

COLD BEVERAGES

	16 oz	24 oz
DRAGON FRUIT REFRESHER Coconut Water, Dragon Fruit Puree, Elderberry, Pineapple 'n Apple Juices	\$3.99	\$4.99
PEACH MANGO REFRESHER Coconut Water, Peach Puree, Mango Puree, Pineapple Juice 'n Apple Juice	\$3.99	\$4.99
STRAWBERRY REFRESHER Coconut Water, Strawberry Fruit Puree, Dried Acai, Pineapple Juice 'n Apple Juice	\$3.99	\$4.99
ICED BEVERAGE	\$3.79	\$3.99
ICED AMERICANO	\$3.99	\$4.99
ICED CAFE MOCHA	\$5.99	\$7.49
ICED CAFE LATTE	\$5.49	\$6.49
ICED CHAI LATTE	\$5.99	\$6.88
FROZEN COFFEE DRINK	\$6.49	\$8.49
CUSTOM SMOOTHIE	\$6.99	\$8.99

HOT BEVERAGES

	16 oz	21 oz
COFFEE	\$3.99	\$4.49
CAPPUCCINO	\$5.49	\$6.49
CAFE MOCHA	\$5.99	\$6.49
CHAI TEA LATTE	\$5.99	\$7.49
CAFE LATTE	\$5.49	\$6.49
ESPRESSO	\$3.99	\$4.99
CAFE AMERICANO	\$3.99	\$4.99
HOT CHOCOLATE	\$3.99	\$4.99
HOT TEA Assorted	\$3.99	\$4.99
BOX COFFEE		\$23.99

BAGELS

Plain • Everything • Poppy • Onion • Sesame • Salt
Garlic • Whole Wheat • Whole Wheat Everything
Pumpnickel • Black 'n White • Asiago Cheese • Egg
Cinnamon Raisin • Blueberry • Power Bagel
Sundried Tomato • Jalapeño Cheddar
Gluten-Free Everything • Gluten-Free Plain

GLUTEN FREE BAGELS ARE NOT MADE IN HOUSE

SPREADS/CREAM CHEESE 8oz \$4.99
Plain • Veggie • Chive • Blueberry • Strawberry
Jalapeño Sriracha • Lox Spread (+\$2.99)
Garlic Hummus • Reduced Fat Plain

ONE BAGEL	\$2.29
HALF DOZEN 6 Bagels of Your Choosing	\$11.99
BAKER'S DOZEN 13 Bagels of Your Choosing	\$21.99
BAGEL COMBO 13 Bagels 'n Two 8 oz Containers of Cream Cheese Lox Spread +\$2.99	\$27.99

BAGEL 'N CREAM CHEESE Choice of Bagel and Cream Cheese Lox Spread +\$2.99	\$4.49
BAGEL 'N BUTTER Choice of Bagel with Butter	\$2.79
BAGEL, LOX 'N CREAM CHEESE Choice of Bagel 'n Cream Cheese Topped with Lox	\$10.99
BAGEL 'N AVOCADO TOAST Choice of Bagel with Avocado Spread 'n Everything Seasoning	\$4.99
BAGEL 'N WHITE FISH Choice of Bagel Topped with Fresh White Fish Salad	\$10.99
BIALY Our signature bagel dough stretched 'n lightly filled with poppy seeds 'n onions OR jalapeño cheddar. Only available on the weekends.	\$2.99
FLAGEL Sesame or Everything; Only Available on the Weekends	\$2.99

**Bagels
'n
Grinds**

Bagels 'n Grinds MENU



**JOIN
BAGEL BUCKS!**

COLLEGE PARK

240.582.5475
7777 BALTIMORE AVENUE
COLLEGE PARK, MD 20740

POTOMAC

301.299.7701
9812 FALLS ROAD
POTOMAC, MD 20854

HANOVER

410.799.8333
7791 ARUNDEL MILLS BLVD
HANOVER, MD 21076

BAGELSNGRINDS.COM

JOIN THE BEST LOYALTY
PROGRAM IN TOWN!

BREAKFAST SANDWICHES

Cheese \$0.99: American, Cheddar, Provolone, Swiss, Pepper Jack, Muenster
Protein \$2.99: Sausage, Bacon, Ham, Turkey Bacon, Turkey Sausage, Turkey, Avocado (\$2.49)

CUSTOM BREAKFAST SANDWICH \$6.49
 Classic Omelet Style Egg Sandwich
Add Cheese (\$0.99): American, Cheddar, Provolone, Swiss, Pepper Jack, Muenster
Add Protein (\$2.99): Sausage, Bacon, Ham, Turkey Bacon, Turkey Sausage, Avocado (\$2.49)

VEGGIE BREAKFAST SANDWICH \$7.99
 Egg, Cheddar Cheese, Peppers, Onions 'n Mushrooms

EGGSTREMELY HEALTHY \$7.99
 Egg White, Feta Cheese, Spinach 'n Low Fat Chipotle Aioli
Chef Suggestion: Add Turkey Bacon or Turkey Sausage +\$2.99

EGGSTREMELY MEATY \$10.99
 Egg, Sausage, Bacon 'n Choice of Cheese

GARDEN STATE \$7.99
 Egg, Mushrooms, Spinach, Tomato 'n Cheddar Cheese

LEO \$10.49
 Lox, Eggs 'n Onions

BROOKLYN \$13.99
 Lox, Cream Cheese, Tomato, Red Onion 'n Capers
Avocado +\$2.49

STEAK 'N EGG \$13.49
 Our Signature Omelet Style Egg Filled with Sauteed Beef, Fresh Peppers, Onions 'n Mushrooms, Topped with Provolone Cheese

HOT SANDWICHES

SERVED ON CHOICE OF BAGEL OR WRAP (WHITE, WHEAT, SPINACH)

CALIFORNIA CHICKEN \$12.49
 Roasted Chicken Breast, Bacon, Cheddar Cheese, Avocado, Tomato 'n Chipotle Mayo

REUBEN \$13.49
 First-Cut Corned Beef, Swiss Cheese, Sauerkraut 'n Thousand Island Dressing

THE MELT \$10.49
 Choice of Tuna Salad, Chicken Salad, or Whitefish Salad with Cheddar Cheese 'n Tomato
Bacon +\$2.99

STATEN ISLAND VEGGIE \$10.99
 Mushrooms, Fresh Mozzarella, Roasted Red Peppers, Baby Spinach, Red Onion, Pesto 'n Mayo

LONG ISLAND MELT \$10.49
 The Ultimate Grilled Cheese: Provolone 'n Cheddar Cheese, Smoked Bacon 'n Sliced Tomato
Avocado +\$2.49 | Pair with Our Tomato 'n Basil Soup for a Classic Combo

COLLEGE PARK TURKEY \$11.99
 House-Roasted Turkey Breast, Roasted Red Peppers, Red Onion, Avocado, Provolone Cheese 'n Chipotle Mayo
Bacon +\$2.99

PHILLY STEAK 'N CHEESE \$12.99
 Your Choice of Fresh Baked Bagel or Wrap, Loaded with Philly-Style Steak, Onions, Peppers, Mushrooms, Peppercorn Mayo 'n Provolone Cheese

COLD SANDWICHES

SERVED ON CHOICE OF BAGEL OR WRAP (WHITE, WHEAT, SPINACH)

MANHATTAN CLUB \$12.49
 Roasted Turkey Breast, Ham, Bacon, Cheddar Cheese, Lettuce, Tomato 'n Mayo

BLT \$11.99
 Choice of Bacon or Turkey Bacon, Lettuce, Tomato 'n Mayo

CHICKEN CAESAR WRAP \$10.99
 Roasted Chicken Breast, Parmesan Cheese, Romaine Lettuce 'n Caesar Dressing

BROOKLYN \$13.99
 Lox, Cream Cheese, Tomato, Red Onion 'n Capers
Avocado +\$2.49

CAPRESE \$7.99
 Fresh Mozzarella Cheese, Tomato 'n Pesto
Roasted Chicken Breast +\$3.99

FIFTH AVENUE VEGGIE WRAP \$12.49
 Warm Tortilla, Fresh Spinach, Tomato, Hummus, Feta Cheese, Roasted Red Peppers, Pesto Mayo, Sliced Cucumbers 'n Onions

DELI SALAD SANDWICH \$10.99
 Choice of Chicken, Tuna, Whitefish, or Egg Salad with Lettuce 'n Tomato
Bacon +2.99

SALADS

CAESAR SALAD \$9.99
 Romaine, Shaved Parmesan Cheese, Asiago Crisps 'n Bagel Croutons
Roasted Chicken Breast +\$3.99 | Chef Suggested Dressing: Classic Caesar

COBB SALAD \$13.49
 Romaine, Roasted Chicken Breast, Bacon, Bleu Cheese Crumbles, Chopped Egg, Cucumber, Grape Tomatoes 'n Avocado
Chef Suggested Dressing: Bleu Cheese

GREEK SALAD \$11.49
 Romaine, Feta Cheese, Kalamata Olives, Pepperoncini, Grape Tomatoes, Cucumber 'n Red Onion
Roasted Chicken Breast +\$3.99 | Chef Suggested Dressing: Greek

ASIAN CRUNCH SALAD \$12.49
 Romaine, Roasted Chicken Breast, Mandarin Oranges, Red Onion, Cilantro, Grape Tomatoes, Sesame Seeds 'n Toasted Almonds
Chef Suggested Dressing: Asian Sesame Ginger

CALIFORNIA ROASTED CHICKEN SALAD \$13.99
 Romaine, Roasted Chicken Breast, Bacon, Shredded Cheddar Cheese, Sweet Corn, Black Beans, Crispy Tortilla Strips, Red Onion, Cilantro 'n Avocado
Chef Suggested Dressing: Lime Chipotle Vinaigrette

WALDORF ROASTED CHICKEN SALAD \$13.49
 Spring Mix, Roasted Chicken Breast, Bleu Cheese Crumbles, Apple, Candied Walnuts 'n Red Grapes
Chef Suggested Dressing: Raspberry Vinaigrette

SPINACH SALAD \$10.49
 Spinach, Bacon, Red Onion, Grape Tomatoes, Chopped Egg 'n Asiago Crisps
Roasted Chicken Breast +\$3.99 | Chef Suggested Dressing: Balsamic Vinaigrette

DELI SALAD \$12.49
 Mixed Greens, Cucumber, Tomatoes, Avocado, Bagel Croutons, Topped with Choice of Egg, Chicken, Tuna, or Whitefish Salad
Chef Suggested Dressing: Peppercorn Parmesan

DRESSING OPTIONS *GF
 Asian Sesame Ginger, *Balsamic Vinaigrette, Bleu Cheese, Buttermilk Ranch, Caesar, *Fat-Free Raspberry Vinaigrette, *Greek, *Lime Chipotle Vinaigrette, *Oil 'n Vinegar, Thousand Island, Peppercorn Parmesan

SOUPS

SOUP \$8.99
 Baked Potato, Chicken Noodle, or Tomato 'n Basil

BAKERY 'N HEALTHY

HASHBROWN \$1.29

OATMEAL *GF \$3.99
 Lightly Sweetened 'n Spiced Oatmeal

YOGURT PARFAIT \$5.99
 Vanilla Yogurt, Topped With Fresh Blueberries, Strawberries 'n Hearty Granola

FRESH FRUIT CUP \$6.49
 Fresh Cut Pineapple, Strawberries, Kiwi 'n Grapes

CHOCOLATE CHIP SCONE \$4.99
 Rich Semi-Sweet Chunks Nestled in Lightly Sweetened Cocoa Butter Dough

CINNAMON SCONE \$4.99
 Fresh, Flaky, Baked Scone with Delicate Cinnamon Pearls

BLUEBERRY SCONE \$4.99
 Fresh Baked Traditional Scone with Sweet Blueberries Nestled Throughout

CHOCOLATE YOGURT LOAF \$4.99
 Rich Chocolate Loaf Loaded with Chocolate Chips

LEMON YOGURT LOAF \$4.99
 Tart 'n Sweet with Plenty of Icing

MARBLE YOGURT LOAF \$4.99
 A Delicious Swirl of Chocolate 'n Vanilla

BANANA NUT YOGURT LOAF \$4.99
 Dense, Sweet, Irresistible 'n Loaded with Hand-Peeled Fresh Bananas 'n Walnuts

TRIPLE CHOCOLATE CHUNK COOKIE \$3.99
 Classic Chocolate Chip Dough Topped with Mini Hershey's Kisses, Semi Sweet Chocolate Chunks 'n Milk Chocolate Chunks

PEANUTBUTTER CUP COOKIE \$3.99
 Peanut Butter Chips, Semi Sweet Chocolate Chips 'n REESE'S PIECES

S'MORES COOKIE \$3.99
 Marshmallows, Mini Hershey's Kisses, Chocolate Chunks 'n Graham Cracker Pieces

RED VELVET COOKIE \$3.99
 White Chocolate Chips, Hershey's Milk Chocolate, Semi Sweet Chocolate Chunks 'n Milk Chocolate Chunks

BLACK 'N WHITE COOKIE \$3.99
 The Perfect Combination of Sweet, White Fondant 'n Rich Chocolate Frosting

BLUEBERRY MUFFIN \$4.99
 House-Made Vanilla Muffins Loaded with Fresh Whole Blueberries

STRAWBERRY MUFFIN \$4.99
 Rich, Buttery, Strawberry Infused Muffins

CHOCOLATE CHIP MUFFIN \$4.99
 Bite-Size Chocolate Chips Gently Folded Into Sweet Muffin Batter 'n Baked in House