

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

CHICKEN CAESAR 490 - 650 CAL.

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

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

SANDWICH
10.25*

VALUE MEAL
13.25*

ADD:
130-690 CAL.

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

SANDWICH
10.00*

VALUE MEAL
13.00*

ADD:
130-690 CAL.

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

8.49*

7.99*

8.49*

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

8.49*

7.99*

7.99*

*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.	19.50*
MEGA DEAL 6360 - 11060 CAL. 18 bagels & two 1/2 lbs. of cream cheese	36.99*
DOZEN DEAL 4560 - 7940 CAL. 12 bagels & two 1/2 lbs. of cream cheese	27.99*
MINI DEAL 2280 - 3970 CAL. 6 bagels & 1/2 lb. of cream cheese	15.99*
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	55.98*
8 OZ. CREAM CHEESE 480 - 850 CAL.	4.99

GOURMET MUFFINS

JUMBO MUFFIN 560 - 850 CAL.	4.00
4 PACK	14.00
6 PACK	20.00
12 PACK	38.00
MINI MUFFINS (3) 240 - 390 CAL.	2.79
DOZEN MINI MUFFINS 960 - 1560 CAL.	9.99
3 DOZEN MINI MUFFIN TIN 2880 - 4680 CAL.	35.99

BREWSTER'S® COFFEE

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

CATERING

BOXED LUNCH 720 - 1410 CAL. **13.50***
Perfect for eaters on the go! Our lunch box conveniently
includes a sandwich, chips, fruit and two Mini Muffins.

**BUILD YOUR OWN
DELI PLATTER** 1850 - 4260 CAL.
An appetizing array of halved or quartered deli sandwiches.
Create a fresh platter that gives your guests a selection of tasty
choices all on our fresh-baked bagels or breads.

- **Half Sandwich Platter** 2200 - 4260 CAL. **57.99***
Six sandwiches cut into twelve halves.
- **Quartered sandwiches** 1850 - 3550 CAL. **49.99***
Five sandwiches cut into twenty pieces.

MUFFIN DESSERT TRAY 2880 - 4680 CAL. **29.99**
Satisfy any sweet tooth with a platter full of
3 dozen assorted bite-size Mini Muffins.

MY FAVORITE PLATTER 7680 - 11760 CAL. **40.99**
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. **43.99***
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. **42.99***
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. **19.99**
Disposable box holds drinks hot or cold
for over 2 hours, holds six 16 oz. servings.

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Additional nutritional information available upon request.

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)



*ADDITIONAL CHARGE FOR BABS' CHOICE® BAGEL

ALL PRICES SUBJECT TO CHANGE. 1/15/24

Something *big* is always baking.®

EL DORADO HILLS • 2209 FRANCISCO DRIVE • 916-936-4343
FOLSOM • 711 EAST BIDWELL, #9 • 916-358-9052 • BIGAPPLEBAGELS.COM