

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

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.	

BAGEL CHOICES

Plain
Sesame
Poppi
Plain Twist*
Everything Twist*
Onion
Garlic
Everything
Wheat Everything
Salt
Wheat
Marble
Egg
Asiago*
Blueberry
Cinnamon Raisin
Chocolate Chip

GOURMET CREAM CHEESES



Plain
Lowfat Plain
Veggie
Lowfat Veggie Lox
Scallion
Strawberry

Now Serving Gluten Free*

(* Denotes Extra Charge)



♥ = HEART
HEALTHY

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

♥ EGG WHITE & VEGGIE OMELETE 8

Onions, green peppers
& tomatoes (4 eggs).

HAM & CHEESE OMELETE 8

WESTERN OMELETE 8

Ham, onions, green peppers
& American cheese.

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
CORNERD 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



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.	

PANINI

-MAKE IT A COMBO-

MY WAY PANINI	7.50
Smoked turkey, Italian ham, American cheese, lettuce & tomato.	
CAPRESE PANINI	6.95
Fresh mozzarella, tomatoes, pesto spread & lettuce.	
CHICKEN SALAD PANINI	7.75
Our famous chicken salad, red roasted peppers, melted Muenster cheese, lettuce & tomato.	
CHICKEN CAESAR PANINI	7.95
Grilled chicken, shaved Parmesan & Caesar dressing.	

SOUP N SALADS ADD ON

Grilled Chicken, Tuna Salad or Chicken Salad

♥ CAESAR SALAD	5.25
Romaine tossed with Caesar dressing, Parmesan cheese & croutons.	
♥ GARDEN SALAD	4.75
Romaine lettuce, tomatoes, cucumbers, carrots, onions & avocado.	
♥ ITALIAN CAESAR FAVORITE SALAD	8.25
Fresh romaine & mozzarella, roasted red peppers, Parmigiana cheese & grilled chicken with Caesar dressing.	



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



THB Signatures

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.

-MAKE IT A COMBO-

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, 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.