



SEIZE THE BAGEL

Cascade Park
13215 SE Mill Plain C3
360-254-1012

+

Hazel Dell
9904 NE Hwy 99
360-836-8915

+

Orchards
9609 NE 117th Ave.
360-828-7712

+

The Heights
8086 E. Mill Plain
360-718-7725

FOR ONLINE ORDERING:
orderseizethebagel.com

Hours:
6am-4pm

Thanks For Supporting our Small Biz!



fresh baked bagels

Asiago	Plain (v)
Bacon Chive Cheddar	Sesame (v)
Cheddar Cheddar	Sourdough (v)
Everything (v)	Whole Wheat (v)
Garlic (v)	Wild Cheddar
Hot'n Spicy	Blueberry (v)
Jalapeño (v)	Chocolate Chip
Jalapeño Cheddar	Cinnamon Delight (v)
Onion (v)	Cinnamon Raisin (v)
Pesto Parmesan	Snickerdoodle (v)
+ seasonal flavor!	

Single Bagel (v)	1.25
Baker's Dozen (13)	12.50
Bagel with Cream Cheese (v)	3.50
Bagel with Lox Cream Cheese	5.00
Bagel with Salmon Mousse	4.50
Bagel with Hummus (v)	3.50
Bagel with Peanut Butter (v)	3.50
Bagel with PB + J (v)	4.00
Bagel with Butter or Jam (v)	2.00

savory cream cheese flavors

Bacon Chive (v)	Jalapeño
Basil Pesto	Olive (v)
Chipotle	Plain (v)
Chive	Tomato Herb (v)
Garlic	Veggie (v)

sweet cream cheese flavors

Apple Cinnamon	Raspberry
Blueberry	Strawberry (v)
Chocolate	Vanilla
Honey Walnut	

+ seasonal flavor!

breakfast sandwiches

The Degen	7.25
Egg Omelet, Ham, Bacon, Pepper Jack, Tomato Herb Cream Cheese on Hot'n Spicy Bagel	
Eggel Supreme	7.25
Egg Omelet, Ham, Bacon, Cheddar, Tomato	
Bacon, Egg & Cheese	6.50
Egg Omelet, Bacon, Cheddar	
Sausage, Egg & Cheese (v)	6.50
Egg Omelet, Sausage, Cheddar	
Canadian Eggel (v)	6.50
Egg Omelet, Ham, Cheddar	
Italian Eggel (v)	6.25
Egg Omelet, Artichoke, Tomato, Tomato Herb Cream Cheese	
Greek Eggel (v)	6.25
Egg Omelet, Spinach, Tomato, Onion, Olive Cream Cheese	
American Eggel (v)	5.00
Egg Omelet, Cheddar	

WORK PLACE SPECIAL
One dozen bagels + two 8 oz. tubs of cream cheese 19.00

spread to go

Plain or Flavored Cream Cheese		
1.25 (Single)	2.50 (4 oz.)	4.50 (8 oz.)
Salmon Mousse		
1.75 (Single)	3.50 (4 oz.)	6.50 (8 oz.)
Lox Cream Cheese		
2.00 (Single)	4.00 (4 oz.)	7.50 (8 oz.)

(v) = Vegan option possible, just ask!

bagel sandwiches

Cubano	9.75
Garlic-Citrus Pulled Pork, Ham, Swiss, Pickle, Mustard on a Buttered Garlic Bagel	
Reuben	9.75
Pastrami, Swiss, Sauerkraut, Reuben Sauce	
Pulled Pork	9.75
Citrus-Adobo Marinated Pulled Pork, Pepper Jack with BBQ Sauce + Coleslaw	
French Dip	9.75
Roast Beef, Swiss, Caramelized Onion with Beef Au Jus	
Lox	9.75
Lox, Cream Cheese, Tomato, Red Onion, Capers	
Traditional BLT	8.75
Bacon, Lettuce, Tomato, Mayo	
Turkey Club	8.75
Turkey, Bacon, Lettuce, Tomato, Mayo	
Chicken Cordon Bleu	8.75
Chicken, Ham, Swiss, Lettuce, Tomato, Mayo, Dijon	
South of the Border	8.75
Chicken, Swiss, Jalapeño Cream Cheese, Lettuce, Tomato	
Veggie (v)	8.75
Veggie Cream Cheese, Avocado, Bell Pepper, Cucumber, Lettuce, Tomato, Red Onion	

Lox (cold-smoked salmon) is not cooked. Consuming raw or undercooked seafood may increase the risk of foodborne illness.

build your own

Bagel of choice, warm or cold **8.75**

Meat	Cheese	Toppings
Roast Beef	Cheddar (v)	Lettuce
Ham (v)	Pepper Jack	Tomato
Turkey	Provolone	Onion
Chicken	Swiss	Pickle
Egg Salad	American	Pepperoncini
Chicken Salad		Avocado add 1.00
		Mama Lils add 1.50
		Mayo
		Mustard/Dijon

bagel dogs

Steak Dog	5.50
Polish Dog	5.50

bialys

Bacon Cheddar	5.50
Pepperoni	5.50

Make it a **Super Sandwich**
(any sandwich on a bialy) add 4.00

lighter options

Sleek Greek (v)	5.75
Pesto Parmesan Bagel, Olive Cream Cheese, Spinach, Tomato, Red Onion	
BLT Life (v)	5.75
Everything Bagel, Bacon Chive Cream Cheese, Lettuce, Tomato, Cucumber	
Coast to Coast (v)	5.75
Onion Bagel, Plain Cream Cheese, Tomato, Avocado, Red Onion	

salads + fruit

Seasonal Salad(s)	9.50
Fresh Fruit	2.75/6.00
Fresh Fruit + Yogurt Parfait	4.00

other sides

White Cheddar Mac + Cheese	4.25
Beef Chili	4.25
Seasonal Soup	4.25
Chips	2.00

(v) = Vegan option possible, just ask!

café drinks HOT OR ICED

	Small	Medium	Large
Mocha	4.00	4.75	5.25
Cafe Latte	3.50	4.25	4.75
Cappuccino	3.50	4.25	4.75
Chai Latte	4.00	4.75	5.25
London Fog	3.75	4.50	5.00
Steamer/Hot Choc	2.75	3.50	4.00
Cafe Americano-any size			2.50
Coffee/Tea-any size			2.50
Cold Brew		4.00	5.50
Extras (Syrup/Milk Sub)			.75

frozen

	Medium	Large
Fruit Smoothie (v)	4.50	5.50
NW Berry ▪ Peach Pear ▪ Strawberry		
Blended Coffee	4.50	5.50
Vanilla Latte ▪ Mocha ▪ Seasonal (extra)		

energy quenchers 5.25

fresh juice 3.00/4.25

flav'd lemonade 3.75/5.00

soda prices vary

sweets

Cinnamon Bun	4.00
Cupcake (v)	4.00
Bop-Tart	3.50
Scone	3.50
Danish	3.50
Muffin	2.75
Epic Cookie (v) (GF)	2.75