

## breakfast sandwiches

<b>American Eggel</b>	<b>4.50</b>
Egg Omelet, Cheddar	
<b>Canadian Eggel</b>	<b>5.50</b>
Egg Omelet, Ham, Cheddar	
<b>Italian Eggel</b>	<b>5.50</b>
Egg Omelet, Artichoke, Tomato, Tomato Herb Cream Cheese	
<b>Greek Eggel</b>	<b>5.50</b>
Egg Omelet, Spinach, Tomato, Onion, Olive Cream Cheese	
<b>Bacon, Egg &amp; Cheese</b>	<b>5.50</b>
Egg Omelet, Bacon, Cheddar	
<b>Sausage, Egg &amp; Cheese</b>	<b>6.25</b>
Egg Omelet, Turkey Sausage, Cheddar	
<b>Eggel Supreme</b>	<b>6.25</b>
Egg Omelet, Ham, Bacon, Tomato, Cheddar	
<b>The Degen</b>	<b>6.25</b>
Egg Omelet, Ham, Bacon, Pepper Jack, Tomato Herb Cream Cheese on Hot'n Spicy Bagel	

## breakfast calzones

<b>Bacon</b>	<b>4.75</b>
Bacon, Egg, Cheddar	
<b>Sausage</b>	<b>4.75</b>
Sausage, Egg, Cheddar, Jalapeño	
<b>Chicken</b>	<b>4.75</b>
Chicken, Egg, Mozzarella, Mushroom, Spinach	
<b>Denver</b>	<b>4.75</b>
Ham, Egg, Cheddar, Bell Pepper, Onion	

## lighter options

<b>Sleek Greek</b>	<b>5.00</b>
Pesto Parmesan Bagel, Black Olive Cream Cheese, Tomato, Red Onion	
<b>BLT Lite</b>	<b>5.00</b>
Everything Bagel, Bacon Chive Cream Cheese, Lettuce, Tomato, Cucumber	
<b>Coast to Coast</b>	<b>5.00</b>
Onion Bagel, Vegan Plain Cream Cheese, Tomato, Avocado, Red Onion	

## café drinks HOT OR ICED

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

## extras

<b>Flavored Syrups</b>	<b>.75</b>
<b>Add Espresso Shot</b>	<b>.75</b>
<b>Non-Dairy</b> (Soy, Almond, Coconut)	<b>.75</b>

## frozen

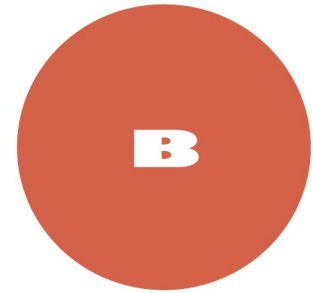
	Medium	Large
<b>Fruit Smoothies</b>	<b>4.00</b>	<b>5.00</b>
NW Berry ▪ Peach Pear ▪ Strawberry		
<b>Blended Coffee</b>	<b>4.00</b>	<b>5.00</b>
Vanilla Latte ▪ Mocha		

## soda + juice

	Small	Medium	Large
<b>Fountain Drinks</b>	<b>2.00</b>	<b>2.50</b>	<b>3.00</b>
<b>Fresh Sqz Juice</b>	<b>2.00</b>	<b>2.75</b>	<b>4.00</b>

### WORK PLACE SPECIAL

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



SEIZE THE BAGEL

[www.seizethebagel.com](http://www.seizethebagel.com)

## MENU FOR:

Mill Plain  
13215 SE Mill Plain C3  
**360.254.1012**

Orchards  
9609 NE 117th Ave.  
**360.882.7712**



Thanks For Choosing  
Circular Goodness

## fresh baked bagels

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

Single Bagel	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	3.25
Bagel with PB + J	3.75
Bagel with Butter or Preserves	1.75
Bagel with Hummus	3.25
Roasted Garlic or Sun-Dried Tomato	
Bagel with Cream Cheese	3.25

## savory cream cheese flavors

Bacon Chive*	Garlic
Basil Pesto	Jalapeño
Black Olive	Plain*
Chipotle	Tomato Herb*
Chive	Veggie*

## sweet cream cheese flavors

Apple Cinnamon	Raspberry
Blueberry	Strawberry*
Chocolate	Vanilla
Honey Walnut	

\*AVAILABLE IN VEGAN

## specialty sandwiches

<b>Traditional BLT</b>	7.25
Bacon, Lettuce, Tomato, Mayo	
<b>Turkey Club</b>	7.25
Turkey, Bacon, Lettuce, Tomato, Mayo	
<b>Chicken Cordon Bleu</b>	7.25
Chicken Breast, Ham, Swiss, Lettuce, Tomato	
<b>South of the Border</b>	7.25
Chicken Breast, Swiss, Jalapeño Cream Cheese, Lettuce, Tomato	
<b>Veggie</b>	7.25
Veggie Cream Cheese, Bell Pepper, Cucumber, Lettuce, Tomato, Onion	
<b>Cubano</b>	8.25
Garlic-Citrus Pulled Pork, Ham, Swiss, Pickle, Mustard on a Buttered Garlic Bagel	
<b>Reuben</b>	8.25
Pastrami, Sauerkraut, Swiss, Reuben Sauce	
<b>Pulled Pork</b>	8.25
Citrus-Adobo Marinated Pulled Pork with BBQ Sauce and Coleslaw	
<b>French Dip</b>	8.25
Hot Roast Beef, Swiss, Caramelized Onions with Beef Au Jus	
<b>Lox</b>	8.25
Lox, Cream Cheese, Capers, Tomato, Onion	

Make it a **Super Sandwich**  
(any sandwich on a bialy) add 2.50

## build your own

Bagel of choice, warm or cold			7.25
<b>Meat</b>	<b>Cheese</b>	<b>Etc.</b>	
Roast Beef	Cheddar	Lettuce	
Ham	Pepper Jack	Tomato	
Turkey	Havarti	Onion	
Chicken Breast	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.

## stuffed sticks 4.50

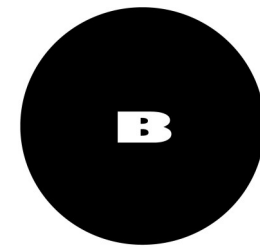
Cheddar
Ham + Cheddar
Pulled Pork + Pepper Jack

## bagel dogs 4.50

Steak Dog or Polish Dog

## bialys 4.50

Bacon Cheddar
Garlic Chicken
Hawaiian
Pepperoni
Veggie



## salads + fruit

Chef or Chicken Caesar	3.95
Side Garden or Side Caesar	2.95
Fresh Veggie Cup	3.50
Fresh Fruit Cup	3.50
Yogurt Parfait	3.50

## soup 3.25

## chips 1.95

## sweets

Cookies-Small/Epic	.95/2.50
Sliced Fruit Bread	2.00
Donut	2.00
Muffin	2.00

All our spreads available To Go! Just ask!