



# 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](http://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)	1.35
Baker's Dozen (13)	15.00
Bagel with Cream Cheese (v)	4.25
Bagel with Lox Cream Cheese	5.50
Bagel with Salmon Mousse	5.50
Bagel with Peanut Butter (v)	4.25
Bagel with PB + J (v)	4.75
Bagel with Butter or Jam (v)	2.50

## savory cream cheese flavors

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

## sweet cream cheese flavors

Honey Walnut	Vanilla
Strawberry (v)	

+ seasonal flavor (v)!

## breakfast sandwiches

<b>The Degen</b>	<b>8.25</b>
Egg Omelet, Ham, Bacon, Pepper Jack, Tomato Herb Cream Cheese on Hot'n Spicy Bagel	
<b>Eggel Supreme</b>	<b>8.25</b>
Egg Omelet, Ham, Bacon, Cheddar, Tomato	
<b>Bacon, Egg &amp; Cheese</b>	<b>7.25</b>
Egg Omelet, Bacon, Cheddar	
<b>Sausage, Egg &amp; Cheese (v)</b>	<b>7.25</b>
Egg Omelet, Sausage, Cheddar	
<b>Canadian Eggel (v)</b>	<b>7.25</b>
Egg Omelet, Ham, Cheddar	
<b>Italian Eggel (v)</b>	<b>7.25</b>
Egg Omelet, Artichoke, Tomato, Tomato Herb Cream Cheese	
<b>Greek Eggel (v)</b>	<b>7.25</b>
Egg Omelet, Spinach, Tomato, Onion, Olive Cream Cheese	
<b>American Eggel (v)</b>	<b>5.00</b>
Egg Omelet, Cheddar	

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

## spread to go

<b>Plain or Flavored Cream Cheese (v)</b>		
1.50 (Single)	3.00 (4 oz.)	5.50 (8 oz.)
<b>Salmon Mousse</b>		
2.50 (Single)	5.00 (4 oz.)	8.50 (8 oz.)
<b>*Lox Cream Cheese</b>		
2.50 (Single)	5.00 (4 oz.)	8.50 (8 oz.)

**(v) = Vegan option possible, just ask!**

## bagel sandwiches

<b>Cubano</b>	<b>10.25</b>
Garlic-Citrus Pulled Pork, Ham, Swiss, Pickle, Mustard on a Buttered Garlic Bagel	
<b>Reuben</b>	<b>10.25</b>
Pastrami, Swiss, Sauerkraut, Reuben Sauce	
<b>Pulled Pork</b>	<b>10.25</b>
Citrus-Adobo Marinated Pulled Pork, Pepper Jack with BBQ Sauce + Coleslaw	
<b>French Dip</b>	<b>10.25</b>
Roast Beef, Swiss, Caramelized Onion with Beef Au Jus	
<b>*Lox</b>	<b>10.25</b>
Lox, Cream Cheese, Tomato, Red Onion, Capers	
<b>Traditional BLT</b>	<b>9.25</b>
Bacon, Lettuce, Tomato, Mayo	
<b>Turkey Club</b>	<b>9.25</b>
Turkey, Bacon, Lettuce, Tomato, Mayo	
<b>Chicken Cordon Bleu</b>	<b>9.25</b>
Chicken, Ham, Swiss, Lettuce, Tomato, Mayo, Dijon	
<b>South of the Border</b>	<b>9.25</b>
Chicken, Swiss, Jalapeño Cream Cheese, Lettuce, Tomato	
<b>Veggie (v)</b>	<b>9.25</b>
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 **9.25**

<b>Meat</b>	<b>Cheese</b>	<b>Toppings</b>
Roast Beef	Cheddar (v)	Lettuce
Ham (v)	Pepper Jack	Tomato
Pastrami	Provolone	Onion
Turkey	Swiss	Pickle
Chicken Breast		Pepperoncini
		Avocado add 1.50
		Mama Lils add 1.50
		Mayo/Must/Dijon

## bagel dogs

<b>Steak Dog</b>	<b>5.75</b>
<b>Polish Dog</b>	<b>5.75</b>

## bialys

<b>Bacon Cheddar</b>	<b>5.75</b>
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Make it a **Super Sandwich**  
(any sandwich on a bialy) add 4.00

## lighter options

<b>Sleek Greek (v)</b>	<b>6.75</b>
Pesto Parmesan Bagel, Olive Cream Cheese, Spinach, Tomato, Red Onion	
<b>BLT Life (v)</b>	<b>6.75</b>
Everything Bagel, Bacon Chive Cream Cheese, Lettuce, Tomato, Cucumber	
<b>Coast to Coast (v)</b>	<b>6.75</b>
Onion Bagel, Plain Cream Cheese, Tomato, Avocado, Red Onion	

## salads + fruit

<b>Seasonal Salad(s)</b>	<b>9.50</b>
<b>Fresh Fruit</b>	<b>3.00/6.50</b>
<b>Fresh Fruit + Yogurt Parfait</b>	<b>4.50</b>

## other sides

<b>White Cheddar Mac + Cheese</b>	<b>4.50</b>
<b>Beef Chili</b>	<b>4.50</b>
<b>Seasonal Soup</b>	<b>4.50</b>
<b>Chips</b>	<b>2.50</b>

(v) = Vegan option possible, just ask!

## café drinks HOT OR ICED

	<small>Small</small>	<small>Medium</small>	<small>Large</small>
<b>Mocha</b>	<b>4.50</b>	<b>5.50</b>	<b>6.25</b>
<b>Cafe Latte</b>	<b>4.00</b>	<b>5.00</b>	<b>5.75</b>
<b>Cappuccino</b>	<b>4.00</b>	<b>5.00</b>	<b>5.75</b>
<b>Chai Latte</b>	<b>4.50</b>	<b>5.50</b>	<b>6.25</b>
<b>London Fog</b>	<b>4.25</b>	<b>5.25</b>	<b>6.00</b>
<b>Steamer/Hot Choc</b>	<b>3.00</b>	<b>4.00</b>	<b>4.75</b>
<b>Cafe Americano</b> -any size			<b>3.00</b>
<b>Coffee/Tea</b> -any size			<b>3.00</b>
<b>Cold Brew</b>		<b>4.50</b>	<b>5.75</b>
<b>Extras (Syrup/Milk Sub)</b>			<b>.75</b>

## frozen

	<small>Medium</small>	<small>Large</small>
<b>Fruit Smoothie (v)</b>	<b>5.00</b>	<b>6.00</b>
NW Berry ▪ Peach Pear ▪ Strawberry		
<b>Blended Coffee</b>	<b>5.00</b>	<b>6.00</b>
Vanilla Latte ▪ Mocha ▪ Seasonal (extra)		

## energy quenchers **5.25**

## fresh juice **3.50/4.50**

## flav'd lemonade **4.25/5.25**

## soda **prices vary**

## sweets

<b>Cinnamon Bun</b>	<b>4.75</b>
<b>Cupcake (v)</b>	<b>4.75</b>
<b>Hand Pie</b>	<b>4.75</b>
<b>Scone</b>	<b>4.25</b>
<b>Danish</b>	<b>4.25</b>
<b>Muffin</b>	<b>3.25</b>
<b>Epic Cookie (v) (GF)</b>	<b>3.25</b>