

Specialty Sandwiches

Traditional BLT	6.95
Bacon, Lettuce, Tomato, Mayo	
Turkey Club	6.95
Turkey, Bacon, Lettuce, Tomato, Mayo	
Reuben	6.95
Pastrami, Sauerkraut, Swiss, Reuben Sauce	
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 Peppers, Cucumber, Lettuce, Tomato, Onion	
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	

COLD SMOKED SALMON (LOX) IS NOT COOKED. CONSUMING RAW OR UNDERCOOKED SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESS

Build Your Own Sandwich

Choose bagel, bread, ciabatta or low-carb wrap with your choice of meat, cheese, etc. Served warm or cold. **6.95**

Meat	Cheese	Etc.
Roast Beef	Cheddar	Lettuce
Pastrami	Pepper Jack	Tomato
Ham	Havarti	Onion
Roasted Turkey	Swiss	Pickle
Chicken Breast	American	Avocado add .50
Egg Salad		Mayo
Tuna Salad		Mustard
Chicken Salad		Dijon

Is your lunch too short for you and your co-workers to get out of the office? **We'll deliver!**

Beverages

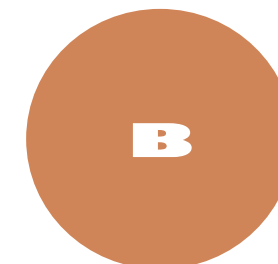
Hot or Iced	small	medium	large
Raspberry White Mocha	4.25	4.95	5.35
Salted Carmel Mocha	4.25	4.95	5.35
Carmel Macchiato	3.95	4.50	5.15
Cafe Latte	2.95	3.50	4.25
Cafe Mocha	3.25	3.95	4.50
Cappuccino	2.95	3.50	4.25
Cafe Americano	2.00	2.50	3.00
Chai Latte	3.25	3.95	4.50
Hot Chocolate/Steamer	2.25	3.00	3.50
Coffee	1.69	1.89	2.29
Hot Tea		1.89	

Frozen	medium	large
Fruit Smoothies		
NW Berry · Peach Pear · Strawberry	3.95	4.95
Blended Coffee		
Vanilla Latte · Mocha	3.95	4.95



Extras

Flavored Syrups (Sugar-Free Flavors Available)	.65
Add Espresso Shot	.65
Non-Dairy (Soy, Almond, Coconut)	.65



SEIZE THE BAGEL

13215 SE Mill Plain Blvd C3
360.254.1012

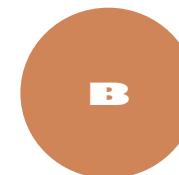
bagels@comcast.net
SeizeTheBagel.com
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Party Platters
Think of us for your
next meeting or event!



SEIZE THE BAGEL

Fresh Baked Bagels

.95 each or Baker's dozen (13) for \$9.95

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

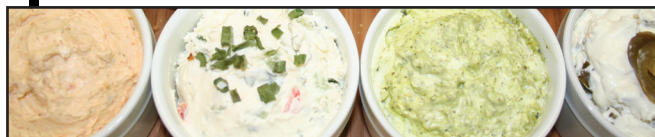
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Ask about our Seasonal Flavors!

Bagel with Butter or Preserves	1.50
Bagel with Salmon Mousse	2.95
Bagel with Lox Cream Cheese	3.50
Bagel with Peanut Butter	2.50
Bagel with Hummus (Roasted Garlic or Sun-Dried Tomato)	2.50
Bagel with Cream Cheese	2.35

Cream Cheese Flavors

Apple Cinnamon · Bacon Chive · Basil Pesto · Black Olive · Blueberry
Chipotle · Chive · Garden Vegetable · Garlic · Honey Walnut · Jalapeño
Plain · Strawberry · Tomato Herb · Vanilla · Non-Dairy Flavors: Plain · Veggie



Spreads to Go

Plain or Flavored:	(2 oz.) - \$1.00	(4 oz.) - \$2.00	(8 oz.) - \$3.50
Salmon Mousse:	(2 oz.) - \$1.50	(4 oz.) - \$3.00	(8 oz.) - \$5.50
Lox Cream Cheese:	(2 oz.) - \$2.00	(4 oz.) - \$4.00	(8 oz.) - \$7.50

Breakfast Sandwiches

American Eggel	3.95
Egg Omelet, Cheese	
Canadian Eggel	4.95
Egg Omelet, Ham, Cheese	
Italian Eggel	4.95
Egg Omelet, Artichoke, Tomato, Tomato Herb Cream Cheese	
Greek Eggel	4.95
Egg Omelet, Spinach, Tomato, Onion, Black Olive Cream Cheese	
Bacon, Egg & Cheese	4.95
Egg Omelet, Bacon, Cheese	
Sausage, Egg & Cheese	5.50
Egg Omelet, Turkey Sausage, Cheese	
Eggel Supreme	5.50
Egg Omelet, Ham, Bacon, Tomato, Cheese	
The Degen	5.50
Egg Omelet, Ham, Bacon, Pepper Jack, Tomato Herb Cream Cheese on a Hot'n Spicy Bagel	

Breakfast Calzones

Bacon	4.35
Bacon, Egg, Cheese	
Sausage	4.35
Sausage, Egg, Cheese, Jalapeño	
Chicken	4.35
Chicken, Egg, Cheese, Mushroom, Spinach	

Lighter Options

Sleek Greek	4.25
Spinach Parmesan Bagel, Black Olive Cream Cheese, Tomato, Red Onion	
BLT Lite	4.25
Everything Bagel, Bacon Chive Cream Cheese, Lettuce, Tomato	
Coast to Coast	4.25
Onion Bagel, Non-Dairy Plain Cream Cheese, Tomato, Avocado, Red Onion	
Half Sandwich & Soup	6.95

Bialys and More!

Bagel Dogs - \$4.35

Steak Dog
Polish Dog

Bialys - \$3.95

Bacon, Egg & Cheese
Cheese & Bacon
Garlic Chicken
Hawaiian
Mozzarella & Black Olive
Pepperoni
Veggie

Stuffed Sticks - \$3.95

Cheddar
Chicken & Mozzarella
Ham & Cheddar
Turkey & Mozzarella
Pulled Pork & Pepper Jack

Desserts & Baked Goods

Cookie	.95
Brownie	2.25
Sliced Fruit Bread	1.95
Donut	1.95
Muffin	1.95
Scone	2.50



Soup, Salad, Fruit & Chips

Soup of the Day	3.25
Chef or Chicken Caesar	3.95
Side Green or Side Caesar	2.95
Fresh Veggie Cup	3.50
Fresh Fruit Cup	3.50
Yogurt Parfait	3.50
Chips	1.75