUT BUTTER | 2.95 |
| BAGEL W/ PB & JELLY | 3.40 |
| BAGEL W/ CREAM CHEESE & BUTTER | 3.60 |
| BAGEL W/ CREAM CHEESE & JELLY | 3.65 |
| BAGEL W/ GOURMET CREAM CHEESE | 3.95 |
| BAGEL W/ SLICED LOX | 7.95 |
| BAGEL W/ SLICED LOX & CREAM CHEESE | 9.50 |
| ♥ VEGGIE BAGEL | 4.80 |
| Lettuce, tomatoes, avocado, sprouts, onions & roasted red peppers. | |

DELI & SALAD SANDWICHES

Available on a bagel, bread, kaiser roll, grilled panini, or wheat wrap. Served with lettuce, tomato & pickle. Or add cheese!

-MAKE IT A COMBO-

| | |
|------------------------------------|------|
| HAM SANDWICH | 6.40 |
| TURKEY SANDWICH | 6.90 |
| VIRGINIA HAM SANDWICH | 6.85 |
| CORNED BEEF SANDWICH | 7.45 |
| PASTRAMI SANDWICH | 7.45 |
| SALAMI SANDWICH | 6.50 |
| WHITE ALBACORE TUNA SALAD SANDWICH | 6.75 |
| LOW FAT TUNA SALAD SANDWICH | 7 |
| CHICKEN SALAD SANDWICH | 6.75 |
| LOW FAT CHICKEN SALAD SANDWICH | 7 |
| WHITE FISH SALAD SANDWICH | 7.75 |
| EGG SALAD SANDWICH | 6.25 |

MAKE YOUR THB SKINNY
scooped out bagel
thin sliced bagel
wheat wrap



BAKERS DOZEN

=13 Bagels

10.50



MONDAY & TUESDAY BAGEL SPECIAL

Same price for a Bakers Dozen but get 16 !

10.50

GOURMET SANDWICHES

All Gourmet Sandwiches come with a slice of pickle.

-MAKE IT A COMBO-

MICHAEL J. FOX 7.95

Corned beef, pastrami, coleslaw, Russian dressing on rye bread.

MICK JAGGER 7.95

Corned beef, pastrami, turkey, coleslaw, Russian dressing on rye bread.

TOM SELLECK 7.75

Turkey breast, coleslaw, Russian dressing on rye bread.

SOPHIA LOREN 7.75

Sliced turkey breast, mozzarella cheese, roasted red peppers, mayo on a kaiser roll.

FIJI TUNA 7.75

Albacore tuna salad, Muenster cheese, roasted red peppers on Asiago bagel pressed.

ITALIAN COLD CUT SANDWICH 7.95

Virginia ham, Genoa salami, Deli Ham, Provolone cheese, onions, hot peppers, italian vinegar, lettuce, tomatoes & mayo on a sub roll.

THB CHEESE STEAK 8.00

Fried onions, Lettuce, tomatoes, green peppers, mayo & provolone.

THB Signatures

-MAKE IT A COMBO-

THB REUBEN 8

Choice of corned beef, pastrami or turkey open-faced with Swiss, coleslaw & Russian dressing.

THE SHOW-OFF 8.50

Grilled chicken salad, bacon, lettuce, tomato, melted mozzarella & mayo, served on a Kaiser roll.

PIZZA BAGEL 5

Mozzarella, homemade pizza sauce & Italian seasoning.

PIZZA BAGEL W/ PEPPERONI 5.55

WHITE PIZZA BAGEL 4.90

♥ POWER HOUSE 7

Tomato, Muenster cheese, sprouts, mayo & a slice of pickle served on a bagel.

♥ NUTRI BAGEL 6.50

Melted Muenster cheese, sprouts & tomatoes.

VEGGIE MELT 6.15

Veggie cream cheese & melted Muenster.

TUNA MELT 7.75

White albacore tuna salad served open-face with melted cheese on your choice of bread or bagel.

BLT 5

Bacon, lettuce, tomatoes & mayo.

SOUTHWEST WRAP 7.50

Wheat tortilla, cream cheese, shredded New York Cheddar cheese, smoked turkey, salsa and romaine.

♥ THE SKINNY HAM 6.50

A plain/poppy bagel scooped, skinnied & toasted, 2 oz lean deli sliced Virginia ham, 1 slice Swiss cheese, 3 egg whites, scrambled.

♥ VEGGIE SANDWICH WRAP 6

A whole wheat wrap, sprouts, roasted red peppers, black olives, green peppers, onions, lettuce, tomatoes.

♥ UNCLE GIGI 6.50

An everything bagel, scooped, skinnied & toasted, 2 tbsp chive cream cheese, 2 slices of Muenster cheese, sprouts, cucumbers, tomatoes.

PANINI -MAKE IT A COMBO-

MY WAY PANINI 7.50 CHICKEN SALAD PANINI 7.75

Smoked turkey, Italian ham, American cheese, lettuce & tomato.

Our famous chicken salad, red roasted peppers, melted Muenster cheese, lettuce & tomato.

CAPRESE PANINI 6.95 CHICKEN CAESAR PANINI 7.95

Fresh mozzarella, tomatoes, pesto spread & lettuce.

Grilled chicken, shaved Parmesan & Caesar dressing.

BAGEL CHOICES

Plain
Sesame
Poppi
Plain Twist*
Everything Twist*
Onion
Garlic
Everything
Wheat Everything
Salt
Wheat
Marble
Egg
Asiago*
Blueberry,
Cinnamon Raisin
Chocolate Chip
Now Serving Gluten Free*
(* Denotes Extra Charge)

BREAD CHOICES

Multigrain
Rye
Sub Roll
Kaiser Roll
Croissant
Wheat Wrap

GOURMET CREAM CHEESES



Plain
Lowfat Plain
Veggie, Lowfat Veggie
Lox, Scallion
Strawberry

MAKE IT A COMBO

Add a side and a medium soda.
2.50

SIDES

Coleslaw, Chips,
Potato Salad,
Macaroni Salad,
Apple, Cookie

If you have a particular food allergy, please let us know upon ordering. Consuming raw or uncooked foods may increase your risk of foodborne illness. Prices and menu items may vary and are subject to change without notice. Taxes not included.

ESPRESSO BAR

HOT

Americano
Espresso
Cappuccino
Café Latte
Café Mocha
Chai Latte
Hot Chocolate
Skinny Vanilla Latte

COLD

Iced Latte
Iced Mocha
Mocha Frappuccino

SMOOTHIES

Strawberry
Strawberry Banana
Mango

* Vanilla, Caramel or Seasonal Flavors- 0.65

* Extra Espresso Shot 0.75

* Skim milk available upon Request.

SKIP THE LINE WITH ONLINE ORDERING



DELIVERY
AVAILABLE
THROUGH
ORDERUP

SOUP N SALADS

ADD ON Grilled Chicken,
Tuna Salad or Chicken Salad

-MAKE IT A COMBO-

♥ CAESAR SALAD

Romaine tossed with Caesar dressing, Parmesan cheese & croutons. **5.25**

♥ GARDEN SALAD

Romaine lettuce, tomatoes, cucumbers, carrots, onions & olives. **4.75**

♥ ITALIAN CAESAR FAVORITE SALAD

Fresh romaine & mozzarella, roasted red peppers, Parmigiana cheese & grilled chicken with Caesar dressing. **8.25**



-ASK ABOUT OUR SOUP OF THE DAY-

DOWNLOAD OUR APP!

SIDES

| | |
|---|-------------|
| PLAIN CREAM CHEESE | 1.50 - 4.50 |
| LOW FAT PLAIN CREAM CHEESE | 1.50 - 4.50 |
| VEGGIE CREAM CHEESE | 1.60 - 5.50 |
| NO FAT VEGGIE CREAM CHEESE | 1.60 - 5.50 |
| LOX CREAM CHEESE | 1.60 - 5.50 |
| SCALLION CREAM CHEESE | 1.60 - 5.50 |
| STRAWBERRY CREAM CHEESE | 1.60 - 5.50 |
| FRENCH FRIES - not available in all locations | 2.70 |
| POTATO SALAD | 1.90 |
| MACARONI SALAD | 1.90 |
| COLESLAW | 1.90 |
| HOME FRIES | 2.60 |
| BAG OF CHIPS | 1.10 |
| COOKIE | 1.10 |
| APPLE | MKT PRICE |



CATERING

BAGEL TRAY

Includes: 20 sliced bagels of your choice with cream cheeses **26.95**

BREAKFAST SANDWICH PLATTER

M in 10ppl **4.75/PP**
Add egg whites **+1.00/PP**

SCRAMBLED BREAKFAST PLATTER

Serves 15 - 20ppl
Bagels/Bread, scrambled eggs, home fries and your choice of bacon or sausage. **69.00**

SANDWICH OR WRAP PLATTER

Min 5 ppl
Build your own assortment of sliced deli meats & side salads, lettuce, tomato, pickles, mustard & mayo.

SANDWICH PLATTER **8.95/PP**

WRAP PLATTER **9.95/PP**

ADD TOSSED OR CAESAR SALAD **2.00/PP**

NOVA PLATTER

Min 5 ppl
Sliced smoked Nova Scotia Salmon, whitefish salad, lettuce, tomatoes, onion, capers, fresh bagels and 2 gourmet spreads. **10.95/PP**

DELI & CHEESE PLATTER

Serves 20-25 ppl
Bagels/bread and your choice of daily sliced fresh deli meats and cheeses. **64.95**

SALAD PLATTER

Serves 15 ppl as meal
20 ppl as a side

GARDEN SALAD **39.00**

CAESAR SALAD **39.00**

ITALIAN FAVORITE **55.00**

ADD CHICKEN **+15.00**

FRESH FRUIT PLATTER

Serves 8 - 12 ppl
A variety of freshly cut seasonal fruit. **29.95**

FRESH BREWED COFFEE

Serves 8 - 12 ppl
96oz Box of Coffee
Cups, Creamer and Sugar. **18.95**

DESSERT TRAY

Serves 15- 20ppl
25.00



WE DELIVER CATERING TRAYS



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OUR BAGELS ARE MADE
FRESH DAILY, NY STYLE!

BREAKFAST
LUNCH
CATERING



CANTON

3301 Boston Street
(Next to First Mariner Bank)

410-732-9090

Mon - Fri 6am - 4pm
Sat - Sun 7am-4pm

CHARLES VILLAGE

3208 St Paul Street
(9 East 33rd)

410-624-7152

Mon - Fri 6am - 5pm
Sat - Sun 7am-4pm

TOWSON

16 Allegheny Avenue
(Off the Towson Circle)

410-337-0006

Mon - Fri 6am - 4pm
Sat - Sun 7am-4pm



TIMONIUM

1810 York Road
(Yorkridge Shopping Cneter)

443-841-7063

Mon - Fri 6am - 5pm
Sat - Sun 7am-4pm



Please note which location you are calling for phone orders!

f i b e s

www.eatTHB.com

