

breakfast sandwiches

American Egel (v)	4.75
Egg Omelet, Cheddar	
Italian Egel (v)	5.75
Egg Omelet, Artichoke, Tomato, Tomato Herb Cream Cheese	
Greek Egel (v)	5.75
Egg Omelet, Spinach, Tomato, Onion, Black Olive Cream Cheese	
Canadian Egel	6.00
Egg Omelet, Ham, Cheddar	
Bacon, Egg & Cheese	6.00
Egg Omelet, Bacon, Cheddar	
Sausage, Egg & Cheese	6.50
Egg Omelet, Chicken Sausage, Cheddar	
Egel Supreme	6.50
Egg Omelet, Ham, Bacon, Cheddar, Tomato	
The Degen	6.50
Egg Omelet, Ham, Bacon, Pepper Jack, Tomato Herb Cream Cheese on Hot'n Spicy Bagel	

breakfast calzones

Bacon + Egg, Cheddar	5.25
Sausage + Egg, Cheddar, Jalapeño	5.25
Denver Egg, Ham, Ched, Bell Pep, Onion	5.25
Ham + Cheddar/No Egg	5.25

lighter options

Sleek Greek (v)	5.00
Pesto Parmesan Bagel, Black Olive Cream Cheese, Tomato, Spinach, Red Onion	
BLT Lite (v)	5.00
Everything Bagel, Bacon Chive Cream Cheese, Lettuce, Tomato, Cucumber	
Coast to Coast (v)	5.00
Onion Bagel, Vegan Cream Cheese, Tomato, Avocado, Red Onion	

(v) = Vegan Option!

café drinks HOT OR ICED

	Small	Medium	Large
Mocha	3.50	4.25	4.75
Cafe Latte	3.00	3.75	4.25
Cappuccino	3.00	3.75	4.25
Chai Latte	3.50	4.25	4.75
Steamer	2.25	3.00	3.50
Hot Chocolate	2.25	3.00	3.50
Cafe Americano -any size			2.50
Coffee -any size			2.00
Hot Tea -any size			2.00
Cold Brew		3.50	5.00

extras

Flavored Syrup	.75
Add Espresso Shot	.75
Milk Alternative	.75

frozen

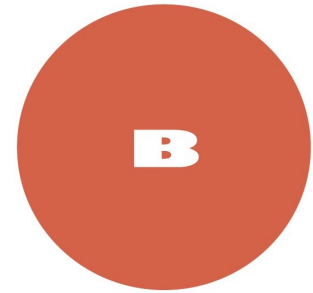
	Medium	Large
Fruit Smoothies	4.00	5.00
NW Berry ▪ Peach Pear ▪ Strawberry		
Blended Coffee	4.00	5.00
Vanilla Latte ▪ Mocha		

soda + juice

	Small	Medium	Large
Fountain Drinks	2.00	2.50	3.00
Fresh Sqz Juice		2.75	4.00

WORK PLACE SPECIAL

**One dozen bagels and
two 8 oz. tubs of cream cheese
\$15.75**



SEIZE THE BAGEL

www.seizethebagel.com

MENU

Mill Plain
13215 SE Mill Plain C3
360.254.1012
+

Orchards
9609 NE 117th Ave.
360.828.7712



Thanks For Choosing
Circular Goodness

fresh baked bagels

Asiago	Plain
Bacon Chive Cheddar	Poppyseed
Cheddar Cheddar	Sesame
Dark Rye	Sourdough
El Fuego	Whole Wheat
Everything	Wild Cheddar
Garlic	Blueberry
Hot'n Spicy	Chocolate Chip
Jalapeño	Cinnamon Delight
Jalapeño Cheddar	Cinnamon Raisin
Onion	Snickerdoodle
Parmesan	Strawberry
Pesto Parmesan	+Seasonal!

Single Bagel (v)	1.00
Baker's Dozen (13)	11.00
Bagel with Lox Cream Cheese	4.50
Bagel with Salmon Mousse	4.00
Bagel with Peanut Butter (v)	3.25
Bagel with PB + J (v)	3.75
Bagel with Butter or Preserves (v)	1.75
Bagel with Hummus (v)	3.25
Bagel with Cream Cheese (v)	3.25

savory cream cheese flavors

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

sweet cream cheese flavors

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

All our spreads available To Go! Just ask!

(v) = Vegan Option!

specialty sandwiches

Traditional BLT	7.75
Bacon, Lettuce, Tomato, Mayo	
Turkey Club	7.75
Turkey, Bacon, Lettuce, Tomato, Mayo	
Chicken Cordon Bleu	7.75
Chicken, Ham, Swiss, Lettuce, Tomato, Mayo, Dijon	
South of the Border	7.75
Chicken, Swiss, Jalapeño Cream Cheese, Lettuce, Tomato	
Veggie (v)	7.75
Veggie Cream Cheese, Bell Pepper, Cucumber, Lettuce, Tomato, Onion	
Cubano	8.75
Garlic-Citrus Pulled Pork, Ham, Swiss, Pickle, Mustard on a Buttered Garlic Bagel	
Reuben	8.75
Pastrami, Swiss, Sauerkraut, Reuben Sauce	
Pulled Pork	8.75
Citrus-Adobo Marinated Pulled Pork, Pepper Jack with BBQ Sauce and Coleslaw	
French Dip	8.75
Hot Roast Beef, Swiss, Caramelized Onions with Beef Au Jus	
Lox	8.75
Lox, Cream Cheese, Capers, Tomato, Onion	

Make it a **Super Sandwich**
(any sandwich on a bialy) add 3.00

build your own

Bagel of choice, warm or cold			7.75
Meat	Cheese	Etc.	
Roast Beef	Cheddar (v)	Lettuce	
Ham	Pepper Jack	Tomato	
Turkey	Havarti	Onion	
Chicken	Swiss	Pickle	
Pastrami	American	Pepperoncini	
Egg Salad		Avocado add 1.00	
Chicken Salad		Mayo	
Tuna Salad		Mustard	
		Dijon	

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

bagel dogs

Steak Dog	5.00
Polish Dog	5.00
Cajun Dog	5.00

bialys

Bacon Cheddar	5.00
Hawaiian	5.00
Pepperoni	5.00
Vegan Buffalo Chick'n (v)	5.00

salads + fruit

Chef or Chicken Caesar	5.00
Side Garden or Side Caesar	3.00
Fresh Fruit Cup	3.50
Yogurt Parfait	3.50

other sides

Mac + Cheese	3.25
Chili	3.25
Chips	2.00

sweets

Epic Cookies (v)	2.50
Seasonal Bop-Tart	3.00
Cinnamon Bun	3.50
Chocolate Mostess Cupcake	3.00
Lemon Tartlet	3.00
Seasonal Mini Pie	3.50
Seasonal Danish	3.00
Sliced Fruit Bread	2.00
Muffin	2.00