

HOT BEVERAGES

Coffee	Café Americano
Espresso	Chai Tea Latte
Cappuccino	Hot Tea (Assorted)
Café Latte	Hot Chocolate
Café Mocha	

COLD BEVERAGES

Fresh-Brewed Iced Coffee	Fruit Smoothies
Fresh-Brewed Iced Tea	Combine up to 3 Flavors:
Frozen Drinks	Strawberry, Raspberry, Mango, Piña
Mocha, Cappuccino, Caramel	Colada, Banana, Peach, Watermelon
Iced Drinks	Fresh Squeezed Orange Juice
Café Mocha, Café Latte, Chai Tea	



FROM OUR BAKERY

Assorted Variety Baked Fresh Daily
Muffin
Blueberry, Chocolate Chip, Strawberry
Scone
Blueberry, Chocolate Chunk, Cinnamon Chip, Orange Cranberry
Cookie
Triple Chocolate Chunk, Peanut Butter Cup, S'mores, Black & White
Yogurt Loaf
Lemon, Marble, Pumpkin, Banana Nut

GOOD 'n HEALTHY

Fresh Fruit Cup
Yogurt Parfait
Oatmeal

PLEASE CHECK THE WEBSITE FOR OUR CATERING MENU
AND STORE HOURS

Note: Your meal may come in contact with Nuts, Shellfish, or Other Allergens.
Please let us know if you have any Food Allergies.

AUTHENTIC NEW YORK BAGELS

PLAIN 'n EVERYTHING 'n POPPY 'n ONION 'n SESAME 'n SALT 'n GARLIC
'n WHOLE WHEAT 'n WHOLE WHEAT EVERYTHING 'n PUMPERNICKEL 'n
BLACK 'n WHITE 'n ASIAGO CHEESE 'n EGG 'n CINNAMON RAISIN
'n BLUEBERRY 'n POWER BAGEL 'n SUNDRIED TOMATO 'n
JALAPEÑO CHEDDAR 'n GLUTEN-FREE EVERYTHING

Your Choice of Cream Cheese: Plain, Veggie, Chive, Blueberry, Strawberry, Jalapeño,
Sriracha, Lox Cream Cheese (\$2.99 extra), Garlic Hummus, Reduced Fat Plain

Flagel \$2.99	Bialy \$2.99
Only Available Saturday 'n Sunday	Only Available Saturday 'n Sunday
Bagel \$1.99	Half Dozen \$9.99
Bagel 'n Butter \$2.49	Baker's Dozen \$17.99
Bagel 'n Cream Cheese \$3.99	Bagel Combo \$23.99
Bagel 'n Avocado Toast \$4.99	13 Bagels and two 8 oz. Cream Cheese
Add Bacon (\$2.49 extra)	8 oz. Lox 'n Cream Cheese (\$2.99 extra)

EGGSTREME BREAKFAST SANDWICHES

Served All Day
Omelet Style Breakfast Sandwiches served on your choice of bagel (available scooped or skinny) or Wrap (White, Wheat or Spinach)
Hashbrowns \$.99
Breakfast Sandwich \$5.49
Add Cheese (\$1.00 extra): American, Cheddar, Provolone, Swiss
Add Meat (\$2.49 extra): Bacon, Sausage, Ham
Veggie \$6.99
Egg, Shredded Cheddar Cheese, Peppers, Onions, and Mushrooms
Eggstremely Healthy \$6.99
Egg White, Feta Cheese, Spinach, and Low Fat Chipotle Aioli
Eggstremely Meaty \$9.99
Egg, Sausage, Bacon, and Your Choice of Cheese
(Choose One: American, Cheddar, Provolone, Swiss, Pepper Jack, Muenster)
Garden State \$6.99
Egg, Mushrooms, Spinach, Tomato, and Cheddar Cheese
Leo \$9.99
Lox, Eggs, and Onions All Cooked to Perfection
Brooklyn \$11.99
Bagel, Nova Scotia Lox, Cream Cheese, Tomato, and Red Onion (Capers \$.50 extra)
Specialty Cheese (\$1.99 extra): Cream Cheese, Feta, Fresh Mozzarella
Add or Sub Any Meat for Turkey Bacon or Turkey Sausage
Egg Sandwiches May Be Prepared with Egg Whites, Avocado (\$1.99 extra)

TAKEOUT
MENU
FREE Wi-Fi • Order Online

Bagels
&
Grinds

SOUPS • SALADS • SANDWICHES

JOIN BAGEL BUCKS!



HANOVER
410.799.8333
7791 ARUNDEL MILLS BLVD
HANOVER, MARYLAND 21076

COLLEGE PARK
240.582.5475
7777 BALTIMORE AVE
COLLEGE PARK, MARYLAND 20740

BAGELS n GRINDS.COM
JOIN THE BEST LOYALTY PROGRAM IN TOWN!

HOUSE SPECIALTY SALADS

Your Choice of Dressing: Asian Sesame Ginger, Balsamic Vinaigrette*, Bleu Cheese, Buttermilk Ranch, Classic Caesar*, Thousand Island*, Greek*, Lime Chipotle Vinaigrette*, Oil 'n Vinegar*, Peppercorn Parmesan, Fat-Free Raspberry Vinaigrette*

(*Gluten-Free)

Caesar Salad \$9.49

Romaine, Shaved Parmesan Cheese, Asiago Crisps, and Bagel Croutons (Add Roasted Chicken Breast \$3.99 extra)

Chef Suggested Dressing: Classic Caesar

Chef Salad \$12.99

Romaine, House-Roasted Turkey Breast, Ham, Shredded Cheddar Cheese, Cucumber, Grape Tomatoes, and Red Onion

Chef Suggested Dressing: Buttermilk Ranch

Cobb Salad \$12.99

Romaine, Roasted Chicken Breast, Bacon, Bleu Cheese Crumbles, Chopped Egg, Cucumber, Grape Tomatoes, and Avocado

Chef Suggested Dressing: Bleu Cheese

Greek Salad \$10.99

Romaine, Feta Cheese, Kalamata Olives, Pepperoncini, Grape Tomatoes, Cucumber, and Red Onion (Add Roasted Chicken Breast \$3.99 extra)

Chef Suggested Dressing: Greek

Asian Crunch \$11.99

Romaine, Roasted Chicken Breast, Mandarin Oranges, Red Onion, Cilantro, Grape Tomatoes, Sesame Seeds, and Toasted Almonds

Chef Suggested Dressing: Asian Sesame Ginger

California Roasted Chicken Salad \$13.49

Romaine, Roasted Chicken Breast, Bacon, Shredded Cheddar Cheese, Sweet Corn, Black Beans, Crispy Tortilla Strips, Red Onion, Cilantro, and Avocado

Chef Suggested Dressing: Lime Chipotle Vinaigrette

Waldorf Roasted Chicken \$12.99

Spring Mix, Roasted Chicken Breast, Bleu Cheese Crumbles, Apple, Candied Walnuts, and Red Grapes

Chef Suggested Dressing: Raspberry Vinaigrette

Spinach Salad \$9.99

Spinach, Bacon, Red Onion, Grape Tomatoes, Chopped Egg, and Asiago Crisps (Add Roasted Chicken Breast \$3.99 extra)

Chef Suggested Dressing: Balsamic Vinaigrette

BBQ Chicken Salad \$11.99

Romaine, Roasted BBQ Chicken Breast, Bacon, Shredded Cheddar Cheese, and Red Onion

Chef Suggested Dressing: Peppercorn Parmesan

SOUPS

Soups Served in: Cup \$5.99, Bowl \$7.99

Baked Potato

Chicken Noodle (LF)

Tomato 'n Basil (GF, LF)

Chicken Tortilla (GF)

Shrimp 'n Roasted Corn Bisque

Macaroni 'n Cheese

(GF = Gluten-Free, LF = Low-Fat)

GRIND YOUR OWN SALAD

Choose Your Green \$9.99

Baby Spinach

Chopped Romaine

Spring Mix

Choose Your Toppings

Choose 4 (Extra Items \$.99 Each, Unless Noted)

Apple

Avocado (\$1.99)

Black Beans

Broccoli

Carrots

Corn

Cucumber

Dried Cranberries

Grapes

Green Peppers

Jalapeños

Kalamata Olives

Mandarin Oranges

Mushrooms

Red Onion

Roasted Red Peppers

Tomatoes

Add Some Crunch

Choose 1 (Extra Items \$.99 Each)

Asiago Crisps

Bagel Chips

Bagel Croutons

Candied Walnuts

Crispy Tortilla Strips

Toasted Almonds

Sunflower Seeds

Add Some Protein

(\$3.99 Each, Unless Noted)

Bacon (\$2.49)

Egg Salad

Chicken Salad

Hard-Boiled Egg (\$.99)

Roasted Chicken Breast

Roasted Turkey

Tuna Salad

Add Some Dairy

(\$.99 Each)

Bleu Cheese

Feta Cheese

Fresh Mozzarella Cheese

Parmesan Cheese

Provolone Cheese

Shredded Cheddar Cheese

Choose Your Dressing

(Extra Dressing \$.99)

Asian Sesame Ginger

Balsamic Vinaigrette*

Bleu Cheese

Buttermilk Ranch

Classic Caesar*

Fat-Free Raspberry Vinaigrette*

Greek*

Lime Chipotle Vinaigrette*

Oil 'n Vinegar*

Peppercorn Parmesan

Thousand Island*

*Gluten-Free

GRIND YOUR OWN SANDWICH OR WRAP

Ask Us About Making Your Sandwich Your Way! Starting at \$9.99
We will prepare it to your specifications!

COMBO IT

Choose a Cup of Soup with Half of Any Salad or Sandwich Starting at \$11.99

Upgrade to Bowl of Soup \$2.00

HOT BAGINI SANDWICHES 'n WRAPS

Served on Your Choice of Bagel or Wrap (White, Wheat, Spinach)

Bronx Tale \$10.99

House-Roasted Turkey Breast, Provolone Cheese, Roasted Red Peppers, Red Onion, and Herb Aioli

California Chicken \$11.99

Roasted Chicken Breast, Bacon, Cheddar Cheese, Avocado, Tomato, and Chipotle Mayo

Reuben \$12.99

First-Cut Corned Beef, Swiss Cheese, Sauerkraut, and Thousand Island Dressing

White-Meat Tuna Melt \$9.99

White Albacore Tuna Salad, Cheddar Cheese, and Tomato (Bacon \$2.49 extra)

Staten Island Veggie \$9.99

Mushrooms, Fresh Mozzarella Cheese, Roasted Red Peppers, Baby Spinach, Red Onion, and Herb Aioli

Long Island Melt \$9.99

The Ultimate Grilled Cheese: Provolone and Cheddar Cheese, Smoked Bacon, and Sliced Tomato. (Avocado \$1.99 extra) Pair with Our Tomato 'n Basil Soup for a Classic Combo

College Park Turkey \$11.49

House-Roasted Turkey Breast, Roasted Red Peppers, Red Onion, Avocado, Provolone Cheese, and Chipotle Mayo

COLD SANDWICHES 'n WRAPS

Served on Your Choice of Bagel or Wrap (White, Wheat, Spinach)

Rockefeller \$10.99

Roasted Turkey, Feta Cheese, Roasted Red Peppers, Spinach, Cucumber, Red Onion, and Herb Aioli

Manhattan Club \$11.99

Roasted Turkey Breast, Ham, Bacon, Cheddar Cheese, Lettuce, Tomato, and Mayo

Chicken Salad BLT \$10.99

White-Meat Chicken Salad, Bacon, Lettuce, and Tomato

Chicken Caesar Wrap \$10.49

Roasted Chicken Breast, Parmesan Cheese, Romaine Lettuce, and Caesar Dressing

Chicken Caprese \$11.49

Roasted Chicken Breast, Fresh Mozzarella Cheese, Tomato, and Balsamic Vinaigrette

Brooklyn \$11.99

Bagel, Nova Scotia Lox, Cream Cheese, Tomato, and Red Onion (Capers \$.50 extra, Avocado \$1.99 extra)

Fifth Avenue Veggie Wrap \$9.99

Garlic Hummus, Spinach, Feta Cheese, Roasted Red Peppers, Sliced Cucumbers, and Red Onion (Avocado \$1.99 extra)

Egg Salad Sandwich \$7.99

Homemade Chopped Egg Salad, Lettuce, and Tomato

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