

## breakfast sandwiches

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

## breakfast calzones

<b>Bacon + Egg, Cheddar</b>	<b>5.25</b>
<b>Sausage + Egg, Cheddar, Jalapeño</b>	<b>5.25</b>
<b>Ham + Cheddar/No Egg</b>	<b>5.25</b>

## lighter options

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

**(v) = Vegan Option!**

## 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 Syrup</b>	<b>.75</b>
<b>Add Espresso Shot</b>	<b>.75</b>
<b>Milk Alternative (soy, oat, almond)</b>	<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		

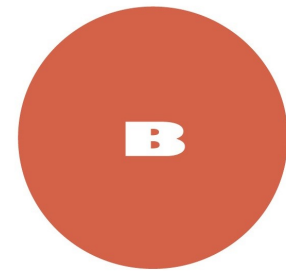
## soda + juice

	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>2.75</b>	<b>4.00</b>

### WORK PLACE SPECIAL

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

*Thanks For Supporting our Small Biz!*



SEIZE THE BAGEL

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

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**

Open Daily

**5am-4pm**



## fresh baked bagels

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

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

## 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	

## spread to go

### Plain or Flavored Cream Cheese

1.25 (Single)      2.50 (4 oz.)      4.00 (8 oz.)

### Salmon Mousse

1.75 (Single)      3.50 (4 oz.)      5.50 (8 oz.)

### Lox Cream Cheese

2.00 (Single)      4.00 (4 oz.)      7.50 (8 oz.)

## specialty sandwiches

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

(v) = Vegan Option!

## 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
Pepperoni	5.00
Vegan Buffalo Chik'n (v)	5.00
Applie Pie	5.00

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

## 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	3.50
Seasonal Cupcake (v)	3.50
Lemon Tartlet	3.00
Seasonal Danish	3.00
Sliced Sweet Bread	2.00
Muffin	2.00