

# BOXED LUNCH

ONLY AT YOUR NEIGHBORHOOD BIG APPLE BAGELS®

FOR: \_\_\_\_\_ PICK-UP TIME: \_\_\_\_\_ PHONE: \_\_\_\_\_

**\$13<sup>95</sup>\*** 720-1410 CAL.

All boxed lunches include sandwich, chips, fresh fruit, mini-muffins & napkin. Beverages separate.\*\*

- #1 TURKEY CLUB** 500 - 660 CAL.  
Roast turkey, bacon, American cheese, mayo, lettuce & tomato
- #2 CLASSIC TURKEY** 420 - 580 CAL.  
Roast turkey, lettuce, tomato, & mayo
- #3 TURKEY & HAVARTI** 540 - 700 CAL.  
Smoked turkey, Havarti cheese, lettuce, tomato, with a smear of onion & chive cream cheese
- #4 GRILLED CHICKEN** 450 - 610 CAL.  
Grilled chicken breast, lettuce, tomato, & mayo
- #5 BIG APPLE CLUB** 490 - 650 CAL.  
Ham, roast turkey, bacon, American cheese, mayo, lettuce & tomato
- #6 HOLEY GUACAMOLE** 350 - 510 CAL.  
Roast turkey, guacamole, green pepper, lettuce & tomato
- #7 MEDITERRANEAN VEG-OUT** 370 - 620 CAL.  
Hummus or cream cheese, lettuce, tomato, cucumber, green pepper & red onion
- #8 HAM & CHEDDAR** 490 - 650 CAL.  
Ham, cheddar cheese, lettuce, tomato & mayo
- #9 B.L.T.** 390 - 550 CAL.  
Bacon, lettuce, tomato & mayo
- #10 CHICKEN CAESAR** 490 - 650 CAL.  
Grilled chicken breast, Parmesan cheese, tomato, lettuce & our special Caesar dressing
- #11 KICK-N-ROAST BEEF** 440 - 600 CAL.  
Roast beef, horseradish sauce, lettuce & tomato
- #12 ROMA ITALIAN** 550 - 710 CAL.  
Ham, hard salami, Provolone cheese, lettuce, tomato, red onion & Vinaigrette dressing

\*\* Canned Coke, Diet Coke, Sprite, Diet Sprite • Bottled Milk • Orange or Apple Juice - \$1.89 (0 - 400 CAL.)

Person or Quantity	Item #	Bread Type	Special Instructions (include bread or bagel type)	Beverage
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____
_____	_____	<input type="checkbox"/> Bagel <input type="checkbox"/> Bread	_____	_____

\*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.

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