

MENU

ONLY AT YOUR NEIGHBORHOOD BIG APPLE BAGELS®



SPECIALTY SANDWICHES

SERVED ON YOUR CHOICE OF FRESH BAKED BAGEL OR BREAD ALONG WITH A PICKLE SPEAR

TURKEY CLUB 500 - 660 CAL.

Roast turkey, bacon, American cheese, mayo, lettuce & tomato

TURKEY & HAVARTI 540 - 700 CAL.

Smoked turkey, Havarti cheese, lettuce, tomato, with a smear of onion & chive cream cheese

HOLEY GUACAMOLE 350 - 510 CAL.

Roast turkey, guacamole, green pepper, lettuce & tomato

KICK-N-ROAST BEEF 440 - 600 CAL.

Roast beef, horseradish sauce, lettuce & tomato

BIG APPLE CLUB 490 - 650 CAL.

Ham, roast turkey, bacon, American cheese, mayo, lettuce & tomato

ROMA ITALIAN 550 - 710 CAL.

Ham, hard salami, Provolone cheese, lettuce, tomato, red onion & vinaigrette dressing

CHICKEN CAESAR 490 - 650 CAL.

Grilled chicken breast, Parmesan cheese, tomato, lettuce & our special Caesar dressing

GOURMET SANDWICHES

SERVED ON YOUR CHOICE OF FRESH BAKED BAGEL OR BREAD ALONG WITH A PICKLE SPEAR

B.L.T. 390 - 550 CAL.

Bacon, lettuce, tomato & mayo

CLASSIC TURKEY 420 - 580 CAL.

Roast turkey, lettuce, tomato & mayo

MEDITERRANEAN VEG-OUT 370 - 620 CAL.

Hummus or cream cheese, lettuce, tomato, cucumber, green pepper & red onion

GRILLED CHICKEN 450 - 610 CAL.

Grilled chicken breast, lettuce, tomato & mayo

HAM & CHEDDAR 490 - 650 CAL.

Ham, cheddar cheese, lettuce, tomato & mayo

TUNA SALAD 500 - 660 CAL.

Tuna salad, lettuce & tomato

TRIPLE DECKERS

STACKED HIGH ON YOUR CHOICE OF TOASTED BREAD ALONG WITH A PICKLE SPEAR

CALIFORNIA CLUB 700 CAL.

Smoked turkey, Havarti cheese, guacamole, cucumber, lettuce, tomato & mayo

CLASSIC CLUB 970 CAL.

Roast turkey, bacon, cheddar, lettuce, tomato & mayo

BREAKFAST SANDWICHES

SERVED ON YOUR CHOICE OF FRESH BAKED BAGEL

BREAKFAST B.L.T. 420 - 560 CAL.

B.L.T. with your choice of cream cheese

MORNING CLASSIC 430 - 510 CAL.

Scrambled eggs & American cheese

SOUTHERN TRADITION 470 - 750 CAL.

Sausage, bacon or ham, scrambled eggs & American cheese

NORTHERN OMELET 670 - 750 CAL.

Sausage, scrambled eggs, American cheese with tomato & green pepper

JUST VEGGIES! OMELET 390 - 470 CAL.

Scrambled eggs, green pepper, tomato & onion

START FRESH 480 - 560 CAL.

Egg whites, Provolone cheese, tomato & turkey sausage

*ADDITIONAL CHARGE FOR BABS' CHOICE® BAGEL

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.



BAGELS & CREAM CHEESE

DOZEN BAGELS 3600 - 6760 CAL.

MEGA DEAL 6360 - 11060 CAL.

18 bagels & two 1/2 lbs. of cream cheese

DOZEN DEAL 4560 - 7940 CAL.

12 bagels & two 1/2 lbs. of cream cheese

MINI DEAL 2280 - 3970 CAL.

6 bagels & 1/2 lb. of cream cheese

BREAKFAST BOX 9040 - 14740 CAL.

12 bagels, two 1/2 lbs. cream cheese,
8 Jumbo muffins in an easy to transport
box that doubles as a serving tray

BAGEL BOX 4080 - 7090 CAL.

12 bagels, 1/2 lb. cream cheese, plates & napkins

GOURMET MUFFINS

JUMBO MUFFIN 560 - 850 CAL.

4 PACK 2240 - 3400 CAL.

6 PACK 3360 - 5100 CAL.

12 PACK 6720 - 10200 CAL.

MINI MUFFINS (3) 240 - 390 CAL.

DOZEN MINI MUFFINS 960 - 1560 CAL.

3 DOZEN MINI MUFFIN TIN 2880 - 4680 CAL.

BREWSTER'S® COFFEE

WE HAVE A FULL SELECTION OF HAND-ROASTED
& SPECIALTY COFFEES.

CATERING

BOXED LUNCH 720 - 1410 CAL.

Perfect for eaters on the go! Our lunch box conveniently includes a sandwich, chips, fruit and two Mini Muffins.

BUILD YOUR OWN

DELI PLATTER 2865 - 5375 CAL.

An appetizing array of halved deli sandwiches. Choose from our classic deli sandwich menu. We will personally create a fresh platter that gives your guests a selection of tasty choices all on our fresh-baked bagels or bread! Serves 8-12.

CLASSIC DELI PLATTER 3750 - 5250 CAL.

A selection of sliced meats, cheeses, lettuce, and tomato, with mustard and mayo on the side.
Priced per person.

MUFFIN DESSERT TRAY 2880 - 4680 CAL.

Satisfy any sweet tooth with a platter full of
3 dozen assorted bite-size Mini Muffins.

MY FAVORITE PLATTER 7680 - 11760 CAL.

Satisfy any sweet tooth with a platter full of assorted bite-size Mini Muffins and our famous Jumbo Muffins. Great for snacking, breakfast, dessert or any occasion! Serves 15-20.

BITES & MINIS PLATTER 4920 - 7060 CAL.

An assortment of our fresh baked Bagel Bites and Mini Muffins, presented on a catering tray with two 1/2 lb. containers of cream cheese. Serves 12-18.

BIT-O' BAGEL 5940 - 8250 CAL.

Guests will love sampling bite-size bits of bagels and three selections of specialty-blended cream cheeses. You choose the varieties and we will do the rest! Serves 12-18.

COFFEE TO GO BOX 32 CAL.

Disposable box holds drinks hot or cold
for over 2 hours, holds six 16 oz. servings.

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COMMENTS & INQUIRIES

Your comments are always welcome. Just call our franchise headquarters at BAB Systems, Inc. 847-948-7520, visit our website at www.babcorp.com, or drop us a note at 500 Lake Cook Road, Suite 475, Deerfield, IL 60015. (OTCQB:BABB)



Something *big* is always baking.®