

# 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

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|--|---|
| <b>Leo Omelet</b><br>Lox & onions 8.95                                   | <b>Cheese Omelet</b> 6.95   |
| <b>Italian Omelet</b><br>Sausage, onions, green peppers, mozzarella 7.95 | <b>Ham &amp; Cheese Omelet</b> 7.95   |
| <b>Western Omelet</b><br>Ham, onions, green peppers, American 7.95       | <b>Egg Whites &amp; Veggies Omelet</b> Onions, green peppers & tomatoes (4 eggs) 7.95 |

## BREAKFAST ON BAGEL (Served all day)

Add sliced Lox 4.00 • Add Turkey Sausage 2.30

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|--|---|
| <b>Egg Sandwich</b> 2.40<br>With Cheese 3.25         | <b>Taylor Ham</b> 3.00                                    |
| <b>Egg &amp; Taylor Ham</b> 3.95<br>With Cheese 4.60 | <b>Sausage</b> 3.00                                       |
| <b>Egg &amp; Bacon</b> 4.30<br>With Cheese 4.70      | <b>Bacon</b> 3.30   |
| <b>Egg &amp; Sausage</b> 3.95<br>With Cheese 4.50    | <b>Egg Whites</b><br>(2 eggs) 3.10 (3 eggs) 3.70          |
|  | <b>Egg Whites &amp; Cheese</b> 3.70<br>With Tomatoes 3.95 |

## SALADS

Add Grilled Chicken 2.95 Add Tuna or Chicken Salad 3.00

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

## 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

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

### 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, Pumpernickel,  
**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, skinned & 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, skinned & toasted, 2 tbsp. chive cream cheese, 2 slice Muenster cheese, sprouts, cucumbers, tomatoes 6.10

### Mr. Willie

1 plain bagel, scooped, skinned & 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](http://towsonhotbagels.com)

**ONLINE ORDERING**  
NOW AVAILABLE

## HOURS OF OPERATION:

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