

THB Bagels & Deli

By Towson Hot Bagels

410.732.9090 ☎ 410.732.7988 📍 · 3301 Boston St, Suite 106 Canton, MD 21224
 410.337.0006 ☎ 410.337-7633 📍 · 16 Allegheny Ave Towson, MD 21204
 443.841.7063 ☎ 443.841.7389 📍 · 1810 York Rd, Suite A/B Timonium, MD 21093

THREE-EGG OMELETS

Served with home fries & bagel with butter
 Add Mushrooms or Spinach .65 • Add Chopped Lox 2.20

- Leo Omelet**
Lox & onions 8.95
- Italian Omelet**
Sausage, onions, green peppers, mozzarella 7.95
- Western Omelet**
Ham, onions, green peppers, American 7.95
- Cheese Omelet** 6.95
- Ham & Cheese Omelet** 7.95
- Egg Whites & Veggies Omelet** Onions, green peppers & tomatoes (4 eggs) 7.95

BREAKFAST ON BAGEL (Served all day)

Add sliced Lox 4.00 • Add Turkey Sausage 2.30

- Egg Sandwich** 2.40
With Cheese 3.25
- Egg & Taylor Ham** 3.95
With Cheese 4.60
- Egg & Bacon** 4.30
With Cheese 4.70
- Egg & Sausage** 3.95
With Cheese 4.50
- Taylor Ham** 3.00
- Sausage** 3.00
- Bacon** 3.30
- Egg Whites** (2 eggs) 3.10 (3 eggs) 3.70
- Egg Whites & Cheese** 3.70
With Tomatoes 3.95

SALADS

Add Grilled Chicken 2.95 Add Tuna or Chicken Salad 3.00

- Caesar Salad**
Romaine, Caesar dressing, Romano & croutons 5.15
- Garden Salad**
Romaine lettuce, tomatoes, cucumbers, carrots, onions & olives 4.65
- Italian Caesar Favorite**
Romaine, mozzarella, roasted red peppers, Parmigiana & grilled chicken with Caesar dressing 7.95

SOUP OF THE DAY

FRESH HOT SOUP MADE DAILY. PLEASE ASK FOR CHOICES.

DELI & SALAD SANDWICHES

Available on a Bagel, Bread or Wrap (add 1.00 for wrap)
 Served with lettuce, tomato & pickle • Add Cheese .65

- Ham** 6.25
- Turkey** 6.75
- Roast Beef** 7.25
- Virginia Ham** 6.75
- Corned Beef** 7.25
- Pastrami** 7.25
- Salami** 6.25
- White Albacore Tuna Salad** 6.50
- Low Fat Tuna Salad** 6.95
- Chicken Salad** 6.50
- Low Fat Chicken Salad** 6.95
- White Fish Salad** 7.50
- Egg Salad** 5.95

MAKE IT A COMBO

Add chips & a medium soda 2.50

THB BAGELS ARE MADE FRESH EVERY DAY, ALL DAY - NY STYLE!

LIGHT BAGEL BREAKFAST (Served all day)

Substitute with Croissant .70 • Substitute Bagel Twist .55
 Add Turkey Sausage 2.30

- Bagel** (single) 1.05
- Bagel with...**
- Butter** 1.95
- Butter & Jelly** 2.85
- Cream Cheese** 2.90
- Nutella** 3.40
- Peanut Butter** 2.75
- Peanut Butter & Jelly** 3.20
- Cream Cheese & Butter** 3.40
- Cream Cheese & Jelly** 3.50
- Low Fat Cream Cheese** 3.00
- Gourmet Cream Cheese** 3.75

Bagel with Sliced Lox 7.50

Bagel with Sliced Lox & Cream Cheese

Lettuce, tomatoes, onions & capers upon request 8.95

Veggie Bagel

Lettuce, tomatoes, avocado, sprouts, onions & roasted red peppers 4.80

Philadelphia Cream Cheese (1 lb) 9.00

Gourmet Cream Cheese (1 lb) 11.00

CHOICE OF BAGELS:

Plain, Sesame, Everything, Wheat, Everything Wheat, Egg, Blueberry, Cinnamon Raisin, Salt, Chocolate, Asiago*, Plain Twist*, Rye, Poppi, Everything Twist*, Onion, Garlic, Sundried Tomato, Pumpnickel,
Now Serving Gluten Free* (*Extra Charge)

CHOICE OF BREAD:

Multigrain Bread, White, Rye, Sub Roll, Kaiser Roll

GOURMET CREAM CHEESES:

Veggie, Low Fat Veggie, Lox, Strawberry, Scallion, Olive, Raisin Walnut, Sundried Tomato

OUR CREAM CHEESE IS MADE FRESH DAILY

Dozen Bagels (13 bagels) 10.50

We also offer Philadelphia & Gourmet cream cheeses in 1/4 lb, 1/2 lb & 1 lb sizes

PANINI

My Way Panini

Smoked turkey, Italian ham, American cheese, lettuce, tomatoes 6.95

Chicken Caesar Panini

Grilled chicken, shaved Parmesan & Caesar dressing 6.50

Caprese Panini

Fresh mozzarella, tomatoes, pesto spread & lettuce 6.75

Famous Chicken Salad Panini

Our chicken salad, roasted red peppers, artichoke hearts, melted Muenster cheese, lettuce & tomatoes 7.50

MAKE IT A COMBO Add chips & a medium soda 2.50

WATCHING YOUR SERVINGS

THB has designed some fun & healthy options. These are not registered point values with any mainstream diets out there, just our attempt to offer some estimated meal options, Enjoy!

The Skinny Ham

1 plain/poppy bagel scooped, skinnied & toasted, 2 oz. lean deli-sliced Virginia ham, 1 slice Swiss, 3 egg whites, scrambled 6.00

Veggie Sandwich Wrap

1 whole wheat wrap, sprouts, roasted red peppers, black olives, green peppers, onions, lettuce, tomatoes 5.95

Uncle Gigi

1 everything bagel, scooped, skinnied & toasted, 2 tbsp. chive cream cheese, 2 slice Muenster cheese, sprouts, cucumbers, tomatoes 6.10

Mr. Willie

1 plain bagel, scooped, skinnied & toasted, 2 tbsp. light cream cheese, 3 slices nova lox, red onions, capers 7.80

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GOURMET SANDWICHES

All Gourmet Sandwiches come with your choice of macaroni salad, potato salad, chips, small fries, fruit or coleslaw & a slice of pickle. Feel free to substitute bagel with another kind of bread

Michael J. Fox

Corned beef, pastrami, coleslaw, Russian dressing on rye bread 7.50

Tom Selleck

Turkey breast, coleslaw, Russian dressing on rye bread 7.50

THB Cheese Steak

Lettuce, tomatoes, mayo & provolone 7.95

Sophia Loren

Sliced turkey breast, mozzarella, roasted red peppers & mayo on a Kaiser roll 7.50

Fiji Tuna

Albacore tuna salad, Muenster cheese, artichoke hearts, roasted red peppers on asiago bagel pressed 7.50

Mick Jagger

Corned beef, pastrami, turkey, coleslaw, Russian dressing on rye bread 7.50

Italian Cold Cut

Ham, capicola, genoa salami, provolone, onions, hot peppers, Italian vinegar, lettuce, tomatoes & mayo on a sub roll 7.50

CATERING MENU

From 10 -1,000 people. Ask a manager today about Catering! Wholesale available.

BAGELS TRAY

Includes: Cream cheese spreads for 20 bagels 26.95

BREAKFAST SANDWICH PLATTER MIN 10 PPL

Includes: Bagels or Bread 4.50/pp
Add Egg Whites 1.00/pp

SANDWICH OR WRAP PLATTER MIN 5 PPL

Includes: Ham & Cheddar, Turkey & Cheese, Pastrami & Cheese, Tuna Salad, Chicken Salad & Powerhouse Sandwiches on our home baked bagels & breads with lettuce, tomatoes & onions. Served with coleslaw, potato salad or chips with pickles, deli 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

Includes: Sliced smoked Nova Scotia Salmon, whitefish salad, lettuce, tomatoes, onions, a caper tray, freshly baked bagels & 2 gourmet spreads 10.95/pp

DELI & CHEESE PLATTER FEEDS 20-25 PPL

Includes: Bagels or Bread & your choice of our fresh deli meats & cheeses 64.95

GARDEN SALAD PLATTER

SERVES 15 PPL AS MEAL
20 PPL AS A SIDE

Served in a display bowl with paper goods

House Salad 39.00

Caesar Salad 39.00

Italian Favorite 55.00

Add Chicken to Any Salad 10.00

FRESH FRUIT PLATTER

FEEDS 8-12 PPL

Fruit Salad with a variety of Seasonal Fresh Fruit 29.95

FRESH BREWED COFFEE TO GO

SERVES 8-12 PPL

96oz Box of Coffee (Reg, Decaf or Half Calf) Includes: Cups, Cream & Sugar 18.95

DESSERT TRAY

FEEDS 15-20 PPL 25.00

SCRAMBLED EGG & HOME FRIES PLATTER FEEDS 15-20 PPL

Includes: Bagels or Bread & your choice of bacon or sausage 69.00

THB SIGNATURES

Please feel free to substitute bagel with another kind of bread
Add House or small Caesar Salad 2.50

THB Reuben

Choice of corned beef, pastrami or turkey open-faced with Swiss, coleslaw & Russian dressing 7.95

The Show-Off

Grilled chicken salad, bacon, lettuce, tomato, melted mozzarella & mayo, served on a Kaiser roll 7.95

Pizza Bagel

Mozzarella, homemade pizza sauce & Italian seasoning 4.95

White Pizza Bagel 4.85

Pizza Bagel with Pepperoni 5.25

Grilled Cheese

(4 cheeses) 3.95

BLT Bacon, lettuce,

tomatoes & mayo 4.95

Nutri Bagel

Melted Muenster cheese, sprouts & tomato 6.30

Power House

Tomato, Muenster cheese, sprouts, mayo & a slice of pickle served on a bagel 6.95

Veggie Melt

Veggie cream cheese & melted Muenster 6.00

Tuna Melt

White albacore tuna salad served open-face with melted cheese on your choice of bread or bagel 7.50

Southwest Wrap

Red tortilla, cream cheese, shredded New York Cheddar cheese, smoked turkey, salsa & romaine lettuce 7.30

MAKE YOUR THB SKINNY

ORDER A SCOOPED OUT BAGEL, SLICED THIN BAGEL OR A WHEAT WRAP

MAKE IT A COMBO Add chips & a medium soda 2.50

SIDES

Potato Salad, Macaroni Salad or Coleslaw 1.80

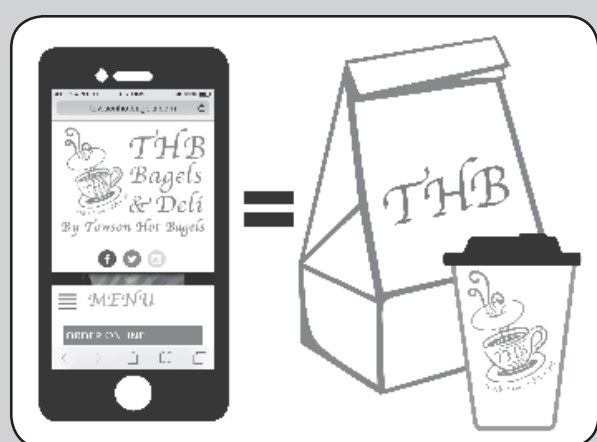
French Fries 2.60

Home Fries 2.50

Chips 2.50

BEVERAGES

A great variety of freshly brewed coffee, hot tea, hot chocolate, lattes, mochas & more!



towsonhotbagels.com

ONLINE ORDERING
NOW AVAILABLE

HOURS OF OPERATION:

Mon - Fri 6am - 5pm • Sat & Sun 7am - 5pm