

breakfast sandwiches

American Eggel	4.25
Egg Omelet, Cheddar	
Canadian Eggel	5.25
Egg Omelet, Ham, Cheddar	
Italian Eggel	5.25
Egg Omelet, Artichoke, Tomato, Tomato Herb Cream Cheese	
Greek Eggel	5.25
Egg Omelet, Spinach, Tomato, Onion, Olive Cream Cheese	
Bacon, Egg & Cheese	5.25
Egg Omelet, Bacon, Cheddar	
Sausage, Egg & Cheese	5.75
Egg Omelet, Turkey Sausage, Cheddar	
Eggel Supreme	5.75
Egg Omelet, Ham, Bacon, Tomato, Cheddar	
The Degen	5.75
Egg Omelet, Ham, Bacon, Pepper Jack, Tomato Herb Cream Cheese on Hot'n Spicy Bagel	

breakfast calzones

Bacon	4.50
Bacon, Egg, Cheddar	
Sausage	4.50
Sausage, Egg, Cheddar, Jalapeño	
Chicken	4.50
Chicken, Egg, Mozzarella, Mushroom, Spinach	
Denver	4.50
Ham, Egg, Cheddar, Bell Pepper, Onion	

lighter options

Sleek Greek	4.50
Pesto Parmesan Bagel, Black Olive Cream Cheese, Tomato, Red Onion	
BLT Lite	4.50
Everything Bagel, Bacon Chive Cream Cheese, Lettuce, Tomato, Cucumber	
Coast to Coast	4.50
Onion Bagel, Vegan Plain Cream Cheese, Tomato, Avocado, Red Onion	

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 Syrups	.75
Add Espresso Shot	.75
Non-Dairy (Soy, Almond, Coconut)	.75

frozen

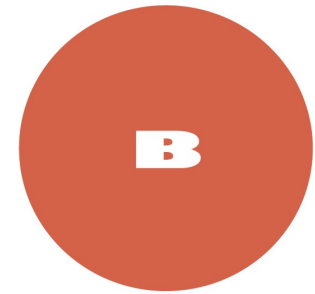
	Medium	Large
Fruit Smoothies	4.00	5.00
NW Berry ▪ Peach Pear ▪ Strawberry		
Blended Coffee	4.00	5.00
Vanilla Latte ▪ Mocha		

soda + juice

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

WORK PLACE SPECIAL

One dozen bagels and
two 8 oz. tubs of cream cheese
\$14.95



SEIZE THE BAGEL

www.seizethebagel.com

Mill Plain Menu

13215 SE Mill Plain C3
360.254.1012

we have two locations!

also serving deliciousness at:
9904 NE Hwy 99
360.836.8915

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look for OFFERS!



Thanks For Choosing
Circular Goodness

fresh baked bagels

Asiago	Sea Salt
Bacon Chive Cheddar	Sesame
Cheddar Cheddar	Sherry's Harvest
Dark Rye	Sun-Dried Tomato
Everything	Whole Wheat
Garlic	Wild Cheddar
Hot'n Spicy	
Jalapeño	Blueberry
Jalapeño Cheddar	Chocolate Chip
Onion	Cinnamon Delight
Parmesan	Cinnamon Raisin
Pesto Parmesan	Hawaiian
Plain	Snickerdoodle
Poppyseed	Strawberry

Single Bagel	.95
Baker's Dozen (13)	10.75
Bagel with Lox Cream Cheese	4.50
Bagel with Salmon Mousse	3.50
Bagel with Peanut Butter	3.00
Bagel with PB + J	3.50
Bagel with Butter or Preserves	1.50
Bagel with Hummus	2.75
Roasted Garlic or Sun-Dried Tomato	
Bagel with Cream Cheese	2.75

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

All our spreads available To Go! Just ask!

specialty sandwiches

Traditional BLT	6.95
Bacon, Lettuce, Tomato, Mayo	
Turkey Club	6.95
Turkey, Bacon, Lettuce, Tomato, Mayo	
Chicken Cordon Bleu	6.95
Chicken Breast, Ham, Swiss, Lettuce, Tomato	
South of the Border	6.95
Chicken Breast, Swiss, Jalapeño Cream Cheese, Lettuce, Tomato	
Veggie	6.95
Veggie Cream Cheese, Bell Pepper, Cucumber, Lettuce, Tomato, Onion	
Reuben	7.95
Pastrami, Sauerkraut, Swiss, Reuben Sauce	
Pulled Pork	7.95
Citrus-Adobe Marinated Pulled Pork with BBQ Sauce and Coleslaw	
French Dip	7.95
Hot Roast Beef, Swiss, Caramelized Onions with Beef Au Jus	
Lox	7.95
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 6.95

Meat	Cheese	Etc.
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

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

stuffed sticks 4.25

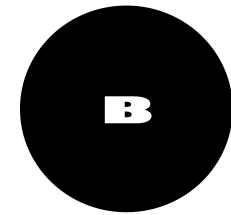
Cheddar
Ham + Cheddar
Pulled Pork + Pepper Jack

bagel dogs 4.50

Steak Dog or Polish Dog

bialys 4.25

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

Cookie	.95
Brookie	2.25
Sliced Fruit Bread	1.95
Donut	1.95
Muffin	1.95