

THE RISE OF FALL MENU

TWO THOUSAND AND TWELVE VERSION

BORO PARK LOCATION

It's nature's recipe...
we just gave it a name


Bagels
N' Greens

www.bagelsngreens.com

Flavors of Morning

(Served all day- unless indicated otherwise)

Muffy-Coffee — 5

(served until 10 AM)

Any one of our freshly baked famous pastries accompanied by any style coffee (hot or cold).

Crack of Dawn — 8

(served until 10:00 AM)

2 eggs any style, Israeli salad/spicy salad, hash browns, bagel, gourmet butter & premium coffee.

Omelette Roll — 9

Onion mushroom omelette served in a home-made wrap with cream of avocado, fresh tomato, and home-made crunchy pickle.

Le Croissant — 10

A freshly baked crisp croissant smeared with gourmet garlic butter, stuffed with 2 sunny side up eggs, sliced Norwegian smoked salmon, sliced tomato & fresh scallion.

Fall Sunrise — 11

2 eggs any style with a choice of toppings, served with our chef's trio of dips, gourmet tuna, Israeli salad, hash browns, bagel or home-made bread with gourmet butter, accompanied by mineral spring water or premium coffee.

Upgrade
to our new premium Italian cappuccino or one of our freshly squeezed juices - add 2

Focaccia Breakfast — 11

3 sunny side up eggs served on crisp brick oven baked tomato focaccia, accompanied by fresh Israeli salad, garlic olives, tomato tapenade & confit garlic accompanied by mineral spring water or premium coffee.

Upgrade
to our new premium Italian cappuccino or one of our freshly squeezed juices - add 2

Shakshouka Morning — 12

A Middle Eastern dish consisting of two poached or fried eggs cooked in a sauce of fresh tomatoes and crispy garlic, served with our fresh white bread, spicy salad, our chef's trio of dips, accompanied by mineral spring water or premium coffee.

Upgrade
to our new premium Italian cappuccino or one of our freshly squeezed juices - add 2

Create Your Own Rise of Fall — 14

2 eggs with toppings, bagel/ home-made bread, our chef's trio of dips, served with your choice of our famous unlimited variety of 48 garden vegetables & cheeses accompanied by mineral spring water or premium coffee.

Upgrade
to our new premium Italian cappuccino or one of our freshly squeezed juices - add 2

Spoiling Duet For Two — 27

A basket with an assortment of freshly baked bread, two kinds of omelettes- any style, fresh Israeli salad, personal Greek salad, tuna, avocado, a variety of home-made gourmet butters, fresh cheeses and our famous dips, freshly squeezed orange juice & gourmet Italian cappuccino.

Soup Collection from the Crockery

Upgrade
add freshly baked crispy 'slenders' & gourmet pesto butter - add 2

Gourmet soup recipes, slow-cooked overnight in crockery, imparting the unique depth of flavor made from fresh garden vegetables, aromatic herbs & nutritious quality ingredients.

Slim Healthful Soup [18 cents per calorie] — 6

Low fat zucchini based soup garnished with garden herbs & soft traces of garlic.

Portobello Soup — 8

A refined cream soup made of 4 supreme mushrooms (shiitake, portobello, wild & champagne).-

Roasted Cauliflower & Onion Soup — 8

A heavenly blend of milk based soup made of delicious roasted cauliflower, onions & garlic.

Daily Soup — 7

Every day a new surprise from our chef's soup collection.

CRISPY TORTILLAS

Upgrade
Add fresh petite green leaf salad garnished with tangy citrus vinaigrette - add 3

La Vodka Tortilla — 11

Home-made La vodka sauce, hardboiled egg, a mix of four gourmet hard cheeses, tomato & smoked onions.

Formaggi - Funghi Tortilla 11

Fresh mushroom trio including portobello, champagne & shiitake cubes served over grilled onions, shredded mozzarella, american, cheddar and muenster cheeses tossed with refined garlic sauce and fresh basil.

Classic Tortilla 11

American/ mozzarella cheese, rich Sicilian tomato sauce & a choice of 2 toppings (olives, fried onions, mushrooms, grilled peppers, hardboiled egg, tuna).

Caribbean Tortilla 11

Creamy guacamole mousse, muenster cheese & fresh tomatoes in house gourmet dressing.

Tuna Melt Tortilla 11

Premium chunk light tuna, fresh mozzarella, confit-garlic sauce and a choice of toppings.

Quiches Brunch Collection

Upgrade

Add Italian/ health bread & soft garlic butter accompanied by a fresh green salad garnished with tangy citrus vinaigrette- add 4

Quiches are prepared on premises from a choice of buttery rich French dough or 100% whole grain flour dough.

Spinach & Potato Quiche 8

Buttery rich French dough, refined spinach, red potatoes & cream.

Antipasti Quiche 9

100% whole grain flour dough, grilled peppers & olive oil, prepared with fresh egg whites.

Ipomoea Batatas Cheese Quiche 9

Buttery rich French dough, grilled sweet potatoes, Swiss cheese & fresh mozzarella.

Allium Cepa-Funghi Quiche 10

Buttery rich French dough, a mix of forest mushrooms, smoked onions & fresh mozzarella.

GREENERY

Design Your Own Greenery

Top 4 Rapid Greenery 10

Crisp romaine lettuce with a choice of 4 vegetable toppings from our huge selection, garnished with one of our home-made fabulous sauces.

Design Your Own Greenery 12

Unlimited 48 garden vegetables, pasta, grilled antipasti accompanied by home-made sauces.

Upgrade

to the latest Infinity Greenery version (unlimited grain and quinoa bar or any tuna & egg salads & avocado guacamole) add 3

Ready Salad Bar

Caesar Salad 9

Crisp romaine lettuce, whole wheat house croutons, cherry tomatoes, grated parmesan cheese and our unique low fat Caesar dressing.

Belfast Tuna Salad 11

Crisp romaine lettuce, a double scoop of gourmet tuna, hardboiled egg, sliced tomato, cucumber, pickle and low fat thousand island dressing.

Organic Quinoa Health Salad 12

Fresh organic quinoa, yellow peppers, carrot chip-chips, cherry tomatoes & steamed broccoli, served on a lettuce bed garnished with cold pressed refined olive oil & pesto.

Mozzarella Beet Salad 12

Fresh Mozzarella, steamed beets, tomato cubes, rocket leaves, purple onion, croutons, garnished with cold pressed olive oil and fresh lemon.

Traditional Greek Salad 10

Crisp romaine lettuce, cherry tomatoes, cucumbers, black olives, fresh purple onion, and shredded diet feta cheese in a vinaigrette lemon sauce.

Teriyaki Salmon Salad 14

Fresh Scandinavian salmon cubes marinated in teriyaki sauce, lettuce & baby leaves, cherry tomatoes, caramelized onion, mushrooms, grilled peppers, carrot chip chips and roasted sesame seeds.

Fresh Sandwiches

Served on fresh bagel or white bread

Upgrade

special bread - add 1.5, baguette - add 2, croissant/ freshly home baked wrap - add 2.5

Butter 1.5

On the counter choice of dressings:

Lemon Vinaigrette, Asian Ginger, Honey Mustard, Raspberry Vinaigrette, Pesto, Home-made Mayonnaise, Tehina, Sweet Chili, Italian, Chimichuri, Spicy Mayo, Cold Pressed Olive Oil, Fresh Lemon Juice, Diet Thousand Island, Diet Caesar, Diet Blue Cheese, Diet Balsamic Vinaigrette, Diet Garlic Refined, Diet Yogurt.



Gourmet butter	2
garlic, spicy, tapenade, sweet & sour, mango, pesto, scallion, smoked (extra vegetable -add 1).	
Cream cheese / Light cream cheese	2.5
Scallion / Vegetable cream cheese	3.5
Garlic dill / Olive cream cheese	3.5
Lox bits cream cheese	5.5
Tuna	5.5
Low fat tuna / Spicy tuna / Antipasti tuna / Smoked tuna / Tuna mousse	6
Egg white low cholesterol salad	5
Freshly sliced Norwegian superb lox with choice of cream cheese.	8
Lox salad	5.5
White fish	5.5
Omelette selection	5
Additional toppings-cheese (mozzarella, american, cheddar, muenster) 1.5	
Additional vegetable topping (olive, fried onion, mushroom, grilled vegetables). 1.	
Health omelette	6
Avocado	6
Hardboiled egg	5

Grilled Bagels

Pizza Bagel	6
Pizza sauce, mozzarella, and choice of toppings from salad bar grilled into a bagel.	
Parmesan Bagel	7.5
Pesto, parmesan, mozzarella, choice of toppings from salad bar grilled into a bagel.	
Tuna Melt	8.5
Chunks of tuna, selection of hard cheeses, garlic sauce and choice of toppings from salad bar grilled into a bagel.	
Greek Toast	9
Athens style bagel, tapenade spread, feta cheese, fresh tomato & black olives.	

La Vodka Bagel 9

Rich Sicilian tomato sauce mingled with refined cream and traces of vodka & fresh mozzarella cheese & toppings.

Pastries & Desserts

Gelato Espresso	8
Ferrero Rocher ice cream, shot of espresso and swirls.	
Cream Cheese Cinnamon Roll	8
Hot & soft cinnamon roll glazed with refined cream cheese accompanied by soft Rosemary-choc. gelato.	
Caramel & Cream Cheese Mousse	6
Trio-Choco Mousse	6.5
Caribbean Fruit	6
Gourmet Cheese Cakes Assortment:	7
Spiral/ French Ganache/ Latte/ Tricolade / Gushing Caramel	
Low-fat Diet Cheese cake	7.5
Soft Low Fat/ Silver Cloud Low Fat	
B+G Low-Fat Muffins	3
blueberry/ cranberry/ chocolate chip/ coconut /zucchini/ carrot/whole wheat/ apple-cinnamon/ cappuccino/lemon.	
2012 Version Reduced Fat Salty Muffins	4
Cheese & Mushroom-Onion/ Olive & Sun Dried Tomato/ Spinach & Cheese.	
Cream Cheese Muffins	3.5
Cappuccino cheese/Halva cheese.	
European Cream Cheese Muffins	4
Rosemary nougat / Peanut butter & soft cheese.	
French Cookies	3.5
Butter, oatmeal cookie coated with Belgian milk & white chocolates.	
Cream Cheese & Belgian-Choc Brownie/ Halva & Belgian-Choc Brownie	4
Health Yogurt Muesli (169 calories)	6
A premium diet yogurt - 0%% fat with home-made crispy granola on a choice of strawberry/ blueberry/ pomegranate 'bed'.	



OUR NEW FLAVORS



Focaccia Breakfast



Slim Healthful Soup



Le Croissant



Cream Cheese Cinnamon Roll



Hot Chocolate With Marshmallow



Allium Ceba-Funghi Quiche

  
Bagels
N Greens

PHONE: 718.256.6656

BORO PARK: 5702 18TH AVE

FLATBUSH: 1379 CONEY ISLAND AVE

WEB: WWW.BAGELSNGREENS.COM